

May 4, 2025



# THE IMAGE...

(Jn 12:45 & 14:9; Heb 1:3; Col 1:15)

[www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

Publication of St. John of Damascus Orthodox Church, Poway, CA

THIRD SUNDAY OF PASCHA—TONE 2

HOLY MYRRHBEARING WOMEN



## Welcome!

...to all who have gathered to follow Jesus Christ and manifest the Kingdom of God in the Liturgy of His Church.

If this is your first time with us, give us a chance to get to know you.

Please join us for our fellowship meal following the service



## From the Holy Fathers

When going to the Holy Mysteries, go with simplicity of heart, in full faith that you will receive the Lord within yourself, and with the proper reverence towards this. What your state of mind should be after this, leave it to the Lord Himself. Do not promise yourself anything. Leave everything to the Lord, asking a single mercy from Him — to strengthen you in every kind of good so that you will be acceptable to Him.

— *St. Theophan the Recluse*



**Include Something in the Bulletin or  
Receive our Weekly  
Parish E-mails**

E-mail [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org)



ST. JOHN OF DAMASCUS ORTHODOX CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA

## Parish Life

### Ministry Directory

Below are the people who coordinate various ministries in our parish. Feel free to contact them to find out how to offer your God-given time and talents to the life of our community.

Adult Ed — Fr Michael

Altar Servers—Subdeacon Ken Telles

Auxiliary President — Tanya Franchak

Bookstore — Evan Keeling

Candle Stand — Gene Francello

Choir—Carole Shumaik

Church School — Bill Moision

Counters — Fr Michael

Diamond Circle Seniors — Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Lilliane Coyle

Flowers/Decorating—Diane Worth

Greeters — Valerie Lane

Handmaidens — Sally Menig & Desiree Geralt

Koliva — Fr Michael

Parish Council Vice-President—Vince Palumbo

Prosphora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Erik Worth

Social Media —Iryna Thayer

Sunday Commemoration Loaves— Fr Michael

Consider taking part and helping this group make St John's the wonderful lively parish it is. For information on how to contact any of the above please speak with Fr Michael.

### New Coordinator(s) for Fellowship Meals

We are grateful to announce that Lilliane Coyle has offered to be the coordinator for our Fellowship Meals. Vera Rahal will be assisting her.

Let's do all we can to make their jobs easy!



### MOTHER'S DAY BRUNCH

**May 11** is Mothers' Day and we'll have our annual Mothers' Day Brunch after Liturgy.

Moms, plan on staying and gentlemen, be ready to help!

For more info see Protodeacon George.

### Dates for 2025

#### **MOVABLE FEASTS**

Ascension	May 29
Pentecost	June 9

#### **FASTS**

Apostles Fast	June 16-28
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

#### **FAST-FREE WEEKS**

After Pentecost	June 9-14
After Christmas	Dec 25-Jan 4

## Parish Life

### **Pan-Orthodox Sunday Night Vespers Sun May 4—6:00pm Potluck to Follow**

Often after Pascha people can feel a bit of a “let-down” since This year our San Diego Parish Lenten Potlucks are concluding with us hosting a post-Paschal Sunday Vespers & Potluck on Sunday May 4. This is the first time the San Diego churches are doing this.

Let’s have a good turn-out from St John’s to welcome our brothers & sisters in Christ from our neighboring parishes.

We will be hosting a “paschal pot-luck” as well to give people an opportunity for fellowship so please bring something to share.



### **Keep Informed: Receive Weekly E-mails About Parish Life**

We are an active community with a lot going on. These days it is especially helpful to keep up to date on things taking place in our parish.

We have an email group  
“News@stjohnofdamascus.org

It is all those who are interested in the activities of St. John of Damascus Orthodox Church. Members receive periodic notifications of special events, parish meetings and weekly newsletters.

**To be included E-mail  
info@stjohnofdamascus.org**

### **Adult Ed: Topic TBD Tuesdays 7-8:30pm — 4 Sessions Begins 5/13**

Our next Adult Education class will be a 4-session class on Tuesday nights from 7-8:30pm.

We have not determined the topic as yet. If you have a suggestion speak with Fr Michael



### **Invitations for 50th Anniversary Banquet**

With our 50th Anniversary celebration coming up on May 25, we have sent out invitations for the banquet on that day. Please be sure to RSVP ASAP as there is limited room at the restaurant and reservations will be reserved on a first come first serve basis.

If you did not receive an invitation in the mail, please see Pat Swinehart as we probably need to update your address.



### **Volunteers Needed w/ Ministries**

Our Electronic Sign Ministry and Counting Ministries are in need of 1 or 2 more volunteers each as well.

If you are interested in helping see Fr Michael

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 2

When You descended to death, O Life Immortal,  
You destroyed hell with the splendor of Your  
Godhead.

And when from the depths You raised the dead,  
all the powers of heaven cried out:  
“O Giver of life, Christ our God, glory to You!”

#### Pentecostarion—Tone 2

The noble Joseph,  
when he had taken down Your most pure Body  
from the Tree,  
wrapped it in fine linen and anointed it with  
spices,  
and placed it in a new tomb.  
But You rose on the third day, O Lord,  
granting the world great mercy.

#### Pentecostarion—Tone 2

The Angel came to the Myrrhbearing Women at  
the tomb and said:  
“Myrrh is fitting for the dead;  
but Christ has shown Himself a stranger to  
corruption!  
So proclaim: ‘The Lord is risen,  
granting the world great mercy.’”

### KONTAKIA

#### Pentecostarion—Tone 2

You commanded the Myrrhbearers to rejoice,  
O Christ God.  
By Your Resurrection, You stopped the  
lamentation of Eve, the first  
mother.  
You commanded them to preach to Your  
Apostles:  
“The Savior is risen from the tomb!”

#### Pascha—Tone 8

You descended into the tomb, O Immortal,  
You destroyed the power of death.  
In victory You arose, O Christ God,  
proclaiming: “Rejoice!” to the Myrrhbearing  
Women,  
granting peace to Your Apostles, and bestowing  
Resurrection on the fallen.

### PROKEIMENON

**Tone 6** (*Resurrection*) — O Lord, save Your people and bless Your inheritance!  
(Ps 27/28:9)

*v: To You, O Lord, will I call. O my God, be not silent to me! (Ps 27/28:1)*

### ALLELUIA

**Tone 8** — V. O Lord, You have been gracious to Your land; You have turned back the captivity  
of Jacob. (Ps. 84:1)

V. Mercy and truth are met together, righteousness and peace have kissed each other. (Ps.  
84:10)

## Today's Worship — Scripture Readings

### Epistle — Acts 6:1-7

<sup>1</sup> Now in those days, when the number of the disciples was multiplying, there arose a complaint against the Hebrews by the Hellenists, because their widows were neglected in the daily distribution. <sup>2</sup> Then the twelve summoned the multitude of the disciples and said, "It is not desirable that we should leave the word of God and serve tables. <sup>3</sup> Therefore, brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; <sup>4</sup> but we will give ourselves continually to prayer and to the ministry of the word."

<sup>5</sup> And the saying pleased the whole multitude. And they chose Stephen, a man full of faith and the Holy Spirit, and Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolas, a proselyte from Antioch, <sup>6</sup> whom they set before the apostles; and when they had prayed, they laid hands on them.

<sup>7</sup> Then the word of God spread, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

### Gospel — Mark 15:43-16:8

<sup>43</sup> Joseph of Arimathea, a prominent council member, who was himself waiting for the kingdom of God, coming and taking courage, went in to Pilate and asked for the body of Jesus.

<sup>44</sup> Pilate marveled that He was already dead; and summoning the centurion, he asked him if He had been dead for some time. <sup>45</sup> So when he found out from the centurion, he granted the body to Joseph.

<sup>46</sup> Then he bought fine linen, took Him down, and wrapped Him in the linen. And he laid Him in a tomb which had been hewn out of the rock, and rolled a stone against the door of the tomb.

<sup>47</sup> And Mary Magdalene and Mary the mother of Joseph observed where He was laid.

<sup>1</sup> Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him. <sup>2</sup> Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen. <sup>3</sup> And they said among themselves, "Who will roll away the stone from the door of the tomb for us?" <sup>4</sup> But when they looked up, they saw that the stone had been rolled away – for it was very large.

<sup>5</sup> And entering the tomb, they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed. <sup>6</sup> But he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him. <sup>7</sup> But go, tell His disciples – and Peter – that He is going before you into Galilee; there you will see Him, as He said to you."

<sup>8</sup> So they went out quickly and fled from the tomb, for they trembled and were amazed. And they said nothing to anyone, for they were afraid.

## Our Life in Christ

### THE MYRRHBEARERS

—Metropolitain Paul Yazigi of Aleppo

*Because of the savour of thy good ointments thy name is ointment  
poured forth, therefore do the virgins love thee.  
—Song of Solomon 1:3*

The Gospel passage about the myrrh-bearers (Mark 15:43-16:8) opens to us new dimensions for understanding the Resurrection in depth. The wondrous thing is that even though the myrrh-bearers came early in the morning to anoint the body of Jesus, they did not really anoint Him. The sweet savour of Christ (2 Cor. 2:14-17) has risen from the grave; *He is risen; He is not here* (Mk. 16:6).

The anointing of a dead man with myrrh was a loving act in order to compensate for the corrupted body. The Pharaohs thought about an illusory eternity for the body, when they anointed their dead. The Jews thought anointing gave honor to the dead. The real anointing is putting on incorruptibility. Christ rose from the grave, Himself being precious myrrh of sweet fragrance. Therefore, human nature carried this precious and new myrrh. The myrrh-bearing women did not anoint Jesus. After His Resurrection, the new myrrh-bearers, humanity, were given the opportunity to put on Christ, and not just to be anointed. In the Song of Solomon, the Church cries out to the Lord, "*Thy name is ointment.*" This ointment, this myrrh, becomes an anointing of every Christian by the rising of Christ from the grave. St. Nicolas Cabasilas wrote that after its fall, humanity built a wall of enmity and of separation between it and God. After the Resurrection of Christ, however, humanity put on glory and incorruptibility in Christ, and instead of the wall, anointing.



So the resurrection of Christ from the grave as new myrrh made the church a channel of ointment to all, and allowed every Christian to be a myrrh-bearer. The sacraments and rituals of the Church, and all Her life, is an anointing movement with this new myrrh of Christ. The Christian as a myrrh-bearer approaches not to anoint but to be anointed with the heavenly myrrh, so that He may die with Christ and rise with Him in His resurrection.

According to St. John of the Ladder, the secret of the new myrrh-bearers is that this new ointment reveals the identity of the bearers. They become themselves myrrh and sweet, not

## Our Life in Christ

just in soul but also in body. The relics of saints that give forth myrrh are not rare cases in our Church.

The Church calls the Virgin Theotokos the precious myrrh. This new balm is the life of virtue, and the bearers of it are the men of prayer, and the soul that is full of virtues, purified from the old life of passions and corruption. As the Lord's name is ointment poured forth, the myrrh-bearers are the ones who carry this name. For all the saints were like Saint Paul who was not just living, but had Christ, the heavenly myrrh, living in Him.

The women myrrh-bearers went to the grave moved by their love towards the Lord, expressing their rejection of corruption. Their mission was realized in the Church where Christ, the myrrh of incorruptibility, is, and by whom we are anointed in the sacraments, carrying a life of virtue.

So let us put on Christ, being clothed with an incorruptible body for life eternal. Amen.



## LOOKING AHEAD

*The following are services & parish events **IN ADDITION** to the usual weekend services (Sat 6pm & Sun 8:30am).*

### May 5—9

Fr Michael travels to MA to help his mother

### May 11—Mother's Day

After Divine Liturgy — Mother's Day Brunch

### Tuesday — May 13

7:00pm — Adult Ed: Topic TBD

### Wednesday — May 14

10:30am — Father's Café

7:00pm — Parish Council Meeting

### Tuesday — May 20

11:00am — Diamond Circle

7:00pm — Adult Ed: Topic TBD

### Wednesday — May 21

10:30am — Father's Café

### Sunday — May 25

11:30am-2:00pm — 50th Anniversary Banquet at Vintana  
Restaurant in Escondido

### Tuesday — May 27

7:00pm — Adult Ed: Topic TBD

### Wednesday — May 28

10:30am — Father's Café

6:00pm — Great Vespers for Ascension

### Thursday — May 29 Ascension

8:30am—Hours

## Many Years!

### *Other*

Newly-illuminated Earl John Sacramento

### *Birthday*

James Pelachik	5/4
Ethan (Athanasius) Menig, Marina Rahal	5/8
Anne Shumaik Cooper	5/9
Barbara Karleen, Nicholas Franchak, Jon Temnick	5/10

### *Wedding Anniversary*

Gary (Paul) & Huyen Do (Sarah) Jollie & Carmen (Anthony) & Elizabeth Brown 5/4

## PARISH CONTACT INFO:

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**Priest:** V. Rev. Michael Anderson, Rector

**Email:** [powaypadre@stjohnofdamascus.org](mailto:powaypadre@stjohnofdamascus.org) — **Phone:** (858) 717-2172

**Attached Clergy:** V. Rev. Alexander Federoff, Retired, Rev. John Robinson, Retired &  
Pdn. George Shumaik

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