

May 11, 2025



THE IMAGE...

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

www.stjohnofdamascus.org

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

FOURTH SUNDAY OF PASCHA—TONE 3

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

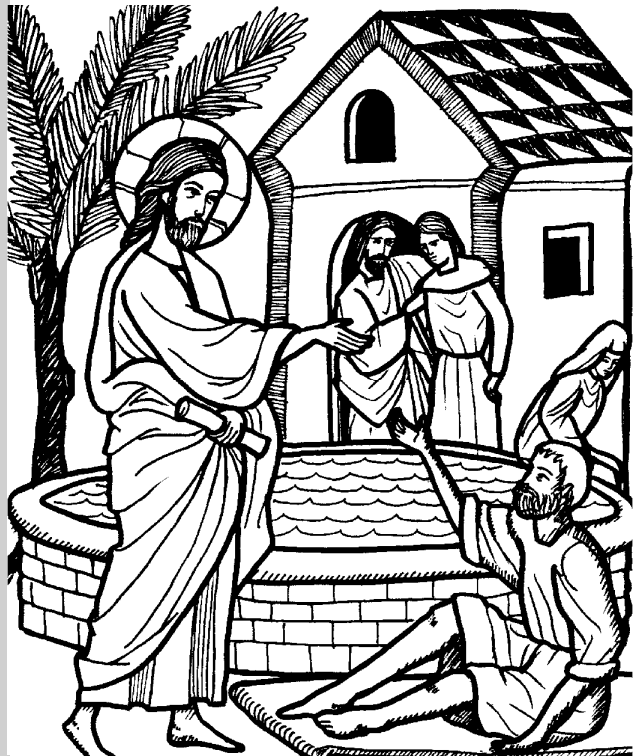
No matter how much we may study, it is
not possible to come to know God unless
we live according to His commandments,
for God is not known by science, but by the
Holy Spirit. Many philosophers and learned
men came to the belief that God exists, but
they did not know God. It is one thing to
believe that God exists and another to know
Him. If someone has come to know God by
the Holy Spirit, his soul will burn with love
for God day and night, and his soul cannot
be bound to any earthly thing.

—*St Silouan the Athonite*



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

E-mail 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: Forgiveness 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.

At the request of our members we will be describing the Church’s understanding of Forgiveness



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

TROPARION

Resurrection—Tone 3

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world//
great mercy.



KONTAKIA

Paralytic —Tone 3

By Your divine intercession, O Lord,
as You raised up the Paralytic of old,
so raise up my soul, paralyzed by sins
and thoughtless acts;
so that being saved I may sing to You:
“Glory to Your power, O compassionate
Christ!”

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 1 (*Resurrection*) — Let Your mercy, O Lord, be upon us as we have set our hope on You! (*Ps 32/33:22*)

v: Rejoice in the Lord, O you righteous! Praise befits the just! (Ps 32/33:1)

ALLELUIA

Tone 5 — V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (*Ps. 88:1-2*)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the heavens. (*Ps. 88:3*)

Today's Worship — Scripture Readings

Epistle — Acts 9:32-43

³² Now it came to pass, as Peter went through all parts of the country, that he also came down to the saints who dwelt in Lydda.

³³ There he found a certain man named Aeneas, who had been bedridden eight years and was paralyzed. ³⁴ And Peter said to him, "Aeneas, Jesus the Christ heals you. Arise and make your bed." Then he arose immediately. ³⁵ So all who dwelt at Lydda and Sharon saw him and turned to the Lord.

³⁶ At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did. ³⁷ But it happened in those days that she became sick and died. When they had washed her, they laid her in an upper room. ³⁸ And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring him not to delay in coming to them. ³⁹ Then Peter arose and went with them. When he had come, they brought him to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them. ⁴⁰ But Peter put them all out, and knelt down and prayed. And turning to the body he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter she sat up. ⁴¹ Then he gave her his hand and lifted her up; and when he had called the saints and widows, he presented her alive.

⁴² And it became known throughout all Joppa, and many believed on the Lord. ⁴³ And he stayed in Joppa for many days with one Simon, a tanner.

Gospel — John 5:1-15

¹ After this there was a feast of the Jews, and Jesus went up to Jerusalem. ² Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. ³ In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. ⁴ For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. ⁵ Now a certain man was there who had an infirmity thirty-eight years. ⁶ When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?"

⁷ The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." ⁸ Jesus said to him, "Rise, take up your bed and walk." ⁹ And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. ¹⁰ The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed." ¹¹ He answered them, "He who made me well said to me, 'Take up your bed and walk.' " ¹² Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk'?" ¹³ But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place. ¹⁴ Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."

¹⁵ The man departed and told the Jews that it was Jesus who had made him well.

OVERCOMING EGOISM: ON THE SUNDAY OF THE PARALYTIC MAN

FR. ALEXANDER SCHMEMANN

On the third Sunday after Easter, the reading from the gospel of John recounts Christ's healing of a paralytic. "There was a feast," writes the Evangelist John, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water: whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. (*Jn 5:1-9*)

That is the gospel record, and having heard it, many will respond that it's just another miracle, another unbelievable event that has nothing whatsoever in common with our life, interests, needs, questions ... But we listen carefully and reflect: the gospel is so childishly simple, and its stories so short, that a person of today is easily fooled by this brevity and simplicity. It seems to him or her that the truth about themselves and about their life must be complicated and cumbersome, because they themselves are complicated. But perhaps the gospel's ageless power resides in its reduction of everything to the most essential, elementary, fundamental: good and evil, darkness and light, man and God, life and death. And indeed, any focused and deep thought that involves not merely the mind, but one's entire being, in the end always concerns what is most essential. For all of life's complexity balances on the simplicity of eternal questions: good and evil, life and death, God and man.

So, in this particular gospel story, what is eternal and enduring? At its center, very clearly, are the paralytic's words to Christ, "I have no man." This truly is the cry of someone who has come to know the terrible power of human selfishness, narcissism. Every man for himself. Looking out for number one. All of them, all that great multitude of blind, sick, paralyzed, are all "waiting for the troubling of the waters," in other words, waiting for help, concern, healing, comfort. But...each waits by himself, for himself. And when the waters are troubled, each throws himself forward and forgets about the others... From the gospel's point of view, this pool is of course an image of the world, an image of human society, a symbol of the very organization of human consciousness.

Oh, of course, within the world one can find many examples of people who overcome egoism, examples of goodness and self-sacrifice. But even when someone has apparently overcome personal selfishness, he is still held prisoner by the category "his." He may have overcome bondage to himself as an individual, but then it is "his" family, and for "his" family, since "charity begins at home." If not family, then "his" ethnic group or country. If not this, then "his" social class, "his" political party. His,

Our Life in Christ

always his! And this “his” is invariably opposed to someone else’s, which by definition becomes alien and hostile. We’re told that this is how the world works, what can you do? But is this really true, is this really the ultimate, objective, and scientific truth about the person and human life?

Is it really true that everything in this world boils down to personal or collective self-interest, and that everyone lives by this? We are told that capitalism is wrong because it is self-serving and must, therefore, be destroyed in the name of communism. But self-serving is exactly what communism has been, constantly trumpeting its own worldview, its own class, its own party and so forth: its own against not-its-own, the other. .. And there is no escape whatsoever from this vicious cycle.



Unknown to us, however, we no longer feel suffocated by this world so totally drunk on all-consuming ego. We have become accustomed to blood, hatred, violence and, at best, indifference. Sometime in the 1920's, a young man, practically a boy, left a note and then committed suicide: "I do not want to live in a world where everyone is playing a con game ... " All of this was suffocating him, he could not stand it any longer. But we are gradually harassed into accepting this as normal, and the horror of self-centeredness we cease experiencing as horrible ... This is what the gospel story of the paralytic is about. All these sick, helpless, paralyzed people are sick first and foremost with incurable narcissism. This is what brings a person to cry: "I have no man!" There is no one! And this means that a person comes into being when narcissism is overcome; it means that human beings, above all, are a face turned toward the other person, eyes looking intently with concern and love into the eyes of the other person. It is love, co-suffering and care. The gospel also tells us that this new and authentic human being has been revealed to us, has come to us in Christ. In him, the One who comes to the lonely and long-suffering paralytic is no stranger, but "his own"; He comes in order to take up the sick man's sufferings as his own, his life as his own, to help and to heal.

"Do you want to be healed?" This is not the question of someone intent on forcing, convincing or subduing others. It is the question of genuine love, and therefore, genuine concern. Religion, alas, can also become narcissism, exclusively busy with itself and its own. But it is important to understand that this kind of religion, in spite of whatever Christian cloak it might be wearing, is in reality not Christianity ... For the whole of Christianity consists of breaking through the terrible walls of self-centeredness, breaking through to that love which, in the words of St Paul, God has "poured into our hearts" (*Rom 5:5*). That is Christianity's new, eternal commandment, and the content of the entire gospel and all our faith.



LOOKING AHEAD

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

May 11—Mother's Day

After Divine Liturgy — Mother's Day Brunch

Tuesday — May 13

7:00pm — Adult Ed: Forgiveness

Wednesday — May 14

10:30am — Father's Café

7:00pm — Parish Council Meeting

Tuesday — May 20

11:00am — Diamond Circle

7:00pm — Adult Ed: Forgiveness

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: Forgiveness

Wednesday — May 28

10:30am — Father's Café

6:00pm — Great Vespers for Ascension

Thursday — May 29 Ascension

8:30am—Hours

9:00am — Festal Divine Liturgy

Many Years!

Birthday

Rowan Sullivan	5/11	John Klavzar, Art Sladack	5/16
Anita Solis	5/12	Evan Keeling, Matt Zmina	5/17
Alina Macrina Panasenکو	5/14		
Sophia Geralt, Ethan Michael Zmina	5/15		

Wedding Anniversary

Joseph & Iryna Sheeler	5/12
Michael & Desiree Geralt	5/15

PARISH CONTACT INFO:

Church: 16903 Espola Rd Poway — **Mailing Address:** PO Box 28291 San Diego, CA 92198

Web: www.stjohnofdamascus.org

Email: info@stjohnofdamascus.org — **Phone:** (858) 674-1931

Priest: V. Rev. Michael Anderson, Rector

Email: 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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