

June 22, 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

**2<sup>ND</sup> SUNDAY AFTER PENTECOST—TONE 1**  
**ALL SAINTS OF NORTH AMERICA**



## 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

I desire to fix three precepts in your mind  
so that you may accomplish them during  
the fast: to speak ill of no one, to hold no  
one for an enemy, and to expel from your  
mouth altogether the evil habit of  
swearing.

—*St. John Chrysostom*



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

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



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

## Parish Life

### Iconography “Helpers” Invited

In the past some folks with artistic ability have offered to help Yakov Ferens, our iconographer, as he works. If you would like to help with that please contact Yakov at 619-952-4738.

### Parish Family Photo “Directory”

#### Photos to Begin to be Taken in June

Our bulletin board “Parish Family Directory” is ready to take its next step.

Beginning in June, Elena Stafford will be approaching people to have their pictures taken to be posted on the blue bulletin board in the church hall. The photos will also have the names of the people in them so that folks have a resource to put names to the faces” as our community continues to grow.

If you have a photo you would rather have used, please speak to Elena about sending it to her so we can have it printed in the format we will be using.



*The above picture of a photo directory is taken from St Nicholas Orthodox in Portland, OR. A number of parishes in our Diocese as well as around the country are doing similar things to address the quick growth in their communities.*

### Services for the Repose of Paul Swanson

Marina Swanson's husband, Paul Arthur Swanson, fell asleep in the Lord peacefully at home on Wednesday, May 28, 2025. A memorial worship service for his repose (pannikhida) will be held at St. John's on **Tuesday, June 17, 2025 at 6:00 pm with viewing beginning at 5:00 pm.**

**The funeral service will be at St. John's on Wednesday, June 18, 2025 at 10:30 am.**

A procession to the cemetery will follow, arriving at 12:45 pm to line up and proceed for a 30 minute Military Committal Service at Miramar National Cemetery.

Appetizers will be offered at the Swanson's house immediately following the services. Please confirm your attendance to Pat Swinehart, cell #760-331-3938, by Friday, June 6, 2025. She will forward detailed information to you.

On behalf of Marina & the family, "Thank you to all the endearing friends at St. John of Damascus."

### 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

### Church School End of Year BBQ Sunday June 29

This year's Church School program is coming to an end. We have planned on a BBQ on June 29 after Divine Liturgy.

More details to follow. See Bill Moision if you have questions.

## Parish Life

### TROPARIA

#### Resurrection—Tone 1

When the stone had been sealed by the Jews,  
while the soldiers were guarding Your most pure  
body,  
You rose on the third day, O Savior, granting life  
to the world.  
The powers of heaven therefore cried to You,  
O Giver of Life:  
“Glory to Your Resurrection, O Christ!  
Glory to Your Kingdom!  
Glory to Your dispensation, O Lover of mankind!”

#### All Saints of North America—Tone 8

As the bountiful harvest of Your sowing of  
salvation,  
the lands of North America offer to You, O Lord,  
all the saints who have shone in them.  
By their prayers keep the Church and our land in  
abiding peace  
through the Theotokos, O most Merciful One!

### KONTAKIA

#### Resurrection—Tone 1

As God, You rose from the tomb in glory,  
raising the world with Yourself.  
Human nature praises You as God, for death  
has vanished.  
Adam exults, O Master!  
Eve rejoices, for she is freed from bondage and  
cries to You:  
“You are the Giver of Resurrection to all,  
O Christ!”

#### All Saints of North America—Tone 3

Today the choir of Saints who were pleasing to  
God in the lands of North America  
now stands before us in the Church and invisibly  
prays to God for us.  
With them the Angels glorify Him,  
and all the Saints of the Church of Christ keep  
festival with them;  
and together they all pray for us to the Pre-  
eternal God.

#### Steadfast Protectress—Tone 6

Steadfast Protectress of Christians,  
Constant advocate before the Creator:  
Do not despise the cry of us sinners,  
But in your goodness, come speedily to help us  
who call on you in faith.  
Hasten to hear our petitions and to intercede for  
us, O Theotokos,  
For you always protect those who honor you!

### PROKEIMENA

**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)*

**Tone 7** (*All Saints of North America*) — Precious in the sight of the Lord is the death of His saints.  
(Ps 115/116:15)

### ALLELUIA

**Tone 1** — V. God gives vengeance unto me, and subdues people under me. (Ps. 17:48)

V. He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed  
forever. (Ps. 17:51)

**Tone 1** -- V. Rejoice in the Lord and be glad, O you righteous! (Ps. 31:11a)

## Today's Worship — Scripture Readings

### Epistle — Romans 2:10-16

<sup>10</sup> But glory, honor, and peace to everyone who works what is good, to the Jew first and also to the Greek. <sup>11</sup> For there is no partiality with God.

<sup>12</sup> For as many as have sinned without law will also perish without law, and as many as have sinned in the law will be judged by the law <sup>13</sup> (for not the hearers of the law are just in the sight of God, but the doers of the law will be justified; <sup>14</sup> for when Gentiles, who do not have the law, by nature do the things in the law, these, although not having the law, are a law to themselves, <sup>15</sup> who show the work of the law written in their hearts, their conscience also bearing witness, and between themselves their thoughts accusing or else excusing them) <sup>16</sup> in the day when God will judge the secrets of men by Jesus Christ, according to my gospel.

### Epistle — Hebrews 11:33-12:2

<sup>33</sup> Who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, <sup>34</sup> quenched the violence of fire, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. <sup>35</sup> Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. <sup>36</sup> Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. <sup>37</sup> They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented— <sup>38</sup> of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. <sup>39</sup> And all these, having obtained a good testimony through faith, did not receive the promise, <sup>40</sup> God having provided something better for us, that they should not be made perfect apart from us.

<sup>1</sup> Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, <sup>2</sup> looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

## Q&A

*Answers to common questions, to help the faithful talk with others about the Church.*

### **Q: Why do you have “pictures” of the saints all over your church?**

**A:** The Church is “decorated” to depict the Kingdom of God in the presence of the enthroned Christ.

The Saints’ images (icons) are showing the “cloud of witnesses” (Hebrews 12:1) which otherwise could not be seen.

## Today's Worship — Scripture Readings

### Gospel — Matthew 4:18-23

<sup>18</sup> And Jesus, walking by the Sea of Galilee, saw two brothers, Simon called Peter, and Andrew his brother, casting a net into the sea; for they were fishermen. <sup>19</sup> Then He said to them, "Follow Me, and I will make you fishers of men." <sup>20</sup> They immediately left their nets and followed Him.

<sup>21</sup> Going on from there, He saw two other brothers, James the son of Zebedee, and John his brother, in the boat with Zebedee their father, mending their nets. He called them, <sup>22</sup> and immediately they left the boat and their father, and followed Him.

<sup>23</sup> And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people.



### Gospel — Matthew 4:25-5:12

<sup>25</sup> Great multitudes followed Him — from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan.

<sup>1</sup> And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. <sup>2</sup> Then He opened His mouth and taught them, saying:

<sup>3</sup> "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>4</sup> Blessed are those who mourn, for they shall be comforted.

<sup>5</sup> Blessed are the meek, for they shall inherit the earth.

<sup>6</sup> Blessed are those who hunger and thirst for righteousness, for they shall be filled.

<sup>7</sup> Blessed are the merciful, for they shall obtain mercy.

<sup>8</sup> Blessed are the pure in heart, for they shall see God.

<sup>9</sup> Blessed are the peacemakers, for they shall be called sons of God.

<sup>10</sup> Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

<sup>11</sup> Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.

<sup>12</sup> Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

**ST JOHN CHRYSOSTOM ON FASTING**

—*Selected Excerpts from his Homilies on the Statues*—

“When the fast makes its appearance, like a kind of spiritual summer, let us as soldiers burnish our weapons, and as harvesters sharpen our sickles, and as sailors order our thoughts against the waves of extravagant desires, and as travelers set out on the journey towards heaven. Lay hold of the pathway which leads towards heaven, rugged and narrow as it is. Lay hold of it, and journey on.”

—

“I speak not of such a fast as most persons keep, but of real fasting; not merely abstinence from meats, but from sins as well. For the nature of a fast is such that it does not suffice to deliver those who practice it unless it is done according to a suitable law. So that when we have gone through the labor of fasting we do not lose the crown of fasting, we must understand how and in what manner it is necessary to conduct the business since the Pharisee also fasted, but afterward went away empty and destitute of the fruit of fasting. The Publican did not fast, and yet he was accepted in preference to him who had fasted in order that you may learn that fasting is unprofitable unless all other duties accompany it.”

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“Fasting is a medicine. But like all medicines, though it be very profitable to the person who knows how to use it, it frequently becomes useless (and even harmful) in the hands of him who is unskillful in its use.”

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“For the honor of fasting consists not in abstinence from food, but in withdrawing from sinful practices, since he who limits his fasting only to abstinence from meats is one who especially disparages fasting.”

—

“Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see an enemy, be reconciled with him. If you see a friend gaining honor, do not be jealous of him. And let not only the mouth fast, but also the eye and the ear and the feet and the hands and all members of your bodies.”

—

“Let the hands fast by being pure from plundering and avarice. Let the feet fast by ceasing from running to unlawful spectacles. Let the eyes fast, being taught never to fix themselves rudely on handsome faces, or to busy themselves with strange beauties. For looking is the food of the eyes,

## Our Life in Christ

but if it be such as is unlawful or forbidden, it mars the fast and upsets the whole safety of the soul. But if it be lawful and safe, it adorns fasting. For it would be among things most absurd to abstain from lawful food because of the fast, but with the eyes to touch even what is forbidden! Do you not eat meat? Feed not upon lasciviousness by means of your eyes! Let the ear fast also. The fasting of the ear consists in refusing to receive evil speakings and calumnies. It is written, "You shall not receive a false report" (Exodus 23:1)."

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"Let the mouth also fast from disgraceful speech. For what does it profit if we abstain from fish and fowl and yet bite and devour the brothers and sisters. The evil speaker eats the flesh of his brother and bites the body of his neighbor. Because of this Paul utters the fearful saying, "If you bite and devour one another take heed that you are not consumed by one another" (Gal.5:15). You have not fixed your teeth in his flesh, but you have fixed your slander in his soul and inflicted the wound of evil suspicion, and you have harmed in a thousand ways yourself, him and many others, for in slandering your neighbor you have made him who listens to the slander worse, for should he be a wicked person, he becomes more careless when he finds a partner in his wickedness. And should he be a just person, he is tempted to arrogance and gets puffed up, being led on by the sin of others to imagining great things concerning himself. Besides this, you have struck at the common welfare of the Church herself, for all those who hear you will not only accuse the supposed sinner, but the entire Christian community...."

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"And so I desire to fix three precepts in your mind so that you may accomplish them during the fast: to speak ill of no one, to hold no one for an enemy, and to expel from your mouth altogether the evil habit of swearing."

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"For as the harvester in the fields comes to the end of his labors little by little, so we too if we make this rule for ourselves and in any manner come to the correct practice of these three precepts during the present Fast and commit them to the safe custody of good habit, we shall proceed with greater ease to the summit of spiritual wisdom. And we shall reap the harvest of a favorable hope in this life, and in the life to come we shall stand before Christ with great confidence and enjoy those unspeakable blessings of which, God grant, we may all be found worthy through the grace of Jesus Christ our Lord, with whom be glory to the Father, and to the Holy Spirit unto ages of ages. Amen!"



## LOOKING AHEAD

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

**June 9-27**

Fr Michael on Vacation

**June 16-28**

Apostles Fast

**Sunday — June 29**

After Divine Liturgy — Church School BBQ

**Monday — June 30**

7:00pm — Parish Council Meeting

**Wednesday — July 2**

10:30am — Father's Café

**Saturday — July 5**

4:30pm — Choir Rehearsal

## Many Years!

### *Name Day*

Magnolia Joanne Keeling 6/27

### *Birthday*

Kathrine Minakov 6/23

Grace (Victoria) Cooper, Nika Federoff Carlson 6/25

### *Wedding Anniversary*

Steve & Cyndi Zmina 6/28

## PARISH CONTACT INFO:

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

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

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