

February 22, 2026



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

37TH SUNDAY AFTER PENTECOST—TONE 4

EXPULSION OF ADAM FROM PARADISE

FORGIVENESS SUNDAY

CHEESEFARE SUNDAY

**1ST & 2ND FINDINGS OF THE HEAD OF
ST. JOHN THE FORERUNNER & BAPTIST**

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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

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A Word...

He who raised Jesus from the dead will
raise us also if we do his will and walk in
his commandments and love the things
which he loved, abstaining from all
unrighteousness, covetousness, love of
money, evil speaking and false witness.

St. Polycarp of Smyrna

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

E-mail info@stjohnofdamascus.org
with your request.

*Turn not Your face from Your servant, for I am
afflicted: * hear me speedily, draw near unto
my soul, and deliver it! (Ps 68/69:17-18)*

Let us begin the fast with joy!

Let us prepare ourselves for spiritual efforts!

Let us cleanse our soul and cleanse our flesh!

*Let us abstain from every passion as we ab-
stain from food!*

*Let us rejoice in virtues of the Spirit and fulfill
them in love,*

*that we all may see the Passion of Christ our
God, //*

and rejoice in spirit at the holy Pascha!



Parish Life

Day Trip to Project Mexico March 7

This will be our second year sending a group during Great Lent to help Project Mexico with prep for the house building groups that come in the summer.

Save the date and speak to Carmen Brown in you are interested.



“Crafty Creators” 1st Sunday of the Month March 1 — Pysanki Workshop

Crafty Creators meets every first Sunday of the month in the Fellowship Hall in the back classrooms after church school.

This coming month we will have our annual pysanki workshop led by Diane Worth. Please speak to her if you are planning on participating



Election Results to Be Sent for Blessing of the Bishop

While we have held our elections, the results (along with the minutes of our annual meeting) need to be sent to our diocesan bishop for a blessing before the people take on their new roles.

Once the blessing is received we will have a service of induction for them.

Preparing for Great Lent

Each of us is given this preparatory time leading up to the beginning of Great Lent to search our heart and prepare for the fast to come. Preparation is very helpful when preparing to fast.

As always, we should not just be thinking about what food we will not eat and eat, but how we will fast with our eyes, our ears, even our feet and where they take us. We should also think about the increased of activities that lead us towards God.

If you have questions about anything of this please speak to Fr Michael.



Monthly Service for the Departed Memorial Saturday Liturgy 2/28

Saturdays during Great Lent are a time when the Church remembers our beloved departed in Christ.

As such, our monthly service this month will be a Memorial Saturday Liturgy on Sat 2/28 at 8:30am. Names of people to be remembered must be submitted prior to the beginning of the service.



Additional Parking Available

People have been sharing that our church is growing so much that folks are having trouble finding parking spots at times.

We do have an agreement with the Lutheran Church next door to be able to use the BACK parking lot if need be.

If you have questions about where it is please see one of the Parish Council members.

Hymns

TROPARIA

Resurrection—Tone 4

When the women disciples of the Lord
learned from the Angel the joyous message of
the Resurrection,
they cast away the ancestral curse
and elatedly told the Apostles:
“Death is overthrown!
Christ God is risen, //
granting the world great mercy!”

St. John the Baptist—Tone 4

The head of the Forerunner has shone from
the earth,
sending forth rays of incorruption and healings
to the faithful.
It gathers together a multitude of Angels above
and summons the human race below //
to send up glory with one voice to Christ our
God.

KONTAKIA

St. John the Baptist—Tone 2

O Prophet of God and Forerunner of Grace,
we have found your head as a sacred rose.
Therefore we always receive healings from it,
and, as in times past, now you preach
repentance to the world.

Lenten Triodion—Tone 6

O Master, Teacher of wisdom,
Bestower of virtue,
Who teaches the thoughtless and protects the
poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to
You:
“Have mercy on me, a transgressor, //
O merciful Lord!”

PROKEIMENA

Tone 8 (*Resurrection*) — Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)
v: In Judah God is known; His name is great in Israel. (*Ps 75/76:1*)

Tone 7 (*Forerunner*) — The righteous shall rejoice in the Lord, and shall hope in Him. (*Ps 63/64:10*)

ALLELUIA

Tone 6 — V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.
(*Ps. 91:1*)

V. To declare Your mercy in the morning, and Your truth by night. (*Ps. 91:2a*)

Tone 4 -- V. The righteous shall flourish like the palm tree, and grow like a cedar in Lebanon.
(*Ps. 91:11*)

Today's Worship — Scripture Readings

Epistle — Rom 13:11-14:4

¹¹ And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. ¹² The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. ¹³ Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

¹ Receive one who is weak in the faith, but not to disputes over doubtful things. ² For one believes he may eat all things, but he who is weak eats only vegetables. ³ Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. ⁴ Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Epistle — 2 Cor 4:6-15

⁶ For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. ⁷ But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. ⁸ We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed — ¹⁰ always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. ¹¹ For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. ¹² So then death is working in us, but life in you. ¹³ And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak, ¹⁴ knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you. ¹⁵ For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God.

Today's Worship — Scripture Readings

Gospel — Matthew 6:14-21

¹⁴ For if you forgive men their trespasses, your heavenly Father will also forgive you.

¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. ¹⁶ Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

¹⁹ Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

Gospel — Matthew 11:2-15

² And when John had heard in prison about the works of Christ, he sent two of his disciples ³ and said to Him, "Are You the Coming One, or do we look for another?" ⁴ Jesus answered and said to them, "Go and tell John the things which you hear and see: ⁵ The blind see and the lame walk; the lepers are cleansed and the deaf hear; the dead are raised up and the poor have the gospel preached to them. ⁶ And blessed is he who is not offended because of Me. ⁷ As they departed, Jesus began to say to the multitudes concerning John: "What did you go out into the wilderness to see? A reed shaken by the wind? ⁸ But what did you go out to see? A man clothed in soft garments? Indeed, those who wear soft clothing are in kings' houses. ⁹ But what did you go out to see? A prophet? Yes, I say to you, and more than a prophet. ¹⁰ For this is he of whom it is written: 'Behold, I send My messenger before Your face, Who will prepare Your way before You.' ¹¹ Assuredly, I say to you, among those born of women there has not risen one greater than John the Baptist; but he who is least in the kingdom of heaven is greater than he. ¹² And from the days of John the Baptist until now the kingdom of heaven suffers violence, and the violent take it by force. ¹³ For all the prophets and the law prophesied until John. ¹⁴ And if you are willing to receive it, he is Elijah who is to come.

¹⁵ He who has ears to hear, let him hear!

Archpastoral Letter of His Beatitude Metropolitan Tikhon for Great Lent

To the clergy, monastics, and faithful of the Orthodox Church in America, beloved children in the Lord:

Glory to Jesus Christ! Glory forever!

First, please be assured of my prayers for you, my flock throughout North America, as we enter into this great and holy season of the Fast. May God grant each of you his aid and support, comfort and blessings, as we all take up our Lenten podvig.

In our present media-mad, ever-online cultural atmosphere, opinion often appears to be our society's highest value, both morally and economically. To hold and express an opinion on all manner of "issues" is cast as the highest form of self-realization. In the meanwhile, the so-called attention economy coddles our biases in order to peddle us all manner of products. Many of you, beloved in the Lord, will know that I have written of this before, but I do so again because the reign of opinion has only become more firmly entrenched, and the spiritual dangers which this situation presents have become only more pervasive.



However, I exhort you to remember, especially during this sacred season of the Holy Forty Days, that, no matter how entrenched or pervasive these realities have become, we find in our Orthodox Christian tradition spiritual medicines, therapies, and inoculations for every temptation, sin, trial, and affliction. Thus, against the background of the technological and social developments and trends that have led us to the present moment, the sacred tradition of Orthodox Christianity appears more distinct perhaps than ever before. In marked contrast to our society's lionization of opinion and constant public self-expression, our faith highlights the spiritual value of dispassion, restraint, sobriety, balance, and discernment.

This is not to deny that our faith may sometimes call us to speak and act. Rather, it is a reminder that our starting point should be, not certainty of our own moral superiority and clarity of judgment, but rather humility and self-examination. As the spiritual classic *Unseen Warfare* points out, we must be suspicious of any thought of ours, no matter how apparently good it may be on the surface. We do not blindly trust our every notion; rather we submit all our thoughts to a process of discernment, in accordance with St. Paul's exhortation: "Examine yourselves, to see whether you are in the faith. Test yourselves" (2 Cor. 13:5).

If we try to make this practice our own, we will find that, perhaps unexpectedly, such sobriety and restraint do not limit our God-given freedom, our human agency, but rather increase it. After all, the opinionated person is battered by the winds of change, forced to react to every event and controversy, forced to take a stance on every issue and topic. On the other hand, the sober-minded person, the practitioner of discernment, is free from the shackles of the news cycle, free from the expectation and compulsion to take a stance on the issue du jour. He who is accustomed to restraint is free to form his own opinions—or not—and to do so in his own time, with recourse to prayer, reflection, and unhurried reasoning.

In the end, however, we do not practice discernment, self-examination, restraint, and dispassion as an end in and of themselves. Yes, they may help to liberate us from the whirl of current events and the churning waves of controversy, and this can bring us a measure of temporal peace and well-being. But as Christians we desire not merely to be free from evil, but to be free for good. From this perspective, restraint and sobriety are simply spiritual tools—albeit invaluable spiritual tools—and we use these

Archpastoral Letter of His Beatitude Metropolitan Tikhon for Great Lent

tools to draw nearer to Christ, or rather, to allow Christ, in his great mercy and love for mankind, to draw closer to us. As the holy apostle James says, “Draw near to God, and he will draw near to you” (Jam. 4:8). For, if we are obsessed with our own opinion, what room do we leave for understanding and acting in accordance with God’s will? If we are loudly pointing out the wounds of others, what time and space do we leave for Christ to tend our own wounds?

From our vantage at the beginning of the Great Fast, all of this serves to remind us that our entire Lenten effort, indeed our entire Christian life-long struggle, is ultimately directed toward joy – not the passing joys that stimulate our passions, but the everlasting joy of communion with God the Father, in Christ, through the Holy Spirit. The path of repentance may indeed lead us through valleys of sorrow and up rocky slopes of adversity, but the end of the path is true freedom, true happiness, true delight, true love, true existence.

Therefore, when we draw the contrast between the world and its opinions and Christian sobriety, we do not offer dour moralism in place of excitement and expression. Instead, Christ offers us every good gift—now and eternally—if we desire to receive those gifts. Instead of being dragged along in the wake of shifting events, the Lord shows us the way toward lasting peace of mind and heart: through dispassion, yes, but ultimately through his own presence in us: the true Peace of God in our hearts and in our midst, now and ever.

To him, our Lord and God and Savior Jesus Christ, our Peace and our Salvation, be all honor and glory, together with his Father and his Holy Spirit, the Comforter, now and always and unto endless ages of ages.

Once again, please be assured of my prayers for you during this sacred season, and may God sustain all of us as we prepare, through our Lenten struggle, to meet the supreme feast of his radiant Pascha.

Yours in Christ,

+TIKHON

Archbishop of Washington

Metropolitan of All America and Canada



LOOKING AHEAD

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

Sunday February 22

Forgiveness Sunday / Cheesefare

Monday February 23

Clean Monday, Start of Great Lent

6:00pm — Great Compline with Canon of St. Andrew

Tuesday February 24

6:00pm — Great Compline with Canon of St. Andrew

Wednesday February 25

10:30am — Father's Cafe

6:00pm — Great Compline with Canon of St. Andrew

Thursday February 26

6:00pm — Great Compline with Canon of St. Andrew

Friday February 27

6:00pm — Presanctified Liturgy followed by Lenten Potluck

Saturday February 28 — St Theodore

8:30am — Memorial Saturday Divine Liturgy

Monday March 2

6:00pm — Orthodox Christianity 101

Wednesday March 4

6:00pm — Presanctified Liturgy followed by Lenten Potluck

For more dates & links please visit our website: www.stjohnofdamascus.org/calendar

Many Years!

Other

Newly-illuminated Elizabeth Hagerman

Name Day

Kyra Toth (Federoff) 2/28

Birthday

Oliver George Cooper 2/23

Joseph Temnick 2/24

Emily Shumaik Lorelli 2/28

Wedding Anniversary

Joseph & Cora Temnick 2/22

PARISH CONTACT INFO:

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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

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