

March 1, 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

1ST SUNDAY OF GREAT LENT —TONE 5
SUNDAY OF ORTHODOXY

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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...

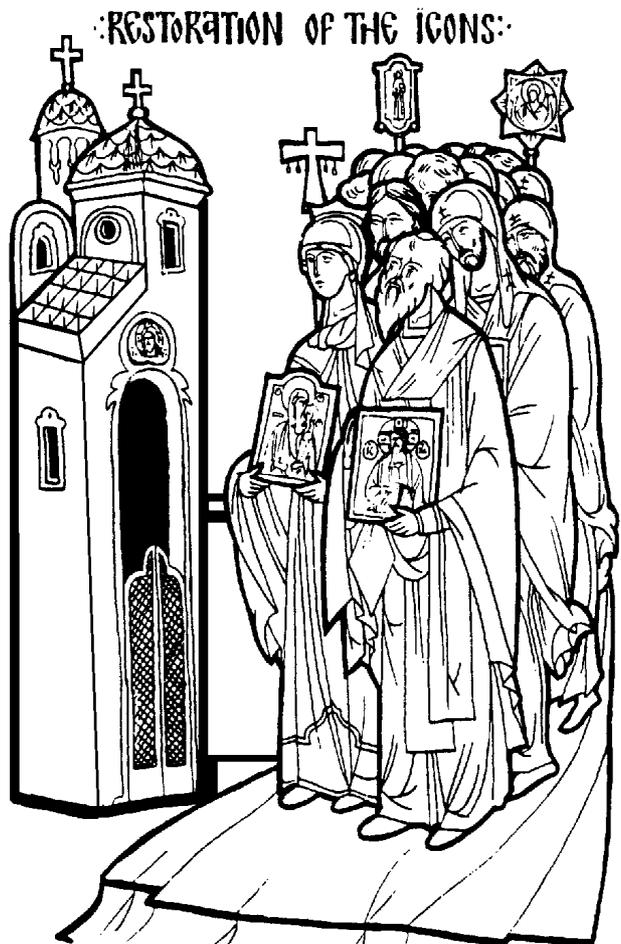
If then we too always see God with our
mind, if we always think in remembrance of
God, all things will appear enduring to us,
all things tolerable. We shall bear them all
easily. We shall be above them all. If you
see one whom you love, or remember that
one, you are reawakened in spirit and
elevated in thought and you bear all things
easily while delighting in the remembrance.

St. John Chrysostom

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

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



Service Books for the Faithful Available in Bookstore

It is a long-standing tradition for people to have a service book that they bring to help keep them focused during services.

St Tikhon's Monastery has printed a new edition which includes Vespers, Matins as well as the Liturgies of St John Chrysostom, St Basil & the Presanctified Liturgy.

They also include the prayers in preparation for Holy Communion as well as the Thanksgiving Prayers for after having received.

They are available at our bookstore for \$25.



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.



Church School for Children & Youth 1st & 3rd Sunday of Month Youth Choir 2nd & 4th Sunday of Month

Our Church School for children and youth are held on the 1st and 3rd Sundays of the month.

Our children's and youth choir (for those able to read) are held on the 2nd and 4th Sundays of the month.



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.

Dates for 2026

MOVABLE FEASTS

Pascha	April 12
Ascension	May 21
Pentecost	May 31

FASTS

Great Lent	Feb 23—April 12
Holy Week	April 5—10
Apostles Fast	June 8—28
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

Bright Week	April 12-18
After Pentecost	June 1-6
After Christmas	Dec 25-Jan 4

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.



Parish Library Organized & Ready for Use!

We are grateful to God for the group of workers who went through our parish library and organized the books by subject matter last week!

Sections include books on...

- BIOGRAPHIES/SAINTS
- INTRODUCTION TO THE ORTHODOX FAITH
- BIBLICAL STUDIES
- WORSHIP
- THEOLOGY
- And more.....

Please feel free to take a look at borrow a book.



Barbara Karleen Moved to Rehab Facility

Barbara is making good progress with her recovery after her surgery. She has left the hospital and is in a rehab facility in Encinitas. She is grateful for all the calls and visits and is very open for more. If you would like to visit her, the address can be found in the narthex.

PYSANKI PARTY/WORKSHOP CRAFTY CREATORS — THIS SUNDAY

Each year we have a Pysanki (Ukrainian Easter Egg) decorating party/workshop before Pascha.

This year's Pysanki Party will be today after Fellowship Hour. It is a fun time for fellowship for "professionals" as well as novices. See Diane Worth for more information.



Monthly Collections

St John's is committed to supporting our OCA seminaries who train our future priests & leaders as well as the needs of so many who lack basic things like food, shelter, etc. :

- 2nd Sunday of each Month—Seminarians
- 3rd Sunday of each Month—Charities (local needs, IOCC, Project Mexico, etc.)

The basket will be placed out for the veneration of the cross at the end of Liturgy.

Please plan on contributing as you can.



Food Collection

Our parish collects food for the San Diego Food Bank as well as for St Innocent's Orphanage in Tijuana Mexico.

Please remember the many people who struggle with food security in our area. If we all picked up one extra item at the grocery store each time we went we would be able to fill our bins every month.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 5

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

Sunday of Orthodoxy—Tone 2

We venerate Your most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Your good will You were pleased to ascend the cross in the flesh
and deliver Your creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to You:
“You have filled all with joy, O our Savior,//
for You alone have come to save the world.”

KONTAKION

Sunday of Orthodoxy—Tone 8

No one could describe the Word of the Father;
but when He took flesh from you, O Theotokos, He accepted to be described,
and restored the fallen image to its former state by uniting it to divine beauty.//
We confess and proclaim our salvation in words and images.

PROKEIMENON

Tone 4 (*Song of the Fathers*) — Blessed are You, O Lord God of our fathers,
and praised and glorified is Your name forever! (*Song of the Three Holy Children, v. 3*)

v: For You are just in all that You have done for us! (*v. 4*)

ALLELUIA

Tone 4 — V. *Moses and Aaron were among His priests; Samuel also was among those who called on His Name. (Ps. 98:6)*

V. *They called to the Lord and He answered them. (Ps. 98:7a)*

Today's Worship — Scripture Readings

Epistle — Hebrews 11:24-26,32-12:2

²⁴ By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, ²⁵ choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, ²⁶ esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.

³² And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: ³³ who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, ³⁴ quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. ³⁵ Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. ³⁶ Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. ³⁷ 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 — ³⁸ of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. ³⁹ And all these, having obtained a good testimony through faith, did not receive the promise, ⁴⁰ God having provided something better for us, that they should not be made perfect apart from us.

¹ 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, ² 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.

Gospel — John 1:43-51

⁴³ The following day Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." ⁴⁴ Now Philip was from Bethsaida, the city of Andrew and Peter. ⁴⁵ Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote — Jesus of Nazareth, the son of Joseph." ⁴⁶ And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." ⁴⁷ Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" ⁴⁸ Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." ⁴⁹ Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" ⁵⁰ Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." ⁵¹ And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

Archoastoral Letter of His Grace Bishop Vasily for Beginning of Great Lent

To the clergy, monastics, and the faithful of the Diocese of the West:

Dear fathers, mothers, brothers and sisters

Christ is in our midst!

I greet you all at the beginning of the blessed and saving Lent, the holy forty days, that the Church has set aside and consecrated in her wisdom for our salvation and renewal. It is the time for the strengthening of our piety, for the confirmation of our faith, and for the remembrance of our own identity as Christians. We are members of Christ, those who are called to be God's children, members of his household, the people "bought with a price."

In the First Book of Kings (1 Kingdoms), we read about Prophet Elijah, in time of despair and affliction, fleeing to Mount Horeb and fasting for forty days and forty nights. Having received the nourishment from the angel, the prophet is granted the vision of one true God in a "still small voice" (1 Kings 19:12). Our great ascetical father, Venerable Theodore the Studite (d. 826), in one of the three-ode canons that he wrote for the First Week of Lent, uses this biblical image to make clear for us, Orthodox Christians, the goal set before us in this time of fasting: "On Mount Horeb Elijah was cleansed by fasting and saw God: let us also cleanse our hearts by fasting and we shall see Christ." For us, as members of the body of Christ, the time of the Great Fast is not a time of despair and sadness, but a season of sober self-examination, that is, repentance, with joy and thanksgiving, as the Lord commands: "when you fast, anoint your head and wash your face, that your fasting may not be seen by men, but by your Father who is in secret" (Matt 16:17-18). Most of all, however, we embark on our fasting journey so that at the end of this journey we may prepare to see Christ, our Lord and God, crucified for us, and to meet him risen from the dead on the third day as the first fruits of our own rising on the last day.

Thus, let us be grateful to God for the wonderful gift of this season. May we to the best of our ability and strength strive to fast, to pray, and to come to the Divine services that the Church offers for our edification and reflection. As the prophet Elijah was fed with the angelic bread on the mountain, so let us draw our strength from the Divine mysteries of Christ that we are given, the Holy Eucharist that the Church offers us at the Divine Liturgy of the Presanctified Gifts, where we draw near to Christ "in faith and love", so that we become "communicants of the eternal life." Most of all, though, let us not forget and neglect one another, especially our neighbor who may need our attention and help, for the fasting that nurtures love and compassion is the fast truly acceptable to God.

I wish you all a blessed, joyful, and spiritually nourishing time of the Great Fast. I assure you of my archpastoral blessing and prayers, as we walk together through this blessed season, in the expectation of celebrating the triumphant joy of Holy Pascha. As we enter this holy time, I ask you all for your forgiveness, in anything I have sinned against you as your bishop. May God forgive and bless us all.

With love in Christ,

+ Vasily
Bishop of San Francisco and the West



Our Life in Christ—Southern CA Sunday of Orthodoxy Vespers

*His Grace Bishop Anthony, Hosting, Diocese of Los Angeles
Antiochian Orthodox Christian Archdiocese of North America*

*Together with
His Eminence Metropolitan Gerasimos
Of San Francisco, Greek Orthodox Archdiocese*

*And
His Eminence Archbishop Maxim
Western Diocese, Serbian Orthodox Church*

Invite You to

Vespers for the Triumph of Orthodoxy

6 pm Sunday • March 1, 2026

St. Nicholas Cathedral

2300 W 3rd Street • Los Angeles

And to Welcome

His Grace Bishop Vasily

Diocese of the West, Orthodox Church in America, Guest Homilist

Pan-Orthodox Choir • Reception Will Follow Vespers

All the Faithful Are Invited to Bring and Bear Icons

Let us declare the Faith of the Apostles in Words and Images!





LOOKING AHEAD

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

Sunday March 1 — Sunday of Orthodoxy

6:00pm — Southern CA Sunday of Orthodoxy Vespers with Hierarchs of the West Coast: St Nicholas Antiochian Orthodox Cathedral, 2300

West 3rd St, Los Angeles

Monday March 3

7:00pm — Orthodox Christianity 101

Tuesday March 4

7:00pm — Catechism

Wednesday March 5

10:30am — Father's Café

6:00pm — Presanctified Liturgy followed by Lenten Potluck

Friday March 7

10:00am — Presanctified Liturgy followed by Lenten Potluck

Sunday February 22—Cheesefare Sunday

After the Divine Liturgy — Forgiveness Sunday Vespers

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

Many Years!

Newly-illuminated Elizabeth Hagerman

Birthday

Michael Franchak	3/1	
Carmen (Anthony) Brown, Benjamin Fenlaso, Leo Federoff		3/22
Barry Temnick	3/3	
Elena Miller	3/5	

Wedding Anniversary

Heather & Thomas Ferrari 3/1

PARISH CONTACT INFO:

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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

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