

March 8, 2026



# 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

2ND SUNDAY OF GREAT LENT —TONE 6  
ST GREGORY PALAMAS

+

### 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

+

### A Word...

When we sit down, when we walk, when we eat when we drink we can always pray inwardly...Let us work with the body and pray with the soul. Let the outer person perform bodily tasks, and let the inner person be entirely dedicated to the service of God, never abandoning spiritual prayer

*St. Gregory Palamas*

+

**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. GREGORY  
PALAMAS·



*If anyone is looking for the right season to practice virtue, IT IS NOW, in these forty days. Our whole life is intended as a suitable means of attaining salvation, but this season of fasting is more especially so. Christ, the Author and Giver of our salvation, began by fasting. Just as failing to restrain the stomach destroys the virtues and is the mother of passionate-ness, so self-control destroys the stains caused by self-indulgence and is the mother of dispassion.*

*St. Gregory Palamas (Homily 10)*

## Parish Life

### 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.



### San Diego Inter-Orthodox Services

**March 15** - 6pm - Sunday of the Cross 6pm --  
St Gregory of Nyssa Greek Orthodox Church -- El  
Cajon, CA

**March 22** - 6pm - Sunday of St John of the  
Ladder -- St Petka Serbian Orthodox Church -  
San Marcos, CA

**April 13** -- 10am -- Bright Monday Paschal Divine  
Liturgy - St John of Damascus Church -- Poway,  
CA

**April 26** - 6pm - Sunday of the Myrrh-bearers --  
Paschal-tide Vespers - St John of Damascus,  
Church -- Poway, CA

### Barbara Karleen Moving to Rancho Bernardo

Barbara is making further progress with her recovery after her surgery. She is scheduled to leave the rehab facility in Encinitas on Wednesday for a more permanent residence right here in Rancho Bernardo.

She is grateful for all the calls and visits and is very open for more.



### 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.



### 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.

## Today's Worship — Hymns

### TROPARIA

#### **Resurrection—Tone 6**

The angelic powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You took captive hell, //  
not being tempted by it.  
You came to the Virgin, granting life. //  
O Lord, Who rose from the dead, glory to You.

#### **St John of Damascus —Tone 8**

Teacher of Orthodoxy, piety, & purity!  
Enlightener of the universe!  
& divine inspiration to monastics  
by your teachings we are all enlightened,  
& by your spiritual music, O all-wise John of  
Damascus,  
pray to Christ our God for the salvation of our  
souls!

#### **St. Gregory Palamas—Tone 8**

O light of Orthodoxy, teacher of the Church, its  
confirmation,  
O ideal of monks and invincible champion of  
theologians,  
O wonderworking Gregory, glory of  
Thessalonica and preacher of  
grace, //  
always intercede before the Lord that our  
souls may be saved!

### KONTAKIA

#### **St John of Damascus — Tone 4**

Let us the faithful sing praises to John,  
worthy of great honor the composer of hymns.  
The star & teacher of the Orthodox Faith,  
the defender of its doctrine.  
Through the might of the Lord's Cross he  
overcame heretical error!  
Now he is fervent in prayer to Christ God,  
to grant forgiveness of our sins.

#### **St. Gregory Palamas—Tone 8**

Holy and divine instrument of wisdom,  
joyful trumpet of theology,  
together we sing your praises, O God-inspired  
Gregory.  
Since you now stand before the Original Mind,  
guide our minds to Him, O Father, //  
so that we may sing to you: "Rejoice, preacher  
of grace!"

#### **Lenten Triodion—Tone 4**

Now is the time for action!  
Judgment is at the doors!  
So let us rise and fast,  
offering alms with tears of compunction and  
crying:  
"Our sins are more in number than the sands  
of the sea;  
but forgive us, O Master of all, //  
so that we may receive the incorruptible  
crowns!"

## Today's Worship — Epistle Readings

### Epistle — Hebrews 1:10-2:3

<sup>10</sup> And: "You, LORD, in the beginning laid the foundation of the earth, And the heavens are the work of Your hands. <sup>11</sup> They will perish, but You remain; And they will all grow old like a garment; <sup>12</sup> Like a cloak You will fold them up, And they will be changed. But You are the same, And Your years will not fail." <sup>13</sup> But to which of the angels has He ever said: "Sit at My right hand, Till I make Your enemies Your footstool"? <sup>14</sup> Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

<sup>1</sup> Therefore we must give the more earnest heed to the things we have heard, lest we drift away. <sup>2</sup> For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, <sup>3</sup> how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

### Epistle — Hebrews 7:26-8:2

<sup>26</sup> For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens; <sup>27</sup> who does not need daily, as those high priests, to offer up sacrifices, first for His own sins and then for the people's, for this He did once for all when He offered up Himself. <sup>28</sup> For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever.

<sup>1</sup> Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, <sup>2</sup> a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

### PROKEIMENA

**Tone 5** (*Resurrection*) — You, O Lord, shall protect us and preserve us from this generation forever. (*Ps 11/12:7*)

v: Save me, O Lord, for there is no longer any that is godly. (*Ps 11/12:1*)

**Tone 1** (*St. Gregory Palamas*) — My mouth shall speak wisdom, the meditation of my heart shall be understanding. (*Ps 48/49:3*)

### ALLELUIA

**Tone 6** — V. He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God. (*Ps. 90:1*)

V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (*Ps. 90:2*)

**Tone 2** — V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (*Ps. 36:31*)

## Today's Worship — Gospel Readings

### Gospel — Mark 2:1-12

<sup>1</sup> And again He entered Capernaum after some days, and it was heard that He was in the house. <sup>2</sup> Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. <sup>3</sup> Then they came to Him, bringing a paralytic who was carried by four men. <sup>4</sup> And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. <sup>5</sup> When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." <sup>6</sup> And some of the scribes were sitting there and reasoning in their hearts, <sup>7</sup> Why does this Man speak blasphemies like this? Who can forgive sins but God alone? <sup>8</sup> But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? <sup>9</sup> Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk?'" <sup>10</sup> But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic, <sup>11</sup> I say to you, arise, take up your bed, and go to your house. <sup>12</sup> Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

### Gospel — John 10:9-16

<sup>9</sup> I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. <sup>10</sup> The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. <sup>11</sup> I am the good shepherd. The good shepherd gives His life for the sheep. <sup>12</sup> But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. <sup>13</sup> The hireling flees because he is a hireling and does not care about the sheep. <sup>14</sup> I am the good shepherd; and I know My sheep, and am known by My own. <sup>15</sup> As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. <sup>16</sup> And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

**ON THE SECOND SUNDAY OF LENT**

—St Gregory Palamas

I shall introduce my homily to your charity today with the Lord's own words, the quintessence, in fact, of the Gospel preaching: "**Repent: for the kingdom of heaven is at hand**" (Matt. 4:17; cf. 3:2 and Mark 1:15). Not only is it at hand, but it is in us, for the Lord also says, "The kingdom of heaven is within you" (Luke 17:21). Nor is it merely within you, for before long it will come more openly to abolish every principality, power and might (cf Eph. 1:21), and to grant invincible strength, inexhaustible riches and unchanging, incorruptible and unending enjoyment, glory and might solely to those who live according to God's will and have passed their time here in a way that pleases Him.

**Since the kingdom of God is at hand and within us and will soon arrive, let us make ourselves worthy of it by works of repentance.** Let us exercise force on ourselves, driving away evil prejudices and habits. For "the kingdom of heaven suffers violence, and the violent take it by force" (Matt. 11:12). We should emulate the patience, humility and faith of our God-bearing Fathers. "Whose faith follow", it says, "considering the end of their manner of life" (Heb. 13:7). Let us mortify those parts of us which belong to the earth: fornication, impurity, evil passion and covetousness, especially during these holy days of the fast. This is why the grace of the Spirit taught us first about God's terrible Judgment which is to come, then reminded us of Adam's exile, and afterwards pointed out to us the faith that is surest of all. For fear of the Judgment and in grief at the exile, we should hold fast to the faith, humble ourselves and neither yield to self-indulgence, nor open the door to all the passions and make room for them by means of our unbelieving, insatiable stomachs. This would mean following the wide and easy way, destroying ourselves with pleasure. Since we love the strait and narrow way which leads to life, and fasting is its starting point and first furlong, let us vigorously make our way through these forty days of fasting.

"To every thing there is a season", according to Solomon, "and a time to every purpose" (Eccles. 3:1). If anyone is looking for the right season to practice virtue, it is now, in these forty days. **Our whole life is intended as a suitable means of attaining salvation, but this season of fasting is more especially so.** Christ, the author and giver of our salvation, began by fasting. During that period, the devil, the inventor of the passions, attacked Him in all kinds of ways, but He overthrew him and put him to shame (Matt. 4:1-11, Mark 1:13, cf Luke 4:1-13). Just as failing to restrain the stomach destroys the virtues and is the mother of passionateness, so self-control destroys the stains caused by self-indulgence and is the mother of dispassion. If it is the case that self-indulgence has given rise both now and in the past to passions which were not yet within us, it will without doubt increase and strengthen any that are there already, whereas fasting weakens them and makes them disappear. Fasting and self-control are yoked together, though at different times one or the other may be more advantageous to those who pursue them with understanding.

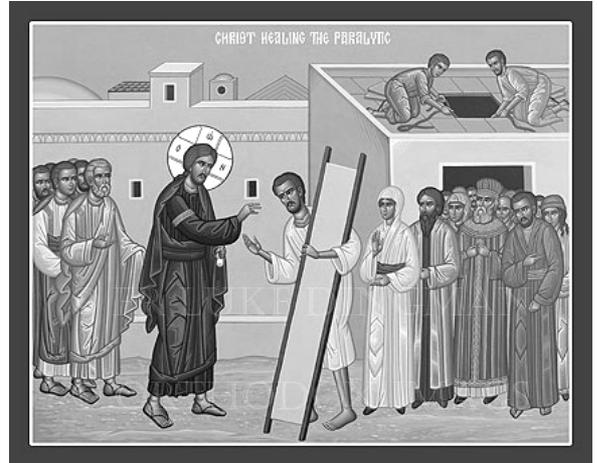
## Our Life in Christ

Let us not now unyoke these two. During the five noble weekdays which intervene let us hold more firmly to fasting, then on Saturdays and Sundays we should be more intent on self-control than on fasting, so that we may listen attentively to the words of the Gospel.

Today these words tell us about the miraculous healing of the paralyzed man in Capernaum (Mark 2:1-12, cf. Matt. 9:1-8, Luke 5:17-26).

Let us, brethren, glorify Him now by our actions, regarding this miracle anagogically as a pattern for virtue. Anyone addicted to sensual pleasures is paralyzed in his soul, and is lying sick on the bed of voluptuousness with its deceptive bodily ease. Once, however, he has been won over by the exhortations in the Gospel, he confesses his sins and triumphs over them and the paralysis they have brought upon his soul. He is taken up and brought to the Lord by these four: self-condemnation, confession of former sins, promising to renounce evil ways from now on, and prayer to God.

They cannot, however, bring him near to God without uncovering the **roof**, scattering the tiles, earth and other building material. Our roof is the reasoning part of the soul, which is set above everything else within us. But it has lying on top of it, like a large quantity of building material, its connection with the passions and earthly matters. Once this connection has been loosed and shaken off by means of the four things we have mentioned, then we can really be let down, that is, humbled, fall down before the Lord, draw near to Him and ask and receive His healing.





## LOOKING AHEAD

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

### Monday March 9

7:00pm — Orthodox Christianity 101

### Wednesday March 11

10:30am — Father's Café

6:00pm — Presanctified Liturgy followed by Lenten Potluck

### Saturday March 14 — Memorial Saturday

8:30am — Hours & Divine Liturgy

### Sunday March 15

6:00pm — Lenten Vespers: St Gregory of Nyssa Greek Orthodox Church, El Cajon

### Monday March 16

7:00pm — Orthodox Christianity 101

### Wednesday March 18

10:30am — Father's Café

6:00pm — Presanctified Liturgy followed by Lenten Potluck

### Friday March 20

10:00am — Presanctified Liturgy followed by Lenten Potluck

### Sunday March 22

6:00pm — Lenten Vespers: St Petka Serbian Orthodox Church, San Marcos

**For more dates & links please visit our website: [www.stjohnofdamascus.org/calendar](http://www.stjohnofdamascus.org/calendar)**

## Many Years!

Newly-illuminated Elizabeth Hagerman

### *Birthday*

Elizabeth Peyton Budde	3/8
Dennis Seitz	3/9

### PARISH CONTACT INFO:

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

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

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

**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

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