

January 11, 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

31ST SUNDAY AFTER PENTECOST - TONE 6  
SUNDAY AFTER THEOPHANY  
VENERABLE THEODOSIUS THE GREAT

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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...

Take my yoke upon you....For my yoke is easy and my burden is light." Stand apart from the inclination to love sin and to love the flesh. Turn to deeds worthy of praise. Draw near to me, so that you may become sharers of the divine nature and partakers of the Holy Spirit. Jesus called everyone, not only the people of Israel. As the Maker and Lord of all, he spoke to the weary Jews who did not have the strength to bear the yoke of the law. He spoke to idolaters heavy laden and oppressed by the devil and weighed down by the multitude of their sins.

*St. Cyril of Alexandria*

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**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

### Coming Soon! Mark Your Calendars Upcoming Events in the Next Few Months

Sunday January 25—5pm: **Kick-off Event/Dinner for FOCUS** (Fellowship of Orthodox Christians United in Service) in San Diego.

February 8 — **Annual Parish Meeting**

February 14-15 — **Archpastoral Visit of His Grace Bishop Vasily & Young Adult Summit** Participants

February 23 — **Beginning of Great Lent**

### 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.

### March for Life Jan 24 8:30am-12pm

This year's March for Life in San Diego will be on Saturday Jan 24. In addition to the "march" we will be joining other Orthodox parishes for a molieben for our nation and those struggling with crisis pregnancies.

Where: Waterfront Park

### 2026 Pledge Forms We Need Them NOW

It is the time of the year when we look to the next year and plan for our parish's life including ministry groups as well as our budget.

Pledge forms were distributed a few weeks ago. They are available in narthex of the church and in the church hall.

Please submit your forms TODAY

### FOCUS Launch

#### St John of Damascus—Sun 1/25 5pm

Our parish is hosting the launch event for the Fellowship of Orthodox Christians United in Service (FOCUS).

FOCUS is a national organization blessed by our Holy Synod of Bishops as well as the other Orthodox churches here in America.

We will be hosting a dinner in line with a meeting describing the work planned here in San Diego County.

Please consider helping with the event.

### Dates for 2026

#### **MOVABLE FEASTS**

Pascha	April 12
Ascension	May 29
Pentecost	June 9

#### **FASTS**

Meatfare	Feb 16-21
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**

Publican & Pharisee	Feb 1-7
Bright Week	April 12-18
After Pentecost	June 9-14
After Christmas	Dec 25-Jan 4

## 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.

#### **Theophany — Tone 1**

When You, O Lord, were baptized in the Jordan, the worship of the Trinity was made manifest. For the voice of the Father bore witness to You, calling You His Beloved Son; and the Spirit in the form of a dove confirmed the truthfulness of His word. O Christ our God, You have revealed Yourself,// and have enlightened the world, glory to You!

#### **Ven. Theodosius — Tone 8**

the worship of the Trinity was made manifest. For the voice of the Father bore witness to You, calling You His Beloved Son; and the Spirit in the form of a dove confirmed the truthfulness of His word. O Christ our God, You have revealed Yourself,// and have enlightened the world, glory to You!

### KONTAKIA

#### **Resurrection — Tone 6**

When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race.//

He is the Savior of all, the Resurrection, the Life, and the God of all.

#### **Ven. Theodosius — Tone 8**

Planted in the courts of your Lord, you blossomed beautifully with virtue, and increased your children in the desert, showering them with streams of your tears, chief shepherd of the divine flock of God. Therefore, we cry to you : "Rejoice, Father Theodosius!"

#### **Theophany — Tone 4**

Today You have shone forth to the world, O Lord, and the light of Your countenance has been marked on us. Knowing You, we sing Your praises: "You have come and revealed Yourself,// O unapproachable Light."

## Today's Worship — Epistle Readings

### Epistle — Eph 4:7-13

<sup>7</sup> But to each one of us grace was given according to the measure of Christ's gift.

<sup>8</sup> Therefore He says: "When He ascended on high, He led captivity captive, And gave gifts to men."<sup>9</sup> (Now this, "He ascended" – what does it mean but that He also first descended into the lower parts of the earth? <sup>10</sup> He who descended is also the One who ascended far above all the heavens, that He might fill all things.) <sup>11</sup> And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, <sup>12</sup> for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, <sup>13</sup> till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.

### Epistle — 2 Cor 4:6-15

<sup>6</sup> 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. <sup>7</sup> But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. <sup>8</sup> We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; <sup>9</sup> persecuted, but not forsaken; struck down, but not destroyed – <sup>10</sup> always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. <sup>11</sup> 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. <sup>12</sup> So then death is working in us, but life in you. <sup>13</sup> 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, <sup>14</sup> knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you. <sup>15</sup> For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God.

### SCHEDULE YOUR HOUSEBLESSING (JAN 6– FEB 21)

Fr. Michael will be blessing homes beginning on the day of Theophany (Jan 6) through Saturday Feb 21st (Great Lent begins on Feb 23rd).

Contact Fr. Michael to schedule your house blessing at  
PowayPadre@stjohnofdamascus.org or 858-717-2172.

## Today's Worship — Gospel Readings

### Gospel — Matt 4:12-17

<sup>12</sup> Now when Jesus heard that John had been put in prison, He departed to Galilee. <sup>13</sup> And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, <sup>14</sup> that it might be fulfilled which was spoken by Isaiah the prophet, saying: <sup>15</sup> The land of Zebulun and the land of Naphtali, By the way of the sea, beyond the Jordan, Galilee of the Gentiles: <sup>16</sup> The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned." <sup>17</sup> From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand."

### Gospel — Matt 11:27-30

<sup>27</sup> All things have been delivered to Me by My Father, and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and the one to whom the Son wills to reveal Him. <sup>28</sup> Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For My yoke is easy and My burden is light.

### PROKEIMENA

**Tone 1** (*Sunday after Theophany*) — 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 your righteous! Praise befits the just! (*Ps 32/33:1*)

**Tone 7** (*Ven. Theodosius*) — Precious in the sight of the Lord is the death of His saints. (*Ps 115/116:15*)

### ALLELUIA

**Tone 5** — (*Sunday after Theophany*) 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*)

**Tone 6--**(*Saint*) V. Blessed is the man who fears the Lord, who greatly delights in His commandments. (*Ps. 111:1*)

Our Life in Christ

FOCUS

NORTH + AMERICA

# SAN DIEGO KICK-OFF MEETING

Join us for dinner as we begin developing a  
local ministry in San Diego!

The Fellowship of Orthodox Christians United to Serve  
(FOCUS) is a pan-Orthodox ministry that mobilizes  
communities to serve our neighbors in need.

Dinner will be served. All are invited!

**SUNDAY, JANUARY 25, 2026 @ 5 PM**

St. John of Damascus Orthodox Church  
16903 Espola Rd, Poway, CA 92064

SCAN THE QR CODE OR VISIT  
[FOCUSNA.ORG/SAN-DIEGO](https://focusna.org/san-diego)  
TO RSVP BY JANUARY 18



# SAVE THE DATE

## YOUNG ADULT SUMMIT

FEBRUARY 13-15, 2026  
SAN DIEGO, CA

Join us for a weekend of  
connection, prayer, and service.

For more details, plan to attend one of our Zoom Information Sessions  
on Tuesday, November 4 or Saturday, November 8. Links below!

I am pleased to share that our Diocese is convening an inaugural summit for young adults aged 18-30 in San Diego, CA from February 13 to 15, 2026.

At this point you may already be asking yourself a few questions, such as:

### **Why should I go?**

*This is an opportunity to create community with other young adults of our Diocese and to deepen our Orthodox Christian spiritual practices.*

### **Who will be there?**

*Beyond other serious, committed Orthodox young adults such as yourself, our Hierarch, Bishop Vasily, our Chancellor, Fr. Kirill Sokolov, other diocesan leaders, and staff from the [CrossRoad Institute](#) will be in residence at the summit.*

### **What are we going to be doing at this Summit? What is the cost to attend?**

*Through group discussion and brief talks led by special guests, we will address the Christian vocation and how to better live out our faith as young adults in an isolating world. We will put this into practice by partaking in fellowship with each other (beach outing, weather permitting!), engaging in a service project with a local charitable organization, and praying together throughout the weekend.*

*Aside from making travel arrangements to San Diego and hotel fees, the Diocese is asking for a small **\$100 registration fee** to help offset the cost of meals.*



## LOOKING AHEAD

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

### Monday January 12

7:00pm — Orthodox Christianity 101

### Tuesday January 13

7:00pm — Orthodox Catechism

### Wednesday January 14

10:30am — Father's Café

7:00pm — Adult Ed: Women of OT Diverse Roles in God's Plan

### Monday January 19

7:00pm — Orthodox Christianity 101

### Tuesday January 20

5:30pm — Parish Council Meeting

7:00pm — Orthodox Catechism

### Wednesday January 21

10:30am — Father's Café

7:00pm — Adult Ed: Women of OT Diverse Roles in God's Plan

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

## Many Years!

### *Other*

Newly Illumined Ambrose Austin Medlin and Irene Blumenstock

### *Name Day*

Tanya (Tatiana) Franchak, Rhea Tatiana Stafford	1/12
Nino Kiria, Nino Kapanadze, Sava Stafford	1/14
Lily Neskin	1/16
Carmen (Anthony) Brown	1/17

### *Birthday*

Vladimir Korolev	1/12
Cody Garrett Carlson	1/13
Susan Ruth Miller, Dennis (Dionysius) Stavrou	1/17

### 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

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