

March 15, 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

3RD SUNDAY OF GREAT LENT —TONE 7
VENERATION OF THE HOLY CROSS

+

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...

Nearly all reject the weak and the poor as objects of disgust; an earthly king cannot bear the sight of them, rulers turn away from them, while the rich ignore them and pass them by when they meet them as though they did not exist; nobody thinks it desirable to associate with them. But God, who is served by myriads of powers without number, who “upholds the universe by his word of power,” whose majesty is beyond anyone’s endurance, has not disdained to become the father, the friend, the brother of those rejected ones. He willed to become incarnate so that he might become “like unto us in all things except for sin” and make us to share in his glory and his kingdom. What stupendous riches of his great goodness!

St. Simeon

+

Include Something in the Bulletin or
Receive our Weekly Parish E-mails
E-mail info@stjohnofdamascus.org



***Before Thy Cross,
We bow down in worship, O Master,
And Thy holy Resurrection, we glorify.***

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.

Parish Life

Baby Celebrations — 3/22

We are blessed to have three of our families expecting babies. Emmelia Budde, Alexis Wenson, Irene Blumenstock are all expecting with due dates coming up in the coming weeks. We will be having a celebration as part of our fellowship meal next week.

Save the date and plan on being part of the celebration!



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.



Keep Informed: Receive Weekly E-mails About Parish Life

We are an active community with a lot going on. These days it is especially helpful to keep up to date on things taking place in our parish.

We have an email group
"News@stjohnofdamascus.org"

It is all those who are interested in the activities of St. John of Damascus Orthodox Church. Members receive periodic notifications of special events, parish meetings and weekly newsletters.

To be included E-mail
info@stjohnofdamascus.org

DONATIONS FOR PASCHAL FLOWERS

\$1000 GOAL

We are collecting funds so that we can decorate our temple with flowers for Pascha. Our usual flower order comes to be about \$1000.00.

If you can help, please put your donation in the basket on the Welcome Table labeled for Pascha Flowers.



Easter-time Bake Sale April 4 Help Needed

Our Easter-time Bake Sale is coming up on April 4. The Auxiliary is gathering on Thursdays from 9am-12pm to get all the goodies ready. If you are able to help, please come. If you can't come on Thursdays but want to do your part speak to Tanya, Phyllis, or Linda for ideas.

So **Save the Date** and plan on being part of the celebration! Don't forget to share with your family and friends.

Flyers/Menus have been sent via email and are available in the hall.



Support our Parish Through the Auxiliary's Scrip Program

Purchase gift cards for your regular expenses through St John's Auxiliary Scrip Program (gas stations, grocery stores, retail stores, etc) & at no extra cost to you the parish will receive a percentage of your purchase.

See Carmen Brown after Liturgy to purchase gift cards.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 7

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping
into joy.
And You commanded Your disciples, O Christ
God,
to proclaim that You are risen, //
granting the world great mercy.

Cross—Tone 1

O Lord, save Your people,
and bless Your inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by virtue of Your Cross, //
preserve Your habitation!

KONTAKION

Sunday of the Cross—Tone 7

Now the flaming sword no longer guards the
gates of Eden;
it has been mysteriously quenched by the
wood of the Cross.
The sting of death and the victory of hell have
been vanquished;
for You, O my Savior, have come and cried to
those in hell: //
“Enter again into Paradise!”

PROKEIMENON

Tone 6 (Cross) — O Lord, save Your people and bless Your inheritance! (*Ps 27/28:9*)

v: To You, O Lord, will I call. O my God, be not silent to me! (*Ps 27/28:1*)

Today's Worship — Scripture Readings

Epistle — Hebrews 4:14-5:6

¹⁴ Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. ¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

¹ For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. ² He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. ³ Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. ⁴ And no man takes this honor to himself, but he who is called by God, just as Aaron was. ⁵ So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, Today I have begotten You." ⁶ As He also says in another place: "You are a priest forever According to the order of Melchizedek."

Gospel — Mark 8:34-9:1

³⁴ When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. ³⁵ For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. ³⁶ For what will it profit a man if he gains the whole world, and loses his own soul? ³⁷ Or what will a man give in exchange for his soul? ³⁸ For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.

¹ And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

ALLELUIA

Tone 8 — V. Remember Your congregation, which You have purchased of old! (Ps. 73:2)

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

Our Life in Christ

The Third Sunday of Great Lent: Sunday of the Veneration of the Holy Cross

On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.

The third Sunday of Lent is called "The Veneration of the Cross." At the Vigil of that day, after the Great Doxology, the Cross is brought in a solemn procession to the center of the church and remains there for the entire week-- with a special rite of veneration following each service. It is noteworthy that the theme of the Cross which dominates the hymnology of that Sunday is developed in terms not of suffering but of victory and joy. More than that, the theme-songs (hirmoi) of the Sunday Canon are taken from the Paschal Service-- "The Day of the Resurrection"-- and the Canon is a paraphrase of the Easter Canon.



The meaning of all this is clear. We are in Mid-Lent. On the one hand, the physical and spiritual effort, if it is serious and consistent, begins to be felt, its burden becomes more burdensome, our fatigue more evident. We need help and encouragement. On the other hand, having endured this fatigue, having climbed the mountain up to this point, we begin to see the end of our pilgrimage, and the rays of Easter grow in their intensity. Lent is our self-crucifixion, our experience, limited as it is, of Christ's commandment heard in the Gospel lesson of that Sunday: "If any man would come after me, let him deny himself and take up his cross and follow me" (Mark 8:34). But we cannot take up our cross and follow Christ unless we have His Cross which He took up in order to save us. It is His Cross, not ours, that saves us. It is His Cross that gives not only meaning but also power to others.

The commemoration and ceremonies of the Third Sunday of Lent are closely parallel to the feasts of the Veneration of the Cross (September 14) and the Procession of the Cross (August 1). Not only does the Sunday of the Holy Cross prepare us for commemoration of the Crucifixion, but it also reminds us that the whole of Lent is a period when we are crucified with Christ.

As we have "crucified the flesh with its passions and desires" (Galatians 5:24), and will have mortified ourselves during these forty days of the Fast, the precious and life-giving Cross is now placed before us to refresh our souls and encourage us who may be filled with a sense of bitterness, resentment, and depression. The Cross reminds us of the Passion of our Lord, and by presenting to us His example, it encourages us to follow Him in struggle and sacrifice, being refreshed, assured, and comforted. In other words, we must experience what the Lord experienced during His Passion - being humiliated in a shameful manner. The Cross teaches us that through pain and suffering we shall see the fulfillment of our hopes: the heavenly inheritance and eternal glory.

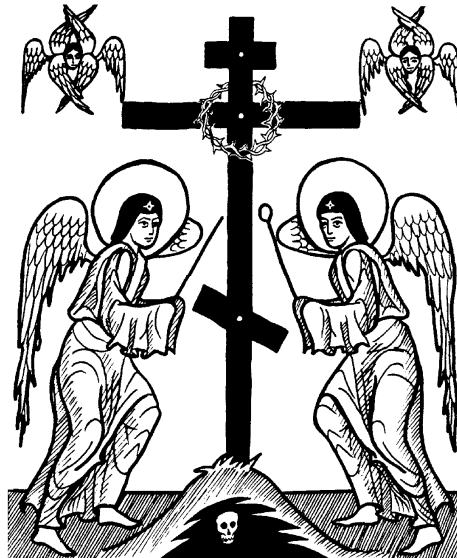
As they who walk on a long and hard way and are bowed down by fatigue find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-giving Cross, which our Fathers "planted" on this Sunday. Thus, we are fortified and enabled to continue our Lenten journey with a light step, rested and encouraged.

Our Life in Christ

Or, as before the arrival of the king, his royal standards, trophies, and emblems of victory come in procession and then the king himself appears in a triumphant parade, jubilant and rejoicing in his victory and filling those under him with joy, so does the Feast of the Cross precede the coming of our King, Jesus Christ. It warns us that He is about to proclaim His victory over death and appear to us in the glory of the Resurrection. His Life-Giving Cross is His royal scepter, and by venerating it we are filled with joy, rendering Him glory. Therefore, we become ready to welcome our King, who shall manifestly triumph over the powers of darkness.

The present feast has been placed in the middle of Great Lent for another reason. The Fast can be likened to the spring of Marah whose waters the children of Israel encountered in the wilderness. This water was undrinkable due to its bitterness but became sweet when the Holy Prophet Moses dipped the wood into its depth. Likewise, the wood of the Cross sweetens the days of the Fast, which are bitter and often grievous because of our tears. Yet Christ comforts us during our course through the desert of the Fast, guiding and leading us by His hand to the spiritual Jerusalem on high by the power of His Resurrection.

Moreover, as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the garden of Eden. By this, our Holy Fathers wished to remind us of Adam's gluttony as well as the fact that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death but shall inherit life eternal.





LOOKING AHEAD

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

Sunday March 15

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

Monday March 16

7:00pm — Orthodox Christianity 101

Tuesday March 17

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

Thursday March 19

9:00am– 12pm — Auxiliary Baking/Cooking Day

Sunday March 22

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

Monday March 23

7:00pm — Orthodox Christianity 101

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

Many Years!

Name Day

Patricia Swinehart	3/17
Klavdia Ivanushkina	3/18

Birthday

Lily Neskin, Anna Hubler	3/16
Teona Darjania (1996)	3/17
Mary Caetta, Dathan (Daniel) Hubler	3/18

Wedding Anniversary

Evangelos & Annie Keeling	3/18
---------------------------	------

PARISH CONTACT INFO:

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

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