



LOOKING AHEAD

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

Sunday March 22

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

Monday March 23

7:00pm — Orthodox Christianity 101

Tuesday March 24

6:00pm — Vigil for Annunciation

Wednesday March 25 — Annunciation

10:30am — Father's Cafe

6:00pm — Vespers & Divine Liturgy followed by potluck

Thursday March 26

9:00am-12:00pm — Auxiliary Cooking Day

6:00pm — Matins with Cannon of St Andrew of Crete

Friday March 27

6:00pm — Matins w/ Akathist to the Theotokos

Sunday March 29

After Divine Liturgy — Mini Concert by the Faithful

Monday March 23

7:00pm — Orthodox Christianity 101

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

Many Years!

Name Day

Evangelos Keeling

Birthdays

Klavdia Ivanushkina	3/22
Michael Wesdell, Viorica-Victoria Rădulesc	3/23
Caleb Fenlason, Rita Sladack	3/25
Charles Alexander Franchak	3/27

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

March 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

4TH SUNDAY OF GREAT LENT — TONE 8
ST JOHN CLIMACUS (OF THE LADDER)

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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 loves the Lord has first loved his
brother, because the second is a proof of
the first. He who says that he loves the
Lord but is angry with his brother is like a
man who dreams that he is running.

ST. JOHN CLIMACUS
“THE LADDER OF DIVINE ASCENT”

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

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



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

San Diego Inter-Orthodox Services

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



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.



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.

**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.



Baby Celebrations — 3/22

We are blessed to have three of our families expecting babies. Emmelia Budde, Alexis Wenson, Irene Medlin 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.

Join us for the celebration!

35. Think and talk about things no more than necessary.
 36. Speak simply, clearly, firmly, directly.
 37. Flee imagination, fantasy, analysis, figuring things out.
 38. Flee carnal, sexual things at their first appearance.
 39. Don't complain, grumble, murmur or whine.
 40. Don't seek or expect pity or praise.
 41. Don't compare yourself with anyone.
 42. Don't judge anyone for anything.
 43. Don't try to convince anyone of anything.
 44. Don't defend or justify yourself.
 45. Be defined and bound by God, not people.
 46. Accept criticism gracefully and test it carefully.
 47. Give advice only when asked or when it is your duty.
 48. Do nothing for people that they can and should do for themselves.
 49. Have a daily schedule of activities, avoiding whim and caprice.
 50. Be merciful with yourself and others.
 51. Have no expectations except to be fiercely tempted to your last breath.
 52. Focus exclusively on God and light, and never on darkness, temptation and sin.
 53. Endure the trial of yourself and your faults serenely, under God's mercy.
 54. When you fall, get up immediately and start over.
- Get help when you need it, without fear or shame.

You can listen to Fr. Tom expound on these on Ancient Faith Radio. You can find the podcast here: http://audio.ancientfaith.com/hopko/stt008titheofyear_pc.mp3

Fr. Tom Hopko's 55 Maxims of the Christian Life

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.
7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.
13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.

TROPARIA

Resurrection—Tone 8

You descended from on high, O Merciful One!
You accepted the three day burial to free us
from our sufferings!!! O Lord, our Life and
Resurrection, 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. John Climacus—Tone 1

O dweller of the wilderness and angel in the
body,
you were a wonderworker, O our God-bearing
Father John.
You received heavenly gifts through fasting,
vigil and prayer,
healing the sick and the souls of those drawn
to you by faith.
Glory to Him Who gave you strength!
Glory to Him Who granted you a crown!!!
Glory to Him Who grants healing to all!

KONTAKION

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. John Climacus—Tone 4

The Lord truly set you on the heights of
abstinence,
to be a guiding star, showing the way to the
universe, //
O our father and teacher John.

Steadfast Protectress—Tone 6

Steadfast Protectress of Christians,
Constant advocate before the Creator:
Do not despise the cry of us sinners,
But in your goodness, come speedily to help
us who call on you in faith.
Hasten to hear our petitions and to intercede
for us, O Theotokos,
For you always protect those who honor you!

Holy Unction—March 31 6pm

The Sacrament of Holy Unction will be celebrated on Tuesday March 31. It is for the healing of soul and body but is not just a general anointing service. As a holy sacrament if we are planning to be anointed, we should come knowing what we are seeking healing from and should prepare by prayer and fasting.

For more information on Holy Unction see:

<https://www.oca.org/orthodoxy/the-orthodox-faith/worship/the-sacraments/holy-unction>

Epistle — Hebrews 6:13-20

¹³ For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, ¹⁴ saying, "Surely blessing I will bless you, and multiplying I will multiply you." ¹⁵ And so, after he had patiently endured, he obtained the promise. ¹⁶ For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. ¹⁷ Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, ¹⁸ that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. ¹⁹ This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, ²⁰ where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Epistle — Ephesians 5:9-19

⁹ (for the fruit of the Spirit is in all goodness, righteousness, and truth), ¹⁰ finding out what is acceptable to the Lord. ¹¹ And have no fellowship with the unfruitful works of darkness, but rather expose them. ¹² For it is shameful even to speak of those things which are done by them in secret. ¹³ But all things that are exposed are made manifest by the light, for whatever makes manifest is light. ¹⁴ Therefore He says: "Awake, you who sleep, Arise from the dead, And Christ will give you light." ¹⁵ See then that you walk circumspectly, not as fools but as wise, ¹⁶ redeeming the time, because the days are evil. ¹⁷ Therefore do not be unwise, but understand what the will of the Lord is. ¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the 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 (*St. John Climacus*) — Let the saints exult in glory; let them sing for joy on their couches! (*Ps 149:5*)

ALLELUIA

Tone 8 — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (*Ps. 94:1*)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (*Ps. 94:2*)

Tone 4 -- V. They that are planted in the house of the Lord shall flourish in the courts of our God. (*Ps. 91:12*)

Gospel — Mark 9:17-31

¹⁷ Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit. ¹⁸ And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not. ¹⁹ He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me."

²⁰ Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. ²¹ So He asked his father, "How long has this been happening to him?" And he said, "From childhood. ²² And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us. ²³ Jesus said to him, "If you can believe, all things are possible to him who believes."

²⁴ Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" ²⁵ When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" ²⁶ Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." ²⁷ But Jesus took him by the hand and lifted him up, and he arose.

²⁸ And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" ²⁹ So He said to them, "This kind can come out by nothing but prayer and fasting." ³⁰ Then they departed from there and passed through Galilee, and He did not want anyone to know it. ³¹ For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

Gospel — Matthew 4:25-5:12

²⁵ Great multitudes followed Him – from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan.

¹ And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. ² Then He opened His mouth and taught them, saying:

³ Blessed are the poor in spirit, For theirs is the kingdom of heaven.

⁴ Blessed are those who mourn, For they shall be comforted.

⁵ Blessed are the meek, For they shall inherit the earth.

⁶ Blessed are those who hunger and thirst for righteousness, For they shall be filled.

⁷ Blessed are the merciful, For they shall obtain mercy.

⁸ Blessed are the pure in heart, For they shall see God.

⁹ Blessed are the peacemakers, For they shall be called sons of God.

¹⁰ Blessed are those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven.

¹¹ Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. ¹² Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.