

April 19, 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

ANTIPASCHA
2ND SUNDAY OF PASCHA
ST THOMAS SUNDAY

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Welcome!

...to all who have gathered to follow Jesus Christ & 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 and fill out a visitor card.

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A Word from the Holy Fathers

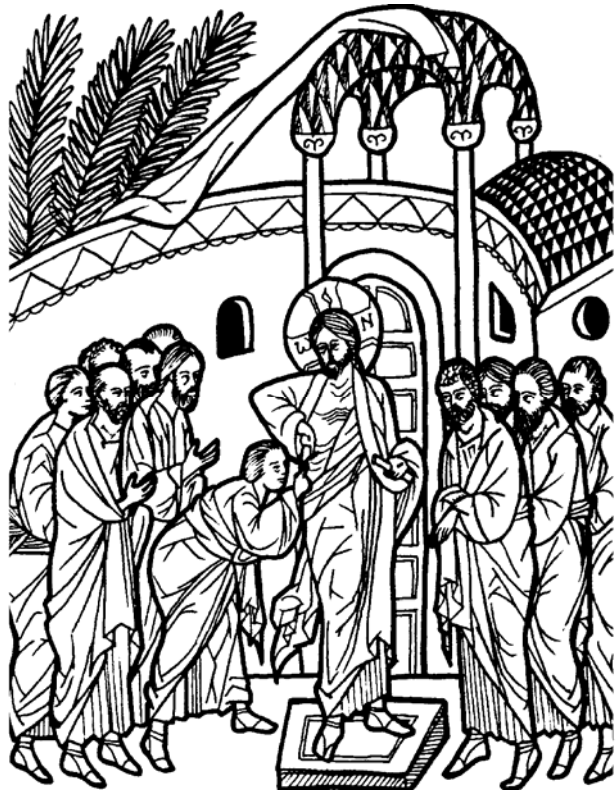
The disbelief of Thomas has done more for our faith than the faith of the other disciples. As he touches Christ and is won over to belief, every doubt is cast aside and our faith is strengthened. So the disciple who doubted, then felt Christ's wounds, becomes a witness to the reality of the resurrection.

—*St Gregory the Great*

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Include Something in the Bulletin or Be Included in our Weekly E-mails

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



*And Thomas answered and said to Him,
"My Lord and my God!"*

Parish Life

San Diego Inter-Orthodox Services

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



Purchase Gift Cards Through Our Scrip Coordinator & Help our Parish

Scrip gift cards raise money for St. John's Auxiliary. When you buy Scrip cards, the store makes a donation with NO extra expense. Use the cards for your regular monthly purchases or gifts for loved ones and support our parish's ministry. Cards are available for gas, groceries, Amazon, restaurants and many other stores.

See Carmen Brown after Liturgy for more information or to purchase your cards.



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 Fr Michael at
info@stjohnofdamascus.org**

"Crafty Creators" 1st Sunday of the Month May 2

St John's "Crafty Creators" is a gathering for all crafters, crotchetiers, knitters, jewelry makers, artists, quilters, scrap bookers, etc. to bring their projects and work alongside other crafters to be inspired, share skills, and build friendships.

Crafty Creators meets every first Sunday of the month in the Fellowship Hall in the back classrooms after church school.

Along with "the bring your own" we will also have a small "class/presentation"



Monthly Collections

As we continue to restore many of the beloved practices of our parish we are reinstating our monthly Sunday collections:

- 2nd Sunday of the Month—Seminarian at St Herman's Seminary in Alaska
- 3rd Sunday of the 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 give as you can.

FOOD ALLERGIES

There are many people who are afflicted with food allergies—some of which can be nearly lethal. If you are bringing something for the weekly potluck **please create a sign and attach it to your dish if it includes items like:**

- Peanuts/Nuts
- Shellfish
- Cantaloupe
- MSG

Thank you!

Parish Life

Ladies Fellowship Tea 5/2 12:00pm

The Auxiliary is hosting a tea for all the ladies of St John. This is a ladies event to enjoy each other's company and become better acquainted .

During the tea a raffle will be held for a beautiful handmaid quilt.

RSVP by April 27 to Tanya Franchak 619-858-2311 or Carole Shumaik 858-442-1195



Monthly Men's Breakfast 5/2 8-10am

The first Saturday of each month the men of St John's are invited to gather from 8am-10am.

The morning begins with 30 minutes of service to the parish followed by breakfast and then a discussion led by Fr John Robinson.



Dates for 2026

MOVABLE FEASTS

Leavetaking of Pascha	May 20
Ascension	May 21
Pentecost	May 31

FASTS

Apostles Fast	June 8—28
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

After Pentecost	May 31-June 6
After Christmas	Dec 25-Jan 4

Ministry Directory

Below are the people who coordinate various ministries in our parish. Feel free to contact them to find out how to offer your God-given time and talents to the life of our community.

Adult Ed — Fr Michael

Altar Servers—Subdeacon Ken Telles

Auxiliary President — Tanya Franchak

Bookstore—Evan Keeling

Candle Stand — Gene Francello

Choir—Carole Shumaik, Melissa Palumbo

Church School — Bill Moision & Sally Menig

Counters — Fr Michael

Diamond Circle Seniors— Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Lililan Coyle

Flowers/Decorating—Diane Worth

Greeters — Valerie Lane

Handmaidens — Sally Menig & Desiree Geralt

Koliva — Fr Michael

Library—TBD

Parish Council Vice-President—Vincent Palumbo

Prosphora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Erik Worth

Social Media —Evan Keeling & Iryna Thayer

Sunday Commemoration Loaves— Fr Michael

Youth Choir — Carole Shumaik

Consider taking part and helping this group make St John's the wonderful lively parish it is. For information on how to contact any of the above please speak with Fr Michael.

Today's Worship — Hymns

TROPARIA

Feast—Tone 7

From the sealed tomb, Thou didst show forth,
O Life!
Through closed doors Thou didst come to Thy
Disciples, O Christ God.
Renew in us, through them, an upright spirit, //
by the greatness of Thy mercy, O
Resurrection of all!

KONTAKIA

Feast—Tone 8

Thomas touched Thy life-giving side with an
eager hand, O Christ God,
when Thou didst come to Thy Apostles through
closed doors.
He cried out with all: "Thou art my Lord and my
God!"

PROKEIMENON

Tone 3 (*Feast*) - Great is our Lord, and abundant in power! His understanding is beyond
measure! (Ps 146/147:5)

v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

ALLELUIA

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

V. For the Lord is a great God, and a great King over all the earth. (Ps. 94:3)

Today's Worship — Scripture Readings

Epistle — Acts 5: 12-20

¹² Even more, many signs and wonders were accomplished among the people by the hands of the apostles, and they were all [gathered] with one accord in Solomon's porch. ¹³ No one else dared to join them, even though they were honored by the people. ¹⁴ More believers were added to the Lord, multitudes of both men and women. ¹⁵ People even carried out the sick into the streets, placing them on cots and mattresses, so that as Peter came by, at least his shadow might fall on some of them. ¹⁶ Crowds also formed from the cities around Jerusalem; they brought sick people, as well as those tormented by unclean spirits, and all were healed.

¹⁷ However, the high priest took action, along with all his associates (which is the sect of the Sadducees). Filled with jealousy, ¹⁸ they laid their hands on the apostles and placed them in the public jail. ¹⁹ But an angel of the Lord opened the prison doors by night and brought them out, saying, ²⁰ "Go, stand in the temple, and speak to the people the whole message about this life."

Gospel — John 20: 19-31

¹⁹ In the evening on that [same] day (the first day of the week), and as the doors [of the place] where the disciples were assembled were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you."

²⁰ When he had said this, he showed them his hands and his side. At this, the disciples rejoiced when they saw the Lord. ²¹ Then again, Jesus said, "Peace be with you! As the Father has sent me, I also send you." ²² When he had said this, he breathed on them and told them, "Receive the Holy Spirit! ²³ If you forgive anyone's sins, they are forgiven; if you retain anyone's sins, they are retained."

²⁴ However, Thomas, called the Twin, one of the Twelve, was not with them when Jesus came.

²⁵ So the other disciples told him, "We have seen the Lord!"

But Thomas replied, "Unless I see in his hands the print of the nails and put my hand into his side, I will not believe!"

²⁶ After eight days, his disciples were inside once again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them, and he said, "Peace be with you."

²⁷ Then he said to Thomas, "Put your finger here, and see my hands! Place your hand here and put it into my side. Do not be unbelieving, but believing!"

²⁸ And Thomas answered him, "My Lord and my God!"

²⁹ Jesus said to him, "Because you have seen me, you have believed. Blessed are those who have not seen, and have believed."

³⁰ Now Jesus accomplished many other signs in the presence of his disciples, which are not written in this book. ³¹ However, these ones are written, so that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in his Name.

Our Life in Christ

SAINT THOMAS SUNDAY: ANTIPASCHA

—From *The Orthodox Faith, Vol 2*

Every day during the week of Easter, called Bright Week by the Church, the paschal services are celebrated in all their splendor. The Easter baptismal procession is repeated daily. The royal gates of the sanctuary remain open. The joy of the Resurrection and the gift of the Kingdom of eternal life continue to abound. Then, at the end of the week, on Saturday evening, the second Sunday after Easter is celebrated in remembrance of the appearance of Christ to the Apostle Thomas “after eight days” (Jn 20.26).

It is important to note that the number eight has symbolical significance in both Jewish and Christian spiritual tradition. It signifies more than completion and fullness; it signifies the Kingdom of God and the life of the world to come since seven is the number of earthly time. The sabbath, the seventh day, is the blessed day of rest in this world, the final day of the week. The “first day of the week,” the day “after Sabbath,” stressed in all of the gospels as the day of Christ’s Resurrection (Mk 16.1, Mt 28.1, Lk 24.1, Jn 20.1, 19), is therefore also “the eighth day,” the day beyond the confines of this world, the day which stands for the life of the world to come, the day of the eternal rest of the Kingdom of God (see Heb 4).

The Sunday after Easter, called the Second Sunday, is thus the eighth day of the paschal celebration, the last day of Bright Week. It is therefore called the Antipascha, and it was only on this day in the early church that the newly-baptized Christians removed their robes and entered once again into the life of this world.

In the Church services the stress is on the Apostle Thomas’ vision of Christ, and the significance of the day comes to us in the words of the gospel:

Then He said to Thomas, “Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing.” Thomas answered Him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen Me? Blessed are those who have not seen and yet believe” (Jn 20.27–29).

We have not seen Christ with our physical eyes nor touched His risen body with our physical hands, yet in the Holy Spirit we have seen and touched and tasted the Word of Life (1 Jn 1.1–4), and so we believe.

At each of the daily services until Ascension Day we sing the Easter Troparion. At each of the Sunday services beginning with Antipascha, we sing the Easter canon and hymns, and repeat the celebration of the “first day of the week” on which Christ rose from the dead. At all of the liturgies the epistle readings are taken from the Book of Acts, telling us of the first Christians who lived in communion with the Risen Lord. All of the gospel readings are taken from the Gospel of Saint John, considered by many to be a gospel written particularly for those who are newly-baptized into the new life of the Kingdom of God through death and new birth in Christ, in the name of the Holy Trinity. The reason for this opinion is that all of the “signs”—as the miracles in Saint John’s Gospel are called—deal with sacramental themes involving water, wine and bread. Thus, each of the Sundays after Thomas Sunday with the exception of the third (the Midfeast) is dedicated to the memory of one of these “signs”: the Myrrhbearing Women, the Paralytic, the Samaritan Woman, and the Blind Man.

Our Life in Christ

The Artos Blessed at Holy Pascha

Near the end of the Paschal Vigil, after the Prayer Before the Ambo, a single large loaf of bread, the Artos, is brought to the priest. Depicted on the top of the Artos are either the symbol of Christ's victory over death—the Cross, surmounted by a crown of thorns—or the Resurrection of Christ. The Artos symbolizes the physical presence of the resurrected Christ among the disciples. The priest blesses the Artos with a special prayer and sprinkles it with Holy Water. The Artos is then placed on a small table before the Iconostasis where it remains throughout Bright Week. It is customary, whenever the faithful enter the Temple, for them to kiss the Artos as a way of greeting the Risen Christ. On every day of Bright Week, after the Paschal Divine Liturgy (or, alternately, after Paschal Matins), the Artos is carried in a solemn Procession around the outside of the church.

The significance of the Artos is that it serves to remind all Christians of the events connected with the Resurrection of Our Lord Jesus Christ. While still living on earth, the Lord called Himself the Bread of Life, saying: *I am the bread of life; he who comes to Me shall not hunger, and He who believes in Me shall never thirst* (John 6:35). After His Resurrection, more than once Jesus appeared to His disciples, ate before them and blessed their own food. For example, as evening fell on the first day of His Resurrection, He was recognized in Emmaus by two of His disciples as He blessed and broke bread (Luke 24:13-35).

On the 40th day after His Resurrection, the Lord ascended into heaven, and His disciples and followers found comfort in their memories of the Lord: they recalled His every word, His every step and His every action. When they met for common prayer, they would partake of the Body and Blood of Christ, remembering the Last Supper. When they sat down to an ordinary meal, they would leave a place at the head of the table empty for the invisibly present Lord and would lay bread on that place.

Remembering this custom of the Apostles, the Fathers of the Church made it their custom to put out the Artos at the Paschal Feast in memory of the appearances of the Risen Lord to His disciples, and also in memory of the fact that the Lord Who suffered and was resurrected for our justification has made Himself the true Bread of Life and is invisibly present in His Church always, to the close of the age (Matthew 28:20).

Whereas special Paschal breads are broken and eaten on the first day of Pascha and throughout the Paschal season, the Artos is kept whole throughout the whole of Bright Week as a reminder of the presence of the Risen Savior in the midst of those who believe in Him and is only divided and distributed on Saturday. In this way Bright Week begins and ends with the eating of especially baked and blessed bread.

It is a custom among Orthodox Christians to this day to keep a portion of the Artos in their home by their icon corner throughout the year and with due reverence and faith to eat of it in time of illness or distress, especially when they are not able to attend the Divine Liturgy and receive the Eucharist on a Sunday. This is eaten, often together with a drink of Holy Water, which had been blessed at the Feast of the Theophany of Our Lord.





LOOKING AHEAD

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

Mon April 20

7:00pm — Orthodox Christianity 101 or via Zoom (see online calendar for Zoom link)

Wed April 22

10:30am — Father's Café in the church hall or via Zoom (see online calendar for Zoom link)

Sunday April 26

6:00pm — Inter-Orthodox Vespers & Potluck

Mon April 27

7:00pm — Orthodox Christianity 101 or via Zoom (see online calendar for Zoom link)

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

Many Years!

Other

Newly-illuminated Patrick Roberts-Foley

Name Day

Pdn George Shumaik, George Rahal, George Minakov, Bill (George) Hubler 4/23
Mark Sladack, Mark Rahal 4/25

Birthday

Steven Brown 4/23
Jaclyn (Juliana) Walko 4/24

PARISH CONTACT INFO:

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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 & Dn. George Shumaik

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