

April 26, 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 PASCHA—TONE 2

HOLY MYRRHBEARING WOMEN

6,000 MARTYRS OF THE ST. DAVID GAREJI
MONASTERY IN GEORGIA

+

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 resurrection in which we believe is that
which has already been demonstrated in
the resurrection of our Lord. For it is he that
raised Lazarus after he had been in the
grave four days, and Jairus' daughter,⁴²
and the widow's son. It is he that raised
himself by the command of the Father in
the space of three days, who is the pledge
of our resurrection. For he says: "I am the
resurrection and the life."

Apostolic Constitutions

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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.

THE MYRRHBEARERS:



*The Angel proclaimed You as the crucified
and buried Master. He told the women:*

"Come, see the place where He lay!

He is risen as He said, for He is almighty."

We worship You, only immortal One.

O Christ, the Giver of life, have mercy on us!

—Lord I Call verse

Parish Life

San Diego Inter-Orthodox Services

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



Fr Alexander's 50th Anniversary of Ordination to the Holy Priesthood Celebration May 24-25

Fr Alexander will be celebrating the 50th anniversary of his ordination to the holy priesthood. His Grace Bishop Vasily will be coming to St John the weekend of May 24-25 to celebrate this joyous occasion.

There will be a special catered fellowship meal that day after the Divine Liturgy. We will need to give the caterer numbers.

If you will be able to join us that day please **RSVP to Pat Swinehart by May 15th**
keithcrsbd@gmail.com, (442) 359-9818



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.

"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

Each month we have regular collections to support seminarians and Orthodox charities.

- 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

Resurrection — Tone 2

When You descended to death, O Life
Immortal,
You destroyed hell with the splendor of Your
Godhead.
And when from the depths You raised the
dead,
all the powers of heaven cried out://
"O Giver of life, Christ our God, glory to
You!"

Myrrhbearers — Tone 2

The noble Joseph,
when he had taken down Your most pure
Body from the Tree,
wrapped it in fine linen and anointed it with
spices,
and placed it in a new tomb.
But You rose on the third day, O Lord,//
granting the world great mercy.

Myrrhbearers — Tone 2

The Angel came to the Myrrhbearing
Women at the tomb and said:
"Myrrh is fitting for the dead;
but Christ has shown Himself a stranger to
corruption!
So proclaim: 'The Lord is risen,//
granting the world great mercy.'"

KONTAKIA

Myrrhbearers — Tone 2

You commanded the Myrrhbearers to
rejoice, O Christ God.
By Your Resurrection, You stopped the
lamentation of Eve, the first mother.
You commanded them to preach to Your
Apostles://
"The Savior is risen from the tomb!"

Pascha — Tone 8

You descended into the tomb, O Immortal,
You destroyed the power of death.
In victory You arose, O Christ God,
proclaiming: "Rejoice!" to the Myrrhbearing
Women,//
granting peace to Your Apostles, and
bestowing Resurrection on the fallen.

PROKEIMENON

Tone 6 — (Resurrection) 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*)

ALLELUIA

Tone 8 (Myrrhbearers) — V. O Lord, You have been gracious to Your land; You
have turned back the captivity of Jacob. (*Ps. 84:1*)

V. Mercy and truth are met together, righteousness and peace have kissed each
other. (*Ps. 84:10*)

Today's Worship — Scripture Readings

Epistle — Acts 6:1-7

¹ Now in these days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. ² And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. ³ Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. ⁴ But we will devote ourselves to prayer and to the ministry of the word." ⁵ And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaus, a proselyte of Antioch. ⁶ These they set before the apostles, and they prayed and laid their hands upon them. ⁷ And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.



Gospel — Mark 15:43-16:8

⁴³ Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. ⁴⁴ And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. ⁴⁵ And when he learned from the centurion that he was dead, he granted the body to Joseph. ⁴⁶ And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. ⁴⁷ Mary Magdalene and Mary the mother of Joses saw where he was laid.

¹ And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. ² And very early on the first day of the week they went to the tomb when the sun had risen. ³ And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" ⁴ And looking up, they saw that the stone was rolled back;— it was very large. ⁵ And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. ⁶ And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. ⁷ But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." ⁸ And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.

Our Life in Christ

“Lent after Lent & Life after Pascha”

By Fr. Steven Kostoff^[SEP]

Recently, I posed a question to the faithful of our parish: Is there life after Pascha? Another question has formed in my mind this morning: Is there Lent after Lent? Before proceeding any further, I need to offer two points of clarification: 1.) I apologize if I just happened to unsettle anyone with the frightening prospect of *another* immediate lenten period, and 2.) I am not a “lent freak!” My purpose in asking “Is there Lent after Lent?” is meant to pose a challenge. Is there anything spiritually fruitful that we began to do – or anything spiritually unfruitful that we ceased to do – during Great Lent that we can carry over with us into the paschal season and beyond? Are we able to establish some genuine consistency in our ecclesial lives? Surely this is one of the most important elements in nurturing a holistic approach to our Faith. If I am not mistaken, a real temptation that exists once Great Lent is over is to return to “life as usual,” as if Great Lent is at best a pious interlude during which we act more “religiously” and at worst a period of specific rules that are meant to be more-or-less mechanically observed out of a sense of obligation. This undermines the whole reality of repentance at its core, and drives us back into the dubious practice of the religious compartmentalization of our lives. Great Lent is over – now what?^[SEP] I am not even sure just how healthy it is to assess and analyze our Lenten efforts. Great Lent is a “school of repentance,” but this does not mean that we are to grade ourselves upon its completion. However, there are a number of things we can ask ourselves.

Did I practice prayer, charity and fasting in a more responsible, regular, and consistent manner?

Did I make a point of reading the Scriptures with the same care and consistency?

Did I participate in the liturgical services with greater regularity?

Did I watch over my language and gestures, or my words and actions, on an over-all basis with greater vigilance?

Did I make a breakthrough in overcoming any specific “passions” or other manifestations of sinful living?

Did I work on mending any broken relationships?

Did I simply give more of myself to Christ?

Did I come to love Christ even more as I prostrated myself in faith before His life-giving Cross and tomb?

^[SEP] Then why not continue? Not to continue is to somehow fail to actualize in our lives the renewal and restoration of our human nature that definitively occurred through the Cross and Resurrection. Appropriating the fruits of Christ’s redemptive Death and life-giving Resurrection is essential for our self-designation as Christians.^[SEP] In other words, can we carry the “spirit” of Lent (and some of its practices) with us outside of Lent? In this way, we are no longer “keeping Lent” but simply practicing our Faith with the vigilance it requires. We still must fast (on the appropriate days), pray and give alms. We still need to nourish ourselves with the Holy

Our Life in Christ

Scriptures. We must continue to wage “warfare against the passions” that are always threatening to engulf us. We need to deepen our love for Christ so that it surpasses any other commitment based on love in our lives. Or, have we doomed ourselves to being intense in the practice of our Faith for a short, predetermined length of time, and then pay “lip service” to, or offer token observance of, the Christian life until next year? In a rather unfortunate twist, Great Lent can work against us when we reduce it to such a limited purpose. Great Lent is the designated time of year meant to get us “back on track” so as to live more consciously Christian lives because certain circumstances and our weaknesses often work against us. It is the “example” rather than the “exception” if properly understood. In other areas of life, do we simply abandon good practices – in matters of health, let us say – because a designated period of testing or observing these good practices has come to an end? Today may be a good day to reawaken to the glorious gift of life offered to us in the Church. We have returned to our usual pattern of fasting on Wednesdays and Fridays, as the initial glow of Pascha slowly recedes. I would suggest that this may be one of the most difficult times of fasting in the entire year. It is very hard to reestablish a discipline temporarily suspended with the paschal celebration. Yet, in many ways, we are returning to “life as usual,” even in the Church, but that is a “way of life” directed by the wisdom of the Church toward our salvation and as a witness to the world. Let us take the “best of Lent” and continue with it throughout the days of our lives. Lent after Lent” means that there is “Life after Pascha.”



LOOKING AHEAD

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

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)

Wed April 29

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

Saturday May 2

8:00am — Men's Breakfast & Discussion

12:00pm — Ladies Fellowship Tea

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

Many Years!

Other

Newly-illuminated Patrick Roberts-Foley

Birthday

| | |
|--------------------------|------|
| Sarah (Sophia) Hubler | 4/26 |
| Patricia (Anna) Pelachik | 4/27 |
| Dmitriy Panasenکو | 5/1 |

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 & Dn. George Shumaik

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