

November 5, 2023



# 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

22<sup>ND</sup> SUNDAY AFTER PENTECOST—TONE 5

MARTYR GALACTEON AND HIS WIFE  
EPISTEMIS, AT EMESA



**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.



### A Word from the Holy Fathers

The truly intelligent man pursues one sole objective: to obey and to conform to the God of all. With this single aim in view, he disciplines his soul, and whatever he may encounter in the course of his life, he gives thanks to God for the compass and depth of His providential ordering of all things. For it is absurd to be grateful to doctors who give us bitter and unpleasant medicines to cure our bodies, and yet to be ungrateful to God for what appears to us to be harsh, not grasping that all we encounter is for our benefit and in accordance with His providence. For knowledge of God and faith in Him is the salvation and perfection of the soul. —*St. Anthony the Great*



**Include Something in the Bulletin or  
Be Included in our Weekly E-mails**  
E-mail [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org)



Ss Galacteon & Epistemis

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

## Parish Life

### 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

Candle Stand — Gene Francello

Choir—Carole Shumaik

Church School — Bill Moision & Sally Menig

Counters — Fr Michael

Diamond Circle Seniors — Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Linda Kedroff

Flowers/Decorating—Diane Worth

Greeters — Valerie Lane

Handmaidens — Sally Menig & Desiree Geralt

Koliva — Fr Michael

Parish Council Vice-President—Patty Pelachik

Prospora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Gene Francello, Valerie Lane

Social Media —Evan Keeling & Iryna Thayer

Sunday Commemoration Loaves— Fr Michael

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.

### 2024 Pledge Forms Distributed Please Complete & Return by Dec 1

It is that time again.

It is time to pray and consider what your regular stewardship to the Church will be for 2024. This includes time & talent (ministries) as well as finances. This giving is really giving back, as all our time, talent & treasure are gifts from God.

We all know that costs have gone up recently. Please consider giving a bit more than you did last year if you can.

As always, what is most important is the spirit of our giving. It should be in the spirit of recognition, generosity, joy and thanksgiving.

Please return by Dec 1st.



### Sunday Youth & Children Classes

1st and 3rd Sundays—Church School

2nd and 4th Sundays — Youth Choir

***PLEASE ENTER HALL QUIETLY AFTER  
LITURGY TO AVOID INTERRUPTING CLASS***



### 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.

## Parish Life

### Brick Pavers Fundraiser Today is Last Day

Looking at the needs of the parish, the Parish Council is moving to complete the brick pavers along the walkway from the lower parking lot to the steps leading up to the church. The funds collected will be for projects like youth activities, enhancement of the area by the playground and the icon frescoes in the church.

The donation is \$200 for a brick with a name or message of your choice on it.

There are remaining 41 spaces. You can view the existing bricks for ideas.

The deadline to donate towards a brick is TODAY. Forms are in the back of the church in the narthex

### Online Giving System

We have an online giving system that enables people to be able to manage their giving to our church.

You can set up automatic ongoing donations each month to cover your pledges. You can also use the system to make occasional donations for things like charities, flowers, candles, memorial donations, etc. You can even pay for your bookstore purchases.

There is an option to cover the bank processing fees if you would like to do that.

Not only is this a convenience for you it helps reduce the work required of our Counters on Sundays

Visit [www.stjohnofdamascus.org](http://www.stjohnofdamascus.org) and click on **DONATE** or scan the QR below with your phone.



### Auxiliary Ethnic Food & Bake Sale Save the Date—Nov 18

Our Auxiliary is working hard cooking and baking for our pre-Thanksgiving Bake Sale on November 19.

Save the date. Mark your calendar. Tell a friend!



### Auxiliary Cooking Days Thursdays

The Auxiliary cooking schedule is taking place from 9am-12pm.

Tues Nov 7— Stuffed Cabbage

Thurs Nov 9—Nut Rolls

Everyone is welcome to come and help. If you have questions contact Tanya F or another member of the Auxiliary.



### 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.

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 5

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross  
in the flesh,  
to endure death,  
and to raise the dead  
by His glorious Resurrection.

#### 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!

#### Martyrs Galacteon and Epistemis —Tone 1

Let us the faithful honor these two betrothed  
athletes:  
Galacteon and modest Epistemis.  
Their ascetic labors blossomed into martyrdom,  
Therefore we cry to them:  
“Glory to Him Who has strengthened you!  
Glory to Him Who has crowned you!  
Glory to Him Who through you grants healing  
to all!”

### KONTAKIA

#### Resurrection—Tone 5

You descended into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
You have delivered Adam from the curse,  
O Lover of Man,  
and we cry to You: “O Lord, save us!”

#### 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.

#### Martyrs Galacteon and Epistemis—Tone 2

You are numbered among the hosts of martyrs  
for you were illustrious in mighty contests.  
Galacteon, together with Epistemis, your faithful  
wife and companion in struggle,  
unceasingly intercede to the one God for us all!

#### 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!

### PROKEIMENON

**Tone 5** — (*Resurrection*) You, O Lord, shall protect us and preserve us from this  
generation forever. (*Ps 11/12:7*)

*v: Save me, O Lord, for there is no longer any that is godly. (Ps 11/12:1)*

## Today's Worship — Scripture Readings

### ALLELUIA

**Tone 5** — (*Resurrection*) *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)



### Epistle — Galatians 6: 11-18

<sup>11</sup> See with what large letters I write to you with my own hand! <sup>12</sup> Those who desire to make a good showing in the flesh are trying to compel you to be circumcised, only so that they may not be persecuted for the cross of Christ. <sup>13</sup> Even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised so that they may boast in your flesh. <sup>14</sup> As for me, I shall find glory in nothing, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. <sup>15</sup> In Christ Jesus, circumcision and uncircumcision mean nothing; only a new creation {matters}. <sup>16</sup> To those who live by this rule, may there be peace and mercy upon them, and on the Israel of God. <sup>17</sup> From now on, let no one cause me any trouble, for I bear the marks of the Lord Jesus branded on my body.

<sup>18</sup> May the grace of our Lord Jesus Christ be with your spirit, brethren. Amen.



### Gospel — Luke 8:41-56

<sup>41</sup> And behold, a man named Jairus came, and he was a ruler of the synagogue. He fell down at Jesus' feet and begged him to come to his house <sup>42</sup> because he had an only daughter,

about twelve years old, who was dying. But as Jesus went, the crowd pressed against him. <sup>43</sup> There was a woman who had a flow of blood for twelve years and who had spent all she had on physicians, but she could not be healed by any. <sup>44</sup> She came behind him and touched the fringe of his cloak. Immediately, the flow of her blood stopped. <sup>45</sup> Jesus said, "Who touched me?"

As everyone was denying it, Peter and those with him said, "Master, the people are crowding and pressing against you, <and you ask, 'Who touched me?>' "

<sup>46</sup> But Jesus said, "Someone has touched me, for I perceived that power has gone out from me." <sup>47</sup> When the woman saw that she was not hidden, she came forth trembling. Falling down before Jesus, in the presence of all the people, she confessed to him why she had touched him, and how she had immediately been healed. <sup>48</sup> He said to her, "Daughter, be of good cheer! Your faith has made you well. Go in peace."

<sup>49</sup> While Jesus was still speaking, someone came from the ruler of the synagogue's house, saying to him, "Your daughter is dead. Do not trouble the Teacher."

<sup>50</sup> But when Jesus heard it, he answered him, "Do not be afraid! Only believe, and she will be healed."

<sup>51</sup> When Jesus arrived at the house, he did not allow anyone to enter in, except Peter, John, and James, as well as the father of the child and her mother. <sup>52</sup> All were weeping and mourning the girl, but Jesus said, "Do not weep! She is not dead, but sleeping."

<sup>53</sup> But they mocked him, knowing that she was dead. <sup>54</sup> Jesus put them all outside, and taking the girl by the hand, he called, "Child, arise!" <sup>55</sup> Her spirit returned, and she immediately got up. He ordered that something to eat should be given to her. <sup>56</sup> Her parents were amazed, but he commanded them to tell no one what had been done.

**SAINT JOHN OF DAMASCUS  
ORTHODOX CHURCH  
AUXILIARY**

**ETHNIC FOODS and BAKE SALE**

**Saturday, November 18, 2023**

**11:00 A.M. to 2:00 P.M.**

**16903 Espola Road, Poway**

**Pierogies, 11 varieties!!**

Cheese • Potato/Cheese • Sauerkraut • Sweet Cabbage  
Prune • Cherry • @ \$10.00 per dozen  
Sausage & Cheese • Loaded Baked Potato • Thanksgiving  
The Italian • The Polish • @ \$12.00 per dozen

**Stuffed Cabbage Rolls** - \$20.00 per dozen

**Georgian Cheese Bread** - \$16.00 ea.

**Spanakopita** - \$18.00 per dozen **Baklava** - \$18.00 per dozen

**Quiche (Sausage & Cheese, Broccoli & Bacon, and  
Spinach & Bacon** - \$15.00 ea.

**Walnut, Poppy Seed, and Apricot rolls** - \$18.00 ea.

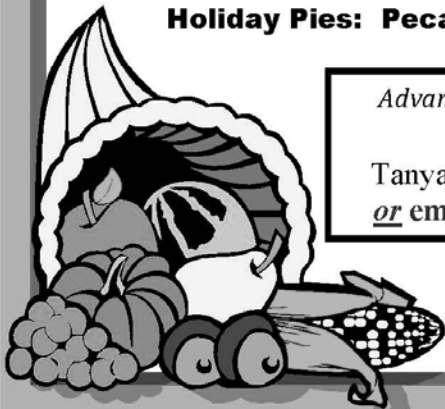
**Frosted Brownies** - \$7.00 per ½ dozen **Cannoli** - \$3.50 ea.

**Pumpkin Tea Bread** - \$10.00 ea.

**Apple Strudel** - \$10.00 ea. **Apple Turnovers** - \$2.00 ea.

**Mini Chocolate Cheesecakes** - \$2.50 ea.

**Holiday Pies: Pecan** - \$15.00 ea. **Pumpkin** - \$12.00 ea.



*Advance Orders Only / Pick-Up in our Church Hall*

**FOR ORDERS, PHONE**

Tanya: 619-818-2311 or Mike: 858-344-2981  
*or* email: [auxiliary@stjohnofdamascus.org](mailto:auxiliary@stjohnofdamascus.org)

*Save the date!  
Saturday, December 16<sup>th</sup> is  
our Christmas bake sale*

**FORMING THE HABIT OF MENTAL CONVERSATION WITH GOD**

—*St. Theophan the Recluse*

Why is it, you ask, that one can pray for so many years with a prayer book, and still not have prayer in his heart? I think the reason is that people only spend a little time lifting themselves up to God when they complete their prayer rule, and in other times, they do not remember God. For example, they finish their morning prayers, and think that their relation to God is fulfilled by them; then the whole day passes in work, and such a person does not attend to God. Then in the evening, the thought returns to him that he must quickly stand at prayer and complete his evening rule. In this case, it happens that even if the Lord grants a person spiritual



feelings at the time of the morning prayer, the bustle and business of the day drowns them out. As a result, it happens that one does not often feel like praying, and cannot get control of himself even to soften his heart a little bit. In such an atmosphere, prayer develops and ripens poorly. This problem (is it not ubiquitous?) needs to be corrected, that is, one must ensure that the soul does not only make petition to God when standing in prayer, but during the whole day, as much as possible, one must unceasingly ascend to Him and remain with Him.

In order to begin this task, one must first, during the course of the day, cry out to God more often, even if only with a few words, according to need and the work of the day. Beginning anything, for example, say 'Bless, O Lord!' When you finish something, say, 'Glory to Thee, O Lord', and not only with your lips, but with feeling in your heart. If passions arise, say, 'Save me, O Lord, I am perishing.' If the darkness of disturbing thoughts comes up, cry out: 'Lead my soul out of prison.' If dishonest deeds present themselves and sin leads you to them, pray, 'Set me, O Lord, in the way', or 'do not give up my feet to stumbling.' If sin takes hold of you and leads you to despair, cry out with the voice of the publican, 'God, be merciful to me, a sinner.' Do this in every circumstance, or simply say often, 'Lord, have mercy', 'Most Holy Theotokos save us', 'Holy Angel, my guardian, protect me', or other such words.

Say such prayers as often as possible, always making the effort for them come from your heart, as if squeezed out of it. When we do this, we will frequently ascend to God in our hearts, making frequent petitions and prayers. Such increased frequency will bring about the habit of mental conversation with God.

Source: pravmir.com



## LOOKING AHEAD

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

### Mon Nov 6

7:00pm — Orthodox Christianity 101

### Wed Nov 8

7:00am — Divine Liturgy

10:20am — Father's Café

7:00pm — Adult Ed—Lives of the Apostles

### Thurs Nov 9

9:00am — Auxiliary Cooking Day

### Mon Nov 13

7:00pm — Orthodox Christianity 101

### Tues Nov 14

7:00pm — Parish Council Meeting

### Wed Nov 15

FIRST DAY OF NATIVITY FAST

7:00am — Divine Liturgy

10:20am — Father's Café

7:00pm — Adult Ed—Lives of the Apostles

### Thurs Nov 9

9:00am — Auxiliary Cooking Day

### Mon Nov 20

6:00pm — Great Vespers for Entrance of the Theotokos

### Tues Nov 21—Entrance of the Theotokos Into the Temple

8:30am—3rd Hour & Festal Divine Liturgy

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

*Confessions are held on Saturdays after Great Vespers or by appointment with Fr Michael.*

## Many Years!

### *Name Days*

Archpriest Michael Anderson, Dale (Michael) Franchak, Michael Geralt, Michael Kapsimalis 11/08  
Victor Anderson 11/11

### *Birthdays*

Heather Ferrari 11/5  
Nicholas Geralt 11/9  
Zoe Rahal 11/11

### PARISH CONTACT INFO:

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**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 & Dn. George Shumaik

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