



LOOKING AHEAD

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

Mon Nov 4

6:00pm — Orthodox Christianity 101
(via Zoom AND in person in Church Hall)

Wed Nov 6

7:00pm — Praying the Services: Vespers
(via Zoom AND in person in Church Hall)

Thurs Nov 7 — Wed Nov 13

Fr Michael travels to attend wedding

Thurs Nov 7

9:00am — Auxiliary Baking/Cooking Day

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

Many Years!

Name Days

Fr. Michael Anderson, Dale (Michael) Franchak, Michael Geralt, Michael Kapsimalis, Michael Wesdell,
Mikheil Tutberidze 11/8

Birthdays

Heather Ferrari	11/5
Theodore Ezra Budde	11/7
Nicholas Patrick Geralt	11/9

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

November 03, 2024



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

19TH SUNDAY AFTER PENTECOST
MARTYRS ACEPSIMAS THE BISHOP,
JOSEPH THE PRESBYTER, AND AITHALAS THE
DEACON, OF PERSIA
DEDICATION OF THE CHURCH OF THE
GREATMARTYR GEORGE IN LYDDA

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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

It is of great significance if there is a person who truly prays in a family. Prayer attracts God's Grace and all the members of the family feel it, even those whose hearts have grown cold. Pray always.

—Elder Thaddeus of Vitovnica

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



Child, arise!

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

Church School Helpers Needed

We have an excellent team of Church School Teachers but we need 4 or so people to help in the classrooms. Our Orthodox Church in America has an official policy that there need to be 2 adults in each classroom so each classroom will need an adult helper as well as a teacher. Church School takes place on the 1st and 3rd Sundays of each month after Divine Liturgy. Please consider stepping up to help! See Bill Moision, Sally Menig or Fr Michael for questions or details.



Sunday Counters—I Person Needed

Some of our Counters have had to step down for personal reasons. We are in need of 1 or so more people to fill “the ranks” to allow for people to only have to count 1 weekend a month. We have a written “how-to” document to help new recruits as well as our 8 other experienced counters. Please consider being part of this important ministry.



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. Visit the Scip Table in the hall after Liturgy for more information or to purchase your cards.

**Fall Adult Ed Class
Wednesdays 7pm
Praying the Services—Vespers**

Ever attend services but wonder if there is a reason why they are structured the way they are? The services of the Church are designed to help transform us, leading us through an experience as we worship the Lord. Our 1st topic will be about Vespers. Classes will be offered in person in the hall and via Zoom.



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—Seminarians at St Herman’s Seminary in Alaska & Peter Anderson
- 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.

OUR FINANCIAL OFFERINGS—PLEASE SUBMIT YOUR PLEDGE FORM BY DEC 1

Often people ask, “How much should I give to the Church?” We remember the full tithe, or 10%, that was due to God under the old covenant. But under grace in Christ, we understand that ALL we have comes from Him, we are just stewards of these gifts, and we will be held accountable for how we managed these gifts. We give to the Church as a reflection of our relationship with the One who gave us these gifts. We give to increase His Kingdom.

Our own parish, in fact, does not require a specific financial sum to be considered a full member. It is up to each of us to consult God in prayer, to seek His will for us in this regard. In truth, what is most important is the spirit with which our gift is given.

- ◆ *He [Jesus] looked up and saw the rich putting their gifts into the treasury; and he saw a poor widow put in two copper coins. And he said, “Truly I tell you, this poor widow has put in more than all of them; for they all contributed out of their abundance, but she out of her poverty put in all the living that she had.” (Luke 21:1-4)*
- ◆ *Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. (2 Corinthians 9: 7-8)*

The following chart is provided as a resource.

Percentage Giving—Approximate Proportionate Gift Per Week						
If Annual Income is:	3%	4%	5%	8%	10% weekly	12%
\$20,000	\$12	\$15	\$19	\$31	\$38	\$46
\$25,000	\$14	\$19	\$24	\$38	\$48	\$58
\$30,000	\$17	\$23	\$29	\$46	\$58	\$69
\$35,000	\$20	\$27	\$34	\$54	\$67	\$81
\$40,000	\$23	\$31	\$38	\$62	\$77	\$92
\$45,000	\$26	\$35	\$43	\$69	\$87	\$104
\$50,000	\$29	\$38	\$48	\$77	\$96	\$115
\$55,000	\$32	\$42	\$53	\$85	\$106	\$127
\$60,000	\$35	\$46	\$58	\$92	\$115	\$138
\$65,000	\$38	\$50	\$63	\$100	\$125	\$150
\$70,000	\$40	\$54	\$67	\$108	\$135	\$162
\$75,000	\$43	\$58	\$72	\$115	\$144	\$173
\$80,000	\$46	\$62	\$77	\$123	\$154	\$185
\$85,000	\$49	\$65	\$82	\$131	\$163	\$196
\$90,000	\$52	\$69	\$87	\$138	\$173	\$208
\$95,000	\$55	\$73	\$91	\$146	\$183	\$219
\$100,000	\$58	\$77	\$96	\$154	\$192	\$231

Please take this time to pray about your situation and what an appropriate pledge would be based upon the gifts God has given you. We will need your pledge form completed and submitted by December 1 so that we can prepare next year’s budget.

You may submit your form to Fr. Michael. Thank you!

**SAINT JOHN OF DAMASCUS
ORTHODOX CHURCH
AUXILIARY**

ETHNIC FOODS and BAKE SALE

Saturday, November 23, 2024

11:00 A.M. - 2:00 P.M.

16903 Espola Road, Poway

Pierogies, 12 varieties (Some New Ones)!

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

Stuffed Cabbage Rolls - \$20.00 per dozen

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.

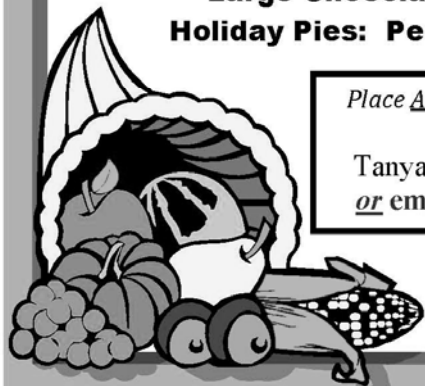
Banana and Pumpkin Tea Bread - \$10.00 ea.

Apple and Pumpkin Strudel - \$10.00 ea.

Mini Chocolate Cheesecakes - \$2.50 ea.

Large Chocolate Chip Cookies - \$2.00 ea.

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



Place Advance Orders for Pick-Up in our Church Hall
FOR ORDERS, PHONE
Tanya: 619-818-2311 or Mike: 858-344-2981
or email: auxiliary@stjohnofdamascus.org

Save the Date!
Saturday, December 21st is
our Christmas bake sale

**Orthodox Christianity 101 Class
Mondays 6pm**

This 14 session class introduces people to the basic teachings and life of the Orthodox Christian Faith. It is excellent for new inquirers, those preparing for baptism and/or chrismation, as well as people who may have grown up in the Church but may desire a refresher in the basics of our Faith.

Tell your friends. All are welcome.

To register email info@stjohnofdamascus.org or call 858-717-2172—NO CLASS THIS WEEK 10/28



**Auxiliary Baking & Cooking Dates
Helpers Needed!**

The Auxiliary will be baking/cooking every Thursday in October.

Sessions usually begin at 9am and go until noon.

Please consider helping and bring a friend!

Questions? Speak with Tanya Franchak, Phyllis Brown and Linda Kedroff.



**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.

To be included E-mail Fr Michael at
info@stjohnofdamascus.org

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 and click on **DONATE**



Scan with your phone to be taken to our secure online giving system.
You can set up 1-time or recurring gifts

Dates for 2024

FASTS

Nativity Fast/Advent Nov 15-Dec 24

FAST-FREE WEEKS

After Christmas Dec 25-Jan 4

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 2

When You descended to death, O Life Immortal,
You slew 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!"

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—Tone 3

You were pillars of the Church, O servants of
godliness,
and you humbled the proud worshippers of fire.
Much afflicted hierarch Aképsimas, Joseph the
presbyter and Aethalas the deacon,
pray to †Christ our God//
to grant us His great mercy!

St George—Tone 4

O liberator of captives,
defender of the poor,
physician of the sick, and champion of kings,
trophy-bearer, great martyr George, //
intercede with Christ God that our souls may be
saved!

PROKEIMENON

Tone 2 (*Resurrection*) — The Lord is my
strength and my song; / He has become my
salvation. (Ps. 117:14)

V. The Lord has chastened me sorely, but He
has not given me over to death. (Ps. 117:18)

KONTAKIA

Resurrection—Tone 2

As God, You rose from the tomb in glory,
Hell became afraid, O almighty Savior,
seeing the miracle of Your Resurrection from the
tomb!

The dead arose! Creation, with Adam, beheld
this and rejoiced with You, //
and the world, my Savior, praises You forever.

Martyrs—Tone 2

You celebrated the mysteries blamelessly, O
wise one,
and became yourself an acceptable sacrifice, O
divinely blessed one.
You gloriously drank of the cup of Christ, Holy
Akepsimas.//
Together with your fellow sufferers you are
praying unceasingly to Christ God for us
all.

St George—Tone 8

As we the faithful flee to you for refuge and seek
your protection and speedy help,
we entreat you, O Champion of Christ, that we
who sing your praises may be delivered
from the snares of the enemy
and from every peril and adversary, //
that we may cry: "Rejoice, O martyr George!"

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!

ALLELUIA

Tone 2 — V. May the Lord hear you in the
day of trouble! May the name of the God of
Jacob protect you! (Ps. 19:1)

V. Save the King, O Lord, and hear us on
the day we call! (Ps. 19:9)

Today's Worship — Scripture Readings

Epistle — 2 Cor 11:31-12:9

³¹ The God and Father of our Lord Jesus Christ,
he who is blessed unto the ages, knows that I
do not lie. ³² In Damascus, the governor of King
Aretas guarded the city, desiring to arrest me.
³³ But I was let down in a basket along the wall
through a window, and this is how I escaped
from his hands.

Visions and revelations—A thorn in the flesh
12 Without a doubt, it is not profitable for me to
boast, but I will now discuss visions and
revelations from the Lord. ² I know a man in
Christ who fourteen years ago was caught up
into the third heaven (whether [it was] in the
body, I do not know, or whether out of the body,
I do not know; God knows). ³ [Yes], I know such
a man (whether in the body, or outside of the
body, I do not know; God knows), ⁴ how he was
caught up into Paradise, and heard ineffable
words, which it is not lawful for anyone to utter.

⁵ On behalf of such a person, I will boast, but on
my own behalf I will not boast, except in my
weaknesses. ⁶ If my intention is to boast, I will
not be foolish: I will speak the truth. But now, I
shall stop, so that no one may think more of me
than what is seen in me or heard from me.

⁷ Because of the tremendous greatness of these
revelations, a thorn in the flesh was given to
me, a messenger of Satan that torments me, so
that I would not be too exalted. ⁸ Concerning
this thing, I begged the Lord three times that it
might depart from me, ⁹ but he replied to me,
"My grace is sufficient for you, for my power is
made perfect in weakness." And so, it is with joy
that I would rather [find] glory in my
weaknesses, so that the power of Christ may
rest on me.

Gospel — Luke 8:41-56

⁴¹ 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 ⁴² because he had an only daughter,
about twelve years old, who was dying. But as
Jesus went, the crowd pressed against him.

⁴³ 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. ⁴⁴ She came behind him and touched the
fringe of his cloak. Immediately, the flow of her
blood stopped. ⁴⁵ 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?>' "

⁴⁶ But Jesus said, "Someone has touched me,
for I perceived that power has gone out from
me." ⁴⁷ 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.
⁴⁸ He said to her, "Daughter, be of good cheer!
Your faith has made you well. Go in peace."

⁴⁹ 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."

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

⁵¹ 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. ⁵² All were weeping and mourning
the girl, but Jesus said, "Do not weep! She is not
dead, but sleeping."

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