

July 6, 2025



# 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

**4TH SUNDAY AFTER PENTECOST—TONE 3**  
**VERNABLE SISOES THE GREAT**

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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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**From the Holy Fathers**

A young monk said to Abba Sisoës: "Abba, what should I do? I fell." The elder answered: "Get up!" The monk said: "I got up and I fell again!" The elder replied: "Get up again!" But the young monk asked: "For how long should I get up when I fall?" "Until your death," answered Abba Sisoës. "For a man heads to his judgment either fallen or getting back up again."

Abba Sisoës used to say that the way that leads to humility is abstinence, unceasing prayer to God, and the struggle to be lower than every man.

—*Sayings of St Sisoës*

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

E-mail [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org)  
with your request.



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

## Parish Life

### Iconography “Helpers” Invited

In the past some folks with artistic ability have offered to help Yakov Ferens, our iconographer, as he works. If you would like to help with that please contact Yakov at 619-952-4738.

### Parish Family Photo “Directory” Photos to Begin to be Taken in June

Our bulletin board “Parish Family Directory” is ready to take its next step.

Beginning in June, Elena Stafford will be approaching people to have their pictures taken to be posted on the blue bulletin board in the church hall. The photos will also have the names of the people in them so that folks have a resource to put names to the faces” as our community continues to grow.

If you have a photo you would rather have used, please speak to Elena about sending it to her so we can have it printed in the format we will be using.



*The above picture of a photo directory is taken from St Nicholas Orthodox in Portland, OR. A number of parishes in our Diocese as well as around the country are doing similar things to address the quick growth in their communities.*

### Volunteers Needed w/ Ministries

Our Electronic Sign Ministry and Counting Ministries are in need of 1 or 2 more volunteers each as well.

If you are interested in helping see Fr Michael



### 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**  
**info@stjohnofdamascus.org**



### Monthly Collections

St John’s is committed to support our OCA seminaries who train our future priests & leaders as well as the needs of so many who need basic things like food, shelter, etc. :

- 2nd Sunday of each Month—Seminarians
- 3rd Sunday of each 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 plan on contributing as you can.

## Parish Life

### SUMMER IS HERE!

#### STAY CONNECTED TO YOUR FAITH

With summer comes much-needed vacation time and opportunities to travel and visit with friends & loved ones. As you are planning your summer be sure to keep your faith in mind. Remember to attend to your prayer life, scripture reading, and reception of the holy Sacraments. See Fr Michael if you have any questions.

Here are some dates to keep in mind:

#### SUMMER FEASTS

July 14-18	Diocesan Assembly & All-American Council w/ Special Services for Glorification of Olga of Alaska
August 5/6	Transfiguration of our Lord w/ blessing of fruit
August 14/15	Dormition of the Theotokos w/ blessing of flowers
August 28/29	Beheading of St John the Baptist

#### SUMMER FASTS

August 1-14	Dormition Fast
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Also, please do what you can to **maintain your much-needed offerings of time & talent as well as your financial offerings and contributions over the summer**. Our parish's needs and expenses do not go down during the summer months. The water bill still needs to be paid. The fellowship meals after Liturgy on Sundays still need people to host them and clean up.

For financial contributions, a number parish members find it easy to keep up by using an automatic system like our Online Giving or their bank's bill pay system.

Whatever works best for you, please keep your spiritual home in mind.

### "Crafty Creators"

#### 1st Sunday of the Month Beginning 8/3

St John's "Craft Creators" is a new gathering for all crafters, crocheters, 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. A beginner's crochet group lesson will also be provided and to join this group lesson, please contact Melissa Palumbo at 858-837-2602.

Crafty Creators will meet every first Sunday of the month in the Fellowship Hall in the back classrooms. Our first meet-up will be on Sunday August 3rd at 11:30-12:30pm



### Trash/Recycling Sorting REMINDERS

Our amazing members who take out the trash and recycling after our fellowship meals are noticing that we need to remember a couple things about what goes into which bin.

**Plates & Bowls**—We purchase paper plates and bowls that are compostable. Used plates and bowls go into the GREEN bin.

**Plastic Utensils** (forks, spoons, knives go into the TRASH bins.

Parents are asked to please help their children get items into the correct bins

If you don't take the time to put things in the correct bins, then someone else has to sort through the dirty trash in the bins. Please be mindful and considerate.

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 3

Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm.  
He has trampled down death by death.  
He has become the first born of the dead.  
He has delivered us from the depths of hell,  
and has granted to the world//  
great mercy.

#### 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 Sisoies—T one 1

O dweller of the wilderness and angel in the  
body,  
you were a wonderworker, O our God-bearing  
Father Sisoies.  
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!

### KONTAKIA

#### Resurrection—Tone 3

On this day You rose from the tomb, O Merciful  
One,  
leading us from the gates of death.  
On this day Adam exults as Eve rejoices;  
with the Prophets and Patriarchs//  
they unceasingly praise the divine majesty of  
Your power.

#### 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 Sisoies— Tone 4

O Lord, You have taken up to eternal rest  
and to the enjoyment of Your blessings  
the two divinely inspired preachers, the leaders  
of the Apostles,  
for You have accepted their labors and deaths  
as a sweet-smelling sacrifice,//  
for You alone know what lies in the hearts of  
men.

#### 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 3** (*Resurrection*) — Sing praises to our God, sing praises! / Sing praises to our King, sing  
praises! (Ps. 46:6)

V. Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps. 46:1)

## Today's Worship — Scripture Readings

### Epistle — Romans 6:18-23

<sup>18</sup> Having been released from sin, you became slaves of righteousness.

<sup>19</sup> I speak in human terms because of the weakness of your flesh. Indeed, as you used to offer your members as slaves of impurity and ever-increasing wickedness, now offer your members as slaves of righteousness for sanctification. <sup>20</sup> For when you were slaves of sin, you were free in regard to righteousness.

<sup>21</sup> What fruit did you obtain at that time by those things which now shame you? The end result of those things is death! <sup>22</sup> But now, being made free from sin and having become enslaved to God, you have your fruit of sanctification, and the result of eternal life. <sup>23</sup> The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

### Gospel — Matthew 8: 5-13

<sup>5</sup> When Jesus came into Capernaum, a centurion came to him, imploring him <sup>6</sup> and saying, "Lord, my servant is lying in the house paralyzed, grievously tormented." <sup>7</sup> Jesus answered, "I will come and heal him." <sup>8</sup> But the centurion replied, "Lord, I am not worthy that you should come under my roof! Only say the word and my servant shall be healed." <sup>9</sup> For I am also a man under authority, having soldiers under my own authority. I tell this one, 'Go,' and he goes; and if I tell another, 'Come,' he comes. Or if I tell my servant, 'Do this,' he does it!"

<sup>10</sup> When Jesus heard this, he marveled and said to those who followed, "Amen, I tell you that I have never found so great a faith, not even in Israel!" <sup>11</sup> I tell you that many will come from the east and the west, and will sit down with Abraham, Isaac, and Jacob in the Kingdom of Heaven. <sup>12</sup> But the children of the Kingdom will be thrown out into the outer darkness and there will be weeping and gnashing of teeth." <sup>13</sup> Jesus said to the centurion, "Go your way. Let it be done for you as you have believed." And his servant was healed in that hour.

### ALLELUIA

**Tone 3** — V. In You, O Lord, have I hoped; let me never be put to shame! (Ps. 30:1a)

V. Be a God of protection for me, a house of refuge in order to save me! (Ps. 30:2b)

## WHERE ONE FINDS GOD

By Fr. Vladimir Berzonsky —[oca.org/reflections](http://oca.org/reflections)

*“Consider the lilies of the field, how they grow; they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these” (Matthew 6:30)*

It takes just a bit of imagination to be with the Lord Jesus on the hillside at the time when the anemones and scarlet poppies, here called lilies of the field, burst into an array of exciting colors. They last but for a few days, then dry up, and they were gathered by the women to heat up their ovens. Why then bother to offer the world such beauty if but for a few days? It remains a sublime mystery. Some are curious, others don't care. For those, however, who do see the loving Creator in nature, it's proof if evidence is needed that He is responsible for it all. Whether noticed in a rose, a newborn kitten or from the vantage of a space ship orbiting the earth, one finds it difficult to refute Sachmo Armstrong's gravel lyric: “It's a wonderful world.”



On a given day we may pass by dozens of persons. Most will ignore us and go on their way. We hardly remember their faces. Some may cut us off on the highways; nevertheless, now and then one will perform an act of kindness that makes the day worthwhile, causing us to be glad we were in a position to touch that soul with warmth, and giving God the glory for creating us for the capacity to care about one another.

We may perform the spiritual calisthenics of morning and evening prayer, reciting the terms we had learned from childhood when all of a sudden a word leaps up from the flow of phrases to illumine our hearts with a warmth that captures us in a thrill of meaning that we had not quite understood before. It may be that we had some experience that lighted the passage in a new way. When that happens we are aware that we had been touched by the Spirit, and we thank the Lord for coming to us in that epiphany of union even if it lasts but for an instant.

## Our Life in Christ

All of the above are ways that the spiritually astute will affirm not just God's existence, but ways that God abides within us. Nature with its beauty, order and majesty is for those with eyes to see, the most self-evident proof. Those whom the Master calls our brothers and sisters every now and then prove by their kindness and affection that He lives in them as well as in us. The third place we find Him is within ourselves. Perhaps the third location is most difficult of all, especially in these days when so much of society is constantly calling attention to what's happening outside, training us to be bored with silence, carrying cell phones because we can't wait to talk on those connected to walls, urging us to pay attention to the trivialities and nonsense that take up much of television. Despite that, we can, if we train ourselves to cherish our souls and flee from noise and distractions, nourish the bond with the Holy Spirit within our souls.

Finally, but first and most precious, is our life in Christ. Read slowly the Sermon on the Mount and ponder on who but He could conceive of such a program for spiritual perfection. Granted, for the cynic it may be absurd, but for those who are serious about salvation, it lays out the only way to the Kingdom. Then read the last chapters of any or all the gospels and ask who but He would do that for the life of the world? He, Jesus Christ, is the greatest proof for the existence of God, Himself being of the same nature and essence of the Father Whom He presents to the world.



## LOOKING AHEAD

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

### Wednesday — July 9

10:30am — Father's Café

### Saturday — July 12

4:00pm — Inquiring Minds Q&A session with Fr Michael  
in Church Hall

### July 14-18

Fr Michael & Patty Pelachik attend All-American Council & Diocesan  
Assembly in Phoenix, AZ

### Tuesday — July 22

7:00pm — Parish Council Meeting

### Wednesday — July 9

10:30am — Father's Café

## Many Years!

### *Name Day*

Sara (Sophia) Hubler 7/6

### *Birthday*

Rebekah Jones 7/9

Tessa Sophia Stavrsou, Iryna Thayer 7/11

### *Wedding Anniversary*

Emily & Anthony Lorelli 7/10

Gene (Nectarios) & Judy Francello 7/11

Bob (Vladimir) & Irene Stone 7/12

### PARISH CONTACT INFO:

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**Attached Clergy:** V. Rev. Alexander Federoff, Retired, Rev. John Robinson, Retired &  
Pdn. George Shumaik

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