

July 13, 2025



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

**5TH SUNDAY AFTER PENTECOST—TONE 4
FATHERS OF THE 1ST SIX ECUMENICAL
COUNCILS**



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



From the Holy Fathers

When you sit down to eat, pray. When you
eat bread, do so thanking Him for being so
generous to you. When you dress, thank
Him for His kindness in providing you with
clothes. When you look at the sky and the
beauty of the stars, throw yourself at God's
feet and adore Him who in His wisdom has
arranged things in this way. Similarly, when
the sun goes down and when it rises, when
you are asleep or awake, give thanks to
God, who created and arranged all things
for your benefit, to have you know, love
and praise their Creator.

— *St. Basil the Great*



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

E-mail 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.

“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



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

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 4

Let the heavens rejoice!
When the women disciples of the Lord
learned from the angel the joyous message of
Your Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen, //
granting the world great mercy!”

Fathers—T one 8

You are most glorious, O Christ our God!
You have established the Holy Fathers as lights
on the earth.
Through them You have guided us to the true
Faith. //
O greatly compassionate One, glory to You!

KONTAKIA

Resurrection—Tone 4

My Savior and Redeemer
as God rose from the tomb and delivered the
earth-born from their chains.
He has shattered the gates of hell,
and as Master, //
He has risen on the third day!

Fathers—Tone 8

The Apostles' preaching and the Fathers'
doctrines have established one Faith for
the Church.
Adorned with the robe of truth, woven from
heavenly theology, //
It defines and glorifies the great mystery of piety.

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 4 - (Resurrection) O Lord, how manifold are Your works; / in wisdom have You made them all.
(Ps. 103:26)

V. Bless the Lord, O my soul! O Lord, my God, You are very great! (Ps. 103:1)

Tone 4 - (Song of the Three Holy Children) Blessed are You, O Lord God of our fathers, / and praised
and glorified is Your Name forever! (Song of the Three Holy Children, v. 3)

ALLELUIA

Tone 4 — V. Go forth, prosper and reign, for the sake of meekness, righteousness and truth! (Ps. 44:3b)

V. For You love righteousness, and hate iniquity. (Ps. 44:6)

Tone 1 -- V. The Lord, the God of gods, speaks and summons the earth from the rising of the sun to
its setting. (Ps. 49:1)

Today's Worship — Epistle Readings

Epistle — Romans 10: 1-10

¹⁰ Brethren, my heart's desire and my prayer to God are for Israel, that they may be saved.

² Certainly, I testify about them that they have a zeal for God, but not according to accurate knowledge. ³ Being ignorant of God's righteousness, and seeking to establish their own righteousness, they did not subject themselves to the righteousness of God. ⁴ For Christ is the fulfillment of the law for righteousness to everyone who believes.

⁵ Moses writes about the righteousness of the law, "The one who does them will live by them."

⁶ But the righteousness which is of faith speaks this way, "Do not say in your heart, 'Who will ascend into heaven?' (that is, to bring Christ down); ⁷ or, 'Who will descend into the abyss?' (that is, to bring Christ up from the dead.)" ⁸ But what does it say? "The word is near you, in your mouth, and in your heart;" that is, the word of faith, which we preach. ⁹ If you will confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ With the heart, one believes, resulting in righteousness; and with the mouth confession is made, resulting in salvation.

Epistle — Hebrews 13: 7-16

⁷ Now nobody will question that the lesser is blessed by the greater. ⁸ Here, the tenth is collected by men who die; but in the other case, by him who is declared to be living. ⁹ We can say that through Abraham even Levi (who would [later] receive tithes), had paid tithes, ¹⁰ for he was still 'in the body' of his ancestor when Melchizedek met him. ¹¹ Now if perfection had come through the Levitical priesthood (under which the people received the law), what further need would there be for another priest to arise according to the order of Melchizedek and not that of Aaron? ¹² And as the priesthood is being changed, there is also, by necessity, a change in the law as well. ¹³ So our Lord, of whom these things were said, belongs to another tribe, one from which no one has served at the altar. ¹⁴ It is clear indeed that our Lord came from the tribe of Judah, about which Moses spoke nothing concerning priesthood. ¹⁵ This is even more obvious if after the likeness of Melchizedek, another priest was to rise, ¹⁶ one who was not made in virtue of a law of physical descent but according to the power of an indestructible life.

Today's Worship — Gospel Readings

Gospel — Matthew 8: 28-9:1

²⁸ When Jesus arrived on the other side, into the country of the Gergesenes, two men possessed by demons met him there, coming out of the tombs. They were extremely violent, so much that nobody could pass that way. ²⁹ Behold, they cried out, saying, "What do we have to do with you, Jesus, Son of God? Have you come here to torment us before the time?" ³⁰ Now there was a herd of many pigs feeding at some distance from them. ³¹ The demons begged him, saying, "If you cast us out, allow us to go away into the herd of pigs."

³² He said to them, "Go!"

The demons came out and went into the herd of pigs: and behold, the whole herd of pigs rushed down the cliff into the sea and died in the water.

³³ Those who fed them fled and went into the city where they told everything, including what had happened to those who were possessed with demons. ³⁴ Behold, the entire city came out to meet Jesus. When they saw him, they begged that he would depart from their borders.

⁹ Jesus entered into a boat, crossed over [the lake] and came into his own town.

Gospel — John 17: 1-13

¹⁷ Jesus said these things, and lifting up his eyes to heaven, he said, "Father, the time has come! Glorify your Son, so that your Son may also glorify you, ² even as you gave him authority over all flesh, to give eternal life to all whom you have given him.

³ This is eternal life: that they should know you, the only true God, and him whom you have sent, Jesus Christ.

⁴ I have glorified you on the earth! I have accomplished the work which you have given me to do! ⁵ Now, Father, glorify me with yourself with the glory I had with you before the world existed. ⁶ I have revealed your Name to the people whom you have given me out of the world. They were yours, and you have given them to me; they have kept your word. ⁷ Now they have known that all things you have given me are from you. ⁸ The words you have given me, I have given to them. They have received them and they have known for certain that I came forth from you, and they have believed that you sent me. ⁹ I pray for them; I do not pray for the world, but for those whom you have given me, for they are yours. ¹⁰ All things that are mine are yours, and yours are mine, and I am glorified in them. ¹¹ I am no longer in the world, but these are [still] in the world, and I am coming to you. Holy Father, keep them through your Name which you have given me, so that they may be one, even as we are [one]. ¹² While I was with them in the world, I protected them in your Name. Those whom you have given me I have kept. None of them is lost, except the son of destruction, so that the Scripture might be fulfilled. ¹³ But now I come to you, and I say these things in the world, so that they may have my joy made full in themselves

WANDERING THOUGHTS

ST THEOPHAN THE RECLUSE

What can be done about thoughts running about every which way during reading and prayer? No one is free from this. There is no sin in this, but it is out of place. It is a sin when someone willfully develops within himself alien thoughts, but when they run off involuntarily, is there any fault? The fault comes about when somebody who has noticed straying thoughts continues to stray in them. It is necessary to do this: As soon as you notice Your thought wandering off, immediately put it back in its place.

For diminishing the straying of thought during prayer, it is necessary to make an effort to pray with warm feeling. To do this, it is necessary to warm the soul before prayer with meditation and with bows. Learn to pray with your own prayers.

For example, the essence of evening prayer is to thank God for the day and for everything that one has met in the course of it, both good and bad. For the wrong which has been done, one must repent and ask forgiveness, promising to make amends the following day; then one prays to God for protection during sleep. Say all of this to God from your mind and from your heart.

The essence of morning prayer is to thank God for sleep and revitalizing, and to ask Him to help to do things throughout the day for His glory. Again, say this to Him with all your heart and mind. While you are at it, both in the morning and the evening, make known your vital needs to the Lord, both inner needs and outer ones, speaking to Him like a child: "See, Lord, my illness and weakness! Help me and heal me!" All this and similar things you may say to God in your own words, without using your prayerbook. Maybe this will be better. Try this, and if it works, you may put aside your prayerbook altogether; if it does not work, however, then you should pray with your prayerbook, or else you may be left entirely without prayer.

So that the words of the prayers in the prayerbook take on meaning and warm the heart, you should sit down in your free time, other than the time when you are at prayer, and think out thoroughly the content of the prayers, and become keenly aware of them. Then when you read the prayers during prayer-time, whether in the morning or evening, all those thoughts and feelings which came to you during meditation will be renewed, and they will collect your attention and warm your heart. Never read a prayer hurriedly. Another thing: Try to learn the prayers by heart. This greatly aids undistracted prayer. A prayer must be learned just like anything else.

Learn to think of God not only when you are standing at prayer, but also at every hour and at every minute, for He is everywhere. From this peace will pour into your heart, giving strength for daily business and a regulating of affairs. Your present desire of drawing closer to God will be completely realized in this way. Just as someone standing in the sunshine is warm, so too is the person who always remembers God.

Add to remembrance of God the remembrance of death and of eternal bliss or damnation. These two remembrances will divert us from everything evil, even in thought, and direct us to everything good, not just for show, but in truth. Some think mistakenly that remembrance of death poisons life. It does not poison life, but instead teaches us to be careful and to abstain from everything that does

Our Life in Christ

poison life. If we were to remember death a little more, there would be less confusion in our lives, both personal and collective.

You reproach yourself for pride. Good, very good. Be on the lookout for its appearance and immediately cut it off. Pride likes to do everything for itself, but you are to do everything for the glory of God and the good of others, not thinking of yourself, not having pity for yourself. Indeed, the proud outwardly do most of the very same things that those who are not proud do, except that they have a different direction and different intentions in everything. Our job is to redirect these intentions from pride to self-reproach, and then direct our actions in line with this. This must be learned. Learn, learn. Lord give the blessing!

You want me to scold you without mercy. Nothing would come of this. To me, you have been chaste and pure so far. It remains for me to wish that the Lord always keep you the way you have seemed to me; if you are not like that in actual fact, may He vouchsafe to make you so.

From The Spiritual Life, pp. 146-149 (Letter 31).



“Almost all of us view thoughts as being something simple and natural, and that is why we naively trust them. However, we should neither trust them, nor accept them. Thoughts are like airplanes flying in the air. If you ignore them, there is no problem. If you pay attention to them, you create an airport inside your head, and permit them to land.”

—St Paisios



LOOKING AHEAD

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

July 14-18

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

Sunday — July 20

Conclusion of Divine Liturgy — Blessing of Vehicles

Tuesday — July 22

7:00pm — Parish Council Meeting

Wednesday — July 23

10:30am — Father's Café

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

Many Years!

Name Day

Bill (Vladimir) Moision, Val (Vladimir) Neskin	7/15
Rita (Margarita) Sladack	7/17
Pearl Elizabeth Keeling	7/18
Alina (Macrina) Panasenکو	7/19

Birthday

Vincent (Constantine) Palumbo	7/14
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Wedding Anniversary

Pdn George & Carole (Victoria) Shumaik	7/15
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PARISH CONTACT INFO:

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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