

July 27, 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

**7TH SUNDAY AFTER PENTECOST—TONE 6
GREATMARTYR & HEALER PANTALEIMON**



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



A Word...

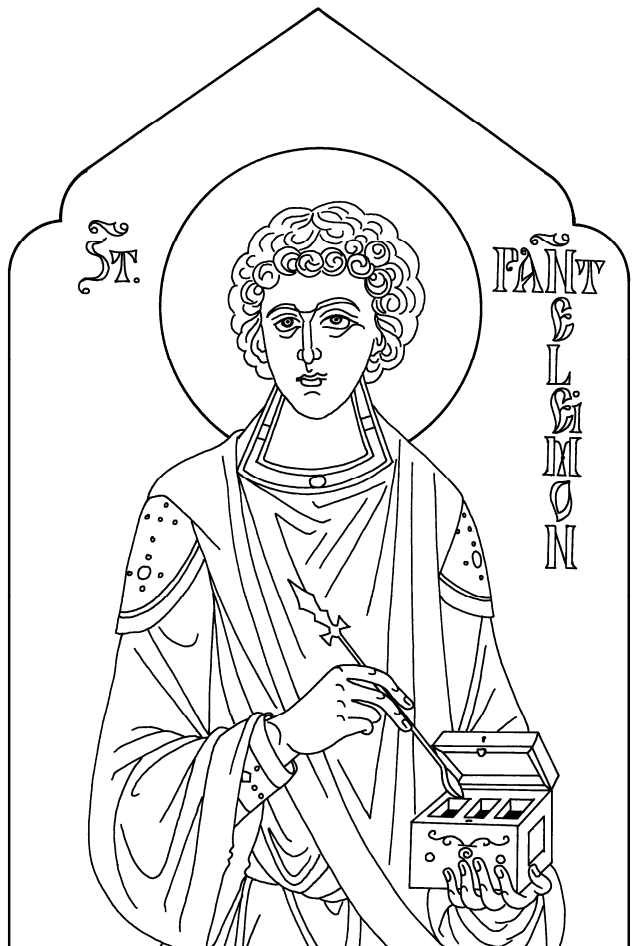
Let us go forth (depart) in peace” is the last
commandment of the Liturgy. What does it
mean? It means, surely, that the conclusion
of the Divine Liturgy is not an end but a
beginning. Those words, “Let us go forth in
peace,” are not merely a comforting
epilogue. They are a call to serve and bear
witness. In effect, those words, “Let us go
forth in peace,” mean the Liturgy is over,
the liturgy after the Liturgy is about to
begin.

—Met. Kallistos Ware



**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



Church School Clean-up Sun 8/3 & Thurs 8/14

In preparation for upcoming new Church School year, we are going to be cleaning up (out) the classrooms.

Sally Menig will be at church on Sun Aug 3 after Divine Liturgy as well as on Aug 14 from 9am-12pm.

Please consider helping. Parents (especially those whose children often play in the classrooms) are asked to help.



Consecration of New Bishop Aug 15 & 16

Our Bishop-elect Fr Vasily will be consecrated to the Episcopacy on Friday evening Aug 15 and Saturday morning August 16 at Holy Trinity Cathedral in San Francisco.

Details on the services and the banquet following can be found at www.dowoca.org.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 6

The Angelic Powers were at Your tomb;
the guards became as dead men.
Mary stood by Your grave,
seeking Your most pure body.
You captured hell, not being tempted by it.
You came to the Virgin, granting life.
O Lord, Who rose from the dead, //
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!

St Panteleimon—T one 3

Holy Passion-bearer and healer Panteleimon,
entreat the merciful God, //
to grant our souls forgiveness of transgressions!

KONTAKIA

Resurrection—Tone 6

When Christ God, the Giver of Life,
raised all of the dead from the valleys of misery
with His mighty hand,
He bestowed resurrection on the human race. //
He is the Savior of all, the Resurrection, the Life,
and the God of all.

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 Panteleimon— Tone 5

You emulated the Merciful One,
receiving from Him the grace of healing,
O Passion-bearer and healer Panteleimon;
by your prayers, heal our spiritual diseases
and continually drive away the temptations of the
Enemy //
from those who cry out in faith: "Save us, O
Lord!"

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!

Today's Worship — Epistle Readings

Epistle — Romans 15: 1-7

15 Now we who are strong should bear the weaknesses of the weak, and not {just} please ourselves. ²Let each one of us please our neighbor for what is good, to be edifying to him. ³Even Christ did not please himself. But, as it is written, "The insults of those who insulted you fell on me." ⁴For whatever things were written before were written for our instruction, so that through patience and the Scriptures' encouragement we might have hope. ⁵Now may the God of endurance and encouragement grant you to be together of the same mind according to Christ Jesus, ⁶so that with one accord, you may with one mouth glorify the God and Father of our Lord Jesus Christ. ⁷Therefore, accept one another, even as Christ also accepted you, to the glory of God.

Epistle — 2 Timothy 2: 1-10

2 You, my child, be strengthened in the grace that is in Christ Jesus. ²What you heard from me among many witnesses, entrust likewise to faithful men who will be able to teach others as well. ³You too must endure tribulations as a good soldier of Jesus Christ. ⁴No soldier on duty entangles himself in the affairs of this life, in order to please the one who enrolled him as a soldier. ⁵Likewise, anyone who competes in athletics cannot be crowned unless he has competed by the rules. ⁶The farmer who labors must be the first to get a share of the crops. ⁷Think over what I have said, and may the Lord give you understanding in all things. ⁸Remember my Good News: Jesus Christ, risen from the dead, of the seed of David. ⁹Because of this I suffer tribulations to the point of being in chains as a criminal. However, God's word is not chained! ¹⁰Therefore, I endure all things for the sake of the elect, so that they may obtain the salvation which is in Christ Jesus and with it eternal glory.

PROKEIMENA

Tone 6 - (Resurrection) O Lord, save Your people, / and bless Your inheritance! (Ps. 27:9a)

V. To You, O Lord, will I call. O my God, be not silent to me! (Ps. 27:1a)

Tone 4 - (St. Panteleimon) - God is wondrous in His saints, / the God of Israel. (Ps. 67:35a)

ALLELUIA

Tone 6 — V. He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps. 90:1)

V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (Ps. 90:2)

Tone 4 -- V. The righteous shall flourish like the palm tree, and grow like a cedar in Lebanon. (Ps. 91:11)

Today's Worship — Gospel Readings

Gospel — Matthew 9: 27-35

²⁷ As Jesus passed by from there, two blind men followed him, calling out and saying, "Have mercy on us, son of David!"

²⁸ When he entered the house, the blind men came to him. Jesus asked them, "Do you believe that I am able to do this?"

They replied, "Yes, Lord."

²⁹ He then touched their eyes, saying, "According to your faith, let it be done to you!"

³⁰ And their eyes were opened. Jesus strictly commanded them, saying, "See that no one knows about this." ³¹ However, they went out and spread his fame throughout that entire land.

³² As they were leaving, behold, a mute man who was demon-possessed was brought to him.

³³ When the demon was cast out, the mute began to speak. The multitudes marveled, saying, "Nothing like this has ever been seen in Israel!"

³⁴ But the Pharisees said, "It is by the prince of the demons that he casts out demons."

³⁵ Jesus went about all the cities and villages, teaching in their synagogues and preaching the Good News of the Kingdom. He also healed every kind of disease and sickness among the people

Gospel — John 15: 17-16:2

¹⁷ These things I command you, so that you may love one another.

¹⁸ If the world hates you, you know that it has hated me before it hated you. ¹⁹ If you were of the world, the world would love its own! But you are not of the world, since I chose you out of the world, and so the world hates you. ²⁰ Remember what I told you: 'A bondservant is not greater than his lord.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. ²¹ But they will do all these things to you on account of my Name, because they do not know the one who sent me. ²² If I had not come and spoken to them, they would not have had sin; but now they have no excuse for their sin! ²³ Whoever hates me also hates my Father. ²⁴ If I had not accomplished among them the works which no one else had done [before], they would not have had sin. But now, they have seen [those things] and yet they have hated both me and my Father. ²⁵ But this has happened so that the word which was written in their law may be fulfilled: 'They hated me without reason.'

²⁶ But when the Counselor has come, whom I will send to you from the Father, the Spirit of truth who proceeds from the Father, he will bear witness to me. ²⁷ You also will bear witness, because you have been with me from the beginning."

¹⁶ "I have told you these things, so that you would not be made to stumble. ² They will expel you from the synagogues! Yes, the time is coming when whoever kills you will think that he is offering {divine} service to God!

BAPTISM AND EUCHARIST: SACRAMENTS OF HEALING

—Dr Paul Meyendorff

Healing lies at the very center of the Church's ministry. Even a quick review of Scripture and early Christian writings makes this clear, and there is no rite or sacrament which does not contain some reference to healing. We have but to listen to the Sunday gospel readings or hear the words of liturgical prayers to realize just how frequently the theme recurs. Thus the specific rite of healing, the "Anointing of the Sick," is but one small aspect of this ministry.

The very purpose of the Church is to heal us, to overcome the rift between God and humanity which is caused by our sin and leads to death. This is achieved precisely when we are united to one another and to God in the Body of Christ, which is the Church. In His high-priestly prayer, our Lord prays for all His followers,

That they may all be one; even as You, Father, are in Me, and I in You, that they also may be in Us, so that the world may believe that You have sent Me. The glory which You have given Me I have given to them, that they may be one even as We are one, I in them and You in Me, that they may become perfectly one, so that the world may know that You have sent Me and have loved them even as You have loved Me (John 17:21–23).

Jesus Christ is here asking for nothing less than the healing of the whole world, all humanity, all creation.

This is achieved for us when we come to know Christ, when we become one with Him and with one another. Everything that the Church does, all its sacramental and liturgical life, all its teaching, is directed at restoring the proper relationship between God and creation, which has been corrupted through our sinfulness. This is the real meaning of Christian healing, and it involves the whole person. The locus of this healing ministry is the Church's sacraments, and particularly in its rites of initiation, Baptism/Chrismation, and in the Eucharist.

In Baptism, Christians abandon their old life, in which they were under the sway of sin and death, and enter into a new life, where sin and death have been defeated. In Baptism, we enter into a new relationship with God, with Christ, in which sin, sickness, and death no longer dominate. We become children of God, heirs of the Kingdom, members of Christ's body, the Church. This new relationship is to endure forever, and neither sickness nor death can destroy it. Baptism, therefore, is the sacrament of healing par excellence, a healing aimed at the whole person, body, soul, and spirit.

Baptism, therefore, is the paradigmatic healing sacrament. Fallen humanity is recreated; our sins are forgiven; the image of God in us is restored; real, intimate communion with God, destroyed because of sin, is again made possible. The sickness and death which once ruled our lives are

Our Life in Christ

defeated, in the sense that they, just like the cross, become a means of victory and a passage into the Kingdom. The brokenness of our human existence is abolished as we are incorporated into the Church, the Body of Christ, through which we are saved. We are no longer left to live out our lives alone, to suffer and die a meaningless death. Rather, in the Church, our suffering and death become a means to victory, following in the footsteps of Christ, His death on the cross and His resurrection. Through Baptism, we are healed, and we are charged to bring this healing ministry to the world around us: to our family, to our neighbor, to all whom we encounter.

While Baptism and Chrismation are the means by which we become members of the Church, the Body of Christ, the Eucharist is the means by which this membership is realized and continues to be lived out. In fact, all the sacraments of the Church, as well as the daily and weekly cycles of prayer, have the Eucharist as their goal. We are the Church precisely when we gather together, Sunday after Sunday, to celebrate the mystery of Christ's incarnation, death, and resurrection on our behalf. In the Eucharist, we not only remember these events, but we become partakers of Christ, sharing in His divine nature "for the healing of soul and body." It is precisely in the Eucharist that the famous fourth-century dictum of St. Athanasius is realized: "God became man, so that man might become god." This is the basis for the Orthodox teaching about divinization, or theosis.

Humanity is created to be in communion with God, and the Eucharist is the realization of this communion. True healing is precisely the restoration of communion with God, the restoration of the proper relationship between God and humanity. Every time that we receive communion, we receive this grace of healing. As with Baptism, this healing affects the entire person, with salvation, our entrance into the Kingdom, as its ultimate goal.



—Originally published in the November, 2014 edition of *The Word*



LOOKING AHEAD

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

July 28-Aug 1

Fr Michael travels to MA to help his mother

August 1-14

Dormition Fast

Sunday — August 3

Immediately After Divine Liturgy — Church School Clean-up

11:30am — Crafty Creators

Tuesday — August 5

6:00pm — Great Vespers w/ Litya fir Transfiguration

Wednesday — August 6—Holy Transfiguration

8:30am — 3rd Hour & Festal Divine Liturgy followed by Blessing of Fruit

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

Many Years!

Name Day

Archbishop Benjamin	7/31
---------------------	------

Birthday

Nathan Cooper, Jacob Lorelli, Daniil Neskin	7/27
John Henry Keeling	7/28
Olga Bishaev	7/30
Nataša Vuskovich	8/1
Margie Marie Hicks, Alan Martot	8/2

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