

August 3, 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

**8TH SUNDAY AFTER PENTECOST—TONE 7**  
**VENERABLE ISAAC, DALMATUS & FAUSTUS**  
**OF THE DALMATIAN MONASTERY**

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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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## A Word...

Finally he said to them, "Bring them here to me." Although this was a deserted place, he that is here is ready to feed the world. The one who is speaking to you is not subject to time, even though "the day is now over."

In John's Gospel it is further related that these were loaves of barley. This is not mentioned accidentally but with the object of teaching us to trample under foot<sup>13</sup> the pride of costly living. Such was also the diet of the prophets.

—*St John Chrysostom*

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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)



"Bring them to me....  
He blessed, broke & gave them to the disciples"

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.*

### 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

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
August 29	Beheading of St John the Baptist

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.

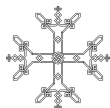
## Parish Life

### 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.

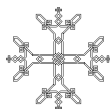
Sally Menig will be at church on Sun Aug 3 after Divine Liturgy as well as on Aug 14 from 9am-12pm.

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



### Church School Helpers & Teachers Needed

Our new church school year will be beginning next month. We are in need of helpers and teachers. Please speak to Bill Moision, Sally Menig, Katie Jones or Fr Michael to see how you can help.



### Church School for Children & Youth 1st & 3rd Sunday of Month Youth Choir 2nd & 4th Sunday of Month

Our Church School for children and youth will be held on the 1st and 3rd Sundays of the month.

Our children's and youth choir (for those able to read) will be held on the 2nd and 4th Sundays of the month.

### "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

### Auxiliary Goodies for Sale!

Looking for tasty quick and easy meal options? Our Auxiliary has a number of things in stock. We have the following kinds of pierogi

#### *Non-Meat (\$10/dozen)*

- Potato/Cheese
- Loaded BAKED
- Sauerkraut
- Farmers Cheese

#### *Meat (\$12/dozen)*

- Sausage & Cheese
- Hamburger

We also have...

- Stuffed Cabbage (\$20/dz)
- Nut rolls (\$20)
- Poppyseed rolls (\$20)
- Apricot rolls (\$20)

Please speak with Tanya or any member of the Auxiliary to make your order.

### 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](http://www.dowoca.org).

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 7

By Your Cross You destroyed death.  
To the thief You opened Paradise.  
For the Myrrhbearers You changed weeping into joy.  
And You commanded Your disciples, O Christ God,  
to proclaim that You are risen, //  
granting 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!

#### Venerable Ones—T one 4

O God of our Fathers,  
always act with kindness towards us;  
take not Your mercy from us,  
but guide our lives in peace //  
through the prayers of Venerable Isaac,  
Dalmatus, and Faustus!

### KONTAKIA

#### Resurrection—Tone 7

The dominion of death can no longer hold men captive,  
for Christ descended, shattering and destroying its powers.  
Hell is bound, while the Prophets rejoice and cry:  
“The Savior has come to those in faith; //  
enter, you faithful, into the Resurrection!”

#### 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.

#### Venerable Ones— Tone 2

Through asceticism you shone like lights in the world,  
and by your faith you overthrew heresies.  
We praise you with hymns, Isaac, Dalmatus, and Faustus, //  
as servants of Christ, who are praying 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 7** - (Resurrection) The Lord shall give strength to His people. / The Lord shall bless His people with peace. (Ps. 28:11)

V. Offer to the Lord, O you sons of God! Offer young rams to the Lord! (Ps. 28:1a)

## Today's Worship — Scripture Readings

### Epistle — 1 Corinthians 1:10-18

<sup>10</sup> Now I beg you, brethren, through the Name of our Lord Jesus Christ, to all speak the same thing and that there be no divisions among you. Instead, may you be perfected together in the same mind and opinion. <sup>11</sup> As it is, those who are from Chloe's household have informed me concerning you my brethren, that there are quarrels among you. <sup>12</sup> Now I mean this: that each one of you says, "I follow Paul," "I follow Apollos," "I follow Kephas," or, "I follow Christ." <sup>13</sup> Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? <sup>14</sup> I thank God that I baptized none of you, except Crispus and Gaius, <sup>15</sup> so that no one should say that I baptized you into my own name. <sup>16</sup> (I also baptized the household of Stephanas; besides them, I do not know whether I baptized any other.) <sup>17</sup> Indeed, Christ did not send me to baptize but to preach the Good News—not in wisdom of words, so that the cross of Christ would not be made void. <sup>18</sup> For the word of the cross is foolishness to those who are dying, but to us who are being saved it is the power of God.

### Gospel — Mathew 14: 14-22

<sup>14</sup> Jesus went out and saw that there was a great crowd. He had compassion on them and healed their sick. <sup>15</sup> When evening came, his disciples came to him and said, "This place is deserted, and the hour is already late. Send the crowds away so that they may go into the villages and buy food for themselves." <sup>16</sup> But Jesus said to them, "They do not need to go away. You give them something to eat." <sup>17</sup> They replied, "We only have here five loaves and two fish!" <sup>18</sup> Jesus said, "Bring them to me." <sup>19</sup> Having instructed the crowds to sit down on the grass, he took the five loaves and the two fish. Looking up to heaven, he blessed, broke and gave the loaves to the disciples, and the disciples distributed it to the multitudes. <sup>20</sup> And so, everyone ate and was satisfied. His disciples gathered up twelve baskets full of what remained left over from the broken pieces. <sup>21</sup> Those who ate were about five thousand men, besides women and children. <sup>22</sup> Immediately after this, Jesus made his disciples get into the boat and told them to go ahead of him to the other side, while he would send the crowds away.

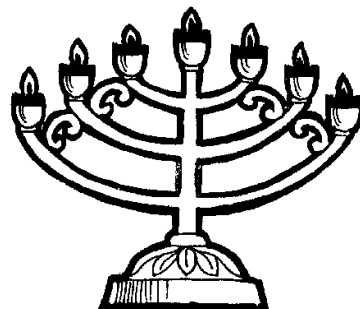
### ALLELUIA

**Tone 7** — V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)

V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)

## Candles & the Faith in Christ

What does a person first do upon crossing the threshold of a church? In nine out of ten cases, he goes to the candle stand. Our practice of Christianity, our involvement in its ritual, begins with a little beeswax candle. It is impossible to imagine an Orthodox church in which candles are not lit.

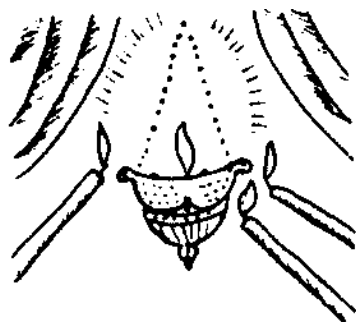


Candles appeared in all Orthodox churches in the first centuries of our era. Eusebius of Caesaria records that during the paschal vigil such a quantity of candles were lit by the faithful that the night itself became as day. There were wax candles the sizes of which made them look like actual pillars. In answer to the accusations of the schismatic Vigilantius, who berated the Orthodox for lighting candles in their churches during daylight also, St. Jerome (342-420) says "in all Eastern churches candles are lit during the reading of the Gospel not only so as to shed light and dispel the gloom but also to proclaim one's joy."

Over the centuries, the Orthodox candle has burnt gently and humbly and is now, as it was then, imbued with profound meaning, inalienable from our Orthodox divine services and Orthodox piety. Apart from the fact that the small sacrifice, the mite given by each Christian for the candle he lights, benefits the Church in real terms, by lighting a candle, each Christian enters into closer contact with the Church and the service, participating in it more actively and invisibly warming his soul by the visible light of the candle.

Pious Orthodox people will preserve throughout the year the candles they light during the readings of the Passion Gospels on Holy Thursday. They make a sign of the cross with these candles over the doors to their homes. They light them during difficult moments of their lives. On Pascha night, the candles born by the faithful transform their faces into living icons on which plays the light of God's grace .

But the candle has yet another profound meaning. The burning candle represents the entire life of the faithful, from birth to death. It stands for the inner flame of love for and devotion to God. A Christian should burn like a candle before God, and his whole being should gradually be consumed by this divine flame thus marking the end of his earthly life.

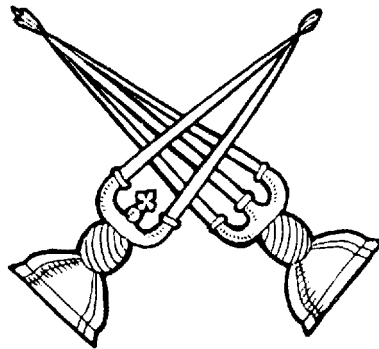


Blessed Simeon of Thessalonica (15th century), commentator on the Liturgy, states that pure wax symbolizes the purity and chastity of those who offer it. It is offered as a sign of our having repented of stubbornness and self-will. The softness and pliability of wax speaks of our readiness to obey God. The burning of the candle represents man's deification, his becoming a new creature through the fire of God's love. Moreover, the candle is a witness to faith, of man's belonging to the Divine light. It expresses the flame of our love for the Lord, for the Mother of God, for the angels, or for the saints. A lighted

## Our Life in Christ

candle is present at many church services. It is held by the newly baptized and by those being joined together in the Mystery of Matrimony. The funeral rite is performed amidst a multitude of burning candles. Protecting their burning candles from the wind, the faithful walk in Processions of the Cross.

Those who are meticulous about attending church try to light candles during each visit: before the festal icon at the center of the church, at the icon of the Savior or of the Mother of God; for the health of their loved ones, and on the rectangular candlestand (kanun) before the Cross; for the repose of the souls of the deceased. If the heart so wishes, one may light candles to any saint or saints.





## LOOKING AHEAD

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

### 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

#### Wed August 6—Holy Transfiguration

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

followed by Blessing of Fruit

10:30am — Father's Café

### Wednesday — August 13

10:30am — Father's Café

#### Thursday — August 14

6:00pm — Vigil for Dormition of the Theotokos

#### Friday — August 15

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

w/ Blessing of Flowers

#### August 15-16

Fr Michael attends Consecration of Bishop-Elect Fr Vasily

### Saturday — August 16

4:30pm — Choir Rehearsal

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

### Many Years!

#### *Name Day*

Sbdn Ken (Herman) Telles 8/9

#### *Birthday*

Igor Bishaev 8/4

Lilian Coyle 8/5

Alexis Rahal 8/6

Michael Pichette 8/7

#### *Wedding Anniversary*

Michael & Carolyn Kapsimalis 8/7

### PARISH CONTACT INFO:

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**Priest:** V. Rev. Michael Anderson, Rector

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

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