

October 5, 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

**17TH SUNDAY AFTER PENTECOST (2ND OF LUKE)**

MARTYR CHARITINA THE OF AMISUS

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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...**

"An eye for an eye" is the perfection of justice. "Whoever strikes you on the cheek, turn the other to him" is the consummation of grace. While both continually have their criteria, he proposed them to us through the two successive Testaments. The first Testament had the killing of animals for compensation, because justice did not permit that one should die in place of another. The second Testament was established through the blood of a man, who through his grace gave himself on behalf of all. *St. Ephraim the Syrian*

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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

### Church School Registration

It is time for parents to register their children for our church school programs.

We are doing registration online to have better access to information so we can keep families informed.

Please scan the QR code below and complete the online form for EACH child who will be attending church school.



### **“Crafty Creators” 1st Sunday of the Month TODAY!**

St John’s “Craft Creators” is a 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.

Crafty Creators meets every first Sunday of the month in the Fellowship Hall in the back classrooms after church school.

Our next meeting will be October 5.

Along with “the bring your own” we will also have

### Auxiliary Cooking in October

Our St John’s Auxiliary will be cooking for our upcoming bake sales. Please note they are adding a Saturday for folks who work to come.

- Thurs Oct 9—CANCELLED
- Thurs Oct 16
- Sat Oct 18
- Thursday Oct 30

Please come and help!



### **Parish Family Photo “Directory”**

Our bulletin board “Parish Family Directory” is in process!

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.



## Parish Life

### Thriving Parishes Project Oct 25-26

Our parish's induction into our Diocese's Thriving Parish Project will begin this month!

On Saturday Oct 25 our Church Health Team will be participating in a day-long retreat preparing them to coordinate our community through the process for the 18 months (or so) to come.

On Sunday Oct 26 Fr Andrew Smith will be offering a presentation to the entire parish outlining the Project and answering questions.

SAVE THE DATE!



### Pray for our Catechumen

We have a group of people who have gone from inquiring about the Holy Orthodox Christian Faith to actively pursuing reception into the Church.

Please pray for them on this next stage of their journey of faith in our Lord Jesus Christ!

For a list of our current catechumen see our prayer list.



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

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

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

### Concert at St John's Melissa Palumbo SAVE THE DATE Fri 11/14 7pm

Our own Melissa Palumbo will be offering another concert of her music here at St John's on Friday Nov 14 at 7pm in the church hall.

SAVE THE DATE!



### 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.



### 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 8

You descended from on high, O Merciful One!  
You accepted the three day burial to free us from  
our sufferings!//  
O Lord, our Life and Resurrection, 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 Charitina—Tone 4

Your lamb Charitina calls out to You, O Jesus, in  
a loud voice:  
"I love You, my Bridegroom, and in seeking You  
I endure suffering.  
In baptism I was crucified so that I might reign in  
You,  
and I died so that I might live with You.  
Accept me as a pure sacrifice,  
for I have offered myself in love."//  
Through her prayers save our souls, since You  
are merciful!

### KONTAKIA

#### Resurrection—Tone 8

By rising from the tomb, You raised the dead and  
resurrected Adam.  
Eve exults in Your Resurrection,//  
and the world celebrates Your rising from the  
dead, O greatly Merciful One!

#### 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 Charitina—Tone 2

Having fortified your soul with faith and  
strengthened by understanding  
you openly put the enemy to shame, O Charitina;  
you stood before Christ wearing a robe  
empurpled by your blood, All-blessed  
One,  
and now you rejoice with the Angels,//  
praying for us, O passionbearer.

#### 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 & to intercede for us,  
O Theotokos,  
For you always protect those who honor you!

### PROKEIMENA

**Tone 8** - (Resurrection) Pray and make your vows / before the Lord, our God! (Ps. 75:10a)

V. In Judah God is known; His Name is great in Israel. (Ps. 75:1)

## Today's Worship — Scripture Readings

### Epistle — 2 Corinthians 6: 16-7:1

<sup>16</sup> What agreement can there be between God's sanctuary and idols? For you are a sanctuary of the living God. Even as God said, "I will dwell in them, and walk in them; and I will be their God, and they will be my people." <sup>17</sup> Therefore:

'Come out from among them and be separate,' says the Lord.

'Touch no unclean thing.

I will receive you.

<sup>18</sup> I will be a Father to you.

You will be to me sons and daughters,' says the Lord Almighty."

7 Since we have these promises, beloved, let us purify ourselves from all defilement of flesh and spirit, so that we may bring [our] holiness to completion in the fear of God.

### Gospel — Luke 6: 31-36

<sup>31</sup> As you would like others to do to you, do the same to them. <sup>32</sup> If you love those who love you, what credit is that to you? Even sinners love those who love them! <sup>33</sup> And if you do good to those who do good to you, what credit is that to you? For even sinners do the same! <sup>34</sup> If you lend to those from whom you hope to receive [back], what credit is that to you? For even sinners lend to sinners, to receive back as much. <sup>35</sup> But love your enemies, and do good, and lend, expecting nothing back. Then your reward will be great and you will be children of the Most High, for he is kind [even] to the ungrateful and evil.

<sup>36</sup> Therefore, be merciful, even as your Father is also merciful.

### ALLELUIA

**Tone 8** — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

## RECRUITING FOR OUR CHURCH HEALTH TEAM

What is the purpose of a 'Church Health Team'?

The purpose of the Church Health Team is to help the church move through a process to address what is called the Minimum Factor in our parish, thereby increasing the health of the church.

The team will be responsible for getting input, developing a plan with a timeline, responsibilities and accountabilities, and will then guide the church through the process.

What kind of people are needed on the team?

- ✓ People who obedient to the priest's authority. This is important! Parishioners on the CHT must clearly recognize and be obedient to the authority of the parish priest, who is also a member of the CHT (although he does not lead it) as nothing in parish life is to be done without his knowledge, consent and blessing.
- ✓ People who are spiritually mature. Nothing is more important for a team member than that they exhibit and exercise a life of spiritual discipline on a regular basis, such as prayer, fasting, the reading of scripture, confession, and the regular reception of Holy Communion.
- ✓ People who can see the big picture and who can think strategically. It's easy to get lost in the details, leading to meetings for the sake of meetings. You never want to lose sight of the purpose of this team; your "big-picture" people can serve as constant reminders to the team of why you are meeting, where you are going, and what you need to do to get there.
- ✓ People who are willing to learn. Those who think they know it all and don't need to learn anything new will only retard and inhibit the work done by the CHT and parish as a whole.
- ✓ People who are committed to see the church become healthier. They must desire, hunger and thirst for a healthy, growing church! Their enthusiasm for the church can be contagious and serves as a good reminder for all team members about the importance of this team.

What kind of roles are needed on the team?

- ✓ Team Leader. Everything truly does rise and fall on leadership, so a good leader is important. Ideally, the leader should be someone who works well with people, but can be decisive and keep the team moving forward. NCD believes in a strong role for the laity in the NCD process, therefore the leader should be someone other than the priest, though he should work closely with him. Also be careful not to put too many leader types on the team. More than one team has failed because there were too many leaders and no followers.
- ✓ Strategic Thinker. As mentioned above, this is a person who enjoys creating processes to ensure success. This person can serve as an excellent form of accountability for the team, putting names, dates, and goals in writing to track progress and keep the team moving forward.

***We need about 6 people.***

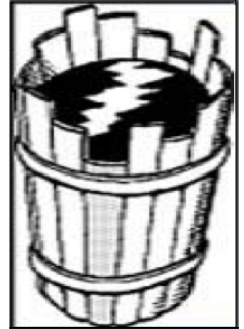
***Please speak with Fr Michael or Catilin Panasenko if you are interested in being part of this exciting effort.***

## Our Life in Christ

Dear Brothers and Sisters in Christ,

Our parish will soon be taking the Orthodox Natural Church Development (ONCD) survey. ONCD is a way of measuring the health or quality of a church. By using a carefully prepared questionnaire, the survey will help us determine the health of our parish in 8 critical areas. These Quality Characteristics are universally used in building healthy churches:

- **Empowering Leadership**
- **Gift-based Ministry**
- **Fervent Spirituality**
- **Effective Structures**
- **Inspiring Worship**
- **Holistic Fellowship Groups**
- **Need-oriented Evangelism**
- **Loving Relationships**



The key in each of these Quality Characteristics is the **adjective**, which can be considered a summary of the six Life Principles (see below) as they apply to that characteristic: **empowering, gift-based, fervent, effective**, etc. Every church has some sort of leadership or worship or structure, but not all emphasize the adjectives at the front of each of these Quality Characteristics.

**No Quality Characteristic Can Be Missing.** Three things can be said with a high degree of certainty:

1. These are universally valid qualities
2. They can be transferred to our own situation
3. Each of these has a positive relationship with both the quality and the quantitative growth of the church

No one single factor leads to growth in churches; it is the interplay of the eight elements as they relate to the Biotic Principles.

### The Minimum Factor

Imagine a barrel with eight staves, each representing the eight Quality Characteristics. The staves in the barrel represent the score of the 8 Quality Characteristic. With this analogy, you can only fill the barrel to the level of the lowest stave. So to increase the capacity of the barrel, we must increase the height of the lowest stave.

#### [Minimum Factor]

Now focusing on the Minimum Factor does not mean that we don't pay attention to the other seven areas. As stated before, all eight characteristics are vitally important to healthy growing churches. Focusing on the Minimum Factors helps us to set timely priorities. Since all eight areas can't be worked on with the same amount of energy and concentration, we need to find areas, which will yield the greatest long-range return on our investments. Remember, Minimum Factors can change quickly—especially when there is a conscious attempt to improve on this one area.

### The “All-by-Itself-Principle”

The secret of growing churches does not consist in pushing or pulling the church in human strength and efforts—but in releasing and developing the potential God himself uses to build his Church. Then growth occurs all by itself! (See Mark 4: 26-29)

*This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts, and grows; though he does not know how. All by itself the soil*



## LOOKING AHEAD

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

### Monday — Oct 6

5:30pm — Pannikhida/Trisagion/Jinnaz Fadwa Harb

### Tuesday — Oct 7

11:00am — Fadwa Harb Funeral followed by Mercy Meal with Remembrances

7:00pm—Catechism Class

### Wednesday — Oct 8

10:30am — Father's Café

7:00pm — Adult Ed: Jesus & the Temple

### Thursday — Oct 9

9:00am — Auxiliary Baking/Cooking—CANCELLED

### Sunday — Oct 12

After Divine Liturgy—Fundraiser Brunch for Breast Cancer Research

### Tuesday — Oct 14

7:00pm—Catechism Class

### Wednesday — Oct 15

7:00pm—Parish Council Meeting

### Thursday — Oct 16

9am-12pm—Auxiliary Baking Day

### Saturday — Oct 18

9am-12pm—Auxiliary Baking Day

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*

Thomas Budde	10/6
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#### *Birthday*

Kathryn (Anna) Jones	10/5
Cortney Stavrou	10/6
Linda Kedroff	10/7

#### *Wedding Anniversary*

Sally & Kyle Menig	10/5
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### PARISH CONTACT INFO:

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

**Email:** [powaypadre@stjohnofdamascus.org](mailto:powaypadre@stjohnofdamascus.org) — **Phone:** (858) 717-2172

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

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