

October 12, 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

**18TH SUNDAY AFTER PENTECOST (3RD OF LUKE)**  
FATHERS OF THE 7TH ECUMENICAL COUNCIL

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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...**

Concerning the charge of idolatry: Icons are not idols but symbols, therefore when an Orthodox venerates an icon, s/he is not guilty of idolatry. S/He is not worshipping the symbol, but merely venerating it. Such veneration is not directed toward wood, or paint or stone, but towards the person depicted. Therefore relative honor is shown to material objects, but worship is due to God alone.

*St. John of Damascus  
at the 7th Ecumenical Council*

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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.



*The Church remembers the 350 holy Fathers of the Seventh Ecumenical Council, Nicea II, in 787 AD under the holy Patriarch Tarasius. The Holy Fathers are honored by the Church because, based upon the preaching of the Apostles, they have established one faith for the Church. Guided by the grace of the Holy Spirit, and accepted by the Church, the Ecumenical Councils are the highest authority in the Church, infallible.*

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.



### 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!

### "Crafty Creators" 1st Sunday of the Month November 2

St John's "Crafty 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 November 2.

Along with "the bring your own" we will also have a small "class/presentation" on sketching led by Gene Francello. Materials will be provided.

### 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 16
- Sat Oct 18
- Thursday Oct 30

Please come and help!



### Monthly Men's Group Nov 1—8-10am

Please join us for the first monthly Men's Breakfast, starting November 1 and reoccurring on the first Saturday of each month from 8-10 AM.

We will start with the Trisagion Prayers and include some work around the parish, breakfast, and a short talk and discussion with Fr. John on "Sanctity Made Simple."

Come together for brotherhood, spiritual growth, and to contribute to our parish!

Questions? Speak with Thomas Budde



### 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!

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 1

When the stone had been sealed by the Jews,  
while the soldiers were guarding Your most pure  
body,  
You rose on the third day, O Savior,  
granting life to the world.  
The powers of heaven therefore cried to You, O  
Giver of Life:  
"Glory to Your Resurrection, O Christ!  
Glory to Your Kingdom!//  
Glory to Your dispensation, O Lover of mankind!"

#### Fathers—Tone 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 1

As God, You rose from the tomb in glory,  
raising the world with Yourself.  
Human nature praises You as God, for death has  
vanished.  
Adam exults, O Master!  
Eve rejoices, for she is freed from bondage and  
cries to You://  
"You are the Giver of Resurrection to all, O  
Christ!"

#### Fathers—Tone 6

The Son Who shone forth from the Father  
was ineffably born, two-fold in nature, of a  
woman.  
Having beheld Him, we do not deny the image of  
His form,  
but depict it piously and revere it faithfully.  
Thus, keeping the True Faith,//  
the Church venerates the icon of Christ  
Incarnate.

#### 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 1** - (Resurrection) Let Your mercy, O Lord, be upon us /as we have set our hope on You! (Ps. 32:22)

V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)

**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)

## Today's Worship — Epistle Readings

### Epistle — 2 Corinthians 9:6-11

<sup>6</sup>Remember this: whoever sows sparingly will also reap sparingly. Whoever sows generously will also reap generously. <sup>7</sup>Let everyone give according to what he determines in his heart; not grudgingly or under compulsion; for God loves a cheerful giver. <sup>8</sup>And God is able to make all grace abound to you, so that by having what is needed in everything, you may overflow in every good work. <sup>9</sup>As it is written:

He has scattered abroad, he has given to the poor.

His righteousness remains forever.

<sup>10</sup>Now may he who supplies seed to the sower and bread for food also supply and multiply your seed for sowing, and increase the fruits of your righteousness. <sup>11</sup>Thus, may you be enriched in everything, so that you may be generous in all things; and through us, this brings thanksgiving to God.

### Epistle — Hebrews 13: 7-16

<sup>7</sup>Remember your leaders, those men who proclaimed the word of God to you. Considering the results of their conduct, imitate their faith.

<sup>8</sup>Jesus Christ is the same yesterday, today, and forever. <sup>9</sup>Do not be carried away by all sorts of strange teachings. It is good that the inner person should be strengthened by grace, not by food which is of no profit to those who have been preoccupied by it!

<sup>10</sup>We have an altar from which those who offer divine service [in] the holy tabernacle have no right to eat. <sup>11</sup>For the bodies of those animals (whose blood is brought into the holy place by the high priest as an offering for sin) are burned outside of the camp. <sup>12</sup>This is why Jesus suffered outside of the gate, so that he might sanctify the people through his own blood. <sup>13</sup>Let us therefore go out [of the city] to him who is outside of the camp and let us bear his disgrace. <sup>14</sup>For we do not have here [on earth] an enduring city, but we seek the one that is to come. <sup>15</sup>Therefore, through him, [Jesus], let us continually offer up a sacrifice of praise to God, the fruit of our lips which confessed his Name. <sup>16</sup>But do not forget to do what is good and to share because God is well pleased with such sacrifices.

### ALLELUIA

**Tone 1** — V. God gives vengeance unto me, and subdues people under me. (Ps. 17:48)

V. He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever. (Ps. 17:51)

**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 — Gospel Readings

### Gospel — Luke 7: 11-16

<sup>11</sup> Soon afterwards, Jesus went to a city called Nain. Many of his disciples, along with a great multitude, went with him. <sup>12</sup> Now when Jesus drew near to the gate of the city, behold, a dead person was being carried out, who was the only son of his mother, and she was a widow. Many people of the city were with her. <sup>13</sup> When the Lord saw her, he had compassion on her, and said to her, "Do not cry." <sup>14</sup> He came near and touched the coffin, and the bearers stood still. He then said, "Young man, I tell you, arise!" <sup>15</sup> And the dead man sat up, and began to speak. Jesus then gave him to his mother.

<sup>16</sup> They were all filled with awe and glorified God, saying, "A great prophet has arisen among us!" and, "God has visited his people!"

### 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, <sup>2</sup> even as you gave him authority over all flesh, to give eternal life to all whom you have given him.

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

<sup>4</sup> I have glorified you on the earth! I have accomplished the work which you have given me to do! <sup>5</sup> Now, Father, glorify me with yourself with the glory I had with you before the world existed.

<sup>6</sup> 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. <sup>7</sup> Now they have known that all things you have given me are from you. <sup>8</sup> 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. <sup>9</sup> I pray for them; I do not pray for the world, but for those whom you have given me, for they are yours. <sup>10</sup> All things that are mine are yours, and yours are mine, and I am glorified in them. <sup>11</sup> 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].

<sup>12</sup> 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. <sup>13</sup> 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

## 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.***

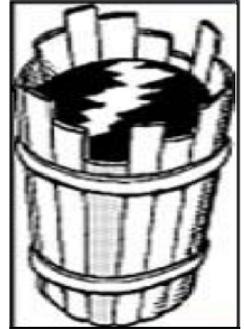
***Please speak with Fr Michael or Caitlin Gannon if you are interested in being part of this exciting effort.***

## 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).*

### Sunday — Oct 12

After Divine Liturgy—Fundraiser Brunch for Breast Cancer Research

### October 13-17

Fr Michael Travels to San Jose for OCA Clergy Training

### 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

### Tuesday — Oct 21

7:00pm—Catechism Class

### St Demetrius Saturday — Oct 25

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

12:30-5:30pm—Church Health Team Retreat

### Sunday — Oct 26

After Divine Liturgy—Presentation on Thriving Parishes Project during fellowship meal

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

## Many Years!

### *Other*

Newly-illuminated Kyl (Herman) Stanfield

### *Name Day*

|             |       |
|-------------|-------|
| John Thayer | 10/15 |
| Luke Jones  | 10/18 |

### *Birthday*

|                      |       |
|----------------------|-------|
| David Ezekiel Boyles | 10/15 |
|----------------------|-------|

### *Wedding Anniversary*

|                                |       |
|--------------------------------|-------|
| Nicholas & Alexandria Franchak | 10/12 |
| Margie (Marie) & Bill Hicks    | 10/14 |

### 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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