

October 19, 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

**19TH SUNDAY AFTER PENTECOST
(4TH OF LUKE)**

HOLY PROPHET JOEL
MARTYR VARUS & THOSE WITH HIM

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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...

He is truly the Sower of all that is good, and
we are his farm. The whole harvest of
spiritual fruits is by him and from him. He
taught us this when he said, "Without me
you can do nothing."

St. Cyril of Alexandria

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**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

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. Please bring a #2 pencil if you would like to be part of the class.

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.

- 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!



Diamond Circle (55+) Oktoberfest Tues 10/21 — 11:30am

The weather has cooled down and fall is in the air! Let's get ready for the Diamond Circle Oktoberfest, next **Tuesday, October 21**.

There will be a photo booth area for those memorable photos, music, and your special recipes! Jim and Patty are bringing all the decorations, German baked beans, large warm pretzels, and other foods. What are you planning to bring?

If you would like to share the recipe, that would be fun, too. Let them know if you will be coming and what food you think you will be bringing.

Give them a text or call if you will be joining the group (Patty 714 488-5850).

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!

Please use the QR code below to RSVP

Questions? Speak with Thomas Budde



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 lack 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.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 2

When You descended to death, O Life Immortal,
You slew hell with the splendor of Your
Godhead.

And when from the depths You raised the dead,
all the powers of heaven cried out://

“O Giver of life, Christ our God, 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!

Prophet Joel —Tone 2

We celebrate the memory

of Your prophet Joel, O Lord;

through him we beseech You://

“Save our souls!”

Martyr Varus —Tone 4

Your holy martyr Varus, O Lord,

through his sufferings has received an
incorruptible crown from You, our God.

For having Your strength, he laid low his
adversaries,

and shattered the powerless boldness of
demons.//

KONTAKIA

Resurrection—Tone 2

Hell became afraid, O almighty Savior,
seeing the miracle of Your Resurrection from the
tomb!

The dead arose! Creation, with Adam, beheld
this and rejoiced with You,//

and the world, my Savior, praises You forever.

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 Varus—Tone 4

Following Christ, O Martyr Varus, you drank of
His chalice;

you received the crown of martyrdom and now
rejoice with the Angels.//

Pray for our souls unceasingly!

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 2 - (Resurrection) The Lord is my strength and my song; / He has become my salvation. (Ps. 117:14)

V. The Lord has chastened me sorely, but He has not given me over to death. (Ps. 117:18)

Today's Worship — Scripture Readings

Epistle — 2 Corinthians 11:31-12:9

³¹ The God and Father of our Lord Jesus Christ, he who is blessed unto the ages, knows that I do not lie. ³² In Damascus, the governor of King Aretas guarded the city, desiring to arrest me.

³³ But I was let down in a basket along the wall through a window, and this is how I escaped from his hands.

¹² Without a doubt, it is not profitable for me to boast, but I will now discuss visions and revelations from the Lord. ² I know a man in Christ who fourteen years ago was caught up into the third heaven (whether [it was] in the body, I do not know, or whether out of the body, I do not know; God knows). ³ [Yes], I know such a man (whether in the body, or outside of the body, I do not know; God knows), ⁴ how he was caught up into Paradise, and heard ineffable words, which it is not lawful for anyone to utter. ⁵ On behalf of such a person, I will boast, but on my own behalf I will not boast, except in my weaknesses. ⁶ If my intention is to boast, I will not be foolish: I will speak the truth. But now, I shall stop, so that no one may think more of me than what is seen in me or heard from me. ⁷ Because of the tremendous greatness of these revelations, a thorn in the flesh was given to me, a messenger of Satan that torments me, so that I would not be too exalted. ⁸ Concerning this thing, I begged the Lord three times that it might depart from me, ⁹ but he replied to me, "My grace is sufficient for you, for my power is made perfect in weakness." And so, it is with joy that I would rather [find] glory in my weaknesses, so that the power of Christ may rest on me.

Gospel — Luke 8: 5-15

⁵ "A farmer went out to sow his seed. As he was sowing, some [seed] fell along the wayside; it was trampled under foot, and the birds of the sky devoured it. ⁶ Other seed fell on the rock, and as soon as it grew, it withered away because it had no moisture. ⁷ Other fell among the thorns, and the thorns grew with it, and choked it. ⁸ Other fell into the good ground, grew, and brought forth fruit a hundred times." As he said this, he exclaimed, "Let anyone with ears to hear listen!"

⁹ Then his disciples asked him, "What does this parable mean?"

¹⁰ Jesus replied, "To you it is given to know the mysteries of the Kingdom of God, but to the rest, [it is given] in parables, so that 'seeing they may not see, and hearing they may not understand.'"

¹¹ Now this is what the parable means: The seed is the word of God. ¹² Those along the wayside are those who have heard. Then the devil comes and takes away the word from their heart, so that they may not believe and be saved. ¹³ Those on the rock are those who receive the word with joy when they hear. But they have no root; they believe for a while, then fall away in time of temptation. ¹⁴ What fell among the thorns is those who have heard, and as they go on their way, they are choked with worries, wealth, and the pleasures of life; and they bring no fruit to maturity. ¹⁵ As for the seed that fell in the rich soil, this is those who have heard the word with an honest and good heart, who retain it and bring forth fruit with endurance.

ALLELUIA

Tone 2 — V. May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps. 19:1)

V. Save the King, O Lord, and hear us on the day we call! (Ps. 19:9)

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).*

October 20-24

Fr Michael Travels to San Francisco for Diocesan Meetings w/ Bishop

Tuesday — Oct 21

11:30am — Diamond Circle Oktoberfest in Church Hall

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

October 27-31

Fr Michael Travels to MA to Help His Mother

Tuesday — Oct 28

7:00pm—Catechism Class

Thursday — Oct 30

9am-12pm—Auxiliary Baking Day

Saturday — Nov 1

8am-10am — Men's Monthly Breakfast

4:30pm—Choir Rehearsal

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

Many Years!

Newly-illuminated Kyl (Herman) Stanfield

Name Day

Arthur (Artemis) Sladack	10/20	James Sullivan	10/23
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Birthday

James Sullivan	10/19	Joseph Sheeler	10/23
Emmet (Elijah) Budde	10/21	Katya Sheeler	10/24
Lucas Castañeda	10/22	Emmanuel Scott Palumbo	10/25

Wedding Anniversary

Terrance & Susan Ruth Miller	10/19	Dennis Dionysius & Cortney Stavrou	10/22
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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