

October 26, 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

**20TH SUNDAY AFTER PENTECOST
(5TH OF LUKE)**

**GREAT MARYTR DEMETRIUS
COMMEMORATION OF EARTHQUAKE IN
CONSTANTINOPLE**

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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...

This, in my opinion, is the gulf, which is not
an earthly abyss, that the judgment
between the two opposite choices of life
creates. Once one has chosen the
pleasure of this life and has not remedied
this bad choice by a change of heart, he
produces for himself a place empty of good
hereafter. He digs this unavoidable
necessity for himself like some deep and
trackless pit.

St. Macrina

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**Include Something in the Bulletin or
Receive our Weekly Parish E-mails**
E-mail info@stjohnofdamascus.org



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.



Today's Worship — Hymns

TROPARIA

Resurrection — Tone 3

Let the heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world// great mercy.

Earthquake — Tone 8

Christ our God, You look upon the earth and it trembles;
deliver us from the terrible threat of earthquakes;//
and through the prayers of the Theotokos, send down upon us Your abundant mercy and save us!

Greatmartyr Demetrius — Tone 3

The world has found you to be a great defense against tribulation
and a vanquisher of heathens, O Passion-bearer.
As you bolstered the courage of Nestor,
who then humbled the arrogance of Lyaïos in battle, //
Holy Demetrius, entreat Christ God to grant us great mercy.

KONTAKIA

Resurrection — Tone 3

On this day You rose from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the Prophets and Patriarchs//
they unceasingly praise the divine majesty of Your power.

Greatmartyr Demetrius — Tone 2

God, Who has given you invincible might,
has tinged the Church with streams of your blood, Demetrius.
He preserves your city from harm, //
for you are its foundation.

Earthquake — Tone 6

Deliver us all from upheavals, and from terrible afflictions caused by our sins, O Lord,
and spare your people whom You have purchased with Your blood, O Master!
Do not deliver Your city to destruction by terrible earthquakes,
for we know no other God than You;
and to those who cry out You respond://
"I am with you, and no one will be against you."

PROKEIMENA

Tone 6 (*Earthquake*) — O Lord, save Your people, and bless Your inheritance! (*Ps 27/28:9*)

v: To You, O Lord, will I call. O my God, be not silent to me! (*Ps 27/28:1*)

Tone 7 (*Greatmartyr Demetrius*) — The righteous shall rejoice in the Lord, and shall hope in Him. (*Ps 63/64:10*)

ALLELUIA

Tone 4 — V. O God, You have cast us off, You have scattered us. (*Ps. 59:1a*)

V. You have made the earth to tremble, You have broken it; heal its breaches, for it has been shaken! (*Ps. 59:2*)

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

Today's Worship — Scripture Readings

Epistle — Heb 12:6-13, 25-27

⁶ For whom the LORD loves He chastens, And scourges every son whom He receives.”

⁷ If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? ⁸ But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. ⁹ Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live?

¹⁰ For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness.

¹¹ Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. ¹² Therefore strengthen the hands which hang down, and the feeble knees, ¹³ and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

²⁵ See that you do not refuse Him who speaks. For if they did not escape who refused Him who spoke on earth, much more shall we not escape if we turn away from Him who speaks from heaven, ²⁶ whose voice then shook the earth; but now He has promised, saying, “Yet once more I shake not only the earth, but also heaven.” ²⁷ Now this, “Yet once more,” indicates the removal of those things that are being shaken, as of things that are made, that the things which cannot be shaken may remain.

Epistle — Gal 1:11-19

¹¹ But I make known to you, brethren, that the gospel which was preached by me is not according to man. ¹² For I neither received it from man, nor was I taught it, but it came through the revelation of Jesus Christ. ¹³ For you have heard of my former conduct in

Judaism, how I persecuted the church of God beyond measure and tried to destroy it. ¹⁴ And I advanced in Judaism beyond many of my contemporaries in my own nation, being more exceedingly zealous for the traditions of my fathers. ¹⁵ But when it pleased God, who separated me from my mother's womb and called me through His grace, ¹⁶ to reveal His Son in me, that I might preach Him among the Gentiles, I did not immediately confer with flesh and blood, ¹⁷ nor did I go up to Jerusalem to those who were apostles before me; but I went to Arabia, and returned again to Damascus. ¹⁸ Then after three years I went up to Jerusalem to see Peter, and remained with him fifteen days. ¹⁹ But I saw none of the other apostles except James, the Lord's brother..

Epistle — 2 Tim 2:1-10

¹ You therefore, my son, be strong in the grace that is in Christ Jesus. ² And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also. ³ You therefore must endure hardship as a good soldier of Jesus Christ. ⁴ No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. ⁵ And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.

⁶ The hardworking farmer must be first to partake of the crops. ⁷ Consider what I say, and may the Lord give you understanding in all things. ⁸ Remember that Jesus Christ, of the seed of David, was raised from the dead according to my gospel, ⁹ for which I suffer trouble as an evildoer, even to the point of chains; but the word of God is not chained.

¹⁰ Therefore I endure all things for the sake of the elect, that they also may obtain the salvation which is in Christ Jesus with eternal glory.

Today's Worship — Scripture Readings

Gospel — Matt 8:23-27

²³ Now when He got into a boat, His disciples followed Him. ²⁴ And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep.

²⁵ Then His disciples came to Him and awoke Him, saying, "Lord, save us! We are perishing!" ²⁶ But He said to them, "Why are you fearful, O you of little faith?" Then He arose and rebuked the winds and the sea, and there was a great calm. ²⁷ So the men marveled, saying, "Who can this be, that even the winds and the sea obey Him?"

Gospel — Luke 16:19-31

¹⁹ There was a certain rich man who was clothed in purple and fine linen and fared sumptuously every day. ²⁰ But there was a certain beggar named Lazarus, full of sores, who was laid at his gate, ²¹ desiring to be fed with the crumbs which fell from the rich man's table. Moreover the dogs came and licked his sores. ²² So it was that the beggar died, and was carried by the angels to Abraham's bosom. The rich man also died and was buried. ²³ And being in torments in Hades, he lifted up his eyes and saw Abraham afar off, and Lazarus in his bosom. ²⁴ Then he cried and said, 'Father Abraham, have mercy on me, and send Lazarus that he may dip the tip of his finger in water and cool my tongue; for I am tormented in this flame.' ²⁵ But Abraham said, 'Son, remember that in your lifetime you received your good things, and likewise Lazarus evil things; but now he is comforted and you are tormented. ²⁶ And besides all this, between us and you there is a great gulf fixed, so that those who want to pass from here to you cannot, nor can those from there pass to us.' ²⁷ Then he said, 'I beg you therefore, father, that you would send him to my father's house, ²⁸ for I have five brothers, that he may testify to them, lest they also come to this place of torment.' ²⁹ Abraham said to him,

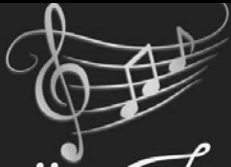
'They have Moses and the prophets; let them hear them.' ³⁰ And he said, 'No, father Abraham; but if one goes to them from the dead, they will repent.' ³¹ But he said to him, 'If they do not hear Moses and the prophets, neither will they be persuaded though one rise from the dead.'

Gospel — John 15:17-16:2

¹⁷ These things I command you, that you love one another. ¹⁸ If the world hates you, you know that it hated Me before it hated you. ¹⁹ If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you. ²⁰ Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted Me, they will also persecute you. If they kept My word, they will keep yours also. ²¹ But all these things they will do to you for My name's sake, because they do not know Him who sent Me. ²² If I had not come and spoken to them, they would have no sin, but now they have no excuse for their sin. ²³ He who hates Me hates My Father also. ²⁴ If I had not done among them the works which no one else did, they would have no sin; but now they have seen and also hated both Me and My Father. ²⁵ But this happened that the word might be fulfilled which is written in their law, 'They hated Me without a cause.' ²⁶ But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. ²⁷ And you also will bear witness, because you have been with Me from the beginning.

¹ These things I have spoken to you, that you should not be made to stumble. ² They will put you out of the synagogues; yes, the time is coming that whoever kills you will think that he offers God service.

Our Life in Christ



You are invited to the

"Help Us, Save Us"
Concert

featuring

Melissa "Maelisa" Palumbo

Performing her original music compositions of
various styles as a One Woman Band as
Vocalist and Multi-Instrumentalist.

Friday, November 14th, 2025
7-8pm

St. John of Damascus Orthodox Church
16905 Espola Road, Poway, CA 92064

This event is free and open to the public.
Donations are welcome unto the glory of God.

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 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

Sunday — Nov 2

After Divine Liturgy—Crafty Creators

Tuesday — Nov 4

7:00pm—Catechism Class

Wednesday — Nov 5

10:30am — Father's Café

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

Many Years!

Newly-illuminated Kyl (Herman) Stanfield

Name Day

Stacie (Anastasia) Seitz

10/26^{FRI}_{SEP}

Birthday

Vickie Federoff, Wayne Henry, Artem Bishaev

10/26

Andrew Steven Cooper

10/27

Patricia Swinehart, Therese Moision

10/31

Wedding Anniversary

Dakota (Gabriel) & Jaclyn (Juliana) Walko

10/27

PARISH CONTACT INFO:

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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