

November 02, 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

**21ST SUNDAY AFTER PENTECOST
(6TH OF LUKE)**

MARTYRS ACINDYNUS, PEGASIVS,
ELPIDEPHORUS, APHTHONIUS AND
ANEMPODISTUS

+

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...

"it is no longer I who live, but Christ lives in
me; " This means, "Not I, who once ate
from the earth [like Adam]. Not I who was
once grass, as all flesh is grass,¹⁴ but
Christ who lives in me. That is, there lives
that living bread which comes from heaven,
there lives wisdom, there lives
righteousness, there lives the resurrection."

St. Ambrose of Milan

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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

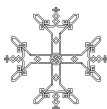
Parish Life

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.



“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.

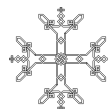
Along with “the bring your own” we will also have a small “class/presentation” on sketching led by Gene Francello. Please bring a #2 pencil if you would like to be part of the class.

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!



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

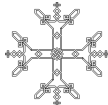
Auxiliary Cooking in November

Our St John's Auxiliary will be cooking for our upcoming bake sales. Sessions are from 9am-12pm.

- Thursday Nov 6
- Tuesday Nov 11
- Thursday Nov 13
- Friday after Liturgy— Set-up & Fill Orders

The Bake Sale is November 22 from 11am-2pm

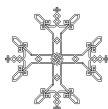
Please come and help!



Diamond Circle Nov 12 — 11:30am

Our Diamond Circle will be meeting on Wednesday November 12. The Federoffs and Millers will be sharing about their receipt trip.

See Patty and/or Jim Pelachik for details.



Next Adult Ed Classes Orthodox XCity 101 & Old Testament

Our next set of Adult Education classes will begin the week of Nov 17.

- Mondays at 7pm — Orthodox Christianity 101
- Wednesdays at 7pm — Topic TBD

If you have an idea for a topic centered on the Old Testament for our Wednesday classes please share it with Fr Michael

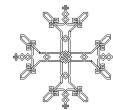
Need for More Greeters

With the number of visitors and inquirers we are receiving for services, the Greeter ministry is seeking to have 2 Greeters at each service.

This means we need more Greeters.

Please consider volunteering!

See Valerie Lane for details and/or questions.

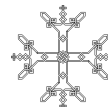


Monthly Men's Breakfast Saturday Dec 13

Our next Men's Breakfast will be Saturday Dec 13 from 8-10am.

The morning begins with 30 minutes of a service project around the church followed by breakfast and then a spiritual discussion facilitated by Fr John Robinson.

See Thomas Budde for information.



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 — Scripture Readings

TROPARIA

Resurrection — Tone 4

When the women disciples of the Lord learned from the Angel the joyous message of the Resurrection, they cast away the ancestral curse and elatedly told the Apostles: "Death is overthrown! Christ God is 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!

Martyrs — Tone 2

Blessed is the earth that received your blood,
Passion-bearers of the Lord,
and holy is the dwelling place which received your spirits.
You triumphed over the enemy in the stadium
and you preached Christ with boldness. //
Since He is good, we pray that you beseech Him to save our souls.

KONTAKIA

Resurrection — Tone 4

My Savior and Redeemer as God rose from the tomb and delivered the earth-born from their chains. He has shattered the gates of hell, and as Master, // He has risen on the third day!

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.

Martyrs — Tone 2

You have received into the enjoyment of Your goodness and repose, O only Good One,
the pious and God-bearing martyrs, who abandoned all earthly things:
Akíndynus, Pegásius, and Anempódistus, //
together with Aphthónius and Elpidephórus.

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 4 (Resurrection) — O Lord, how manifold are Your works; in wisdom have You made them all. (Ps 103/104:24)

v: Bless the Lord, O my soul! O Lord, my God, You are very great! (Ps 103/104:1)

ALLELUIA

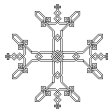
Tone 4 — V. Go forth, prosper and reign, for the sake of meekness, righteousness and truth! (Ps. 44:3b)

V. For You love righteousness, and hate iniquity. (Ps. 44:6)

Today's Worship — Scripture Readings

Epistle — Gal 2:16-20

¹⁶ Knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. ¹⁷ But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! ¹⁸ For if I build again those things which I destroyed, I make myself a transgressor. ¹⁹ For I through the law died to the law that I might live to God. ²⁰ I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.



Gospel — Luke 8:26-39

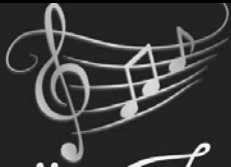
²⁶ Then they sailed to the country of the Gadarenes, which is opposite Galilee. ²⁷ And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. ²⁸ When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" ²⁹ For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. ³⁰ Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. ³¹ And they begged Him that He would not command them to go out into the

abyss. ³² Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. ³³ Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned.

³⁴ When those who fed them saw what had happened, they fled and told it in the city and in the country. ³⁵ Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid.

³⁶ They also who had seen it told them by what means he who had been demon-possessed was healed. ³⁷ Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. ³⁸ Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, ³⁹ Return to your own house, and tell what great things God has done for you. And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

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.

SAVE THE DATE

YOUNG ADULT SUMMIT

FEBRUARY 13-15, 2026
SAN DIEGO, CA



Join us for a weekend of
connection, prayer, and service.



For more details, plan to attend one of our Zoom Information Sessions
on Tuesday, November 4 or Saturday, November 8. Links below!

I am pleased to share that our Diocese is convening an inaugural summit for young adults aged 18-30 in San Diego, CA from February 13 to 15, 2026.

At this point you may already be asking yourself a few questions, such as:

Why should I go?

This is an opportunity to create community with other young adults of our Diocese and to deepen our Orthodox Christian spiritual practices.

Who will be there?

Beyond other serious, committed Orthodox young adults such as yourself, our Hierarch, Bishop Vasily, our Chancellor, Fr. Kirill Sokolov, other diocesan leaders, and staff from the [CrossRoad Institute](#) will be in residence at the summit.

What are we going to be doing at this Summit? What is the cost to attend?

Through group discussion and brief talks led by special guests, we will address the Christian vocation and how to better live out our faith as young adults in an isolating world. We will put this into practice by partaking in fellowship with each other (beach outing, weather permitting!), engaging in a service project with a local charitable organization, and praying together throughout the weekend.

*Aside from making travel arrangements to San Diego and hotel fees, the Diocese is asking for a small **\$100 registration fee** to help offset the cost of meals.*

CONTACT FR MICHAEL FOR THE LINKS TO THE INFO ZOOM SESSIONS ON 11/7 & 11/8



LOOKING AHEAD

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

Sunday — Nov 2

After Divine Liturgy—Crafty Creators

Tuesday — Nov 4

7:00pm—Catechism Class

Wednesday — Nov 5

10:30am — Father's Café

Thursday — Nov 6

9:00am — Auxiliary Baking Day

Tuesday — Nov 11

9am-12pm — Auxiliary Baking/Cooking Day

7:00pm—Catechism Class

Wednesday — Nov 12

11:30am—Diamond Circle

Thursday — Nov 13

9:00am — Auxiliary Baking Day

Friday — Nov 14

7pm — Melissa Palumbo Concert

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

Many Years!

Name Day

Dakota (Gabriel) Walko	11/2
Archpriest Michael Anderson, Dale (Michael) Franchak, Michael Geralt, Michael Kapsimalis, Michael Pichette, Mike Wesdell,	
Yeriel Robinson	11/8

Birthday

Cheyenne Michaud	11/3
Heather Ferrari	11/5
Theodore Ezra Budde	11/7

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