

November 09, 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

**22ND SUNDAY AFTER PENTECOST
(7TH OF LUKE)**

MARTYRS ONESIPHORUS AND PORPHYRIUS
OF EPHESUS

VEN. MATRONA, ABBESS OF
CONSTANTINOPLE



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



A Word...

The greatest of all lessons is to know
oneself; for if someone knows himself, he
will know God; and if he knows God, he will
become like God.

St. Clement of Alexandria



**Include Something in the Bulletin or
Receive our Weekly Parish E-mails**

E-mail info@stjohnofdamascus.org
with your request.



*"Daughter, be of good cheer; your faith has
made you well. Go in peace."*

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 December 7

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 December 7.

Along with “the bring your own” we will also have a small “class/presentation”.

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!



Auxiliary Bake Sale Sat Nov 22—11am-2pm

Our annual Thanksgiving Bake Sale is coming up in a couple weeks!

Spread the word and get you orders in ASAP.

The “menu” of items available is on the bulletin board in the church hall.



Thriving Parishes Project Ministry Module Nurturing a Spirit of Service as a Parish Sunday Nov 16

Next Sunday we will hold our first ministry module in connection with the Thriving Parishes Project our parish is part of.

The topic will be on Nurturing a Spirit of Service as a Parish.

There will be a 20 min video followed by a short discussion.

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.

- 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 recent trip.

ALL are welcome to attend!

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 in person and via Zoom.

- 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

Food Collection

Our parish collects food for the San Diego Food Bank as well as for St Innocent's Orphanage in Tijuana Mexico.

Please remember the many people who struggle with food security in our area. If we all picked up one extra item at the grocery store each time we went we would be able to fill our bins every month.



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.



Coming Soon! Mark Your Calendars Upcoming Events in the Next Few Months

Sunday December 21 — **Youth Christmas Play**

Sunday January 25—5pm: **Kick-off Event/Dinner for FOCUS** (Fellowship of Orthodox Christians United in Service) in San Diego.

February 8 — **Annual Parish Meeting**

February 14-15 — **Archpastoral Visit of His Grace Bishop Vasily & Young Adult Summit Participants**

February 23 — **Beginning of Great Lent**

Today's Worship — Hymns

TROPARIA

Resurrection — Tone 5

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead// by His glorious Resurrection.

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 4

Your holy martyrs Onesiphórus and Porphyrius, O Lord,
through their sufferings have received incorruptible crowns from You, our God.
For having Your strength, they laid low their adversaries,
and shattered the powerless boldness of demons.//
Through their intercessions, save our souls!

Ven. Matrona — Tone 8

The image of God was truly preserved in you, O Mother,
for you took up the cross and followed Christ.
By so doing you taught us to disregard the flesh for it passes away,
but to care instead for the soul since it is immortal.//
Therefore your spirit, O holy Mother Matróna, rejoices with the Angels.

KONTAKIA

Resurrection — Tone 5

You descended into hell, O my Savior, shattering its gates as Almighty, resurrecting the dead as Creator, and destroying the sting of death. You have delivered Adam from the curse, O Lover of Man,// and we cry to You: "O Lord, save us!"

Martyrs — Tone 2

The pair of glorious martyrs, Onesiphórus and Porphyrius, endured their suffering with strength, dashing down to the earth the arrogance of the enemy, and shining with the grace of the uncreated Trinity; together with the Angels, they unceasingly pray for us all.

Ven. Matrona — Tone 8

You passed through the storm of life without faltering, chosen and godly Mother Matróna, guided to the harbor of life, where you sing hymns to the Deliverer. You ever pray that Christ may grant us grace and mercy;// you preserve the flock which you painstakingly gathered.

St. Anna — Tone 2

We celebrate the memory of the forebears of Christ,
entreating them with faith for help,
that from every tribulation all may be delivered who cry:
Our God is with us,
Who hath glorified them, as was His good pleasure.

PROKEIMENON

Tone 5 (Resurrection) — You, O Lord, shall protect us / and preserve us from this generation forever. (Ps. 11:7)

V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

Today's Worship — Scripture Readings

Epistle — Gal 6:11-18

¹¹ See with what large letters I have written to you with my own hand! ¹² As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. ¹³ For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. ¹⁴ But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. ¹⁵ For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. ¹⁶ And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God. ¹⁷ From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus. ¹⁸ Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.



Gospel — Luke 8:41-56

⁴¹ And behold, there came a man named Jairus, and he was a ruler of the synagogue. And he fell down at Jesus' feet and begged Him to come to his house, ⁴² for he had an only daughter about twelve years of age, and she was dying. But as He went, the multitudes thronged Him. ⁴³ Now a woman, having a flow of blood for twelve years, who had spent all

her livelihood on physicians and could not be healed by any, ⁴⁴ came from behind and touched the border of His garment. And immediately her flow of blood stopped. ⁴⁵ And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?'" ⁴⁶ But Jesus said, "Somebody touched Me, for I perceived power going out from Me." ⁴⁷ Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately. ⁴⁸ And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace." ⁴⁹ While He was still speaking, someone came from the ruler of the synagogue's house, saying to him, "Your daughter is dead. Do not trouble the Teacher." ⁵⁰ But when Jesus heard it, He answered him, saying, "Do not be afraid; only believe, and she will be made well." ⁵¹ When He came into the house, He permitted no one to go in except Peter, James, and John, and the father and mother of the girl. ⁵² Now all wept and mourned for her; but He said, "Do not weep; she is not dead, but sleeping." ⁵³ And they ridiculed Him, knowing that she was dead. ⁵⁴ But He put them all outside, took her by the hand and called, saying, "Little girl, arise." ⁵⁵ Then her spirit returned, and she arose immediately. And He commanded that she be given something to eat. ⁵⁶ And her parents were astonished, but He charged them to tell no one what had happened.

ALLELUIA

Tone 5 — V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps. 88:1-2)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the heavens. (Ps. 88:3)

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

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).*

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

Saturday — Nov 15

Beginning of Nativity Fast
4:30pm — Choir Rehearsal

Sunday — Nov 26

Fellowship Meal — Ministry Module: Service

Monday — Nov 17

7:00pm — Orthodox Christianity 101

Tuesday — Nov 18

7:00pm — Parish Council Meeting

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

Many Years!

Name Day

Victor Anderson	11/11
Reader John Klavzar	11/13
Philip Kedroff	11/14

Birthday

Nicholas Patrick Geralt	11/9
Zoe Rahal	11/11
Shari (Helene) Henry, Amy Tarris	11/13

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