

August 2, 2026



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

9TH SUNDAY AFTER PENTECOST—TONE 8

TRANSLATION OF THE RELICS OF THE
PROTOMARTYR & ARCHDEACON STEPHEN

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Welcome!

...to all who have gathered to follow
Jesus Christ & 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 and fill out a visitor card.

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A Word from the Holy Fathers

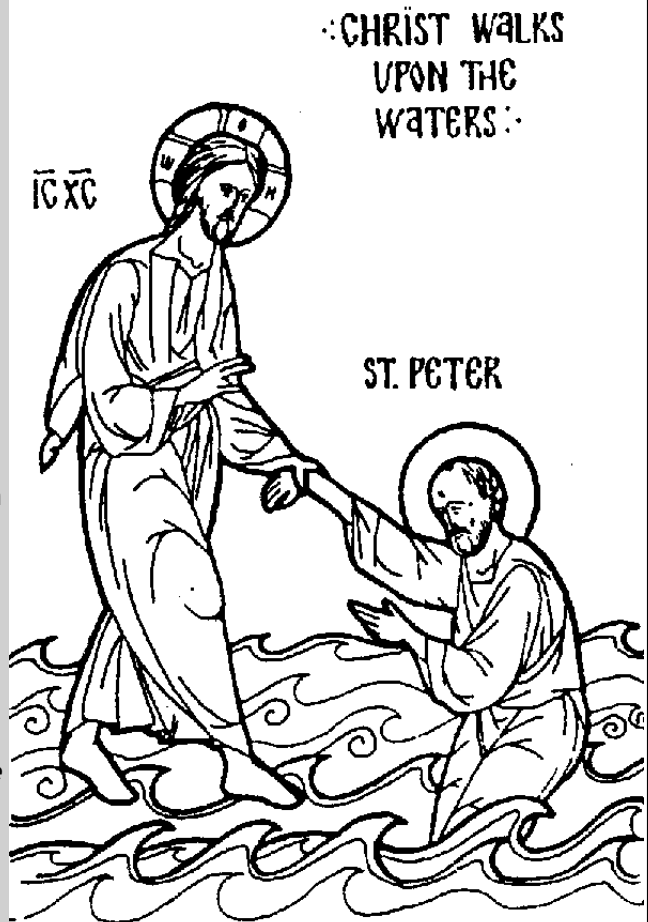
"Let us go forth in peace" is the last
commandment of the Liturgy. What does it
mean? It means, surely, that the conclusion
of the Divine Liturgy is not an end but a
beginning. Those words, "Let us go forth in
peace," are not merely a comforting
epilogue. They are a call to serve and bear
witness. In effect, those words, "Let us go
forth in peace," mean the Liturgy is over,
the liturgy after the Liturgy is about to
begin.

—Met. Kallistos Ware

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**Include Something in the Bulletin or
Be Included in our Weekly 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

Bishop Boris Scholarships

In memory of our dear Bishop Boris our parish provides scholarships for students continuing their education through academic and vocational programs past high school.

If someone received a scholarship last year and is continuing their education this year, they may complete a "returning" application.

Those who have just completed high school and beginning a program can complete their full application.

Applications will be in the back of the church and in the church hall.

If you have questions please contact Ken Telles.



New Orthodox Catechism Class

With so many inquirers coming to the church, we have begun our next session on the basics of the Orthodox Christian Faith.

Classes are held on Thursdays at 7pm.

Erik Worth, our trained catechist is presenting the class.

Participants are encouraged to attend in person (in the church hall), but can also attend via Google Meet. See our online calendar for the link.



Purchase Gift Cards Through Our Scrip Coordinator & Help our Parish

Scrip gift cards raise money for St. John's Auxiliary. When you buy Scrip cards, the store makes a donation with NO extra expense. Use the cards for your regular monthly purchases or gifts for loved ones and support our parish's ministry. Cards are available for gas, groceries, Amazon, restaurants and many other stores.

See Carmen Brown after Liturgy for more information or to purchase your cards.

"Crafty Creators" 1st Sunday of the Month Aug 2

St John's "Crafty Creators" is a gathering for all crafters, crotchetiers, 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.

Along with "the bring your own" we will also have a small "class/presentation" on knitting.



FOOD ALLERGIES

There are many people who are afflicted with food allergies—some of which can be nearly lethal. If you are bringing something for the weekly potluck **please create a sign and attach it to your dish if it includes items like:**

- Peanuts/Nuts
- Shellfish
- Cantaloupe
- MSG

Thank you!



Parish Life

Ministry Directory

Below are the people who coordinate various ministries in our parish. Feel free to contact them to find out how to offer your God-given time and talents to the life of our community.

Adult Ed — Fr Michael

Altar Servers—Subdeacon Ken Telles

Auxiliary President — Tanya Franchak

Bookstore—Evan Keeling

Candle Stand — Gene Francello

Choir—Melissa Palumbo

Church School — Bill Moision & Sally Menig

Counters — Fr Michael

Diamond Circle Seniors — Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Lililan Coyle

Flowers/Decorating—Diane Worth

Greeters — Valerie Lane

Handmaidens — Sally Menig & Desiree Geralt

Koliva — Fr Michael

Library—TBD

Parish Council Vice-President—Vincent Palumbo

Prosphora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Erik Worth

Social Media—Evan Keeling & Iryna Thayer

Sunday Commemoration Loaves— Fr Michael

Youth Choir — Carole Shumaik

Consider taking part and helping this group make St John's the wonderful lively parish it is. For information on how to contact any of the above please speak with Fr Michael.

Monthly Men's Breakfast 8/8 8-10am

The morning begins with 30 minutes of service to the parish followed by breakfast and then a discussion led by Fr John Robinson.

Newcomers are welcome!



SUMMER IS HERE! HOLD ON TO YOUR FAITH

With summer comes much needed vacations and opportunities to do fun things with friends & loved ones. As you are planning your summer be sure to keep your faith in mind. Remember to attend to your prayer life, scripture reading, and reception of the holy Sacraments.

Some dates to remember...

	SUMMER FEASTS
August 6	Transfiguration
August 15	Dormition of the Theotokos

	SUMMER FASTS
August 1-14	Dormition Fast

Also, please do what you can to **maintain your much-needed offerings of time and talent as well as your pledges and contributions over the summer**. Unfortunately, our parish's expenses and needs do not decrease during the summer months. The water bill still needs to be paid. We still want to have fellowship meals after Liturgy on Sundays.

Regarding financial giving, people handle this differently. Some people make up for weeks away when they return. Other members keep their financial contributions regular by using their online banking system to write and send their donations to the mission each month automatically. The parish also has an online giving system on our website. Simply click the "DONATE" button.

Whatever works best for you, please keep your spiritual home in mind.

Today's Worship — Epistle Readings

TROPARIA

Resurrection — Tone 8

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, 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!

St. Stephen — Tone 4

Your relics have risen from the depths of the earth,
like a treasury for the immortal life of all creation.
The Church, rejoicing in the grace that she receives from them,
duteously honors you, Protomartyr Stephen.//
Preserve us from error and heresy by your intercession!

KONTAKIA

Resurrection — Tone 8

By rising from the tomb, You raised the dead and resurrected Adam.
Eve exults in Your Resurrection,
and the world celebrates Your rising from the dead, O greatly Merciful One!

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. Stephen — Tone 6

You were the first to be sown on the earth by the Heavenly Husbandman, O all-praised one.
You were the first to shed your blood on the earth for Christ, O blessed one.
You were the first to receive the crown of victory from Him in heaven,//
Stephen, first of the suffering God-crowned martyrs.

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 8 (Resurrection) — Pray and make your vows before the Lord, our God!
(Ps 75/76:11)

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

Today's Worship — Gospel Readings

Epistle — 1 Cor 3:9-17

⁹ For we are God's fellow workers; you are God's field, you are God's building.

¹⁰ According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. ¹¹ For no other foundation can anyone lay than that which is laid, which is Jesus Christ.

¹² Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, ¹³ each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is. ¹⁴ If anyone's work which he has built on it endures, he will receive a reward. ¹⁵ If anyone's work is burned, he will suffer loss; but he himself will be saved, yet so as through fire. ¹⁶ Do you not know that you are the temple of God and that the Spirit of God dwells in you? ¹⁷ If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

Gospel — Matt 14:22-34

²² Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away.

²³ And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. ²⁴ But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary. ²⁵ Now in the fourth watch of the night Jesus went to them, walking on the sea.

²⁶ And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear. ²⁷ But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid." ²⁸ And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." ²⁹ So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. ³⁰ But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" ³¹ And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" ³² And when they got into the boat, the wind ceased. ³³ Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God."

³⁴ When they had crossed over, they came to the land of Gennesaret.

ALLELUIA

Tone 8 — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

Thriving Parishes Project

Thriving Parishes Project Update: Focus Groups

We are ready for the next phase in the Thriving Parishes project, which is to gather input from all who wish to participate. Our goal is to come together to reflect on where we are as a growing parish in 2026 and where we want to be in 5 to 10 years and beyond. All are invited to help us shape this vision!

As you may remember, in December 2025 we invited members of the parish who are actively involved in church ministry to complete the Orthodox Natural Church Development (ONCD) survey. The ONCD is a way of measuring the health or quality of a church in 8 critical areas:

- Empowering Leadership
- Gift-based Ministry
- Fervent Spirituality
- Effective Structures
- Inspiring Worship
- Holistic Fellowship Groups
- Need-oriented Evangelism
- Loving Relationships

The survey results for St. John's results were strong in all areas, but the lowest of the 8 — the "Minimum Factor" — was **Holistic Fellowship Groups**. ONCD defines this as follows:

Holistic small groups are disciple-making communities which endeavor to reach the unchurched, meet individual needs, develop each person according to their God-given gifts and raise leaders to sustain the growth of the church. Like healthy body cells, holistic small groups are designed to grow and multiply.

- *The term "small group" is not limited to the classic small group model. It could be any group where "holistic" needs are being met, such as a Sunday School class or a Ministry team.*
- *Effective small group ministries will serve as an entry point into the church for newcomers.*
- *Consider the relation this ministry has to other key areas in your church such as: passionate spirituality, need-oriented evangelism and loving relationships.*
- *Read Hebrews 10:24-25. Does this sound like your church? Why or why not?*
- *24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.*

We will have the opportunity **to meet in parishioners' homes to discuss the topic of Holistic Fellowship Groups and what might contribute to this being the Minimum Factor in our ONCD survey**. We are offering **four sessions** in different areas to make it as convenient as possible for everyone: Escondido, Poway, East County, and South. \

We'll provide sign-up sheets for the four sessions soon. Stay tuned, and we look forward to hearing your thoughts as we continue to grow together as a community of faith.

In Christ,

-- St John of Damascus Church Health Team

Thriving Parishes Project

Thriving Parishes Focus Group Schedule

We now have a schedule for the Thriving Parishes focus groups. A huge thank you to those who have agreed to host these conversations! We have four locations around the county, hoping this will make it easier to attend a session. Sign-up sheets will be posted in the hall, and exact street addresses will be provided to those who sign up. Additional sessions may be scheduled if there is interest.

Saturday August 22, 10:00am
North Escondido. Host: Gene Francello

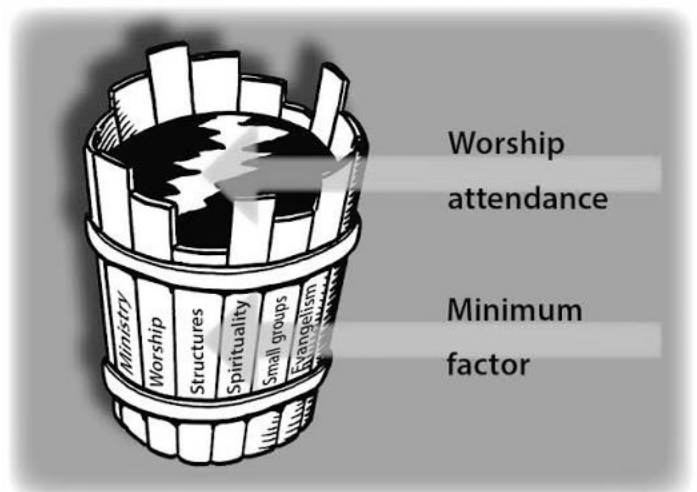
Saturday August 22, 3-5pm
Tierra Santa. Host: Carole Shumaik

Saturday August 29, 3:30-5:30 pm
Poway, near St John's. Host: Caitlin Gannon

Ramona: this group will choose a date in late August.
If interested please contact Margie Hicks.

Each session will last about two hours. We'll discuss the topic of Holistic Fellowship Groups and what might contribute to this being the Minimum Factor in our ONCD survey. We'll also have time to get to know each other a bit better.

Our overarching goal is to reflect on where we are as a growing parish in 2026 and where we want to be in 5 to 10 years and beyond. Please attend and help us shape this vision!





LOOKING AHEAD

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

Aug 1-14

Dormition Fast

Sun Aug 2

During Fellowship Hour — Crafty Creators

Aug 5

6:00pm — Great Vespers w/ Litya for Transfiguration

7:00pm — Adult Ed: Primer for the Psalms

Aug 6—Transfiguration of our Lord

8:30am — 4th Hour & Festal Divine Liturgy w/ Blessing of Fruit

7:00pm — Orthodox Catechism (in person & via Google Meet)

Sat Aug 8

8-10am — Monthly Men's Breakfast

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

Many Years!

Newly-illuminated Jacob Anthony Ward, Rachel Palm, Justin Goelden, George Medlin

Birthday

Margie Marie Hicks, Alan Martot	8/2	Alexis Rahal	8/6
Igor Bishaev	8/4	Michael Pichette	8/7
Lilian Coyle	8/5		

Wedding Anniversary

Joanne & Nicholas Spanovich	8/6
Michael & Carolyn Kapsimalis	8/7

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