

# THE ORTHODOX MESSENGER

NOVEMBER 2018, Vol. 27, Issue 11

## SPIRITUAL HEALTH AND SICKNESS

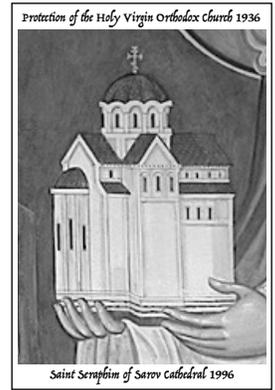
IT IS ONLY OUT of delusion we believe we do not need others to see, understand, and treat our spiritual sickness. Anyone who believes that he alone can cure his spiritual diseases has isolated himself from a Mystery of the Church and will come to ruin. Only with the help of others are we saved, for within the Christian faith, salvation comes not in a self-focused void, but in the collective nature that is the Church. The Mystery of Confession, established by Our Lord, is a clear sign of the biblical truth that we need the Church, and we need the Mystery of Confession.

In confession we do not simply regret past evil but recognize the darkened vision of our own condition, in which sin, by separating us from God, has reduced us to a divided, autonomous existence, depriving us of both our natural glory and our true freedom. “If we confess our sins, he is faithful and just and will forgive us our sins and

purify us from all unrighteousness.” (1 John 1:9)

The Mystery of Confession is important because it constitutes the cure of spiritual illness. Since the goal of the Christian life is transformation in Christ, ridding ourselves of the corrupt and diseased fallen self, it must begin with the death of the ego. We humble ourselves before the priest when we confess our sins. Christ hears us because of our act of humility in baring our souls in front of another person. Thus, Scripture establishes confession, recounts Christ’s gift of authority to the Apostles and their successors to bestow forgiveness to penitents, and exhorts us to confess even to one another (James 5:16), since through one another we achieve humility and, mystically, this joins us to Christ.

—*With love in Christ, Abbot Tryphon*



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## OUR INTERNS

Deacon John Joseph and Matushka Janine Marie Kotalik come to us from St. Spiridon Cathedral in Seattle, WA, where Fr. John—until recently known by JJ.—had been the choir director (since 2015). Prior to moving to Seattle he attended St. Tikhon’s Seminary. Deacon John grew up in Seattle, and converted from Roman and Byzantine Catholicism while in college, after which he began a graduate program in philosophy, but abandoned it in order to attend seminary. Matushka Janine grew up as an Orthodox Christian in New Jersey, where they were married this past April. They met while Deacon John was at seminary. With Janine’s maternal family living nearby, she made frequent visits to St. Tikhon’s since her youth. While Deacon John was on the St. Tikhon’s traveling “Mission Choir” and serving as a guest conductor in numerous parishes in PA, NY, and NJ, Janine was working as a youth director for the Diocese of New York and New Jersey. This made for an entertaining courtship, allowing them to meet up at different parishes all over the Northeast. Janine moved to Seattle after completing her Master’s in Healthcare Administration, and currently has a job working at Seattle Children’s Hospital. She will visit her husband and our parish for extended weekends twice per month, but is also looking for a position at a hospital in the area. Despite this inconvenience of having to commute to Santa Rosa, for which they ask our prayers, both are excited to serve here at the Protection of the Holy Virgin Parish and St. Seraphim Cathedral. Deacon John will also be serving at Holy Trinity Cathedral in San Francisco once per week and one weekend per month. May God bless their stay and work in our parish, the deanery and the Diocese. —*Fr. Lawrence*

### PARISH MEN’S FELLOWSHIP

UP UNTIL a couple of years ago, many of our parish men got together annually for a pilgrimage to one of the San Francisco Orthodox Churches and a ballgame, a work party and an occasion breakfast. It is time to revive the Men’s Group. Fathers Lawrence and Nicholas will post a date for an organizational meeting, once a convenient day is determined for that meeting.

## TIME FOR GOD

THOSE WHO REGULARLY partake of Holy Communion prepare themselves by fasting, praying the Pre-communion prayers and by making a Confession at least once per month. The Resurrectional Vespers on Saturday evening—at which we enter into the Lord's Day—is not only a beautiful and tremendous blessing, but serves very effectively in preparation for Holy Communion.

We operate on the honor system here, and no one will interrogate you at the Chalice about whether you've confessed recently, if there are people you have not forgiven, if you have fasted or not, or prayed or not. Each of us has a conscience to keep track of such things—and hopefully a Spiritual Father to help.

All that said, there is the matter of how we come together for the Divine Liturgy. The Liturgy is an offering to God by the Church *gathered together*. Are we coming to “gather” and constitute the Church, or are we simply arriving when we arrive? Arriving habitually late (10 AM is *not* early) indicates our lack of understanding that we are members of the Body of Christ, united together in the Savior. When and how we arrive says a great deal about our relationship with God and one another. —*Fr Lawrence*

Parish of the Protection of the Holy Virgin

St. Seraphim of Sarov Cathedral

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The Rector, Fr. Lawrence Margitich, may be reached at the Parish office phone, or at [Lmargitich@sbcglobal.net](mailto:Lmargitich@sbcglobal.net).

### Parish Contacts

Bobbi Griovski, Parish Secretary	584-9491
Fr. John Schettig	318-1559
Fr. Nicholas Carr	318-5391
Serge Anderson, Parish Council Warden	291-7452
Martin Thong, Treasurer	888-7888
Bonnie Alexander, Recording Secretary	338-4962
Eleni Rose, Agape Meal Coordinator	480-6106
Debbie Buse, Hall Event Manager	696-4986

## A GIFT

OUR LIFE IS FRAGILE and exists only as a precious gift. We have no existence in-and-of-ourselves and are thus utterly and completely contingent beings. This rather obvious conclusion has been frequently reinforced over the course of my life and ministry. I have buried hundreds of people. Death is a fact of life. However, our culture maintains a pretense and delusion of self-existence, even imagining that we somehow invent ourselves. It is a good marketing strategy as we sell mounds of trash for people to use in their efforts of self-definition. I do not despair of life and existence itself, except in the sense that it is anything other than pure gift. As such, to stand at the edge of the abyss of non-existence seems to me to be among the sanest efforts ever undertaken. We cannot possibly understand who and what we are until we also consider the fact of our death. God is the “Lord and Giver of Life,” and not just the “Lord and Giver of Life after Death.” Those who struggle to believe that there might be such a thing as life after death have failed to ponder just how absurdly improbable life *before* death truly is. Our existence shouts the reality of a Giver of Life – all life. Our non-existence proclaims the emptiness of any claims to the contrary. I hope in God. In Him, there is no despair. But only in Him.

—*Fr. Stephen Freeman*

### CPR TRAINING

This Sunday is the AED/CPR training from 1–3 PM. Cost is \$55 per person. Eight people per class, we have four and need four more to sign up. See Fr. Lawrence

### SIXTH ANNUAL THANKSGIVING DINNER PROJECT “FAMILIES TO FAMILIES”

Help provide Thanksgiving dinner for 100 Sonoma County families living in poverty. \$50.00 provides for a full Thanksgiving Dinner Food Box. If you, or your family, are not able to sponsor a full box, please consider sharing a box with other church members! In an effort to make this charity effort efficient we will be accepting monetary donations only (checks can be made out to St. Seraphim Church/charity). Help will be needed in putting together individual boxes (times to be announced). This effort is extremely appreciated and impactful. If you have any questions you can contact

Amy Ramirez Margitich at [fosasquatch@gmail.com](mailto:fosasquatch@gmail.com)  
and at (707) 478-6767

Serge Anderson at [s.anderson4990@sbcglobal.net](mailto:s.anderson4990@sbcglobal.net)  
and at (707) 291-7452

## EVENTS & ANNOUNCEMENTS

- **MEMORY ETERNAL:** Our condolences go out to Father James and Matushka Patricia Jorgenson on the sudden repose of their daughter Daria, who was living in Arizona. Daria will be brought here, and services will take place in St. Seraphim. The Panikhida will be served on Wednesday evening, October 31 at 7:30 PM, and the Funeral on Thursday, November 1 at 10 AM, followed by the burial in Healdsburg at Oak Mound Cemetery, and the memorial meal in the Parish Hall. May her memory be eternal.
- **ANGELS UNAWARES:** On the first Thursday of the month (Nov. 1) our parish welcomes guests from the Redwood Gospel Mission, hosting about twenty or so needy folks for dinner and providing a place to sleep for the night. Guests will arrive about 6 PM, departure about 6:30 AM the next morning. Michael and Rachel Dovey are the coordinators for the program this year. Volunteers are needed for November 1 from 4–8 PM. Any questions call Michael or Rachel Dovey at (707) 799-4117. “Be not forgetful to entertain strangers: for thereby some have entertained angels unawares. Remember them that are in bonds, as bound with them; and them who suffer adversity...” (Hebrews 13)
- **CHRISTMAS PLAY PRACTICE:** Our parish children are invited to participate in the annual Christmas play. The performance is scheduled for Sunday, December 16, 5 PM. Rehearsals will take place Saturdays from 3–4:45 PM (with a break for Thanksgiving weekend). Speak with Fr. Lawrence or Gloria Collins, (707) 849-6135. We’d love for your son or daughter to be involved.
- **THE REDWOOD EMPIRE FOOD BANK** is held on the second Wednesday each month. Volunteers, please arrive around 5 PM to help set up. This Food Bank is an important way in which our parish does outreach to the community. Come and participate in this worthy endeavor.
- **THE SENIOR AND RETIRED LUNCH** fellowship will meet this month on Tuesday, November 13, just before the beginning of the Nativity Fast.
- **THE NATIVITY FAST BEGINS** each year on November 15, and extends until the Feast of Nativity on December 25. We fast from all meat, eggs, dairy, as for most weekdays, we also fast from wine, olive oil and fish (excepting feasts). A good fast can lead to a good feast.
- **A HOLIDAY FESTAL CRAFTS FAIRE and Bazaar** will be held at St. Seraphim, November 24, from 10 AM–4 PM. There will be unique handmade gift items and stocking stuffers and delicious holiday treats, including our famous baklava. Pick up some event flyers at the candle-desk to share with your friends.
- **FESTAL SERVICES IN NOVEMBER** (Not Just a “Sunday Church”): St. Michael on November 8; St. John Chrysostom on November 13; Feast of the Entrance of the Theotokos on November 21; Thanksgiving Day Liturgy on November 22; St. Andrew on November 30.
- **CHURCH CLEANING:** We have many able-bodied parish members who may want to sign up to clean the church. There are—and have been—many empty slots on the sign-up list. That list is in the Narthex.



“Teach me by the power of Thy Holy Spirit the way wherein I should walk. Teach me what I should say and how I should speak.” Elder Sophrony (Sakharov), sister Magdalen’s abbot and teacher, with words from his “Prayer at Daybreak”

# PRAYER IN EVERYDAY LIFE

By Sister Magdalen from Essex

There will be a collection for the Monastery of St John the Baptist.

**Sister Magdalen** is the well-known author of the classic “Children in the Church Today : An Orthodox Perspective”. She has spoken at retreats around the world over many years on a range of topics and has a great deal to share with us from her many years as a nun in the monastery of Elder Sophrony, the author of “St Silouan the Athonite” and founder of the Monastery of St John the Baptist, Essex UK.

**Friday November 16th 7pm**  
at **Christ the Saviour Church**  
**Refreshments 6 pm**

**CHRIST THE SAVIOUR CHURCH**  
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Phone: 415-8239927

frphilphalliwel@gmail.com

Parking at Star of the Sea,  
Catholic church, entrance on 8th  
and Geary

# PROTECTION OF THE HOLY VIRGIN MARY ORTHODOX CHURCH

## NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 28</b> <ul style="list-style-type: none"> <li>• 8:40 AM, Matins</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:45 AM, Church School</li> <li>• Noon, Agape Meal</li> <li>• 1:30 PM, Panikhida</li> <li>• 5 PM, Honoring the Saints</li> </ul>	29	30	31	<b>NOVEMBER 1</b> <ul style="list-style-type: none"> <li>• 10 AM, Funeral, Burial and Memorial Meal</li> <li>• 5 PM, Angels Unawares (guests arrive at 6 PM)</li> </ul>	2	3
<b>4 - Unmercenary Healers</b> <ul style="list-style-type: none"> <li>• 8:40 AM, Matins</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:45 AM, Church School</li> <li>• Noon, Agape Meal</li> </ul>	5	6	7	<b>8 - St. Michael</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy</li> </ul>	9	10
<b>11 - St. Theodore the Studite</b> <ul style="list-style-type: none"> <li>• 8:40 AM, Matins</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:45 AM, Church School</li> <li>• Noon, Agape Meal</li> <li>• 3 PM, <i>Panikhida in Healdsburg for Fr. Michael (1 year anniversary)</i></li> </ul>	12	<b>13 - St. John Chry.</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy</li> <li>• Noon, Senior Lunch Fellowship</li> </ul>	14	<ul style="list-style-type: none"> <li>• <i>Fr. Lawrence in SF for Diocesan Council Mtg</i></li> <li>• 5 PM, Redwood Empire Food Bank</li> <li>• 6 PM, Vespers</li> </ul>	15	17
<b>18 - Martyrs Platon and Roman</b> <ul style="list-style-type: none"> <li>• 8:40 AM, Matins</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:45 AM, Church School</li> <li>• Noon, Agape Meal</li> </ul>	19	20	<b>21 - Feast of the Entrance</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy</li> </ul> <p style="text-align: center;"><i>No Vespers</i></p>	<b>22 - Thanksgiving Day</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy and Akathist <i>Glory to God for all Things</i></li> </ul>	23	<b>24 - Christmas Bazaar</b> <ul style="list-style-type: none"> <li>• Bazaar 10 AM-4 PM</li> <li>• 3:30 PM, Catechism <i>On Jesus Christ the Son of God</i></li> <li>• 5 PM, Great Vespers</li> </ul>
<b>25 - Great Martyr Catherine</b> <ul style="list-style-type: none"> <li>• 8:40 AM, Matins</li> <li>• 10 AM, Divine Liturgy <i>No Church School</i></li> <li>• Noon, Agape Meal</li> </ul>	26	27	28	29	<b>30 - St. Andrew Day</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy and Trisagion for K. Sakovich</li> <li>• 8 PM, Cantiamo Christmas Concert</li> </ul>	<b>December 1</b> <ul style="list-style-type: none"> <li>• 3:30 PM, Catechism <i>On Jesus Christ the Savior</i></li> <li>• 4 PM, Children's Choir</li> <li>• 5 PM, Great Vespers</li> </ul>