

- ON THE OCCASION OF SUPERBOWL SUNDAY:
 - ▶ Quarterback sneak: Church members quietly leaving during the homily.
 - ▶ Draw play: What many children do with the bulletin during worship.
 - ▶ Halftime: The period between the end of the Homily and the Creed, when many choose to leave.
 - ▶ Benchwarmer: Those who do not sing, pray, work, or apparently do anything but sit.
 - ▶ Backfield in motion: Making a trip to the parish Hall during the service.
 - ▶ Staying in the pocket: What happens to a lot of money that should be given to the Lord's work.
 - ▶ Two minute warning: The point at which you realize its almost Communion, and the rush to form a large “clump” at the front begins.
 - ▶ Illegal formation: What happens after the Two Minute Warning. A “line” is the proper formation.
 - ▶ Instant replay: The preacher loses his notes and falls back on points he’s made before.
 - ▶ Sudden death: What happens to the attention span of the congregation if the priest goes “overtime.”
 - ▶ Trap: You’re called on to pray and are asleep.
 - ▶ End run: Getting out of church quickly before the Dismissal, and without speaking to any fellow parishioners.
 - ▶ Flex defense: The ability to allow absolutely nothing said, read or sung during the Liturgy to affect your life.
 - ▶ Halfback option: The decision of 50% of the congregation not to return next Week.
 - ▶ Blitz: The rush for lunch following the Dismissal and before the Prayers after Communion.

- DO NOT POSTPONE COMMITMENT TO GOD:

May the Lord forgive your sins, if you have them like me, while if you don’t have any, may He preserve you so you don’t do any. I suffered a deception, my brethren, and when I was young I used to say: ‘Allow me these sins, now that I can and am able, and when I get old, I will have time to make good and I will be saved.’ Now I became old and my sins made roots and I can’t do any good. — *St. Kosmas Aitolos*

- FROM THE BOOKSTORE

Two shipments of books have arrived in the past week including a large selection for children as well as several new titles for mature readers.

—*Vladimir*

ANNOUNCEMENTS

Sunday ~ February 7, 2016

- TROPARION OF THE RESURRECTION, Tone Three:
Let the heavens rejoice, let the earth be glad; for the Lord hath shown strength with His arm; He hath trampled down death by death; He hath become the first-born of the dead. He hath delivered us from the depths of hades, and hath granted the world great mercy.
- TROPARION OF THE MEETING OF THE LORD, Tone One:
Rejoice, thou who art full of grace, O Virgin Theotokos, for from thee hath risen the Sun of Righteousness, Christ our God, enlightening those in darkness. Rejoice, also thou righteous Elder, as thou receivest in thine arms the Redeemer of our souls, who also granteth unto us the Resurrection
- KONTAKION OF THE MEETING OF THE LORD, Tone One:
Thou Who hast sanctified by Thy birth a virgin womb and fittingly blessed the hands of Simeon, Thou art come, O Christ our God, and on this day hast saved us. Give peace to Thy commonwealth in time of battle and strengthen the Orthodox people whom thou hast loved, O thou who alone lovest mankind.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, February 6: 5 PM, Great Vespers / Confessions
- Sunday, February 7: 8:45 AM, Matins
10 AM, Divine Liturgy (no Church School)
12:30 PM, ANNUAL MEETING
- Monday, February 8: 7 PM, Talk by Father Stephen Freeman
- Tuesday, February 9: *At Kazan Skete - 9:30 AM, Divine Liturgy*
7 PM, Greek Dancing class
- Wed., February 10: 5 PM, Redwood Empire Food Bank
6 PM, Vespers

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• Thurs., February 11: 7 PM, Scripture Study, McPherson home

• ANNUAL MEETING TODAY:

Our Parish Membership Meeting will begin at 12:30 PM (or thereabouts). No lunch will be prepared, so bring a sandwich. The meeting (approval of 2016 budget, review of projects, comments, elections to parish council) are about an hour and a half in length. All parish reports (Glendi, finance, Sisterhood, icon, etc) can be found in the Report Booklet, distributed last week (hard copy) and posted on the Parish website.

• EVENING WITH FATHER STEPHEN FREEMAN:

Please join us Monday at 7 PM for a talk by Fr. Stephen Freeman. He is the rector of St. Anne Orthodox Church in Oak Ridge, TN (OCA), author of numerous articles on theology and modern culture, and the popular blog site *Glory to God for All Things*, and can be heard on his Ancient Faith Radio podcast *Glory to God*. There is no charge for the talk.

• YOUNG ADULT TRIP:

A number of our parish young adults will be going with Father Theodor on a short pilgrimage to the Monastery of St. John in Manton, departing from church on Friday, Feb. 12 at 5 PM, returning on Sunday evening. If you're a young adult, and interested in going, please see Fr. Theodor now.

• SISTERHOOD MEETING:

The Parish Sisterhood will hold elections on Sunday, Feb. 14, after lunch.

• NO PARKING SIGN:

Around Christmas, the "No Parking" sign post near the front of the Church was knocked down, no doubt by accident, and no doubt unbeknownst to the culprit, who otherwise would have let one of our parish council members know about the accident. Perhaps one of our parishioners would like to fix the post? —*Fr. Lawrence*

• ON PRIDE AND HUMILITY:

When you see someone crying over the many insults he has received, you should know that, because he was overcome by vainglory [pride], he is now unknowingly reaping the crop of evils in his heart. He who loves pleasure is grieved by accusations and abuse. On the other hand, he who loves God is grieved by praises and other superfluous remarks. The degree of our humility is measured by slander. Don't think that you have humility when you cannot forbear even the slightest accusation. —*Abba Mark*

• WORDS OF INSTRUCTION:

from the Newly-Glorified Saint Seraphim (Sobolev), Archbishop of Bogucharsk (+1950), Moscow Patriarchate

A spiritual child of Vladyka Seraphim shared with him that it was difficult for him to maintain attention on the words of prayer. Vladyka told him: "Herein lies everything: constantly to compel oneself to attention, constantly to return one's mind to the heart, because only thereby is true prayer attained."

To the question: How does one learn heartfelt prayer? Vladyka Seraphim said: "In the Jesus Prayer, one needs to concentrate one's heart on the word 'Lord.' As a string gives forth sound when one plucks it, so too does the heart manifest love, compunction, and tears when one concentrates on the word 'Lord.'"

Guard sacredly and strictly our Orthodox Faith, both in its canons and in its dogmas. Do not adapt your faith to your life, *but your life to the faith*. Draw all your happiness from the True Orthodox Faith. Then you will be true sons of the Orthodox Church, and the Lord will pour out on you even here His boundless mercy.

Someone might say: "Why does one need to guard faith in Christ and strive to acquire the other Christian virtues? Is it not enough to have love in order to be found worth of eternal salvation?" Such questions arise only among those who have no understanding of the Christian spiritual life. Can one climb a mountain without going up its foothills? Obviously not. In just such a way one cannot, without the foundation of all the Christian virtues—that is, without sincere faith in Christ—attain the summit of love.

Let us remember, my beloved children in Christ, that without faith it is impossible to please Him (Hebrews 11:6)...there is no true love for one's neighbors, and that there is only fatal egoism or only empty words about love, such as is the case among heretics and sectarians. Therefore, let us make an effort sacredly and strictly to guard the Orthodox Faith, and along with it always to have a grace-filled, true love for our neighbors.

All afflictions and unhappiness are sent to us because we do not have humility. We need to live as God commands, and not as we want to. Nothing happens without God's will. In our lives there is nothing accidental. I pray to the Lord, that His will would always be with me.

Be humble. Then you will truly abide in Christian peace. Peace I leave with you, My peace I give unto you (John 14:27). It is for this reason that the Lord came to earth, to give us His peace—all His treasure.