

both in this life and the life to come, in spirit, soul and body, as Light, as Grace, as one's very center of conscious being. This Sunday, therefore, places before us Orthodox the ultimate goal of our faith, not only of Great Lent but the very essence of our life: to live true theology, which is not to know about God, but to know God by experience, to become one with the Holy Trinity, to participate, as St. Peter's 2nd epistle affirms, in the Divine nature. Our true destiny is so to be crucified with Christ that He may live in us completely, so that knowing and experiencing, through Christ, He Who Is, we may, in Christ, be one who knows even as he is known (1 Cor. 13:12).

—*Brother Andrew Vincent Rossi*

# ANNOUNCEMENTS

## March 12, 2017 ~ St. Gregory Palamas

- TROPARION OF ST. GREGORY PALAMAS, Tone Eight:  
O light of Orthodoxy, pillar and teacher of the Church, glory of monks and invincible protection of theologians, O Gregory, thou wonderworker, boast of Thessalonika, and preacher of grace, ever pray that our souls be saved.
- KONTAKION OF ST GREGORY, Tone Eight, Special Melody:  
With one accord, we praise thee as the sacred and divine vessel of wisdom and clear trumpet of theology, O our righteous Father Gregory of divine speech. As a mind that standeth now before the Original Mind, do thou ever guide aright and lead our mind to Him, that we all may cry: Rejoice, O herald of grace divine.

### ACTIVITIES & EVENTS THIS WEEK

- Saturday, March 11: 9 AM, Memorial Divine Liturgy  
3:30 PM, Catechism, *On the Priesthood*  
5 PM, Great Vespers
- Sunday, March 12: 10 AM, Divine Liturgy  
11:45 AM, Church School  
Noon, Agape luncheon
- Tues., March 14: NO MATINS
- Wed., March 15: 8 AM, Lenten Matin  
5 PM, Confessions  
6:15 PM, Liturgy of the Presanctified Gifts, Meal and Spiritual Reading
- Thurs., March 16: 8 AM, Lenten Matin  
Noon, Senior Lunch Fellowship  
7 PM, Catechism: *On Marriage*
- Friday, March 17: 9 AM, Talk on the *Ladder of Divine Ascent*  
10:30 AM, Presanctified Liturgy

Protection of the Virgin Orthodox Church • 90 Mountain View Ave, Santa Rosa, CA.  
707-584-9491 • [Lmargitich@sbcglobal.net](mailto:Lmargitich@sbcglobal.net)

An all-day Lenten retreat sponsored by St. Seraphim Sisterhood

## ALL ABOUT ICONS

SPIRITUALITY ♦ HISTORY ♦ SYMBOLISM  
FRESCO & TEMPERA TECHNIQUE



**Saturday**  
**March 18, 2017**  
9 AM – 4:30 PM

St. Seraphim Parish Hall  
90 Mountain View Ave.  
Santa Rosa, CA 95407

PRESENTERS:

**Fr. Patrick Doolan**  
ICONOGRAPHER

**Mat. Ann Margitich**  
ICONOGRAPHER

**Catherine Ostling**  
ART HISTORIAN

**\$25 suggested donation**

*includes lunch, snacks, church tours*  
SCHOLARSHIPS AVAILABLE

**SPACE IS LIMITED — RESERVE BY MARCH 13**

Mail checks to St. Seraphim Sisterhood (address above)  
Contact Barbara Owens: 707-544-1948  
[csowens@comcast.net](mailto:csowens@comcast.net)

- UPCOMING IMPORTANT CHURCH SERVICES:

**Friday, March 24:** Eve of the Great Feast of the Annunciation.

Presanctified at 10:30 AM, Matins for the Feast at 6:15 PM. The beautiful hymns of Matins are a joyful reminder, during this season of repentance, that God became man so we, ourselves, might become as gods by His uncreated Grace. **Saturday, March 25,** Annunciation Liturgy at 9:30 AM, with the responses to be sung by the Children's Choir.

- ATTENTION PARENTS!

Parents or adult guardians are responsible for the safety and supervision of their children before, during and after Services, while playing in the Hall, the playground or the property. Young children may not roam the property without parental supervision. In addition, children are not allowed to play in the vineyard, behind the Church School or Hall, or in the parking lots. Last Sunday I observed children playing in the vineyard and in the parking lot (west lot). I unfortunately saw some rather rough play going on, and along with that, less than gentle remarks. **Parents, you are the playground monitors.** —*Fr. Lawrence and the Parish Council*

- HIERARCHICAL VISIT AND THE VENERATION OF THE CROSS

His Grace, Bishop Daniel, will visit us for the 5 PM Vigil of the Veneration of the Precious Cross (3rd week of Lent) on March 18 and the 10 AM Divine Liturgy the next day, March 19. I ask that all of us make an effort to be present at the Vigil, and if you cannot attend all of it, at least come by 6 PM. *Before Thy Cross, we bow down, O Master, and Thy holy resurrection, we glorify.* —*Fr. Lawrence*

- VIEW SURVEY RESULTS:

The Hospitality Ministry Survey's results have been compiled, and can be viewed on our parish website: [saintseraphim.com/files/Articles/Hospitality-Ministry-Survey-Report-022517.pdf](http://saintseraphim.com/files/Articles/Hospitality-Ministry-Survey-Report-022517.pdf). From the survey results, one can see that each person approaches the church community from their own perspective and expectations: some claim this parish is tremendously inviting and friendly; some say it is not (indeed, sometimes guests are not welcomed). Some first time guests did not want attention and a stack of reading material, others wanted exactly those things. Some find the sermons inspiring, some find them boring, even off-putting. And so forth. I honor and value each one's experience, and hope to learn from it. Again,

we all approach in our own way, which is only natural. It is extremely interesting that, other than personal invitations from friends to attend the Liturgy, our website has been an effective tool for letting folks know we are here. I intend to carefully study these compiled survey results—and I hope you will as well—so that each one of us might find ways to contribute to the upbuilding of our parish. I am grateful to Anthony Scott for his many labors in creating and collating this survey. —*Fr. Lawrence*

- GIVE UP, BUT DON'T GIVE UP:

Even though “giving up” things in Lent is not a traditional Orthodox approach (we might speak of taking on more than we are giving up), there are some things that we *should* give up that are bad for the soul. We are only two weeks into Lent—not too late to re-evaluate:

- Give up bitterness—instead turn to forgiveness. Give up hatred—return good for evil. Give up being negative—be positive. Give up jealousy—congratulate someone for a good job, well done. Give up complaining—be grateful. Give up anxiety—trust God. Give up gossiping—redirect your thoughts and tongue. Give up discouragement—be full of hope. Give up anger—be patient. Give up gloom—enjoy beauty around you. Give up harsh judgments—think kindly of others (you don't know the whole story). Give up pessimism—embrace optimism. Give up pettiness—be more mature. St. Paul wrote: “...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.” (Phil. 4:8) He knew it wouldn't be easy, but he also knew that God can send us grace to sustain us during those difficult times. No matter how sinful you may be, remember that Jesus Christ eradicates those sins. So which on the list are you giving up? Don't fight the vice, embrace the virtue. Set your sights on high, looking unto Jesus, “the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” (Heb. 12:2). —*from Father Michael Margitich*

- ULTIMATE GOALS:

God has become man so that man might become God. Created in His image and after His likeness according to the theanthropic principle (the Logos), every human being is called, invited, nay, invoked by name from before the foundation of the world to know God by experiencing Him,