

will come to care. The heart follows. Prayer is very much like this as well. We imagine prayer to be some sort of mental force. Thus, when a matter seems desperate, we call on others to pray with us and for us, imagining that the more minds we can join in prayer, the more powerful the prayer becomes. This is simply secular nonsense. If you want powerful prayer, then do as the Fathers did, fast and give alms. Deny yourself, and give stuff away to the poor. Ask the poor who benefit from your generosity to pray for you. They will with glad hearts. —*Father Stephen Freeman*

• FROM THE BOOKSTORE:

Our many new parish members and catechumens may not know of some of the “secret” documents our Bookstore holds. Among them is a history of the first 75 years of our parish. Here you will find the truthful story of the formation of the Parish of the Protection of the Holy Virgin, the names of the founders and early members that crop up in parish conversations, and you will read of the roles many of our current members played in the building of St. Seraphim Church and the success of the parish. Also little known, are the many CDs bearing church music by our own angelic choir and recordings of sermons by Fr. Michael—made before we had an online presence. These are treasures for our enjoyment and enlightenment. Listen to them slowly, tuning your mind on each tone, on each word. Your heart will lighten and your understanding will expand. —*Vladimir*

FEAST OF THE GLORIFICATION OF SAINT SERAPHIM OF SAROV

JULY 18, 6:15 PM: Vigil with Lity
JULY 19, 9:30 AM: Greeting of Vladyka Benjamin and the Divine Liturgy
Festal luncheon to follow

St. Seraphim was glorified (canonized) by the Russian Orthodox Church on July 19/August 1, 1903. Records indicate that over 200,000 pilgrims came to Sarov, the “Russian Jerusalem,” to venerate the relics of the beloved Saint and to participate in the glorification services. Many miracles were recorded. Twenty years after the event the Soviets occupied and desecrated the Sarov Monastery, carted off the relics of St. Seraphim to an anti-religion museum, where they lay hidden for seventy years. In 1990, the relics were “found” (their whereabouts kept secret) and were taken on a 450-mile-long church procession to Diveyevo near Sarov.

O kind-bearded father: be thou indeed our guide to salvation, and bring us to the unwaning light of eternal life, by thy good intercession before the throne of the Most Holy Trinity...

ANNOUNCEMENTS

JULY 9, 2017

St. Pancratius of Taormina in Sicily

• RESURRECTIONAL TROPARION, Tone Four:

When the women disciples of the Lord learned from the angel the joyous message of the Resurrection, they cast away the ancestral curse, and elatedly told the Apostles: death is overthrown, Christ God is risen, granting the world great mercy.

• RESURRECTIONAL KONTAKION, Tone Four:

My Savior and Redeemer as God rose from the tomb, and delivered the earth-born from their chains. He has shattered the gates of hades, and as Master, He has risen on the third day.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, July 8: 5 PM, Great Vespers
- Sunday, July 9 : 10 AM, Divine Liturgy
Noon, Agape Meal
4:30 PM, Prayers for Svanes and Potluck BBQ
- Tuesday, July 11: 9 AM, Memorial Liturgy
6 PM, Potluck / Talk on St. Gregory of Nyssa
(by Ambrose Inlow), Small Compline
- Wednesday, July 12: 9:30 AM *Sts. Peter & Paul Parish Feast Day Liturgy*
NO VESPERS
- Thursday, July 13: 7 PM, Master Plan Meeting
- Friday, July 14: 5 PM, Mystery of Holy Unction for the Sick

- YOUR PRAYERS, PLEASE:

Many already know that Father John Schettig suffered a mild stroke— thanks be to God he is quickly recovering. Nevertheless, he will be unable to serve for some time. Matushka Xenia and Father John request your prayers.

- LEAVE-TAKING OF SVANE FAMILY:

Fr. Theodor, Matushka Hanne, Simon and Filip are departing for Norway. Please come at 4:30 PM, Sunday, July 9, for the Travel Blessing, followed by a potluck BBQ (meat provided, please bring a side dish and beverage).

- SEMINARY BOUND:

Next week, Sunday, July 16, our parish will host a potluck BBQ in honor of Ambrose and Meghan and family who will be traveling to Pennsylvania to study at St. Tikhon's Seminary. Travel blessing at 4:30 PM, followed by the BBQ.

- PREPARATION FOR HOLY COMMUNION

Those who regularly partake of Holy Communion prepare themselves by fasting, prayer (ideally, also attendance at Saturday Vespers) and a Confession, at least once per month. —*Father Lawrence*

- TUESDAY POTLUCK AND SPIRITUAL TALKS:

Now and then I am asked if we can have more frequent talks on the Orthodox faith. Timing has been an issue, especially for parents with young children. Either the talks are too late, or too early. The following proposal, hopefully a solution, was made by Ambrose Inlow: a Tuesday potluck meal with a forty minute talk, followed by the prayers of *Small Compline* for those who are able to stay. This week we will have our first session, with a talk by Ambrose Inlow on St. Gregory of Nyssa. The next session will not be until August, due to the Feast Day Vigil for St Seraphim and my week away. —*Fr. Lawrence*

- PARISH FEAST OF STS. PETER AND PAUL:

Our sister parish of Sts. Peter and Paul will celebrate their feast with the Hierarchical Liturgy at 9:30 AM, Wednesday July 12. The Vigil will be served the evening before at 6 PM.

- MASTER PLAN MEETING:

Please plan to participate in the Master Plan Meeting Thursday, July 13 at 7 PM. We are reviewing the project and program priorities for the next two, five and ten years.

- CONFESSIONS

Since Father John will not be available to hear Confessions (for a while), that means time for Confessions on Sunday mornings is limited. I encourage you to make your confession on any other day, and I will be available as follows:

- Tuesday–Friday, from Noon until whenever by appointment
- Wednesday and Saturday, 4 PM until Vespers, and after Vespers
- Sunday, 9–9:50 AM

- HOLY UNCTION:

The Mystery of Holy Unction, also known as the Sacrament of Anointing for the Sick, will be served on Friday, July 14 at 5 PM. Holy Unction is one of the sacraments of the Church, and as such is reserved for Orthodox Christians who are sick (we have many other prayer services for the sick who are not Orthodox, and have done them recently). This is not a “general unction service” in which all parishioners may participate, but is reserved specifically for those who are ill and those returning to Communion after a long absence. One prepares for the Unction with a Confession. Of course, all may come and pray for those who are being anointed.

- FRIENDS OF CHRIST

The friends of Christ love all truly but are not themselves loved by all; the friends of the world neither love all nor are loved by all. The friends of Christ persevere in love to the end; the friends of the world persevere only until they fall out with each other over some worldly thing. —*St. Maximos the Confessor*

- WHAT IS REAL:

Some complain about their minds wandering when they pray. I have ADD, my “mind” always “wanders.” But I don't worry so much about it. When I pray, I stand before the icons. If my mind wanders, I remain standing. The icons have been given to us for “communion,” and that communion is real regardless of the noise of my mind. The noise is not me; it's noise....Our glorification of ideas perverts our Christian understanding. Christ said, “Where your treasure is, there will your heart be also.” But we distort this and think it means, “Your treasure will be where your heart is.” We think that the thought is what matters. But Christ was quite materialist (wholistic) about the matter. Your treasure (your stuff) controls your thoughts. If you say you care about the poor, give them some of your stuff. If you don't care about them, give them some of your stuff. If you give enough, over time you