

- SPIRITUAL KNOWLEDGE

If a man seeks spiritual knowledge, let him plant the foundations of his soul immovably before the Lord, in accordance with God's words to Moses: 'Stand here by Me' (Deuteronomy 5:31). But it should be realized that there are differences among those who stand before the Lord, as is clear from the text, 'There are some standing here who will not taste death till they have seen the kingdom of God come with power' (Mark 9:1). For the Lord does not always appear in glory to all who stand before Him. To beginners He appears in the form of a servant (Philippians 2:7); to those able to follow Him as He climbs the high mountain of His transfiguration He appears in the form of God (Matthew 17:1-9), the form in which He existed before the world came to be (John 17:5). It is therefore possible for the same Lord not to appear in the same way to all who stand before Him, but to appear to some in one way and to others in another way, according to the measure of each person's faith. —*St Maximos the Confessor*

- ONE, HOLY, CATHOLIC...

The Church in which we believe is Catholic. Not "Roman Catholic" but catholic in the sense that She spans the whole world, and in her is a constituency from every race and class of humans. She is full, universal, for every person; in her there is neither Jew nor Greek, male or female, slave nor free man, for all are one in her (Gal.3:27) and equal in baptism, full access to all the fullness of truth. Mostly, to be "Catholic" means that this Church is whole and full and lacks nothing. In her is the perfection of God's life and the potential for union with the Father, the Son and the Holy Spirit. Where two or three are gathered, whether it be the small band of the apostles or a small mission parish, as long as the members are in communion with the bishop, and they hold to the "faith which was once delivered unto the saints," it is Catholic, as is each and every right-believing, teaching, worshiping and living orthodox parish, united to its Orthodox bishop, who is in turn, united to other Orthodox bishops. This is the Church in which we believe. The little mission church and the great cathedral have the same fullness of Christ, both are catholic. —*Fr. Lawrence*

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



July 23, 2017

Tone Six - Martyr Trophimos



- TROPARION OF THE RESURRECTION, Tone Six:
The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hades, not being tempted by it. Thou didst come to the Virgin granting life. O Lord who didst rise from the dead: glory to Thee.
- KONTAKION OF THE RESURRECTION, Tone Six:
When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed Resurrection on the human race. He is the Savior of all, the Resurrection, the Life and the God of all.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, July 22: 9 AM, Divine Liturgy, Feast of St. Mary Magdalene and *Trisagion for the Departed*
5 PM, Great Vespers

- Sunday, July 23: 10 AM, Divine Liturgy
Noon, Agape Meal
- Wednesday, July 26: 6 PM, Reader's Vespers

- OUR THANKS:

The entire parish is grateful for the efforts of those who made the Feast of St. Seraphim so splendid: singing, cleaning, decorating, serving, tending to tasks during the Vigil and Liturgy, cooking, more cleaning... We are blessed by having people with a tremendous love for God and a desire to serve their brothers and sisters. In particular, I thank the Sisterhood, the Choir and the Altar Servers for their labors for the glory of God. I am grateful to all the members of this God-protected parish for their prayers, offerings, good works and love for one another. —*Fr. Lawrence*

- VACATION:

Fr. James will serve the Saturday and Sunday Liturgies and Saturday Vespers while I am away this week on vacation. Since I will be absent, the Parish Council scheduled for Thursday, July 27, will be postponed. Time TBD. —*Fr. Lawrence*

- MASTER PLANNING MEETING RESCHEDULED:

The Master Plan meeting has been scheduled for Tuesday, August 1, at 7 PM, and will meet in the Library.

- UPCOMING:

The fast in preparation of the *Feast of Dormition* starts on August 1. We abstain from all meat, dairy, eggs (and wine and olive oil on selected days too). The fast ends on Dormition, August 15.

The first of the Great Feasts of August, that of the *Transfiguration of Christ*, will be served with Vigil on Saturday, August 5, at 5 PM, and the Divine Liturgy on Sunday at 10 AM. Please remember to bring a basket of fruit, which will be blessed (along with the vineyard, if navigable) at the end of the service.

During the holy days of the Dormition Fast we also serve the *Small Supplicatory Canon to the Theotokos* as frequently as possible (consult the calendar). Please come with names for those who need prayers. On Dormition itself we will have the Vigil here (August 14, at 6:15 PM) and join the Sister of the Assumption Monastery for their feast day for the Liturgy

(August 15, 9 AM).

- NEW BOOK ON MARRIAGE:

On the Eastern Orthodox Marriage Rite, co-authored by His Grace, Bishop John (Abdalah), once a long-time married priest trained in pastoral counseling and now a widowed bishop; and Nicholas G. Mamey, a newly married layman. The book establishes a grounding for marriage using Scripture and texts from the Orthodox Christian wedding ceremony, and then goes on to offer practical guidance to couples. Available soon in our bookstore.

- HARMONY:

The inevitability of death is particularly difficult to face for most Americans, as we've become a people that eschew traditional funerals, preferring to "celebrate the life of our loved one, while disposing of the body, and banning any sign of death from the memorial service should we even decide to have a service. Yet the awareness of our own eventual death is the very thing we should be thinking about, if we want to be prepared for Eternity. When we live our life focused on enjoyment, pleasure, and the acquisition of material goods, we enslave ourselves, and can only find freedom in God's love. This love creates perfection and faultlessness, and when we think on your own death we become free to perform every task for God. Our fallen and imprisoned heart is liberated, and becomes inflamed with the love of God when we enter into a relationship with Him. This love of God engenders a love that permeates our very essence, allowing us to love every person and every creature. Our heart burns with love. This love turns chaos into harmony and it is Divine energy and Divine strength that transforms us into the being God intended us to be. We are His child, deified and made whole, and the chaos of our lives is turned into harmony. —*Abbot Tryphon*

- CONFESSIONS—A REMINDER:

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, when I return from my vacation next week:

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