

• THE SENIOR AND RETIRED LUNCH:

Our fellowship will meet this month on Thursday, August 22 at Noon.

• AN EVENING WITH DOCTOR KERI:

**Parish Youth:** You are invited to a special evening with Keri Elizabeth, (wife of Alex DeMaar, mom of Matthew DeMaar and devoted member of our Parish), who will give an informal talk about the practice of medicine and surgery, and specifically about the process of becoming a physician. She will be happy to answer any questions (for example, what it's like to be an Orthodox Christian female surgeon, questions about the body and what happens as we age, how certain parts of the body work, etc.). Keri is a practicing physician whose specialty is General Surgery. Her presentation will be geared towards the questions and concerns of youth, however, of course, all ages are welcome.

**When:** 6:30 PM, August 20. **Where:** Parish Hall

Pizza and drinks provided

The talk will be preceded by an Akathist to St. Seraphim at **6 PM**

*Please let Vicky Basch know if you will attend*

• SONG BY KATE WILLENS:

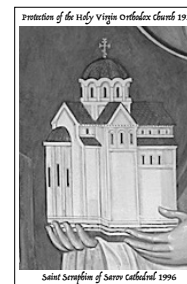
Our own Kate Willens has recorded a beautiful song, called *Streets of Any Town*, available [here on iTunes](#) and other places. Thank you, Kate and congratulations.

• MEMORY ETERNAL:

August 4, 2003, is the anniversary of the repose of the ever-memorable Metropolitan Anthony (Bloom) of London. Many of his [sermons, talks and videos are available here, in both English and Russian](#). Metropolitan Anthony was a surgeon during WWII; He was consecrated bishop in 1957 and eventually founded the Russian Diocese in England. His books and talks on how to pray (*Beginning to Prayer, Courage to Pray*) should be read by every Orthodox Christian.

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**August 4, 2019**

Seven Youths of Ephesus



• 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, August 3: 9 AM, Divine Liturgy  
4 PM, Youth Choir  
5 PM, Great Vespers

- Sunday, August 4: 8:30 AM, Matins of the Resurrection  
10 AM, Divine Liturgy  
Noon, Agape Meal
- Mon., August 5: 6:15 PM, Vigil for Transfiguration
- Tue., August 6: 9 AM, Divine Liturgy for the Feast of  
Transfiguration and the Blessing of Fruit
- Wed., August 7: 6 PM, Supplicatory Canon to the Theotokos
- Thurs., August 8: 6 PM, Supplicatory Canon to the Theotokos
- Frid., August 9: 11:30 AM–1 PM, Confessions  
6 PM, Vespers for Feast of St. Lawrence
- Sat., August 10: 9 AM, Divine Liturgy for Feast of St. Lawrence

• FEAST OF TRANSFIGURATION OF THE LORD:

Vigil at 6:15 PM on Monday, August 5. Divine Liturgy on Tuesday, August 6, at 9 AM. To prepare, read: Matthew 17:1–9, Mark 9:2–8, Luke 9:28–36 and 2 Peter 1:16–18. Bring a basket of fruit to the Divine Liturgy to be blessed. We will bless the grapes in the vineyard.

• AS WE ENTER THE CHURCH:

The narthex is the entrance into the holiness of the Church. We enter, light a candle, venerate the icons there and generally prepare ourselves for entrance into the Nave for worship. It is in the narthex that we slow down our thoughts, end our conversations with each other and begin our corporate prayers to our Heavenly Father at the Divine Liturgy.

• DORMITION FAST:

We begin the Dormition Fast on August 1 each year in preparation for the Feast Day of the Dormition of the Theotokos, celebrated on August 15. I encourage you to keep the fast—not just to uphold the canonical guidelines of the Holy Church, but in order to help your soul and body gain a spiritual balance. Only then can we discern His presence, gifts, guidance and love in our life—even in the difficult moments. Some suggestions: avoid the internet as much as possible (it’s a time-vampire, and can be both a distraction and addictive, frequently evaporating our peace of heart with little to no intellectual benefit). Pray the Small Supplicatory Canon to the Theotokos as much as possible. Abstain from all meat, eggs, dairy and also forgo wine, olive oil and fish (excepting weekends and holy days). A good fast can lead to a good

feast. May the Lord grant us all strength and zeal to love and please Him.  
—Fr. Lawrence

• AUGUST 15:

The Feast Day of the Dormition, August 15, directs our attention to final things: our death, the Lord’s promise to raise us from the dead to life eternal and of course, the great example of the fulfillment of that promise in the Virgin Mary. The feast celebrates her death, and her being raised to the life of the age to come. We share in that glory—here and now—in our vigil and especially in our receiving of Holy Communion at the Divine Liturgy. Dormition celebrates the funeral of our All Holy Lady Theotokos, our common mother in the faith (we would *not* miss the funeral of our mother!?), and enter into the mystery of her bodily resurrection into the Kingdom, and our own participation in that mystery.

• SCHOOL SUPPLIES:

Thank you for your generosity. Over \$1700 was collected for school supplies for needy children, and given to Catholic Charities and the Redwood Gospel Mission for dispersment. See the flyer below for information about volunteering to help.

**BACK TO SCHOOL FESTIVAL!**  
**CITY KIDS**

WINDSOR TOWN GREEN      JULLIARD PARK  
SATURDAY, AUGUST 3RD 2019      SATURDAY, AUGUST 10TH 2019  
11 AM TO 2PM      10AM TO 3PM

Food Games    Crafts    Gospel Message    Health Information    and More

**FREE BACKPACKS & SCHOOL SUPPLIES**  
For those in need GRADES K-8

**REGISTRATION REQUIRED**  
Photo ID, \*Proof of Address, Proof of Grade Level Required to Register  
\*(PG&E/Sonoma Clean Power, cable, phone, water, or rental agreement)

**Registration Location and Times**

<p><b>City Kids North County</b> Calvary Chapel River Fellowship, 195 Windsor River Road, Windsor, CA</p> <p>Registration: July 2, 2019–July 31, 2019 Tuesday–Thursday 3pm–6pm Saturday, July 20th &amp; July 27th 11am–2pm</p>	<p><b>City Kids–Santa Rosa</b> Redwood Gospel Mission Thrift Store, 1821 Piner Rd, Santa Rosa, CA</p> <p>Registration: July 1, 2019–August 7, 2019 Monday to Saturday 10am - 5pm</p>
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Information: 707.578.1830