

within him. However, high a spiritual and moral state one might achieve, a gradual or even headlong and deep fall into the abyss of sin is always possible. Therefore, Communion of the Holy Body and Blood of Christ, which strengthens our contact with Him and refreshes us with the living streams of the grace of the Holy Spirit flowing through the Body of the Church, is necessary for everyone. —*St. John the Wonderworker of Shanghai and San Francisco, “The Church as the Body of Christ”*

- PARISH NEEDS:
  - Yellow Jacket traps: collect traps, bait and distribute
  - Scrap wax off church floor
  - Clean and polish brass candle stands in St. Seraphim
  - Clean up “irrigation box” in parking lot (next to the vineyard)
  - ~~Clean covers of Outside Baptismal Font~~

Please join us for  
**Soft Ball!**

**When:** Sunday, August 7, 2016

**Time:** 2:30pm-4:30pm

**Where:** A Park in Rohnert Park, which is to be determined. (We'll keep you posted.)

*\*Even if you decide not to play,  
come and cheer for those who do!\**

Lemonade and water will be provided.

**And Then:** Join us for a Lenten potluck dinner back at St. Seraphim.

**What to bring:** Any baseball/softball gear, and any extra gear you have to share.  
Lenten potluck dishes enough to serve 8-12 people.  
Blankets and chairs.

Questions: Contact Ambrose at [ryanwinlow@gmail.com](mailto:ryanwinlow@gmail.com) or call the church office.

# ANNOUNCEMENTS

Sunday ~ August 7, 2016  
Post-Feast of Transfiguration

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- 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.
- TROPARION OF TRANSFIGURATION, Tone Seven:  
Thou wast transfigured on the mount, O Christ our God, showing Thy glory to Thy disciples as far as they could bear it. By the prayers of the Theotokos, let Thine everlasting light shine forth upon us sinners. O Giver of Light, glory to Thee.
- KONTAKION OF THE TRANSFIGURATION, TONE SEVEN:  
On the mountain wast Thou transfigured, O Christ God, and Thy disciples beheld Thy glory as far as they could see it; so that when they would behold Thee crucified, they would understand that Thy suffering was voluntary, and would proclaim to the world that Thou art truly the Radiance of the Father.

## ACTIVITIES & EVENTS THIS WEEK

- Saturday, August 6: 9:30 AM, Festal Divine Liturgy (Children's Choir) for Transfiguration, blessing of fruit  
5 PM, Great Vespers
- Sunday, August 7: 10 AM, Divine Liturgy  
11:45 AM, Agape Meal  
2:30 PM, Softball Game in Rohnert Park & Potluck BBQ at Church to follow

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- Monday, August 8: 6 PM, Panikhida for Nina Antipov
- Tuesday, August 9: 11 AM, Funeral and Repast for Nina Antipov  
6 PM, Vespers for St. Lawrence  
6:30 PM, Master Plan Meeting
- Wednesday, August 10: 9 AM, Divine Liturgy for St. Lawrence Day  
5 PM, Redwood Empire Food Bank  
*No Vespers*
- Thursday, August 11: 6 PM, Supplicatory Canon to the Theotokos
- Friday, August 12: 6 PM, Supplicatory Canon to the Theotokos

- GLENDI ACTIVITIES:

Monday, August 8 and Tuesday, August 9: NO GLENDI BAKING.

- REVISED SCHEDULE FOR GLENDI BAKING:

The new revised schedule for baking is: August 15, Shortbread;  
August 16, Lemon Bars; August 22, Greek Honey Cakes (new item!);  
August 23, Ginger Cookies.

- MASTER PLANNING:

Our *Master Planning Committee*, led by Sean Esbjorn-Hargens, invites you to a meeting on Tuesday, August 9 at 6:30 PM. The goal of the upcoming meeting will be to create a **new list** of master plan goals (while reviewing the existing list) by brainstorming ideas, without having to evaluate, dismiss or discuss any of them until later in the process. For such a process to work well, the participation of as many parishioners as possible is needed.

- THE REDWOOD EMPIRE FOOD BANK:

Distribution will take place this Wednesday, August 10. Volunteers: please arrive by 5 PM.

- SPANIKOPITA, etc. for GLENDI:

Thursday, August 18 (The Senior Lunch is postponed). See Shenina or Barb for more information.

- SUPPLICATORY CANON TO THE THEOTOKOS:

Please join me in offering our veneration, praise and supplications to the Theotokos on Thursday and Friday evening. Especially during the Dormition Fast—**which we are currently observing**—we offer these

hymns to the All-Holy Lady Theotokos, with prayers for our loved ones and ourselves. The “Canon” is a forty-five minute service of odes addressed to the Theotokos, with a Gospel and litanies. I invite you to give me a list of names before the Service begins (please write legibly), and I will include those names in the prayers and litanies. — *Fr. Lawrence*

- PREPARING FOR DORMITION:

“...what the Net seems to be doing is chipping away my capacity for concentration and contemplation.... When I mention my troubles with reading to friends and acquaintances-literary types, most of them—many—say they’re having similar experiences. The more they use the Web, the more they have to fight to stay focused on long pieces of writing. Some of the bloggers I follow have also begun mentioning the phenomenon. Scott Karp, who writes a blog about online media, recently confessed that he has stopped reading books altogether. ‘I was a lit major in college, and used to be [a] voracious book reader,’ he wrote. ‘What happened?’ He speculates on the answer: ‘What if I do all my reading on the web not so much because the way I read has changed, i.e. I’m just seeking convenience, but because the way I THINK has changed?’ [*that excerpt is from author N. Carr*]

To develop a Christian mind today takes effort, like gardening. We live in a society in which presidential elections have devolved from one or two-hour-long speeches carefully presenting a candidate’s reasoned positions to *Tweets* and ‘gotchas.’ (Watching the 2016 campaign is like watching a Jerry Springer show, so I don’t.) Caught in a net of superficial froth, we rarely delve into the permanent things of the human spirit and human heart. Even fewer ascend to the place where the sharpened edges of the words of holy men and saints—informed by the Word of God—can bring us to experience [of repentance]. Where there is never a regret, there can be no embrace of the pure, the holy. Where there is no gratitude, there can be no true knowledge of God. No poetry, no psalms. Proud of the shiny new digital world of information at our fingertips, we feel amply informed but live in a spiritual knowledge desert. ...According to our circumstances in life we can pray, read, and water our hearts with the Living Water that is Christ. But we will have to take time to do that. —*James M. Kushiner*

- IMPORTANCE OF FREQUENT COMMUNION:

*Thoughts for those of us who neglect our spiritual life.*

Until a man’s earthly life finishes its course, up to the very departure of the soul from the body, the struggle between sin and righteousness continues