

that should not be put off, lest the hour come when we are called to account before the Throne of God, and we stand before Him with an unhealed heart. —*Abbot Tryphon, Vashon Island*

• DORMITION:

The Feast of Dormition (repose of the Virgin Mary) was celebrated on Friday, August 15. Many of our parishioners, His Eminence Archbishop Benjamin, and a number of area clergy, made the pilgrimage to Calistoga to join Mother Melania and the Sisters in their monastery altar feast Liturgy. This particular feast, the last of the year's Twelve Great Feasts, is also very nearly the end of the Liturgical Year. Having begun the year in September with the Birth of the Theotokos (September 8) we Orthodox Christians draw near to the end our spiritual year on August 15 with a Vigil and Liturgy in honor of the Virgin's death and assumption into the resurrected glory of Jesus Christ. These feasts and fasts throughout the year in honor of the Mother of God, help us understand that while she is "more honorable than the Cherubim" and the "temple that held God," she is also the great example for Christians: Her nativity marks a path of our own rebirth in Christ; the feast of her dormition is not only something in honor of the one we call our spiritual Mother—and, practically speaking, who would deliberately not attend the funeral of his or her loving mother? — it is also a feast day which proclaims our own triumph over death, and offers us a foretaste of the glory of the resurrection which is to come. It's a summer Pascha at the end of the Church Year. This Church year is one chant of praise and thanksgiving to God for giving us salvation. The chant includes the Theotokos, the saints, and us. Fr. Stephen Freeman wrote that "in general, it takes an entire year for the song to be completed. Every verse must be heard. And though there are summaries offered in every service, the whole requires the sustained effort of the worshipping community and the extension of our hearts and minds over a long course of time. ...in the Feast of the Dormition, a single verse will be sung. It is the song of the death of Mary, the Virgin who as a young woman said yes to God and became the Mother of all living, the one from whom the eternal Word of God would take flesh and become man." We continue to celebrate the Dormition until its "leavetaking" on August 23.

ANNOUNCEMENTS

Post-Feast of Dormition Sunday ~ August 17, 2014

• TROPARION OF THE RESURRECTION, Tone One:

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ; glory to Thy kingdom; glory to Thy dispensation, O Thou who lovest mankind.

• TROPARION OF DORMITION, Tone One

In giving birth thou didst preserve thy virginity, in thy dormition thou didst not forsake the world, O Theotokos; thou wast translated unto life, since thou art the Mother of Life; and by thine intercessions dost thou redeem our souls from death.

• KONTAKION OF DORMITION, Tone Two

The grave and death, could not hold the Theotokos, who is unsleeping in her intercessions, and an unfading hope in her mediations. For as the Mother of Life, she was translated to life by the One Who dwelt in her ever-virgin womb.

ACTIVITIES & EVENTS THIS WEEK

- Sat., August 16: 3:30 PM, Catechism *On the Church & Theotokos*
5 PM, Great Vespers
- Sun., August 17: 9:30 AM, Akathist *Nurturer of Children*
10 AM, Divine Liturgy
Blessing of Students at conclusion of Liturgy
Noon, *POT-LUCK MEAL*
12:30 PM, Church School Teacher Mtg

- Mon., August 18: 1 PM, Funeral for Helen Gregory
No Glendi Baking on Monday or Tuesday
- Wed., August 20: 6 PM, Vespers
- Thurs., August 21: 7 PM, Parish Council Meeting

- POT-LUCK AGAPE:

Greetings brothers and sisters: This Sunday's Agape meal is Potluck. Please bring something to share with 6–8 people. The cost for the cleaning of the Hall on potluck Sundays has been reduced to \$2 per person, kids twelve and under are free (again, the \$2 is collected in order to pay our Hall janitor crew). Please be sure to supervise your kids and make sure they don't take food that will be wasted and also supervise them so that dishes, food, etc., are not left outside. It does indeed "take a village," and we have an extraordinary one! —*Eleni Rose, Sunday Meal Coordinator*

- GLENDI PREP:

As many of you know we were unable to complete our Glendi cabbage piroshki last month. The cabbage filling soured over night in the refrigerator. Elena will be making a new batch of filling on Saturday morning and following our potluck lunch Sunday we will be making and frying 350–400 piroshki. Please stay and help us finish our piroshki production. Looking ahead, there are two Glendi work parties scheduled: On Saturday, September 6, starting at 9 AM, we will empty out the Glendi storage area, and lay out the equipment for inventory, cleaning and repair. On Saturday, September 13, at 10 AM, following the Liturgy, we will begin to set up the Glendi pop-ups, tables and fencing.

- CATECHUMENS:

We welcome Scott Brown, Suha Alfahel's fiancée, as a catechumen. He joins Miguel, Martin and Spencer in their noble endeavor. Please keep them in your prayers.

- NEW FENCE:

Please take a moment to admire our new redwood fence along Mountain View Avenue.

- INVESTING TIME:

The churchgoer who never misses Sunday liturgy may spend as much as

seventy-eight hours per year in corporate prayer to God. Sound like a lot? An average American spends more than 2900 hours per year in front of some kind of screen. So for every hour we spend praying with God's people and getting to know Him better, we spend more than thirty-seven communing with rectangles with moving pictures. It's no wonder that we know far more about politics, sports, fashion, soap operas and science fiction than we do about God.

- CHRISTIAN CHARITY:

Lucian, a pagan writer of the 2nd century mocked Christians for their charity: "The earnestness with which the people of this religion help one another in their needs is incredible. They spare themselves nothing for this end. Their first lawgiver put it into their heads that they were all brethren."

- HOSPICE OR HOSPITAL?

Spiritual pain control or spiritual healing? Since the Church is the hospital for the soul, it is important we take full advantage of all the resources for healing found within the Church. Confession is the all important beginning for this healing process to begin. The grace imparted during a good confession opens wide the gates of God's grace, and we begin our inner journey towards reconciliation. Becoming a frequent communicant of the Holy Mysteries of Christ's Body and Blood, imparts to us the grace needed for the healing of the soul, and frees the soul from the the bondage that comes from the sin that has weighed us down. Strictly keeping a Prayer Rule, as directed by our priest or spiritual father, also contributes to the healing process. Reading spiritually uplifting books, as well as the lives of the saints, greatly contributes towards the transformation that can be ours if we take our faith seriously. As well, the fasting rules of the Church are designed to help us become whole, and further the healing process that began when we first made a commitment to living a life in Christ. If we fail to follow these time tested spiritual practices that are meant to bring about healing of body and soul, we will not find the healing that is available to us. Instead, we will find ourselves treating the Church as though she were simply a hospice, where we get a quick fix for the pain and sin that keeps us from becoming whole, and find ourselves with short term results that only mask the sin and sickness that rule our lives. It is up to us to decide if we will allow the Church to be a hospital that brings about the cure, or simply a hospice that masks the pain and sin. The choice is ours, and it is a choice