

welcome them at the conclusion of the Liturgy; introduce the guests to a parish member who will accompany them to the Agape Meal; introduce them to one of the priests. Call or email me if you are interested in this important parish ministry. —*Fr. Lawrence*

- INSTEAD OF GLENDI:

We are planning a Family Camp Out for Friday night and Saturday, September 14/15, here on the parish grounds. More info to follow.

- CAMPING TRIP FOR ORTHODOX YOUNG ADULTS

The event is run by the Greek Orthodox Metropolis, at a family ranch in the forest just north of Chico (swimming, trails). We had a wonderful time last year, and events like these are a great way to make friends. Register at <http://gosfyouth.org/young-adult-camping-trip>. —*Elizabeth Allen*

- HOW TO BE AT PEACE:

I see people's sins, but I don't know whether they have made peace with God. I don't know if the person who has sinned regrets it, but I am not called to judge them, but only to forgive them. As I become aware of my own sins, and begin to realize how much forgiveness and mercy I need, I am less likely to see the sins of others. If I find myself judging others, I must simply turn it around, and judge only myself. Abba Dorotheos counseled us, in our struggle to truly forgive others, to turn our gaze on our own need for change. I must accuse myself, blame myself, judge myself, and get my focus off the other person. The only way I can overcome the sin of judging others, is to see only the sins of my own. True repentance comes only when I work on my own fallen nature. —*Abbot Tryphon*

- PRAYER TO THE THEOTOKOS The Softener of Evil Hearts:

O much-sorrowing Mother of God, more highly-exalted than all other maidens, according to thy purity and the multitude of thy suffering endured by thee on earth: Harken to our sighs and soften the hearts of evil men, and protect us under the shelter of thy mercy. For we know no other refuge and ardent intercessor apart from thee, but as thou hast great boldness before the One who was born of thee, help and save us by thy prayers, that without offense we may attain the Heavenly Kingdom where, with all the saints, we will sing the thrice-holy hymn to One God Almighty in the Trinity, always now and ever and unto ages of ages. Amen.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



August 19, 2018

Post-feast of Dormition



- TROPARION OF THE RESURRECTION, Tone Three:

Let the heavens rejoice, let the earth be glad; for the Lord hath shown strength with His arm; He hath trampled down death by death; He hath become the first-born of the dead. He hath delivered us from the depths of hades, and hath granted the world great mercy.

- 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

- Saturday, August 18: 4 PM, Children's Choir Rehearsal
4 PM, Confessions
5 PM, Great Vespers (Confessions to follow)
- Sunday, August 19: 9–9:50 AM, Confessions (Fr. John at Skete)
10 AM, Divine Liturgy
Noon, Agape Meal
3 PM, *Panikhida, Shiloh Cemetery, Windsor, anniversary of repose of Paul Burch*
- Wednesday, August 22: 6 PM, Vespers
7 PM, Concert: Larry Vuckovich Trio
- Saturday, August 25: 11 AM, *Panikhida, Oak Mound Cemetery, Healdsburg, anniversary of repose of Gabriel Griovski*

• TO OUR GUESTS:

Whether you are searching for a new church home or just visiting, we welcome you and hope your experience at the Divine Liturgy will be edifying and spiritually nourishing. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join the parish, or would like to speak with Fr. Lawrence, we invite you to fill out a *visitor information card* and leave it at the candle desk, and to join us for lunch following the Divine Liturgy.

• INTERNSHIP PROGRAM:

At the end of September we are expecting to welcome Reader John (aka JJ) and his wife Jeanine Kotalik, who will intern at St. Seraphim for a year. JJ is a graduate of St. Tikhon's Seminary in PA, and has been directing the choir at St. Spyridon Orthodox Cathedral in Seattle (and working a job as well) since his graduation in 2017. We are hopeful that JJ will be ordained to the Holy Diaconate at Archbishop Benjamin's earliest opportunity. As a deacon his duties will be to work with me, to serve at our Altar, to serve with the Archbishop as needed, to serve once a month at Holy Trinity in San Francisco and to assist Fr. Kirill once a week. The Kotaliks will live here at the Church in the new apartment, and receive a stipend each month from our internship fund and a stipend from Holy Trinity as well.

• CONFESSIONS—scheduling:

Please be mindful that there is limited ***time for Confessions on Sunday mornings***. I encourage you to make your confession on any other day, and I am 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

• BENEFIT JAZZ CONCERT HERE:

Mother Melania and the Sisters of Holy Assumption Monastery are organizing a benefit concert—for Wednesday August 22 at 7 PM—to help a homeless artist they have befriended. Renowned Bay Area jazz pianist Larry Vuckovich and his trio will be performing here at that concert.

• CHORAL CONCERT:

Sonoma County's premiere a cappella vocal ensemble, *Cantiamo Sonoma*, will sing a selection of songs in St. Seraphim Cathedral, by Baltic and Scandinavian composers, on Sunday, August 26 at 6 PM. This is their annual fundraiser. The ticket price includes an after-concert reception with food & drink in the courtyard. See Nicolas Custer for tickets, or call (707) 538-4220.

• VESPERS AND TALKS:

Following the 6 PM Wednesday Vespers on August 29 and September 5, Andrew Vernon from San Anselmo will join us for a Potluck dinner and a talk on the Holy Trinity.

• WORK PARTY:

Saturday, September 1 from 9 AM–1 PM. Tasks: Begin sorting Glendi equipment; cut down dead plum tree; create Innocents' Garden, move “graveyard cross” to garden; “sort” junk behind Storage Building, etc.

• CHURCH CLEANING SIGN-UP SHEET:

The Sign-Up Sheet is located on the Church bulletin board, next to the stairs.

• USHERS NEEDED:

Our Usher team is looking for some new members. Please speak with me if you'd like to help out. What do Ushers do? They arrive at 9:30 AM; assist guests in finding a place to stand or sit and ask their names, so that I can