

an opportunity, says one commentator, “outside of the observances of Holy Week to celebrate the full significance of the victory of the Cross over the powers of the world, and the triumph of the wisdom of God through the Cross over the wisdom of this world. This Feast also gives the Church an opportunity to relish the full glory of the Cross as a source of light, hope and victory for Christ's people. It is also a time to celebrate the universality of the work of redemption accomplished through the Cross: the entire universe is seen through the light of the Cross, the new Tree of Life which provides nourishment for those who have been redeemed in Christ.” —*Fr. Lawrence*

• ON THE SIGN OF THE CROSS:

Let us then not be ashamed to confess the Crucified. Let the cross as our seal, be boldly made with our fingers upon our brow and on all occasions; over the bread we eat, over the cups we drink; in our comings and in our goings; before sleep; on lying down and rising up; when we are on our way, and when we are still. It is a powerful safeguard; it is without price, for the sake of the poor; without toil, because of the sick; for it is a grace from God, a badge of the faithful, and a terror to the devils; for “he displayed them openly, leading them away in triumph by force of it.” For when they see the Cross, they are reminded of the Crucified; they fear him who has “smashed the heads of the dragons.” Despise not the seal as a free gift, but rather for this reason honor your benefactor all the more.

—*St. Cyprian of Jerusalem* (✠ 366 AD)

• WATCHFULNESS:

Our choir director here at the monastery, periodically reminds us of an important rule of ensemble singing or playing—the right note at the wrong time is the wrong note. Musically, this makes eminent sense. A note that is slightly late or early decreases the cohesiveness of the ensemble—and the further off we are, the worse the result. To correct this state of affairs, we need to improve our own sense of timing, listen to each other, and **watch the director!** This principle applies to our daily interactions as well. Often our statements are true, but the timing is off. Maybe we were angry when we had our say, or maybe the other person just wasn't in a place where they could hear our (supposedly) constructive criticism. Thank God, this problem is fixable by the same means as the musical. If we humbly watch our own hearts, pay close and loving attention to the people around us, and above all, **keep our eyes on Christ**, we will become local expressions of the heavenly choir that sings the eternal praises of our God. —*Abbess Melania*

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



September 10, 2017

Post-feast of the Nativity of the Theotokos



• TROPARION OF THE RESURRECTION, Tone Five:

Let us the faithful praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death and to raise the dead, by His glorious Resurrection.

• TROPARION OF THE NATIVITY OF THE THEOTOKOS, Tone Four:

Thy nativity, O Theotokos, hath proclaimed joy to all the world; for from thee hath shone forth Christ our God, the Sun of Righteousness, annulling the curse and bestowing the blessing, abolishing death and granting us life everlasting.

• KONTAKION OF THE NATIVITY, Tone Four:

By thy Nativity, O Most Pure Virgin, Joachim and Anna are freed from barrenness; Adam and Eve, from the corruption of death. Delivered from the guilt of sin, thy people keep the feast as they sing unto thee, the barren woman gives birth to the Theotokos, who sustains our life!

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ACTIVITIES & EVENTS THIS WEEK

- Sat., September 9: 4 PM, Children's Choir
4 PM, Panikhida
5 PM, Great Vespers, Confessions
- Sun., September 10: 9–9:50 AM, Confessions
10 AM, Divine Liturgy
11:45 AM, Church School (1st class of year)
Noon, Agape Meal
- Wed., September 13: 9 AM, Divine Liturgy
5 PM, Redwood Empire Food Bank
6:15 PM, Vigil for the Exaltation of the Cross
- Thurs., September 14: 9 AM, Divine Liturgy for the Feast
Strict Fasting Day
6 PM, Lenten style Potluck and Talk by Mother
Melania on *The Theology of the Body*
- Sat., September 16: 9 AM, Men's Group Work Party / Lunch
5 PM, Great Vespers

- FOOD BANK DISTRIBUTION:

The monthly distribution of food via the Redwood Empire Food Bank will take place on Wednesday, about 5 PM. Volunteers: please come to help set-up by 4:30 PM. See Tom Pellizzer if you have questions.

- THURSDAY EVENING POTLUCK AND TALK:

Mother Melania from Holy Assumption Monastery will give a series of talks on *The Theology of the Body—an Orthodox examination*, on Thursdays, September 14, 21 and October 5. Potluck and talk begin at 6 PM. For more information, please see Fr. Lawrence.

- PIROSHKI:

Orders are due on Sunday, September 17. Order forms are in the Narthex.

- GLENDI:

Or rather, instead of Glendi, the Men's Group will be gathering—won't we, men...on Saturday, September 16 at 9 AM to clean out and rearrange the storage building (there has even been some talk about moving the big

walk-in freezer to sit on pier-blocks behind the Kitchen). Lunch will be provided. On Sunday, at 4 PM, Archimandrite Patrick, our iconographer, will give a talk to us all about the frescoes of the south clerestory (Resurrection, Women at the Tomb, etc.) which will be followed by a Pot-luck BBQ

- MANY YEARS:

Congratulations to Rebecca and Hanne Aftim on their marriage last weekend. Congratulations to Lydia and Jordan Morgan on the birth of their first child, Moses, September 5, the day after the Feast of the Prophet Moses.

- GO WITH GOD:

Our sister-in-Christ Marina Stant sent in the letter below to the Parish Yahoo list. We are sorry to lose this shining and lovely young woman. May God grant her all His blessings. Marina wrote: "I wanted to let you all know that I will be moving back to my hometown of Nashville, Indiana next week. I have loved living in Santa Rosa over the last year and a half but it has become too expensive to support myself here and I'm hoping to save up so that I can further my education which will be easier back in the Midwest. To be honest, the one thing that has kept me the most wary of leaving has been losing the church community that I have at St. Seraphim. You all have really become my family and even though I haven't gotten to know all of you closely, just having the community to strengthen me every Sunday has been a lifeline for me while living here. I want to thank you for welcoming and accepting me into the community. I'm going to be really sad to say goodbye, but happy to move on to the next part of my life, whatever God wills. Pray for me please, as the next step is still a bit hazy. I will miss you all so much and I'll see you on Sunday before I leave the following week. *Love you all, Marina Stant*

- UPCOMING FEAST OF THE CROSS:

The Feast of the Exaltation of the Cross, each year on September 14, commemorates the finding of the Cross the Savior in Jerusalem by Empress Helen in 326 AD. Our liturgical celebrations, particularly at Matins the night before (Vigil at 6:15 PM, September 13) convey the powerful meaning and transcendent joy of finding the Cross on that day in 326 AD. Without Glendi, and the distractions and exertions that come with it, perhaps this year, the whole parish can celebrate the feast. The Feast on September 14 is