

Calvary by Constantine were dedicated. In honor, and in thanksgiving, at the end of Matins we carry the Cross from the Altar to the center of the Church. The Cross is decorated with flowers and basil: flowers, because the Cross is the flowering of immortality and blossoms forth salvation; basil, because tradition holds that the hill where the Precious Cross was found by St. Helen and Patriarch Macarius, was covered with basil. The day is a Strict Fast Day, i.e., we eat nothing until the afternoon. During the evening meal we abstain from meat and dairy.

• THE CHURCH OF THE RESURRECTION IN JERUSALEM:

Today we are singing hymns which mark the dedication/founding of the Church of the Resurrection of Christ in Jerusalem, which took place on September 13, 335. The Church was built by St. Constantine the Great and his mother, the empress St. Helen. It still stands, although with many alterations since it suffered damage from attacks and fires through the centuries. Anyone making a pilgrimage to Jerusalem will see that this large edifice encompasses not only the rock of Golgotha, but the tomb of the Lord as well.

• PROGRESS?

The most dangerous thing to do on the spiritual ladder is to look back to see how far you have come. There is no room for “tracking your progress” here, for if you were to experience success, you would soon also experience self-satisfaction, which would completely negate all previous efforts. You must consider yourself always to be on the first step. God can raise you up to the tenth step at any time. — *Father Alexander Men, murdered September 9, 1990*

• CONGRATULATIONS:

We rejoice with the Collins family and Godparents—Marcus and Simeon were officially adopted on Wednesday. Many Years.

• ANNUAL PRE-GLENDI QUOTE OF THE DAY:

It has been well said that no man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear. Never load yourselves so, my friends. If you find yourselves so loaded, at least remember this: it is your own doing, not God's. He begs you to leave the future to Him and mind the present.

— *George Macdonald (1824-1905)*

ANNOUNCEMENTS

Sunday ~ September 13, 2015
Pre-Feast of the Exaltation of the Cross

• 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, HOLY RESURRECTION IN JERUSALEM, Tone Four:

Thou hast shown the earthly beauty of the holy tabernacle of Thy glory to be like unto the splendor of the heavenly firmament, O Lord. Strengthen it for ever and ever, and accept our prayers which we unceasingly offer therein unto Thee, through the Theotokos, O Thou Who art the Life and Resurrection of all.

• TROPARION OF THE FOREFEAST, Tone Two:

We offer Thee in mediation the life-giving Cross which, of Thy goodness, Thou hast given unto us, the unworthy, O Lord. Save Thy hierarchs and Thy flock, and grant Thou peace through the Theotokos, O only Friend of man.

• KONTAKION OF THE FOUNDING, Tone Four:

The Church is shown to be a many lighted heaven that doth shine a guiding light upon all them that do believe; wherein while standing, we cry aloud: Do Thou Thyself now establish this house, O Lord.

ACTIVITIES & EVENTS THIS WEEK

- Sat., September 12: 9 AM–1 PM, Glendi set up
4:30 PM, Panikhida for Sakovich family

- 5 PM, Great Vespers
6 PM, Young Adult Group Pizza Dinner
- Sun., September 13: 9 AM, Confessions
10 AM, Divine Liturgy
Noon, Agape Meal
1 PM, Great Vespers for the Exaltation of the Precious Cross
- Mon., September 14: 8:30 AM, Matins and Divine Liturgy for the Exaltation of the Precious Cross
- Wed., September 16: 6 PM, Vespers for Saints Sophia, Faith, Hope and Love
- Friday, September 18: 9 AM, Glendi set up all day
- Saturday, September 19: 10:30 AM, Molioben
11 AM, Glendi Opens
- Sunday, September 20: 9 AM, Divine Liturgy
Noon, Glendi Opens

• YOUNG ADULT GROUP DINNER

On **Saturday, September 12th** the young adult group will have its first get-together with dinner (provided) in the parish hall. All between ages 18-22 are welcome! If you have any questions, please speak to or call: Alicia Krueger at (707) 360-8535, Tyler-Rose Counts at (510) 414-2122 or Joe Anderson at (707) 888-2860.

• HOW'S IT GOING SO FAR?

I thank our Lord Jesus Christ that so many people are stepping forward to make Glendi happen. It's been impressive and truly a joy to see. A number of people have been working very long days, two or three days in a row, to prepare spanikopita, tiropita, baklava, rum balls, etc., not to mention the lifting and the carrying of things. May God give us give us strength and encouragement to continue, and love for one another.

• GLENDI SUNDAY, AGAPE MEALS:

An Agape Meal will **not be served** after Liturgy on Glendi Sunday September 20th. However, there will be coffee and rolls provided.

• GLENDI WORKER FOOD:

Rachel Bell will be preparing, as she does annually, her incredible and delicious sandwiches for Glendi workers, available after 1 PM on Sunday and throughout the day on Saturday in the Parish Hall, behind the "curtain." (Hmmm. Maybe she should have a sandwich booth?).

• HIERARCHICAL VISITATION:

Vladyka Benjamin and Vladyka Daniel will be visiting us on Saturday during Glendi, for most of the day. Archbishop Benjamin indicated that he will be happy to volunteer to work.

• FOOD PREP/SET UP, THIS WEEK:

- Tuesday, Sept. 15Parking mowing.....TBD
Kabob prep6–9 PM
- Wednesday, Sept. 16.....Balkan Booth food prep7 AM–5 PM*
- Thursday, Sept. 17Borscht Prep.....8 AM–1 PM
Eritrean food4–10 PM
- Friday, Sept. 18.....Grounds, all day set up9 AM–done**
Eritrean foodTBD

• PARTICIPATING IN PREP:

* Petar Griovski does the food prep for the Balkan booth, and tells us that he needs at least 15–20 helpers on Wednesday, September 16th starting at 9 AM. He will be making sarma, potato salad and green beans. Contact Petar at church or by phone: 762-4742 for details.

** I ask that able-bodied parishioners lend a hand during the big push of work that must be done the day before Glendi, Friday, Sept. 18. We will start at 9 AM, and will finish when the job is done. Come for an hour... or two... or for all day. Just come. Your participation is important. Don't let your priest hog all the work. —*Fr. Lawrence*

• FEAST OF THE CROSS:

September 14 is the feast of the *Exaltation of the Precious Cross*. The commemoration originated in the fourth century, according to early accounts, beginning with the miraculous discovery of the cross on September 14, in the year 326, by Saint Helen, mother of Constantine, while she was on a pilgrimage to Jerusalem—the same day that two churches built at the site of