

it never hurts to ask; but let your asking communicate your desire to be truly helpful, not any sense of burden in accommodating them. If our local parishes are to be true Christian communities, we must be careful not to let these (of all) people fall through the cracks...”

- SENIOR LUNCH FELLOWSHIP:

We’ve not had a Lunch with the seniors and retired parishioners for a couple of months due to events here. We plan to get back on track in October with a luncheon on October 13, 2016, at noon.

- TRIP TO THE MONASTERY OF ST. JOHN:

Fr. Theodor, Garret Hamner and a couple of others are planning a pilgrimage to St John’s Monastery in Manton, CA, October 16th–18th. Contact Fr. Theodor or Garret if you would like to join the pilgrimage.

- PARISH MEN’S GROUP WORK PARTY AT CALISTOGA MONASTERY:

The women’s Monastery of the Assumption, in Calistoga, has asked our parish Men’s Group to help out with some work around the monastery grounds. A work party has been scheduled for Saturday, October 15, starting at 10 AM. Lunch will be provided. Please let Fr. Lawrence know that you will be there.

- SOME ADVICE FOR PARENTS:

If you expect your children to be obedient to you, you must show them how, specifically, by being obedient to the Gospel (worship, prayer, forgiveness, patience, love for all, morality and ethics, etc.). Otherwise, your children will see “loopholes” in the way you act and use that knowledge, perhaps unconsciously, for their own advantage. If you don’t at least struggle to fast as you are able, the devil himself will find loopholes in you, and assist you—by means of *logismi*, i.e., thoughts, to rationalize all kinds of things that betray your Orthodox faith. Husband and wife must obey each other (one does not “lord it over the other”), if they want their children to obey them. Secondly, never complain in front of the children, either about your husband, your wife, your friends, food, the Church (may God forbid!) or anyone else. Be positive. Complaining teaches children how to complain. Is it a surprise when they do so? Finally, above all, love your children, and tell them you love them. Affirm what they like, be interested in them, listen to them. Don’t resent any sacrifice you have to make for them. Show them positive feelings, nothing negative. To sacrifice for your family is your glory. Yes, it may be exhausting, but it is the way to receive those crowns in heaven.

—Fr. Lawrence

ANNOUNCEMENTS

Sunday ~ October 2, 2016

Sts. Justina and Cyprian

- 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 THE PROTECTION, Tone Four

Today we Orthodox people joyfully keep festival, being illumined by thy glorious coming among us, O Mother of God; and gazing upon thy most pure image, we say with compunction: Shelter us with thy most precious Protection, and deliver us from all evil, and pray to thy Son, Christ our God, that he save our souls.

- TROPARION OF STS. CYPRIAN AND JUSTINA, Tone Three:

Being enlightened by the divine faith, thou didst abandon the darkness of ungodliness and becamest a luminary of the truth: for thou wast illustrious in life as a pastor, and thou was glorified in contest, O Cyprian. O righteous father, entreat the Creator in our behalf, together with the godly-minded Justina.

- KONTAKION OF THE PROTECTION, Tone Three:

Today the Virgin stands forth in the Church and invisibly with the choirs of Saints prays to God for us; the Hierarchs bow down with the angels, the Apostles and the Prophets rejoice, for the Mother of God prays to the Eternal God for us.

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ACTIVITIES & EVENTS THIS WEEK

- Saturday, October 1: 9:30 AM, Festal Divine Liturgy for the Feast of the Protection of the Virgin, Luncheon to follow, bottling of wine (see below)
5 PM, Great Vespers
- Sunday, October 2: 10 AM, Divine Liturgy
11:45 AM, Church School
Noon, Agape Meal
Glendi meeting in Library
- Monday, Oct. 3: 4:30 PM, 40th Day Panikhida for Gabriel Griovski at Oakmound Cemetery, Healdsburg
- Wednesday, Oct. 5: 6 PM, Vespers for St. Innocent of Alaska
6 PM, Church School Teacher Meeting (corrected this date)
- Thursday, Oct. 6: 7 AM, Divine Liturgy for St. Innocent of Alaska

• SATURDAY BOTTLING:

A few years back, Gabriel Griovski (May the Lord give him rest!) organized the picking of grapes in our vineyard—which he cared for the last ten years—followed by the crushing, fermenting, and storage of the juice in oak barrels. That wine now needs to be bottled ASAP. Thankfully, Norm Vachon has volunteered to oversee the vineyard and the bottling. Coincidentally—or providentially—bottling is scheduled for Saturday, October 1st, following the Divine Liturgy and meal in honor of the Feast of the Protection of the Holy Virgin. A half-dozen helpers are needed to work with Norm for a few hours and bring Gabriel's efforts to fruition. Please volunteer for this fun and memorable project.

• WAYS TO HELP AT THE PARISH:

After Glendi there are many loose ends waiting to be tied up.

- Take home your pots, trays, tupper-ware, shirts, hats, water-bottles and assorted other items collected in church hall
- Return the heavy yellow security-posts in front parking lot to their place (two guys needed for this) and re-hang the chains
- collect and empty all yellow-jacket traps and store in storage-building
- prevent children from throwing pebbles on walkway

- Scrape wax off church floor
- Clean and polish brass candle stands in St. Seraphim
- Vineyard help: **Saturday, Oct. 1**, after lunch (six people needed for bottling wine)
- move picnic tables from rose-garden lawn back to storage-building porch (four men needed for this)
- move new convertible picnic tables to the rose garden (replace the old wooden benches)
- ~~Fix choir door in St. Seraphim (door closer detached)~~

• WELCOMING, INCLUDING AND NURTURING:

Parish life has many aspects (ministry, worship, catechesis, feasts, etc.). One of the joys of parish life is the welcoming of new people: a kind word, some conversation, and an invitation to attend a gathering on a Sunday afternoon—these kinds of interactions are foundational for Christian fellowship and, therefore, evangelization and church growth. We make a special effort, or should, to reach out to those who are new to the parish, and to those in the parish that we do not yet know. I wonder, as you look around at the faces of those in Church on a Sunday, or in the Hall, are there people whose names you do not know? Introduce yourself to them. Why? Christian love (agape) urge us to make others feel welcome. Not all of us are extroverts, or socially oriented, nevertheless, a kind and welcoming word to those around us that we don't know, and familiarity—knowing the names of whom we see weekly—are our responsibility as members of the Body of Christ. Let us also recognize that there are those in the parish that are quietly suffering. The Orthodox blogger Tawni Rebecca writes that: “too often the needy within our parishes are forced to seek the support they need on the outside. People struggling with serious and chronic illnesses, families with special-needs children, single parents, and others need their parish to be there for them in concrete ways—and yet because of their extra burdens are often even more disconnected than most. Rather than offering a general ‘let us know if you need anything?’ comment, individuals and organizations can make a real difference by making specific offers, such as ‘we should get coffee, when would be a good time for you?’ Or ‘the young adult group would like to come mow your yard, is this Saturday good?’ If in doubt whether something you could offer would be helpful in their situation, or if there are special considerations you should be aware of,