

- CONTINUING CHRISTIAN EDUCATION:

On Wednesdays at 6 PM we have the brief and lovely service of “Daily Vespers.” Following the service, those who are interested are invited to come to the Hall (bring a potluck dinner) to read from and speak about a particularly edifying and educational Orthodox book. We will study each book for at least three or four weeks. Since I will be reading and commenting on the book, you need not read the book ahead of time. Sessions end no later than 7:40 PM. Sunday school was a long time ago, and who knows what we learned or even remembered. I encourage all of us to invest some precious time on Wednesdays to continue our Orthodox education and understanding. During October (there will be no session on Oct. 10) we will read Metropolitan Tikhon’s essay *Of What Life Do We Speak, The Four Pillars of the Christian life*, available **online here**. —Fr. Lawrence

- GRAVESIDE BURIAL:

At 2:15 PM on Monday, October 8, there will be a graveside service for Zach Tra at the Santa Rosa Memorial Park (way in the back). A memorial meal will be offered here at the Church immediately after the service. All are welcome. May his memory be eternal, and consolation from the Lord be given to his mother Dana and his father Jason.

- WORDS OF ELDER SOPHRONY OF ESSEX (REPOSED 1993):

The Fathers did not ask for many words. They received one spiritual word, left for the desert, and lived for many years with that word. They attempted to put it into practice and they were nourished by it. We say, and we want to hear, lots of words, but we do nothing to put them into practice. When someone talks a lot, he becomes spiritually weak.

When we speak about asceticism in the Orthodox Church we do not simply mean bodily ascetic practices, although these too are essential, but the soul’s resurrection from the passions, love towards God and the quickening of the soul by the Holy Spirit.

- FREQUENT CONFESSION:

Each week we prepare ourselves to receive Holy Communion by offering God the *Pre-Communion Prayers* in the Prayerbook and by fasting. Those who do receive weekly also make their Confession at least once per month. Confession is not a requirement—no, it’s a Holy Mystery of encountering the Lord in a unique and personal way, and therefore a great gift and blessing from God.

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



### October 7, 2018

#### Holy Martyrs Sergius and Bacchus



- TROPARION OF THE RESURRECTION, Tone Two:

When Thou didst descend to death, O Life-Immortal, Thou didst slay hades with the splendor of Thy Godhead; and when from the depths Thou didst raise the dead, all the powers of Heaven cried out: O Giver of Life, Christ our God, glory to Thee.

- TROPARION OF ST. SERGIUS AND BACCHUS, Tone Four:

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons’ strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.

- KONTAKION OF THE RESURRECTION, Tone Two:

Hades became afraid, O Almighty Savior, seeing the miracle of Thy Resurrection from the tomb. The dead arose, creation with Adam beheld this and rejoiced with Thee; and the world, O my Savior, praises Thee forever.

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- KONTAKION OF ST. SERGIUS AND BACCHUS, Tone Four:  
As we gather, let us crown, with sacred hymns of laudation those two brethren in the Faith, the great and valorous martyrs: Sergius was the Triune Godhead's most steadfast warrior; and with him, wise Bacchus manfully suffered torments; and they both confessed Christ Saviour as God, the Maker and sacred Trainer of all.

## ACTIVITIES & EVENTS THIS WEEK

- Saturday, October 6: 9 AM, Divine Liturgy, Feast of St. Innocent of Alaska (Protection Church)  
5 PM, Great Vespers / Confessions
- Sunday, October 7: 8:40 AM, Matins  
10 AM, Divine Liturgy  
Noon, Agape Meal
- Wednesday, August 15: 5 PM, Redwood Empire Food Bank  
6 PM, Reader Vespers

- WELCOME:

JJ and Jeanine Kotalik arrive from Seattle on Saturday before Vespers. We offer a very warm welcome to them, and pray that their time with us will be spiritually profitable and enjoyable. At the end of next week JJ will make the trek to Kirkland, WA for ordination to the Holy Diaconate on Sunday, October 14. We also extend a loving welcome to Fr. Kaleeg Hainsworth, who is working with Fred Krueger on a very interesting project, which we will briefly hear about after the Sunday Agape Meal.

- CHURCH CLEANING SIGN-UP SHEET:

Many slots remain until the end of the year. These are opportunities to help out at Church. The Sign-Up Sheet is located on the Church bulletin board, next to the stairs. "O Lord, bless those who love the beauty of Thy House."

- 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 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*

- SENIOR AND RETIRED LUNCH FELLOWSHIP:

The Senior Lunch takes place at Noon on Thursday, October 18, as a memorial meal for Zoya's 40th Day. Archbishop Benjamin will join us for the lunch, and bring his guest, Archbishop Avil from Poland to see our Cathedral and join us for lunch (Archbishop Avil is visiting for the 150th anniversary festivities at Holy Trinity in San Francisco). Please join us for prayers, a good meal and fellowship.

- THE REDWOOD EMPIRE FOOD BANK

Distribution will take place on Wednesday, October 10. Volunteers are asked to arrive no later than 5 PM. This Food Bank is an important way in which our parish does outreach to the community. Come and participate in this worthy endeavor.

- FEAST OF ST. LUKE:

Thursday, October 18 is the feast of St. Luke the Evangelist. The Divine Liturgy will be served at 9 AM, followed by the 40th Day Trisagion for Zoya Drake.

- ANNIVERSARY CELEBRATION:

Holy Trinity Cathedral in San Francisco is the oldest Orthodox Parish in the lower 48 states. The community will celebrate its 150th Anniversary with Vespers at 6 PM on Friday, October 19. His Beatitude Metropolitan Tikhon will join Archbishop Benjamin and other hierarchs and clergy for the festive Hierarchical Liturgy on Saturday, October 20 at 9:30 AM. Fr. Kirill extends his invitation to our parish members to attend the celebration. Let's organize a carpool and show our support and respect for our "Mother Parish."

- BRIEF TRIP:

Fr. Lawrence and Matushka Ann will be away from October 9–16, visiting family. Fr. Nicholas and Matushka Esther will also be away from Oct. 8–13, returning for Vespers. If there is a pastoral need during these days, please contact Fr. John at 707-318-1559.

- THANK YOU:

To those who made the Feast of the Protection of the Theotokos on Monday, October 1 so splendid. About 85 people attended the Liturgy.