

November 23, starting at 10 AM. Please see Fr. Lawrence if you'd like to help out.

- YOUNG LADIES TEA—SUNDAY, NOVEMBER 24:

Lara Anderson is organizing "A Tea" for Sunday, November 24. This tea (refreshments and fellowship), will be in honor of the feast of the Entrance of the Theotokos, since when the young Virgin came to the Temple, she was escorted by young maidens. The Tea will be held in the Parish Hall.

- ST. NICHOLAS FEAST DAY—DECEMBER 5/6:

The Vigil for the parish feast day of St. Nicholas in San Anselmo will be served on Thursday, December 5 at 7 PM. The Divine Liturgy at 9:30 AM, on December 6. The Church is located at 102 Ross Ave, San Anselmo, CA. Please speak to Fr Lawrence if you would like to car-pool.

- PROGRESS ON DOME:

A couple people have asked me if the fresco work in the dome will be completed by Christmas. A few others have inquired to see if perhaps the work would be done by Lent. We all had a good chuckle about that. Here's the reality: we are on track with the original time estimates given at the Annual Meeting last February. The *Pantocrator* — "Christ in glory" — was completed in early October. Six angels (Seraphim and Cherubim) have now been completed, with six more to go. Then, there are the twelve prophets between the windows, the decorations in and around the windows, and finally, the painting of the three rings at the base of the dome, to finish off the project. Attentive readers of the Annual Meeting report book will recall that we estimated that the entire project would be complete sometime not too long after Pascha. We are encouraged when we remember that churches in the old country were built, painted and decorated over many, many years. It's a question of money, sure (how much at once), but more importantly, it's a matter of quality. And the quality of our frescos is world class. I thank you for your patience, and for the contributions that so many of you have offered in commissioning frescos. The following Prophets are available to commission, at \$4,000 each: Prophets Isaiah, Malachai, Habbakuk, Moses, Jonah, David, Jeremiah, Joel and Zephaniah (David, Solomon, Ezekiel and Elijah have been spoken for). —Fr. Lawrence

ANNOUNCEMENTS

Sunday ~ November 17, 2013

- RESURRECTIONAL TROPARION, Tone Four:

When the women disciples of the Lord learned from the angel the joyous message of the Resurrection, they cast away the ancestral curse, and elatedly told the Apostles: death is overthrown, Christ God is risen, granting the world great mercy.

- RESURRECTIONAL KONTAKION, Tone Four:

My Savior and Redeemer as God rose from the tomb, and delivered the earth-born from their chains. He has shattered the gates of hades, and as Master, He has risen on the third day.

ACTIVITIES & EVENTS THIS WEEK

- Sat., November 16: 3:30 PM, Catechism in Protection Church
4:45 PM, *Trisagion for the Repose of George Koloboff*
5 PM, Great Vespers
- Sun., November 17: 10 AM, Divine Liturgy
11:45, Church School
Noon, Agape Meal
- Tues., November 19: Study Group (meets at McPherson home)*
- Wed., November 20: 6:15 PM, Great Vespers for the *Entrance of the Theotokos into the Temple*
- Thurs., November 21: 8:30 AM, Festal Matins and Divine Liturgy for the Feast
6 PM, Akathist to St. Seraphim
7 PM, Parish Council Meeting

• CATHOLIC CHARITIES PRESENTATION — TODAY AT AGAPE:

We welcome representatives from *Catholic Charities*: our own Amy Ramirez Margitich and her colleague Rebecca Kendall, who will speak to us today at the **Agape Meal** about the family shelter downtown run by Catholic Charities. Our parishioners will want to hear how they can be involved in serving the needy (the poor, homeless, those with dementia and other disabilities). Also today, Amy will be stationed outside the front doors directly after Liturgy, to gather signatures of those who would like to provide food items for the Catholic Charities Thanksgiving Dinner.

• SOME SUGGESTIONS FOR THE NATIVITY FAST:

The fast in preparation for Christmas—Advent or the Nativity Fast—always begins on November 15, forty days before Christmas. Here are a few suggestions of how to make the fast profitable:

FOOD: During Advent we abstain from meat, eggs, cheese, and all dairy.

Changing the diet is really the easiest part of the fast.

SPIRITUAL EFFORT: Much more effort is required when fasting from anger, criticism, resentments, and wandering thoughts, especially those of lust and envy and wasting time in idleness and pointless entertainments.

FAMILY: Involve your children in the Fast. There are many tools for this out there. Be careful: some children wonder why they hear one thing in church (about Jesus, fasting, moral issues, marriage, theology, prayer, etc.) and see another thing at home.

WORSHIP: Attend Vespers regularly on Saturday evening, and by doing so, prepare yourself for Communion on Sunday. Confess at least twice during the Forty Day Fast, one of those times in the week prior to Christmas.

INTERCESSION: Pray for people: at least once a week pray the Akathist to the Theotokos, and ask her to intercede for others.

OFFERINGS: Consciously decide what your weekly/monthly offering will be. Don't wing it—make it part of your spiritual life of thanksgiving to God, and depending on His promises. Set aside something for the poor; give it.

CELEBRATIONS: Celebrate the Feast of St. Nicholas (at St. Nicholas Church in San Anselmo on Dec. 6). It's an absolutely wonderful experience, and will help you refocus on the true meaning of the season, and spiritually refresh you.

WORKS OF MERCY: Volunteer at one of Santa Rosa's many charitable institutions (Catholic Charities, Redwood Gospel Mission, the Living Room,

Pregnancy Counseling Center, etc.).

SCRIPTURE: In the week before Christmas read the Nativity accounts from St. Matthew and St. Luke to your children.

* TUESDAY NIGHT STUDY GROUP:

The next two talks on *The Protestant Reformation: An Orthodox Perspective* will be held on Tuesdays at 7 PM, in the home of Bill and Gretchen McPherson, 6063 Elsa Ave, Rohnert Park, CA. 94928. Call (707) 584-4205 for directions.

- *November 19:* Luther and a “formal Orthodox response” to the Reformation, presented by Deacon Jeremiah

- *November 26:* Calvin, Zwingli and the “Reformed Tradition,” presented by Deacon Nicholas

• FEAST OF THE ENTRANCE:

Vespers for this Feast, ranked as one of the Twelve Great Feasts, will be served on **Wednesday, November 20 at 6:15 PM**; Matins and Divine Liturgy on **Thursday, starting at 8:30 AM**. As we celebrate the Feast of the *Entrance of the Theotokos into the Temple*, the Church very vividly shows us that the goal of this Nativity Advent season—indeed, of our entire life—is to also become a living temple of His glory. The *Troparion* of the Feast proclaims, “Today is the prelude of God's goodwill.” To know that our destiny—body and soul—is to be bearers of the Holy Trinity is the good news of salvation. On Thursday morning, during Matins, the hymns will call us to prepare for Christmas: “Christ is born, glorify Him. Christ is from heaven, receive Him. Christ is on earth, be exalted...” One pastor wrote that “with these words something changes in our life, in the very air we breathe, in the entire mood of the Church's life. It is as if we perceive far, far away, the first light of the greatest possible joy—the coming of God into His world! Thus the Church announces the coming of Christ, the Incarnation of God, His entrance into the world for its salvation.” On this feast of the Entrance, we hear how the three year old Virgin was led into the Temple by young maidens, who joyfully carried their lamps before her, who is the *Noetic Torch*; in a “noble manner they take her into the Holy of Holies, going before and foretelling the ineffable Ray [Christ] which shall shine forth from her, lighting in the spirit those who sit in the darkness of folly.” —*Vespers Hymn*

• CALISTOGA WORK PARTY, SATURDAY, NOVEMBER 23:

Some of our parishioners have volunteered to help out with grounds' work at the Monastery in Calistoga. The Work Party is scheduled for Saturday,