

- SUNDAY OF ORTHODOXY:

We are to live as icons of Christ, showing the image of God within us to all those around us. Most of us, when we are honest with ourselves, realize that we have not done such a good job of being icons of Christ, instead what we show to those around us is far from Christ-like. The image of God is still there within us, but it is tarnished and dirty. It needs to be cleansed and restored. We have become sick and we need to be healed. Aware of this, the Church calls us to the observance of a holy Lent. As we typically do not spend enough time with our hearts focused on God, we are now called to spend more time in prayer. As we typically allow our physical appetites to have control over us, we are now called to fasting, putting certain foods aside and eating less. As we typically are more focused on ourselves, rather than others, we are now called to almsgiving, remembering those in need. As we typically forget how harmful influences in the world around us can be, we are now called to watchfulness, guarding our hearts and minds, our eyes, ears and tongues. As we typically give little thought to how we have missed the mark of living the Christ-like life, we are now called to self-examination, repentance and confession. Each of these things: prayer, fasting, almsgiving, watchfulness and confession—are medicine for our souls. They cleanse and restore us, helping to uncover that beautiful and marvelous image of God within each of us. This Lenten medicine also reminds us how we should be throughout the year, serving more effectively as icons of Christ. —*Fr. Nicholas Alford*

- PARISH WORK PARTY:

Saturday, March 17, starting at 9 AM. Projects: clean up area behind the Parish Hall, finish installing drip lines by playground, planting a few more trees, storage building work, etc.

- FROM THE BOOKSTORE

As you have requested, we now have a few copies of a very nice pocket planner and calendar in stock. They are produced by an Orthodox monastery that supports an Orthodox mission in Haiti. —*Vladimir*

ANNOUNCEMENTS

March 4, 2012, Sunday of Orthodoxy

- TROPARION OF THE SUNDAY OF ORTHODOXY, TONETWO:

We venerate Thy most pure icon, O Loving Lord, asking Thee, O Christ our God, to pardon our transgressions. For of Thine own will wast Thou well-pleased to ascend the Cross in the flesh, to deliver from the bondage of the enemy those whom Thou hast fashioned. Therefore, in thanksgiving, we cry aloud to Thee: Thou hast filled all with joy, O our Savior, when Thou camest to save the world.

- KONTAKION OF THE SUNDAY OF ORTHODOXY, TONE EIGHT:

The uncircumscribed Word of the Father became circumscribed, taking flesh from thee, O Theotokos, and He has restored the sullied image to its ancient glory, filling it with divine beauty. This our salvation we confess in deed and word, and we depict it in the holy icons.

SCHEDULE OF EVENTS THIS WEEK

- Sat., March 3: 9 AM, Divine Liturgy for the Feast of St. Raphael of Brooklyn
3:30 PM, Catechism—*An overview of Great Lent*
5 PM, VIGIL / Confessions
- Sunday, March 4: 9:15–10 AM, Confessions
10 AM, Liturgy, / **Procession with icons**
Agape meal in Hall
- Tues., March 6: 7:30 AM, Lenten Matins
- Wed., March 7: 7:30 AM, Lenten Matins
5 PM, Confessions (also, during the Presanct.)
6:15 PM, Presanctified Liturgy, dinner and a spiritual reading from the Optina Elders

- Thurs., March 8: 7:30 AM, Matins
[Fr. Lawrence in Calistoga until evening Matins]
6 PM, Festal Matins for the Forty Holy Martyrs of Sebaste
- Fri., March 9: 10 AM, 9th Hour and Presanctified Liturgy for the Feast of the Holy Martyrs of Sebaste. Wine and oil day.

- UP-COMING SERVICES:

- Saturday evening, March 24: Eve of the Great Feast of the Annunciation. Vigil at 5 PM. The Annunciation means the Good News is brought to the Virgin; she conceives God in the flesh. We sing: “Today is the fountainhead of our salvation and the manifestation of the mystery which was from eternity. The Son of God becomes the Virgin’s Son, and Gabriel announces the good tidings of grace...”

- Thursday, March 29: Entire “Great Canon of St. Andrew of Crete” sung with Matins, starts at 9 AM, followed by the Presanctified Liturgy. The Life of Saint Mary of Egypt is read during the Matins, in two parts.

- PARISH CHOIR SINGERS:

There is a mandatory choir rehearsal scheduled for Saturday, March 31, for all Choir members who wish to sing on Palm Sunday, Holy Week and Pascha. Rehearsal starts at 10:30 AM and will go until about 2 PM or so. Lunch will be provided.

- AKKIDIA [Greek, meaning *lack of care, spiritual lethargy*]:

From *The Praktikos* by Evagrius of Pontus (345-399): The demon of akkidia—also called the noonday demon—is the one that causes the most serious trouble of all. He presses his attack upon the monk about the fourth hour [about 10 AM] and besieges the soul until the eighth hour. First of all he makes it seem that the sun barely moves, if at all, and that the day is fifty hours long. Then he constrains the monk to look constantly out the windows, to walk outside the cell, to gaze carefully at the sun to determine how far it stands from the ninth hour [or lunchtime], to look this way and now that to see if perhaps [one of the brethren appears from his cell].

Then too he instills in the heart of the monk a hatred for the place, a hatred for his very life itself, a hatred for manual labor. He leads him to reflect that charity has departed from among the brethren, that there is no one to give encouragement. Should there be someone at this period who happens to offend him in some way or other, this too the demon uses to contribute further to his hatred. This demon drives him along to desire other sites where he can more easily procure life’s necessities, more readily find work and make a real success of himself. He goes on to suggest that, after all, it is not the place that is the basis of pleasing the Lord. God is to be adored everywhere. He joins to these reflections the memory of his dear ones and of his former way of life. He depicts life stretching out for a long period of time and brings before the mind’s eye the toil of the ascetic struggle and, as the saying has it, leaves no leaf unturned to induce the monk to forsake his cell and drop out of the fight. No other demon follows close upon the heels of this one (when he is defeated) but only a state of deep peace and inexpressible joy arise out of this struggle.

- RIDE MINISTRY—STILL LOOKING FOR VOLUNTEERS:

There are a number of parish members and future parish members that are in need of a ride to the Saturday evening Vespers and the Sunday morning Divine Liturgy. We need volunteer drivers. Please contact Karen Prisca Roselle at (707) 431-8021 or (510) 735-1306.

- AWAY IN PORTLAND:

Fr. Lawrence and Matushka Ann are going to Portland, OR. on Monday and Tuesday to see former parishioner Mina Roussos, who is suffering from cancer. The parish veterans will remember that Mina and her husband Steve (Parissis), along with Fr. Patrick our iconographer, were the originators of the Glendi and deeply involved in parish life. Please keep her in your prayers.

- A THIRD REQUEST:

Please: women who come forward to receive Holy Communion must not wear any lipstick or lip gloss. Even if the lipstick is blotted prior to receiving Holy Communion, residue is left upon the spoon which is unsightly, unpleasant, unsanitary and very bad for the gold or silver plating.