

for the Diocesan Assembly, October 7–10. Help will be needed in the Kitchen, the Hall set-up, and cleaning the Church. Contact Fr. Lawrence, Serge Anderson (for Kitchen help) or Debbie Buse, for helping out in the Hall.

- ASCETIC LABOR

Any successful athlete will tell us that, in order to achieve victory in sports, self-denial and discipline are absolutely necessary. The athlete “fasts” when he or she trains, and “feasts” when he or she wins. Likewise with successful businesses, academic achievements or even successful farming. You don’t just wave a magic wand over your garden or your fields, and hope for a good harvest. You must “fast” (plow, plant, fertilize, water, pray for good weather, prune and weed) before you can feast. Gardening and farming are splendid icons of the ascetic spiritual life. ...neither can we “wave a magic wand” over our spiritual life and hope to grow spiritually. Given our fallen nature, with its tendency towards self-centeredness, counter-productive attitudes and destructive behaviors, we must fast in order that we may eventually feast, both in this life and in the age to come. —*DOXA, summer issue 2013*

- PASTORAL HUMOR ABOUT HOME VISITATIONS:

A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a business card and wrote ‘Revelation 3:20’ on the back of it and stuck it in the door. When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, ‘Genesis 3:10.’ Reaching for his Bible to check out the citation, he broke up in gales of laughter. Revelation 3:20 begins ‘Behold, I stand at the door and knock.’ Genesis 3:10 reads, ‘I heard your voice in the garden and I was afraid for I was naked.’

- ST. NICHOLAS BAZAAR:

Saturday, October 5, 10:30 AM – 3 PM, Vespers at 4 PM. Traditional Slavic foods, live music by the Nikolai Ensemble, homemade crafts, silent auction, choir concert, and more. Let’s support our sister Parish. The Bazaar will be held on the Church grounds, 102 Ross Ave, San Anselmo, CA. See the flyer for more info.

# ANNOUNCEMENTS

## Sunday after the Exaltation of the Holy Cross September 15, 2013

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- TROPARION OF THE RESURRECTION, Tone Three:

Let the heavens rejoice, let the earth be glad; for the Lord hath shown strength with His arm; He hath trampled down death by death; He hath become the first-born of the dead. He hath delivered us from the depths of hades, and hath granted the world great mercy.

- TROPARION OF THE CROSS, TONE ONE:

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

- KONTAKION OF THE CROSS, TONE FOUR:

O Thou Who wast lifted up of Thine own will on the Cross, bestow Thy mercies upon the new nation that bears Thy name; make all Orthodox Christians glad in Thy strength, granting them victories over their enemies, by bestowing on them the invincible trophy, Thy weapon of peace.

- INSTEAD OF THE TRISAGION:

Before Thy Cross, we bow down, O Master, and Thy holy Resurrection, we glorify. / *Slavonic version:* Kres-tu tvo-e-mu po-kla-nya-yem-sa vla-dy-ko, ee svya-to-ye vos-kre-sye-ni-ye tvo-ye sla-vim.

### ACTIVITIES & EVENTS THIS WEEK

- Saturday, Sept. 14: 9 AM, Divine Liturgy for the *Feast of the Exaltation of the Holy Cross*  
10:30 AM, GLENDI WORK  
**3:30 PM, *Baptism, sons of Tamara Postal***  
5 PM, Great Vespers / Confessions

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- Sunday, Sept. 15: **9 AM, Baptism of Inlow baby**  
10 AM, Divine Liturgy  
Noon, Agape Lunch
- Wed., Sept. 18: 6 PM, Vespers
- Thurs., Sept. 19: 6 PM, Akathist to St. Seraphim
- Fri. Sept. 20: **9 AM, Glendi set-up all day**
- Saturday, Sept 21: **11 AM, Gates open. Workers: please come at 8 AM to prepare**  
4 PM, Great Vespers
- Sunday, Sept. 22: 9 AM, Divine Liturgy (Note start time)  
**12 Noon, Glendi begins**

- FEAST OF THE CROSS:

September 14 is the remembrance of the finding of the Cross by St Helen in Jerusalem. This feast, one of the Twelve Great Feasts, is called the *Exaltation of the Precious Cross*. The celebration originated in the fourth century, according to early accounts, beginning with the miraculous discovery of the cross on September 14, 326 by the then seventy year old Saint Helen, mother of Constantine, while she was on a pilgrimage to Jerusalem—the same day that two churches built at the site of Calvary by Constantine were dedicated. In honor, and in thanksgiving, today we carry the Cross from the Altar to the center of the Church, at the end of the Matins service. 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 Fast Day. **We abstain from all animal and dairy products, i.e., no meat or dairy.** This Feast is usually kept as a Strict Fasting Day, in which we eat nothing until the afternoon. However, since this day falls this year on a Saturday, which is normally not a fasting day—we break our fast with a light lenten style meal. We abstain from meat/dairy the entire day, not just until the afternoon. Fasting days are kept from midnight-to-midnight, not Vespers-to-Vespers.

- GLENDI:

Various activities are planned for this coming week, “Glendi Prep Week.” For Friday, Sept. 20 especially, we are trying to put together a team of men

and women to help with set-up outside and inside. At the moment, we do not have a sufficient number of hands to help. Please call Father Lawrence if you are able to give some time. Not all the work is “heavy lifting.”

- BURDENS:

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)*

- ORTHODOXY ~ SPIRIT, NOT IDEOLOGY:

It is impossible in the pursuit of the ideal of a happy spiritual family, to reject one of its members and forget about him. There can only be a coexistence with him, and coexistence means always remembering one another. Individualism is foreign to Christianity. And if there is no YOU then there is no ME. WE, together, the many, are one body. But this gathering of various personalities into one body is a very tough and dramatic reality. One of our brothers writes: “When despite all our conflicts and hatreds which we can’t remove from our relationships, when despite all our problems, hurts and pains, we still insist on gathering, in order to be together in Christ’s love, then that very effort becomes the foundation on which God transforms us into the Body of Christ. Separately we exist as sinful individuals, suffering from our sins, but gathered together we are the suffering Body of Christ, the Holy Church—the beginning of bringing the bloodless sacrifice to the Eucharist.

—*From the Latvian Orthodox priest, Father Victor Mamantov*

- PRIORITIES AND THE CHRISTIAN LIFE:

In almost every culture and language, there is a proverb that roughly translates, “Whatever you do, your kids will do less.” As parents (and friends), everything we do communicates a set of priorities to those around us. Add to that the fact that every second generation takes the norm for granted and you have a recipe for consistent decline. The only solution is that every generation makes a personal commitment to raising the bar. This is no one’s fault. But it is an aspect of our struggle against the Fall. —*Fr. Thaddeus Hardenbrook, Felton, CA.*

- DIOCESAN ASSEMBLY:

Our Parish is hosting the priests, lay delegates, and our Archbishop Benjamin