

• ANNUAL MEETING—FEBRUARY 2:

Our Parish Annual Meeting, which is a gathering of all the parish members in a sacred assembly, is scheduled for Sunday, February 2, 12:30 PM. Please plan on attending. So that each person will be well-informed about the work of the parish, a booklet of reports for the year (financial, sacramental, church school, etc.) will be available on Sunday, January 26. Please familiarize yourself with those reports. Our Annual Meetings run smoothly when we are up to speed on these reports. There will also be elections for parish council at the meeting.

*The following Council Members have one more year to serve:* Debbie Buse, Freddie Myles, Kathleen Rhodes, Daphne Russell, Karen Werder.

*The following names will be on the ballot for Parish Council:*

Serge Anderson, Gary Collins, Ted Dechant, Michael Dovey, John Gilluly, Joseph Marino, Adriel Scarborough, Alexander Stameroff, Kira Staykow, Peter Tennyson. Nominations close on Thursday, Jan. 23.

• SANCTITY OF LIFE SUNDAY (3RD SUNDAY OF JANUARY):

O Lord Jesus Christ, the only begotten Son, Who are in the bosom of the Father, True God, source of life and immortality, Light of Light, who came into the world to enlighten it, Thou wast pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Thine All-Holy Spirit. O Master, Who came that we might have life more abundantly, we ask that Thou might enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Thine image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For Thou art the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Thy divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Thy Truth and glorify Thee, the Giver of Life, together with Thy Father and Thine All-Holy and Life-giving Spirit, now and ever, and unto ages of ages.

—Prayer for “Sanctify of Life Sunday”

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



## January 19, 202

### Santity of Life Sunday



• TROPARION OF THE RESURRECTION, Tone 6:

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 ST. MARK OF EPHESUS, Tone Three:

O all-laudable and most divine Mark, in thee the Church found a great zealot by thy confession of the holy and sacred Faith; for thou didst champion the doctrines which the Fathers taught, and thou didst cast down darkness's boastful pride. Wherefore, pray thou to Christ God for them that honor thee, that He may grant us the forgiveness of sins.

• KONTAKION OF ST. MARK OF EPHESUS, Tone Three:

Clad, O Godly-minded one, with an invincible armor, thou didst dash to

pieces the pride of the Western rebellion; thou wast brought forth as the champion of Orthodoxy, as the Comforter's own instrument and pure vessel. For this cause, to thee, we cry out: Rejoice, O Mark, thou boast of the Orthodox flock.

## ACTIVITIES & EVENTS THIS WEEK

- Saturday, Jan. 18: House blessings  
5 PM, Great Vespers, Confessions  
Wedding rehearsal for Zlata and Landis
- Sunday, Jan. 19: 8:30 AM, Matins  
10 AM, Divine Liturgy  
11:45 AM, Church School  
Noon, Agape Meal  
3 PM, Wedding
- Tuesday, Jan. 21: 5 PM, Jesus Prayer, Protection Church
- Wednesday, Jan. 22: 5:30 PM, Panikhda for George Barsi, one year anniversary of repose  
6 PM, Vespers, Potluck, Study of the *Epistle to the Romans, Chapter 7 (maybe 8)*
- Thursday, Jan. 23: 7 PM, Parish Council Meeting (review of items for Annual Meeting)
- Saturday, Jan. 25: 10 AM, Carpool for *Walk for Life*  
5 PM, Great Vespers, Confessions
- Sunday, Jan. 26: 8:30 AM, Matins  
10 AM, Divine Liturgy  
11:45 AM, Church School  
Noon, Agape Meal  
House Blessings

### • RIDE TO SF FOR THE WALK:

The *Walk for Life* will take place in San Francisco on Saturday, January 25. See Tom Pellizzer or me if you are interested in participating. Some may have the mistaken belief that the [Walk for Life](#) in SF is a politically driven, conservative-Evangelical-Christian event. Of course, there are many Evangelical Christians who come to the Walk. There are also many non-Chris-

tians (I recall a woman from “Agnostics against Abortion” who very eloquently spoke to the gathering a few years back). However, by and large, most of the approximately 50,000 people who gather for the Walk are Roman Catholics, and many of them Latinos. In my experience, the Walk participants are universally prayerful, peaceful and joyful. One also senses—at the same time—the great sorrow concerning how many children in the womb have been aborted. —*Fr Lawrence*

### • ST. MARK OF EPHESUS:

This great Orthodox saint is celebrated each year on January 19. Saint Mark Evgenikos, Archbishop of Ephesus, was a stalwart defender of Orthodoxy at the Council of Florence (1439 AD). He would not agree to a union with Rome which was based on theological compromise and political expediency: The Roman Pope was dictating terms for the Orthodox to accept, and in return, the Byzantine Emperor would receive military assistance from the West, to fight the Turkish Moslems who were encircling Constantinople. Saint Mark countered the arguments of his opponents, drawing from the well of pure theology, and the teachings of the Holy Fathers (specifics of those arguments [may be found here](#). When the members of his own delegation tried to pressure him into accepting the “Union” he replied, “There can be no compromise in matters of the Orthodox Faith.” The members of the Orthodox delegation signed the *Tomos of Union*—Saint Mark was the only one who refused to do so. When he returned from Italy, Saint Mark urged the inhabitants of Constantinople to repudiate the dishonorable document of union. He died in 1457 at the age of fifty-two.

### • DIFFICULTIES WITH CONFESSION:

What if I have nothing to repent of in confession? If you come to confession and you have nothing to repent of, that is probably a good thing. The Apostle Paul says so: if your conscience does not condemn you, you are a happy person! Although the Psalmist David, for example, believed that it is impossible to live an hour without sinning. Of course, one should neither obsess about finding one's sins, nor make them up. It often happens that a person approaches me, and I can feel that they are anxious: they need to say something, but do not know what! Then I stop them, “If you do not see your sins, may it be better just to repent that you do not see them? Just honestly admit it...” That would be right.