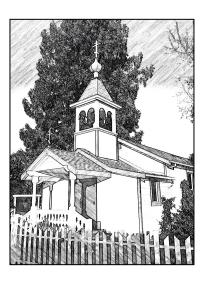
# ANNOUNCEMENTS

# Sunday January 20, 2019 Sanctity of Life Sunday

#### • TROPARION OF THE RESURRECTION, Tone One:

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ; glory to Thy kingdom; glory to Thy dispensation, O Thou who lovest mankind.



#### • 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 THE RESURRECTION, Tone One:

As God, Thou didst rise from the tomb in glory, raising the world with Thyself. Human nature praises Thee as God, for death has vanished. Adam exults, O Master, Eve rejoices, for she is freed from bondage, and cries to Thee: Thou art the Giver of Resurrection to all, O Christ.

# **ACTIVITIES & EVENTS THIS WEEK**

• Saturday, Jan. 19: 8 AM, Men's Group Breakfast at Happy Hen

Piroshki prep in Hall—morning and afternoon

5 PM, Great Vespers

• Sunday, Jan. 20: 8:30 AM, Abbreviated Matins

9 AM, Baptism of Anthony Aftim

10 AM, Divine Liturgy

11:45 AM, Church School / Noon, Agape Meal

House Blessings in the afternoon

• Wednesday, Jan. 23: 6 PM, Vespers, potluck supper and talk on the Letters of St. John Chrysostom

Thursday, Jan. 24: 9 AM, Divine Liturgy, Feast of St. Xenia of Petersburg

• Saturday, Jan. 26: 9 AM, Depart for Walk for Life in San Francisco

4 PM, Children's Choir Rehearsal

5 PM, Great Vespers

# • HOLY COMMUNION:

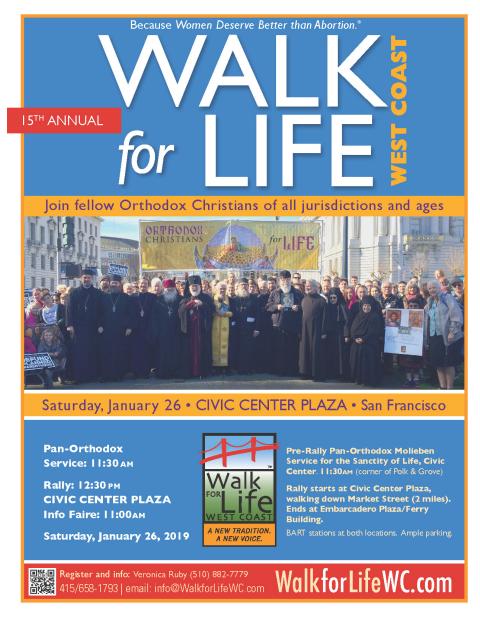
We welcome our visitors and our guests this morning, and would remind them, as well as all Parish and Church members, that the reception of Holy Communion is reserved for Baptized and Chrismated Orthodox Christians, only. Indeed, no Orthodox Christian should approach the Chalice to receive Holy Communion unless he or she has prepared by fasting, prayer (especially the "Pre-Communion Prayers") and a **recent** participation in the Holy Sacrament of Confession. We confess our sins when our conscience dictates, but certainly, **no less than once per month for those that receive Communion weekly**. St. John of San Francisco exhorts us to keep a regular participation in Holy Communion, and not to let sin, poor attendance or laziness come between ourselves and the Holy Chalice: "Until a man's earthly life finishes its course, up to the very departure of the soul from the body, the struggle between sin and righteousness continues within him. However high a spiritual and moral state one might achieve, a gradual or even headlong and deep fall into the abyss of sin is always possible. Therefore, communion of the holy Body and Blood of Christ, which strengthens our contact with Him and refreshes us with the living streams of the grace of the Holy Spirit flowing through the Body of the Church, is necessary for everyone. —from the book *Man of God: Saint John of Shanghai & San Francisco* 

#### RIDETO SF FOR THE WALK:

Those who are interesting in joining me and other parish members on the *Walk for Life* in San Francisco on Saturday, January 26, please let me know in the next few days. I hope to arrange transportation to the City for this event. —*Fr Lawrence* 

#### • ST. MARK OF EPHESUS:

This great Orthodox saint is celebrated each year on January 19. In order for us to keep the commemoration we've moved the feast to January 20 this year. Saint Mark Eugenikos, Archbishop of Ephesus, was a stalwart defender of Orthodoxy at the Council of Florence. He would not agree to a union with Rome which was based on theological compromise and political expediency (the Byzantine Emperor was seeking military assistance from the West against the Moslems who were drawing ever closer to Constantinople). Saint Mark countered the arguments of his opponents, drawing from the well of pure theology, and the teachings of the holy Fathers. 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."



Although 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 Florence, Saint Mark urged the inhabitants of Constantinople to

repudiate the dishonorable document of union. He died in 1457 at the age of fifty-two, admired and honored by all. *Holy Hierarch Mark, pray to God for us.* 

# • ANNUAL MEETING—FEBRUARY 3:

Our Parish Annual Meeting, which is a gathering of all the parish members in a sacred assembly, is scheduled for Sunday, February 3, 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 next Sunday. Please spend some time familiarizing 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:

Serge Anderson, Adriel Magdalene Scarborough, Alex Stameroff, Gary Peter Collins (was an alternate, now serving out Bonnie's term).

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

Vladimir Baer, Debbie Buse, Theodore Dechant, Joseph Marino, Freddie Andrew Myles, Kathleen Rhodes, Daphne Russell, Karen Werder.

#### ARCHPASTORAL MESSAGE OF HIS BEATITUDE, METROPOLITAN TIKHON

Sanctity of Life Sunday, January 20, 2019: To the honorable Clergy, venerable Monastics, and pious Faithful of the Orthodox Church in America; For forty-six years, we have lamented the Roe v. Wade decision that legalized abortion in the United States of America. And for forty-six years, those who consider life to be a sacred gift from God have gathered each January in Washington, DC and elsewhere in this nation to proclaim this most sacred gift. Created as we are in the very image and likeness of God, we turn to the One Whom we worship as the "Giver of Life" in thanksgiving for sharing His very life with "every man who comes into the world," even "from his mother's womb." In our liturgical worship, we continuously acknowledge God as the "Bestower of Life." And in doing so, we recognize that His precious gift is imparted at the moment of conception—a reality underscored in Luke 1:41, in which we read that John the Baptist "leaped" in his mother Elizabeth's womb, rejoicing in her encounter with the Mother of God. It has become increasingly evident, however, that proclaiming the sanctity of life involves much more than lamenting the legalization of abortion and protecting the unborn, crucial as these are. While we so often speak of life "in the womb" and eternal life "beyond the tomb," there are many related issues that are encountered "in between." Our commitment to life of necessity extends to care for our infants, our infirm, our elderly—and ourselves. While expressing our concern and offering our prayers for the unborn, we are called to recognize that issues such as the opioid crisis, the cost of quality health care, capital punishment, the marked increase in addictions and suicide, to name but a few, are intimately connected to our recognition and proclamation of God's gift of life. Our Christian witness demands not only concern for the unborn, but a sense of responsibility to ensure that living a "life well lived"—seeking the blessedness to which we have been calledextends to the unborn and born alike. As we discern the will of God in our own lives, we are called to preserve and protect all life in recognition of God's plan for His people on this earth and in anticipation of "the life of the world to come." As we mark this sorrowful anniversary, may we turn our attention to the "Giver of Life," Who created us in His ever-abundant love. May we, each in our own way, proclaim His sacred gift. And may we embrace His will, that in all things He and He alone might be glorified as the "Fountain of Life" and the "Light of the world," Who brings all mankind to that Kingdom which has yet to be fully revealed, but is already fully present in the life of His people, the Church.

With love in Christ, + Tikhon, Archbishop of Washington, Metropolitan of All America and Canada

# • THE NEED FOR A SENSE OF URGENCY:

...Remind yourself every day that "now" is in our hands, but "tomorrow" is in the hands of God, and that He who gave you this morning has not bound Himself with the promise to give you the evening too. Refuse to listen to the devil when he whispers to you: give me now, and you will give tomorrow to God. No, no! Spend all the hours of

your life in a way pleasing to God; keep in your mind the thought that after the present hour you will not be given another and that you will have to render a strict account for every minute of this present hour. Remember that the time you have in your hands is priceless and if you waste it uselessly, the hour will come when you will seek and not find it. Consider as lost day when, although performing good deeds, you have not struggled to overcome your bad tendencies and desires. To end my lesson on this subject, I shall repeat the Apostle's commandment: "Fight the good fight" always (I Tim 6:12). For one hour of diligent work has often gained heaven and one hour of negligence has lost it. Take care if you want to prove before God your firm faith in your salvation. "He that putteth his trust in the Lord shall be made fat" (Prov 28:25) — Nicodemus of the Holy Mountain, from the book Unseen Warfare.

