• MEMORIAL DAY AT THE CEMETERY:

A Panikhida will be served on Memorial Day, May 29 at Noon, at Santa Rosa Memorial Cemetery. I invite all of you to join me in praying for those who laid down their life for their country, and as a public witness of our Orthodox Faith in prayerful action.

• TRIPTO HOLYTRINITY AND THE GIANTS:

The Parish Men's Group is organizing a Sunday trip (May 28) to Holy Trinity Cathedral for Liturgy and then to see the SF Giants play. We have twenty-five tickets available, at \$43 per ticket. See Tom Pellizzer to purchase a ticket or for more information.

• LECTURE HERE, WEDNESDAY, May 31:

Mother Melania from Calistoga will give a talk here on Wednesday, May 31 at 7 PM on "Love, Marriage and Sexuality."

• ST SERAPHIM WEEK IS AROUND THE CORNER:

If you have children, grandchildren or godchildren ages ten and under, you'll want to enroll them in our *St. Seraphim Week for Kids* program. This annual "Church School" will take place June 19–23 from 9 AM to noon. Volunteers will be needed to help out each morning for a couple of hours. We especially love our teenage volunteers. We have opportunities to help with crafts, story telling, playing games, snack prep and, of course, clean up. Please contact Gloria Collins at (707) 849-6135.

• DIOCESAN SUMMER CAMP:

Please see Fr. Lawrence for info on the Summer Camp, July 2-8.

• OUR LIFE:

Our way of life in this world resembles a document that is still in draft form: things can be added or taken out, and alterations can be made, whenever one wants. But life in the world to come resembles the case of completed documents that have the king's seal already upon them, and no addition or subtraction can be made. While we are still here, where changes can be made, let us take a look at ourselves, and while we still have control over the book of our life, and it is in our hands, let us be eager to add to it by means of a good lifestyle, and delete from it the defects of our former lifestyle. —St Isaac the Syrian

ANNOUNCEMENTS

May 7, 2017 ~ Sunday of the Paralytic

• TROPARION OF THE RESURRECTION, Tone Three:

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

• KONTAKION OF THE PARALYTIC, Melody *On This Day:* As of old Thou didst raise up the paralytic, O Lord God, by Thy God-like care and might, raise up my soul which is palsied by diverse sins and transgressions and by unseemly deeds and acts, that, being saved, I may also cry out: O Compassionate Redeemer, O Christ God, glory to Thy dominion and might.

• KONTAKION OF PASCHA, Tone Eight:

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades. And didst arise as victor, O Christ God, calling to the Myrrh-bearing women: Rejoice; and giving peace unto Thine apostles, O Thou who dost grant resurrection to the fallen.

ACTIVITIES & EVENTS THIS WEEK

• Saturday, May 6: 4 PM, Children's Choir Rehearsal

5 PM, Great Vespers

• Sunday, May 7: 10 AM, Divine Liturgy

11:45 AM, Church School

Noon, Agape Meal

4 PM, Pellizzer/Tablar Wedding

• Tues., May 9: 6 PM, Vespers for Mid-Feast

• Wed., May 10: 5 PM, Redwood Empire Food Bank

6 PM, Water Blessing for the Feast of Mid-

Pentecost

7 PM, Glendi Organizational Meeting

• Thurs., May 11: 6 PM, Prayers for the Sick

MID-PENTECOST:

On Wednesday this week we celebrate the Blessing of Water for Mid-feast, also known as the feast of Mid-Pentecost. This day marks the half-way point from Pascha to Pentecost (a 50 day period). Just as the Lenten Sunday of the Veneration of the Holy Cross reminded us that we were halfway to Pascha, so this feast alerts us to the fact that we are halfway to another goal, the incredible day of Pentecost. A hymn for the day tells us: "At Midfeast give Thou my thirsty soul to drink of the waters of piety; for Thou, O Savior didst cry out to all: Whosoever is thirsty let him come to Me and drink. Wherefore, O Well-spring of Life, Christ our God, glory be to Thee" (Troparion of the Feast). On the Sunday of the Veneration of the Holy Cross—the mid-point of Great Lent—we were reminded of the words of Christ that "if any man would come after Me, let him deny himself and take up his cross daily and follow Me" (Luke 9:23). This daily carrying of the cross is a great act of trust in God, bringing an experience of the Resurrection of our souls. Now, at the mid-point between Pascha and Pentecost, we are encouraged to daily seek the full acquisition of the Holy Spirit, Who is poured out as a gift of Living Water upon us. The central theme woven throughout the period of the 50 days from Pascha until Pentecost therefore, is water, or rather, water as an image of the Holy Spirit. During this festive period we hear if one partakes of the Spirit's "living water" he "will never thirst." Vespers for Mid-Pentecost will be Tuesday at 6 PM, and the Blessing of Water, Wednesday, at 6 PM.

• A SERVICE OF SUPPLICATION FOR THE SICK:

A service for those who are ill will be served on Thursdays (May 11, 18, June 1) at 6 PM. This is not an Unction Service, but a short (half hour or so) Molieben at which we ask the Lord to send help, consolation, healing and patience to those who are suffering from illness. We pray for those who will be present among us, or for those sick at home. Please provide a list to

me so I can include their names in the litanies and prayers. —Fr. Lawrence

• KITCHEN WORK PARTY:

There will be a Kitchen Clean Up Work Party on Saturday, May 20 starting at 9 AM.

ASCENSION DAY—THURSDAY, MAY 25:

Forty Days after Pascha—which is a Thursday—we celebrate **Ascension**. On this feast—May 25 this year—we celebrate the exaltation and the enthronement of the crucified and risen Jesus as Lord, Who as the God-Man He ascended to the Father, not to attain godhood—as in some kind of pagan myth where a great man rises to divinity. It works the other way: the Divine One, the Word—by Whom, for Whom and in Whom all things exist and were created—emptied Himself to become a man, a slave, in order to suffer, die and rise for us. His Ascension is the **seal** of His Lordship and His exaltation at the Right Hand of the Father to reign with Him unto ages of ages. In Jesus, human nature itself is deified, raised up, to the divine throne so that we to might be deified with Him, as members of His Body, the Church. We are united to Him and, so with Him, we enter into the Holy of Holies of Heaven to reign with Him. The Feast is always on a Thursday—and that means that many of those who come will have to make special arrangements to be at the Thursday morning Liturgy. Yet, no doubt, most of us can be present at the Wednesday evening Vigil at 6:15 PM. Let us see this Feast in context: Lent leads to Pascha, Pascha leads to the Ascension, Ascension leads to Pentecost, and Pentecost to All Saints and our deification. We need the whole scope of the Gospel, and we celebrate all of our Lord's wonderful deeds accomplished for our salvation. With that in mind, let each of us participate in the Feast of Ascension, and receive Christ, Who sits are the right hand of the Father, at Holy Communion, and so also each one of us may become His deified throne. Thou didst raise up human nature which was fallen into corruption, O Christ, and in Thine Ascension Thou didst exalt us and glorify us together with Thyself. (Hymn of Vigil)

• SENIOR LUNCH FELLOWSHIP:

We meet for an Ascension Day Meal, after the Divine Liturgy, May 25.