of Fort Ross and experience how our Orthodox faith is a central part of that history. This will be an unusual and fun opportunity for young and older to dress up and assume the roles of historical characters in their actual setting.

• FAITHFULNESS TO THE GOSPEL:

... Christians who remain faithful to "all that Christ has commanded us," are thought of more and more as a threat to the good of society. Indeed, we are entering upon a new age of martyrdom. We are, of course, grieved and horrified by the blood-filled persecution of Christians in the Middle East at the hands of fanatical followers of a false prophet. But here in the West, we are facing the challenge of a new secular religion, whose doctrines are constantly shifting, whose prophets are always advancing in zeal to redefine, to rearrange, and to deconstruct the fundamental building-blocks of human nature and human society as created by God: male and female, fatherhood, motherhood, and childhood—conception, birth and death: these foundation stones of human nature. For Christians, the body is a sacred temple, created in God's image and meant to be his dwelling place. For the inventors of the "new normal," the human body is an amusement park of infinite novelty. And so more and more Christians are seen as madmen, as misfits in a society and a legal system that is intolerant of any dissent on these matters. "Destroy this temple, and I will raise it up again in three days." (Jn. 2:19). The resurrection gives us the courage we need to remain true to Christ's teachings as handed down to us by the Apostles. All the words of this life—not just the words carefully chosen as least likely to give offense. —Hierodeacon Herman (Majkrzak), St. Vladimir's Seminary

• SERBIA TRIP:

Dear brothers and sisters, Christ is risen! I am writing to inform you all that I have reached my fundraising goal for my mission trip to Serbia this summer. Many have asked me when I am leaving, and have given me wonderful support as well as well as financial contributions. I will be gone June 5th through July 30th. God willing, I will be back in time for vespers and Liturgy that weekend! May God bless all of you in this season of Pentecost. Please pray for me while I am gone. I'll need all the help I can get! — Seraphim Spencer Longman

ANNOUNCEMENTS

May 22, 2016~ 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 21: 5 PM, Great Vespers and Matins

6:30 PM, Young Adult Group Meeting

• Sunday, May 22: 10 AM, Divine Liturgy

11:45 AM, Church School

Noon, Agape Meal

12:30 PM, Men's Group Meeting on Porch

• Wed., May 25: 9 AM, Divine Liturgy and Water Blessing for the

Feast of Mid-Pentecost

6 PM, Vespers

• MID-PENTECOST:

On Wednesday morning we will celebrate the Divine Liturgy and the Blessing of Water for Mid-feast, also known as 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 notable day of Pentecost. Here is the Troparion of the day: "At Mid-feast 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 are 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 midpoint 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."

• MEN'S GROUP MEETING:

The parish men and teens are invited to a short meeting, about 12:45 PM Sunday, on the Porch to discuss a possible pilgrimage, work party in Calistoga (followed by a wine tasting tour) and July 30 ballgame in SF.

• VISIT OF BISHOP DANIEL:

His Grace, Bishop Daniel is hoping—to be confirmed—to visit us for Vespers on Saturday, July 2, and the Divine Liturgy on Sunday, July 3. He also plans to serve the Divine Liturgy at our Annual Fort Ross Pilgrimage on July 4. Mark your calendars now.

• TRIPTO TACOMA AND BEYOND:

Fr. Theodor, Matushka Hanne and children will be going up to the northwest to visit Holy Resurrection Orthodox Church (Fr. John Pierce is the pastor there) and other parishes from May 23 until June 15. This is a

working trip for Fr. Theodor, since visiting other parishes in the Diocese is part of his internship.

• FOR PARENTS:

Please let me know of your sons and daughters who are graduating from high school or college so that we can all pray for them and honor them.

—Fr. Lawrence

• DO NOT JUDGE OTHERS:

Until we uproot our defects, we should mirror ourselves in the defects of others and examine where we stand. For other people are a mirror in which we see ourselves. For example, if we see a certain failing in another person, we should immediately say, "Let me see, could I possibly have this same defect also?" And when we see that we have it, then we can struggle to cast it out. — *Elder Paisius of Mount Athos, Spiritual Struggle, III*

• BECOME LIKE GOD:

When you throw a nail into a fire, it gets hot and starts to glow like fire. In the same way you, when you listen to divine teachings and live accordingly, will become like God. —*St. Symeon of Daibabe*

• CONGRATULATIONS:

We congratulate Nicolas and the singers of the Carmina Chromatica ensemble and thank them for their wonderful concert last Sunday.

• 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 13–17 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.

• FORT ROSS CAMPING TRIP:

Catherine Golitzin from San Anselmo will visit us on Sunday, May 29, to tell us about a parent/youth camping trip to Fort Ross planned for October. Her short informational talk will take place at the end of the Agape Meal. On this overnight trip our youth will learn about the history