• FEAST OF SAINT SERAPHIM:

Vigil will be served on Wednesday, July 18 at 6:15 PM, and the Hierarchical Liturgy (we are expecting Archbishop Benjamin) on July 19 at 9:30 AM. This feast commemorates the birth and glorification (canonization) of our patron saint. Being the feast of OUR parish, the "Cathedral of St. Seraphim in Santa Rosa" it is my hope that all of our parishioners will be present for these services. "O kind-hearted father: be thou indeed our guide to salvation, and bring us to the unwaning light of eternal life, by thy good intercession before the throne of the Most Holy Trinity..."—Fr. Lawrence

• MONASTERY FEAST:

Kazan Skete will be celebrating the Monastery Feast Day on Friday, July 21 with Divine Liturgy, a procession and a festal lunch. Festivities begin at 9:30 AM.

ALL SAINTS ANTIOCHIAN MISSION:

For the last four years, our Protection Church has served as home for the small Antiochian Orthodox Archdiocese mission parish. Matins and Liturgy were celebrated every Sunday, and on certain feast days, and of course during Holy Week and Pascha. The Mission, named after the Feast of All Saints, has moved on, and is now serving the Divine Liturgy at the Finley Center off (located off of Stony Point Road). We ask that God would increase and bless their community.

AVOIDING RESENTMENT:

If you harbor rancor against anybody, pray for them and you will prevent the passion from being aroused; for by means of prayer you will separate your resentment from the thought of the wrong they have done you. When you have become loving and compassionate towards them, you will wipe the passion completely from your soul. Should some people regard you with rancor, be pleasant to them, be humble and agreeable in their company, and you will deliver them from their passion. —*St. Maximos the Confessor*

FREEDOM:

It is no small struggle to be freed from self-esteem. Such freedom is to be attained by the inner practice of the virtues and by more frequent prayer; and the sign that you have attained it is that you no longer harbor rancor against anybody who abuses or has abused you. —*St. Maximos the Confessor*

ANNOUNCEMENTS

July 2, 2017 ~ St. John of San Francisco

• 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 ST. JOHN OF SAN FRANCISCO, Tone Five:
Lo thy care for thy flock during its sojourn, prefigured thy supplications which are ever offered up for the whole world: thus do we believe, having come to know thy love, O holy hierarch and wonderworker John. Wholly sanctified by the sacred celebration of the All-Pure Mysteries, whereby thou wast thyself ever strengthened, thou didst hasten unto the suffering, O gladsome healer. Hasten thou now also to the aid of us who honor thee with all our hearts.

• KONTAKION OF ST. JOHN OF SAN FRANCISCO, Tone Eight: Chosen wonderworker and superb servant of Christ, who pourest out in the latter times inexhaustible streams of inspiration and a multitude of miracles. We praise thee with love, and call out to thee: Rejoice, O holy Hierarch John, wonderworker of the latter times.

ACTIVITIES & EVENTS THIS WEEK

• Saturday, July 1: 5 PM, Vespers

• Sunday, July 2: 10 AM, Divine Liturgy

Noon, Agape Meal

• Monday, July 3: 4 PM, at the Monastery in Calistoga, Vigil and

Installation of Mother Melania as Abbess

Protection of the Holy Virgin Orthodox Church • 90 Mountain View Ave • Santa Rosa 707-584-9491 • LMargitich@sbcglobal.net • saintseraphim.com

• Tuesday, July 4: 10 AM, Divine Liturgy at Fort Ross

4 PM, Service of Endorsement of Chaplaincy for Kate Willens, with Archbishop Benjamin

(here at St. Seraphim)

• Wednesday, Sept. 7: 6 PM, Vespers

EXPRESSING GRATITUDE BEFOREHAND:

Prayer and fasting—when done with faith and from the heart—give us capacity to receive God's grace. "Space" is made, so to say, for God in the soul by turning away from our own desires (whether good or bad desires). Tito Colliander, in the marvelous book, "Way of the Ascetics" put it this way: "Since the Fall [from Paradise] the will has been running errands exclusively for its own ego." So some effort is required on our part to be free of ourselves and the power of our thoughts and impulses. In this effort we receive in return much more than what we offer. Of course, God's grace is not earned; we only prepare ourselves to receive it. All this is especially true of our participation in the Divine Liturgy and reception of Holy Communion. A question: What is given to us in the Church as the most effective way to prepare for the Liturgy, to give us the "capacity" to carry the Holy Gifts within ourselves as communion with the Savior? Our practice in the Orthodox Church in America (OCA) is to make a confession at least once a month. We are also taught to say the Prayers Before Holy Communion, found in any common Orthodox Prayer Book, before receiving Holy Communion. Finally, the Tradition of the Church also strongly encourages us to attend Vespers on Saturday evening as part of our preparation for Communion.

LOST AND FOUND:

Please see if any of the items at the "Lost and Found" box in the Hall belong to you.

• SERVICE OF THANKSGIVING AND ENDORSEMENT:

As many already know, Kate Willens is working as a chaplain for East Bay Hospice, having completed many years of training at SF Theological School in Marin, the Orthodox Institute in Berkeley and private sessions here at Church. In recognition of her accomplishments, and as an endorsement by the OCA, His Eminence Archbishop Benjamin will be here at 4 PM, July 4, to conduct the Thanksgiving and Endorsement for Chaplaincy.

• GOING AWAY BLESSING AND BBQ:

Fr. Theodore, Matushka Hanne, Simon and Filip are leaving us to return to Norway on July 10. In order to show our love, appreciation for their labors and best wishes for them, there will be a blessing and Pot-luck BBQ (bring something to share) on Sunday, July 9. We will begin with the blessing in the Church at 4:30 PM. The Svane family came to us two years ago so Fr Theodor could serve as a pastoral intern. Being mature, capable and accomplished, both Fr. Theodor and Matushka Hanne's time here should be described not as "internship" but as assistants and colleagues. We received incalculable benefits from the Svanes; they will all be sorely missed.

• SEMINARIANS:

Ambrose, Meghan and the Inlow family will be departing to Pennsylvania later this month to begin their studies at St. Tikhon's Seminary. There will be a travel blessing and going-away potluck for them, day and time to be announced. Let us, as a parish, plan to offer some financial support during the three-year Masters of Divinity degree program. So far, our parish has collected (from two individuals over the last ten years) \$27,000 in support of seminarians from our Parish. This is a wonderful and generous beginning, which will hopefully inspire all of us to set aside some funds each month in support of the Inlows.

• REPAIR:

The Protection Church is getting some much needed repair on the bell tower, which has severe dry rot as well as charring inside of the structure from a fire which occurred at some point—no one seems to know when. In any case, the upper portion will be lifted off the building with a crane, rebuilt on the ground, and set back in place. We are very grateful for the anonymous donation of \$10,000 to cover the cost of this work.

• FRESCOES:

Fr. Patrick and Hierodeacon Moses have been painting the fresco of the "Descent into Hades" last week and will be working on it for the next couple of weeks. The fresco was commissioned by the parish membership over fifteen years ago. The Fathers intend to paint the entire north clerestory area and only after that will tackle the Forty Martyrs again. Your offerings for the fresco fund in general, and for particular saints/feasts, are much appreciated.