

• AN EVENING WITH DOCTOR KERI:

Parish Youth: You are invited to a special evening with Keri Elizabeth, (wife of Alex DeMaar, mom of Matthew DeMaar and devoted member of our Parish), who will give an informal talk about the practice of medicine and surgery, and specifically about the process of becoming a physician. She will be happy to answer any questions (for example, what it's like to be an Orthodox Christian female surgeon, questions about the body and what happens as we age, how certain parts of the body work, etc.). Keri is a practicing physician whose specialty is General Surgery. Her presentation will be geared towards the questions and concerns of youth, however, of course, all ages are welcome.

When: 6:30 PM, August 20. **Where:** Parish Hall

Pizza and drinks provided

The talk will be preceded by an Akathist to St. Seraphim at **6 PM**

Please let Vicky Basch know if you will attend

**SAVE THE DATE
FOR OUR 2ND ANNUAL
CAMP GLENDI!!**

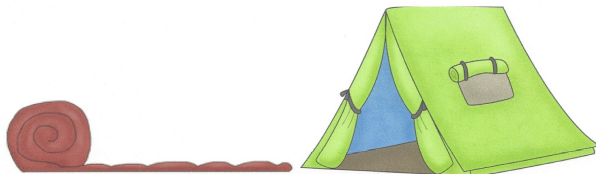
WHEN: 5:30 Friday, Sept. 20th - Saturday, Sept. 21st after
vespers

WHERE: St. Seraphim Church grounds

WHAT: FUN FAMILY CAMP TIME! Come pitch your tent on
the lawn, put your trailer in the parking lot, or set up your
sleeping bag in the hall.

Meals, activities, and s'mores provided.

More details to follow...



ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



August 11, 2019

Postfeast of Transfiguration



• TROPARION OF THE RESURRECTION, Tone Seven:

By Thy Cross Thou didst destroy death; to the thief, Thou didst open Paradise. For the Myrrh-bearers, Thou didst change weeping into joy, and Thou didst command Thy Disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy.

• TROPARION OF TRANSFIGURATION, Tone Seven:

Thou wast transfigured on the mount, O Christ our God, showing Thy glory to Thy disciples as far as they could bear it. By the prayers of the Theotokos, let Thine everlasting light shine forth upon us sinners. O Giver of Light, glory to Thee.

• KONTAKION OF THE TRANSFIGURATION, Tone Seven:

On the mountain wast Thou transfigured, O Christ God, and Thy disciples beheld Thy glory as far as they could see it; so that when they would behold Thee crucified, they would understand that Thy suffering was voluntary, and would proclaim to the world that Thou art truly the Radiance of the Father.

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ACTIVITIES & EVENTS THIS WEEK

- Saturday, August 10: 9 AM, Divine Liturgy, St. Lawrence Day
5 PM, Great Vespers
- Sunday, August 11: 8:30 AM, Matins of the Resurrection
10 AM, Divine Liturgy
Church School Registration
Noon, Agape Meal
- Tuesday, August 13: 6 PM, Supplicatory Canon
- Wednesday, August 14: 5 PM, Redwood Empire Food Bank
6:15 PM, Vigil for Dormition
- Thursday, August 15: 9 AM, Divine Liturgy for Dormition
- Friday, August 16: 11:30 AM–1 PM, Confessions

• AUGUST 15:

The Feast Day of the Dormition, August 15, directs our attention to final things: our death, the Lord's promise to raise us from death to life-eternal, and of course, the great example of the fulfillment of that promise in the death and translation of the Holy Virgin Mary. The feast celebrates her death and her raising to the *life of the age to come*. This feast is a *Pascha of the Theotokos*, her "translation" from earth to heaven. We share in that glory—here and now—in our Vigil and especially in our receiving of Holy Communion at the Divine Liturgy. We are now enjoying the gift of the Dormition Fast given to us by the Church, for the cultivation of the virtues and trust in God. Make no mistake, the fast is a gift.

Dormition celebrates the funeral of our All Holy Lady Theotokos, our common mother in the faith (we would *not* miss the funeral of our mother!?). The Vigil will be on Wednesday at 6:15 PM. The hymnography is especially profound and soul-stirring. The Divine Liturgy will be served on Thursday at 9 AM.

• MONASTERY FEAST DAY:

Abbess Melania and the Sisters in Calistoga will be celebrating their monastery feast day, Dormition (aka *Assumption*), with **Vigil at 5 PM on August 14**, and the **Divine Liturgy at 9 AM on August 15**, followed by a procession and a festive agape meal. Neither of our hierarchs are able to attend this year, so the Sisters have asked me (since I am the confessor at the monastery) to celebrate the Vigil and Liturgy with them. I hope that many

of you will join me in celebrating the Monastery Feast. —*Fr. Lawrence*

• A PRAYER IN TRAGIC TIMES:

O Lord Jesus Christ, our God, we ask Thee to accept our heartfelt prayers and forgive us our transgressions. Remember our enemies, those who hate us and oppress us, and repay them not according to their deeds, but rather give them reason and understanding, according to Thy great mercy, so that they may see that evil cannot bring good. Help us, O God, for Thou wast crucified and died for the salvation of all. Help us, that among us and in all the world, hatred may be replaced with love, unrest may be replaced with peace, unbelief in Thee may be replaced with faith and sorrow may be replaced with joy.

• LIPSTICK:

Please do not wear lipstick or lip gloss to church, as it leaves residue on the icons and on the spoon used for Holy Communion. Both are unacceptable. Please do not approach for Holy Communion if you are wearing lipstick.

—*Fr. Lawrence*

• EXPECTATIONS:

When going to the Holy Mysteries, go with simplicity of heart, in full faith that you will receive the Lord within yourself, and with the proper reverence towards this. What your state of mind should be after this, leave it to the Lord Himself. Many desire ahead of time to receive this or that from Holy Communion, and then, not seeing what they wanted, they are troubled, and even their faith in the power of the Mystery is shaken. The fault lies not with the Mystery, but with superficial assumptions. Do not promise yourself anything. Leave everything to the Lord, asking a single mercy from Him—to strengthen you in every kind of good so that you will be acceptable to Him. The fruit of Communion most often has a taste of sweet peace in the heart; sometimes it brings enlightenment to thought and inspiration to one's devotion to the Lord; sometimes almost nothing is apparent, but afterward in one's affairs there is a noted great strength and steadfastness in the diligence one has promised. —*St. Theophan the Recluse*

• GOING AWAY BBQ:

All are invited to a BBQ in honor of Carmen Anderson on Sunday, August 25 at 4:30 PM, who is going to Scotland for college. Please RSVP, Lara Anderson at lara.anne.anderson@gmail.com