

they fear [are in awe of] Holy Communion... Thus, if, being human, we should err by certain small and forgivable sins—for instance, should we be carried away by our tongue, our hearing, or our eyes; or, being deceived, should we fall into vainglory, sorrow, or anger, or other such things—let us reproach ourselves, and let us confess our sinfulness before God, and so let us partake, believing that Holy Communion is for the remission of our sins and our purification. If, on the other hand, we should commit heavy sins that are evil, carnal, and impure, and we are resentful of our brother, let us not dare approach the Divine Mysteries until we have repented of those sins. Thus, because we are carnal and weak people, infected by many sins, God has given us various sacrifices for the remission of our sins, the which, if we offer them to Him, cleanse us and make us fit to partake. For this reason, almsgiving is a “sacrifice” which purifies man from sins. There is another salvific “sacrifice” for the remission of sins, about which the Prophet David says: “A pleasing sacrifice unto God is a man’s humble disposition and spirit; a heart that is humble and broken by compunction, God never despises.” If we offer those “sacrifices” unto God, even should we have small failings as humans, we will be made capable of approaching Holy Communion with fear and trembling, compunction, and the confession of our sinfulness, just as the woman with an issue of blood approached Christ with weeping and trembling. For there are sins unto death [“deadly” sins], and there are sins unto repentance [“pardonable” sins]. And there are sins unto healing. But genuine repentance is able to heal all things. — *St. Anastasios of Antioch*

• BENEFIT DINNER, NOVEMBER 2, 2013:

The Sisterhood voted a couple of months ago to REPLACE their annual holiday bazaar this year with a benefit dinner, which will take place on Saturday, Nov. 2 at 5 PM, following a 4 PM Great Vespers. They chose to honor Father Michael and Matushka Eleanor at this benefit. All proceeds from the dinner will be given to the parish in their honor and they will be asked to designate how the funds will be used. Formal invitations have been mailed out to all parish members. The donation requested is \$50 per person. If you did not receive an invitation it is because your name and address is not in the parish directory. Let the Church Office know if you did not receive an invitation and would like one (send the address correction or addition to protectionoffice@sbcglobal.net). The Sisterhood will be looking for volunteers to contribute toward making this a memorable evening, so please help out where you can.

ANNOUNCEMENTS

Nativity of the Theotokos September 8, 2013

- TROPARION OF THE RESURRECTION, Tone Two:
When Thou didst descend to death, O Life-Immortal, Thou didst slay Hades with the splendor of Thy Godhead; and when from the depths Thou didst raise the dead, all the powers of Heaven cried out: O Giver of Life, Christ our God, glory to Thee.
- TROPARION OF THE NATIVITY OF THE THEOTOKOS, Tone Four:
Thy nativity, O Theotokos, hath proclaimed joy to all the world; for from thee hath shone forth Christ our God, the Sun of Righteousness, annulling the curse and bestowing the blessing, abolishing death and granting us life everlasting.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, Sept. 7:
Day of Fasting
9 AM, Glendi Work Party
5 PM, VIGIL for the Nativity of the Theotokos
- Sunday, Sept. 8:
9 AM, Holy Water Blessing
10 AM, Festal Divine Liturgy
Presentation on the Pleasant Hill Cemetery
Noon, Agape Meal
- Wed., Sept. 11:
6 PM, Vespers
- Thurs., Sept. 12:
6 PM, Akathist to St. Seraphim of Sarov
- Fri., Sept. 13:
9 AM, Memorial Divine Liturgy for Sakovich Family

6:15 PM, Great Vespers for the ***Exaltation of the Holy Cross***

• Sat., Sept. 14:

9 AM, Divine Liturgy for the ***Feast of the Exaltation of the Holy Cross***

11 AM, Glendi Work Party

3:30 PM, Baptism

5 PM, Great Vespers

• DAY OF FASTING:

His Eminence, Archbishop Benjamin, has asked all the faithful of the Diocese of the West to keep a strict fast—as well as you are able—on Saturday, Sept. 7, in solidarity with the suffering Christians of Egypt and especially Syria. See the website: dowoca.org for more info. Fasting will end about 3 PM.

• PROSPHORA BAKING:

The Parish Hall and kitchen are reserved every Tuesday for the baking of Prospora and the bread that will be used for the Holy Eucharist, called “the lamb.” Because the making of Holy Bread is done with reverence and prayerfulness—we pray the Jesus prayer while working—a silent environment is necessary which precludes other activities in both the kitchen and the Hall. There may be Tuesdays when we are not baking and the facilities would be available, but it must be arranged in advance by contacting Hall Manager Debbie Buse to avoid scheduling conflicts. Thank you for your cooperation. —*Matushka Xenia and the bakers*

• SEBASTOPOL CEMETERY

Pleasant Hills Memorial Park and Mortuary representatives will be visiting us Sunday, September 8, 2013 to provide info on burials there. An Orthodox section of this Sebastopol cemetery were blessed last November, and already some burials have taken place there. The representatives will be available after the Liturgy for those who would like more information. You are encouraged to have a greater awareness of the many options available to you, and of the benefits of planning ahead of the time of death.

• GLENDI PARKING:

The parish expresses its deepest gratitude to our neighbors Mary Ellwood, who lives next door, and to Jim Severdia, down the street, for their generous offer to let us park cars during Glendi on their adjacent lots. A good amount

of work is needed to prepare an opening on our eastern lot line: making a culvert over the ditch, mowing the high weeds, and staking the slots for parking, etc. but with this new arrangement, a Glendi shuttle will not be necessary. Details to be worked out. If you can give of your time to help prepare the lots this week, call Greg Sanford at 707-322-2262.

• GLENDI WORK PARTIES:

This weekend and next are very important days for preparation of the grounds. We need not only able-bodied folks, but even those who consider themselves less than able-bodied. Work starts at 9 AM on Saturday, Sept. 7 and Sept. 14. Interestingly, both are fast days. Perhaps this tells us that in our weakness, we should only depend on the Lord for strength and not ourselves.

• SUNDAY MORNING CONFESSIONS:

Please, try to make your confession on a day other than Sunday, in order to leave time for those who travel far to attend Liturgy, and for the elderly, to make a Confession.

• FEAST DAYS:

The *Nativity of the Theotokos*—her birthday—will be celebrated with Vigil at 5 PM on Saturday, and on Sunday, a Blessing of Holy Water at 9 AM followed by the Divine Liturgy. There will be limited time for making a confession on Sunday, so best to come Saturday for that. On Friday, September 13, we will serve Vespers for the *Exaltation of the Precious Cross*, and Liturgy on Saturday, Sept. 14 at 9 AM. Because this Feast Day is a day in which we remember the Lord’s crucifixion, it is also a fast day.

• FROM SAINT SERAPHIM:

When despondency seizes us, let us not give in to it. Rather, fortified and protected by the light of faith, let us with great courage say to the spirit of evil: “What are you to us, you who are cut off from God, a fugitive for Heaven, and a slave of evil? You dare not do anything to us: Christ, the Son of God, has dominion over us and over all. Leave us, you thing of bane. We are made steadfast by the uprightness of His Cross. Serpent, we trample on your head.”

• DISCERNING TO APPROACH THE EUCHARIST

Many are they who, communing rarely, collapse into sins; but others again, partaking more frequently, guard themselves often from much evil, since