

- DON'T REACT TO OUTSIDE NEGATIVE STIMULUS

Each day brings on new challenges regarding the health of your soul. Those moments when a family member or coworker makes a remark that is meant to anger you, are those times you need to guard your heart. When those around you are gossiping about someone, that is an opportunity for you to keep silent. The driver who's just cut you off on the freeway; the woman who pushes her way in front of you in the check out line; the rude neighbor; all are moments in time when you can take control and grow stronger spiritually. Trials and temptations, when confronted with a peaceful heart, bring forth healing and make the soul that much stronger and healthier. Reacting does nothing but bring forth paralysis of the soul, binding us to our fallen nature. Receiving all these temptations with a peaceful heart and not reacting to outside negative stimulus, helps strengthen you for the next round of trial and temptation. Little by little, you will find that the Peace of Christ fills your every waking moment, bringing on a joyful spirit and a peaceful heart.

—Abbot Tryphon, Vashon Island

- GOSPEL BOOK COVER:

The Gospel book which sits on the smaller confession stand is being fitted with a proper iconographic/decorative metal cover (which serves as protection as much as decoration). The cost for this project is about \$500–600. Please see me if you'd like to make an offering towards this project.

—Fr. Lawrence

- SENIOR LUNCH:

The Senior and Retired Lunch Fellowship will gather on Thursday, September 19 for a Glendi-inspired Macedonian lunch, to be prepared by Petar Griovski. Additionally, Fr. Patrick has agreed to lead us in a brief Glendi-style church tour. Other treats await.

- UPCOMING FEAST:

The Vigil for the feast of the Exaltation of the Precious and Life-Giving Cross (with the solemn bringing out of the Cross) is September 13 at 6:15 PM. The Divine Liturgy will be served the following morning at 9 AM.

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



### September 8, 2019

### The Nativity of the Theotokos



- 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 hell, and hath granted the world great mercy.

- TROPARION OF THE NATIVITY OF THE THEOTOKOS, Tone Four:

Thy nativity, O Virgin 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.

- KONTAKION OF THE NATIVITY, Tone Four:

By thy Nativity, O Most Pure Virgin, Joachim and Anna are freed from barrenness; Adam and Eve, from the corruption of death. Delivered from the guilt of sin, thy people keep the feast as they sing unto thee, the barren woman gives birth to the Theotokos, who sustains our life!

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

## ACTIVITIES & EVENTS THIS WEEK

- Saturday, September 7: 5 PM, Vigil (Vespers and Matins) for the Feast of the Nativity of the Theotokos
- Sunday, September 8: 10 AM, Divine Liturgy  
11:45 AM, Church School  
Noon, Agape Meal
- Wed., September 11: 5 PM, Redwood Empire Food Bank  
6 PM, Daily Vespers
- Friday, September 13: 9 AM, Memorial Liturgy (Protection Church)  
11:30 AM– 1 PM, Confessions  
6:15 PM, Vigil for the Exaltation of the Cross
- Saturday, September 14: 9 AM, Divine Liturgy for the Feast (*Fast*)  
5 PM, Great Vespers

### • FOOD BANK DISTRIBUTION:

The monthly distribution of food via the Redwood Empire Food Bank will take place on Wednesday, about 5 PM. Volunteers: please come to help set-up by 4:30 PM. See Tom Pellizzer if you have questions.

### • CAMP GLENDI — SEPTEMBER 20 AND 21:

See September bulletin or the flyer for details. See Vicky Basch or Amy Ramirez Margitich if you have any questions.

### • ALTAR SERVERS:

You are invited to a brief workshop on Altar Serving on Saturday, October 5, from 11 AM until about 1 PM. Lunch will be included.

### • WEDNESDAY EVENING TALKS:

Father Nicholas Carr will give two talks about the book *The Soul's Longing: An Orthodox Christian Perspective on Biblical Interpretation* by Professor Mary Ford of St. Tikhon's Seminary: Wednesday, Sept. 18 and 25. Vespers at 6 PM, Potluck and talk at 6:45 PM.

### • ON THE NATIVITY OF THE THEOTOKOS:

Today a new world and a mysterious paradise have been revealed, in which and from which a New Adam came into being, re-making the Old Adam and renewing the universe. He is not led astray by the deceiver, but deceives him, and bestows freedom on those enslaved to sin through his treachery.

Today a paradoxical book has been made ready on earth, which in an indescribable way can hold, not the imprint of words, but the living Word Himself; not a word consisting of air, but the heavenly Word; not a word that perishes as soon as it is formed, but the Word Who snatches those who draw near Him from perdition; not a word made by the movement of a man's tongue, but the Word begotten of God the Father before all ages. Today the living Tabernacle of God not made with hands appears, the inspired human Ark of the true Bread of Life sent down from heaven for us (cf John 6:32ff). Today, according to the Psalms, "Truth has sprung up from the earth," the true image of human nobility which comes from above, "and righteousness has looked down from heaven" (Ps. 85:11). This righteousness has deposed the unrighteous ruler from his unjust dominion, after being wrongfully condemned by him and rightly condemning him, and having bound the strong and evil one, plundered his goods (cf Matt. 12:29), and transformed them, rendering them receptive to divine righteousness. Thus Christ took sin's prisoners to live with Him for ever, justifying them by faith in Him, but He bound the prince of sin with inescapable bonds, and delivered him to eternal fire without light. Today, as prophesied, out of the "stem of Jesse" a rod has come forth (cf Isa. 11:1), from which a flower has grown which knows no wilting. This rod recalls our human nature, which had withered and fallen away from the unfading garden of delight, makes it bloom again, grants it to flourish for ever, brings it up to heaven, and leads it into paradise. With this rod the great Shepherd moves His human flock to eternal pastures, and supported by this rod, our nature lays aside its old age and feeble senility, and easily strides towards heaven, leaving the earth below for those who, devoid of support, are plunging downwards. But who is the new world, the mysterious paradise, the paradoxical book, the inspired Tabernacle and Ark of God, the truth sprung from the earth, the much-extolled rod of Jesse? It is the Maiden who before and after childbearing is eternally virgin, whose birth from a barren mother we celebrate today.

—St. Gregory Palamas

### • MARK THE CALENDAR:

The annual "Honoring the Saints" evening is scheduled for Sunday, October 27. At 4:30 PM there will be a Molieben served to All-Saints of America, then crafts at 5 PM, dinner and presentations by the children on their chosen saint to follow.