

great deeds if we were not occasioned injury by our neighbors, if they did not offend us? Where would there be opportunities for patiently bearing offenses, for meekness and humility? You see, then, that we must be tried by many and various evils in order to prove our virtue and be eventually crowned.”

• SOME SUGGESTIONS FOR THE NATIVITY FAST:

– Pray for people: prepare a list of names, and once a week or more frequently pray the Supplicatory Canon to the Theotokos, or a portion of it. Ask the Theotokos to help those people.

– Each week as you set aside the proportion of your funds to give to the Church in thanksgiving to God and for the operation of the parish, also set aside a portion to give to the poor. Then give it.

– Celebrate the Feast of St. Nicholas (San Anselmo, Dec. 6, see above) which spiritually ushers us—with joyful exuberance—into the Nativity season. Celebrate the Feast of St. Herman of Alaska, December 13.

– Fast from meat, eggs, cheese, and all dairy. Abstaining from particular foods is really the easiest part of the fast. Much more effort is required when fasting from anger, criticism, resentments, and wandering thoughts, especially those of lust and envy and wasting time in idleness and pointless entertainments. Even more effort is required when we engage in works of mercy to the needy.

– Attend Vespers on Saturday evening, and by doing so, prepare yourself for Communion on Sunday. Confess at least twice during the Forty Day Fast, one of those times in the week prior to Christmas.

– Volunteer at one of Santa Rosa’s many charitable institutions (Catholic Charities, Redwood Gospel Mission, the Living Room, Pregnancy Counseling Center, etc.).

– Attend Vespers or Liturgy at one of the Monasteries (Kazan Skeet or Calistoga)

– In the week before Christmas read the Nativity accounts from St. Matthew and St. Luke to your children.

• FROM THE BOOKSTORE

Fresh stock is coming in weekly. Please stop by to see what new titles are on the shelves and what is currently on the Bargain Table. There is something for everyone on your gift list, as well as for yourself.

# ANNOUNCEMENTS

## Entry of the Theotokos Post Feast / St. Alexander Nevsky, Nov. 23, 2014

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• TROPARION OF THE RESURRECTION, Tone One:

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ; glory to Thy kingdom; glory to Thy dispensation, O Thou who lovest mankind.

• TROPARION OF THE ENTRANCE, Tone Four:

Today is the prelude of God’s good will and the heralding of the salvation of mankind. In the temple of God, the Virgin is presented openly, and she proclaimeth Christ unto all. To her, then, with a great voice let us cry aloud: Rejoice, O thou fulfilment of the Creator’s dispensation.

• KONTAKION OF THE ENTRANCE, Tone Four:

The all-pure Temple of the Savior, the precious Bridal Chamber and Virgin, the sacred treasure of the glory of God, is led today into the house of the Lord, and with her she brings the grace of the divine Spirit. Of her God’s angels sing in praise: “She is indeed the heavenly Tabernacle.”

### ACTIVITIES & EVENTS THIS WEEK

- Saturday, Nov. 22: 1 PM, Nativity Play rehearsal  
***No Catechism Today due to retreat in SF***  
5 PM, Great Vespers
- Sunday, Nov. 23: 9–10 AM, Confessions  
10 AM, Divine Liturgy  
11:45 AM, Church School

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- Noon, Agape Meal
  - Sisterhood Retreat-planning Meeting
- Wed., Nov. 26:
  - 11 AM, Catechism Revisited, *on the Human Person*
  - 6 PM, Vespers, *potluck and 2nd lecture by Deacon James Hughes on Christian Education*
- Thurs., Nov. 27:
  - 9 AM, Divine Liturgy for Thanksgiving Day & Akathist of Thanksgiving

- THANKSGIVING DAY:

Since the Liturgy is the perfect way to give thanks to God, and it is given to us “for the life of the world,” it is most appropriate that we gather on Thanksgiving Day to serve the Liturgy and elevate the day from only a National/Civic celebration to a more exalted spiritual offering. Let us prepare for Holy Communion, and at the Divine Liturgy—which is so joyous, majestic, venerable and yet so humble—pray and give thanks to God and receive the Holy Eucharist. When you gather at the table later in the day to share the meal of Thanksgiving, by all means spend a moment more giving thanks for your many blessings. —*Fr. Lawrence*

- ST. NICHOLAS (SAN ANSELMO) FEAST DAY:

Father Stephan Meholick has invited our parish to participate in the Patronal Feast Day of St. Nicholas, San Anselmo. Vigil at 7 PM, Friday, December 5, and Divine Liturgy on Saturday, December 6, at 9:30 AM. Archimandrite Daniel (Brum) Bishop-Elect of Santa Rosa, will preside and give the homily.

- SAINT NICHOLAS PARTY, DECEMBER 20:

The Church School children and staff are very excited to be presenting a Christmas play, *The Song of Simeon*, directed by Carmen Anderson, on Saturday, December 20 following Great Vespers and a potluck. Play rehearsal will be from 1–2 PM this Saturday; no rehearsal next Saturday, and then back to a 3 PM rehearsal for the remaining Saturdays (excepting December 13, due to the production of *A Christmas Carol* here at the parish hall. Call Gloria Collins at 849-6135 or email her at [gypsybootsie@att.net](mailto:gypsybootsie@att.net).

- WOMEN'S RETREAT ~ FEBRUARY 7, 2015:

The Parish Sisterhood will sponsor an all day women's retreat here in the

Parish Hall, with Dr. Jeannie Constantinou. Presbytera Jeannie (wife of Father Costas Constantinou of San Diego) can be heard on her regular Ancient Faith podcast Search the Scriptures. She has a doctorate in law from Pepperdine (having passed the California Bar), a master's in theology from Holy Cross Orthodox Seminary in Brookline, Mass., a master's in theology from Harvard Divinity School, and a doctorate from Université Laval, Quebec City, Canada in Patristics. Academic degrees are one thing; teaching skill and Orthodox understanding are another. Presbytera Jeannie has both. Listen for yourself at Ancient Faith Radio. [www.ancientfaith.com/podcasts/searchthescriptures](http://www.ancientfaith.com/podcasts/searchthescriptures)

- WINTER WORK PARTY:

A parish work party is planned for Saturday, December 13, beginning about 10:30 AM, after the Divine Liturgy for St. Herman of Alaska. Tasks: clean gutters on all buildings, stack and cover picnic tables, clean ditches, rearrange parts of the storage building, etc.

- GIVING THANKS:

We ought all of us always to give thanks to God for the gifts of soul and body that He bestows on us. These include wealth, so that one can perform acts of charity; poverty, so that one can endure it with patience and gratitude; authority, so that one can exercise righteous judgment and establish virtue; obedience and service, so that one can more readily attain salvation of soul; health, so that one can assist those in need and undertake work worthy of God; sickness, so that one may earn the crown of patience; spiritual knowledge and strength, so that one may acquire virtue; weakness and ignorance, so that, turning one's back on worldly things, one may be under obedience in stillness and humility; unsought loss of goods and possessions, so that one may deliberately seek to be saved and may be helped when incapable of shedding all one's possessions or even of giving alms; ease and prosperity, so that one may voluntarily struggle and suffer to attain the virtues and thus become dispassionate and fit to save other souls; trials and hardship, so that those who cannot eradicate their own will may be saved in spite of themselves, and those capable of joyful endurance may attain perfection. All these things, even if they are opposed to each other, are nevertheless good when used correctly. —*St. Peter of Damascus, Philokalia*

- ST. JOHN OF KRONSTADT:

From *My Life in Christ*: “Where would there be opportunities for struggling for