fill us to the brim with eternal life if we have not succeeded in using the fast to cleanse ourselves on the inside. The Lord will not pour "new wine into old wineskins" for us. It is we who are to blame, not the Lord —for we have sat comfortably behind the fence for a variety of reasons. This is not good. This is not pretty. This is not honest. The planets dance around the Sun. Our Sun is Christ. "But unto you that fear My name shall the Sun of righteousness arise with healing in His wings," says the Prophet Malachi (4:2). Thus in the Liturgy of the Presanctified Gifts we touch the Lamb with fear and we fall to our knees; we make prostrations; we sing many hymns of repentance and praise. And the heavenly powers serve the King of Glory with us invisibly. As a result, we are given a prayerful feeling and disposition, such a thirst to appear before Christ, that it should be enough to last for a long time. Lent will pass, but the reverential attitude will remain. After Pascha other feast days will follow, and the desire to pray with tears, to make prostrations, and to fast will not leave our souls. Therefore we need to breathe deeply of the sorrowful but healthful air of Great Lent, so that the chastity and austerity in this air will sink deeply into every cell of our spiritual organism. —adapted

# • PROJECT MEXICO PRESENTATION LAST SUNDAY:

Last Sunday we hosted Jennie Zimmerman, from Project Mexico, who told us about the charitable work of that organization. Many of you were so moved as to make a very generous offering, giving in excess of \$3,000—sent to Project Mexico this week.

#### •PRESANCTIFIED WITH OUR BISHOP:

This Wednesday at 6:15 PM, we will welcome His Eminence, Archbishop Benjamin, who is coming to serve the Liturgy of the Presanctified Gifts. Let us greet him with full attendance at the Service.

#### • SENIOR LUNCH:

Thursday, April 11, at Noon. Come and join the fellowship.

### • SERVICES AT KAZAN SKETE

Saturday, April 13 at 9:30 AM, Divine Liturgy for Saturday of Commemoration of the Departed (Hours at 9:00 AM) and Sunday, April 14,1:30 PM Panikhida (40th day of Mother Amyrosia).

# **ANNOUNCEMENTS**

# April 7, 2013 ~ Veneration of the Cross

# **ACTIVITIES & EVENTS THIS WEEK**

• Saturday, April 6: 3:30 PM, Catechism, On Holy Week

4:45, Trisagion for the Departed

5 PM, VIGIL FOR THE CROSS and bringing out

of the Cross at the end of Matins

• Sunday, April 7: 9 AM, Baptism of Trinity Marie Duval

10 AM, Divine Liturgy /11:45, Church School

Noon, Agape luncheon in Hall

• Mon., April 8: 5 PM, Holy Unction Service in Calistoga at

St. Symeon's (Confession on Sunday prior to Unction on

Monday is required for those being anointed)

• Tues., April 9: 8 AM, Matins

• Wed., April 10: 8 AM, Matins

5 PM, Confessions

6:15 PM, Presanctified, His Eminence Archbishop Benjamin to preside

• Thurs., April 11: 8 AM, Matins

Noon, Senior Lunch Fellowship

• Friday, April 12: 8 AM, Matins

6 PM Akathist to the Theotokos

#### • PARISH USHERS:

It is a great blessing to be welcomed each Sunday by our Greeters Joseph and Judith Gumper. They do the Parish a great service. In addition to them, Mr. Nick Nicholson, and others, have for years faithfully served as ushers. At present, in response to increased attendance at Sunday Liturgy and some obvious needs, we will have two ushers helping out each Sunday. I have blessed them to carry out the following duties: to welcome and direct visitors

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to a place to stand or sit; to ask them, if they are willing, to fill out a "Visitor" sheet and then have that brought to the Altar so I can welcome them by name; to find an escort to take the visitor(s) to the Parish Agape Meal in the Hall; to assist those who need folding chairs; to keep the space between the Narthex and the Nave open and easily accessible; to keep children off the stairs, etc. Your Ushers this week will be Joseph Anderson and Thom Stewart. They will alternate weeks with Xenia Pribyl/George Barsi; James Hood/Alex Stameroff; and Esther Schau (back-up). — Fr. Lawrence

#### • CONFESSION:

During Great Lent, we intensify our spiritual work, fasting, works of mercy, prayers at home, prayers in Church, and we make an effort to keep a watch on our mind, heart and words as we prepare for Pascha. This is the work of repentance—a continual turning of our heart, thoughts, words, deeds and time to our loving Savior. Integral to repentance is Confession, and I invite each of you to come to Confession during Lent, more than once, as we struggle—members of one another—to cleanse the image of God within. May the Lord send us abundant Grace. Don't delay—the Lord stands at the door and knocks. **PARENTS, PLEASE NOTE:** For those over the age of SEVEN who wish to receive Holy Communion during Holy Week and Pascha, it is a holy obligation to make a confession at least once in the three weeks before Holy Week.

#### PLEASE PLAN AHEAD:

No Confessions will be heard after Holy Wednesday. *Now is the acceptable time, now is the day of repentance*—Holy Week is the time of the Lord's passion and many Services, and there is no time then for confession.

# • CHOIR REHEARSAL:

Note to all Choir members—our **26<sup>th</sup> Annual Fifth-Saturday-of-Lent Rehearsal** will be on Saturday, April 20 from 10:30 AM–2:30 PM, lunch included. This rehearsal is mandatory.

• PARISH RETREAT on the Fifth Thursday of Lent, March 29: On Thursday, April 18 we will have Matins of the Fifth Thursday of Great Lent, in which is sung all 250 verses of the Great Canon of St. Andrew of Crete. This hymn is a meditation using scripture, teaching us the meaning of sin, repentance and how the Lord constantly seeks and loves His creation. In the midst of this great poem we will also read the Life of Saint Mary of Egypt. Matins starts at 9 AM and runs until about noon. At that point we begin the *Liturgy of the Presanctified*. The entire process will be over about 1:30 or 2 PM. Before receiving Holy Communion we normally fast strictly for about six hours.

#### • ON THE CROSS:

You should continually keep in mind the great humiliation which the Lord took upon Himself in His ineffable love for us: how the divine Logos [Word] dwelt in a womb; how He took human nature upon Himself; His birth...His gradual bodily growth; the shame He suffered, the insults the vilification, ridicule and abuse; how He was scourged and spat upon, derided and mocked; the scarlet robe, the crown of thorns; His condemnation by those in power; the outcry of...His own race, against Him: "Away with him, away with him, crucify him" (Jn. 19:15); the cross, the nails, the lance, the drink of vinegar and gall; the scorn of the Gentiles; the [laughing] derision of the passers-by who said: "If you are the Son of God, come down from the cross and we will believe you" (cf. Mt. 27:39-42); and the rest of the sufferings which He patiently accepted for us: crucifixion; death; the three-day burial; the descent into hades. Then keep in mind all that has come from these sufferings. See to what a height of glory the Lord's human nature was raised up by God's justice through these sufferings and humiliations? —St. Mark the Ascetic

#### • LENT WILL END, and then what?:

Great Lent flies by quickly. And having flown by, it often leaves behind a residue of dissatisfaction. People say: the fast has gone by again, and I did not manage either to labor or to change myself. Pascha is drawing near, but I feel as if I have wasted the entire Forty Day Fast; I feel sorry for myself for only having half-fasted. I seem to know that "the kingdom of heaven suffereth violence" and that "strait is the gate, and narrow is the way," but I keep repeating the same old habits, thinking that "it's not the right time" and that I lack the strength. I relax, and I soothe the other people who are also relaxing. Therefore even Pascha the Beautiful will not