

salvation of your soul. You must not let forgetfulness of evil or laziness make you grow unmindful of these many and great blessings, and so pass the rest of your life uselessly and ungratefully. For this kind of continual recollection, pricking the heart like a spur, moves it constantly to confession and humility, to thanksgiving with a contrite soul, and to all forms of sincere effort, repaying God through its virtue and holiness. In this way the heart meditates constantly and conscientiously on the words from the Psalms: ‘What shall I give to the Lord in return for all His benefits towards me?’ (Psalm 115:12).

- CONFESSIONS

Confessions are heard anytime during the week, Tuesday through Saturday, after 12 Noon. Please call ahead for an appointment.

- PARISH WEBSITE:

Please visit the Parish website <<saintseraphim.com>> to hear all the Sunday morning sermons given so far in 2011, and most for 2010 (more to come).

- MEMORY OF DEATH—Metropolitan Anthony (Bloom):

The reason that we live so badly, utter so many empty words, rotten words, dead words, commit so many actions that afterwards burn in our soul like wounds, is that we live as though this life was merely a rough draft of the life we will one day be living, when we have had time to shape the draft into the final story. But that is not how things work; death comes and the draft remains rough, his life has not been lived, just blotted, and there remains regret for the person who could have been great, but turned out shallow and insignificant. ...not that we should be afraid of death, but that, knowing that it can come at any moment, every moment must be perfect, every word must be a word of life, filled with the Spirit, fit to enter eternity. And every action of ours in relation to each one of us should be such as to give life and express the fullness and depth and strength of the love and reverence which we should feel for each other and for all. Let us consider this, and then if we can act upon it, every word and every action will acquire the dimension of eternity and shine with its light. Amen.

ANNOUNCEMENTS

Fathers of the 7th Ecumenical Council October 16, 2011

- 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 HOLY FATHERS, Tone Eight:

Most glorified art Thou, O Christ our God, Who hast established the Holy Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful One, glory be to Thee.

- KONTAKION OF THE HOLY FATHERS, Tone Eight:

The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth woven from theology on high, she rightly divideth and glorifieth the great mystery of piety.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, Oct. 15: 3:30 PM, 1st Catechism, *on the Church*
5 PM, Great Vespers & Confessions
- Sunday, Oct. 16: 9–10 AM, Confessions
10 AM, Divine Liturgy
11:30 AM, Church School
Noon, Coffee Hour
- Tues., Oct. 18: 9 AM, Divine Liturgy for Feast of Apostle Luke
6:30 PM, *Rohnert Park Study Group*

- Wed., Oct. 19: 6 PM, Daily Vespers
6:30 PM, 2nd Talk on Prayer
- Thurs., Oct. 20: 6 PM, Akathist to St. Seraphim
- Saturday, Oct. 22 : 9 AM, Memorial Divine Liturgy for
“Demetrios Saturday” and repose of
Orthodox soldiers
3:30 PM, 2nd Catechism
5 PM, VIGIL/ Confessions

• UPCOMING RETREAT:

Archpriest John Dresko, rector of St. Paul Orthodox Church in Las Vegas, NV, will be giving a talk on Orthodoxy and stewardship entitled “Caring for God’s Gifts” on **Saturday, November 12, 2011, 2–4:30 PM**. Father John is a uniquely gifted man and a wonderful speaker and teacher, who has labored in many areas of Church life: Youth Director for the Diocese of the Midwest, Budget Director for the same diocese, Editor of *Orthodox New England*, Director of Communications for the Diocese of New England, Director of Stewardship for the OCA, and Metropolitan Council member. In addition, Fr. John served as a chaplain in the US Air Force. He is now pastor of St. Paul Orthodox Church, in Las Vegas, the largest parish in the Diocese of the West. At a Sisterhood meeting recently, the topic of how to be a good steward came up, and it was decided to ask Fr. John to come and speak. Our parish is growing and as such, is facing new challenges. Fr. John will help us explore those challenges (growth of membership, financial issues, fund raisers and tithing, charitable works, etc.). There is no cost to attend the retreat. Fr. John will also give the homily on Sunday, Nov. 13, and speak after the Liturgy.

• COLLEGE AGE RETREAT

October 28–30 at the Monastery of St. John of SF, in Manton, CA. The retreat will be entitled: “Getting to know God” and will be guided by Archimandrite Meletios, Abbot of the Monastery, and geared to college-age adults. The participants will join the monks for all monastic services and meals. There will be abundant opportunity for the young people to meet each other and engage in spiritual dialogue. Cost of the retreat: \$120.00 per person for the entire weekend. Scholarships are available; no one will be turned away. Those who are interested are invited to contact Father Lawrence, who will assist in making arrangements for the trip to Manton.

• FRESCO OF THE HOLY TRINITY:

The next fresco to be painted will be that of the Holy Trinity, also known as “The Hospitality of Abraham” (see Genesis 18), on the north eastern side of the church (behind the crucifixion the wall will be plastered with the dark red, to match the south side). With this, the painting of the east wall will be complete. Normally, no frescos are painted unless they have been commissioned and paid for by the donor. In this case, even though we do not have a donor, it is very convenient to paint the Holy Trinity fresco now. The cost of the fresco, the decorative borders and red plaster below is \$4000. Please see Fr. Lawrence if you are interested in partial or full payment for this fresco.

• INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES:

The 19th Annual IOCC dinner “Remembering Home” will take place on Sunday, November 6, 2011, at the Greek Orthodox Cathedral of the Ascension in Oakland. The guest speaker will be Mr. Daniel Christopoulos, the representative to the IOCC from the US. A liturgical service of Pan-Orthodox Vespers will take place at 5 PM in the Cathedral, followed by the dinner and entertainment at 7 PM in the hall. Cost is \$60 per adult, and \$25 for children 12 and under. Call 510-531-3400 (see www.iocc.org) for more information.

• PARISH COUNCIL MEETING:

The Council will have its October meeting on Thursday, October 27, 2011, at 7 PM. We sing the Akathist to St. Seraphim of Sarov, prior to the meeting, at 6 PM. Denise Pellizzer was asked by the Parish Council to bring in some ideas on the paint color for the interior walls of the Hall. All are welcome to participate in the discussion.

• WELCOME NEW PARISHIONERS:

We ask the Lord’s blessing on Steven Trivunovic, and his fiancé Beth Kelly, who have just moved to the area.

• MESSAGE:

Seen on a Church billboard in Sioux Falls, SD: “We welcome all denominations — \$1, \$5, \$10, \$20, \$50, \$100.”

• FROM ST. MARK THE ASCETIC:

You should continually and unceasingly call to mind all the blessings which God in His love has bestowed on you in the past, and still bestows for the