ANNOUNCEMENTS

Sunday, April 13, 2014 Entrance of our Lord into Jerusalem

• Troparion of the Feast, Tone One:

By raising Lazarus from the dead before Thy Passion, Thou hast confirmed the universal resurrection, O Christ God. Like the children with the palms of victory, we cry out to Thee, O Vanquisher of death: Hosanna in the Highest, blessed is He that comes in the Name of the Lord.



When we were buried with Thee, in baptism, O Christ God, we were made worthy of eternal life by Thy Resurrection. Now we praise Thee and sing: Hosanna in the highest, blessed is He that comes in the Name of the Lord.

• Kontakion of the Feast, Tone Six:

Seated upon Thy throne in heaven, and on earth upon a foal, O Christ our God, Thou hast accepted the praise of the angels and the songs of the children who cried out to Thee: Blessed art Thou that comest to call back Adam.

HOLY WEEK SCHEDULE

• Lazarus Sat., April 12: 9:30 AM, Divine Liturgy for Lazarus Saturday

Breakfast reception to follow 2 PM, church decoration & cleanup

4 PM, Confessions

5 PM, Vigil with blessing of Palms (**confessions during the Service**)

• Sunday, April 13: 9 AM, Confessions

10 AM, PALM SUNDAY Liturgy, concluding with a Procession

• Holy Monday • Holy Tuesday • Holy Wednesday

Strict Fast Days 6:30 AM, Bridegroom Matins

4:30 PM, Confessions (if you need a different time, please call to arrange)

6:15 PM Presanctified Liturgy with Gospel reading

Holy Thursday, April 17: 11:30 AM, Vesperal Liturgy of the Mystical Supper

7 PM, Matins of Holy Friday ~ with the **Reading of the 12 Passion Gospels**

• Holy Friday, April 18: Strict Fast Day – all day

9 AM, Royal Hours of Great & Holy Friday

3 PM, Great Vespers

7 PM, Matins of Holy Sat., Lamentations & Procession / Psalms read all night

• Holy Saturday, April 19: Strict Fast Day

1 PM, Vesperal Liturgy of St Basil with the Fifteen Old Testament Prophecies, light

refreshment of fruit, nuts, bread and wine to follow

5 PM, Begin reading The Acts of the Holy Apostles

11:30 PM, Nocturn Service

MIDNIGHT: PASCHA—Paschal Procession, Matins, Liturgy

Agape Meal in Hall to follow (bring a Pascha Food Basket, paper plates, utensils)

• PASCHA, April 20: 1 PM, Agape Vespers, Potluck BBQ (see below on what to bring)

Bright Mon., April 21: 9 AM, Paschal Matins, Liturgy & Agape Meal, with Archbishop Benjamin

Bright Tues., April 22: 9 AM, Divine Liturgy / 6 PM, Paschal Vespers here

Bright Saturday, April 26: 9 AM, Paschal Matins and Divine Liturgy

5 PM, Great Vespers

• HYMNS FROM MATINS, WED, OF THE 6th Week:

With the Children let us go and meet Christ our God, bringing works of mercy instead of palms, and prayer in our hearts instead of branches; and let us cry: "Hosanna! Bless and supremely exalt Him unto the ages. Weaving branches of palms, both inwardly and outwardly let us make ready to meet the Master that comes to us: for blessed is He that comes as true Son in the Name of the Lord and Father.

CONFESSIONS

Keep in mind that **Confessions will not be heard after Holy Wednesday.** Brothers and Sisters: "Now is the acceptable time," now is the day of repentance—once we get to Holy Thursday, then our time strictly devoted to the Lord's passion. —Fr. Lawrence

PARENTS, please bring your children (age 7 and up) to confession. Times to come. Anytime on Monday–Wednesday. Simple call to let me know. — Fr. Lawrence

• SIGN UPS FOR HOLY WEEK:

Your participation is requested and appreciated. We need help in the following areas:

- Readers for the Psalms and Book of Acts on Friday and Saturday, respectively
- Set up and clean up on Holy Saturday for the meal after Liturgy
- Cleaning the Church on Pascha morning (about 11 AM). It takes more than two.
- Set-up and clean-up for the Pascha BBQ

FASTING ON HOLY FRIDAY:

The ancient practice of the Church is to fast strictly on Holy Friday. In fact one reads in the ancient texts that "all are to fast strictly, without any food or water—except for the sick and elderly, who may have bread and water!" The severity of these guidelines is always surprising to the modern Orthodox. One can—and should—only do what one is able to do, and ask the Lord to receive our labors without feeling overly scrupulous. Why such a strict fast? We will have just laid the Body of the Lord in the tomb, and the proper human response is sorrow, confusion, worship,

amazement at God's humility and love. Who can eat feeling these things? Who can eat when one's beloved has died? Instead, we grieve and sorrow for the tragedy and audacity of man to put the Creator on trial and crucify Him. Our response is the silence before the awesome glory of Jesus on the Cross and in the tomb, and so we try to set aside the socializing and eating until Pascha. It's the human response to the Divine humiliation.

• HOLY SATURDAY POST-LITURGY MEAL:

As is our custom, we will share a meal of nuts, dried fruit, bread, wine and juice following the 1 PM Vesperal Liturgy and Baptisms on Holy Saturday, April 19th. Please bring the following foods to share:

If your last name begins with the letters: **A to G,** please bring wine or juice

H to **N**, please bring dried fruit

O to **Z**, please bring nuts. The bread will be supplied

Please have your food here by Holy Friday, leave it in the kitchen, and label it "for Holy Saturday."

• BRIGHT MONDAY:

His Grace Archbishop Benjamin plans to be with us on Bright Monday for the Paschal Matins and Liturgy. We begin at 9 AM with the singing of the Paschal Canon.

• HOLY WEEK SERVICES:

Holy Week is an intense time for an Orthodox Christian, and a good Holy Week takes planning. Please plan your time away from Church carefully so as to make each day a rewarding step on the path to Pascha. I hope that my suggestions about our Church services will be of help.

Matins is served at 6:30 AM, on Great and Holy Monday, Tuesday and Wednesday; Presanctified is at 6:15 PM on the same days. Pick one of each of these to attend. The Matins is about an hour and fifteen minutes long, and if you must leave early, do so. The hymns and Gospels of these days focus on "the end"—the Savior's coming Passion, as well as His Second Coming, the Judgment and our Resurrection.

On Holy Thursday at 11:30 AM we enter a entirely new dimension of spiritual life as we celebrate the Liturgy of the Last Supper, the Mystical Supper. The source of all our Liturgies is here on this day, and it's significance is immense. We use the word "remember" in Liturgy, however this is a weak translation of a concept that means that we become present for and participate in the reality of the events of our Lord's life.

On Thursday night at 7 PM, we serve Matins of Holy Friday to hear the Passion Gospels: the arrest, trial, suffering and crucifixion of Jesus. By now we have—we must—set aside every obligation and care in order to be together and with Jesus Christ. Our Church should be completely packed with worshippers for this Service. It is advisable to have a babysitter for the very young children. We expect the Matins to end sometime around 9:30 PM.

On Holy Friday, at 3 PM, we celebrate the Vespers and venerate the life-giving Body of the Lord in the Tomb. By no means should we miss this Vespers and the awe-inspiring and fearful events that we are "remembering."

We gather again on Friday at 7 PM for the Matins of Holy Saturday to sing the lamentations, the resurrectional hymns, and to carry the Holy Shroud Icon around the Church in solemn procession. This is a long Service, but filled with so much that we may take little notice of the time. Again, it might be wise to get a babysitter for the very young children.

Saturday, the Great and Holy Sabbath, Vesperal Liturgy at 1 PM: we sing hymns which tell of Jesus smashing the gates and bars of death/hades; fifteen readings of the Old Testament which foreshadow it all and our own integration into the mystery; we witness baptisms of Catechumens who enter into the mystery of the death and resurrection of Jesus Christ; we change the purple to white to match the Catechumens; we sing the hymn "Let all mortal flesh keep silence, pondering nothing earthly minded, for the King of kings, and Lord of lords, comes to be sacrificed as food for the faithful." Then we commune of the Life-creating Body and Blood of the Lord. After some modest refreshments, we fast once again—most people start this final Paschal fast about 7 PM.

We wait for the celebration of the Lord's resurrection, when we will come back to Church at 11:30 PM for

the Paschal Matins and Liturgy, and the experience of gratitude that we are grafted, joined, united, to Him, Who sits at the right hand of the Father. We are entering Holy and Great Week—it is not something to pop in, at the end of the week. How would we understand that it was all done "for us and for our salvation?" —Fr. Lawrence

• PASCHA BASKETS—HELPFUL HINTS:

Cover the entire basket with a cloth with something symbolic on it like a cross. It can be used over and over, year after year, generation after generation. Loosely wrap the items in your basket to make it quick and easy to uncover them to get blessed by Holy Water. Plastic wrapped food is not really blessed food. Don't bring too much food! I can't emphasize this enough. Trust me. Cut bits and pieces and leave the rest at home to eat during Bright Week. There will be plenty to eat. If you stick the candle in your bread, you don't need to bring an extra candle holder. Bring some matches to light it. Scraps of all blessed food including eggs shells, scraps of meat, bread crusts, etc. should be saved, buried, composted, or burned. All the food was blessed, not just the part we ate. In a side bag, bring your own plates, napkins, utensils, and cups. Bring extra for others "just in case." (I also save the plastic wrap to bring home leftovers.) Clean up after yourself! Be willing to share whatever you brought with your brothers and sisters. It is, after all, called an "Agape" meal. Agape means love.

• MOTHER'S DAY, MAY 11:

The Agape meal schedule shows that no one has signed up for either Mother's Day on May 11th or Father's Day on June 15th. Perhaps a group of men could team up to create a meal for the mothers on May 11th, and a group of women do the same for the dads on June 15th. Any and all suggestions and or volunteers greatly appreciated. Please email me off list with your ideas. Eleni Rose. at eleni.in.healdsburg@gmail.com 480-6106

• SILENCE:

Today's technological advancements have introduced noise into our lives in ways unthinkable to the ancients. Not more than a hundred years ago, most families found silence as an everyday experience, for when the sun went down, families nestled into warm corners of their parlors, and their kitchens, often reading books, or simply watching a crackling fire. Along with this quieting down of the day, silence was part of every evening. Orthodox families were especially cognizant of the need to spend quiet time on the eve of the Sunday Liturgy, as well as great feasts of the Church, knowing that this silence served as a preparation time for receiving Christ's Body and Blood, during the celebration of the upcoming Liturgy...Silence is the means by which we may access and deepen our relationship with God, and develop self-knowledge. Silence allows us to live more harmoniously in our world, and actually listen for the voice of God speaking to our hearts. Saint Theophilus, Patriarch of Alexandria, placed the virtue of silence on par with the faith itself in a synodal letter from AD 400. "Monks—if they wish to be what they are called—will love silence and the catholic faith, for nothing at all is more important than these two things." This invitation into the silence is not for monks only. — *Abbot Tryphon, Vashon Island, WA*.

• Pascha BBQ! Sunday, April 20, after Agape Vespers:

Here is how it works! *The parish provides the following: the* BBQ and BBQ-ers, paper plates, cups, napkins, tables, and Pascha cheese. *Each family or single is asked to bring 3 items:* meat to BBQ, a side dish to share with 8-12 others (such as salad, chips & dip, deviled-eggs, etc), beverages (soda, wine, beer, etc.)—enough to share (We will have lemonade). Please do all your food prep for side dishes at home since we are limiting the use of the Hall Kitchen. **Schedule for the day:** 11 AM, Clean the Church (wax removal, sweeping picking up, etc.) and Set-up for the BBQ, 1 PM, Pascha Vespers!, following Vespers, Blessing of the food. We share appetizers while the meat is cooking. (Please allow the children to get their food first, accompanied by an adult). After the kids have eaten, there will be an Easter-egg-hunt and games for all ages! *Everyone cleans up after BBQ!*