

• PREPARATION FOR HOLY COMMUNION:

I urge you all to prepare yourselves for the reception of Holy Communion as well as you can: a recent Confession, praying the *Prayers Before Holy Communion*, and keeping the Wednesday and Friday fasts as well as you can. Especially now, as we are once again in a more serious “shut down” and unable to enjoy the fullness of church life (liturgical, social and charitable activities) it is imperative to keep a solid practice of prayer and confession in order to live the life in Christ. The present conditions in our society compel us to examine our thoughts, motivations, assumptions, words and deeds before God, our neighbor and our self. Someone recently said he was not so worried about the “new normal” as he is going back to the “old normal.” He meant that our present troubles should help us examine those things in our life that truly need to change. This is repentance. Let’s make a practice to have confession at least once a month. Please remember that Confession is not merely a gateway preparation for Holy Communion, but is a Holy Mystery of the presence of Christ before us, forgiving and healing our souls. It is a gift of God to us.

Generally, Confessions are heard, in person, on Fridays from 11:30 AM to 1 PM (no appointment necessary) and by appointment on any other day. Confession by phone is also available. I am *not available* to hear confessions before the Divine Liturgy. Fr. Nicholas and Fr. John are also available for confessions, by appointment.

• HOPE:

True hope seeks the one Kingdom of God and is sure that everything necessary for this mortal life will surely be given. The heart cannot have peace until it acquires this hope. This hope pacifies it fully and brings joy to it. The most holy lips of the Saviour spoke about this very hope: “Come unto Me, all ye that labour and are heavy laden, and I will give you rest” (Mt. 11:28) —*St. Seraphim of Sarov*

• A PRAYER:

...we place our hope in thee, O kind-hearted Father Seraphim: be thou indeed our guide to salvation, and bring us to the unwaning light of eternal life, by thy good intercession before the throne of the Most Holy Trinity, so that we may glorify and hymn with all the Saints, the Name worthy of adoration, of the Father, and of the Son, and of the Holy Spirit, unto ages of ages. Amen.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



July 19, 2020



Summer Feast of St. Seraphim

• TROPARION OF THE RESURRECTION, Tone Five:

Let us the faithful praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death and to raise the dead, by His glorious Resurrection.

• TROPARION OF ST. SERAPHIM, Tone Four:

From thy youth thou didst love Christ, O blessed one, and ardently desiring to work for Him alone, thou didst struggle in the wilderness with constant prayer and labor, and having acquired love for Christ with compunction of heart, thou didst prove to be the beloved favorite of the Mother of God. Wherefore we chant to thee: Save us by thy prayers, O Seraphim, our righteous father.

• KONTAKION OF ST. SERAPHIM, Tone Two:

Having left the beauty of the world and what is corrupt in it, O Saint, thou

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didst settle in Sarov Monastery, and having lived there an angelic life, thou wast for many the way to salvation. Therefore Christ hath glorified thee, Father Seraphim, and enriched thee with the gift of healing and miracles. And so we cry to thee: Rejoice, O Seraphim, our righteous Father.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, July 18: 9:30 AM, Divine Liturgy, Feast of Grand Duchess St. Elizabeth (*in Protection Church*)
3:30 PM, Catechism
5 PM, VIGIL for St. Seraphim Day
- Sunday, July 19: 9:30 AM, Divine Liturgy and *Molieben*
1:30 PM, Vespers for Prophet Elijah
- Monday, July 20: 9:30 AM, Divine Liturgy for the Feast of the Prophet Elijah (*in Protection Church*)
- Tuesday, July 21: 5 PM, Vespers for Feast of St. Mary Magdalene
- Wednesday, July 22: 9 AM, Divine Liturgy for the Feast of St. Mary Magdalene
4 PM, Redwood Empire Food Bank
5 PM, Vespers
- Friday, July 24: 11:30 AM–1 PM, Confessions
- Saturday, July 25: 9:30 PM, Divine Liturgy for the Feast of the Dormition of St. Anna (*Protection Church*)
3:30 PM, Catechism
5 PM, Great Vespers
- Sunday, July 26: 9:30 AM, Divine Liturgy—Feast of St. Jacob of Alaska)

• FEAST OF ST. SERAPHIM, JULY 19:

Our summer feast of St. Seraphim is upon us! This year our celebration will be somewhat more subdued than normally with no guests or festive meal. Nevertheless, the joy and power of the Feast is primarily found in its spiritual content and that will be no less even now. Vigil will be served on Saturday evening at 5 PM, with the chanting done—left and right sides, by

by two duos. On Sunday morning the newly formed *St Kassiani Alto Women's Quartet* will chant the Divine Liturgy. We will have an outdoor *Molieben* (short service of supplication) to St. Seraphim at the conclusion of the Liturgy to ask for his prayers, for an end to this pandemic, for peace and concord in our society, and unity of faith, love and vision in our parish. At 1:30 PM in the afternoon we will join the Leave-taking of St. Seraphim Day with the commemoration of the Holy Prophet Elijah. Liturgy will be served in the Protection Church on Monday morning at 9:30 AM.

• PARISH STATUS:

As you know, the Governor released another directive, rolling back openings of various places, including churches. This “roll-back” directive does not affect us, since out of an abundance of caution, we never really opened. Of course, now and then a few folks that might not have gotten the info about not being open wander in for a bit. That’s fine, as long as they have masks on. I have been in contact with His Eminence, Archbishop Benjamin, and we have his blessing to continue as we are. So, as it is now, we will keep to what we have been doing (on weekdays a few of the faithful come in). We will also plan to have the Divine Liturgy on the Cathedral porch on Sunday, July 26. I ask your prayers and compliance in all of this. —*Fr Lawrence*

• FACE MASKS:

Archbishop Benjamin has reiterated his directive that when we enter the Church we are required to wear a face mask, even when entering the Church to receive Holy Communion, brief though it be. Wearing a face mask is his requirement, and he is not open to exceptions. *Deny yourself, pick up your mask, and put it on.*

• BRINGING HOLY COMMUNION TO THE FAITHFUL:

An important part of the pastoral work of the priest is to bring Holy Communion to those in nursing homes, who are sick or shut-ins. I am honored and very pleased ALSO to bring Holy Communion to those in our parish that are not coming to church right now for health reasons. Or we can arrange for them to come to the Church on Sunday afternoon or some other day to receive Holy Communion from the Reserved Sacrament. Please do not hesitate to ask me about this. It’s important that our faithful are nourished by the Holy Mysteries.

—*Fr. Lawrence*