

• NOTHING CAN SEPARATE US FROM THE LOVE OF GOD:

It is in vain that some unenlightened people seek the greatest evil for man somewhere else, rather than in sin. Some consider disease to be the greatest evil, others—poverty, and others—death. But neither disease, nor poverty, nor death, nor any other earthly disaster can be such a great evil for us as is sin. These earthly misfortunes do not separate us from God if we are seeking him sincerely, but on the contrary, they bring us closer to Him.

—*Archimandrite Seraphim Aleksiev*

• WORK PARTY SCHEDULED:

We have a work party planned for Saturday, September 12, 9 AM–Noon. There are numerous things that need work here at the parish property, but maybe more importantly, will be the blessing of working together as fellow-parishioners. We will not serve lunch that day. *Tasks for the work-party:* scrape grass and weeds from front parking lot blacktop; wash windows of St. Seraphim Cathedral; clean light fixtures (indoors and outside); gardening; examine and tighten bolts on play structure, make a new canopy; clean gutters of all buildings, etc.

• BACK TO SCHOOL SUPPLIES:

This Sunday, August 23, a local charitable organization will have four or five people assembling school kits for those children going back to school who are in need. The group will meet at 3 PM on the Hall Porch. This is not an appeal for help (although no doubt help would be appreciated) but an FYI, about what's going on here. —*Fr Lawrence*

• REGISTRATION FOR CHURCH SCHOOL:

Please fill out a [registration form for church school](#). We will determine how classes will be conducted (zoom, in person, combination) when we have an idea of the number of children involved.

• CATHOLIC CHARITIES:

Volunteers are needed to help with dinner drop offs at 5 PM on Thursdays this month. How does it work? When the Catholic Charities truck arrives we unload and drop the pre-bagged food in front of the apartment door, ring the bell or knock, then move away before tenant opens the door. We normally hang out at a distance when the tenant opens the door to smile and make sure they receive their meals. For more info, please contact Lydia Nicholson at 707-322-8537.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



August 23, 2020

Leave-taking of Dormition & St. Irenaeus of Lyon



• TROPARION OF THE RESURRECTION, Tone Two:

When Thou didst descend to death, O Life-Immortal, Thou didst slay hades with the splendor of Thy Godhead; and when from the depths Thou didst raise the dead, all the powers of Heaven cried out: O Giver of Life, Christ our God, glory to Thee.

• TROPARION OF DORMITION, TONE ONE

In giving birth thou didst preserve thy virginity, in falling asleep thou didst not forsake the world, O Theotokos; thou wast translated unto life, O Mother of Life; and by thy prayers thou dost deliver our souls from death.

• KONTAKION OF THE RESURRECTION, Tone Two:

Hades became afraid, O Almighty Savior, seeing the miracle of Thy Resurrection from the tomb. The dead arose, creation with Adam beheld this and rejoiced with Thee; and the world, O my Savior, praises Thee forever.

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• KONTAKION OF DORMITION, TONETWO

The grave and death could not hold the Theotokos, who is unsleeping in her intercessions, and an unfading hope in her mediations. For as the Mother of Life, she was translated to life by the One Who dwelt in her ever-virgin womb.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, Aug. 22: 5 PM, Great Vespers
- Sunday, Aug. 23: 10 AM, Divine Liturgy, Prayers for the Beginning of the School Year
- Tuesday, Aug. 25: 4 PM, Panikhida, Anniversary of the Repose of Gabriel Griovski
- Wednesday, Aug. 26: 4 PM, Redwood Food Bank Distribution
5 PM, Vespers
7 PM, Study of the book [Way of the Ascetics](#) via Zoom
- Friday, Aug. 28: 11:30 AM–1 PM, Confessions
5 PM, Vespers for the [Feast of the Beheading of St. John the Baptist](#) (Fast Day)
- Saturday, Aug. 29: 9:30 AM, Divine Liturgy for the Feast Day
5 PM, Great Vespers
- Sunday, Aug. 30: 10 AM, Divine Liturgy

• ON THE PORCH:

All our Services, until further notice, are taking place on the porch. Bring a folding chair and an umbrella for sun shade.

• KEEPING THE SOUL LIGHT AND UNBURDENED:

During these unusual and often frustrating days we experience inner turmoil and spiritual confusion rather frequently. Many are stressed out and exhausted. On top of the multiple issues surrounding our experience of COVID-19, political unrest, societal dysfunction, we have fire season already here. We knew it was coming, but, it's come early, and now people

are in danger. MORE THAN EVER, it is spiritually, emotionally and psychologically essential that we look at our interior life and see that without God's help, the knowledge and experience of His love and grace, *we have nothing*. The outward life of a person, what he or she has, does and came from, is not as important as the inner life of a person, since all the outward things, hopes, accomplishments and dreams might not work out as planned! What then is left for that man or woman? Some of us don't spiritually mature past a Sunday School experience of God, and when the waves of life pound, we feel adrift; when temptations come, we might think they are quite normal; when our faith is tested, *as it will be*, we might blame God and the Church and then look elsewhere for help—ignorant of the incredible spiritual power of prayer, the Holy Mysteries, church services and spiritual guidance. Help indeed! “The Lord is my strength and my song, He has become my salvation.” (Ps. 117:14). God wants us to be strong and mature, to feel freedom of the soul, but for that to happen we give our will and our love to Him, for they are precious to Him and He will sanctify both. “These earthly misfortunes do not separate us from God if we are seeking him sincerely” (*Archimandrite Seraphim Aleksiev*) Some suggestions for you:

Each and every day, find a little time to be alone and quiet, not engaging in the thoughts that appear like “[monkeys leaping from branch to branch](#).” Then, turn your attention to prayer: short, heartfelt and attentive. Keep your conscience clear by self-examination, and come confess and receive Absolution of sins. Then, perhaps you will sense that the soul is light, and has light from God, and is unburdened of sins and negativity. We are impatient people, and forget that just as we do not get in great physical shape after exercising once or twice, neither do we grow spiritually without regular and contact with our Savior. Self-directed exercise and study is not often very effective—confession provides loving direction. Sometimes we need a spiritual “jump-start” when the “batteries of our soul” are depleted—confession can be that very thing. Come, make a confession on Fridays at 11:30 AM in person, or make an appointment to confess in person or by phone with me or Fr. Nicholas or Fr. John. —*Fr. Lawrence*

• ORDINATION GIFT:

We congratulate Father Ambrose Inlow, ordained to the Holy Priesthood on Dormition at St. Tikhon's Seminary. Our parish will be sending him an ordination gift of a vestment and an exoriasson (big-sleeved cassock), and all are invited to participate in that gift.