

- REPETITION IN PRAYER:

...A child kicks his legs rhythmically through excess, not absence, of life. Because children have abounding vitality, because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, "Do it again" and the grown-up person does it again until he is nearly dead. For grown-up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, "Do it again" to the sun; and every evening "Do it again" to the moon. It may not be automatic necessity that makes all daisies alike; it may be that God makes every daisy separately, but has never got tired of making them. —*G.K. Chesterton*

Frequent repetition is important: with frequent wingbeats a bird soars high above the clouds; the swimmer must repeat his strokes countless times before he reaches the desired shore...—Tito Colliander, *Way of the Ascetics*

- LET US ATTEND:

Make the effort to raise up, or rather, to enclose your mind within the words of your prayer; and if, like a child, it gets tired and falters, raise it up again. The mind, after all, is naturally unstable, but the God Who can do everything can also give it firm endurance. Persevere in this, therefore, and do not grow weary; and He Who sets a boundary to the sea of the mind will come to you too during your prayer and will say, Thus far you shall come, and no farther" (Job 38:11). Spirit cannot be bound, but where He is found everything yields to the Creator of spirit. —*On Prayer - Step 28, St. John Climacus*

- MEDICINE FOR THE SOUL:

The great medicine is for you to devote yourself to worship of Christ. Everything is healed. Everything functions normally. The love of God transforms everything; it sanctifies, amends and changes the nature of everything.

—*St Porphyrios of Athos*

- VINEYARD:

Our thanks to Seraphim Francis Ranney who has been caring for a select area of the vineyard this year. The grapes are free for the picking. It would be wonderful if someone in the parish would be interested in picking, crushing, fermenting and making a little bit of wine. Anyone?

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



September 20, 2020

Post-Feast of the Exaltation of the Cross



- RESURRECTIONAL TROPARION, Tone Six:

The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hades, not being tempted by it. Thou didst come to the Virgin granting life. O Lord who didst rise from the dead: Glory to Thee.

- TROPARION OF THE CROSS, Tone One:

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

- KONTAKION OF THE CROSS, Tone Four:

As Thou wast voluntarily raised upon the cross for our sake, grant mercy to those who are called by Thy Name, O Christ God; make all Orthodox Christians glad by Thy power, granting them victories over their adversaries, by bestowing on them the Invincible trophy, Thy weapon of Peace.

ACTIVITIES & EVENTS THIS WEEK

**Indicates streaming services*

- Friday, Sept. 18: 11:30 AM–1 PM, Confessions
- Saturday, Sept. 19: **9 AM–Noon, Parish Work Party**
5 PM, Great Vespers*
- Sunday, Sept. 20: 8:430 AM, Matins
10 AM, Divine Liturgy*
11:45 AM, Church School
- Wednesday, Sept. 23: 9 AM, Divine Liturgy, [Conception of St. John the Baptist](#)*
4 PM, Redwood Empire Food Bank
5 PM, Vespers*
7 PM, Talk by Fr. Nicholas on the book *The Way of the Ascetics*
- Thursday Sept. 24: 10 AM, Akathist to St. Seraphim
5 PM, Vespers for the Feast of St. Sergius*
7 PM, Parish Council Meeting
- Friday, Sept. 25: 11:30 AM–1 PM, Confessions

• WORK PARTY—PICK YOUR TASK:

Saturday, 9 AM–Noon. *Projects:* Wash windows, inside and out, at St. Seraphim; Clean lighting fixtures in St. Seraphim on the porch and in the side aisles; Trim back vine on Church porch and olive tree; Help Matushka Ann with gardening; Dump the trash in the various outside barrels; Clean the cobwebs off the security cameras; Sweep the floor in the Protection Church (very dusty); Clear the brush debris piles in the south parking lot ditch (fire hazard)—we need a truck to haul away the brush pile, etc.

• PARISH FEAST: PROTECTION OF THE VIRGIN, October 1:

On October 1 we celebrate our Parish Feast Day, *The Protection of the Holy Virgin*. Our parish is named for this Feast and so we celebrate the day with a special solemnity and joy. Vigil will be served on Wednesday, September 30, at 6:15 PM, and the Divine Liturgy at 9:30 AM, on Thursday, October 1. These are extraordinary times, so in what extraordinary way will we observe this Parish Feast Day? Perhaps a special offering for the poor could be made from our parish to one of the charitable organizations we have in mind.

Help for victims of the fires? We might send a gift (flowers, gift card, etc.) to Bishop Daniel. After Liturgy shall we have coffee outside?

• CHURCH SCHOOL CLASSES AFTER LITURGY:

- ☞ Preschool/K—*Teacher:* Niki M. The class will meet on the porch in front of Father Lawrence's office
- ☞ 1st thru 3rd Grade—*Teachers:* Vicky B. & Daphne R. The class will meet on the porch in front of Sunday School rooms near basketball hoop
- ☞ 4th thru 5th graders—*Teachers:* John G & Aaron B. The class will meet under the tree next to the library
- ☞ Middle Schoolers 6th thru 8th grades—*Teachers:* Dn. Jeremiah & Gloria C. The class will meet on porch in front of Hall
- ☞ High School—*Teachers:* Gretchen M. & Garret H. The class will meet behind the small church at the benches.
- ☞ For those who will be at home using Zoom—*Teacher:* Anastasia B. will sign on with Zoom students (link to be provided).

Social distancing norms will be followed.

• ATTENDANCE:

I've been asked a number of times about the current attendance policy: "*Hey Father, so how are services done now?*" (one might rather say, "Father bless: what's the current..."). This tells me that I haven't communicated very clearly. **N.B. A)** For Sunday Divine Liturgy and the major feasts: Services are done outside on the front porch—provided the weather cooperates. Social distancing/masks are to be worn outside. Those who cannot wear masks stand back with the "lepers" and unclean 😊, and I thank those who are doing so for their cooperation. All are expected to wear a mask while approaching the chalice. I am very grateful that we, unlike most parishes, have more than sufficient space outside for the entire congregation to gather for our outside Liturgies.

B) Saturday Vespers and weekday Services: These are done IN THE CHURCH. Attendance is severely limited to the one singer, a reader or two on the opposite side, the clergy and the servers, as well as 15 people maximum in the church, masked. We are all weary of the restrictions and many are profoundly dissatisfied with them, but this is the middle way, and I thank you for your kindness and understanding. —*Fr. Lawrence*