

hip speaking together on Sundays; the Men's Group meeting around the fire pit; charitable outreach by members of our parish — this is extremely important. Our outreach, community involvement and love for the poor is an essential part of our church life. Without this work, we remain a self-help organization. And that's not Christianity. Church cleaning; Friday confessions; etc.

These are all activities that arise from our personal involvement, participation, love and care for the parish. Worship of course is central, especially the Divine Liturgy and our participation in the Eucharist. This is our encounter with the Risen Lord, and our integration in His Divine Life—without the Eucharist the soul is parched, the struggle to acquire the Godly virtues founders, and there is no transfiguration of the Christian into the image of Christ. One cannot put the life in Christ on hold—one either goes forward (with all the falls and trips and repentance that goes with it) or faith atrophies. Heartfelt prayer elevates our participation in all aspects of Church life. Those of us that are here at church all the time, clergy and faithful alike, often lament that “church life isn't what it used to be.” We all know that already, and really, so what? Christians have survived and flourished in so many different situations throughout history—we can't limit church life to one or two things that we know and expect. Reading the lives of the saints, as well as that of the new martyrs under the Turkish Yoke and those under Soviet oppression, we see that many responded either by apostasy or increased piety. Under the Soviets and Turks Christian education was forbidden. Going to church services was severely curtailed, Christians were oppressed in brutal and devious ways and martyrdom was not all that unusual. To “take up the Cross and follow Christ” meant that Christians had a much lower average life expectancy than non-believers. Fear of death was not a factor, since Christ is risen from dead. But, Church life continued in ways that it could. Our situation is not so bad—those who have experienced actual persecution give us some perspective. We can flourish too. Let's thank God that amongst all the problems that face us in our County, State and Country (we don't hide our head in the sand about it) we have the grace of God given to us in the Divine Services, especially the Eucharist, as well as in all our other activities. Through these sanctified and Godly activities, let us prove our faith by good works to those in need, to those who hate us, to those who love us, to the poor, marginalized and downtrodden: “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” (Matt 5) —*Fr Lawrence*

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



October 11, 2020

Fathers of the 7th Ecumenical Council



- 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:
Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, Oct. 10: 3:30 PM, Catechism: *On the Human Being*
5 PM, Vespers and Confessions

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- Sunday, Oct. 11: 8:30 AM, Resurrectional Matins
10 AM, Divine Liturgy
1 PM, Online Church School (see note below)
- Wednesday, Oct. 14: 4 PM, Redwood Empire Food Bank
5 PM, Vespers
7 PM, *Online Study of the Prophecy of Isaiah, with Fr. James Jorgenson (link below)*
- Friday, Oct. 16: 11:30 AM–1 PM, Confessions

- CHURCH SCHOOL:

The Church School teachers met on Tuesday evening via Zoom to decide if classes should be held in-person or via Zoom. Over the last month or so we have all experienced uncertainty about classes being held due to the weather, the fire and smoke and the current health restrictions regarding inside classes. We simply did not know what to expect on any given Sunday. After some discussion, we have decided that **all classes will meet on Zoom, with the one exception being the Pre/K class**, taught by Niki Myles, which will meet in-person on the porch next to the playground after Liturgy.

Details below:

- I. Niki will teach Pre/K at **11:45 AM** in-person on porch next to playground.
- II. Vicky/Daphne: 1st thru 3rd. <https://wusd-org.zoom.us/j/94767816870?pwd=RXFmYXp2K2xRNU8xM1RLQktxVWxIZz09>
- III. Aaron/John: 4th thru 5th. <https://www.google.com/url?q=https%3A%2F%2Fus04web.zoom.us%2Fj%2F71298415579%3Fpwd%3DMmVNTEVQd055OHZud2o5QXc4Q3BuZz09&sa=D&ust=1600122689730000&usg=AOvVaw3-4H0JFHhEkvGs2GZgFnKr>
- IV. Dn. Jeremiah/Gloria: middle school (6th thru 8th). <https://us02web.zoom.us/j/84218524840?pwd=Yy9TdZlCa2kvYmpNMENEbD-BLOGcyUT09>
- V. Garret/Gretchen: High School. <https://us04web.zoom.us/j/77670137631?pwd=dWdqNWZPQ0VrY2k3RTI0aENGaXB6UT09>

- STUDY OF THE BOOK OF ISAIAH:

The Prophecy of Isaiah is 66 chapters long. Rather than trying to tackle the entire book, Fr. James will take us through selected chapters. Session begin

on Wednesday, October 14 at 7 PM. Link up at the following Zoom address: <https://us02web.zoom.us/j/91396360506?>

- FROM THE OCTOBER BULLETIN WITH ADDITIONS:

Even now during this time of restrictions on gathering, when we are without our beloved Sunday Agape Meals [although plans are underway for a box lunch/coffee after Liturgy—stayed tuned] and are limited with our indoor attendance at Church Services, the life of the Parish goes on. In fact, it's quite vibrant, despite the fact that our parish is about half the size that it was—practically speaking—at this time last year (there are some obvious reasons why this is so, but more on that at another time). Nevertheless, as I mentioned, parish life remains vibrant and active. Before we get to that, let's first think about how the individual Christian lives his or her day to day life as a member of the Body of Christ. How do we each practice spiritual “self-care, how do we show our love for God? Because we love Jesus Christ, we practice daily prayer (the marvelous Prayer Book has prayers of repentance, glorification of God, thanksgiving, intercession, prayers before and after meals and preparation for Communion). The mature Christian prays each morning and evening, in times of need and in times of thanksgiving. He or she also consciously and intentionally sets aside time to read the Scriptures according to whatever plan that works best. Such a person stays in contact with the “brethren of this Holy Temple” in ways—very convenient ways—that those before us couldn't have imagined. Email, text, the telephone. Please, let's be diligent to stay in touch with each other. Sometimes I leave messages with some of you, and never get a call back. Imagine if I responded that way with those who called me! Goodness, we have our Parish Photo Directory to remind us who is who and this should lead one to pray, one for the other. Love needs to be nurtured, connections need to be maintained. It's a gift from God, and not something that happen automatically. We beg God to send us His love.

As for Parish activities, here's an overview:

Liturgies on Sunday, Saints Days, various Feasts and “Family Liturgies”—as well as Vespers, Akathists and Matins multiple times a week (YES, please attend). We have Church School on Sunday, both in-person and online; Wednesday evening spiritual talks on Zoom; Food Bank twice a month; Saturday Catechism at 3:30, which began on Oct. 3; Lessons for catechumens during Liturgy; work parties; gardening; the Women's Fellows