

the memorial rock of the Resurrection, you will be as far away from receiving Christ into yourself as one who has not even begun to confess Him. —*St. Gregory of Nyssa*

- FEAST OF THE ELEVATION—EXALTATION OF THE CROSS:

Next week we will celebrate the second great feast of the Liturgical Year, the *Elevation of the Precious and Life-giving Cross*, on September 13 (Vigil) and 14 (Liturgy).

- GLENDI CHURCH FAMILY BBQ / SEPTEMBER 19:

Don't forget to RSVP to Father Lawrence. We need a head count to ensure sufficient food. What's the *Glendi Church Family BBQ*? See the flyer in the Church narthex.

- WELCOMING HOME:

Lydia Margitich will be hosting another "Welcoming Home" event here at the Church parking lot on Saturday, September 25. What does this organization do? Their mission statement is here: *Welcoming Home is dedicated to helping families who are transitioning out of homelessness and poverty by fully furnishing and equipping their "new" homes*. If you'd like to help out, Lydia can be reached at 707-583-3931.

- FACE-COVERINGS

Yes, still required for those inside the Church. Please cover your mouth and your nose. Otherwise the cover is about as effective as a screen door in a submarine.

- CONFESSION AND COMMUNION:

We welcome our guests and visitors, and trust that you will have a good experience at the Divine Services—please speak with one of our priests if you have any questions. Holy Communion is reserved for Orthodox Christians who have prepared themselves by prayer (*Pre-Communion Prayers* are essential), fasting according to our practice, and a recent Confessions (at least within a month's time). *With the fear of God, with faith and with love, draw near.*

- CHURCH SCHOOL:

In-person classes begin next Sunday, September 12. A list of grades/teachers will be posted in the Church, along with information precautions that will be taken during Covid. Any questions, speak with our Principal, John Gilluly at (415) 205-0339.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



September 5, 2021

Sts. Zachariah and Elizabeth



- 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.

- 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.

ACTIVITIES & EVENTS THIS WEEK

- Sat., Sept. 4: 5 PM, Vigil / Confessions
- Sun., Sept 5: 10 AM, Divine Liturgy, Agape Meal

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- Tues., Sept. 7 6:15 PM, Vigil for the Nativity of the Theotokos
- Wed., Sept.. 8: 9 AM, Divine Liturgy for the Nativity
4 PM, Redwood Empire Food Bank
5 PM, Vespers
- Thurs., Sept. 9: 9 AM, Divine Liturgy/Feast of Sts. Joachim and Anna
7 PM, Bible Study with Fr. James: “Themes from the Psalms” Parish Hall and Zoom
- Fri., Sept. 10: 11:30 AM–1 PM, Confessions

- FATHER NICHOLAS AWAY ON SUNDAY:

Fr Nicholas will be away this weekend, serving the Divine Liturgy in Berkeley, and again away on September 19, serving at the Skete.

- BAPTISM THIS MONTH:

God-willing, our catechumen Mark Stanley will be baptized on Sunday, September 19 at 9 AM. Reader Andrei Mikrikov will stand as his God-father.

- BIRTHDAY OF THE MOTHER OF GOD:

Of all the birthdays that we might celebrate during the year (family, friends, our own, national figures, composers, etc) high on the list is the birthday of the Mother of God, our Lady Theotokos, Mary. Church Tradition holds dear the names of her parents, Sts. Joachim and Anna, and the account of the conception and the birth of their daughter, who would become the “Living Temple of God” and the Mother of the Savior, our Lord and God, Jesus Christ. We celebrate her birth each September 8, with Vigil the evening before, and the Divine Liturgy the next morning. Watch a video about her Nativity [HERE](#), and read an account of her birth and early life [HERE](#).

- REDWOOD EMPIRE FOOD BANK:

Our Parish still hosts the food bank on the second and fourth Wednesdays of the month. Come help out this coming Wednesday, starting at 4 PM. See Lydia Nicholson for more information.

- CAUGHT UP IN THOUGHTS?

Our thoughts really do have an impact on our world. Negative thoughts about family members or fellow employees change our relationships. If we dislike someone at work and allow ourselves to think poorly of them, they are likely to fulfill our low expectations. If we pray for them and ask God to bless them, while asking the Lord to bless our interaction with them, they become changed for the good, and so do we. —*Abbot Tryphon*

We tend to go about our lives thinking whatever thoughts come to us without considering this is warfare we are engaged in and the thoughts are the ammunition. We are asleep. We are walking through the battlefield and gunfire is whizzing past our heads, and we want to stop and have a closer look at the bullet. Unfortunately, this is how we get hurt. We look at the bullets when we take into our heart a resentment, hurt or angry thought about another person. We could choose to not “take into account a wrong suffered.” We would be following Christ, who did not open His mouth when wrong things were said about Him. We also take a closer look at the bullet, when we are taking a closer look at someone’s beauty and are lusting. We get a closer look at the bullet when we judge ourselves as hopeless cases so we quit running the race or we judge ourselves as virtuous and we quit the race because we are “ahead.” We should ignore these bullets and keep our own attention on Christ, the *Author and Perfecter of our faith* (Heb 12:2). Why can we ignore the bullets? We can ignore them because of the work of Jesus Christ’s work on the cross. He came to destroy the works of the enemy. The cross is our weapon of peace. What we need to think about and ponder is His word, His commandments, His truth and to call upon His holy Name in prayer. Thank God we don’t have to entertain, analyze, dissect, or interact with evil thoughts to overcome them. We can ignore them and focus on Him. We can take every thought captive to the obedience of Christ by His grace. Being in a state of awareness is another important asset in our fight. Perhaps, this is what the Church Fathers talked when they talked about *nepsis*, this vigilance and alert state. We need to be like our computer security software that is constantly blocking and granting access for programs that want to access our computer’s files. It also guards what goes out from our computers, like putting a guard over our mouths. —*from the book [Mountain of Silence](#)*

If you keep your inner man full of wicked thoughts, even if you were on Golgotha, even if you were on the Mount of Olives, even if you stood on