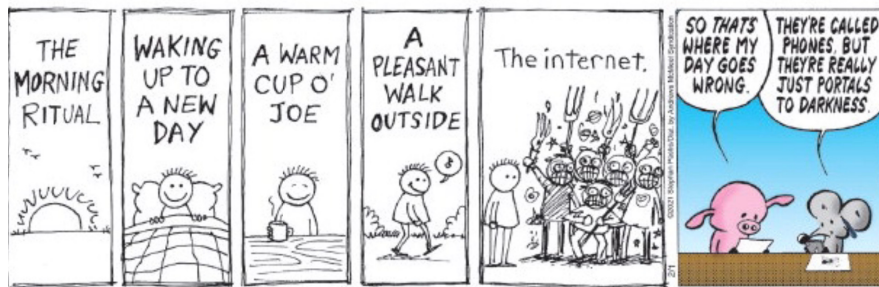


• REPEAT FROM LAST YEAR:

Do you ever stand in church and all of a sudden have no idea how it's already at a certain part in the service? You find yourself zoned out, and thinking about other things, like, oh say, lunch. You're not the only one. Whether you're a teenager or a senior, it's totally normal to think about many things, and often at the same time, especially when maybe we don't fully understand what's happening in the service! During the Liturgy we simply want to be present, there, where we are, not *thinking* about this or that. What to do? Try this: for that one-hour and a half, engage in a battle of will. In other words, force yourself/oppose yourself. Fight inclinations to give in to distraction, not aggressively, but gently and without frustration, bringing your attention back to the words being sung or chanted. Hang on to your attention as you would keep ahold in a boat going down a river of white-water rapids. If you find your mind has wandered, don't give in to it, but instead, say the Jesus Prayer a few times. Yes, there may be those around us that distract us. But we allow that to happen. Make every effort to constantly come back to the silent, inner peace that is found in the services of the Church, and over time, with practice, you will cultivate a different way of being while in Church. The cartoon below also illustrates for us a modern problem: our use of the cell phone, checking this or that app/site, depletes our attention, fragments it, tires it out and at the same time, addicts the mind to those short bursts of distraction from the here-and-now. We stop paying attention to the breath in the body, the feet on the ground, our feelings, the sky and often others. Ultimately, our use of social media—judging from my own experience and listening to others—makes praying much harder, and sometimes impossible. Be watchful of what's inside of you. —Fr L



ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



November 7, 2021

Synaxis of the Holy Unmercenaries



- TROPARION OF THE RESURRECTION, Tone Three:
Let the heavens rejoice, let the earth be glad; for the Lord has shown strength with His arm; He has trampled down death by death; He has become the first-born of the dead. He has delivered us from the depths of hell, and has granted the world great mercy.
- TROPARION OF THE HOLY UNMERCENARIES, Tone Eight:
O Holy Unmercenary Physicians and wonderworkers, visit our infirmities. Freely have ye received; freely give unto us.
- KONTAKION OF THE HOLY UNMERCENARIES, Tone Two:
Having received the grace of healing, ye extend health to those in need, O glorious and wonderworking physicians. Hence, by your visitation, cast down the audacity of our enemies, and by your miracles, heal the world.

ACTIVITIES & EVENTS THIS WEEK

- Friday, Nov. 5: 11:30–1 PM, Confessions
- Saturday, Nov. 6: Noon, Trisagion for Embaye Gebremeskel
3:30 PM, Catechism on *Jesus the Savior*
5 PM, Vigil and Confessions
- Sunday, Nov. 7: 10 AM, Divine Liturgy
11:30 AM, Church School
Noon, Agape Meal
1 PM, Vespers for St. Michael and the Angels
- Monday, Nov. 8: 9 AM, Divine Liturgy for the Feast
6:30 PM, Church School Teacher Meeting
- Wednesday, Nov. 10: 4 PM, Redwood Empire Food Bank
5 PM, Vespers
- Thursday, Nov. 11: Noon, Deanery Clergy Lunch here
3:30 PM, Anniversary of the repose of Fr. Michael, *Panikhida in Healdsburg*
No Bible Study this evening
- Friday, Nov. 12: 11:30 AM–1 PM, Confessions
- Saturday, Nov. 13: 9 AM, Divine Liturgy, Feast of St. John Chrysostom
10 AM, Grounds Work Party!!!
Noon, Trisagion for Alan Duquette
12:30 PM, Baby Shower for Hannah S.
3:30 PM, Catechism on *Repentance and Faith*
5 PM, Vigil and Confessions

- FEAST OF THE ANGELS:

Vespers on Sunday at 1 PM, Liturgy on Monday at 9 AM in St. Seraphim. Let's gather to thank God for giving us angels as guides, as protection and as a help for our conscience (*angel* means *messenger*). Click [HERE](#) for "about the feast."

- BAZAAR AT STS. PETER AND PAUL:

Our Sister Parish on Stony Point Rd will hold its annual *Christmas Bazaar and Food Fest*, Sat. Nov. 13 from 10 AM–3 PM, and Sun. from 11 AM–3 PM. Peruse Christmas gifts, jewelry, crafts and enjoy a Russian lunch, with food to go. For more info call Nadia Stewart at 925-372-7838.

- FEAST OF THE THEOTOKOS:

November 21 is the annual Feast, one of the Twelve Great Feasts, of the Entrance of the Theotokos into the Temple. This year the feast day falls on a Sunday. The Festal Vigil will be celebrated on Saturday evening, at 5 PM. We sing this hymn repeatedly: *Today is the prelude of the good will of God, of the preaching of the salvation of mankind. The Virgin appears in the Temple of God, in anticipation proclaiming Christ to all. Let us rejoice and sing to her: "Rejoice, O Fulfillment of the Creator's dispensation!"*

- THANKSGIVING DINNER HERE:

As always, we will celebrate the Divine Liturgy on Thanksgiving Day, 9 AM, in St. Seraphim. This year we will also have a short service of Thanksgiving at 3 PM, followed by a pot-luck dinner in the Hall (turkey and salmon will be provided). If you plan to attend, please mark your name down on the sign-up list in the Narthex: Indicate **two dishes** you will bring (ensuring enough food) and **one task** you can help with before or after dinner (set-up, bussing tables, washing dishes, etc.). Any questions, please see Fr. Lawrence or Matushka Ann.

- THANKSGIVING BOXES:

The annual Thanksgiving Day Food Box project will be organized once again, this will be our ninth year. Partnering with Catholic Charities, we will put together one hundred full meals which will go to families in need. How to participate? You can sponsor a box for \$50 and/or help out with putting the meals together the day before Thanksgiving. Donations can be made directly to St. Seraphim Orthodox Church. For more information, please speak with Amy Ramirez Margitich or Serge Anderson.

- WINTER PREP WORK PARTY:

You are invited to participate in a work-party here, following the 9 AM Liturgy for the Feast of St. John Chrysostom, Saturday, Nov. 13. I will have a list of light and heavy tasks on a clip-board. —*Fr Lawrence*

- TEEN GET-TOGETHER HERE NEXT WEEK:

On Sunday, November 14, our parish will host a deanery-wide event for teens, beginning at 3 PM. There will be a short talk around the fire pit (if there's no rain) dinner and a movie in the Hall. See Vicky Basch for more information or to volunteer to help.