

- HYMN FOR THE SECOND WEEK OF LENT:

Come, let us cleanse ourselves by almsgiving and acts of mercy to the poor, not sounding a trumpet or making a show of our charity. Let not our left hand know what our right hand is doing; let not vainglory scatter the fruit of our almsgiving; but in secret let us call on Him that knows all secrets: Father, forgive us our trespasses, for Thou lovest mankind.

- GRATITUDE:

Please join me in giving thanks to God for blessing us with the Services of Clean Week. The singing, reading and serving was done reverently and beautifully every morning and evening. Such things are a result of a great deal of study and rehearsal by those who love to serve the Lord.

- CONCERT HERE:

The Green Mountain Consort, (part of Bach Choir) will present a concert here in the Cathedral on Saturday, March 19, 2022 at 8 PM and Sunday, March 20, 2022 at 3 PM. They will sing the liturgical music of Giovanni Pierluigi da Palestrina (1525-1594), tracing the entire liturgical year by means of motets from his collections of offertories (1593) and hymns (1589). This annual cycle will be woven around movements of the great five-part 'Missa L'homme armé'. Reservations required. [LINK HERE.](#)

- COMPLETED FRESCOES:

Just before Lent the Fresco Fathers, Patrick and Moses, completed the frescoes of [Sts. Alban](#), Protomartyr of Britain and [Germanus of Auxerre](#). The monks will return during Lent to continue work.

- LENTEN RETREAT IN SF:

Holy Trinity Cathedral in San Francisco will host a Lenten Retreat, led by Fr. Bogdan Bucur, professor of Patristics at St. Vladimir's Seminary in NY, Saturday, April 2. Registration is at 11 AM. See [THIS LINK](#). The first session will consider the foreshadowing of Pascha in the Old Testament episode of Joseph's burial and in the later story of Passover; the second will highlight the insistence of the Holy Week hymnography on the need to adequately recognize the Lord in order to participate in the fullness of Passover/ Pascha. We hope to car-pool to SF that morning. Please see Fr. Lawrence or Josef Candelario if you are able to drive. Parking will be provided.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



March 13, 2022

Sunday of Orthodoxy ~ First Sunday of Great Lent



- TROPARION OF THE RESURRECTION, Tone Five:

Let us the faithful praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death and to raise the dead, by His glorious Resurrection.

- TROPARION OF THE SUNDAY OF ORTHODOXY, Tone Two:

We venerate Thy most pure icon, O Loving Lord, asking Thee, O Christ our God, to pardon our transgressions. For of Thine own will wast Thou well-pleased to ascend the Cross in the flesh, to deliver from the bondage of the enemy those whom Thou hast fashioned. Therefore, in thanksgiving, we cry aloud to Thee: Thou hast filled all with joy, O our Savior, when Thou camest to save the world.

- KONTAKION OF THE SUNDAY OF ORTHODOXY, Tone Eight:

The uncircumscribed Word of the Father became circumscribed, taking flesh from thee, O Theotokos, and He has restored the sullied image to its

ancient glory, filling it with divine beauty. This our salvation we confess in deed and word, and we depict it in the holy icons.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, March 12: 9:30 AM, Divine Liturgy
3:30 PM, Catechism, *On Confession*
5 PM, Vigil and Confessions
- Sunday, March 13: 10 AM, Divine Liturgy / Procession with Icons
Noon, Agape Meal
- Mon, March 14: 10 AM, Welcome [Real Break](#) students
5 PM, Akathist of the *Protection of the Theotokos*
7 PM, Bible Study (moves to Monday)
- Tues., March 15: 8 AM, Lenten Matins
- Wed., March 16: 8 AM, Lenten Matins
5 PM, Confessions
6:15 PM, Presanctified and Meal
- Thurs., March 17: 7 PM, Parish Council Meeting
- Friday, March 18: 8 AM, Lenten Matins
11:30 AM–1 PM, Confessions
6 PM, Akathist to the Theotokos
- Saturday, March 19: 3:30 PM, Catechism, [On the Priesthood](#)
5 PM, Vespers ONLY
7:30 PM, Concert

• PROCESSION WITH THE ICONS:

Please bring an icon on Sunday morning to carry during the Procession after the Divine Liturgy.

• SUNDAY OF ORTHODOXY:

We are celebrating the [Feast of the Sunday of Orthodoxy](#), also known as the *Triumph of Orthodoxy*, or, the *Restoration of the Holy Icons*. The celebrations of the Church are spiritual celebrations. We have no reason to gloat, brag or

boast, since some of us distinguish ourselves by our sins and vices, rather than our virtues and faith and love. This humble *Triumph of Orthodoxy* has nothing to do with worldly victories, which are almost always about power and pride. We *will* however, admire, emulate and be inspired by the saints and martyrs who have gone before us, and in that humble act of gratitude, truly celebrate. Our saints, which come from all walks of life, are shining and true living images/icons of the Lord, and that is the true *triumph* of faith. This victory is one of Godly love and joy, not over *other* people, but over that which is false within us, over evil and idolatry, over darkness, death and sin, and him that before Christ “held the power of death, that is the devil” (Heb. 2:14). Therefore, this victory celebration of ours is to be *personal* and yet celebrated together. [Archimandrite John \(Krestiankin\)](#) preached that “the Triumph of Orthodoxy will ever be celebrated in the Church, for this triumph is not of the visible glory of Orthodoxy, but of the only thing that gives life to the world, and which no external troubles or enemies now can take away—it is the triumph of Divine love for the world and the eternal life of the world in this love and by this love. And for us, for every one of us, there remains only one personal question: Will we be participants in this Divine love? Will we preserve for ourselves and for our posterity that which Christ Himself gave to us and which His faithful followers in the Church have handed down to us in purity?” —*Fr Lawrence*

• PRAYERS FOR CATECHUMENS:

O Lord our God, who dwellest in the heavens, and lookest down upon all thy works, look down upon thy servants, the catechumens—Bibiane Vissoh, James Greene, Evan Holloway, Raquel Llamas, John Fullerton—who have bowed their necks before thee, and grant them a light yoke. Make them honorable members of thy holy Church, and vouchsafe unto them the washing of regeneration, the forgiveness of sins, and the robe of incorruption, unto the knowledge of thee, our true God.

• REAL BREAK:

Our parish will be hosting a group of university students from all around the country who have dedicated their Spring Break (called [Real Break](#)) to Orthodox pilgrimage and community service in California. We will be hosting them all day on Monday, March 14th. Come meet them and pray the *Akathist for the Protection of the Theotokos* with them at 5 PM. If you are interested in joining them in their activities and service projects earlier that day, please contact Josef Candelario.