

- PRACTICALITY OF LENT:

It's in practical ways that we draw closer to our Savior. With the help of the Holy Spirit we fast, and thereby tame our appetites—we have so many appetites. We do works of mercy, and thereby discover some humility as well as practice compassion for the less fortunate—which is mostly everyone in this world—and thereby God cures our exaggerated self-love, self-care, self-pity, or even self-loathing. We pray more and enter into some silence, in order to silence the incessant and intrusive thoughts. St. Nikolai Velimirovic said that we are to “convert our cares into prayers, as ice is changed into flowing water.” In all this we hopefully find comfort in the life of Christ, and we discover trust in God. Let's be careful about our lives. We only have what God has given. —*Fr Lawrence*

- LENTEN MATINS HYMN:

In this season of repentance, let us stretch out our hands in works of mercy; and then the ascetic struggles of the Fast will bring us to eternal life. For nothing saves the soul so much as generosity to those in need, and almsgiving combined with fasting will deliver a man from death. Let us do all this with gladness, for there is no better way, and it will bring salvation to our souls.

I invite you to attend the weekday Lenten Matins, served Tuesday–Friday at 8 AM (with some exceptions, so please check the calendar). It is usually an hour and a quarter in length. —*Fr. Lawrence*

- * 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, singing the sacred music of Palestrina. Reservations required. [LINK HERE.](#)

- WISDOM FROM PROVERBS:

These six things the Lord hates, Yes, seven are an abomination to Him: A proud look, A lying tongue, Hands that shed innocent blood, A heart that devises wicked plans, Feet that are swift in running to evil, A false witness who speaks lies, And one who sows discord among brethren. —*Proverbs 6:16*

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



March 20, 2022

Second Sunday of Great Lent: St. Gregory Palamas



- TROPARION OF THE RESURRECTION, Tone 6:

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 ST. GREGORY PALAMAS, Tone Eight:

O light of Orthodoxy, pillar and teacher of the Church, glory of monks and invincible protection of theologians, O Gregory, thou wonderworker, boast of Thessalonika, and preacher of grace, ever pray that our souls be saved.

- KONTAKION OF ST GREGORY, Tone Eight:

With one accord, we praise thee as the sacred and divine vessel of wisdom and clear trumpet of theology, O our righteous Father Gregory of divine speech. As a mind that standeth now before the Original Mind, do thou ever guide aright and lead our mind to Him, that we all may cry: Rejoice, O herald of grace divine.

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ACTIVITIES & EVENTS THIS WEEK

- Friday, March 18: 11:30 AM–1 PM, Confessions (Protection Church)
6 PM, Small Compline and Akathist to the Theotokos
- Saturday, March 19: 1:30 PM, Trisagion for Embaye (*2 year anniversary*)
3:30 PM, Catechism, *On the Priesthood*
5 PM, Great Vespers only
** PM, Concert in St. Seraphim**
- Sunday, March 20: 10 AM, Divine Liturgy
11:30 AM, Church School
Noon, Agape Meal
*3 PM, Concert in St. Seraphim**
- Tues., March 22: 8 AM, Lenten Matins
- Wed., March 23: 8 AM, Lenten Matins
4 PM, Redwood Empire Food Bank
5 PM, Confessions
6:15 PM, Liturgy of the Presanctified Gifts
- Thurs., March 24: *No Morning Service*
6:15 PM, Festal Matins for the Feast of the Annunciation of the Theotokos
- Friday, March 25: 11:30 AM, Vespereal Liturgy for the Feast (fish, wine and oil are allowed due to the celebration)

• 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.

• FEAST OF ANNUNCIATION:

On March 25—nine months before Christmas—we are invited to enthusiastically celebrate the Feast of the Annunciation. The young Virgin Maiden

sings: “My soul magnifies the Lord, and my spirit rejoices in God my Savior.” Edith Humphrey writes: Her song speaks with joy and confidence of the overturning and fulfilling power of a God who has not abandoned his people, nor the human race, but finally has visited them and us fully, decisively, transformingly. And so, with the announcement of Gabriel that we remember, we are ushered into the holy of holies, the deep recesses of the human heart where God visits us, and where he desires to dwell. It must never cease to amaze us that the omnipotent, self-sufficient Holy Trinity desires to dwell with us. The Father of all lights, and the Lord of heavenly hosts sees something in humanity that he wills to enter and transform, making Humanity fully alive... In her very womb, the Word will grow and thrive, becoming the true Light who enlightens all the world. In our hearts, may that same One dwell, making us more and more what He has in mind for us to be—those who can, like the Theotokos, also trust, also say yes, and also work together with the Living God as he brings wonders to pass.” The Festal Matins will be served on Thursday, March 24 at 6:15 PM, and the Vespereal Divine Liturgy on Friday, March 25 at 11:30 AM.

The palace of light is ready for thee, O Master, the womb of the pure child of God. Do Thou come down to her; come to visit Thy fallen creation, for many ages have passed since its beauty was destroyed, and which has been held in bitter bondage to the jealous enemy; therefore make haste to descend, O Lord, come now to deliver us from the tyranny of death. —Prefestal Hymn

• 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 episodes 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. Please see Fr. Lawrence, Josef Candelario or Timothy Danford if you need a ride.