

- ST. SOPHRONY OF ESSEX ~ PEARLS OF WISDOM:

- Love is when one becomes everything to all men, when he behaves sincerely with those whom he meets and with whom he lives, when he has no desire to impose his own will, but accepts the will of others as his own.
- The purpose of Christian marriage is for people to reach unselfish love and cut off their own will, and thence to reach God.
- When someone who is not Orthodox comes to the Orthodox Church he must go through a furnace of repentance, of change and regeneration of his entire way of thinking and living. This will take a long time. In order for someone's positive attitude towards Orthodoxy to become an experience of his heart, he must lead a life of asceticism and crucifixion for many years under the guidance of an experienced spiritual father. Otherwise the 'old self' will remain, with the result that unbelief and the inclination to go back to the old way of life will often occur. —*St. Sophrony, founder of the Monastery of St. John the Baptist in Essex, England, reposed July 11, 1993*

- YOUNG ADULT GATHERING:

Our thanks to Father Theodor Svane for his talk on the Orthodox Church in Norway, which he gave to a group of about 30+ on Thursday evening, following the Service of the Supplicatory Canon to the Theotokos. Fr. Theodore, Matushka Hanne, Simon and Filip will be returning to Norway on Sunday. We are sad to see them go. Our thanks also to Josef, Effy and Timothy for arranging the gathering and providing food and drink for the gathering on Thursday.

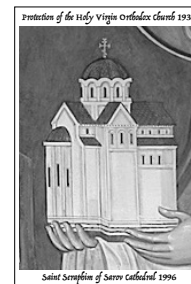
- TWO PROJECTS UPCOMING:

Two weeks ago I challenged the Parish membership, during the homily, to begin a new ministry: humbly and simply beginning outreach to women with unplanned pregnancies, along the lines of the Orthodox organization, [Zoe for Life](#), which you can read about here. A meeting for those who are interested will be called after I return from the All American Council.

Secondly, in August we will begin a reading group, which will meet in the Parish Library on a yet unspecified evening. We will probably begin with the book [Laurus](#) and after that launch into some basic Patristic texts, such as the newly-translated [On the Orthodox Faith](#) by St. John of Damascus. Details will be posted soon.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



July 10, 2022

Venerable Father Anthony of Kiev



- 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.

- KONTAKION OF THE RESURRECTION, Tone Three:

On this day Thou didst rise from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the Prophets and Patriarchs they unceasingly praise the divine majesty of Thy power.

ACTIVITIES & EVENTS THIS WEEK

- Friday, July 8: 11:30–1 PM, Confessions
5 PM, Hall/grounds rented for reception
- Saturday, July 9: 5 PM, Vigil and Confessions

- Sunday, July 10: 10 AM, Divine Liturgy
Noon, Agape Meal
- Tues., July 12: 9:30 AM, *Parish Feast at Sts. Peter and Paul, Stony Point Road*
- Wednesday, July 13: 4 PM, Redwood Empire Food Bank
6 PM, Vespers
- Friday, July 15: 11:30 AM–1 PM, Confessions

• OUR PARISH FEAST, JULY 19:

Our Summer Feast of St. Seraphim, commemorating his glorification (canonization as a saint in 1903, [see here](#)) is celebrated on July 19. A parish feast is like a second Pascha, and beckons to the entire congregation, as well as to neighboring parishes, to prepare spiritually—by confession; to clean and beautify the parish grounds; to plan for a festive meal in the Hall; to clean and decorate the temple for the Vigil and the Liturgy. Lots of work, for sure, needing lots of hands. I encourage each of you to prepare for our Parish Feast of St. Seraphim on July 19 by Confession and Holy Communion. The Divine Liturgy, and therefore Holy Communion (and the celebration of our Parish Feast) is a work of the **Church/Parish community**, and not an individualistic and private spiritual matter, in which one considers perhaps to attend or not to attend. One might unavoidably miss the feast because of illness, or family situations or work considerations, but not for any other reason. *Consider*: we are members of one another, members of the Body of Christ—the Church—to be exact. Take responsibility before one another to live in Christ as closely as He calls you to live. There will be opportunity to make a Confession on Friday, July 15 (see above) as well as before and after the Saturday evening Vigil, and then again before and after the Vigil for the Feast. This year there will be no hierarchical Liturgy or visiting area clergy due to the All American Council taking place in Baltimore. So the festivities will be rather “low key” compared to our usual celebrations. —*Fr. Lawrence*

• SUMMER WORK PARTY:

You are invited to participate in a work-party here, Saturday, July 30. A list of tasks will be posted soon.

• ALL AMERICAN COUNCIL:

Every three years membership delegates of the Orthodox Church in America (OCA) gather in council to discuss the life of the church (evangelism,

seminaries, finances, liturgical issues, external affairs and reports from all departments). This gathering, known as the [All American Council of the OCA](#), will convene in Baltimore on Monday, July 18, and conclude on Friday, July 22. Our parish delegates—Timothy Danford and Emma Anderson—were approved at our Annual Meeting in February. In order for me to participate in the Sunday Liturgy at the Council, I will be traveling to Baltimore on Friday, July 15, and unfortunately miss services here on the weekend. Please keep our delegates and me in your prayers next week. —*Fr. Lawrence*

• SCAFFOLDING / PAINTERS:

Scaffold against the back/west wall will be erected on Wednesday, July 13. Fresco painters coming from Minsk, *Ekaterina and Anton Daineko*, will arrive in *Santa Rosa* on Monday, July 19 (in time for the Vigil for St. Seraphim, providentially) and begin painting that wall. That particular area of the church is already plastered, and so the painters will use a “secco” (meaning dry) technique rather than fresco. Please extend a welcome to our guests. They plan to be with us for two months, so the Parish Council has arranged for them to stay in the duplex during that time. If anyone has a vehicle that they can borrow, during that time, please speak with Josef Candelario.

• THOUGHTS:

...[St. Paisios](#), a very recent saint who reposed in 1994, described thoughts as being like airplanes that fly overhead. Your mind is like an airport. You do not have to invite every thought that flies by to land in your airport. You can let it fly by. Most thoughts come from outside. They might come from God—every good thought comes from God. But they can also be from the dark demonic powers, who whisper thoughts of sin to us. We can give each other thoughts, too, by speaking or acting toward each other. Many of the thoughts we have are ones that we invited to land in our minds and then gave them shelter and service like an airport crew serving an airplane. So they come again and again, and they define us. We identify with these thoughts, and they change us to become like them. But just because you have a thought does not mean that that thought is who you are! You don’t have to believe everything you think....—*Fr Andrew Damick, from his blog [post](#)*

• GENTLE REMINDER:

It’s not unusual for coffee cups, plates and utensils to be left outside, here and there, following the Sunday Agape Meal. Please take a moment before going home to tidy up after yourself and your kids. —*Fr Lawrence*