

- **GLENDI BBQ:**

Last year's "Parish Glendi BBQ" on the third Sunday of September, was a wonderful time of fellowship and relaxation—coming as did it during a lull in covid. There were games and crafts for kids in the mid afternoon, and at 5 PM tri-tip and grilled chicken, salad, etc. were served. There was live music provided for us and gorgeous weather for it all. If memory serves, about 70 folks came. Many remarked at the event that we "simply MUST do it again next year." Well, here we are ready to ramp up. Without the large Glendi festival many of us felt the absence of opportunities to work intensely together on a big project. The upcoming Sept. 18 event (we may cancel if we can't get the volunteers) is a simple BBQ, so, one can't compare it to the work of the Glendi, but it IS an opportunity to have that special kind of fellowship that happens when we work with each other. Five or six folks have volunteered to work at the event. We still need one, or maybe two people, to be the main coordinators and another three or four to help out with other tasks. Having coordinated the event last year and worked at it, I can promise you, the work is light. There is a sign up sheet in the Narthex. Let's pull together—make an offering of your time and effort—so we can have ourselves a nice afternoon of fellowship. —*Fr Lawrence*

- **BIBLE STUDY:**

Fr. James will resume his Thursday evening online Bible Studies on Sept. 15, returning to the book of Revelation. The Zoom link will be sent out ahead of time.

- **GRACE-FILLED EVENING OF PRAYER:**

On Wednesday evening the Myrrh-streaming Iveron Icon of the Mother of God was brought to our cathedral. His Eminence, Archbishop Benjamin, our Diocesan Chancellor Fr. Kirill Sokolov, local clergy and many, many faithful from many local parishes gathered to chant the *Akathist* for this particular icon (see [HERE](#)) and be anointed with the holy myrrh. May the Theotokos intercede to answer the countless prayers that were sent up that evening.

## GLENDI

Once again the parish will host a Glendi BBQ on the third Sunday of September, 9/18/22.

There will be games for kids starting at 2 PM, and the BBQ from 4–7 PM.

Sign up to make it happen.

# ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**September 4, 2022**

Holy Prophet and God-Seer Moses



- **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 PROPHET MOSES, Tone Two:**

Thou didst ascend to the heights of the virtues, O Prophet Moses; therefore, thou wast deemed worthy to see the glory of God. Having received the grace-filled tablets of the Law, and bearing the grace of the writing within thyself, Thou wast the honorable praise of prophets, and a great mystery of piety.

- **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.

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- KONTAKION OF THE PROPHET MOSES, Tone Two:

The choir of prophets rejoices with Moses and Aaron today, for the fulfillment of their prophecy is in our midst: the Cross, by which Thou hast saved us, shines forth today. By their prayers, O Christ God, have mercy on us!

## ACTIVITIES & EVENTS THIS WEEK

- Friday, Sept. 2: 11:30–1 PM, Confessions
- Saturday, Sept. 3: 5 PM, Vespers and Confessions  
Potluck get-together after Vespers
- Sunday, Sept. 4: 9:30 AM, Divine Liturgy (**note new time**)  
Noon, Agape Meal  
12:30-ish, Church School Teacher Meeting
- Wednesday, Sept. 7: 6 PM, VIGIL for the *Feast of the Nativity of the Theotokos*
- Thursday, Sept. 8: 9:30 AM, Divine Liturgy for the Feast  
6 PM, Supplicatory Canon to the Theotokos
- Friday, Sept. 9: 11:30 AM–1 PM, Confessions

- TIME CHANGE:

**Liturgy begins at 9:30 AM**, as of Sunday, Sept. 4. We will try this for the next two months. I appreciate your good will in this (maybe) temporary transition. —*Fr Lawrence*

- CHURCH SCHOOL:

Church School Classes begin on Sunday, September 11. Register after the Divine Liturgy. An online registration is available [HERE](#).

- THE BIRTHDAY OF THE VIRGIN MARY:

There are many demands upon our time. Many of those things that require our attention—by choice or not, are good things in our life: work, school events, sports, obligations to family and friends and even entertainment and recreational activities; all good, for the most part. But none of them should take precedence, if we can help it, over worship and prayer. After all, we claim to be more than acquaintances of God. We identify as *servants of God* and disciples. Jesus Christ is the “Lord and Master of our life” as the *Prayer*

*of St. Ephraim* has us declare, and as we draw near to Him, we experience his grace, loving kindness and mercy. Having said all that, we can also say that, if we are attentive and open to the rhythm of the Church calendar, we will notice and rejoice, that our lives are mystically orchestrated and harmonized with the Church’s calendar. We are greeted this week with the first Feast of the Church new year (which begins on Sept. 1): the Nativity—the birthday—of the Mother of our Life and Salvation. She is the beginning of our Beginning, the Birth-giver of the Savior, in Whom we are reborn too. We will celebrate this feast, the first of the Twelve Great Feast Days of the year, with the Vigil on Wednesday evening beginning at 6 PM and the Divine Liturgy on Thursday at 9:30 AM.

- WISDOM FROM A RECENT SAINT:

Guard sacredly and strictly our Orthodox Faith, both in its canons and in its dogmas. Do not adapt your faith to your life, *but your life to the faith*. Draw all your happiness from the True Orthodox Faith. Then you will be true sons of the Orthodox Church, and the Lord will pour out on you even here His boundless mercy. ...Someone might say: “Why does one need to guard faith in Christ and strive to acquire the other Christian virtues? Is it not enough to have love in order to be found worth of eternal salvation?” Such questions arise only among those who have no understanding of the Christian spiritual life. Can one climb a mountain without going up its foothills? Obviously not. In just such a way one cannot, without the foundation of all the Christian virtues—that is, without sincere faith in Christ—attain the summit of love.... Be humble. Then you will truly abide in Christian peace. Peace I leave with you, My peace I give unto you (John 14:27). It is for this reason that the Lord came to earth, to give us His peace—all His treasure. —*St. Seraphim (Sobolev), Archbishop of Bogucharsk (+1950)*

- PARENTAL GUIDANCE:

It is the duty especially of parents to see that their children pray correctly, and also to pray with them in an audible voice themselves. Let this not be an act of routine. This reasonable discipline, when you kneel by the side of tender childhood and see the little ones pray, will lighten in your own heart—at the same time that it does in theirs—the fire of heavenly love.

—*St. Sebastian of Jackson, CA*