

• REMINDER:

Matushka Ann and I will be going on a pilgrimage to the ancient sacred sites of Italy, **September 20–October 6**. You can see details of this pilgrimage, led by Fr. Ilya Gotlinski of Orthodox Tours [HERE](#). Matushka Eleanor will also be traveling. She will visit my brother and his family in Plymouth, MA, departing here Sept. 19. For any pastoral needs please call Fr. Nicholas Carr at (707) 318-5391 or Fr. Alexander Krassovsky at (707) 292-5101.—*Fr Lawrence*

• TWO POSITIONS TO FILL:

Our Glendi BBQ team still needs someone to take charge of **crafts** and someone to manage **games** for kids. Please see me if you would like to be part of our team. So that it is clear, this Glendi is unlike, in every way, the festivals we used to do here. This is simply a BBQ for our parish family. We will grill tri-tip and chicken, and serve it (buffet style) with a Greek salad, Serbian style potato salad and baked beans. Please bring your own beverages. —*Fr Lawrence*



ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



September 11, 2022

Venerable Mother Theodora of Alexandria



• RESURRECTIONAL TROPARION, Tone Four:

When the women disciples of the Lord learned from the angel the joyous message of the Resurrection, they cast away the ancestral curse, and elatedly told the Apostles: death is overthrown, Christ God is risen, granting the world great mercy.

• TROPARION OF THE NATIVITY OF THE THEOTOKOS, Tone Four:

Thy nativity, O Virgin, has proclaimed joy to the whole universe. The Sun of Righteousness, Christ our God, has shone from thee, O Theotokos. By annulling the curse He bestowed a blessing; by destroying death He has granted us eternal life.

• TROPARION OF ST. THEODORA OF ALEXANDRIA, Tone Eight:

In thee the image was preserved with exactness, O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it is immortal. Wherefore O righteous Theodora, thy spirit rejoiceth with the Angels.

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- KONTAKION OF THE NATIVITY, Tone Four:

By thy nativity, O most pure Virgin, Joachim and Anna are freed from barrenness, Adam and Eve from the corruption of death. And we, thy people freed from the guilt of sin, celebrate and sing to thee: “The barren woman gives birth to the Theotokos, the Nourisher of our life.”

ACTIVITIES & EVENTS THIS WEEK

- Friday, Sept. 9: 11:30 AM–1 PM, Confessions (*Protection Church*)
- Saturday, Sept 10: 5 PM, Great Vespers / Confessions
6 PM, *pot-luck and presentation by Ivana Meholic in Parish Hall**
- Sunday, Sept. 11: 9:30 AM, Divine Liturgy
11 AM, Church School (first class of year)
11:30 AM, Agape Meal
12:15 PM, *Parish Council Meeting, Library*
- Tuesday, Sept. 13: 6 PM, Vigil for the Elevation of the Precious Cross
- Wednesday, Sept. 14: 9:30 AM, Divine Liturgy
4 PM, Redwood Empire Food Bank
6 PM, Vespers
- Thursday, Sept. 15: 6 PM, Supplicatory Canon to the Theotokos
7 PM, Online Bible Study with Fr. James
- Friday, Sept. 16: 11:30–1 PM, Confessions

• PREPARING FOR HOLY COMMUNION:

It's customary, even Traditional, for those who will receive Holy Communion to keep the Wednesday and Friday fasts (abstinence of meat and dairy), to make a confession when your conscience dictates (monthly is the advice of our Bishops) and to pray the *Prayers before Communion* found in your prayer book (please see me if you have questions about those prayers). May the Lord grant you a wonderful communion. —Fr Lawrence

• *WOMEN'S SUPPORT MINISTRY:

Some months back I asked the parish membership to respond to the challenge of creating a new ministry to help (and define what *help* means) preg-

nant women in need. A few weeks back a small group got together to discuss how to go about making such a ministry a reality. Rather than try and invent something new, we decided to speak with members of other organizations (such as *Zoe for Life*, *OCL* and *Bridges*) to determine what practical things we could implement here. Toward that end, I have invited Ivana Jagodic Meholic from St. Nicholas in San Anselmo, who runs the [Postpartum Support Center](#) in Marin to speak with us about how we might begin to work in this area of need in a practical, simple and manageable way (providing diapers, formula, clothes, food bank, etc.). Ivana will be with us on Saturday evening, Sept. 10, after Vespers in the Parish Hall (bring a dish for dinner to share) speaking about her work in Marin and how we might begin our ministry here. Our parish name, *Protection of the Holy Virgin*, implies that we, as servants of God who venerate the Theotokos, are willing to help facilitate protection and help to women in need, before and after giving birth. I hope you will join me in deciding how this new ministry will work.

—Fr Lawrence

• CHURCH SCHOOL BEGINS:

Classes begin this Sunday. Our teachers are: Matushka Karin and Gretchen; Anastasia and Effie; Aaron and Josef; John and Ani (with Andrei Mikrikov and Deacon Jeremiah as needed). Signs will be posted for classrooms. While our Church School provides valuable and well-prepared lessons to the children and teens, it is without doubt the parents that are the best equipped and primary teachers of the Christian faith to their children.

• 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.

• SECOND FEAST OF SEPTEMBER:

September 14 marks the day of the discovery by St. Helen of the True Cross of Christ. In the year 324 (or 326) St. Helen began an archeological dig to locate the Cross of Christ. See [HERE](#) for the history behind that discovery. A feast day, entitled *The Elevation (or Exaltation) of the Precious and Life-Giving Cross* was then established in Jerusalem, which we now celebrate. At our Vigil (6 PM, Sept. 13) the Cross will be solemnly brought out near the end of the service for veneration. Liturgy will be celebrated at 9:30 AM, September 14. This is also a strict fasting day.