

- PRAYING THE PSALMS AND PATIENCE:

From his book *Christ in the Psalms*, Fr. Patrick Henry Reardon says this: The habit of prayer, this incessant meditation on God's Law, is not supposed to be something immediately useful. Trees do not bear fruit right away. They first must eat amply of the earth and drink deeply of its water. Such nourishment must serve first to build up the tree. The fruit will come later on, when it is supposed to. The life of Christian prayer and meditation knows nothing of instant holiness; it is all a matter of perseverance and patience. Some trees do not even begin to bear fruit for many years.

- THE EUCHARIST AND OUR SALVATION:

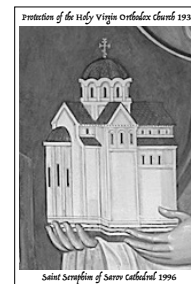
The Sacrament of the Eucharist — “the Mystery of Mysteries,” instituted by Christ Himself at the Last Supper (Matthew 26:26-29, Mark 14:22-25, Luke 22:17-20, 1 Corinthians 11:23-25) — unites us to Christ not just spiritually but bodily as well, as Christ saved not just human soul but the whole man. Christ Himself said: “Truly, truly, I say unto you, except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you. Whoso eateth My flesh, and drinketh My blood, hath eternal life; and I will raise him up at the last day” (John 6:53-54). The early Church understood the presence of Christ in the Eucharist in a literal way, preached it and wrote about it. East, West, North and South—the testimony of early Christian writers is always the same: the Eucharist is literally the body and blood of Christ. Not one dissenting opinion! Here is one sample text from the 2nd century: “For not as common bread and common drink do we receive these; but in like manner as Jesus Christ our Savior, having been made flesh by the Word of God, had both flesh and blood for our salvation, so likewise have we been taught that the food which is blessed by the prayer of His word, and from which our blood and flesh by transmutation are nourished, is the flesh and blood of that Jesus who was made flesh” (St. Justin the Martyr, First Apology). — [On Salvation](#)

- THURSDAY EVENING SUPPLICATORY CANON:

Each Thursday at 6 PM (please check the calendar for exceptions) we chant the Small Canon to the Theotokos (a canon is a hymn with eight or nine stanzas) in the Protection Church. During the litanies in-between the stanzas we offer up names to the Lord for help, healing, consolation, mercy, peace and deliverance. Please come and participate in this soul-profitting supplication to the Theotokos.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



October 9, 2022

St. Tikhon of Moscow and North America



- TROPARION OF THE RESURRECTION, Tone Eight:

Thou didst descend from on high, O Merciful One; Thou didst accept the three-day burial to free us from our sufferings. O Lord, our Life and Resurrection, glory to Thee.

- TROPARION OF ST. TIKHON, Tone One:

Chosen by God in a turbulent time, thou hast glorified God in complete holiness, and attained greatness through humility, showing forth the power of God through simplicity and piety. Thou didst lay down thy life for the Church and her people, [O holy Confessor and Patriarch, Father Tikhon](#). Pray to Christ God with Whom thou wast also crucified, that He may save our souls!

- KONTAKION OF THE RESURRECTION, Tone Eight:

By raising from the tomb, Thou didst raise the dead and resurrect Adam; Eve exults in Thy resurrection; and the world celebrates Thy rising from the dead, O Greatly Merciful One.

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- KONTAKION OF ST. TIKHON, Tone Two:

A gentle manner adorned thee; thou didst show kindness and compassion to those who repented; thou wast firm and unbending in confessing the Orthodox Faith, and zealous in loving the Lord. O holy Hierarch of Christ and Confessor Tikhon, pray for us that we may not be separated from the love of God, which is of Christ Jesus, our Lord!

ACTIVITIES & EVENTS THIS WEEK

- Saturday, Oct. 8: 5 PM, Great Vespers / Confessions
- Sunday, Oct. 9: **9:20 AM**, Reception of Catechumens*
9:30 AM, Divine Liturgy
11:15 AM, Church School
11:30 AM, Agape Meal
- Wednesday, Oct. 12: 4 PM, Redwood Empire Food Bank
6 PM, Vespers
- Thursday, Oct. 13: 6 PM, Supplicatory Canon to the Theotokos
(Protection Church)
7 PM, Bible Study with Fr. James via Zoom
- Friday, Oct. 14: 11:30 AM–1:30 PM, Confessions
- Saturday, Oct. 15: 3:30 PM, 1st Catechism: *What is Catechism?*
5 PM, Great Vespers / Confessions

- *RECEPTION OF CATECHUMENS:

Joining Paulina Zeni and Stefan Perez, who have been catechumens for some months now, the following folks will be received as catechumens tomorrow at 9:20 AM: Andrew and Stephanie Geoffrion and their son Duke; Frances Ann Edmonston and Alandrea Martin. Please join us in our prayers as they begin their preparation for entering the Holy Orthodox Church.

- WEDDING SHOWER:

Eleni Rose will be hosting a bridal shower for Raquel Llamas (wedding to Dr. John Fullerton is Nov. 13) in the Parish Hall on Saturday, October 22, from 3–4:30 PM. Please bring “finger food” to share. Raquel is registered at <https://tinyurl.com/3vyeunap>

- DEANERY TEEN GET-TOGETHER:

Parish teens are invited to get together with other Orthodox area teenagers on Sunday, Oct. 16, beginning any 2 PM at Holy Trinity Cathedral in SF. Please see Vicky Basch or Fr. Lawrence for more info.

- SQUARE DANCE IN SAN ANSELMO:

Our sister parish of St. Nicholas in San Anselmo will be hosting a Square Dance on Friday, November 4th—outside in the courtyard, weather permitting. Join us for a night of fun and fellowship! We'll have a caller. Come at the start to become familiar with the basics. It's easy to catch on, don't be shy! The event is free. Children are welcome. Please bring a vegetarian snack or beverage to share. Western attire encouraged! Invite your friends. Be there or be square! See more [HERE](#).



PLEASE JOIN US FOR A

PILGRIMAGE AND RETREAT TO ST JOHN'S MONASTERY

MANTON, CA

FRIDAY, OCTOBER 21ST - SUNDAY, OCTOBER 23RD

We will be carpooling from the parish to the beautiful Monastery of St. John near Manton, CA for a weekend retreat away from the noise of the world.

This is a great opportunity to become acquainted and enriched by the monastic way of life and prayer, to recharge spiritually, and to enjoy the natural beauty and peacefulness surrounding the monastery.

**Carpool leaves at 1pm on Friday, October 21st
from St. Seraphim's parking lot
90 Mountain View Ave, Santa Rosa, CA 95407**

Donation to the monastery suggested. If you are interested in participating, please RSVP by **October 14th** at sivartkoeller@gmail.com

Questions can be directed to Travis Andrew or Josef Candelario