

- NOVEMBER 15—AN IMPORTANT DATE

The Pre-Christmas Fast begins, as always, on November 15, and continues until Christmas Day, when we complete the Fast. By abstaining from certain food and drink (and social media too!), particularly from meat, fish, dairy products, olive oil and wine, we have more to share with those who are in need. In other words, we don't buy/eat meat—so we can use that money for the poor. There is an obvious connection between *works of mercy* for those less fortunate and fasting. We not only sympathize with those who suffer hunger and want, we show compassion (to co-suffer) as well. Our compassion is sustained by the love of God when we approach fasting in a prayerful, humble and spiritually directed way. [See this link for a short article on fasting.](#) On the first day of the Christmas Fast, Tuesday, November 15, the *Supplicatory Canon* for the beginning of the Fast will be served at 6 PM to help us make a good beginning. —Fr L

- ADVENT ALMS

Our Lord was born in humble circumstances to an Unwedded Bride. As we journey to meet Him as a newborn Child, let's also meet the needs of mothers and children here in Sonoma County. St. Seraphim is organizing a **Diaper Bank** to serve local families, and we want to be well-stocked when we begin operation in the New Year. Please bring packages of diapers and wipes, and/or bottles of infant formula, to the hall during the Nativity Fast (November 15–December 24). There will be a shelf for you offerings. If you are interested in serving families by volunteering with the diaper bank program, please contact Catie DeCarlo. Additionally, help sorting donations, financial help, and especially bilingual volunteers to assist on distribution days are eagerly welcomed. This “Diaper Bank” will be an on-going project, God-willing, for our parish throughout the year. May the Lord reward you for your generosity! —Catie DeCarlo, (707) 703-9516

- NIGHTINGALE

For the past decade, our Parish has been gifting backpacks with personal care items, gift cards *etc.* to the **Nightingale Ward** in Santa Rosa. The Ward is a place where the homeless can recover after being discharged from the hospital until they are capable of caring for themselves. With the opening of *Caritas Village* by Catholic Charities the number of beds have increased from 14 to 38. Anyone interested in helping and/or funding this ministry can contact: Denise Anna Pellizzer, 707-364-6445

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



November 6, 2022

Synaxis of the Holy Unmercenary Healers



- 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 HOLY UNMERCENARIES, Tone Eight:

O Holy Unmercenary Physicians and wonderworkers, visit our infirmities. Freely have ye received; freely give unto us.

- KONTAKION OF THE HOLY UNMERCENARIES, Tone Two:

Having received the grace of healing, ye extend health to those in need, O glorious and wonderworking physicians. Hence, by your visitation, cast down the audacity of our enemies, and by your miracles, heal the world.

ACTIVITIES & EVENTS THIS WEEK

• Friday, Nov. 4: 11:30 AM–1 PM, Confessions in *St. Seraphim*

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- Saturday, Nov. 5: 3:30 PM, Catechism: *On Sin*
5 PM, Great Vespers / Confessions
- Sunday, Nov. 6: **10 AM**, Divine Liturgy
11:30 AM, Church School
Noon, Agape Meal
- Monday, Nov. 7: 6 PM, Great Vespers with Litya for the *Feast of the Holy Archangels*
- Tuesday, Nov. 8: 9:30 AM, Divine Liturgy for the Feast of the Holy Archangels
- Wednesday, Nov. 9: 10 AM, *Akathist to St. Nectarios* [added on]
6 PM, Vespers
- Thursday, Nov. 10: 6 PM, *Akathist for the Protection of the Virgin*
7 PM, Online Bible Study with Fr. James
- Friday, Nov. 11: 11:30, Panikhida in Healdsburg for Fr Michael, fifth anniversary of repose

• FEAST OF ST. MICHAEL AND THE ARCHANGELS:

Great Vespers for the Feast of the Holy Angels and Archangels (with the blessing of the bread, wheat, wine and oil) will be celebrated on Monday, Nov. 7 at 6 PM.

SUPREME commanders who govern the bodiless nature of the spiritual hosts and who illumine the whole universe with the rays of tri-luminary glory; as you chant the thrice-holy hymn with untiring voices, pray that our souls may be saved! — *Vespers hymn*

• THANKSGIVING DINNER HERE:

As always, we will celebrate the Divine Liturgy on Thanksgiving Day, 9:30 AM, in St. Seraphim. A Thanksgiving Day Dinner will be held in our lovely parish hall at 5 PM. It's joy to celebrate this holiday together, and all are invited. Simply let us know so that we can prepare. Our organizers this year are John Gilluly and Ania Rademacher. — *Fr Lawrence*

• THE WORK OF THE UNMERCENARY PHYSICIANS:

The Church dedicates the first Sunday of November to the saints who were healers, aka “unmercenaries.” Some were actual physicians, who took no payment for the healings, since it was Christ working through them. Their

work was to continue the healing work of the Savior. Here is a partial list of the saints we call *Unmercenaries*:

Zenaida and Philonella (c. 100), Saint Tryphon (c. 250), Martyr Thalelaeus the Unmercenary, at Anazarbus in Cilicia (284), three different sets of Saints Cosmas and Damian (c. 303), Saint Panteleimon (305), Saints Cyrus and John (c. 304), Saint Diomedes of Tarsus (c. 311), Saint Sampson the Hospitable (c. 530), St Agapetus of the Kiev Caves (1095), St Luka Voyno-Yasenetsky (1961), Saint Blaise, Blessed Matrona Nikonova. There are others.

“...in the early period of Christianity, Christ was thought of as the supreme physician, not just of souls, but of bodies too. This concern of Christ's, and then of His Apostles, for the sick and infirm was surprising at a time when the dominant philosophies and religions tended rather to be concerned with those in good health, attaching importance to the salvation of the soul alone. Christ, however, expressing God's love for mankind, shows that He has come to save man as a whole, both soul and body, and not only in this life, in which He invites us to experience in both body and soul the first fruits of the divine blessings, but also after death in the next world where, after raising our body and making incorruptible, He intends us to enjoy these blessings in all their fullness with our whole being. In other words, with our whole spirit, our whole soul, and our whole body for all eternity. The bodily healings performed by Christ are themselves most often signs and symbols of the healing He has come to bring to our whole being, and in the first place, of our spiritual healing. Here once again we see that the human body must not be understood as being simply one constituent part of human nature—admittedly, inseparable from the other two (soul and spirit—but also as a dimension of the person, something that gives expression to the total person and reflects it in its entirety. Thus, just as to harm the body is to harm the whole person, even so to tend to and heal the body is to take care of the whole person.” — *Jean-Claude Larchet, Theology of the Body*

• WHY WE CELEBRATE THE MEMORY OF THE SAINTS:

...the Church is most beautiful in her saints. Just as we might instruct a young person in a given sport by showing examples of the greatest practitioners of that game, so we show the nature of Christianity best, perhaps, in its heroes. — *borrowed*