

- GRATITUDE:

Please join me in giving thanks to God for blessing us with the Services of Clean Week. The singing, reading and serving was done reverently and beautifully every morning and evening. Such things are a result of a great deal of study, rehearsal and a sacrifice and offering of time by those who love to serve the Lord.

- FEAST OF THE FORTY MARTYRS:

At 11 AM on March 9 I will be serving the Presanctified Liturgy at the Monastery in Calistoga for the feast of the *Forty Martyrs of Sebaste*. Please join me in celebrating this important Lenten feast day. —Fr Lawrence

- CONCERT HERE:

The *Green Mountain Consort*, (part of Bach Choir) will present a concert here in the Cathedral on Saturday, March 11, 2023 at 7:30 PM and Sunday, March 12, 2023 at 3 PM. The ensemble will sing sacred music by predecessors of JS Bach and others. For more info see the [LINK HERE](#).

- LENTEN RETREAT IN SF ~ MARCH 18:

Holy Trinity Cathedral in San Francisco will host a Lenten Retreat led by the Rev. Deacon Vitaly Permiakov, Ph.D., Assistant Professor of Liturgical Theology at St. Vladimir's Orthodox Theological Seminary. See this [LINK](#) for more info and to register.

~ HYMN FOR THE SECOND WEEK OF LENT ~

The season of the Fast is one of gladness.

In shining purity and unfeigned love,  
filled with the light of prayer and every virtue,  
with rejoicing let us cry aloud:

Most Holy Cross of Christ,  
that hast brought us life and joy,  
count us all worthy to venerate thee with pure hearts,  
and grant us forgiveness and great mercy.

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**March 5, 2023**

**Sunday of Orthodoxy ~ First Sunday of Great Lent**



- TROPARION OF THE RESURRECTION, Tone Five:

Let us the faithful praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death and to raise the dead, by His glorious Resurrection.

- TROPARION OF THE SUNDAY OF ORTHODOXY, Tone Two:

We venerate Thy most pure icon, O Loving Lord, asking Thee, O Christ our God, to pardon our transgressions. For of Thine own will wast Thou well-pleased to ascend the Cross in the flesh, to deliver from the bondage of the enemy those whom Thou hast fashioned. Therefore, in thanksgiving, we cry aloud to Thee: Thou hast filled all with joy, O our Savior, when Thou camest to save the world.

- KONTAKION OF THE SUNDAY OF ORTHODOXY, Tone Eight:

The uncircumscribed Word of the Father became circumscribed, taking flesh from thee, O Theotokos, and He has restored the sullied image to its

ancient glory, filling it with divine beauty. This our salvation we confess in deed and word, and we depict it in the holy icons.

## ACTIVITIES & EVENTS THIS WEEK

- Friday, March 3: 10:30 AM, Presanctified with the Canon to St. Theodore the Recruit, [Blessing of Koliva](#)
- Saturday, March 4: 3:30 PM, Catechism, [On Confession](#)  
5 PM, Vigil and Confessions
- Sunday, March 5: 10 AM, Divine Liturgy / Procession with Icons  
Noon, Agape Meal
- Tues., March 7: 8 AM, Lenten Matins
- Wed., March 8: 8 AM, Lenten Matins  
5 PM, Confessions  
6 PM, 9th Hour, Presanctified and Meal
- Thurs., March 9: 8 AM, Lenten Matins
- Friday, March 10: 8 AM, Lenten Matins  
11:30 AM–1 PM, Confessions (Protection Church)  
6 PM, 9th Hour, Presanctified
- Saturday, March 11: 3:30 PM, Catechism, [On the Priesthood](#)  
5 PM, Vespers  
7:30 PM, Concert in St. Seraphim

### • PROCESSION WITH THE ICONS:

Please bring an icon on Sunday morning to carry during the Procession after the Divine Liturgy.

### • CONFESSIONS:

Those who commune regularly (that is, each Sunday) are expected to make a confession at least monthly.

### • SUNDAY OF ORTHODOXY:

We are celebrating the [Feast of the Sunday of Orthodoxy](#), also known as the *Triumph of Orthodoxy*, or, the *Restoration of the Holy Icons*. The celebrations of

the Church are spiritual celebrations. We have no reason to gloat, brag or boast, since some of us distinguish ourselves by our sins and vices, rather than our virtues and faith and love. This humble *Triumph of Orthodoxy* has nothing to do with worldly victories, which are almost always about power and pride. We *will* however, admire, emulate and be inspired by the saints and martyrs who have gone before us, and in that humble act of gratitude, truly celebrate. Our saints, which come from all walks of life, are shining and true living images/icons of the Lord, and that is the true *triumph* of faith. This victory is one of Godly love and joy, not over *other* people, but over that which is false within us, over evil and idolatry, over darkness, death and sin, and him that before Christ “held the power of death, that is the devil” (Heb. 2:14). Therefore, this victory celebration of ours is to be *personal* and yet celebrated together. [Archimandrite John \(Krestiankin\)](#) preached that “the Triumph of Orthodoxy will ever be celebrated in the Church, for this triumph is not of the visible glory of Orthodoxy, but of the only thing that gives life to the world, and which no external troubles or enemies now can take away—it is the triumph of Divine love for the world and the eternal life of the world in this love and by this love. And for us, for every one of us, there remains only one personal question: Will we be participants in this Divine love? Will we preserve for ourselves and for our posterity that which Christ Himself gave to us and which His faithful followers in the Church have handed down to us in purity?” —*Fr Lawrence*

### • SEEING OURSELVES:

*It is proper to those immersed in any passion from which they cannot escape to seek fault with someone else, not with themselves, and in the final analysis with God, even though at times their own guilt gushes out from the depths of some remaining part of their conscience. —Fr. Dimitru Stantiloae*

When I first read these words I immediately thought of several people in my parish who really needed to hear this. Ha! Thanks be to God who touched me with His grace and reminded me that this wisdom applies first and foremost to me. Here is the root of all my criticisms and judgement of others. Jesus taught that I must first remove the *beam in my own eye*—through repentance. Only then will I be able to gently minister to others. Lord Jesus Christ, have mercy on me a sinner—today. —*Father Philip McCaffery*