

• PRACTICALITY OF LENT:

It's in practical ways that we draw closer to our Savior. With the help of the Holy Spirit we fast, and thereby tame our appetites—we have so many appetites. We do works of mercy, and thereby discover some humility as well as practice compassion for the less fortunate—which is mostly everyone in this world—and thereby God cures our exaggerated self-love, self-care, self-pity, or even self-loathing. We pray more and enter into some silence, in order to silence the incessant and intrusive thoughts. St. Nikolai Velimirovic said that we are to “convert our cares into prayers, as ice is changed into flowing water.” In all this we hopefully find comfort in the life of Christ, and we discover trust in God. Let's be careful about our lives. We only have what God has given. —*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](#). • Wisdom from Proverbs:

• CONFESSION:

During Great Lent, it is the norm for each Orthodox Christian to confess at least once, and certainly again some time prior to Pascha. Confession is a restoration and renewal of the soul, the forgiveness of sins, and a preparation for receiving Holy Communion. Moreover, during Lent, Confession prepares a person for Pascha. Since Confession is a Holy Mystery, and an encounter with the Living God, it is also a medicine for the soul; it is self-knowledge, an incentive to please God, and a reminder that we, too, must be forgiving and merciful towards the faults of others. When a person is at peace and the conscience is purified by the grace of God which comes upon one during Confession, then he is led to participate more deeply—according to one's desire—in the life and communion of the Holy Trinity. The Christian becomes a sharer and partaker of the Grace of God, which is poured out so richly on Pascha. PLEASE NOTE: For those over the age of seven who will receive Holy Communion during Holy Week and Pascha, it is a holy obligation—please forgive the terminology, but it expresses the necessity—to make a confession at least once in the three weeks before Holy Week. But don't limit your spiritual life and confession to some legalistic time-table: confess when your conscience needs it. —*Fr Lawrence*

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



March 12, 2023

Second Sunday of Great Lent: St. Gregory Palamas



• TROPARION OF THE RESURRECTION, Tone 6:

The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hades, not being tempted by it. Thou didst come to the Virgin granting life. O Lord who didst rise from the dead: Glory to Thee.

• TROPARION OF ST. GREGORY PALAMAS, Tone Eight:

O light of Orthodoxy, pillar and teacher of the Church, glory of monks and invincible protection of theologians, O Gregory, thou wonderworker, boast of Thessalonika, and preacher of grace, ever pray that our souls be saved.

• KONTAKION OF ST GREGORY, Tone Eight:

With one accord, we praise thee as the sacred and divine vessel of wisdom and clear trumpet of theology, O our righteous Father Gregory of divine speech. As a mind that standeth now before the Original Mind, do thou ever guide aright and lead our mind to Him, that we all may cry: Rejoice, O herald of grace divine.

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ACTIVITIES & EVENTS THIS WEEK

- Friday, March 10: 11:30 AM–1 PM, Confessions (Protection Church)
6 PM, Presanctified Liturgy (St. Seraphim)
- Saturday, March 11: 3:30 PM, Catechism, *On the Priesthood*
4:45 PM, Panikhida for Memorial Saturday
5 PM, Great Vespers / Confessions
* 7:30 PM, *Concert in St. Seraphim* *
- Sunday, March 12: 10 AM, Divine Liturgy
11:30 AM, Church School
12 PM, Trisagion for Embaye (*3 year anniversary*)
Noon, Agape Meal
* 3 PM, *Concert in St. Seraphim* *
- Tues., March 14: 8 AM, Lenten Matins
- Wed., March 15: 8 AM, Lenten Matins
5 PM, Confessions
6 PM, 9th Hour/Liturgy of the Presanctified Gifts
with meal to follow
- Thurs., March 16: 8 AM, Lenten Matins
7 PM, Bible Study online with Fr James
- Friday, March 17: **No Matins** (10:30 AM, Deanery Presanctified in SF at Holy Trinity Cathedral)

• PRAYERS FOR CATECHUMENS:

O Lord our God, who dwellest in the heavens, and lookest down upon all thy works, look down upon thy servants, the catechumens—Alandrea, Stephanie, Andrew, Duke, Frances Ann, James, Roxanne and Liliana—who have bowed their necks before Thee, and grant them a light yoke. Make them honorable members of Thy holy Church, and vouchsafe unto them the washing of regeneration, the forgiveness of sins, and the robe of incorruption, unto the knowledge of Thee, our true God.

• WELCOME:

This morning we welcome our guests and visitors, especially Fr. Damian Koult, who serves at St. Herman Orthodox Church in Littleton, CO. Fr.

Damian is here to attend a meeting on Monday for the *Home of Mercy*.

• 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.

• PARISH COUNCIL:

The Council will have it's monthly meeting on Sunday, March 19, about 12:45 PM, in the Parish Library.

• FEAST OF ANNUNCIATION:

On March 25—nine months before Christmas—we are invited to enthusiastically celebrate the Feast of the Annunciation. The young Virgin Maiden sings: “My soul magnifies the Lord, and my spirit rejoices in God my Savior.” Edith Humphrey writes: Her song speaks with joy and confidence of the overturning and fulfilling power of a God who has not abandoned his people, nor the human race, but finally has visited them and us fully, concretely and decisively. And so, with the announcement of Gabriel that we remember, we are ushered into the holy of holies, the deep recesses of the human heart where God visits us, and where he desires to dwell. It must never cease to amaze us that the omnipotent, self-sufficient Holy Trinity desires to dwell with us. The Father of all lights, and the Lord of heavenly hosts Who created us and weeps over our fall into corruption and death, desires to refashion us for immortality... In her very womb, the Word will grow and thrive, becoming the true Light who enlightens all the world. In our hearts, may that same One dwell, making us more and more what He has in mind for us to be—those who can, like the Theotokos, also trust, also say yes, and also work together with the Living God as he brings wonders to pass.” The Festal Matins will be served on Friday, March 24 at 6 PM, and the Divine Liturgy on Saturday, March 25 at 9 AM.

The palace of light is ready for thee, O Master, the womb of the pure child of God. Do Thou come down to her; come to visit Thy fallen creation, for many ages have passed since its beauty was destroyed, and which has been held in bitter bondage to the jealous enemy; therefore make haste to descend, O Lord, come now to deliver us from the tyranny of death. —Prefestal Hymn