

• CONFESSIONS:

We prepare ourselves for the reception of Holy Communion during Holy Week and Pascha by a recent confession. Confessions may be heard **before and after** the evening Matins on Sunday, Monday and Tuesday, as well as on Wednesday at **5 PM before and during** the evening Liturgy of the Presanctified Gifts. *For those over the age of seven who wish to receive Holy Communion during Holy Week and Pascha, it is required to make a confession at least once in the three weeks before Holy Week.* Confessions will not be heard after Holy Wednesday. —Fr. Lawrence

AKIDIA (SPIRITUAL APATHY):

When the soul enters into the trial of spiritual aridity, or dryness, for the first time, it becomes extremely dismayed. This is especially true if there was a disciplined devotion to worship in sincerity of heart. One begins to be troubled and to wonder why this has happened and to look for the faults that may be the cause. But spiritual aridity is not a sign of any kind of failure in a healthy relationship with God. It is only an important phase that the soul has to undergo, which may be regarded as a kind of pruning to prepare the soul for a more advanced spiritual life, not contingent upon psychological incentives or subjective pleasures... It is therefore wrong to be upset during the phase of aridity. It is also wrong to stop praying on the pretext of finding no pleasure in prayer, for aridity is a living part of the very nature of prayer. It is able, if we accept it with contentment and understanding, to raise us to the higher stage of pure prayer, which is not contingent on emotions, sentiments, or incentives of any kind. Thus, whenever you feel that grace seems to have abandoned you, be content with its hidden action. Rely instead on the strength of the impetus previously gained from your life with God... The best thing to do is to accept aridity as it is and persist in spiritual activity with calm and awareness. Allow yourself to exert every effort to keep on progressing at the speed of one who travels across the desert and is never deterred by the pleasures of the city he has left behind from striding across the arid wilderness until he reaches his destination... Spiritual trials in general are not undergone for the sake of attaining perfection, for this implies a sense of self-deification. Rather, we should submit to the sovereign purposes of God so that we may fulfill his will, for our obedience to God is the foundation of our life with him, and it is only this that leads us to perfection. —*Matthew the Poor, Orthodox Prayer Life: The Interior Way*

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**April 9, 2023**

**Palm Sunday: The Entry into Jerusalem**



• TROPARION OF THE FEAST, TONE ONE:

By raising Lazarus from the dead before Thy Passion, Thou hast confirmed the universal resurrection, O Christ God. Like the children with the palms of victory, we cry out to Thee, O Vanquisher of death: Hosanna in the Highest, blessed is He that comes in the Name of the Lord.

• SECOND TROPARION, TONE FOUR:

When we were buried with Thee, in baptism, O Christ God, we were made worthy of eternal life by Thy Resurrection. Now we praise Thee and sing: Hosanna in the highest. Blessed is He that comes in the Name of the Lord.

• KONTAKION OF THE FEAST, TONE SIX:

Seated upon Thy throne in heaven, and on earth upon a foal, O Christ our God, Thou hast accepted the praise of the angels and the songs of the children who cried out to Thee: Blessed art Thou that comest to call back Adam.

- TROPARION OF BRIDEGROOM MATINS (SUNDAY–TUESDAY):  
Behold, the Bridegroom cometh at midnight and blessed is he whom He shall find watching, but unworthy is he whom He shall find heedless. Beware, therefore, O my soul, do not be weighed down with sleep, lest thou be given up and shut out from the Kingdom. But, rouse thyself crying: Holy, Holy, Holy art Thou, O God. Through the Theotokos, have mercy on us.

## HOLY WEEK SCHEDULE

- Fri., April 7: 8 AM, Matins (final Lenten Matins)  
~~11:30 AM–1 PM, Confessions~~  
6 PM, Matins for Lazarus Saturday, followed by ~~Baptismal Instructions~~
- Sat., April 8: ~~9 AM, Baptisms~~  
10 AM, Divine Liturgy for Lazarus Saturday  
~~Brunch and Reception of the Newly Illumined~~  
Noon: Decoration/cleaning of church  
5 PM, Vigil for Palm Sunday/Blessing of Palms
- Sun., April 9: 10 AM, Divine Liturgy and procession  
11:45 AM, Agape Meal  
**12:30 PM, Rehearsal for the Paschal Procession**  
!!!! 6 PM, Bridegroom Matins !!!!
- **Holy Mon–Tues:** 10:30 AM, Liturgy of the Presanctified Gifts  
6 PM, Bridegroom Matins (*Confessions before and after Matins*)
- Holy Wed., April 12: 5 PM, Confessions (*final day for Confessions*)  
6 PM, Liturgy of the Presanctified Gifts
- Holy Thurs., April 13: 11:30 AM, Vespereal Liturgy of the Mystical Supper ~ Institution of the Eucharist  
6 PM, Matins of Holy Friday ~ Reading of Twelve Passion Gospels

- Holy Fri., April 14: *Strict Fast Day*  
9 AM, Royal Hours  
3 PM, Great Vespers of Holy Friday with bringing out of Shroud (*Epitaphios*)  
6 PM, Matins of Holy Saturday with the Lamentations and Procession
- Holy Sat., April 15: *Strict Fast Day*  
1 PM, Vespereal Divine Liturgy  
11:30 PM, Nocturn Service  
**Midnight:** PASCHAL Matins and Liturgy  
Blessing of Paschal Baskets after Liturgy
- PASCHA, April 16: 1 PM, Paschal Vespers and *BBQ* (*see flyer*)
- Bright Mon., April 17: 9 AM, Paschal Hours and Divine Liturgy
- LAZARUS SATURDAY DECORATIONS:  
Dear parish family: On Lazarus Saturday (this Saturday) we will be decorating the church for the Feast with Palms and flowers. All are invited to help. I will be there at 12:30 getting organized and expect to be decorating by 1 PM. Some light clean-up in the Cathedral will also be happening, starting at 2 PM (see Fr Lawrence to help out with the clean up). There are many opportunities to contribute. Lara Anderson will be braiding the traditional three palm fronds 🌿🌿🌿 for Father Lawrence and our clergy. Come at 1 PM to learn how to create these traditional adornments for Palm Sunday. It would be great to have 5–6 volunteers (please bring your own stapler). If you have any questions call or text me at: 707-364-6445. —*Your sister in Christ, Denise Anna*
- PASCHAL DECORATIONS:  
Daphne Russell will be organizing the floral decorations for Holy Friday and Pascha. Please speak with her about timing. She can be reached at (707) 291-8546.
- CHAIRS:  
Please do not move or relocate chairs in the Church. They should stay just where they are. If you need assistance, an usher will provide a folding chair for you. —*Fr. Lawrence*