

• PROTECTED TIME FOR THE CHURCH:

Sunday is the Lord's Day, the "day of Resurrection," in which we will gloriously co-reign with Him in His Kingdom and commune in His love and life at the Divine Liturgy. How does one "jump" from the world of daily cares and responsibilities into such a magnificent reality? Orthodoxy likes transitions, as we know, and one can say that the Saturday evening Vespers is the journey we take, spiritually, hearing all about God's plan of salvation: we sing hymns and psalms; we hear about the creation, the Fall from Paradise, the prophecies and the preparation for the coming of the Messiah, His Incarnation, signs, teachings, warnings, His Passion, death and of course, His Resurrection from the dead and the glorious "robe of majesty," the Ascension, the gift of Pentecost, the gift of Holy Baptism, and even the Second Coming, which we await, yet even now taste beforehand in the Church. All this is part of Saturday evening Vespers. All this is well and good, but, somehow external and even unknown for many. We have a conflict in our current way of life, because for very many of us, Saturday afternoon and evening is "protected time" for various activities. After a long work week, a person genuinely has to recharge, and if not that, do housework, chores and errands, or perhaps meet with family and friends. These things are good and necessary activities, but let us also struggle to enter into the holy mystery of the Lord's Day. Simply put, participation at Vespers on Saturday evening can be a wonderful gift to us, and a profound aspect of our preparation for receiving Holy Communion on Sunday. I encourage you to consider all of this. —Fr. Lawrence

• MEMORY ETERNAL:

As most of you are aware, the *Parish of the Protection of the Holy Virgin* was founded in 1936. We have a parish history book, *Mission and Sacrifice*, published in 2011 (available in the bookstore, the library and the parish website) that can tell you all about our church. The founding priest of the parish was Father Michael Pelzig. Shortly after the parish was begun, Fr. Michael was killed in a car accident on his way home after an event here, August 1, 1937. May his memory be eternal.



ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



July 23, 2023

Hieromartyr Apollinaris, Bishop of Ravenna



• TROPARION OF THE RESURRECTION, Tone Six:

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.

• KONTAKION OF THE RESURRECTION, Tone Six:

When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed Resurrection on the human race. He is the Saviour of all, the Resurrection, the Life and the God of all.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, July 22: 5 PM, Great Vespers and Confessions
- Sunday, July 23: 10 AM, Divine Liturgy
Agape Meal to follow
- Wednesday, July 26: 4 PM, Diaper Bank
5:30 PM, Akathist to Matushka Olga of Alaska
6 PM, Vespers
6:30 PM, Book Club
- Thursday, July 27: 5:30 PM, Akathist to St. Panteleimon
6 PM, St. Seraphim Men's Fellowship Dinner
- Friday, July 28: 11:30 AM–1 PM, Confessions
- Saturday, July 29: 5 PM, Great Vespers and Confessions

Welcome—Guests and Visitors: Whether you are searching for a new church home or just visiting, we are glad you're with us today. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join our parish, or would like to speak with Fr Lawrence or Fr. Nicholas, we invite you to fill out a visitor's card and drop it in the offering basket as your offering today. We want to get to know you! God bless you!

Thank You. We all give thanks to God for those who made our Feast Day celebration on July 19 so joyful. Those who sang, served, cleaned, cooked, baked, welcomed guests, managed the candle stand and lamps, and so enthusiastically prayed. May the Lord bless us through the prayers of our Venerable and God-bearing Father Seraphim.

Thank you. Many thanks to Carmen Anderson and her crew who organized the St. Seraphim Week for Kids so well. It takes a great deal of coordinating to offer this spiritually and socially nourishing event for our parish kids. This year the kids helped set up the Parish Hall for the Feast Day and made the dessert for the meal. Thanks to all of you.

The Saint Seraphim Men's Fellowship will be holding its monthly gathering this Thursday, with the Akathist to the Great Martyr and Healer Panteleimon at 5:30 PM, and a dinner in the Parish Hall. Fr. Nicholas Cragle will offer some brief reflections on his time serving in Jerusalem.

Christian Education for our youth: Today, in excess of 60% of all Orthodox young people (indeed, of almost all church-attending youth)—once they have left their homes, either upon graduating high school or college—leave as well the church, and attend Liturgy only on a most irregular basis... Consequently, Orthodox education, one *fully integrated into every phase of life*, has never been more urgent... [T]he times call for an education that addresses the entire person, in every facet and function of life, in every faculty of the soul. Where can we find such an education? ... [I]t is near us, and indeed even in the hearts and mouths of our own fellow Orthodox. (*Patterns for Life*) After many years and approaches to Church school at the parish—working with new curriculum here and there, new groups of teachers, suggestions for classes on days other than Sunday—we are trying a fresh approach this year: A parish mentorship program open to children ages 7-17. We are opening “a door to a different way to think about the education of our children,” and are excited to present this program to you very soon.

Mark your calendars: The fifteen-day fast before the *Great Feast of the Dormition of the Theotokos* (her repose) begins on August 1. We will have a brief service that evening for the Blessing of Water at 6 PM. Services for the Feast, celebrated on August 14/15, will be held here and, of course, at the Calistoga Monastery of the Assumption (another name for this Feast). The Senior Lunch Fellowship will be joining the Sisters at their celebration. Please speak with Karla regarding transportation. (707) 483-0420.

M.O.M. DIAPER BANK



The parish diaper bank, now named after Matushka Olga Michael—*MOM Outreach*—and asking for her prayers—will take place on Wednesday, July 26 at 4 PM. Call Catie DeCarlo for information on

how the distribution will take place (see [HERE](#) about the saintly Matushka Olga of Alaska).