

sweet and light, but, on the other, it can also be bitter and heavy. It depends on our will. If you bear Christ's cross with love then it will be very light; like a sponge or a cork. But if you have a negative attitude, it becomes heavy; too heavy to lift.

**We are all increasingly** horrified by the news from Maui and the devastating fire there. While we do not have any mission or parish on that particular island, we cannot but be moved by the human tragedy that is unfolding there. The Greek Orthodox Metropolis of San Francisco does have a small mission on Maui and our prayers are with our Orthodox brothers and sisters there. I would like to encourage you to take up a collection this Sunday and to join the local community in being present for their neighbors. Please do not send money to our diocesan office but directly to the mission on Maui at the following address: <https://www.mauimission.org>. Additionally, I would ask the following petition be added to the *Augmented Litany*:

“Again we pray for those who have suffered loss during the recent fires on Maui and that the Lord grant rest to those who have perished.” —*Thank you, Archbishop Benjamin*

**Love of the Theotokos and Saints:** On Monday, August 28 we will celebrate Vespers for the *Feast of the Beheading of St. John the Baptist*, the Forerunner of the Savior. This is not an obscure and little-celebrated saint, but the one that the Lord Jesus said is the *greatest among those born of woman*—the Lord's cousin, and baptizer. I encourage all of us to look forward to this feast, plan to come and enjoy the spiritual fruits of it. We might measure the health of a parish by the beauty of the services, splendid icons, charitable work for the poor, financial stability—all these are good and blessed. It's my belief, however, that a more spiritually focused indicator of good health in a parish is the love that the faithful have for the Theotokos and the Saints, expressed by the participation—attendance—at their feasts. The rhythm of our Christian life is set by these feasts. As we draw near to the close of the Church Year (the New Year begins Sept. 1), let each of us consider how practically, fervently and truly we express our love for the Theotokos and the Saints. Let's plan ahead. —*Father Lawrence*

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**August 20, 2023**

**Post-Feast of the Dormition and Prophet Samuel**



- TROPARION OF THE RESURRECTION, Tone Two:  
When Thou didst descend to death, O Life-Immortal, Thou didst slay hades with the splendor of Thy Godhead; and when from the depths Thou didst raise the dead, all the powers of Heaven cried out: O Giver of Life, Christ our God, glory to Thee.
- TROPARION OF THE DORMITION, Tone One:  
In giving birth thou didst preserve thy virginity. In falling asleep thou didst not forsake the world, O Theotokos. Thou wast translated to life, O Mother of Life, and by thy prayers thou dost deliver our souls from death.
- TROPARION OF THE PROPHET SAMUEL, Tone Two:  
As we celebrate the memory of the Prophet Samuel, O Lord, through him we beseech Thee to save our souls.
- KONTAKION OF THE DORMITION, Tone Two:  
The grave and death, could not hold the Theotokos, who is unsleeping in

her intercessions, and an unfading hope in her mediations. For as the Mother of Life, she was translated to Life by the One Who dwelt in her ever-virgin womb.

### ACTIVITIES & EVENTS THIS WEEK

- Saturday, August 19: 4:30 Panikhida for Newly-Departed Daniel Durrant  
5 PM, Vespers for the Lord's Day/Confessions
- Sunday, August 20: 9:40 AM, Reception of Catechumens  
10 AM, Divine Liturgy  
Noon, Agape Meal  
12:45 PM, Parish Council Meeting
- Wednesday, August 23: 5:30 PM, Akathist to Matushka Olga  
**6 PM, Panikhida for Daniel Durrant**  
7 PM, Book Club (Hall or Library)
- Thursday, August 24: **10 AM, Funeral/Burial for Daniel Durrant**  
6 PM, St Seraphim Men's Fellowship Dinner
- Friday, August 25: 11:30–1 PM, Confessions

**On Sunday morning at 9:40 AM**, we will have the service of the making of Catechumens for Sadik Bradbury, David Dehnert and Raymond West. Please come to support them and give them a warm *Saint Seraphim welcome*.

**Be aware** that this coming week's schedule may change. It is possible that we may host another Panikhida and Funeral here this week. We are prayerfully keeping watch on that. Details will follow. —*Fr L*

**The Book Club** will meet on Wednesday evening, after the Panikhida, at 7 PM. Please see Daniel DeCarlo for details.

**The Saint Seraphim Men's Fellowship** Dinner may or may not take place on Thursday evening at 6 PM, again, depending on a possible funeral. Each dinner we have a brief presentation given to the group. This week our own Dr. John Fullerton will be speaking about a one hundred billion dollar racket, porn addiction. The statistics of who, when and how are staggering and seem to affect almost every family. Dr. Fullerton, who has professional medical training in addictions, will give a half-hour talk on this scourge.

**As Orthodox Christians**, we are exceedingly blessed because we are given a roadmap for spiritual health through the life of the Church. Following the cycle of fasts and feasts, partaking of the sacraments, practicing a rule of prayer, and seeking spiritual guidance all provide us with the context to address the unique spiritual challenges of our lives in ways that are both healthy and help unfold the mystery of God's image within us. We follow the patterns of spiritual health in the Church because we trust with patience in the work of the Holy Spirit, knowing that spiritual growth is happening even when we cannot discern it in ourselves.... Orthodox tradition in particular makes a specific use of oral tradition in its beautiful practice of liturgy. By going to Vespers and Matins and Liturgy every week and just listening, we come into contact with the most perfect kind of mind-food there is in the form of hymnography, prayers, and Scripture. Attention to the verses and stichera (hymns inserted between the verses) can teach a layman more actionable theology than a whole bookshelf of modern spiritual self-help books. These riches are absorbed by even the youngest children and especially because of iconography, people with all levels of literacy can understand. There is no requirement that one needs to know the mechanics of reading before he can participate in these relationships of understanding. — Lisa Rose and Laura Wolfe in *Patterns for Life: An Orthodox Reflection on Charlotte Mason Education* (2022)

**...we do not** lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal (*2 Corinthians 4:16–18*). St John of Kronstadt wrote that “the Lord, as an artful physician, subjects us to various trials, sorrows, illnesses, and misfortunes, in order to purify us like gold in the furnace. A soul that is hardened in various sins does not easily undergo cleansing and healing, but has to be forced to a great extent, and only through lengthy experience in patience and suffering does it become accustomed to virtue and begins to love God, from Whom it was alienated after becoming attached to all kinds of mortal sins. Such is the purpose of the trials and tribulations sent to us by God in this life.” Elder Ephraim of Katonakia said that “everyone has a cross to carry. Why? Since the leader of our faith endured the cross, we will also endure it. On one hand, the cross is