

**Words from St. Paisios of Mt. Athos**, from *Spiritual Counsels III: Spiritual Struggle, reposed 1994*. Some people tell me that they are scandalized because they see many things wrong in the Church. I tell them that if you ask a fly, “Are there any flowers in this area?” it will say, “I don’t know about flowers, but over there in that heap of rubbish you can find all the filth you want.” And it will go on to list all the unclean things it has been to. Now, if you ask a honeybee, “Have you seen any unclean things in this area?” it will reply, “Unclean things? No, I have not seen any; the place here is full of the most fragrant flowers.” And it will go on to name all the flowers of the garden or the meadow. You see, the fly only knows where the unclean things are, while the honeybee knows where the beautiful iris or hyacinth is. As I have come to understand, some people resemble the honeybee and some resemble the fly. Those who resemble the fly seek to find evil in every circumstance and are preoccupied with it; they see no good anywhere. But those who resemble the honeybee only see the good in everything they see. The stupid person thinks stupidly and takes everything in the wrong way, whereas the person who has good thoughts, no matter what he sees, no matter what you tell him, maintains a positive and good thought.

**Some minor chores needed here:**

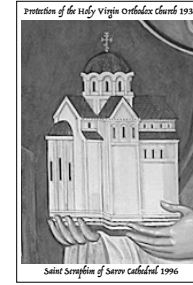
- The brass multi-candle stand by St. Peter the Aleut is in desperate need of being cleaned and polished
- There are numerous places on the church floor with wax to be scraped up
- The live-stream guys would welcome someone to learn the job and help out once a month. If you can help out, please see Fr Lawrence.

**Introduction to Catechesis ✦ the Royal Path  
Thursday, August 17, 7 PM**

An introductory lecture will be given by Fr. Lawrence for inquirers and potential catechumens on Thursday, August 17 at 7 PM, in the Cathedral. This presentation will describe how one becomes a catechumen and what is involved in catechesis. All are welcome to attend.

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**August 13, 2023**

## After Feast of the Transfiguration



- TROPARION OF THE RESURRECTION, Tone One:  
When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ; glory to Thy kingdom; glory to Thy dispensation, O Thou who lovest mankind.
- TROPARION OF TRANSFIGURATION, Tone Seven:  
Thou wast transfigured on the mount, O Christ our God, showing Thy glory to Thy disciples as far as they could bear it. By the prayers of the Theotokos, let Thine everlasting light shine forth upon us sinners. O Giver of Light, glory to Thee.
- TROPARION OF ST. TIKHON OF ZADONSK, Tone Eight:  
From thy youth thou didst love Christ, O blessed one. Thou hast been an example for all by word, life, love, faith, purity, and humility. Therefore, thou dost now abide in the heavenly mansions, where thou standest before the

throne of the All-holy Trinity. Holy Hierarch Tikhon, pray for the salvation of our souls.

- KONTAKION OF THE TRANSFIGURATION, Tone Seven:  
On the mountain wast Thou transfigured, O Christ God, and Thy disciples beheld Thy glory as far as they could see it; so that when they would behold Thee crucified, they would understand that Thy suffering was voluntary, and would proclaim to the world that Thou art truly the Radiance of the Father.

## ACTIVITIES & EVENTS THIS WEEK

- Friday, August 11: *No Confessions this Friday*  
6 PM, Supplicatory Canon to the Theotokos
- Saturday, August 12: 5 PM, Great Vespers / Confessions
- Sunday, August 13: 10 AM, Divine Liturgy  
Noon, Potluck Agape Meal (fasting foods)  
*12:30 PM, update for Parents of school age children on Christian Ed (Parish Hall)*
- Monday, August 14: 6 PM, Vigil for the Feast of the Dormition of the Theotokos
- Tuesday, August 15: 9 AM, Divine Liturgy (here and in Calistoga at the Monastery)
- Wed., August 16: 5:30 PM, Akathist to Blessed Olga of Alaska  
6 PM, Vespers
- Thurs., August 17: 7 PM, a talk on the *Introduction to Catechism—Starting down the Royal Path* (in the Cathedral)
- Friday, August 18: *No morning Confessions—Please note change*  
(11 AM, Deanery Meeting in San Anselmo)

**Friday morning Confessions:** Please note that for the next two Fridays (August 11 and 18) there will be no morning confessions.

**Update on Christian Ed for our children:** Teaching our children the faith is of utmost importance. During the Agape Meal on Sunday, there will be a fifteen-minute update on our plans for that vital work. This year we will be implementing a mentorship model, in which students will meet (age ap-

propriate, etc) with mentors twice a month. On the other two Sundays of the month, Fr Nicholas, Reader Andrew, Deacon Jeremiah or I will present a lesson after Liturgy to the kids (and parents?). Our Sunday Agape Update will explain the “how and why” of the mentorship model. —*Fr Lawrence*

**The Vigil for the Great Feast** of Dormition will be celebrated on Monday, August 14 at 6 PM, with Liturgy for the Feast on Tuesday at 9 AM. Fr. Nicholas will serve the Liturgy here on Tuesday, while I serve in Calistoga (9 AM Liturgy) for the altar feast of the Monastery of the Assumption. This Feast is so great that the Church instructs and enjoins Her faithful children to observe the Fifteen-Day Fast, which ends on the the Feast itself. The feast celebrates her death and her being raised to the *life of the age to come*—which is why we call it a *translation*. This feast is a *Pascha of the Theotokos*, her “translation” from her death to the resurrection, from earth to heaven. Our fasting and increased prayer helps us to direct our attention to “final things,” meaning, the great example of the fulfillment of that promise in the death and *translation* of the Holy Virgin Mary, our death and the Lord’s promise to raise us from death to life-eternal.

**Book Club, August 23:** The monthly calendar incorrectly listed the Book Club get-together twice (this week and next). Please note that the Book Club will be on Wednesday, August 23, after Vespers.

**The St. Seraphim Men’s Fellowship** will gather for dinner on Thursday, August 24 at 6 PM. As usual, there will be a brief presentation on a topic of interest.

**Singles Mixer, August 26:** St. Michael’s Orthodox Church in Concord is excited to announce that they are hosting a pan-Orthodox mixer for singles in the Bay Area on August 26! All 18+ Orthodox singles are welcome, from any parish. There is no cost. The sign up link is: <https://forms.gle/6ASKdVopkMEgyhK27>

**Many thanks** to those who made an offering last week to purchase backpacks and school supplies for needy school children. About \$500 was given, so a check will be sent ASAP to the Redwood Gospel Mission in Santa Rosa to facilitate this effort.