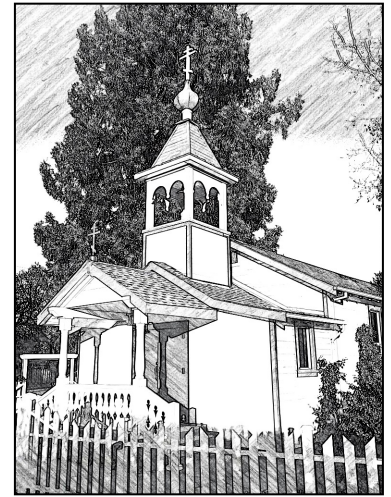


# ANNOUNCEMENTS ~ October 1, 2023

## Feast of the Protection of the Holy Virgin



• TROPARION OF THE RESURRECTION, Tone Eight:  
Thou didst descend from on high, O Merciful One; Thou didst accept the three-day burial to free us from our sufferings. O Lord, our Life and Resurrection, glory to Thee.

TROPARION OF THE PROTECTION, Tone Four:  
Today we Orthodox people joyfully keep festival, being illumined by thy glorious coming among us, O Mother of God; and gazing upon thy most pure image, we say with compunction: Shelter us with thy most precious Protection, and deliver us from all evil, and pray to thy Son, Christ our God, that he save our souls.

TROPARION OF ST. ROMANOS, Tone Four:  
Like a God-inspired trumpet of heavenly odes, thou didst gladden the Church of Christ by thy divine chants; for thou wast enlightened and inspired by the Theotokos, and wast shown forth to the world as a godly poet. Wherefore, we honor thee with love, O Righteous Romanos.

KONTAKION OF ST. ROMANOS, Tone Eight, sung to “To Thee, the Champion...”:  
As a harmonious harp of lofty wisdom from on high \* and an expounder of things seen in God inspired ascents, \* we extol thee, Father Romanus, and we hymn thee. \* As a trumpet of the gifts that pass the mind of man, \* do thou rouse us to divine and saving watchfulness, \* as we cry to thee: Rejoice, O Father elect of God.

KONTAKION OF THE PROTECTION, Tone Three:  
Today the Virgin stands forth in the Church and invisibly with the choirs of Saints prays to God for us; the Hierarchs bow down with the angels, the Apostles and the Prophets rejoice, for the Mother of God prays to the Eternal God for us.

- Friday, Sept. 29: 11 AM, Akathist for the Protection of the Theotokos, *Protection Church*  
11:30 AM–1 PM, Confessions, *Protection Church*
- Saturday, Sept. 30: 5 PM, Parish Feast Vigil for the *Feast of the Protection of the Theotokos*
- Sunday, Oct. 1: 10 AM, Festal Divine Liturgy, Procession to the *Protection Church*  
Noon, Agape Meal
- Tuesday, Oct. 3: 9 AM, *visit of Healdsburg School 4th grade students to St. Seraphim Cathedral*
- Wed., Oct. 4: *Fr Lawrence in Calistoga to hear confessions*  
5:30 PM, Akathist to Matushka Olga of Alaska / 6 PM, Vespers
- Thursday, Oct. 5: 7 PM, *Online Bible Study with Fr James*
- Friday, Oct. 6: 11:30 AM–1 PM, Confessions, *Protection Church*
- Sat., Oct. 7: 9 AM–3:30 PM, Homeschool Moms’ Retreat

## EVENTS AND NOTES

**We welcome our guests and visitors**, and trust that you will have a good experience at the Divine Services—please speak with one of our priests if you have any questions. Holy Communion is reserved for Orthodox Christians who have prepared themselves by prayer (Pre-Communion Prayers), fasting and a recent Confession (at least within a month’s time). With the fear of God, with faith and with love, draw near.

### THE PARISH FEAST ~ OCTOBER 1

When we celebrate the Feast of the [Protection of the Theotokos](#) on Sunday, which is also the [87th anniversary](#) of the founding of this Parish, we boldly approach the Theotokos, to thank her, to ask her continued intercessions and to honor her. We approach the “Wine bowl pouring forth joy” to receive Christ, as the Akathist calls her; We stand before the “table laden with an abundance of mercies” and we are enlightened by the “Mystic Day” Who is our Lord Jesus. Let us all celebrate the feast in a spirit of deep gratitude and joyful repentance. We all have many distractions and cares, but at least on Saturday evening and Sunday morning we can, like Mary, choose “the good part” ([Luke 10:38](#)). To do that, I encourage each of you to prepare for the feast by Confession and receive Holy Communion. Since Holy Communion is a “co-union” of the members of the Church with Jesus Christ and each other, and not an individualistic and private spiritual matter at all—I ask of all of you:

**Clergy and Servers**—make your confession so that when you serve in the Altar, you will do so with clean hands, “a pure heart, with a good conscience and with faith unfeigned” (1 Tim. 1:5).

**Church Singers**—confess and prepare for Communion, so that the words you sing will come from pure lips and pure hearts, as St. Paul wrote in Colossians: “Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”

**Holy People of God**—you and your children, make a Confession and prepare for Communion for this feast, so that all of us, together, can say with confidence: “Who shall ascend the mountain of the Lord, and who shall stand in His holy place? He that is innocent in his hands and pure in heart....” Only repentance through confession, not time, will grant this gift from God. And then, when we are communing of the Lord’s Body and Blood, we are in Jesus Christ. This union with God in the Liturgy makes us into a holy people (isn’t this holiness and unity one of the reasons that the Church exists?). Another great miracle then occurs: the Parish members from the founding in 1936 until today, are joined together in Jesus Christ in one song of praise together with all the saints and the whole Church, under the Protecting Veil of the Theotokos; for in Christ, all are alive and united. —*Fr Lawrence*

**An Orthodox Homeschool Moms’ Retreat** will be held here in our parish hall on Saturday, October 7, from 9 AM–3:30 PM. See the flier with all the info.

**Parents or adult guardians** are responsible for the safety and supervision of their children while on Church property. Young children may not roam the property without parental supervision. In addition, *children are not allowed to play in the vineyard, behind the Church School or Hall, or in the parking lots*. Parents, you are the playground monitors. —*Fr. Lawrence, Parish Council*

**All are invited** to come to the baptism of Alvig Elizabeth, infant daughter of Lina and Alexander on Sunday, October 8 at 9 AM, prior to the Divine Liturgy.

**St. Innocent Church** in Pleasanton is in-between priests (former priest moving to Montana), so our Fr. Nicholas will be helping out on some Sundays during October.

**Catechism classes** begin on Saturday, October 14 at 3:30 PM, in the Protection Church. All, not just catechumens, are welcome to participate.

**Keep our Catechumens** in your prayers: Stephanie and Duke Geoffrion; James, Roxanne and Liliana Weaver; Skylar Skikos, William Rogers, Sadik Bradbury, David Dehnert; Joseph, Jackson, Dallas and Noah Zeni; Gigi Williams, Raymond West, Frances Ann Edmonston. ...*make them worthy in due season of the washing of regeneration, the forgiveness of sins, and the robe of incorruption. Unite them to thy holy, catholic, and Apostolic Church, and number them with thy elect flock, that with us they may glorify thine all honorable and majestic Name...*

**Recordings of sermons** delivered in St. Seraphim Cathedral from 2011 until today, many by Fr. Michael Margitich, are available on the Parish website, at <https://saintseraphim.com/weekly-homilies/>

**The Annual Diocesan Assembly** is being hosted by our parish, October 24–26. The **Assembly** is the yearly gathering—united in faith with our Archbishop Benjamin—of clergy and lay delegates from all the parishes and institutions in the Diocese. We can expect about 120 folks to be with us for those two and a half days. The task of our parish will be to provide church services, food and hospitality and meeting space for the delegates. Special guests include Bishop Alexei of Alaska and the Chancellor of the Orthodox Church in America, Archpriest Alexander Rentel. It's also important that our parish members attend the Church Services during the Assembly. Having been to many Assemblies across the Diocese, it's sad and discouraging to see how few parish members in those places attend the Liturgical Services. Let's not only excel at hospitality for our guests, but let them see how much we love our church and services. You're now asking yourself: *What can I do to help, to put our best foot forward as a parish? How can I be part of this church wide event?* Lots to do—see below:

- ✓ *Wednesday lunch/dinner:* See Kristina Daya about helping in kitchen, serving tables and some clean up (we are hiring cleaners)
- ✓ *Thursday morning brunch:* See Matushka Esther, same tasks as above
- ✓ *Refreshments:* Help Debbie Buse keep everything stocked, coffee pots full, emptying garbage cans
- ✓ *Miscellaneous Tasks:* See Debbie Buse, who is the Hall Manager for the event, or Fr. Lawrence to help assist him with various tasks around the property on Wednesday and Thursday.

**Don't despair** when you fall, but get up eagerly and do a metanoia saying, "Forgive me, my dear Christ. I am human and weak." The Lord has not abandoned you. But since you still have a great deal of worldly pride, a great deal of vainglory, our Christ lets you make mistakes and fall, so that you perceive and come to know your weakness every day, so that you become patient with others who make mistakes, and *so that you do not judge the brethren when they make mistakes*, but rather put up with them. —*Elder St. Joseph of Hesychast of Mt. Athos*

**Doubts when walking on water:** When Peter doubts and then begins to sink, he cries out a prayer: "Lord, save me!" And Jesus takes his hand and pulls him up, saying to him, "O man of little faith, why did you doubt?" Notice that Jesus says "little faith" and not "no faith." When we doubt with the passion of doubt [a *passion* is an unhealthy impulse and addiction which pit us against ourselves and God], we should not believe the lie of Satan that tells us we have no faith. In reality, we simply have little faith—and perhaps have not been acting with faithfulness (faith is not a mental state, but a state of being and doing). And we can use that little faith to say, "Lord, save me!" which keeps our attention on Jesus—then by faithfulness to the Gospel commandments, we are then strengthened. —*borrowed*