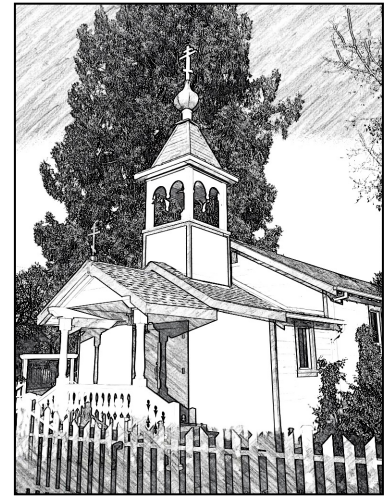


# ANNOUNCEMENTS ~ October 29, 2023

## St. Anastasia the Roman



- TROPARION OF THE RESURRECTION, Tone Four:

When the women disciples of the Lord / learned from the angel the joyous message of the Resurrection, / they cast away the ancestral curse, / and elatedly told the Apostles: / death is overthrown, / Christ God is risen, / granting the world great mercy.

- TROPARION OF ST. ANASTASIA, Tone Four:

By asceticism thou didst shine forth as a modest virgin, and in an inspired manner thou didst redden thy garment of purity with the blood of contest. Wherefore, O Anastasia, as a righteous one and martyr thou didst shine forth in the world with the grace of healings and thou intercedest for our souls with the Savior.

- KONTAKION OF THE RESURRECTION, Tone Four:

My Savior and Redeemer / as God rose from the tomb and delivered the earth-born from their chains. / He has shattered the gates of hades, / and as Master, / He has risen on the third day!

- KONTAKION OF ST. ANASTASIA, Tone Three:

Purified by the streams of virginity, O righteous one, and crowned with the blood of martyrdom, O Anastasia, thou grantest to those in need the healing for their sicknesses, and salvation to them that pray fervently to thee, for Christ giveth strength to thee, which floweth to us as never-failing grace.

### ACTIVITIES & EVENTS THIS WEEK

- Friday, Oct. 27: 11:30–1 PM, Confessions
- Saturday, Oct. 28: 3:30 PM, Catechism: *On the nature of sin*  
4:40 PM, 40 Day Panikhida for Reader Stephen Tom Pellizzer  
5 PM, Great Vespers/Confessions
- Sunday, Oct. 29: 10 AM, Divine Liturgy  
Noon, Agape Meal  
Mentorship
- Wed., Nov. 1: 5:30 PM, Akathist to Matushka Olga of Alaska  
6 PM, Vespers
- Thurs., Nov. 2: 5 PM, *Angels Unawares* guests arrive for the evening  
7 PM, Online Bible Study with Fr. James
- Friday, Nov. 3: 11:30 AM–1 PM, Confessions

**It is with a sense** of deep gratitude and pride (hopefully not a sinful pride) that I offer my thanks and heartfelt

congratulations to the parishioners for their work in hosting the Diocesan Assembly here Tuesday–Thursday. Thank you for giving our guests, about 130 of them, such warm, loving and rich hospitality. Many, many hands contributed to the success of the organization, cleaning, cooking and serving of the Assembly. I hesitate to list the names, since there would be a grievous and inadvertent omission on my part. However, it's only right to name those on the organizational team: We thank Debbie Buse for being the Assembly Manager along with her trusted assistants; Many thanks to Daphne and Chuck Russell for setting up the parish hall and keeping things running; thank you to our chefs—Serge, Lara and Carmen Anderson who welcomed the twenty-five members of the Diocesan Council and the two bishops into their home for dinner on Tuesday evening; Thank you to Kristina Daya and the many who assisted her in preparing and serving the delicious lunch and beautifully festive dinner on Wednesday; Thank you to Matushka Esther and her dedicated crew for preparing and serving brunch after the Liturgy for the Feast of St. Demetrios; Many thanks to Nicolas and the singers for singing two Vespers and the Hierarchical Liturgy, and a heartfelt thanks to Subdeacon Marc Richardson for organizing the Altar and the servers. It's been said that organizing clergy is like herding cats, so it takes a special grace in that ministry. And our thanks to those who brought flowers and decorated the church and icon of the Great Martyr Demetrios. May God bless and reward all of you for your efforts. The hard work that was done, whether it was organizing and managing, cooking and cleaning, singing and serving (in the Altar and the Hall), clearing the clogged men's toilet, hosting and greeting—the honor goes to Christ! Congratulations on a successful Diocesan Assembly. —*Fr Lawrence*

**The Senior Lunch Fellowship** will be moved from Oct. 31—to provide recovery time after the Assembly—to Tuesday, November 14 at Noon. This is also the day before the Nativity Fast begins, so a perfect day for our fellowship to gather. During the lunch we will have a special presentation on art by our own very accomplished art historian Catherine Ostling.

**We host Angels Unawares** this week, on Thursday, November 2, at 5 PM.

**I have learned** in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me (Philippians 4:11-13). *Fr Alexander Schmemmann* comments:

‘Thy will be done.’ This means first of all: grant me strength and help me to understand what is your will, help me to overcome the limitations of my own reasoning, of my heart, my own will, in order to discern your paths, even if they are unclear at first. Help me to accept that which is difficult and seemingly unbearable or impossible in your will. Help me, in other words, to desire that which you desire (*Our Father*, pg 51).

If we are committed to being God's servants, we will seek out God's will rather than our own. We will not constantly be asking for particular things or outcomes (giving God our “honey do list”), as we will trust God to provide what is good and necessary for our salvation. *Evagrius the Solitary* offers this thought:

“Often when I have prayed I have asked for what I thought was good, and persisted in my petition, stupidly importuning the will of God, and not leaving it to Him to arrange things as He knows is best for me. But when I have obtained what I asked for, I have been very sorry that I did not ask for the will of God to be done; because the thing turned out not to be as I had thought.”

“What is good, except God? Then let us leave to Him everything that concerns us and all will be well. For he who is good is naturally also a giver of good gifts” (*The Philokalia Vol 1*, p 60). The Psalmist shows us it is OK to offer lamentation to the Lord when we are in difficult circumstances. It is OK for us to express our emotions to

God when we feel despairing or oppressed or experience the sense of absence of God. That is not sin. If we pray the Psalms daily we will often express our complaints, fears and disappointments to the Lord. Our spiritual lives, however, ought also be ever attuned to God's will in any circumstances in which we find ourselves. That union with God is the most important aspect of our lives whether we abound or are abased. —Fr. T. Bobosh

**Catechumens:** 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.

### M.O.M. DIAPER BANK

The parish diaper bank, named after Matushka Olga Michael—*M.O.M. Outreach*—and asking for her prayers—will take place on **Saturday, December 3** at 3 PM (rather than on the last Wednesday). Call Catie DeCarlo at (707) 703-9516 for information on how the distribution will take place.

*...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 of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.*

**Some adjustments:** On *Mentorship Sundays*, please allow the mentees (children) and mentors to venerate

the Cross first. This will allow them to get to the Hall and eat lunch before their mentorship sessions. The youngest group (Anastasia Brodeur—ages 7-9) will immediately have their discussion in the church school rooms. The other mentors and mentees will go to their respective locations after eating lunch. Parents, we can use your help with reminding students of the new plan. Thank you!

***I have been crucified*** with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. St. John Chrysostom says that this verses means that nothing is done by me, which Christ does not will..." A holy elder tells us this: "To find Christ, the Jesus Prayer (Lord Jesus Christ, Son of God, have mercy on me) helps a lot, when you sit down to pray and bring Christ in your heart. Little by little you will persevere. You will make the effort (no matter how much resistance you will find in this) and Christ will come. It is not by chance that the Apostle Paul says the following. 'It is no longer I who live, but Christ lives in me' (Gal. 2:20). He feels it, he experiences it, he lives it. And so, Christ governs in him, it is not the self that governs, the ego." —Elder Symeon Kragiopoulos (1926 – 2015)

### Thanksgiving Dinner, 5 PM, Parish Hall Thursday, November 24th

The Divine Liturgy will be served on Thanksgiving Day, 9:30 AM, in St. Seraphim Cathedral. Every Liturgy is an offering of thanksgiving to God in Christ—we celebrate the *Eucharist*—a Greek word which means "thanksgiving." That day will also be the post-feast of the Entrance of the Theotokos into the Temple, and the commemoration of the Great Martyr Catherine. So that our fellowship and celebration may continue, there will be a Thanksgiving Day Dinner in our lovely parish hall at 5 PM. It's a joy to celebrate this holiday together, and all are invited. Contact Fr. Lawrence or John Gilluly to let us know if you plan to attend so that we can prepare.



# PROTECTION OF THE HOLY VIRGIN MARY ORTHODOX CHURCH

# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 29</b> <ul style="list-style-type: none"> <li>• 10 AM, Divine Liturgy</li> <li>• Noon, Agape Meal</li> <li>• 12:20, Mentorship</li> </ul>	<b>30</b>	<b>31</b>	<b>NOVEMBER 1</b> <ul style="list-style-type: none"> <li>• 5:30 PM, Akathist to Matushka Olga</li> <li>• 6 PM, Vespers</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• 7 PM, Online Bible Study with Fr James</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• 11:30 AM–1 PM, Confessions</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• 3:30 PM, Catechism: <i>Jesus the Son of God</i></li> <li>• 5 PM, Great Vespers/ Confessions</li> </ul>
<b>5 – Unmercenary Healers</b> <ul style="list-style-type: none"> <li>• 10 AM, Divine Liturgy</li> <li>• Noon, Agape Meal</li> <li>• 12:30 PM, Spiritual Lesson, Protection Church</li> </ul>	<b>6</b>	<b>7</b> <ul style="list-style-type: none"> <li>• 6 PM, Vespers for the Holy Archangels</li> </ul>	<b>8 – Holy Archangels</b> <ul style="list-style-type: none"> <li>• 10 AM, Liturgy at St. Michael's in Concord</li> <li>• 5:30 PM, Akathist to Matushka Olga</li> <li>• 6 PM, Vespers</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• 7 PM, Online Bible Study with Fr. James</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• 11:30 AM–1 PM, Confessions</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• 3:30 PM, Catechism: <i>Jesus the Savior of the world</i></li> <li>• 5 PM, Great Vespers/ Confessions</li> </ul>
<b>12 – St. John the Merciful</b> <ul style="list-style-type: none"> <li>• 10 AM, Divine Liturgy</li> <li>• Noon, Agape Meal</li> <li>• 12:20, Mentorship</li> </ul>	<b>13 – St. John Chrysost.</b> <ul style="list-style-type: none"> <li>• 9AM, Divine Liturgy for the Feast of St. John Chrysostom (Protection Church)</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Noon, Senior Lunch Fellowship</li> </ul>	<b>15 – Nativity Fast Begins</b> <ul style="list-style-type: none"> <li>• 5:30 PM, Akathist to Matushka Olga</li> <li>• 6 PM, Supplication for the beginning of Advent</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• 7 PM, Online Bible Study with Fr. James</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• 11:30 AM–1 PM, Confessions</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• 3:30 PM, Catechism: <i>Repentance and Faith</i></li> <li>• 5 PM, Great Vespers/ Confessions</li> </ul>
<b>19 – Prophet Obadiah</b> <ul style="list-style-type: none"> <li>• 10 AM, Divine Liturgy</li> <li>• Noon, Agape Meal</li> <li>• 12:30 PM, Spiritual Lesson, Protection Church</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• 6 PM, Vigil for the Entrance of the Theotokos</li> </ul>	<b>21 – Theotokos Feast</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy for the <i>Feast of the Entrance of the Theotokos</i> (in Protection Church)</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• 5:30 PM, Akathist to Matushka Olga</li> <li>• 6 PM, Vespers</li> </ul>	<b>23 – Thanksgiving Day</b> <ul style="list-style-type: none"> <li>• 9:30 AM, Divine Liturgy with Akathist</li> <li>• 5 PM, Thanksgiving Dinner, Parish Hall</li> </ul>	<b>24</b> <i>No Confessions</i>	<b>25</b> <i>No Catechism</i> <ul style="list-style-type: none"> <li>• 5 PM, Great Vespers/ Confessions</li> </ul>
<b>26 – St. Innocent of Irkutsk</b> <ul style="list-style-type: none"> <li>• 10 AM, Divine Liturgy</li> <li>• Noon, Agape Meal</li> </ul>	<b>27</b>	<b>28</b>	<b>29</b> <ul style="list-style-type: none"> <li>• 5:30 PM, Akathist to Matushka Olga</li> <li>• 6 PM, Vespers</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• 7 PM, Online Bible Study with Fr. James</li> </ul>	<b>December 1</b> <ul style="list-style-type: none"> <li>• 11:30 AM–1 PM, Confessions</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• <b>10 AM, Advent Retreat at Holy Trinity, SF</b></li> <li>• 3–5 PM, Diaper Bank</li> <li>• 3:30 PM, Catechism: <i>On the Holy Spirit</i></li> <li>• 5 PM, Great Vespers/ Confessions</li> </ul>