

\* **The Green Mountain Singers** will present their fall concert of sacred music of the 15th century in the Cathedral on Saturday, October 21, at 8 PM and again on Sunday, October 22, at 3 PM. Tickets available [HERE](#). The singers will be rehearsing in the cathedral on Tues, Wed and Friday mornings.

**The Honoring the Saints** event that was held for a number of years at the end of October is on the calendar for Sunday evening, 10/29. However, since we don't have anyone to organize the event and we will have just expended a huge amount of effort with the Diocesan Assembly, I'd like to suggest that we cancel or postpone the *Honoring the Saints* for another time. Let's try to plan for this lovely event—something that our kids and parents cherish—to take place in the near future. —*Fr Lawrence*

**You will say: it is impossible**, or at least difficult, to be saved! But, in fact, countless multitudes of men like you have been saved; they are even now being saved, though not many. “Being saved is difficult!” But do you really want to obtain eternal life—in blessed union with God, the Mother of God, the Angels, and all the Saints—without labor? Without the labor of self-purification, assisted by grace, without the labor of prayer and vigilance, without almsgiving, without meekness, without humility, without abstinence? In the acquisition of earthly goods we do not judge labor to be superfluous, and we often work at this with all our strength; but when it comes to obtaining eternal blessedness, we throw up our hands. It is not as though the matter of salvation were extremely difficult: “For My yoke is easy, and My burden is light,” says the Saviour (Matthew 11:30). Yes, with God's help it gradually becomes easy, though at first it is hampered by the persistent warfare with sin. But is not sin itself a matter of extreme difficulty, since it is unnatural and alien to our divine nature? Is sin not torturous? If we labor in sin, how then can we not labor in righteousness, in saving our soul from sin? There, the end is death; but here, eternal life. “For the wages of sin is death; but the gift of God is eternal life” (Romans 6:23). —[\*St. John of Kronstadt, reposed 1908\*](#)

# ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**October 15, 2023**

Ven. Euthymius the New, of Thessalonica



- 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 ST. EUTHYMIUS, Tone Eight:  
In thee the image was preserved with exactness, O Father; for taking up thy cross, thou didst follow Christ, and by the deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it is immortal. Wherefore O righteous [Euthymius](#), thy spirit rejoiceth with the angels.
- KONTAKION OF THE RESURRECTION, Tone Two:  
Hades became afraid, O Almighty Savior, seeing the miracle of Thy Resurrection from the tomb. The dead arose, creation with Adam beheld this and rejoiced with Thee; and the world, O my Savior, praises Thee forever.

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## ACTIVITIES & EVENTS THIS WEEK

- Sat., Oct. 14: 3:30 PM, Catechism *On the True God*  
5 PM, Great Vespers /Confessions
- Sun., Oct. 15: 10 AM, Divine Liturgy  
Noon, Agape Meal  
Mentors and students meet
- Tues., Oct. 17: 9 AM–Noon, Rehearsal in the church
- Wed., Oct. 18: 9 AM–Noon, Rehearsal in the church\*  
5:30 PM, Akathist to Matushka Olga  
6 PM, Daily Vespers
- Thurs., Oct. 19: 7 PM, Bible Study with Fr. James
- Fri., Oct. 20: 9 AM–Noon, Rehearsal in the church  
*No Confessions, Fr. Lawrence is in Chicago at the clergy retreat*

**The OCA** is hosting a national spiritual retreat for bishops and priests—which I will attend—in Chicago this coming week, featuring talks by the Athonite monk and patristics scholar [Archimandrite Maximos](#) (Constans), Tuesday, Oct. 17–Friday, Oct. 20. While I am away, if there are any pastoral needs, please call Fr. Nicholas Carr at (707) 318-5391. —*Fr. Lawrence*

**This Sunday, October 15, mentors and students will meet.** We have four groups, which will meet starting about 12:15–12:30 (similar start time to the Spiritual Lessons) for anywhere between 20–45 minutes, depending on age.

- *Lower Elementary* will meet in the front church school classroom
- *Upper Elementary* in the back church school classroom
- *Middle School* in the upstairs room in the St. Seraphim church
- *High School* in the church library

Every other week (alternating with Spiritual Lessons), mentor small-group leaders will gather all the children together for a very brief discussion, followed by spending time in pairs (mentor/mentee) getting to know one another, listening and talking. Then, all will gather once again to take up a practical spiritual challenge for the week! Those who are still wondering and puzzled by the change from Sunday School to Mentorship are encouraged

to speak with our parish mentors (all required to have background checks and live-scans, by the way): Catie D., Vicky B., Anastasia B., Andrei M., Alla W., Preston B., Timothy D., John G., Brian R., Linda M., Carol and Martin T., Joseph A., Monica F., Maria V., Subd Marc R., Linda and Carmen B. Their enthusiasm and understanding of the tasks ahead are infectious (tasks ahead, over time, week-by-week, are: to fall in love with the mentees, allow them to feel welcomed and valued by the church, find out what their needs are, discover the differences between the mentee and the mentor that enable the relationship to exist, neither affirm or condemn—just love. —*Fr L*

**Catechumens:** When you hear the Deacon exclaim *Catechumens, depart, let no catechumen remain...*” please walk over to the Protection Church where you will have a brief lesson with a catechist. Please return to the Church when Communion has concluded so you can venerate the Precious Cross with the rest of the congregation. 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...*

**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. Some have lamented—rightly so—that with the passing of Glendi there are now fewer opportunities (there *are* still many) for working closely working together. Come together to help make this event a success—speak with those who are in charge: Debbie Buse, Kristina Daya, Carmen Anderson, Fr. Lawrence.

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. We excel at offering hospitality to our guests. Let us also show them *how much we love our church services*.