

**During Great Lent**, in preparation for Holy Week and Pascha, plan to confess at least once, and certainly again closer to Pascha. Please do not wait until Holy Week, or the “11th Hour.” When a person is at peace and the conscience is purified by the grace of God which comes upon one during Confession, then he is led to participate more deeply—according to one’s desire—in the life and communion of the Holy Trinity. **PLEASE NOTE:** For those over the age of seven who will receive Holy Communion during Holy Week and Pascha, it is a holy obligation—please forgive the terminology, but it expresses the necessity—to make a confession at least once in the weeks before Holy Week. But don’t limit your spiritual life and confession to some legalistic time-table: confess when your conscience needs it. Confessions will not be heard after Holy Wednesday. —*Fr Lawrence*

**Prayer for Catechumens:** *O Lord our God, who dwellest in the heavens, and lookest down upon all thy works, look down upon thy servants, the catechumens who have bowed their necks before Thee, and grant them a light yoke. Make them honorable members of Thy holy Church, and vouchsafe unto them the washing of regeneration, the forgiveness of sins, and the robe of incorruption, unto the knowledge of Thee, our true God.*

**Dr Michael Legaspi**, Associate Professor of Old Testament at St Vladimir’s Orthodox Theological Seminary, will be the guest speaker for the Annual Lenten Retreat at Holy Trinity Cathedral in San Francisco, Saturday, April 20. He will consider one of the most prominent themes in the Old Testament: *Exile*. The Law, Psalms, and Prophets all explore the nature of ‘life outside the land.’ In these Scriptures, we experience repeatedly the grief of sin, the pain of displacement, and the distress of finding ourselves remote from God. A closer look at Exile not only brings us to the heart of the Scriptures; it also shows us, in particular, what the Lenten journey is and how, in making the journey well, we come to share in Christ’s passion and resurrection. Register [HERE](#).

**Holy Virgin Cathedral** on Geary St in San Francisco will present a Lenten Retreat on Sunday, April 21. The various speakers will offer remembrances and perspectives on St. John of San Francisco. Not to be missed. Register [HERE](#).

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



**April 7, 2024**

Veneration of the Precious Cross



- TROPARION OF THE RESURRECTION, Tone Three:  
Let the heavens rejoice, let the earth be glad; for the Lord has shown strength with His arm; He has trampled down death by death; He has become the first-born of the dead. He has delivered us from the depths of hell, and has granted the world great mercy.
- TROPARION OF THE CROSS, TONE ONE:  
O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.
- KONTAKION OF THE CROSS, TONE SEVEN:  
The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hades are now destroyed, for Thou art come, my Savior, crying unto those in hades: “Return again to Paradise.”

## ACTIVITIES & EVENTS THIS WEEK

- Friday, April 5: 11:30 AM–1 PM, Confessions  
6 PM, Small Compline with Akathist
- Sat., April 6: 3:30 PM, Catechism—*On Marriage*  
5 PM, Vigil for the Veneration of the Precious Cross
- Sunday, April 7: 10 AM, Divine Liturgy  
Spiritual Lesson at the end of Liturgy  
Noon, Agape Meal
- Tues., April 9: 8 AM, Lenten Matins  
6 PM, *Angels Unawares* sleepover only  
5 PM, Potluck Pre-movie reception at Sts. Peter and Paul on Stony Point Rd.  
**7 PM, Sacred Alaska at Summerfield Theatre**
- Wed., April 10: 8 AM, Lenten Matins  
5 PM, Confessions  
6:15 PM, Presanctified Liturgy / Meal
- Thurs., April 11: 8 AM, Lenten Matins
- Friday, April 12: 10:30 AM, Presanctified Liturgy  
6 PM, Small Compline with Akathist

**This Sunday** I will offer a *Spiritual Lesson* for the parish youth, parents, mentors (all are welcome) as part of our mentorship program. The Precious Cross will be placed in the middle of the Church on Sunday, so I can begin the Lesson at the conclusion of the Divine Liturgy as you venerate the Cross. We will gather on the north side of the Cathedral for the lesson. Please try to keep silence during the veneration so the kids can hear the lesson and I can think. —*Fr Lawrence*

**On the Third Sunday** of Great and Holy Lent, the Orthodox Church commemorates the *Precious and Life-Giving Cross* of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week. ...[This feast] also reminds us that the whole of Lent is a period when we have “crucified the flesh with its passions and desires” (Galatians 5:24). The

precious and life-giving Cross is now placed before us to refresh our souls and encourage us who may be filled with a sense of bitterness, resentment, or depression. The Cross reminds us of the Passion of our Lord, and by presenting to us His example, it encourages us to follow Him in struggle and sacrifice, being refreshed, assured, and comforted. ...As they who walk on a long and hard way and are bowed down by fatigue find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-giving Cross, which our Fathers “planted” on this Sunday. Thus, we are fortified and enabled to continue our Lenten journey with a light step, rested and encouraged. ...as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the garden of Eden. By this, our Holy Fathers wished to remind us of Adam’s gluttony as well as the fact that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death but shall inherit life eternal. ...At the Vigil of that day, after the Great Doxology, the Cross is brought in a solemn procession to the center of the church and remains there for the entire week—with a special rite of veneration following each service. —*borrowed*

**Let’s get the Cathedral** and the grounds ready for Holy Week and Pascha. The Parish Council is organizing a *Work Party*, next week, Saturday, April 13, from 9 AM–1 PM. Lunch will be provided. Activities include: gardening with Matushka Ann, polishing candles-stands, oil lamps, and other altar items with Fr Lawrence, cleaning the church windows and the light fixtures, etc.

**At the conclusion** of the Divine Liturgy there are some tasks to do:

- Close windows
- Turn off the air filters
- Close side doors (the north side only latches if you push it shut)
- Collect and store folding chairs
- Collect loose Announcement Sheets
- Pick up loose Kleenex
- Take full Closet garbage bag to dumpster
- Give extra Proshpora to Priest
- Are all the lamps extinguished?