

**During the fifth week** of Lent the usual Services will be more lengthy, and will challenge our attention and strength—that’s “built in” to help us spiritually. For example, the Wednesday evening Presanctified has more hymns to be sung (you may recall the refrain *Before I perish utterly, save me, O Lord* sung 24 times); and on Thursday, April 18, we sing the [Great Canon of St. Andrew of Crete](#) in its entirety, and in the midst of the service read the *Life of St. Mary of Egypt*.

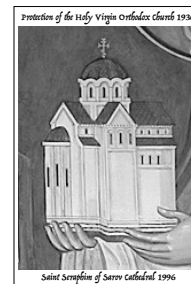
**Services this week** will culminate on Friday evening, April 19, at 6 PM, with the magnificent, bright and joyful *Matins and Akathist* lauding the Theotokos, the Living Ark of God. This Matins/Akathist is important for many reason: firstly, these joyous hymns bring us back to the Annunciation when God became man, the feast which is the “crown of our salvation” as a hymn proclaims. The “Word took flesh and dwelt among us”—and through baptism we are mystically united to Him, and to the Father and the Spirit. Lent is all about restoring that baptismal grace we so frequently squander. One holy father wrote that God became man so that man could be united to God and return to Paradise. Secondly, this Akathist Matins begins to shift our focus from Lenten repentance and our sins to the events of the Lord’s Passion, death and resurrection.

**The Resurrection** is the restoration of our human nature. Such things God gives freely, for just as He forms us without us willing it, so He forms us anew though we have contributed nothing to it. On the other hand, the Kingdom and vision of God and union with Christ are privileges which depend on willingness. They are thus possible only for those who have been willing to receive them and have loved them and longed for them. For such it is fitting that they should enjoy the presence of the things for which they longed; for the unwilling it is impossible... Like a blind man he would fall out of this life into that, bereft of every sense and faculty by which it is possible to know and love the Savior and to wish to be united to Him and to be able to achieve it. One need not therefore marvel that while all will live in immortality, it is not all who will live in blessedness. All equally enjoy God’s providence for our nature, but it is only those who are devout towards God who enjoy the gifts which adorn their willingness.

—*St. Nicholas Cabasilas, “The Life in Christ” [PDF book here](#)*

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



## April 14, 2022 ~ St. John of the Ladder



### • 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. JOHN, Tone One:

O John, our father, saint of God, thou wast revealed as a citizen of the desert, an angel in a body and worker of miracles. Through fasting, prayer and vigils thou hast received heavenly gifts of grace, and thou healest the sick and the souls of those that turn to thee with faith. Glory to Him who gave thee strength; glory to Him that crowned thee; glory to Him who through thee grants to all men healing.

### • KONTAKION OF ST. JOHN, Tone Four:

Truly the Lord has set thee as a fixed star in the firmament of abstinence, giving light to the ends of the earth, O Father John, our teacher.

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## ACTIVITIES & EVENTS THIS WEEK

- Saturday, April 13: 9 AM, *Work Party*  
3:30 Catechism: *On death and the funeral*  
5 PM, Great Vespers / Confessions
- Sunday, April 14: 10 AM, Divine Liturgy  
Noon, Agape Meal / Mentorship
- Monday, April 15: 5 PM, Holy Unction at Sts. Peter and Paul  
(recent confession required)
- Tuesday, April 16: 8 AM, Matins
- Wednesday, April 17: 8 AM, Matins  
5 PM, Confession  
6:15 PM, Presanctified Liturgy, Meal to follow
- Thursday, April 18: 9 AM, Matins with the Great Canon of St. Andrew of Crete, Life of St. Mary of Egypt (9 AM–Noon)
- Friday, April 19: 11:30 AM–1:30 PM, Confessions  
6 PM, Matins with the Akathist Hymn to the Theotokos
- Saturday, April 20: Lenten Retreat at Holy Trinity in SF  
*No Catechism today*  
5 PM, Vespers and Confession

**Let's join together** to clean up, shine and prepare the grounds for Holy Week and Pascha at the Saturday Work Party, 9 AM.

**Catechism this weekend** will cover death and the funeral, rather than Holy Unction. Since there is a Lenten Retreat in SF at Holy Trinity next Saturday, we will not have a catechism next week, Saturday, April. 20.

**The Sacrament of Holy Unction** will be served at Sts. Peter and Paul on Stony Point Rd. on Monday, April 15 at 5 PM. All Orthodox Christians who have made a recent confession may participate (children under age seven do not partake of this sacrament).

**A donation basket** will be set out after the Liturgy on the next two Sundays for offerings toward Holy Week and Pascha flower decorations. The members of our floral decoration ministry work very hard to beautify

the church and the icons for Palm Sunday, Holy Friday and Pascha. Your generous offerings are a key part of that effort. If you'd like to assist our team leaders call or speak with Denise Pellizzer.

**The Sacrament of Confession** is part of our preparation for entering into Holy Week. We look forward to those holy days and especially our participation in Holy Communion on Great Thursday and the Paschal Divine Liturgies of Holy Saturday and Pascha itself. Please make your confession at least once in the three weeks before Holy Week. No Confessions will be heard after Holy Wednesday. —*Fr. Lawrence*

**Everyone baptized** into Christ should pass progressively through all the stages of Christ's own life, for in baptism he receives the power to so progress, and through the Commandments, he can discover and learn how to accomplish this progression. To Christ's conception corresponds the pledge of the gift of the Holy Spirit; to His Nativity the experience of joyfulness; to His Baptism, the cleansing force of the fire of the Holy Spirit; to His Transfiguration the contemplation of divine light; to His Crucifixion, the dying to all things; to His Burial, the dwelling of divine love in his heart, to His resurrection the souls' life-quickenning resurrection; and to his Ascension divine ecstasy and the transport of the mind to God. —*St. Gregory of Sinai, Philokalia 4.253*

**Those who are being prepared** for Holy Illumination on Lazarus Saturday need your prayers: Roxanne and Liliana Weaver, Stephanie Geoffrion, Gigi Williams, Phacelia Alvarez, Aly, Faye and Indigo Sidjakov, Joseph, Giovanni Zeni, Jackson, Dallas and Noah Zeni, William Rogers, Sadik Bradbury, Raymond West. *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.*

**You are invited to sign up** for reading the *Psalter* before the Tomb on Holy Friday night thru Saturday morning, and for the reading of the *Book of the Acts of the Apostles* on Saturday afternoon/evening. You are invited to help each day of Holy Week: working at the Candle Desk in the evenings, cleaning the church after the Presanctified, setting up for the Paschal Agape Meal in the Hall and the Potluck BBQ on Pascha afternoon.