



Saint Seraphim Cathedral presents

# A Weekend with St. John Chrysostom

*Dr. David C. Ford  
& Dr. Mary Ford*

Dr. David will speak about St John Chrysostom, his life and teachings. Dr. Mary will speak more generally about helps for the spiritual life, focusing especially on positive and negative thoughts.



**When:**

Friday, June 7th, 7 PM to 8:30 PM  
Saturday, June 8th, 10 AM-3 PM

**Cost:**

\$15, includes Friday and Saturday  
and lunch on Saturday



**Dr. David C. Ford** received his Ph.D. in Church History and Historical Theology from Drew University in Madison, New Jersey. Currently he is Professor of Church History at St. Tikhon's Seminary in South Canaan, PA.

**Dr. Mary Ford** received her Ph.D. in Theology from the University of Kent, Canterbury, England. She was Associate Professor of New Testament for 33 years at St. Tikhon's Seminary in South Canaan, PA.

**Video and handouts** from the *Preparing for the Inevitable Workshop* are available on the Parish YouTube channel. [CLICK HERE](#). Many thanks to Stefan Perez for making that recording.

# ST. SERAPHIM CATHEDRAL

## PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



### May 19, 2024

### Sunday of the Holy Myrrh-bearers



- TROPARION OF THE NOBLE JOSEPH, Tone Two:  
The Noble Joseph, when he had taken down Thy most pure Body from the tree, wrapped it in fine linen and anointed it with spices and placed it in a new tomb; but Thou didst rise on the third day, O Lord, granting the world great mercy.
- TROPARION OF THE MYRRH-BEARERS, Tone Two:  
The angel came to the myrrh-bearing women at the tomb and said: Myrrh is meet for the dead; but Christ has shown Himself to be a stranger to corruption, so, proclaim: the Lord is risen, granting the world great mercy.
- KONTAKION OF THE MYRRH-BEARERS, Tone Two:  
Thou didst command the myrrh-bearers to rejoice, O Christ. By Thy resurrection, Thou didst stop the lamentation of Eve, O God. Thou didst command Thine apostles to preach: the Savior is risen.
- KONTAKION OF PASCHA, Tone Eight:  
Though Thou didst descend into the grave, O Immortal One, yet didst

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Thou destroy the power of Hades. And didst arise as victor, O Christ God, calling to the myrrh-bearing women: Rejoice; and giving peace unto Thine apostles, O Thou who dost grant resurrection to the fallen.

### ACTIVITIES & EVENTS THIS WEEK

- Saturday, May 18: 11:30 AM, Sisterhood Gathering  
5 PM, Resurrectional Matins / Confessions
- Sunday, May 19: 10 AM, Divine Liturgy in the *Protection Church*  
11:30 AM, Spiritual Lesson  
Noon, Agape Meal
- Wed., May 22: 5:30 PM, 40th Day Panikhida for Nilus Veenis  
6 PM, Vespers  
6:30 PM, Parish Council Meeting
- Thurs., May 23: 7 PM, Bible Study online with Fr. James
- Friday, May 24: 11:30 AM–1 PM, Confessions

**We rejoice at receiving** as catechumens Jesse Pell and Jaimie Rooney and her three children this past Wednesday after Vespers. We look forward to Sunday, May 26, when we will receive five more before the Divine Liturgy.

**On this third Sunday of Pascha**, the Church sets before us the memory of the Holy Myrrhbearing Women, St. Joseph and Nicodemus (see Mark 15:43 ff). We also celebrate the institution of the Sacred Diaconate (as we hear in the reading from Acts 6:1–7). The themes of service, offering, devotion to the Lord and His Church are clearly given to us today in these readings. So, it is only appropriate that first, we give thanks to God for all those who labor here in the many ministries (32 ministries) with faith, love and diligence for the upbuilding of the Church of God: The parish is a community of those who labor for the glory of God, both in and out of the worship of the Liturgy. Are you involved in any of the parish ministries? Surely, no one is *too busy* or lacks the interest to contribute talent and time to the community. We recall the words of our Savior: *Whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant: Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.*

**Let us contemplate** the courage and love of the Myrrhbearers as they faithfully stood by the Lord Jesus Christ as He was crucified and buried. We remember how they, with Joseph of Arimethea and Nicodemus, cared for and buried His broken body. At the Cross on Golgotha on Great and Holy Friday, it was those Holy Women who constituted the Church—ministering to Christ—as an example to us, despite the profound danger and opposition they faced. Fr. Alexander Elchaninov (reposed 1934 in France), wrote that “...as Orthodox, we have a great treasure of things and yet we vegetate in mediocrity.” And that is, spiritual mediocrity. A listlessness. Discomfort. Coldness of heart. Blinding egoism. Boredom. Even at times we may be afraid to witness and express ourselves openly as Christ’s disciples. Perhaps a remedy for this state of weakness is to contemplate the Myrrhbearers: St. Mary Magdalene, out of whom Jesus cast out the demons (she was NOT a prostitute); Joanna the wife of Chouza (who was the steward-administrator of King Herod Antipas!! — imagine the social interactions); Mary the wife of Cleopas; Salome, mother of the sons of Zebedee; Martha and Mary, sisters of Lazarus and the Most Holy Theotokos and Ever-Virgin Mary, who was the stepmother of her husband Joseph’s sons James and Joseph. Today we also also remember Saint Joseph of Arimathea, who was a secret disciple (John 19:38), and Saint Nikodemus, who was a disciple by night (John 3:3; 19:38). —*Fr Lawrence*

**Bridges Pregnancy and Clinic and Care Center** of Santa Rosa is having its annual *Baby Bottle Drive Fundraiser*. I have asked Nicholas Alva to coordinate this fundraiser with our parish. In response, he has set up a table in the Hall by the porch doors with relevant materials. Please take a look at the information flyer there, and if you are interested and would like to support the effort, please take a bottle with you. The fundraiser runs from Mother’s Day to Father’s Day. Any questions: see Nicholas Alva, or email him, his contact information on the *Bridges Table*. Thank you! —*Fr Lawrence*

**A reminder:** We are having Divine Services in the Protection Church until Memorial Day, due to the scaffold and plastering taking place in the Cathedral. The Protection Church holds about 75 people—if you are worried about it being too crowded, I encourage you to attend services at one of the other area Orthodox Churches. On the *Lord’s Day*, we DO NOT SKIP THE SUNDAY LITURGY. If you are prepared to receive Holy Communion, please ask the priest at the parish for a blessing, and let him know that you have had recent Confession. —*Fr Lawrence*