

to be there every month, but it would be great to have a list of people who would be willing to help out from time to time. We have diaper distribution on the last Wednesday of the month from 4–5:30 PM. The hours might shift to earlier in the winter, so people do not have to be out when it is dark. Please let me know if you would be interested in helping with this ministry. Thank you again for all the support in the way of diapers, financial donations, diaper distribution and prayers. —*Linda B McKee*, 707-495-2667

I put everything to use in order to reach Heaven. If we approach and work on all things spiritually, do you know how much spiritual profit can be made and what spiritual experience can be acquired? —*St. Paisios*

Fasting and love. Fasting involves abstaining from something good in order to acquire something better: self-control, obedience to the life and rhythm of the Church, and among other things, spiritual health. It involves not eating meat, dairy, eggs, etc. (exceptions for age, nursing or expecting mothers or a medical condition, of course). Instead, we have the wonderful harvest of vegetables at this time of year to enjoy. Fasting, also involves disengaging from social media, TV and movies and light reading—in order to focus on “meatier” (if you will allow the word) reading and time for prayer. It’s also appropriate, considering the 2024 election cycle, that we fast from discussing politics (opinions about candidates and policies) here at Church and especially during the Agape Meals. Such discussions often inflame the passions and will steal any “agape” you might have, and in the end, matter not a bit. Remember what St. Paul writes in *Romans 12:16* that we strive to “...live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.” Remember also what you only just confessed at the Divine Liturgy: “I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who camest into the world to save sinners, of whom I am first.” —*Fr Lawrence*

The August Baptisms for Jaimie Rooney, her children and Corey Lee have been transferred to Sunday, Sept. 8th, the Feast of the Nativity of the Theotokos, a very appropriate day. Please keep them in your prayers as they prepare themselves. We will also be welcoming new catechumens in the coming weeks.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



August 11, 2024

Post-Feast of Transfiguration



- TROPARION OF THE RESURRECTION, Tone Six:
The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hades, not being tempted by it. Thou didst come to the Virgin granting life. O Lord who didst rise from the dead: Glory to Thee.
- TROPARION OF TRANSFIGURATION, Tone Seven:
Thou wast transfigured on the mount, O Christ our God, showing Thy glory to Thy disciples as far as they could bear it. By the prayers of the Theotokos, let Thine everlasting light shine forth upon us sinners. O Giver of Light, glory to Thee.
- KONTAKION OF THE TRANSFIGURATION, Tone Seven:
On the mountain wast Thou transfigured, O Christ God, and Thy disciples beheld Thy glory as far as they could see it; so that when they would behold Thee crucified, they would understand that Thy suffering was voluntary, and would proclaim to the world that Thou art truly the Radiance of the Father.

ACTIVITIES & EVENTS THIS WEEK

- Friday, August 9: 11:30 AM–1 PM, Confessions
- Saturday, August 10: 5 PM, Great Vespers and Confessions
- Sunday, August 11: 10 AM, Divine Liturgy, Agape Meal to follow
- Wed., August 14: 11 AM, Memorial Service for Fared Traboulsi
6 PM, Vigil for Dormition
- Thursday, August 15: 9 AM, Festal Liturgy for Dormition at the
Monastery in Calistoga (no Liturgy here)
6 PM, Men's Fellowship Dinner
- Friday, August 16: *No Confessions*

Welcome—Guests and Visitors: Whether you are searching for a new church home or just visiting, we are glad you're with us today. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join our parish, or would like to speak with Fr Lawrence or Fr. Nicholas, we invite you to fill out a visitor's card and drop it in the offering basket as your offering today. We want to get to know you! God bless you!

The Vigil for the Great Feast of Dormition will be celebrated here on Wednesday, August 14 at 6 PM (in Calistoga at the Monastery at 5 PM). The Liturgy for the Feast will not be served here but rather at the Monastery in Calistoga, at 9 AM, as they celebrate their Altar Feast. Dormition is so great that the Church instructs and enjoins Her faithful children to observe the Fifteen-Day Fast, which ends on the Feast itself. The feast celebrates her death and her being raised to the *life of the age to come*—which is why we call it a *translation*. This feast is a *Pascha of the Theotokos*, her “translation” from her death to the resurrection, from earth to heaven. Our fasting and increased prayer helps us to direct our attention to “final things,” meaning, the great example of the fulfillment of that promise in the death and *translation* of the Holy Virgin Mary, our death and the Lord's promise to raise us from death to life-eternal.

Dear brothers and sisters, our practice in the Orthodox Church in America (OCA) is to prepare ourselves for receiving Holy Communion each week by making a frequent confession—once a month being the norm. We are also instructed to do the Prayers of Preparation, found in any common

Orthodox Prayer book, before coming to Liturgy. I would encourage all of you to remember that Saturday evening Great Vespers is also part of our preparation. If you haven't been attending Vespers on Saturday, at least start with coming once or twice a month, and see. You'll be glad you did.

Christian Ed. This year we will be offering Church School for K–6th Grade, and Mentorship for 7th–12th. Classes begin on Sunday, September 8th, as the Church New Year begins with the Feast of the Nativity of the Theotokos. **See the QR code to register your child.** As we prepare, it's important to remember that today, in excess of 60% of all Orthodox young people (indeed, of almost all church-attending youth)—once they have left their homes, either upon graduating high school or college—leave the church and, maybe, attend Liturgy only on a most irregular basis... Church school, mentorship, youth activities are wonderful and probably essential—but they are only a support and an addendum to the *Home Church*—that is, the Christian way of life at home, mutual love and respect, fellowship with other Orthodox Christians, regular worship, prayer, fasting, confession, feast days, love, forgiveness and not least, the reading of Scripture together. We all need some help in accomplishing all that. Resources abound with books, Orthodox internet, Bible Study, catechism and fellowship. May the Lord bless our efforts.



Thank you for the generous donations to the *Matushka Olga Michael Diaper Bank*. God has truly blessed us. For about a year we have served an average of 18-20 families each month. In July, we were able to provide diapers, wipes and formula to 26 families. In addition, 4 of our regular families have had newborns in the past couple months. The total number of children that we were able to keep in clean diapers was 36 in July! Praise be to God! As a result of our flourishing outreach, our inventory of diapers is quite low right now. Anticipating an equally busy August, I am asking for donations since this is an outreach ministry of St. Seraphim Parish. We are extremely low on wipes, preferring the unscented kind. We need diapers sized 3,4,5 and 6. Costco has the best prices generally and our moms seem to request those. Huggies are also requested if you can find size 7. If you prefer, financial gifts can be made to the Church with the *M.O.M. Outreach Program* noted. We could also use some loving hands to help on distribution days occasionally. It is not a difficult thing to help with and you do not have