

As we take more concern for our neighbors' cares and problems, they soon become our own. And our thoughts immediately become occupied with them. If we listen to our neighbor with only half our attention, of course we will not be able to answer them or comfort them. ...We are distracted. They talk, but we do not participate in the conversation; we are immersed in our own thoughts. But if we give them our full attention, then we take up both our own burden and theirs. —*Elder Thaddeus, reposed 2003*

Those who come close to people in pain, naturally draw near to God, because God is always by the side of His children who are in pain... God spiritually strengthens His children who have [philotimo](#), who help their fellow men carry their crosses, and He relieves them from their own crosses (trials). ...Those who think about the heavy crosses of the righteous, never worry about their own small trials, for, although they have made more mistakes in their life, they suffer less than the righteous. —*St. Paisios of Mt Athos*

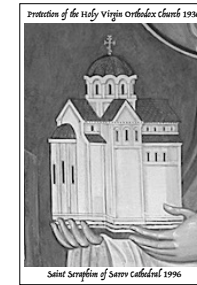
Please keep all the catechumens in your prayers: AJ and Francine and their children Charlie, Emily, June and Abner; Gabrielle Lily and her son Cyprus Nikolai; Kiel Smits, Dylan Estes, Christopher Best, John Coffey, James Weaver, James Epstein, Nicholas Garrett, Nathan Zeigler, Jeff Boyd and his son Lachlann, Zach and Julie Matz and their children Paisley and Iris. ...*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...*

One of our Parish Ministries will have an informational table in the Parish hall each Sunday after the Divine Liturgy for the next few months. This week we have no lunch in the Hall due to the wedding at 2 PM. Next Sunday, Nov. 17, Denise Pellizzer will present us information on our parish community outreach ministries. Dear brothers and Sisters in the Lord: Please do not just walk by the ministry table, but be curious, ask questions, give thanks to God for those who love to serve the Lord and their neighbor. There is no "hard sell" here about participating in this or that ministry. You might be inspired. —*Fr Lawrence*

The Divine Liturgy will be served on Thanksgiving Day, 9:30 AM. Later that day a Thanksgiving Day Dinner will be held in our lovely parish hall at 5 PM. It's a joy to celebrate this holiday together, and all are invited. Simply let us know if you plan to attend, so that we can prepare. Please speak with John Gilluly if you plan to attend and help out.

ST. SERAPHIM CATHEDRAL

PROTECTION OF THE HOLY VIRGIN ORTHODOX CHURCH



November 10, 2024

Apostles of the Seventy



- 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.
- KONTAKION OF THE RESURRECTION, Tone Three:
On this day Thou didst rise from the tomb, O Merciful One, leading us from the gates of death. On this day Adam exults as Eve rejoices; with the prophets and patriarchs they unceasingly praise the divine majesty of Thy power.

ACTIVITIES & EVENTS THIS WEEK

- Friday, Nov. 8: 9 AM, Divine Liturgy, Feast of St. Michael and the Angels and Archangels
No Confessions today from 11:30–1 PM

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- Saturday, Nov. 9: 3 PM, Christmas Play Practice
5 PM, Vespers and Confessions
6 PM, Wedding Rehearsal
- Sunday, Nov. 10: 8 AM, Divine Liturgy, *Protection Church*
10 AM, Divine Liturgy
40th Day Trisagion for Carl John Collard
11:30 AM, Church School
No Agape Meal
2 PM, Wedding of Alandrea and James
- Monday, Nov. 11: 8 AM, Consecration of Sts. Peter and Paul Russian
Orthodox Church, Stony Point Rd.
- Tuesday, Nov. 12: 6 PM, Vespers—Feast of St. John Chrysostom
- Wednesday, Nov. 13: 9 AM, Divine Liturgy *Protection Church*
5:30 PM, Akathist to Matushka Olga
6 PM, Vespers
6:30 PM, Catechism, *On Jesus Christ the Savior*
- Thursday, Nov. 14: 9 AM, Visit of Healdsburg School 4th Grade
7 PM, Bible Study with Fr James
- Friday, Nov. 15: Beginning of the Christmas Fast
11:30 AM–1 PM, Confessions
6 PM, Molieben for the Beginning of the Fast

We offer our congratulations and prayers to God for *Many Years* on the occasion of the wedding of Alandrea and James. All are invited to the 2 PM wedding on Sunday. The reception is by invitation.

It's that time of year when we hear the oft-used phrase “forty shopping days before Christmas” as a countdown for buying gifts. I suppose that retailers might add another twenty to that number. We in the Church have a countdown also: The Forty Day Fast before Christmas begins on November 15. Since we are not consumers first, but rather recipients of God's gifts to us (which is why we give gifts), and therefore caretakers and stewards of those gifts, our focus during the Advent season has its own goals: the forty-day fast helps guide us on the spiritual journey to Christmas. How's that look? First, we ought to remind ourselves about how we fast, and then why we fast (by the way, the Christmas fast is not called *Lent*, since the word *Lent* refers to the *lengthening* of the days of spring). Our Church bids us to fast, since it will help us in preparing for Christmas. Our preparation is about remembering, cele-

brating and meditating upon Christ's first coming in his Incarnation, Christ's second coming and glorious appearing, and the cleansing of our hearts to make room for Christ. Fasting might be not eating at all sometimes, and abstaining from certain foods and things all the time (we abstain from meat, dairy, eggs, wine, olive oil and things such as social media, frivolous entertainment, gossip, anger, judging, wasting time, and other things). The second reason we fast is related to the first: we fast so that we have something to give to a person in need (food, time, etc). During the fast we evaluate our consumption, we remember God's generosity towards us, and we share. That's what makes it a holy fast. Rather than consuming something for ourselves, we give something (whether by money or by the food itself) to a person in need. To mark the beginning of the Fast we will have a brief thanksgiving and supplication service on Friday, Nov. 15 at 6 PM. —*Fr Lawrence*

On the Eucharist, from an essay by *Fr Alkiviades Calivas*: The Eucharist or Divine Liturgy is the central mystery of the Church. It is at once the source and the summit of her life. In it the Church is continuously changed from a human community to the body of Christ, the temple of the Holy Spirit, and the holy people of God. The Eucharist, according to Saint Nicholas Kabasilas, is the final and greatest of the mysteries “since it is not possible to go beyond it or add anything to it. After the Eucharist there is nowhere further to go. There all must stand, and try to examine the means by which we may preserve the treasure to the end. For in it we obtain God Himself, and God is united with us in the most perfect union.” Every sacred mystery makes its partakers into members of Christ. But the Eucharist effects this perfectly. To quote Saint Nicholas Kabasilas again: “By dispensation of His grace, He (Christ) distributes Himself in every believer through that flesh whose substance comes from bread and wine, blending Himself with the bodies of believers, to secure by this union with the Immortal that man too, may be a sharer in incorruption. He gives these gifts by virtue of the benediction through which He changes the natural quality of these visible things to that immortal thing.” Through the Eucharist divine life flows into us and penetrates the fabric of our humanity. The future life is infused into the present one and is blended with it, so that our fallen humanity may be transformed into the glorified humanity of the new Adam, Christ. The Eucharist is our “medicine of immortality and the antidote against death, enabling us to live forever in Jesus Christ,” according to [Saint Ignatios of Antioch](#) (martyred about 108 AD).