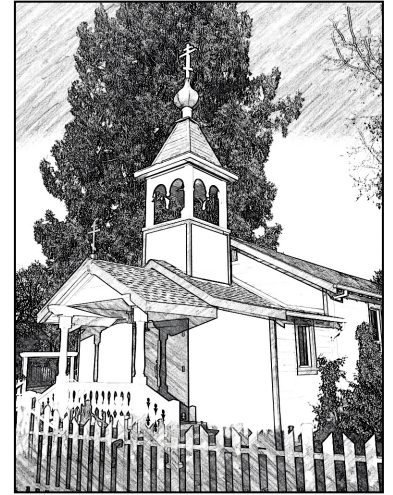


ANNOUNCEMENTS ~ January 26, 2025

New Martyrs under the Communist Yoke & the Sanctity of Life Sunday



- 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 THE NEW MARTYRS, Tone Four:

Today the Church of Russia forms a chorus in joy, praising her new martyrs and confessors; hierarchs and priests, royal passion-bearers, right-believing princes and princesses, venerable men and women, and all Orthodox Christians. Having laid down their life for faith in Christ during the days of godless persecution, they preserved the truth by the shedding of blood. By their protection, O long-suffering Lord, preserve our land in Orthodoxy till the end of the age.

- KONTAKION OF THE RESURRECTION, Tone Six:

When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed Resurrection on the human race. He is the Savior of all, the Resurrection, the Life and the God of all.

- KONTAKION OF THE NEW MARTYRS, Tone Three:

Today the new martyrs of Rus' stand in white robes before the Lamb of God, and with the angels they sing to God the hymn of victory: "Blessing, and glory, and wisdom, and praise, and honor, and power, and strength be to our God unto the ages of ages. Amen."

SCHEDULE

- Friday, Jan. 24: 11:30 AM–1 PM, Confessions
- Saturday, Jan. 25: *In SF—8:30 AM, Divine Liturgy at Holy Trinity Cathedral / Walk for Life*
5 PM, Great Vespers/Confessions
- Sunday, Jan. 26: 8 AM, Divine Liturgy in the Protection Church
10 AM, Divine Liturgy / 11:30 AM, Church School / Spiritual Lesson for Teens
Noon, Agape Meal
- Wed., Jan. 29: 4 PM, Diaper Bank
5:30 PM, Akathist / 6 PM, Vespers
- Thurs., Jan. 30: *In SF—9:30 AM, Divine Liturgy for the Feast of the Three Hierarchs (no service here)*
7 PM, Online Bible Study with Fr. James
- Frid., Jan. 31: 11:30 AM–1 PM, Confessions
- Sat., Feb. 1: 5 PM, Vigil for the *Feast of the Meeting of the Lord in the Temple*

Whether you are searching for a new church home or just visiting, we welcome you and hope your experience at the Divine Liturgy will be edifying and spiritually nourishing. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join the parish, or would like to speak with Fr Lawrence or one of the other priests, we invite you to fill out a visitor information card and leave it at the candle desk, and to join us for lunch following the Divine Liturgy. Please be aware that Holy Communion is reserved for Orthodox Christians who have prepared themselves by fasting, prayer and a recent Confession.

The Divine Liturgy will be celebrated at 8 AM in the Protection Church on the second and fourth Sundays of the month, unless otherwise indicated. Of course, the usual 10 AM Divine Liturgy in St. Seraphim Cathedral will also be served. Those attending the 8 AM can pick up their prosphora at the Candle Desk in St. Seraphim.

This week our Livestream team will host the Parish Ministry table in the parish hall. Please stop in to say hello, ask about the work they do, and consider helping out.

...**All life comes from God**; all life belongs to God; and through the saving work of our Lord and God and Savior Jesus Christ, biological life in this world is now open to the possibility of true and everlasting life in the world to come. Thus, on this *Sanctity of Life Sunday*, we bear witness to the truth that all human life, from conception to natural death, is sacred. We pray that the scales will fall from the eyes of our countrymen who do not recognize this basic truth, and we beseech the Lord that all violations of this holy principle—abortion, infanticide, euthanasia, and the rest—would come to a swift end in our age and our land. Finally, we pray that we might find the strength to live in accordance with this teaching, showing forth the sanctity of life by devoting our own life to the pursuit of sanctity, thus bearing witness in our flesh to the truth of the holy Orthodox Christian faith. —*Metropolitan Tikhon*

Please pray the Catechumens: John Coffey, James Weaver, Nicholas Garrett, Nathan Zeigler, James Epstein, Lily Hamilton and her son Cyprus Nikolai, Alfredo, Francine and their children Charlie, Emily, June and Abner; Kiel Smits, Jeffrey Boyd and his son Lachlan, Zachary, Julie and their children Iris and Paisley, Michael and Susanne Danford, Gregory and Natalie Winter, Katrina Fritschen, Dominic Tufo, Daniel Gonet. ...*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...*

The Standard Diocesan Parish By-Laws state the following about the Annual Membership Meeting: *“The Parish Assembly, sometimes known as the Parish Meeting, meets at least once annually to consider matters pertaining to the life of the Parish and to conduct necessary elections relating to the Parish as a whole. The Parish Assembly is comprised of the Voting Members of the Parish, and such additional persons as shall be provided for by Diocesan and Parish Bylaws, established procedures and norms, normally meeting under the presidency of the Parish Priest, or the Diocesan Bishop or the Bishop’s delegate.”* The formal language of the By-Laws, while essential for basic clarity, obviously cannot capture the sense of community and faith that we affirm with each other and before God at the Annual Meeting. I encourage each and every one of you to attend what is normally a brief one-and-a-half hour gathering to approve our 2025 Budget and to give thanks to God for all the various ministries of the parish. The *Report Booklets* are at the Candle Desk. Please take one per family, and please spend a little time reading the reports. The Annual Meeting is scheduled for Sunday, Feb. 2, 12:30 PM.

PREPARING FOR LENT

THE PASCHAL SEASON of the Church is preceded by the season of Great Lent, which is also preceded by five weeks of spiritual and liturgical preparation. Very soon, February 15, we will hear the **Parable of the Tax Collector and the Pharisee** (Luke 18) at the Divine Liturgy, and will sing at Vespers the evening before, that most compunctionate of hymns: *Open to me, the doors of repentance, O Giver of Life, for my spirit rises early to pray toward Thy holy temple, bearing the temple of my body all defiled, but in Thy compassion, cleanse it by Thy loving-kindness and Thy mercy...*

On February 16 we read the **Parable of the Prodigal Son** (Luke 15), which reveals not only man's wasteful prodigality, his self-induced misery, his propensity for inflicting misery on others, his exile from God, true repentance, the journey toward God, and again hypocrisy, as seen in the older brother, but *more importantly*, the love of God for us. On the same day we sing Psalm 136, *By the waters of Babylon, there we sat down and wept*, and meditate on our exile from the Paradise of true life.

On Sunday, February 23 we hear the **Parable of the Last Judgement** (Matt. 25), about the Sheep and the Goats, about who sees, and who doesn't see the image of God in others and what they do about it. On this Sunday we eat meat for the last time until Pascha, so the day is called "Meatfare."

The following week, Sunday, March 2, is **Forgiveness Sunday**, so-called because of the reading from Matthew 6:14 about forgiving our enemies, proper prayer, fasting, and works of mercy, leads us to the doors of Great Lent. More properly the title of the day is the *Commemoration of the Expulsion of Adam and Eve from Paradise*, and the hymns of the day will meditate on this sorrowful reality, which came about from the misuse of freedom and lack of trust in God, prompted by the evil one.

We also call this day "Cheesefare Sunday" because we eat the last of our dairy, eggs and cheese. At 1:15 PM or so, after the Agape Meal, we will enter into Great Lent with the **Vespers of Forgiveness** and we participate in the act of mutual

forgiveness at the conclusion of the Service. As we quietly and in an orderly fashion line up, we come to the clergy and then one another and say: "Forgive me" answering "God forgives," and we bow down in humility. Once we learn to forgive others—even unto "seventy times seven"—then we can be free at last to experience God's forgiveness, which is the third step in the process. God's forgiveness is love in its purest form.

I encourage each and every single parishioner to participate in these Services—especially in the **Vespers of Forgiveness**, on Sunday, March 2, at 1:15 PM. It seems to me that no Orthodox Christian could enter into Great Lent, or celebrate Holy Week and Pascha without the experience of Forgiveness Sunday. The Church gives us such a service precisely because it is the perfect antidote to our self-enclosed, self-centered, excuse-making, other-blaming and critical existence. I wonder why and how anyone could intentionally miss this Service, and would perhaps even ask that person about it.

—Fr. Lawrence



You cannot cure the soul of others or "help people," without having changed yourself. You cannot put in order the spiritual economy of others, so long as there is chaos in your own soul. You cannot bring peace to others if you do not have it yourself. Often, we help other people, not by a series of conscious acts directed upon their soul, but rather by influencing them through our spiritual gifts, without ourselves seeing or knowing how we do so. Once St. Anthony the Great asked a visitor who said nothing at all, "Why do you not ask me anything?" and the other answered, "It is enough for me to look at you, holy father." —Fr. Alexander Elchaninov (reposed 1953) from *The Diary of a Russian Priest*

PROTECTION OF THE HOLY VIRGIN MARY ORTHODOX CHURCH

FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 - New Martyrs • 8 AM, Divine Liturgy • 10 AM, Divine Liturgy • Spiritual Lesson • 11:30 AM, Church School • Noon, Agape Meal	27	28	29 • 4 PM, Diaper Bank • 5:30 PM, Akathist • 6 PM, Vespers	30 <i>Liturgy in San Francisco at Holy Trinity</i> • 7 PM, Online Bible Study	31 • 11:30 AM-1 PM, Confessions	FEBRUARY 1 • 5 PM, Vigil for the Feast of the <i>Meeting of the Lord</i>
2 - Feast Day—Meeting of the Lord • 10 AM, Divine Liturgy • 12:30 PM, Annual Parish Meeting (<i>bring your own lunch</i>)	3	4	5 • 5:30 PM, Akathist • 6 PM, Vespers	6 • 5 PM, <i>Angels Unawares</i> Guests arrive • 7 PM, Bible Study	7 <i>No Confessions today</i>	8 • 5 PM, Great Vespers/ Confessions
<i>Fr. Lawrence and Dc. Justin in Colorado Springs returning Sunday evening</i>						
9 - Publican and Pharisee • 8 AM, Divine Liturgy • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, Agape Meal	10 Fast Free Week	11	12 - No Fast • 5:30 PM, Akathist • 6 PM, Vespers	13 • 5:30 PM, Akathist to St. Seraphim • 6 PM, Men's Fellowship Dinner • 7 PM, Bible Study	14 - No Fast <i>No Confessions today</i>	15 Catechism Resumes • 3:30 PM, Catechism <i>On Holy Baptism</i> • 5 PM, Great Vespers/ Confessions
16 - Prodigal Son • 10 AM, Divine Liturgy • 11:30 AM Church School • Noon, Agape Meal	17	18	19 • 5:30 PM, Akathist • 6 PM, Vespers • 6:30 PM, Parish Council Meeting	20	21 • 11:30 AM-1 PM, Confessions	22 - Memorial Saturday • 3:30 PM, Catechism <i>On Holy Chrismation</i> • 4:30 PM, Panikhida • 5 PM, Great Vespers/ Confessions
23 - Last Judgment • 8 AM, Divine Liturgy • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, Blini Luncheon	24 <i>Fasting from meat begins</i>	25	26 • 4 PM, Diaper Bank • 5:30 PM, Akathist • 6 PM, Vespers	27	28 • 11:30 AM-1 PM, Confession	March 1 - Monastic Saints • 9 AM, Divine Liturgy • 11:30 AM, Sisterhood • 3:30 PM, Catechism <i>On the Eucharist</i> • 5 PM, Great Vespers/ Confessions
March 2 - Forgiveness Sunday • 10 AM, Divine Liturgy • Noon, Agape Meal • 1 PM, Forgiveness Vespers	3 - Clean Week <i>Lenten Fast Begins</i> • 8 AM, Matins • 7 PM, Great Compline/ Canon of St. Andrew	4 • 8 AM, Matins • 7 PM, Great Compline/ Canon of St. Andrew	5 • 8 AM, Canon of St. Andrew • 6 PM, Presanctified, Meal to follow	6 • 8 AM, Matins • 5 PM, <i>Angels Unawares</i> Guests arrive • 7 PM, Great Compline/ Canon of St. Andrew	7 • 10:30 AM, Presanctified/Molieben to St Theodore • 6 PM, Akathist Hymn	8 • 3:30 PM, Catechism <i>On Holy Confession</i> • 5 PM, Great Vespers/ Confessions