

# ANNOUNCEMENTS

SUNDAY, February 23, 2025 — Meat-fare Sunday



- TROPARION OF THE RESURRECTION, Tone Two:

When Thou didst descend to death, O Life-Immortal, Thou didst slay hades with the splendor of Thy Godhead; and when from the depths Thou didst raise the dead, all the powers of Heaven cried out: O Giver of Life, Christ our God, glory to Thee.

- KONTAKION OF THE LAST JUDGEMENT, Tone One:

When Thou comest, O God, upon the earth in glory, the whole world will tremble. The river of fire will bring men before Thy Judgement Seat, the Books will be opened and the secrets disclosed. Then deliver me from the unquenchable fire, and count me worthy to stand on Thy right hand, O Judge most righteous.

## ACTIVITIES & EVENTS THIS WEEK

- Saturday, Feb. 22: Catechism for Inquirers and Catechumens, *On the Sacrament of Chrismation*  
4:40 PM, Panikhida for Memorial Saturday  
5 PM, Great Vespers and Confessions
- Sunday, Feb. 23: 8 AM, Divine Liturgy in the Protection Church  
10 AM, Divine Liturgy in St Seraphim Cathedral  
11:30 AM, Church School  
Noon, Agape Meal: *Blini Luncheon!*
- Monday, Feb. 24: **Begin to fast from all meat products**
- Wed., Feb. 26: 5:30 PM, Akathist to Matushka Olga of Alaska  
6 PM, Vespers—*Lenten style*
- Thurs., Feb. 27: 6 PM, Vespers—*Lenten style* [Added Service]  
7 PM, Online Bible Study
- Fri., Feb. 28: 11:30 AM–1:30 PM, Confessions
- Sat., March 1: 9 AM, Divine Liturgy, Commemoration of all monastic saints  
11 AM, Sisterhood get together  
3:30 PM, Catechism, *on the Holy Eucharist*  
5 PM, Great Vespers and Confessions

**We have reached** the Sunday of the Last Judgement, so called because of the *Parable of the Sheep and Goats* read at the Divine Liturgy. At Matins we sing this profoundly moving hymn: “I ponder the fearful day and lament my evil deeds. How shall I answer the immortal King? And with what boldness shall I the Prodigal gaze upon the Judge? O compassionate Father, only-begotten Son and Holy Spirit, have mercy upon me.” Father Basil Rhodes, from St. Nicholas parish in Saratoga said the following:

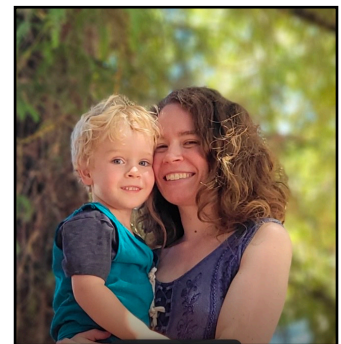
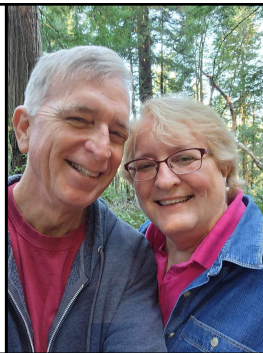
Brethren, we understand that our sins literally separate us from God, but which sins? Most of us know

that breaking the Ten Commandments will separate us from God; Denying our faith, murder, stealing, lying, etc. But today’s parable wants to remind us that one of the standards of judgment is how we treat other people, how we consider other people, especially the poor and the needy. Let me share with you some verses of Scripture: “He who despises his neighbor sins, but blessed is he who is kind to the needy” (Proverbs 14:21). “He who oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God” (Proverbs 14:31). “He who is kind to the poor lends to the LORD, and he will reward him for what he has done” (Proverbs 19:17). The Great Fast leads us to repentance, and that word in Greek, *metanoia*, means to change our minds, change our thinking, change our attitude about who we are, what we do, and how we relate to others. God, through Isaiah tells us what a true fast must include, saying: “loose every burden of iniquity, untie the knots of hard dealings, set the bruised free, and cancel every unjust account. Break thy bread with the hungry, and lead the unsheltered poor to thy house: if thou seest one naked, clothe him, and thou shalt not disregard thine own relatives. Then shall thy light break forth as the morning, and thy health shall speedily spring forth: and thy righteousness shall go before thee, and the glory of God shall compass thee” (Isaiah 58: 6-8). Our actions are far more important than our words...The Lord Jesus said, “Why do you call me, ‘Lord, Lord,’ but do not do what I say?” (Luke 6:46). And what, exactly, is He telling us to do today? Our Lord is telling us to be the kind of people who feed the hungry, give drink to the thirsty, show hospitality to foreigners, (which is what the Greek says), clothe those who have no clothing, to visit and comfort the sick and the imprisoned. In other words, the Lord expects us to be kind, compassionate, and merciful towards others, to truly reflect not only the image, but also the likeness of God.

—Archpriest Basil Rhodes, sermon excerpt

**It seems unnecessary** to say that welcoming and greeting others in church is an important thing to do (obviously, not during, but before or after the Divine Liturgy). Let’s thank God that our parish is blessed with so many new people. Every week someone asks me about this or that new person, and it’s been suggested that the weekly bulletin, now and then, include pictures and a brief bio of some of our new folks and catechumens. That’s great idea (see insert)—but it might be a better idea if all of us reach out and introduce ourselves to someone that we do not know and ask them who they are, and how they came to be here at St Seraphim Cathedral. You’ll be immensely pleased, edified and inspired.

*Michael & Suzanne Danford:* Coming from a Protestant background, they began attending services a few years ago after their son Timothy was baptized. Michael is a retired dentist; Suzanne is a retired dental hygienist. They have 4 adult children and 3 grandchildren.



*Katrina and Leopold Fritschen:* Lovers of nature and art, we are eager to connect with families and children of all ages. We live in a fun place to host and explore in Healdsburg.


**On the day before** Meatfare Sunday, on which we meditate upon the Last Judgment, the Orthodox Church prays for those of its members who may have died unexpectedly because of wars, plagues, starvation, or any other sort of death while they were in a foreign country, or while they were traveling by sea, by land, or by air. The Church also prays for the poor, or for those who may not have received a

proper burial, or who had no one to request Memorial Services to be offered for them. We pray for the departed on this Saturday because the Orthodox Church has established Saturday as the proper day of the week for remembering the dead. On this day before we hear the Gospel about the Last Judgment, we should pause to recall our own inescapable death when we shall appear before Christ to give an account of our lives. May we have “an acceptable defense before His dread Judgment Seat.” As we prepare for the spiritual struggles of the Great Fast, we should remember that we have been given this present life for repentance and for entreating God's mercy. When Christ comes in glory to judge the world, it will be too late then to say that we repent, or to ask for mercy. Therefore, we should make the most of the time that has been given us in order to struggle against every sinful impulse which separates us from God, to confess our sins, to correct ourselves, and to pursue a life of virtue and holiness. —*OCA website*

**The Vespers of Forgiveness** will be served on the Sunday of the “Expulsion of Adam and Eve from Paradise” March 2 at 1 PM. I encourage and beg all of you to attend this blessed Vespers, which “formalizes” forgiveness in a sober, serious and simple way with the *Mutual Rite of Forgiveness* at the end of the service. Questions? Please don't hesitate to ask. Check out this sermon by the great Metropolitan Anthony (Bloom) of London [HERE](#). —*Fr Lawrence*

**Our parish is listed** as one of the supporters of the OCMC dinner planned for March 30. I will be asking members of our congregation to join me, and reserve a table for the event, as we did some years back. The flyer here describes the purpose of the dinner. —*Fr Lawrence*

**Saint John Chrysostom** asked: Are you fasting? Give me proof of it by your works. If you see someone who is poor, take pity on them. Let the hands fast, by being free of greed. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at what is sinful. Let the ears fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from eating birds and fishes, but bite and devour our brothers and sisters?



**ORTHODOX CHRISTIAN  
MISSION CENTER**


# YOU ARE INVITED

## Go Make Disciples of All Nations

*Mission Awareness Dinner*


**Sunday, March 30th, 2025**  
Vespers at 5:00 pm, Dinner and Program to follow

**Nativity of Christ Greek Orthodox Church**  
1110 Highland Drive , Novato CA 94949



The Orthodox communities of Nativity of Christ, St. Nicholas , and St. Seraphim Orthodox Churches in the North Bay invite you to join them for a Mission Awareness fundraising event to benefit the work of the Orthodox Christian Mission Center. Learn how you can join in the work of sharing the fullness of the faith to the “ends of the earth.”




For questions email: Event Co-Chairs Rose Hunter at [kynegos@hotmail.com](mailto:kynegos@hotmail.com) or Floretta Burrows at [florettaburrows@live.com](mailto:florettaburrows@live.com) or Susan Siefkas at [ssiefkas@earthlink.net](mailto:ssiefkas@earthlink.net)



**\$35/Adult, \$15/Student,  
Children Under 12 Free**

*Sponsorship opportunities available!*

[www.ocmc.org/novato-dinner](http://www.ocmc.org/novato-dinner)  
ALL DONATIONS TAX DEDUCTIBLE



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# PROTECTION OF THE HOLY VIRGIN MARY ORTHODOX CHURCH \*\*

# MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23 – Last Judgment</b> • 8 AM, Divine Liturgy • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, <b>Blini Luncheon</b>	<b>24</b> <i>Fasting from meat begins</i>	<b>25</b>	<b>26</b> • <b>4 PM, Diaper Bank</b> • 5:30 PM, Akathist • 6 PM, Vespers	<b>27</b>	<b>28</b> • 11:30 AM–1 PM, Confession	<b>March 1 – Monastic Saints</b> • 9 AM, Divine Liturgy • 11:30 AM, Sisterhood • 3:30 PM, Catechism <i>On the Eucharist</i> • 5 PM, Great Vespers/Confessions
<b>March 2 – Forgiveness Sunday</b> • 10 AM, Divine Liturgy • Noon, Agape Meal • <b>1 PM, Forgiveness Vespers</b>	<b>3 – Clean Week</b> <i>Lenten Fast Begins</i> • 8 AM, Matins • 7 PM, Great Compline/Canon of St. Andrew	<b>4</b> • 8 AM, Matins • 7 PM, Great Compline/Canon of St. Andrew	<b>5</b> • 8 AM, Canon of St. Andrew • 6 PM, Presanctified, Meal to follow	<b>6</b> • 8 AM, Matins • 5 PM, <i>Angels Unnavares</i> Guests arrive • 7 PM, Great Compline/Canon of St. Andrew	<b>7</b> • 10:30 AM, Presanctified/Molieben to St Theodore (blessing of Koliva)	<b>8</b> • 3:30 PM, Catechism <i>On Holy Confession</i> • 5 PM, Great Vespers/Confessions
<b>9 – Sunday of Orthodoxy</b> • 8 AM, Divine Liturgy • 10 AM, Divine Liturgy and Procession with Holy Icons • Noon, Agape Meal	<b>10</b>	<b>11</b> • 8 AM, Matins	<b>12</b> • 8 AM, Matins • 6 PM, Presanctified and Meal	<b>13</b> • 8 AM, Matins	<b>14</b> • 8 AM, Matins	<b>15</b> <b>No Catechism Today</b> • 5 PM, Great Vespers/Confessions • <i>8 PM, Concert here</i>
<b>16 – St. Gregory Palamas</b> • 10 AM, Divine Liturgy • 11:30 AM Church School • Noon, Agape Meal • <i>3 PM, Concert here</i>	<b>17</b>	<b>18</b> • 8 AM, Matins	<b>19</b> • 8 AM, Matins • 6 PM, Presanctified and Meal	<b>20</b> • 8 AM, Matins	<b>21</b> • 10:30 AM, Presanctified	<b>22</b> • 3:30 PM, Catechism <i>On the Priesthood</i> • 5 PM, Vigil for the Veneration of the Cross/Confessions
<b>23 – Veneration of the Cross</b> • 8 AM, Divine Liturgy • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, Agape Meal	<b>24</b> • 6 PM, Festal Matins for Annunciation	<b>25 – Annunciation</b> • 5 PM, Vesperal Divine Liturgy	<b>26 – Archangel Gabriel</b> • 8 AM, Matins • <b>4 PM, Diaper Bank</b> • 6 PM, Presanctified and Meal	<b>27</b> • 8 AM, Matins	<b>28</b> • 8 AM, Matins	<b>29</b> • 3:30 PM, Catechism <i>On Marriage</i> • 5 PM, Great Vespers/Confessions
<b>30 – St. John Climacus</b> • 10 AM, Divine Liturgy • 11:30 AM Church School • Noon, Agape Meal	<b>31</b>	<b>April 1</b> • 8 AM, Matins	<b>2</b> • 8 AM, Matins • 6 PM, Presanctified, Meal to follow	<b>3 – 5th Thursday of Lent</b> • 9 AM, Matins with the Canon of St. Andrew and the <i>Life of St. Mary of Egypt</i> • 5 PM, <i>Angels Unnavares</i> Guests arrive	<b>4</b> <i>No Matins</i> • <b>6 PM, Matins with the Akathist Hymn</b>	<b>5</b> • 3:30 PM, Catechism <i>On Death and the Funeral</i> • 5 PM, Great Vespers/Confessions