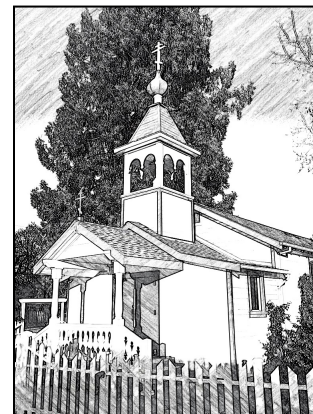


# ANNOUNCEMENTS

FOURTH SUNDAY OF GREAT LENT

March 22, 2026 - St. John Climacus



- TROPARION OF THE RESURRECTION, Tone Eight:  
Thou didst descend from on high, O Merciful One; Thou didst accept the three-day burial to free us from our sufferings. O Lord, our Life and Resurrection, glory to Thee.
- TROPARION OF ST. JOHN, Tone One:  
O John, our father, saint of God, thou wast revealed as a citizen of the desert, an angel in a body and worker of miracles. Through fasting, prayer, and vigils, thou hast received heavenly gifts of grace, and thou healest the sick and the souls of those that turn to thee with faith. Glory to Him who gave thee strength; glory to Him that crowned thee; glory to Him who through thee grants to all men healing.
- KONTAKION OF ST. JOHN, Tone Four:  
Truly the Lord has set thee as a fixed star in the firmament of abstinence, giving light to the ends of the earth, O Father John, our teacher.
- Friday, March 20: 10 AM, Confessions / 10:30 AM, Presanctified Liturgy
- Saturday, March 21: 9 AM, Garden Work Party at the *Home of Mercy*  
10 AM–12 PM, Choir Rehearsal  
*No Catechism today, due to the Retreat in SF*  
5 PM, Vigil / Confessions
- Sunday, March 22: 8 AM, Divine Liturgy  
9 AM, Choir Rehearsal  
10 AM, Divine Liturgy  
11:30 AM, Church School  
Noon, Agape Meal
- Monday, March 23: 6 PM, Small Compline/Great Canon of St. Andrew of Crete/Life of St. Mary
- Tues., March 24: 6 PM, Festal Matins for Annunciation!!
- Wed., March 25: Noon, 6th Hour Prayers  
4 PM, Diaper Bank  
**5 p.m., Vespertal Liturgy for the Feast of Annunciation!!!**  
6:30 p.m., Fish Dinner (sign-up sheet to confirm attendance)
- Thurs., March 26: 8 a.m., Matins (Leave-taking of Annunciation)
- Friday, March 27: 8 a.m., Matins  
6 p.m., Matins of the Akathist Hymn to the Theotokos

**The Holy Week and Pascha** duties *Sign-Up Sheets* will be posted in the Narthex this coming week. Let us all share the responsibilities of these tasks.

**The Parish Floral Ministry** is pleased to receive your offerings to cover the cost of palms and flowers. An offering plate will be out at the end of the Liturgy for the next two weeks. Questions? See Denise Pellizzer and Daphne Russell, who are very happy to have help in this work.

**Have You Been Missing This Moment?** We have been standing, praying, singing, and waiting for this very moment through the entire service of the Divine Liturgy. The deacon comes from the altar with the Holy Gifts, the actual Body and Blood of Christ. He

bears the chalice that holds the King of All before us and says, “In the fear of God, with faith and love, draw near.”

What a sacred moment! A moment that deserves respect, reverence, and attentiveness. We are about to receive into ourselves Christ’s sacrifice of his Body and Blood for our salvation. And so, we *bow* as an act of deep reverence, humility, and contrition, acknowledging the real presence of Christ in the Eucharist. Our bow is a humble, physical act, a symbol of our preparation of the heart to receive the Holy Gifts. Once we

bow, we fold our arms over our chest as the priest’s book says, “In contrition and fear.” Be attentive to this moment and bow when the chalice comes out from the altar to the people. This prepares us as we wait in line to approach the Holy Gifts with an expectant and humble heart. —*Matushka Esther Carr*

**The greatest offering** we can present to the Lord is our self. We cannot do this without giving up our own will. We learn to do this through obedience, and obedience we learn through practice... Besides fasting, we have other teachers to whom we can show obedience. They meet us at every step in our daily life, if we only recognize their voices. Your wife wants you to take your raincoat with you: do as she wishes, to practice obedience. Your fellow-worker asks you to walk with her a little way: go with her to practice obedience. Wordlessly, the infant asks for care and companionship: do as it wishes as far as you can, and thus practice obedience. A novice in a cloister could not find more opportunity for obedience than you in your own home. And likewise at your job and in your dealings with your neighbor. —*Tito Colliander, Way of the Ascetics* (PDF available [HERE](#)).

**Pray for those preparing** for Holy Illumination on Lazarus Saturday: Krissy, Forrest, Samuel, Eileen, Nikki, and Nicholas. On Sunday, March 29 at 9:30 AM we will welcome Ariel and Logan as catechumens.

**Everyone baptized** into Christ should pass progressively through all the stages of Christ’s own life, for in baptism, he receives the power to so progress, and through the Commandments, he can discover and learn how to accomplish this progression. To Christ’s conception corresponds the pledge of the gift of the Holy Spirit; to His Nativity the experience of joyfulness; to His Baptism, the cleansing force of the fire of the Holy Spirit; to His Transfiguration, the contemplation of divine light; to His Crucifixion, the dying to all things; to His Burial, the dwelling of divine love in his heart; to His resurrection, the souls’ life-quickening resurrection; and to His Ascension, divine ecstasy and the transport of the mind to God. —*St. Gregory of Sinai, Philokalia 4.253*



**This Sunday**, towards the end of the Agape Meal, we will be assembling *Blessing Bags* for the homeless. What goes in to the bags (biodegradable bags, not plastic, by the way)? Water, snacks, toothbrush, wipes, comb, energy bar, etc...simple necessities for those

in need. If you encounter someone holding a sign that says “Anything Helps” then they are in need. Give them a bag, say “May God bless you. What’s your name?” and then pray for that person. This a work of mercy, and a smile, a kind word and a *Blessing Bag* will most certainly be of help. Denise Pellizzer will be heading up the project. —*Fr. Lawrence*

## On the Incarnate Dispensation of our Lord Jesus Christ, and That We Should Celebrate Spiritually

by St. Theodore the Studite, reposed 826 AD (sermon given on the day of the Annunciation)

...the Annunciation is here and it is the first of the Feasts of the Lord, and we should not simply celebrate as most do, but with understanding and with reverence for the mystery. What is the mystery? That the Son of God becomes the son of man, using the holy Virgin as the means, dwelling in her and from her fashioning for Himself a temple and becoming a perfect man. Why so? “That he might ransom those under the law,” as it is written, “and that we might receive sonship” [Gal. 4:5]; that we may no longer be slaves, but free; no longer subject to the passions, but free of passions; no longer friends of the world, but friends of God; no longer walking according to the flesh, but according to the spirit. “Those who walk according to the flesh, think the things of the flesh; those who walk according to the spirit, the things of the spirit; for the thought of the flesh is death; but the thought of the spirit, life and peace. And so the thought of the flesh is hostile to God, for it is not subject to the law of God. Indeed it cannot be. Those who are in the flesh cannot please God” [Rom. 8:5-8]. In brief, this is the power of the mystery, and this is why we should celebrate spiritually and behave spiritually, with holiness and justice, with love, with gentleness, with peace, “with forbearance, with goodness, with the Holy Spirit” [2 Cor. 6:6], so that as far as we ourselves are concerned, we do not render the dispensation of our Lord Jesus Christ empty and ineffectual. Not only that, but we should both pray and grieve for the world. Why so? Because the Son of God came to save the world, and the world rejects Him. Tribes and languages reject Him; the barbarian nations reject Him, those who have had his holy name invoked upon them reject Him, some through abandoning the faith, others through their evil lives. What should He have done and did not do? Being God, He became man, “He humbled Himself, becoming obedient unto death, the death of the cross” [Phil. 2,8.]; He gave us His body to eat and His blood to drink; He allowed us to call Him Father, Brother, Head, Teacher, Bridegroom, Fellow-heir, and all the other titles which there is no time to mention now. And still He is rejected, and still He bears it. “For,” He says, “I have not come to judge the world, but to save the world” [John 12:47]. ☩

**Our St. Seraphim Men’s Fellowship** will be preparing and serving a fish dinner after the Vespereal Liturgy for the Feast of Annunciation, on Wednesday evening. If you plan to attend, please be sure to put your name(s) on the sign-up sheet that Seraphim Hanley will be passing around, or email me at [lmargitich@icloud.com](mailto:lmargitich@icloud.com). Having an accurate count of how many will attend is essential for our preparations. —Fr. L

**Of the many ways** that Lent helps us to prepare ourselves for Holy Week and Pascha, the most personal is with the Sacrament of Confession. Since there’s no time after Holy Wednesday to make confession, I encourage you to come and do so before and even during the Saturday evening Vigil, the Wednesday Presanctified Liturgies, and by appointment almost any other day of the week. Since the reception of Holy Communion is for healing and the forgiveness of sins, making a confession **after** the Presanctified or the Sunday Liturgy out of order.



Please join us for a  
family event!  
**PREPARING  
FOR  
PASCHA**  
Saturday, March 28th  
5-6pm Vespers  
6-8:30pm Dinner, Crafts &  
Presentation for parents on the journey  
through Holy Week as a family  
RSVP to Vicky Basch  
707-291-2369



# PROTECTION OF THE HOLY VIRGIN MARY ORTHODOX CHURCH

## APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 29</b> <ul style="list-style-type: none"> <li>• 8 AM, Divine Liturgy</li> <li>• 9:40 AM, Catechumens</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:30 AM, Church School</li> <li>• Noon, Agape</li> </ul>	<b>30</b>	<b>31</b> <ul style="list-style-type: none"> <li>• 8 AM, Matins</li> <li>• 6 PM, Parish Council Meeting</li> </ul>	<b>APRIL 1</b> <ul style="list-style-type: none"> <li>• 8 AM, Matins</li> <li>• 6 PM, Presanctified and Meal</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• 8 AM, Matins</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• 8 AM, Matins</li> <li>• 6 PM, Matins for Lazarus Saturday and Baptismal Prep.</li> </ul>	<b>4 - Lazarus Saturday</b> <ul style="list-style-type: none"> <li>• 9 AM, Baptisms</li> <li>• 10 AM, Divine Liturgy and reception for the newly illumined</li> <li>• 5 PM, Vigil for Palm Sunday</li> </ul>
<b>5 - Palm Sunday</b> <ul style="list-style-type: none"> <li>• 8 AM, Divine Liturgy</li> <li>• 10 AM, Divine Liturgy and Procession</li> <li>• Noon, Agape Meal</li> <li>• 12:45, Rehearse Procession</li> <li>• <b>6 PM, Bridegroom Matins</b></li> </ul>	<b>6 - Holy Monday</b> <ul style="list-style-type: none"> <li>• 10:30 AM, Presanctified</li> <li>• 5 PM, Confessions</li> <li>• 6 PM, Bridegroom Matins</li> </ul>	<b>7 - Holy Tuesday</b> <ul style="list-style-type: none"> <li>• 10:30 AM, Presanctified</li> <li>• 5 PM, Confessions</li> <li>• 6 PM, Bridegroom Matins</li> </ul>	<b>8 - Holy Wednesday</b> <i>Last day for Confessions</i> <ul style="list-style-type: none"> <li>• 4 PM, Confessions</li> <li>• 6 PM, Presanctified and Canon for Holy Thursday (no meal)</li> </ul>	<b>9 - Holy Thursday</b> <ul style="list-style-type: none"> <li>• 11:30 AM, Vesperal Liturgy</li> <li>• 6 PM, Matins with the Passion Gospels</li> </ul>	<b>10 - Holy Friday</b> <ul style="list-style-type: none"> <li>• 9 AM, Royal Hours</li> <li>• 3 PM, Great Vespers</li> <li>• 6 PM, Matins with Lamentations</li> </ul>	<b>11 - Holy Saturday</b> <ul style="list-style-type: none"> <li>• 12:30 PM, Vesperal Liturgy, 15 Old Testament readings</li> <li>• <b>11:30 PM</b>, Midnight Service and Matins/Liturgy for Pascha</li> </ul>
<b>12 - PASCHA</b> <ul style="list-style-type: none"> <li>• <b>12:30 AM</b>, Paschal Liturgy and Agape Meal to follow</li> <li>• 1 PM, Paschal Vespers and BBQ</li> </ul>	<b>13 - Bright Monday</b> <ul style="list-style-type: none"> <li>• 9:30 AM, Paschal Hours and Divine Liturgy (here in the Cathedral)</li> </ul>	<b>14 - Bright Tuesday</b> <ul style="list-style-type: none"> <li>• 6 PM, Paschal Vespers</li> </ul>	<b>15 - Bright Wednesday</b> <ul style="list-style-type: none"> <li>• 9:30 AM, Paschal Liturgy in San Francisco at Holy Trinity</li> <li>• 6 PM, Paschal Vespers</li> </ul>	<b>16 - Bright Thursday</b> <ul style="list-style-type: none"> <li>• 6 PM, Paschal Hours and Men's Fellowship Dinner</li> </ul>	<b>17 - Bright Friday</b>	<b>18 - Bright Saturday</b> <ul style="list-style-type: none"> <li>• 5 PM, Resurrectional Matins</li> </ul>
<b>19 - Thomas Sunday</b> <ul style="list-style-type: none"> <li>• 8 AM, Divine Liturgy</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:30 AM, Church School</li> <li>• Noon, Agape Meal</li> </ul>	<b>20</b>	<b>21 - Day of Rejoicing</b> <ul style="list-style-type: none"> <li>• 10 AM, Blessing of Graves, Sebastopol, Forestville, Hldsburg, Santa Rosa</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• 5:30 PM, Akathist</li> <li>• 6 PM, Great Vespers</li> </ul>	<b>23 - Great Martyr George</b> <ul style="list-style-type: none"> <li>• 9 AM, Divine Liturgy</li> <li>• 7 PM, Online Bible Study with Fr. James</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• 8 AM, Matins</li> <li>• 11:30 AM-1 PM, Confessions</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• 4:30 PM, One year Panikhida for Mat Eleanor</li> <li>• 5 PM, Resurrectional Matins</li> </ul>
<b>26 - Holy Myrrhbearers</b> <ul style="list-style-type: none"> <li>• 8 AM, Divine Liturgy</li> <li>• 10 AM, Divine Liturgy</li> <li>• 11:30 AM, Church School</li> <li>• Noon, Agape Meal</li> <li>• 2 PM, Wedding*</li> </ul>	<b>27</b>	<b>28</b> <ul style="list-style-type: none"> <li>• 6 PM, Parish Council Meeting</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• 4 PM, Diaper Bank</li> <li>• 5:30 PM, Akathist</li> <li>• 6 PM, Vespers</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• 7 PM, Online Bible Study with Fr. James</li> </ul>	<b>MAY 1</b> <ul style="list-style-type: none"> <li>• 8 AM, Matins</li> <li>• 11:30 AM-1 PM, Confessions</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• 5 PM, Resurrectional Matins</li> </ul>

\* Wedding of Krissy Abshire and Forrest William Condit