

As most of you are aware, the *Parish of the Protection of the Holy Virgin* was founded in 1936. We have a parish history book, *Mission and Sacrifice*, published in 2011 (available in the bookstore, the library and the [parish website](#)) that can tell you all about our church history up until the Consecration of the Cathedral in 2001. The founding priest of the parish was Father Michael Pelzig. Shortly after the parish was begun, Fr. Michael was killed in a car accident on his way home after an event here, August 1, 1937. May his memory be eternal.



St. Paisios was once asked directly why prayer so often feels distracted—the mind wandering “here and there” even during the attempt to focus. He said: “Because it is prayer without pain!...To pray with the heart, we must hurt. Just as when we hit our hand...our mind is gathered to the point we are hurting, so also for the mind to gather in the heart, the heart must hurt.” This is one of his more demanding teachings, but it explains something many people experience without understanding why: prayer offered casually, with no real investment, scatters easily—the same way attention scatters during anything we don’t actually care about. St. Paisios is not asking for manufactured suffering; he is pointing out that genuine concern naturally gathers the mind in a way distraction never can. 🙏

M.O.M. DIAPER BANK

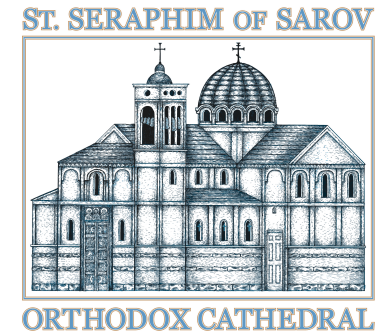


The parish diaper bank, now named after Matushka Olga Michael—*MOM Outreach*—and asking for her prayers—will take place on Wednesday, July 28 at 4 PM. Call Linda McKee for information on how the distribution

will take place (see [HERE](#) about St Olga of Alaska).

ST. SERAPHIM CATHEDRAL

Protection of the Holy Virgin Orthodox Church



July 12, 2026

Holy Fathers ~ St. Paisios of Mount Athos



• TROPARION OF THE RESURRECTION, Tone Five:

Let us the faithful praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death and to raise the dead, by His glorious Resurrection.

• TROPARION OF THE HOLY FATHERS, Tone Eight:

Most glorified art Thou, O Christ our God, Who hast established the Holy Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful One, glory be to Thee.

• KONTAKION OF THE HOLY FATHERS, Tone Eight:

The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth woven from theology on high, she rightly divideth and glorifieth the great mystery of piety.

Protection of the Holy Virgin Orthodox Church • 90 Mountain View Ave • Santa Rosa
707-584-9491 • LMargitich@icloud.com • saintseraphim.com

ACTIVITIES & EVENTS THIS WEEK

- Saturday, July 11: 11:30 AM, Sisterhood get-together
5 PM, Great Vespers and Confessions
- Sunday, July 12: 8 AM, Divine Liturgy
9 AM, Choir Rehearsal
10 AM, Divine Liturgy
Agape Meal to follow
- Wednesday, July 15: 9 AM, Divine Liturgy, Feast of St. Vladimir
5:30 PM, Akathist to St. Olga of Alaska
6 PM, Vespers
6:45 PM, Genesis Study
- Thursday, July 16: 7 PM, Bible Study on Zoom
- Friday, July 17: 11:30 AM–1 PM, 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 one of the priests, please let us know. We want to get to know you! God bless you!

When we think of Pascha we recall that it is the *feast of all feasts*, the *Queen and Lady of Days* as a hymn proclaims, and truly nothing can compare with its bright joy. Yet, in the “mind of the Church” the day of the parish feast should shine almost as brightly, in the lives of the parishioners—as a reflection and continuation of Pascha. We enter in to the bright joy of our Altar feast of St. Seraphim on July 18/19, by celebrating the Vigil on **Saturday, July 18 at 5 PM**. Our Bishop Vasily might be present for the Vigil. It is at the Vigil that the content and meaning of the Feast is expressed in hymns, readings and movements of the service, and the Vigil prepares us for the Liturgy, giving us a sense, a feeling, of expectation. And indeed, our expectation will be fulfilled at the Hierarchical Divine Liturgy the next morning **at 10 AM**—we will probably begin about five or so minutes early—the idea is to come BEFORE the Bishop arrives, for he is the guest of honor). There will be a festive Agape Meal following the Liturgy. No doubt the kitchen staff (all volunteers offering a labor of love) will need servers. Make your plans now to celebrate on the day of our patron saint, the Venerable

and God-bearing Father Seraphim or Sarov.—*Fr Lawrence*

A brief Liturgical note: the commemoration of the *Holy Fathers of the First Six Ecumenical Councils* is properly kept this year on July 18/19. But because it would conflict with St. Seraphim Day we will celebrate their memory this Sunday instead.

~Meet Shilo, Orissa and Lilly Laws, who were made catechumens a few weeks ago~

Hello Parish Family! We are very excited to have become part of the church and have enjoyed meeting everyone, thank you for being so kind and welcoming. A little about us: Orissa grew up in Santa Rosa and went up to Olympia, WA for college, which is where she met Shilo, and brought him back down here when they found out they were pregnant with their little girl, Lilly. Shilo was a professional kickboxer for many years and now occasionally helps teach at a local gym. He is currently in the process of transferring down his Class A license (truck driving) from WA. His hobbies include working on his Cobra and going to car shows. Orissa works from home doing healthcare data entry. In her few moments of free time, she likes to cook, read, and play video games. Lilly just turned 2 at the end of April and her favorite things to do include eating fruit, listening to music, being read books, and causing all sorts of typical 2-year-old chaos. We also have a 5-year old Doberman named Mako who is very dear to us, and is Lilly's favorite animal companion and protector. We were on a journey to discover what the differences in beliefs of all the different churches in town were, when we were blessed to stumble up Orthodoxy.



Our parish will once again host the Diaconal/Choir Practicum, July 20–24. This year we expect about thirty deacons and candidates and twenty+ singers/choir directors. Please see Daphne Russell or me if you'd like to help out with hospitality, set-up, clean-up, registration or some other duty. There are plenty of opportunities to serve. —*Fr Lawrence*