

~ Three Sayings of our Venerable and God-bearing Father Seraphim ~

True hope seeks the one Kingdom of God and is sure that everything necessary for this mortal life will surely be given. The heart cannot have peace until it acquires this hope. This hope pacifies it fully and brings joy to it. The most holy lips of the Savior spoke about this very hope: “Come unto Me, all ye that labor and are heavy laden, and I will give you rest” (Mt. 11:28).

When despondency seizes us, let us not give in to it. Rather, fortified and protected by the light of faith, let us with great courage say to the spirit of evil: “What are you to us, you who are cut off from God, a fugitive for Heaven, and a slave of evil? You dare not do anything to us: Christ, the Son of God, has dominion over us and over all. Leave us, you thing of bane. We are made steadfast by the uprightness of His Cross. Serpent, we trample on your head.

There is nothing better than peace in Christ, for it brings victory over all the evil spirits on earth and in the air. When peace dwells in a man’s heart it enables him to contemplate the grace of the Holy Spirit from within. He who dwells in peace collects spiritual gifts as it were with a scoop, and he sheds the light of knowledge on others. All our thoughts, all our desires, all our efforts, and all our actions should make us say constantly with the Church: “O Lord, give us peace!” When a man lives in peace, God reveals mysteries to him.

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 29 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 19, 2026
St. Seraphim of Sarov



• 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 ST. SERAPHIM, Tone Four:

From thy youth thou didst love Christ, O blessed one, and ardently desiring to work for Him alone, thou didst struggle in the wilderness with constant prayer and labor, and having acquired love for Christ with compunction of heart, thou didst prove to be the beloved favorite of the Mother of God. Wherefore we chant to thee: Save us by thy prayers, O Seraphim, our righteous father.

• KONTAKION OF ST. SERAPHIM, Tone Two:

Having left the beauty of the world and what is corrupt in it, O Saint, thou didst settle in Monastery of Sarov, and having lived there an angelic life, thou wast for many the way unto salvation. Wherefore Christ hath glorified

thee, Father Seraphim, and enriched thee with the gift of healing and miracles. And so we cry to thee: Rejoice, O Seraphim, our righteous Father.

ACTIVITIES & EVENTS THIS WEEK

- Saturday, July 18: 5 PM, Vigil for the Resurrection and the Feast of St. Seraphim
- Sunday, July 19: 8 AM, Divine Liturgy, Protection Church
9 AM, Choir Rehearsal
10 AM, Hierarchical Divine Liturgy with His Grace, Bishop Vasily
Noon, Agape Meal
- Mon, July 20: Welcome BBQ for Diaconal/Choir Practicum
- Tues–Wed.: 8:30 AM, Divine Liturgy in both temples
5 PM, Vespers in St. Seraphim
- Thursday, July 23: 8:30 AM, Divine Liturgy in both temples
5 PM, Vigil for the Holy Passion-bearers Boris and Gleb
- Friday, July 24: 9:30 AM, Hierarchical Liturgy with Bishop Vasily (all welcome, please)
11:30 AM, Festive lunch, conclusion of the Practicum

Once again our parish will be hosting the *Diaconal Vocations Practicum* (DVP), July 20–24. We expect about 80 students total. That's a great deal of hospitality to arrange, and I am inviting you all to participate in offering that hospitality. Some tasks ahead: Keeping both churches clean and the lamps trimmed and filled for the daily services (see above); Helping to prep and serve the meals each day, and to help clean up (Alma and her crew will come to clean the Hall and bathrooms each afternoon); registration on Monday afternoon, the BBQ on Monday at 5 PM, keeping the coffee going during the day, the snack table filled, and being available for errands or office work. Daphne and I look forward to speaking with each of you about how to help. —*Fr Lawrence*

A Festal Vigil for the Holy Passion Bearers [Sts Boris and Gleb](#) will be celebrating on Thursday evening at 5 PM, followed by a *Wine and Cheese+* recep-

tion for our practicum participants. The Hierarchical Divine Liturgy for the Feast will be celebrated on Friday morning at 9:30 AM, followed by a festive lunch. These services are part of the practicum, but of course, all are welcome to participate.

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, practically speaking, in the lives of the parishioners—as a reflection and continuation of Pascha. We enter into 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 will be flying from Seattle to Santa Rosa on Saturday so will not be at 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, as 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 of Sarov.—*Fr Lawrence*

With the intention of keeping the church playground a safe and fun place for our parish children, as our community grows, I have been speaking with parents about creating and posting a “Playground Rules” sign. Before the sign is printed and posted, I intend to meet with many more of our parents to ensure that the rules are fair, clear and easy to understand. Unfortunately, there has to be some “Do not’s” in the list: **do not** throw rocks and pebbles, climb the trees or swing on the branches, move furniture, play with sticks, go in the vineyard, or behind the Hall, etc. Also, there will be a reminder that parents must accompany their child to get food at the Agape, to the restroom and so on. One idea that has been mentioned a few times is to create teams of parents who will alternate as *playground monitors* (see [HERE](#) for example) not to replace parental control or watchfulness, but to keep things order and safe. As we grow, we have health and legal liabilities that require us to organize ourselves a bit more formally. In any case, stay tuned. —*Father Lawrence*