

CHURCH SCHOOL CLASSES TO BEGIN SEPT. 13

Our Parish Church School classes for K–12th Grade, will begin this year on **Sunday, September 13**. Classes for the younger students meet after the Divine Liturgy. The key ingredient to making Church School a fruitful experience of faith is parental teaching at home. A functional prayer life can only be learned at home. We cannot out-source religious education. The Orthodox Christian faith is only reinforced at Church School. Historically, church school is a rather recent development, and yet Church history is full of saintly families. Parents, make your home a little church, a place where God comes first, a place of prayer, of love for one another, of peace and of learning about God and His saving providence.

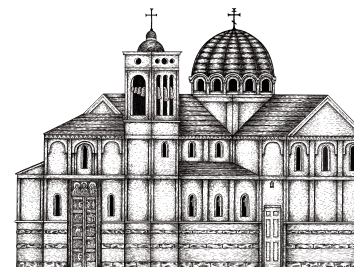
Father Daniel will be teaching the High School students this year with a focus on a book of scripture. So that the students have an opportunity to spend time with each other after the Liturgy, the class will be taught from **9–9:40 AM on Sundays** (excepting the first Sunday of the month. This timing will also give those who serve in the altar and choir to continue to participate in those ministries. Also it will give the students the opportunity to help out in other ways (kitchen, candle desk or in the younger church school classes), basically helping to bridge their interactions in church as they grow from teen to young adult. The plan is to start this program Sunday September 13th.

Any questions, please see Vicky Basch, Church School Coordinator

The Church School Teachers invite all our parish parents and students to a BBQ dinner on Sunday, September 6 at 4 PM, here at the church. This event is our version of a “back to school night” at which the teachers and I will briefly—very briefly—share a little bit about this year’s church school curriculum. RSVP by August 30, to Vicky Basch at (707) 291-2369 or vabasch@gmail.com. My thanks to the *St Seraphim Men’s Fellowship* ahead of time for sponsoring and preparing the BBQ. —*Fr Lawrence*

ST. SERAPHIM CATHEDRAL

Protection of the Holy Virgin Orthodox Church



August 23, 2026

Leavetaking of Dormition



• TROPARION OF THE RESURRECTION, Tone Three:

Let the heavens rejoice, let the earth be glad; for the Lord has shown strength with His arm; He has trampled down death by death; He has become the first-born of the dead. He has delivered us from the depths of hell, and has granted the world great mercy.

• TROPARION OF THE DORMITION, Tone One:

In giving birth thou didst preserve thy virginity. In falling asleep thou didst not forsake the world, O Theotokos. Thou wast translated to life, O Mother of Life, and by thy prayers thou dost deliver our souls from death.

• KONTAKION OF THE DORMITION, Tone Two:

The grave and death, could not hold the Theotokos, who is unsleeping in her intercessions, and an unfading hope in her mediations. For as the Mother of Life, she was translated to Life by the One Who dwelt in her ever-virgin womb.

ACTIVITIES & EVENTS THIS WEEK

- Friday, Aug. 21: Confessions, 11:30–1 PM
- Saturday, Aug. 22: 5 PM, Vigil / Confessions
- Sunday, Aug. 23: 8 AM, Divine Liturgy, *Protection Church*
9 AM, Choir Rehearsal
10 AM, Divine Liturgy
Noon, Agape Meal
- Tuesday, Aug. 25: 6 PM, Parish Council Meeting
- Wednesday, Aug. 26: 5:30 PM, Akathist to St. Olga
6 PM, Vespers
- Friday, Aug. 28: 11:30 AM–1 PM, Confessions
6 PM, Vespers, for the *Feast of the Beheading of St. John the Baptist*

At the conclusion of the Divine Liturgy on Sunday we will have a brief prayer and blessing for those going back to school. Teachers and students, please come right on up during the Dismissal.

Orthodox Christians take preparation for receiving Holy Communion very seriously. What is the usual and traditional way to prepare?

- Fast from midnight from all food and beverage (allowances for medication, age, expectant mothers, etc). Married couples abstain from intimacy the evening before (“...do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer...” — 1 Cor. 7:5
- Pray the *Prayers Before Communion* days before or on Saturday/Sunday morning
- Make a regular confession (speak with a priest about that)
- Attend Vespers/Vigil or at least a portion of it on Saturday evening
- Come to the Liturgy on time and participate

The reception of Holy Communion is also taken very seriously. Having received the Most Precious Body and Blood of the Lord, we quietly return to our place without conversing with others and we remain INSIDE the Church so that we may all complete the Divine Liturgy together (parents with children might have to leave, but this should be an exception). I implore you, please remain in Church after receiving and give thanks to God. Conversation on the front porch (which is very intrusive and loud), coffee, food, fellow-

ship and the playground can all wait just a little bit longer. —*Fr Lawrence*

This Sunday we celebrate the Leave-taking of the Feast of the Dormition of the Theotokos. Preparations for the feast day began with the 14-Day Fast on August 1. We sang the *Small Supplicatory Canon to the Theotokos* a number of times, as is customary during this fast; We celebrated the Vigil and Liturgy for the Great Feast of Transfiguration on August 5 and 6; We celebrated the feast of St. Lawrence of Rome with Vespers on Sunday, Aug. 9; we served the Vigil for Dormition here and the Divine Liturgy with the Nuns at the Monastery in Calistoga for their Altar Feast; We witnessed the rebirth in water and the Spirit of six catechumens on Sunday, August 16, and capped it off with a joyful procession around the Church at the conclusion of the Divine Liturgy on August 16. Today, we come to the end of the eight days of the Feast of Dormition. It’s noteworthy to remember that the Dormition (the Virgin’s death and glorification and bodily rising to the *Eighth Day of the Kingdom*) is the final great feast of the Twelve Great Feasts of the Church Year. Let’s nurture a spiritually healthy perspective about our own departure from this life, a day of which we know not. “...for an hour is coming when all who are in the tombs will hear his voice and come out, those who have done good to the resurrection of life, and those who have done evil to the resurrection of judgment.” —*Gospel of John 5:28*

This week there are feast days at our sister parishes: Holy Dormition on Rose Ave in Santa Rosa will celebrate the Feast (old calendar) of Dormition on Friday, August 28. Liturgy time is not indicated on their website. The parish of Christ the Saviour in San Francisco on Anza St. will celebrate their feast day, the *Icon of Christ made-without-hands* with Vigil on Friday, August 28 at 6 PM, and the Divine Liturgy with Bishop Vasily on Saturday at 9:30 AM.

The next Sisterhood Meeting is September 19th at 11:30 AM. We will be having a potluck lunch, watch the *Godparent Project* (about 40 minutes) and have a quick check-in about Sisterhood related matters. If you have anything you’d like to add to our agenda, please email me or add them directly to our agenda document. You should have received an *Evite* invitation. But in case you didn’t, please use this **link to RSVP** - Potluck signup sheet: **link here** - Meeting agenda: **link here** —*Natasha Tennyson, 707.971.0154*

A big thank you to Antonio who came to fix the picket fence next to the Protection Church, which had fallen down due to rotted wood.