

MEET A CATECHUMEN

Hi, I'm **David A. Warner**. My son, David J. Warner (DJ), and I have worshipped at St. Seraphim for less than a year – David the older and David the younger. My wife, Claudia, who is disabled, joins us when her health allows. I am her full-time caregiver.

I have worked in the computer industry since 1980 and now run my own online business, along with podcasting, software development, and writing.

I grew up in Santa Rosa and spent years in the Lutheran church. Work took us away, and we never quite found a church home while we were gone. After moving back, members from DJ's gym suggested St. Seraphim. We started coming, and it has become our church home.



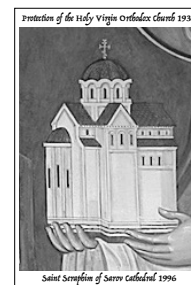
Thanks be to God, our parish has grown. With this growth we also want to ensure that the church playground is a safe and fun place for our parish children. With this in mind, a number of parents of young children asked that a sign be posted listing some basic rules, let's call it the "Playground Ten Commandments." Children will probably not read the sign – so parents are asked to help their children understand and abide by the rules. Let's all, parents or friends, be attentive and help to keep things kid friendly!

Some further *Reminders to Parents*:

- Accompany your child to get food or a beverage at the Agape Meal. Help keep the parish grounds clean after lunch by collecting plates, cups, water bottles and utensils, which are often left outside.
- Accompany your child to the rest room.
- If your child is on the playground, you must be there too.

ST. SERAPHIM CATHEDRAL

Protection of the Holy Virgin Orthodox Church



October 4, 2026

Hieromartyr Hierotheos of Athens



TROPARION OF THE RESURRECTION, Tone One:

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: "Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou Who lovest mankind!"

TROPARION OF ST. HIEROTHEOS, Tone Four:

Since thou hadst been thoroughly instructed in uprightness and wast vigilant in all things, thou wast clothed with a good conscience as befits one holy. Thou didst draw from the Chosen Vessel ineffable mysteries; and having kept the Faith, thou didst finish a like course, O Hieromartyr Hierotheos. Intercede with Christ God that our souls be saved.

ACTIVITIES & EVENTS THIS WEEK

- Friday, October 2: *No Confessions*
- Saturday, October 3: 5 PM, **Great Vespers (only)** and Confessions
6 PM, Wedding Rehearsal
- Sunday, October 4: 8 AM, Divine Liturgy, Protection Church
9 AM, Choir Rehearsal, Parish Hall
9 AM, High School Class, Library
10 AM, Divine Liturgy, Cathedral
11:30 AM, Church School
Noon, Agape Meal
2 PM, Wedding of Avery and Micaela
- Wednesday, October 7: 5:30 PM, Akathist to St. Olga
6 PM, Vespers
- Thursday, October 8: 9 AM, Divine Liturgy, Sts. Pelagia and Thais
7 PM, Bible Study

Father Lawrence and Matushka Ann are away for one more Sunday. Please keep them in your prayers, for their safety in traveling and also for their refreshment. For any pastoral needs and emergencies, feel free to reach out to one of the other priests.

Fr Daniel: (509) 518-5079; Fr Nicholas: (707) 318-5391
Fr Damian: (602) 418-2982; Fr David: (303) 909-7772

The Holy Synod of Bishops has set aside **the first Sunday of October** (this year, October 4) as **Church Musician Sunday** throughout the Orthodox Church in America, giving thanks for those who serve the Church through the ministry of liturgical music: choir directors, singers, chanters and readers; composers and arrangers of church music; and bell-ringers. We give special thanks to our choir directors, Alexander Margitich, Justin Margitich, and Rdr. Nicolas Custer, and to all who sing. We also give special thanks to Mat. Esther Carr for leading the reader stand and to all who read with her; to Rdrs. Patrick Stewart and Andrei Mikrikov, and others who read and chant. We give thanks as well for Father Lawrence, who was recently awarded the Order of St. Romanos the Melodist by Bishop Vasily on behalf of the Holy Synod for his contributions to liturgical music. God has truly blessed us with such a rich liturgical experience through these many talents in our midst!

This Sunday at 2 pm, we have the blessing of witnessing and celebrating the Holy Matrimony of Avery George and Micaela. Please make it a point to be there and support our brother and sister.

Meet & Greet – Welcome Newcomers & Get to Know Our Parish Family! God continues to bless St. Seraphim with many new faces – some exploring Orthodoxy, others preparing for baptism as catechumens, and many recently baptized and welcomed into our parish family. With our growing parish, it can be difficult for newcomers and longtime members to get to know one another. Please join us for our **twice-yearly Meet & Greet on Sunday, October 11**, following Divine Liturgy – **before, during, and after our Agape meal**. It's an opportunity to introduce yourself, put names to familiar faces, welcome newcomers, and strengthen connections throughout our parish. The meal is a barbecue, but the food isn't grilled outside. We're calling it a typical Agape meal with a bit more "flair": special decorations, a "registration" table, name tags, and passed hors d'oeuvres. — *Kathleen Rhodes*

Origins of Christian Art Class: Dear brothers and sisters in Christ – Have you ever wondered about the meanings found in Christian symbolism? Or where our church derived its distinctive architectural elements? Why are icons designed as they are, and what techniques do icon painters use? Here is your opportunity to learn about the origins and traditions of Christian art, as seen in our beloved Cathedral of St. Seraphim. Father Lawrence has asked me to offer **three evening presentations** about Christian Art: its origins, traditions and contrasts. As a retired professor of Art History, I'm looking forward to showing you beautiful images and talking with you about symbols, motifs and iconography – and how they connect with our Orthodox worship. We'll meet in the **Parish Hall after Wednesday Vespers on October 28, November 4 and November 11**. I'll start at **6:45** with a visual presentation on the evening's topics (about an hour), followed by time for questions and comments. Bring a sandwich or snack, if you like. I hope to see you there! — *Catherine Ostling*

New Text Giving Option: We're pleased to share a convenient new way to make your tithe or other parish offering. Give directly from your phone by texting **GIVE** to **(833) 988-2992** and following the instructions. We hope this makes giving easier for those who prefer a quick option. Existing giving methods will, of course, remain available. Thank you for your continued generosity and support of our parish. — *Peter Tennyson*