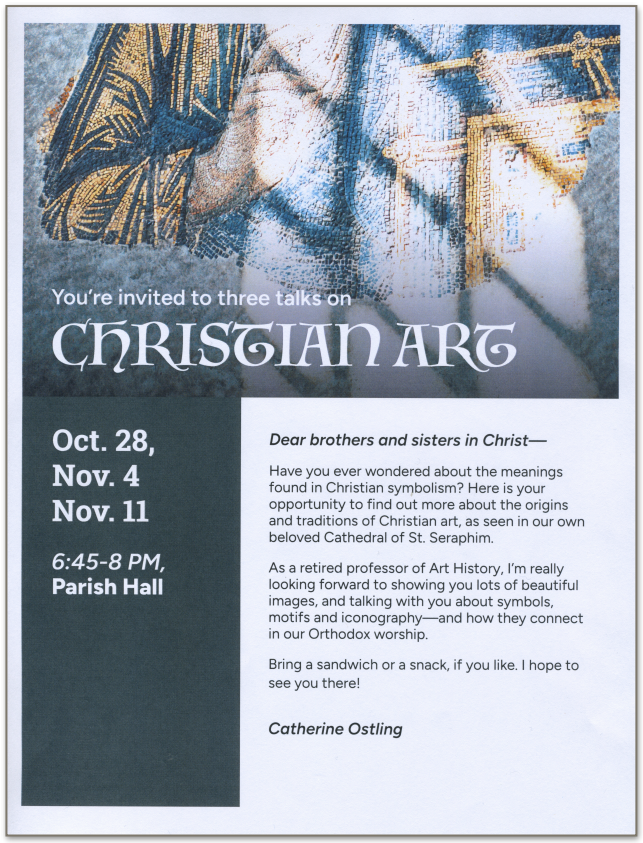
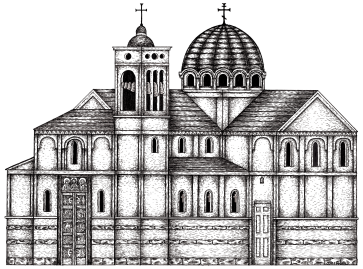
Each fall and winter our parish participates in the *Angels Unawares Program* (formerly called the *Nomadic Shelter*) run by the Redwood Gospel Mission (RGM). On the first Thursday of the month, beginning November 5, we will welcome houseless (I guess we used to say *homeless*) clients of the Mission (these are folks who are not drinking or doing drugs) who come for dinner and a place to sleep. They bring mats to sleep on in the parish hall. The RGM provides personnel for the evening. The group departs about 6:30 AM, after some coffee and pastries. Michael Dovey is the coordinator for the program, and he is asking for others to participate in this offering—a way of fulfilling the Lord's expectations in Matthew 25. Our guests arrive about 5:30–6 PM and are served dinner (Michael can advise on what's best). **How to participate:** Are you able to prepare a meal for 15–20 people? Then volunteer for that. Are you able to serve and clean up? Can you make coffee and provide some pastries in the morning? Then come to do that. **Dates:** Nov. 6, Dec. 3, Jan. 7, Feb. 4, March 4, April 1. Please see me or call Michael about getting involved. Michael can be reached at (707) 799-4117. —*Fr Lawrence*



ST. SERAPHIM CATHEDRAL

Protection of the Holy Virgin Orthodox Church



October 18, 2026

Holy Apostle and Evangelist Luke

❧

• 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 firstborn of the dead. He has delivered us from the depths of hell and has granted the world great mercy.

• TROPARION OF ST. LUKE, Tone Five:
Let us praise with sacred songs the holy Apostle Luke, the recorder of the joyous Gospel of Christ and the scribe of the Acts of the Apostles; for his writings are a testimony of the Church of Christ. He is the physician of human weaknesses and infirmities. He heals the wounds of our souls, and constantly intercedes for our salvation.

ACTIVITIES & EVENTS THIS WEEK

• Friday, Oct. 16:	Confessions, 11:30–1 PM
• Saturday, Oct. 17:	3:30 PM, Catechism for Catechumens and Inquirers (all are welcome) 5 PM, Vespers only / Confessions

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• Sunday, Oct. 18:	8 AM, Divine Liturgy, *Protection Church* 9 AM, Choir Rehearsal 9 AM, High School Scripture Study 10 AM, Divine Liturgy, *Cathedral* 11:30 AM, Church School Noon, Agape Meal
• *Monday, Oct. 19:*	*Clergy and Delegates attend the Diocesan Assembly*
• Wednesday, Oct. 21:	5:30 PM, Akathist to St. Olga 6 PM, Vespers
• Thursday, Oct. 22:	9 AM, Divine Liturgy in the Protection Church
• Friday, Oct. 23:	11:30 AM–1 PM, Confessions

After receiving Holy Communion: 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 in the temple or on the front porch, coffee, food, fellowship, and the playground can all wait just a little bit longer. —Fr. *Lawrence*

The St. Seraphim Church School warmly invites you to our Annual ***Honoring the Saints for Children*** party on Sunday, November 8. We will begin with a brief prayer at 4 PM—in the Parish Hall— then have dinner and crafts and then our "presentations." Children of all ages are welcome and asked to come dressed as a saint. We suggest the following: **1)** Select a saint (patron saint or another) soon! Read your saint's story until you can talk easily about his or her life. **2)** Collect items for a costume that represents the time period and place where the saint lived. Find an icon to help with this. Consider props that might also suit, e.g., a cross for a martyr, a pen for a Gospel writer, an obedient animal friend (such as St. Seraphim's bear or St. Gerasim's lion), a staff for a bishop, or a sword for a warrior saint. **3)** Prepare and practice a short (1–2 min) presentation to give during the *Guessing Game*. Remember to keep the identity of your saint a secret. After each participant presents the story, the audience makes guesses as to the saint you have chosen. This year, we are asking that only children over age 5 present their saints to the group. Younger children are encouraged to dress up and know their saints' stories, but they do not need to keep it a secret! If you would like to volunteer, please see Vicky Basch or Fr. Lawrence. *Use the QR Code to let us know you are coming.*

We are Jack and Emma Vargas, and we have been married for seven years. We have two young children—our son, Leo, who is almost five, and our daughter, Melody, who is almost three—with another little one due in October. After spending more than eight years at a nondenominational church, we felt drawn to Orthodoxy and quickly fell in love with this parish. Jack is an electrician and just started up his own electrical contracting company this year. Emma is self-employed as a florist but also staying at home with our children. Although we are both passionate about our work, nothing means more to us than spending quality time together as a family. We are very much looking forward to being a part of the church.



Meet Sofia Ramos-Flores: I was born in Chile and grew up between Chile and Humboldt County, where my dad lives. I remember always having so many questions about the Church as a kid. Unfortunately, either the Catholic Church or maybe just my young brain wasn't quite satisfied with the answers I was given. As I grew older, I continued to question things. My mom would always tell me, "Your questions will be answered, but faith is something you don't learn; you feel it." And, in many ways, she was right. When I started my journey to reconnect with God last December, it wasn't necessarily about finding all the answers. More than anything, I think I was looking for a sense of home, a place where I could feel close to God again. And I found that feeling almost immediately when I took my first steps into Holy Trinity Cathedral in San Francisco, and here at St Seraphim parish in Santa Rosa.

