

## Announcements

- **Welcome Guests and Visitors.** We are delighted to have you join us at our service today in worshipping the Holy Trinity. Please take a moment after the service to introduce yourself to our pastor, Father Kirill. You are cordially invited to join us for the fellowship (*agape*) luncheon after the service. We would love to greet you and to answer any questions.
- **Beautification of the Cathedral.** Earlier this month, we blessed the new icons adorning the interior of the dome of our cathedral! **Challenge grant:** An anonymous donor will generously match gifts in support of this iconography project, up to a total of \$20,000. For every pledge made to Holy Trinity for this beautification project, your gift will be doubled!
- **New Bells.** Our new bells will be blessed the weekend before our 150<sup>th</sup> celebrations on Sunday, October 14.
- **150<sup>th</sup> Celebration Oct 19-20.** Next Sunday (October 7) and the Sunday after that (October 14) we will need “many hands” to help move furnishings and prepare for our Sesquicentennial celebrations – especially as we prepare for carpet replacement work. Please plan to stay and help after the fellowship meal. Thank you! Details on the schedule of the celebrations themselves at [holy-trinity.org/150](http://holy-trinity.org/150).

### This Week at Holy Trinity

- Wed, Oct 3:** 6:00 pm Vespers followed by study group.
- Sat. Oct 6:** 6:00 pm Vigil & Confessions.
- Sun. Oct. 7:** 10:00 am Divine Liturgy followed by fellowship meal (and prep for carpet replacement work).  
*Parking available at St. Brigid's.*

### Contact Fr. Kirill

Have a question or would like to chat?  
[FrKirill@holy-trinity.org](mailto:FrKirill@holy-trinity.org) • 415-673-8565

# Holy Trinity Cathedral



## Sunday, September 30, 2018

Most Reverend Benjamin,  
Archbishop of San Francisco and the West

Very Reverend Dr. Kirill Sokolov, Dean

1520 Green Street  
San Francisco, California  
[holy-trinity.org](http://holy-trinity.org)

Orthodox Church in America  
Diocese of the West

**Today's Epistles**

2 Corinthians 9:6-11

**Today's Gospels**

Luke 6:31-36

**18<sup>th</sup> Sunday after Pentecost.****Hieromartyr Gregory, Bishop of Greater****Armenia (ca. 335).****Tone 1.****Today's Epistle Reading***2 Corinthians 9:6-11*

Brethren: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Let each one give according as he has determined in his heart, not grudgingly or under compulsion, for "God loves a cheerful giver." And God is able to make all grace abound in you, so that always having ample means, you may abound in every good work. As it is written, "He has scattered abroad and has given to the poor; his righteousness endures forever." Now he who provides the sower with seed will both give you bread to eat and will multiply your seed, and will increase the fruits of your righteousness; that being enriched in all things, you may contribute with great generosity, which through us will produce thanksgiving to God.

**Today's Gospel Reading***Luke 6:31-36*

The Lord said: As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful.

**Practical Thoughts on Prayer**

Why is it, you ask, that one can pray for so many years with a prayer book, and still not have prayer in one's heart? I think the reason is that people only spend a little time lifting themselves up to God when they complete their prayer rule, and in other times, they do not remember God. For example, they finish their morning prayers, and think that their relation to God is fulfilled by them; then the whole day passes in work, and such a person does not attend to God. Then in the evening, the thought returns that one must quickly stand at prayer and complete his

evening rule. In this case, it happens that even if the Lord grants a person spiritual feelings at the time of the morning prayer, the bustle and business of the day drowns them out. As a result, it happens that one does not often feel like praying, and cannot get control of oneself even to soften his heart a little bit. In such an atmosphere, prayer develops and ripens poorly. This problem (is it not ubiquitous?) needs to be corrected, that is, one must ensure that the soul does not only make petition to God when standing in prayer, but during the whole day, as much as possible, one must unceasingly ascend to Him and remain with Him. In order to begin this task, one must first, during the course of the day, cry out to God more often, even if only with a few words, according to need and the work of the day. Beginning anything, for example, say 'Bless, O Lord!' When you finish something, say, 'Glory to Thee, O Lord' and not only with your lips, but with feeling in your heart. If passions arise, say, 'Save me, O Lord, I am perishing.' If the darkness of disturbing thoughts comes up, cry out: 'Bring my soul out of prison.' If dishonest deeds present themselves and sin leads you to them, pray, 'Set me, O Lord, in the way', or 'do not give up my feet to stumbling.' If sin takes hold of you and leads you to despair, cry out with the voice of the publican, 'God, be merciful to me, a sinner.' Do this in every circumstance, or simply say often, 'Lord, have mercy,' 'Most Holy Theotokos save us,' 'Holy Angel, my guardian, protect me,' or other such words. Say such prayers as often as possible, always making the effort for them come from your heart, as if squeezed out of it. When we do this, we will frequently ascend to God in our hearts, making frequent petitions and prayers. Such increased frequency will bring about the habit of mental [noetic] conversation with God.

- St. Theophan the Recluse

**Many Years!****Namedays:**

Roman Edward (1<sup>st</sup>)  
Gerald Bruno Benoit (2<sup>nd</sup>)

**Birthdays**

Walter Ryzanych (3<sup>rd</sup>)

**Thank You**

Please join us downstairs  
for our fellowship meal!  
We look forward to  
meeting our guests and  
visitors.

Thanks to all those who  
contributed to today's  
meal.