

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 luncheon or coffee after the service!
- **Mark your mind, heart, and calendars – really!** At the Feast of the Meeting of the Lord we start to think about Lent, Pascha... but with Pascha (Easter) relatively late on Sunday, May 5 this year, it might be helpful to make sure our schedules are oriented to the holiest moments of the year. The whole of “Clean Week” (March 18-22) and Great and Holy Week (beginning Palm Sunday, April 28) should be deliberately under-scheduled in our busy lives so that we can more fully immerse ourselves into what we really need. And, our parish feast day, Pentecost, is June 23!
- **St. Eugene’s Camp** is June 24-29 this year. We’re starting to organize our counselors and other volunteers. Interested in this beautiful way to serve? Please talk with Fr. Kirill or camp director Fr. Andrew.
- **Teen Event!** Our Bay Area teen gathering is being hosted here on Sunday, February 25, at 2:00 pm. Current 8th-12th graders will have an afternoon of fun and fellowship with their friends from area parishes. St. Eugene’s camp counselors, recent alumni, and parents of teens are also welcome to attend (check in with Fr. Kirill for details).

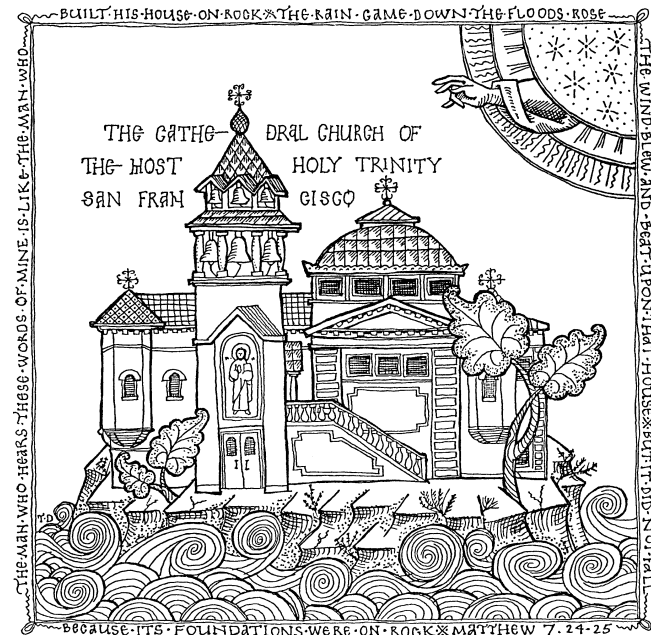
This Week at Holy Trinity

- Tue. Feb 13:** Orthodox Christian Fellowship at USF
- Wed. Feb. 14:** 6:00 pm Vespers
- Thu. Feb. 15:** 7:00 pm Online Bible Study with Fr. James
- Sat. Feb. 17:** 6:00 pm Vigil followed by Confessions
- Sun. Feb. 18:** **37th Sunday after Pentecost. Sunday of Zacchaeus.**
9:30 am Divine Liturgy followed by fellowship hour
& Church School (K-8)
3:00 pm Wedding of Nicholas and Mary

Contact Fr. Kirill

Question? Want to talk? Or be on the email list?
FrKirill@holy-trinity.org • 415-673-8565

Holy Trinity Cathedral



Sunday, February 11, 2024

Most Reverend Benjamin,
Archbishop of San Francisco and the West

Very Reverend Dr. Kirill Sokolov, Dean

1520 Green Street
San Francisco, California 94123
holy-trinity.org

Orthodox Church in America
Diocese of the West

We are delighted to be together with you in worshipping the Holy Trinity.
Welcome!

Today's Epistle

I Timothy 1:15-17

Today's Gospel

Matthew 15:21-28

36th Sunday after Pentecost.

**Hieromartyr Blaise, Bishop of
Sebaste (ca. 316).**

**Righteous Empress Theodora,
Restorer of the Holy Icons.**

Tone 3.

Today's Epistle Reading

I Timothy 1:15-17

Timothy my son: The saying is true and worthy of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am first. But for this reason I obtained mercy, that in me first Christ Jesus might show forth all patience, as an example to those who shall believe in Him unto life everlasting. To the King of the ages, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

Today's Gospel Reading

Matthew 15:21-28

At that time: Jesus departed to the region of Tyre and Sidon. And behold, a woman of Canaan came from that region and cried out to Him, saying, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed."

But He answered her not a word.

And His disciples came and urged Him, saying, "Send her away, for she cries out after us."

But He answered and said, "I was not sent except to the lost sheep of the house of Israel."

Then she came and worshiped Him, saying, "Lord, help me!"

But He answered and said, "It is not good to take the children's bread and throw it to the little dogs."

And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table."

Then Jesus answered and said to her, "O woman, great is your faith! Let it be to you as you desire." And her daughter was healed from that very hour.

About Prayer

Prayer is not merely the recitation of words. Prayer may begin by reading or saying the words of prayers. But a mere reading or saying of words, without feeling or attention, is not prayer. It is not even poor prayer. It is not prayer at all. Prayer is learned only by praying...But a good way to begin to pray is to use the prayers of the prayer book. This is so because, since "we do not know how to pray," the Holy Spirit reveals in the prayers of [the Son and] the saints the proper form and content of prayer. In the prayers of the books—especially the **Lord's Prayer**—we not only pray truly by putting ourselves into the words of the prayers, but we also learn for what we must pray. The catechism classifies prayer in three types: **asking** [for ourselves in *petition* and for others in *intercession*], **thanking**, and **praising**. A fourth category can [also] be added: the prayer of **questioning** or complaining to God. To learn to come to God in every situation, and with each of the four categories operating all the time, is a very important achievement: the achievement of a prayerful life.

—Fr. Thomas Hopko

"Prayer is by nature a dialog between man and God. It unites the soul with its Creator and reconciles the two. Its effect is to hold the world together"

—St. John Climacus

(*Ladder of Divine Ascent* 28.1)



Many Years!

Anniversaries

Baptism of Quinn Danielle
Sundberg Kolaya (Feb 13)
Subdeacon ordinations of
Peter Taibbi & Fr. Kirill (Feb 14)
Wedding of Lisa & Chris Sims (Feb 14)

Nameday

Blaise Dunham (Feb 11)

Birthday

Felicia Dunham (Feb 11)
Maximilian Pavel Goebel (Feb 15)
Stephen Richards (Feb 16)

Welcome & Thank You!

Welcome guests and visitors! Please join us for coffee and lunch after the Divine Liturgy. We look forward to saying hello.

Thanks to Katherine G. for preparing today's fellowship lunch!

Blessings on all the volunteers who took part in this past Thursday's dinner service outreach.