



*I am the vine
you are the branches.*

John 15:5

be Grapevine

A NEWSLETTER OF ST. LAWRENCE ORTHODOX CHRISTIAN CHURCH

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*Saint Metrophanes,
first Patriarch of
Constantinople (†325)*

June 17/4

CALENDAR

June 17	Father's Day
June 21, 28	7 p.m. Catechism
July 13-17	Men's Camping Trip

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Summer's Here!

Ideas for a Joyous and Beneficial Summer

As Orthodox Christians living in the world, the primary arena wherein we practice dispassion and test our acquisition of virtue is our relationship with those around us: spouse or friends, immediate family, parish, and workplace. As we make our summer plans and create opportunities for spending time alone and together, here are some ideas for how we can use these times for growth.

Most importantly, spend time with Christian family and friends. For those who have children in school, summer is the opportunity for the family to spend extended amounts of time together. Whether married or single, put together the opportunity for unusually high quality time with your brothers and sisters in Christ. Do your best to break the routine grind long enough that life simplifies for a time. Don't overbook your summer. It is very easy for families and friends to get into the habit of coexisting in the same home or parish without really nurturing relationships. Make plans to put away technological distractions (TV, iPods, video games, smart phones, etc.) and enter into activities of direct human interaction; do things that create shared memories and experiences.

Take a road trip, go camping or backpacking, rent a cabin somewhere and drop out of the rat race for a while. If this doesn't fit the budget or the schedule (which may indicate it hasn't been a high enough priority!) you can be creative and interactive without even leaving home or your neighborhood. Commit to unplugging the phone and TV for a stretch of days and focus on the family with shared goals and time together. Clean the house with mom, give the yard a makeover, paint a fence, set up a tent and sleep in the yard overnight, plant a garden, go fishing, draw or paint, take pictures, have a water-fight.

In either case, on the road or at home, the goal is the same: An increased level of personal interaction that creates opportunities for shared experiences. In the midst of a rich time together, have a goal of deeper significance worked into the

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FROM THE PARISH



ACADEMY CORNER

Upcoming School Year

Applications are open for new students! Please contact the school for more information.

Thank You

St. Lawrence Academy couldn't be the school they are without their many volunteers. We'd especially like to thank Fr. Thaddaeus Hardenbrook, Fr. Nathaniel Johnson, Anne Schoepp, Tatyana Rekow, Jeri Mears, Anna Burkett, Dn. Lazarus and Diana Adams, Barbara Karampelas, Dan Agulian, Pres. Nancy Dingman Rachel Hulter, Sara Macy, Katrina Trigg, Marissa Pflueger, and Yvette Dingman. Thank you for all you do for our school!



HOMILIES ONLINE!

An easy way to prepare for Sundays and feast days throughout the year is to listen to the previous year's homily at www.slocc.com/audio. Take a listen!

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plan. Read a spiritual book out loud with the family or friends each evening. Make a list of things you think are important to address as family or friends and address them. Bring them up casually as opportunity allows or set a time each day for talk, such as after dinner. There are few opportunities as conducive to conversation as when people are tired out from group work or play, with their stomachs full, relaxed after dinner. Whether it's around a campfire, a BBQ, or the living room coffee table, talk about God and real life. Gently approach big questions and commit to finding the answers together.

Meaningful conversation does not have to be embarrassing or uncomfortable. If it is, we are most likely missing something in our relationships, or it simply doesn't happen often enough to be familiar. But that doesn't have to stop us. The great thing about being human is that, if you do something long enough, it becomes normal. From acquiring a taste for beer or the grit of dirt on our hands, to fervent prayer and strict fasting—if you do it often enough, it becomes normal. So talk with your friends and family. Attach words and concepts to what is going on inside you and share it with others. Being known, with every weakness as well as strength, is the first step to knowing ourselves and knowing God. Socrates was on track when he developed the guiding rule of "Know thyself." Christ said, "Love God and your neighbor as yourself." Reflecting on Socrates, St. Basil the Great surmised, "Truly, to know one's self is the most difficult thing." Create opportunities to better know yourself, your neighbor, and God this summer, and to love them.

In Christ,

Fr. Thaddaeus

St. Nicholas Christmas Trees

St. Nicholas Christmas Trees, the Christmas tree lot fundraiser operated by St. Lawrence Academy over the past several years, has become known around the county, not only as a great source for quality Christmas trees, but also as a place with a friendly and festive atmosphere. It has become a wonderful outreach to the community.

Recognizing its value as a ministry and the challenges the Academy has faced in operating a business for several weeks every year, the church and school leadership have determined that it is time to make a transition. Beginning with the 2018 season, the Academy will no longer be operating St. Nicholas Christmas Trees.

We would like to turn the operation of St. Nicholas Christmas Trees over to a motivated and competent leader who is excited about the opportunity to continue growing this outreach ministry while building a thriving seasonal business. If interested, please contact the Academy office at 831-335-0328 for more details.

PERSON TO PERSON

FROM THE PARISH

Lost & Found

The lost and found is once again overflowing. Again this Sunday, June 17, there will be a table outside after Divine Liturgy with all its contents on display. Please check to make sure none of the items belong to you or your family. After Sunday you may be able to locate unclaimed items at the Abbot's.

WHAT'S HAPPENING

Men's Camping Trip

The Men's Camping Trip up in the rugged Shasta wilderness is happening again this summer. The trip dates are July 13-17 (Friday-Tuesday). If you plan on going or would like more information, please contact the office or Dn. James directly. The trip is a great opportunity for the men in the parish to spend time in the outdoors and fellowship.

THANKS & CONGRATS

Congratulations to Our Graduates!

Isabella Squatrito graduated a semester early, with honors, and is currently full-time at Cabrillo studying Photography and Italian. She will transfer to UCLA next fall where she will pursue a degree in film.

Charlie Squatrito graduated 8th grade and will continue high school in the fall.

Successful Fundraiser

It takes a "village" to raise a successful fundraiser! Over \$70,000 was raised for the monastery to continue their building project. A huge THANK YOU to each and all of you who donated, worked hard (upfront and behind the scenes), and/or attended the Life Giving Spring's Monastery Fundraiser. It was a huge success thanks to your time, talents, resources, and willingness to work together as a community of faithful. Lots of appreciation to our younger helpers (e.g., choir, servers, and childcare providers). We received wonderful remarks on the choir, the raffle table, and the delicious food. Glory be to God!

Apostles Fast: Quotes from the Saints

Fasting is the mother of health; the friend of chastity; the partner of humblemindedness. While illnesses are frequently caused by a disorderly and irregular diet. —St. Simeon the New Theologian

Fasting is wonderful, because it tramples our sins like a dirty weed, while it cultivates and raises truth like a flower. —St. John Chrysostom

Why do we become flesh and not spirit, perverting our moral nature? Is it not because of a passion for food, drink, and other earthly comforts?

—St. John of Kronstadt

NEEDS & OPPORTUNITIES

Downsizing Sale!

Dn. Michael and Susan Menard are moving from 2,400 sq. ft to approximately 600 sq. ft. and need to sell most of their furniture. Most of what they have to sell is high quality. Things they would love to keep, but just don't have room. They want to offer us, their church family, first choice. Drop in on Sunday, June 24th right after church, or anytime that day until 3 p.m. Snacks will be provided so that you can browse leisurely. They have beds, tables, chairs galore, book cases, lamps, appliances, and more. Please stop by and check it out! 6403 Cooper Street in Felton, very near St. Lawrence. Or call Dn. Michael: 335-2442

They are also having a "Patio Sale" for the more incidental stuff: Kitchenware, lots of books, frames, some furniture, light fixtures, too many things to list. Please come by on Saturday, June 23rd, from 9 a.m. to about 3 p.m. and pick out your treasure!

Housecall Summer Cuts & Color

Erik Axelsson is once again available to do cuts and color (June 11 - August 10). This former Vidal Sassoon stylist specializes in contemporary, wash-n-wear cuts for women, is meticulous and guarantees his work. Please call or text him at 227-8614 or email him at roxelson@gmail.com straightaway to book

your appointment. Women's Haircut -60 & up, Men's Haircut 35, Kids (1-10), please contact him for prices on color and highlights. *Prices are only good for locations within a 10 mile radius of Saint Lawrence.

Part-Time Work

The Glenwood house in Scotts Valley is looking for someone to do 2 - 3 hours of yard maintenance on a weekly basis. You can come at your convenience. High school age or older. The pay is \$15/hr. Call Crystal at 239-2273.

Job Opportunity

If you are a compassionate person with a little extra time to spare, please call and discuss the possibility of helping with Michelle. Or if you know of someone who needs part-time work please give them Crystal's phone number (239-2273). No previous experience necessary. The pay is \$15/hr.

TRICKS OF THE TRADE

Request additional grace to cover your summer travel and vacations. Shortly before you go, have traveling prayers said over you by a priest.

When traveling by car, plane, train, bike, etc., always bless the vehicle with the sign of cross and a short prayer, "Lord bless this vehicle and keep us safe. Amen." If you see any accidents, make the sign of the cross and pray for those involved. When you arrive safely at your destination, give thanks to God.

SHOP THE ABBOT'S!

New This Week

- ✦ Shower stool
- ✦ AB Circle Pro
- ✦ Walkers/crutches
- ✦ Metal lunch boxes
- ✦ Hampers "wicker"
- ✦ Rolling hose caddy
- ✦ Rose wing chairs (2)
- ✦ Football gum machine
- ✦ Aquarium, sm.
- ✦ Tents, play or camping
- ✦ Hepa air cleaning system
- ✦ "Fun Fund" ceramic bank
- ✦ Rolling luggage, selection
- ✦ Lamps, lamps, lamps 50%
- ✦ Dresser drawers w/shelves
- ✦ Warm/cool mist humidifier
- ✦ Back massage cushion w/heat
- ✦ Turntable, 3 speed w/speakers



SAINT LAWRENCE

ORTHODOX CHRISTIAN CHURCH
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Return Service Requested

HEAR YE, HEAR YE!

SERVICE SCHEDULE

Fri. June 15 (2)	<i>No Services</i>
Sat. June 16 (3)	7 p.m. Great Vespers
Sun. June 17 (4)	7:30 a.m. Matins 9 a.m. Divine Liturgy
Mon. June 18 (5)	<i>No Services</i>
Tues. June 19 (6)	7 p.m. Vespers
Wed. June 20 (7)	7 p.m. Vespers
Thur. June 21 (8)	<i>No Services</i>

SCRIPTURE READINGS

For Sunday, June 17 (4)
Romans 5:1-10
Matthew 6:22-33

BIRTHDAYS

Katherine Clausing	June 15
Ann Ramsey	June 15
Fred Squatrito	June 16
Rachel Hulter	June 18
Colby Stevens	June 19
Nathan Clausing	June 21
Chad Price	June 21

ANNIVERSARIES

Nektarios & Anna Burkett
Married 44 years, June 16

CLEANING TEAM

June 16 Maria S., Pres. Claudia C.,
Shannon C., Ramah H.

CONTACT THE GRAPEVINE

E-mail: newsletter@slocc.com
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Submissions by e-mail are preferable!

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Please specify how long you want the
announcement to run. Default is 2 weeks.