

St. Seraphim of Sarov

(Commemorated July 19th)



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Donations: E-Transfer to:
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Weekly Services:

Every Saturday:
530pm Great Vespers

Every Sunday:
930am Hours
10am Divine Liturgy
12pm Potluck Lunch
1pm Catechism Classes

Feast Days:
Please Check our Calendar

7221 - 198B Street
Langley, BC V2Y 1R9



ST SERAPHIM OF SAROV

What is the purpose of the Human Life...?

During their discussion, St. Seraphim famously stated that “The true purpose of the Christian life is the acquisition of the Holy Spirit”

This is the question that many of us have asked ourselves.

This is Theosis!!!

Why are we here?

St Seraphim also declared that good works like Prayer, Fasting, and Almsgiving are merely tools to achieve this (the acquisition of the Holy Spirit / Theosis).

What is the point of all of this?

I would argue that Theosis (the acquisition of the Holy Spirit) is the biggest difference between Orthodox Theology and the theologies of the West (whether Protestant or Roman Catholic).

Why did God make me?

Why should I endure?

What comes next?

The Churches of the West (Protestant or Roman Catholic) are like Courthouses. We go to the Courthouse before the judge trying to look our best. We hope to be judged by our own good works.

Archimandrite George did much to explain all of this in his beautiful book ‘Theosis...the True Purpose of Human Life.’ While this is a book that I recommend that all of our Faithful read once a year, this is only an explanation of what Theosis is. St. Seraphim of Sarov actually LIVED and STILL LIVES in Theosis!

In the Orthodox Church, we come as patients as at a hospital. We recognize our brokenness. We come in humility and repentance, asking the True Physician of our Souls and Bodies (Christ our True God) to heal us from our brokenness, and to save us.

Yes! St. Seraphim of Sarov actually lived his latter life in the fullness of Theosis. The life in Theosis continues eternally!!!

Any good that comes out of this, we Orthodox Christians give thanks to God for, not giving any credit to ourselves.

In 1831, a Russian Landowner by the name of Nicholas Motovilov had a meeting with St. Seraphim. What his motives were are unclear, but he came with an open heart, and learned much from this Saint!

Giving credit to ourselves (as the West does) builds pride. Pride was the cause of the fall of Lucifer...and then Adam and Eve. We give thanks to God for all of our Blessings (even if they come with struggle), knowing that God gave us the strength, despite our own weaknesses, to achieve any benefit from this struggle.



ST SERAPHIM OF SAROV...Continued

So let's come back to the topic of St. Seraphim of Sarov.

Why does God reveal His Saints to us?

Personally, I believe there are some Millions of Saints...and that the actual number is only known to God Himself.

We are ALL called to be Saints!

Yes. You too!

We are ALL called to be Saints!

Sorry to repeat myself, but this is important.

Why does God reveal certain Saints to us?
For our own benefit and for our Spiritual growth.

St. Seraphim of Sarov came to us just before modern times.

St. Seraphim lived in Russia between the years 1759 - 1833. After 1833, Russia took a turn for the worse. Secularism became rampant at this point in Russia, culminating in the Russian Revolution (and communism) in 1917.

Meanwhile, the West was already long lost. After the Schism, the Roman Catholic Church went well astray, and with the Protestant Reformations of the 16th Century, the West had long since lost its connection and path to the True Purpose of Human Life...Theosis.

Fyodor Dostoyevsky paints a vibrant picture of what happened between the century that passed from the time of St. Seraphim and our last century. This was a time leading to atheism and revolution. The 20th century was a time of agnosticism, genocide and war. More Martyrs died for the Christian Faith from 1900-1999 than all of history combined!

The 21st century is starting off as a time of complete apostacy, and even open war against Christianity and our values. Even murder of unwanted children (and unwanted adults, ie MAID in Canada) is considered virtuous in our society. Physical and chemical mutilation of our children for the sake of normalizing mental illness is considered to be good. We are living in a time of open persecution and demonic maddness.

There is no better time now than to resort to the chief lessons taught by our great Saint of recent times, St. Seraphim of Sarov.



ST SERAPHIM OF SAROV...Continued

Despite all of the open chaos and apostasy in the world around us, we need to focus on the true purpose of human life...Theosis...the Acquisition of the Holy Spirit.

If we look inwardly...use our nous to see God in His Creation, and to see the brokenness of our own souls, then we will have no recourse than to say the prayer: 'Lord Jesus Christ, Son of God, have mercy on me a sinner...' over and over again.

This is the same prayer that St. Seraphim of Sarov said over and over again for 1000 days on the cold rock in Russia as part of his ascetic effort. This is the same prayer that he learned to say with his heart for all the remaining days of his life. This is the same prayer that we can learn to say, over and over again with our every breath, to bring us closer to God.

What did St. Paul mean in 1 Thessalonians 5:17 "Pray without ceasing"?

St Seraphim of Sarov followed the teachings of St. Paul, the Holy Fathers, and St. Gregory Palamas in this.

How to we pray to God without ceasing?

We offer our lives up to God in prayer.

We wake up, and give thanks to God for granting us life this day.

We go to sleep, thanking God for all of the Blessings that he bestowed upon us the past day (especially for the blessings that we didn't like...the ones that God sent us to teach us a hard lesson)!

We live our days with the prayer on our breath...breathing in and out:

Lord Jesus Christ Son of God...

Have Mercy on me a sinner...

St. Seraphim of Sarov, pray to God for us, that He may teach us to truly pray, and to also continue our growth in the acquisition of the Holy Spirit!

Fr. Gregory

WHY CAMP UNITY?



Bringing Orthodox Youth Together

Camp Unity is a week-long Orthodox Christian day camp for children and evening camp for teens to build lasting friendships, grow in their faith, and experience the beauty of Orthodox unity across cultures and traditions.

Our program brings together youth from various Orthodox jurisdictions for an unforgettable week of:

- Faith Formation
- Outdoor Adventures
- Leadership Development
- Cultural Exchange
- Team Building
- Arts & Crafts
- Sports & Recreation



Faith at the Center

Every day includes opportunities for spiritual growth through:

- Orthodox Christian Education
- Prayer & Worship Services
- Faith-Based Activities
- Discussions with Clergy & Mentors
- Prayer Rope Making
- Learning about Orthodox traditions from around the world

Our goal is to help campers strengthen their faith while experiencing the beauty of Orthodox unity.

THEME FOR 2026

PENTECOST: UNITED IN CHRIST

The week will explore how the Holy Spirit unites Orthodox Christians from different cultures and backgrounds into one Church.

A Word from Father Siniša

"Love and unity are gifts from God that we can only come to know through experience. We invite all youth to be changed by our faith at Camp Unity this year as campers, counselors or volunteers."



REGISTER TODAY AT

CAMPUNITY.CA

@ORTHODOXCAMPUNITY

JOIN US AT CAMP UNITY 2026

A Summer Full of Faith, Friendship & Fellowship



JULY 27-31ST

GROW IN FAITH • BUILD LASTING FRIENDSHIPS • CREATE MEMORIES

Activities Campers Love

Outdoor Fun

- Relay Races
- Sports & Games
- Capture the Flag
- Water Activities
- Scavenger Hunts
- Colour Wars

Creative Activities

- Painting & Crafts
- Friendship Bracelets
- Prayer Jars & Prayer Crafts
- Planting Activities
- Team Challenges

Something exciting happens every day!

Special Events & Theme Nights

- Jersey Campfire Night
- Western Wednesday
- Hawaiian Carnival Luau
- Cultural Celebration Night
- Music & Dance
- Camper vs. Counselor Competitions



VOLUNTEERS NEEDED, SIGN UP TODAY AT

FAQ



- **When?** JULY 27-31ST, 2026
- **Where?** St. Archangel Michael Orthodox Church is hosting this year at 7837 CANADA WAY BURNABY, BC
- **What's the cost?** \$95 per camper, with discounts for siblings!
- **Who can come to camp? What time is the camp?** See chart below!

Youth Groups	Camp Times
7-10 year olds	8am-2pm
11-13 year olds	8am-2pm
14-18 year olds	3:30-8:30pm

REGISTER TODAY AT

CAMPUNITY.CA

@ORTHODOXCAMPUNITY



Questions about Church Camp? Please reach out to:
Liam Penner - 778-872-0636 - liamjpenner@gmail.com



St. Herman's annual

BBQ & VESPERS



Please bring a dish to share,
something to drink and meat for the
BBQ!

Sat. July 11th

1pm - 8pm - Vesper's served at 4pm

Gerbrandt's home

41510 No. 3 Road Chilliwack



**SUNDAY SCHOOL BREAK
JULY & AUGUST**
Have a blessed summer!

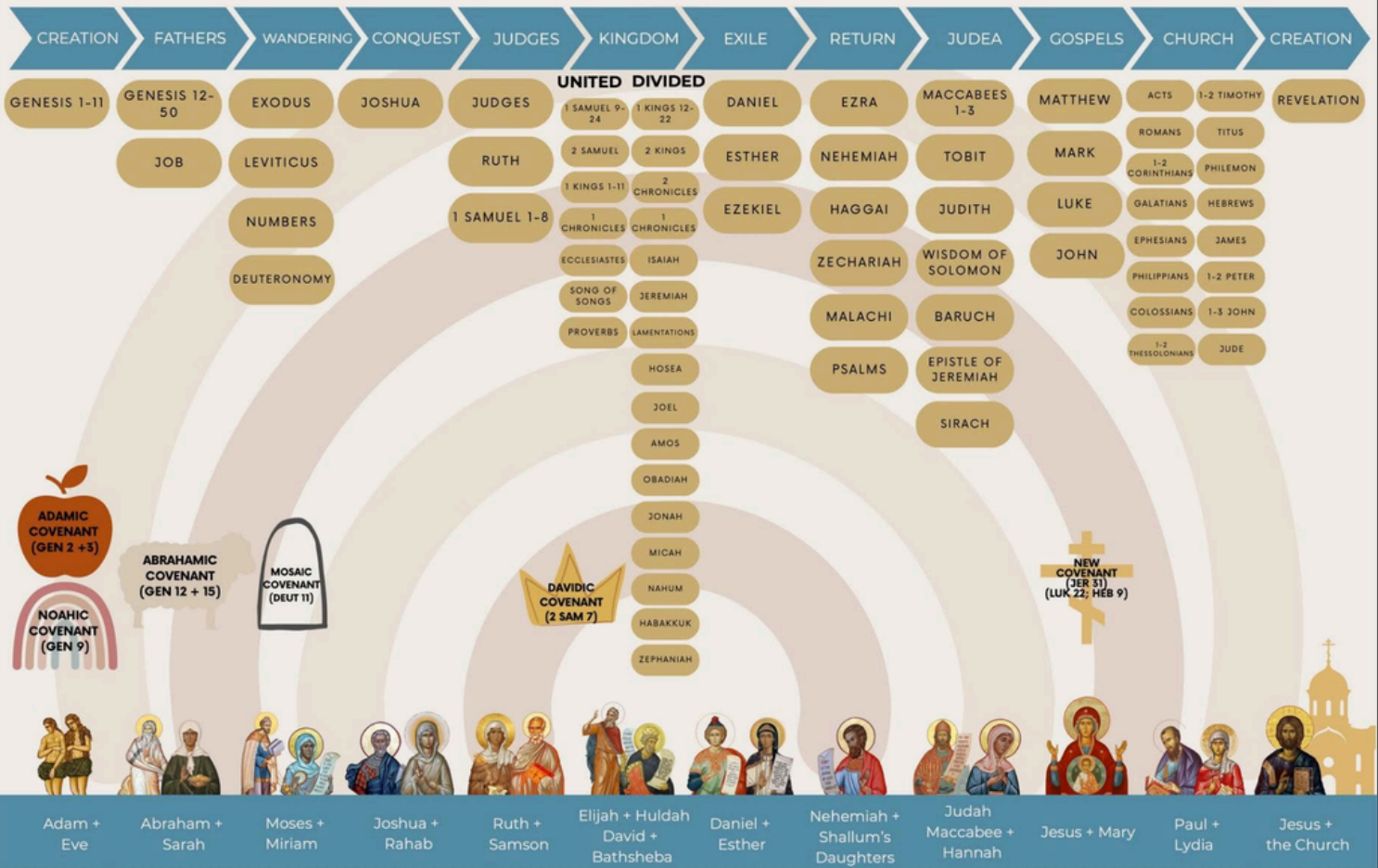
Youth Happenings
GRADES 7-12

**-Saturday Youth Night-
To Be Determined**

WATCH FOR DATE ANNOUNCEMENTS FOR
FUTURE YOUTH NIGHTS OR
SUMMER YOUTH ACTIVITIES



ORTHODOX BIBLE STORY PATH



Books of the Bible

Covenants

Key People

St. Herman's Men's night

THURS. JULY 2ND

6:30 PM

5191 203rd St. Langley

(in the clubhouse, next

to the playground of

Longlea Eastates)

Call or text Sean for more details

778-875-4111

**please park in visitor parking
only or across the street

Please bring a snack and your choice of drink.

ST.HERMAN OF ALASKA ORTHODOX
CHURCH

*We are looking
for volunteers!*

Want to help out at church, but
not sure what to do? Join our
garden crew!

WHEN? EVERY 4-5 WEEKS BEFORE VESPERS
SNACKS WILL BE PROVIDED



SIGN UP WITH SHERRY AT S.LYNN.100@GMAIL.COM



Ladies! Please join us for a

Miss to Mrs

S H O W E R

&

S O C I A L

H o n o u r i n g

MADISON

Sunday, July 19th at
12:30pm - 2:30pm

Lunch will be provided

*at the home of Mat. Barbara's
20752 91 Ave*

*rsvp mrsanawright@hotmail.com
or 778-321-5295*

Blessing of Charriots!



On Sunday July 19th, (the day before the Feast Day of the Holy Prophet Elijah)

We will be Blessing all vehicles (with wheels) immediately after Divine Liturgy!

Please bring your car, bike, scooter, trike, or any other wheeled vehicle to Church this day for Prayer & Blessing!

St. Silas Orthodox Prison Ministry Sanctuary Work Day!

Join us on Saturday, July 25th for a volunteer work day at the St. Silas Orthodox Prison Ministry Sanctuary as we prepare this home to serve men rebuilding their lives after incarceration.

We'll be tackling interior painting, cleaning, minor repairs, and outdoor yard work. No special skills are required—just willing hands and a generous spirit--though we welcome those with professional painting, flooring, electrical, and landscaping experience.

Lunch, supper, snacks, and drinks will be provided.

This is a practical way to support mercy, hospitality, and second chances in our community!

If you are interested, please contact frgregory@saintherman.net. More details to follow.

Fr. Richard Rene

July 2026

Father Gregory's day
off is Tuesday
Emergency phone calls ONLY

Great Vespers start at 5:30pm
Sunday Hours start at 930am
Divine Liturgy starts at 10am

 **Strict Fast** (No meat, fish, wine, oil, dairy, eggs)

 **Fish, oil and wine** (No meat, dairy and eggs)

 **Wine & Oil** (No meat, fish, dairy, and eggs)

Children's Sunday School 930am Sundays (in Church Hall)
Youth Connection - after liturgy during lunch in the youth room

Fr. Gregory Wright 604-788-7546 frgregory@saintherman.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 th - NO VESPERS at church - pls see flyer in the narthex 19 th - Shower/ Social - at Mat. Barbara's Youth event - TBD						
5 9 am Baptisms & Liturgy	6	7	8 ✝	9 6:30pm - Men's night at Sean's	10 🍇	11 5:30pm Great Vespers & Confessions 1-8 pm-BBQ & Vespers at the Gerbrandts'
12 9:30 Hours & Liturgy 2pm - Crowning ceremony	13 OCA Assembly in Calgary - Fr. Gregory and Dn. Theodore away - they will have limited time to attend to emails/ messages	14	15 🇺🇸	16	17 ✝	18 5:30pm Great Vespers & Confessions
19 9:30 Hours & Liturgy Chariot Blessing 12:30pm - Shower/ Social	20	21	22 ✝	23	24 🍇	25 5:30pm Great Vespers & Confessions
26 9:30 Hours & Liturgy	27	28	29 ✝	30	31 ✝	

Pan Orthodox Day Camp July 27-31