



## ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

A Parish of the Antiochian Orthodox Christian Archdiocese of North America

300 Sumida Gardens Lane, Santa Barbara, CA 93111

**Office hours:** Tues-Fri. 12:00—5:00 p.m.

**His Eminence Met. JOSEPH,  
Archbishop of New York &  
Metropolitan of all N. America**

**Senior Pastor:**

Fr. Nicholas Speier

805-685-5495

frnicholas@stathanasius.org

**Assistant Pastor:**

Fr. Symeon Halsell

805-685-5400

frsymeon@stathanasius.org

**Priests attached to the parish:**

Fr. Jon-Stephen Hedges 805-968-1903 (Chaplain)

Fr. John Carrillo 805-770-3749 (retired)

Fr. Jon Braun (retired)

Fr. John Finley (Archdiocese Dept. of Missions)

**Deacons:**

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey (retired)

Dn. John Young (retired)

**Subdeacons:** Stephen Butler & Michael Easbey

**Music Director/Administrator:**

Valerie Yova

Office phone: 805-685-5400

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**Teen Program Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**College/Young Adult Coordinator**

Mitchell Denny: mitchdennyjr@gmail.com

**Parish Council 2019-2020:**

Kristi King, President

Dan Braun, Treasurer

Terri Speier, Secretary

Dorothy Alexander

Laurie Baker

Corina Berari

Mary Denny

David Dillon

Zak Landrum

## **DIVINE LITURGY OF ST. JOHN CHRYSOSTOM**

**Sunday, February 14, 2021**

**Tone 3 / Eothinon 3; Seventeenth Sunday after  
Pentecost & Seventeenth Sunday of Matthew**

Venerable Auxentios the Priest of Bithynia;

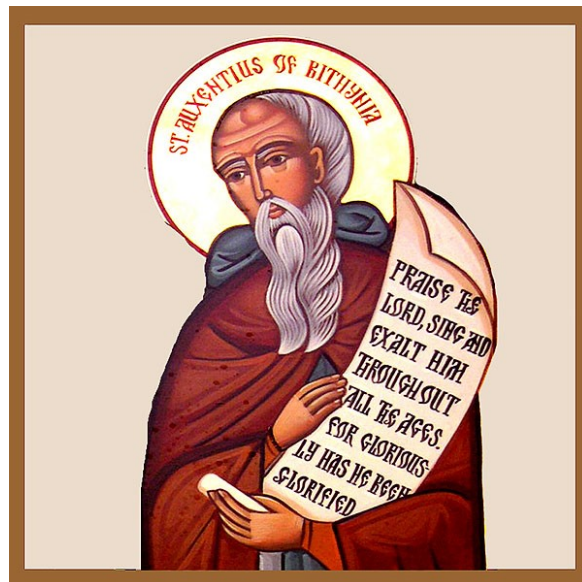
Venerable Abraham and Maron of Syria;

New-martyrs Nicholas of Corinth and

George the Tailor of Mitylene;

Venerable Cyril, Equal-to-the-Apostles

and Enlightener of the Slavs



**We welcome children of all ages in our worship.**

“Let the little children come unto Me for of such is  
the Kingdom of Heaven.” Luke 18:16

## ***CALENDAR FOR THE WEEK***

### **Sunday, February 14**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy

### **Monday, February 15**

6:45 a.m. Daily Matins  
5:00 p.m. Akathist by Zoom  
7:00 p.m. Men's Firepit on church patio

### **Tuesday, February 16**

5:30 p.m. Daily Vespers

### **Wednesday, February 17**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Ministry

### **Thursday, February 18**

7:45 a.m. Akathist by Zoom  
9:00 a.m.-12 Showers of Blessing  
5:30 p.m. Daily Vespers

### **Friday, February 19**

6:45 a.m. Daily Matins

### **Saturday, February 20**

6:00 p.m. Great Vespers/Confessions

### **Sunday, February 21—Publican & Pharisee**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy

## ***SUNDAY MORNING MINISTRIES SCHEDULE***

### **EUCCHARIST BREAD**

Feb. 14 Jacobs  
Feb. 21 Sieck  
Feb. 28 D. Washburn  
March 7 M. Kern

### **READERS**

Feb. 14 D. Meyer  
Feb. 21 D. Alexander  
Feb. 28 Rdr. J. Butler  
March 7 M. Braun

### **USHERS**

Feb. 14 M. Loulias, D. Washburn  
Feb. 21 P. King, J. King  
Feb. 28 C. Berari, D. Meyer  
March 7 S. Speier, C. Speier

**HAPPY BIRTHDAY & MANY YEARS  
to Fr. Nicholas and Fr. Symeon!**

**REMINDER:  
GREAT LENT BEGINS ON MARCH 15.**

## ***CELEBRATIONS THIS WEEK***

### **Wedding Anniversaries**

2/19 Ben & Viktoria Hedges

### **Birthdays**

2/14 **Fr. Nicholas Speier**  
2/15 Margaret Easbey, **Fr. Symeon Halsell**, John Heiduk  
2/19 Jan Finley  
2/20 Delaney Newhouse  
2/21 Erik Lawrence, Tyson Shackelford

**At the conclusion of Matins, we sing the Great Doxology  
followed by the Matins Dismissal Troparion**

**THE DIVINE LITURGY  
OF ST. JOHN CHRYSOSTOM**

**THE GREAT LITANY**

**FIRST ANTIPHON—Psalm verses with refrain**

Vs. It is good to give praise unto the Lord, and to chant unto Thy name, O Most High;  
To proclaim Thy mercy in the morning, and Thy truth by night. [Refrain]

**Refrain: Through the intercessions of the Theotokos, O Savior, save us.**

Vs. Upright is the Lord our God, and there is no unrighteousness in Him. [Refrain]

Vs. Glory...now & ever...Amen. [Refrain]

**SECOND ANTIPHON—Psalm verses with refrain**

Vs. The Lord is King, He is clothed with majesty; the Lord is clothed with strength and  
hath girded Himself.

**Refrain: O Son Of God Who rose from the dead, save us who sing to Thee,  
Alleluia!**

Vs. For He hath established the world which shall not be shaken. [Refrain]

Vs. Holiness befits Thy house, O Lord, forevermore. [Refrain]

Glory to the Father and to the Son and to the Holy Spirit,  
now and ever, and unto ages of ages. Amen.

**Only Begotten Son** and immortal Word of God who for our salvation didst will to be incarnate  
of the holy Theotokos and ever-virgin Mary, who without change didst become man and wast  
crucified, O Christ our God, trampling down death by death, who art one of the Holy Trinity,  
glorified with the Father and the Holy Spirit: save us!

**THIRD ANTIPHON—The Beatitudes or “Sermon on the Mount”**

In Thy kingdom remember us, O Lord,  
when Thou comest in Thy kingdom.  
Blessed are the poor in spirit, for theirs is the kingdom of Heaven.  
Blessed are those who mourn, for they shall be comforted.  
Blessed are the meek, for they shall inherit the earth.  
Blessed are those who hunger and thirst after righteousness, for they shall be filled.  
Blessed are the merciful, for they shall obtain mercy.  
Blessed are the pure in heart, for they shall see God.  
Blessed are the peacemakers, for they shall be called the sons of God.  
Blessed are those who are persecuted for righteousness sake,  
for theirs is the kingdom of Heaven.  
Blessed are you when men shall revile you and shall persecute you, and shall say all manner of  
evil against you falsely for my sake.  
Rejoice and be exceedingly glad, for great is your reward in heaven.

**AS THE CLERGY ENTER THE ALTAR AT THE  
LITTLE ENTRANCE, WE SING THE FOLLOWING  
HYMNS FOR THE DAY:**

**Troparion of the Resurrection**

**Tone 3**

Let the heavens rejoice and the earth be glad,  
for the Lord hath done a mighty act with His own arm.  
He hath trampled down death by death  
and become the first born from the dead.  
He hath delivered us from the depths of Hades,  
granting the world the great mercy.

**Troparion to St. Athanasius**

**Tone 3**

Holy Bishop Athanasius,  
you became a stronghold of Orthodoxy,  
strengthening the Church through your divine teachings.  
Opposing the heretical opinion of Arius,  
you explained and taught that the Son is equal in nature with the Father.  
O holy Father, intercede with Christ God that He may grant us abundant mercy.

**Kontakion - Ordinary Sundays**

**Tone 4**

O undisputed intercessor of Christians,  
The mediatrix, who was unrejected by the Creator.  
Turn not away from the voice of our petitions, though we be sinners.  
Come to us with aid in time, who cry unto thee in faith, for thou art good.  
Hasten to us with intercessions, O Theotokos,  
who dost ever intercede for those who honor thee.

### **TRISAGION (THRICE-HOLY) HYMN**

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

+Glory to the Father and to the Son and to the Holy Spirit,  
now and ever and unto ages of ages. Amen.  
Holy Immortal have mercy on us.

Deacon: With strength!

People: Holy God, Holy Mighty, Holy Immortal, have mercy on us.

### **Preparatory Psalm Verses before the Epistle**

**Tone 3** Byzantine melody

Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

**Verse:** Clap your hands all you peoples!  
Shout to God with a voice of joy! (*Ps 46/47:1*)

### **EPISTLE READING**

#### **2 Corinthians 6:16-7:1**

Brethren, you are the temple of the living God; as God said, “I will live in them and move among them, and I will be their God, and they shall be My people. Therefore, come out from them, and be separate from them,” says the Lord, “and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be My sons and daughters,” says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

### **Preparatory Psalm Verses with Alleluia Refrain Before the Gospel      Tone 3**

Chanter: Alleluia, Alleluia, Alleluia!

**People:** Alleluia, Alleluia, Alleluia!

**Verse:** In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

**Verse:** Be unto me a God and protector, and a house of refuge to save me. (*Ps 30/31:2*)

### **GOSPEL READING**

#### **Matthew 15:21-28**

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, “Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon.” But He did not answer her one word. And His disciples came and begged Him, saying, “Send her away, for she is crying after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before Him, saying, “Lord, help me.” And He answered, “It is not fair to take the children’s bread and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their master’s table.” Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.

### **HYMN TO THE THEOTOKOS**

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you.

### **Communion Hymn**

Praise the Lord from the heavens; praise Him in the highest! (*Ps 148:1*)  
Alleluia, Alleluia, Alleluia!

### **HOLY COMMUNION**

In the Orthodox Church, the sacrament of Communion is offered only to Christians who are baptized in the name of the Trinity and chrismated into the Orthodox Faith. Non-Orthodox believers **may approach the chalice for a blessing and the blessed bread instead of the Eucharist**. So that the priest is aware of this, please just say,  
*"Father, bless" when you get to the chalice.*

### **Thanksgiving Prayers after Communion**

At the end of the Divine Liturgy, we offer the prayers of thanksgiving for having received the Body and Blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have just partaken, and prepare us for our transition back into the "world." We invite you to listen to these beautiful prayers during and after the veneration of the cross at the end of the service, and ask that you show courtesy to those who are remaining to hear the prayers in their entirety by waiting until Coffee Hour to socialize.

## **ANNOUNCEMENTS**

**HAPPY BIRTHDAY AND MANY YEARS TO BOTH OF OUR PASTORS!**  
(Fr. Nicholas, February 14th & Fr. Symeon, February 15th)

### **BLESSING OF HOMES**

Don't forget to call one of our priests to set up a time to have your home blessed!

**PLEASE CONTINUE TO KEEP FR. JON-STEPHEN HEDGES IN YOUR PRAYERS.**

### **REQUEST FROM THE D.A.'S OFFICE in their fight against Human Trafficking**

The Interfaith Collaborative Against Human Trafficking, of which we are a member, has been asked by the D.A.'s office to assist in their crack down on trafficking here in Santa Barbara. They are asking for Walmart gift cards to be used in a sting operation in the amount of \$25 or \$50 each. If you would like to donate towards this effort, you can do so in one of the following ways:

- Purchase a card and give it to Terri Speier or leave it for her in the church office.
- Leave cash in an envelope or a check in the tithe box **made out to Terri Speier**. ANY AMOUNT is appreciated. Please be sure to include a note that says "Walmart Gift Card Project."
- The goal is to purchase 10 gift cards.

## **UPCOMING LITURGICAL SERVICES**

Friday, February 26 7-8:30 p.m.	<b>PRE-LENTEN SEMINAR</b>
Saturday, February 27 9-11:00 a.m.	<b>PRE-LENTEN SEMINAR</b>
Saturday, March 6	<b>SOUL LITURGY</b>
Sunday, March 7	<b>MEATFARE SUNDAY</b>
Sunday, March 14	<b>CHEEEFARE SUNDAY FORGIVENESS VESPERS at 6:00 p.m.</b>

**We will do Forgiveness Vespers a bit differently this year  
in order to observe whatever health and safety protocols are in place by March 14.**

Monday, March 15	<b>FIRST WEEK OF GREAT LENT</b> <b>All services at 6:00 p.m.:</b> Monday—Great Compline with Canon of St. Andrew Tuesday—Little Compline with portion of Canon Wednesday— Presanctified Liturgy Thursday—Little Compline with portion of Canon Friday—Akathist to the Mother of God
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**There will be no pan-Orthodox Vespers this year for the Sunday of Orthodoxy.**

Wednesday, March 24 6:00 p.m.	<b>Vesperal-Liturgy for Feast of Annunciation</b>
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**During Great Lent, we do not have Tuesday/Thursday Daily Vespers.**

**We pray the following services at 6:00 p.m.:**  
Great Compline on Mondays  
Presanctified Liturgy on Wednesdays (except for March 24—Feast of Annunciation)  
Akathist on Fridays

## NEED SOME HELP PREPARING YOUR HEART FOR GREAT LENT?

Join us for our Pre-Lenten Seminar:

### *“Preparing to Enjoy the Waters of the Lenten Spring*

Friday, February 26

7:-8:30 p.m.

Fr. Symeon Halsell, Presenter

Saturday, February 27

9-11:00 a.m.

Fr. John Valadez, Presenter

Pastor of St. Timothy Orthodox Church, Lompoc

The seminars will be in the nave  
of the church  
with social distancing observed.  
Participants may be  
asked to wear masks.

No registration necessary.





### **A FEW HOUSEKEEPING REMINDERS...**

- Don't forget to notify the church office if you are an active member and you have moved or changed contact information. [office@stathanasius.org](mailto:office@stathanasius.org)
- If you are not receiving the weekly parish email and would like to receive it, please let the office know.
- The church building belongs to all of us. Help us to foster a love and sense of responsibility for its upkeep among all of our children and adults.

If you break something or see something that is broken or needs attention, please let the office know.

If you spill something, please clean it up, or let someone on the staff know.

Be sure to take your belongings with you when you leave the church.

### **LOST & FOUND**

Items left behind in the church, hallway, classrooms or on the patio are put in the little nook at the end of the long hallway, next to the sitting area with the sofas and library shelves. Lost and Found items are displayed every 4-6 months in the hallway or at Coffee Hour and if not claimed, given to the homeless or a thrift store. If you think you may have left something behind recently, check the Lost and Found.

## Who was St. Valentine?

Now a commercialized holiday celebrating modern Western courtship and romance, the ancient Christian origins of Saint Valentine's Day are largely forgotten. The actual Orthodox liturgical Feast Days of Valentinus (Greek)/Valentinus (Latin) commemorate two Early Christian saints, Saint Valentine the Presbyter of Rome (July 6) and Hieromartyr Valentine the Bishop of Interamna (Terni), Italy (July 30). Although the historical records for these two saints are not complete, and what we do know about their lives has often been subjected to considerable confusion, their martyrdoms are well known to us. Because of their refusal to renounce their faith in Christ, both Valentines were imprisoned, tortured, and executed around 270, during the persecution of Christians under the Roman Emperor, Claudius II.



Because they shared the same name, were contemporaries, resided near each other in central Italy, and ultimately, shared similar fates, the two Valentines' personal histories were intermingled and conflated over the centuries, producing inconsistencies and puzzlement in many accounts of their lives. What most sources indicate, however, is that Bishop Valentine was renowned during his lifetime as a healer of the sick and blind, while Valentine the Presbyter would become notable in the historical memory of Christians, originally both Eastern and Western, as a courageous steward of marriage. Indeed, because of his connection to the sacrament of marriage, it would be the latter Valentine, the Presbyter from Rome, who would serve as the inspiration for the Late Medieval Western literary foundations for what would by the nineteenth century evolve into today's popular, secular Valentine's Day.

According to the most common narrative, Presbyter Valentine, a priest in Rome, drew the ire of Emperor Claudius by ignoring the imperial ban against allowing men who had not fulfilled their military obligations to the Empire to marry. Remaining loyal to his moral commitment and beliefs as a Christian priest, Valentine refused to compromise the sanctity of marriage to the will of the state. In defiance of imperial edict, Valentine continued to unite and bless Christian couples, which were legally barred from marrying. This association with young Christian beloveds became the muse over several centuries for an increasingly fictionalized, romantic expropriation and reconstruction of Saint Valentine in the West, one that has led to the modern Saint Valentine's Day. Indeed, the memory of Saint Valentine became so distorted and uncertain over the centuries, that the Roman Catholic Church ended its commemoration and veneration—traditionally associated with mid-February in the West—of him as a calendar saint in 1969, effectively surrendering the historical Valentine to his appropriation and exploitation by Western popular culture.

As in other matters of reverence and faith, the Orthodox Church's veneration of Saint Valentine remains immutable. Orthodoxy still honors Saint Valentine, the Presbyter from Rome, for his martyrdom—and as for all its saints, the Orthodox Church honors St. Valentine as a model of the life in Christ. Valentine was willing to sacrifice his life not for Eros but in order to sanctify and make whole the union of young couples through the blessing of God's love. Demonstrating our love for God and reaching our fulfillment in Christ through our relationships with our spouses, families, and communities, is a way of life that is at the heart of Orthodoxy. By living a life in emulation of Christ, Saint Valentine shared this fundamental truth of Orthodox Christianity with the world, one that is more beautiful and lasts longer than flowers and cards—it is eternal.

<https://blogs.goarch.org/blog/-/blogs/the-historical-and-orthodox-saint-valentine>

## PRAYER REQUESTS

Prayer requests received through the parish office will be printed in the bulletin and will be prayed for during the litanies at the daily services. Prayer requests received in the box at the church will be prayed for quietly at the altar at all services. Prayer requests remain for 40 days unless requested otherwise.

**Send prayer requests for the bulletin to: [office@stathanasius.org](mailto:office@stathanasius.org).**

**Please pray for the health of:**

Metropolitan JOSEPH  
Mother Victoria  
Met. Paul & Abp. John  
Fr. Markos  
Fr. Jon B.  
Dn. Richard E.  
Kh. Diane C.  
Greg & Margaret Y.  
Hoppe Family in Albania  
Joseph Wm. B. in Kenya  
Duane F.  
Richard and Susan B.  
Monsignor J. Yanek  
Bob N.  
Fr. Jon-Stephen & Melissa H.  
Cole K. (military)  
Jeremiah H. (Airforce Academy)  
Lauren & Fernando J. (military)

Chase K. (military)  
Nick & Kristine J. (military)  
Steve T,  
Dn. John Y.  
Mitch D. Sr.  
Dn. Gary B.  
Harvey G.  
Stephen B.  
Kh. Erin K.  
Nina  
Dasha  
Wendy R.  
Bev R.  
Phyllis M.  
Christina & Anthony  
Lee Family  
Fr. Wayne W.  
Audrey  
Sarah G. and Family

Zack  
Keith

The Ethiopian Orthodox Church  
The Church & people in Lebanon  
All those suffering and  
in danger in Ukraine,  
Africa, and the Middle East

Please pray for the raising up and  
support of long-term missionaries from  
our parish.

### **For repose of the souls of:**

Jim R., Betty, Lynn S.  
All who have died in the conflicts in Ukraine Africa & the Middle East  
Those who lost their lives in the explosion in Lebanon

## **ST. ATHANASIUS CHURCH BOOKSTORE**

The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets containing items that are FOR SALE. One cabinet holds icons, crosses, incense, prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book title. Children's books are on the bottom shelf. See Terri Speier if you are looking for jewelry such as a cross or chain. Payment should be made at time of purchase and placed in brown lockbox on wall next to Fr. Nicholas' office. Make checks payable to **S.A.O.C. Bookstore**. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.)

**All proceeds go to the parish Building Fund.**

## SAFETY PROTOCOLS

Metropolitan Joseph has given us a blessing to continue to do our services inside the nave. The Parish Council asks the members of the parish to adhere to the following:

- During services, please maintain at least 6 ft. of distance on all sides, including in the Communion line, and wear a mask that covers both YOUR MOUTH AND NOSE. (Families may sit together but should have six feet of space in front and behind them.
- The Sunday Divine Liturgy is being broadcast in the hallway and on the patio for overflow crowd and for those who are not comfortable sitting inside the nave.
- **There will be no COFFEE HOUR for now. Please do not linger inside the building after the services unless you are buying something from the Bookstore.**