



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 Pastors:

Fr. Jon-Stephen Hedges 805-968-1903

Fr. John Carrillo 805-770-3749

Fr. Jon Braun, Attached Priest (retired)

Fr. John Finley, Attached Priest

Deacons:

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey

Dn. John Young

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova

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Teen Program Coordinator

Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

Mitchell Denny: mitchdennyjr@gmail.com

Parish Council 2018-2019:

Kristi King, President

Dan Braun, Treasurer

Terri Speier, Secretary

Dorothy Alexander

Laurie Baker

Corina Berari

David Dillon

Mary Gish

Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, February 16, 2020

Tone 2 / Eothinon 2

Sunday of the Prodigal Son

Martyr Pamphilos, Priest of Caesarea in Palestine
and his companions; Venerable Flavian the Hermit;
Venerable-martyr Romanos from Solovak of Carpenision



WELCOME TO OUR VISITORS!

We are glad you are with us this morning.

If you are not Orthodox, we invite you to partake of the
blessed bread during Communion.

Please join us at Coffee Hour~ we'd love to meet you!

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 this Week

Sunday, February 16

9:00 a.m. Religious Ed classes for ages 6-12
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:30 a.m. Teen Religious Education
 11:45 a.m. Coffee Hour
 12:00 p.m. Choir Rehearsal

Monday, February 17

6:45 a.m. Daily Matins
 4:30 p.m. Outreach dinner at St. Michael's
 University Church in Isla Vista
 6:30 p.m. Men's Firepit

Tuesday, February 18

3:45 p.m. Catechesis Level One
 5:30 p.m. Daily Vespers

Wednesday, February 19

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

Thursday, February 20

10:00 a.m. Showers of Blessing
 5:30 p.m. Daily Vespers
 6:00 p.m. Choir Rehearsal
 6:00 p.m. Jr. High Youth Group
 6:30 p.m. High School Youth Group

Friday, February 21

6:45 a.m. Daily Matins
 5:15 p.m. Akathist at Westmont College
 7:00 p.m. **Pre-Lenten Seminar**

Saturday, February 22

8:30 a.m. Soul Liturgy/Aviles Baptism
 4:30 p.m. Adult Catechism
 6:00 p.m. Great Vespers

Sunday, February 23—Meatfare Sunday

9:00 a.m. Religious Ed classes for ages 6-12
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:30 a.m. Teen Religious Education
 11:45 a.m. Meatfare BBQ

Sunday Morning Ministries Schedule

Eucharist Bread

February 16 Fr. Nicholas
 February 23 Washburn
 March 1 Dn. G. Braun
 March 8 M. Kern

Coffee Hour

February 16 J. Speier/P. Cocores
 February 23 MEATFARE BBQ
 March 1 PROJECT MEXICO MISSION TEAM
 FUNDRAISER for Summer 2020
 March 8 Lisa Ballew

Greeters

February 16 K. Fox/H. Lange
 February 23 Loulias/Cocores
 March 1 D. Washburn/ R. Barre
 March 8 K.P. King/L. Hoppe

Ushers

February 16 D. Washburn, D. Meyer, M. Loulias
 February 23 D. Lewis, C. Speier, J. King
 March 1 P. Brunner, C. Berari, S. Speier
 March 8 D. Washburn, D. Meyer, M. Loulias

Readers

February 16 M. Braun
 February 22 Rdr. M. Kern (Soul Liturgy)
 February 23 D. Alexander
 March 1 Rdr. J. Butler
 March 1 Rdr. M. Kern (Forgiveness Vespers)
 March 4 M. Braun (Presanctified Liturgy)
 March 8 Rdr. V. Gish

Fr. Nicholas will be away Feb. 24-26.

**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 art risen 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 was
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”

After each of the verses, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

FOLLOWING THE PROCESSION WITH THE GOSPEL, THE CLERGY ENTER THE ALTAR AS WE SING THE FOLLOWING HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 2

(Music on p. 42 of Liturgy book)

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One,
then Thou didst destroy Hell with Thy Godly pow’r,
and when Thou didst raise the dead from beneath the earth,
all the pow’rs of heaven did cry aloud unto Thee.
O Christ, Thou art the Giver of life, Glory to Thee.

Troparion to St. Athanasius

Tone 3

(Music on p. 54 of Liturgy book)

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 for the Prodigal Son

Tone 3

(Special Melody: Today the Virgin**)**

Foolishly I sprang away from Thy great fatherly glory
and dispersed in wicked deeds the riches that Thou didst give me.
With the Prodigal I therefore cry unto Thee now:
I have sinned against Thee, O compassionate Father.
But receive me in repentance;
make me as one of * Thy hired servants, O Lord.

TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy Book)

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 (Prokeimenon)**Tone 1**

Reader: Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee. (Ps 32/33:22)

Reader: **Verse:** Rejoice in the Lord, O you righteous! Praise is becoming to the upright.

EPISTLE READING**The Reading from the First Epistle of St. Paul to the Corinthians. (6:12-20)**

Brethren, all things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be enslaved by anything. Food is meant for the stomach and the stomach for food; but God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by His power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with Him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body, and in your spirit, which are God's.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 2
(Music on page 64 of Liturgy Booklet)

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: May the Lord hear you in the day of trouble!
May the name of the God of Jacob protect you! (Ps 19/20:1)

Verse: O Lord, save the King in the day we call on Thee! (Ps 19/20:9)

THE GOSPEL READING**The Reading from the Holy Gospel according to St. Luke. (15:11-32)**

The Lord spoke this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my fa-

ther, and I will say to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.”” And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his servants, ‘Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.’ And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, ‘Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.’ But he was angry and refused to go in. His father came out and entreated him, but he answered his father, ‘Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!’ And he said to him, ‘Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”

HOMILY

HYMN TO THE THEOTOKOS for the Feast of the Presentation of Our Lord

O Virgin Theotokos, hope of all Christians, protect, preserve, and save those who hope in you! We faithful saw the figure in the shadow of the Law and the Scriptures: Every male child that opened the womb was holy to God! Therefore, we magnify the first-begotten Son of the unoriginated Father, the first-born Son of the unwedded Mother!

COMMUNION HYMNS

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

I will receive the cup of salvation and call on the name of the Lord. Alleluia! (*Ps 115/116:13*)

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.

Meatfare BBQ next Sunday — February 23
(Our version of Mardi Gras!)

Join us next Sunday after the Divine Liturgy for our traditional “Farewell to Meat,” as we approach Lent and the Great Fast. EVERYTHING will be provided: drinks, chips & salsa, chicken, tri-tip, salad, bread & ice cream sundaes! \$10 for adults and \$5 for children ages 5-12. \$50 maximum per family. It’s always a fun time of feasting and fellowship!! Please RSVP by February 18th. The meat for this event is catered, so we need correct numbers. If you did not receive the Evite and would like to attend, contact Christie Robinson at: christie.d.robinson@gmail.com.



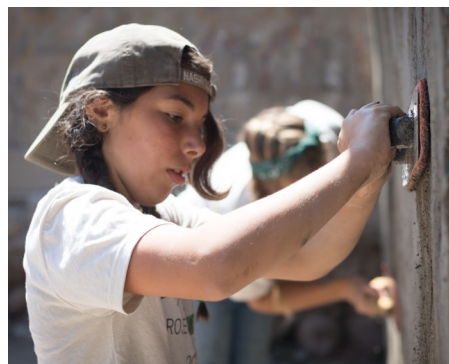
Cheesefare Fiesta — Sunday, March 1 — (Mardi Gras 2.0!)
The pre-Lenten celebration continues on March 1st
with a delicious, dairy-laden Coffee Hour hosted by our
Project Mexico Mission Team as a
FUNDRAISER in support of their August 2020 mission trip!

Quiche, cheese trays, cheesecake, pie, festive punch,
music, pie sale, and more!
2020 Project Mexico t-shirts designed by Heather West
will be available for purchase.

**We need to raise a total of \$10,000
for this year’s trip.**
**Donations cover the cost of building
materials, plus our transportation, food, and
lodging for the week.**

**To make a donation,
if you cannot join us on March 1st:**

- Visit the parish website at:
<https://www.stathanasius.org/project-mexico/>
- Or mail a check to the church (300 Sumida Gardens Ln., Santa Barbara, CA 93111)
- Or drop a check in the tithe box. (Be sure to put “Project Mexico Mission Team” on the memo line of the check.)



ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.
On any page, click on **VIEW CALENDAR** at the bottom left.

COFFEE HOUR HOSTS NEEDED

Thanks to all of you who have signed up to host a coffee hour so far this year! Thanks to you, we have had hosts for almost every coffee hour so far this year. However, there are many openings coming up between March 15 until August 30 that we need to fill. SIXTEEN Sundays, to be exact. If you have not yet signed up to host a coffee hour this year, please consider choosing one of the open dates. If you have already hosted a coffee hour, and had so much fun you want to do it again, we'd love to have you host again! You can sign up on-line at www.stathanasius.org/coffee-hour or contact Suzi Wiley (805-448-2787).

YEAR-END DONATION STATEMENTS are being sent by e-mail this year. (For couples, the statements were e-mailed to only one person.) If you have not received yours yet, please check your SPAM folder. If you are unable to find the statement, please contact Carla Brunstead at: carla@stathanasius.org to confirm that we sent it to the correct e-mail address. If you do not have access to a printer and would like to receive a hard copy, we are happy to mail one. Just let us know.

PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES

Friday, February 21 7-8:30 p.m.

PRE-LENTEN SEMINAR:

"Monitoring the use of our time on the Internet & Social Media" - Fr. John Valadez

Saturday, February 22 8:30 a.m.

SOUL LITURGY & Baptism of Camila Aviles

Sunday, February 23 after Liturgy

MEATFARE CELEBRATION on the patio
(Visit by Joseph Black, missionary to Kenya)

Sunday, March 1 after Liturgy

CHEEEFARE SUNDAY Fiesta hosted by our Project Mexico Mission Team as a fundraiser for their August home-building trip.

FORGIVENESS VESPERS at 6:00 p.m.

Monday, March 2

GREAT LENT BEGINS

Sunday, March 8 6:00 p.m.

SUNDAY OF ORTHODOXY

Pan-Orthodox Vespers hosted by our parish

During Great Lent, we do not have Tuesday/Thursday Vespers. We pray Great Compline on Mondays, Presanctified Liturgy on Wednesdays, and Akathist on Fridays. All at 6pm.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

2/19 Ben & Viktoria Hedges

Birthdays

2/19 Jan Finley

2/20 Noelle Ballew Aviles, Delaney Catherine Newhouse

2/21 Erik Lawrence, Tyson Shackelford

NEED SOME HELP PREPARING YOUR HEART FOR GREAT LENT?



Join us for our Pre-Lenten Seminar:

“Monitoring the use of our time on the Internet & Social Media”

THIS FRIDAY — February 21st — 7:00-8:30 p.m.

Presented by Fr. John Valadez of St. Timothy Orthodoxy Church in Lompoc

- Facts we all need to know
- Addiction?
- Restriction
- Self-control
- Positive boundaries

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
- If you are not receiving the weekly parish email and would like to receive it, please let the office know.
- Please help us to lighten everyone's load by cleaning up your own area both in the church after services and also at Coffee Hour. Please return service books to the basket at the entrance of the nave. 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 see something that is broken or needs attention, please let the office know.

TEEN SCENE

**Junior High teens meet from 6:00-7:30 p.m.
and High School teens meet from 6:30-8:30 p.m.
on Thursdays in the Teen Room at the church, unless noted otherwise.**

February 20 Regular Youth Group
February 27 Regular Youth Group

CHURCH ETIQUETTE SOME ADDITIONAL PIOUS CUSTOMS

- **Prostrations**—Prostrations are a pious custom for many Orthodox faithful. Prostrations are liturgically appropriate in various services throughout the Church year, most especially during the weekday services of Great Lent. (A prostration is when one gets down on one's knees and touches the ground with one's head. A metania is when we bend down to touch the ground while making the sign of the cross. Both are common gestures of veneration.)
- **Touching the priest's vestments**—It is a tradition in some parishes to touch the hem of the priest's vestment or phelonion as he passes by in the Great Entrance with the Holy Gifts. This custom imitates the woman who was healed by touching the hem of Christ's robe. Since the priest has a unique role as the icon of Christ, touching his robe is symbolic of reaching out to Christ for healing and asking that our personal petitions be carried to the altar. When touching the hem of the priest's phelonion, one should be careful not to step in front of the procession, to pull or tug on the garment, or to push anyone away.

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 hallway, next to the sitting area with the sofas. If you have left something behind, that is the first place to look. Lost and Found items are displayed every 4-6 months during Coffee Hour, and if not claimed, given to the homeless or a thrift store. We have quite a collection of reading glasses on the book shelf back by the Lost & Found clothing rack! Did you lose some recently?

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.

Please pray for the health of:

Metropolitan JOSEPH	Kh. Carla Z.	Jeremiah H. (Airforce Academy)
Mother Victoria	Vanessa K. and son Anthony	Lauren K. (military)
Met. Paul & Abp. John	Tom M.	Chase K. (military)
Bishop Neofitos (Diocese of Kenya)	Dottie G.	Jeff H.
Mother Christophora	Jerry J.	Steve T, Kyle P. & Jeff P.
Fr. Jon B.	Monsignor J. Yanek	Bonita M.
Joseph B.	Neil	Lorena F.
Dn. Richard E.	Diana	Olga Marie G.
Kh. Diane C.	Tyler	Dn. John Y.
Greg & Margaret Y.	Phyllis M.	Azalea, Dahlia, Dominic, Rose
Hoppe Family	Ryder H.	
Duane F.	Kent F.	The Ethiopian Orthodox Church
Richard and Susan B.	Bob N.	All those suffering and
Regina M.	Fr. Jon-Stephen H.	in danger in Ukraine,
Zac B.	Cole K. (military)	Africa, and the Middle East
Lauren		

For repose of the souls of: Fr. Patrick K., Adolfo & Mary Jane, Barbara B., Elder Ephraim
All who have died in the conflicts in Ukraine Africa & the Middle East

ABOUT OUR PRAYER LISTS:

Prayer requests in the bulletin are prayed out loud during the deacons' litanies and should be submitted to the church office—office@stathanasius.org.

Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most services. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorated, and that list is comprised of the sick, those celebrating special occasions listed in the bulletin, and those who prepared the Eucharist bread. (Others are prayed for during the Preparation of the Bread and Wine for Communion).

* **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.** *

Many years to Juliet Iris Macdonald, who was baptized last Sunday!
May God bless her with good health, long life, peace and joy.
And congratulations to her parents, Adrienne and Andrew,
big sisters Zoe and Amelia,
and godparents Mary Gish and Mitchell Denny!

