



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:

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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, March 1, 2020

Tone 4 / Eothinon 4

Sunday of Forgiveness (Cheese Fare)

Venerable-martyr Eudokia of Heliopolis;

Venerable Domnina of Syria; Martyrs Markellos and Anthony of Pamphylia;

Venerable Agapios of Vatopedi Monastery on Athos;

Venerable David of Wales, Bishop of Menevia



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, March 1—Cheesefare 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.	Cheesefare Fiesta Fundraiser
5:00 p.m.	Choir Rehearsal
6:00 p.m.	Forgiveness Vespers

Monday, March 2— GREAT LENT BEGINS

6:45 a.m.	Daily Matins
4:30 p.m.	Outreach dinner at St. Michael's University Church in Isla Vista
6:00 p.m.	Great Compline with Canon of St. Andrew of Crete

Tuesday, March 3

3:45 p.m.	Catechesis Level One
NO VESPERS	
6:00 p.m.	Little Compline with Canon of St. Andrew of Crete

Wednesday, March 4

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

Thursday, March 5

10:00 a.m.	Showers of Blessing
NO VESPERS	
6:00 p.m.	Little Compline/Canon of St. Andrew of Crete

Friday, March 6

6:45 a.m.	Daily Matins
5:15 p.m.	Akathist to the Mother of God

Saturday, March 7

4:30 p.m.	Adult Catechism
6:00 p.m.	Great Vespers

TURN CLOCKS AHEAD 1 HOUR!

Sunday, March 8—Sunday of Orthodoxy

TURN CLOCKS AHEAD ONE HOUR!

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
4:30 p.m.	Choir Rehearsal
6:00 p.m.	Pan-Orthodox Vespers for Triumph of Orthodoxy hosted by our parish

Sunday Morning Ministries Schedule

Eucharist Bread

March 1	Dn. G. Braun
March 8	M. Kern
March 15	Tinyayeva
March 22	Cocores

Coffee Hour

March 1	PROJECT MEXICO MISSION TEAM FUNDRAISER for Summer 2020
March 8	Lisa Ballew
March 15	Kern/Young/de Bruin
March 22	NEED A HOST

Greeters

March 1	D. Washburn/ R. Barre
March 8	K.P. King/L. Hoppe
March 15	D. Genatone/L. Baker
March 22	K. & L. Jacobs

Ushers

March 1	P. Brunner, C. Berari, S. Speier
March 8	D. Washburn, D. Meyer, M. Loulias
March 15	D. Lewis, C. Speier, J. King
March 22	P. Brunner, C. Berari, S. Speier

Readers

March 1	Rdr. V. Gish
March 1	Rdr. M. Kern (Forgiveness Vespers)
March 4	M. Braun (Presanctified Liturgy)
March 8	Rdr. J. Butler
March 11	D. Washburn (Presanctified Liturgy)
March 15	M. Braun
March 21	Rdr. V. Gish (Soul Liturgy)
March 22	Rdr. J. Butler

**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 4

(Music on page 45 of Liturgy book)

Having learned the joyful message
of the Resurrection from the angel,
the women disciples of the Lord cast from them
their parental condemnation,
and proudly broke the news to the disciples
saying death has been spoiled.
Christ God is risen, granting the world great mercy.

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 of Cheesefare Sunday

Tone 6

O Master, Teacher of wisdom,
Bestower of virtue,
Who teaches the thoughtless and protects the poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to You:
“Have mercy on me, a transgressor,
O merciful 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 (Music on p. 58 of Liturgy book)

Tone 3

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

Romans 13:11-14:4 (For Sunday of Forgiveness)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

Alleluia before the Gospel (Music on p. 65 of Liturgy Book)

Tone 6

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High,... (Ps 91/92:1)

v. ...to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)

GOSPEL READING

Matthew 6:14-21

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

Meglynarion—Hymn to the Mother of God

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 HYMNS

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

By the Waters of Babylon (Ps. 137)

1. By the Waters of Babylon, there we sat down and wept when we remembered Zion. Alleluia.
1. On the willows there we hung up our lyres. Alleluia.
2. For there our captors required of us songs and our tormentors required mirth. Alleluia.
3. Sing us one of the songs of Zion. Alleluia.
4. How shall we sing the Lord's song in a foreign land? Alleluia.
5. Remember, O Lord, on the day of Jerusalem's fall. 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.



Cheesefare Fiesta — TODAY!

*The pre-Lenten celebration continues
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!*

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 today:

- 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.)

OFFICIAL PROJECT MEXICO 2020 T-SHIRTS AVAILABLE ORDER TODAY!

Please help support your Project Mexico team in their work to build a home for a Mexican family by purchasing a t-shirt. ALL profits from the sale of these shirts will go toward sending the St. Athanasius team to Mexico in August. Those of you who financially support your team are the backbone of its work. Without the finances, teams don't go and houses don't get built!!! When contributing financially, you are most definitely considered a part of this team so wear your shirts with pride!

T-shirts can be purchased through this link: <http://www.tule.bigcartel.com>. There is a listing for those of you who will be picking up in Santa Barbara and there is a separate listing for those people who would like their shirt shipped to them, so tell a friend! Shirts are available in 2 different colors. **THE DEADLINE TO PLACE AN ORDER IS MARCH 9!!**



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. FIFTEEN 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).

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.

CELEBRATIONS THIS WEEK

Birthdays

3/3 Mark Kern
3/4 Juliana Brunner
3/7 Mateo Finley

Patronal Feast Day Celebrations

3/4 **St. Juliana** Juliana Brunner

**PLEASE MARK YOUR CALENDAR
WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES**

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.

FIRST WEEK OF LENT (CLEAN WEEK)

Monday, March 2 6:00 p.m.

Great Compline with Canon of St. Andrew of Crete

Tuesday March 3

Little Compline with Canon of St. Andrew

Wednesday, March 4

Presanctified Liturgy with Eucharist

Thursday, March 5

Little Compline with Canon of St. Andrew

Friday, March 6

Akathist to the Mother of God

Sunday, March 8 6:00 p.m.

SUNDAY OF ORTHODOXY
Pan-Orthodox Vespers hosted by our parish

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the **“40 Days for Life Vigil” - February 26-April 5, 2020**)

O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.

CENTRAL COAST ORTHODOX CLERGY ASSOCIATION

Santa Barbara Ventura and San Luis Obispo Counties

The Clergy of the
Central Coast
invite you to gather with
them for the



**Pan-Orthodox Vespers in
celebration of
The Triumph of Orthodoxy**

**Sunday, March 8, 2020
6:00 p.m.**

St. Athanasius Antiochian Orthodox Church
300 Sumida Gardens Ln, Santa Barbara, CA 93111

**Speaker: Mother Victoria,
Abbess of St. Barbara Monastery**

The service will be followed by a Lenten meal.

Parish choir members/chanters are invited to sing with the Vesper choir if they are
able to attend the 4:30 p.m. rehearsal the same day at St. Athanasius.

LENTEN JOURNEY:

The Liberation of Our Enslavement to Sin
& Reestablishing the Virtues being Inhibited

FAST from judging others.

FEAST on praying for others with a kindly heart.

FAST from complaining and being discontent.

FEAST on gratitude.

FAST from worry and faintheartedness.

FEAST on trust and longsuffering.

FAST from bitterness and anger.

FEAST on forgiveness and gentleness.

FAST from self-concern.

FEAST on compassion and love for others.

FAST from idle talk.

FEAST on silence and uplifting words.

FAST from laziness.

FEAST on joy-filled activity.

FAST from over-indulgence.

FEAST on self-control and developing a stronger will.

In many places, in addition to the fasting and special services appointed by the Church for Great Lent, it is the salutary custom to adopt some small personal labor or observance in the name of the Lord—what in Slavonic is called a “podvig”—for the duration of the Forty Days. A child might undertake some small daily task at home, a teen might avoid TV or give some time to helping the needy, a grown-up might add to his daily prayers or undertake to read a book of spiritual benefit. The possibilities are innumerable. The idea is to undertake something that requires some effort, and—most importantly—to do it in the name of the Lord. “Make your vows unto the Lord and keep them,” says the Psalmist. In proportion to the rich harvest of grace to be reaped from even a small effort of this kind, anyone who has fulfilled such a vow will tell you the labor was negligible. But the key, to repeat what has already been said, is to do whatever one undertakes in the Name of the Lord.

We wish each and every one of you a most blessed and grace-filled Lent!

**Abbess Victoria
and the sisters of St. Barbara Monastery**

As we prepare for the Great Fast and Holy Pascha we turn our attention to the work of repentance. The fast is a veritable school of repentance and repentance is the one thing needful. It is the resurrection of our fallen life before the Resurrection, and it is the joy of the angels and the spark within us that gives rise to the Light of Christ shining in our hearts. What joy there is when the whole Church is actively and intentionally repenting and making that great journey from “death to life.”

You see, the enemy has conceived a brilliant strategy for our destruction. He says, “Think about the past—live in the past with all of the regret and despair that you can muster.” Or just as good he says, “Dream about the future, construct impossible fantasies, live in the future,” or just as good, “Worry about the future with doom and gloom.” He says, “Don’t do anything about it, just hang onto your distorted thoughts and live in the past.” This is done because the doors to paradise open now, in this present moment. TODAY IS THE DAY OF SALVATION. TODAY IS THE DAY OF REPENTANCE. Today here and now the gates of paradise open through the gates of repentance. The doors of Paradise and hell open and close from within the heart. May we be ready to enter when the Lord knocks at the door. May He open to us the gates of repentance!

**Fr. Joseph
and the Brotherhood of St. Gregory Palamas Monastery**

MEATFARE WEEKEND — February 21-23, 2020



PRE-LENTEN SEMINAR

Fr. John Valadez gave us lots of food for thought in considering how to use the internet and social media more wisely and to our spiritual benefit.

BAPTISM

Many years to Camila Mary Aviles, who was baptized last Sunday, February 23rd, and to her parents Edgar and Noelle (Ballew) Aviles. Congratulations to grandparents Richard and Lisa Ballew, great grandparents Dn. John and Fay Young, to all of the Ballew and Aviles family members., and to the godmother — Kyndal Vogt!



MISSIONARY FROM KENYA

We were blessed to be visited by Joseph William Black, a missionary from Kenya. He shared with us after Liturgy about his ministry there, and what motivates him to share the Gospel and the Orthodox Faith in Africa.

...and it all culminated in another spectacular MEATFARE BBQ! Thank you to Christie Robinson and her entire team for a delicious and joyful lunch!

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.**

3/5	No Youth Group. Join us for Compline at 6:00 p.m. (First week of Great Lent)
3/12	Regular Youth Group times
3/19	Network Medical event at the Granada Meet at church 6:15 p.m. Pick up at church 9:00 p.m. (Let Michael know if you are going.)
3/21-3/24	High School Retreat
3/26	Spring Break—NO YOUTH GROUP

CHURCH ETIQUETTE SPECIAL CONSIDERATIONS DURING LITURGY

This guide is meant for personal reflection, not as a means of judging others. Keep in mind that there are different traditions even among the Orthodox faithful. We come to church to pray and worship God above all else, and that should be our only focus.

- **Refrain from socializing during the Liturgy.** Save your greetings and conversations for Coffee Hour. We are in the Liturgy to greet God with our prayers and worship, not to distract others.
- **Cell phones and texting** are never appropriate in the church. If you have a professional reason to carry a phone for emergencies, keep it on mute, not vibrate, and sit near the exit so that leaving for an emergency will not be a distraction to others. Otherwise, please turn off your phone before entering the nave of the church.
- **Refrain from reserving seats.** Allow others to sit as they come into the church, and especially make room for visitors so they will feel welcome.
- **Lipstick**—Do not wear lipstick while taking Holy Communion, or when kissing the cross, an icon, the priest's or bishop's hand, or any sacred object. It is best not to wear it at all in the church, because of the damage it causes.
- **Leg crossing**—One should not be too casual in the Divine Liturgy. People from some cultures are offended by the crossing of legs or by arms thrown back over the pew. Keeping our feet on the ground also enables you to remain attentive and to stand when necessary.

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
Mother Victoria
Met. Paul & Abp. John
Fr. Jacob
Mother Christophora
Fr. Jon B.
Joseph 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.
Zac B.
Kh. Carla Z.

Vanessa K. and son Anthony
Monsignor J. Yanek
Ryder H.
Kent F.
Bob N.
Fr. Jon-Stephen H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren K. (military)
Chase K. (military)
Jeff H.
Steve T.
Bonita M.
Olga Marie G.

Dn. John Y.
Azalea, Dahlia, Dominic, Rose
Roger R.

The Ethiopian Orthodox Church
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:

Fr. Patrick K., Adolfo & Mary Jane, Barbara B.
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.** *

NETWORK MEDICAL ANNUAL FUNDRAISER PRESENTS

SEALED

MY STORY

THURSDAY, MARCH 19, 2020 • 7:00 PM

GRANADA THEATRE

ADMISSION FREE

\$10 Preferred Seating: 805 967-9096 or granadasb.org
LIVE MUSIC STARTS AT 6:30PM

MEET A NAVY SEAL!

Catered Meet & Greet - \$50
Granada Upstairs, 6:00 - 6:45pm
RSVP by March 12th

FORMER NAVY SEAL CHAD WILLIAMS

Military.com states of the 20,000 annual applicants to become SEALs, only 6% meet the requirements. Of those who do make the training, 75% drop out, but not Williams. Against huge odds, he made it!

With that same fierce tenacity, he now serves a new Commander & Chief: the Lord Almighty.

But it wasn't always this way for Williams.

Bold to broken, his story is gripping.

You won't want to miss it!

