



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:

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Assistant Pastor:

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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:

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Subdn. Michael Easbey: measbey@gmail.com

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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, March 14, 2021

Tone 7 / Eothinon 7

Sunday of Forgiveness (Cheese Fare)

Venerable Benedict of Nursia;

Euschemenos, Bishop of Lampsakos



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, March 14—Cheesefare Sunday

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
6:00 p.m. Vespers of Forgiveness

Monday, March 15—GREAT LENT BEGINS

6:45 a.m. Daily Matins
5:00 p.m. Akathist by Zoom
6:00 p.m. Great Compline with Canon of St. Andrew of Crete

Tuesday, March 16

6:00 p.m. Little Compline with Canon

Wednesday, March 17—St. Patrick of Ireland

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

Thursday, March 18

7:45 a.m. Akathist by Zoom
9:00 a.m.-12 Showers of Blessing
6:00 p.m. Little Compline with Canon

Friday, March 19

6:45 a.m. Daily Matins
6:00 p.m. Akathist to the Mother of God

Saturday, March 20—St. Photini

5:00 p.m. Adult Study
"Prayer, Fasting, Almsgiving"
6:00 p.m. Great Vespers/Confessions

Sunday, March 21—Sunday of Orthodoxy

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 14 Tinyayeva
March 21 Fr. Nicholas
March 24 Kern (Annunciation)
March 28 Meyer
April 4 Dn. G. Braun

READERS

March 14 Rdr. J. Butler (Liturgy)
March 14 Rdr. H. Lange (Vespers)
March 17 Rdr. M. Kern (Presanctified)
March 21 Rdr. H. Lange
March 24 Rdr. H. Lange (Annunciation)
March 27 D. Washburn (Soul Liturgy)
March 28 D. Alexander
March 31 M. Braun (Presanctified)
April 4 TBA

USHERS

March 14 M. Loulias, D. Washburn
March 21 P. King, J. King
March 28 C. Berari, D. Meyer
April 4 S. Speier, C. Speier

CELEBRATIONS THIS WEEK

Birthdays

★ 3/15 Peter Speier
★ 3/15 Ryan Franzen
★ 3/16 Adrian Berari, Leah Wallace
★ 3/18 Doug King

Patronal Feast Days

★ 3/15 St. Keira/Cera/Ciara Keira Landrum
★ 3/20 St. Photini the Samaritan Woman Sarah Brasel

**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 7

Thou didst shatter death by Thy Cross;
Thou didst open paradise to the thief;
Thou didst turn the sadness of the
ointment bearing women into joy,
and didst bid Thine apostles proclaim
a warning that Thou hast risen, O Christ,
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 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

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**

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.

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!

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.

Orthodox Study on "Spirituality"

Saturdays 5:00-6:00 p.m. at St. Athanasius Church in the nave

March 20	The Role of the Church in the Spiritual Life
March 27	Living the Beatitudes
April 3	Practice of Virtue
April 10	The Lord's Prayer
April 17	Practical Aspects of Spirituality in Life and Death

UPCOMING LITURGICAL SERVICES

Sunday, March 14

**CHEEEFARE SUNDAY
FORGIVENESS VESPERS at 6:00 p.m.**

**We will only bow to one another at the end of Forgiveness Vespers,
rather than embracing.**

FIRST WEEK OF GREAT LENT—MARCH 15-20

All services at 6:00 p.m.:

Monday, 3/15—Great Compline with Canon of St. Andrew

Tuesday, 3/16—Little Compline with portion of Canon

Wednesday, 3/17—Presanctified Liturgy

Thursday, 3/18—Little Compline with portion of Canon

Friday, 3/19—Akathist to the Mother of God

There will be no pan-Orthodox Vespers this year for the Sunday of Orthodoxy.

Wednesday, March 24 6:00 p.m.

Vesperal-Liturgy for Feast of Annunciation

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

SOUL LITURGIES: Saturdays at 8:30 a.m.: March 27, April 3, April 10

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.

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 selfishness.

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.

Forgiveness Vespers

Fr. Alexander Schmemmann

Lent actually begins at Forgiveness Vespers. This unique service, so deep and beautiful, reveals the “tonality” of Great Lent in the Orthodox Church; nowhere is better manifested its profound appeal to man.

The service begins as solemn Vespers with clergy in bright vestments. The hymns (stichira) which follow the Psalm, “Lord I have cried...” announce the coming of Lent and, beyond Lent, the approach of Pascha!

*Let us begin the time of fasting in light!
Preparing ourselves for the spiritual efforts.
let us purify our soul; let us purify our body.
As from food, let us abstain from all passion
and enjoy the virtues of the spirit,
so that perfected in time by love
we may all be made worthy to see
the Passion of Christ and the Holy Pascha
in spiritual joy!*

Then, after the entrance and the singing of “Gladsome Light,” we hear the Great Prokeimenon announce the beginning of Lent:

*Turn not away Thy face from Thy servant for I am afflicted!
Hear me speedily. Attend to my soul and deliver it!*

Listen to the unique melody of this verse—to this cry that suddenly fills the church: “...for I am afflicted!”—and you will understand this starting point of Lent: the mysterious mixture of despair and hope, of darkness and light. All preparation has now come to an end. I stand before God, before the glory and the beauty of His Kingdom. I realize that I belong to it, that I have no other home, no other joy, no other goal; I also realize that I am exiled from it into the darkness and sadness of sin, “for I am afflicted!” And finally, I realize that only God can help in that affliction, that only He can “attend to my soul.” Repentance is, above everything else, a desperate call for that divine help.

Five times we repeat the Prokeimenon. And then, Lent is here! Bright vestments are put aside; lights are extinguished. For the first time the Lenten prayer of St. Ephrem accompanied by prostrations is read. At the end of the service all the faithful approach the priest and one another asking for mutual forgiveness. But as they perform this rite of reconciliation, as Lent is inaugurated by this movement of love, reunion, and brotherhood, the choir sings the Paschal hymns. We will have to wander forty days through the desert of Lent. Yet at the end shines already the light of Easter, the light of the Kingdom.

ANNOUNCEMENTS

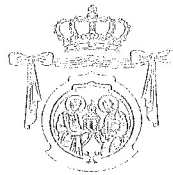
MARCH MEN'S FIREPIT

This month's Men's Ministry Firepit gathering will move to Monday, March 22; same time as usual, 7-9:00pm. This month we'll meet in the backyard of Richard and Lisa Ballew. Contact Howard Lange for directions or other questions at hman3000@verizon.net.

LENTEN MEALS AVAILABLE FOR PICK-UP

On Wednesdays March 31 and April 14, St. Barbara Greek Orthodox parish Women's Philoptochos is selling Lenten dinners that can be ordered online and picked up at either 4-6 p.m. or 7-8 p.m. For more information and to order, go to: <https://greekgrabgo.com/>

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

March 21, 2021

To Be Read from the Pulpit and Printed in the Bulletin

Reverend Fathers, Esteemed Members of the Parish Council, and Beloved Faithful:

Greetings and blessings to you in the Name of Our Lord, God, and Savior Jesus Christ!

I pray that, having completed the first week of the fast, you have been strengthened by the beautiful services and fasting discipline in order to complete the rest of this holy journey.

When we wrote this appeal to you last year and celebrated the Sunday of Orthodoxy, who knew that just over one week later our world as we know it would change and, for the first time in a century we would have to endure the consequences of a world-wide pandemic and restrict access to our churches during this most holy season. What we hoped would be a short period of suffering has lasted for an entire year. While there are many signs of hope we remain vigilant, but nevertheless are thankful that we can participate liturgically in the Fast this year *in person*. I encourage you therefore, to come back to the Church if you have been missing, being mindful and careful, but also realizing that it is time to return home to the cradle of the Church.

Wishing you all a blessed journey that will help lead us to the heavenly kingdom, I remain,

Your Father in Christ,

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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. 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.
Kh. 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
Kent F.
S. Washburn & Family
L. Jacobs
Scott L.
Samantha and Chris N.
Dan A.

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:

Fr Jon-Stephen, 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—March 2021

Metropolitan Joseph asks that we continue 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.

Please do not linger inside the building after the services unless you are buying something from the Bookstore.

Saint Patrick, the Apostle of the Irish, (born around 385) was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote towards the end of his life, he says, "After I came to Ireland - every day I had to tend sheep, and many times a day I prayed - the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm." After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic life at Auxerre in Gaul, under the guidance of the holy Bishop Germanus. Many years later he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labours bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, "my brethren and sons whom I have baptized in the Lord - so many thousands of people," he says in his Confession. His apostolic work was not accomplished without much "weariness and painfulness," long journeys through difficult country, and many perils; he says his very life was in danger twelve times. When he came to Ireland as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner.



St. Patrick is commemorated on March 17th.