



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
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Assistant Pastor:

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Priests attached to the parish:

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
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Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

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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. BASIL THE GREAT

Sunday, March 21, 2021

Tone 8 / Eothinon 8

First Sunday of Great Lent (Sunday of Orthodoxy)

Venerable-confessor James the New, Bishop of Catania;
Thomas, Patriarch of Constantinople;
New-martyr Michael



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 21—Sunday of Orthodoxy

9:00 a.m. Matins
 10:00 a.m. Divine Liturgy /Trisagion for
 Peggy Thomas
 6:00 p.m. Vespers of Forgiveness

Monday, March 22

6:45 a.m. Daily Matins
 5:00 p.m. Akathist by Zoom
 6:00 p.m. Great Compline
 7:00 p.m. Men's Firepit (Ballew Residence)

Tuesday, March 23

9:00 a.m. St. Xenia Prayer Ministry
 6:00 p.m. Little Compline with Canon

Wednesday, March 24

6:45 a.m. Daily Matins
 6:00 p.m. Vespers Liturgy for Feast of the
 Annunciation

Thursday, March 25—ANNUNCIATION

7:45 a.m. Akathist by Zoom
 9:00 a.m.-12 Showers of Blessing
 6:00 p.m. Youth Group

Friday, March 26—Synaxis of Archangel Gabriel

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

Saturday, March 27—St. Matrona

8:30 a.m. Soul Liturgy
 5:00 p.m. Adult Study: "Living the Beatitudes"
 6:00 p.m. Great Vespers/Confessions

Sunday, March 28—St. Gregory Palamas

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 21 Fr. Nicholas
 March 24 Kern (Annunciation)
 March 28 Kern
 April 4 Dn. G. Braun
 April 11 Meyer

READERS

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 3 Rdr. M. Kern (Soul Liturgy)
 April 4 Rdr. J. Butler
 April 7 D. Washburn (Presanctified)
 April 10 D. Alexander (Soul Liturgy)
 April 11 Rdr. V. Gish

USHERS

March 21 P. King, C. Berari
 March 28 J. King, D. Meyer
 April 4 J. King, P. King
 April 11 S. Speier, C. Speier

CELEBRATIONS THIS WEEK

Birthdays

3/21 Jacob Wallace
 3/22 Sarah Brasel
 3/23 Kh. Cayce-Marie Halsell, Amos Palmer, Barbara Wanamaker
 3/24 Luke Hoppe
 3/27 Kaya Heiduk, Courtney Shannon, Lucy Speier

Patronal Saint Feast Days

3/25 Mary, The Mother of God (Feast of the Annunciation)
 Carla Brunstead, Mary Gish, Kirsten Jacqua, Taylor Speier

**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

- The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so sure that it shall never be moved.

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

- Who can utter the mighty acts of the Lord? Who can cause all His praises to be heard? Let the redeemed of the Lord say so, whom He hath redeemed from the hand of the enemy. (*Refrain*)
- Glory... Both now... (*Refrain*)

SECOND ANTIPHON—Psalm verses with refrain

- Let them praise the Lord for His mercies, and for His wonderful works to the children of men.

***Refrain:* O Son of God, Who rose from the dead; save us who sing to Thee. Alleluia.**

- Let them exalt Him in the congregation of the people, and praise Him in the seat of the elders. (*Refrain*)
- The eyes of the Lord are upon them that fear Him, upon them that hope in His mercy; to hear the groaning of the prisoners, to loose the sons of the slain. (*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 & PROCESSION WITH ICONS

Verse: Let the heavens and the earth praise Him.

Refrain:

We venerate Your most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Your own will You were pleased to ascend the cross in the flesh
to deliver Your creatures from bondage to the Enemy.
Therefore with thanksgiving we cry aloud to You:
“You have filled all with joy, O our Savior,//
by coming to save the world.”

Verse: This is the day which the Lord hath made; Let us rejoice and be glad in it.

Verse: O Lord my God, I will give thanks unto Thee forever.

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

Troparion of the Resurrection

Tone 8

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

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.

Troparion of First Sunday of Great Lent

Tone 2

We venerate Thy most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Thy good will Thou wast pleased to ascend the cross in the flesh
and deliver Thy creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to Thee:
“Thou hast filled all with joy, O our Savior,
for Thou didst come to save the world.”

Kontakion for the Triumph of Orthodoxy**Tone 8**

No one could describe the Word of the Father;
but when He took flesh from you, O Theotokos,
He accepted to be described,
and restored the fallen image to its former state
by uniting it to divine beauty.//
We confess and proclaim our salvation in words and images.

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 (Prokeimenon)**Tone 8**

Blessed are You, O Lord God of our Fathers, and praised and glorified
is Your name forever.

Verse: For You are just in all that You have done for us.

EPISTLE READING
Hebrews 11:24-26, 32-40

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets. Who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

Alleluia before the Gospel

Tone 4

Chanter: Alleluia, Alleluia, Alleluia!
People: Alleluia, Alleluia, Alleluia!

*Verse: Moses and Aaron were among His priests;
Samuel also was among those who called on His Name. (Ps 99/100:6)*

Verse: They called to the Lord and He answered them. (Ps 99/100:6)

GOSPEL READING— John 1:43-51

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Meglynarion—Hymn to the Mother of God

All of creation rejoices in you, O Full of Grace: the assembly of Angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a Child – our God before the ages: He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

COMMUNION HYMNS

Praise the Lord from the heavens, praise Him in the highest! *(Ps 148:1)*
Rejoice in the Lord, O you righteous; praise befits the just! *(Ps 32/33:1)*

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

FR. SYMEON IS AWAY TODAY, filling in for the priest at St. Matthew Orthodox Church in Torrance, CA.

MARCH MEN'S FIREPIT

This month's Men's Ministry Firepit gathering will be tomorrow, Monday, March 22, from 7-9:00 p.m. in the backyard of Richard and Lisa Ballew. Contact Howard Lange for directions or if you have 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/>

THE PASSWORD IS "Lent." (It is case-sensitive.)

UPCOMING LITURGICAL SERVICES

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| Monday, March 22 at 6:00 p.m. | Great Compline |
| Wednesday, March 24 6:00 p.m. | Vesperal-Liturgy for Feast of Annunciation |
| Friday, March 26 at 6:00 p.m. | Akathist to the Mother of God |
| Saturdays: March 27, April 3, April 10 | SOUL LITURGIES at 8:30 a.m. |

During Great Lent, we do not have Tuesday/Thursday Daily Vespers.

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.

Commemorating Frs. Turbo and Paul and Their Communities

These past many weeks we at St. Athanasius began to remember, "Fr. Turbo and the St. Mary Community and Fr. Paul and the St. Moses Community" during the remembrances at the *Great Entrance of the Divine Liturgy*. We also took the month of September to pray weekly the *Canon of Racial Reconciliation*, and we seek God's blessing and wisdom for reconciliation among and service with all the 'flowers in God's garden' to use this beautiful phrase from that canon, in our communal prayers through the week. As the brokenness of humanity showed forth appallingly over the Summer, Fall, and Winter months of last year our hearts broke with those who were crushed and abandoned. We desired to join the work of Christ taking place for racial reconciliation. We want to have peace throughout the world, and be united in Christ. We sought out ways that we could aid the necessary work to heal the wounds that separated our shared humanity.

Fr. Nicholas and Fr. Symeon sought out the advice of our brother in Christ Fr. Turbo Qualls of the *Fellowship of St. Moses the Black*. He encouraged us to act first as Christians have always done for those at a great distance and for their local community, that is in prayerfully remembering "the church in" certain places as St. Paul is always saying in his epistles to the Eucharistic Communities that he founded as an Apostle and Missionary (Col 4:15; Rom 15:5, 16:1-16; II Cor 1:1; I Thes 1:1). We began these prayerful efforts following his advice.

Fr. Turbo taught us that when we pray for communities who have been given and take up a missionary ministry then we are united in Christ with them, and we spiritually share in the effort of establishing the Church in communities that have not been given the opportunity to see the light of Orthodoxy. When we keep particular Eucharistic Communities within our hearts and in our minds before the Lord we share and support the grace-filled ministry of incarnating Christ in a new community. We ask this for our own community, as well. It is from this starting point of unity in prayer that God can begin to work and open up doors, place the calling of a specific ministry before us, and bless us to take it up in this community.

As we continue to remember these Eucharistic Communities and their presbyters, as well as other missionaries, we unite with and support them in prayer. They are on the "front lines" bringing Christ and His Church to communities that need the life-giving blood and body of our Lord, as we all do.

We remember in prayer at each of our services:

Fr. Paul Abernathy (LEFT) and the community of St. Moses Orthodox Church in Pittsburgh, Pennsylvania, and Fr. Turbo Qualls (RIGHT) and the community of St. Mary of Egypt Orthodox Church in Kansas City, Missouri.



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.

The First Sunday of Great Lent The Triumph of Orthodoxy

The Seventh Ecumenical Council dealt predominantly with the controversy regarding icons and their place in Orthodox worship. It was convened in Nicaea in 787 by Empress Irene at the request of Tarasios, Patriarch of Constantinople. The Council was attended by 367 bishops.

Almost a century before this, the iconoclastic controversy had once more shaken the foundations of both Church and State in the Byzantine empire. Excessive religious respect and the ascribed miracles to icons by some members of society, approached the point of worship (due only to God) and idolatry. This instigated excesses at the other extreme by which icons were completely taken out of the liturgical life of the Church by the Iconoclasts.

The Iconophiles, on the other-hand, believed that icons served to preserve the doctrinal teachings of the Church; they considered icons to be man's dynamic way of expressing the divine through art and beauty. The Council decided on a doctrine by which icons should be venerated but not worshipped.

The decree of the Council for restoring icons to churches added an important clause which still stands at the foundation of the rationale for using and venerating icons in the Orthodox Church to this very day: "We define that the holy icons, whether in colour, mosaic, or some other material, should be exhibited in the holy churches of God, on the sacred vessels and liturgical vestments, on the walls, furnishings, and in houses and along the roads, namely the icons of our Lord God and Saviour Jesus Christ, that of our Lady the Theotokos, those of the venerable angels and those of all saintly people. Whenever these representations are contemplated, they will cause those who look at them to commemorate and love their prototype. We define also that they should be kissed and that they are an object of veneration and honour (timitiki proskynisis), but not of real worship (latreia), which is reserved for Him Who is the subject of our faith and is proper for the divine nature. The veneration accorded to an icon is in effect transmitted to the prototype; he who venerates the icon, venerated in it the reality for which it stands".

The name of this Sunday reflects the great significance which icons possess for the Orthodox Church. They are not optional devotional extras, but an integral part of Orthodox faith and devotion. They are held to be a necessary consequence of Christian faith in the incarnation of the Word of God, the Second Person of the Trinity, in Jesus Christ. They have a sacramental character, making present to the believer the person or event depicted on them. So the interior of Orthodox churches is often covered with icons painted on walls and domed roofs, and there is always an icon screen, or iconostasis, separating the sanctuary from the nave, often with several rows of icons. No Orthodox home is complete without an icon corner (iconostasion), where the family prays.

Before the Triumph of Orthodoxy came to be celebrated on the first Sunday of Lent, there was on this day a commemoration of Moses, Aaron, Samuel and the prophets. Traces of this more ancient observance can still be seen in the choice of the Epistle reading at the Liturgy and in the Alleluia verse appointed before the Gospel: "Moses and Aaron among His priests, and Samuel among them that call upon His Name."

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.
Doreen

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, Fr. Vladimir L., Jim R., Betty
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.

“Lent is a means
to surrender the hardness
of the body to God’s
abundant mercies”

John X
Damascus 11-2-2018



www.antiocppatriarchate.org