



# ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

P.O. Box 35, Goleta, CA 93116 • Phone: 805-685-5400 • FAX: 805-685-5411

5580 Calle Real  
Goleta, CA 93111-1646

## Senior Pastor:

Fr. Nicholas Speier

805-685-5495

frnicholas@stathanasius.org

## Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903

Fr. John Carrillo 805-968-2448

Fr. Jim King 805-968-0095

Fr. Jon Braun, Attached Priest (retired)

Fr. John Finley, Attached priest

## Deacons:

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey

Dn. John Young

Dn. Rico Paul Monge

## Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

email: office@stathanasius.org

## Parish Council:

Dana Alexander, President

Dan Braun, Treasurer

Douglas Meyer, Secretary

Katie AbuGhazaleh

Karen Jacobs

Jon King

Laurence Lander

Craig Speier

## LITURGY OF ST. JOHN CHRYSOSTOM

March 17, 2013

Tone 8 / Eothinon 8

### Sunday of Forgiveness (Cheese Fare)

Venerable Alexios the 'Man of God;' Theosteriktos the Confessor of the Pelecete Monastery; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Makarios of Kalyazin



Expulsion of Adam & Eve from Paradise

## **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!*

## *Calendar for this Week*

### **Sunday, March 17**

#### **CHEESEFARE SUNDAY**

- 8:45 a.m. Rel. Education ages 3-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Cheesefare Potluck  
11:45 a.m. St. Brigid Team Photo  
5:00 p.m. Choir Rehearsal  
6:00 p.m. Vespers of Forgiveness

### **Monday, March 18-GREAT LENT BEGINS**

- 6:45 a.m. Daily Matins  
10:30 a.m. Religious Ed.-Level I Atrium  
5:00 p.m. St. Brigid Outreach dinner at  
St. Michael's in Isla Vista  
6:00 p.m. Great Compline/Canon of  
St. Andrew of Crete—Part 1

### **Tuesday, March 19**

- 6:00 p.m. Little Compline/Canon of  
St. Andrew of Crete—Part 2

### **Wednesday, March 20**

- 6:45 a.m. Daily Matins  
12:00 p.m. Women's Prayer Group  
6:00 p.m. Presanctified Liturgy

### **Thursday, March 21**

- 6:00 p.m. Little Compline with Canon of  
St. Andrew—Part 3  
7:00 p.m. Choir Rehearsal

### **Friday, March 22**

- 6:45 a.m. Daily Matins  
3:00 p.m. Trisagion Prayers for  
Bethann Radcliffe  
6:00 p.m. Akathist Service

### **Saturday, March 23**

- 7:30 a.m. Clergy Meeting  
1:00 p.m. Annunciation Tea for  
Women and Girls  
4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers/Confessions

### **Sunday, March 24**

- 8:45 a.m. Rel. Education ages 3-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy/Trisagion Prayers  
for P. Thomas & V. Hedges  
11:45 a.m. Coffee Hour  
12:15 p.m. Outreach Meeting  
6:00 p.m. Sunday of Orthodoxy Vespers  
at Annunciation parish in  
Santa Maria

## *Sunday Morning Ministries Schedule*

### **Eucharist Bread**

- March 17 Hedges  
March 24 Fr. Nicholas  
March 31 D. Braun  
April 7 D. McConnell

### **Coffee Hour**

- March 17 Cheesefare Potluck  
March 24 Violet Gray  
March 31 St. Brigid Fellowship Team  
April 7 Lewis/Gundersen

### **Greeters**

- March 17 D. Washburn/D. Lewis  
March 24 S. & C. Shackelford  
March 31 D. & D. Alexander  
April 7 P. Morrison/D. Genatone

### **Ushers**

- March 17 J. King, G. Braun Jr., P. King  
March 24 S. & L. Speier, P. Brunner  
March 31 D. Meyer, R. Barre, D. Lewis  
April 7 C. & G. Speier, Rita Schneider

## **MUSIC DURING GREAT LENT**

During Great Lent the tone of our services shifts a bit, even on Sundays. As a way of helping us to make this shift in our lives, we change the musical arrangements of some of the music sung during the Divine Liturgy during Lent.

Over the course of the next 6 weeks, those of you who like to sing will catch on to the new melodies. The role of the choir and/or chanters is to LEAD the rest of the “assembly” in singing the responses to the litanies and other responses during the liturgical dialogue. **PLEASE DO JOIN THE CHOIR OR CHANTERS IN SINGING THE SERVICES.** Just remember to keep an eye and ear on the music leadership so that we all stay together and pray as one.

## **CHANGEABLE TEXTS FOR THE DAY**

**AT THE END OF THE MATINS SERVICE, WE SING THE GREAT DOXOLOGY.**  
(“Glory to You, Who have shown us the light...” - Complete text is  
in the front of the Liturgy Book.)

## **THE LITURGY OF THE WORD**

### **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 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”**

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.

**AT THE LITTLE ENTRANCE  
WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY:**

**Troparion of the Resurrection**  
**(Music on page 53 of Liturgy Book)**

**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 (Music on p. 54 of Liturgy Book)**

**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 (p. 13 of Liturgy Book)**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

+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**

**(Music on page 63 of Liturgy Book)**

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

**Verse:** *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*

**Epistle Reading—Romans 13:11-14:4**

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 God 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, “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 openly.

**LITURGY OF THE FAITHFUL**

**Meglynarion (Hymn to the Mother of God—p. 27 of Liturgy book)**

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 of the Clergy (Liturgy Book page 32)**

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

By the Waters of Babylon, there we sat down and wept when we remembered Zion. Alleluia.  
(From the Matins of Meatfare Sunday) Psalm 136/137

## Communion of the People (Liturgy Book page 33)

Receive the Body of Christ, taste the fountain of immortality.

### 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.

#### **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.*

## Cheesefare Sunday

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit...."

#### **PRAYER LIST**

Don't forget to turn in your prayer list of 3 names for Great Lent. Blank prayer cards are in the back of the church next to the tithe box.

## **ANNOUNCEMENTS & CALENDAR HIGHLIGHTS**

You can access a complete calendar of services and other parish activities on our website: [www.stathanasius.org](http://www.stathanasius.org).

### **CHEESEFARE SUNDAY ACTIVITIES**

Join us today for our “cheesy” potluck, where we say good-bye to dairy (milk products, cheese, eggs) until Pascha morning. Please everyone take responsibility for setting out your own dish on the buffet table, and for taking your dishes back home after the potluck.

**Vespers of Forgiveness tonight at 6:00 p.m.**—Bring the whole family to this beautiful once-a-year Rite of Forgiveness, celebrated on the night before we begin our Lenten journey together. If you have never attended this powerful service, consider making it a priority this year.

### **SATURDAY, MARCH 23 from 1-3 p.m.**

#### **ANNUNCIATION TEA for women and girls of all ages**

Kh. Elizabeth Sommer will speak on “Discovering the Mother of God.” Proceeds will benefit the Antiochian Village Tornado Relief Fund. Ladies, we need help in a variety of ways. If you would like to volunteer, please contact Cheryl Washburn-Lander at [cherylynn.sb@gmail.com](mailto:cherylynn.sb@gmail.com) or Michelle Madrigal at [gianniandbella@cox.net](mailto:gianniandbella@cox.net).

### **FRIDAY EVENING SOUP DINNERS DURING GREAT LENT**

On the following Fridays of Great Lent, we will have our traditional soup dinners after the 6 p.m. Akathist service: March 22 & 29 and April 5, 12, 19.

Please see the sign-up lists in the fellowship hall on the large bulletin board and consider bringing soup, bread, juice or dessert on one of the five Fridays. Since there’s no school the next day, it is more convenient for families with children to attend Akathist and stay for the dinner and fellowship.

### **LENTEN SERVICE SCHEDULE**

Great Lent begins this evening, March 17th with Vespers and the Rite of Forgiveness at 6:00 p.m. During the first week of Lent we will offer the following services **at 6:00 p.m.:**

Monday, March 18	Great Compline and 1st section of the Canon of St. Andrew
Tuesday, March 19	Little Compline and 2nd section of the Canon of St. Andrew
Wednesday, March 20	Presanctified Liturgy with Holy Eucharist
Thursday, March 21	Little Compline with 4th section of Canon of St. Andrew
Friday, March 22	Akathist followed by Soup Dinner

### **MINISTRY TEAM LEADERS MEETING—MARCH 30th from 9-11 a.m.**

Ministry team leaders will meet with Fr. Nicholas on Saturday, March 30th at 9 a.m. Please R.S.V.P. to the church office by March 22nd.



**For the remainder of Great Lent, we will pray the following services each week:**

Mondays at 6 p.m. Great Compline (Except on March 25th when we will celebrate the Feast of Annunciation with Vespersal Divine Liturgy.)  
Wednesdays at 6 p.m. Presanctified Liturgy with Holy Eucharist  
Fridays at 6 p.m. Akathist followed by Soup Dinner (except on April 26, when we we pray the Canon of Lazarus. No dinner that night.)

**NOTE: NO DAILY VESPERS ON TUESDAY & THURSDAY DURING LENT.**

**PIANO AVAILABLE**

If you are interested in owning an upright piano in good condition, contact Helen Larson at 964-1891. The piano is free but the buyer would need to pay the cost of moving the piano.

***CELEBRATIONS for THIS WEEK***

**Birthdays**

3/18 Doug King  
3/20 Theophanes McFarland  
3/21 Jacob Wallace  
3/22 Sarah Keller

**Feast Days**

3/20 St. Photini Sarah Keller  
3/21 St. Elizabeth Libby Kinman

**Guidelines for the Great Fast**

Rules for strict Orthodox fasting are quite complex, and vary during Great Lent depending on whether it is a weekday, weekend (Saturday, Sunday), or a special day such as the Annunciation, Palm Sunday, Holy Thursday, Holy Friday, Holy Saturday, etc. However, the following categories of food, outlined in The Lenten Triodion are generally excluded in a descending order of importance:

1. meat: beef, pork, lamb, poultry, etc.
2. animal (dairy) products: cheese, milk, butter, eggs, lard, drippings, etc.
3. fish with backbones: snapper, salmon, tuna, halibut, etc.  
NOTE Other forms of seafood are permissible such as shrimp, crab, clams, scallops, octopus, squid, etc.
4. oil and wine (including all alcoholic drinks)

The only days in Lent on which a total (water only) fast is recommended is on Clean Monday, Tuesday, and Thursday in the first week of Lent, on Holy Friday and Holy Saturday. Even this, however, is qualified by the statement, "Those who have the strength." **We all enter the fast in accordance with the guidelines laid down by our spiritual father, based on our specific needs and circumstances.**

**CHILDREN IN CHURCH  
- SOME HELPFUL ADVICE -**

“Children in our Church are full members of the Body of Christ. We do not have special children's services because we realize that our experience of the services of the Church is not merely rational. Even if a child cannot yet understand all that is happening, he can see, hear, smell, taste, and touch for himself, and experience the presence of the Holy Spirit. We must not deprive our children of this experience; we must prepare them to appreciate it, to look forward to it, and to participate in it by prayer and in as many other ways as possible.”

From "Children in the Church Today" by Sister Magdalen of St. John Monastery  
(Essex, England)

Children should sit with their parents, godparents or a relative so that they can be taught how to worship and pray. For whomever is tending to the child, it is important to recognize that this responsibility is your primary purpose—your “worship,” so to speak. It is an awesome responsibility to teach our children to speak softly, stand and sit when appropriate, to give them breaks when they are restless or noisy, and to sing and pray the liturgy.

**TEEN SCENE**

**RITE -13 plus (Grades 7-9)**

**Monday, March 25**—Lenten service project—Meet for discussion at 5:30 p.m. at the Church, followed by Liturgy for Feast of Annunciation and lenten supper.

**Friday, April 19**—6-9 p.m.—The Princess Bride movie night, 6-9pm

**Saturday, April 27**—Lazarus Saturday Clean-up/service project, time TBD

**Friday, May 10**—7-9:00 p.m.—Bonfire on Hendry's beach

**Saturday, May 25**—Animal shelter service project, time TBD

**Saturday, June 1**—End-of-the-year Six Flags trip

**YAC (Young Adults in Church- Grades 10-12)**

**Saturday, March 30**—Bowling after Vespers

**Fri./Sat. April 5-6**—YAC Retreat

**Sunday, April 21**—5:00 p.m.—Fire on Father at Fr. Nicholas & Jan's house.

## PRAYER REQUESTS

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

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

**Please pray for the health of:**

Fr. Alexander Atty

Mother Victoria

Fr. Jim K.

Fr. Gordon & Mary Sue W.

Greg & Margaret Y.

Olga G.

Leona G.

Presbyteria Katherine H.

Mick K. & Family

Sari W.

Mary & Susan

Duane F.

Christ K.

Dave L.

Kent F.

Carla H.

Tom & Darbi J.

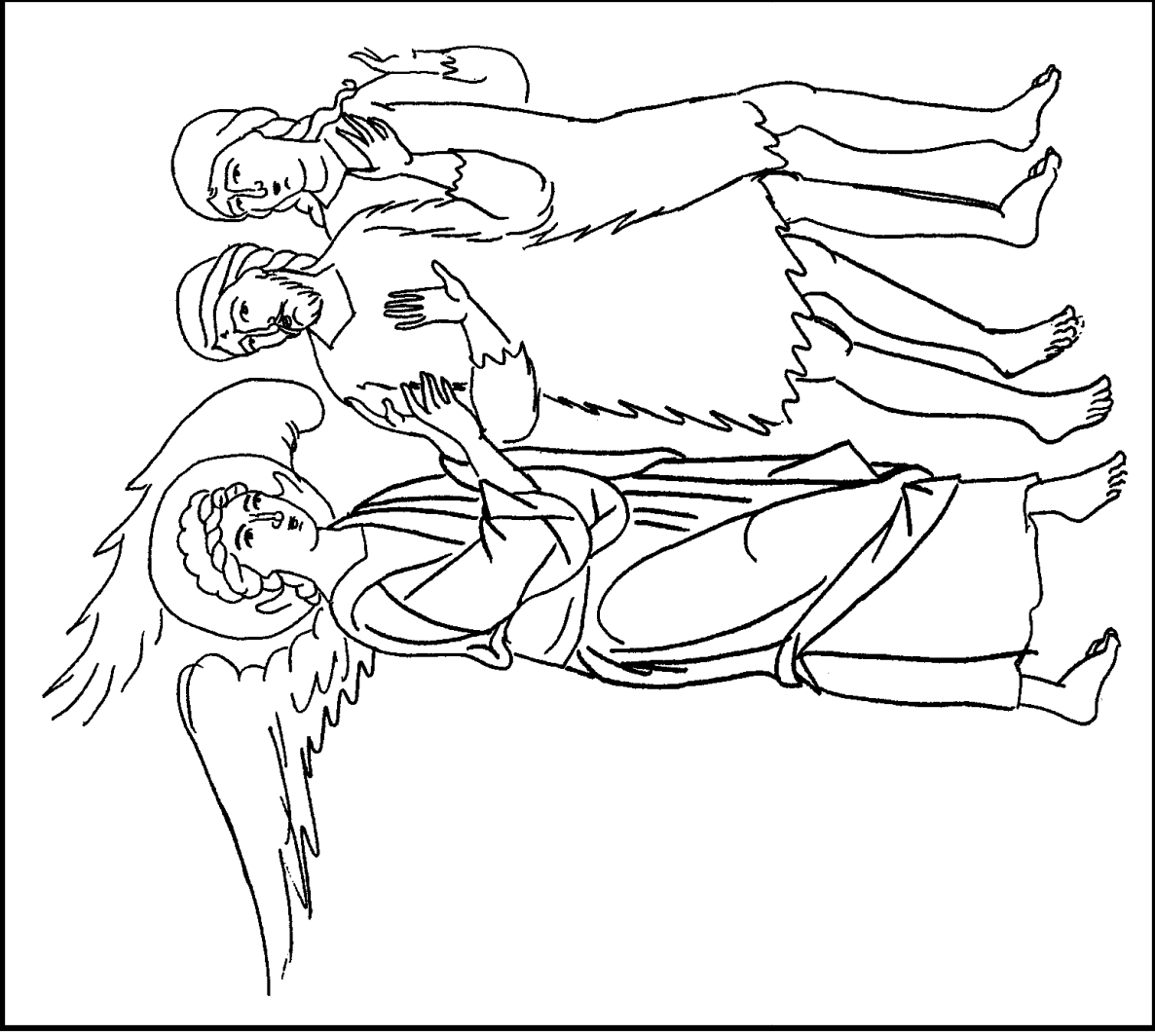
*For repose of the souls of:* Bethann R., Betty A.

### **ST. ATHANASIUS BOOK CENTER**

The church bookstore is located in the fellowship hall.

The two enclosed cabinets hold icons, books, jewelry and other items that are FOR SALE. Payment should be made at time of purchase and placed in the brown lock box. Make checks payable to "St. Athanasius Book Center."

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



-For the children to color during  
the homily or at home -