



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

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300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
11:00 a.m.—5:00 p.m.

Senior Pastor:

Fr. Nicholas Speier
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frnicholas@stathanasius.org

Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-968-2448
Fr. Jon Braun, Attached Priest (retired)
Fr. John Finley, Attached Priest

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey
Dn. John Young

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400
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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

Sunday, March 2, 2014

Tone 3 / Eothinon 3

Sunday of Forgiveness (Cheese Fare)

Martyr Hesyhios the Senator; Theodotos, Bishop of Cyrene in Cyprus;
Virgin-martyr Euthalia of Sicily; Arsenios, Bishop of Tver



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

Calendar for this Week

Sunday, March 2—CHEESEFARE

RELIGIOUS EDUCATION—Teens only

9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Cheesefare Potluck
4:30 p.m.	Choir Rehearsal
6:00 p.m.	Vespers with Rite of Forgiveness

Monday, March 3

6:45 a.m.	Daily Matins
4:30 p.m.	St. Brigid Outreach Dinner at St. Michael's in Isla Vista
6:00 p.m.	Great Compline with Canon of St. Andrew, Part 1

Tuesday, March 4

6:00 p.m.	Little Compline with Canon of St Andrew, Part 2
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Wednesday, March 5

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

Thursday, March 6

6:00 p.m.	Little Compline with Canon of St. Andrew, Part 3
7:30 p.m.	Choir Rehearsal

Friday, March 7

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

Saturday, March 8

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

TURN CLOCKS AHEAD ONE HOUR!!

Sunday, March 9—SUNDAY OF ORTHODOXY

8:45 a.m.	RELIGIOUS EDUCATION
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour
4:00 p.m.	Pan-Orthodox Choir Rehearsal
6:00 p.m.	Pan-Orthodox Vespers

Sunday Morning Ministries Schedule

Eucharist Bread

March 2	Tinyayeva
March 9	Thomas
March 16	Hedges
March 23	Fr. Nicholas/Gish

Coffee Hour

March 2	Cheesefare Potluck
March 9	Roberts
March 16	Thomas
March 23	D. Lewis/B. Gunderson

Greeters

March 2	D. & D. Alexander
March 9	P. Morrison/D. Genatone
March 16	P. King, P. Matthews
March 23	K. & L. Jacobs

Ushers

March 2	D. Meyer, R. Barre, D. Lewis
March 9	C. Speier, Rita Schneider, P. King
March 16	Jon King, G. Braun Jr., P. King
March 23	S. & L. Speier, P. Brunner

SAVE THE DATE!

Ladies of ALL ages, please reserve
Saturday, March 29th for our annual
ANNUNCIATION TEA!
First time in our new building!

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—New Lenten melody

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”

After each of the verses sung by a quartet, the choir and congregation sing the refrain:

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

- PROCESSION OF THE CLERGY - AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 3

(Music on page 44 of Liturgy Book)

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
granting the world the great mercy.

Troparion to St. Athanasius (Music is 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. 9 of Liturgy Book)

Holy God, Holy Mighty, Holy Immortal one, 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.

**We will sing this new melody for “Holy God” during Great Lent,
composed by Nazo Zakkak and dedicated to the St. Athanasius Choir:**



Ho - ly God, Ho - ly Might - y,
Ho - ly Im - mor - tal, have mer - cy 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.

Communion of the People (Liturgy Book page 33)

Of Thy mystical Supper, O Son of God, accept me today as a communicant. For I will not speak of thy mysteries to Thine enemies. Neither like Judas will I give Thee a kiss. But like the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom!

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

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 & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.

PLEASE NOTE: THERE ARE NO DAILY VESPERS ON TUESDAYS & THURSDAYS DURING GREAT LENT. The complete schedule of services for Great Lent, Holy Week and Pascha is on the parish website calendar.

OUR PARISH WILL HOST THE CENTRAL COAST PAN-ORTHODOX VESPERS to celebrate the Sunday of Orthodoxy **NEXT SUNDAY, March 9th at 6:00 p.m.** Please be with us for this triumphant service as we welcome our local Orthodox brethren into our new “home!” We will need help with the reception. Please see the sign-up board in the foyer, or speak with Christie Speier Robinson if you are able to help.

FRIDAY EVENING LENTEN SOUP DINNERS

We’ll be gathering for soup and bread after the 6:00 p.m. Akathist services on March 21, March 28 and April 4. Please see the sign-up board and consider volunteering to provide part of a meal on one of the Friday evenings. These gatherings always prove to be a relaxed and enjoyable time of fellowship.

ALL-PARISH MEETING—Sunday, March 16th

We will have an all-parish meeting after Coffee Hour on Sunday, March 16th to get an update on our finances and budget for 2014, including the Building Fund, to have a brief orientation to our new “home,” and to discuss our new goals for the Building Project. Please reserve this date on your family calendar. More information will follow.

ANNUNCIATION TEA

The Women's Annunciation Tea will be on Saturday, March 29th at 1pm at the Church. We will be having a short program followed by a light lunch on the patio. We will conclude the day with a fashion show featuring our 6th-12th grade girls. Watch for an E-vite with further details from Christie Speier Robinson.

Christie Robinson and Angel Speier would like to meet with the parents of the 6-12 grade girls today after the potluck regarding the fashion show. If you cannot attend, but your daughter(s) wants to participate, please let us know. Thank you!



THANK YOU to Gary Braun Jr. for the excellent Hands-only CPR class, offered for free this past Wednesday evening. We had 24 participants, including a group from the Goleta Presbyterian Church youth group.

We learned the best way to do chest compressions and how to use the AED (Automated External Defibrillator) that was donated by the King family. The AED is currently sitting in the receptionist window of the front office.

CELEBRATIONS for THIS WEEK

Birthdays

3/3 Mark Kern
3/4 Juliana Brunner
3/6 Leah Wallace
3/7 Mateo Finley
3/9 Colton Kronman
3/9 Dottie Genatone

Pastronal Feast Day Celebrations

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

YOUR PRAYER LIST

Don't forget to turn in your prayer list of 3 names for Great Lent. The clergy will pray silently for each of the 3 people you have listed, and you should include them in your daily prayers at home during Great Lent.

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