



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
12:00—5:00 p.m.

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. 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
email: office@stathanasius.org

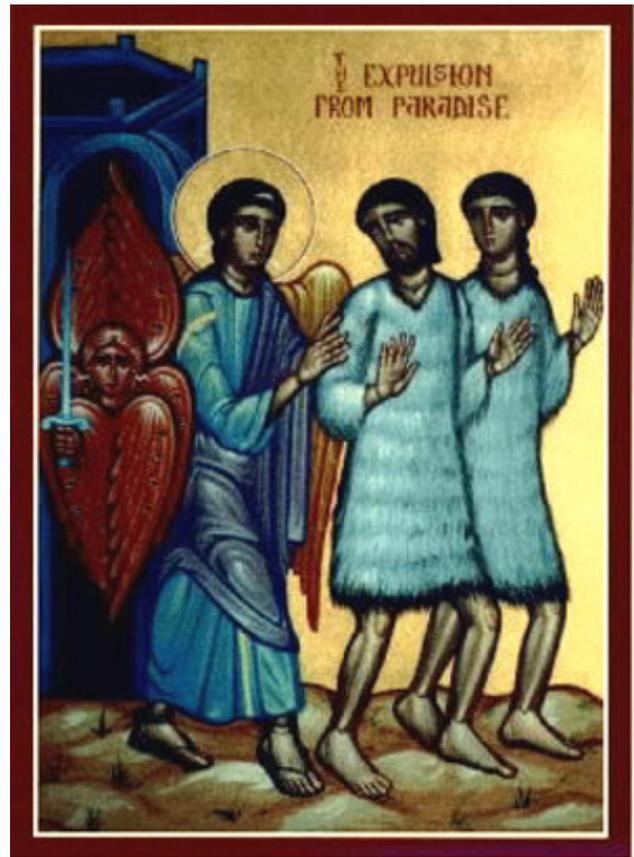
Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Karen Jacobs
Jon King
Laurence Lander
Craig Speier

LITURGY OF ST. JOHN CHRYSOSTOM Sunday, February 22, 2015 Tone 4 / Eothion 4

Sunday of Forgiveness (Cheese Fare)

Uncovering of the Seven Martyrs' relics at Gate of Eugenios in
Constantinople; Martyr Anthusa and her twelve servants



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, February 22

9:00 a.m. Religious Education, ages 3-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. CHEESIE POTLUCK (No meat)
12:00 p.m. Choir Rehearsal
6:00 p.m. Forgiveness Vespers

**GREAT LENT BEGINS AT THE CONCLUSION
OF FORGIVENESS VESPERS ON FEB. 22nd.**

Monday, February 23

6:45 a.m. Daily Matins
4:30 p.m. Outreach Dinner in Isla Vista
6:00 p.m. Great Compline with Canon of
St. Andrew of Crete

Tuesday, February 24

6:00 p.m. Little Compline with Canon of
St. Andrew of Crete

Wednesday, February 25

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

Thursday, February 26

6:00 p.m. Little Compline with Canon of
St. Andrew of Crete

Friday, February 27

6:45 a.m. Daily Matins
6:00 p.m. Akathist followed by Soup Dinner

Saturday, February 28

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

Sunday, March 1-SUNDAY OF ORTHODOXY

9:00 a.m. Religious Education, ages 3-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
6:00 p.m. Pan-Orthodox Vespers of Triumph of
Orthodoxy at St. Barbara Greek Parish
7:30 p.m. Jr High Activity

Sunday Morning Ministries Schedule

Eucharist Bread

February 22 Sieck
March 1 Kern
March 8 Meyer/Tinyayeva
March 15 Dillon

Coffee Hour

February 22 Cheesefare POTLUCK
March 1 Berari
March 8 Harris
March 15 Lewis/Gundersen

Greeters

February 22 K. Fox/P. King
March 1 K. & L. Jacobs
March 8 G. Shannon/Kristin King
March 15 P. Morrison/D. Genatone

Ushers

February 22 S. Speier, P. Brunner, P. King
March 1 D. Meyer, R. Barre, D. Lewis
March 8 C. Speier, R. Schneider, P. King
March 15 J. King, G. Shannon

Readers

February 22 T. Harris
February 22 D. Meyer (Forgiveness Vespers)
February 25 H. Lange (Presanctified Liturgy)
March 1 R. Barre
March 4 P. Braun (Presanctified Liturgy)
March 7 T. Harris (Soul Liturgy)
March 8 D. Alexander
March 11 D. Meyer (Presanctified Liturgy)

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 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”

Music by
P. Mironositsky

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.

LITTLE ENTRANCE

**AS THE CLERGY ENTER THE ALTAR, WE SING THE FOLLOWING
HYMNS FOR THE DAY:**

Troparion of the Resurrection

(Music on p. 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.

Tone 4 (Byzantine melody
harmonized by Fr. J. Finley)

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!”

Troparion to St. Athanasius**(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.

Tone 3 (Byzantine melody
harmonized by Fr. J. Finley)**TRISAGION (THRICE-HOLY) HYMN**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (sung 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. (Psalm 136/137)

The Jesus Prayer: “O Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

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.*

Church Etiquette Corner

Veneration with "Clean" Lips

When we venerate an icon or any holy object, we are showing honor to what that icon or object represents. Thus it is important to approach veneration with honor and dignity. If you wear lipstick or lip gloss, please blot your lips well before venerating an icon, taking communion or kissing the cross, or the priest's or bishop's hand. The paint on icons can be ruined by lipstick, and it is not appropriate to leave a lip mark on the chalice, cross or priest's hand.

Thank you for your consideration!

Fr. Nicholas

INCOME FOR JANUARY 2014

Monthly tithe Goal (includes mortgage payment on bldg.)	\$47,000
Received in January	\$26,066
Additional Building Fund Donations Received in January	\$12,984

CELEBRATIONS for THIS WEEK

Birthdays

- 2/25 Athanasia (Asia) Ballew
- 2/26 Anya Johnson

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

TODAY WE WILL HAVE OUR TRADITIONAL CHEESEFARE SUNDAY Potluck after Liturgy.

GREAT LENT BEGINS THIS EVENING after the Vespers of Forgiveness. Vespers begin at 6:00 p.m. Please make plans for your entire family to join us for this beautiful service, as we have the opportunity to enter into our Lenten journey by giving and receiving forgiveness from each other.

DONATION DESIGNATIONS

We are transitioning to a new bookkeeper, and so we need to ask that you **always designate on donation checks the intended purpose**, if it is not a general donation or tithe. (for example, Building Fund, Pastor's Fund, St. Barbara Monastery, St. Brigid Fellowship, etc...) Any check or online donation that has no other notation will be entered as a tithe/general donation. Thanks for your help!

COLLECTION FOR PROJECT MEXICO

As we approach Great Lent, we will be collecting the items listed below for St. Innocent Orphanage in Mexico. Please consider making a contribution of a few of these items as a part of your Lenten almsgiving. (Only the items listed, please. They do not need used clothing at this time.) There will be a table set up in the hallway of the church for drop off of these items from now until Sunday, March 8th.

PROJECT MEXICO MISSION TRIP THIS SUMMER—CONSIDER JOINING US!

We will once again send a mission team to Project Mexico this summer to build a home for an impoverished Mexican family. **The trip dates are August 13-19, 2015**, and the cost is \$650 per person. Participants can pay the fee out of pocket, or raise funds by requesting donations from family members, friends and colleagues. Fundraising tools and guidance will be provided. Mitch Denny will be at the Project Mexico table today to answer any questions and to sign up "recruits" for this year's mission team.

LENTEN SOUP DINNERS

On three Fridays during Great Lent, (**Feb. 27, March 20, March 27**) we will have our traditional Soup Dinners following the 6:00 p.m. Akathist service. Sign-up lists have been posted on the big bulletin board for volunteers who can bring soup, bread, juice and fruit. We need a couple of people who are willing to take responsibility for the set-up and clean-up for all three of the weeks. If you would consider making this your "ministry" during Lent, please contact Christie Robinson at christie.d.robinson@gmail.com.

NEXT SUNDAY WE WILL CELEBRATE THE TRIUMPH OF ORTHODOXY with the Orthodox parishes of the Central Coast at 6:00 p.m. at St. Barbara Greek Orthodox Church, 1205 San Antonio Creek Road, Santa Barbara, CA 93111. We need 5 volunteers to bring large, lenten salads as our contribution to the supper after the Vesper service. Please contact Valerie in the church office if you are able to help with this.
valerie@stathanasius.org or 685-5400

LENTEN SEMINAR CANCELLED (March 6/7)

The Lenten Seminar scheduled for March 6 and 7 has been cancelled. You are encouraged to attend the Lenten services that week at 6:00 p.m. (Compline on Monday, Presanctified Liturgy on Wednesday, Akathist on Friday, and Soul Liturgy on Saturday morning at 8:00 a.m.)

CLERICAL/BOOKKEEPING POSITION IN CHURCH OFFICE 4 HOURS PER WEEK

We are looking for someone to work a half day on Mondays in the church office, to prepare the weekly deposits and enter all donations into a database. The position could also include some other clerical assistance for Fr. Nicholas and Valerie, and the hours might eventually be increased. Some employment experience in bookkeeping, database entry and maintenance, word processing and general computer literacy are required. Possibly a good fit for a stay-at-home mom or a retired individual looking for a few hours of work. If you are interested, please contact Valerie Yova at valerie@stathanasius.org.

SAVE THE DATE!

Ladies of ALL ages, please reserve Saturday, March 28th at 1:00 p.m. for our annual **ANNUNCIATION TEA!** More information coming soon!

WE STILL NEED COFFEE HOUR HOSTS FOR THE FOLLOWING DATES. If you are able to host or co-host on one of these dates, please contact Christie Speier Robinson at christie.d.robinson@gmail.com.

May 24

June 7, 14 and 21

July 12 and 26

August 30

MUSIC FOR GREAT LENT

Next Sunday we will make a deliberate shift in some of the music for the Sunday Divine Liturgy of St. Basil the Great for the five Sundays of Great Lent. Some of it will be new, some will be familiar but we have not sung it in awhile. Music notation will be provided in the bulletin, as space permits. As always, the congregation is encouraged to join in the singing of the responses during the Liturgy, following the leadership of the choir or chanters. There will be a brief introduction of some of the new melodies today during the announcements.

As Great Lent 2015 approaches,

please keep the following dates in mind:

TODAY, February 22 6:00 p.m. Forgiveness Vespers

GREAT LENT BEGINS

Monday, February 23 6:00 p.m. Great Compline with Canon of St. Andrew

Tuesday, February 24 6:00 p.m. Little Compline with Canon of St. Andrew

Wednesday, February 25 6:00 p.m. Presanctified Liturgy (with Eucharist)

Thursday, February 26 6:00 p.m. Little Compline with Canon of St. Andrew

Friday, February 27 6:00 p.m. Akathist followed by Soup Dinner

Sunday, March 1 6:00 p.m. Pan-Orthodox Vespers—Triumph of Orthodoxy
at St. Barbara Greek Church

The complete schedule of services for Great Lent, Holy Week and Pascha is on the parish website calendar. www.stathanasius.org

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."

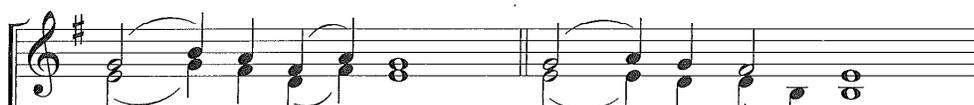
We all enter the fast in accordance with the guidelines laid down by our spiritual father, based on our specific needs and circumstances.

Today during the announcements, we will have the choir demonstrate the following three pages of musical responses that we will sing during the Sunday Divine Liturgies of Great Lent. We will do this so that everyone is more comfortably able to sing along when we begin using this music next Sunday, March 1st, which is the first Sunday of Lent.

- Valerie Yova, Music Director

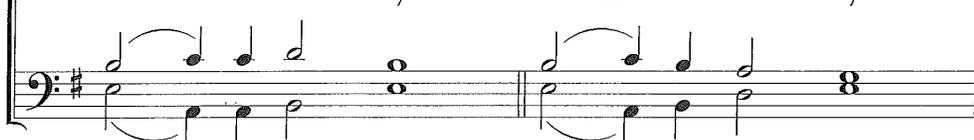
Litany

Soprano
Alto

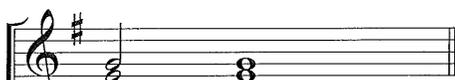


Lord__ have mer - cy Lord__ have mer - cy

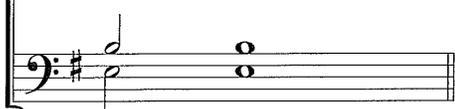
Tenor
Bass



Most holy Theotokos save__ us. To__ Thee, O__ Lord.



A - men.



THE ANAPHORA (OFFERING)

Byzantine Tone 5

We will start singing this NEXT WEEK on the first Sunday of Great Lent.



1
8 A Mer - cy of peace, a sac - ri - fice of praise.



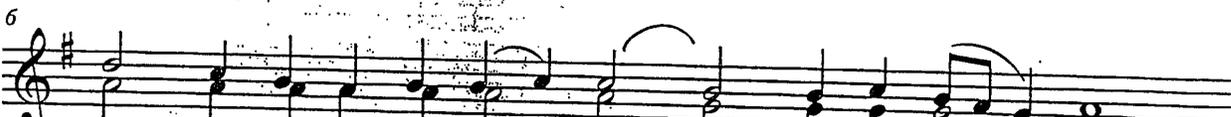
2
8 and with thy spi - rit. We lift them up un - to the Lord.



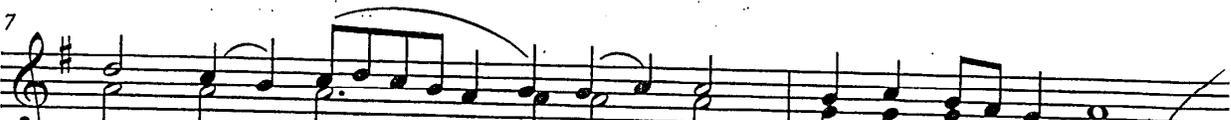
4
8 It is meet and right, to wor - ship the Fa - ther



5
8 and the Son and the Ho - ly Spi - rit: the



6
8 Tri - ni - ty One in Es - sence, and un - di - vi - ded.



7
8 Ho - ly Ho - ly Ho - ly Lord of Sa - ba - oth.



9
8 Hea - ven and earth are full of Thy Glo - ry,

10
8 Ho - san - na in the high - - - est!

11
8 Bles - sed is He that comes in the Name of the Lord!

12
8 Ho - san - - - na in the high - - - est.

13
8 A - men. A - - - - - men.

15
8 We praise Thee, we bless Thee, we give

16
8 thanks un - to Thee O Lord.

17
8 And we pray un-to Thee, O our God O our God

TEEN SCENE

JOURNEY TO ADULTHOOD

Schedule of Activities and Service Projects

For more information, contact Lara Jacobs —Teen Program Coordinator
at: cpejacobs@gmail.com

High School —Grades 9-12

Sunday, March 8	5:00-7:00 pm	Fire on Father	Fr. Nicholas and Jan's Home
Sunday, March 15	5:00-7:00 pm	Minute to Win It	SAOC
Monday, Marh 23	4:00-6:00pm	Family Event: Service Project:	St. Michael's Church in IV
		St. Brigid Outreach Dinner	
Saturday March 28		Annunciation Tea (Girls)	SAOC
Sunday March 29	4:30-6:00 pm	Girls Small Group	Teen Room
	6:00-7:30 pm	Boys Small Group	Teen Room
Fri./Sat. April 10-11	8:00pm Fri-10 am. Sat.	All Night Vigil	SAOC
Sunday, April 19	5:00-7:00 pm	Fire on Father	Fr. Nicholas and Jan's Home
Sunday , April 26	5:00-7:00 pm	Progressive Dinner	TBA

Junior High School—Grades 7-8

Sunday March 1	6:00 p.m.	Pan Orthodox Vespers	St. Barbara Church
		and Messy Games	TBA
Sunday, March 22	5:00-6:30	Minute to Win It	SAOC
Saturday March 28		Annunciation Tea (Girls)	SAOC
Friday April 10	9:00 - ??	All Night Vigil Reading	SAOC
Saturday, April 18	7:00-8:30 pm	Activity	SAOC

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 | Hoppe Family | Marliese Z. |
| Mother Victoria | Mary Ellen B. | All those suffering and |
| Met. Paul & Abp. John | Gail S. | in danger in the Ukraine, |
| of Syria | Dean & Penny | Nigeria, and the Middle East |
| Fr. Thomas H. | Mary & Susan | Cheri W. |
| Dn. Richard E. | Baby Christian F. | Kh. Marilyn G. |
| Dn. Scott J. | Duane F. | Stan and Donna F. |
| Peggy K. and Family | Larry L. | Molly M. |
| Fr. Gordon & Mary Sue W. | Sandy S. | D. Washburn |
| The Hartung Family | Drew W. | Chris and Claire D. |
| Greg & Margaret Y. | Yvette B. | |

For repose of the souls of: Dn. David D., Anthony B. (Santa Barbara policeman),
21 Coptic Christians who were martyred in Libya,
All who have died in the conflicts in the Ukraine, Syria and Palestine

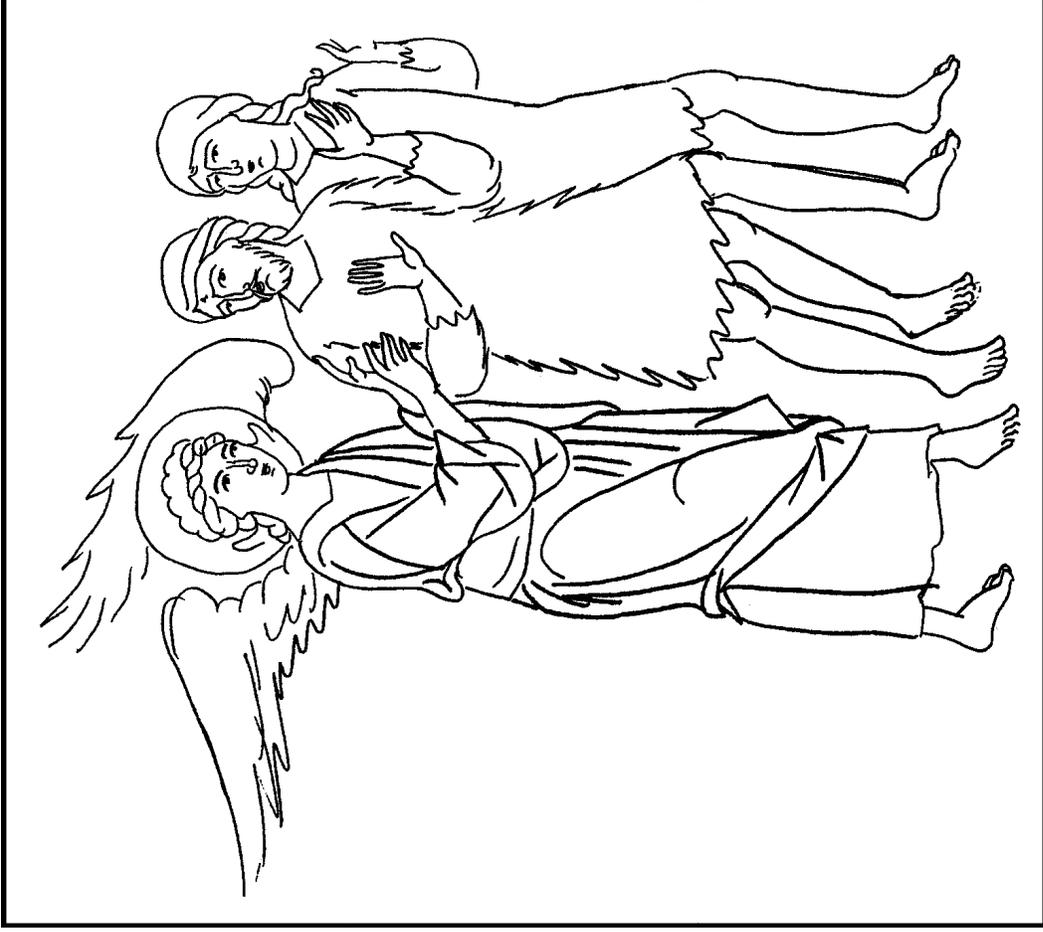
ABOUT OUR PRAYER LISTS:

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 Proskomedia (Preparation of the Bread and Wine for Communion).

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 ON THE BOOKSTORE SHELF.
Make checks payable to “St. Athanasius Book Center.”



**FOR THE CHILDREN TO COLOR
DURING THE HOMILY OR AT HOME**