



# 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

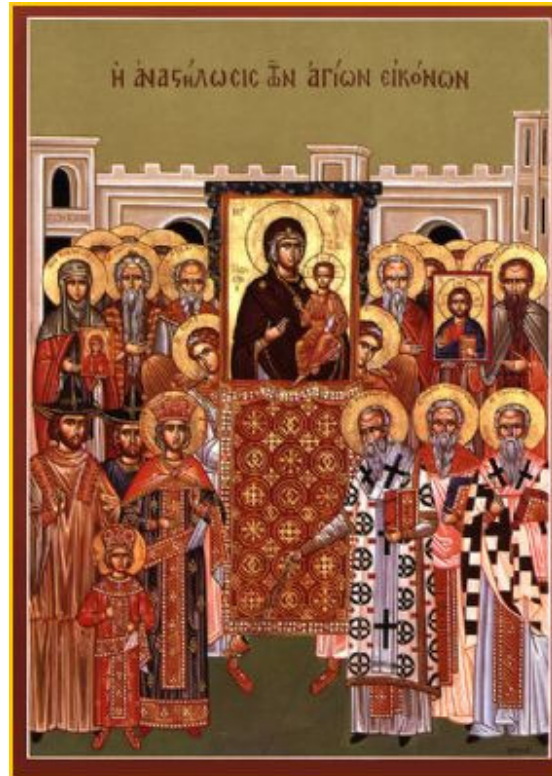
## Parish Council:

Douglas Meyer, President  
Dan Braun, Treasurer  
Katie AbuGhazaleh, Secretary  
Richard Barre  
Catherine Braun  
Dottie Genatone  
Benjamin Hedges  
Karen Jacobs  
Dr. Jon King

## LITURGY OF ST. JOHN CHRYSOSTOM Sunday, March 20, 2016 Tone 1 / Eothinon 9

**First Sunday of Great Lent (Sunday of Orthodoxy)**

The holy fathers slain at the monastery of Mar Sabbas;  
New-martyr Myron of Crete



## **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 20—Sunday of Orthodoxy

9:00 a.m. Religious Education ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour/Book Signing  
4:00 p.m. Choir Rehearsal  
6:00 p.m. Central Coast Vespers for Sunday of Orthodoxy at St. Athanasius  
7:30 p.m. Reception and book signing by Jane

## Monday, March 21

6:45 a.m. Daily Matins  
4:30 p.m. Outreach Meal at St. Michaels' University Church in Isla Vista  
6:00 p.m. Great Compline

## Tuesday, March 22

3:30 p.m. Catechesis Level I  
NO DAILY VESPERS

## Wednesday, March 23

6:45 a.m. Daily Matins  
11:00 a.m. Shower Truck Ministry  
12:00 p.m. Intercessory Prayer Group at Carrillo Residence  
6:00 p.m. Presanctified Liturgy

## Thursday, March 24

6:00 p.m. Vespers Liturgy for the Feast of the Annunciation

## Friday, March 25

6:45 a.m. Daily Matins  
NO AKATHIST SERVICE

## Saturday, March 26

9:30 a.m. Annunciation Tea  
4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers/Confessions

## Sunday, March 27—St. Gregory Palamas

9:00 a.m. Religious Education ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour/Book Signing  
12:00 p.m. Choir Rehearsal

## *Sunday Morning Ministries Schedule*

### Eucharist Bread

March 20 Thomas  
March 27 D. Washburn  
April 3 Hedges  
April 10 Fr. Nicholas

### Coffee Hour

March 20 ?  
March 27 NEED A HOST  
April 3 St. Brigid Fellowship Fundraiser  
April 10 HOST NEEDED

### Greeters

March 20 K. & L. Jacobs  
March 27 P. King/L. Baker  
April 3 G. Shannon/K. King  
April 10 D. Genatone/P. Morrison

### Ushers

March 20 D. Lewis, C. Speier, J. King  
March 27 D. Washburn, G. Shannon, S. Speier  
April 3 P. Brunner, P. King, D. Meyer  
April 10 R. Barre, D. Lewis, C. Speier

### Readers

March 20 R. Barre  
March 23 H. Lange (Presanctified Liturgy)  
March 24 D. Alexander (Annunciation)  
March 27 D. Washburn

**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 DIVINE LITURGY**  
**OF ST. JOHN CHRYSOSTOM**  
**CHANGEABLE TEXTS FOR THE DAY**

**MUSIC FOR GREAT LENT**

We 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.

**THE LITURGY OF THE WORD**

**THE GREAT LITANY (Music by Nazo Zakkak)**

The musical score is written for Soprano/Alto and Tenor/Bass voices. It consists of four systems of music, each with two staves. The first system has two numbered measures (1 and 2). The lyrics are: "Lord have mer - cy" for measure 1 and "Lord have mer - cy" for measure 2. The second system also has two numbered measures (1 and 2). The lyrics are: "Grant this O Lord." for measure 1 and "Grant this O Lord." for measure 2. The third system has two measures. The lyrics are: "Most holy Theotokos save us." for the first measure and "To Thee, O Lord." for the second measure. The fourth system has two measures. The lyrics are: "A - men." for both measures. The music is in a major key with a sharp sign on the treble clef and a sharp sign on the bass clef.

### 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 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

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.

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

**Troparion of the Resurrection**

While the stone was sealed by the Jews,  
and the soldiers were guarding Thy most pure body,  
Thou didst arise on the third day,  
O Savior, granting life to the world.  
For which cause the heavenly pow'rs  
cried aloud unto Thee, O Giver of life;  
Glory to Thy resurrection, O Christ!  
Glory to Thy kingdom!  
Glory to Thy providence, O Thou  
Who alone art the lover of mankind.

**Tone 1** Byzantine melody  
harmonized by Fr. J. Finley

**Troparion of First Sunday of Great Lent**

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.”

**Tone 2** Byzantine melody

**Troparion to St. Athanasius**

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.

**Tone 3** Byzantine melody  
harmonized by Fr. J. Finley

O holy Father, intercede with Christ God  
that He may grant us abundant mercy.

**Kontakion for the Triumph of Orthodoxy**

**Tone 8** (Slavic Chant)

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.

**Kontakion of Annunciation**

**Tone 8** (Byzantine melody)

To thee, our Queen, leader in battle and defender.  
We thy people delivered from all peril,  
offer hymns of vict'ry and thanksgiving, O Theotokos.  
Since thou dost possess invincible power,  
set us free from ev'ry calamity.  
That we may cry unto thee: Hail O bride without bridegroom.

**TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy book)**

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 for Liturgy of St. Basil (Hymn to the Mother of God—p. 26 of Liturgy book)**

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 of the Clergy (Liturgy Book page 32)

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

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

### 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.

## CELEBRATIONS for THIS WEEK

### Birthdays

- 3/21 Jacob Wallace  
3/22 Sarah Keller  
3/25 Jamie Van Wagoner

### Pastronal Feast Day Celebrations

- 3/20 **St. Photini the Samaritan Woman** Sarah Brasel
- 3/25 **Mary, The Mother of God (Feast of the Annunciation)**  
Carla Brunstead, Mary Gish, Carissa Giordani, Kirsten Jacqua,  
Samantha Morrison Nalepa, Rita Schneider, Taylor Speier



# **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).

**VALERIE WILL BE IN OHIO for a number of weeks, caring for her mother.** If you have announcements to go out to the parish, you can send them to Valerie by e-mail at [valerie@stathanasius.org](mailto:valerie@stathanasius.org). If you need to get into the church during the weekdays, please make arrangements with Fr. Nicholas or one of the ministry leaders or clergy who have a key.

**PLEASE DON'T FORGET TO UPDATE THE CHURCH OFFICE WHEN YOU MOVE OR CHANGE E-MAIL, CELL PHONE NUMBER OR LAND LINE NUMBER.**

**ADULT CATECHISM:** All are welcome! Join the class any Saturday at 4:30 p.m. if you are interested in learning about Orthodoxy or just want a refresher.

## **ANNUNCIATION TEA FOR WOMEN AND GIRLS**

This year's Tea will be March 26th at 9:30 am. We will enjoy a short program to honor the Theotokos and a light brunch will follow. Don't forget to respond to the E-vite to this event.

## **PARISH PHOTO DIRECTORY**

We will be updating the church photo directory next month. If you would like to use a new photo, please e-mail a **HIGH RESOLUTION** photo to the church office by March 31. A copy of the last directory is posted on the bulletin board in the hallway if you want to check what your photo looked like.

## **Services of Great Lent 2016**

Sunday, March 20	6:00 p.m.	Central Coast Inter-Orthodox Vespers for Sunday of Orthodoxy
Thursday, March 24	6:00 p.m.	Annunciation Vesp.-Liturgy
Friday, March 25	NO AKATHIST SERVICE	
Saturday, March 26	9:30 a.m.	Annunciation Tea
Monday, March 28	NO GREAT COMPLINE SERVICE	
Wednesday, March 30	6:00 p.m.	Presanctified Liturgy
Friday, April 1	6:00 p.m.	Akathist & Soup Dinner
Monday, April 4	6:00 p.m.	Great Compline
Wednesday, April 6	6:00 p.m.	Presanctified Liturgy
Friday, April 8	6:00 p.m.	Akathist & Soup Dinner
Monday, April 11	6:00 p.m.	Great Compline
Wednesday, April 13	6:00 p.m.	Presanctified Liturgy
Friday, April 15	6:00 p.m.	Akathist, Soup Dinner and presentation about Mount Athos by Subdeacon Stephen Butler

## 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:**

Metropolitan JOSEPH  
Mother Victoria  
Met. Paul & Abp. John  
Dn. Richard E.  
Kh. Diane Carrillo  
Kh. Mary Sue W.  
Greg & Margaret Y.  
Hoppe Family  
Kh. Mary Ellen B.  
Gail S.  
Dean & Penny B.  
Kevin & Angel S.  
Mary

Susan B.  
Baby Christian F.  
Duane F.  
Temmo K  
Paige  
Galina, Nikolai & Nataliya  
Olga Marie G.  
Mike, Trevor & Adam  
Emily F.  
Joan, Jerry, Brenda  
Kevin O.  
Steve K.

Terri-Lynn & Hannah Rose H.  
Scott  
Rachel D. and family  
All those suffering and  
in danger in the Ukraine,  
Africa, and the Middle East

**For repose of the souls of:** Christine, Michel C., All who have died in the conflicts in the Ukraine, Africa & the Middle East

### **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](mailto: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).

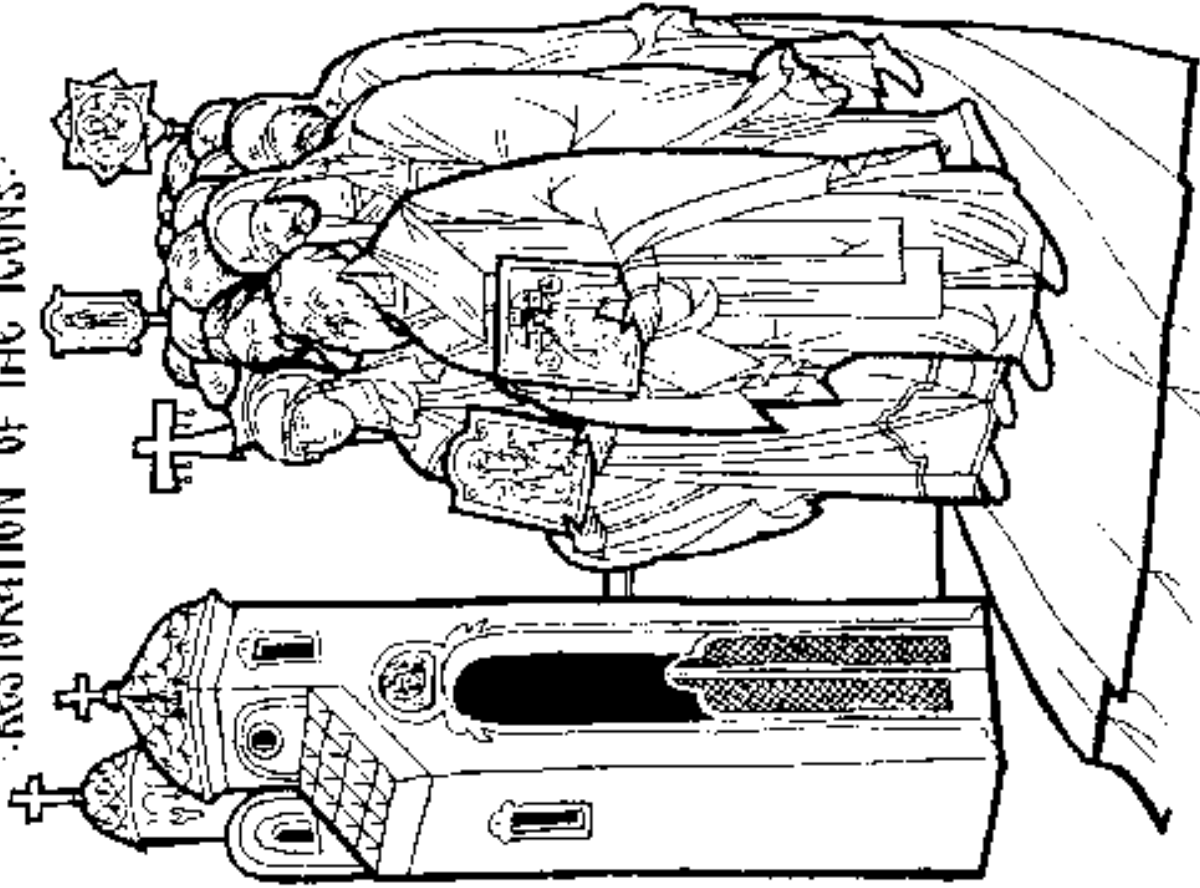
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**ST. ATHANASIUS BOOK CENTER**

The church bookstore is located in the foyer of the fellowship hall. The two enclosed cabinets hold icons, books, and other items that are FOR SALE. 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 the brown lockbox mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. Athanasius Book Center."

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

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RESTORATION OF THE ICONS:



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