



## 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 Beatitude, Patriarch John X

**Pastor:**

Fr. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

**Priests attached to the parish:**

Fr. Nicholas Speier (Pastor Emeritus)

frnicholas@stathanasius.org, 805-685-5400

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. John Young (retired)

**Subdeacons:** Stephen Butler & Michael Easbey

**Parish Council 2022-2023:**

Lara Jacobs, President

Glenn Hoppe, Vice President

Dan Braun, Treasurer

Dorothy Alexander, Secretary

Dominic Dopico

Lizabeth Hoppe

Zak Landrum

Michael Loulias

**Music Director/Administrator:**

Valerie Yova

Office phone: 805-685-5400

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**Teen Program & College/Young Adult  
Activities Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

## DIVINE LITURGY OF ST. BASIL THE GREAT

March 19, 2023

Tone 7 / Eothinon 7

Third Sunday of Great Lent

**Veneration of the Precious and Life-Giving Cross**  
Martyrs Chrysanthos, Daria, and those with them of Rome;  
Martyr Pancharios of Nicomedia



## 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 on the patio after the Liturgy for Coffee Hour.

We'd love to meet you!

## 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

During Great Lent there will be no Daily Vespers or Daily Matins except for Fridays, when there are Daily Matins at 7 a.m.

### Sunday, March 19—SUNDAY OF THE CROSS

9:00 a.m. Matins & Religious Ed. ages 3-12  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Education  
11:45 p.m. Agape Meal  
12:15 p.m. Choir Rehearsal  
12:30 p.m. Adult Catechism

### Monday, March 20

5:15 p.m. St. Xenia Prayer Ministry—Akathist  
by Zoom  
5:00 p.m. Confessions  
6:00 p.m. Great Compline /Confessions  
7:00 p.m. Men's Fireside

### Wednesday, March 22

12:00 p.m. St. Xenia Prayer Ministry  
6:00 p.m. Presanctified Liturgy

### Thursday, March 23

7:45 a.m. St. Xenia Prayer Ministry by Zoom  
10:00 a.m. Showers of Blessing  
6:00 p.m. Jr. High Youth Group  
6:45 p.m. Sr. High Youth Group

### Friday, March 24

7:00 a.m. Daily Matins  
5:30 p.m. **Festal Vespers for the Feast of the Annunciation**

### Saturday, March 25

8:30 a.m. **Matins for Feast of Annunciation**  
9:30 a.m. **Liturgy for Feast of Annunciation**  
12:00 p.m. Women's Fellowship Tea  
5:00 p.m. Confessions  
5:30 p.m. Great Vespers/Confessions

### Sunday, March 26—ST. JOHN OF THE LADDER

9:00 a.m. Matins & Religious Ed. ages 3-12  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Education  
11:45 p.m. Agape Meal  
12:30 p.m. Adult Catechism

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

March 19 Morrison  
March 25 Kern  
March 26 Dillon  
April 2 Dn. G. Braun  
April 9 Jacobs

### READERS

March 19 Butler  
March 22 Alexander (Presanctified Liturgy)  
March 24 Gish (Vespers, Annunciation)  
March 25 Lange (Liturgy, Annunciation)  
March 26 Butler  
March 29 Alexander (Presanctified Liturgy)

### GREETERS

March 19 D. Washburn/K. Fox  
March 26 L. Baker/K.P. King  
April 2 H. Lange/D. Lewis  
April 9 M. Loulias/P. Cocores

### USHERS

March 19 D. Meyer/M. Loulias  
March 26 C. Speier/S. Speier  
April 2 P. King/J. King  
April 9 K. L. King/C. Berari

### AGAPE MEAL HOSTS

March 19 Team Loulias  
March 26 Team Baker  
April 2 Team Lander  
April 9 PALM SUNDAY POTLUCK

### THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

Mar. 23 D. Alexander  
Mar. 30 F. Young  
Mar. 6 M. Loulias/J. Jones  
Mar. 13 F. Young

### HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive. Non-Orthodox believers and others **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.*

**At the conclusion of Matins, we sing the Great Doxology.  
During the singing of “Holy God...” at the end of the Doxology, there is a  
PROCESSION WITH THE HOLY & LIFE-GIVING CROSS**

### THE DIVINE LITURGY OF ST. BASIL THE GREAT

#### THE GREAT LITANY

##### **First Antiphon verses with refrain:**

The light of Thy countenance is marked upon us. Thou hast given a sign to them that fear Thee, so that they may flee from the bow.

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

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. *(Refrain)*

*Glory... Both now... (Refrain)*

##### **Second Antiphon verses & refrain**

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet stood.

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

**Alleluia.**

God, our King before the ages, hath wrought salvation in the midst of the earth.  
*(Refrain)*

I will be exalted among the heathen; I will be exalted in the earth. *(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 – for the Sunday of the Cross**

*Vs. Exalt ye the Lord our God, and worship at His footstool.*

**Refrain: Troparion of the Cross**

**O Lord save Thy people, and bless Thine inheritance,  
granting victory over all adversaries.  
And by the power of Thy Cross protect us.**

*Vs. O Lord, save Thy people and bless Thine inheritance. [refrain]*

*Vs. Feed them and lift them up forever. [refrain]*

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

**Troparion of the Resurrection**

**(Music on p. 51 of Liturgy book)**

Thou didst shatter death by Thy Cross;  
Thou didst open paradise to the thief;  
Thou didst turn the sadness of the  
ointment bearing women into joy,  
and didst bid Thine apostles proclaim  
a warning that Thou hast risen, O Christ,  
granting the world the great mercy.

**Tone 7**

**Troparion of the Cross**

O Lord save Thy people,  
and bless Thine inheritance,  
Grant victory to all Orthodox Christians  
Over their adversaries.  
And by virtue of Thy Cross,  
Preserve Thy habitation.

**Tone 1**

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

**Tone 3**

### Kontakion of Annunciation

Tone 8

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.

In place of "Holy God..." we sing the Anti-Trisagion Hymn:

V. Rev. JAMES C. MEENA  
Byzantine melody of  
the Antiochian Tradition  
Tone 1

1, 2, 3, 6 Quietly, Calmly

*mf* BE FORE THY CROSS WE BOW  
BE - FORE THY CROSS WE BOW DOWN IN  
*f* AND THY HO - LY RES - UR -  
WOR - SHIP, O OUR MAS - TER, AND THY HO - LY  
- REC TION *mf* WE GLO - RI - FY. *fine*

### Preparatory Psalm verses before the Epistle (Prokeimenon)

Tone 6

O Lord save Thy people//and bless Thine inheritance. (Ps. 28:9)

Verse: *To Thee will I cry, O Lord, O my God, do not be silent unto me.*

### EPISTLE READING— Hebrews 4:14-5:6

Brethren, since we have a high priest, who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "You art my Son, today I have begotten You;" as He says also in another place, "You art a priest forever, after the order of Melchizedek."

#### Alleluia before the Gospel

**Tone 8**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

**Verse:** *Remember Your congregation, which You have purchased of old!*  
(Ps 73/74:2)

**Verse:** *God is our King before the ages; He has worked salvation in the midst of the earth!* (Ps 73/74:12)

### GOSPEL READING— Mark 8:34-9:1

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

### 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*)  
The light of Thy countenance has shone on us, O Lord. (*Ps 4/5:6*)  
Alleluia, Alleluia, Alleluia.

## POST-COMMUNION HYMN

Instead of “We have seen the true light”, sing the troparion of the Holy Cross.

### 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 the blessing of the food at Coffee Hour to eat and socialize.**

### Catechesis of the Good Shepherd Reconciliation Retreat March 17-18, 2023

For four weeks *Amos Palmer, Farley Easbey, Jimmy Easbey, Katia Nikolav, Luke Hedges, Madison Eberhard, Noah Hedges, Penny Carralejo and Taylor Eberhard* have been preparing for the Reconciliation Retreat that took place this past Friday and Saturday. They began by reflecting on the image of Jesus as the True Vine and themselves as the branches of the True Vine. They spent time considering how the vine is affected when the life giving "sap" that flows through the vine becomes blocked (sin) and how the Vinedresser (God the Father) works hard to care for the vine to make it healthy and vibrant again. They looked at the parables of the Found Coin, the Found Sheep and the Prodigal Son and reflected on how God rejoices when those that have been "lost" are "found" or reconciled with the Father once more.

They have also celebrated the gifts of their baptism by remembering the candles that were lit to represent the Light of Christ, the white garment they wore on the day of their baptism to represent the purity of their newly illumined soul and the prayers that were prayed on their behalf by their parents and Godparents. This weekend they made new candles, new garments and said some of those same prayers themselves while being surrounded in prayer by their parents and Godparents or a prayer partner. You may notice those candles today in church and see the white garments they made. These help remind them (and us all!) of the gifts that were given to them on the day of their baptism as well as the gift of reconciliation that God has lovingly offered to all.

*Many years to Amos, Farley, Jimmy, Katia, Luke, Madison, Noah, Penny and Taylor!*

## SERVICES FOR THE FEAST OF THE ANNUNCIATION

Friday, March 24	6:00 p.m.	Vespers for the Feast
Saturday, March 25	8:30 a.m.	Matins for the Feast
	9:30 a.m.	Divine Liturgy for the Feast

## SCHEDULE FOR GREAT LENT

### DAILY MATINS & VESPERS DURING GREAT LENT

During Great Lent there will be no Daily Vespers, and no Daily Matins on Mondays & Wednesdays. There will still be Daily Matins on Fridays at 7 a.m. served by a priest.

**Throughout most of Great Lent, we pray the following services at 6:00 p.m.:**

Mondays	Great Compline
Wednesdays	Presanctified Liturgy followed by Soup Supper
Fridays	Little Compline with a portion of Akathist to the Mother of God

### Exceptions:

Friday, March 24	Great Vespers for Feast of Annunciation
Thursday, March 30	Little Compline with full Canon of St. Andrew and reading of the Life of St. Mary of Egypt
Friday, April 7	Little Compline with the Canon of Lazarus

## CONFESSIONS

During Great Lent, Fr. Symeon will be hearing Confessions on the following days:

- Mondays at 5:00 p.m. before Great Compline and also after that service.
- Fridays at 5:00 p.m. before Akathist and also after that service.
- Saturdays at 5pm before Great Vespers, and also after Vespers.

## FINANCIAL UPDATE JANUARY & FEBRUARY 2023

2023 Monthly tithe goal	\$57,461 (includes \$20,555 for mortgage)
<b>January tithes</b>	<b>\$44,354</b>
January Temple donations	\$12,895
<b>February tithes</b>	<b>\$44,399</b>
February Temple donations	\$ 8,240



## St. Athanasius Women's Fellowship

### *Annunciation Tea*

- for Women & Girls of all ages -  
Bring your daughters and goddaughters!

**Saturday, March 25, 2023**

**12:00-1:30 p.m.**

Proceeds will benefit the Archdiocese Earthquake Relief Effort  
for Syria and Turkey.



Suggested donation: \$10 per adult, \$5 for girls 10 or younger

**Ladies, watch for an e-mail with more details.**

If you are not receiving the Women's Fellowship e-mails  
and would like to be, please contact Liz Hoppe at  
[hop2it1995@gmail.com](mailto:hop2it1995@gmail.com).

**View the Evite & R.S.V.P. here: <http://evite.me/cqYQxuSGN3>**

### ***CELEBRATIONS THIS WEEK***

#### **Wedding Anniversaries**

3/12 Jason & Melissa Wayne (missed it last week!)

#### **Birthdays**

3/20 Zachary Wood

3/21 Peter Van Dolah, Jacob Wallace

3/22 Sarah Brasel

3/23 Kh. Cayce-Marie Halsell, Amos Palmer

3/24 Luke Hoppe

#### **Patronal Saint's Day**

3/20 St. Photini (Samaritan Woman) Sarah Brasel

3/25 The Theotokos (Annunciation) Carla Brunstead, Mary Denny

## **ANNOUNCEMENTS**

**METROPOLITAN SABA**, our new hierarch, is posting weekly teachings and meditations to the Archdiocese website. You can access them here:  
<https://antiochian.org/dashboard?name=MetSaba>

**THE MEN'S FIRESIDE** will meet this Monday (3/20) at the church **STARTING AT 6:00PM FOR GREAT COMPLINE**. After the service we will enjoy our usual time of conversation and fellowship.

**THE NEXT ST. BARBARA MONASTERY FRIENDS GATHERING** will be next Sunday, March 26th at 4:00 p.m. Fr. Symeon will be speaking on: "What is Man? An Introduction to the Orthodox Perspective and Responses to Trans-philosophy." The presentation will be followed by Vespers and a pot-luck supper.

### **FOOD FOR HUNGRY PEOPLE DRIVE**

Please keep in mind those who are suffering from food insecurity or hunger during these coming weeks of Great Lent. We are collecting both funds and food between now and Palm Sunday. Monetary donations will go to "Food for Hungry People," through our Antiochian Archdiocese. There are coin boxes in a basket in the hallway. We especially encourage **families with children** to take one of the coin boxes home. We are also collecting food for our local Food Bank. We are asking for a very specific list of their most-needed food items. Food may be placed in the large boxes in the hallway between now and April 2nd.

#### **MOST NEEDED ITEMS:**

Whole grain cereal (with less than 12g sugar per serving)  
Canned tuna or chicken                      Nut butters  
Pasta    Canned or dried beans/legumes

**ADULT CATECHISM THIS WINTER/SPRING** will go from now through April 2nd and takes place after the Agape Meal.

#### **UPCOMING CATECHISM SESSIONS:**

March 19                      The Holy Temple and Corporate Prayer  
March 26                      Music: Worship with our Voices, Entering the Beauty of the Kingdom  
April 2                              The Hearing of the Word of God and Prayer of the Heart

### **LENTEN SOUP DINNERS — WE NEED YOUR HELP! WEDNESDAYS AFTER PRESANCTIFIED LITURGIES**

Please take a look at the sign-up page at this link and consider how you can participate:

**[bit.ly/LentenSoupDinners](https://bit.ly/LentenSoupDinners)**

### **SAVE THE DATES!**

**St. Athanasius Summer School  
June 19-30, 2022**

**Watch for more details after Pascha!**

## 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:**

His Beatitude, Patriarch John X  
Mother Victoria  
Met. Paul & Abp. John  
Fr. Markos  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Audrey 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.  
Jeremiah H. (Airforce Academy)  
Lauren & Fernando J. (military)  
Chase K. (military)  
Nick & Kristine J. (military)  
Connor V. (military)  
Julianna B. (military)  
P. Speier (military)  
Subdn. Matthew W. (seminary)

Steve T.  
Abp. Benjamin  
Temmo K.  
Sarah B.  
Chuck S.  
Dn. John & Fay Y.  
Zachary B.  
Samantha & Chris N. & Family  
Lander and Washburn Families  
Kevin  
Stephan & Rosa K.  
David  
Evonne C.  
Phyllis M.  
Christina S.  
Judy A.  
Mark K.  
Todd C.  
Ethan K.  
Mari & the Fewell Family  
Matt & Tessa, Matt & Olivia  
Jesús D.  
Erik L.  
Matthew

The Ethiopian Orthodox Church

The Church & people suffering from the earthquake in Syria and Turkey

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:** Bishop Tikhon, Nicko, Aiden B., Rick S.

## 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 Temple Fund.**

***The Third Sunday of Great Lent***  
***The Sunday of the Cross***

“On this the Third Sunday of Great Lent, we observe the Veneration of the Precious and Life-giving Cross and for this reason: Inasmuch as in the forty days of fasting we in a way crucify ourselves and become bitter, despondent and failing, the Life-giving Cross is presented to us for spiritual refreshment and assurance, for remembrance of our Lord's Passion and for comfort.

Like those who are following a long and tedious path are tired, see a beautiful tree with many leaves, they would sit in its shade and rest for a while and then, as if rejuvenated, they will continue their journey. Likewise today, in the time of fasting and difficult journey and effort, the Life-giving Cross was planted in its midst by the Holy Fathers of the Church to give rest and spiritual refreshment, to make us light and courageous for the remaining task.

Christ comforts us who are, as it were, in a desert until He will lead us up to the spiritual Jerusalem by His Resurrection. Just as the Precious Cross, which is also called the Tree of Life, was planted in the middle of Paradise, so our Holy Fathers planted the Cross in the middle of holy and Great Lent, as a sacred reminder of both Adam's bliss and how he was deprived of it. Remembering also that by partaking of this Tree of Life, the Precious and Life-giving Cross, we no longer die but are kept alive." (Synaxarion)

(To read more, go to: <https://www.goarch.org/-/third-sunday-of-lent-veneration-of-the-precious-cross>)

**Please pray for all of our catechumens, that their minds and hearts will be illumined as they continue their journey towards baptism and/or chrismation.**

Emma Bobro

Tatianna Calhoun

Kevin Duke

Kaleigh Flores

Anthony Salcedo, Ethan, Dominic and Jennifer

Gage Salinas

Naomi Siragusa

Mary Wolfington, Alicia & Gabriel

Marleyinna Worthington