



# 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

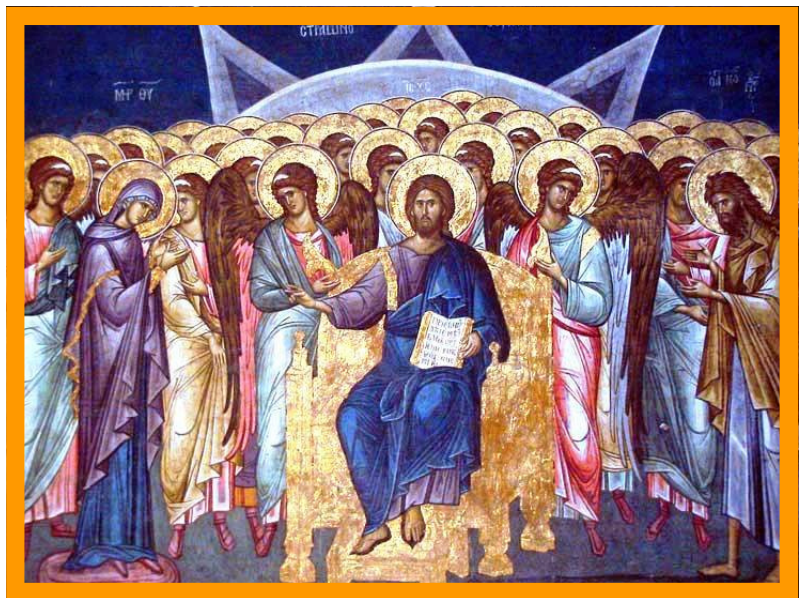
## LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, March 6, 2016

Tone 7 / Eothinon 7

### Sunday of the Last Judgment (Meat Fare)

The 42 martyrs of Amoria in Phrygia;  
Discovery of the Precious Cross and Nails by St. Helena;  
Venerable Fridolin, Enlightener of the Upper Rhine



## **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 6—Meatfare Sunday

9:00 a.m. Religious Education ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Meatfare BBQ at the church  
3:00 p.m. Premiere of Dr. Steven Butler's  
Oratorio: "St. Nicholas the  
Wonderworker"

## Monday, March 7

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

## Tuesday, March 8

3:30 p.m. Catechesis Level I  
5:30 p.m. Daily Vespers  
7:00 p.m. Women's Book Study

## Wednesday, March 9

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

## Thursday, March 10

5:30 p.m. Daily Vespers

## Friday, March 11

6:45 a.m. Daily Matins  
7:00 p.m. Lenten Seminar

## Saturday, March 12

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

## Sunday, March 13—Cheesefare Sunday

### **TURN CLOCKS AHEAD ONE HOUR!**

9:00 a.m. Religious Education ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Project Mexico Fundraiser  
Coffee Hour

5:00 p.m.

Choir Rehearsal

6:00 p.m.

Forgiveness Vespers

## *Sunday Morning Ministries Schedule*

### Eucharist Bread

March 6 Meyer  
March 13 Tinyayeva  
March 20 Thomas  
March 27 D. Washburn

### Coffee Hour

March 6 MEAT FARE PICNIC AT THE  
CHURCH  
March 13 Project Mexico Cheesefare  
Fundraiser  
March 20 NEED A HOST  
March 27 NEED A HOST

### Greeters

March 6 K. Fox/H. Lange  
March 13 D. Washburn/D. Lewis  
March 20 K. & L. Jacobs  
March 27 P. King/L. Baker

### Ushers

March 6 G. Shannon, S. Speier, P. Brunner  
March 13 P. King, D. Meyer, R. Barre  
March 20 D. Lewis, C. Speier, J. King  
March 27 D. Washburn, G. Shannon, S. Speier

### Readers

March 6 D. Washburn  
March 13 T. Harris  
March 13 P. Braun (Forgiveness Vespers)  
March 16 V. Gish (Presanctified Liturgy)  
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...” ) followed by the Matins Dismissal  
Troparion. Complete text is in front of Liturgy book.

**THE DIVINE LITURGY  
OF ST. JOHN CHRYSOSTOM**

**THE LITURGY OF THE WORD**

**THE 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 in-  
carnate 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”**

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 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** Byzantine melody  
harmonized by Fr. J. Finley

#### **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

**Kontakion of Meatfare Sunday****Tone 1** (Slavic Chant)

When You, O God, shall come to earth with glory,  
all things shall tremble,  
and the river of fire shall flow before Your judgment seat;  
the books shall be opened, and the hidden things disclosed;  
then deliver me from the unquenchable fire, //  
and make me worthy to stand at Your right hand, O Righteous Judge!

**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  
(Page 57 of Liturgy Book)****Tone 2** (Byzantine melody  
harmonized by Fr. J. Finley}

**The Lord is my strength and my song. He has become my salvation.**

**Vs.** The Lord has chastened me severely but He has not given  
me over to death.

**EPISTLE READING****1 Corinthians 8:8-9:2**

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if anyone sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

**Alleluia Refrain and Psalm verses before the Gospel**  
**(Music on p. 65 of Liturgy Book)**

**Tone 8 (Byzantine)**

**Chanter:** Alleluia, Alleluia, Alleluia!

**People:** Alleluia, Alleluia, Alleluia!

v: *Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)*

v: *Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)*

**GOSPEL READING— Matthew 25:31-46**

The Lord said, "When the Son of man comes in His glory, and all the holy angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you welcomed Me; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me'. Then the righteous will answer Him, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? And when did we see You a stranger and welcome You, or naked and clothe You? And when did we see You sick or in prison and visit You?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to Me'. Then He will say to those at His left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and His angels. For I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not welcome Me; naked and you did not clothe Me; sick and in prison and you did not visit Me'. Then they also will answer, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me'. And they will go away into eternal punishment, but the righteous into eternal life."

**LITURGY OF THE FAITHFUL**

**Meglynarion (Hymn to the Mother of God)**

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 (From the Matins of Meatfare Sunday) Psalm 136/137

Verses:

1. By the Waters of Babylon, there we sat down and wept when we remembered Zion. Alleluia.
2. On the willows there we hung up our lyres. Alleluia.
3. For there our captors required of us songs and our tormentors required mirth. Alleluia.
4. Sing us one of the songs of Zion. Alleluia.
5. How shall we sing the Lord's song in a foreign land? Alleluia.

### 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](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.

## **GETTING GEARED UP FOR GREAT LENT**

**Join us for this year's LENTEN SEMINAR—Friday/Saturday, March 11-12**

Friday, March 11 7-8:30 p.m. Fr. Laurence Russell, Pastor of Holy Annunciation parish in Santa Maria  
“Preparing our Hearts for Lent”

Saturday, March 12 9-11 a.m. Mother Victoria, Abbess of St. Barbara Monastery  
“The Prayer of St. Ephraim”

## **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. Watch for the E-vite to this event.

## **PROJECT MEXICO MISSION TEAM RUMMAGE SALE SAT. MARCH 19**

**HAVE RUMMAGE? WE'LL TAKE IT!** Support our 2016 mission team to Project Mexico. Bring your donations of **GENTLY USED** clothing, equipment, furniture, household items, etc to the church today and next Sunday. Team members will be available after the Liturgy to receive your donated items in the big kitchen. Questions? Contact Asia Ballew at: [asiaballew0@gmail.com](mailto:asiaballew0@gmail.com) Mitchell Denny will be available to pick up larger items on Friday, March 18th. Contact him to arrange pick-up: [mitchdennyjr@gmail.com](mailto:mitchdennyjr@gmail.com)

## **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.



# CELEBRATIONS for THIS WEEK

## Wedding Anniversaries

3/10 Nancy and Patrick Gilbert

3/12 Steve & Joan Thomas

## Birthdays

3/7 Mateo Finley

3/9 Colton Kronman, Dottie Genatone

3/10 Chase King, Madeleine Meyer, Richard Barre

3/12 Nicholas Berari, Ronald Berari

## Pastronal Feast Day Celebrations

3/12 **St. Aaron the High Priest** Howard Lange, Aaron Simonsen, Aaron Sokoll

3/12 **St. Simeon the New Theologion** Alan Wallerstedt

## **The Theme of Man's Estrangement from God in our Lenten Services**

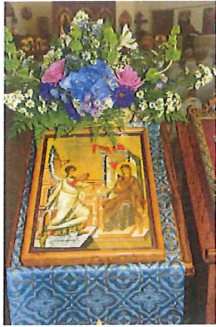
### **Psalm 136**

“By the rivers of Babylon, there we sat and wept when we remembered Zion.  
Upon the willows in her midst, we hung up our musical instruments;  
For there our captors asked us for words from our songs,  
and those who carried us off said to us,  
“Sing us the songs of Zion...”

\* \* \* \* \*

“The theme of man's exile from God, his estrangement from the true spiritual reality to which he belongs, is constantly repeated in the Lenten services. We are not at home. We are not where we belong. We are alienated and estranged. We are in exile. This message is at the very heart of the biblical world view. It is at the center of Christ's teaching, and that of His prophets, apostles, martyrs and saints of all ages. It is symbolized in many different ways in scriptural stories, parables and events. The Lenten season makes use of them all. Spiritually, we are all “by the waters of Babylon.” Our true home is Jerusalem; not a place on the map, but a spiritual reality. It is the true Jerusalem, the city of God, the Jerusalem on high which, according to St. Paul, is “free, and she is our mother.” (Gal. 4:26)

**- from *The Lenten Spring* by Fr. Thomas Hopko**



Please Join Us  
for  
the Women's Fellowship Annual  
*Annunciation Tea*

**St. Athanasius Orthodox Church**  
300 Sumida Gardens Lane Santa Barbara, CA 93111



**Saturday, March 26, 2016**  
**9:30-11:00 a.m.**

*Featuring :*

*Devotions, Short Musical Program and Refreshments*

**Donation paid at the door:**

**Adults \$12**

**Children \$8**

**(ages 12 and under)**

**Proceeds benefit the charitable projects of the Antiochian Orthodox  
Women of North America.**

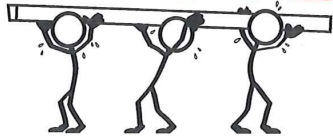
If you would like to assist with food, set-up or clean-up, please contact:  
christie.d.robinson@gmail.com or 805-455-4312

Southern California Deanery St. Nicholas Camping Program

camp st. nicholas - summer 2016

# CAMP ST. NICHOLAS

## A LABOR OF LOVE



Therefore, my beloved, be steadfast,  
immovable, always excelling in the work of  
the Lord, because you know that in the  
Lord your **labor** is not in vain.

1 Corinthians 15:58



## REGISTRATION OPENS ON MARCH 6 @ 9PM!

Camper registration open to children entering the second grade up to seniors in high school.

Join us this summer for a life-changing experience, full of fun and fellowship!

**SESSION 1**  
July 10-16

**SESSION 2**  
(TEEN WEEK)  
July 17-23

**SESSION 3**  
July 24-30

### STAFF & C.I.T.s

Applications available online

Deadline: Sunday, April 17th

**Scholarships are available through the generosity of The Order of St. Ignatius.**  
See your parish priest for more information.

Please contact us if you need additional financial assistance!

**More info and online registration:**  
[www.campstnicholas.com](http://www.campstnicholas.com)



**As Great Lent 2016 approaches,**  
please keep the following dates for Lenten services in mind:

|                    |   |                               |
|--------------------|---|-------------------------------|
| Sunday, March 6    | After Liturgy   | Meatfare Picnic at the church |
|                    | *This year we will be changing things up a bit. We will be having our lunch right at the Church instead of going to the park. All food & beverages will be provided. The cost is \$8 for adults \$4 for children 6 years and younger. |                               |
| Friday, March 11   | 7-9:00 p.m.   | Lenten Seminar                |
| Saturday, March 12 | 9-11:00 a.m.  | Lenten Seminar                |
| Sunday, March 13   | 6:00 p.m.   | Forgiveness Vespers           |

**FIRST WEEK OF GREAT LENT**

|                     |           |  |
|---------------------|-----------|--|
| Monday, March 14    | 6:00 p.m. | Great Compline with Canon of St. Andrew                      |
| Tuesday, March 15   | 6:00 p.m. | Little Compline with Canon of St. Andrew                     |
| Wednesday, March 16 | 6:00 p.m. | Presanctified Liturgy  |
| Thursday, March 17  | 6:00 p.m. | Little Compline with Canon of St. Andrew                     |
| Friday, March 18    | 6:00 p.m. | Akathist   |
| Sunday, March 20    | 6:00 p.m. | Central Coast Inter-Orthodox Vespers for Sunday of Orthodoxy |

We are hosting the Vespers this year. We will need some help with set-up, clean-up, and a few food items. Christie Robinson will be sending out an online sign-up.

|                    |           |                            |
|--------------------|-----------|----------------------------|
| Thursday, March 24 | 6:00 p.m. | Annunciation Vesp.-Liturgy |
|--------------------|-----------|----------------------------|



“St. Nicholas the Wonderworker”

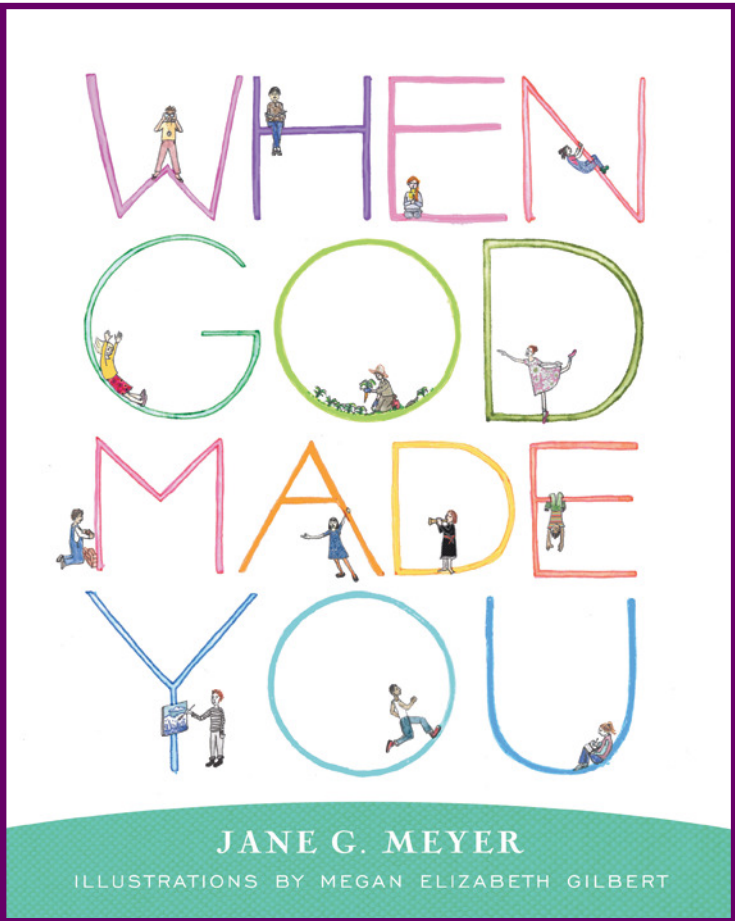
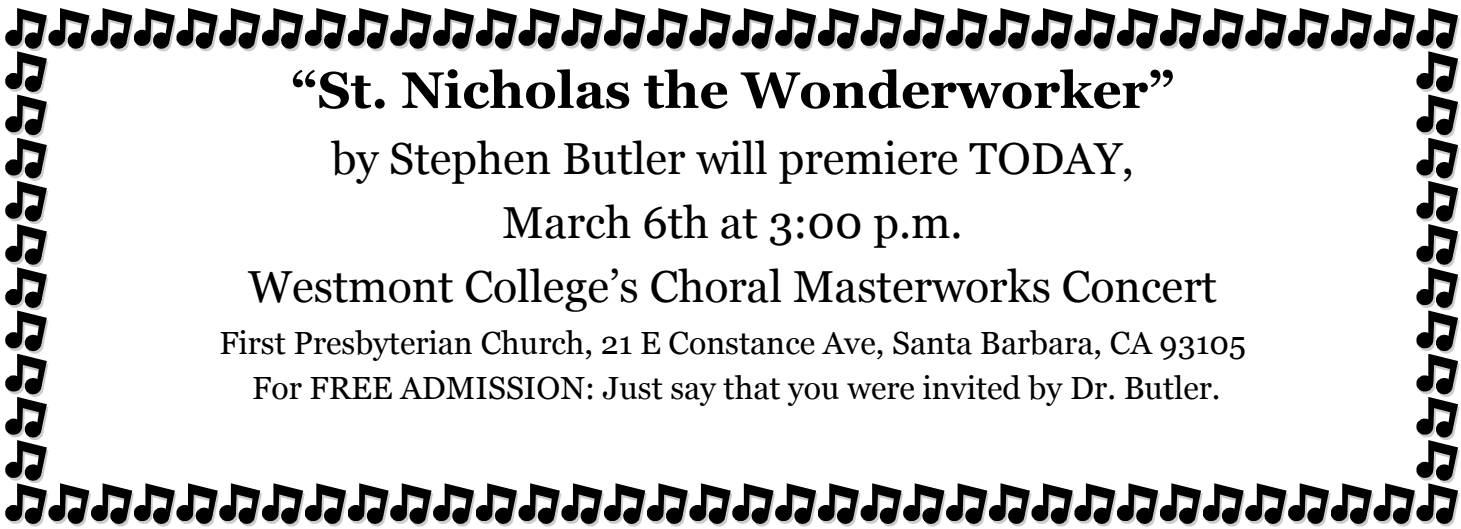
by Stephen Butler will premiere TODAY,

March 6th at 3:00 p.m.

Westmont College’s Choral Masterworks Concert

First Presbyterian Church, 21 E Constance Ave, Santa Barbara, CA 93105

For FREE ADMISSION: Just say that you were invited by Dr. Butler.



**Jane G. Meyer’s new book,** “When God Made You” invites readers of all ages to look at each person in the world and consider what God was thinking when He made them. Every spread of this gleefully-worded book introduces a child from a different part of the world, and suggests what God had in mind when He created that child. Each “person recipe” in the book, just as in real life, is completely unique and brimming with the love and enthusiasm of our Creator.

“When God Made You” celebrates each person’s extraordinary qualities, looks, talents, and interests, recognizing each facet as a gift that has been poured into that person’s life by God Himself. The book also demonstrates to the reader that God does not just give those qualities to us to enjoy, but because He wants them to be used and shared. Every child in the book, upon being created, is issued a command: to plant, to sing, to paint, to lead... The book brings to life the reality that from the moment we are created, God has in His mind the work that He has set for us to do.

**BOOK SIGNING BY JANE:  
Sunday, March 20th after Liturgy  
and at Inter-Orthodox Vespers**

- From Orthodox Christian Parenting website

# TEEN SCENE

## Activities—Winter/Spring 2016

### Junior High School

|                 |                                  |
|-----------------|----------------------------------|
| March           | Movie Night (Date TBA)           |
| Friday, April 1 | Retreat at St. Barbara Monastery |
| Friday, May 13  | Pool Party and Barbecue          |
| June            | End of year trip (Date TBA)      |

### High School

|                      |  |                    |                        |
|----------------------|--|--------------------|------------------------|
| Sunday, March 6      | Fire on Father                                 | 5:00-7:00 p.m.     | Fr. Nicholas and Jan's |
| Sunday, April 3      | Taco Bell, S'mores,<br>Game Night Extravaganza | 5:00-7:00 p.m.     | Jon and Kristin King's |
| Sunday, April 10     | Fire on Father                                 | 5:00-7:00 p.m.     | Fr. Nicholas and Jan's |
| Good Friday April 29 | All Night Vigil:                               | 8:30 pm-10:00 a.m. | at the church          |
| Saturday, May 21     | St. Barbara's Monastery Day Trip               | Time TBA           |                        |
| Sunday, May 22       | Fire on Father                                 | 5:00-7:00 p.m.     | Fr. Nicholas and Jan's |
| Sunday, June 12      | Graduation Party<br>& Fire on Father           | 5:00-7:00 p.m.     | Fr. Nicholas and Jan's |

## 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).

\*\*\*\*\*  
**ST. ATHANASIUS BOOK CENTER**  
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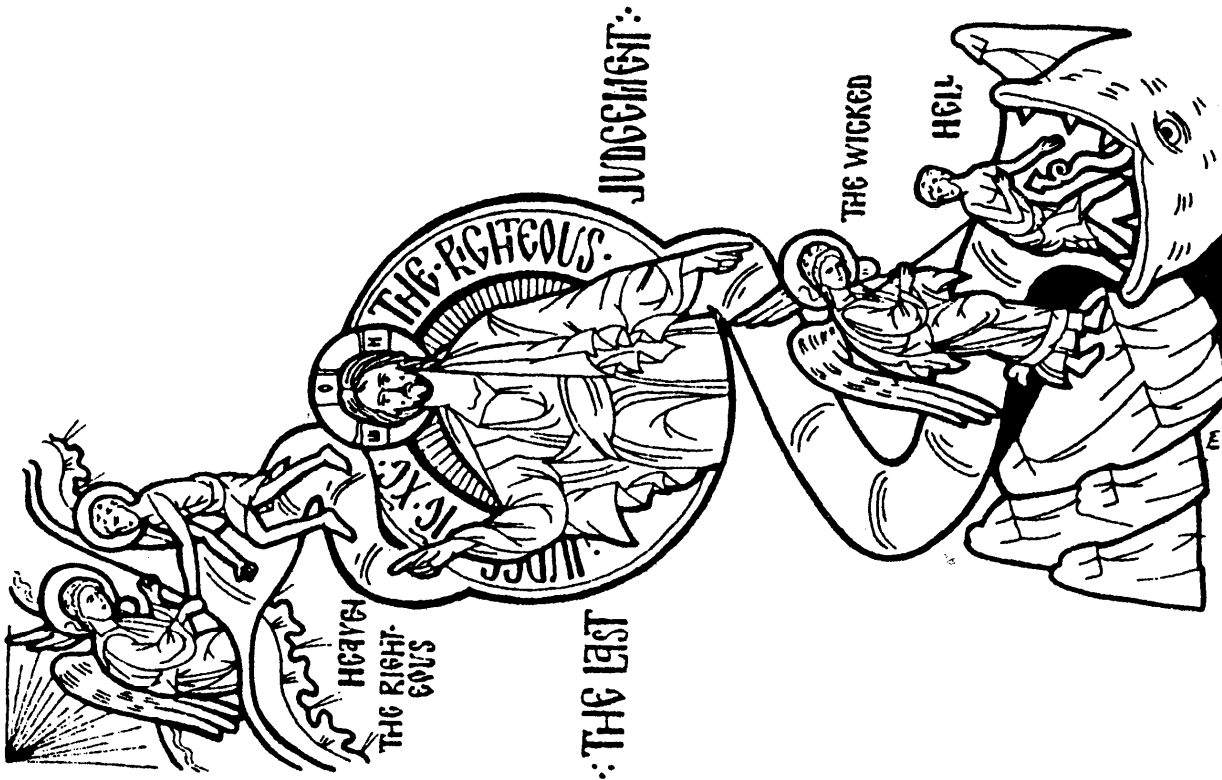
\* The church bookstore is located in the foyer of the fellowship hall. The two enclosed cabinets hold icons, books, and other items that are FOR SALE. See Terri Speier if you are looking for jewelry such as a cross or chain. Payment should be made at time of purchase and placed in the brown lockbox mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. Athanasius Book Center."  
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**All proceeds go to the parish Building Fund.**  
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## PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - February 10-March 20, 2016)

O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.



FOR THE CHILDREN TO COLOR

DURING THE HOMILY OR AT HOME -