

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. BASIL THE GREAT

Sunday, March 8, 2015
Tone 6 / Eothinon 6
Second Sunday of Great Lent
Commemoration of Gregory Palamas,
Archbishop of Thessalonica

Theophylact the Confessor, Bishop of Nicomedia; Apostle Hermas of the Seventy



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

TURN CLOCKS AHEAD ONE HOUR!

	Sunday,	March 8	3—St.	Gregory	Palamas	Sunday
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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

5:00 p.m. "Fire on Father" - Grades 9-12

(NO DAILY VESPERS ON TUES/THURS.)

Monday, March 9

6:45 a.m. Daily Matins

4:30 p.m. Outreach Dinner in Isla Vista

6:00 p.m. Great Compline 7:15 p.m. Choir Rehearsal

Wednesday, March 11

6:45 a.m. Daily Matins

12:00 p.m. Women's Prayer Group

6:00 p.m. Presanctified Liturgy with Eucharist

Friday, March 13

CATECHESIS RECONCILIATION RETREAT

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

7:30 p.m. Benefit Concert for St Barbara

Monastery: Yale Russian Chorus

Saturday, March 14

CATECHESIS RECONCILIATION RETREAT

8:00 a.m. Soul Liturgy 4:30 p.m. Adult Catechism

6:00 p.m. Great Vespers/Confessions

Sunday, March 15—Sunday of the Cross

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

12:15 p.m. Meeting with current Epistle Readers

5:00 p.m. High School:Activity:

"Minute to Win it"

Sunday Morning Ministries Schedule

Eucharist Bread

March 8 Meyer/Tinyayeva

March 15 Dillon March 22 Hedges

March 29 Washburn

Coffee Hour

March 8 Harris

March 15 Lewis/Gundersen March 22 Keller/Brasel

March 29 Dn. G. & M. Braun

Greeters

March 8 G. Shannon/Kristin King
March 15 P. Morrison/D. Genetone

March 15 P. Morrison/D. Genatone March 22 D. Washburn/D. Lewis

March 29 L. Baker/P. King

Ushers

March 8 C. Speier, R. Schneider, P. King

March 15 J. King, G. Shannon

March 22 S. Speier, P. Brunner, P. King

March 29 D. Meyer, R. Barre, D. Lewis

Readers

March 8 D. Alexander

March 11 T. Harris (Presanctified Liturgy)

March 14 D. Alexander (Soul Liturgy)

March 15 D. Washburn

March 18 H. Lange (Presanctified Liturgy)

March 21 R. Barre (Soul Liturgy)

March 22 D. Meyer

March 24 P. Braun/V. Gish (Annunciation)

March 29 D. Meyer

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.)

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 the music 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.

These melodies will be used for all litanies during the Liturgy for the five Sundays of Great Lent:



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"

After each of the verses sung by a quartet, the choir and congregation sing the refrain: "Remember us, O Lord, when you come in your Kingdom."

LITTLE ENTRANCE

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

Troparion of the Resurrection (Music on p. 49 of Liturgy book)

When Mary stood at Thy grave looking for Thy sacred body, angelic pow'rs shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted there-by, Thou did meet the Virgin and didst give life to the world. O Thou Who art risen from the dead, O Lord, glory to Thee.

Tone 6 (Byzantine melody harmonized by Fr. J. Finley)

Tone 8 (Slavic Chant)

Troparion to St. Gregory Palamas

O light of <u>Orth</u>odoxy, teacher of the Church, its confir<u>mation</u>, O ideal of <u>monks</u> and invincible champion of theo<u>logians</u>, O wonder<u>working</u> Gregory, glory of Thessalonica and <u>preacher</u> of grace,//always inter<u>cede</u> before the Lord that our <u>souls</u> may be saved!

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.

Kontakion of Annunciation

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.

Tone 8 (Byzantine melody)

Tone 3 (Byzantine melody

TRISAGION (THRICE-HOLY) HYMN (Music on page 9 of this bulletin.)

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 5

Thou O Lord shall keep us and preserve us from this generation forever. (Ps 11/12:7)

Verse: Save me O Lord, for there is now no saint. (*Ps 11/12:1*)

EPISTLE READING— Epistle Reading— Hebrews 1:10-2:3

"In the beginning, You O Lord, didst found the earth, and the heavens are the work of your hands; they will perish, but You remainest; they will all grow old like a garment, like a mantle You wilt roll them up, and they will be changed. But You art the same, and Your years will never end." But to what angel has He ever said, "Sit at My right hand, till I make Your enemies a stool for your feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first, by the Lord, and it was attested to us, by those who heard Him.

Alleluia before the Gospel

Tone 5

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: I will sing of the mercies of the Lord forever; with my mouth

I will make known Thy faithfulness to all generations. (Ps 88/89:1)

Alleluia...

Verse: For Thou hast said: "Mercy shall be built up forever;

In the heavens shall Thy truth be established." (Ps 88/89:2) Alleluia...

GOSPEL READING—Gospel Reading—Mark 2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of Man has authority on earth to forgive sins" -- He said to the paralytic -- "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

MUSIC FOR THE ANAPHORA (Offering) is included in this bulletin on pages 11-12.

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 35)

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.

ST. GREGORY PALAMAS

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On the Second Sunday of Lent the Orthodox Church commemorates our Holy Father Gregory Palamas, (1296-1359) Archbishop of Thessalonica, the Wonderworker. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.

Welcome to our catechumens:

Patrick and Nancy Gilbert Michael Andonian

There are several others who are moving in this direction as well, and will be catechumens soon:

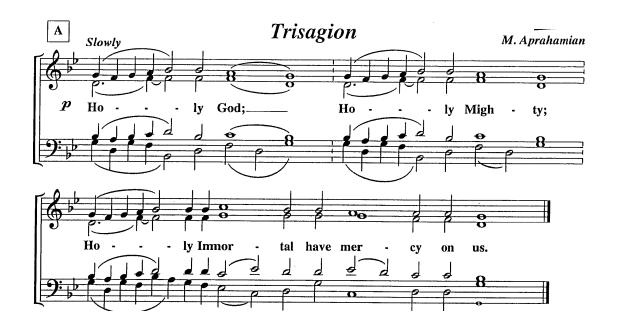
Chantel Cappuccilli Chuck Sasala Regina Moon

Church Etiquette Corner Veneration with "Clean" Lips

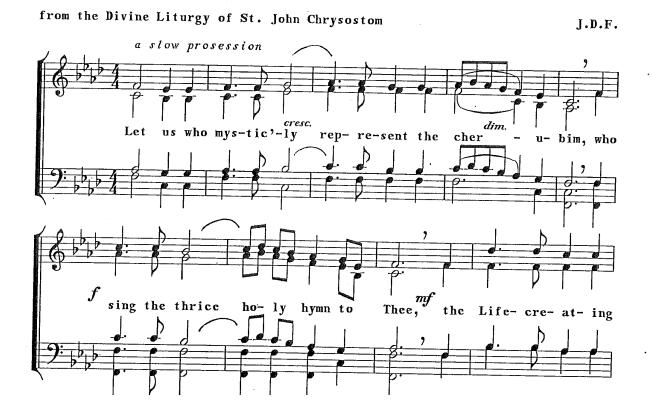
When we venerate an icon or any holy object, we are showing honor to what that icon or object represents. Thus it is important to approach veneration with honor and dignity. If you wear lipstick or lip gloss, please blot your lips well before venerating an icon, taking communion or kissing the cross,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

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Thank you for your consideration! - Fr. Nicholas



THE CHERUBIC HYMN





THE ANAPHORA (OFFERING)

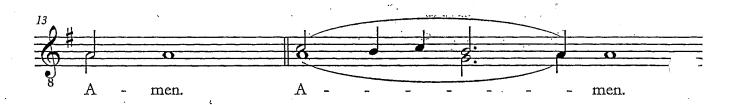
Byzantine Tone 5 (Page 18 in the Liturgy Book)



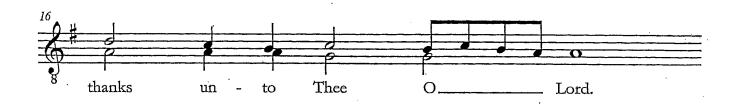


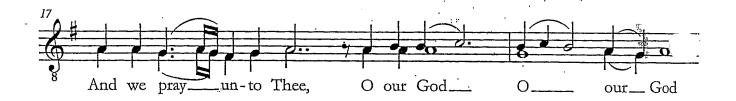












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ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

AN OPPORTUNITY FOR YOUR FAMILY TO PARTICIPATE IN LENTEN ALMS-GIVING TO THE HOMELESS AND HUNGRY OF SANTA BARBARA!

During Great Lent, we are asking that each family of the parish support our St. Brigid Fellowship by filling up a small collection box with coins that will be used to provide food for our Monday night outreach dinners. Please pick up a collection box on the St. Brigid display table in the hallway. The boxes can be returned to the church on the two Sundays following Pascha. (April 19 and 26). More information will be provided later regarding how to return the coin boxes. Please see the inserted brochure about our St. Brigid Fellowship for more information on the holy work being done in our community in the name of our parish.. All parishioners are welcome to join the St. Brigid Team on Monday evenings at the 5:00 p.m. outreach dinner, which is served at St. Michael University Church in Isla Vista. (6586 Picasso Rd.) Helping hands and friendly faces are always needed.

ATTENTION PARENTS! Registration for summer camp at Camp St. Nicholas began on March 1st. Be sure to register your children early before the sessions are full. Financial assistance is available, so please contact Fr. Nicholas for more information if your children would not be able to participate without financial aid. This program is open to children and teens agers 7-19 years (entering grades 2-12 in 2015.) If you have any questions about the program, contact Hani Abughazaleh. To register, go to www.campstnicholas.com.

DONATION DESIGNATIONS

We are transitioning to a new bookkeeper, and so we need to ask that you <u>always</u> <u>designate on</u> 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!

LENTEN SOUP DINNERS

We have Soup Dinners scheduled for two more Fridays during Great Lent, (March 20, March 27) 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. If you can help with set-up or clean-up please sign up on the posted lists, or contact Christie Robinson at christie.d.robinson@gmail.com.

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.robinsnon@gmail.com.

May 24 June 7, 14 and 21 July 12 and 26 August 30

WE NEED A CREW TO HELP WITH POTLUCKS

We need to gather a crew of people willing to help with clean-up for our Potlucks. We have at least 8 per year. This a perfect volunteer opportunity for those of you who are not able to host or contribute to Coffee Hour. Please contact Christie Robinson if you can be of service. christie.d.robinson@gmail.com

SAVE THE DATES: ESTATE PLANNNING SEMINARS—April 25 & May 9

Two different seminars will be offered on Saturday mornings from 10-11:00 a.m. for our parish members. The seminars will be taught by an attorney and a financial planner, who will explain why EVERYONE needs an Estate Plan, and discuss strategies you may want to consider when planning your estate, including: How your assets will be distributed to your family; Who will take care of your minor or special needs children; Who will make medical or financial decisions for you if you can't make them yourself. More information will follow in the coming weeks.

UPCOMING CONCERTS

LENTEN MEDITATIONS AT THE OLD MISSION—Today at 4 p.m.

Today, March 8th, please consider joining the Choir of St. Barbara Catholic Parish at Old Mission Santa Barbara for their annual Lenten Meditations at 4 p.m. in the Old Mission Church. There is no cost for admission, as this is not a concert but a prayerful time to listen and reflect, however there will be a free will offering.

YALE RUSSIAN MALE CHORUS—THIS Friday, March 13 at 7:30 p.m.

Please support this concert, which is a benefit for the Chapel Building Fund of St. Barbara Monastery in Santa Paula. If you are unable to attend, please consider giving a donation towards the concert. Checks should be written to St. Athanasius Church with a note on the memo line that says: Monastery Concert. Checks can be left in the tithe box. Admission to the concert is \$15 for adults, and \$10 for students and seniors.

PROVIDENCE SANTA BARBARA SPRING CONCERT—Friday, March 20 at 7:00 p.m. Trinity Episcopal Church, \$5 general admission, \$25 maximum for families Many of our teens will be participating in this concert.

CELEBRATTONS for THIS WEEK

Wedding Anniversaries

3/12 Steve & Joan Thomas

Birthdays

3/9	Colton Kronman
3/9	Dottie Genatone
3/10	Chase King, Madeleine Meyer, Richard Barre
3/12	Nicholas Berari, Ronald Berari, Sean Hampton

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

LENTEN SERVICES THIS WEEK

Mon., 3/9	6:00 p.m.	Great Compline
Wed., 3/11	6:00 p.m.	Pre-sanctified Liturgy
Fri., 3/13	7:30 p.m.	Benefit concert for St. Barbara Monastery NO AKATHIST SERVICE
Sat., 3/14	8:00 a.m.	Soul Liturgy

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

The Yale Russian Male Chorus

conducted by Mark Bailey, Artistic Director



in concert Friday, March 13, 2015 at 7:30 p.m. St. Athanasius Orthodox Church



300 Sumida Gardens Lane Santa Barbara, CA 93111 (facing Hollister between Patterson and Ward)

Tickets: \$15 at the door only \$10 Students & Seniors OPEN SEATING

Proceeds will benefit the Chapel Building Fund of St. Barbara Monastery in Santa Paula, CA

Founded in 1953, the YRC served as a powerful force toward the preservation of Russian choral music during the Cold War era. It is now recognized as one of the world's most important performance ensembles of Slavic music. The YRC's repertoire, which spans from the 12th to the 21st centuries, includes a variety of sacred and secular music, including ancient chant, cultural songs, and major choral works by Tchaikovsky, Rimsky-Korsakoff, and Rachmaninoff.

For more information, go to: www.stathanasius.org or call 805-685-5400



Please Join Us for the Women's Fellowship Annual

Annunciation Tea

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

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Saturday, March 28, 2015 1:00-3:00 p.m.

Featuring: A Special Presentation on the Life of Mary, the Theotokos, Music, and Refreshments

Donation paid at the door:
Adults \$12
Children \$8
(ages 12 and under)

Proceeds benefit Orthodox women's monasteries in 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

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

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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	1:00 p.m.	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	ТВА
Sunday , April 26	5:00-7:00 pm	Progressive Dinner	ТВА

Junior High School—Grades 7-8

Sunday, March 22	5:00-6:30	Minute to Win It	SAOC
Saturday March 28	1:00 p.m.	Annunciation Tea (Girls)	SAOC
Friday April 10	8:00-10:00 p.m.	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 Dean & Penny Mikael M.

Mother Victoria Kh. Mary & Susan Khouria Katherine & Chil-

Met. Paul & Abp. John Baby Christian F. dren

Fr. Thomas H. Duane F.

Dn. Richard E. All those suffering and Kh. Peggy K. and Family in danger in the Ukraine, Fr. Gordon & Mary Sue W. Africa, and the Middle East

Greg & Margaret Y. Stan and Donna F.

Hoppe Family Molly M. Mary Ellen B. D. Washburn

Gail S. Chris and Claire D.

For repose of the souls of: Fr. Matthew B., Mac K., Dn. David D.,

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:

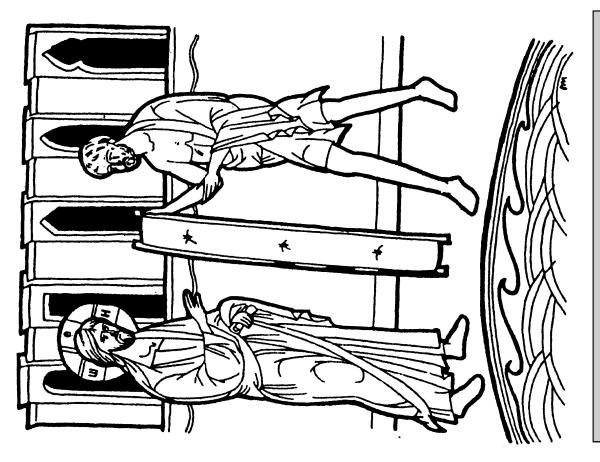
Prayer requests in the bulletin are prayed out loud during the deacons' litanies and should be submitted to the church office—office@stathanasius.org.

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).

********************************* 米 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."

HEALING OF THE PARALYTIC:



FOR THE CHILDREN TO COLOR DURING THE HOMILY OR AT HOME