



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 13, 2016

Tone 8 / Eothinon 8

Sunday of Forgiveness (Cheese Fare)
Translation of the relics of Nikephoros, Patriarch of
Constantinople; Bishops Poplias and Marios



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 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 |

Monday, March 14

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| 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/Canon of St. Andrew of Crete |

Tuesday, March 15

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| 3:30 p.m. | Catechesis Level I |
| 6:00 p.m. | Little Compline/Canon of St. Andrew of Crete |

Wednesday, March 16

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|------------|--|
| 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 17

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|-----------|---|
| 6:00 p.m. | Little Compline/Canon of St. Andrew of Crete |
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Friday, March 18

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|-----------|--------------------------------------|
| 6:45 a.m. | Daily Matins |
| 6:00 p.m. | Akathist Service (No Soup Dinner) |

Saturday, March 19

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

Sunday, March 20—Sunday of Orthodoxy

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|------------|--|
| 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 Meyer |

Sunday Morning Ministries Schedule

Eucharist Bread

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| March 13 | Tinyayeva |
| March 20 | Thomas |
| March 27 | D. Washburn |
| April 3 | Hedges |

Coffee Hour

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|----------|----------------------------------|
| March 13 | Project Mexico Fundraiser |
| March 20 | NEED A HOST |
| March 27 | NEED A HOST |
| April 3 | St. Brigid Fellowship Fundraiser |

Greeters

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|----------|----------------------|
| March 13 | D. Washburn/D. Lewis |
| March 20 | K. & L. Jacobs |
| March 27 | P. King/L. Baker |
| April 3 | G. Shannon/K. King |

Ushers

| | |
|----------|------------------------------------|
| March 13 | P. King, D. Meyer, R. Barre |
| March 20 | D. Lewis, C. Speier, J. King |
| March 27 | D. Washburn, G. Shannon, S. Speier |
| April 3 | P. Brunner, P. King, D. Meyer |

Readers

| | |
|----------|----------------------------------|
| 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. 53 of Liturgy book)

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

Tone 8 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 Cheese-fare Sunday**Tone 6 Slavic Chant**

O Master, Teacher of wisdom,
Bestower of virtue,
Who teaches the thoughtless and protects the poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to You:
“Have mercy on me, a transgressor,
O merciful Lord!”

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)
(Music on page 63 of Liturgy Book)****Tone 8**

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

Verse: *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*

Epistle Reading—Romans 13:11-14:4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Alleluia before the Gospel (Music on p. 65 of Liturgy Book)

Tone 6

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High,... (Ps 91/92:1)

v. ...to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)

Gospel Reading—Matthew 6:14-21

The Lord said, “If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you openly.

LITURGY OF THE FAITHFUL

Meglynarion (Hymn to the Mother of God)

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.

CELEBRATIONS for THIS WEEK

Birthdays

3/15 Peter Speier, Ryan Franzen
3/16 Adrian Berari, Leah Wallace
3/18 Doug King

Pastronal Feast Day Celebrations

3/17 St. Patrick of Ireland Kevin deBree

SUNDAY OF ORTHODOXY CELEBRATION WITH CENTRAL COAST PARISHES

Next Sunday at 6:00 p.m. we will host the Orthodox parishes of the Central Coast for Vespers in celebration of the Triumph of Orthodoxy. Please join us in welcoming our sister parishes into our “home,” and contact Christie Speier Robinson if you are able to help with set-up or clean-up for the reception.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

TODAY'S COFFEE HOUR is hosted by our Project Mexico Mission Team, and all donations made at Coffee Hour will support their 2016 mission trip to Mexico. Please give generously.

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. 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. 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 Mitchell Denny will be available to pick up larger items on Friday, March 18th. Contact him to arrange pick-up: 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.

VESPERS FOR SUNDAY OF ORTHODOXY—MARCH 20th at 6:00 p.m.

We are hosting the Central Coast Orthodox 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.

Services of Great Lent 2016

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|---------------------|---------------------------|--|
| 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 (NO SOUP DINNER) |
| 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 |

TEEN SCENE

Activities—Winter/Spring 2016

Junior High School

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|-----------------|----------------------------------|
| 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

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|----------------------|--|
| Sunday, April 3 | Taco Bell, S'mores, 5:00-7:00 p.m. Jon and Kristin King's Game Night Extravaganza |
| 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 5:00-7:00 p.m. Fr. Nicholas and Jan's & Fire on Father |

PRAAYER 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
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 PRAAYER LISTS:

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

Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most services. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorated, and that list is comprised of the sick, those celebrating special occasions listed in the bulletin, and those who prepared the Eucharist bread. Others are prayed for during the Proskomedia (Preparation of the Bread and Wine for Communion).

ST. ATHANASIUS BOOK CENTER

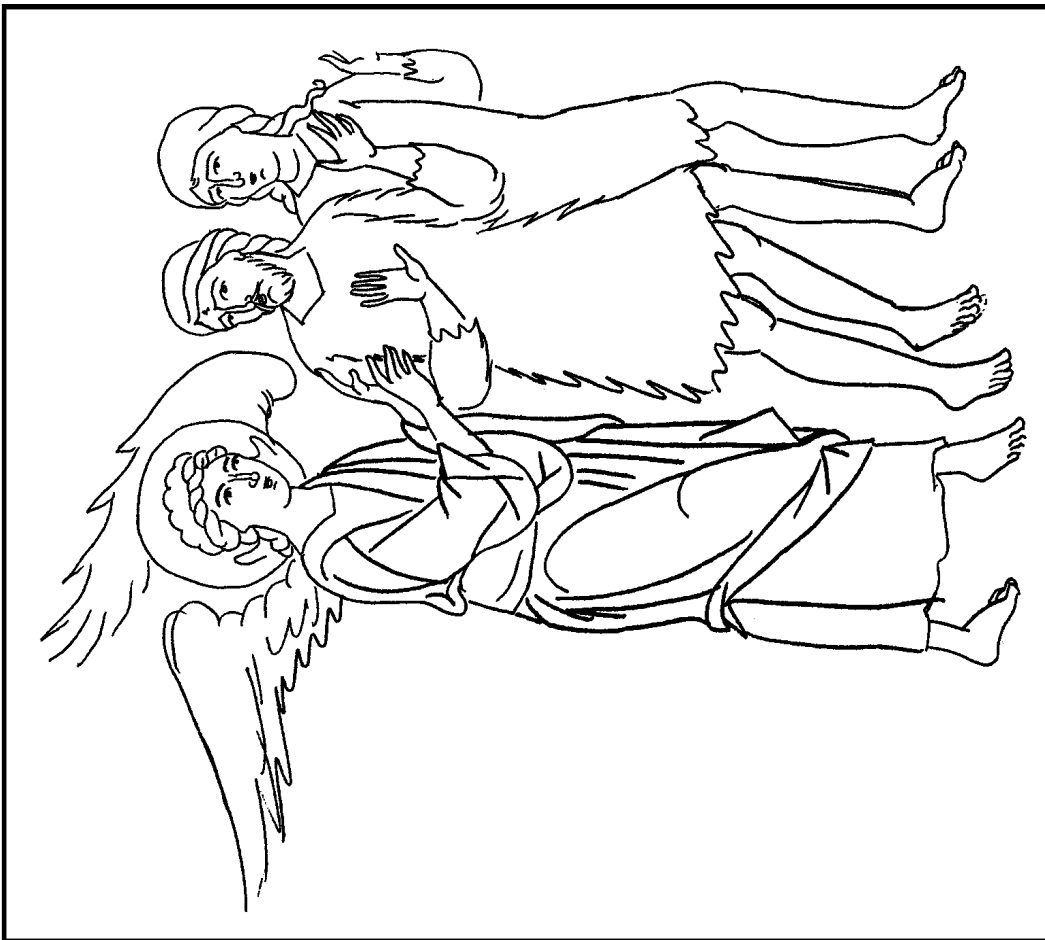
The church bookstore is located in the foyer of the fellowship hall. The two enclosed cabinets hold icons, books, and other items that are FOR SALE. See Terri Speier if you are looking for jewelry such as a cross or chain. Payment should be made at time of purchase and placed in the brown lockbox mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. Athanasius Book Center."

All proceeds go to the parish Building Fund.

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 -**