

## 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 15, 2015

Third Sunday of Great Lent; Tone 7 / Eothinon 7 Veneration of the Precious and Life-Giving Cross

Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; New-martyrs Manuel of Crete and Parthenios



### **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 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

5:00 p.m. High School Activity at Cloud 10

#### (NO DAILY VESPERS ON TUES/THURS.)

#### Monday, March 16

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 18

6:45 a.m. Daily Matins

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

6:00 p.m. Presanctified Liturgy with Eucharist

#### Thursday, March 19

7:00 p.m. Parish Council Meeting

#### Friday, March 20

6:45 a.m. Daily Matins

6:00 p.m. Akathist followed by Soup Dinner

#### Saturday, March 21

8:00 a.m. Soul Liturgy

4:30 p.m. Adult Catechism

6:00 p.m. Great Vespers/Confessions

#### Sunday, March 22—Sunday of St. John Climacus

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

12:15 p.m. Choir Rehearsal

5:00 p.m. Junior High Activity at Cloud 10

## Sunday Morning Ministries Schedule

#### **Eucharist Bread**

March 15
March 22
March 29
March 29
April 5
Dillon
Hedges
Washburn
Thomas

#### **Coffee Hour**

March 15 Lewis/Gundersen
March 22 Keller/Brasel
March 29 Dn. G. & M. Braun

March 29 Dil. G. & M. Draun

April 5 PALM SUNDAY POTLUCK

#### **Greeters**

March 15 P. Morrison/D. Genatone
March 22 D. Washburn/D. Lewis
March 29 L. Baker/P. King

April 5 G. Shannon/Kristin King

#### <u>Ushers</u>

March 15 J. King, G. Shannon

March 22 S. Speier, P. Brunner, P. King March 29 D. Meyer, R. Barre, D. Lewis

April 5 C. Speier, R. Schneider, P. King

#### Readers

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 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 ... now and ever... Amen.

Only begotten Son and immortal Word of God, who for our salvation didst will to be incarnate of the Holy Theotokos and ever-virgin Mary, who without change didst become man and was crucified, O Christ our God, trampling down death by death, Who art one of the Holy Trinity, glorified with the Father and the Holy Spirit: save us.

### **PROCESSION OF THE CROSS**

#### 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 (music on page 9 of this bulletin)

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]

#### AFTER THE PROCESSION, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY:

#### **Troparion of the Resurrection**

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 of the Cross**

O <u>Lord</u> save Thy people, and bless Thine in<u>her</u>itance, <u>Grant</u> victory to all Orthodox Christians Over their <u>adversaries</u>. And by <u>virtue</u> of Thy Cross, Preserve Thy habi<u>tat</u>ion. Tone 1 (Slavic Melody)

#### **Troparion to St. Athanasius**

Holy Bishop Athanasius, you became a stronghold of Orthodoxy, strengthening the Church through your divine teachings. Opposing the heretical opinion of Arius,

you explained and taught that the Son is equal in nature with the Father.

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 Annunciation**

**Tone 8** (Byzantine melody)

To thee, our Queen, leader in battle and defender.

We thy people delivered from all peril,

offer hymns of vict'ry and thanksgiving, O Theotokos.

Since thou dost possess invincible power,

set us free from ev'ry calamity.

That we may cry unto thee: Hail O bride without bridegroom.

## As the clergy enter the altar, we sing the Anti-Trisagion Hymn (Music on page 10 of this bulletin.)

Before Thy Cross we bow down in worship, O our Master and Thy holy Resurrection we glorify. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

...and Thy holy Resurrection we glorify.

Deacon: With strength!
People: Before Thy cross...

Prokeimenon (Preparatory Psalm Verses) before the Epistle Tone 6 (Byzantine)

O Lord save Thy people and bless Thine inheritance.

**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."

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

Verse recited by the children of the Catechesis Reconciliation Retreat

#### **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.

#### In place of "We have seen the true light . . ." we sing:

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

#### **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.

#### Please pray for 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**

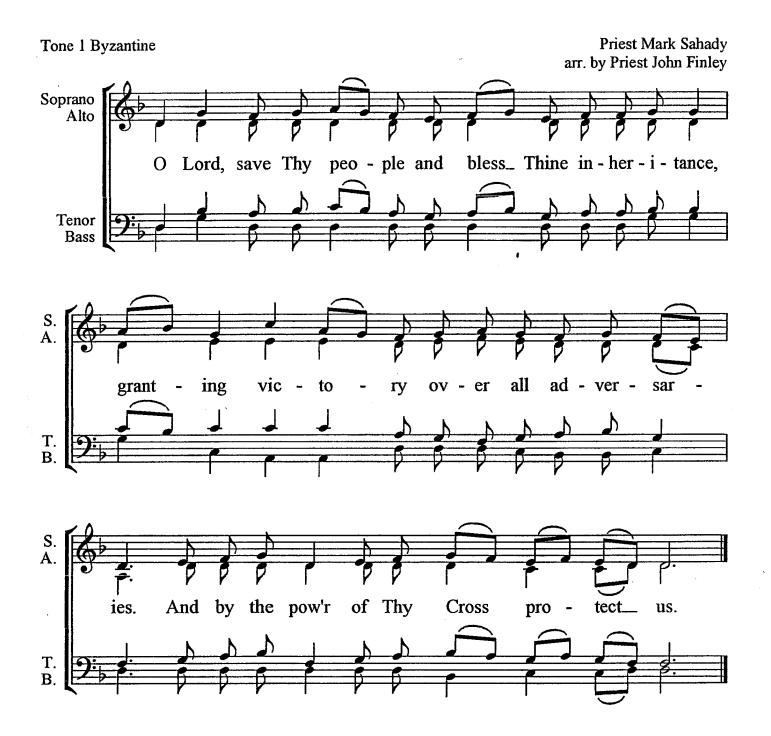
#### **Handling of Holy Bread**

After taking Holy Communion and at the end of the Liturgy, it is traditional to eat a piece of blessed bread (*antidoron*). This is the bread that remained after preparing Holy Communion from the five loaves. While the antidoron is not Holy Communion, it is blessed by the priest at the altar and thus should be eaten carefully so as not to drop crumbs onto the floor. When you receive the blessed bread (taking <u>one</u> piece), return to your seat or get to a place where you can stop and eat the bread carefully, trying not to drop crumbs. If you want to give a piece to someone else, take an extra piece and respectfully offer it. Please monitor your children in consideration of the above information. Thank you!

- Fr. Nicholas

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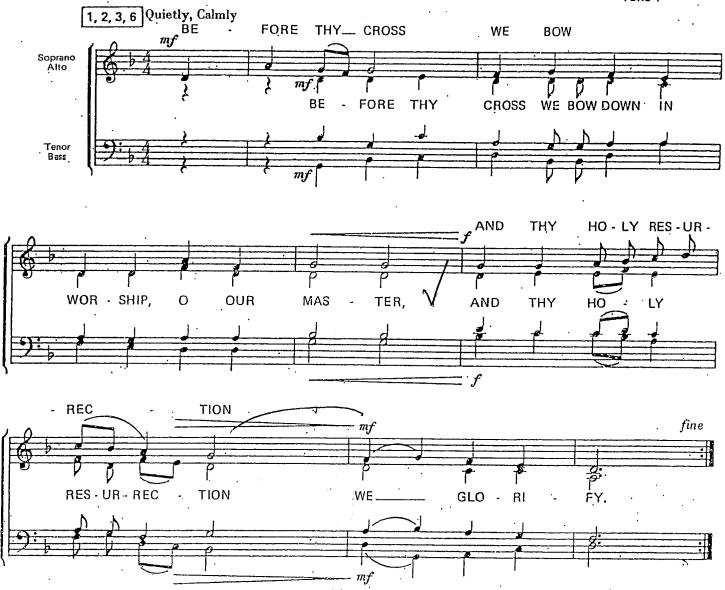
# Troparion Elevation of the Cross



### We sing this today in place of the Trisagion Hymn:

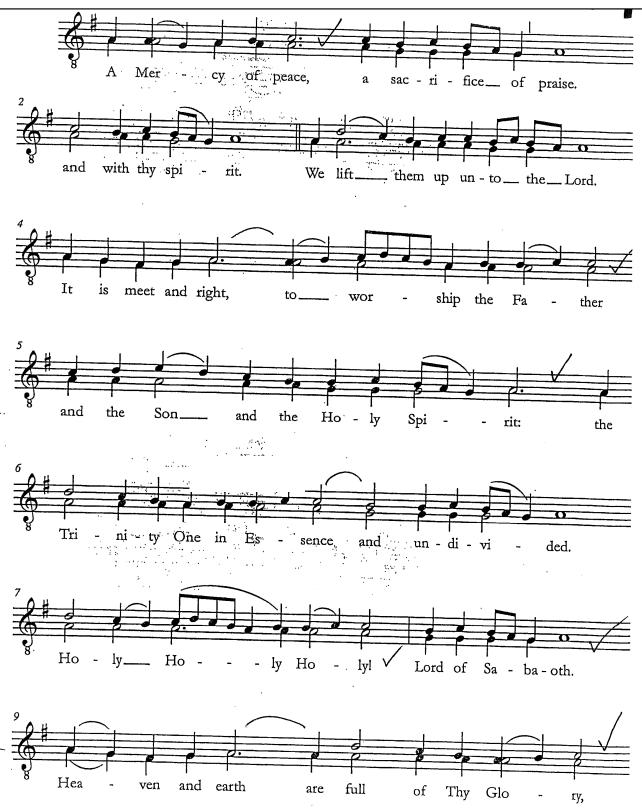
## BEFORE THY CROSS

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



## THE ANAPHORA (OFFERING)

## Byzantine Tone 5 (Page 18 in the Liturgy Book)





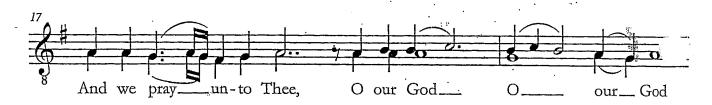












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#### ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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.

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. <a href="mailto:christie.d.robinson@gmail.com">christie.d.robinson@gmail.com</a>

#### 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 EVERY-ONE 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.

#### A MESSAGE FROM THE ENTHRONEMENT GALA COMMITTEE

On January 31st a group from our parish participated in the Enthronement celebration for Metropolitan JOSEPH in Los Angeles. We received a letter from the committee, with the following good news:

"We are humbled to share with you that by God's great mercy and the love and labors of so many of you, the evening yielded a \$145,000 net profit, exceeding the initial goal. As a result of this success, improvements to the Camp St. Nicholas facility will begin immediately and by summer, you will see the first fruit of our joint labors."

#### LENTEN SERVICES THIS WEEK

Mon., 3/16	6:00 p.m.	Great Compline	
Wed., 3/18	6:00 p.m.	Pre-sanctified Liturgy	
Fri., 3/20	6:00 p.m.	Akathist followed by Soup Dinner	
Sat., 3/21	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

## ANNUAL WORK PARTY ON LAZARUS SATURDAY April 4th from 10:00 a.m.-3:00 p.m.

Even though we are in our new building, we still have much to do in order to prepare for Holy Week and Pascha. We will need help with decorating, cleaning the icons, preparing the palms, and other little jobs. More information and sign-up lists will follow. Please plan to stay after the Liturgy on Lazarus Saturday to lend a hand. Kids are welcome!

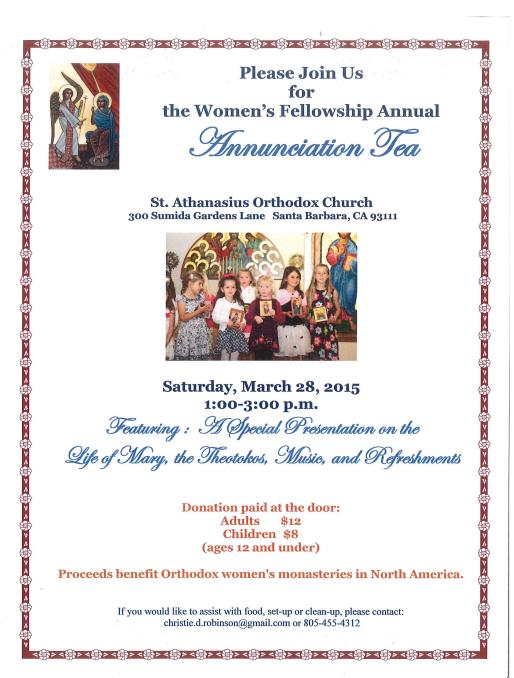
## CELEBRATIONS for THIS WEEK

#### **Birthdays**

3/15	Peter Speier, Ryan Franzen
3/16	Adrian Berari, Leah Wallace
3/18	Doug King
3/21	Jacob Wallace

#### **Pastronal Feast Day Celebrations**

3/17	St. Patrick of Ireland	Kevin deBree
3/20	St. Photini (Samaritan Woman)	Sarah Keller



## **Catechesis of the Good Shepherd Reconciliation Retreat** March 13-14, 2015

For five weeks, Ben Ballew, John Ronan Meyer, Justina King, and Kalix Braun have been preparing for the Reconciliation Retreat that took place this Friday and Saturday. They began by reflecting on the image of Jesus as the True Vine and us as the branches.

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 Lost 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 remembing 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

Ben, John Ronan, Justina and Kalix!



#### **PASCHA CELEBRATION 2015**

It's that time of year again!

#### **PASCHA BREAKFAST**

Immediately following the Divine Liturgy on Pascha we will celebrate together with our traditional BREAK-fast at our new Church!

Due to limited kitchen facilities we will again be "downsizing" our morning festivities a bit. Please plan *now* to put together a family Easter basket. Add to it your own family favorites and include some meats, eggs, cheeses, etc.

We are very pleased that our Stan is doing so well, but he needs a break this year! Brian Sieck has graciously offered to take over this huge part of the morning and we thank him! We will provide the Pascha Cheese, sliced ham, deviled eggs and beverages. Agape Vespers (with the Gospel read in many languages) will follow the breakfast. Please see the food sign-up list in the fellowship hall. We need volunteers to bring:

- Deviled eggs (please respond with how many)
- Large fancy assorted cheese platters
- · Large assorted fruit platters
- Homemade sweet rolls, yeast breads, sweet loaves
- Set up and clean up help

#### **PASCHA PICNIC**

The main focus of our celebration this year will be the afternoon PICNIC at Kiwanis Meadows/ Tuckers Grove at 3pm. The deacons will barbeque tri-tip for all. Bread will be provided. Please bring a large salad (green, potato, pasta, fruit) to share and your own place settings and beverages. There will of course be games, activities for our children, plus music and lots of wonderful fellowship. Plan to attend this special day for our church family. It is a great opportunity to bring your non-Orthodox friends and family members, as well!

The day's festivities cost the church over \$4,000 and we typically collect only around \$2,000 from those who participate. Please help us to break even on the costs for the day. We are asking for a donation for each adult and child participating in order to help cover the cost of the day's festivities. You can pay in advance at the table set up during Coffee Hour on the two Sundays before Pascha, or you can pay in the food line on Pascha. Pricing is as follows:

Adults: \$15 for breakfast only

\$20 for breakfast and picnic

Children: \$10 flat fee

(Maximum charge per family: \$80)

Of course we could use some help with preparation and clean up and with the children's activities. Please email June @ june1211@msn.com or call 805.705.3668 to volunteer.



## 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**

Cloud 10
Event: Service Project: St. Michael's Church in IV
d Outreach Dinner
iation Tea (Girls) SAOC
all Group Teen Room
nall Group Teen Room
t Vigil SAOC
Father Fr. Nicholas and Jan's Home
sive Dinner TBA
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### Junior High School—Grades 7-8

Sunday, March 22	5:00-7:00		Cloud 10
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 Khouria Katherine & Children

Mother Victoria Mary Angel, Helen and Family

Met. Paul & Abp. John Susan B. Jim M. Fr. Thomas H. Baby Christian F. Joy

Dn. Richard E. Duane F. All those suffering and Stan and Donna F. in danger in the Ukraine, Kh. Peggy K. and Family

Fr. Gordon & Mary Sue W. Molly M. Africa, and the Middle East

Greg & Margaret Y. D. Washburn

Chris and Claire D. Hoppe Family

Kh. Mary Ellen B. Mikael M.

Gail S.

For repose of the souls of: Fr. Matthew B., Marc K.

21 Coptic Christians who were martyred in Libya,

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.

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

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#### ST. ATHANASIUS BOOK CENTER

The church bookstore is located in the 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

Make checks payable to "St. Athanasius Book Center."

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