



# 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 805-770-3749  
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

## Youth Coordinator

Tyler Speier tyler@stathanasius.org

## Parish Council:

Douglas Meyer, President  
Dan Braun, Treasurer  
Benjamin Hedges, Secretary  
Katie AbuGhazaleh  
Richard Barre  
Catherine Braun  
Dottie Genatone  
Verne Gish  
Kristi King

## LITURGY OF ST. BASIL THE GREAT Sunday, March 19, 2017 THIRD SUNDAY OF GREAT LENT; TONE 6 / EOTHINON 6

### Veneration of the Precious and Life-Giving Cross

Martyrs Chrysanthos, Daria, and those with them of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios the joiner of Constantinople; Venerable Innocent of Komel



## WELCOME TO OUR VISITORS!

We are glad you are with us this morning.  
If you are not Orthodox, we invite you to partake of the  
blessed bread during communion.  
Please join us at Coffee Hour~ we'd love to meet you!

# ***Calendar for this Week***

## **Sunday, March 19**

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  
12:15 p.m. Choir Rehearsal

## **Monday, March 20**

6:45 a.m. Daily Matins  
5:00 p.m. St. Brigid Outreach dinner at  
St. Michael's in Isla Vista  
6:00 p.m. Great Compline  
7:15 p.m. Choir Rehearsal

## **Tuesday, March 21**

2:30 -4:15 p.m. Catechesis Level I  
NO DAILY VESPERS

## **Wednesday, March 22**

6:45 a.m. Daily Matins  
11 a.m.-1p.m. Shower of Blessings Ministry  
12:00 p.m. Intercessory Prayer Group  
6:00 p.m. Presanctified Liturgy

## **Thursday, March 23**

NO DAILY VESPERS  
6:30-7:30 p.m. Jr High Youth Group  
7:00-8:30 p.m. High School Youth Group

## **Friday, March 24**

6:45 a.m. Daily Matins  
6:00 p.m. Vespertal-Liturgy for Annunciation

## **Saturday, March 25**

9:30 a.m. Annunciation Tea  
6:00 p.m. Great Vespers/Confessions

## **Sunday, March 26**

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  
4:00 p.m. Monastery Friends Gathering

## ***Sunday Morning Ministries Schedule***

### **Eucharist Bread**

March 19 Sieck  
March 26 Fr. Nicholas  
April 2 Dillon  
April 9 Tinyayeva

### **Coffee Hour**

March 19 Keller/Brasel  
March 26 Angelina Speier (40-day  
memorial for Kevin Michael Speier)  
April 2 NEED A HOST  
April 9 PALM SUNDAY POTLUCK

### **Greeters**

March 19 P. King/D. Genatone  
March 26 G. Shannon/K. King  
April 2 L. Baker/P. Morrison  
April 9 K. Fox/H. Lange

### **Ushers**

March 19 C. Speier, J. King, D. Washburn  
March 26 C. Berari, G. Shannon, S. Speier  
April 2 P. Brunner, P. King, D. Meyer  
April 9 R. Barre/D. Lewis/C. Speier

### **Readers**

March 19 D. Washburn  
March 22 P. Braun (Presanctified Liturgy)  
March 24 D. Alexander (Annunciation)  
March 26 D. Washburn  
March 29 D. Meyer (Presanctified Liturgy)  
April 2  
April 9

**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**

**GREAT LITANY**

**First Antiphon verses with refrain:**

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

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

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

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

**Second Antiphon verses & refrain**

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

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

**Alleluia.**

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

I will be exalted among the heathen; I will be exalted in the earth. (*Refrain*)

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

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

## **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 (Music on p. 49 of Liturgy book)**

**Tone 6** Byzantine melody

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.

**Troparion of the Cross**

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

**Tone 1** (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**

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)**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)**  
**(Page 61 of Liturgy Book)****Tone 6**

O Lord save Thy people and bless Thine inheritance. (PS 27/28:9))

**Verse:** *To Thee will I cry, O Lord, O my God,  
do not be silent unto me. (PS 27/28:1)*

### **EPISTLE READING— Hebrews 4:14-5:6**

Brethren, since we have a high priest, who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "You art my Son, today I have begotten You;" as He says also in another place, "You art a priest forever, after the order of Melchizedek."

### **Alleluia before the Gospel**

**Tone 8**

Chanter: Alleluia, Alleluia, Alleluia!

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

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

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

### **GOSPEL READING— Mark 8:34-9:1**

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

**Meglynarion for Liturgy of St. Basil (Hymn to the Mother of God)**

All of creation rejoices in you, O Full of Grace: the assembly of Angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a Child – our God before the ages: He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

**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 **are invited to 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.

**Communion Hymns**

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)  
The light of Thy countenance has shone on us, O Lord. (*Ps 4/5:6*)

**CELEBRATIONS for THIS WEEK**

**Birthdays**

- 3/21 Jacob Wallace
- 3/22 Sarah Brasel
- 3/25 Jamie Van Wagoner

**Patronal Feast Days**

- 3/20 **St. Photini the Samaritan Woman** Sarah Brasel
  
- 3/25 **Mary, The Mother of God (Feast of the Annunciation)**  
Carla Brunstead, Mary Gish, Kirsten Jacqua,  
Samantha Morrison Nalepa, Taylor Speier

**SAVE THE DATE!!**

**St. Barbara Monastery Chapel Consecration: Saturday, May 6, 2017!!**  
**Details to follow.**

## **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).

**PLEASE DON'T FORGET TO UPDATE THE CHURCH OFFICE WHEN YOU MOVE OR CHANGE E-MAIL, CELL PHONE NUMBER OR LAND LINE NUMBER.**

**FR. JOHN AND DIANE CARRILLO HAVE A NEW PHONE NUMBER: 805-770-3749**

### **COLLEGE/YOUNG ADULT "FIRE ON FATHER" TODAY**

Today all young adults and college students are invited for lunch and discussion at Fr. Nicholas and Jan's at 1:00 p.m.

### **PARKING FOR HANDICAPPED**

Within the next few weeks, we will add 2 more spaces designated for handicapped. We ask that you **PLEASE DO NOT PARK IN THE BLUE LINED SPACES** so that spaces are available close to the building for our members for whom it is difficult to impossible to walk long distances. Thank you!

### **ORTHODOX CRUISE TO ALASKA**

There is an Orthodox cruise/retreat planned for September 2-9, 2017, organized with the blessing of Abp. BENJAMIN of the O.C.A. The cruise offers a unique opportunity not only to have great fellowship and a pilgrimage to meaningful places (St. Nicholas in Juneau, St. Michael's and the bishops house in Sitka) but also to have a rich schedule of spiritual lectures throughout the day. Sessions will be taught by Fr. Michael Oleksa and Fr. Laurent Cleenewerck and the topics will include mystical theology, science, apologetics and spirituality. There are only 55 spots available for the group, which will be part of a larger Holland America Westerdam cruise. Cabins start at \$1,390. Transportation to and from the dock in Seattle is not included in the fee. For more information, including a detailed schedule, go to [www.orthodoxcruises.com](http://www.orthodoxcruises.com).

#### **INCOME FOR JANUARY 2017**

	<b><u>Gen. Operating</u></b>	<b><u>Building Fund</u></b>
Monthly Goal	\$36,000	\$ 14,120
Monthly Actual	\$33,997	\$10,709

#### **INCOME FOR FEBRUARY 2017**

	<b><u>Gen. Operating</u></b>	<b><u>Building Fund</u></b>
Monthly Goal	\$36,000	\$ 14,120
Monthly Actual	\$31,335	\$ 8,299



# *Annunciation Tea*

**Saturday, March 25, 2017  
9:30—11:00 a.m.**

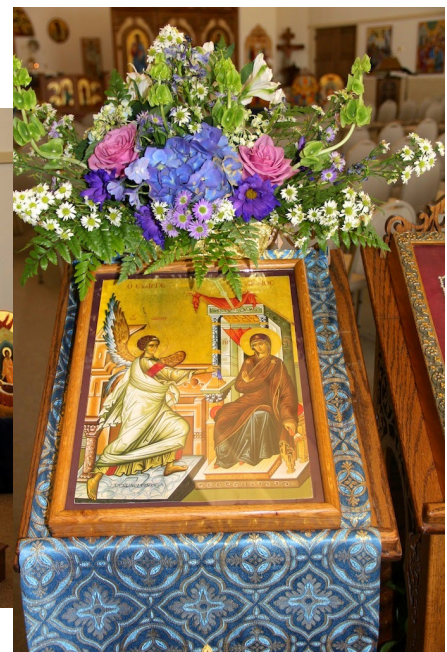
We are quickly approaching our annual Annunciation Tea for all the women & girls in our church!! Our very own Stephanie Braun will be our speaker and we will have lots of lovely music from the girls from our church. Plan for a beautiful morning .

We could use a couple of donations for our raffle!! Let me know if you would like to put a basket together or some kind of donation item to raffle off. Proceeds from the Tea go toward our NAB Project given to us by our beloved Metropolitan JOSEPH -- this year's project "Strengthening the Ministries of the Church."

We are looking for lots of hands to help with setup/clean up!!

Looking forward to seeing everyone there!

Kristin King



## **PASCHA CELEBRATION 2017**

**It's that time of year again!**

### **PASCHA BREAKFAST—A BIT DIFFERENT THIS YEAR**

This year we will begin a new BREAK-FAST tradition immediately following the Divine Liturgy. We will bring, share and enjoy our Pascha/Easter Baskets together, enjoy a beautiful array of yeast sweet breads and Pascha cheese, and a lovely beverage bar of coffee, juice and hot and cold chocolate.

There will be several extra baskets of sliced meats and cheeses placed on the table to help serve our visitors/guests. So now is the time for your family or group of friends to start to think of what to put in your special basket!

Suggestions are sliced meats, cheeses, fruits, eggs, fruit, etc.

**Our famous barbeque will happen in the afternoon!**

**\*Please note we are dropping the price of the day to reflect the change of menu in the morning!**

### **PASCHA PICNIC**

**The main focus of our celebration this year will be the afternoon PICNIC at Kiwanis Meadows/Tuckers Grove at 3 p.m.** The deacons will barbeque tri-tip and lamb for all. This year there will be the addition of special chili too! Bread will be provided. **Please bring a large salad (green, potato, pasta, fruit) to share and your own place settings and beverages.** As always, there will 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.** Please help us to cover our costs again this year. We are asking for a donation for each adult and child participating. You can pay in advance online through the parish website ([www.stathanasius.org](http://www.stathanasius.org)) or you can pay in the food line on Pascha.

### **Pricing is as follows:**

Adults:	\$10 for breakfast only
	\$20 for breakfast and picnic
Children:	\$ 8 flat fee
	(Maximum charge per family: \$80)



For some helpful information and recipes for your Pascha basket:

<http://saintspeterandpaulnh.org/cgi-bin/EasterBasket.cgi>

<http://orthodoxeducation.blogspot.com/2014/04/pascha-basket.html>

<http://www.theologic.com/oflweb/lentpask/basket.htm>

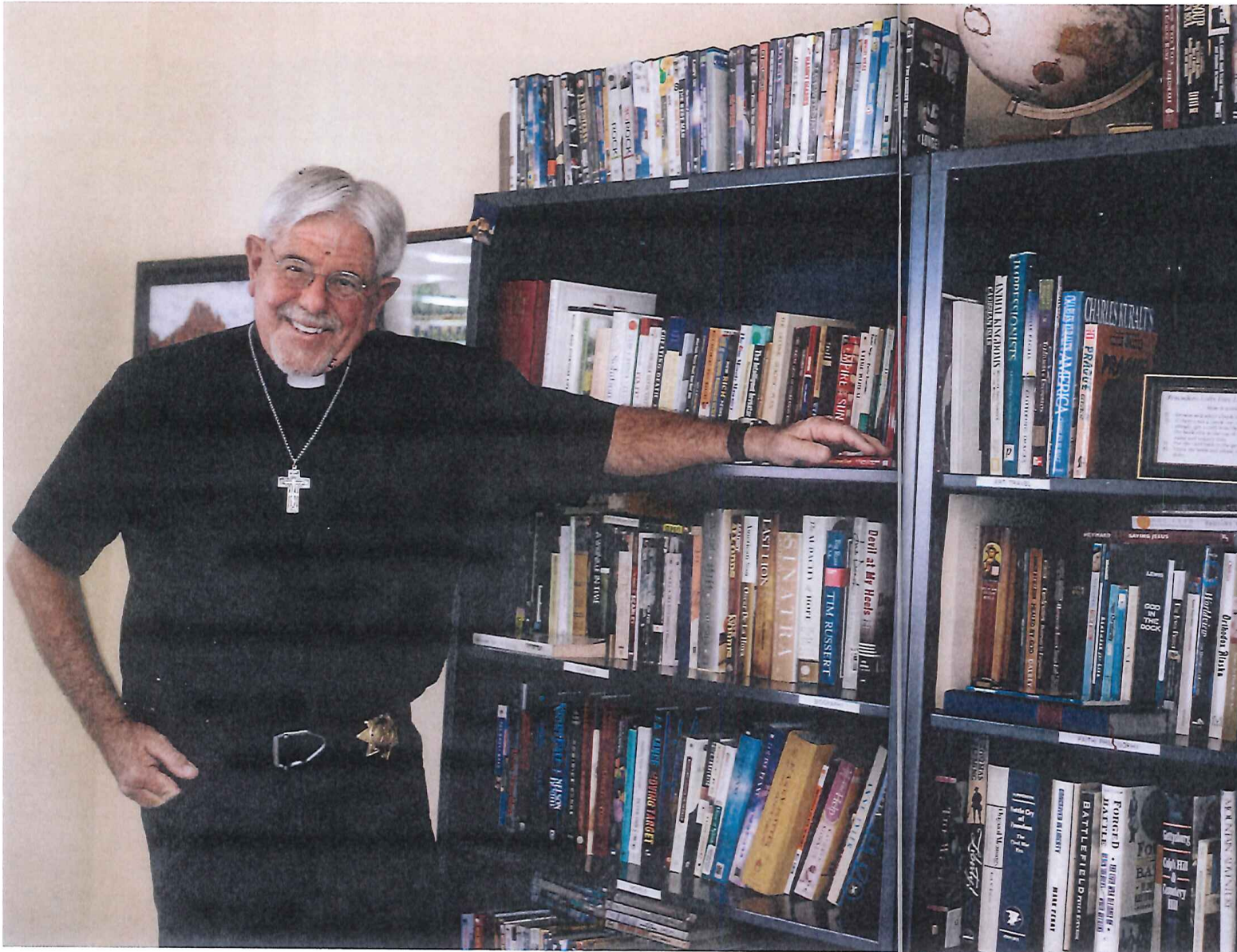
<http://whatimcookingnow.blogspot.com/2010/04/all-about-pascha-baskets.html>

## PASCHA EGG HUNT

### Time to prepare for the fun!

If you have kids who will be participating in the egg hunt at the Pascha picnic, it's time to start thinking about getting your plastic eggs and candy/toys/coins! Don't wait until the last minute when it might be hard to find them. Please bring 12-18 filled eggs per child with you to the picnic (along with a basket or bag for your child to collect eggs).

Please make sure you consider any non-church family and friends you will be inviting and bring enough for them as well. If you can do more than a dozen, that really helps for people who would like to participate but don't have the means to bring eggs. Contact Katie AbuGhazaleh at 453-5324 with any questions. Thank you!



# MOVER SHAKER PASTOR PREACHER

words // Araceli Benitez  
photos // Marcos Reynoso  
design // Ateken Abia



## A look inside the life of Father Jon-Stephen Hedges

Life in Isla Vista is often associated with impermanence; the lives of thousands pass through these streets year after year, with few leaving anything more than some empty beer bottles and blurred out memories behind.

Though this description fits the overwhelming majority of residents, some permanent outliers exist in the midst of those just passing through. I happened to stumble upon one such case after moving to the 68 block of Pasado for my final year at UCSB.

I met Father Jon-Stephen Hedges on a warm summer night in July after his wife, Melissa, had called my housemates and I over to discuss our recent noise issues (which was, after all, completely warranted). We expected to be lectured and scolded, but the reaction we got instead took us completely by surprise.

Reaching their house, we were greeted by a boisterous black labrador, followed by the kind-hearted Melissa Hedges. She warmly introduced herself and led us into her and Father Jon's home, quaintly decorated with religious artifacts and family photos.

Father Jon was seated on the couch and stood to introduce himself to us. His attire was all black, save for a single strip of white cloth around his neck that proclaimed his profession. I will admit, I was briefly upset in realizing our Isla Vista neighbor was a man of the cloth. Despite a momentary fear of a party-less senior year ahead, I was quickly brought back into the conversation noticing how the atmosphere of their home held an indisputable sense of welcome and ease.

## Featured in:



The full article is posted on the large bulletin board in the hallway of the church, and can also be accessed from the parish website at:

<https://www.stathanasius.org/resources/downloads-resources/>

# TEEN SCENE

March, 2017

**Unless noted otherwise, the Junior Highers meet from 6:00-7:30 p.m. on Thursdays, and the High Schoolers meet from 6:30-8:30 p.m.**

3/23 Thursday Night Youth Group

3/30 Canon of St. Andrew at 6pm.

**(Outing at Cloud Nine)**



## Great Lent 2017

### Special Services

Mondays	6:00 p.m.	Great Compline
Wednesdays	6:00 p.m.	Pre-sanctified Liturgy with Eucharist All will be at our church except for <b>Wed. 4/5, which will be at St. Barbara Greek Church</b>
Fridays	6:00 p.m.	Akathist <b>with the exception of Fri. 3/24 which will be Liturgy.</b>
Saturdays March 11 & 18	8:30 a.m.	Soul Liturgy
Friday, March 24	5:15 p.m. 6:00 p.m.	Readers Matins for Annunciation Divine Liturgy for Annunciation

## 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 Fr. Jon Braun Dn. Richard E. Kh. Diane C. Kh. Mary Sue W. Fr. Patrick and Vanessa K. Greg & Margaret Y. Hoppe Family Gail S. Dean & Penny B. Angelina, Jase & Alina S.	Baby Emma Mary Susan B. Christian F. Duane F. Galina, Nikolai & Nataliya Olga Marie G. Emily F. Joan T. Terri-Lynn & Hannah Rose H. Jared E.	James Alma G. Dawn L. Michael L., Penny C. and Family Greg Z. Johnny Z. Carmen G. Temmo K. Nancy R. All those suffering and in danger in the Ukraine, Africa, and the Middle East
--	--	--

**For repose of the souls of:** Kevin S., Matushka Juliana S., Greg M., Ted 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**  
\*  
\* 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. Pay-  
\* ment 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.**  
\*  
\*  
\*\*\*\*\*

