



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

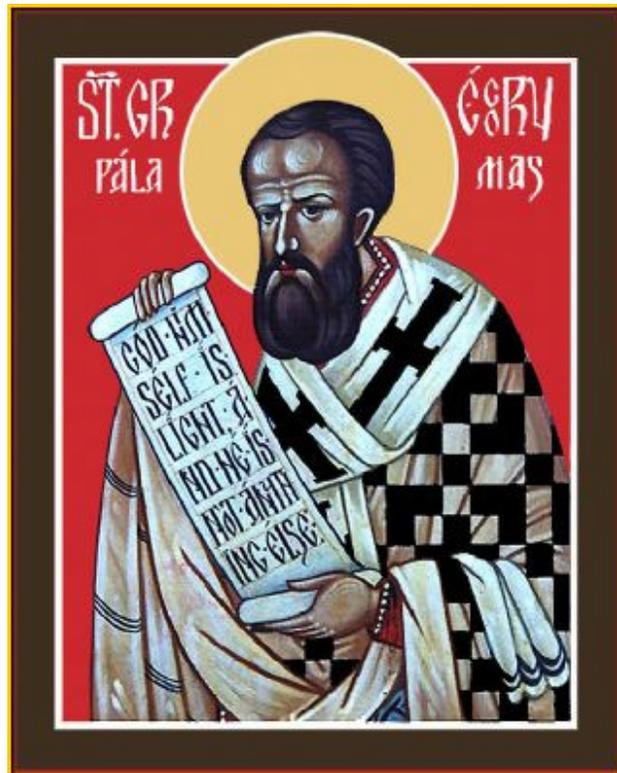
Sunday, March 12, 2017

Tone 5 / Eothinon 5

Second Sunday of Great Lent

Commemoration of Gregory Palamas,
Archbishop of Thessalonica

Venerable Theophanes the Confessor of Sigriane;
Gregory the Dialogist, Pope of Rome;
Venerable Simeon the New Theologian;
Righteous Phineas, Grandson of Aaron the High Priest



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 12

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

Monday, March 13

6:45 a.m. Daily Matins
4:30 p.m. St. Brigid Outreach dinner at
St. Michael's in Isla Vista
6:00 p.m. Great Compline
7:00 p.m. Parish Council Meeting

Tuesday, March 14

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

Wednesday, March 15

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 16

NO DAILY VESPERS
7 p.m. Choir Rehearsal

Friday, March 17

6:45 a.m. Daily Matins
6:00 p.m. Akathist

Saturday, March 18

8:30 a.m. Soul Liturgy
6:00 p.m. Great Vespers/Confessions

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
1:00 p.m. Young Adult Fire on Father

Sunday Morning Ministries Schedule

Eucharist Bread

March 12 Braun
March 19 Sieck
March 26 Fr. Nicholas
April 2 Dillon

Coffee Hour

March 12 AbuGhazaleh
March 19 Keller/Brasel
March 26 Angelina Speier (40-day
memorial for Kevin Michael Speier)
April 2 NEED A HOST

Greeters

March 12 K. & L. Jacobs
March 19 P. King, L. Baker
March 26 G. Shannon/K. King
April 2 D. Genatone/P. Morrison

Ushers

March 12 D. Meyer, R. Barre, D. Lewis
March 19 C. Speier, J. King, D. Washburn
March 26 C. Berari, G. Shannon, S. Speier
April 2 P. Brunner, P. King, D. Meyer

Readers

March 12 D. Washburn
March 15 V. Gish (Presanctified Liturgy)
March 18 Galen Wiley
March 19 H. Lange
March 22 P. Braun (Presanctified Liturgy)
March 24 G. Wiley/D. Alexander
March 26 D. Washburn
March 29 D. Meyer (Presanctified Liturgy)

**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—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 be-
come 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 of The 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

Let us believers praise and worship the Word,
co-eternal with the Father and the Spirit,
born of the Virgin for our salvation.
For He took pleasure in ascending the Cross in the flesh
to suffer death and to raise the dead by His glorious resurrection.

Tone 5 Byzantine melody
harmonized by Fr. J. Finley

Troparion to St. Gregory Palamas

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of grace,//
always intercede before the Lord that our souls may be saved!

Tone 8 Slavic Chant

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.

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)**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—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!"

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!

Communion Hymns

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)

The righteous shall be in everlasting remembrance. He shall not fear evil tidings. (*Ps 111/112:6b-7a*) Alleluia, Alleluia, 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 **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.

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.

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 Wed. 4/5, which will be at St. Barbara Greek Church
Fridays	6:00 p.m.	Akathist with the exception of Fri. 3/24 which will be Vesperal-Liturgy.
Saturdays March 11 & 18	8:30 a.m.	Soul Liturgy
Friday, March 24	6:00 p.m.	Vesperal-Liturgy for Annunciation

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

ANNUNCIATION TEA FOR WOMEN AND GIRLS

This year's Tea will be Saturday, March 25th at 9:30 am. More details to follow.

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

ATTENTION YOUNG ADULT SINGLES!! The Orthodox Singles retreat is Memorial Day Weekend! See details in the back of this bulletin.

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

COLLEGE/YOUNG ADULT "FIRE ON FATHER" NEXT SUNDAY

Next Sunday, March 19th, 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!

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

3/12 Steve & Joan Thomas

Birthdays

3/12 Nicholas Berari, Ronald Berari

3/15 Peter Speier, Ryan Franzen

3/16 Adrian Berari, Leah Wallace

3/18 Doug King

Patronal Feast Days

3/12 St. Simeon the New Theologian Alan Wallerstedt

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

Catechesis of the Good Shepherd Reconciliation Retreat March 10-11, 2015

For five weeks Ginny Braun, Johnny Wallace, and Leah Wallace (along with Raphael and Benedict Henrie, our dear neighbors from St. Raphael's parish) 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 themselves 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 Found 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 remembering 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 Ginny, Johnny, Leah, Benedict and Raphael!!



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.

3/16 Thursday Night Youth Group

3/23 Thursday Night Youth Group

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

(Outing at Cloud Nine)



ORTHODOX SINGLES RETREAT

MEMORIAL DAY WEEKEND—May 26-29, 2017

Sponsored by University of St. Katherine

1637 Capalina Rd., San Marcos, CA

- \$300 for housing, meals, visit to San Diego Zoo including lunch
- Registration deadline—April 15th (Limited to first 200 people)
- Program includes: Worship, Speakers, OS Survivor Game, Service Project, Softball Game, Zoo Trip, OS Got Talent (bring an instrument, your voice, or the two-step!)

For more information & registration form, e-mail Donna Marie Fletcher at OrthodoxSinglesRetreat@mail.com.

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
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.
Baby 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.
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.

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 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.** *
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HEALING OF THE PARALYTIC



FOR THE CHILDREN TO COLOR
DURING THE HOMILY OR AT HOME -