

St. Athanasius Antiochian Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America 300 Sumida Gardens Lane, Santa Barbara, CA 93111 Office hours: Tues-Fri. 12:00—5:00 p.m.

His Eminence Met. JOSEPH, Archbishop of New York & Metropolitan of all N. America

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

Teen Program Coordinator
Michael Easbey: measbey@gmail.com
College/Young Adult Coordinator
Mitchell Denny: mitchdennyjr@gmail.com

Parish Council 2018-2019:

Kristi King, President Dan Braun, Treasurer Terri Speier, Secretary Dorothy Alexander Laurie Baker Corina Berari David Dillon Verne Gish Zak Landrum

LITURGY OF St. Basil the Great

Sunday, March 31 2019

Third Sunday of Great Lent; Tone 3 / Eothinon 11

Veneration of the Precious and Life-Giving Cross



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!

We welcome children of all ages in our worship.

"Let the little children come unto Me for of such is the Kingdom of Heaven." Luke 18:16

Calendar for this Week

Sunday, M	arch 31-	-Sunday	of the	Cross
0.00 a m	Dali	igious Ed	Classe	20.000

Religious Ed. Classes ages 6-18 9:00 a.m.

9:00 a.m. Matins

10:00 a.m. Divine Liturgy Coffee Hour 11:45 a.m.

4:00 p.m. St. Barbara Monastery Friends 4:45 p.m. Akathist at Westmont in the chapel

Monday, April 1

6:45 a.m. **Daily Matins**

5:00 p.m. St. Brigid outreach dinner at

St. Michael's Church in Isla Vista

Little Compline with Canon 6:00 p.m.

of St. Andrew of Crete

Choir Rehearsal 7:15 p.m.

Tuesday, April 2

4:30 p.m. Catechesis Level I

Wednesday, April 3

6:45 a.m. **Daily Matins**

12:00 p.m. Intercessory Prayer Group 6:00 p.m. Presanctified Liturgy

Followed by SOUP DINNER

Thursday, April 4

11:00 a.m. Showers of Blessing

Reconciliation Retreat Preparation 6:00 p.m.

Session (Catechesis)

6:00-8:00 p.m. Youth Group Broomball followed

by dinner

Friday, April 5

9 a.m.-4:30pm Catechesis Reconciliation Retreat

6:45 a.m. **Daily Matins**

Akathist to the Mother of God 6:00 p.m.

Saturday, April 6

8:30 a.m.-4:30pm Catechesis Reconciliation Retreat

Soul Liturgy 8:30 a.m.

4:30 p.m. Adult Catechism

6:00 p.m. Great Vespers /Confessions Sunday, April 7—St. John of the Ladder

9:00 a.m. Religious Ed. Classes 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

4:45 p.m. Akathist at Westmont in the chapel

Sunday Morning Ministries Schedule

Eucharist Bread

March 31 Dillon April 7 Tinyayeva April 14 Sieck

April 20 Meyer (Lazarus Saturday)

April 21 Dn. G. Braun

Coffee Hour

March 31 Project Mexico Mission Team

Fundraiser

April 7 Ballew

April 14 **NEED A HOST**

PALM SUNDAY POTLUCK April 21

(To sign up to host Coffee Hour, go to: www.stathanasius.org/coffee-hour/)

Greeters

March 31 K. Fox/L. Baker D. Washburn/D. Lewis April 7 April 14 P. Cocores/M. Loulias

K. & L. Jacobs April 21

Ushers

March 31 P. King, M. Loulias, C. Berari April 7 S. Speier, P. Brunner, D. Washburn

April 14 D. Meyer, D. Lewis, C. Speier April 21 J. King, P. King, M. Loulias

Readers

March 31 D. Washburn

April 3 D. Alexander (Presanctified Liturgy)

April 6 M. Braun (Soul Liturgy)

April 7 Rdr. J. Butler

April 10 Rdr. V. Gish (Presanctified Liturgy)

April 14 Rdr. M. Kern

April 17 Rdr. H. Lange (Presanctified Liturgy) D. Meyer (Lazarus Saturday Liturgy)

April 20 April 20 D. Alexander (Vespers)

April 21 D. Washburn

At the conclusion of Matins, we sing the Great Doxology followed by the Matins Dismissal Troparion.

THE DIVINE LITURGY OF ST. BASIL THE GREAT

During Great Lent, we will be singing music that may sound new or different than what we have been singing during the rest of the year, in order to signal a shift into this penitential season.



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 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
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]

Troparion Elevation of the Cross



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

Troparion of the Resurrection (Music on p. 44 of Liturgy book)

Tone 3

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death and become the first born from the dead. He hath delivered us from the depths of Hades, granting the world the great mercy.

Troparion of the Cross

Tone 1

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.

Troparion to St. Athanasius (Music on p. 54 of Liturgy book)

Tone 3

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

Tone 8

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:



Preparatory Psalm verses before the Epistle (Prokeimenon) (Music on page 60 of Liturgy book)

Tone 6

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

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."

HOMILY

LITURGY OF THE FAITHFUL

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

DURING GREAT LENT,

the children ages 4 and older are invited to come over to
the choir area during the Prayer Before Communion ("I believe, O Lord,
and I confess...") and sing the Communion Hymns with the choir.
Their parents or godparents should pick them up in the choir area
after the priest comes out with the chalice
so that they can get in line for Communion.
They are welcome to return and sing the Dismissal Hymns
with us after Communion.





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.





ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.
On the homepage, click on VIEW CALENDAR at the bottom left.

THE ST. BARBARA MONASTERY FRIENDS GATHERING will be today at 4:00 p.m. Fr. Lawrence Russell from Annunciation parish in Santa Maria will speak on "Humility: the Divine Garment." The presentation will be followed by Vespers and a potluck supper.

IF YOU CAN BRING SOUP OR HELP WITH SET-UP/CLEAN-UP for this Wednesday's soup dinner after Presanctified Liturgy, please contact Viktoria Hedges. 805-569-5349

THE CHRISTIAN MOVIE "UNPLANNED" is showing at the Fiesta 5 Theatre from March 29-April 4 only. (916 State Street in Santa Barbara) There are five showtimes today, and 3 showtimes per day Monday thru Thursday next week. "Unplanned" is a new feature film from the writers of "God's Not Dead" and the producers of "I Can Only Imagine." It is the true story of Abby Johnson and her transformative journey from a pro-choice activist to a pro-life champion. As one of the youngest Planned Parenthood clinic directors in the nation, she was involved in over 22,000 abortions —until the day she saw something that changed everything, leading Abby to become one of the most ardent pro-life speakers in America.

PLEASE HELP US KEEP OUR BUILDING IN GOOD SHAPE

Please help us to lighten everyone's load by cleaning up your own area both in the church after services and also at Coffee Hour. The church building belongs to all of us. Help us to foster a love and sense of responsibility for its upkeep among all of our children and adults. If you see something that is broken and needs to be fixed, let the church office know at: office@stathanasius.org

Services for the Fourth Week of Great Lent

Monday, April 1 at 6:00 p.m. Little Compline (with Canon of St. Andrew)

Wednesday, April 3 at 6:00 p.m. **Presanctified Liturgy followed by Soup Dinner**

Friday, April 5 at 6:00 p.m. Akathist to Mother of God

Saturday, April 6 at 8:30 a.m. Soul Liturgy

Mondays of Great Lent—Great Compline 6 p.m.
Wednesdays of Great Lent—Presanctified Liturgy 6 p.m.
(Presanctified on 4/17 is at St. Barbara Greek Church)
Fridays of Great Lent—Akathist to the Mother of God 6 p.m. (4/19 is Canon of Lazarus)

CELEBRATIONS THIS WEEK

Birthdays:

- 4/2 Christina Shackelford
- 4/3 Donna Friesen
- 4/4 Duane Franzen
- 4/5 Corina Berari, Ethan Keller
- 4/6 Monica Finley, Valerie Yova

Patronal Saint Feast Days

4/1 St. Mary of Egypt Corina Berari, Kristen Roberts, Corie Sieck, Valerie Yova

PLEASE SUPPORT OUR PROJECT MEXICO MISSION TEAM

If you have not had a chance to donate towards our Project Mexico mission trip that will take place this June, please consider supporting them today at Coffee Hour. We are sending one of our biggest teams ever. Funds raised cover their travel expenses (van rental/gasoline), food, and the construction materials used to build a house for a Mexican family. Thanks to all who have already donated this year, either to an individual team member's fundraising effort, or to one of our other fundraisers!

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the "40 Days for Life Vigil" - March 6-April 14, 2019)

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.

TEEN SCENE

Junior High teens meet from 6:00-7:30 p.m. and High School teens meet from 6:30-8:30 p.m. on Thursdays in the Teen Room at the church, unless noted otherwise.

Thursday, 4/4 Broomball at Ice in Paradise 6-7 p.m. followed by dinner

Thursday, 4/11 Regular Youth Group Thursday, 4/18 Regular Youth Group

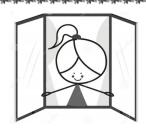
落落落落落落落落落落落落

Thursday, 4/25 HOLY THURSDAY SERVICE 6:00 p.m.—NO YOUTH GROUP

June 9-12 High School Road Trip Weekend of May 17 YES Service Project Weekend

WOMEN'S WINDOW

SAVE THE DATE: Saturday, June 8, 2019 Down Syndrome Buddy Walk



W

To download Lenten recipes: bit.ly/

PASCHA EGG HUNT Time to prepare for the fun!

HANGARAKAN ARAKAN A

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 dozen, that really helps for people who would like to participate but don't have the means to bring eggs. **Contact Asia Ballew** with any questions. 805-722-2371 翼 Thank you!

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 Mother Victoria

Met. Paul & Abp. John

Bishop Neofitos (Diocese of Kenya) Mother Christophora

Fr. Jon B. Dn. Richard E. Kh. Diane C. Greg & Margaret Y.

Hoppe Family Duane F.

Joan and Steve T. Richard and Susan B. Fr. Jon and Kh. Elizabeth S.

Regina M.

*

Ethan & Cole K.

Tony E.

Monsignor John Y.

Gaylen C. Zac B.

Terri Lynn & Hannah Rose

Lauren Cheryl G. Elka Elizabeth J.

Jimmy Phoebe L. Kh. Carla Z.

Sharmaine & Emma

Evonne C.

Elizabeth H. Tvler A.

Fr. Patrick and Vanessa K.

Tom M. Dottie G.

Ronald B. (military) Cole K. (military)

Jerry J.

All those suffering and in danger in Ukraine, Africa, and the Middle East The victims of the recent shootings

and fires

Please pray for the raising up and support of long-term missionaries from our

米

米米米

*

parish.

For repose of the souls of:

Gail S.

All who have died in the conflicts in Ukraine Africa & the Middle East, in the recent fires, and in the shootings in Pittsburgh and Thousand Oaks..

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 Preparation of the Bread and Wine for Communion).

*********************** ST. ATHANASIUS BOOK CENTER

* The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets containing items that are FOR SALE. One cabinet holds icons, crosses, incense, prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book title. Children's books ** are on the bottom shelf. 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 brown lockbox on wall next 🌋 to Fr. Nicholas' office. Make checks payable to St. Athanasius Book Center.. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.)

All proceeds go to the parish Building Fund.

PASCHA CELEBRATION 2019

It's that time of year again!

PASCHA BREAK-FAST

This year immediately following the Divine Liturgy, we will be seated on our patio and enjoy our Pascha/Easter Baskets together. The church will provide a Pascha cheese table, and a beverage bar with coffee, hot chocolate, juice and chocolate milk.

We will have several tables for any potluck items that you choose to bring and share, especially with our visitors. Suggestions for potluck items are quiches, deviled eggs, crockpot hams, sausages, fruit and cheese platters or anything else you would like to bring.

So now is the time for your family or group of friends to start thinking about what you will put in your special basket! Suggestions are sliced meats, cheeses, fruit, eggs, chocolates, etc. Baskets will be set on tables at the front of the church on the left side, and will be blessed at the end of the Paschal Liturgy.

Our famous barbeque will happen in the afternoon!

PASCHA PICNIC

The main focus of our celebration this year will be the afternoon PICNIC at Kiwanis Meadows/Tuckers Grove at 3 p.m. We will barbeque tri-tip, salsa and 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!

In order to cover the cost of the day's festivities, 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) or you can pay in the food line at the barbecue.

Pricing is as follows:

Adults: \$10 for adults

Children: \$ 5

Maximum charge per family: \$50