



## 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. Symeon Halsell  
805-685-5495  
frsymeon@stathanasius.org

**Pastor Emeritus**

Fr. Nicholas Speier  
805-685-5400  
frnicholas@stathanasius.org

**Priests attached to the parish:**

Fr. John Carrillo 805-770-3749 (retired)  
Fr. Jon Braun (retired)  
Fr. John Finley (Archdiocese Dept. of Missions)

**Deacons:**

Dn. Gary Braun  
Dn. Scott Jacobs  
Dn. Richard Easbey (retired)  
Dn. John Young (retired)

**Subdeacons:** Stephen Butler & Michael Easbey

**Music Director/Administrator:**

Valerie Yova  
Office phone: 805-685-5400  
email: office@stathanasius.org

**Teen Program & College/Young Adult  
Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**Parish Council 2021-2022:**

Laurie Baker, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Dorothy Alexander  
Mary Denny  
David Dillon  
Glenn Hoppe  
Lara Jacobs  
Zak Landrum

## DIVINE LITURGY OF ST. BASIL THE GREAT

Sunday, March 13, 2022

Tone 5 / Eothinon 5

**First Sunday of Great Lent (Sunday of Orthodoxy)**

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.  
Please join us on the patio after the Liturgy for 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 THE WEEK

### Sunday, March 13—SUNDAY OF ORTHODOXY TURN CLOCKS AHEAD ONE HOUR!

9:00 a.m.	Matins
9:00 a.m.	Religious Education for ages 6-12
10:00 a.m.	Divine Liturgy & Procession Outside
11:30 a.m.	Teen Religious Education
11:45 a.m.	Coffee Hour
12:30 p.m.	Adult Catechism: "Dispassion & Theosis"
5:00 p.m.	Choir Rehearsal
6:00 p.m.	Sunday of Orthodoxy Vespers with Central Coast Orthodox Parishes followed by reception

### Monday, March 14

6:45 a.m.	Daily Matins
5:15 p.m.	St. Xenia Prayer Ministry—Akathist by Zoom
6:00 p.m.	Great Compline

### Tuesday, March 15

7:00 p.m.	Women's Book Club
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### Wednesday, March 16

6:45 a.m.	Daily Matins
12:00 p.m.	St. Xenia Prayer Ministry
6:00 p.m.	Presanctified Liturgy
7:30 p.m.	Soup Supper

### Thursday, March 17

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
3:30 p.m.	Catechesis Level I
6:00 p.m.	Choir Rehearsal
6:00 p.m.	Youth Group

### Friday, March 18—TEEN RETREAT

6:45 a.m.	Daily Matins
6:00 p.m.	Akathist to the Mother of God

### Saturday, March 19—TEEN RETREAT

6:00 p.m.	Great Vespers/Confessions
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### THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

March 17	L. Ballew/D. Franzen
March 24	M. Loulias/P. Cocores
April 7	D. Washburn/D. Alexander
April 14	F. Young, S. Saunders

### Sunday, March 20—ST. GREGORY PALAMAS TEEN RETREAT

9:00 a.m.	Matins
9:00 a.m.	Religious Education for ages 6-12
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Education
11:45 a.m.	Coffee Hour
12:15 p.m.	Choir Rehearsal
12:30 p.m.	Adult Catechism: "The Role of Beauty."

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

March 13	Fr. Nicholas
March 20	Dn. G. Braun
March 27	Dillon
April 3	Jacobs

### READERS

March 13	Rdr. J. Butler
March 16	D. Meyer (Presanctified Lit.)
March 19	Rdr. M. Kern (Soul Liturgy)
March 20	Rdr. J. Butler
March 23	D. Alexander (Presanctified)
March 24	Rdr. V. Gish (Vespers)
March 25	D. Washburn (Vesperal-Liturgy)
March 27	Rdr. H. Lange
March 30	Rdr. M. Kern (Presanctified)
April 2	D. Meyer (Soul Liturgy)
April 3	Rdr. J. Butler

### GREETERS

March 13	K.P. King/D. Washburn
March 20	G. & L. Hoppe
March 27	H. Lange/D. Washburn
April 3	K. Fox/D. Lewis

### USHERS

March 13	C. Berari/D. Alexander
March 20	D. Meyer/M. Loulias
March 27	D. Washburn/K.L. King
April 3	J. King, P. King

### COFFEE HOUR HOSTS

March 13	D. McCalmont
March 20	NEED A HOST
March 27	NEED A HOST
April 3	NEED A HOST

### HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive. Non-Orthodox believers and others **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.*

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

### THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

#### THE GREAT LITANY

##### FIRST ANTIPHON—Psalm verses with refrain

- The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so sure that it shall never be moved.

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

- Who shall tell of the mighty acts of the Lord? Who shall make all of His praises to be heard? Let the redeemed by the Lord say so, whom He has delivered from the hand of the enemy. (*Refrain*)
- Glory... Both now... (*Refrain*)

##### SECOND ANTIPHON—Psalm verses with refrain

- Let them acknowledge the Lord for His mercies, and for His wondrous works for the sons of men.

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

- Let them exalt Him in the church of the faithful and in the assembly of the presbyters. (*Refrain*)
- The eyes of the Lord are upon those that fear Him, upon those that hope in His mercy; to hear the mourning of those in captivity, and to loose the sons of those appointed to death. (*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!

### THIRD ANTIPHON

Verse: Let the heavens and the earth praise Him.

#### Refrain:

**We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the cross in the flesh  
to deliver Your creatures from bondage to the Enemy.  
Therefore with thanksgiving we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”**

Verse: This is the day which the Lord hath made; Let us rejoice and be glad in it.

Verse: O Lord my God, I will acknowledge Thee forever.

### AS THE CLERGY ENTER THE ALTAR AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING HYMNS FOR THE DAY:

#### Troparion of the Resurrection

**Tone 5**

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.

#### Troparion of First Sunday of Great Lent

**Tone 2**

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the cross in the flesh  
and deliver Thy creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to Thee:  
“Thou hast filled all with joy, O our Savior,  
for Thou didst come to save the world.”

#### Troparion to St. Athanasius

**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.

**TRISAGION (THRICE-HOLY) HYMN**

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 8**

Blessed are You, O Lord God of our Fathers, and praised and glorified  
is Your name forever.

**Verse:** For You are just in all that You have done for us.

**EPISTLE READING**  
**Hebrews 11:24-26, 32-40**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets. Who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

### Alleluia before the Gospel

Tone 4

Chanter: Alleluia, Alleluia, Alleluia!  
People: Alleluia, Alleluia, Alleluia!

*Verse: Moses and Aaron were among His priests;  
Samuel also was among those who called on His Name. (Ps 99/100:6)*  
*Verse: They called to the Lord and He answered them. (Ps 99/100:6)*

### GOSPEL READING

#### John 1:43-51

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

### MEGLYNARION—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*)  
Rejoice in the Lord, O you righteous; praise befits the just! (*Ps 32/33:1*)

### PROCESSION WITH HOLY ICONS

**Before the final dismissal, we will walk in procession around the OUTSIDE of the church, in celebration of the Triumph of Orthodoxy. The children are invited to follow behind the clergy.**

### 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 the blessing of the food at Coffee Hour to eat and socialize.**

Join our parish in supporting the  
**FOOD FOR HUNGRY  
PEOPLE CAMPAIGN**

of the Antiochian Orthodox Archdiocese  
during Great Lent 2022

to benefit the  
**Food Bank of  
Santa Barbara County**



**Ways to give:**

- Bring food items and deposit in collection boxes in the hallway
- Monetary donations are welcome. Please make checks payable to St. Athanasius, with a memo that says, "Food for Hungry."
- We will have small boxes available for families to take home and use to collect alms (coins or bills) throughout Great Lent.

**MOST NEEDED  
FOOD ITEMS:**

Nut Butter  
Canned Protein  
Beans  
Whole Grains/Cereals  
Pasta  
Canned Tomatoes

**\$1 = 8 MEALS!**



[WWW.FOODBANKSBC.ORG](http://WWW.FOODBANKSBC.ORG)

*"Send your treasures to the heavenly storage room. Deposit your wealth in God's bank, distributing to the poor, the orphans and the widows so that you might receive a million times more in the Second Coming of Christ." - Elder Joseph the Hesychast*

## UPCOMING FESTAL LITURGICAL SERVICES

Sunday, March 13	<b>SUNDAY OF ORTHODOXY VESPERS</b> with the Central Coast Orthodox parishes at 6:00 p.m. followed by a reception <b>OUR PARISH WILL BE HOSTING THIS YEAR.</b>
Thursday, March 24	Great Vespers & Artoklasia for Feast of Annunciation at 6:00 p.m.
Friday, March 25	Divine Liturgy for Feast of Annunciation at 8:30 a.m.

**During the 6 weeks of Great Lent, we do not have Tuesday/Thursday Daily Vespers.**

**We pray the following services at 6:00 p.m.:**

Great Compline on Mondays  
Presanctified Liturgy on Wednesdays  
Akathist on Fridays (except for March 24—Feast of Annunciation)

### *A message from Fr. Symeon...*

#### **Note about Communion:**

If you are going to partake of the precious body and blood of Jesus Christ, please stand in line with your arms crossed right over left on your chest and when you are about to partake say, “The servant of God...” and your baptismal name. The safest way to partake of Holy Communion is for the communicant to close their mouth fully on the spoon. This avoids nearly all possibility of accidents. However, if you prefer not to partake in this way, open your mouth wide and tilt your head back and the priest will turn over the spoon in your mouth to give you Communion.

#### **Making a Lenten Confession:**

The Church teaches us to ready ourselves for Pascha by making a confession during Great Lent and to do so before Holy Unction on Holy Wednesday evening. Use the *ascesis* and time of Lent to prepare yourself to make a confession. Please contact Fr. Symeon, Fr. Nicholas, Fr. John Carrillo, or Fr. John Finley to schedule a time to make your lenten confession.

Please note that the opportunity for confession during Matins on Sunday will be limited, a priest may or may not be available, and needs to return to the Altar by the Great Doxology. Regular confession availability will be kept after Great Vespers on Saturdays, however, all other confessions should be made by appointment.



Please Join Us  
for  
the Women's Fellowship Annual

*Annunciation Tea*

*for Women & Girls of all ages.  
Bring your daughters and goddaughters!*

**St. Athanasius Orthodox Church**  
300 Sumida Gardens Lane Santa Barbara, CA 93111



**Saturday, March 26, 2022**  
**3:30-5:30 p.m.**

**Program:**

**Several of our women will offers reflections on  
their own relationships with the Mother of God.**

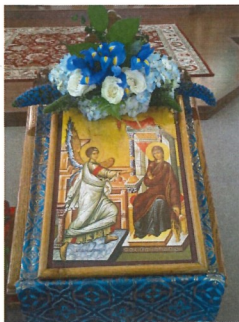
**- Lenten Snacks, Desserts, Beverages -**

**Donation paid at the door:**

Adults - \$7 Girls 10 yrs. old & younger - \$3

Proceeds will go towards the Annual Charitable Project  
of the Antiochian Orthodox Women of N. America.

**NO R.S.V.P. NECESSARY. JUST COME!**



**Local charitable project:  
SUSIE'S CLOSET**

- A Santa Barbara organization that helps  
support expectant and new mothers -  
Please see upcoming email for specific ways to help.

Questions? Contact Christie Robinson at  
805-455-4312/christie.d.robinson@gmail.com



**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  
Fr. Markos  
Fr. Jon B.  
Dn. Richard E.  
Kh. Diane C.  
Greg & Margaret Y.  
Hoppe Family in Albania  
Joseph Wm. B. in Kenya  
Duane F.  
Richard and Susan B.  
Monsignor J. Yanek  
Bob N.  
Kh. Melissa H.  
Cole K. (military)  
Jeremiah H. (Airforce Academy)  
Lauren & Fernando J. (military)  
Chase K. (military)

Nick & Kristine J. (military)  
Connor V. (military)  
Steve T.  
Bev R.  
Phyllis M.  
Scott L.  
Abp. Benjamin  
Kris F.  
Temmo K.  
Sarah B.  
Coleman Family (Lori, Abby,  
Matt)  
Jerry J.  
Chuck S.  
Mat. Trudi & Richter Family  
Linda Gish & Family  
Kevin F.  
Debbie S.  
Steve H.  
David L.

Joanne R.  
James A.  
Dn. John & Fay Y.  
Zachary B.  
Samantha & Chris N. & Family  
Lander and Washburn Families  
Bob  
Lance. S.

The Ethiopian Orthodox Church  
The Church & people in Lebanon  
All those suffering and  
in danger in Ukraine,  
Africa, and the Middle East

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

**For repose of the souls of:** Kaelynn, Bill

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**ST. ATHANASIUS CHURCH BOOKSTORE**

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 **S.A.O.C. Bookstore**. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.)

**All proceeds go to the parish Temple Fund.**

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## COLLECTION FOR SEMINARIANS

We will send a donation from the Pastor's Fund to the Archdiocese towards the annual collection in support of our seminarians. If you would like to add to this donation, you are invited to leave a check in the tithe box with "Seminarians" in the memo line, or to leave cash in the tithe box in a marked envelope. (There are always blank envelopes in the box.) You can also donate through the parish website. Use the dropdown earmark: "Pastor's Fund," and be sure to include a note that says, "Seminarians."

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

### ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

The Sunday of Orthodoxy, March 13, 2022

**To be read from the pulpit and printed in the bulletin.**

Brother Hierarchs, Reverend Clergy, and Beloved Faithful in Christ:

Greetings and blessings to you in the name of our great God and Savior, Jesus Christ! As we reach the end of the first week of Great Lent, I pray that God will give all of you good strength to complete the course of the Fast with firm devotion and spiritually enriching temperance.

Today we celebrate the triumph of the true Faith over the heresy of iconoclasm and over all other false teachings that have threatened to undermine the glorious gospel of our Lord Jesus Christ—"the Faith once and for all delivered to the saints" (Jude 3). The Church's perennial struggle against heresy is one reason why theological education is so crucial. Without well-educated clergy capable of teaching the Faith, such rabbit trails of human foolishness would have led us far astray from the path of salvation. The Church cannot survive without knowledgeable and wise priests, who bring God's saving words to us—the divine law that brings life. This is a particular ministry of priests, and God's people hunger for it, as the Holy Prophet Malachi says: "The lips of a priest will maintain knowledge, and [the people] will seek the law from his mouth because he is a messenger of the Lord Almighty" (2:7).

Every year on the Sunday of Orthodoxy, we ask you to contribute in support of our seminarians who are preparing for ministry in the holy priesthood. These young men have turned their backs on lucrative worldly careers and accepted God's calling to serve His people. Many come with wives and children to support. As an archdiocese, we have always joined together to help shoulder this burden and support our seminarians, providing them with scholarships and housing aid.

Once again, I ask you to donate generously in support of our seminarians and their families. Through your gifts you will help prepare these men to be the spiritual leaders of the next generation, proclaiming God's saving word and leading us on the path of salvation. Let us stand by them now, just as they will stand with us for many years to come.

Wishing you all a soul-profiting remainder of the Fast, I remain,

Yours in Christ,

A handwritten signature in cursive script, reading "Metropolitan Joseph", with a large cross symbol to the left.

**+JOSEPH**  
Archbishop of New York and Metropolitan of all North America