



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 27, 2022

**Third Sunday of Great Lent; Tone 7 / Eothinon 7
Veneration of the Precious and Life-Giving Cross
Martyr Matrona of Thessalonica;
Martyrs Philetos the Senator, his Wife Lydia of Rome
and those with them; Paul, Bishop of Corinth**



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 27—SUNDAY OF THE CROSS

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: "Holy Temple & Corporate Prayer"
 4:00 p.m. St. Barbara Monastery Friends Gathering

Monday, March 28

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 29

7:00 p.m. Women's Book Club

Wednesday, March 30

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 31

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. Parish Council Meeting
 6:00 p.m. Youth Group

Friday, April 1—St. Mary of Egypt

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

Saturday, April 2

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

THURSDAY SHOWERS OF BLESSING

HOSPITALITY TEAM

March 31	L. Ballew/D. Franzen
April 7	D. Washburn/D. Alexander
April 14	F. Young, S. Saunders
April 21	L. Ballew/D. Franzen

Sunday, April 3—ST. JOHN CLIMACUS

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: "Music & Worship"

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 27	Dillon
April 3	Jacobs
April 10	Washburn
April 16	Meyer (Lazarus Sat. Liturgy)
April 17	Kern

READERS

March 27	Rdr. H. Lange
March 30	Rdr. M. Kern (Presanctified)
April 2	D. Meyer (Soul Liturgy)
April 3	Rdr. J. Butler
April 6	D. Alexander (Presanctified)
April 10	D. Washburn
April 13	Rdr. M. Kern (Presanctified)
April 16	Rdr. H. Lange (Lazarus Liturgy)
April 16	Rdr. V. Gish (Vespers)
April 17	Rdr. J. Butler

GREETERS

March 27	H. Lange/D. Washburn
April 3	K. Fox/D. Lewis
April 10	C. Fisher, L. Baker
April 17	P. Cocores/M. Loulias

USHERS

March 27	D. Washburn/K.L. King
April 3	J. King, P. King
April 10	C. Speier, S. Speier
April 17	D. Washburn/K.L. King

COFFEE HOUR HOSTS

March 27	McCalmont/Kern
April 3	S. & T. Speier
April 10	D. McCalmont
April 17	PALM SUNDAY POTLUCK

TO SIGN UP: <https://bit.ly/SAOCcoffeehour>

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 PROCESSION WITH THE CROSS.

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

THE 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!

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]

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

Troparion of the Resurrection

Tone 7

(Music on p. 51 of Liturgy book)

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.

Troparion of the Cross

Tone 1

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.

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.

I

n place of "Holy God..." we sing the Anti-Trisagion Hymn:

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

1, 2, 3, 6 Quietly, Calmly

mf BE - FORE THY - CROSS WE BOW
BE - FORE THY CROSS WE BOW DOWN IN
AND THY HO - LY RES - UR -
WOR - SHIP, O OUR MAS - TER, AND THY HO - LY
- REC TION *mf* RES - UR - REC - TIO WE GLO - RI - FY. *mf* *fine*

Preparatory Psalm verses before the Epistle (Prokeimenon)

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."

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*)

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

Alleluia, Alleluia, Alleluia.

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.**

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.

UPCOMING SPECIAL/FESTAL LITURGICAL SERVICES

Thursday, April 7	Little Compline with Canon of St. Andrew at 6:00 p.m.
Friday, April 15	Canon of Lazarus at 6:00 p.m.
Saturday, April 16	Lazarus Saturday Divine Liturgy at 8:30 a.m.
Sat./Sun., April 16/17	Palm Sunday — regular weekend service schedule

**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 (except on April 13th, when we will join St. Barbara Parish)
Akathist on Fridays (except for April 15 - Canon of Lazarus)

SERVICES OF HOLY WEEK 2021

(Finish times are approximate.)

Palm Sunday, 4/17	Bridegroom Matins	6:00—7:15 p.m.
Monday, 4/18	Bridegroom Matins	6:00 –7:15 p.m.
Tuesday, 4/19	Presanctified Liturgy Bridegroom Matins	8:30—9:45 a.m. 6:00-7:20 p.m.
Wednesday, 4/20	Presanctified Liturgy Holy Unction	8:30—9:45 a.m. 6:00-7:40 p.m.
Thursday, 4/21	Institution Liturgy Matins with 12 Passion Gospels	8:30—9:45 a.m. 6:00-8:30 p.m.
Friday, 4/22	Royal Hours Burial Vespers Lamentation Matins at the tomb and procession outside with the bier All-night Vigil	9:00-11:00 a.m. 3:00-4:00 p.m. 7:00-8:50 p.m. 10:00 p.m.-6:00 a.m. ???
Saturday, 4/23	Vesperal Liturgy celebrating Christ's Victory over Hades and Chrismations of Catechumens	8:30 a.m.-10:15 a.m.
Sunday, 4/24	Paschal Procession, Matins Liturgy, Blessing of Baskets Break-fast, Egg Hunt Agape Vespers	5:00—6:00 a.m. 6:00—8:30 a.m. 8:00 a.m. Approx. 9:30-10:15 a.m.

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

"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

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.
Obadiah

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

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.

The Third Sunday of Great Lent The Sunday of the Cross

“On this the Third Sunday of Great Lent, we observe the Veneration of the Precious and Life-giving Cross and for this reason: Inasmuch as in the forty days of fasting we in a way crucify ourselves and become bitter, despondent and failing, the Life-giving Cross is presented to us for spiritual refreshment and assurance, for remembrance of our Lord's Passion and for comfort.

Like those who are following a long and tedious path are tired, see a beautiful tree with many leaves, they would sit in its shade and rest for a while and then, as if rejuvenated, they will continue their journey. Likewise today, in the time of fasting and difficult journey and effort, the Life-giving Cross was planted in its midst by the Holy Fathers of the Church to give rest and spiritual refreshment, to make us light and courageous for the remaining task.

Christ comforts us who are, as it were, in a desert until He will lead us up to the spiritual Jerusalem by His Resurrection. Just as the Precious Cross, which is also called the Tree of Life, was planted in the middle of Paradise, so our Holy Fathers planted the Cross in the middle of holy and Great Lent, as a sacred reminder of both Adam's bliss and how he was deprived of it. Remembering also that by partaking of this Tree of Life, the Precious and Life-giving Cross, we no longer die but are kept alive." (Synaxarion)

(To read more, go to: <https://www.goarch.org/-/third-sunday-of-lent-veneration-of-the-precious-cross>)



TEEN SPRING RETREAT 2022
A Weekend in the Sierras