



## 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 Beatitude, Patriarch John X

**Pastor:**

Fr. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

**Priests attached to the parish:**

Fr. Nicholas Speier (Pastor Emeritus)

frnicholas@stathanasius.org, 805-685-5400

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. John Young (retired)

**Subdeacons:** Stephen Butler & Michael Easbey

**Parish Council 2022-2023:**

Lara Jacobs, President

Glenn Hoppe, Vice President

Dan Braun, Treasurer

Dorothy Alexander, Secretary

Dominic Dopico

Lizabeth Hoppe

Zak Landrum

Michael Loulias

**Music Director/Administrator:**

Valerie Yova

Office phone: 805-685-5400

email: office@stathanasius.org

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

Subdn. Michael Easbey: measbey@gmail.com

## DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

February 26, 2023

Tone 4 / Eothinon 4

**Sunday of Forgiveness (Cheese Fare)**

Porphyrios, Bishop of Gaza;

Great-martyr Photeini the Samaritan Woman

and those with her



## 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 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, February 26—CHEESEFARE SUNDAY**

9:00 a.m.	Religious Ed. ages 3-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy/Trisagion Prayers for Fr. Jon-Stephen Hedges
11:30 a.m.	Teen Religious Education
11:45 p.m.	Project Mexico Fundraiser Luncheon
12:30 p.m.	Adult Catechism
5:00 p.m.	Choir Rehearsal
6:00 p.m.	Forgiveness Vespers

### **Monday, February 27-GREAT LENT BEGINS REPOSE OF ST. RAPHAEL OF BROOKLYN**

5:15 p.m.	St. Xenia Prayer Ministry—Akathist by Zoom
6:00 p.m.	Great compline with Canon of St. Andrew of Crete

### **Tuesday, February 28**

6:00 p.m.	Little Compline with Canon
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### **Wednesday, March 1**

12:00 p.m.	St. Xenia Prayer Ministry
6:00 p.m.	Presanctified Liturgy

### **Thursday, March 2**

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
6:00 p.m.	Little Compline with Canon

### **Friday, March 3**

7:00 a.m.	Daily Matins
6:00 p.m.	Akathist to the Mother of God

### **Saturday, March 4**

8:30 a.m.	Men's Fellowship of St. John
5:30 p.m.	Great Vespers/Confessions

### **Sunday, March 5—Sunday of Orthodoxy**

9:00 a.m.	Religious Ed. ages 3-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Education
11:45 p.m.	Agape Meal
12:30 p.m.	Adult Catechism
6:00 p.m.	Pan-Orthodox Vespers in Lompoc

## **SUNDAY MORNING MINISTRIES SCHEDULE**

### **EUCCHARIST BREAD**

February 26	Meyer
March 5	Fr. Nicholas
March 12	D. Washburn
March 19	Morrison

### **READERS**

February 26	Butler (Liturgy)
February 26	Alexander (Forgiveness Vespers)
March 1	Lange (Presanctified Liturgy)
March 5	Gish
March 8	Gish (Presanctified Liturgy)
March 11	Kern (Soul Liturgy)
March 12	Meyer
March 15	Alexander (Presanctified Liturgy)
March 18	TBA (Soul Liturgy)
March 19	Butler

### **GREETERS**

February 26	L. Baker
March 5	D. Lewis/H. Lange
March 12	P. Cocores/M. Loulias
March 19	H. Lange

### **USHERS**

February 26	K.L. King/D. Alexander
March 5	P. King/J. King
March 12	D. Washburn/C. Berari
March 19	D. Meyer/M. Loulias

### **AGAPE MEAL HOSTS**

February 26	PROJECT MEXICO FUNDRAISER LUNCHEON
March 5	TBA
March 12	Team Palmer
March 19	Team Loulias

### **THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM**

Mar. 2	D. Alexander/J. Jones
Mar. 9	F. Young
Mar. 16	L. Ballew
Mar. 23	M. Loulias

### 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

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 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—The Beatitudes or “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.

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

**Troparion of the Resurrection**

**Tone 4**

**(Music on page 45 of Liturgy book)**

Having learned the joyful message  
of the Resurrection from the angel,  
the women disciples of the Lord cast from them  
their parental condemnation,  
and proudly broke the news to the disciples  
saying death has been spoiled.  
Christ God is risen, granting the world great mercy.

**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 Cheesefare Sunday****Tone 6**

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teaches the thoughtless and protects the poor,  
strengthen and enlighten my heart!  
O Word of the Father,  
let me not restrain my mouth from crying to You:  
“Have mercy on me, a transgressor,  
O merciful Lord!”

**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****Tone 3**

Sing praises to our God, sing praises. // Sing praises to our King, sing praises. (*Ps 46/47:6*)

**Verse:** Clap your hands all you peoples!  
Shout to God with a voice of joy! (*Ps 46/47:1*)

**EPISTLE READING for the Sunday of Forgiveness****Romans 13:11-14:4**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

**Alleluia before the Gospel (Music on p. 65 of Liturgy Book)**

**Tone 6**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

*v. It is good to give thanks to the Lord, to sing praises to Your Name,  
O Most High,... (Ps 91/92:1)*

*v. ...to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)*

**GOSPEL READING for the Sunday of Forgiveness**

**Matthew 6:14-21**

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

**HYMN TO THE THEOTOKOS**

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you.

**COMMUNION HYMN**

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

Alleluia, Alleluia, Alleluia!

**By the Waters of Babylon (Psalm 137)**

By the Waters of Babylon, there we sat down and wept when we remembered Zion.

Alleluia.

1. On the willows there we hung up our lyres. Alleluia.
2. For there our captors required of us songs and our tormentors required mirth. Alleluia.
3. Sing us one of the songs of Zion. Alleluia.
4. How shall we sing the Lord's song in a foreign land? Alleluia.
5. Remember, O Lord, on the day of Jerusalem's fall. Alleluia.

## SCHEDULE FOR GREAT LENT

Sunday, February 26      Project Mexico Fundraiser Luncheon after Liturgy  
Forgiveness Vespers at 6:00 p.m.

Monday, February 27      GREAT LENT BEGINS

### FIRST WEEK OF GREAT LENT

All services are at 6:00 p.m.

Monday, February 27	Great Compline with portion of Canon of St. Andrew
Tuesday, February 28	Little Compline with portion of Canon of St. Andrew
Wednesday, March 1	Presanctified Liturgy
Thursday, March 2	Little Compline with portion of Canon of St. Andrew
Friday, March 3	Little Compline with Akathist to the Mother of God

**Throughout most of Great Lent, we pray the following services at 6:00 p.m.:**

Mondays	Great Compline
Wednesdays	Presanctified Liturgy
Fridays	Little Compline with a portion of Akathist to the Mother of God

### Exceptions:

Friday, March 24	Great Vespers for Feast of Annunciation
Thursday, March 30	Little Compline with full Canon of St. Andrew and reading of the Life of St. Mary of Egypt
Friday, April 7	Little Compline with the Canon of Lazarus

**Liturgies for the Departed will be celebrated on:**

Saturday, March 11 and Saturday, March 18

## 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.**

## **ANNOUNCEMENTS**

**THERE WILL BE NO FRIENDS GATHERING AT ST. BARBARA MONASTERY TODAY.**

They will resume next month on March 26th and Fr. Symeon will be the guest speaker.

**JOIN US TODAY ON THE PATIO FOR A FUNDRAISER LUNCHEON IN SUPPORT OF OUR MISSION TEAM** that will build a house this summer for a needy family in Mexico, through Project Mexico of the Orthodox Church.

### **FOOD FOR HUNGRY PEOPLE DRIVE STARTS TODAY!**

Please keep in mind those who are suffering from food insecurity or hunger during these coming weeks of Great Lent. We are collecting both funds and food between now and Palm Sunday. Monetary donations will go to "Food for Hungry People," through our Antiochian Archdiocese. There are coin boxes in a basket in the hallway. We especially encourage **families with children** to take one of the coin boxes home. We are also collecting food for our local Food Bank. We are asking for a very specific list of their most-needed food items. Food may be placed in the large boxes in the hallway between now and April 2nd.

#### **MOST NEEDED ITEMS:**

Whole grain cereal (with less than 12g sugar per serving)	
Canned tuna or chicken	Nut butters
Pasta	Canned or dried beans/legumes

### **WE ARE STILL ACCEPTING DONATIONS FOR RELIEF OF THE VICTIMS OF THE EARTHQUAKE IN SYRIA & TURKEY.**

- Donations may be put in the tithe box.
- Please MAKE CHECKS OUT TO ST. ATHANASIUS and include "Earthquake Relief" in the memo line.
- Cash donations should be put in an envelope and clearly marked for "Earthquake Relief."
- We will send all funds collected to our Archdiocese, from which they will be distributed to relief efforts and organizations.
- You may also donate online directly at: <https://antiochian.org/>
- **PLEASE INQUIRE AS TO WHETHER YOUR EMPLOYER WILL MAKE A MATCHING GIFT CONTRIBUTION to this effort.** More information is available in the hallway.

**ADULT CATECHISM THIS WINTER/SPRING will go from now through April 2nd and takes place after the Agape Meal.**

#### **UPCOMING CATECHISM SESSIONS:**

February 26	Faith, Hope & Love
March 5	<b>NO CLASS</b>
March 12	A Consecrated Life: The Role of Beauty in Worship And the Spiritual Life
March 19	The Holy Temple and Corporate Prayer
March 26	Music: Worship with our Voices, Entering the Beauty of the Kingdom
April 2	The Hearing of the Word of God and Prayer of the Heart



# SAINT TIMOTHY

ANTIOCHIAN ORTHODOX CHRISTIAN CHURCH INVITES YOU TO



# TRIUMPH ✠ OF ORTHODOXY

## PAN-ORTHODOX VESPERS



SUNDAY MARCH 5<sup>th</sup> ✠ 2023

PRAYER ✠ FELLOWSHIP ✠ MEAL



HIS YEAR, SAINT TIMOTHY IN LOMPOC IS HONORED TO HOST THE ANNUAL PAN-ORTHODOX VESPERS ON THE BEAUTIFUL CENTRAL COAST. THE SCHEDULE IS AS FOLLOWS:

6PM: PAN-ORTHODOX VESPERS  
W/ PROCESSION AND PETITIONS  
(PLEASE BRING ICONS FROM HOME TO CARRY)

7PM: HOMILY AND REFLECTION

7:15PM: AGAPE MEAL



403 N. J ST., LOMPOC, CA 93436 ✠ [WWW.STTIMOTHY.NET](http://WWW.STTIMOTHY.NET)

**SAVE THE DATE!**

**St. Athanasius Women’s Fellowship**



*Annunciation Tea*

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

**Saturday, March 25, 2023**

**12:00-1:30 p.m.**

**More details to follow soon.**

***CELEBRATIONS THIS WEEK***

**Birthdays**

- 2/28 Manuela Carralejo
- 3/3 Mark Kern
- 3/4 Juliana Brunner, Dominic Dopico, Natalya Kawahara

**Patronal Feast Day Celebrations**

- 2/26 **St. Photini the Samaritan Woman** Penny Carralejo, Teri Lynn Palmer
- 3/4 **St. Gerasimas of Jordan** Mason Speier

**Please pray for all of our catechumens, that their minds and hearts will be illumined as they continue their journey towards baptism and/or chrismation.**

- Emma Bobro
- Tatianna Calhoun
- Kevin Duke
- Kaleigh Flores
- Anthony Salcedo, Ethan, Dominic and Jennifer
- Gage Salinas
- Naomi Siragusa
- Mary Wolfington, Alicia & Gabriel

## 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:**

His Beatitude, Patriarch John X  
Mother Victoria  
Met. Paul & Abp. John  
Fr. Markos  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Audrey 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)  
Julianna B. (military)  
P. Speier (military)

Subdn. Matthew W. (seminary)  
Steve T.  
Abp. Benjamin  
Temmo K.  
Sarah B.  
Chuck S.  
Dn. John & Fay Y.  
Zachary B.  
Samantha & Chris N. & Family  
Lander and Washburn Families  
Kevin  
Stephan & Rosa K.  
David  
Evonne C.  
Phyllis M.  
Christina S.  
Judy A.  
Mark K.  
Todd C.  
Ethan K.  
Mari & the Fewell Family

Matt & Tessa, Matt & Olivia

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:** Bishop Tikhon, Nicko, Aiden B.

## 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.**

## **LENTEN SOUP DINNERS WEDNESDAYS AFTER PRESANCTIFIED LITURGIES**

During Great Lent, we will provide a very simple meal of soup, bread and fruit after each of our Wednesday evening Presanctified Liturgies. The soup dinners enable our families with children, college students who will miss dinner in the cafeteria, and folks who work full-time to attend the Liturgy without concern for what they will do for dinner afterwards. The soup dinners also provide the opportunity for us to spend time in conversation and fellowship as we break bread together with our spiritual family.

In order for these soup dinners to be successful, we need for everyone to participate at least once during Great Lent in some way: providing either soup, bread, fruit, or helping with set-up or clean-up.

Soups need to be vegan (no dairy or meat). Here are a few places to look for recipes. (Or just ask Kh. Jan Speier!)

- <https://thegreenloot.com/vegan-crockpot-soups-stews-recipes/>
- <https://www.acouplecooks.com/best-vegan-soup-recipes/>

Please take a look at the dates and needs on the sign-up page at this link:

**[bit.ly/LentenSoupDinners](https://bit.ly/LentenSoupDinners)**