



## 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, Metropolitan SABA

**Pastor:**

Fr. Symeon Halsell  
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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 2023-2024**

Lara Jacobs, Chair  
Glenn Hoppe, Vice Chair  
Dan Braun, Treasurer  
Asia Ballew, Secretary  
Dominic Dopico  
Kristin King  
Michael Loulias  
Velislava Nikolov

**Music Director/Administrator:**

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

Subdn. Michael Easbey: measbey@gmail.com

## DIVINE LITURGY OF ST. BASIL THE GREAT

April 7, 2024

Tone 3 / Eothinon 11

Third Sunday of Great Lent

Veneration of the Precious and Life-Giving Cross

Martyr Kalliopios of Cilicia;

Repose of Tikhon, Patriarch of Moscow

and Enlightener of North America



## WELCOME TO OUR VISITORS!

We are glad you are with us this morning  
to join our worship of the Father, Son & Holy Spirit!  
Please join us on the patio after the Liturgy for  
the Agape Meal. 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

**At the conclusion of Matins, we sing the Great Doxology.  
During the singing of “Holy God...” at the end of the Doxology, there is a  
PROCESSION WITH THE HOLY & LIFE-GIVING CROSS**

**THE DIVINE LITURGY OF ST. BASIL THE GREAT**

**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: 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 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 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.

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

Before Thy cross, we bow down and worship, O our Master,  
and Thy Holy Resurrection we glorify. (3 times)

**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.

### POST-COMMUNION HYMN

Instead of “We have seen the true light”, sing the troparion of the Holy Cross.

### Holy Communion & The Thanksgiving Prayers

In the Orthodox Church, the Sacrament of Communion is offered only to Orthodox Christians who have humbly prepared to receive through prayer and a recent Sacramental Confession.

**Non-Orthodox people and those not communing today may approach during Communion for a priestly blessing by saying, “Father, bless.” After this you may take a piece of antidoron (blessed bread) offered in the bowls.**

If you are interested in joining the One Holy Catholic and Apostolic Church, speak with our Pastor about how to become an Orthodox Christian.

At the conclusion of the Divine Liturgy, we offer **Thanksgiving Prayers** for having received the body and blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have partaken and prepare us for our transition from the Kingdom back into “the world.” If you have partaken, stay to listen to these prayers after you have venerated the cross. Immediately after, the priest will bless the Agape Meal. **We ask that all your socializing take place outside of the church.**

## **2024 Divine Services for Holy & Great Week and Pascha at St. Athanasius Orthodox Church in Santa Barbara, CA**

*(Also available on the parish Google Calendar and at:  
<https://www.stathanasius.org/resources/downloads-resources/>)*

### **Lazarus Saturday**

*The festal transition from the end of Lent to beginning of Holy Week.*

Friday, April 26      6 PM      Little Compline with Canon of Raising of Lazarus

Saturday, April 27      9 AM      The Divine Liturgy

*Parish Work Party following to prepare for Holy Week and Pascha*

### **Palm Sunday**

*The Great Feast of the Entry of Our Lord into Jerusalem*

Saturday, April 27      5:30 PM      Great Vespers for Palm Sunday

Sunday, April 28      9 AM      Orthros with the Blessing of Palms

10 AM      Divine Liturgy with Procession with Palms

*Allowance for Fish, Wine & Oil for the feast.*

## **HOLY WEEK**

*Service commemorations begin Sunday evening in anticipation*

Sunday, April 28      6 PM      Bridegroom Orthros for Great Monday

*Strict fasting resumes*

### **Great & Holy Monday**

*The Commemoration of the Patriarch Joseph as a Prototype of the Lord's Passion*

April 29      9 AM      Presanctified Liturgy

6 PM      Bridegroom Orthros for Great Tuesday

### **Great & Holy Tuesday**

*The Commemoration of the Parable of the Ten Virgins*

April 30      9 AM      Presanctified Liturgy

6 PM      Bridegroom Orthros for Great Wednesday

### **Great & Holy Wednesday**

*The Commemoration of the Sinful Woman Who Repented Contrasted with Judas*

May 1      9 AM      Presanctified Liturgy

6 PM      The Sacrament of Holy Unction

## **Great & Holy Thursday**

*The Inauguration of the Mystical Supper of the Lord*

May 2	8 AM	Orthros for Holy Thursday
	9 AM	Vesperal Liturgy of the Mystical Supper, <i>followed by</i> The Rite of the Washing of the Twelve's Feet
	6 PM	Orthros for Holy Friday, <i>with the Passion Gospels,</i> <i>the Procession to Golgotha, and Nailing to the Cross</i>

## **Great & Holy Friday**

*The Passion, Crucifixion, and Burial of Our Lord*

May 3	9 AM	The Great Hours & Typika for Holy Friday
	3 PM	Vespers <i>with the Removal of Christ from the Cross</i>
	6 PM	Orthros for Holy Saturday <i>with Burial Lamentations and Procession of the Bier</i>

## **Great & Holy Saturday**

*The Harrowing and Despoliation of Hades by Our Lord*

May 4	9 AM	Vesperal Liturgy of the Harrowing of Hades <i>with the Baptism and Chrismation of Converts</i>
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## **Great & Holy Sunday: PASCHA**

*The Bodily Resurrection of Our Lord, God, and Savior Jesus Christ from the Dead.*

May 5	5 AM	Rush Service, Orthros, and Divine Liturgy <i>The fast is broken. All foods are allowed.</i>
	9 AM	Agape Vespers <i>with Gospel Reading in Many Languages</i>

### ***Join us for the After-feast!***

*A Festal Agape Meal and an Egg Hunt will take place  
on the church patio immediately after the Liturgy.*

*We will continue our celebration with BBQ and Games  
at 3 PM over at Tucker's Grove Park.*

*Let us share abundantly in the joy of the Lord's Resurrection.*

***CHRIST IS RISEN!  
INDEED, HE IS RISEN!***

## **ANNOUNCEMENTS**

### **SOUP DINNERS ON WEDNESDAYS DURING GREAT LENT**

Thank you to all who have been supporting our Wednesday Soup Dinners after Presanctified Liturgy by bringing food and helping with clean-up. We have three more weeks to go, so please see the online sign-up list if you can help out. We could use some help at 5:15 p.m. with the set-up of tables and chairs, for those who can come a bit early. TO SIGN UP: <https://bit.ly/SoupDinners2024>

**SALLY COOK from Hope Refuge/Olive Crest is rescheduled to be with us on Sunday, April 14th.** She will speak briefly after the Liturgy about the life-saving work being done at Olive Crest. After that, she will join us for the Agape Meal and will be available to answer your questions.

**THE APRIL MEN'S FIRESIDE GATHERING** will be a week from tomorrow, Monday, April 15th, at the church immediately following Great Compline. Compline begins at 6:00 p.m.

### **FOOD FOR HUNGRY PEOPLE**

During Great Lent we will, once again, be collecting food items for our local Food Bank. PLEASE SEE THE FOODBANK'S MOST NEEDED LIST OF FOODS. You can find the list on the flyer in the hallway of the church or here: <https://foodbanksbc.org/give-help/donate-food/>

Food items may be placed on the shelves and in the baskets in the hallway. Also, we will be collecting monetary donations for Food for Hungry People, a coordinated effort through our Antiochian Archdiocese. Coin collection boxes are available for parents who wish to use them at home with their children during Lent. All monetary donations will go to Food for Hungry People and can be made through our tithe box or online through our website. **Please be sure to include the memo: "Food for Hungry People," and make checks payable to St. Athanasius Church.**

### **LETTER TO BE EXCUSED FROM SCHOOL ON HOLY THURSDAY & FRIDAY**

Fr. Symeon encourages parents to request that their children be excused from school on Thursday, May 2nd and Friday, May 3rd for our Holy Week services. If you need a letter to give to the school, there are copies in the hallway of the church, or you can access a pdf here:

<https://www.stathanasius.org/resources/downloads-resources/>

### **UPCOMING SCHEDULE of SERVICES FOR GREAT LENT**

**During the remaining weeks of Great Lent,  
we pray the following weekday services at 6:00 p.m.:**

Mondays — Great Compline

Wednesdays — Presanctified Liturgy & Soup Dinner

Fridays — Akathist to the Mother of God

\*Thursday, April 18th (5th week) — Portion of the Canon of St. Andrew and the life of St. Mary of Egypt at 6:00 p.m.

**THE FINAL SOUL LITURGY of Great Lent will be served on April 13 at 9:00 a.m.**



***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>)

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***CELEBRATIONS THIS WEEK***  
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**Birthdays**  
 4/10 Edgar Aviles, Fr. John Finley  
 4/12 Gabriel Speier  
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<b>FINANCIAL UPDATE</b>	
<b>February 2024</b>	
	<b><u>Actual Income</u>    <u>Budget Goal</u></b>
Tithes received in February    \$ 54,462	\$ 57,417 (includes \$20,555 for mortgage)
February Temple donations    \$ 4,800	
Temple Fund Balance year-to-date: \$ 729,215	
Total income February 2024	\$60,474.68
Total expenses February 2024	<u>-60,463.19</u>
<b>PROFIT for February</b>	<b>\$ 11.49</b>
<b>DEFICIT for the first 2 months:</b>	<b>\$5,950.63</b>

**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  
Metropolitan SABA  
Mother Victoria  
Met. Paul & Abp. John  
Abp. Benjamin  
Fr. Mathias in Tanzania (OCMC)  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Fr. Nicholas & Jan  
Fr. Turbo & St. Mary parish  
Fr. Paul and St. Moses parish  
Greg & Margaret Y.  
Hoppe Family in Albania (OCMC)  
Joseph Wm. B. in Kenya  
Duane F.  
Richard and Susan B.  
Bob N.  
Kh. Melissa H.  
Jeremiah & Sarah H. (military)  
Lauren & Fernando J. (military)  
Chase K. (military)  
Nick & Kristine J. (military)  
Connor V. (military)  
Julianna & Zaron D. (military)  
P. Speier (military)

Subdn. Matthew W. (seminary)  
Steve T.  
Temmo K.  
Sarah B..  
Dn. John & Fay Y.  
Samantha & Chris N. & Family  
Kevin D. & Family  
Erik L.  
Matthew  
Wade  
Amanda Catherine  
Darcy  
Penny B.  
Nancy & Patrick G.  
Audry D.  
Kh. Peggy K.  
Laura & Jeff & Family  
Amanda, Chris & Baby James  
Benny & Michelle M.  
Evonne C.

For the local agencies and their leaders who are working to fight human trafficking.

The Ethiopian Orthodox Church

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.

**OUR CATECHUMENS:**

Rebecca Beech  
Cameron Bobro  
Natasha Carr  
Paul Carr  
Connor Clements  
Kevin Duke  
Adam English  
Mark Gross

**For repose of the souls of:** Fr. Anthony K.

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**ST. ATHANASIUS CHURCH BOOKSTORE**

The church bookstore is located in the foyer of our building. The tables and two enclosed cabinets contain 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. **You can contact Terri at: [bookstore@stathanasius.org](mailto:bookstore@stathanasius.org).**

Payment should be made at time of purchase and placed in the brown lockbox on wall next to Fr. Symeon’s 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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## CALENDAR FOR THE WEEK

### Sunday, April 7 — SUNDAY OF THE CROSS

9:00 a.m.	Catechesis for children 3yrs-6th grade
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
12:15 p.m.	Choir Rehearsal

### Monday, April 8

7:00 a.m.	Lenten Matins
5:45 p.m.	St. Xenia Prayer Ministry by Zoom (Akathist for St. Nikiforos)
6:00 p.m.	Great Compline

### Wednesday, April 10

7:00 a.m.	Lenten Matins
12:00 p.m.	St. Xenia Prayer Ministry at the church
6:00 p.m.	Presanctified Liturgy & Soup Dinner

### Thursday, April 11

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
6:00 p.m.	Youth Group

### Friday, April 12

7:00 a.m.	Lenten Matins (with a priest)
6:00 p.m.	Akathist to the Mother of God

### Saturday, April 13

9:00 a.m.	Soul Liturgy
5:30 p.m.	Vespers/Confession

### Sunday, April 14 — ST. JOHN OF THE LADDER

9:00 a.m.	Catechesis for children 3yrs-6th grade
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
12:15 p.m.	Choir Rehearsal

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

April 7	Morrison
April 14	Hoppe
April 21	Dn. G. Braun
April 28	Dillon

### READERS

April 3	Lange (Presanctified Liturgy)
April 6	Alexander (Soul Liturgy)
April 7	Butler
April 10	Meyer (Presanctified Liturgy)
April 13	Gish (Soul Liturgy)
April 14	Kern
April 17	Alexander (Presanctified Liturgy)
April 21	Meyer
April 24	Gish (Presanctified Liturgy)
April 27	Lange (Lazarus Saturday Liturgy)
April 27	Alexander (Vespers)
April 28	Butler

### GREETERS

April 7	M. Loulias
April 14	L. Baker
April 21	K.P. King
April 28	H. Lange

### USHERS

April 7	P. King/J. King
April 14	D. Alexander/D. Meyer
April 21	S. Speier, C. Speier
April 28	K.L. King/D. Meyer

### AGAPE MEAL HOSTS

April 7	Team Worthington
April 14	Team Loulias/Cocores
April 21	Team Halsell
April 28	<b>PALM SUNDAY POTLUCK</b>

## **A PRAYER FOR GOD'S BLESSING OF THE LAND DEVELOPMENT**

Almighty God, Creator and Fashioner, who didst found the earth on its firmness, who is the fountain of Wisdom and Tower of Strength, our help and refuge, Thou knowest that we can do nothing without Thy Divine guidance and aid: assist us that we may gird ourselves in simplicity that we may be wise as serpents and gentle as doves. Knowing that Thy wisdom and providence always prevail and are our strength, we ask that Thou dost bless our efforts to establish this land as a dedication to Thee. Thou hast given this earth to us to be a land of peace, and a beacon of salvation for mankind, we ask that this place be founded unshakably so that our children's children may glorify Thee unto the end of this age. Be Thou well pleased to bless us in Thy holy will to bring all our plans to completion, free them from every snare of the adversary that we may build upon this land a holy temple in which we may ascribe glory to Thee and the building up of all that is necessary for our salvation and that of this city and county; for Thine is the dominion, and Thine is the Kingdom, and the Power, and the Glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.