



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

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Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-968-2448
Fr. Jim King 805-968-0095

Fr. Jon Braun, Attached Priest (retired)
Fr. John Finley, Attached priest

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey
Dn. John Young
Dn. Rico Paul Monge

Music Director/Administrator:

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Parish Council:

Dana Alexander, President
Dan Braun, Treasurer
Douglas Meyer, Secretary
Katie AbuGhazaleh
Karen Jacobs
Jon King
Laurence Lander
Craig Speier

LITURGY OF ST. JOHN CHRYSOSTOM

March 10, 2013

Tone 7 / Eothinon 7

Sunday of the Last Judgment (Meat Fare)

Kodratos of Corinth and his five companions; Anastasia the patrician of Alexandria; New-martyr Michael of Thessalonika



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!

Calendar for this Week

Sunday, March 10—MEATFARE SUNDAY

TURN CLOCKS AHEAD ONE HOUR!

8:45 a.m.	Rel. Education ages 3-18
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Choir Rehearsal
12:00 p.m.	Meatfare Picnic
5:00 p.m.	YAC "Fire on Father"

Monday, March 11

6:45 a.m.	Daily Matins
10:30 a.m.	Religious Ed.-Level I Atrium
4:15 p.m.	St. Brigid Outreach dinner at St. Michael's in Isla Vista

Tuesday, March 12

5:30 p.m.	Daily Vespers
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Wednesday, March 13

6:45 a.m.	Daily Matins
12:00 p.m.	Women's Prayer Group

Thursday, March 14

5:30 p.m.	Daily Vespers
7:00 p.m.	Choir Rehearsal

Friday, March 15

6:45 a.m.	Daily Matins
7:00 p.m.	Lenten Seminar: "Repentance and Forgiveness"

Saturday, March 16

YAC Service Project—St. Barbara Monastery	
10:00 a.m.	Lenten Seminar: Christ in the Wilderness Program at Sage Hill Campground
4:30 p.m.	Adult Catechism
6:00 p.m.	Great Vespers/Confessions

Sunday, March 17—CHEESEFARE SUNDAY

8:45 a.m.	Rel. Education ages 3-18
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
5:00 p.m.	Choir Rehearsal
6:00 p.m.	Vespers of Forgiveness

Sunday Morning Ministries Schedule

Eucharist Bread

March 10	Thomas
March 17	Hedges
March 24	Fr. Nicholas
March 31	D. Braun

Coffee Hour

March 10	Meatfare Picnic
March 17	Cheesefare Potluck
March 24	Violet Gray
March 31	St. Brigid Fellowship Team

Greeters

March 10	D. Washburn/D. Lewis
March 17	K. & L. Jacobs
March 24	S. & C. Shackelford
March 31	D. & D. Alexander

Ushers

March 10	C. & G. Speier, Rita Schneider
March 17	J. King, G. Braun Jr.
March 24	S. & L. Speier, P. Brunner
March 31	D. Meyer, R. Barre

CHANGEABLE TEXTS FOR THE DAY

AT THE END OF THE MATINS SERVICE, WE SING THE GREAT DOXOLOGY.
**(“Glory to You, Who have shown us the light...” - Complete text is
in the front of the Liturgy Book.)**

THE LITURGY OF THE WORD

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 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.

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.

AT THE LITTLE ENTRANCE WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 7

(Music is 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 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 Meatfare Sunday

Tone 1

When You, O God, shall come to earth with glory,
all things shall tremble,
and the river of fire shall flow before Your judgment seat;
the books shall be opened, and the hidden things disclosed;
then deliver me from the unquenchable fire, //
and make me worthy to stand at Your right hand, O Righteous Judge!

TRISAGION (THRICE-HOLY) HYMN (p. 13 of Liturgy Book)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

+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 3

Great is our Lord, and abundant in power, His understanding is beyond
measure. (Ps 146/147:5)

v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

EPISTLE READING— 1 Corinthians 8:8-9:2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if anyone sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Alleluia Refrain and Psalm verses before the Gospel
(Music on p. 65 of Liturgy Book)

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v: *Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)*

v: *Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)*

GOSPEL READING— Matthew 25:31-46 "The Last Judgment"

The Lord said, "When the Son of man comes in His glory, and all the holy angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you welcomed Me; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? And when did we see You a stranger and welcome You, or naked and clothe You? And when did we see You sick or in prison and visit You?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to Me.' Then He will say to those at His left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and His angels. For I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not welcome Me; naked and you did not clothe Me; sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

LITURGY OF THE FAITHFUL

Meglynarion (Hymn to the Mother of God—p. 27 of Liturgy book)

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 of the Clergy (Liturgy Book page 32)

Praise the Lord from the heavens! Praise Him in the highest! (Ps 148:1)

By the Waters of Babylon, there we sat down and wept when we remembered Zion. Alleluia.
(From the Matins of Meatfare Sunday) Psalm 136/137

Communion of the People (Liturgy Book page 33)

Receive the Body of Christ, taste the fountain of immortality.

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.

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.*

DO YOU KNOW OF A PARISHIONER WHO IS ILL OR WHO HAS BEEN MISSING FROM CHURCH?

Please notify Fr. Nicholas or the church office if you know of a parishioner who is ill, in the hospital or who for some reason has not been able to attend church so that we can reach out to them. You can leave a message at 805-685-5400.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.

March 10—Meatfare Picnic today!

GET OUT YOUR PICNIC BASKET! Our traditional Meatfare picnic will be next door at the Elk's Lodge on the patio. All families are asked to bring their own meat to grill (the barbecue will be fired up), a salad or side dish to share and a beverage of your choice. Paper dishes, cups, napkins and plastic cutlery will be provided. Please bring your own plates and cutlery if you need something sturdier than plastic.

March 15 & 16—LENTEN SEMINAR

The parish is offering a two-day seminar to help us to prepare for Great Lent, which begins on March 18th. The schedule is as follows:

Friday, March 15 — 7-9 p.m. at the church

Fr. Nicholas will do a teaching on Repentance & Forgiveness.

Repentance is the doorway to spiritual health and forgiveness; a breakthrough of the Kingdom of God into our fallen world. We will look at both repentance and forgiveness in preparation for Great Lent.

Saturday, March 16 — “Christ in the Wilderness” Contemplative Program REGISTRATION REQUIRED—Limited to first 24 registrants. Please register through the church office: 685-5400 or office@stathanasius.org.

The program will be from 10:00 a.m.—4:00 p.m. at Sage Hill Campground, 5050 Paradise Rd., Santa Barbara 93105. Bring a sack lunch, water bottle, beach chair or something to sit on, walking stick (if needed) and wear comfortable shoes and clothing. Participants will have the option of walking the trail during private reflection time. **Free-will donation requested to cover costs for speaker's travel and program materials.**

March 17—Cheesefare Sunday

Cheesy Potluck after Morning Liturgy—Please bring a meatless dish to share!

Vespers of Forgiveness at 6:00 p.m.—Bring the whole family to this beautiful once-a-year Rite of Forgiveness, celebrated on the night before we begin our Lenten journey together. If you have never attended this powerful service, consider making it a priority this year.

SATURDAY, MARCH 23 from 1-3 p.m.

ANNUNCIATION TEA for women and girls of all ages

Kh. Elizabeth Sommer will speak on “Discovering the Mother of God.” Proceeds will benefit the Antiochian Village Tornado Relief Fund. Ladies, we need help in a variety of ways. If you would like to volunteer, please contact Cheryl Washburn-Lander at cherylynn.sb@gmail.com or Michelle Madrigal at gianniandbella@cox.net.

FRIDAY EVENING SOUP DINNERS DURING GREAT LENT

On the following Fridays of Great Lent, we will have our traditional soup dinners after the 6 p.m. Akathist service: March 22 & 29 and April 5, 12, 19.

Please see the sign-up lists in the fellowship hall on the large bulletin board and consider bringing soup, bread, juice or dessert on one of the five Fridays. Since there's no school the next day, it is more convenient for families with children to attend Akathist and stay for the dinner and fellowship.

LENTEN SERVICE SCHEDULE

Great Lent begins next Sunday evening, March 17th with Vespers and the Rite of Forgiveness at 6:00 p.m. During the first week of Lent we will offer the following services **at 6:00 p.m.:**

Monday, March 18	Little Compline and 1st section of the Canon of St. Andrew
Tuesday, March 19	Little Compline and 2nd section of the Canon of St. Andrew
Wednesday, March 20	Presanctified Liturgy with Holy Eucharist
Thursday, March 21	Little Compline with 4th second of Canon of St. Andrew of Crete
Friday, March 22	Akathist followed by Soup Dinner

For the remainder of Great Lent, we will pray the following services each week:

Mondays at 6 p.m.	Great Compline (Except on March 25th when we will celebrate the Feast of Annunciation with Vespersal Divine Liturgy.)
Wednesdays at 6 p.m.	Presanctified Liturgy with Holy Eucharist
Fridays at 6 p.m.	Akathist followed by Soup Dinner (except on April 26, when we we pray the Canon of Lazarus. No dinner that night.)

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

3/12 Steve & Joan Thomas

Birthdays

3/10 Richard Barre, Chase King, Madeleine Meyer
3/12 Nicholas Berari, Ronald Berari, Sean Hampton
3/15 Ryan Franzen, Peter Speier
3/16 Adrian Berari

Feast Days

3/12 **St. Aaron**
Aaron Simonsen, Howard Lange, Aaron Sokoll

3/12 **St. Simeon the New Theologian**
Alan Wallerstedt

Psalm 136

“By the rivers of Babylon, there we sat and wept when we remembered Zion.
Upon the willows in her midst, we hung up our musical instruments;
For there our captors asked us for words from our songs,
and those who carried us off said to us,
“Sing us the songs of Zion...”

* * * * *

“The theme of man’s exile from God, his estrangement from the true spiritual reality to which he belongs, is constantly repeated in the Lenten services. We are not at home. We are not where we belong. We are alienated and estranged. We are in exile. This message is at the very heart of the biblical world view. It is at the center of Christ’s teaching, and that of His prophets, apostles, martyrs and saints of all ages. It is symbolized in many different ways in scriptural stories, parables and events. The Lenten season makes use of them all. Spiritually, we are all “by the waters of Babylon.” Our true home is Jerusalem; not a place on the map, but a spiritual reality. It is the true Jerusalem, the city of God, the Jerusalem on high which, according to St. Paul, is “free, and she is our mother.” (Gal. 4:26)

-from *The Lenten Spring* by Fr. Thomas Hopko

TEEN SCENE

RITE -13 plus (Grades 7-9)

Friday/Saturday, March 8-9—Annual Rite-13 Retreat at St. Barbara's Monastery.

YAC (Young Adults in Church- Grades 10-12)

Sunday, March 10—5:00 p.m.—Fire on Father at Fr. Nicholas & Jan’s house.

Saturday, March 16—Service Project —Work Day at St. Barbara Monastery.

Saturday, March 30—Bowling after Vespers

Fri./Sat. April 5-6—YAC Retreat

Sunday, April 21—5:00 p.m.—Fire on Father at Fr. Nicholas & Jan’s house.

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:

Fr. Alexander Atty

Mother Victoria

Fr. Jim K.

Fr. Gordon & Mary Sue W.

Greg & Margaret Y.

Olga G.

Leona G.

Presbyteria Katherine H.

Mick K. & Family

Sari W.

Mary & Susan

Duane F.

Christ K.

Dave L.

Kent F.

Carla H.

Tom & Darbi J.

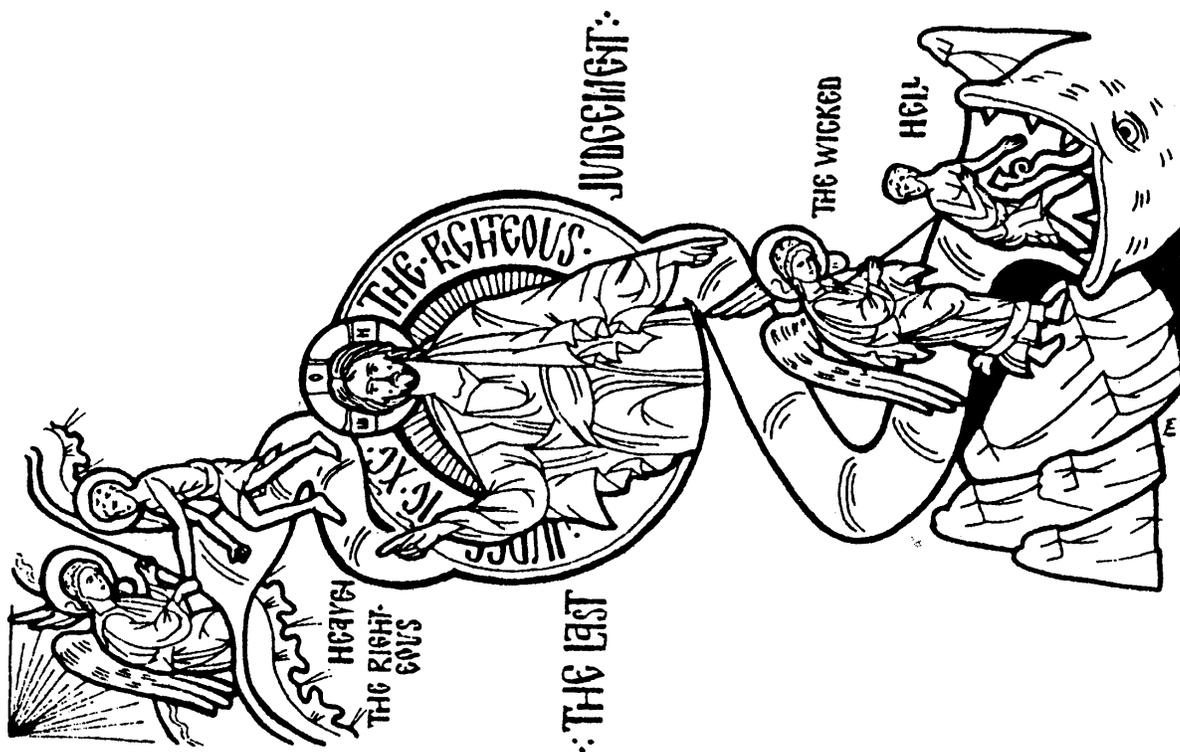
For repose of the souls of: Bethann R., Betty A.

ST. ATHANASIUS BOOK CENTER

The church bookstore is located in the fellowship hall.

The two enclosed cabinets hold icons, books, jewelry and other items that are FOR SALE. Payment should be made at time of purchase and placed in the brown lock box. Make checks payable to "St. Athanasius Book Center."

All proceeds go to the parish Building Fund.



-For the children to color during
the homily or at home -

**CHILDREN IN CHURCH
- SOME HELPFUL ADVICE -**

“Children in our Church are full members of the Body of Christ. We do not have special children's services because we realize that our experience of the services of the Church is not merely rational. Even if a child cannot yet understand all that is happening, he can see, hear, smell, taste, and touch for himself, and experience the presence of the Holy Spirit. We must not deprive our children of this experience; we must prepare them to appreciate it, to look forward to it, and to participate in it by prayer and in as many other ways as possible.”

From "Children in the Church Today" by Sister Magdalen of St. John Monastery
(Essex, England)

Children should sit with their parents, godparents or a relative so that they can be taught how to worship and pray. For whomever is tending to the child, it is important to recognize that this responsibility is your primary purpose—your “worship,” so to speak. It is an awesome responsibility to teach our children to speak softly, stand and sit when appropriate, to give them breaks when they are restless or noisy, and to sing and pray the liturgy.