



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

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Fr. John Carrillo 805-968-2448

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Fr. Jon Braun, Attached Priest (retired)

Fr. John Finley, Attached priest

Deacons:

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Dn. Scott Jacobs

Dn. Richard Easbey

Dn. John Young

Dn. Rico Paul Monge

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Parish Council:

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Dan Braun, Treasurer

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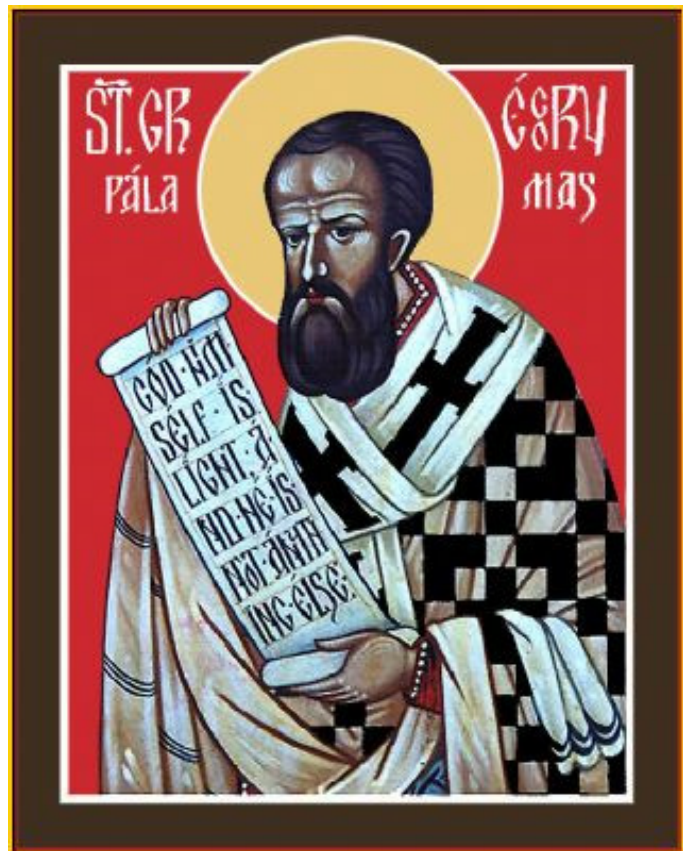
LITURGY OF ST. BASIL THE GREAT

March 31, 2013

Tone 2 / Eothinon 10

Second Sunday of Great Lent

Commemoration of Gregory Palamas,
Archbishop of Thessalonica



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 31

8:45 a.m. Rel. Education ages 3-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:15 p.m. Choir Rehearsal
12:15 p.m. Tour of church construction site
4:00 p.m. St. Barbara Monastery Friends
Gathering (Fr. Lawrence Russell,
Speaker)

Sunday Morning Ministries Schedule

Eucharist Bread

March 31 D. Braun
April 7 McConnell
April 14 Giordani
April 21 Dn. G. Braun

Monday, April 1

6:45 a.m. Daily Matins
10:30 a.m. Religious Ed.-Level I Atrium
5:00 p.m. St. Brigid Outreach dinner at
6:00 p.m. Great Compline

Coffee Hour

March 31 St. Brigid Fellowship Team
April 7 Lewis/Gundersen
April 14 Judy & Dayli Braun
April 21 D. McCalmont

Wednesday, April 3

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

Greeters

March 31 D. & D. Alexander
April 7 P. Morrison/D. Genatone
April 14 P. King/P. Matthews
April 21 C. & C. Giordani

Friday, April 5

6:45 a.m. Daily Matins
6:00 p.m. Akathist Service/Soup Dinner

Ushers

March 31 D. Meyer, R. Barre, D. Lewis
April 7 C. & G. Speier, Rita Schneider
April 14 J. King, G. Braun Jr., P. King
April 21 S. & L. Speier, P. Brunner

Saturday, April 6

8:00 a.m. Soul Liturgy
1-5:00 p.m. Choir Retreat
4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers/Confessions

Sunday, April 7

8:45 a.m. Rel. Education ages 3-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Meeting of YAC Students/Teachers

**AT THE CONCLUSION OF MATINS WE SING
THE GREAT DOXOLOGY:**

- + Glory to You, Who have shown us the Light; Glory to God in the highest, and on earth peace, good will toward men.
- + We praise You, we bless You, we worship You, we glorify You; we thank You for Your great glory.
- + O Lord, King, heavenly God, the Father Almighty; O Lord, the Only-begotten Son, Jesus Christ; and O Holy Spirit.
- + O Lord God, Lamb of God, Who take away the sin of the world, have mercy on us; You Who take away the sin of the world.
- + Accept our prayer, You Who sit on the right hand of the Father, have mercy on us.
- + For You alone are holy, You alone are the Lord Jesus Christ, to the Glory of God the Father. Amen.
- + Every morning I will bless You and praise Your Name, now and ever; and unto ages of ages..
- + Grant, O Lord, to keep us this day without sin.
- + Blessed are You, O Lord God of our Fathers, and praised and glorified is Your Name unto ages of ages. Amen.
- + Let Your mercy, O Lord: be upon us, as we have set our hope on You.
- + Blessed are You, O Lord: teach me Your commandments; Blessed are You, O Sovereign Lord, let me understand Your commandments; Blessed art Thou, O Holy One, enlighten me with Your commandments.
- + O Lord, You have been our refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul for I have sinned against You.
- + O Lord, I have fled to You for refuge: teach me to do Your will, for You are my God.
- + For with You is the fountain of life: in Your light we shall see light.
- + Extend Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (THRICE)
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.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.

POST DOXOLOGY TROPARION

Today salvation has come to the world!
Let us sing to Him Who rose from the dead!
He is the Author of our Life! By destroying Death by Death,
He has granted us vict'ry and great mercy.

CHANGEABLE TEXTS FOR THE DAY

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 from the Sermon on the Mount

The congregation sings the refrain: **“Remember us, O Lord, when you come in your Kingdom,”** after each of the verses sung by the choir.

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

Troparion of the Resurrection

Tone 2

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One,
then Thou didst destroy Hell with Thy Godly pow'r,
and when Thou didst raise the dead from beneath the earth,
all the pow'rs of heaven did cry aloud unto Thee.
O Christ, Thou art the Giver of life, Glory to Thee.

Troparion of St. Gregory Palamas

Tone 8

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of grace,//
always intercede before the Lord that our souls may be saved!

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. (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 2

The Lord is my strength and my song. He has become my salvation.

Vs. The Lord has chastened me severely but He has not given me over to death.

Epistle Reading—Hebrews 1:10-2:3

“In the beginning, You O Lord, didst found the earth, and the heavens are the work of your hands; they will perish, but You remainest; they will all grow old like a garment, like a mantle You wilt roll them up, and they will be changed. But You art the same, and Your years will never end.” But to what angel has He ever said, “Sit at My right hand, till I make Your enemies a stool for your feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first, by the Lord, and it was attested to us, by those who heard Him.

Alleluia Refrain and Psalm verses before the Gospel

Tone 2

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: May the Lord hear you in the day of trouble!
May the name of the God of Jacob protect you! (Ps 19/20:1) **Alleluia**

Verse: O Lord, save the King in the day we call on Thee! (Ps 19/20:9) **Alleluia**

Gospel Reading—Mark 2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk?’ But that you may know that the Son of Man has authority on earth to forgive sins” --

He said to the paralytic -- "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

LITURGY OF THE FAITHFUL

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 of the Clergy (Liturgy Book page 32)

Praise the Lord from the heavens! Praise Him in the highest! (Ps 148:1)
The righteous shall be in everlasting remembrance. He shall not fear evil tidings.
(Ps 111/112:6b-7a)

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.*

ST. BRIGID MINISTRY IN ACTION



Team photo taken March 17, 2013

From left: Noelle Ballew, Valerie Yova, Richard Barre, Jennifer Ferraez, Debbie McQuade, Fr. Jon-Stephen Hedges, Nikolai Rice - holding icon of St. Brigid, Rebekah Cash, Pat Matthews, Obadiah Robinson, Kevin Speier, Corina Berari, Nataliya Tinyayeva

Missing: Duane Franzen, Jill Wallerstedt, Gail Shannon, Susan Barre, Carla Brunstead, Joanne Gish, Carla Harris, Peggy King, Jane Meyer, Sara Monge, Kate Vander Laan

St. Brigid Fellowship is a ministry of St. Athanasius Orthodox Church and an outreach ministry to homeless men, women and children in our town. Approximately 80 individuals at any one time are homeless in Goleta and Isla Vista. Some sleep on the streets while others live in cars, vans, garages or other sub-standard housing situations.

St. Brigid Fellowship is a unifying force in Isla Vista for the homeless and other people in trouble. We are a group of people working together to solve homelessness one person at a time. To be homeless is to be nameless, avoided, shunned, blamed, hungry and exposed to the elements. Each visitor to St. Brigid's is know by name, has a place to belong, has friends, acceptance, food, clothing and help getting out of any situations they wish to leave. We use an incarnational model, meeting people on the streets as Jesus did, addressing immediate needs and starting relationships that can lead out of homelessness. This is not a one-way ministry, us to

them. All of us – housed and unhoused - work together to solve our own problems and the problems of others and the community.

CURRENT SERVICES OFFERED

We currently offer a Monday night dinner served on the patio of St. Michael University Church in Isla Vista. We also offer a mailing address, first aid provided twice a month by Doctors Without Walls, and several times a year we offer warm clothing, blankets, sleeping bags, rain gear and other survival supplies. On Christmas morning we provide a full breakfast and holiday celebration, including music and gifts for all who attend. The Christmas breakfast is currently being served at St. Michael University Church in Isla Vista.

We willingly share our contacts – the people and organizations we know that can help in requests as simple as seeing a doctor to as complicated as becoming sober and getting an apartment. We have placed a number of people in housing, have a few in long-term sobriety situations, have gotten benefits for those with physical and mental disabilities, and sent a number through detox and into treatment for drug and alcohol abuse. We refer to all the other programs available and attempt not to duplicate services. We have working relationships with Casa Esperanza, County Mental Health, the Isla Vista Foot Patrol, the Isla Vista Park and Recreation Department, the Council on Drug and Alcoholism, the Public Health Department, Doctors Without Walls and UCSB's Student Health Outreach Program, among others.

OUR TEAM

Fr. Jon-Stephen Hedges is the Chaplain of St. Brigid Fellowship. He is also a Sheriff's Chaplain, attends community meetings addressing the needs of the poor and homeless, and serves on a variety of non-profit boards. Jennifer Ferraez, a Licensed Clinical Social Worker, attends the weekly outreach meal and serves as a resource for anyone who needs help within the social service and mental health arenas. Jill Wallerstedt, former Director of St. Brigid Fellowship and currently on the staff of the Santa Barbara Rescue Mission also serves as a resource for referrals to a wide variety of services and agencies, Richard Barre is the Coordinator for the Monday night outreach dinner at St. Michael's Church and currently handles the logistical and administrative responsibilities for the ministry.

Our team also includes several dozen volunteers from our own parish, the University of California Santa Barbara, the community and many local churches. We currently have seven different teams of volunteers (four of them from our parish) who rotate cooking responsibilities for the Monday night outreach dinners.

Monday Night Outreach Dinner

Time: Served at 4:30 p.m. during the winter months.
Served at 5:00 p.m. during Daylight Savings Time

Location: St. Michael University Episcopal Church
6586 Picasso
Isla Vista, CA 93117

If you have questions about St. Brigid Fellowship, would like to volunteer to serve on one of the cooking teams or help set-up, serve or clean-up at a Monday night Outreach Dinner, please contact Richard Barre: rgbarre@gmail.com or 964-8124.

Annunciation Tea

*A big **thank you** goes out to all the women who attended the Annunciation Tea and made it a success. Special thanks to:*

*Kh. Elizabeth Sommer for her presentation on
“Discovering the Mother of God”;
Valerie Yova Jami Stetler Jan Speier and Catherine Braun for music;
The young girls of St. Athanasius & St. Timothy parishes for music;
Karen Jacobs for the scripture reading;*

...and all the women who prepared food and assisted to make this tea a success!

The proceeds raised at the Tea go to the Antiochian Women’s Tornado Relief Fund for the Antiochian Village.

In appreciation,

Cheryl Washburn-Lander and Michelle Madrigal, Coordinators

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

JOIN DEACON SCOTT JACOBS TODAY RIGHT AFTER COFFEE HOUR...

...for a tour of the construction site progress on the church property at Hollister/Sumida Gardens Lane.

COFFEE HOUR TODAY (March 31) will be hosted by our St. Brigid Fellowship Team.

All donations collected during coffee hour will go toward tables, chairs and a chair rack to be purchased for the Monday night outreach dinners. The chairs will be stored at St. Michael's University Church, where the dinners are served each week. We are excited to be able to offer our guests more gracious hospitality each week by offering the opportunity to eat at tables, which will provide not only greater comfort but increased opportunity for fellowship.

ST. BARBARA MONASTERY FRIENDS GATHERING TODAY

The Friends of the Monastery will meet today at 4:00 p.m. with a presentation by Fr. Lawrence Russell of Annunciation parish in Santa Maria ("Word: Encounter or Information?"). The presentation will be followed by Vespers and a potluck supper.

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: April 5, 12, 19. Please see the sign-up lists in the fellowship hall.

LENTEN SERVICE SCHEDULE

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

Mondays at 6 p.m.	Great Compline
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 pray the Canon of Lazarus. No dinner that night.)

NOTE: THERE ARE NO DAILY VESPERS ON TUESDAY & THURSDAY DURING GREAT LENT.

SOUL LITURGIES (with special commemoration of the souls departed this life) will take place during Great Lent this year on the following Saturdays at 8:00 a.m.:

April 6
April 13

If you have **NEW names** to add to the list of those to be prayed for who have passed from this life, e-mail them to the church office, or give them to Fr. Nicholas. Names of the departed that were put on the list last year will remain on this year's list.

CELEBRATIONS for THIS WEEK

Birthdays

- 4/02 Christina Shackelford
- 4/03 Josh Braun, Donna Friesen
- 4/04 Duane Franzen
- 4/05 Corina Berari, Ethan Keller
- 4/06 Monica Finley, Valerie Yova
- 4/07 Sara Monge

Feast Days

April 1 St. Mary of Egypt

Kristen Roberts, Natalie Rosamund, Corie Sieck, Valerie Yova

CONGRATULATIONS, MADELEINE MEYER!



We are very proud of Madeleine Meyer, one of our teens, who made it into the final round of the Teen Star Santa Barbara competition last Saturday evening (March 23) and was then chosen as one of the TOP THREE performers of the evening! The 2 1/2-hour event was divided into two rounds, with each finalist performing a song before the celebrity judges made their picks and audience members voted for theirs by text message.

The process leading up to the grand finale on Saturday started at the beginning of February, when seventh- to 12th-grade students from across the county descended on Ernest Righetti High School in Santa Maria and Dos Pueblos High School in Goleta to sing 16 to 32 bars of music a cappella for a panel of judges. The judges selected 10 finalists and two alternates for the finale.

We had quite a fan club from the church at the performance to cheer her on and send up lots of prayers for her. We eagerly look forward to more wonderful music from our very own Teen Star in the days to come! Madeleine is the daughter of Douglas and Jane Meyer, and is a sophomore at Providence Hall High School.

TEEN SCENE

RITE -13 plus (Grades 7-9)

Friday, April 19—6-9 p.m.—The Princess Bride movie night, 6-9pm

Saturday, April 27—Lazarus Saturday Clean-up/service project, time TBD

Friday, May 10—7-9:00 p.m.—Bonfire on Hendry's beach

Saturday, May 25—Animal shelter service project, time TBD

Saturday, June 1—End-of-the-year Six Flags trip

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

Sunday, April 7th—Meeting with all students after Liturgy

Wednesday April 10th — 6:00 p.m. — Presanctified Liturgy/ Lenten Potluck Dinner & Discussion

Sunday April 21 —5:00 p.m. Fire on Father

Friday May 3rd Holy Friday All-night Vigil YAC and Rite 13+ group will read from the Tomb of Christ and fill in the gaps throughout the night. You will sleep at the church so bring your sleeping bag and pillow.

Friday/Saturday May 10-11 Lock In Movie Night/ Late Night Breakfast at Denny's/ Work party at St. Barbara's Monastery All the fun starts at 7 pm on Friday Night at the church.

Sunday May 19th — 5:00 p.m.— Fire on Father

Saturday June 15 — 12:30-3:00 p.m. —Celebrate the Grads BBQ

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.
Alissa T.

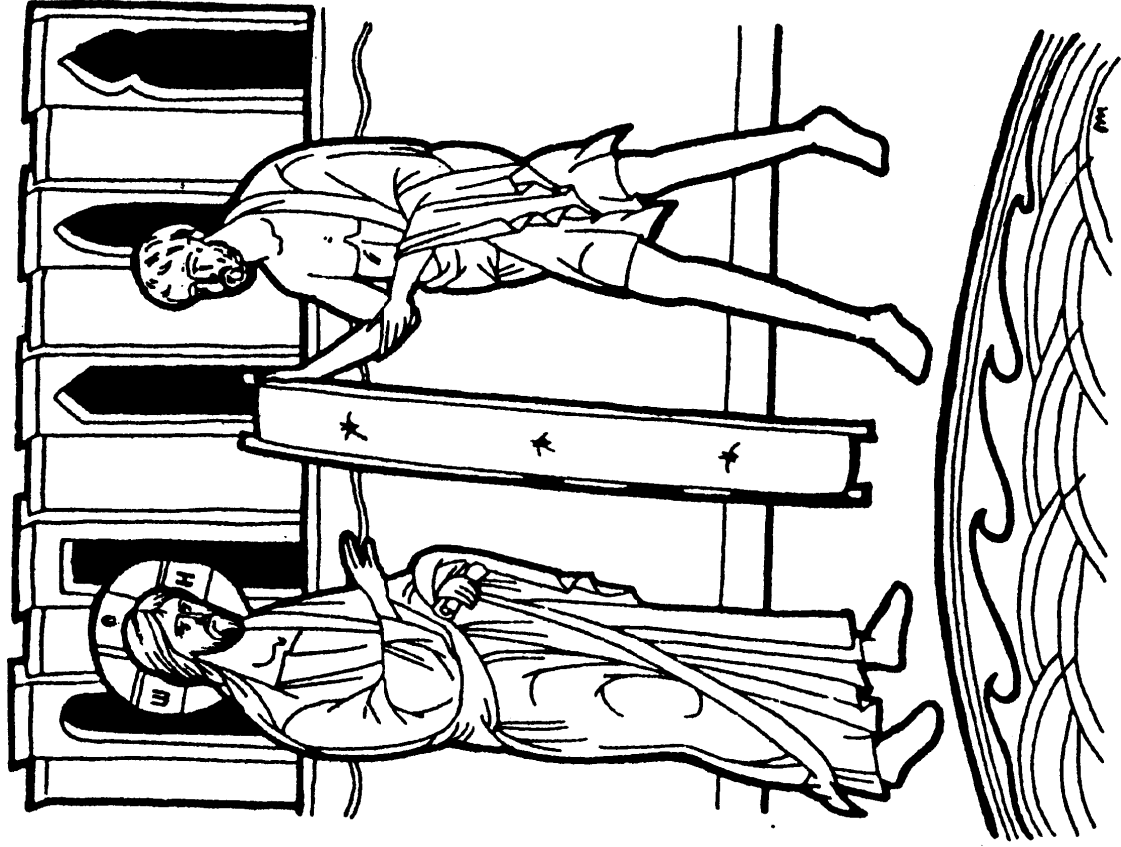
For repose of the souls of: Bethann R., Betty A., Jackie, Bodhi

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.

HEALING OF THE PARALYTIC



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