



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

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LITURGY OF ST. BASIL THE GREAT

April 7, 2013

Third Sunday of Great Lent; Tone 3 / Eothinon 11

Veneration of the Precious and Life-Giving Cross

Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; repose of Tikhon, patriarch of Moscow and Enlightener of North America



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, 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

Monday, April 8

6:45 a.m. Daily Matins
10:30 a.m. Religious Ed.-Level I Atrium
5:00 p.m. St. Brigid outreach dinner at St. Michael's University Church in Isla Vista
6:00 p.m. Great Compline

Tuesday, April 9

6:00 p.m. Men's Fellowship

Wednesday, April 10

6:45 a.m. Daily Matins
12:00 p.m. Women's Prayer Group
6:00 p.m. Presanctified Liturgy
7:30 p.m. YAC Potluck—High Schoolers

Thursday, April 11

7:00 p.m. Choir Rehearsal

Friday, April 12

6:45 a.m. Daily Matins
9 a.m.-5 p.m. Reconciliation Retreat
6:00 p.m. Akathist Service/Soup Dinner

Saturday, April 13

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

Sunday, April 14

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

Sunday Morning Ministries Schedule

Eucharist Bread

April 7 Giordani
April 14 McConnell
April 21 Dn. G. Braun
April 28 Gish

Coffee Hour

April 7 Lewis/Gundersen
April 14 Judy & Dayli Braun/Catechesis
Reconciliation Retreat
April 21 D. McCalmont
April 28 PALM SUNDAY POTLUCK

Greeters

April 7 P. Morrison/D. Genatone
April 14 P. King/P. Matthews
April 21 C. & C. Giordani
April 28 D. Washburn/D. Lewis

Ushers

April 7 C. & G. Speier, Rita Schneider
April 14 J. King, G. Braun Jr., P. King
April 21 S. & L. Speier, P. Brunner
April 28 D. Meyer, R. Barre, D. Lewis

**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 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 ... now and ever... 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.

PROCESSION OF THE CROSS

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 (*Music on page 8 of this bulletin.*)

**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]

**AFTER THE PROCESSION,
WE SING THE FOLLOWING SPECIAL 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 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.

**As the clergy enter the altar, we sing the Anti-Trisagion Hymn
(Music on page 9 of this bulletin.)**

Before Thy Cross we bow down in worship, O our Master
and Thy holy Resurrection we glorify. (3x)

Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

...and Thy holy Resurrection we glorify.

Deacon: With strength!

People: Before Thy cross...

Prokeimenon (Preparatory Psalm Verses) before the Epistle

Tone 6

O Lord save Thy people and bless Thine inheritance.

Verse: To Thee will I cry, O Lord, O my God, do not be silent unto me.

THE 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)

THE 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."

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 light of Thy countenance has shone on us, O Lord. (Ps 4/5:6) Alleluia, Alleluia, Alleluia.
(Ps 111/112:6b-7a)

Communion of the People (Liturgy Book page 33)

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

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.*

In place of "We have seen the true light . . ." we sing:

O Lord save Thy people, and bless Thine inheritance,
granting victory over all adversaries.


And by the power of Thy Cross protect us.

Troparion Elevation of the Cross

Tone 1 Byzantine


Priest Mark Sahady
arr. by Priest John Finley

Soprano
Alto



O Lord, save Thy peo - ple and bless_ Thine in - her - i - tance,

Tenor
Bass



S.
A.




grant - ing vic - to - ry ov - er all ad - ver - sar -

T.
B.




S.
A.



ies. And by the pow'r of Thy Cross pro - tect_ us.

T.
B.



BEFORE THY CROSS

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

Soprano
Alto

mf BE - FORE THY CROSS WE BOW DOWN IN

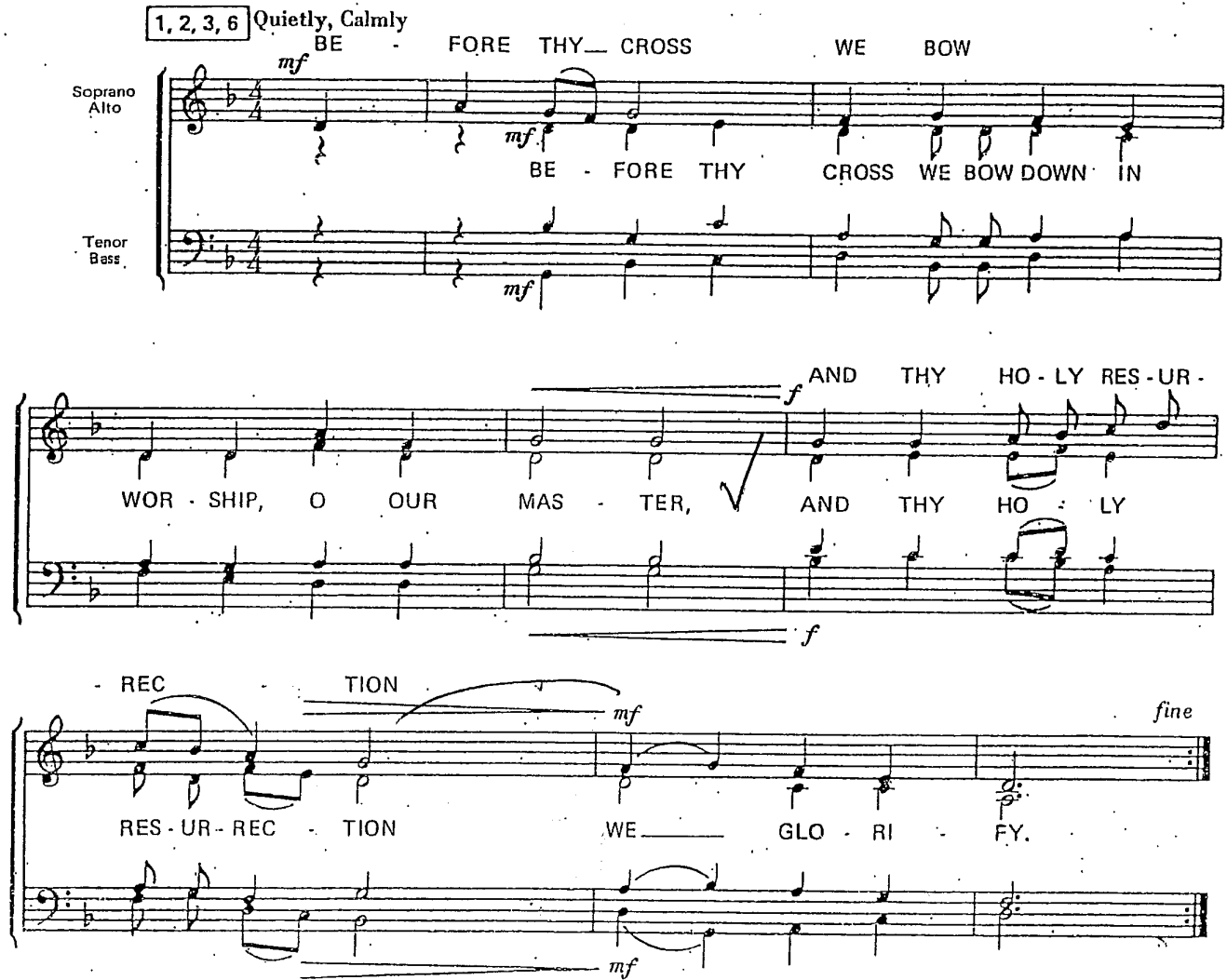
Tenor
Bass

f AND THY HO - LY RES - UR -
WOR - SHIP, O OUR MAS - TER, AND THY HO - LY

f

- REC TION

mf RES - UR - REC TION WE GLO - RI - FY. *fine*



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.

SUNDAY OF THE CROSS

The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the lenten season not merely to remind us of Christ's redemption and to keep before us the goal of our efforts, but also to be venerated as that reality by which man must live to be saved. "He who does not take up his cross and follow me is not worthy of me" (Mt.10:38). For in the Cross of Christ Crucified lies both "the power of God and the wisdom of God" for those being saved (1 Cor.1:24).

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

WE NEED HELP!

On Saturday, April 20th we will be moving the storage tank over on Hollister onto our own property, closer to the construction site. We need volunteers on Thursday/Friday, April 18/19 to help empty out the tank. We also need a few trucks on those days. On Saturday, April 20th (the day of the move) we need a team of people to help put the items back into the tank around 10:00 a.m. If you can be of assistance, please contact Dave Dillon at 252-0137 or dpdillon@gmail.com.

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 12 and 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 we pray the Canon of Lazarus. No dinner that night.)

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

OUR FINAL SOUL LITURGY during Great Lent (with special commemoration of the souls departed this life) will take place on April 13th at 8:00 a.m. 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.

PASCHA CELEBRATIONS

The Social Team is beginning to prepare for the two celebrations on Pascha Day: the breakfast after Paschal Liturgy that will take place at the church, and the picnic later in the day at Kiwanis Meadows/Tucker's Grove at 3:00 p.m. We need everyone's help in making these two celebrations happen. More information will follow next week. Please see the sign-up board in the fellowship hall and be thinking of how you'd like to help.

CELEBRATIONS for THIS WEEK

Birthdays

4/07 Sara Monge
4/09 Mick Kronman
4/10 Fr. John Finley
4/12 Gabriel Speier

CATECHESIS of the GOOD SHEPHERD RECONCILIATION RETREAT April 12-13, 2013

For the past four weeks, five of our 7-9 year old children have been meeting on Tuesday evenings to begin an exploration of reconciliation and the sacrament of holy confession. Next week (April 12 & 13) the children will attend a two-day retreat that will culminate with a renewal of their baptismal vows. During that service they will be accompanied by their parents and Godparents/ prayer partners as they pray the prayers once again that were offered for them during their baptism. This time however, they will be dedicating their lives to Christ and saying those prayers themselves, surrounded by those that love and support them.

Would you please join us in prayer for those five children:

Elizabeth Butler
Hannah Sieck
Jessica Berari
Julianna Ballew
Timmy Braun



as well as the catechists that will serve the children during the retreat:

Joanne Gish and Kate Vander Laan,

and all of the catechists who have assisted the children during the retreat series:

Carla Harris, Genevieve Ferraez, Jane Meyer and Sara Monge

Please pray that God continues to open the eyes and the ears of these precious children's hearts and that His Spirit will fill them with a desire to serve Him all the days of their lives.

To God be the glory!

Joanne Gish, Team Leader—Catechesis of the Good Shepherd

MEETING OF MINISTRY TEAM LEADERS

March 30, 2013

Summary

Last Saturday, 16 of the leaders of our parish ministry teams met for several hours to:

- Share and celebrate our successes;
- Encourage and help each other in our ministries;
- Be accountable for working towards our goals.

We began with a prayer and encouragement from Fr. Nicholas. Father reminded us of our overall vision, and read a poem written by Bishop Ken Untener, written as a tribute to Oscar Romero, archbishop of San Salvador, who was martyred for his outspoken advocacy for the poor:

*"It helps, now and then, to step back and take a long view.
The kingdom [of God] is not only beyond our efforts,
it is even beyond our vision.
We accomplish in our lifetime only a tiny fraction
of the magnificent enterprise that is God's work.
We cannot do everything, and there is a sense of
liberation in realizing this.
This enables us to do something, and to do it very well.
It may be incomplete, but it is a beginning,
a step along the way, an opportunity for the Lord's grace
to enter and do the rest.
We may never see the end results, but that is the difference
between the master builder and the worker.
We are workers, not master builders; ministers, not messiahs.
We are prophets of a future not our own."*

Each team leader was asked to share with the group about a positive and memorable moment or interaction that has happened in the past 7 months that made them think, "THIS is why I am involved in this ministry!"

We then broke out into smaller groups to write and share at least 2 goals for our teams for the remaining 5 months of this liturgical year. (The Liturgical year is September through August.)

GOALS FOR APRIL-AUGUST 2013:

PARISH COUNCIL

Half-day retreat for Parish Council; Liaisons from Parish Council to ministry teams.

EDUCATION - CATECHESIS

Recruit 1-3 catechists; Plan Level III Retreat (based on Level II Reconciliation Retreat); Expand Level III - Send a catechist to training, create materials.

EDUCATION - TEEN PROGRAM (Journey to Adulthood)

Continue to develop the High School program to integrate the teens into the adult life of the Church.

MUSIC

Make a music recording with our choir and other talented musicians in the parish that will tell the story/journey of the E.O.C. in music; Train more (young) chanters and assistant leaders.

WEBSITE

Get all content updated; Provide access to ministry team leaders so that they can make their own updates; Put the Building Project in a more prominent place on the website.

ST. BRIGID FELLOWSHIP

Refine/improve communication; Find someone to replace Sara Monge (who is moving in August) for meal coordination.

LITURGICAL DECORATING

Recruit volunteers for each of the 12 major feasts; Develop a "kids component."

TEMPLE MAINTENANCE

Recruit more team members - all genders and ages; Gain a clear understanding of the scope of the new building and what it will take to maintain it; Find a coordinator for the team who has availability during the day.

OUTREACH

Pentecost Evangelism Training Seminar - Saturday, June 22nd; Integrate Evangelism into all ministry activities, when possible.

ST. LUCIA VISITATION MINISTRY

Weekly communication with team members/better method of informing team.; Try not to miss anyone who needs encouragement or attention.

MEN'S GROUP

Decide on a name for the group; Foster heart-sharing (in and out of sessions). Invite younger men.

SMALL GROUP MINISTRY

Build this ministry - start with Bible Study.

ICONOGRAPHY

Seed planting to encourage and train budding iconographers. Get a page up on the website.

PHOTOGRAPHY

Meet 1-2 times per year to improve skills and build camaraderie between team members; Get a better system for ensuring we have one or more photographers at each parish event; Work with ministries that need photos.

WOMEN'S FELLOWSHIP

Pray for vision and a leader; Regular meeting/event at least twice per year.

WOMEN'S PRAYER GROUP

Create a website page; Grow by one member in the next six months; Perhaps start meeting at a second venue.

WEDDING COORDINATORS

Impress more strongly on couples that they are preparing for a sacrament (not a social event) and that they need to meet with Fr. Nicholas AS SOON AS they start thinking about getting married; Be available for all couples for help in planning their special day.

NEW MOM MENTORING

Make sure every first-time mother is offered the New Mom's Class; Be available for physical, emotional, mental and spiritual support.

MEALS FOR NEW MOMS

Expand the ministry to include meals for shut-ins, sick, and others in special times of need; Recruit more volunteers to cook.

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.

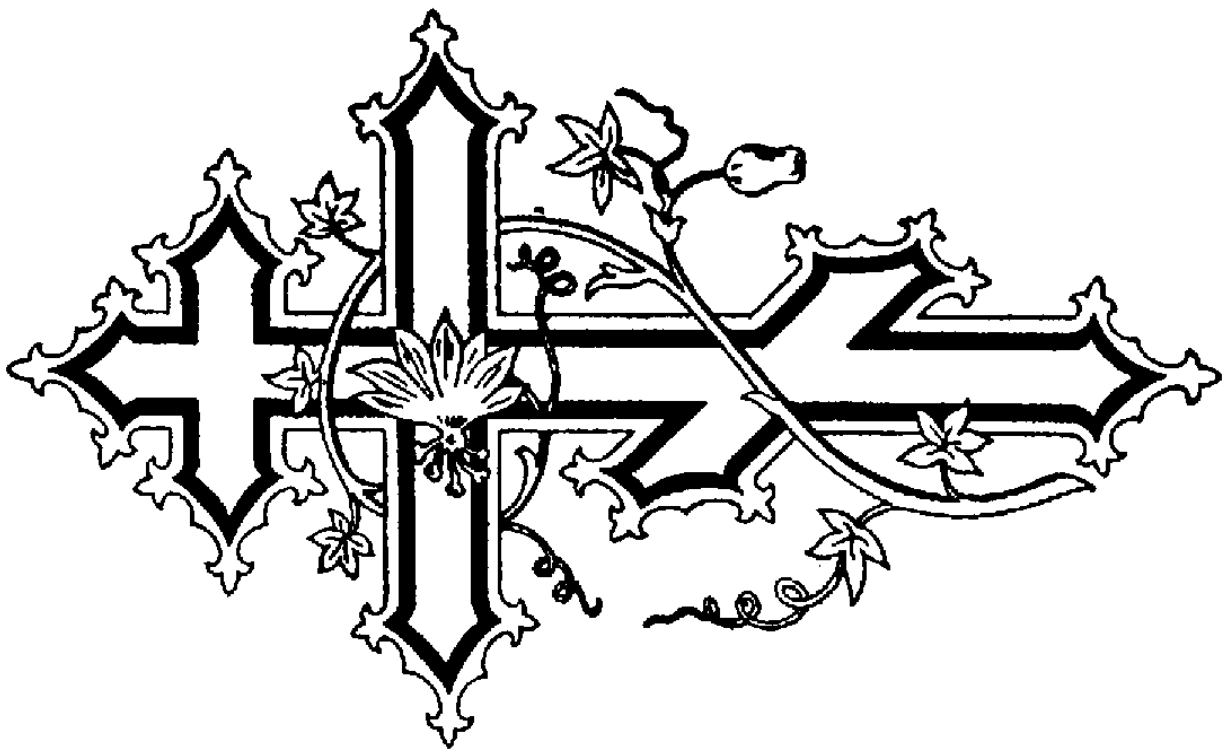
Alissa T.

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.



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