



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

P.O. Box 35, Goleta, CA 93116 • Phone: 805-685-5400 • FAX: 805-685-5411

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
11:00 a.m.—5:00 p.m.

Senior Pastor:

Fr. Nicholas Speier
805-685-5495
frnicholas@stathanasius.org

Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-968-2448
Fr. Jon Braun, Attached Priest (retired)
Fr. John Finley, Attached Priest

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey
Dn. John Young

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
email: office@stathanasius.org

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

Sunday, February 23, 2014

Tone 2 / Eothinon 2

Sunday of the Last Judgment (Meat Fare)

Hieromartyr Polycarp, bishop of Smyrna; Venerable Gorgonia, sister of Gregory the Theologian; Venerable Zebinas, Polychronios, Moses and Damian near Cyrrhus in Syria; Venerable Damian of Esphigmenou monastery on Mount Athos



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 and to join us at Coffee Hour ~
we'd love to meet you!*

Calendar for this Week

Sunday, February 23—MEATFARE

RELIGIOUS EDUCATION—Teens only

- 9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee/Tea
1:00 p.m. Meatfare Picnic at the Park
4:00 p.m. St. Barbara Monastery Friends Gathering—Fr. Jon Braun, speaker (“Bountiful Fruit from the Fast”)
5:00 p.m. Fire on Father-Teens grades 9-12

Monday, February 24

- 6:45 a.m. Daily Matins
4:30 p.m. St. Brigid Outreach Dinner at St. Michael’s in Isla Vista

Tuesday, February 25

- 5:30 p.m. Daily Vespers

Wednesday, February 26

- 6:45 a.m. Daily Matins
12:00 p.m. Women’s Prayer Group
7:00 p.m. CPR Hands-on Class open to all

Thursday, February 27

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

Friday, February 28

- 6:45 a.m. Daily Matins
7:00 p.m. Lenten Seminar: “The Mystery of the Shroud and its Connection to the Burial Shroud of Great and Holy Friday”

Saturday, March 1

- 9:00 a.m. Lenten Seminar: “Overcoming Distractions and Focusing on our Inner Life”
4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers

Sunday, March 2—CHEESEFARE

RELIGIOUS EDUCATION—Teens only

- 9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Cheesefare Potluck
4:30 p.m. Choir Rehearsal
6:00 p.m. Vespers with Rite of Forgiveness

Sunday Morning Ministries Schedule

Eucharist Bread

- February 23 Meyer/Giordani
March 2 Tinyayeva
March 9 Thomas
March 16 Hedges

Coffee Hour

- February 23 Meatfare Picnic
March 2 Cheesefare Potluck
March 9 Roberts
March 16 Thomas

Greeters

- February 23 S. & C. Shackelford
March 2 D. & D. Alexander
March 9 P. Morrison/D. Genatone
March 16 P. King, P. Matthews

Ushers

- February 23 S. & L. Speier, P. Brunner
March 2 D. Meyer, R. Barre, D. Lewis
March 9 C. Speier, Rita Schneider, P. King
March 16 Jon King, G. Braun Jr., P. King

SAVE THE DATE!

Ladies of ALL ages, please reserve
Saturday, March 29th for our annual
ANNUNCIATION TEA!
First time in our new building!

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”

After each of the verses sung by a quartet, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

- PROCESSION OF THE CLERGY - AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 2

(Music on page 42 of Liturgy Booklet)

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 to St. Athanasius (Music is 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. 9 of Liturgy Book)

Holy God, Holy Mighty, Holy Immortal one, 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 (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 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.

Communion of the People (Liturgy Book page 33)

Of Thy mystical Supper, O Son of God, accept me today as a communicant. For I will not speak of thy mysteries to Thine enemies. Neither like Judas will I give Thee a kiss. But like

the thief will I confess Thee: Remember me, O Lord, in Thy Kingdom!
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.*

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.

LENTEN SEMINAR

Join us as we prepare to make our journey of repentance to the foot of the Cross, in anticipation of greeting the risen Lord!

Friday, February 28

7:00-9:00 p.m.

"The Mystery of the Shroud: Its connection to the burial wrappings of Christ"

Fr. John Finley, presenter

Saturday, March 1

9:00-11:00 a.m.

"The Christian Journey: Overcoming Distractions"

- How to focus on our inner life; finding the answer to the question:
"Who am I?"

and going deeper into our spiritual heart -

Fr. Nicholas Speier, presenter

CELEBRATIONS for THIS WEEK

Birthdays

2/25 Athanasia Ballew
2/26 Anya Johnson
2/28 Ciara Giordani

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

The complete schedule of services for Great Lent, Holy Week and Pascha is on the parish website calendar.

HANDS-ON CPR CLASS THIS WEDNESDAY, February 26 at 7:00 p.m.

All are welcome to join us for a hands-on CPR class this Wednesday at the church, taught by Gary Braun Jr. We will learn how to do chest compressions, which are proving statistically to save lives when done immediately, while waiting for EMS to arrive. We will also be instructed in how to use the defibrillator that was donated to the church by the King family. No need to register. Just show up this Wednesday evening at the church. All participants in the class will receive a raffle ticket for a drawing for: iPad mini, iPod, Bose sound dock and movie tickets !

MEATFARE PICNIC TODAY!

Today we will say farewell to meat for the duration of the Great Fast. Join us for our annual Meatfare Picnic at Tucker's Grove (Kiwanis Meadows—Area 5) at 1:00 p.m. 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 choice. Paper dishes, cups, napkins and plastic cutlery will be provided. Please bring your own plates and cutlery if you need something sturdier. (From Highway 101 take Turnpike Road north across Cathedral Oaks Road. The park entrance is straight ahead. Follow signs to area 5.)

NEXT SUNDAY, March 2—CHEESEFARE SUNDAY

Cheesy Potluck after Liturgy: Please bring a cheesy, dairy-rich dish to share!

GREAT LENT BEGINS ON THE EVENING OF Sunday, March 2nd, after the Vespers of Forgiveness, which are at 6:00 p.m. Please make plans for your entire family to join us for this beautiful service, as we have the opportunity to enter into our Lenten journey by giving and receiving forgiveness from each other.

OUR PARISH WILL HOST THE CENTRAL COAST PAN-ORTHODOX VESPERS this year to celebrate the Sunday of Orthodoxy on **March 9th at 6:00 p.m.** Please be with us for this triumphant service as we welcome our local Orthodox brethren into our new "home!" We will need help with set-up and clean-up that day for the reception. See Christie Speier Robinson if you are able to help.

FRIDAY EVENING LENTEN SOUP DINNERS

We'll be gathering for soup and bread after the 6:00 p.m. Akathist services on March 21, March 28 and April 4. Please see the sign-up board and consider volunteering to provide part of a meal on one of the Friday evenings. These gatherings always prove to be a relaxed and enjoyable time of fellowship.

ALL-PARISH MEETING—Sunday, March 16th

We will have an all-parish meeting after Coffee Hour on Sunday, March 16th to get an update on our finances and budget for 2014, including the Building Fund, to have a brief orientation to our new “home,” and to discuss our new goals for the Building Project. Please reserve this date on your family calendar. More information will follow.

SETTLING INTO OUR NEW HOME—COFFEE HOUR

Christie Speier Robinson and Carla Brunstead have offered to be our Coffee Hour Coordinators as we adjust to our new facilities. They are working to develop new procedures that will make Coffee Hour go smoothly in our new building and be as simple as possible for our weekly hosts. As we continue to work out the kinks, they will be on hand to guide the hosts. We need everyone's help in the following ways:

1. We all need to keep in mind that Coffee Hour is not a meal, but a light snack to break the fast.. Please take modest helpings until everyone has been through the line once.
2. We are going to begin offering milk as a beverage choice for children. Please remind your children that the half and half is for the coffee.
3. Please throw away your own trash when you have finished eating. Let's make it easier for all of our hosts by doing our share in the clean-up. And let's teach our children to do the same.
4. We are asking that Coffee Hour hosts stand near the food and beverage tables to greet guests and assist those who need help.

NEED COFFEE HOUR HOSTS

We still need coffee hour hosts for the following dates:

March 30 April 6 May 18 & 25 June 1, 29 August 10, 17, 24

Please contact the church office if you are able to host or co-host on one of these dates.

Thank you...

I want to thank you for all your love, prayers, cards and meals over the past 8 months. I am certain it was your care of me that played a huge part in my recovery. The doctor says I am cancer free and I am officially off chemotherapy. I am sure the good Deacon Howard is thanking you all, too, for taking such good care of me! I love you all. - **Gail Shannon**

TEEN SCENE

JOURNEY TO ADULTHOOD

Schedule of Activities and Service Projects—FEBRUARY, 2014

Rite 13 (Grades 7-8)

Sunday, February 23 Service Project: Serve dinner at Rescue Mission

J2-A (Grades 9-10)

Sunday, February 23 Fire on Father, 5:00 p.m. at Fr. Nicholas and Jan's

YAC (Grades 11-12)

Sunday, February 23 Fire on Father, 5:00 p.m. at Fr. Nicholas and Jan's

MARK YOUR CALENDAR—UPCOMING EVENTS:

- Project Mexico Mission Trip—August 13-19, 2014

SAVE THE DATE!

COMMUNITY OPEN HOUSE & RECEPTION

to welcome our friends, neighbors, family,
and local dignitaries into our new “home!”

Saturday, May 3, 2014

2:00-5:00 p.m.

Live musical presentations each hour, refreshments,
church tours, Great Vespers

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 | Fr. Luke H. and Family | Baby Christian F. |
| Mother Victoria | Greg & Margaret Y. | Molly M. |
| Met. Paul & Abp. John | Mary Ellen B. | Joy |
| who have been | Mother Olga | Victoria T. |
| kidnapped by terrorists | Gail S. | Frances C. |
| in Turkey. | Olga G. | |
| Peggy K. and Family | Leona G. | |
| Fr. Gordon & Mary Sue W. | Mary & Susan | |

For repose of the souls of: Robert H., Lou, Margaret (Jan Isham's mother)

ABOUT OUR PRAYER LISTS:

Prayer requests in the bulletin are prayed out loud during the deacons' litanies and should be submitted to the church office—office@stathanasius.org.

Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most services. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorated, and that list is comprised of the sick, those celebrating special occasions listed in the bulletin, and those who prepared the Eucharist bread. Others are prayed for during the Proskomedia (Preparation of the Bread and Wine for Communion).

* **ST. ATHANASIUS BOOK CENTER** *
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* 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. Atha-
* nasius Book Center."
*

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

