

# 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:

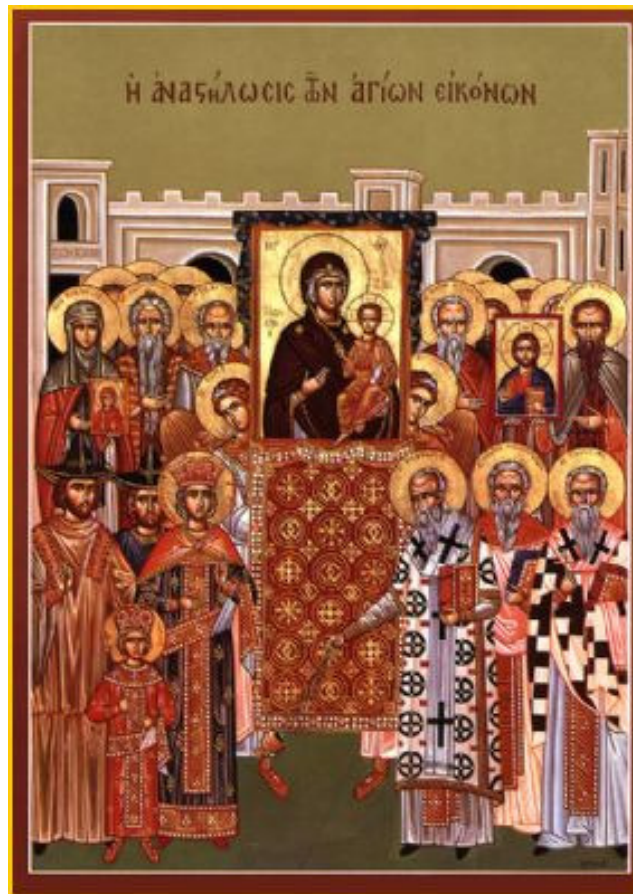
Dana Alexander, President  
Dan Braun, Treasurer  
Douglas Meyer, Secretary  
Katie AbuGhazaleh  
Karen Jacobs  
Jon King  
Laurence Lander  
Craig Speier

## LITURGY OF ST. BASIL THE GREAT

Sunday, March 9, 2014

Tone 4 / Eothinon 4

First Sunday of Great Lent (Sunday of Orthodoxy)  
& The Holy and Great Forty Martyrs of Sebastia



## 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

**TURN CLOCKS AHEAD ONE HOUR!!**

## **Sunday, March 9—SUNDAY OF ORTHODOXY**

9:00 a.m.	Rel. Educ.—Teens only
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour
12:30 p.m.	Set-up for Reception that will follow Pan-Orthodox Vespers
4:00 p.m.	Pan-Orthodox Choir Rehearsal
6:00 p.m.	Pan-Orthodox Vespers

## **Monday, March 10**

6:45 a.m.	Daily Matins
4:30 p.m.	St. Brigid Outreach Dinner at St. Michael's in Isla Vista
6:00 p.m.	Great Compline

## **Wednesday, March 12**

6:45 a.m.	Daily Matins
12:00 p.m.	Women's Prayer Group
6:00 p.m.	Presanctified Liturgy
8:15 p.m.	Outreach Team Meeting

## **Thursday, March 13**

7:00 p.m.	Choir Rehearsal
7:00 p.m.	Parish Council Meeting

## **Friday, March 14**

6:45 a.m.	Daily Matins
6:00 p.m.	Akathist to the Mother of God

## **Saturday, March 15**

8:00 a.m.	Liturgy for All Souls
4:30 p.m.	Adult Catechism
6:00 p.m.	Great Vespers

## **Sunday, March 16— St. Gregory Palamas**

9:00 a.m.	Rel. Educ.— <b>All classes resume</b>
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy Trisagion Prayers for Peggy Thomas and Constantino Gabriele
11:45 a.m.	Coffee Hour
12:15 p.m.	All-parish Meeting

## ***Sunday Morning Ministries Schedule***

### **Eucharist Bread**

March 9	Tinyayeva
March 16	Thomas
March 23	Fr. Nicholas/Gish
March 30	G. Braun

### **Coffee Hour**

March 9	Roberts
March 16	Thomas/Gabrie In memory of Peggy Thomas and Constantino Gabriele
March 23	D. Lewis/B. Gunderson
March 30	Potluck—St. Raphael Catholic Parish will join us for Coffee Hour!

### **Greeters**

March 9	D. & D. Alexander
March 16	P. King, P. Matthews
March 23	K. & L. Jacobs
March 30	D. Lewis/D. Washburn

### **Ushers**

March 9	C. Speier, Rita Schneider, P. King
March 16	Jon King, G. Braun Jr., P. King
March 23	S. & L. Speier, P. Brunner
March 30	D. Meyer, R. Barre, D. Lewis

# 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..." followed by the Post Doxology Troparion.

## THE LITURGY OF THE WORD

### GREAT LITANY—New Lenten melody

S. Smolensky  
adapted by J. Erickson

1. \* 2.

Soprano  
Alto

A - men. Lord, have mer - cy. Lord, have mer - cy.

Tenor  
Bass

3. 4. 5.

Lord, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

6.

Lord, have mer - cy. To — Thee, — O Lord.

## FIRST ANTIPHON—Psalm verses with refrain

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so sure that it shall never be moved.

***Refrain:* Through the intercessions of the Theotokos, O Savior, save us.**

Who can utter the mighty acts of the Lord? Who can cause all his praises to be heard? Let the redeemed of the Lord say so, whom He hath redeemed from the hand of the enemy. (***Refrain***)

Glory... Both now... (***Refrain***)

## SECOND ANTIPHON—Psalm verses with refrain

Let them praise the Lord for His mercies, and for His wonderful works to the children of men.

***Refrain:* O Son of God, Who arose from the dead; save us who sing to Thee. Alleluia.**

Let them exalt Him in the congregation of the people, and praise Him in the seat of the elders. (***Refrain***)

The eyes of the Lord are upon them that fear Him, upon them that hope in His mercy; to hear the groaning of the prisoners, to loose the sons of the slain. (***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

Verse: Let the heavens and the earth praise Him.

**Refrain:**

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the cross in the flesh  
to deliver Your creatures from bondage to the Enemy.  
Therefore with thanksgiving we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

Verse: This is the day which the Lord hath made; Let us rejoice and be glad in it.

Verse: O Lord my God, I will give thanks unto Thee forever.

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

**Troparion of the Resurrection**

**Tone 4**

**(Music on page 45 of Liturgy Book)**

Having learned the joyful message  
of the Resurrection from the angel,  
the women disciples of the Lord cast from them  
their parental condemnation,  
and proudly broke the news to the disciples  
saying death has been spoiled.  
Christ God is risen, granting the world great mercy.

**Troparion of First Sunday of Great Lent**

**Tone 2**

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the cross in the flesh  
and deliver Thy creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to Thee:  
“Thou hast filled all with joy, O our Savior, //  
for Thou didst come to save the world.”

**Troparion for the 40 Holy Martyrs of Sebaste**

**Tone 1**

Through the sufferings which Your holy  
Forty Martyrs endured for Your sake, O Lord,  
we beseech You, O Lover of mankind: //  
“Heal all of our infirmities!”

**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 for the Triumph of Orthodoxy**

**Tone 8**

No one could describe the Word of the Father;  
but when He took flesh from you, O Theotokos,  
He accepted to be described,  
and restored the fallen image to its former state  
by uniting it to divine beauty..//

We confess and proclaim our salvation in words and images.

### **Kontakion of Annunciation**

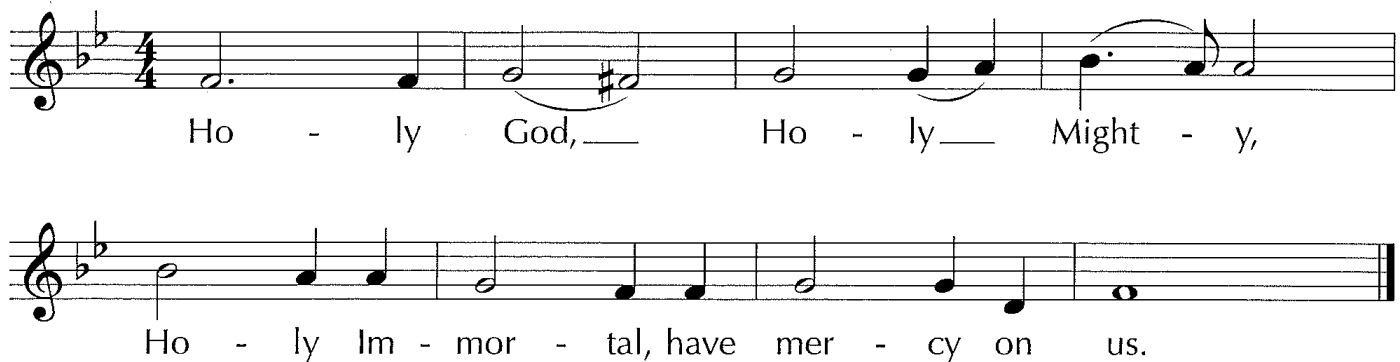
**Tone 8**

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 (p. 9 of Liturgy Book)**

**We will sing this new melody for "Holy God" during Great Lent.**

**It was composed by Nazo Zakkak and dedicated to the St. Athanasius Choir:**



Ho - ly God, Ho - ly Might - y,

Ho - ly Im - mor - tal, have mer - cy on us.

### **Preparatory Psalm Verses before the Epistle (Prokeimenon)**

**Tone 8**

Blessed are You, O Lord God of our Fathers, and praised and glorified is Your name forever.

**Verse:** For You are just in all that You have done for us.

## Epistle Reading—Hebrews 12:1-10

Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely, and let us run with perseverance the race that is set before us. Looking to Jesus, the pioneer and perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the Throne of God.

Consider Him who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation, which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by Him. For the Lord disciplines him whom He loves, and chastises every son whom He receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there, whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time at their pleasure, but He disciplines us for our good, that we may share His holiness.

### Alleluia before the Gospel

**Tone 8**

Chanter: Alleluia, Alleluia, Alleluia!

**People:** Alleluia, Alleluia, Alleluia!

*Verse: Moses and Aaron were among His priests;  
Samuel also was among those who called on His Name. (Ps 99/100:6)*

*Verse: They called to the Lord and He answered them. (Ps 99/100:6)*

### Gospel Reading— John 1:43-51

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

## LITURGY OF THE FAITHFUL

**MUSIC FOR THE ANAPHORA (Offering) is included in this handout towards the back.**

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

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)

### **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.



## **ANNOUNCEMENTS & CALENDAR HIGHLIGHTS**

You can access a complete calendar of services and other parish activities on our website: [www.stathanasius.org](http://www.stathanasius.org).

**PLEASE NOTE: THERE ARE NO DAILY VESPERS ON TUESDAYS & THURSDAYS DURING GREAT LENT.**

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

**OUR PARISH WILL HOST THE CENTRAL COAST PAN-ORTHODOX VESPERS** to celebrate the Sunday of Orthodoxy **THIS EVENING, March 9th at 6:00 p.m.** Please be with us for this triumphant service as we welcome the Central Coast Orthodox clergy and brethren into our new “home!”

**ALL SUNDAY RELIGIOUS EDUCATION CLASSES ARE NOW MEETING AT 9:00 a.m.**

### **RELIGIOUS EDUCATION (ages 3-12) UPDATE**

Religious education for our 3-12 year olds will resume on Sunday, March 16th at 9:00 a.m. The LI Atrium is set-up and ready for regular atrium sessions. (Stay posted for information regarding weekday sessions.) We do not yet have atria for Levels II and III but will plan to meet with the LII and LIII children in alternate spaces with modified activities in the meantime. Catechists will contact parents with more detailed information in the next week. If you have any questions, please contact Kate Vander Laan (805-565-3347).

### **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. **On Friday, March 21, we will be joined for the Akathist service by the pastor and parishioners from Christ the King Episcopal Church in Goleta.**

### **ALL-PARISH MEETING—Sunday, March 16th**

We will have an all-parish meeting after Coffee Hour next 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.

### **ANNUNCIATION TEA**

The Annual Women's Annunciation Tea will be on Saturday, March 29th at 1pm at the church. There will be a short program of songs and scripture readings honoring the Mother of God, followed by a light lunch on the patio. We will conclude the day with a fashion show featuring our K-6th grade girls. Watch for an E-vite with further details from Christie Speier Robinson.

# *CELEBRATIONS* for THIS WEEK

## Wedding Anniversaries

3/12 Steve & Joan Thomas

## Birthdays

3/9 Colton Kronman

3/9 Dottie Genatone

3/10 Chase King, Madeleine Meyer, Richard Barre

3/12 Nicholas Berari, Ronald Berari, Sean Hampton

3/15 Peter Speier, Ryan Franzen

3/16 Adrian Berari

## Pastronal Feast Day Celebrations

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

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

## LENTEN SERVICE SCHEDULE

Mondays at 6 p.m. Great Compline (Except on March 24th when we will celebrate the Feast of Annunciation with Divine Liturgy.)

Wednesdays at 6 p.m. Presanctified Liturgy with Holy Eucharist

Fridays at 6 p.m. Akathist (except on April 11, when we we pray the Canon of Lazarus.)

**FOLLOWED BY SOUP DINNERS ON 3/21, 3/28 AND 4/4.**

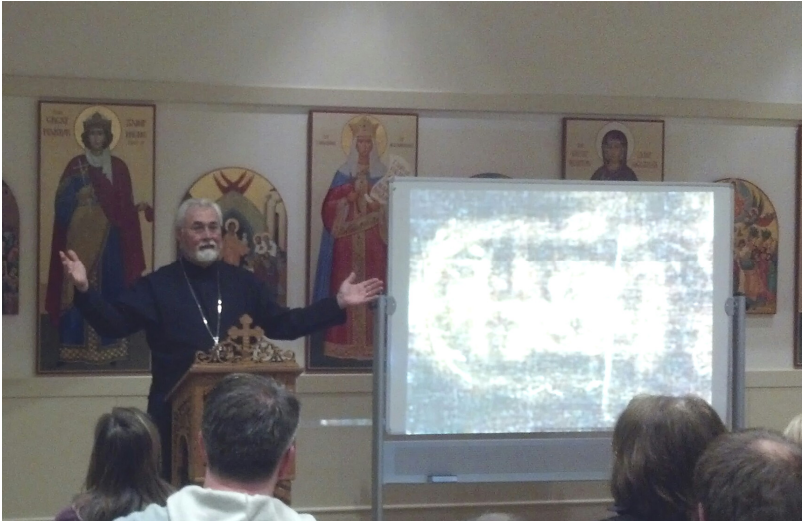
**On Friday, March 21st we will be joined by the pastor and parishioners of Christ the King Episcopal Church.**

**NOTE: NO DAILY VESPERS ON TUESDAY & THURSDAY DURING LENT.**

### **YOUR PRAYER LIST**

Don't forget to turn in your prayer list of 3 names for Great Lent. The clergy will pray silently for each of the 3 people you have listed, and you should include them in your daily prayers at home during Great Lent.

## LENTEN SEMINAR LAST WEEKEND



Thanks to all who attended the Lenten Seminar last weekend, and to our presenters, Fr. Nicholas Speier and Fr. John Finley. What a great way to begin the Great Fast with encouragement and joy! We learned about the burial shroud of Christ and how the epitaphion that we venerate on Holy Friday is an icon of this sacred shroud. And we had a lively, interactive discussion about how to avoid distractions of the mind, nurture “holy curiosity” and enter more deeply into our

hearts in order to allow Christ to illuminate our sins so that we may repent.

To learn more about the research on the Shroud, (currently located in Turin, Italy) Fr. Finley recommends the following video: <http://www.youtube.com/watch?v=0BxmbIGQBx4>

## EYES WIDE OPEN

TUESDAY, MARCH 11

7:00 PM - 8:30 PM

Free Admission

Preferred Seating - \$10

### Meet Abby!

Catered Meet & Greet - \$50  
Granada Upstairs, 6:00 - 6:45 PM  
RSVP by March 3rd

Call (805) 967-9096 to purchase tickets

Doors open at 6:30 PM - Live Music

## GRANADA THEATER



## ABBY JOHNSON

Abby Johnson always had a fierce determination to help women. It was this desire that led Abby to a career with Planned Parenthood and also caused her to flee.

During her eight years with Planned Parenthood, Abby quickly rose to clinic director. Despite a growing unrest, she stayed on. All of that changed in 2009 when Abby was asked to assist with an ultrasound-guided abortion.

THE ANAPHORA (OFFERING)

A MER - CY OF PEACE, A SAC - RI - FICE OF PRAISE.

AND WITH YOUR SPIR - IT. WE LIFT THEM UP UN - TO THE

LORD. IT IS MEET AND RIGHT TO WOR - SHIP THE

FA - THER AND THE SON AND THE HO - LY SPIR - IT, THE TRIN - I - TY

ONE IN ES - SENCE AND UN - DI - VID - ED.

HO - LY, HO - LY, HO - LY, LORD OF SAB - A - OTH! HEAV - EN AND

EARTH ARE FULL OF THY GLO - RY. HO - SAN - N

IN THE HIGH - EST. BLESS - ED IS HE THAT COMES

IN THE NAME OF THE LORD! HO - SAN - NA IN THE

HIGH - EST! A - MEN. A - MEN.

Continued on next page...

WE PRAISE THEE. WE BLESS THEE. ✓

WE GIVE THANKS UN-TO THEE, O LORD, ✓ AND WE

PRAY UN-TO THEE. ✓ WE PRAY UN-TO THEE, O OUR GOD.

**BACK BY POPULAR DEMAND!**

***“Christ in the Wilderness” Contemplative Program—Part 2***  
**Saturday, March 22, 2014**

**REGISTRATION REQUIRED—Limited to first 24 registrants.**

Please register through the church office: 685-5400 or office@stathanasius.org.  
 Free-will donation requested to cover costs for speaker’s travel and program materials.

**This year’s program will include a review of last year’s discussions and meditations on drawing near to God through nature, and then we will continue with the next level, which is exploring how to cultivate the virtues.**

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.

Our day in the wilderness will be led by Fred Krueger from Santa Rosa, CA. Fred serves as Executive Director for the Orthodox Fellowship of the Transfiguration, an organization endorsed by the Episcopal Assembly of Bishops.

“One never comes to the mystical side of Orthodoxy without the contemplation of nature.” - +HB Patriarch Ignatius IV of Antioch

**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:**

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

**For repose of the souls of:** Robert H., Lou, Margaret (Jan Isham’s mother),  
All those who have died in the conflict in the Ukraine

**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](mailto: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 Proskomedie (Preparation of the Bread and Wine for Communion).

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**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.”

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

### RESTORATION OF THE ICONS

