

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

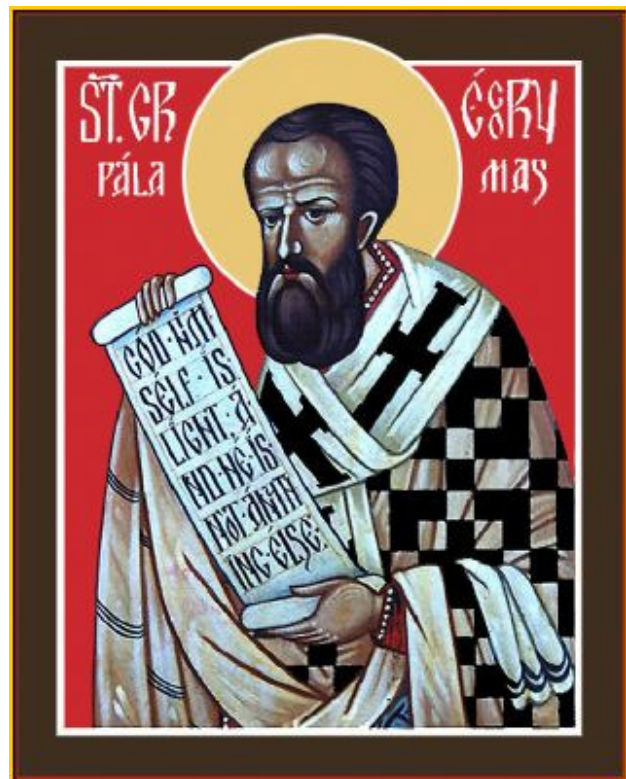
Sunday, March 16, 2014

Tone 5 / Eothinon 5

Second Sunday of Great Lent
Commemoration of Gregory Palamas,
Archbishop of Thessalonica

Martyr Sabinos of Egypt;

Venerable Christodoulos the wonderworker of Patmos



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, March 16— St. Gregory Palamas

9:00 a.m.	Rel. Educ.—All classes resume
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

Monday, March 17

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
7:15 p.m.	Choir Rehearsal

Tuesday, March 18

6:30 p.m.	Catechists Meeting
7:00 p.m.	Teen Leaders Meeting

Wednesday, March 19

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

Friday, March 20

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

Saturday, March 21

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

Sunday, March 23— Sunday of the Cross

9:00 a.m.	Rel. Educ.—All classes resume
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour
12:15 p.m.	Choir Rehearsal

LOST AND FOUND

The Lost and Found basket is located in the little alcove next to the sitting area with the sofas and rocking chair.

AED

(Automated External Defibrillator)

The AED is located in the foyer, on the ledge of the window that looks into the church office.

Sunday Morning Ministries Schedule

Eucharist Bread

March 16	Thomas
March 23	Fr. Nicholas/Gish
March 30	G. Braun
April 6	Giordani

Coffee Hour

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!
April 6	A. Speier/J. Speier/C. Robinson

Greeters

March 16	P. King, P. Matthews
March 23	K. & L. Jacobs
March 30	D. Lewis/D. Washburn
April 6	S. & C. Shackelford

Ushers

March 16	Jon King, G. Braun Jr., P. King
March 23	S. & L. Speier, P. Brunner
March 30	D. Meyer, R. Barre, D. Lewis
April 6	C. Speier, Rita Schneider, P. King

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

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

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 5

Let us believers praise and worship the Word,
co-eternal with the Father and the Spirit,
born of the Virgin for our salvation.
For He took pleasure in ascending the Cross in the flesh
to suffer death and to raise the dead by His glorious resurrection.

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 (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 5

Thou O Lord shall keep us and preserve us from this generation forever. (*Ps 11/12:7*)

Verse: Save me O Lord, for there is now no saint. (*Ps 11/12:1*)

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 before the Gospel

Tone 5

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: I will sing of the mercies of the Lord forever; with my mouth
I will make known Thy faithfulness to all generations. (*Ps 88/89:1*)
Alleluia...

Verse: For Thou hast said: "Mercy shall be built up forever;
In the heavens shall Thy truth be established." (Ps 88/89:2) **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

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.

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.

SALAD POTLUCK ON SUNDAY, MARCH 30TH TO WELCOME PASTORAL STAFF AND PARISH COUNCIL OF ST. RAPHAEL CATHOLIC CHURCH

On March 30th we are having a Salad Potluck, and we have invited the Parish Council and Pastoral staff from St. Raphael Catholic Church to join us. Because it is such a large parish, we are unable to invite the entire church, but we look forward to inviting all of their parishioners to future events. Please bring a lenten vegetable or fruit salad to share on March 30th. Thanks!

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

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

THANK YOU!

Orthodoxy Sunday Vespers was a wonderful success. I would like to thank all of those who gave their time to make this event possible. Your efforts and hard work were truly appreciated. It is such a joy to see all the blessings we are receiving in our new building. God is Good!

— Christie Speier Robinson, Vespers Reception Coordinator

RELIGIOUS EDUCATION (ages 3-12) UPDATE

Religious education for our 3-12 year olds resumed today, March 16th. 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 TODAY!

Please stay for an important all-parish meeting today after Coffee Hour. We will have an update on the Building Project and our budget/finances for the coming year.

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

Birthdays

3/16 Adrian Berari
3/18 Doug King
3/20 Theophanes McFarland
3/21 Jacob Wallace
3/22 Sarah Keller

Pastronal Feast Day Celebrations

3/17 **St. Patrick of Ireland** Kevin deBree
3/20 **St. Photini (Samaritan Woman)** Sarah Keller

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.

Saturdays at 8:00 a.m. Soul Liturgies on 3/15, 3/22, 3/29

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

Memorial Services

“...the righteous shall be in everlasting remembrance.” (Ps 112:6)

Beginning with the nation of Israel and continuing in the early centuries of the church, the living have expressed their love and concern for the repose the souls of the departed by works of charity and by personal and communal prayers. This is based on the premise that the church of Christ is constituted not only by the living, but also by the departed. We are one in Christ and thus maintain a communion with those that have gone before us, and this is realized at the memorial services for the departed.

Kolyva, boiled wheat, can be offered at the memorial prayer service and is eaten as an expression of this communion with those fallen asleep and as a symbol of the Resurrection. Jesus said of his own death, burial and resurrection, “Unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain.” (John 12:24) Therefore when we come to church to offer the Kolyva, in memory of those we love but see no longer, we join in a long train of our Christian predecessors, who inspired by these Biblical images, maintain an inseparable communion with those gone on before us in faith. And as we partake of the wheat after it is offered our hearts are truly strengthened as we bear witness by our loving prayer that we are one in Christ, both the living and the departed.

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

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.

TEEN SCENE

JOURNEY TO ADULTHOOD

Schedule of Activities and Service Projects

Teens in grades 9-12

- | | |
|------------------------|---|
| Sunday, 3/30 at 5 p.m. | “Love, Sex & Mariage—Part I” - presentation by Fr. Jon Braun (Parents are invited!) |
| Sunday, 4/6 at 5 p.m. | “Love, Sex & Mariage—Part II” - Fr. Jon Braun (Parents are invited!) |
| Sunday, 4/27 at 5 pm | Fire on Father |

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 | 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.

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).

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.”

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

HEALING OF THE PARALYTIC

