



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
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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 23, 2014

Third Sunday of Great Lent; Tone 6 / Eothinon 6
Veneration of the Precious and Life-Giving Cross
Martyr Venerable-martyr Nikon of Sicily
and with him 199 disciples;
Venerable-martyr Luke of St. Anne Skete on 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, March 23— Sunday of the Cross

9:00 a.m.	Rel. Education for 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

Monday, March 24

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.	Vesperal-Liturgy for Feast of the Annunciation

Wednesday, March 26

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

Friday, March 28

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

Saturday, March 29

8:00 a.m.	Liturgy for All Souls
9:30 a.m.	Gathering to honor the memory of Pat Matthews
1:00 p.m.	Annunciation Tea for all women and girls of the parish
4:30 p.m.	Adult Catechism
6:00 p.m.	Great Vespers

Sunday, March 30— Sunday of St. John Climacus

9:00 a.m.	Rel. Education for 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
5:00 p.m.	Teens in grades 9-12 "Love, Sex & Marriage" Session 1 with Fr. Jon Braun, parents are welcome to attend!

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 23	Fr. Nicholas/Gish
March 30	G. Braun
April 6	Giordani
April 13	Dillon

Coffee Hour

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
April 13	PALM SUNDAY POTLUCK

Greeters

March 23	K. & L. Jacobs
March 30	D. Lewis/D. Washburn
April 6	S. & C. Shackelford
April 13	D. & D. Alexander

Ushers

March 23	S. & L. Speier, P. Brunner
March 30	D. Meyer, R. Barre, D. Lewis
April 6	C. Speier, Rita Schneider, P. King
April 13	Jon King, G. Braun Jr., 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 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 in back of this bulletin—Byzantine melody*)

**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:**

Resurrectional Troparion

Tone 6

When Mary stood at Thy grave looking for Thy most pure body,
angelic pow'rs shone above Thy revered tomb,
and the soldiers who were to keep guard became as dead men.
Thou led Hades captive and wast not tempted there-by,
Thou did meet the Virgin and didst give life to the world.
O Thou Who art risen from the dead, O Lord, glory to Thee.

**Troparion of the Cross
(Slavic Melody)**

Tone 1

O Lord save Thy people,
and bless Thine inheritance,
Grant victory to all Orthodox Christians
Over their adversaries.
And by virtue of Thy Cross,
Preserve Thy habitation.

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 in back 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 are My Son, today I have begotten You"; as He says also in another place, "You are 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

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

Meglynarion

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

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

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.*

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.

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.

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.

FEAST OF ANNUNCIATION

Tomorrow we will celebrate the Feast of the Annunciation at 6:00 p.m. with Vesperal-Liturgy. All are welcome and encouraged to bring fresh cut flowers to honor the Mother of God. Vases will be available in front of her icon for you to place your offering.

FRIDAY EVENING LENTEN SOUP DINNERS

We'll be gathering for soup and bread after the 6:00 p.m. Akathist services on 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.

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.

SALAD POTLUCK NEXT 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!

CELEBRATIONS for THIS WEEK

Birthdays

3/25 Jamie Van Wagoner
3/27 Courtney Shannon
3/27 Lucy Speier
3/28 Brody Hansen
3/28 Cheryl Washburn-Lander
3/28 Elizabeth Heiduk
3/30 Virginia Braun

Pastronal Feast Day Celebrations

3/25 **The Annunciation of the Theotokos**
Carla Brunstead, Mary Gish, Carissa Giordani Hampton,
Samantha Morrison Nalepa, Rita Schneider

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 will pray the Canon of Lazarus.)
FOLLOWED BY SOUP DINNERS ON 3/28 AND 4/4.

Saturdays at 8:00 a.m. Soul Liturgy on 3/29

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

INCOME FOR FEBRUARY 2014

Tithe Goal:	\$47,000
Received in February:	\$33,685

Building Fund Donations Received in February: \$18,067

(To see how we're doing on our "18 for 18" Building Fund Campaign, please check the Building Fund "thermometer" out by the narthex)

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
mf BE - FORE THY CROSS WE BOW DOWN IN
f AND THY HO - LY RES - UR -
WOR - SHIP, O OUR MAS - TER, AND THY HO - LY
f
- REC TION *mf* *fine*
RES - UR - REC TION WE GLO - RI - FY.
mf

ANNUAL WORK PARTY ON LAZARUS SATURDAY

April 12th from 10:00 a.m.-3:00 p.m.

Even though we are in our brand new building, we still have much to do in order to prepare for Holy Week and Pascha. We will need help with decorating, cleaning the icons, preparing the palms, and other little jobs. More information and sign-up lists will follow. Please plan to stay after the Liturgy on Lazarus Saturday to lend a hand.

PASCHA CELEBRATION 2014

It's that time of year again!

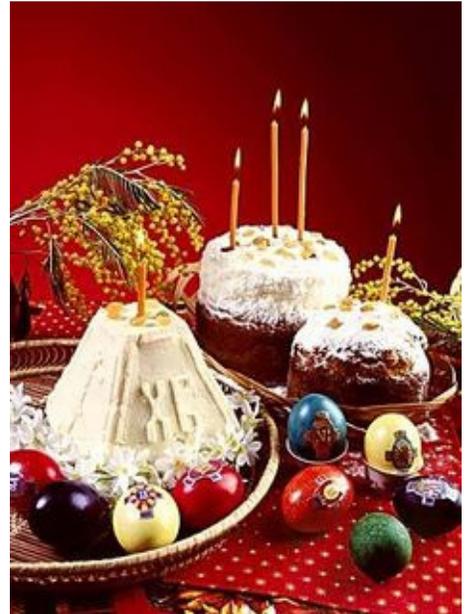
PASCHA BREAKFAST

Immediately following the Divine Liturgy on Pascha we will celebrate together with our traditional BREAK-fast at our new Church!

Due to limited kitchen facilities we will again be "downsizing" our morning festivities a bit. Please plan **now** to put together a family Easter basket. Add to it your own family favorites and include some meats, eggs, cheeses, etc.

Back by popular demand, Stan will barbeque sausages We will provide the Pascha Cheese, sliced ham, deviled eggs and beverages. Agape Vespers (with the Gospel read in many languages) will follow the breakfast. Please see the food sign-up list in the fellowship hall. We need volunteers to bring:

- Deviled eggs (please respond with how many)
- Large fancy assorted cheese platters
- Large assorted fruit platters
- Homemade sweet rolls, yeast breads, sweet loaves
- Set up and clean up help



PASCHA PICNIC

The main focus of our celebration this year will be the afternoon PICNIC at Kiwanis Meadows/Tuckers Grove at 3pm. The deacons will barbeque tri-tip for all. Bread will be provided. Please bring a large salad (green, potato, pasta, fruit) to share and your own place settings and beverages. There will of course be games, activities for our children, plus music and lots of wonderful fellowship. Plan to attend this special day for our church family. It is a great opportunity to bring your non-Orthodox friends and family members, as well!

The day's festivities cost the church over \$4,000 and we typically collect only around \$2,000 from those who participate. Please help us to break even on the costs for the day. We are asking for a donation for each adult and child participating in order to help cover the cost of the day's festivities. You can pay in advance at the table set up during Coffee Hour on the two Sundays before Pascha, or you can pay in the food line on Pascha. Pricing is as follows:

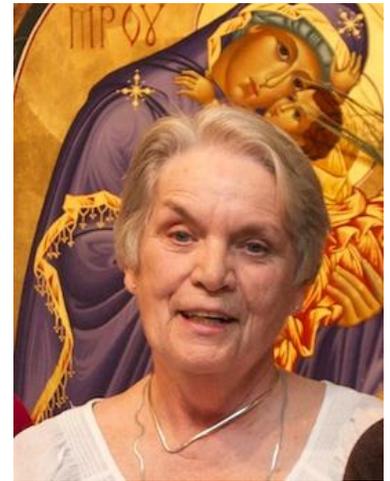
- Adults: \$10 for breakfast only**
- \$15 for breakfast and picnic**
- Children: \$7 flat fee**

(Maximum charge per family: \$60)

Of course we could use some help with preparation and clean up and with the children's activities. Please email June @ june1211@msn.com or call 805.705.3668 to volunteer.

REST WITH THE SAINTS, GOOD AND FAITHFUL SERVANT!

Last Sunday, March 16th, we lost a sister-in-Christ, Pat Matthews, who fell asleep in the Lord surrounded by her son, daughter and grandchildren in the peace and beauty of Serenity House. Pat collapsed from heart failure on Friday as she was preparing to go to the Food Bank for our St. Brigid ministry. She had suffered for many years from heart problems, but it did not keep her from taking an active role in our homeless ministry, both as our chief shopper and also on the food line every Monday night greeting our guests. Pat was chrismated into the Orthodox Faith on Holy Saturday, April 14, 2012, and jumped in with both feet to serve where she was able. She was a frequent participant in Catechism, even after becoming Orthodox, and a huge supporter and fan of the choir. (She loved opera and all classical music and she was even a lounge singer in her youth!) The folks at the St. Brigid outreach dinners called her “Pennsylvania Pat,” because she was born and raised in Pennsylvania. Pat touched many of our lives with her keen and inquisitive mind, unique personality and her sense of humor. She will be greatly missed. We extend our deepest sympathy to Pat’s daughter Holly, her son Colt and to her sponsor, Violet Gray and family.



We will have a brief memorial gathering to honor Pat’s memory this coming Saturday, March 29th at 9:30 a.m. (following the 8:00 a.m. Soul Liturgy.)

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 & Marriage—Part I” - presentation at the church by Fr. Jon Braun. Parents are invited! Pre-dinner snacks served. |
| Sunday, 4/6 at 5 p.m. | “Love, Sex & Marriage—Part II” - presentation at the church by Fr. Jon Braun. Parents are invited! Pre-dinner snacks served. |
| Friday, 4/18 at 10 p.m. | All-night Vigil after Lamentation Matins service |
| 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. | Victoria T. |
| Mother Victoria | Mary Ellen B. | Frances C. |
| Met. Paul & Abp. John | Mother Olga | All those suffering and |
| who have been | Gail S. | in danger in the Ukraine |
| kidnapped by terrorists | Olga G. | Kathy B. |
| in Turkey. | Mary & Susan | Melina L. |
| Peggy K. and Family | Baby Christian F. | |
| Fr. Gordon & Mary Sue W. | Molly M. | |
| Fr. Luke H. and Family | Joy | |

For repose of the souls of: His Eminence, Metropolitan Philip Robert H., Lou, Margaret (Jan Isham’s mother), Leona G., Pat M., Galina (mother of Nadine de Bruin, All 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,

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 -

