



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
12:00—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:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Dottie Genatone
Benjamin Hedges
Karen Jacobs
Dr. Jon King

LITURGY OF ST. BASIL THE GREAT

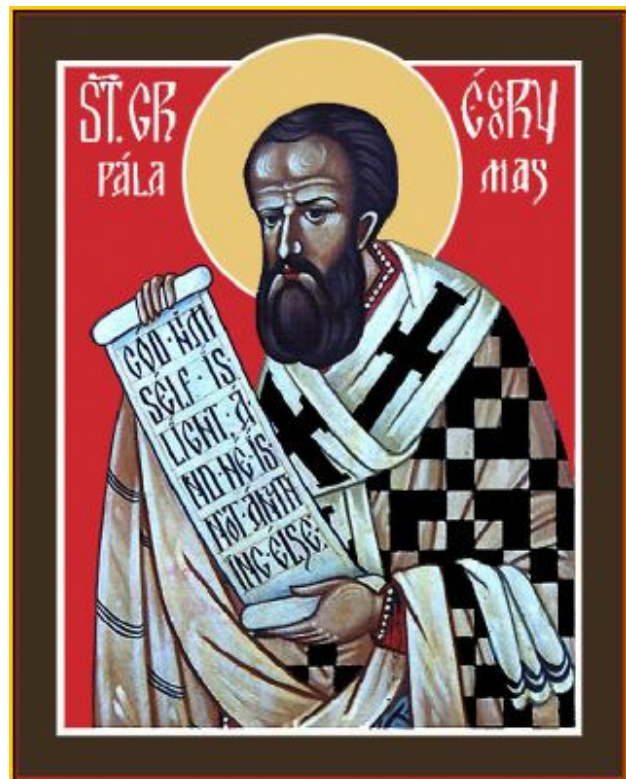
Sunday, March 27, 2016

Tone 2 / Eothinon 10

Second Sunday of Great Lent

Commemoration of Gregory Palamas, archbishop of
Thessalonica

Martyr Matrona of Thessalonica; Martyrs Philetos the senator, his wife
Lydia of Rome and those with them; Paul, Bishop of Corinth



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 27—St. Gregory Palamas

9:00 a.m. Religious Education ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour/Book Signing
12:00 p.m. Choir Rehearsal

Monday, March 28

6:45 a.m. Daily Matins
4:30 p.m. Outreach Meal at St. Michaels'
University Church in Isla Vista
NO COMPLINE

Tuesday, March 29

3:30 p.m. Catechesis Level I
NO DAILY VESPERS

Wednesday, March 30

6:45 a.m. Daily Matins
11:00 a.m. Shower Truck Ministry
12:00 p.m. Intercessory Prayer Group
at Carrillo Residence
6:00 p.m. Presanctified Liturgy

Thursday, March 31

NO DAILY VESPERS
7:00 p.m. Parish Council Meeting

Friday, April 1 JUNIOR HIGH RETREAT

6:45 a.m. Daily Matins
6:00 p.m. Akathist Service & Soup Dinner

Saturday, April 2 JUNIOR HIGH RETREAT

4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers/Confessions

Sunday, April 3—St. Gregory Palamas

9:00 a.m. Religious Education ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour/Book Signing
5:00 p.m. High School Game Night

Sunday Morning Ministries Schedule

Eucharist Bread

March 27 D. Washburn
April 3 Hedges
April 10 Fr. Nicholas
April 17 Dn. G. Braun

Coffee Hour

March 27 ??
April 3 St. Brigid Fellowship Fundraiser
April 10 HOST NEEDED
April 17 HOST NEEDED

Greeters

March 27 P. King/L. Baker
April 3 G. Shannon/K. King
April 10 D. Genatone/P. Morrison
April 17 K. Fox/H. Lange

Ushers

March 27 D. Washburn, G. Shannon, S. Speier
April 3 P. Brunner, P. King, D. Meyer
April 10 R. Barre, D. Lewis, C. Speier
April 17 J. King, D. Washburn, G. Shannon

Readers

March 27 D. Washburn

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 DIVINE LITURGY
OF ST. BASIL THE GREAT
CHANGEABLE TEXTS FOR THE DAY

MUSIC FOR GREAT LENT

We make a deliberate shift in some of the music for the Sunday Divine Liturgy of St. Basil the Great for the five Sundays of Great Lent. Some of it will be new, some will be familiar but we have not sung it in awhile. Music notation will be provided in the bulletin, as space permits. As always, the congregation is encouraged to join in the singing of the responses during the Liturgy, following the leadership of the choir or chanters.

THE LITURGY OF THE WORD

THE GREAT LITANY (Music by Nazo Zakkak)

The musical score for the Great Litany is presented in four systems, each with two staves: Soprano/Alto (top) and Tenor/Bass (bottom). The key signature is one sharp (F#) and the time signature is 4/4. Each system includes two numbered measures (1 and 2) with lyrics underneath. The lyrics are: "Lord have mercy", "Grant this O Lord.", "Most holy Theotokos save us. To Thee, O Lord.", and "A - men." The music consists of simple, homophonic chords and melodic lines.

1 2

Soprano
Alto

Lord have mer - cy Lord have mer - cy

Tenor
Bass

1 2

Grant this O Lord. Grant this O Lord.

Most holy Theotokos save us. To Thee, O Lord.

A - men.

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 wast 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”

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.

LITTLE ENTRANCE
AS THE CLERGY ENTER THE ALTAR, WE SING THE FOLLOWING
HYMNS FOR THE DAY:

Troparion of the Resurrection

(Music on p. 42 of Liturgy book)

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.

Tone 2 Byzantine melody
harmonized by Fr. J. Finley

Troparion to St. Gregory Palamas

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!

Tone 8 Slavic Chant

Troparion to St. Athanasius

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.

Tone 3 Byzantine melody
harmonized by Fr. J. Finley

Kontakion of Annunciation

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.

Tone 8 Byzantine melody

TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy book)

Holy God, Holy Mighty, Holy Immortal, 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 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— 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—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!"

Meglynarion for Liturgy of St. Basil (Hymn to the Mother of God—p. 26 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)

The Jesus Prayer: "O Lord Jesus Christ, Son of God, have mercy on me, a sinner."

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.

CELEBRATIONS for THIS WEEK

Birthdays

3/27 Courtney Shannon
3/27 Lucy Speier
3/28 Brody Hansen
3/28 Cheryl Washburn-Lander
3/28 Elizabeth Heiduk
3/28 Alina Grace Speier
3/30 Virginia (Ginny) Braun
4/2 Christina Shackelford

Pastronal Feast Day Celebrations

April 1 and 5th Sunday of Lent

St. Mary of Egypt

Corina Berari, Kristen Roberts, Corie Sieck, Lilyana Williamsn,
Valerie Yova

March 30 and 4th Sunday of Lent

St. John Climacus

Gary Moon

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

VALERIE WILL BE IN OHIO for one more week, caring for her mother. If you have announcements to go out to the parish, you can send them to Valerie by e-mail at valerie@stathanasius.org. If you need to get into the church during the weekdays, please make arrangements with Fr. Nicholas or one of the ministry leaders or clergy who have a key.

LENTEN SOUP DINNERS

We will offer soup dinners after the following Friday evening Akathist services during Lent:

Friday, April 1

Friday, April 8

Friday, April 15—with a presentation about Mount Athos by Subdn. Stephen Butler

PLEASE DON'T FORGET TO UPDATE THE CHURCH OFFICE WHEN YOU MOVE OR CHANGE E-MAIL, CELL PHONE NUMBER OR LAND LINE NUMBER.

ADULT CATECHISM: All are welcome! Join the class any Saturday at 4:30 p.m. if you are interested in learning about Orthodoxy or just want a refresher.

PARISH PHOTO DIRECTORY

We will be updating the church photo directory next month. If you would like to use a new photo, please e-mail a HIGH RESOLUTION photo to the church office by March 31. A copy of the last directory is posted on the bulletin board in the hallway if you want to check what your photo looked like.

Services of Great Lent 2016

Monday, March 28	NO GREAT COMPLINE SERVICE	
Wednesday, March 30	6:00 p.m.	Presanctified Liturgy
Friday, April 1	6:00 p.m.	Akathist & Soup Dinner
Monday, April 4	6:00 p.m.	Great Compline
Wednesday, April 6	6:00 p.m.	Presanctified Liturgy
Friday, April 8	6:00 p.m.	Akathist & Soup Dinner
Monday, April 11	6:00 p.m.	Great Compline
Wednesday, April 13	6:00 p.m.	Presanctified Liturgy
Friday, April 15	6:00 p.m.	Akathist, Soup Dinner and presentation about Mount Athos by Subdeacon Stephen Butler
Monday, April 18	6:00 p.m.	Great Compline
Wednesday, April 20	6:00 p.m.	Presanctified Liturgy
Friday, April 22	6:00 p.m.	Canon of Lazarus
Saturday, April 23	8:30 a.m.	Liturgy of Lazarus Saturday

PRAAYER 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:

Metropolitan JOSEPH
Mother Victoria
Met. Paul & Abp. John
Dn. Richard E.
Kh. Diane Carrillo
Kh. Mary Sue W.
Greg & Margaret Y.
Hoppe Family
Kh. Mary Ellen B.
Gail S.
Dean & Penny B.
Kevin & Angel S.
Mary

Susan B.
Baby Christian F.
Duane F.
Temmo K
Paige
Galina, Nikolai & Nataliya
Olga Marie G.
Mike, Trevor & Adam
Emily F.
Joan, Jerry, Brenda
Kevin O.
Steve K.

Terri-Lynn & Hannah Rose H.
Scott
Rachel D. and family
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

For repose of the souls of: Christine, Michel C., All who have died in the conflicts in the Ukraine, Africa & the Middle East

ABOUT OUR PRAAYER 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.

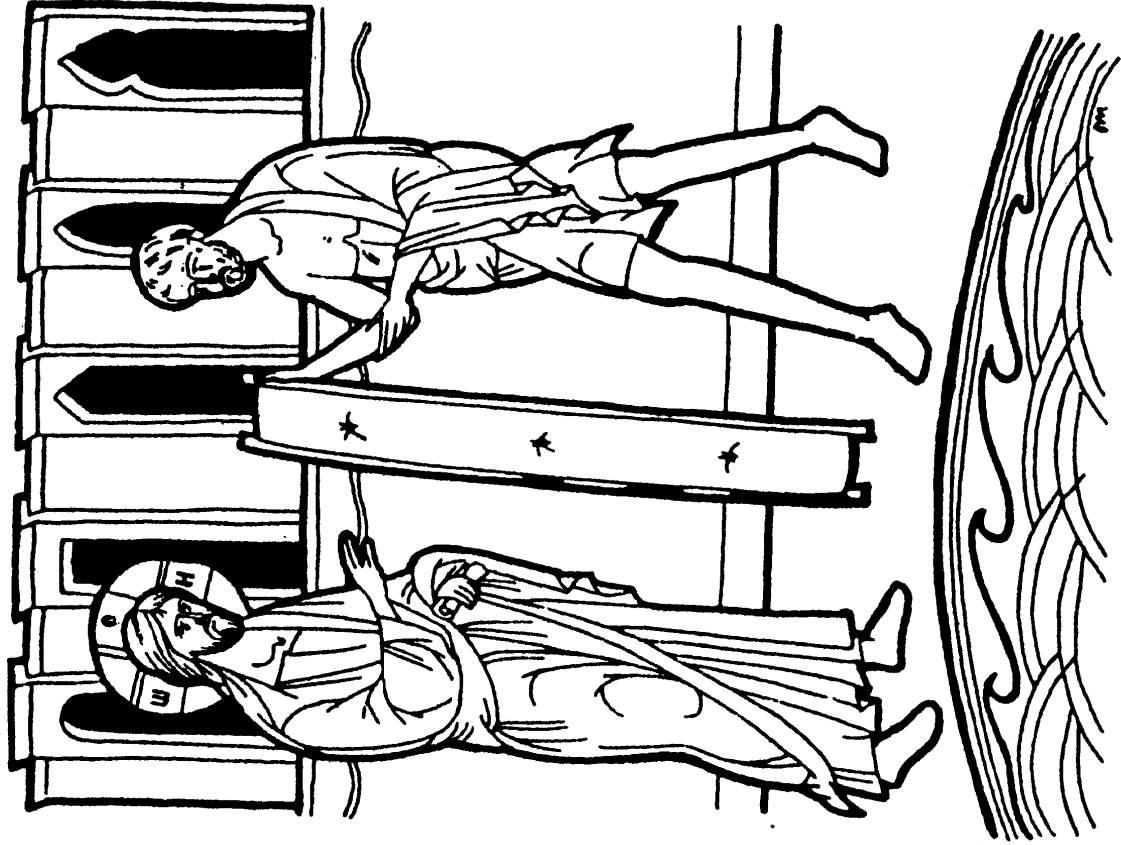
Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most services. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorated, and that list is comprised of the sick, those celebrating special occasions listed in the bulletin, 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

The church bookstore is located in the foyer of the fellowship hall. The two enclosed cabinets hold icons, books, and other items that are FOR SALE. See Terri Speier if you are looking for jewelry such as a cross or chain. Payment should be made at time of purchase and placed in the brown lockbox mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. Athanasius Book Center."

All proceeds go to the parish Building Fund.

HEALING OF THE PARALYTIC



FOR THE CHILDREN TO COLOR
DURING THE HOMILY OR AT HOME -