



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

A Parish of the Antiochian Orthodox Christian Archdiocese of North America

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
12:00—5:00 p.m.

**His Eminence Met. JOSEPH,
Archbishop of New York &
Metropolitan of all N. America**

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

Assistant Pastors:
Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-770-3749
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

Youth Coordinator
Tyler Speier tyler@stathanasius.org

Parish Council 2017-2018:
Kristi King, President
Dan Braun, Treasurer
Terri Speier, Secretary
Laurie Baker
Corina Berari
David Dillon
Dottie Genatone
Verne Gish
Benjamin Hedges

LITURGY OF ST. JOHN CHRYSOSTOM Sunday, February 18, 2018

Tone 4 / Eothinon 4
Sunday of Forgiveness (Cheese Fare)
Leo the Great, pope of Rome;
Agapitos the Confessor, Bishop of Synnada in Phrygia;
Venerable Colman, Bishop of Lindisfarne



The Expulsion of Adam & Eve from the Garden of Eden

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.
Please join us at Coffee Hour~ we'd love to meet you!

Calendar for this Week

Sunday, February 18– Cheesefare Sunday

9:00 a.m. Religious Ed. Ages 3-18 years
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy/Trisagion for
 Kevin Speier
 11:45 a.m. Cheesefare POTLUCK
 5:15 p.m. Choir Rehearsal
 6:00 p.m. Forgiveness Vespers

**GREAT LENT BEGINS ON SUNDAY EVEN-
 ING AFTER FORGIVENESS VESPERS.**

Monday, February 19

6:45 a.m. Daily Matins
 4:30 p.m. Outreach dinner at St. Michael's
 Church in Isla vista
 6:00 p.m. Great Compline with Canon
 of St. Andrew of Crete

Tuesday, February 20

2:30 p.m. Catechesis Level I
 6:00 p.m. Little Compline with Canon

Wednesday, February 21

6:45 a.m. Daily Matins
 12:00 p.m. Intercessory Prayer Ministry
 6:00 p.m. Presanctified Liturgy

Thursday, February 22

11:00 a.m. Showers of Blessing
 6:00 p.m. Little Compline with Canon
 7:30 p.m. Choir Rehearsal

Friday, February 23

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

Saturday, February 24

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

Sunday, February 25– Sunday of Orthodoxy

9:00 a.m. Religious Ed. Ages 3-18 years
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:45 a.m. Coffee Hour
 6:00 p.m. Sunday of Orthodoxy Vespers at
 Annunciation Church, Santa Maria

Sunday Morning Ministries Schedule

Eucharist Bread

February 18 Dillon
 February 25 Hedges
 March 4 Kern
 March 11 Jacobs

Coffee Hour

February 18 CHEESEFARE POTLUCK
 February 25 Dillon
 March 4 D. Washburn/K. Fox
 March 11 Harris

Greeters

February 18 P. King/K.P. King
 February 25 K. & L. Jacobs
 March 4 Fox/ Deacon
 March 11 Washburn/Lewis

Ushers

February 18 S. Speier, P. Brunner, G. Shannon
 February 25 D. Meyer, R. Barre, D. Lewis
 March 4 C. Speier, J. King, D. Washburn
 March 11 C. Berari, G. Shannon, S. Speier

Readers

February 18 D. Alexander
 February 18 R. Barre (Forgiveness Vespers)
 February 21 H. Lange (Presanctified Liturgy)
 February 25 V. Gish
 February 28 M. Kern (Presanctified Liturgy)
 March 3 T. Harris (Soul Liturgy)
 March 4 D. Washburn
 March 7 D. Meyer (Presanctified Liturgy)
 March 10 D. Alexander (Soul Liturgy)
 March 11 R. Barre

**At the conclusion of Matins, we sing the Great Doxology
and then we sing the Matins Dismissal Troparion.**

**THE DIVINE LITURGY
OF ST. JOHN CHRYSOSTOM**

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 of “Sermon on the Mount”

The choir sings the verses and the congregation joins in on the REFRAIN.

Choral Refrain



Soprano
Alto

Re-mem-ber us, O Lord, when You come_ in Your king - dom.

Tenor
Bass

AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY

Troparion of the Resurrection (Music on page 45 of Liturgy book)

Tone 4 Byzantine melody

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 to St. Athanasius (Music on p. 54 of Liturgy book)

Tone 3 Byzantine melody

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 Cheesefare Sunday**Tone 6** Slavic Chant

O Master, Teacher of wisdom,
Bestower of virtue,
Who teaches the thoughtless and protects the poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to You:
“Have mercy on me, a transgressor,
O merciful Lord!”

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.

NEW WAY OF SINGING THE PROKEIMENON
(according to the Byzantine practice)**Preparatory Psalm Verses before the Epistle (Prokeimenon)**
(Music on page 63 of Liturgy Book)**Tone 8**

Chanter: Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)
People: Pray and make your vows before the Lord, our God!
Chanter: *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*
Pray and make your vows...
People: ...before the Lord, our God!

EPISTLE READING
Romans 13:11-14:4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

Alleluia before the Gospel (Music on p. 65 of Liturgy Book)

Tone 6

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High,... (Ps 91/92:1)

v. ...to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)

GOSPEL READING

Matthew 6:14-21

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

LITURGY OF THE FAITHFUL

Meglynarion—Hymn to the Mother of God

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 Hymn

Praise the Lord from the heavens, praise Him in the highest! (Ps 148:1)

Alleluia, Alleluia, Alleluia.

RECESSIONA HYMN

By the Waters of Babylon (Ps. 137)

1. By the Waters of Babylon, there we sat down and wept when we remembered Zion. Alleluia.
2. On the willows there we hung up our lyres. Alleluia.
3. For there our captors required of us songs and our tormentors required mirth. Alleluia.
4. Sing us one of the songs of Zion. Alleluia.
5. How shall we sing the Lord's song in a foreign land? Alleluia.
6. Remember, O Lord, on the day of Jerusalem's fall. Alleluia.

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.*

THOUGHT FOR THE WEEK as we approach Great Lent:

“The merciful person is he who gives to others what he himself received from God, whether it be money, or food, or strength, a helpful word, a prayer, or anything else he has through which he can express his compassion for those in need.” - St. Peter of Damascus

As Great Lent 2018 approaches,
please keep the following dates for Lenten services in mind:

Sunday, February 18 6:00 p.m. Lenten Vespers & Rite of Forgiveness

FIRST WEEK OF GREAT LENT

Monday, February 19	6:00 p.m.	Great Compline with Canon of St. Andrew of Crete
Tuesday, February 20	6:00 p.m.	Little Compline with Canon of St. Andrew of Crete
Wednesday, February 21	6:00 p.m.	Presanctified Liturgy
Thursday, February 22	6:00 p.m.	Little Compline with Canon of St. Andrew of Crete
Friday, February 23	6:00 p.m.	Akathist to the Mother of God
Sunday, February 25	6:00 p.m.	Central Coast Inter-Orthodox Vespers for Sunday of Orthodoxy at Annunciation Church in Santa Maria

Mondays of Great Lent—Great Compline 6 p.m.

Wednesdays of Great Lent—Presanctified Liturgy 6 p.m.

Fridays of Great Lent—Akathist to the Mother of God 6 p.m.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.
On the homepage, click on **VIEW CALENDAR** at the bottom left.

LOTS OF NEW PHOTOS have been posted to the parish website, including the St. Nicholas Celebration & Churching of Micah Landrum, Epiphany at Santa Barbara Harbor, Fr. Nicholas and Jan's 50th Anniversary celebration, and Metropolitan Joseph's visit.
To access the photos, go to: <https://www.stathanasius.org/media/photo-gallery/>

MANY YEARS to Verne Gish and John Butler, who were tonsured as readers last Sunday by Metropolitan JOSEPH!

ANNUNCIATION TEA FOR WOMEN AND GIRLS

This year's Tea will be Saturday, March 24th. More details to follow soon.

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

THE LENTEN SEMINAR IN MARCH IS CANCELLED. We will have teachings on several Friday evenings during Lent after the Akathist service. More info to follow.

SUNDAY OF ORTHODOXY CELEBRATION WITH CENTRAL COAST PARISHES

Next Sunday, February 25th at 6:00 p.m., the Orthodox parishes of the Central Coast will gather for Vespers for the Sunday of Orthodoxy, hosted by Annunciation OCA Parish in Santa Maria: 877 Francine Ln, Santa Maria, CA 93455. Please consider attending on behalf of our parish.

Directions:

Take the 101 Freeway North to Exit 167/Santa Maria Way.

Follow the exit under the freeway and stay on Santa Maria Way.

Turn left at the first light on S. Bradley Rd., and right on Francine Ln.



Memory Eternal!

*Kevin Wesley (Michael) Speier
April 26, 1983—February 15, 2017*

**Understanding the Divine Liturgy;
History, Meaning, Form & Function**

**Excerpts from the book
“The Heavenly Banquet: Understanding the Divine Liturgy”
By Fr. Emmanuel Hatzidakis**

As we read in the Acts, the disciples continued to worship in the Temple and the synagogue. To this worship practice they added the Eucharistic meal. The Lord was crucified on Friday, the day before the Jewish Sabbath, and had risen from the dead on the day after the Sabbath, called “the first day of the week.” On this day, which came to be known as “the Lord’s Day,” the followers of the Lord gathered together to partake of the Lord’s Supper, that is to celebrate Liturgy (Act 13:2). The typical pattern of worship for the early believers was synagogue worship on the Sabbath morning, and then gathering together again on the same evening after sunset, which was already the “next day,” the Lord’s Day, to share the eucharistic meal.

In the early Church, the Lord’s Supper was celebrated at the end of a fellowship meal, called “Agape” (love). After the persecutions (Acts 8:1) the Christians carried on the synagogue worship in some form, to which they added the Eucharist. The liturgical structure was simple: A bishop presided, surrounded by presbyters. “Psalms, hymns and spiritual songs” were chanted. Lessons from the prophets were read, to which later on were added the epistles of the apostles and the gospels. Preaching by the presbyters and the bishop followed. The deacons carried in and placed on the Supper Table the Eucharistic Gifts (bread and wine), which had been brought by the people. The “Anaphora” Prayer of Thanksgiving was offered and the elements were consecrated. A collection was made. The kiss of peace was exchanged. The service ended with the distribution of the Holy Gifts to the faithful.

Early liturgical witnesses attest to the continuity of the Eucharistic meal from the New Testament Breaking of the Bread until its full development. The prayer in the “Didache” (ca. A.D. 90-110) may be the oldest Eucharistic prayer we have, outside the Pauline account (1 Cor. 11:23-26) and not much older than that. St. Clement’s “Letter to the Corinthians” (ca. A.D. 95-98) contains what may have been a liturgical prayer. St. Justin the Martyr (ca. A.D. 165) described the first Eucharist service, including the prayers, the readings, the sermon, the kiss of peace, and the “Anaphora,” and Holy Communion, in many details. “The Apostolic Tradition” of St. Hippolytus of Rome (ca. A.D. 215) describes the Divine Liturgy in detail.

Our Liturgy today is essentially the same Eucharist service of these first Christians, which the Church kept faithfully and transmitted to us in all its integrity.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

2/19 Ben & Viktoria Hedges

Birthdays

2/19 Jan Finley

2/20 Noelle Ballew

2/21 Tyson Shackelford

TEEN SCENE

**Junior High teens meet from 6:00-7:30 p.m.
and High School teens meet from 6:30-8:30 p.m.
on Thursdays in the Teen Room at the church, unless noted otherwise.**

February 2018

2/22 NO Regular Youth Group
First week of GREAT LENT. Come to the
Canon of St. Andrew at 6 p.m. Mexican dinner out
afterwards, depending upon how many show up.

BIBLE BOWL

The Parish Life Conference is in Portland July 4-8.
If you are interested in being on our Bible Bowl team,
please let Tyler know A.S.A.P. so that he can start working
on transportation, study sessions, and other details.

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:

Metropolitan JOSEPH
Mother Victoria
Met. Paul & Abp. John
Fr. Jon Braun
Dn. Richard E.
Kh. Diane C.
Fr. Patrick and Vanessa K.
Greg & Margaret Y.
Hoppe Family
Gail S.
Dean & Penny B.
Angelina, Jase & Alina S.
Rich and Susan B.
Duane F.
Galina, Nikolai & Nataliya

Joan T.
Bette Friesen & Family
Ethan K.
Tony C.
Paul F. and Family
Justin B.
Fr. Anthony Y. and Family
Tony E.
Alma G.
Guadalupe
Phyllis M.
John D.
Fr. Wayne W. & Family
Fr. Dimitrie V.
Monsignor John Y.
Antonio

Glenn R.
Steve (Zach Brasel’s father)
Gaylen C.
Jean
Zac B.
Carla B.

Victims of Santa Barbara fires and mudslides
All those suffering and in danger in Ukraine, Africa, and the Middle East

For repose of the souls of: Dawn, Valentin, Tony M.

All who have died in the conflicts in Ukraine Africa & the Middle East
Those who lost their lives in the Santa Barbara fires and mudslides

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 Preparation of the Bread and Wine for Communion).

ST. ATHANASIUS BOOK CENTER

* The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets containing items that are FOR SALE. One cabinet holds icons, crosses, incense, prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book title. Children’s books are on the bottom shelf. 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 brown lockbox on wall next to Fr. Nicholas’ office. Make checks payable to St. Athanasius Book Center.. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.)

All proceeds go to the parish Building Fund.

