



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 & Met-
ropolitan 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

Teen Program Coordinator

Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

Mitchell Denny: mitchdennyjr@gmail.com

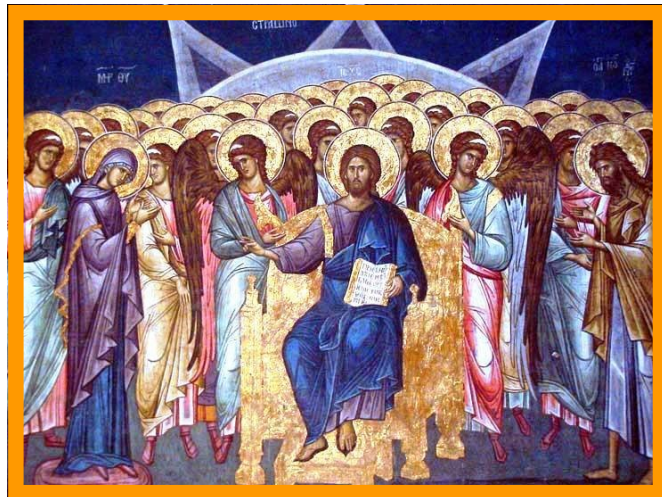
Parish Council 2018-2019:

Kristi King, President
Dan Braun, Treasurer
Terri Speier, Secretary
Dorothy Alexander
Laurie Baker
Corina Berari
David Dillon
Verne Gish
Zak Landrum

LITURGY OF St. John Chrysostom Sunday, March 3, 2019

Tone 7 / Eothinon 7

Sunday of the Last Judgment (Meat Fare)
Martyrs Eutropios, Kleonikos, and Basilikos of Amasea;
Hieromartyr Theodore of Antioch



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!

We welcome children of all ages in our worship.

“Let the little children come unto Me for of such is
the Kingdom of Heaven.” Luke 18:16

Calendar for this Week

Sunday, March 3—Meatfare Sunday

9:00 a.m. Religious Ed. Classes ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. MEATFARE BBQ on the patio

Monday, March 4

6:45 a.m. Daily Matins
4:30 p.m. St. Brigid outreach dinner at
St. Michael's Church in Isla Vista

Tuesday, March 5

4:30 p.m. Catechesis Level One
5:30 p.m. Daily Vespers

Wednesday, March 6

6:45 a.m. Daily Matins
12:00 p.m. Intercessory Prayer Group

Thursday, March 7

11:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Reconciliation Retreat Preparation
Session (Catechesis)
6:00 p.m. Jr. High Youth Group
6:30 p.m. High School Youth Group
7:00 p.m. Choir Rehearsal

Friday, March 8

6:45 a.m. Daily Matins
4:45 p.m. Akathist Prayers at
Westmont College in the chapel

Saturday, March 9

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

TURN CLOCKS AHEAD 1 HOUR!

Sunday, March 10—Cheese-fare Sunday

9:00 a.m. Religious Ed. Classes ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. CHEESEFARE POTLUCK
5:00 p.m. Choir Rehearsal
6:00 p.m. Vespers of Forgiveness

GREAT LENT BEGINS ON MARCH 11.

Sunday Morning Ministries Schedule

Eucharist Bread

March 3 Hedges
March 10 Meyer
March 17 Dillon
March 24 Washburn

Coffee Hour

March 3 MEATFARE SUNDAY BBQ
at the church
March 10 CHEESEFARE POTLUCK
March 17 Wiley/Baker/Brunstead
March 24 NEED A HOST

**(To sign up to host Coffee Hour, go to:
www.stathanasius.org/coffee-hour/)**

Greeters

March 3 K. & L. Jacobs
March 10 L. Baker/H. Lange
March 17 K. Fox/Deacon
March 24 L. Hoppe/K.P. King

Ushers

March 3 D. Lewis, C. Speier, J. King
March 10 P. King, C. Berari, S. Speier
March 17 P. Brunner, D. Washburn, D. Meyer
March 24 D. Lewis, C. Speier, J. King

Readers

March 3 D. Washburn
March 10 D. Alexander
March 10 M. Braun (Forgiveness Vespers)
March 13 Rdr. H. Lange (Presanctified Liturgy)
March 17 Rdr. J. Butler
March 20 Rdr. V. Gish
March 23 Rdr. M. Kern (Soul Liturgy)
March 23 D. Meyer (Great Vespers)
March 24 Rdr. H. Lange

**At the conclusion of Matins, we sing the Great Doxology
followed by the Matins Dismissal Troparion.**

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

THE 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 art risen 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 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.

**FOLLOWING THE PROCESSION WITH THE GOSPEL, THE CLERGY ENTER THE
ALTAR AS WE SING THE FOLLOWING HYMNS FOR THE DAY:**

Troparion of the Resurrection

Tone 7

(Music on p. 51 of Liturgy book)

Thou didst shatter death by Thy Cross;
Thou didst open paradise to the thief;
Thou didst turn the sadness of the
ointment bearing women into joy,
and didst bid Thine apostles proclaim
a warning that Thou hast risen, O Christ,
granting the world the great mercy.

Troparion to St. Athanasius

Tone 3

(Music on p. 54 of Liturgy book)

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 Meatfare Sunday

Tone 1

When You, O God, shall come to earth with glory,
all things shall tremble,
and the river of fire shall flow before Your judgment seat;
the books shall be opened, and the hidden things disclosed;
then deliver me from the unquenchable fire, //
and make me worthy to stand at Your right hand, O Righteous Judge!

TRISAGION (THRICE-HOLY) HYMN (p. 13 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!
Holy God, Holy Mighty, Holy Immortal! Have mercy on us.

Preparatory Psalm Verses before the Epistle

Tone 3 Znamenny Chant

Great is our Lord, and abundant in power, His understanding is beyond measure. (Ps 146/147:5)

v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

EPISTLE READING

(For the Sunday of the Last Judgement)

1 Corinthians 8:8-9:2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol’s temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother’s falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

**Alleluia Refrain and Psalm verses before the Gospel
(Music on p. 65 of Liturgy Book)**

Tone 8 (Byzantine)

Chanter: Alleluia, Alleluia, Alleluia!
People: Alleluia, Alleluia, Alleluia!

v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)

v: Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)

GOSPEL READING

(For Sunday of the Last Judgment)

Matthew 25:31-46

The Lord said, “When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, ‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.’ Then the righteous will answer Him, ‘Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.’ Then He will say to those at his left hand, ‘Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ Then they also will answer, ‘Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?’ Then He will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.’ And they will go away into eternal punishment, but the righteous into eternal life.”

HOMILY

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 HYMNS

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

By the Waters of Babylon (Ps. 137)

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

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

A few fond farewells...

In the past month, we have said farewell to several beloved parish members who have moved out of state.

Chantel Cappuccilli has relocated to Washington State.

Jean Kawiecki has moved to Arizona to finish a degree program.

Ronald Berari has enlisted in the U.S. Marines, and is stationed at boot camp in San Diego.

All three of them were faithful and active members of our parish and will be missed. May our Lord watch over them, guide them in the next step of their life's journey, and grant them many years!

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.
On the homepage, click on **VIEW CALENDAR** at the bottom left.

Don't forget to turn your clock ahead one hour this coming weekend!

PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES

Sunday, March 3 after Liturgy	MEATFARE CELEBRATION on the patio
Sunday, March 10	CHEEFARE POTLUCK after Liturgy Forgiveness Vespers at 6:00 p.m.
Monday, March 11	GREAT LENT BEGINS Compline with Canon of St. Andrew at 6:00 p.m.
Tuesday, March 12	Little Compline with Canon of St. Andrew 6 p.m.
Wednesday, March 13	Presanctified Liturgy 6 p.m.
Thursday, March 14	Little Compline with Canon of St. Andrew 6 p.m.
Friday, March 15	Akathist to Mother of God 6 p.m.
Sunday, March 17	Sunday of Orthodoxy Pan-Orthodox Vespers 6:00 p.m. at St. Barbara Greek Church


CELEBRATIONS THIS WEEK

Birthdays

3/3 Mark Kern
3/4 Juliana Brunner
3/5 Regina Moon
3/7 Mateo Finley
3/9 Dottie Genatone

Patronal Feast Day Celebrations

3/4 **St. Juliana** Juliana Brunner



The Unthinkable Task

ABOLITION THEN & NOW

GRANADA THEATRE

The abolition of the slave trade was an unthinkable task in the 1700's much like abolishing abortion is today. Join NY Times Best Selling Author, Radio Host and Speaker, Eric Metaxas as he explores then and now.

MARCH 28, 2019

Network Medical Annual Fundraiser

The Unthinkable Task

Abolition Then & Now


THURSDAY, MARCH 28
7:00PM - 8:30PM

MEET ERIC METAXAS!
Catered Meet & Greet - \$50
Granada Upstairs - 6:00 - 6:45pm
Call to RSVP by March 20

Free Admission at Door - \$10 Preferred Seats
Call 805 967-9096 to purchase tickets

Granada Theatre

Doors open at 6:30pm - Live Music - granadasb.org



ERIC METAXAS

Eric Metaxas is a New York Times Best Selling author, Radio Host and sought after Keynote Speaker.

Metaxas is the current voice of Breakpoint, a commentary started by the late Chuck Colson and hosts his own nationally syndicated radio show, "The Show About Everything". Metaxas' eclectic career also includes writing for Veggie Tails, the New York Times and was the Keynote for the 2012 National Prayer Breakfast.

Metaxas, born in NY City in 1963, graduated from Yale, is married and has one daughter. His wife Susanne is CEO of a NY Pregnancy Center.

www.ericmetaxas.com

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.

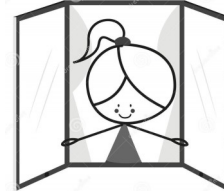
REGISTRATION FOR CAMP ST. NICHOLAS OPENED ON FEB. 19th!!
Limited space available. To register online: www.campstnicholas.com

Thursday, 3 7	Regular Youth Group
Thursday, 3/14	Regular Youth Group
Thursday 3/21	Regular Youth Group
Thursday, 3 28	Network Medical event at the Granada Theatre 7-9 p.m. (Dinner at the church at 5:30 p.m.)
Weekend of May 17	YES Service Project Weekend



WOMEN'S WINDOW

UP NEXT ON OUR SCHEDULE:
Women's Fellowship
ANNUAL ANNUNCIATION TEA
Saturday, March 23, 2019
11:30 a.m.-1:30 p.m.



SAVE THE DATE: Saturday, June 8, 2019
Down Syndrome Buddy Walk

A FEW HOUSEKEEPING REMINDERS...

- Don't forget to notify the church office if you are an active member and you have moved or changed contact information. office@stathanasius.org
- If you are not receiving the weekly parish email and would like to receive it, please let the office know.
- Please help us to lighten everyone's load by cleaning up your own area both in the church after services and also at Coffee Hour. The church building belongs to all of us. Help us to foster a love and sense of responsibility for its upkeep among all of our children and adults.
- If you see something that is broken or needs attention, please let the office know.

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
Bishop Neofitos (Diocese of Kenya)
Mother Christophora
Fr. Jon B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family
Duane F.
Joan and Steve T.
Richard and Susan B.
Fr. Jon and Kh. Elizabeth S.
Regina M.

Ethan & Cole K.
Tony E.
Monsignor John Y.
Gaylen C.
Zac B.
Terri Lynn & Hannah Rose
Lauren
Cheryl G.
Elka
Elizabeth J.
Jimmy
Phoebe L.
Kh. Carla Z.
Sharmaine & Emma
Evonne C.

Elizabeth H.
Tyler A.
Fr. Patrick and Vanessa K.
Tom M.

All those suffering and
in danger in Ukraine,
Africa, and the Middle East
The victims of the recent shootings
and fires

Please pray for the raising up and sup-
port of long-term missionaries from our
parish.

For repose of the souls of:

Gail S.
All who have died in the conflicts in Ukraine Africa & the Middle East,
in the recent fires, and in the shootings in Pittsburgh and Thousand Oaks..

ABOUT OUR PRAYER LISTS:

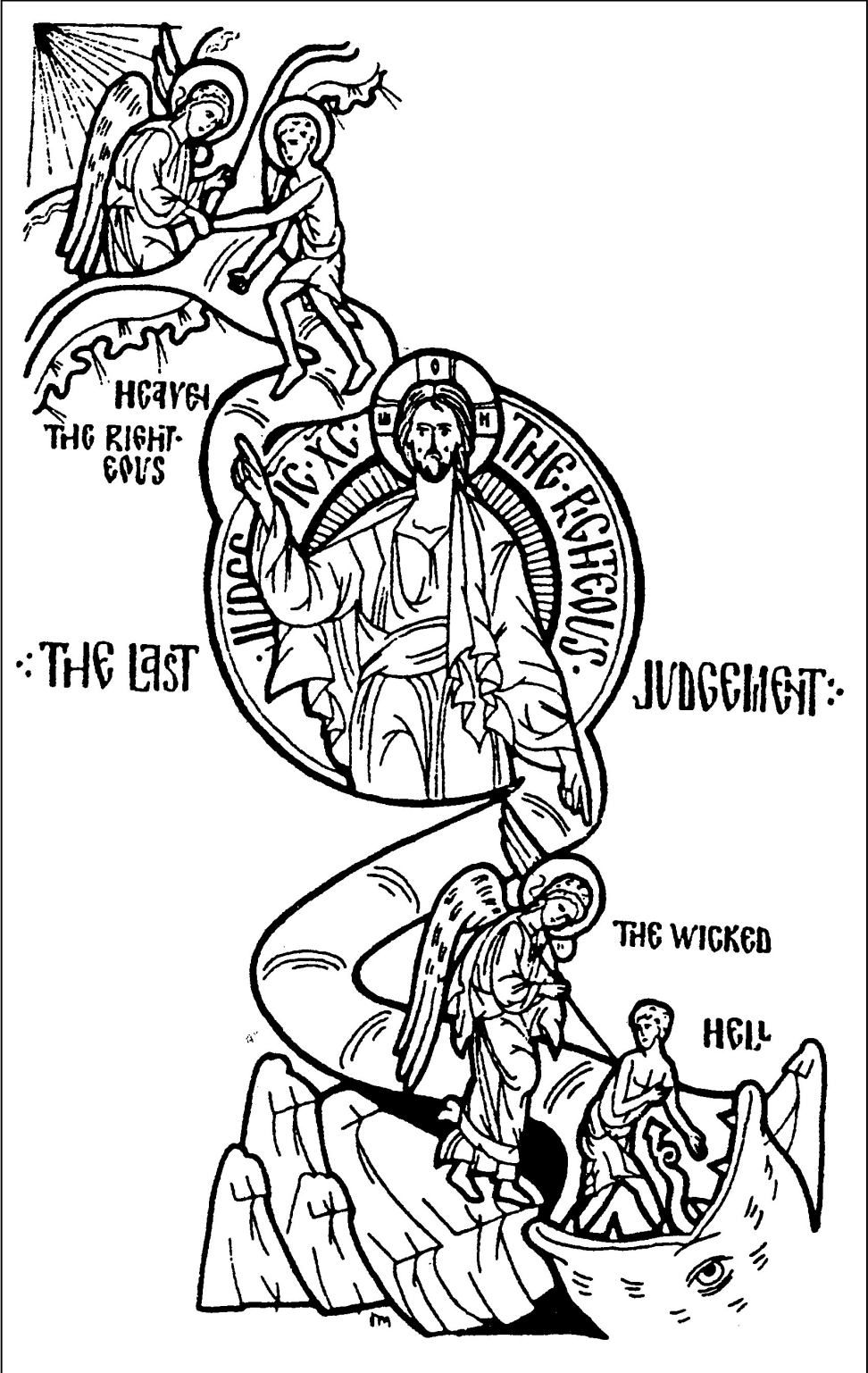
Prayer requests in the bulletin are prayed out loud during the deacons' litanies and should be submitted to the church office—office@stathanasius.org.

Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most ser-
vices. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorat-
ed, 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 con-
taining 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.



HEAVEN
THE RIGHTEOUS



THE LAST

JUDGEMENT



THE WICKED

HELL