



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

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

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Parish Council 2018-2019:

Kristi King, President

Dan Braun, Treasurer

Terri Speier, Secretary

Dorothy Alexander

Laurie Baker

Corina Berari

David Dillon

Mary Gish

Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, February 23, 2020

Tone 3 / Eothinon 3

Sunday of the Last Judgment (Meat Fare)

Hieromartyr Polycarp, Bishop of Smyrna;

Venerable Gorgonia, Sister of Gregory the Theologian; Venerable

Zebinas, Polychronios, Moses and Damian near Cyrrhus in Syria;

Venerable Damian of Esphigmenou Monastery on Mount 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.

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, February 23—Meatfare Sunday

9:00 a.m. Religious Ed classes for ages 6-12
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:30 a.m. Teen Religious Education
 11:45 a.m. Meatfare BBQ

Fr. Nicholas will be away Feb. 24-26.

Monday, February 24

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

Tuesday, February 25

3:45 p.m. Catechesis Level One
NO VESPERS

Wednesday, February 26

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

Thursday, February 27—Repose of St. Raphael

10:00 a.m. Showers of Blessing
 5:30 p.m. Daily Vespers
 6:00 p.m. Choir Rehearsal
 6:00 p.m. Jr. High Youth Group
 6:30 p.m. High School Youth Group

Friday, February 28

6:45 a.m. Daily Matins
 5:15 p.m. Akathist at Westmont College

Saturday, February 29

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

Sunday, March 1—Cheesefare Sunday

9:00 a.m. Religious Ed classes for ages 6-12
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:30 a.m. Teen Religious Education
 11:45 a.m. Cheesefare Fiesta Fundraiser

GREAT LENT BEGINS ON MARCH 2nd

Sunday Morning Ministries Schedule

Eucharist Bread

February 23 D. Washburn
 March 1 Dn. G. Braun
 March 8 M. Kern
 March 15 Tinyayeva

Coffee Hour

February 23 MEATFARE BBQ
 March 1 PROJECT MEXICO MISSION TEAM
 FUNDRAISER for Summer 2020
 March 8 Lisa Ballew
 March 15 Kern/Young/de Bruin

Greeters

February 23 Loulias/Cocores
 March 1 D. Washburn/ R. Barre
 March 8 K.P. King/L. Hoppe
 March 15 D. Genatone/L. Baker

Ushers

February 23 D. Lewis, C. Speier, J. King
 March 1 P. Brunner, C. Berari, S. Speier
 March 8 D. Washburn, D. Meyer, M. Loulias
 March 15 D. Lewis, C. Speier, J. King

Readers

February 23 D. Alexander
 March 1 Rdr. J. Butler
 March 1 Rdr. M. Kern (Forgiveness Vespers)
 March 4 M. Braun (Presanctified Liturgy)
 March 8 Rdr. V. Gish
 March 11 D. Washburn (Presanctified Liturgy)
 March 15 M. Braun

**During Great Lent, we do not have
 Tuesday/Thursday Vespers.
 We pray the following services each week
 at 6:00 p.m.:**

Mondays	Great Compline
Wednesdays	Presanctified Liturgy with Eucharist
Fridays	Akathist to the Theotokos

**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”

After each of the verses, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

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 3

(Music on p. 44 of Liturgy book)

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
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. 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

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

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.

HOLY COMMUNION

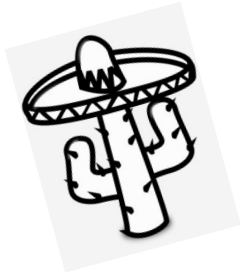
In the Orthodox Church, the sacrament of Communion is offered only to Christians who are baptized in the name of the Trinity and chrismated into the Orthodox Faith. Non-Orthodox believers **may approach the chalice for a blessing and the blessed bread instead of the Eucharist**. So that the priest is 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.

Cheesefare Fiesta — Sunday, March 1 — (Mardigras 2.0!)

***The pre-Lenten celebration continues on March 1st
with a delicious, dairy-laden Coffee Hour hosted by our
Project Mexico Mission Team as a
FUNDRAISER in support of their August 2020 mission trip!***



Quiche, cheese trays, cheesecake, pie, festive punch,
music, pie sale, and more!
2020 Project Mexico t-shirts designed by Heather West
will be available for purchase.

**We need to raise a total of \$10,000
for this year's trip.**

**Donations cover the cost of building
materials, plus our transportation, food, and lodging for the week.**

**To make a donation,
if you cannot join us on March 1st:**

- Visit the parish website at:
<https://www.stathanasius.org/project-mexico/>
- Or mail a check to the church (300 Sumida Gardens Ln., Santa Barbara, CA 93111)
- Or drop a check in the tithe box. (Be sure to put "Project Mexico Mission Team" on the memo line of the check.)



ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

Welcome to Dr. Joseph William Black, a missionary and lecturer from the Makarios III Patriarchal Orthodox Seminary in Nairobi, Kenya.

Dr. Black will be speaking TODAY at the **St. Barbara Monastery Friends Gathering at 4:00 p.m.** The title of his presentation is: "The Dragon of Dependency and the Way of Escape." Vespers and a Potluck supper will follow the presentation.

Meatfare BBQ TODAY!

TODAY we celebrate our traditional "Farewell to Meat," as we approach Lent and the Great Fast. All present are welcome join us! Please be prepared to pay for your meal as you go through the line - \$10 for adults and \$5 for children ages 5-12.

PLEASE NOTE:

- **Fr. Nicholas will be away this week Monday-Wednesday, Feb. 24-26.**
- **The church office will be closed this Monday and Tuesday.**
- **There will be no Daily Vespers this Tuesday, Feb. 25th.**

COFFEE HOUR HOSTS NEEDED

Thanks to all of you who have signed up to host a coffee hour so far this year! Thanks to you, we have had hosts for almost every coffee hour so far this year. However, there are many openings coming up between March 15 until August 30 that we need to fill. **SIXTEEN** Sundays, to be exact. If you have not yet signed up to host a coffee hour this year, please consider choosing one of the open dates. If you have already hosted a coffee hour, and had so much fun you want to do it again, we'd love to have you host again! You can sign up on-line at www.stathanasius.org/coffee-hour or contact Suzi Wiley (805-448-2787). **OUR COFFEE HOUR TEAM WILL BE AVAILABLE ON THE PATIO TODAY IF YOU WOULD LIKE TO SIGN UP DURING THE MEATFARE CELEBRATION!**

CONGRATULATIONS TO TROY HARRIS, who recently retired from Westmont College, (his alma mater) after 23 years working in risk management. Troy created a comprehensive risk management program that would eventually become the Office of Institutional Resilience. Douglas Jones, Vice President of Finance, praised Troy's accomplishments: "Westmont has been truly blessed to have Troy at the helm of our risk mitigation efforts these last two decades. His work has made the campus safer and better prepared to handle natural disasters, and the enhanced level of support for off-campus programs brought about by Troy and his staff has meant a greater level of comfort for students (and their parents!) studying away from Montecito." Troy will continue to spend time on campus, helping his successor to learn the ropes. May God bless and guide this next season of life for both Troy and Carla!

CELEBRATIONS THIS WEEK

Birthdays

2/25 Athanasia (Asia) Ballew

PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES

Sunday, March 1 after Liturgy

CHEEEFARE SUNDAY Fiesta hosted by our Project Mexico Mission Team as a fundraiser for their August home-building trip.

FORGIVENESS VESPERS at 6:00 p.m.

FIRST WEEK OF LENT (CLEAN WEEK)

Monday, March 2 6:00 p.m.

Great Compline with Canon of St. Andrew of Crete

Tuesday March 3

Little Compline with Canon of St. Andrew

Wednesday, March 4

Presanctified Liturgy with Eucharist

Thursday, March 5

Little Compline with Canon of St. Andrew

Friday, March 6

Akathist to the Mother of God

Sunday, March 8 6:00 p.m.

SUNDAY OF ORTHODOXY
Pan-Orthodox Vespers hosted by our parish

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. Please return service books to the basket at the entrance of the nave. 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.

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 27 Regular Youth Group

CHURCH ETIQUETTE SPECIAL CONSIDERATIONS DURING LITURGY

- **Refrain from socializing during the Liturgy.** Save your greetings and conversations for the fellowship hall. We are in the Liturgy to greet God with our prayers and worship, not to distract others.
- **Cell phones and texting** are never appropriate in the church. If you have a professional reason to carry a phone for emergencies, keep it on mute, not vibrate, and sit near the exit so that leaving for an emergency will not be a distraction to others. Otherwise, please turn off your phone before entering the nave of the church.
- **Refrain from reserving seats.** Allow others to sit as they come into the church, and especially make room for visitors so they will feel welcome.
- **Lipstick**—Do not wear lipstick while taking Holy Communion, or when kissing the cross, an icon, the priest's or bishop's hand, or any sacred object. It is best not to wear it at all in the church, because of the damage it causes.
- **Leg crossing**—One should not be too casual in the Divine Liturgy. People from some cultures are offended by the crossing of legs or by arms thrown back over the pew. Keeping our feet on the ground also enables you to remain attentive and to stand when necessary.

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - February 26-April 5, 2020)

O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.

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. Jacob
Mother Christophora
Fr. Jon B.
Joseph B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family
Duane F.
Richard and Susan B.
Zac B.
Kh. Carla Z.
Vanessa K. and son Anthony

Monsignor J. Yanek
Ryder H.
Kent F.
Bob N.
Fr. Jon-Stephen H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren K. (military)
Chase K. (military)
Jeff H.
Steve T.
Bonita M.
Olga Marie G.

Dn. John Y.
Azalea, Dahlia, Dominic, Rose

The Ethiopian Orthodox Church
All those suffering and
in danger in Ukraine,
Africa, and the Middle East

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

For repose of the souls of:

Fr. Patrick K., Adolfo & Mary Jane, Barbara B.
All who have died in the conflicts in Ukraine Africa & the Middle East

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 CHURCH BOOKSTORE** *
* 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 **S.A.O.C. Bookstore**. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.) *
* **All proceeds go to the parish Building Fund.** *

NETWORK MEDICAL ANNUAL FUNDRAISER PRESENTS

SEALED

MY STORY

THURSDAY, MARCH 19, 2020 • 7:00 PM
GRANADA THEATRE

ADMISSION FREE

\$10 Preferred Seating: 805 967-9096 or granadash.org
LIVE MUSIC STARTS AT 6:30PM

MEET A NAVY SEAL!

Catered Meet & Greet - \$50
Granada Upstairs, 6:00 - 6:45pm
RSVP by March 12th

FORMER NAVY SEAL CHAD WILLIAMS

Military.com states of the 20,000 annual applicants to become SEALs, only 6% meet the requirements. Of those who do make the training, 75% drop out, but not Williams. Against huge odds, he made it!

With that same fierce tenacity, he now serves a new Commander & Chief: the Lord Almighty.

But it wasn't always this way for Williams.

Bold to broken, his story is gripping.

You won't want to miss it!

