



## 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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Michael Easbey: measbey@gmail.com

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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. BASIL THE GREAT**

**Sunday, March 8, 2020**

**Tone 5 / Eothinon 5**

**First Sunday of Great Lent  
(Sunday of Orthodoxy)**

Theophylact the Confessor, Bishop of Nicomedia;  
Apostle Hermas of the Seventy



## **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 8—Sunday of Orthodoxy**

#### **TURN CLOCKS AHEAD ONE HOUR!**

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. Coffee Hour  
4:30 p.m. Choir Rehearsal  
6:00 p.m. Pan-Orthodox Vespers for Triumph  
of Orthodoxy hosted by our parish

### **Monday, March 9**

6:45 a.m. Daily Matins  
4:30 p.m. Outreach dinner at St. Michael's  
University Church in Isla Vista  
6:00 p.m. Great Compline  
7:00 p.m. Parish Council Meeting

### **Tuesday, March 10**

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

### **Wednesday, March 11**

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

### **Thursday, March 12**

10:00 a.m. Showers of Blessing  
NO VESPERS  
6:00 p.m. Choir Rehearsal  
6:00 p.m. Jr. High Youth Group  
6:30 p.m. High School Youth Group

### **Friday, March 13**

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

### **Saturday, March 14**

8:30 a.m. Liturgy for the Departed  
4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers

### **Sunday, March 15—St. Gregory Palamas**

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. Coffee Hour

## *Sunday Morning Ministries Schedule*

### **Eucharist Bread**

March 8 N. Tinyayeva  
March 15 M. Kern  
March 22 Cocores  
March 29 Sieck

### **Coffee Hour**

March 8 Lisa Ballew  
March 15 Kern/Young/de Bruin  
March 22 NEED A HOST  
March 29 NEED A HOST

### **Greeters**

March 8 K.P. King/L. Hoppe  
March 15 D. Genatone/L. Baker  
March 22 K. & L. Jacobs  
March 29 D. Lewis/H. Lange

### **Ushers**

March 8 D. Washburn, D. Meyer, M. Loulias  
March 15 D. Lewis, C. Speier, J. King  
March 22 P. Brunner, C. Berari, S. Speier  
March 29 D. Washburn, D. Meyer, M. Loulias

### **Readers**

March 4 M. Braun (Presanctified Liturgy)  
March 8 Rdr. J. Butler  
March 11 D. Washburn (Presanctified Liturgy)  
March 15 M. Braun  
March 21 Rdr. V. Gish (Soul Liturgy)  
March 22 Rdr. J. Butler  
March 25 Rdr. H. Lange (Annunciation)  
March 28 D. Meyer (Vespers)  
March 29 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**

- The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so sure that it shall never be moved.

***Refrain:* Through the intercessions of the Theotokos, O Savior, save us.**

- Who can utter the mighty acts of the Lord? Who can cause all His praises to be heard? Let the redeemed of the Lord say so, whom He hath redeemed from the hand of the enemy. (***Refrain***)
- Glory... Both now... (***Refrain***)

**SECOND ANTIPHON—Psalm verses with refrain**

- Let them praise the Lord for His mercies, and for His wonderful works to the children of men.

***Refrain:* O Son of God, Who rose from the dead; save us who sing to Thee. Alleluia.**

- Let them exalt Him in the congregation of the people, and praise Him in the seat of the elders. (***Refrain***)
- The eyes of the Lord are upon them that fear Him, upon them that hope in His mercy; to hear the groaning of the prisoners, to loose the sons of the slain. (***Refrain***)

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 & PROCESSION WITH ICONS

Verse: Let the heavens and the earth praise Him.

**Refrain:**

**We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the cross in the flesh  
to deliver Your creatures from bondage to the Enemy.  
Therefore with thanksgiving we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”**

Verse: This is the day which the Lord hath made; Let us rejoice and be glad in it.

Verse: O Lord my God, I will give thanks unto Thee forever.

### 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 5**

**(Music on p. 47-48 of Liturgy book)**

Let us believers praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born of the Virgin for our salvation.  
For He took pleasure in ascending the Cross in the flesh  
to suffer death and to raise the dead by His glorious resurrection.

**Troparion of First Sunday of Great Lent**

**Tone 2** Byzantine melody

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the cross in the flesh  
and deliver Thy creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to Thee:  
“Thou hast filled all with joy, O our Savior,  
for Thou didst come to save the world.”

**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 for the Triumph of Orthodoxy****Tone 8 (Slavic Chant)**

No one could describe the Word of the Father;  
but when He took flesh from you, O Theotokos,  
He accepted to be described,  
and restored the fallen image to its former state  
by uniting it to divine beauty.//  
We confess and proclaim our salvation in words and images.

**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 8**

Blessed are You, O Lord God of our Fathers, and praised and glorified  
is Your name forever.

**Verse:** For You are just in all that You have done for us.

**EPISTLE READING**  
**Hebrews 11:24-26, 32-40**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets. Who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

**Alleluia before the Gospel****Tone 4**

Chanter: Alleluia, Alleluia, Alleluia!

**People: Alleluia, Alleluia, Alleluia!**

*Verse: Moses and Aaron were among His priests;  
Samuel also was among those who called on His Name. (Ps 99/100:6)*

*Verse: They called to the Lord and He answered them. (Ps 99/100:6)*

**GOSPEL READING— John 1:43-51**

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**Meglynarion—Hymn to the Mother of God**

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 HYMNS**

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

Rejoice in the Lord, O you righteous; praise befits the just! *(Ps 32/33:1)*

## 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.

## OFFICIAL PROJECT MEXICO 2020 T-SHIRTS AVAILABLE DEADLINE TO ORDER IS TOMORROW, MARCH 9th

Please help support your Project Mexico team in their work to build a home for a Mexican family by purchasing a t-shirt. ALL profits from the sale of these shirts will go toward sending the St. Athanasius team to Mexico in August. Those of you who financially support your team are the backbone of its work. Without the finances, teams don't go and houses don't get built!!! When contributing financially, you are most definitely considered a part of this team so wear your shirts with pride!

T-shirts can be purchased through this link: <http://www.tule.bigcartel.com>. There is a listing for those of you who will be picking up in Santa Barbara and there is a separate listing for those people who would like their shirt shipped to them, so tell a friend! Shirts are available in 2 different colors. **THE DEADLINE TO PLACE AN ORDER IS MARCH 9!!**



## **ANNOUNCEMENTS & CALENDAR HIGHLIGHTS**

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

**PLEASE JOIN US THIS EVENING at 6:00 p.m. as we host the Central Coast Orthodox parishes** for Lenten Vespers in celebration of the Triumph of Orthodoxy and the restoration of icons to the church in the year 787. Mother Victoria, Abbess of St. Barbara Monastery in Ojai, will be the guest speaker for the evening. Vespers will be followed by a Lenten meal.

**THE NEXT MONTHLY MEN'S FIREPIT is a week from tomorrow on Monday, March 16th at 7:00 p.m.** at the home of Carla and Troy Harris. For more information contact Howard Lange. ([hman3000@verizon.net](mailto:hman3000@verizon.net))

**A BIG THANK YOU to all who have supported our 2020 mission team to Project Mexico**, either by supporting a specific team member, through a general donation or by supporting our fundraiser last Sunday!! We are only about \$1,000 away from our goal. We are so grateful for a generous parish family that always comes through in supporting our mission teams! God grant you many years!

**THE SHOWERS OF BLESSING ministry** that we host every Thursday morning is in need of **men's jeans**, particularly in **smaller sizes**. If you have gently used jeans (blue is preferred) to donate, please leave them with a note in front of the church office door, by the copier. Thanks!

### **COFFEE HOUR HOSTS STILL 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. **FOURTEEN 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](http://www.stathanasius.org/coffee-hour) or contact Suzi Wiley (805-448-2787).

## ***CELEBRATIONS THIS WEEK***

### **Birthdays**

3/9 Dottie Genatone  
3/10 Richard Barre, Chase King, Madeleine Meyer  
3/12 Nicholas Berari, Ronald Berari

### **Patronal Feast Days**

3/12 **St. Simeon the New Theologian** Alan Wallerstedt  
3/12 **Aaron the High Priest** Howard Lange, Aaron Simonsen



**PLEASE MARK YOUR CALENDAR  
WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES**

Sunday, March 8	6:00 p.m.	<b>SUNDAY OF ORTHODOXY</b> Pan-Orthodox Vespers hosted by our parish
Mondays March 9,16, 23 & 30 and April 6	6:00 p.m.	Great Compline (On Monday, March 30th we repeat the Canon of St. Andrew of Crete.)
Wednesdays, March 11 & 18 and April 1	6:00 p.m.	Presanctified Liturgy <b><i>Soup dinners on March 11 &amp; 18</i></b>
Wednesday, March 25	6:00 p.m.	Vesper-Liturgy for the <b>Feast of the Annunciation &amp; Soup Dinner</b>
Wednesday, April 8	6:00 p.m.	Presanctified Liturgy <u>at St. Barbara Church</u>
Fridays, March 13, 20, 27 and April 3	6:00 p.m.	Akathist to the Mother of God
Saturdays, March 14, 21, 28	8:30 a.m.	Soul Liturgy (commemorating the departed)

**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.*

**CENTRAL COAST ORTHODOX CLERGY ASSOCIATION**

*Santa Barbara Ventura and San Luis Obispo Counties*

The Clergy of the  
Central Coast  
invite you to gather with  
them for the



**Pan-Orthodox Vespers in  
celebration of  
The Triumph of Orthodoxy**

**Sunday, March 8, 2020**

**6:00 p.m.**

St. Athanasius Antiochian Orthodox Church  
300 Sumida Gardens Ln, Santa Barbara, CA 93111

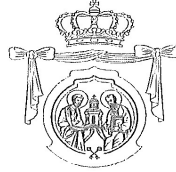
**Speaker: Mother Victoria,  
Abbess of St. Barbara Monastery**

The service will be followed by a Lenten meal.

Parish choir members/chanters are invited to sing with the Vesper choir if they are able to attend the 4:30 p.m. rehearsal the same day at St. Athanasius.

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His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

March 8, 2020

**To Be Read from the Pulpit and Printed in the Bulletin**

Reverend Fathers, Esteemed Members of the Parish Council, and Beloved Faithful:

Greetings and blessings to you in the Name of Our Lord, God, and Savior, Jesus Christ!

I pray that, having completed the first week of the fast, you have been strengthened by the beautiful services and fasting discipline in order to complete the rest of this holy journey.

The Sunday of Orthodoxy is a day of triumph of correct doctrine over error and of truth over falsehood, of right over wrong. Sadly, in our current world, error too often trumps truth, falsehood overshadows correct doctrine and right and wrong are mixed up in the name of “love” of “political correctness” of “inclusiveness” and other well-intentioned, but misguided theology and secular laws. Therefore, each year on this day, it is meet and right that we ask the faithful to contribute towards the education and formation of our young men studying for the holy priesthood so that they may both teach defend the faith “once and for all delivered to the saints” to our faithful and as witnesses to the world.

It is been a long-standing tradition in our archdiocese to give scholarships to our seminarians studying for the priesthood. They are answering a high-calling and giving of themselves to serve others. This often entails leaving family and friends behind along with their secular employment. As such, this is the least we can do to thank them for giving of themselves and to make sure that they enter this sacred ministry as debt-free as possible so that they may serve all of you without this additional distraction and burden. As you are undoubtedly aware, the cost of education continues to rise. We therefore ask that you give generously to keep our seminarian scholarship account well-funded so that we might, in turn, provide for those who will someday provide for and serve all of you.

Wishing you all a holy and spirit-building Fast, I remain,

Your Father in Christ,

**+JOSEPH**

Archbishop of New York and Metropolitan of all North America

*“The disciples were first called Christians in Antioch” (Acts 11: 26)*

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## ***The First Sunday of Great Lent The Triumph of Orthodoxy***

The Seventh Ecumenical Council dealt predominantly with the controversy regarding icons and their place in Orthodox worship. It was convened in Nicaea in 787 by Empress Irene at the request of Tarasios, Patriarch of Constantinople. The Council was attended by 367 bishops.

Almost a century before this, the iconoclastic controversy had once more shaken the foundations of both Church and State in the Byzantine empire. Excessive religious respect and the ascribed miracles to icons by some members of society, approached the point of worship (due only to God) and idolatry. This instigated excesses at the other extreme by which icons were completely taken out of the liturgical life of the Church by the Iconoclasts.

The Iconophiles, on the other-hand, believed that icons served to preserve the doctrinal teachings of the Church; they considered icons to be man's dynamic way of expressing the divine through art and beauty. The Council decided on a doctrine by which icons should be venerated but not worshipped.

The decree of the Council for restoring icons to churches added an important clause which still stands at the foundation of the rationale for using and venerating icons in the Orthodox Church to this very day: "We define that the holy icons, whether in colour, mosaic, or some other material, should be exhibited in the holy churches of God, on the sacred vessels and liturgical vestments, on the walls, furnishings, and in houses and along the roads, namely the icons of our Lord God and Saviour Jesus Christ, that of our Lady the Theotokos, those of the venerable angels and those of all saintly people. Whenever these representations are contemplated, they will cause those who look at them to commemorate and love their prototype. We define also that they should be kissed and that they are an object of veneration and honour (timitiki proskynisis), but not of real worship (latreia), which is reserved for Him Who is the subject of our faith and is proper for the divine nature. The veneration accorded to an icon is in effect transmitted to the prototype; he who venerates the icon, venerated in it the reality for which it stands".

The name of this Sunday reflects the great significance which icons possess for the Orthodox Church. They are not optional devotional extras, but an integral part of Orthodox faith and devotion. They are held to be a necessary consequence of Christian faith in the incarnation of the Word of God, the Second Person of the Trinity, in Jesus Christ. They have a sacramental character, making present to the believer the person or event depicted on them. So the interior of Orthodox churches is often covered with icons painted on walls and domed roofs, and there is always an icon screen, or iconostasis, separating the sanctuary from the nave, often with several rows of icons. No Orthodox home is complete without an icon corner (iconostasion), where the family prays.

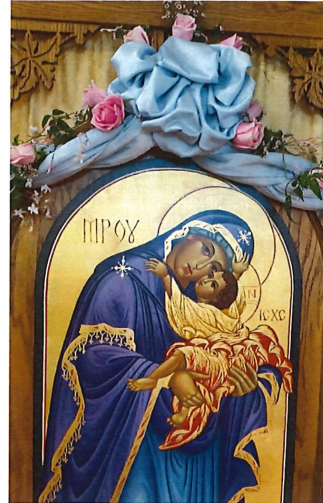
Before the Triumph of Orthodoxy came to be celebrated on the first Sunday of Lent, there was on this day a commemoration of Moses, Aaron, Samuel and the prophets. Traces of this more ancient observance can still be seen in the choice of the Epistle reading at the Liturgy and in the Alleluia verse appointed before the Gospel: "Moses and Aaron among His priests, and Samuel among them that call upon His Name."

Please Join Us  
for  
the Women's Fellowship Annual

*Annunciation Tea*

St. Athanasius Orthodox Church  
300 Sumida Gardens Lane Santa Barbara, CA 93111

Saturday, March 28, 2020  
11:30 a.m.-1:30 p.m.



*Featuring "Tea with the Theotokos,"*  
*a presentation by iconographer Dorothy Alexander*

Donation paid at the door:  
Adults \$10  
Girls under 10 yrs. old \$ 5

- Salad bar lunch, Lenten desserts, Beverages -  
- Raffle (Tickets available for purchase at the door.) -



Proceeds benefit the Santa Barbara County Interfaith  
Collaborative against Human Trafficking  
and the Antiochian Women's Shared Act of Mercy:  
Education Support for Disadvantaged Children.

*Please respond to the Evite by  
Wednesday, March 25<sup>th</sup>*

*If you did not receive the Evite and would like to attend,  
contact: Christie at 805-455-4312*

## **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.**

- |           |   |
|-----------|---|
| 3/12      | Regular Youth Group times   |
| 3/19      | Network Medical event at the Granada<br>Meet at church 6:15 p.m.<br>Pick up at church 9:00 p.m.<br>(Let Michael know if you are going.) |
| 3/21-3/24 | High School Retreat   |
| 3/26      | Spring Break—NO YOUTH GROUP   |

## **CHURCH ETIQUETTE**

This guide is meant for personal reflection, not as a means of judging others. Keep in mind that there are different traditions even among the Orthodox faithful. We come to church to pray and worship God above all else, and that should be our only focus.

### **RECEIVING THE ANTIDORON (blessed bread)**

When receiving the antidoron after Holy Communion or after venerating the cross at the end of Divine Liturgy, do not allow the crumbs to drop, since this is blessed bread. Children will need assistance so that they do not take too many pieces, and so they are not careless in handling the bread. After returning to your seat, you may eat the holy bread as you say the prayers after Holy Communion silently while others are communing.

### **LEAVING CHURCH**

The respectful protocol is to leave the church only after the final blessing, and after kissing or venerating the cross held by the priest at the end of the Divine Liturgy. It is not acceptable to be in the hallway, kitchen or office or on the patio during the Liturgy. Some parishes have church school at the end of the Liturgy. This is the only exception allowed. Those who leave early deprive themselves of a blessing. After walking to the back of the nave of the church, it is customary to face the altar, bow, and make the sign of the cross before exiting.

**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](mailto: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 in Albania  
Joseph Wm. B. in Kenya  
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  
Roger R.  
  
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:** Elder Pavlos of Sinai, 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](mailto: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).

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**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.**

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RESTORATION OF THE ICONS

