



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:

Valerie Yova

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Teen Program Coordinator

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 22, 2020

**Third Sunday of Great Lent; Tone 7 / Eothinon 7
Veneration of the Precious and Life-Giving Cross**



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 THE WEEK

Sunday, March 22—Sunday of the Cross

9:00 a.m. Matins

10:00 a.m. Divine Liturgy

(CLERGY & CHANTERS ONLY)

Monday, March 23

5-7 p.m. Fr. Nicholas is available to
distribute the Eucharist

Tuesday, March 24

3-5 p.m. Fr. Nicholas is available to
distribute the Eucharist

Wednesday, March 25-ANNUNCIATION

9-11 a.m. Fr. Nicholas is available to
distribute the Eucharist

6:00 p.m. Vespers-Liturgy for the feast
of the ANNUNCIATION
(CLERGY & CHANTERS ONLY)

Friday, March 27

4-6 p.m. Fr. Nicholas is available to
distribute the Eucharist

6 p.m. Akathist to the Mother of God
(CLERGY & CHANTERS ONLY)

Saturday, March 28

9-11 a.m. Fr. Nicholas is available to
distribute the Eucharist

Sunday, March 29— St. John Climacus

9:00 a.m. Matins

10:00 a.m. Divine Liturgy

(CLERGY & CHANTERS ONLY)

**If these times do not fit your
schedule, call Fr. Nicholas to make
an appointment.**

All other services, meetings and
activities are cancelled in response
to the directives from Metropolitan
Joseph and our civil authorities.

For those who come to the church to
receive Eucharist, to pray or light
candles, we ask that you wash your
hands as soon as you enter the
church, and before you exit.

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

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

GREAT LITANY

First Antiphon verses with refrain:

The light of Thy countenance is marked upon us. Thou hast given a sign to them that fear Thee, so that they may flee from the bow.

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

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. (*Refrain*)

Glory... Both now... (Refrain)

Second Antiphon verses & refrain

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet stood.

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

God, our King before the ages, hath wrought salvation in the midst of the earth. (*Refrain*)

I will be exalted among the heathen; I will be exalted in the earth. (*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.

PROCESSION WITH THE CROSS

Third Antiphon – for the Sunday of the Cross

Vs. Exalt ye the Lord our God, and worship at His footstool.

Refrain: Troparion of the Cross

**O Lord save Thy people, and bless Thine inheritance,
granting victory over all adversaries.
And by the power of Thy Cross protect us.**


Vs. O Lord, save Thy people and bless Thine inheritance. [refrain]

Vs. Feed them and lift them up forever. [refrain]

Tone 1 Byzantine


Priest Mark Sahady
arr. by Priest John Finley

Soprano
Alto



O Lord, save Thy peo - ple and bless Thine in - her - i - tance,

Tenor
Bass



S.
A.




grant - ing vic - to - ry ov - er all ad - ver - sar -

T.
B.




S.
A.



ies. And by the pow'r of Thy Cross pro - tect us.

T.
B.



**AFTER THE PROCESSION, WE SING THE FOLLOWING SPECIAL
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 of the Cross

Tone 1

O Lord save Thy people,
and bless Thine inheritance,
Grant victory to all Orthodox Christians
Over their adversaries.
And by virtue of Thy Cross,
Preserve Thy habitation.

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 Annunciation

Tone 8

To thee, our Queen, leader in battle and defender.
We thy people delivered from all peril,
offer hymns of vict'ry and thanksgiving, O Theotokos.
Since thou dost possess invincible power,
set us free from ev'ry calamity.
That we may cry unto thee: Hail O bride without bridegroom.

As the clergy enter the altar, we sing the Anti-Trisagion Hymn:

V. Rev. JAMES C. MEENA
Byzantine melody of
the Antiochian Tradition
Tone 1

1, 2, 3, 6 Quietly, Calmly

mf BE FORE THY CROSS WE BOW

mf BE - FORE THY CROSS WE BOW DOWN IN

AND THY HO - LY RES - UR -

WOR - SHIP, O OUR MAS - TER, AND THY HO - LY

f

- REC TION *mf* *fine*

RES - UR - REC - TIO WE GLO - RI - FY.

mf

Preparatory Psalm verses before the Epistle (Prokeimenon) (Music on page 60 of Liturgy book)

Tone 6

O Lord save Thy people//and bless Thine inheritance. (Ps. 28:9)

Verse: *To Thee will I cry, O Lord, O my God, do not be silent unto me.*

EPISTLE READING— Hebrews 4:14-5:6

Brethren, since we have a high priest, who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "You art my Son, today I have begotten You;" as He says also in another place, "You art a priest forever, after the order of Melchizedek."

Alleluia before the Gospel

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: *Remember Your congregation, which You have purchased of old!
(Ps 73/74:2)*

Verse: *God is our King before the ages; He has worked salvation in the
midst of the earth! (Ps 73/74:12)*

GOSPEL READING— Mark 8:34-9:1

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

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)*

The light of Thy countenance has shone on us, O Lord. *(Ps 4/5:6)*

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 any page, click on **VIEW CALENDAR** at the bottom left.

SINCERE CONDOLENCES to Kristi King, our Parish Council President, on the passing from this life of her father, Jeff Hull. May his memory be eternal.

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!

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.

CELEBRATIONS THIS WEEK

Birthdays

3/22 Sarah Brasel
3/24 Luke Hoppe
3/25 Jamie Van Wagoner
3/27 Courtney Shannon, Lucy Speier
3/28 Brody Hansen, Elizabeth Heiduk, Alina Grace Speier, Cheryl Washburn-Lander

Patronal Saint Feast Days

3/25 **Mary, The Mother of God (Feast of the Annunciation)**
Carla Brunstead, Mary Gish, Kirsten Jacqua, Taylor Speier

URGENT: Updated COVID-19 Policy From His Eminence Metropolitan JOSEPH

March 17, 2020

Beloved Faithful in Christ,

Greetings and blessings to you and your families in the Name of our Great God and Savior, Jesus Christ!

As we cautioned in our encyclical of last week, we are in the midst of a rapidly changing situation, and it was likely that we would be asked to make more sacrifices to contain the spread of the coronavirus. With yesterday's announcement of the new CDC recommendations by President Trump, that time has sadly come. With pain of heart, but also hope in our Lord, I ask the clergy and faithful of our Archdiocese to abide by these new directives that we may do our part in combatting this pandemic:

1. Beginning today, all parishes are instructed to cancel all non-liturgical, in-person activities including schools, business meetings, and social functions.
2. All liturgical services will be served with only clergy, servers, and chanters. No liturgical service can total more than ten persons.
3. Churches should remain open during the week as much as possible for people to offer individual prayers and light candles.
4. Priests are instructed to limit services to only the Akathist/Medayeh and Sunday Orthros & Divine Liturgy as well as the liturgy for the Annunciation on March 25th as outlined by the Department of Liturgics.
5. All parishes are encouraged to take advantage of the technology at our disposal to livestream the divine services and offer education to the faithful.
6. The Archdiocese will provide service texts for the faithful to pray at home during this time of social distancing. Please see the [Liturgics section](#) of our website for the new offerings.
7. All measures to ensure the cleaning and sanitizing of the church must continue even though we are limiting our numbers of faithful in attendance.
8. Funerals must be limited to the guidelines set by our civil authorities.
9. Baptisms should be postponed except for cases of emergency.

(continued on next page...)

10. Finally, we pray that by implementing these measures in coordination with our civil authorities, we can hasten the time when it will be safe to return to a full liturgical life in church, and, God willing, save lives at the same time.

While we hoped that these kinds of measures would be unnecessary, I ask that we keep in the mind the example of the monastic rule kept by the brotherhood of St. Zosimas described in the Life of St. Mary of Egypt:

After crossing the Jordan, they all scattered far and wide in different directions. And this was the rule of life they had, and which they all observed — neither to talk to one another, nor to know how each one lived and fasted. If they did happen to catch sight of one another, they went to another part of the country, living alone and always singing to God, and at a definite time eating a very small quantity of food. In this way they spent the whole of the Great Fast and used to return to the monastery a week before the Resurrection of Christ, on the eve of Palm Sunday. Each one returned having his own conscience as the witness of his labor, and no one asked another how he had spent his time in the desert. Such were the rules of the monastery.

Although our time of social distancing is not quite the same type of asceticism, let us treat it as a sacrificial offering of love to God and our neighbor. We hope that this will be a time reminiscent of the home churches of the early days of Christianity and that there may be a hidden blessing of families being together to pray and nurture one another in the Faith. Let us continue our work of prayer, repentance, and almsgiving during this time, and beseech God to grant us to come together once again, as those monks of the Sinai desert, to commemorate His Life-Giving and Saving Passion and Glorious Third-Day Resurrection.

With great paternal love and fervent prayers for the health of the souls and bodies of all of our faithful, I remain,

Your Father in Christ,

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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 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.
Stan F.
Loretta V.

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:

Jeff H. Fuddah S., Elder Pavlos of Sinai, Adolfo & Mary Jane
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.** *
