



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:

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Assistant Pastor:

Fr. Symeon Halsell
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Priests attached to the parish:

Fr. Jon-Stephen Hedges 805-968-1903 (Chaplain)
Fr. John Carrillo 805-770-3749 (retired)
Fr. Jon Braun (retired)
Fr. John Finley (Archdiocese Dept. of Missions)

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey (retired)
Dn. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova
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Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

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Parish Council 2019-2020:

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

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, March 7, 2021

Tone 6 / Eothinon 6

Sunday of the Last Judgment (Meat Fare)

The Hieromartyrs of Cherson: Basil, Ephraim, Eugene,
Kapiton, Elpidios, Agathodoros and Aetherios;

Venerable Laurence;

Venerable Paul the Simple, Disciple of Anthony the Great



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 7—Meatfare Sunday

9:00 a.m. Matins
10:00 a.m. Divine Liturgy

Monday, March 8

6:45 a.m. Daily Matins
5:00 p.m. Akathist by Zoom

Tuesday, March 9

5:30 p.m. Daily Vespers

Wednesday, March 10

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

Thursday, March 11

7:45 a.m. Akathist by Zoom
9:00 a.m.-12 Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Youth Group

Friday, March 12

6:45 a.m. Daily Matins

Saturday, March 13

8:30 a.m. Men's Fellowship of St. John
6:00 p.m. Great Vespers/Confessions

Sunday, March 14—Cheesefare Sunday

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
6:00 p.m. Forgiveness Vespers

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 7 Kern
March 14 Tinyayeva
March 21 Fr. Nicholas
March 24 Kern (Annunciation)
March 28 Meyer

READERS

March 7 M. Braun
March 14 Rdr. V. Gish (Liturgy)
March 14 Rdr. H. Lange (Vespers)
March 17 Rdr. M. Kern (Presanctified)
March 21 Rdr. H. Lange
March 24 Rdr. H. Lange (Annunciation)
March 27 D. Washburn (Soul Liturgy)
March 28 D. Alexander

USHERS

March 7 S. Speier, C. Speier
March 14 M. Loulias, D. Washburn
March 21 P. King, J. King
Feb. 28 C. Berari, D. Meyer

**REMINDER:
GREAT LENT BEGINS ON MARCH 15.**

CELEBRATIONS THIS WEEK

Birthdays

★ 3/7 Mateo Finley
★ 3/9 Dottie Genatone
★ 3/10 Richard Barre, Chase King, Madeleine Meyer
★ 3/12 Nicholas Berari, Ronald Berari

★ Patronal Feast Days

★ 3/12 St. Aaron the High Priest Howard 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 rose from the dead, save us who sing to Thee,
Alleluia!**

Vs. For He hath established the world which shall not be shaken. [Refrain]

Vs. Holiness befits Thy house, O Lord, forevermore. [Refrain]

Glory to the Father and to the Son and to the Holy Spirit,
now and ever, and unto ages of ages. Amen.

Only Begotten Son and immortal Word of God who for our salvation didst will to be incarnate
of the holy Theotokos and ever-virgin Mary, who without change didst become man and wast
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.

**AS THE CLERGY ENTER THE ALTAR AT THE
LITTLE ENTRANCE, WE SING THE FOLLOWING
HYMNS FOR THE DAY:**

Resurrectional Troparion

Tone 6

When Mary stood at Thy grave looking for Thy sacred body,
angelic pow'rs shone above Thy revered tomb,
and the soldiers who were to keep guard became as dead men.
Thou led Hades captive and wast not tempted there-by,
Thou did meet the Virgin and didst give life to the world.
O Thou Who art risen from the dead, O Lord, glory to Thee.

Troparion to St. Athanasius

Tone 3

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

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."

HYMN TO THE THEOTOKOS

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you.

Communion Hymn

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

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.

UPCOMING LITURGICAL SERVICES & SEMINARS

Sunday, March 7

MEATFARE SUNDAY

Sunday, March 14

CHEEFARE SUNDAY
FORGIVENESS VESPERS at 6:00 p.m.

**We will do Forgiveness Vespers a bit differently this year
in order to observe whatever health and safety protocols are in place by March 14.**

Monday, March 15

FIRST WEEK OF GREAT LENT

All services at 6:00 p.m.:

Monday—Great Compline with Canon of St. Andrew

Tuesday—Little Compline with portion of Canon

Wednesday— Presanctified Liturgy

Thursday—Little Compline with portion of Canon

Friday—Akathist to the Mother of God

There will be no pan-Orthodox Vespers this year for the Sunday of Orthodoxy.

Wednesday, March 24 6:00 p.m.

Vesperal-Liturgy for Feast of Annunciation

During Great Lent, we do not have Tuesday/Thursday Daily Vespers.

We pray the following services at 6:00 p.m.:

Great Compline on Mondays

Presanctified Liturgy on Wednesdays (except for March 24—Feast of Annunciation)

Akathist on Fridays

SOUL LITURGIES: Saturdays at 8:30 a.m.: March 27, April 3, April 10

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.

SOUL LITURGIES

The Soul Saturday liturgies have a twofold meaning. The first is the remembrance of death and our departed loved ones. The second is the hope of the Resurrection. The dead live. “God is not a God of the dead, but of the living.” (Matthew 22:32) So as we pray for mercy for the living, we also pray the same for the departed, knowing that the mercy and justice of God are moved by our heartfelt prayers. These prayers are especially effective when offered in the divine liturgy where the departed are remembered at the Proskomedia (Preparation of the Gifts) and one by one placed on the paten next to the Body of Christ.

St. John of Kronstadt says about those gone before us that the “Church of the first born, whose names are written in heaven,” (Hebrews 12:25) in her love continually prays to God for us, and expressly names before God those who pray for them—equal for equal.

You can submit to Fr. Nicholas names of departed loved ones to be remembered any time before the Soul liturgies on Saturday mornings. The first Soul Saturday liturgy is this coming Saturday, March 6th at 8:30 a.m. If you have submitted names in the past, we have kept a record of them and they will be remembered at all Soul Liturgies.

Soul Liturgies during Great Lent are these Saturdays at 8:30 a.m.:
March 27, April 3, April 10

PREPARATION FOR HOLY COMMUNION

Some Reminders

Our journey to Church is actually a journey to heaven and thus we need to appropriately prepare ourselves. If possible, one should attend the services preceding the Liturgy (Great Vespers and Sunday Matins) and make an effort to be on time.

It is important to have a time of reflection to examine ourselves, to determine if there are sins that need to be confessed, and to attempt to be at peace with everyone (to the degree possible).

We should have no food or drink before Communion and read the prayers designated for “before Communion” in the little red prayer book.

The grace received in this sacrament of sacraments is the very life of Christ given for our salvation.

Forgiveness Vespers **(Sunday, March 14 at 6:00 p.m.)**

Lent actually begins at Forgiveness Vespers. This unique service, so deep and beautiful, reveals the “tonality” of Great Lent in the Orthodox Church; nowhere is better manifested its profound appeal to man.

The service begins as solemn Vespers with clergy in bright vestments. The hymns (stichira) which follow the Psalm, “Lord I have cried...” announce the coming of Lent and, beyond Lent, the approach of Pascha!

*Let us begin the time of fasting in light!
Preparing ourselves for the spiritual efforts.
let us purify our soul; let us purify our body.
As from food, let us abstain from all passion
and enjoy the virtues of the spirit,
so that perfected in time by love
we may all be made worthy to see
the Passion of Christ and the Holy Pascha
in spiritual joy!*

Then, after the entrance and the singing of “Gladsome Light,” we hear the Great Prokeimenon announce the beginning of Lent:

*Turn not away Thy face from Thy servant for I am afflicted!
Hear me speedily. Attend to my soul and deliver it!*

Listen to the unique melody of this verse—to this cry that suddenly fills the church: “...for I am afflicted!”—and you will understand this starting point of Lent: the mysterious mixture of despair and hope, of darkness and light. All preparation has now come to an end. I stand before God, before the glory and the beauty of His Kingdom. I realize that I belong to it, that I have no other home, no other joy, no other goal; I also realize that I am exiled from it into the darkness and sadness of sin, “for I am afflicted!” And finally, I realize that only God can help in that affliction, that only He can “attend to my soul.” Repentance is, above everything else, a desperate call for that divine help.

Five times we repeat the Prokeimenon. And then, Lent is here! Bright vestments are put aside; lights are extinguished. For the first time the Lenten prayer of St. Ephrem accompanied by prostrations is read. At the end of the service all the faithful approach the priest and one another asking for mutual forgiveness. But as they perform this rite of reconciliation, as Lent is inaugurated by this movement of love, reunion, and brotherhood, the choir sings the Paschal hymns. We will have to wander forty days through the desert of Lent. Yet at the end shines already the light of Easter, the light of the Kingdom.

**Starting on March 6th:
7-week Orthodox Study on
“Spirituality”**

Saturdays 5:00-6:00 p.m. at St. Athanasius Church in the nave

March 13	Great Lent: Prayer, Fasting, Almsgiving
March 20	The Role of the Church in the Spiritual Life
March 27	Living the Beatitudes
April 3	Practice of Virtue
April 10	The Lord’s Prayer
April 17	Practical Aspects of Spirituality in Life and Death

ANNOUNCEMENTS

Many thanks to all who served this past week as we prayed the funeral services for Fr. Jon-Stephen Hedges: all of our clergy, singers, ushers, greeters, parking lot attendants, and those who offered hospitality for the family. It was a truly beautiful week, a “Paschal” week of bright sadness. May his memory be eternal!

Congratulations to Tatiana Speier who passed her nursing boards and has been offered a position as an oncology nurse at cottage Hospital! God grant you many years!

The Men’s Fellowship of St. John the Theologian will meet this Saturday, March 13 at 8:30 a.m. on the patio of the church.

LENTEN MEALS AVAILABLE FOR PICK-UP

On Wednesdays March 31 and April 14, St. Barbara Greek Orthodox parish Women’s Philoptochos is selling Lenten dinners that can be ordered online and picked up at either 4-6 p.m. or 7-8 p.m. For more information and to order, go to: <https://greekgrabgo.com/>

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. Markos
Fr. Jon 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.
Monsignor J. Yanek
Bob N.
Kh. Melissa H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)

Chase K. (military)
Nick & Kristine J. (military)
Steve T,
Dn. John Y.
Mitch D. Sr.
Dn. Gary B.
Harvey G.
Stephen B.
Kh. Erin K.
Nina
Dasha
Wendy R.
Bev R.
Phyllis M.
Christina & Anthony
Lee Family
Fr. Wayne W.
Audrey
Sarah G. and Family

Zack
Keith
Kent F.
S. Washburn & Family
L. Jacobs
Scott L.
Samantha and Chris N.

The Ethiopian Orthodox Church
The Church & people in Lebanon
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 Jon-Stephen, Jim R., Betty, Lynn S.
All who have died in the conflicts in Ukraine Africa & the Middle East
Those who lost their lives in the explosion in Lebanon

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.

SAFETY PROTOCOLS

Metropolitan Joseph has given us a blessing to continue to do our services inside the nave. The Parish Council asks the members of the parish to adhere to the following:

- During services, please maintain at least 6 ft. of distance on all sides, including in the Communion line, and wear a mask that covers both **YOUR MOUTH AND NOSE**. (Families may sit together but should have six feet of space in front and behind them.)
- The Sunday Divine Liturgy is being broadcast in the hallway and on the patio for overflow crowd and for those who are not comfortable sitting inside the nave.
- **There will be no COFFEE HOUR for now. Please do not linger inside the building after the services unless you are buying something from the Bookstore.**