



## 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  
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frnicholas@stathanasius.org

**Assistant Pastor:**

Fr. Symeon Halsell  
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frsymeon@stathanasius.org

**Priests attached to the parish:**

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  
Office phone: 805-685-5400  
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**Teen Program Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**College/Young Adult Coordinator**

Mitchell Denny: mitchdennyjr@gmail.com

**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. BASIL THE GREAT**

**Sunday, March 28, 2021**

**Tone 1 / Eothinon 9**

**Second Sunday of Great Lent**

**Commemoration of Gregory Palamas,**

**Archbishop of Thessalonica**

**Venerable Hilarion the New;**

**Apostle Herodion of the Seventy;**

**Venerable Stephen of Triglia**



**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 28—St. Gregory Palamas**

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

**Monday, March 29**

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

**Tuesday, March 30—St. John Climacus**

9:00 a.m. St. Xenia Prayer Ministry

**Wednesday, March 31—Repose of St. Innocent**

6:45 a.m. Daily Matins  
6:00 p.m. Presanctified Liturgy

**Thursday, April 1—St. Mary of Egypt**

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

**Friday, April 2**

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

**Saturday, April 3**

8:30 a.m. Soul Liturgy  
5:00 p.m. Adult Study: "Practice of Virtue"  
6:00 p.m. Great Vespers/Confessions

**Sunday, April 4—Sunday of the Cross**

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

### ***SUNDAY MORNING MINISTRIES SCHEDULE***

**EUCHARIST BREAD**

March 28 Kern  
April 4 Dn. G. Braun  
April 11 Meyer  
April 18 Dillon

**READERS**

March 28 D. Alexander  
March 31 M. Braun (Presanctified)  
April 3 Rdr. M. Kern (Soul Liturgy)  
April 4 Rdr. J. Butler  
April 7 D. Washburn (Presanctified)  
April 10 D. Alexander (Soul Liturgy)  
April 11 Rdr. V. Gish  
April 14 D. Meyer (Presanctified)  
April 18 Rdr. H. Lange

**USHERS**

March 28 J. King, D. Meyer  
April 4 J. King, P. King  
April 11 S. Speier, C. Speier  
April 18 D. Washburn, M. Loulias

## ***CELEBRATIONS THIS WEEK***

**Birthdays**

3/28 Brody Hansen, Cheryl Washburn-Lander, Elizabeth Heiduk,  
Alina Grace Speier, Kyndal Vogt  
3/30 Virginia Braun, Amelia Rose Macdonald  
4/2 Christina Shackelford  
4/3 Donna Friesen, Timmy Palmer

**Patronal Feast Days**

4/1 St. Mary of Egypt Corina Berari, Kristen Roberts, Corie Sieck, Valerie Yova

**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:**

**Troparion of the Resurrection**

**Tone 1**

While the stone was sealed by the Jews,  
and the soldiers were guarding Thy most pure body,  
Thou didst arise on the third day,  
O Savior, granting life to the world.  
For which cause the heavenly pow'rs  
cried aloud unto Thee, O Giver of life;  
Glory to Thy resurrection, O Christ!  
Glory to Thy kingdom!  
Glory to Thy providence, O Thou  
Who alone art the lover of mankind.

**Troparion to St. Gregory Palamas**

**Tone 8**

O Star of Orthodoxy,  
support of the Church and its teacher,  
O comeliness of ascetics, and incontestable champion  
of those who speak in theology,  
Gregory the wonder-worker, the pride of Thessalonica  
and preacher of grace,  
implore thou constantly for the salvation of our souls.

**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 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.

**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 5**

Thou O Lord shall keep us and preserve us from this generation forever. (*Ps 11/12:7*)

**Verse:** Save me O Lord, for there is now no saint. (*Ps 11/12:1*)

**EPISTLE READING**  
**Hebrews 1:10-2:3**

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

**Alleluia before the Gospel****Tone 1**

Chanter: Alleluia, Alleluia, Alleluia!

**People: Alleluia, Alleluia, Alleluia!****Verse:** It is God Who avenges me, and subdues people under me. (*Ps 17/18:47*)**Verse:** He gives great deliverance to His King, and shows mercy to His anointed, to David and his seed forever. (*Ps 17/18:50*)**GOSPEL READING****Mark 2:1-12**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of Man has authority on earth to forgive sins" -- He said to the paralytic -- "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

**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 righteous shall be in everlasting remembrance! He shall not fear evil tidings! (*Ps. 111:6*)

## ANNOUNCEMENTS

### LENTEN MEALS AVAILABLE FOR PICK-UP

On Wednesdays March 31 (deadline to order was March 24) and April 14, (deadline to order is Apr. 7), 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/> **THE PASSWORD IS "Lent."** (It is case-sensitive.)

### UPCOMING LITURGICAL SERVICES

Monday, March 29 at 6:00 p.m.	Great Compline
Wednesday, March 31 6:00 p.m.	Presanctified Liturgy
Friday, March 26 at 6:00 p.m.	Akathist to the Mother of God
Saturdays: April 3 at 8:30 a.m.	Soul Liturgy

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

### **SAOC SUMMER SCHOOL IS BACK!** FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6

Monday, June 14-Friday, June 25 (weekdays only)

8:45-11:30 a.m. — Class time

11:30 a.m.-12:30 p.m. — Lunch

12:30-2:00 p.m. — Special Activity

**MORE INFORMATION COMING SOON ABOUT HOW TO REGISTER.**

### 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.



Spring has sprung,  
the grass is riz,  
I wonder where Coffee  
Hour is??

## Good news!

We will resume beverage service  
after the Divine Liturgy on Sunday, April 4th!

We will take realistic health precautions  
and keep it simple for now.  
Only coffee, water, and juice boxes (for the kids)  
will be offered.

We could use a few more folks to be in the rotation for set-up  
and clean-up, which will be scaled down quite a bit from a full  
coffee hour. If you can lend a hand, please email me at:  
[suziwiley@cox.net](mailto:suziwiley@cox.net).

Looking forward to resuming this time of  
hospitality and fellowship!

Suzi Wiley & the Coffee Hour Team



**We remember in prayer at each of our services:**

Fr. Paul Abernathy (LEFT) and the community of St. Moses Orthodox Church in Pittsburgh, Pennsylvania, and Fr. Turbo Qualls (RIGHT) and the community of St. Mary of Egypt Orthodox Church in Kansas City, Missouri.



### **LENTEN JOURNEY:**

**The Liberation of Our Enslavement to Sin  
& Reestablishing the Virtues being Inhibited**

**FAST** from judging others.

**FEAST** on praying for others with a kindly heart.

**FAST** from complaining and being discontent.

**FEAST** on gratitude.

**FAST** from worry and faintheartedness.

**FEAST** on trust and longsuffering.

**FAST** from bitterness and anger.

**FEAST** on forgiveness and gentleness.

**FAST** from selfishness.

**FEAST** on compassion and love for others.

**FAST** from idle talk.

**FEAST** on silence and uplifting words.

**FAST** from laziness.

**FEAST** on joy-filled activity.

**FAST** from over-indulgence.

**FEAST** on self-control and developing a stronger will.

## ***The Second Sunday of Great Lent***

This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of Saint Gregory Palamas (November 14) was appointed for the Second Sunday of Great Lent as a second “Triumph of Orthodoxy.”

St. Gregory Palamas, one of the pillars of Orthodoxy, was born in 1296, probably to a noble Anatolian family in Constantinople. He and his brother went to Mount Athos in around 1318, and lived in Vatopedi and Esphigmenou Monasteries. Gregory also successfully persuaded his widowed mother, brothers and sisters to take up the monastic life. With the encroachment of the Turks, he was forced to flee to Thessalonica, being ordained a priest there in 1326. Afterward, he took up the eremitic life at a mountain near Beroea, and eventually returned to Athos in 1331.

St. Gregory lived in very difficult times, for many heresies were creeping into the Church, and the Ottoman Empire was ever expanding, taking over Byzantine lands. In the early 1300’s he wrote on the nature of the Holy Spirit, showing the errors of the Latin view while living at the hermitage of Saint Savvas on Mount Athos. He became known as a preeminent theologian early in life, due to his many writings and for his beliefs on hesychasm.

### **FOR KIDS OF ALL AGES (and their caregivers)**

Every Thursday: Lots of our kids and their moms are gathering at Tucker's Grove at 3:00 p.m. for fun play with fun people!

### **FOR KIDS AGES 5 YEARS & UP:**

Every Tuesday: Baseball in the park with Fr. Nicholas and Chris Robinson at Patterson Open Space or Stow Park 3:30-4:30 p.m.

(Check with Kh. Jan Speier to confirm location.) [jlspeier@gmail.com](mailto:jlspeier@gmail.com)

**JOIN US!!**



**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.  
Dan A.  
Doreen

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. George M., Fr Jon-Stephen, Fr. Vladimir L., Jim R., Betty  
All who have died in the conflicts in Ukraine Africa & the Middle East  
Those who lost their lives in the explosion in Lebanon

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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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## **SAFETY PROTOCOLS—March 2021**

Metropolitan Joseph asks that we continue 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.

**Please do not linger inside the building after the services unless you are buying something from the Bookstore.**