



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 Pastor:

Fr. Symeon Halsell
805-685-5400
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
email: office@stathanasius.org

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, April 4, 2021

Third Sunday of Great Lent; Tone 2 / Eothinon 10

Veneration of the Precious and Life-Giving Cross

Venerable George of Mt. Maleon;
Martyrs Theodoulos the Reader and
Agathopodos the Deacon of Thessalonica;
Venerable Theonas, Archbishop of Thessalonica;
Isidore, Bishop of Seville



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, April 4—Sunday of the Cross

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

Monday, April 5

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

Tuesday, April 6

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

Wednesday, April 7

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

Thursday, April 8

7:45 a.m. Akathist by Zoom
10 a.m.-1p.m. Showers of Blessing
6:00 p.m. Youth Group

Friday, April 9

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

Saturday, April 10

8:30 a.m. Soul Liturgy
5:00 p.m. Adult Study: "The Lord's Prayer"
6:00 p.m. Great Vespers/Confessions

Sunday, April 11—St. John Climacus

9:00 a.m. Matins
10:00 a.m. Divine Liturgy /Trisagion for
Fr. Jon-Stephen Hedges

**FR. NICHOLAS & KH. JAN WILL BE
AWAY FROM APRIL 6-9.**

SUNDAY MORNING MINISTRIES SCHEDULE

EUCHARIST BREAD

April 4	Dn. G. Braun
April 11	Meyer
April 18	Dillon
April 24	Kern (Lazarus Saturday)
April 25	Morrison

READERS

April 4	Rdr. V. Gish
April 7	D. Washburn (Presanctified)
April 10	D. Alexander (Soul Liturgy)
April 11	Rdr. J. Butler
April 14	D. Meyer (Presanctified)
April 18	Rdr. H. Lange
April 21	Rdr. M. Kern (Presanctified)
April 24	D. Washburn (Lazarus Sat. Lit.)
April 24	D. Alexander (Great Vespers)
April 25	M. Braun

USHERS

April 4	J. King, P. King
April 11	S. Speier, C. Speier
April 18	D. Washburn, M. Loulias
April 25	C. Berari, D. Meyer

CELEBRATIONS THIS WEEK

Birthdays

4/4 Duane Franzen
4/5 Corina Berari, Ethan Keller
4/6 Monica Finley, Valerie Yova
4/10 Fr. John Finley

**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 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.



HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 2

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One,
then Thou didst destroy Hell with Thy Godly pow'r,
and when Thou didst raise the dead from beneath the earth,
all the pow'rs of heaven did cry aloud unto Thee.
O Christ, Thou art the Giver of life, Glory to Thee.

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

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.

In place of “Holy God...” 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

BEFORE THY CROSS WE BOW
BEFORE THY CROSS WE BOW DOWN IN
AND THY HOLY RESUR-
WORSHIP, O OUR MASTER, AND THY HOLY
RESURRECTION WE GLORIFY.

Preparatory Psalm verses before the Epistle (Prokeimenon) 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

Fr. Nicholas and Kh. Jan will be away from this Tuesday through Friday, April 6-9.

LENTEN MEALS AVAILABLE FOR PICK-UP

On Wednesday, 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, April 5 at 6:00 p.m.

Great Compline

Wednesday, April 7 6:00 p.m.

Presanctified Liturgy

Friday, April 9 at 6:00 p.m.

Akathist to the Mother of God

Saturdays: April 10 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.

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.



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.

PASCHA CELEBRATION

Sunday, May 2, 2021

- 5:00 a.m. Paschal Procession & Rush (Matins) Service
- 6:15 a.m. Paschal Liturgy and Blessing of Meat, Cheese and our Baskets
- 7:45 a.m. Break-fast on the patio — Bring your own basket.
Coffee, juice, Pascha cheese, bread, strawberries provided by the church.
Sorry...no buffet table this year for sharing food items.
- 8:15 a.m. Egg Hunt for the kids in the field behind the church
- 9:00 a.m. Agape Vespers with the Gospel read in many languages
NO PICNIC AT THE PARK THIS YEAR.

PARENTS: *For the egg hunt* please bring **one dozen FILLED PLASTIC EGGS** for each child (preschool through Grade 6) who will be participating. Bags will be provided for the kids to use when collecting eggs. Filled eggs need to be brought to the church **no later than 6:00 a.m. on Pascha morning.** There will be a cart in the hallway near the church office where you can drop off eggs throughout Holy Week. Questions? Contact Christie Robinson: christie.d.robinson@gmail.com



If you do not have children participating but would like to donate eggs for the hunt for children who might be visiting that day, or for a particular family in the parish, your donations are welcome! Please let Christie know.

The Third Sunday of Lent — The Veneration of the Cross

“On this the Third Sunday of Great Lent, we observe the Veneration of the Precious and Life-giving Cross and for this reason: Inasmuch as in the forty days of fasting we in a way crucify ourselves and become bitter, despondent and failing, the Life-giving Cross is presented to us for spiritual refreshment and assurance, for remembrance of our Lord's Passion and for comfort.

Like those who are following a long and tedious path are tired, see a beautiful tree with many leaves, they would sit in its shade and rest for a while and then, as if rejuvenated, they will continue their journey. Likewise today, in the time of fasting and difficult journey and effort, the Life-giving Cross was planted in its midst by the Holy Fathers of the Church to give rest and spiritual refreshment, to make us light and courageous for the remaining task.

Christ comforts us who are, as it were, in a desert until He will lead us up to the spiritual Jerusalem by His Resurrection. Just as the Precious Cross, which is also called the Tree of Life, was planted in the middle of Paradise, so our Holy Fathers planted the Cross in the middle of holy and Great Lent, as a sacred reminder of both Adam's bliss and how he was deprived of it. Remembering also that by partaking of this Tree of Life, the Precious and Life-giving Cross, we no longer die but are kept alive." (Synaxarion)

(To read more, go to: <https://www.goarch.org/-/third-sunday-of-lent-veneration-of-the-precious-cross>)

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

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
John S.
Earle L.

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

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.



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

Good news!

We will resume beverage service
 after the Divine Liturgy today, 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.

Looking forward to resuming this time of
 hospitality and fellowship!

Suzi Wiley & the Coffee Hour Team