



## 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. Symeon Halsell  
805-685-5495  
frsymeon@stathanasius.org

**Pastor Emeritus**

Fr. Nicholas Speier  
805-685-5400  
frnicholas@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 & College/Young Adult  
Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**Parish Council 2021-2022:**

Laurie Baker, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Dorothy Alexander  
Mary Denny  
David Dillon  
Glenn Hoppe  
Lara Jacobs  
Zak Landrum

## DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, February 27, 2022

Tone 3 / Eothinon 3

**Sunday of the Last Judgment (Meat Fare)**

Venerable Prokopios the Confessor of Decapolis;  
Thalelaeus, Hermit of Gabala in Syria



## WELCOME TO OUR VISITORS!

We are glad you are with us this morning.  
Please join us on the patio after the Liturgy for 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, February 27—Meatfare Sunday

9:00 a.m. Matins  
9:00 a.m. Religious Education for ages 6-12  
10:00 a.m. Divine Liturgy/Trisagion for  
Fr. Jon-Stephen Hedges  
11:30 a.m. Teen Religious Education  
11:45 a.m. MEATFARE BBQ  
12:30 p.m. Adult Catechism (“The Spiritual  
Disciplines”—Fr. John Finley)

### Monday, February 28

6:45 a.m. Daily Matins  
5:15 p.m. St. Xenia Prayer Ministry—Akathist  
by Zoom

### Tuesday, March 1

5:30 p.m. Daily Vespers

### Wednesday, March 2

6:45 a.m. Daily Matins  
8:30 a.m. Divine Liturgy  
12:00 p.m. St. Xenia Prayer Ministry  
7:00 p.m. Women’s Book Study

### Thursday, March 3

7:45 a.m. St. Xenia Prayer Ministry by Zoom  
10:00 a.m. Showers of Blessing  
3:30 p.m. Catechesis Level I  
5:30 p.m. Daily Vespers  
6:00 p.m. Youth Group

### Friday, March 4

6:45 a.m. Daily Matins

### Saturday, March 5

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

### Sunday, March 6

9:00 a.m. Matins  
9:00 a.m. Religious Education for ages 6-12  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Education  
11:45 a.m. CHEESEFARE POTLUCK  
12:30 p.m. Adult Catechism (“Faith, Hope, Love”)  
5:00 p.m. Choir Rehearsal  
6:00 p.m. Forgiveness Vespers

**FR. NICHOLAS & KH. JAN  
WILL BE AWAY 2/28-3/6.**

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCHARIST BREAD

February 27 Tinyayeva  
March 6 Meyer  
March 13 Fr. Nicholas  
March 20 Dn. G. Braun

### READERS

February 27 Rdr. M. Kern  
March 6 Rdr. V. Gish  
March 6 Rdr. H. Lange (Forgiveness Vesp.)  
March 9 D. Alexander (Presanctified Lit.)  
March 13 Rdr. J. Butler  
March 16 D. Meyer (Presanctified Lit.)  
March 19 Rdr. M. Kern (Soul Liturgy)  
March 20 Rdr. J. Butler

### GREETERS

February 27 L. Baker/C. Fisher  
March 6 P. Cocores/M. Loulias  
March 13 K.P. King/D. Washburn  
March 20 G. & L. Hoppe

### USHERS

February 27 C. Speier/S. Speier  
March 6 Kh. P. King/J. King  
March 13 C. Berari/D. Alexander  
March 20 D. Meyer/M. Loulias

### COFFEE HOUR HOSTS

February 27 MEATFARE BBQ  
March 6 Cheesefare Potluck  
March 13 D. McCalmont  
March 20 NEED A HOST

### THURSDAY SHOWERS OF BLESSING

#### HOSPITALITY TEAM

March 3 D. Washburn/D. Alexander  
March 10 F. Young/S. Saunders  
March 17 L. Ballew/D. Franzen  
March 24 M. Loulias/P. Cocores

### **HOLY COMMUNION**

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive. Non-Orthodox believers and others **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.*

**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**

**(Music on p. 44 of Liturgy book)**

Let the heavens rejoice and the earth be glad,  
for the Lord hath done a mighty act with His own arm.  
He hath trampled down death by death  
and become the first born from the dead.  
He hath delivered us from the depths of Hades,  
granting the world the great mercy.

**Tone 3**

**Troparion to St. Athanasius**

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.

**Tone 3**

**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**

**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.



## 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 the blessing of the food at Coffee Hour to eat and socialize.**

## On Meatfare Sunday

*from Great Lent by Alexander Schmemmann*

Christian love is the "possible impossibility" to see Christ in another man, whoever he is, and whom God, in His eternal and mysterious plan, has decided to introduce into my life, be it only for a few moments, not as an occasion for a "good deed" or an exercise in philanthropy, but as the beginning of an eternal companionship in God Himself. For, indeed, what is love if not that mysterious power which transcends the accidental and the external in the "other"-- his physical appearance, social rank, ethnic origin, intellectual capacity-- and reaches the *soul*, the unique and uniquely personal "root" of a human being, truly the part of God in him? If God loves every man it is because He alone knows the priceless and absolutely unique treasure, the "soul" or "person" He gave every man. Christian love then is the participation in that divine knowledge and the gift of that divine love. There is no "impersonal" love because love *is* the wonderful discovery of the "person" in "man," of the personal and unique in the common and general. It is the discovery in each man of that which is "lovable" in him, of that which is from God.

To read more: [http://ww1.antiochian.org/great-lent-excerpts/last\\_judgement](http://ww1.antiochian.org/great-lent-excerpts/last_judgement)

*To listen to Fr. Thomas Hopko's reflections on the  
Sunday of the Last Judgment on Ancient Faith Radio:  
[https://www.ancientfaith.com/podcasts/hopko/the\\_sunday\\_of\\_the\\_last\\_judgment](https://www.ancientfaith.com/podcasts/hopko/the_sunday_of_the_last_judgment)*

## UPCOMING LITURGICAL SERVICES & SEMINARS

- Sunday, February 27      **MEATFARE SUNDAY**  
BBQ after Liturgy TODAY!
- Sunday, March 6      **CHEESEFARE SUNDAY**  
Meatless Potluck after Liturgy  
**FORGIVENESS VESPERS at 6:00 p.m.**
- Monday, March 7      **GREAT LENT BEGINS**  
  
**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
- Sunday, March 13      **SUNDAY OF ORTHODOXY VESPERS**  
with the Central Coast Orthodox parishes at 6:00 p.m.  
**OUR PARISH WILL BE HOSTING THIS YEAR.**
- Thursday, March 24      Great Vespers for Feast of Annunciation at 6:00 p.m.
- Friday, March 25      Divine Liturgy for Feast of Annunciation at 8:30 a.m.

**During the 6 weeks of 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  
Akathist on Fridays (except for March 24—Feast of Annunciation)



## **Forgiveness Vespers** **(Sunday, March 6 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.

## **ANNOUNCEMENTS**

**JOIN US TODAY ON THE PATIO FOR OUR ANNUAL MEATFARE BARBECUE.**

The menu includes: tri-tip, chili, salad, French bread, ice-cream sandwiches, and beverages. Suggested donation for adults is \$5.

**TODAY St. Barbara Monastery will host their monthly Friends Gathering at 4:00 p.m.**

Mother Victoria will speak on "The History of Monasticism in America." Vespers and a pot-luck supper will follow the presentation.

**The Men's Fellowship of St. John the Theologian** will meet this Saturday, March 5th, at 8:30 a.m. on the patio of the church.

**We will be offering simple Soup Suppers after the Wednesday Presanctified Liturgies during Great Lent.** Kh. Jan Speier will be coordinating this effort, and will be looking for volunteers to bring soup and to help with set-up and clean-up. More info on this coming soon. First Soup Supper will be Wednesday, March 9th after Presanctified Liturgy.

**Our parish will be hosting the Orthodox parishes of the Central Coast** for Sunday of Orthodox Vespers on Sunday, March 13th at 6:00 p.m. This will be our first time gathering together with our sister churches since the lock-down in 2020. Christie Robinson will be coordinating the reception after the Vesper service. If you are able to help with set-up after our Coffee Hour that day, or clean-up after the reception, please let her know. [christie.d.robinson@gmail.com](mailto:christie.d.robinson@gmail.com)

**We are organizing a team build a house this summer with Project Mexico.** If you are interested, **PLEASE LET ASIA BALLEW KNOW A.S.A.P.:** [asiaballew0@gmail.com](mailto:asiaballew0@gmail.com)

### **SAVE THE DATE!**

#### **St. Athanasius Women's Fellowship**

#### *Annunciation Tea*

**- for Women & Girls of all ages -  
Bring your daughters and God-daughters!**

**Saturday, March 26, 2022**

**3:30 a.m.-5:30 p.m.**

**More details to follow soon.**



**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)  
Connor V. (military)  
Steve T.  
Bev R.  
Phyllis M.  
Scott L.  
Abp. Benjamin  
Kris F.  
Temmo K.  
Sarah B.  
Coleman Family (Lori, Abby,  
Matt)  
Jerry J.  
Chuck S.  
Mat. Trudi & Richter Family  
Linda Gish & Family  
Kevin F.  
Debbie S.  
Steve H.  
David L.

Joanne R.  
James A.  
Dn. John & Fay Y.  
Zachary B.  
Samantha & Chris N. & Family  
Lander and Washburn Families  
Bob  
Lance. S.

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:** Larissa F., Liz. P., Archpriest Nicholas N. ,Tom W., Fr. Thomas L

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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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His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

Great Lent, 2022

**TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN**

Beloved Clergy and Faithful of our Archdiocese,

Blessings to you and your families in the name of our great God and Savior, Jesus Christ!

As we enter Great Lent—this consecrated season of repentance—the Church summons us to focus even more intently on drawing near to God. She shows us proven paths of approach to Him: not just fasting and prayer but also sharing our material blessings with others. From the saints we learn that charitable giving is not just about helping our neighbor, but even more importantly, it is a means of approach to God. St. Paul encourages us, “Do not forget to do good and to share, for God is well pleased with such sacrifices” (Heb. 13:16), and he thus teaches us that charity is a form of holy sacrifice—an act of worship that shows our love for God and invites Him into our lives.

In the same vein, St. John Chrysostom describes philanthropy as a holy and priestly ministry, urging us to “put on the vestment of philanthropy, which is holier than the priestly clothing.” He goes on to exhort us: “When you see a poor believer, think that you behold an altar; when you see a miserable beggar, do not just refrain from insulting him but even reverence him” (Homily 20 on Second Corinthians). His words remind us that people in need do us a service, by providing us a way to show God love and honor. For, as our Lord said, “As you did it to one of the least of these my brethren, you did it to me” (Matt. 25:40).

With this in mind, over the past 48 years our Archdiocese has encouraged you to give alms during Lent through *Food for Hungry People and Charitable Outreach*. Once again, we appeal to your generosity and your love of God, asking you to offer God a gift by putting food and other necessities into the hands of the poor. May your gift from the heart be received by God as a pleasing and holy sacrifice, and may He give you in return the joy of His presence.

With prayers that we all be granted strength for the holy struggle ahead and that we be found worthy to celebrate joyously the victory of our Crucified and Risen Lord, 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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