



## 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, March 6, 2022

Tone 4 / Eothinon 4

### Sunday of Forgiveness (Cheese Fare)

The 42 martyrs of Amoria in Phrygia;  
Discovery of the Precious Cross and Nails by St. Helena;  
Venerable Fridolin, Enlightener of the Upper Rhine



## 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, March 6—CHEESEFARE SUNDAY

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

### FIRST WEEK OF GREAT LENT

#### Monday, March 7

6:45 a.m.	Daily Matins
5:15 p.m.	St. Xenia Prayer Ministry—Akathist by Zoom
6:00 p.m.	Great Compline/Canon of St. Andrew

#### Tuesday, March 8

6:00 p.m.	Little Compline/Canon of St. Andrew
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#### Wednesday, March 9

6:45 a.m.	Daily Matins
8:30 a.m.	Divine Liturgy
12:00 p.m.	St. Xenia Prayer Ministry
6:00 p.m.	Presanctified Liturgy
7:30 p.m.	Soup Supper

#### Thursday, March 10

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
3:30 p.m.	Catechesis Level I
6:00 p.m.	Little Compline/Canon of St. Andrew

#### Friday, March 11

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

#### Saturday, March 12

6:00 p.m.	Great Vespers/Confessions
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### THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

March 10	F. Young/S. Saunders
March 17	L. Ballew/D. Franzen
March 24	M. Loulias/P. Cocores
April 7	D. Washburn/D. Alexander

### Sunday, March 13—SUNDAY OF ORTHODOXY TURN CLOCKS AHEAD ONE HOUR!

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.	Coffee Hour
12:30 p.m.	Adult Catechism: "Dispassion & Theosis"
5:00 p.m.	Choir Rehearsal
6:00 p.m.	Sunday of Orthodoxy Vespers with Central Coast Orthodox Parishes

### SUNDAY MORNING MINISTRIES SCHEDULE

#### EUCHARIST BREAD

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

#### READERS

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
March 23	D. Alexander (Presanctified)
March 24	Rdr. V. Gish (Vespers)
March 25	D. Washburn (Vespers-Liturgy)
March 27	Rdr. H. Lange

#### GREETERS

March 6	P. Cocores/M. Loulias
March 13	K.P. King/D. Washburn
March 20	G. & L. Hoppe
March 27	H. Lange/D. Washburn

#### USHERS

March 6	Kh. P. King/J. King
March 13	C. Berari/D. Alexander
March 20	D. Meyer/M. Loulias
March 27	D. Washburn/K.L. King

#### COFFEE HOUR HOSTS

March 6	Cheese-fare Potluck
March 13	D. McCalmont
March 20	NEED A HOST
March 27	NEED A HOST

### **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 page 45 of Liturgy book)**

**Tone 4**

Having learned the joyful message  
of the Resurrection from the angel,  
the women disciples of the Lord cast from them  
their parental condemnation,  
and proudly broke the news to the disciples  
saying death has been spoiled.  
Christ God is risen, granting the world great mercy.

**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 Cheesefare Sunday****Tone 6**

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teaches the thoughtless and protects the poor,  
strengthen and enlighten my heart!  
O Word of the Father,  
let me not restrain my mouth from crying to You:  
“Have mercy on me, a transgressor,  
O merciful Lord!”

**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**

Sing praises to our God, sing praises. // Sing praises to our King, sing praises. (*Ps 46/47:6*)

**Verse:** Clap your hands all you peoples!  
Shout to God with a voice of joy! (*Ps 46/47:1*)

**EPISTLE READING****Romans 13:11-14:4 (For Sunday of Forgiveness)**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

**Alleluia before the Gospel (Music on p. 65 of Liturgy Book)**

**Tone 6**

Chanter: Alleluia, Alleluia, Alleluia!

**People: Alleluia, Alleluia, Alleluia!**

*v. It is good to give thanks to the Lord, to sing praises to Your Name,  
O Most High,... (Ps 91/92:1)*

*v. ...to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)*

**GOSPEL READING**

**Matthew 6:14-21**

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

**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!

**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.**

### *A message from Fr. Symeon...*

#### **Note about Communion:**

If you are going to partake of the precious body and blood of Jesus Christ, please stand in line with your arms crossed right over left on your chest and when you are about to partake say, "The servant of God..." and your baptismal name. The safest way to partake of Holy Communion is for the communicant to close their mouth fully on the spoon. This avoids nearly all possibility of accidents. However, if you prefer not to partake in this way, open your mouth wide and tilt your head back and the priest will turn over the spoon in your mouth to give you Communion.

#### **Making a Lenten Confession:**

The Church teaches us to ready ourselves for Pascha by making a confession during Great Lent and to do so before Holy Unction on Holy Wednesday evening. Use the *asceticism* and time of Lent to prepare yourself to make a confession. Please contact Fr. Symeon, Fr. Nicholas, Fr. John Carrillo, or Fr. John Finley to schedule a time to make your lenten confession.

Please note that the opportunity for confession during Matins on Sunday will be limited, a priest may or may not be available, and needs to return to the Altar by the Great Doxology. Regular confession availability will be kept after Great Vespers on Saturdays, however, all other confessions should be made by appointment.

## **SAVE THE DATE!**

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

### *Annunciation Tea*



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

**Saturday, March 26, 2022**

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

**More details to follow soon.**

## UPCOMING LITURGICAL SERVICES & SEMINARS

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 & Artoklasia

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)



## **Sunday of Forgiveness**

(Excerpt from "A Word on Forgiveness," by Bishop Thomas, Antiochian Archdiocese:  
<https://www.antiochian.org/regulararticle/605>)

The ability to ask for forgiveness and to forgive others is at the heart of the spiritual life. There can be no spiritual growth without these two components. In Saint Matthew's Gospel, the Lord tells His disciples, "For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you" (Matthew 7:2).

Great Lent is a period of grace given to us to demonstrate in concrete actions and words our forgiveness of others who have wronged us.

Pride is at the root of our unwillingness to forgive. We may protest by saying that our unwillingness to forgive is justified in some way but the appeal to justice is a two-edged sword. As Saint Paul writes to the Romans, "For all have sinned, and come short of the glory of God" (Romans 3:23). It is much more profitable spiritually for us to appeal to mercy. If we are able to overlook the sins of others and show mercy, mercy will be shown to us as well.

Just as pride is the root of hard-heartedness, humility is the key to forgiveness. Abba Anthony said, "I saw the snares that the enemy spreads out over the world, and I said groaning, 'What can get through from such snares?' Then I heard a voice saying to me, 'Humility.'"

Our first task during Great Lent and every day of our lives is found in the Gospel: "Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift" (Matthew 5:23-24). If we seek the Lord's forgiveness, we must forgive our brothers and sisters from our heart. This is the task and the opportunity of Great Lent.

Great Lent actually begins at Forgiveness Vespers. This unique service, so deep and beautiful, reveals the "tonality" of Great Lent in the Orthodox Church.

**Join us tonight at 6:00 p.m. for Lenten Vespers with  
The Rite of Forgiveness.**

"If anyone has hurt us – our parent, our brother or sister, a neighbor – then we must forgive them all from the heart, and when we have done so, the Lord will know. Our forgiveness must not be confined to words only. The Lord wants us to forgive from the heart."

- Elder Thaddeus, *Our Thoughts Determine Our Lives*, p 169

**PODCAST by Fr. Thomas Hopko on Forgiveness Sunday:**

[https://www.ancientfaith.com/podcasts/hopko/  
forgiveness\\_sunday\\_the\\_expulsion\\_of\\_adam\\_from\\_paradise](https://www.ancientfaith.com/podcasts/hopko/forgiveness_sunday_the_expulsion_of_adam_from_paradise)



## 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](mailto: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:** Kaelynn, Bill

### 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.**

Join our parish in supporting the  
**FOOD FOR HUNGRY  
PEOPLE CAMPAIGN**

of the Antiochian Orthodox Archdiocese  
during Great Lent 2022

**to benefit the  
Food Bank of  
Santa Barbara County**



**Ways to give:**

- Bring food items and deposit in collection boxes in the hallway
- Monetary donations are welcome. Please make checks payable to St. Athanasius, with a memo that says, "Food for Hungry."
- We will have small boxes available for families to take home and use to collect alms (coins or bills) throughout Great Lent.

**MOST NEEDED  
FOOD ITEMS:**

Nut Butter  
Canned Protein  
Beans  
Whole Grains/Cereals  
Pasta  
Canned Tomatoes

**\$1 = 8 MEALS!**



[WWW.FOODBANKSBC.ORG](http://WWW.FOODBANKSBC.ORG)

*"Send your treasures to the heavenly storage room. Deposit your wealth in God's bank, distributing to the poor, the orphans and the widows so that you might receive a million times more in the Second Coming of Christ." - Elder Joseph the Hesychast*