



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. BASIL THE GREAT

Sunday, March 20, 2022

Tone 6 / Eothinon 6

**Second Sunday of Great Lent
Commemoration of Gregory Palamas,
Archbishop of Thessalonica**

The Holy Fathers slain at the Monastery of Mar Sabbas;
New-martyr Myron of Crete



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 20—ST. GREGORY PALAMAS

9:00 a.m.	Matins
9:00 a.m.	Religious Education for ages 6-12
10:00 a.m.	Divine Liturgy & Procession Outside
11:45 a.m.	Coffee Hour
12:30 p.m.	Adult Catechism: “The Role of Beauty.”

Monday, March 21

6:45 a.m.	Daily Matins
5:15 p.m.	St. Xenia Prayer Ministry—Akathist by Zoom
6:00 p.m.	Great Compline
7:00 p.m.	Men’s Fireside (at the church)

Tuesday, March 22

7:00 p.m.	Women’s Book Club
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Wednesday, March 23

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

Thursday, March 24

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.	Festal Great Vespers with Artoklasia for Feast of the Annunciation

Friday, March 25—ANNUNCIATION

7:30 a.m.	Festal Matins
8:30 a.m.	Festal Divine Liturgy
NO AKATHIST	

Saturday, March 26

3:30-5:30 p.m.	Women’s Annunciation Tea
6:00 p.m.	Great Vespers/Confessions

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

March 24	M. Loulias/P. Cocores
April 7	D. Washburn/D. Alexander
April 14	F. Young, S. Saunders
April 21	L. Ballew/D. Franzen

Sunday, March 27—SUNDAY OF THE CROSS

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
12:15 p.m.	Choir Rehearsal
12:30 p.m.	Adult Catechism: “Holy Temple & Corporate Prayer”

SUNDAY MORNING MINISTRIES SCHEDULE

EUCHARIST BREAD

March 20	Dn. G. Braun
March 27	Jacobs
April 3	Dillon
April 10	Washburn

READERS

March 20	Rdr. J. Butler
March 23	D. Alexander (Presanctified)
March 24	Rdr. V. Gish (Vespers)
March 25	D. Washburn (Vesperal-Liturgy)
March 27	Rdr. H. Lange
March 30	Rdr. M. Kern (Presanctified)
April 2	D. Meyer (Soul Liturgy)
April 3	Rdr. J. Butler
April 6	D. Alexander (Presanctified)
April 10	D. Washburn

GREETERS

March 20	G. & L. Hoppe
March 27	H. Lange/D. Washburn
April 3	K. Fox/D. Lewis
April 10	C. Fisher, L. Baker

USHERS

March 20	D. Meyer/M. Loulias
March 27	D. Washburn/K.L. King
April 3	J. King, P. King
April 10	C. Speier, S. Speier

COFFEE HOUR HOSTS

March 20	NO HOST
March 27	McCalmont/Kern
April 3	S. & T. Speier
April 10	D. McCalmont

TO SIGN UP: <https://bit.ly/SAOCoffeehour>

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:**

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. 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!

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*)

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.**

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

"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

UPCOMING FESTAL LITURGICAL SERVICES

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.
Thursday, April 7	Little Compline with Canon of St. Andrew at 6:00 p.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)

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 *ascesis* 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.

Please Join Us
for
the Women's Fellowship Annual

Annunciation Tea

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

St. Athanasius Orthodox Church
300 Sumida Gardens Lane Santa Barbara, CA 93111



Saturday, March 26, 2022
3:30-5:30 p.m.

Program:

**Several of our women will offers reflections on
their own relationships with the Mother of God.**

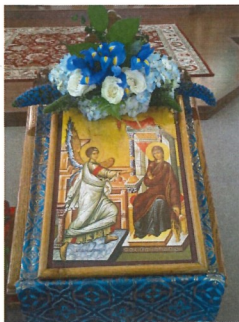
- Lenten Snacks, Desserts, Beverages -

Donation paid at the door:

Adults - \$7 Girls 10 yrs. old & younger - \$3

Proceeds will go towards the Annual Charitable Project
of the Antiochian Orthodox Women of N. America.

NO R.S.V.P. NECESSARY. JUST COME!



**Local charitable project:
SUSIE'S CLOSET**

- A Santa Barbara organization that helps
support expectant and new mothers -
Please see upcoming email for specific ways to help.

Questions? Contact Christie Robinson at
805-455-4312/christie.d.robinson@gmail.com

ANNOUNCEMENTS

The Men's Fireside for March will meet tomorrow evening, March 21, AFTER Great Compline in the TEEN ROOM. The men are invited to bring a bag/box dinner with them to the gathering.

During Great Lent, we will be collecting food items for the Food Bank of Santa Barbara as part of a nation-wide campaign sponsored by our Antiochian Archdiocese each year, called "FOOD FOR HUNGRY PEOPLE." There will be collection boxes for donated food in the hallway at the church. Cash donations are also welcome. Checks should be made out to St. Athanasius with a memo: "Food for Hungry People." Families are also encouraged to take home the little coin collection boxes available in the hallway at church and to involve children in almsgiving during Lent.

International Orthodox Christian Charities (IOCC) is responding to the Ukrainian crisis by working with partners in Ukraine and across the region to address immediate needs while also looking ahead and planning for longer-term response. They have deployed staff to the area and are working with local churches to provide emergency supplies and food. If you would like to learn more about their efforts, or to support them with a donation, you can do so here: <https://iocc.org/blog/will-you-respond-to-the-ukraine-crisis>

SAVE THE DATES!

St. Athanasius Summer School
June 13-24, 2022

Watch for more details after Pascha!

CELEBRATIONS THIS WEEK

Birthdays

- ★ 3/21 Peter Van Dolah, Jacob Wallace
- ★ 3/22 Sarah Brasel
- ★ 3/23 Kh. Cayce-Marie Halsell, Amos Palmer
- ★ 3/24 Luke Hoppe

Patronal Saint's Day

- ★ 3/20 St. Photini (Samritan Woman) Sarah Brasel
- ★ 3/25 The Theotokos (Annunciation) Carla Brunstead, Kirsten Jacqua, Mary Denny

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.
Obadiah

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 Temple Fund.

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.

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.

