



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, Metropolitan SABA

Pastor:

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

Priests attached to the parish:

Fr. Nicholas Speier (Pastor Emeritus)
frnicholas@stathanasius.org, 805-685-5400

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. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Parish Council 2023-2024

Lara Jacobs, Chair
Glenn Hoppe, Vice Chair
Dan Braun, Treasurer
Asia Ballew, Secretary
Dominic Dopico
Kristin King
Michael Loulias
Velislava Nikolov

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
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**Teen Program & College/Young Adult
Activities Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

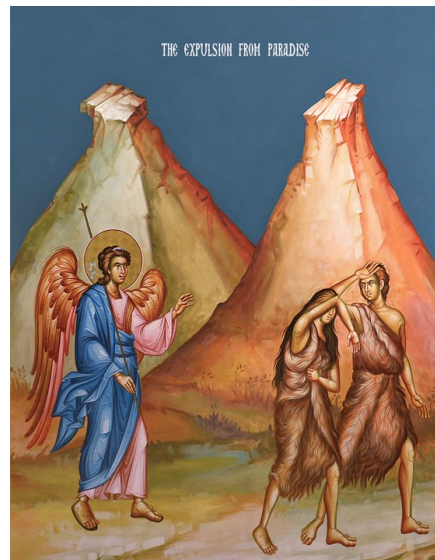
DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

March 17, 2024

Tone 8 / Eothinon 8

Sunday of Forgiveness (Cheese Fare)

Venerable Alexios the 'Man of God,'
Patrick, Bishop of Armagh and Enlightener of Ireland



WELCOME TO OUR VISITORS!

We are glad you are with us this morning
to join our worship of the Father, Son & Holy Spirit!
Please join us on the patio after the Liturgy for
the Agape Meal. 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

**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 8

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

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 8** Byzantine melody

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

Verse: *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*

EPISTLE READING for the Sunday of Forgiveness

Romans 13:11-14:4

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 for the Sunday of Forgiveness

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 HYMNS

Praise the Lord from the heavens; praise Him in the highest! (*Ps 148:1*)
Alleluia, Alleluia, Alleluia!

By the Waters of Babylon (Psalm 137)

By the Waters of Babylon, there we sat down and wept when we remembered Zion.
Alleluia.

1. On the willows there we hung up our lyres. Alleluia.
2. For there our captors required of us songs and our tormentors required mirth. Alleluia.
3. Sing us one of the songs of Zion. Alleluia.
4. How shall we sing the Lord's song in a foreign land? Alleluia.
5. Remember, O Lord, on the day of Jerusalem's fall. Alleluia.

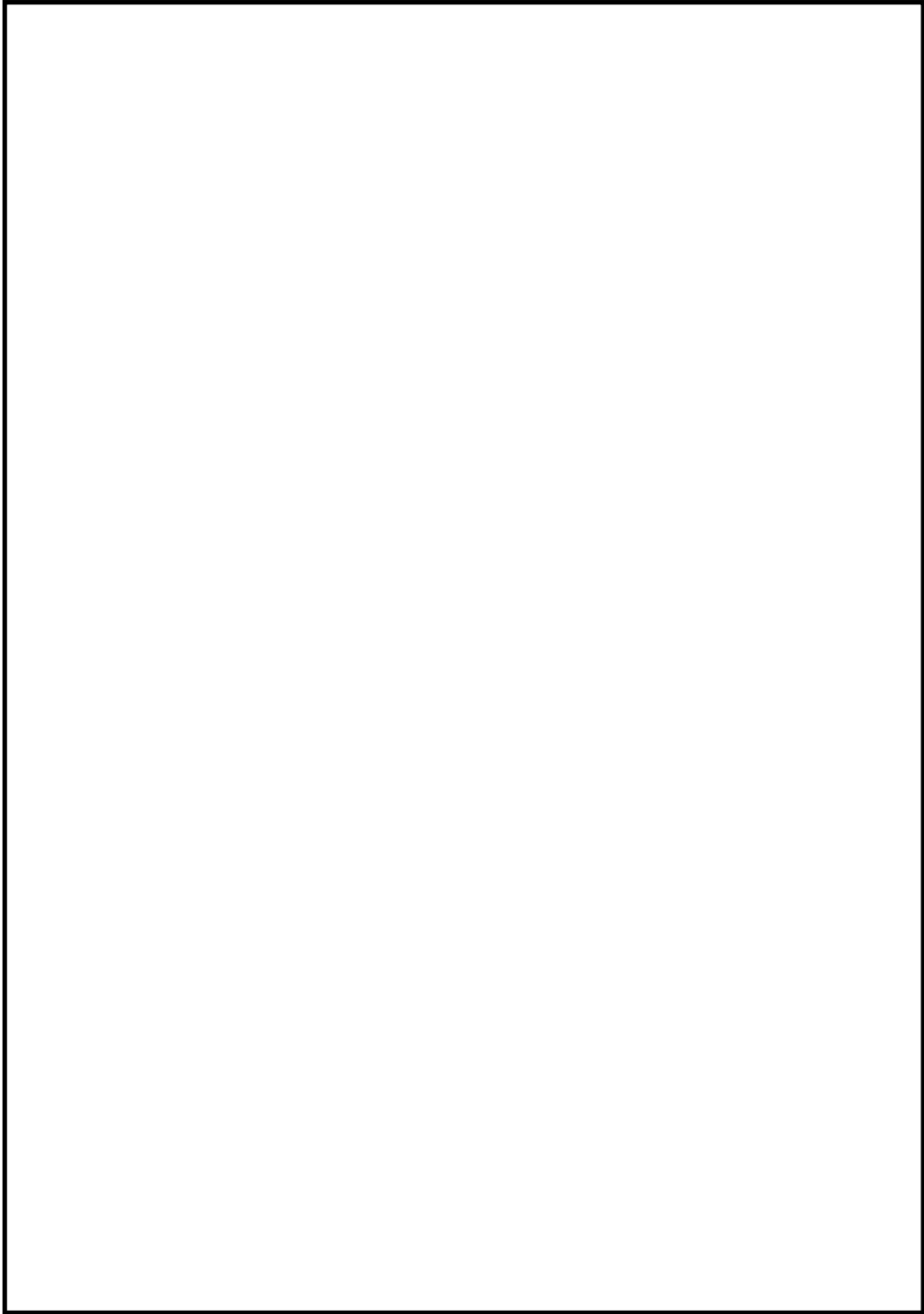
Holy Communion & The Thanksgiving Prayers

In the Orthodox Church, the Sacrament of Communion is offered only to Orthodox Christians who have humbly prepared to receive through prayer and a recent Sacramental Confession.

Non-Orthodox people and those not communing today may approach during Communion for a priestly blessing by saying, "Father, bless." After this you may take a piece of antidoron (blessed bread) offered in the bowls.

If you are interested in joining the One Holy Catholic and Apostolic Church, speak with our Pastor about how to become an Orthodox Christian.

At the conclusion of the Divine Liturgy, we offer **Thanksgiving Prayers** for having received the body and blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have partaken and prepare us for our transition from the Kingdom back into "the world." If you have partaken, stay to listen to these prayers after you have venerated the cross. Immediately after, the priest will bless the Agape Meal. **We ask that all your socializing take place outside of the church.**



**Catechesis of the Good Shepherd
Reconciliation Retreat
March 15-16, 2024**

For three weeks *Dominic Salcido, Elias Hedges, Gabriel Wolfington, Jesse Palmer, Miriam Vander Laan, Niko Halsell, and Zoe McDonald* have been preparing for the Reconciliation Retreat that took place this past Friday and Saturday. They began by reflecting on the image of Jesus as the True Vine and themselves as the branches of the True Vine.

They spent time considering how the vine is affected when the life giving "sap" that flows through the vine becomes blocked (sin) and how the Vinedresser (God the Father) works hard to care for the vine to make it healthy and vibrant again. They looked at the parables of the Found Coin, the Found Sheep and the Prodigal Son and reflected on how God rejoices when those that have been "lost" are "found" or reconciled with the Father once more.

They have also celebrated the gifts of their baptism by remembering the candles that were lit to represent the Light of Christ, the white garment they wore on the day of their baptism to represent the purity of their newly illumined soul and the prayers that were prayed on their behalf by their parents and Godparents. This weekend they made new candles, new garments and said some of those same prayers themselves while being surrounded in prayer by their parents and Godparents or a prayer partner. You may notice those candles today in church and see the white garments they made. These help remind them (and us all!) of the gifts that were given to them on the day of their baptism as well as the gift of reconciliation that God has lovingly offered to all.

Many years to Dominic, Elias, Gabriel, Jesse, Miriam, Niko, and Zoe!

**A PRAYER FOR GOD'S BLESSING OF THE
LAND DEVELOPMENT**

Almighty God, Creator and Fashioner, who didst found the earth on its firmness, who is the fountain of Wisdom and Tower of Strength, our help and refuge, Thou knowest that we can do nothing without Thy Divine guidance and aid: assist us that we may gird ourselves in simplicity that we may be wise as serpents and gentle as doves. Knowing that Thy wisdom and providence always prevail and are our strength, we ask that Thou dost bless our efforts to establish this land as a dedication to Thee. Thou hast given this earth to us to be a land of peace, and a beacon of salvation for mankind, we ask that this place be founded unshakably so that our children's children may glorify Thee unto the end of this age. Be Thou well pleased to bless us in Thy holy will to bring all our plans to completion, free them from every snare of the adversary that we may build upon this land a holy temple in which we may ascribe glory to Thee and the building up of all that is necessary for our salvation and that of this city and county; for Thine is the dominion, and Thine is the Kingdom, and the Power, and the Glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

ANNOUNCEMENTS

PAN-ORTHODOX VESPERS for the Sunday of Orthodoxy will be replaced this year with VIGIL FOR THE FEAST OF THE ANNUNCIATION next Sunday, March 24th at 6:00 p.m., hosted by Annunciation O.C.A. parish at 877 Francine Lane in Santa Maria.

WE WILL CELEBRATE THE FEAST OF THE ANNUNCIATION in our parish on Monday, March 25th with Vespers-Liturgy at 6:00 p.m.

THE ADULT CATECHISM CLASS FOR THIS WINTER will meet for the last time on Saturday, March 30th at 3:00 p.m. The class will pause during Great Lent and meet again beginning in late May.

SOUP DINNERS ON WEDNESDAYS DURING GREAT LENT

We will continue our tradition of offering a simple meal of soup and bread after our Wednesday evening Presanctified Liturgies during Great Lent. Please see the online sign-up list to help us make that happen!

<https://bit.ly/SoupDinners2024>

FOOD FOR HUNGRY PEOPLE

DURING GREAT LENT we will, once again, be collecting food items for our local Food Bank. Also, we will be collecting monetary donations for Food for Hungry People, a coordinated effort through our Antiochian Archdiocese. Coin collection boxes are available for parents who wish to use them at home with their children during Lent. All monetary donations will go to Food for Hungry People and can be made through our tithe box or online through our website. **Please be sure to include the memo: "Food for Hungry People," and make checks out to St. Athanasius Church.** Starting in the first week of Lent, we will have a designated collection area for food items. We are asking for very specific items that are listed on the Food Bank's "MOST NEEDED" LIST. See the back page of this bulletin for more details.

THE FOLLOWING DOCUMENTS ARE AVAILABLE ON THE PARISH WEBSITE in the password protected area of the site that is available to active parish members only:

- 2023 Financial Report & 2024 General Operating Budget
- Pastor's Report and Summary of the All-parish Meeting on February 25, 2024

Active, communing parish members may request a password by emailing to the church office: office@stathanasius.org.

CELEBRATIONS THIS WEEK

Birthdays

3/18 Doug King
3/20 Zachary Wood
3/21 Peter Van Dolah, Jacob Wallace
3/22 Sarah Brasel, Jordan Denny
3/23 Kh. Cayce-Marie Halsell, Amos Palmer

Patronal Saint's Day

3/20 St. Photini (Samaritan Woman) Sarah Brasel

ALL WOMEN AND YOUNG LADIES IN JUNIOR HIGH AND OLDER are invited to participate in our Lenten “Secret Sisters” activity. See the sign-up list out in the hallway for more information. The last day to sign up is today, March 17th, and it begins next Sunday, March 24th. The “reveal” is on Pascha, May 5th.

**UPCOMING SCHEDULE of FEAST DAYS,
GREAT LENT & SPECIAL ACTIVITIES**

CHEESEFARE SUNDAY

TODAY ON THE PATIO:

Project Mexico Mission Team Fundraiser/Luncheon after Liturgy

TONIGHT: FORGIVENESS VESPERS at 6:00 p.m.

GREAT LENT BEGINS TOMORROW — Monday, March 18

FIRST WEEK OF GREAT LENT—Services every evening at 6:00 p.m.

Monday 3/18	Great Compline with Canon of St. Andrew
Tuesday 3/19	Little Compline with portion of Canon
Wednesday 3/20	Presanctified Liturgy
Thursday 3/21	Little Compline with portion of Canon
Friday 3/22	Akathist to the Mother of God

**During the remaining 5 weeks of Great Lent, we pray
the following weekday services at 6:00 p.m.:**

Mondays — Great Compline

Wednesdays — Presanctified Liturgy

Fridays — Akathist to the Mother of God

*Thursday, April 18th (5th week) — Portion of the Canon of St. Andrew and
the life of St. Mary of Egypt

SOUL LITURGIES will be served on March 30, April 6 and April 13.

FEAST OF THE ANNUNCIATION

Sunday, March 24	6:00 p.m. Pan-Orthodox Vespers at Annunciation Orthodox Church in Santa Maria (This is also the Sunday of Orthodoxy. The Great Vespers will be for the feast of Annunciation.)
Monday, March 25	6:00 p.m. Vesperal-Liturgy at our parish
Saturday, March 30	Women’s Fellowship Annunciation Tea 11:00 a.m.-1:00 p.m.

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:**

His Beatitude, Patriarch John X
Metropolitan SABA
Mother Victoria
Met. Paul & Abp. John
Abp. Benjamin
Fr. Mathias in Tanzania (OCMC)
Fr. Jon B.
Fr. John & Kh. Diane C.
Fr. Nicholas & Jan
Fr. Turbo & St. Mary parish
Fr. Paul and St. Moses parish
Greg & Margaret Y.
Hoppe Family in Albania (OCMC)
Joseph Wm. B. in Kenya
Duane F.
Richard and Susan B.
Bob N.
Kh. Melissa H.
Jeremiah & Sarah H. (military)
Lauren & Fernando J. (military)
Chase K. (military)
Nick & Kristine J. (military)
Connor V. (military)
Julianna & Zaron D. (military)
P. Speier (military)

Subdn. Matthew W. (seminary)
Steve T.
Temmo K.
Sarah B..
Dn. John & Fay Y.
Samantha & Chris N. & Family
Kevin D. & Family
Erik L.
Matthew
Wade
Amanda Catherine
Darcy
Penny B.
Nancy & Patrick G.
Audry D.
Kh. Peggy K.
Laura & Jeff & Family
Amanda, Chris & Baby James

For the local agencies and their leaders who are working to fight human trafficking.

The Ethiopian Orthodox Church

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.

OUR CATECHUMENS:

Rebecca Beech
Cameron Bobro
Natasha Carr
Paul Carr
Connor Clements
Kevin Duke
Adam English
Mark Gross

For repose of the souls of:

* **ST. ATHANASIUS CHURCH BOOKSTORE** *
* The church bookstore is located in the foyer of our building. The tables and two enclosed *
* cabinets contain items that are FOR SALE. One cabinet holds icons, crosses, incense, *
* prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book ti- *
* tle. Children’s books are on the bottom shelf. See Terri Speier if you are looking for jew- *
* elry such as a cross or chain. **You can contact Terri at: bookstore@stathanasius.org.** *
* Payment should be made at time of purchase and placed in the brown lockbox on wall next *
* to Fr. Symeon’s 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.** *

CALENDAR FOR THE WEEK

Sunday, March 17—CHEESEFARE SUNDAY

ST. PATRICK OF IRELAND

9:00 a.m.	Catechesis for children 3yrs-6th grade
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy/Trisagion Prayers for Met. Phillip
11:30 a.m.	Teen Education
11:45 a.m.	Project Mexico Mission Team Fundraiser Luncheon
5:30 p.m.	Choir Rehearsal
6:00 p.m.	Forgiveness Vespers

GREAT LENT BEGINS

Monday, March 18

7:00 a.m.	Lenten Matins
5:45 p.m.	St. Xenia Prayer Ministry by Zoom (Akathist for St. Nikiforos)
6:00 p.m.	Great Compline with Canon of St. Andrew of Crete

Tuesday, March 19

6:00 p.m.	Little Compline with portion of Canon of St. Andrew
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Wednesday, March 20—ST. PHOTINI

7:00 a.m.	Lenten Matins
12:00 p.m.	St. Xenia Prayer Ministry at the church
6:00 p.m.	Presanctified Liturgy

Thursday, March 21

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
6:00 p.m.	Little Compline with portion of Canon of St. Andrew

NO YOUTH GROUP

Friday, March 22

7:00 a.m.	Lenten Matins (with a priest)
6:00 p.m.	Akathist to the Mother of God

Saturday, March 23

NO ADULT CATECHISM

5:30 p.m.	Vespers/Confession
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Sunday, March 24—SUNDAY OF ORTHODOXY

9:00 a.m.	Catechesis for children 3yrs-6th grade
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
6:00 p.m.	Pan-Orthodox Vigil for the Feast of the Annunciation at Annunciation OCA parish in Santa Maria

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 17	Dn. G. Braun
March 24	Morrison
March 25	Kern
March 31	Fr. N. Speier
April 7	Jacobs

READERS

March 17	Lange
March 20	Gish (Presanctified Liturgy)
March 24	Butler
March 25	Lange (Annunciation Vesp-Liturgy)
March 27	Kern (Presanctified Liturgy)
March 30	Kern (Soul Liturgy)
March 31	Gish
April 3	Meyer
April 7	Alexander

GREETERS

March 17	K.P. King
March 24	H. Lange
March 31	G. Hoppe
April 7	M. Loulias

USHERS

March 17	C. Speier/S. Speier
March 24	K.L.King/D. Meyer
March 31	D. Washburn/K.L. King
April 7	P. King/J. King

AGAPE MEAL HOSTS

March 17	PROJECT MEXICO TEAM Fundraiser/Luncheon
March 24	Team Speier
March 31	Team Wayne
April 7	Team Worthington

Join St. Athanasius parish in supporting the
**FOOD FOR HUNGRY
PEOPLE CAMPAIGN**

of the Antiochian Orthodox Archdiocese
during Great Lent 2024

to benefit the
**Food Bank of Santa Barbara
and Food for Hungry People**



Ways to give:

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

**MOST NEEDED
FOOD ITEMS:**

- Canned Tuna or Salmon
- Nuts or Nut Butters (no salt)
- Brown or wild rice
- Whole grain flours/corn meal
- Whole grain tortillas
- Canned or dried beans (black, kidney, garbanzo)
- Whole Grain Cereal (with less than 12g sugar/serving)

Food items accepted Mar. 17-Apr. 21
Coin boxes due by Palm Sunday, Apr. 28



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



St. Athanasius Women's Fellowship

Annunciation Tea

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

Saturday, March 30, 2024

11:00 a.m.—1:00 p.m.

Check your email for the evite, or contact
Liz Hoppe at hop2it1995@gmail.com