



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
email: office@stathanasius.org

**Teen Program & College/Young Adult
Activities Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

DIVINE LITURGY OF ST. BASIL THE GREAT

March 31, 2024

Tone 2 / Eothinon 10

Second Sunday of Great Lent

Commemoration of Gregory Palamas,
Archbishop of Thessalonica

Hypatios the Wonderworker, Bishop of Gangra;

Prophet Joel



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. BASIL THE GREAT

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 2

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One,
then Thou didst destroy hell with Thy Godly power.
And when Thou didst raise the dead from beneath the earth,
all the powers of Heaven did cry aloud unto Thee:
O Christ, Thou giver of life, 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.

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 2**

Chanter: Alleluia, Alleluia, Alleluia!

Verse: May the Lord hear you in the day of trouble!
May the name of the God of Jacob protect you! (*Ps 19/20:1*)
Verse: O Lord, save the King in the day we call on Thee! (*Ps 19/20:9*)

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!"

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.

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*)

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.**

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.

**UPCOMING SCHEDULE of SERVICES
FOR GREAT LENT**

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

Mondays — Great Compline
Wednesdays — Presanctified Liturgy & Soup Dinner
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 at 6:00 p.m.

SOUL LITURGIES will be served on April 6 and April 13 at 9:00 a.m.

**During 2024, we will be supporting the work of Fr. Mathias Nestory
through a monthly donation to the Orthodox Christian Mission Center.**



MATHIAS NESTORY

SAMP PRIEST SERVING IN DIOCESE OF
BUKOBWA AND WESTERN TANZANIA

Fr. Mathias Nestory was born into an Orthodox family on March 13, 1981 in Muleba. He studied theology at the Kasikizi catechetical school in Bukoba as well as St. Sava in Alexandria, Egypt. He was ordained to the priesthood on December 11, 2022. He currently serves two parishes, St. Paul in Kobunshwi and St. Dimitrios in Ntungamo.

Orthodoxy came to the people of East Africa, not through the efforts of a single missionary, but through charismatic African men searching for truth and "orthodoxia" in the early 1920s. Correspondence began with the Patriarch of Alexandria, and in 1946, they were received into canonical Orthodoxy. In 1958 the holy Synod appointed NICHOLAS (Valeropoulos) the first Metropolitan of All East Africa, and in 1972 three African priests were ordained to the rank of auxiliary bishop.

As Orthodox communities in the area grew, the large region was divided into separate dioceses in Kenya, Uganda, and Tanzania, in order to minister to the increasing numbers of faithful. His Eminence Archbishop ANASTASIOS (Yannoulatos), who in 1982 was assigned as Acting Archbishop, completed the seminary in Kenya and undertook the training of indigenous priests and the translation of Orthodox services for Tanzania, Uganda, and Kenya.

In Tanzania, the efforts to bring Orthodoxy to the very faraway villages were aided by a devout man, Fr. Sosthenes Kiyonga, who carried the gospel by foot and bicycle to people who hungered and thirsted for its saving message. In 1992 a new diocese was established in Bukoba. In January 2022, His Grace CHRYSOSTOMOS was elected Bishop of Bukoba. His Grace previously served missions in the Democratic Republic of Congo and Albania.

ANNOUNCEMENTS

THERE IS NO FRIENDS GATHERING AT ST. BARBARA MONASTERY today because the mud slides have not been cleared from highway 150 and more rain is expected this weekend. Caltrans is saying that they hope to have the road cleared by the end of May.

SOUP DINNERS ON WEDNESDAYS DURING GREAT LENT

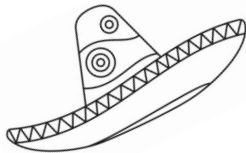
Thank you to all who have been supporting our Wednesday Soup Dinners after Presanctified Liturgy by bringing food and helping with clean-up. We have four more weeks to go, so please see the online sign-up list if you can help out. We could use some help at 5:15 p.m. with the set-up of tables and chairs, for those who can come a bit early. **TO SIGN UP:** <https://bit.ly/SoupDinners2024>

SALLY COOK from Hope Refuge/Olive Crest is rescheduled to be with us on Sunday, April 14th. She will speak briefly after the Liturgy about the life-saving work being done at Olive Crest. After that, she will join us for the Agape Meal and will be available to answer your questions.

FOOD FOR HUNGRY PEOPLE

During Great Lent we will, once again, be collecting food items for our local Food Bank. **PLEASE SEE THE FOODBANK'S MOST NEEDED LIST OF FOODS.** You can find the list on the flyer in the hallway of the church or here: <https://foodbanksbc.org/give-help/donate-food/>

Food items may be placed on the shelves and in the baskets in the hallway. 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 payable to St. Athanasius Church.**



Muchisimas Gracias!!!

Many thanks to all who so generously supported our Project Mexico Mission Team fundraiser for our August 2024 home building trip!

We have been able to raise over half of our goal of \$12,000, between donations made at the luncheon and those given online.

If you are able to help push us to the goal, donations are still welcome, either in the tithe box or given on our parish website.

Please be sure to include a memo: "Project Mexico Team." Thank you!!



CELEBRATIONS THIS WEEK

Birthdays

- 4/2 Levi Denny, Christina Shackelford
- 4/3 Donna Friesen, Timmy Palmer
- 4/4 Duane Franzen
- 4/5 Corina Berari
- 4/6 Monica Finley, Valerie Yova

Patronal Saint's Day

- 4/1 St. Mary of Egypt Corie Sieck, Corina Berari, Kristen Roberts,
Melissa Wayne, Valerie Yova


 **SAVE THE DATES!** 
 **St. Athanasius Summer School** 
 **June 17-28, 2024** 
 **Watch for more details after Pascha!** 



**FINANCIAL UPDATE
February 2024**

	<u>Actual Income</u>	<u>Budget Goal</u>
Tithes received in February	\$ 54,462	\$ 57,417 (includes \$20,555 for mortgage)
February Temple donations	\$ 4,800	

Temple Fund Balance year-to-date: \$ 729,215

Total income February 2024	\$60,474.68
Total expenses February 2024	<u>-60,463.19</u>
PROFIT for February	\$ 11.49

DEFICIT for the first 2 months: \$5,950.63

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
Benny & Michelle M.
Evonne C.

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: Fr. Anthony K.

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 title. Children’s books are on the bottom shelf. See Terri Speier if you are looking for jewelry 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 31—ST. GREGORY PALAMAS

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
 12:15 p.m. Choir Rehearsal

Monday, April 1

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

Wednesday, April 3

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

Thursday, April 4

7:45 a.m. St. Xenia Prayer Ministry by Zoom
 10:00 a.m. Showers of Blessing
 6:00 p.m. Youth Group

Friday, April 4 5

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

Saturday, April 6

9:00 a.m. Soul Liturgy
 5:30 p.m. Vespers/Confession

Sunday, April 7 — SUNDAY OF THE CROSS

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
 12:15 p.m. Choir Rehearsal

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 31 Fr. Nicholas
 April 7 Morrison
 April 14 Hoppe
 April 21 Dn. G. Braun

READERS

March 31 Gish
 April 3 Meyer (Presanctified Liturgy)
 April 6 Alexander (Soul Liturgy)
 April 7 Butler
 April 10 Lange (Presanctified Liturgy)
 April 13 Gish (Soul Liturgy)
 April 14 Kern
 April 17 Alexander (Presanctified Liturgy)
 April 21 Meyer

GREETERS

March 31 G. Hoppe
 April 7 M. Loulias
 April 14 L. Baker
 April 21 K.P. King

USHERS

March 31 D. Washburn/K.L. King
 April 7 P. King/J. King
 April 14 D. Alexander/D. Meyer
 April 21 S. Speier, C. Speier

AGAPE MEAL HOSTS

March 31 Team Wayne
 April 7 Team Worthington
 April 14 Team Loulias/Cocores
 April 21 Team Halsell

