



## 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)  
Fr. John Carrillo (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**

Dominic Dopico, Chair  
Kristin King, Vice Chair  
Dan Braun, Treasurer  
Velislava Nikolov, Secretary  
Asia Ballew  
Sydney Hedges  
Michael Loulias  
Cheryl Washburn-Lander

**Music Director/Administrator:**

Valerie Yova  
Office phone: 805-685-5400  
email: office@stathanasius.org

**Teen Program Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**College/Young Adult Activities Coordinators**

Athanasia Ballew  
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Zac Wood  
zac.wood9@gmail.com

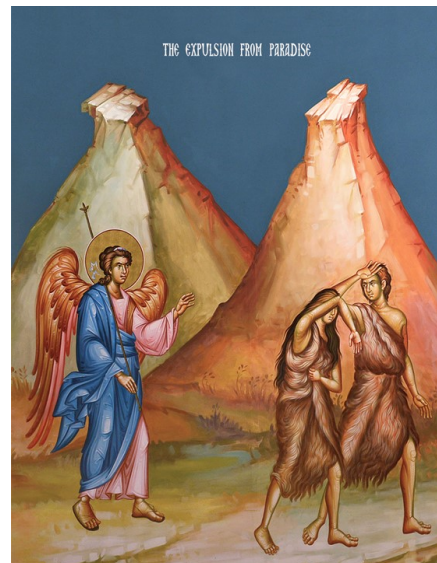
## DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, March 2, 2025

Tone 3 / Eothinon 3

Sunday of Forgiveness (Cheese Fare)

Martyr Hesychios the Senator;  
Theodotos, Bishop of Cyrene in Cyprus;  
Virgin-martyr Euthalia of Sicily



## 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**

**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.

**We sing the following hymns as the clergy enter the altar  
during the Little Entrance:**

**Troparion of the Resurrection**

**Tone 3**

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.

**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 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** **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)*

**RESPONSES IN OTHER LANGUAGES**

At the encouragement of His Eminence, Metropolitan Saba, during the Divine Liturgy Fr. Symeon is “giving the peace,” in a variety of languages and the choir is responding to “Peace be to all,” in the corresponding language with “And to thy spirit.”

**Fr. Symeon will stay with Arabic for a few weeks until we all get used to responding.**

**English**  
Arabic

**Peace be to all.**  
As-sa-la-mu li-ja- í-kum.

**And to thy spirit.**  
Wuh-li wou-ee-kah

## 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 HYMN

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, fasting, 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 anti-doron (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.**

## ANNOUNCEMENTS

**THIS EVENING at 6:00 p.m. we will gather for Lenten Vespers and the Rite of Forgiveness, as we begin our journey to Pascha.**

### **SOUP DINNERS ON WEDNESDAYS START THIS WEEK!**

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/LentenSoupDinners2025>

**NEXT SUNDAY, MARCH 9th, WE WILL JOIN THE OTHER ORTHODOX PARISHES OF THE CENTRAL COAST** for Great Vespers of The Triumph of Orthodoxy at 6:00 p.m. at St. Barbara Greek Orthodox Church.

### **FOOD FOR HUNGRY PEOPLE**

**DURING GREAT LENT** we will, once again, be collecting food items for our local Food Bank. 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. Monetary donations are welcome. Please make checks payable to St. Athanasius, with a memo that says, "Food for Hungry People." Monetary gifts will go to our Archdiocese's annual collection to support programs which provide food for those in need. See the info on the back page of this bulletin.

### **LENTEN ACTIVITY BOOK FOR FAMILIES**

The wonderful book *Tending the Garden of Our Hearts* now has an activity book for children to use alongside these Lenten meditations. After reading each day's meditation, children can complete the related spread in the activity book as an added learning opportunity. The book can be purchased in our bookstore and the activity book can be purchased for download on Etsy at this link: <https://www.etsy.com/listing/970766999/tending-the-garden-of-our-hearts-daily>  
You can learn more about the books on the Archdiocese website here: <https://www.antiochian.org/regulararticle/1480>

### **LENTEN SEMINAR on MARCH 15th**

On Saturday, March 15th, after the 9:00 a.m. Soul Liturgy, we will gather for a Lenten Seminar taught by Fr. John Finley. The topic is "The Inner Heaven of Man - The Healing of the Mind, Heart, and Will according to St. Nikolai of Zica." There will be a Coffee Hour after the Liturgy and lunch will be served at 1:00 p.m. for the seminar participants. **Great Vespers will be served early that day, at 3:30 p.m., to culminate the workshop.** Please sign up here so that we know how much food to prepare: <https://bit.ly/LentenSeminar2025>

## **CELEBRATIONS THIS WEEK**

### **Birthdays**

- 3/3 Mark Kern
- 3/4 Juliana Brunner, Dominic Dopico, Natalya Kawahara, Marleynna Worthington
- 3/7 Mateo Finley, Nelly Mashhour

### **Patronal Feast Days**

- 3/4 St. Gerasimas of the Jordan Mason Speier

## THE RITE OF FORGIVENESS

“What is the meaning of this rite? Why is it that the Church wants us to begin Lenten season with forgiveness and reconciliation?” “...Now, forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, Whom He sends to us, so that by sharing in His humanity we may share in His love and be truly reconciled with God. Indeed, Christianity has no other content but love. And it is primarily the renewal of that love, a return to it, a growth in it, that we seek in Great Lent, in fasting and prayer, in the entire spirit and the entire effort of that season. Thus, truly forgiveness is both the beginning of, and the proper condition for the Lenten season.”

“One may ask, however: Why should I perform this rite when I have no “enemies”? Why should I ask forgiveness from people who have done nothing to me, and whom I hardly know? To ask these questions is to misunderstand the Orthodox teaching concerning forgiveness. It is true, that open enmity, personal hatred, real animosity may be absent from our life, though if we experience them, it may be easier for us to repent, for these feelings openly contradict Divine commandments. But, the Church reveals to us that there are much subtler ways of offending Divine Love. These are indifference, selfishness, lack of interest in other people, of any real concern for them—in short, that wall which we usually erect around ourselves, thinking that by being “polite” and “friendly” we fulfill God’s commandments. The rite of forgiveness is so important precisely because it makes us realize – be it only for one minute – that our entire relationship to other men is wrong, makes us experience that encounter of one child of God with another, of one person created by God with another, makes us feel that mutual “recognition” which is so terribly lacking in our cold and dehumanized world.”

“On that unique evening, listening to the joyful Paschal hymns, we are called to make a spiritual discovery: to taste of another mode of life and relationship with people, of life whose essence is love. We can discover that always and everywhere Christ, the Divine Love Himself, stands in the midst of us, transforming our mutual alienation into brotherhood. As I advance towards the other, as the other comes to me – we begin to realize that it is Christ Who brings us together by His love for both of us.”

“And because we make this discovery – and because this discovery is that of the Kingdom of God itself: the Kingdom of Peace and Love, of reconciliation with God and, in Him, with all that exists – we hear the hymns of that Feast, which once a year, “opens to us the doors of Paradise.” We know why we shall fast and pray, what we shall seek during the long Lenten pilgrimage. Forgiveness Sunday: the day on which we acquire the power to make our fasting – true fasting; our effort – true effort; our reconciliation with God – true reconciliation.”

From *Reflections in Christ* by Fr. Alexander Schmemmann  
<https://www.oca.org/reflections/fr-alexander-schmemmann/forgiveness-sunday>

**FOR WOMEN & GIRLS OF ALL AGES:**  
*Annual Annunciation Tea*

**Saturday, March 29, 2025  
2-4 p.m.**



**Guest speaker: Kh. Caryn Kruse,  
Licensed Professional Clinical Counselor**  
"Self-care for Orthodox Christian Women:  
The Theotokos as our Role Model"  
- When to say Yes and How to Say No -

**Paraklesis Canon & Musical Presentations  
followed by  
Tea and Lenten Finger Foods on the Patio**

**Donation paid at the door:**

Adults - \$20  
Young women & Girls 13-20 years old - \$10  
Girls 12 years and under - \$5

**Proceeds benefit the Endowment for Widowed Clergy Wives.**

**GREAT LENT BEGINS ON MONDAY, MARCH 3rd.**

**SERVICES IN THE FIRST WEEK OF GREAT LENT**

Sunday, March 2	Lenten Vespers with the Rite of Forgiveness
Monday, March 3	Great Compline with Canon of St. Andrew of Crete
Tues., March 4	Little Compline with portion of Canon of St. Andrew
Wed., March 5	Presanctified Liturgy
Thurs., March 6	Little Compline with portion of Canon of St. Andrew
Fri., March 7	Akathist

**During the remaining 5 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 (except for 3/24, which will be Vespers for Annunciation)  
Presanctified Liturgy on Wednesdays  
Akathist on Fridays

**SOUL LITURGIES on March 15, 22 & 29**



## UPCOMING FEAST DAY CELEBRATION

### Feast of the Annunciation

Monday, March 24—Festal Great Vespers at 6:00 p.m.

Tuesday, March 25—Vesperal Liturgy at 6:00 p.m.

## SAVE THE DATE: “Sip ‘n Care”

Help pack Fresh Start Bags for Survivors of Human Trafficking

**Saturday, March 8, 2025 from 2-4 p.m.**

in the Funk Zone at FOX WINE CO.

120 Santa Barbara St.

Sponsored by the Interfaith Collaborative against Human Trafficking

## Secret Sister Program

- A program where women encourage each other **anonymously** through cards, gifts, and prayer.
- Participants exchange names and give gifts to their assigned "sister."
- Please remember to **pray** for your “Sister”- that is the most important part of participation.
- This time we will **only give cards** with prayers & encouragement in them. **One gift** will be given at the reveal on Pascha. Sign your name then.
- To participate: send your email address to Cheryl Fisher at 31.25.cheryl@gmail.com by March 3.

### From one of the youngest participants:

*“... The secret sisters always bring me joy during the season of fasting. It’s always really fun to get to know someone from our church. Even if it’s simple things, it brings us closer as a church!”*

# CAMP ST. NICHOLAS

## Bridge Week 2025

### *Summer Camp for 2025 High School Grads*

#### What Is This?

- Summer Camp for Current Year High School Graduates
- Similar to Regular Camp St Nicholas Summer Program
- Focused on Bridging the Gap Between High School and What Comes Next

#### What Will We Do?

- Morning Program Focused on Strengthening our Faith, Skills for Success, and Connection with Orthodox Christians While Away from Home
- Afternoon and Evening Program Similar to Regular Summer Camp
- Off Camp Day Trips and New Activities

#### When Is It?

- Sun, June 15 to Sat, June 21
- Limited to 30 Campers
- Registration Opens Feb 22
- Cost is \$100 per Camper (through philanthropic support from the Orthodox Vision Foundation)





**CAMP ST. NICHOLAS**  
**SUMMER CAMP**  
**REGISTRATION**

**FEBRUARY 22ND,**  
**10:00AM**

**DATES**

**WEEK 1: JULY 6TH-12TH**

**WEEK 2: JULY 13TH-19TH** (Teen Week)

**WEEK 3: JULY 20TH-26TH**

**COST: \$620**  
**DEPOSIT: \$100**

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

**TO REGISTER:**

<https://events.circuitree.com/CampStNicholas/>

**If you need financial assistance, talk to Fr. Symeon.**

## **LENTEN COOKING CLASS with Anthony Salcedo**

There are still spots available for both cooks and observers at the March 22nd class, being held at the Club House at San Vicente Mobile Home Park.

**To sign up:**  
<https://bit.ly/LentenCooking2025>



### **Lenten Cooking Class Sat. February 22, 2025**

From left to right:  
Christina Salcedo, Anthony Salcedo,  
Dorothy Alexander (hostess),  
Rebecca Beech, Sydney Hedges

## **YOUNG ADULT FELLOWSHIP**

Some of the men of our Young Adult Fellowship visited the Monastery of St. John of San Francisco in Manton, CA, a few weeks ago. (Photo below.)

If you are a college student or post-college young adult and would like to be notified about Young Adult activities, contact Zac Wood ([zac.wood9@gmail.com](mailto:zac.wood9@gmail.com)) or Asia Ballew ([asiaballew@proton.me](mailto:asiaballew@proton.me)).

The next Young Adult gathering will be a dinner and Trivia Night on Sunday, March 16th. More details to follow.



**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:**

His Beatitude, Patriarch John X  
Metropolitan SABA  
Mother Victoria  
Met. Paul & Abp. John  
Abp. Benjamin  
Fr. Gabriel in Kenya (OCMC)  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Fr. Nicholas & Jan  
Fr. Turbo & St. Mary parish  
Fr. Paul and St. Moses parish  
Hieromonk Siloan  
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)  
Julianna & Zaron D. (military)  
P. Speier (military)

Subdn. Matthew & Christina  
Steve T.  
Temmo K.  
Dn. John & Fay Y.  
Samantha & Chris N. & Family  
Wade  
Kh. Peggy K.  
Amanda, Chris & Baby James  
Kh. Janet Henderson  
Phyllis M.  
Marta C.  
Sonia T.  
Jon R.  
Penny B.  
Eden Rose  
Suzanne S.  
Jen H.  
Randall B.  
Michael  
Fr. Joseph A.

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:**

Karti Adimulam  
Gianpaul Caceres  
Jacob Feinstein  
Isaak Lau  
Brennan Pawley  
Diego Rangel  
Ethan Salcedo  
Logan Strait  
Joshua Weiss

**For repose of the souls of:** Glenn Elias F., Fr. Thomas F.

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\* **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](mailto: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.** \*  
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## CALENDAR FOR THE WEEK

### Sunday, March 2—CHEESEFARE SUNDAY

9:00 a.m. Matins & Catechesis  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education  
11:45 a.m. **CHEESEFARE POTLUCK**  
5:15 p.m. Choir Rehearsal  
6:00 p.m. Forgiveness Vespers

### Monday, March 3

7:00 a.m. Daily Readers' Matins  
3:00 p.m. St. Xenia Prayer Ministry by Zoom  
6:00 p.m. Great Compline and Canon of  
St. Andrew of Crete

### Tuesday, March 4

6:00 p.m. Little Compline & portion of Canon  
of St. Andrew

### Wednesday, March 5

7:00 a.m. Daily Readers' Matins  
11:50 a.m. St. Xenia Prayer Ministry (in the chapel)  
6:00 p.m. Presanctified Liturgy

### Thursday, March 6

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

### Friday, March 7

7:00 a.m. Matins  
6:00 p.m. Akathist

### Saturday, March 8

5:30 p.m. Great Vespers/ Confessions

### Sunday, March 9—SUNDAY OF ORTHODOXY

## **TURN CLOCKS FORWARD ONE HOUR!**

9:00 a.m. Matins & Catechesis  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education  
11:45 a.m. Agape Meal  
12:15 p.m. Choir Rehearsal  
6:00 p.m. Sunday of Orthodoxy Vespers at  
St. Barbara Greek Parish

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

March 2 Morrison  
March 9 Hoppe  
March 16 Kern  
March 23 Fr. Nicholas

### READERS

March 2 Butler  
March 2 Alexander (Forgiveness Vespers)  
March 5 Lange (Presanctified)  
March 9 Kern  
March 12 Gish (Presanctified)  
March 15 Meyer (Soul Liturgy)  
March 16 Butler  
March 19 Alexander (Presanctified)  
March 22 Meyer (Soul Liturgy)  
March 23 Kern

### GREETERS

March 2 G. Hoppe/B. Eberhard  
March 9 M Wayne/L. Baker  
March 16 K.P. King/K.L. King  
March 23 A. G. Butler/C. Clements

### USHERS

March 2 J. King/P. King  
March 9 K.L. King/D. Alexander  
March 16 D. Meyer/M. Loulias  
March 23 S. Speier/C. Speier

### AGAPE MEAL HOSTS

March 2 **CHEESEFARE POTLUCK**  
March 9 Team Gish  
March 16 Team Speier  
March 23 Team Halsell

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

Great Lent 2025

- to benefit the  
**Food Bank of Santa Barbara &  
the Antiochian Archdiocese annual  
campaign in support of programs that  
provide food for those in need -**



**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."

**MOST NEEDED  
FOOD ITEMS:**

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

**Food items accepted  
March 3-April 6, 2025**



[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*