



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 Beatitude, Patriarch John X

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 2022-2023:

Lara Jacobs, President

Glenn Hoppe, Vice President

Dan Braun, Treasurer

Dorothy Alexander, Secretary

Dominic Dopico

Lizabeth Hoppe

Michael Loulias

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 26, 2023

Tone 8 / Eothinon 8

Fourth Sunday of Great Lent

The Synaxis of the Archangel Gabriel
Stephen the Confessor, Abbot of Triglia



WELCOME TO OUR VISITORS!

We are glad you are with us this morning.

If you are not Orthodox, we invite you to partake of the blessed bread during communion.

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

During Great Lent there will be no Daily Vespers or Daily Matins except for Fridays, when there are Daily Matins at 7 a.m.

Sunday, March 26—ARCHANGEL GABRIEL

9:00 a.m. Matins & Religious Ed. ages 3-12
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Education
11:45 p.m. Agape Meal
12:30 p.m. Adult Catechism

Monday, March 27

5:15 p.m. St. Xenia Prayer Ministry—Akathist by Zoom
5:00 p.m. Confessions
6:00 p.m. Great Compline /Confessions

Tuesday, March 28

6:00 p.m. Parish Council Meeting

Wednesday, March 29

12:00 p.m. St. Xenia Prayer Ministry
5:00 p.m. Confessions
6:00 p.m. Presanctified Liturgy

Thursday, March 30

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

Friday, March 31

7:00 a.m. Daily Matins
5:00 p.m. Confessions
6:00 p.m. Akathist

Saturday, April 1—ST. MARY OF EGYPT

10:00 a.m. Choir Rehearsal
5:00 p.m. Confessions
5:30 p.m. Great Vespers/Confessions

Sunday, April 2—ST. MARY OF EGYPT

9:00 a.m. Matins & Religious Ed. ages 3-12
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Education
11:45 p.m. Agape Meal
12:30 p.m. Adult Catechism

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 26 Dillon
April 2 Dn. G. Braun
April 8 Kern
April 9 Jacobs
April 15 Meyer (Holy Saturday)
April 16 Kern (Pascha)

READERS

March 26 Butler
March 29 Alexander (Presanctified Liturgy)
April 2 Meyer
April 5 Gish (Presanctified Liturgy)
April 8 Alexander (Lazarus Liturgy)
April 8 Kern (Vespers)
April 9 Butler
April 11 Meyer (a.m. Presanctified Liturgy)
April 12 Alexander (a.m. Presanctified Lit.)
April 12 Lange (Uction)
April 13 Kern (Liturgy)
April 14 Gish (Burial Vespers)
April 14 Butler (Lamentations)
April 15 Kern, Gish, Butler, Lange
April 16 Lange (PASCHA)

GREETERS

March 26 L. Baker/K.P. King
April 2 H. Lange/D. Lewis
April 9 M. Loulias/P. Cocores
April 16 N/A

USHERS

March 26 C. Speier/S. Speier
April 2 P. King/J. King
April 9 K. L. King/C. Berari
April 16 D. Meyer/M. Loulias

AGAPE MEAL HOSTS

March 26 Team Baker
April 2 Team Lander
April 9 PALM SUNDAY POTLUCK

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

Mar. 30 F. Young
Apr. 6 M. Loulias
Apr. 13 F. Young
Apr. 20 L. Ballew

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.

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 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 for the Synaxis of the Archangel Gabriel

Tone 4

Gabriel, Commander of the heavenly hosts,
we who are unworthy beseech you:
by your prayers encompass us beneath the wings of your immaterial glory,
and faithfully preserve us who fall down and cry out to you://
“Deliver us from all harm, for you are the Commander of the Powers on high!”

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 (p. 9 of Liturgy book)

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 7**

The Lord will give strength to His people; the Lord will bless His people with peace.

Vs: Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.

EPISTLE READING**Hebrews 6:13-20**

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Come, let us rejoice in the Lord, let us shout with jubilation unto God our Savior.

Verse: Come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

GOSPEL READING

Mark. (9:16-30)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

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*)
Alleluia, Alleluia, Alleluia.

Thanksgiving Prayers after Communion

At the end of the Divine Liturgy, we offer the prayers of thanksgiving for having received the Body and Blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have just partaken, and prepare us for our transition back into the “world.” We invite you to listen to these beautiful prayers during and after the veneration of the cross at the end of the service, and **ask that you show courtesy to those who are remaining to hear the prayers in their entirety by waiting until the blessing of the food at Coffee Hour to eat and socialize.**

Please pray for all of our catechumens, that their minds and hearts will be illumined as they continue their journey towards baptism and/or chrismation.

Emma Bobro
Tatianna Calhoun
Kevin Duke
Kaleigh Flores
Anthony Salcedo, Ethan, Dominic and Jennifer
Gage Salinas
Naomi Siragusa
Mary Wolfington, Alicia & Gabriel
Marleyanna Worthington



SAVE THE DATES!
St. Athanasius Summer School
June 19-30, 2022
Watch for more details after Pascha!

SCHEDULE FOR GREAT LENT

DAILY MATINS & VESPERS DURING GREAT LENT

During Great Lent there will be no Daily Vespers, and no Daily Matins on Mondays & Wednesdays. There will still be Daily Matins on Fridays at 7 a.m. served by a priest.

Throughout most of Great Lent, we pray the following services at 6:00 p.m.:

Mondays	Great Compline
Wednesdays	Presanctified Liturgy followed by Soup Supper
Fridays	Little Compline with a portion of Akathist to the Mother of God

Exceptions:

Thursday, March 30	Little Compline with full Canon of St. Andrew and reading of the Life of St. Mary of Egypt
Friday, April 7	Little Compline with the Canon of Lazarus

CONFESSIONS

During Great Lent, Fr. Symeon will be hearing Confessions on the following days:

- Mondays at 5:00 p.m. before Great Compline and also after that service.
- Fridays at 5:00 p.m. before Akathist and also after that service.
- Saturdays at 5pm before Great Vespers, and also after Vespers.

CELEBRATIONS THIS WEEK

Birthdays

3/27	Kaya Heiduk, Courtney Shannon, Lucy Speier
3/28	Brody Hansen, Cheryl Washburn-Lander, Elizabeth Heiduk, Alina Grace Speier
3/29	Penny Carralejo
3/30	Virginia Braun, Amelia Rose Macdonald

Patronal Saint's Day

3/26	St. Manuel	Manuela Carralejo
4/1	St. Mary of Egypt	Corie Sieck, Corina Berari, Kristen Roberts, Melissa Wayne, Valerie Yova

PASCHA CELEBRATION

Sunday, April 16, 2023

- 5:00 a.m. Paschal Procession & Rush (Matins) Service
- 6:15 a.m. Paschal Liturgy and Blessing of Meat, Cheese and our Baskets
- 8:00 a.m. Break-fast on the patio — Bring your own Pascha basket.
The church will provide:
Pascha eggs
Meats (breakfast sausage, bacon and ham)
Pascha cheese
Bread
Strawberries
Coffee, tea, hot cocoa, juice, chocolate milk, water
- 8:30 a.m. Egg Hunt for the kids in the field behind the church
- 2:00 p.m. Agape Vespers
- 3:00 p.m. Picnic at Tucker's Grove (More details TBA.)



PARENTS: For the egg hunt

- Please bring **one dozen FILLED PLASTIC EGGS** for each child (preschool through Grade 6) who will be participating.
- Bags will be provided for the kids to use when collecting eggs.
- Filled eggs need to be brought to the church **no later than 6:00 a.m. on Pascha morning**. There will be a cart in the hallway near the church office where you can drop off eggs throughout Holy Week.
- **Please mark the filled eggs according to the age of your child: Preschool/Kindergarten, Grades 1-3, or Grades 4-6.**

Questions? Contact Christie Robinson:
christie.d.robinson@gmail.com

If you do not have children participating but would like to donate eggs for the hunt for children who might be visiting that day, or for a particular family in the parish, your donations are welcome! Please let Christie know.

ANNOUNCEMENTS

METROPOLITAN SABA, our new hierarch, is posting weekly teachings and meditations to the Archdiocese website. You can access them here: <https://antiochian.org/dashboard?name=MetSaba>

CONGRATULATIONS AND MANY YEARS to:

- Timmy and Teri Palmer on the birth of their daughter on Thursday, March 16th.
- Mitch and Mary Denny on the birth of Baby Boy Denny on Wednesday, March 22nd.

Both new moms send many thanks to the women of the parish for providing them with St. Emelia baskets filled with messages of encouragement and love, and lots of goodies!

ST. BARBARA MONASTERY'S FRIENDS GATHERING will be today at 4:00 p.m. Fr. Symeon will be speaking on: "What is Man? An Introduction to the Orthodox Perspective and Responses to Trans-philosophy." The presentation will be followed by Vespers and a pot-luck supper.

OUR ANNUAL PRE-PASCHA WORK PARTY will be on Saturday, April 8th after the Liturgy for Lazarus. Please plan to stay and help for a few hours. Kids are welcome!

FR. HARALAMBOS FOX AND THE PARISHIONERS OF ST. BARBARA PARISH will join us on Wed. April 5th for Presanctified Liturgy and the soup dinner afterwards.

LENTEN SOUP DINNERS — WE NEED YOUR HELP! WEDNESDAYS AFTER PRESANCTIFIED LITURGIES

Please take a look at the sign-up page at this link and consider how you can participate:

bit.ly/LentenSoupDinners

FOOD FOR HUNGRY PEOPLE DRIVE

Please keep in mind those who are suffering from food insecurity or hunger during these last few weeks of Great Lent. We are collecting both funds and food between now and Palm Sunday. Monetary donations will go to "Food for Hungry People," through our Antiochian Archdiocese. We are also collecting food for our local Food Bank. We are asking for a very specific list of their most-needed food items. Food may be placed in the large boxes in the hallway between now and April 2nd.

MOST NEEDED ITEMS:

Whole grain cereal (with less than 12g sugar per serving)	
Canned tuna or chicken	Nut butters
Pasta	Canned or dried beans/legumes

ADULT CATECHISM THIS WINTER/SPRING will go from now through April 2nd and takes place after the Agape Meal.

March 26	Music: Worship with our Voices, Entering the Beauty of the Kingdom
April 2	The Hearing of the Word of God and Prayer of the Heart

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
Mother Victoria
Met. Paul & Abp. John
Fr. Markos
Fr. Jon B.
Fr. John & Kh. Diane C.
Audrey 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.
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)
Chase K. (military)
Nick & Kristine J. (military)
Connor V. (military)
Julianna B. (military)
P. Speier (military)
Subdn. Matthew W. (seminary)

Steve T.
Abp. Benjamin
Temmo K.
Sarah B.
Chuck S.
Dn. John & Fay Y.
Zachary B.
Samantha & Chris N. & Family
Lander and Washburn Families
Kevin
Stephan & Rosa K.
David
Evonne C.
Phyllis M.
Christina S.
Judy A.
Mark K.
Todd C.
Ethan K.
Mari & the Fewell Family
Matt & Tessa, Matt & Olivia
Jesús D.
Erik L.
Matthew

The Ethiopian Orthodox Church

The Church & people suffering from the earthquake in Syria and Turkey

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: Bishop Tikhon, Nicko, Aiden B., Rick S.

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.

Divine Services for Holy & Great Week and Pascha 2023

at St. Athanasius Orthodox Church in Santa Barbara, CA

Lazarus Saturday

April 7 6:00 PM

April 8 8:30 AM

The festal transition from the end of Lent to beginning of Holy Week.

Little Compline with Canon of Raising of Lazarus

The Divine Liturgy (followed by Work Party to prepare for Holy Week & Pascha)

Palm Sunday

April 8 5:30 PM

April 9 9:00 AM

10:00 AM

The Great Feast of the Entry of Our Lord into Jerusalem

Great Vespers for Palm Sunday

Orthros with the Blessing of Palms

Divine Liturgy & Procession with Palms

HOLY WEEK

Services begin Sunday evening in anticipation, strict fasting resumes

Sun. April 9 6:00 PM

Bridegroom Orthros for Great Monday

Great & Holy Monday

April 10 6:00 PM

The Commemoration of the Patriarch Joseph as a Prototype of the Lord's Passion

Bridegroom Orthros for Great Tuesday

Great & Holy Tuesday

April 11 8:30 AM

6:00 PM

The Commemoration of the Parable of the Ten Virgins

Presanctified Liturgy

Bridegroom Orthros for Great Wednesday

Great & Holy Wednesday

April 12 8:30 AM

6:00 PM

Commemoration of the Sinful Woman Who Repented Contrasted with Judas

Presanctified Liturgy

The Sacrament of Holy Unction

Great & Holy Thursday

April 13 8:30 AM

6:00 PM

The Mystical Supper of the Lord

Orthros & Vesperal Liturgy for the Mystical Supper followed by the Rite of the Washing of the Feet

Orthros for Holy Friday with the Passion Gospels, the Golgotha Procession, and Nailing to the Cross

Great & Holy Friday

April 14 10:00 AM

3:00 PM

7:00 PM

The Passion, Crucifixion and Burial of Our Lord

The Great Hours and Typika for Holy Friday

Vespers with the Removal of Christ from the Cross

Orthros for Holy Saturday with Lamentations and Procession with the Bier

Great & Holy Saturday

April 15 10:00 AM

The Despoliation of Hades by our Lord

Vesperal Liturgy of the Harrowing of Hades with Reception of Converts

Great & Holy Sunday: PASCHA

The Bodily Resurrection of Our Lord, God, and Savior Jesus Christ from the Dead.

April 16 5:00 AM Rush Service, Orthros, and Divine Liturgy // Paschal Reception

2:00 PM

Agape Vespers

Communal Paschal Celebration

Join us at 3:00 PM at Tucker's Grove Park for BBQ and Games.

Let us share abundantly the joy of the Lord's Resurrection with Paschal Exchange:

CHRIST IS RISEN! INDEED, HE IS RISEN!