



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
asiaballew@proton.me

Zac Wood
zac.wood9@gmail.com

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, February 23, 2025

Tone 2 / Eothinon 2

Sunday of the Last Judgment (Meat Fare)

Hieromartyr Polycarp, Bishop of Smyrna;
Venerable Gorgonia, Sister of Gregory the Theologian



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 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. 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 Meatfare Sunday

Tone 1

When You, O God, shall come to earth with glory,
all things shall tremble,
and the river of fire shall flow before Your judgment seat;
the books shall be opened, and the hidden things disclosed;
then deliver me from the unquenchable fire, //
and make me worthy to stand at Your right hand, O Righteous Judge!

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

Great is our Lord, and abundant in power, His wisdom is beyond measure. (Ps 146/147:5)

v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

EPISTLE READING

(For the Sunday of the Last Judgement)

1 Corinthians 8:8-9:2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol’s temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother’s falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Alleluia Refrain and Psalm verses before the Gospel

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)

v: Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)

THE GOSPEL READING

(For Sunday of the Last Judgment)

The Reading from the Holy Gospel according to St. Matthew. (25:31-46)

The Lord said, “When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, ‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.’

Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

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 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.**

ANNOUNCEMENTS

Fr. Symeon will be out of town Feb. 26-27, picking up the 2 new icon stands for the front of the church, and on a brief pilgrimage to St. Catherine Monastery in Sonora.

ST. BARBARA MONASTERY WILL HOST ITS MONTHLY FRIENDS GATHERING TODAY, February 23rd, at 4:00 p.m. Fr. Michael Laffoon will speak on “The Life and Sayings of St. John Cassian.” The talk will be followed by Vespers and a potluck supper.

OUR ANNUAL MEATFARE BARBECUE IS TODAY!

The menu includes: tri-tip, beans, salad, French bread, dessert, and beverages. Price: \$7 for adults and kids ages 13 and up, and \$3 for kids 12 and under. **CASH PAYMENT IS PREFERRED.** If you are paying for a family, you can pay through the parish website donation page. Please be sure to include the memo: MEATFARE BBQ.

THE YOUNG ADULTS will meet this evening at 5:00 p.m. for a “Farewell to Meat” Barbecue and Trivia Night at the Paul Carr residence. If you need more information, contact Zac Wood or Asia Ballew.

OUR AGAPE MEAL NEXT SUNDAY, MARCH 2nd is a POTLUCK for CHEESEFARE SUNDAY. Please plan ahead to bring a meatless dish to share. All forms of dairy are welcome, plus other salads, sides, chips & dips, and desserts. This is our last hurrah for dairy before the beginning of Great Lent.

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/LentenSoupDinners2025>

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>

CELEBRATIONS THIS WEEK

Birthdays

- 2/25 Athanasia Ballew
- 2/28 Manuela Carralejo, Brennan Pawley

Patronal Feast Day Celebrations

- 2/26 **St. Photini the Samaritan Woman** Penny Carralejo, Teri Lynn Palmer

On Meatfare Sunday

from *Great Lent* by Fr. Alexander Schmemmann

Christian love is the "possible impossibility" to see Christ in another man, whoever he is, and whom God, in His eternal and mysterious plan, has decided to introduce into my life, be it only for a few moments, not as an occasion for a "good deed" or an exercise in philanthropy, but as the beginning of an eternal companionship in God Himself. For, indeed, what is love if not that mysterious power which transcends the accidental and the external in the "other"-- his physical appearance, social rank, ethnic origin, intellectual capacity-- and reaches the *soul*, the unique and uniquely personal "root" of a human being, truly the part of God in him? If God loves every man it is because He alone knows the priceless and absolutely unique treasure, the "soul" or "person" He gave every man. Christian love then is the participation in that divine knowledge and the gift of that divine love. There is no "impersonal" love because love *is* the wonderful discovery of the "person" in "man," of the personal and unique in the common and general. It is the discovery in each man of that which is "lovable" in him, of that which is from God.

http://ww1.antiochian.org/great-lent-excerpts/last_judgement

*Fr. Thomas Hopko's reflections on the Sunday of the Last Judgment:
https://www.ancientfaith.com/podcasts/hopko/the_sunday_of_the_last_judgment*

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	Peace be to all.	And to thy spirit.
Arabic	As-sa-la-mu li-ja- í-kum.	Wuh-li wou-ee-kah
Greek	E-ray-ney pasi.	Ke-to pnevmati-sou
Spanish	La paz sea con vosotros.	Y con tú espíritu
Slavonic	Mir fs'em	i so dukhom tw-oim
Romanian	Pace tuturor	Și duhului tău.

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.

DATES TO KEEP IN MIND AS GREAT LENT APPROACHES...

Cheesefare Sunday—March 2 (Forgiveness Vespers at 6:00 p.m.)

GREAT LENT BEGINS ON MONDAY, MARCH 3rd.

SERVICES IN THE FIRST WEEK OF GREAT LENT

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.

SOUL LITURGIES

The Soul Saturday liturgies (Liturgies for the Departed) have a twofold meaning. The first is the remembrance of death and our departed loved ones. The second is the hope of the Resurrection. The dead live. “God is not a God of the dead, but of the living.” (Matthew 22:32) So as we pray for mercy for the living, we also pray the same for the departed, knowing that the mercy and justice of God are moved by our heartfelt prayers. These prayers are especially effective when offered in the divine liturgy where the departed are remembered at the Proskomedie (Preparation of the Gifts) and one by one placed on the paten next to the Body of Christ.

St. John of Kronstadt says about those gone before us that the “Church of the first born, whose names are written in heaven,” (Hebrews 12:25) in her love continually prays to God for us, and expressly names before God those who pray for them—equal for equal.

You can submit names to Fr. Symeon of departed loved ones to be remembered any time before the Soul liturgies on Saturday mornings.

The first Soul Saturday liturgy is this coming Saturday, February 22nd, at 9:00 a.m. If **you have submitted names in the past**, we have kept a record of them and they will be remembered at all Soul Liturgies.

All reposed members of the parish are remembered at every liturgy, including Soul Liturgies. So you do not need to submit their names. Please only submit NEW names of those OUTSIDE the parish.

Soul Liturgies will be prayed on the following Saturdays at 9:00 a.m.:

March 15

March 22

March 29

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

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. 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.

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

Fr. Symeon will be out of town Feb. 26-27.

Sunday, February 23

9:00 a.m. Matins & Catechesis
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Education
11:45 a.m. **MEATFARE BBQ**
4:00 p.m. St. Barbara Monastery Friends
5:00 p.m. Young Adult BBQ & Trivia Night
at Carr Residence

Monday, February 24

7:00 a.m. Daily Readers' Matins
3:00 p.m. St. Xenia Prayer Ministry by Zoom

February 25

5:30 p.m. Daily Vespers

Wednesday, February 26

7:00 a.m. Daily Readers' Matins
11:50 a.m. St. Xenia Prayer Ministry (in the chapel)
5:30 p.m. Akathist for St. John Maximovich
6:00 p.m. Young Adult Ice Cream Social

Thursday, February 27

7:45 a.m. St. Xenia Prayer Ministry by Zoom
10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
NO YOUTH GROUP

Friday, February 28

7:00 a.m. Matins

Saturday, March 1

5:30 p.m. Great Vespers/ Confessions

Sunday, March 2

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

February 23 Dillon
March 2 Morrison
March 9 Hoppe
March 16 Kern

READERS

February 23 Lange
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

GREETERS

February 23 A. Ballew/N. Aviles
March 2 G. Hoppe/B. Eberhard
March 9 K.P. King/L. Baker
March 16 M. Wayne/K.L. King

USHERS

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

AGAPE MEAL HOSTS

February 23 **MEATFARE BBQ**
March 2 **CHEESEFARE POTLUCK**
March 9 Team Gish
March 16 Team Speier

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

"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