



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
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Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

College/Young Adult Activities Coordinators

Athanasia Ballew
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DIVINE LITURGY OF ST. BASIL THE GREAT

Sunday, March 16, 2025

Tone 5 / Eothinon 5

Second Sunday of Great Lent

**Commemoration of Gregory Palamas,
Archbishop of Thessalonica**

Martyr Sabinos of Egypt;

Venerable Christodoulos the Wonderworker of Patmos



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 incar-
nate 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 5

Let us believers praise and worship the Word,
co-eternal with the Father and the Spirit,
born of the Virgin for our salvation.
For He took pleasure in ascending the Cross in the flesh
to suffer death and to raise the dead by His glorious resurrection.

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 the Akathist & the Sundays of Great Let**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

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 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!"

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! Alleluia! (*Ps 148:1*)

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

MANY YEARS TO CECILIA ROSE JOANNA DENNY, who was born on March 8th to Mitchell and Mary Denny. Congratulations to her parents, big brothers Levi and Jordan, and grandparents Verne and Joanne Gish!

THE YOUNG ADULTS will gather TONIGHT at 5 p.m. for dinner and Trivia Night at the home of Larry and Cheryl Lander. Questions? See Zac Wood or Asia Ballew.

SOUP DINNERS ON WEDNESDAYS

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>

- **THERE WILL BE NO SOUP DINNER AFTER THE PRESANCTIFIED LITURGY ON MARCH 26.**
- There WILL be a Lenten meal served on Tuesday, March 25th after the Vesperal-Liturgy for the feast of the Annunciation, hosted by Scott and Terri Speier.

THE ST. JOHN MEN'S FELLOWSHIP FIRESIDE gathering is this Thursday, March 20th, at 7:00 p.m. at the home of Adam Carralejo.

PLEASE KEEP IN MIND OUR LENTEN FOOD DRIVE for the local Food Bank. See the flyer on the back of this bulletin for MOST NEEDED items. Thank you!

FINANCIAL UPDATE	
February 2025	
	<u>Actual Income</u> <u>Budget Goal</u>
Tithes received in February	\$ 49,010 \$56,293 (includes \$20,555 for mortgage)
February Temple donations	\$ 4,690
Temple Fund Balance year-to-date: \$	
Total expenses February 2025	\$63,598
Total income February 2025	<u>\$60, 723</u>
DEFICIT for February	\$ 2,875
DEFICIT for the first 2 months:	\$15,530

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

SCHEDULE FOR GREAT LENT

**During the remaining 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
- Thursday, April 3rd — Canon of St. Andrew
- SOUL LITURGIES on Saturdays March 15, 22 & 29

FEAST OF THE ANNUNCIATION

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

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

followed by Lenten Dinner

CELEBRATIONS THIS WEEK

Birthdays

3/16 Seraphina Palmer, Leah Wallace
3/18 Doug King
3/20 Zachary Wood
3/21 Peter Van Dolah, Jacob Wallace
3/22 Sarah Brasel, Jordan Denny

Patronal Saint's Day

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

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: 023/2025

Great Lent, 2025

“In the midst of a very severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. ³For I testify that they gave as much as they were able, and even beyond their ability.”
(2 Corinthians 8:2-3)

TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN

Beloved Hierarchs, Clergy, and Faithful of our Archdiocese,

Greetings in the name of our great God and Savior Jesus Christ!

During this holy season of Great Lent we are encouraged by the prompt of our Holy Church to be transformed into a “New Man” through repentance, which is the reformation and the changing of our way of life, attitude, and reaction to our daily surroundings and struggles.

The Holy Orthodox Church invites and encourages us to increase our daily prayers at our church community and at home. We are shown through the example of many luminary figures from the life of the Church how to break the bondage of our attachment to the hollow enticement of this world.

The “Journey” of Great Lent is a holy adventure of gaining more acute sensitivity in regard of reaching better detection of our sins, raising our sense of gratitude, and being more mindful of others’ needs, pain, and sufferings.

Every year new calamities strike in our midst, and we find more people that are in need to be comforted emotionally and physically. The Food for Hungry People Program is one of the ways that can bring hope to people by revealing to them that there are people who care about them even though they do not know who they are.

This program that has been inspired and effected for more than 50 years by the name and the power of Jesus Christ will continue to happen and transform lives through your generosity that stems from your Christian faith and love.

We encourage you to do as you have done in the past, to open your hearts and to extend a generous hand to those that are deprived and need your love. Comfort and encourage them by contributing to this program during this year’s Great Lent.

May the blessing of the Almighty God come upon you, all those who support this worthy effort, and all the recipients of its benefit who will see the face of Jesus Christ through your offering of love, care, and thoughtfulness.

With prayers for an edifying and enriching Great Lent and a glorious celebration of Pascha, I remain,

Yours in the Service of Christ,



+SABA

Archbishop of New York and Metropolitan of all North America

HAVING OUR CONFESSIONS HEARD DURING LENT

"Confession is the purging of poison from our system. If someone drinks poison there is no other treatment. The same is true of confession. In confession we remove the poison of sin. Otherwise we die. ... God does not require that we be without sin, because he well knows our human weakness, the infirmity of our nature. What he desire is for us to recognize our state, that is our imperfection, and for us to be on a continual journey of repentance." – Archimandrite Nektarios Antonopoulos, *The Return*

In this repentant season especially, the Church exhorts us to examine ourselves to see where the poison of sin is making us spiritually ill and in repentance to make a confession before a priest. We do this to prepare for the Great Feast of Pascha. In this spirit of repentant preparation for the Feast of Feasts, Fr. Symeon is making himself available to hear confessions in the small chapel during the week starting March 18th, the third week of Lent.

Fr. Symeon's Confession Availability:

- Tuesdays 3/18 & 3/25 from 5:00 to 5:45 p.m., & Tues. 4/1 & 4/8 from 5:00 to 6:30 p.m.
- Thursdays from 5:00 to 6:30 p.m. (except Thurs 4/3 which will be from 5-5:45 p.m.)
- Friday evenings from 5:00-5:45 p.m.
- Saturdays after Great Vespers
- Holy Monday through Holy Thursday from 4 to 5:30 pm

If it is impossible to make these times, please make an appointment with him for another time.

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

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

**BRIEF PROGRAM followed by
Tea and Lenten Finger Foods on the Patio**



Donation paid at the door

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

LADIES: WATCH FOR THE EVITE THIS WEEK!

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: Fr. Wayne W., Glenn Elias 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 ti- *
* tle. Children’s books are on the bottom shelf. See Terri Speier if you are looking for jew- *
* elry such as a cross or chain. **You can contact Terri at: bookstore@stathanasius.org.** *
* Payment should be made at time of purchase and placed in the brown lockbox on wall next *
* to Fr. Symeon’s office. Make checks payable to **S.A.O.C. Bookstore.** *
* The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.) *
* **All proceeds go to the parish Temple Fund.** *

CALENDAR FOR THE WEEK

Sunday, March 16—ST. GREGORY PALAMAS

9:00 a.m. Matins & Catechesis
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Education
11:45 a.m. Agape Meal
5:00 p.m. Young Adult Dinner & Trivia Night

Monday, March 17

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

Tuesday, March 18

5:00-5:45 p.m. Fr. Symeon hearing Confessions

Wednesday, March 19

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 20

7:45 a.m. St. Xenia Prayer Ministry by Zoom
10:00 a.m. Showers of Blessing
5:00-6:30 p.m. Fr. Symeon hearing Confessions
6:00 p.m. Choir Rehearsal
6:30 p.m. Youth Group
7:00 p.m. Men's Fireside

Friday, March 21

7:00 a.m. Matins
5-6:30 p.m. Fr. Symeon hearing Confessions
6:00 p.m. Akathist

Saturday, March 22

9:00 a.m. Soul Liturgy
12:00 p.m. Lenten Cooking Class
3:30 p.m. Great Vespers/ Confessions

Sunday, March 23 SUNDAY OF THE CROSS

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

March 16 Kern
March 23 Fr. Nicholas
March 30 Meyer
April 6 Dn. G. Braun

READERS

March 16 Butler
March 19 Alexander (Presanctified)
March 22 Meyer (Soul Liturgy)
March 23 Kern
March 24 Kern (Vespers for Annunciation)
March 25 Gish (Vesperal Liturgy)
March 26 Lange (Presanctified)
March 29 Alexander (Soul Liturgy)
March 30 Butler
April 2 TBA
April 6 TBA

GREETERS

March 16 K.P. King/K.L. King
March 23 A. G. Butler/C. Clements
March 30 H. Lange/M. Loulias
April 6 J. & M. Worthington

USHERS

March 16 D. Meyer/M. Loulias
March 23 S. Speier/C. Speier
March 30 K.L. King/D. Alexander
April 6 P. King, J. King

AGAPE MEAL HOSTS

March 16 Team Speier
March 23 Team Halsell
March 30 Team Worthington
April 6 Team Aviles/Wood

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