



## 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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Zac Wood  
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## DIVINE LITURGY OF ST. BASIL THE GREAT

Sunday, March 23, 2025

Tone 6 / Eothinon 6

Third Sunday of Great Lent

Veneration of the Precious and Life-Giving Cross  
Venerable-martyr Nikon of Sicily  
and with him 199 Disciples



## 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

**Today at the conclusion of Matins, we sing the Great Doxology  
followed by a PROCESSION WITH THE CROSS.**

**THE DIVINE LITURGY  
OF ST. BASIL THE GREAT**

**THE GREAT LITANY**

**First Antiphon verses with refrain:**

The light of Thy countenance is marked upon us. Thou hast given a sign to them that fear Thee, so that they may flee from the bow.

***Refrain: Through the intercessions of the Theotokos, Savior, save us.***

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. *(Refrain)*

*Glory... Both now... (Refrain)*

**Second Antiphon verses & refrain**

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet stood.

***Refrain: O Son of God, Who rose from the dead; save us who sing to Thee.***

**Alleluia.**

God, our King before the ages, hath wrought salvation in the midst of the earth. *(Refrain)*

I will be exalted among the heathen; I will be exalted in the earth. *(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 – for the Sunday of the Cross**

Vs. Exalt ye the Lord our God, and worship at His footstool.

***Refrain: O Lord save Thy people, and bless Thine inheritance,  
granting victory over all adversaries.  
And by the power of Thy Cross protect us.***

Vs. O Lord, save Thy people and bless Thine inheritance. **[refrain]**

Vs. Feed them and lift them up forever. **[refrain]**

**AS THE CLERGY ENTER THE ALTAR AT THE  
LITTLE ENTRANCE, WE SING THE FOLLOWING HYMNS FOR THE DAY:**

**Resurrectional Troparion**

**Tone 6**

When Mary stood at Thy grave looking for Thy sacred body,  
angelic pow'rs shone above Thy revered tomb,  
and the soldiers who were to keep guard became as dead men.  
Thou led Hades captive and wast not tempted there-by,  
Thou did meet the Virgin and didst give life to the world.  
O Thou Who art risen from the dead, O Lord, glory to Thee.

**Troparion of the Cross**

**Tone 1**

O Lord save Thy people,  
and bless Thine inheritance,  
Grant victory to all Orthodox Christians  
Over their adversaries.  
And by virtue of Thy Cross,  
Preserve Thy habitation.

**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.

**In place of "Holy God..." we sing the Anti-Trisagion Hymn:**

Before Thy cross, we bow down and worship, O our Master,  
and Thy Holy Resurrection we glorify. (3 times)

**Preparatory Psalm verses before the Epistle (Prokeimenon)****Tone 6**

O Lord save Thy people//and bless Thine inheritance. (Ps. 28:9)

*Verse: To Thee will I cry, O Lord, O my God, do not be silent unto me.*

**EPISTLE READING— Hebrews 4:14-5:6**

Brethren, since we have a high priest, who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "You art my Son, today I have begotten You;" as He says also in another place, "You art a priest forever, after the order of Melchizedek."

**Alleluia before the Gospel****Tone 8**

Chanter: Alleluia, Alleluia, Alleluia!

People: **Alleluia, Alleluia, Alleluia!**

*Verse: Remember Your congregation, which You have purchased of old!  
(Ps 73/74:2)*

*Verse: God is our King before the ages; He has worked salvation in the  
midst of the earth! (Ps 73/74:12)*

### **GOSPEL READING— Mark 8:34-9:1**

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

### **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

Today at the conclusion of Matins, we sing the Great Doxology followed by a **PROCESSION WITH THE CROSS**.

**THERE ARE NEW PHOTOS ON THE PARISH WEBSITE FROM THE SUNDAY OF ORTHODOXY.** Check them out: <https://www.stathanasius.org/media/photo-gallery/>

### 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 for our final two soup dinners (April 2 & 9) <https://bit.ly/LentenSoupDinners2025>

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

**PLEASE KEEP IN MIND OUR LENTEN FOOD DRIVE for the local Food Bank.** See the flyer on the next page for **MOST NEEDED** items. Thank you!

### SAVE THE DATE...

**Lazarus Saturday — April 12, 2025**

Liturgy at 9:00 a.m.

followed by Coffee Hour & **WORK PARTY**

Please plan to stay & help us get the building and grounds ready for Palm Sunday & Pascha!  
We have jobs for folks of all ages!

### 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 as of 2/28/25	\$969,867	
Total expenses February 2025		\$63,598
Total income February 2025		<u>\$60,723</u>
<b>DEFICIT for February</b>		<b>\$ 2,875</b>
<b>DEFICIT for the first 2 months:</b>		<b>\$15,530</b>

**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

**THE FEAST OF THE ANNUNCIATION is THIS WEEK!**

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

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

followed by a Lenten Festal Dinner

**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

***CELEBRATIONS THIS WEEK***

**Birthdays**

- 3/23 Kh. Cayce Marie Halsell, Amos Palmer
- 3/24 Luke Hoppe
- 3/27 Kaya Heiduk, Courtney Shannon, Lucy Speier
- 3/28 Brody Hansen, Cheryl Washburn-Lander, Elizabeth Heiduk, Alina Grace Speier
- 3/29 Penny Carralejo

**Patronal Saint Commemorations**

- 3/25 Theotokos (Annunciation) Carla Brunstead, Mary Denny, Nelly Mashhour
- 3/26 St. Manuel Manuela Carralejo
- 3/26 Archangel Gabriel Gabriel Aviles

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*



## 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:

- Tuesday 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.

Guest speaker: Mother Paraskeva from  
St. Barbara Monastery

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

Donation paid at the door  
\$15 adults/ \$10 women 10-20 years/  
girls 9 yrs and under free

Proceeds benefit the Endowment for  
Widowed Clergy Wives.



**LADIES: LOOK FOR YOUR EVITE! OR GO TO: <https://bit.ly/TeaEvite25>**

**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.  
Jim M.

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.

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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 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](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 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

## Monday, March 24

7:00 a.m. Daily Readers' Matins  
3:00 p.m. St. Xenia Prayer Ministry by Zoom  
6:00 p.m. **VESPERS OF ANNUNCIATION**

## Tuesday, March 25—ANNUNCIATION

5:00-5:45 p.m. Fr. Symeon hearing Confessions  
6:00 p.m. **Vespertal-Liturgy for Annunciation**  
7:30 p.m. Festal Dinner hosted by  
Scott & Terri Speier

## Wednesday, March 26

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 27

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  
6:30 p.m. Youth Group

## Friday, March 28

7:00 a.m. Matins  
5-5:45 p.m. Fr. Symeon hearing Confessions  
6:00 p.m. Akathist

## Saturday, March 29

9:00 a.m. Soul Liturgy  
2-4 p.m. Women's Annunciation Tea  
5:30 p.m. Great Vespers/ Confessions

## Sunday, March 30 — Sun of St. John of Climacus

9:00 a.m. Matins & Catechesis  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education  
11:45 a.m. Agape Meal

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

March 23 Fr. Nicholas  
March 30 Meyer  
April 6 Dn. G. Braun  
April 12 Jacobs (Lazarus Saturday)  
April 13 Fr. Nicholas (Palm Sunday)

### READERS

March 23 Kern  
March 24 Kern (Vespers for Annunciation)  
March 25 Gish (Vespertal Liturgy)  
March 26 Lange (Presanctified)  
March 29 Alexander (Soul Liturgy)  
March 30 Butler  
April 2 Meyer (Presanctified)  
April 6 Kern  
April 9 Gish (Presanctified)  
April 12 Lange (Lazarus Saturday)  
April 12 Alexander (Vespers)  
April 13 Butler

### GREETERS

March 23 A. G. Butler/N. Aviles  
March 30 H. Lange/M. Loulias  
April 6 J. & M. Worthington  
April 13 A. Ballew/N. Aviles

### USHERS

March 23 S. Speier/C. Speier  
March 30 K.L. King/D. Alexander  
April 6 P. King, J. King  
April 13 D. Meyer/D. Washburn

### AGAPE MEAL HOSTS

March 23 Team Halsell  
March 30 Team Worthington  
April 6 Team Aviles/Wood  
April 13 PALM SUNDAY POTLUCK

# SUNDAY OF ORTHODOXY

