

## Announcements

- ❖ **Coffee Fellowship during Great Lent:** Please remember that during Great Lent, no meat products should be served at Coffee Fellowship, and non-dairy options should be provided, for those who are fasting.
- ❖ **Please submit your Stewardship Commitment Card for 2015!** Cards are available in the Narthex and the Church Office.
- ❖ Our monthly bulletin, *The Epistle*, is available on the parish website and via email. Visit our website [www.saintbarbara.net](http://www.saintbarbara.net) and sign up if you would like to keep up to date with what is happening in our Parish.

## Religious Education

- ❖ **Sunday School Open House & St. John Oratorical Festival, Sunday, March 15<sup>th</sup> in the Education Center!** Come see what our Sunday School is doing, and stay to hear our young people share their faith during the Oratorical Festival!
- ❖ **Bible Study, Tuesday, March 17<sup>th</sup>, at 6:30 pm.** We will be continuing our study of the book of Revelation.
- ❖ **GOYA/Youth Lenten Retreat in the Headlands March 27-29<sup>th</sup>.** We have a total of 8 families, and 20 people participating!

## Parish Activities

- ❖ **Stewardship Sunday today!** Join us for this important presentation and complete your 2015 Stewardship card.
- ❖ **VIP Meeting & Lunch at Cody's Café on Thursday, March 12<sup>th</sup> at 12 noon.** Please join for this meeting.
- ❖ **Capital Campaign Presentation will be Sunday, March 22<sup>nd</sup>!** Please join us as we introduce our plan to address the needs of the parish.
- ❖ **Support a Mission Priest Sunday will be March 29<sup>th</sup>.** The tray this day will go to support the priest at St. Barbara's in Kazinga, Tanzania.
- ❖ **Many hands will be needed to decorate our beautiful "Kouvouklion-Tomb of Christ" with flowers.** Philoptochos is inviting parishioners to assist with the **decoration of the Kouvouklion, on Holy Friday, April 10<sup>th</sup>, beginning at 8:00 am.** Please contact Catherine McDavid Smith at [Catherine.mcdavid@icloud.com](mailto:Catherine.mcdavid@icloud.com) if you are interested in participating.

## Outside Activities

- ❖ AHEPA and the Santa Barbara Sister Cities – Patras invite you to an evening of dinner, music and dancing at **The Greek Independence Day Program and Dinner on Saturday, March 21<sup>st</sup>, at 6:00 pm.** Adults \$25/Students \$10/Under 12 free. For reservations contact Georgia Gastouniotis via email [ginagaston1@gmail.com](mailto:ginagaston1@gmail.com) or call 805-455-6725.



## *Saint Barbara Greek Orthodox Church*

1205 San Antonio Creek Road, Santa Barbara, CA 93111

Phone: (805) 683-4492 † Fax: (805) 964-2774

[www.saintbarbara.net](http://www.saintbarbara.net) † [office@saintbarbara.net](mailto:office@saintbarbara.net)

Volume XXXIII † Number 10

We welcome you to Saint Barbara Greek Orthodox Church and are blessed that you have come to our worship service. We hope that this worship experience is both enlightening and inspirational. Each Sunday is the day in which we commemorate the Resurrection of our Lord, God and Savior Jesus Christ. The Christian Orthodox Church is the Church of the Resurrection and we rejoice in the Lord's triumph over death.

If you are a visitor to our Parish we encourage you to follow the Divine Liturgy book to assist you in following the Liturgy. Please understand that the Christian Orthodox Church does not practice inter-communion with other Christian denominations. Though we may share a common belief in the Holy Trinity, our churches are not yet one in faith and practice. We believe that Holy Communion is not the means to Christian unity but it is in fact the fullest expression of that unity. We fervently pray for this unity as noted in every divine service of the Orthodox Church. Please do not approach for Holy Communion if you are not a baptized/chrismated Orthodox Christian. Feel free to contact Father Simon if you desire to learn more about the Christian Orthodox Church, the Church of the New Testament.

We would like to remind all Orthodox Christians to be spiritually prepared and in proper canonical standing with the Church in order to partake of the Holy Eucharist.

## THE LIVES OF THE SAINTS

On this, the 8<sup>th</sup> day of the month of March, we commemorate: our devout father Theophylactos the Confessor, Bishop of Nikomedia; our devout father Paul of Plousias, the Confessor; the holy Apostle Hermes, whom the Apostle Paul mentions in his Epistle to the Romans; the holy Martyr Dion died by the sword; the devout Saint Dometios died in peace.

On this day, the second Sunday of Lent, we observe the memory of our Father among the Saints Gregory Palamas, Archbishop of Thessalonica.

By his intercessions, O God, have mercy on us and save us. Amen.

*Sunday, March 8<sup>th</sup>, 2015*  
*Sunday of St. Gregory of Palamas*

**Hymn for the Resurrection (Sixth Tone)**

O Christ, the angelic powers appeared at Your tomb, the guards were as dead, and Mary stood by the sepulcher, seeking Your sacred body. You destroyed Hades yet remained untouched by it. You encountered the Virgin and through her, bestowed Life. Glory to You who has risen from the dead!

**Hymn for the Sunday of St. Gregory of Palamas (Eighth Tone)**

O Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved.

**Hymn for Saint Barbara (Fourth Tone)**

Let us honor Saint Barbara; for the all-modest one prevailed over the snares of the enemy, and was freed from them as a sparrow, with the Cross as aid and weapon.

**Kontakion for Great Lent (Eighth Tone)**

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

*Please follow the prayers for St. Basil's Liturgy, and the Service of the Procession of the Icons, in booklet provided for you in the Narthex.*

**Great Lenten Fast This Week**

This week, we abstain from meat, dairy, fish, wine and oil, Tuesday through Friday. On Monday, Saturday and Sunday, wine and oil are permitted.

**This Week's Servers**

Epistle Readers: Greek: Nick Pappas  
English: Theophilos Lasswell

Acolytes: Connor Blake, Cainan Iorio, Dean & Dimitri Richardson

Ushers: William Poulis, Brian Iorio

Prosphora: Connie Pappas Hillman

Coffee Hour: The Stewardship Committee

**Epistle Reading - Hebrews 1:10-14; 2:1-3**

"In the beginning, You O Lord, did found the earth, and the heavens are the work of Your hands; they will perish, but You remain; they will all grow old like a garment, like a mantle You will roll them up, and they will be changed. But You are the same, and Your years will never end." But to what angel has He ever said, "Sit at my right hand, till I make thy 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.

**Gospel Reading- Mark 2:1-12**

At that time, Jesus entered Capernaum and 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 Him a paralytic carried by four men. And when they could not get near Him 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, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus questioned within themselves, said to them, "Why do you question 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!"

**Lenten Services**

Mondays – Great Compline, 6 pm  
Wednesdays – Ninth Hour Service, 5:40 pm; Presanctified Liturgy, 6 pm  
Lenten Dialogue, 7:30 pm  
Fridays – Salutations to the Virgin Mary, 6 pm

### *This Week's Schedule*

**Sunday, March 8<sup>th</sup>, Sunday of St. Gregory of Palamas**

- ❖ **Orthros, 9:00 am**
- ❖ **Divine Liturgy, 10:00 am**
- ❖ Sunday School/Youth Choir
- ❖ Godparent Sunday
- ❖ Stewardship Sunday
- ❖ Philoptochos Meeting

**Monday, March 9<sup>th</sup>**

- ❖ **Great Compline, 6:00 pm**
- ❖ Parish Council Meeting, 7:00 pm

**Wednesday, March 11<sup>th</sup>**

- ❖ **Presanctified Liturgy, 6:00 pm**
- ❖ Lenten Dialogue and Meal

**Thursday, March 12<sup>th</sup>**

- ❖ VIP Seniors Luncheon & Meeting, 12 Noon at Cody's

**Friday, March 13<sup>th</sup>**

- ❖ **3<sup>rd</sup> Salutation to the Virgin Mary, 6:00 pm**

**Sunday, March 15<sup>th</sup>, Sunday of the Veneration of the Holy Cross**

- ❖ **Orthros, 9:00 am**
- ❖ **Divine Liturgy, 10:00 am**
- ❖ Sunday School
- ❖ Sunday School Open House and Oratorical Festival

### *This Week's Schedule*

**Sunday, March 8<sup>th</sup>, Sunday of St. Gregory of Palamas**

- ❖ **Orthros, 9:00 am**
- ❖ **Divine Liturgy, 10:00 am**
- ❖ Sunday School/Youth Choir
- ❖ Godparent Sunday
- ❖ Stewardship Sunday
- ❖ Philoptochos Meeting

**Monday, March 9<sup>th</sup>**

- ❖ **Great Compline, 6:00 pm**
- ❖ Parish Council Meeting, 7:00 pm

**Wednesday, March 11<sup>th</sup>**

- ❖ **Presanctified Liturgy, 6:00 pm**
- ❖ Lenten Dialogue and Meal

**Thursday, March 12<sup>th</sup>**

- ❖ VIP Seniors Luncheon & Meeting, 12 Noon at Cody's

**Friday, March 13<sup>th</sup>**

- ❖ **3<sup>rd</sup> Salutation to the Virgin Mary, 6:00 pm**

**Sunday, March 15<sup>th</sup>, Sunday of the Veneration of the Holy Cross**

- ❖ **Orthros, 9:00 am**
- ❖ **Divine Liturgy, 10:00 am**
- ❖ Sunday School
- ❖ Sunday School Open House and Oratorical Festival

### *Lenten Dialogues*

We have some interesting and dynamic speakers this year for our Lenten Dialogues. Join us for engaging lectures and stay for a light Lenten meal afterwards. If you would like to host a meal for one of the Lenten Dialogues, please contact the Church Office.

March 11<sup>th</sup> – Speaker: Father John Finley – “Three Ways We Come into the Presence of the Lord.”

Meal: Alexandra Trigonis

March 18<sup>th</sup> – Speaker: Father Jon Braun

Meal: Iuliana Earl

March 25<sup>th</sup> – Speaker: Alexandra Trigonis – “Tapping into our God-given Joy: Spiritually & Scientifically Proven Habits”

Meal: Angelique Chuchas

April 1<sup>st</sup> – Speaker: Father Nicholas Speier

Meal: George Papazacharioudakis and friends

### *Lenten Dialogues*

We have some interesting and dynamic speakers this year for our Lenten Dialogues. Join us for engaging lectures and stay for a light Lenten meal afterwards. If you would like to host a meal for one of the Lenten Dialogues, please contact the Church Office.

March 11<sup>th</sup> – Speaker: Father John Finley – “Three Ways We Come into the Presence of the Lord.”

Meal: Alexandra Trigonis

March 18<sup>th</sup> – Speaker: Father Jon Braun

Meal: Iuliana Earl

March 25<sup>th</sup> – Speaker: Alexandra Trigonis – “Tapping into our God-given Joy: Spiritually & Scientifically Proven Habits”

Meal: Angelique Chuchas

April 1<sup>st</sup> – Speaker: Father Nicholas Speier

Meal: George Papazacharioudakis and friends