

## 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

- ❖ **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.

## Pascha Flower & Icon Decorating

- ❖ **Decorating of the Annunciation icon is on Tuesday, March 24<sup>th</sup>, at 4:00 pm.** Interested parties should contact Catherine McDavid Smith at 886-8056.
- ❖ **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 [ginagston1@gmail.com](mailto:ginagston1@gmail.com) or call 805-455-6725.



## *Saint Barbara Greek Orthodox Church*

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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/christened 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 15<sup>th</sup> day of the month of March, we commemorate: the holy Martyr Agapios and those with him: Plesius, Romulus, Timolaos, two named Alexander, and two named Dionysios; the holy Apostle Aristobulos, Bishop of Britain, brother of Barnabas the Apostle; the holy Martyr Nicander of Egypt; the holy new martyr Manuel the Cretan, who witnessed in Chios in the year 1792, died by the sword.

On this day, the third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross. By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-day fast with ease, and have mercy on us, as You alone are good and love humanity. Amen.

*Sunday, March 15<sup>th</sup>, 2015*  
*Sunday of the Veneration of the Cross*

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

By Your Cross, O Christ our God, You destroyed death. You opened paradise to the thief. You transformed the lament of the Myrrh-bearing women, and You commanded the Apostles to proclaim You are risen, granting the world Your great mercy.

**Hymn for the Holy Cross (*First Tone*)**

Save, O Lord, Your people and bless Your inheritance; grant victory to the faithful over the adversaries of the Faith; and protect Your commonwealth by the power of Your Holy Cross.

**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.*

***This Week's Servers***

Epistle Readers:      Greek:      Alex Trigonis  
                                 English:      Ruth Angelos

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

Ushers:                Bessie Condos, Art Markos

Prospora:             Sophia Kenrick

Altar Flowers:      Jim & Ruth Angelos in honor of Julie's birthday

Coffee Hour:        Sunday School Open House in the Education Center

***Epistle Reading - Hebrews 4:14-16; 5:1-6***

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, "Thou art My Son, today I have begotten Thee"; as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

***Gospel Reading- Mark 8:34-38; 9:1***

The Lord said: "If anyone wishes to 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 life? For what can a man give in return for his life? 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 He 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."

***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

***Great Lenten Fast This Week***

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

### *This Week's Schedule*

**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

**Monday, March 16<sup>th</sup>**

- ❖ **Great Compline, 6:00 pm**
- ❖ DOP/AHEPA Meetings, 6:15/6:30 pm

**Tuesday, March 17<sup>th</sup>**

- ❖ Bible Study, 6:30 pm

**Wednesday, March 18<sup>th</sup>**

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

**Friday, March 19<sup>th</sup>**

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

**Sunday, March 22<sup>nd</sup>, Sunday of St. John of Climacus**

- ❖ **Orthros, 9:00 am; Divine Liturgy, 10:00 am**
- ❖ Sunday School/Youth Choir
- ❖ Capital Campaign Presentation

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### *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 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

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### *Saint Clement of Alexandria*

The Lord says, “He who loses his life will save it.” We can “lose our lives” in one of two ways. First, we can risk our lives just as the Lord did for us. Secondly, we can separate our lives from the customary things of this world. Bearing the cross means to separate our souls from the delights and pleasures of this life. If you do this, you will find your life again - resting in the hope of what is to come. Dying to ourselves means being content with the necessities of life. When we want more that these necessities it is easy to sin.”

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