



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 Met. JOSEPH,
Archbishop of New York &
Metropolitan of all N. America**

Senior Pastor:

Fr. Nicholas Speier
805-685-5495
frnicholas@stathanasius.org

Assistant Pastor:

Fr. Symeon Halsell
805-685-5400
frsymeon@stathanasius.org

Priests attached to the parish:

Fr. Jon-Stephen Hedges 805-968-1903 (Chaplain)
Fr. John Carrillo 805-770-3749 (retired)
Fr. Jon Braun (retired)
Fr. John Finley (Archdiocese Dept. of Missions)

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey (retired)
Dn. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

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 Coordinator

Mitchell Denny: mitchdennyjr@gmail.com

Parish Council 2019-2020:

Kristi King, President
Dan Braun, Treasurer
Terri Speier, Secretary
Dorothy Alexander
Laurie Baker
Corina Berari
Mary Denny
David Dillon
Zak Landrum

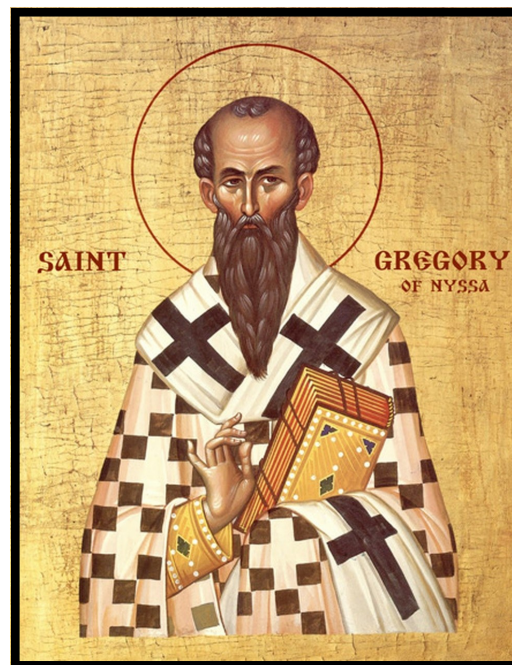
DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, January 10, 2021

Tone 6 / Eothinon 9

Sunday after the Theophany of Christ

Gregory, Bishop of Nyssa;
Marcian the Priest of Constantinople;
Dometian, Bishop of Melitene;
Venerable Paul of Obnora and Makarios of Pisma;
Bishop Theophan the Recluse



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

CALENDAR FOR THE WEEK

Sunday, January 10

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
12:30 p.m. Outdoor Blessing of the Water at
GOLETA BEACH

Monday, January 11

6:45 a.m. Daily Matins
5:00 p.m. Akathist by Zoom

Tuesday, January 12

5:30 p.m. Daily Vespers

Wednesday, January 13

6:45 a.m. Daily Matins
12:00 p.m. Intercessory Prayer Ministry

Thursday, January 14

7:45 a.m. Akathist by Zoom
9:00 a.m.-Noon Showers of Blessing
5:30 p.m. Daily Vespers

Friday, January 15

6:45 a.m. Daily Matins

Saturday, January 16

1:00-4:00 p.m. PARISH COUNCIL MEETING
6:00 p.m. Great Vespers/Confessions

Sunday, January 17—Feast of St. Athanasius transferred from January 18 and Feast of St. Anthony the Great

9:00 a.m. Matins
10:00 a.m. Divine Liturgy

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

Jan. 10 Meyer
Jan. 17 Dn. G. Braun
Jan. 24 Tinyayeva
Jan. 31 Dillon

READERS

Jan. 10 Rdr. J. Butler
Jan. 17 D. Washburn
Jan. 24 M. Braun
Jan. 31 D. Meyer

USHERS

Jan. 10 S. Speier, C. Speier
Jan. 17 D. Washburn, M. Loulias
Jan. 24 P. King, J. King
Jan. 31 C. Berari, D. Meyer



THEOPHANY:

...time to have our homes blessed!

*It is, once again, the time of year when
we bless our dwellings and pray for
God's protection in the coming year.
Don't forget to call one of our priests
to set up a time to have
your home blessed!*

**At the conclusion of Matins, we sing the Great Doxology
followed by the Matins Dismissal Troparion**

**THE DIVINE LITURGY
OF ST. JOHN CHRYSOSTOM**

THE GREAT LITANY

First Antiphon—Psalm Verses for the Feast with Refrain

Verse: When Israel went forth from Egypt, the house of Jacob from a people of strange language, Judah became his sanctuary, Israel his dominion.

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

Verse: The sea looked and fled, Jordan turned back. What ails you, o sea, that you flee? O Jordan, that you turn back? [refrain]

Verse: Glory....now and ever... [refrain]

Second Antiphon— Psalm Verses for the Feast with Refrain

Verse: I love the Lord because He has heard the voice of my supplication.
Because He inclined His ear to me, therefore I will call on Him as long as I live.

**Refrain: O Son of God baptized in the Jordan, save us who sing to Thee,
Alleluia!**

Verse: The snares of death encompassed me; the pangs of hell laid hold on me.
I suffered distress and anguish, then I called on the name of the Lord. [refrain]

Verse: Gracious and righteous is the Lord, and our God is merciful. [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 was 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—Psalm Verses with Troparion as refrain

Verse: O give thanks to the Lord, for He is good, For His mercy endures forever!

Refrain: (MUSIC ON BACK COVER)
When You, O Lord, were baptized in the Jordan,
worship of the Trinity was made manifest!
For the voice of the Father bore witness to You,
calling You his beloved Son.
And the Spirit, in the likeness of a dove
confirmed the truth of His Word.
Christ our God, Who has appeared
and enlightened the world,
glory to You!

Verse: Let the house of Israel say: for He is good,
For His mercy endures forever! [refrain]

Verse: Let the house of Aaron say: for He is good,
For His mercy endures 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 Epiphany (MUSIC ON BACK COVER)

Tone 1

When You, O Lord, were baptized in the Jordan,
worship of the Trinity was made manifest!
For the voice of the Father bore witness to You,
calling You his beloved Son.
And the Spirit, in the likeness of a dove
confirmed the truth of His Word.
Christ our God, Who has appeared
and enlightened the world, glory to You!

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.

Kontakian of Epiphany**Tone 4**

Today You have shone forth to the world, O Lord,
and the light of Your countenance has been marked on us.
Knowing You, we sing Your praises:
“You have come and revealed Yourself, //
O unapproachable Light.”

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 (Prokeimenon) Tone 1

Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee. (Ps 32/33:22)

Verse: Rejoice in the Lord, O you righteous! Praise is becoming to the upright.
(Ps 32/33:1)

EPISTLE READING**Ephesians 4:7-13**

Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore, it is said, “When He ascended on high He led a host of captives, and He gave gifts to men.” (In saying, “He ascended,” what does it mean but that He had also descended into the lower parts of the earth? He who descended is He who also ascended far above all the heavens, that He might fill all things.) And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

Alleluia Refrain and Psalm verses before the Gospel

Tone 5

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: I will sing of the mercies of the Lord forever; with my mouth;
I will make known Thy faithfulness to all generations. (Ps 88/89:1)

Verse: For Thou hast said: "Mercy shall be built up forever;
In the heavens shall Thy truth be established." (Ps 88/89:2)

GOSPEL READING

Matthew 4:12-17

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of Heaven is at hand."

LITURGY OF THE FAITHFUL

Meglynarion for the Feast of Epiphany (Hymn to the Mother of God)

Magnify, O my soul, the most-pure Virgin Theotokos,
more honorable than the heavenly hosts!

No tongue knows how to praise you worthily, O Theotokos;
even Angels are overcome with awe praising you.

But since you are good, accept our faith;
for you know our love inspired by God!

You are the defender of Christians, and we magnify you.

COMMUNION HYMN

The grace of God has appeared for the salvation of all. (Ps. 118/119)

HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Christians who are baptized in the name of the Trinity and chrismated into the Orthodox Faith. Non-Orthodox believers **may approach the chalice for a blessing and the blessed bread instead of the Eucharist**. So that the priest

is aware of this, please just say,
"Father, bless" when you get to the chalice.

Thanksgiving Prayers after Communion

At the end of the Divine Liturgy, we offer the prayers of thanksgiving for having received the Body and Blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have just partaken, and prepare us for our transition back into the "world." We invite you to listen to these beautiful prayers during and after the veneration of the cross at the end of the service, and ask that you show courtesy to those who are remaining to hear the prayers in their entirety by waiting until Coffee Hour to socialize.

ANNOUNCEMENTS

It is, once again, the time of year when we bless our dwellings and pray for God's protection in the coming year. Don't forget to call one of our priests to set up a time to have your home blessed!

LITURGICAL CALENDAR — LOOKING AHEAD

- Sunday, January 10 at 12:30 p.m. **Outdoor Blessing of the Water at GOLETA BEACH**
(We will not take the bus down to the harbor this year.)
- Sunday, January 17 **We will commemorate our patron saint, Athanasius the Great, transferred from January 18th.**

HOMILY FROM FEAST OF NATIVITY

A video of Fr. Nicholas' homily on the Feast of the Nativity can be accessed from the home page of the parish website, or here:
<https://www.stathanasius.org/media/videos/christmas-sermon-2020-fr-nicholas-speier/>

CELEBRATIONS THIS WEEK

Wedding Anniversaries

- 1/14 David & Kate Vander Laan
- 1/15 John & Elizabeth Heiduk

Birthdays

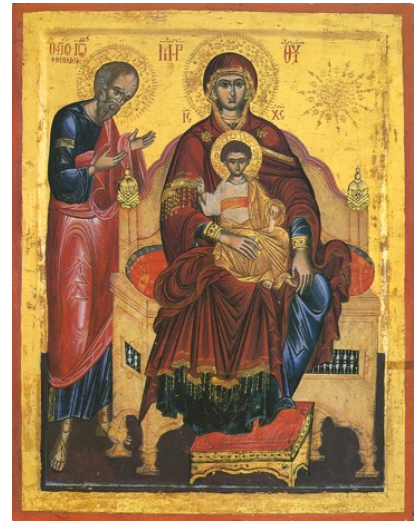
- 1/11 Mason Speier
- 1/14 Sabina Shackelford
- 1/14 Viktoria Hedges
- 1/15 Thomas Ballew, Jesse Palmer

Patron Saint Commemorations

- 1/12 Martyr Tatiana of Rome Tatiana Speier
- 1/14 St. Mungo (Kentigern) Kent Fox

Greetings, Men of St. Athanasius Orthodox Church,

The Lord bless you in this festal season! A new men's group has formed that centers around prayer, fellowship, and discussion of spiritual reading. During the two meetings we have had so far I have loved the discussions, wisdom, and the sincerity of our brothers in Christ. It is joy to lead and learn with you all. This is a time to come and 'sort through' the difficult things in life and seek the wisdom of the God in the writings of our faith and in the Christian fellowship of men striving to be righteous before God, even though we do so imperfectly. All the men of the parish and those who are approaching such an age are welcome to come and gather, pray, and discuss. Come and join in!



With the Holy Spirit guiding us, we now have **St. John the Theologian, Evangelist, and Apostle** as this group's patron. He is commemorated on the day of his Falling Asleep, September 26th. Available at this link is a pdf of Life of St. John the Theologian, Evangelist, and Apostle contained in the *Great Synaxarion*:

<https://www.stathanasius.org/resources/downloads-resources/>

In it you will read how he cared for the Mother of God, evangelized the pagans, defeated their idols and their false worship, how he made the evil tricks of the sorcerers and many other evil people powerless, how he preached love above all else, and how he came to write his Gospel account, his epistles, and the Revelation that is preserved in New Testament. He won multitudes to Jesus Christ by his works. I encourage you to read it and make the time in your busy lives to sit quietly and get to know this great, powerful, and holy man, our patron.

As Lent quickly approaches we will be adjusting our planned regular 1st Saturday of the month meetings because of the more robust liturgical schedule of the Lenten Season. We will meet on the following Saturday mornings through June:

February 6 March 13 April 17 May 8 June 5

It is my joy to take up this spiritual work with you men. May St. John the Theologian and beloved disciple and Son of Thunder guide us to our goal of becoming men with righteous hearts and lives.

In Christ,

+ Fr. Symeon

SAFETY PROTOCOLS

Metropolitan Joseph has given us a blessing to continue to do our services inside the nave. The Parish Council asks the members of the parish to adhere to the following:

- During services, please maintain at least 6 ft. of distance on all sides, including in the Communion line, and wear a mask that covers both YOUR MOUTH AND NOSE. (Families may sit together but should have six feet of space in front and behind them.
- The Sunday Divine Liturgy is being broadcast in the hallway and on the patio for overflow crowd and for those who are not comfortable sitting inside the nave.
- **There will be no COFFEE HOUR for now. Please do not linger inside the building after the services unless you are buying something from the Bookstore.**

FINANCIAL SNAPSHOT—January-December, 2020

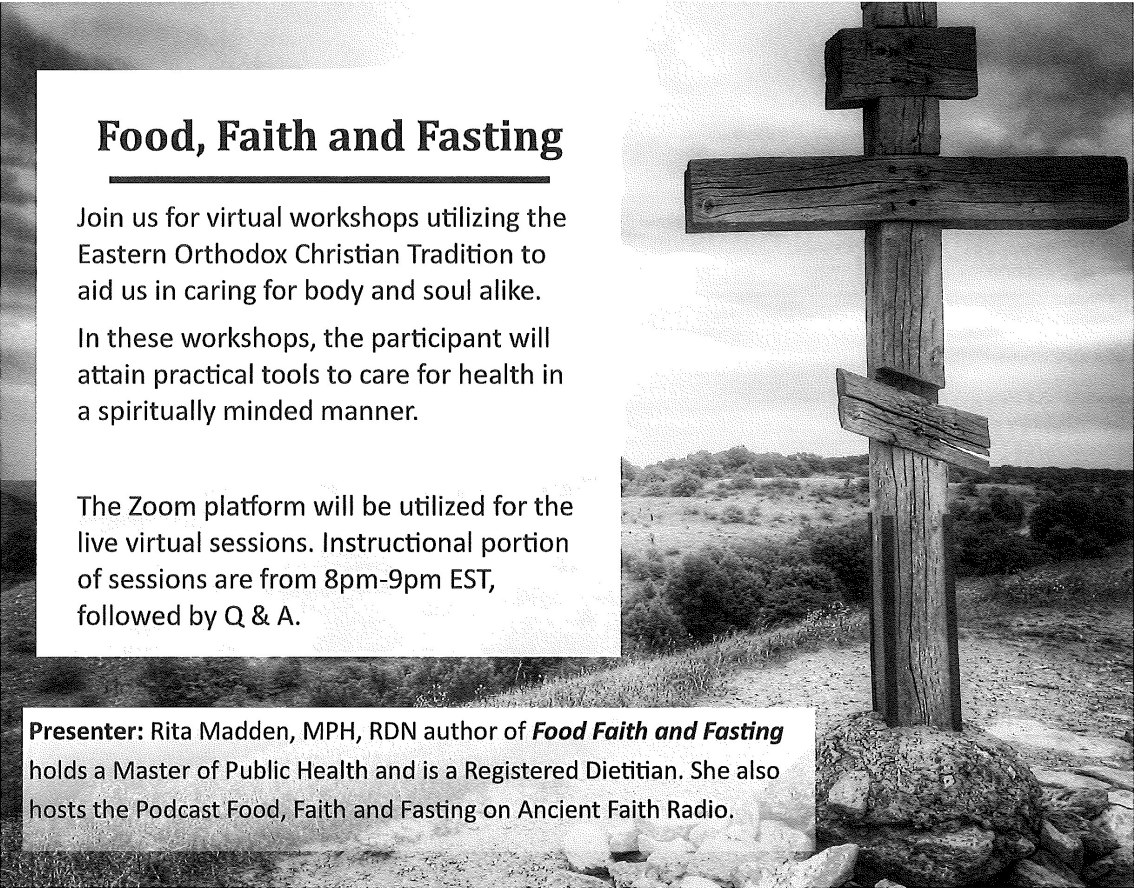
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| Goal for Tithes January-December, 2020 | \$ 470,320 |
| Actual Tithes January-December, 2020 | \$ 520,704 |

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| Building Fund Goal for Jan.-December, 2020 | \$ 169,440 |
| Actual Building Fund donations Jan.-November, 2020 | \$ 153,456 |

Monthly tithe goal = \$39,193

Tithes received per month:

| | | | | | |
|----------|----------|--------|----------|-----------|----------|
| January | \$30,384 | May | \$33,572 | September | \$32,640 |
| February | \$85,781 | June | \$26,607 | October | \$33,587 |
| March | \$39,386 | July | \$47,946 | November | \$44,120 |
| April | \$33,096 | August | \$50,380 | December | \$63,205 |



Food, Faith and Fasting

Join us for virtual workshops utilizing the Eastern Orthodox Christian Tradition to aid us in caring for body and soul alike.

In these workshops, the participant will attain practical tools to care for health in a spiritually minded manner.

The Zoom platform will be utilized for the live virtual sessions. Instructional portion of sessions are from 8pm-9pm EST, followed by Q & A.

Presenter: Rita Madden, MPH, RDN author of *Food Faith and Fasting* holds a Master of Public Health and is a Registered Dietitian. She also hosts the Podcast Food, Faith and Fasting on Ancient Faith Radio.

Virtual Live Workshops Starting January 2021

Food Faith and Fasting 5-Part Series

- Topics include: food choices, eating in balance, fasting, exercise and managing stress.
- It is suggested one participates the 5-part series in its entirety, as it provides the foundation for all other workshops. However, sessions can be booked individually as well.

Fasting with Diabetes

Nutritious and Delicious Eating on a Budget

Quick and Easy Fasting Cooking Demonstrations

**FOOD
FAITH *and*
FASTING**
A Sacred Journey to Better Health

Learn More Here: <https://foodfaithfasting.gumroad.com>

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:

Metropolitan JOSEPH
Mother Victoria
Met. Paul & Abp. John
Fr. Markos
Mother Christophora
Fr. Jon B.
Joseph B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family in Albania
Joseph Wm. B. in Kenya
Duane F.
Richard and Susan B.
Monsignor J. Yanek
Kent F.
Bob N.
Fr. Jon-Stephen & Melissa H.

Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)
Chase K. (military)
Nick & Kristine J. (military)
Steve T.
Olga Marie G.
Dn. John Y.
Mitch D. Sr.
Dn. Gary B.
Harvey G.
Stephen B.
Kris F.
David D.
Anneli C.
Kh. Erin K.
Nina
Dasha
Wendy R.

Bev R.
Phyllis M.
Christina & Anthony
Lee Family
Fr. Wayne W.
Audrey
Sarah G. and Family

The Ethiopian Orthodox Church
The Church & people in Lebanon
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.

For repose of the souls of:

Neyla, Kiro, Jim R., Betty, Lynn S.

All who have died in the conflicts in Ukraine Africa & the Middle East
Those who lost their lives in the explosion in Lebanon

ST. ATHANASIUS CHURCH BOOKSTORE

The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets containing 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. Payment should be made at time of purchase and placed in brown lockbox on wall next to Fr. Nicholas' 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 Building Fund.

TROPARION OF THEOPHANY (Epiphany)

Contemporary Byzantine Chant

TONE 1

When You O Lord were bap-tized in the Jor-dan, .
wor-ship of the Tri-ni-ty was made ma-ni-fest, For th
voice of the Fa-ther bore wit-ness to You call-ing
You His Be-lo-ved Son, and the Spi-rit in the like-
of a dove con-firmed the truth of His Word. O
Christ our God, who has ap-peared and en-light
ened the world, glo-ry to You (Last time only)