



## 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 17, 2021**

**Tone 7 / Eothinon 10**

**ATHANASIUS AND CYRIL,  
PATRIARCHS OF ALEXANDRIA  
(transferred from January 18)**

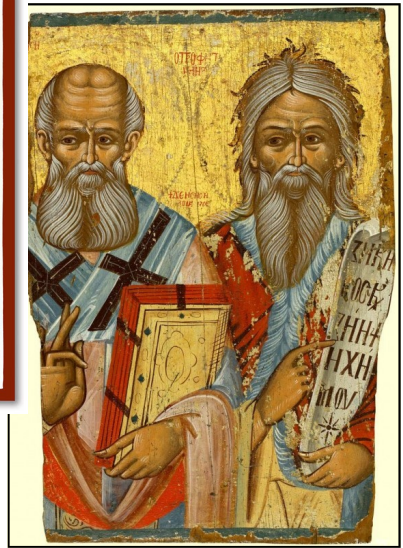
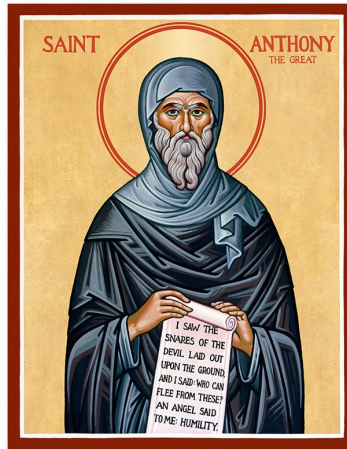
**Venerable and God-bearing Father**

**Anthony the Great;**

**& Twelfth Sunday of Luke**

**Anthony the New, ascetic of Berrea in Macedonia;**

**New-martyr George of Ioannina**



**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 17**—Feast of SS. Athanasius and Cyril—transferred from January 18  
**St. Anthony the Great**

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

**Monday, January 18**

6:45 a.m. Daily Matins  
5:00 p.m. Akathist by Zoom  
7:00 p.m. Men's Firepit on the church patio

**Tuesday, January 19**

5:30 p.m. Daily Vespers

**Wednesday, January 20**

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

**Thursday, January 21-St. Maximus the Confessor**

7:45 a.m. Akathist by Zoom  
9:00 a.m.-Noon Showers of Blessing  
5:30 p.m. Canon of St. Maximus

**Friday, January 22—St. Timothy**

6:45 a.m. Daily Matins

**Saturday, January 23**

6:00 p.m. Great Vespers/Confessions

**Sunday, January 24—St. Xenia**

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

**Fr. Nicholas and Jan will be away from  
January 18-29,**  
celebrating their 53rd wedding  
anniversary, which is on January 20th!  
God grant them many years!

## **SUNDAY MORNING MINISTRIES SCHEDULE**

### **EUCCHARIST BREAD**

Jan. 17	Dn. G. Braun
Jan. 24	Tinyayeva
Jan. 31	Dillon
Feb. 2	Kern (Feast of Presentation)
Feb. 7	Morrison

### **READERS**

Jan. 17	D. Washburn
Jan. 24	M. Braun
Jan. 31	D. Meyer
Feb. 2	Rdr. M. Kern (Liturgy-Feast of Presentation)
Feb. 7	Rdr. J. Butler

### **USHERS**

Jan. 17	D. Washburn, M. Loulias
Jan. 24	P. King, J. King
Jan. 31	C. Berari, D. Meyer
Feb. 7	S. Speier, C. Speier

*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 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 art risen 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 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—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 7**

Thou didst shatter death by Thy Cross;  
Thou didst open paradise to the thief;  
Thou didst turn the sadness of the  
ointment bearing women into joy,  
and didst bid Thine apostles proclaim  
a warning that Thou hast risen, O Christ,  
granting the world the great mercy.

**Troparion for St. Anthony the Great**

**Tone 4**

You imitated the ways of zealous Elijah,  
and followed the straight path of John the Baptist.  
You became a desert-dweller,  
strengthening the world by your prayers.//  
O Father Anthony, intercede with Christ God that our souls may be saved!

**Troparion for Saints Athanasius the Great and Cyril**

**Tone 3**

You shone forth with works of Orthodoxy and quenched all heresy  
and became victorious trophy-bearers,  
Hierarchs Athanasius and Cyril.  
You enriched all things with piety and greatly adorned the Church,  
and worthily found Christ God,  
Who grants His mercy to all.

**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 Feast of the Presentation of Our Lord in the Temple****Tone 1**

By Your Nativity You sanctified the Virgin's womb!  
And blessed Simeon's hands, O Christ God.  
Now You have come and saved us through love.  
Grant peace to all Orthodox Christians, O only Lover of Man!

**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 7**

Precious in the sight of the Lord is the death of His saints.

Vs. What shall I render to the Lord for all that He has given me?

**EPISTLE READING (for St. Anthony)****Hebrews 13:17-21**

Brethren, obey your leaders and submit to them; for they are keeping watch over your souls, as men who will have to give account. Let them do this joyfully, and not sadly, for that would be of no advantage to you. Pray for us, for we are sure that we have a clear conscience, desiring to act honorably in all things. I urge you the more earnestly to do this in order that I may be restored to you the sooner. Now may the God of peace Who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do His will, working in you that which is pleasing in His sight, through Jesus Christ; to Whom be glory forever and ever. Amen.

**Preparatory Psalm Verses with Alleluia Refrain Before the Gospel      Tone 7**

**Chanter:** Alleluia, Alleluia, Alleluia!

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

**Verse:** It is good to give thanks to the Lord, and to sing praises to Thy  
Name, O Most High. **Alleluia...**

**Verse:** To declare Thy mercy in the morning, and Thy truth  
in the night. **Alleluia...**

**GOSPEL READING (12th Sunday of Luke)**

**Luke 17:12-19**

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him, "Rise and go your way; your faith has made you well."

**LITURGY OF THE FAITHFUL**

**Meglynarion—Hymn to the Mother of God**

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you.

**Communion Hymns**

Praise the Lord from the heavens; praise Him in the highest! (*Ps 148:1*)

Rejoice in the Lord, O you righteous; praise befits the just! (*Ps 32/33:1*)

Alleluia, Alleluia, Alleluia!

### **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.

### **LITURGICAL CALENDAR — LOOKING AHEAD**

Tuesday, February 2, 2021    Feast of the Presentation of our Lord in the Temple  
Divine Liturgy at 6:00 p.m.

## **Are you using the parish website?** **[www.stathanasius.org](http://www.stathanasius.org)**

### **Here are some things that can be accessed through the parish website:**

- The weekly bulletin and quarterly newsletter
- A large photo gallery of parish events and liturgical celebrations
  - Resources & educational materials
- A regularly updated Google Calendar for the complete Liturgical Year

### **And in the password-protected section for parish members:**

- Parish Council monthly meeting minutes
  - Parish phone list
  - Parish Family Photo Album
- Directory of members who own/operate their own businesses

**Many thanks to Hani AbuGhazaleh for giving us such a beautiful and functional website!**

## 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!

**Fr. Nicholas and Jan will be away from January 18-29,** celebrating their 53rd wedding anniversary, which is on January 20th! God grant them many years!

**The Men's Firepit gathering will take place this Monday, January 18th,** at 7:00 p.m. on the patio of the church.

**The new Men's Fellowship of St. John the Theologian** will meet on the following Saturday mornings from 8:30 a.m. - 10:30 a.m. between now and June:

February 6	April 17	June 5
March 13	May 8	

### ***CELEBRATIONS THIS WEEK***

#### **Wedding Anniversaries**

1/20 Fr. Nicholas & Jan Speier

#### **Birthdays**

1/19 John Wallace

1/20 Evonne Chala

1/21 Jody Wallace

#### **Patron Saint Commemorations**

1/17 St. Anthony the Great Beau Brunner, Evonne Chala

1/18 St. Cyril of Alexandria Owen J. Finley

1/21 St. Maximus the Confessor Dominic Dopico

1/22 Timothy the Apostle Timothy Braun, Timmy Palmer



## 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/>

## 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

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

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](mailto: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  
Zack

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.**

