



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 Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-770-3749
Fr. Jon Braun, Attached Priest (retired)
Fr. John Finley, Attached Priest

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey
Dn. John Young

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
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Teen Program Coordinator

Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

Mitchell Denny: mitchdennyjr@gmail.com

Parish Council 2018-2019:

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

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

**Sunday, February 2, 2020
Tone 8 / Eothinon 11**

Presentation (Meeting) of Our Lord Jesus Christ



WELCOME TO OUR VISITORS!

We are glad you are with us this morning.

If you are not Orthodox, we invite you to partake of the blessed bread during Communion.

Please join us at Coffee Hour~ 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

Calendar for this Week

Sunday, February 2—FEAST OF THE PRESENTATION OF OUR LORD

9:00 a.m. Religious Ed classes for ages 6-12
9:00 a.m. Festal Matins
10:00 a.m. Festal Divine Liturgy
11:30 a.m. Teen Religious Education
11:45 a.m. POTLUCK

Monday, February 3

6:45 a.m. Daily Matins
4:30 p.m. Outreach dinner at St. Michael's University Church in Isla Vista

Tuesday, February 4

3:45 p.m. Catechesis Level One
NO DAILY VESPERS

Wednesday, February 5

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

Thursday, February 6

10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Jr. High Youth Group
6:30 p.m. High School Youth Group

Friday, February 7

6:45 a.m. Daily Matins
5:15 p.m. Akathist at Westmont College

Saturday, February 8

4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers

Sunday, February 9

9:00 a.m. Religious Ed classes for ages 6-12
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Education
11:45 a.m. Coffee Hour

Fr. Nicholas will be at the Diocesan Clergy Seminar this week from Monday through Thursday.

Sunday Morning Ministries Schedule

Eucharist Bread

February 2 Jacobs
February 9 Dillon
February 16 Fr. Nicholas
February 23 Washburn

Coffee Hour

February 2 POTLUCK for Feast of Presentation
February 9 D. & D. Alexander for Saints Simeon and Anna
February 16 J. Speier/P. Cocores
February 23 MEATFARE BBQ

Greeters

February 2 D. Lewis/Deacon
February 9 K. Fox/H. Lange
February 16 K. & L. Jacobs
February 23 Loulias/Cocores

Ushers

February 2 D. Washburn, C. Speier, J. King
February 9 P. Brunner, C. Berari, S. Speier
February 16 D. Washburn, D. Meyer, M. Loulias
February 23 D. Lewis, C. Speier, J. King

Readers

February 2 Rdr. V. Gish
February 9 Rdr. H. Lange
February 16 D. Alexander
February 22 D. Meyer (Soul Liturgy)
February 23 M. Braun

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

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

GREAT LITANY

FIRST ANTIPHON—For the Feast of the Presentation

*(verse) My heart hath poured forth a good word; I speak of my works to the king.
My tongue is the pen of a swiftly writing scribe.*

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

*(verse) Grace hath been poured forth on Thy lips.
Wherefore God hath blessed Thee forever.*

(verse) Glory...& Both now...

SECOND ANTIPHON—For the Feast of the Presentation

*(verse) Gird Thy sword upon Thy thigh, O Mighty One, in Thy
comeliness and Thy beauty.*

**Refrain: O Son of God who was carried in the arms of Simeon the Righteous,
save us who sing to Thee, Alleluia!**

*(verse) Bend Thy bow, and proceed prosperously, and be king.
(verse) Thine arrows are sharp, O Mighty One, sharp in the heart of the
enemies of the king. A scepter of uprightness is the scepter of
Thy kingdom.*

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 Feast of the Presentation

*(verse) Hearken, O daughter, and see, and incline thine ear;
and forget thine own people and thy father's house.*

Refrain:

**Rejoice, O Virgin Theotokos, Full of Grace!
From you shone the Sun of Righteousness, Christ our God,
enlightening those who sat in darkness.
Rejoice and be glad, O righteous Elder,
you accepted in your arms the Redeemer of our souls,
Who grants us the Resurrection!**

(verse) The rich among the people shall entreat thy countenance. [Refrain]

(verse) I shall commemorate thy name in every generation. [Refrain]

**AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL
HYMNS FOR THE DAY**

Troparion of the Resurrection

Tone 8

(Music on p. 53 of Liturgy book)

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

Troparion for the Feast of the Presentation of Our Lord

Tone 1

Rejoice, O Virgin Theotokos, who art full of grace;
for from thee arose the Sun of justice, Christ our God,
a light to those who dwell in darkness.
Rejoice and be glad, O righteous Simeon,
carrying in thine arms the Deliverer of our souls,
who grants us Resurrection.

Troparion to St. Athanasius

Tone 3

(Music on p. 54 of Liturgy book)

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 (p. 13 of Liturgy Book)

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.

Preparatory Psalm Verses before the Epistle (Prokeimenon) Tone 3

Chanter: **My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.**
People: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

**Vs. For He hath regarded the low estate of His handmaiden; for, behold, henceforth
all generations shall call me blessed.**

**EPISTLE READING
St. Paul to the Hebrews 7:7-17**

Brethren, it is beyond dispute that the inferior is blessed by the superior. Here tithes are received by mortal men; there, by one of whom it is testified that he lives. One might even say that Levi himself, who receives tithes, paid tithes through Abraham, for he was still in the loins of his ancestor when Melchizedek met him. Now if perfection had been attainable through the Levitical priesthood (for under it the people received the law), what further need would there have been for another priest to arise after the order of Melchizedek, rather than one named after the order of Aaron? For when there is a change in the priesthood, there is necessarily a change in the law as well. For the one of whom these things are spoken belonged to another tribe, from which no one has ever served at the altar. For it is evident that our Lord was descended from Judah, and in connection with that tribe Moses said nothing about priests. This becomes even more evident when another priest arises in the likeness of Melchizedek, who has become a priest, not according to a legal requirement concerning bodily descent but by the power of an indestructible life. For it is witnessed of him, "Thou art a priest forever, after the order of Melchizedek."

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 4

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

1. Lord, now lettest Thou thy servant depart in peace according to Thy word, for mine eyes have seen Thy salvation.
2. A light to enlighten the Gentiles, and the glory of Thy people Israel.

Luke 2:22-40

In those days, the parents of Jesus brought Him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, “Every male that opens the womb shall be called holy to the Lord”), and to offer a sacrifice according to what is said in the law of the Lord, “a pair of turtledoves, or two young pigeons.” Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord’s Christ. And inspired by the Spirit he came into the Temple; and when the parents brought in the child Jesus, to do for him according to the custom of the law, he took Him up in his arms and blessed God and said, “Lord, now lettest thou Thy servant depart in peace, according to Thy word; for mine eyes have seen Thy salvation, which Thou hast prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to Thy people Israel.” And His father and his mother marveled at what was said about Him; and Simeon blessed them and said to Mary His mother, “Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed.” And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher; she was of a great age, having lived with her husband seven years from her virginity, and as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day. And coming up at that very hour she gave thanks to God, and spoke of Him to all who were looking for the redemption of Jerusalem. And when they had performed everything according to the law of the Lord, they returned into Galilee, to their own city, Nazareth. And the child grew and became strong, filled with wisdom; and the favor of God was upon Him.

HOMILY

HYMN TO THE THEOTOKOS for the Feast of the Presentation of Our Lord

O Virgin Theotokos, hope of all Christians, protect, preserve, and save those who hope in you! We faithful saw the figure in the shadow of the Law and the Scriptures: Every male child that opened the womb was holy to God! Therefore, we magnify the first-begotten Son of the unoriginated Father, the first-born Son of the unwedded Mother!

COMMUNION HYMNS

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

I will receive the cup of salvation and call on the name of the Lord. Alleluia! (*Ps 115/116:13*)

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.

Inspirational Speaker Series
Saint Barbara Greek Orthodox Church

Save the date and Join Dr. Mamalakis, Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology and author of Parenting Toward the Kingdom, (Ancient Faith, 2016) as he discusses how we can learn about our relationship with God as we explore how we raise our own children. With stories and principles of parenting and life, Dr. Mamalakis will lead us in a retreat, reflection, and discussion as we enter into Great Lent. The presentation is open to all parishioners and the community at large. We hope you will invite your friends and family.

Mark your calendar and plan to attend

DR. PHILIP MAMALAKIS

LIVING LENT AS CHILDREN OF GOD

March 1, 2020

12:15

Lunch will be provided

March 1, 2020 is forgiveness Sunday, the day before Clean Monday and the beginning of Lent.



Dr. Philip Mamalakis with his wife, Georgia, have seven children and live in Boston, Massachusetts where he is the Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology. Dr. Mamalakis directs the field education program and teaches classes on pastoral care, marriage and family, grief, death and dying, and topics related to pastoral counseling.

Dr. Mamalakis has a Masters of Divinity from Holy Cross Greek Orthodox School of theology and a Ph.D. from Purdue University in child development and family studies, specializing in marriage and family therapy.

Please call Saint Barbara Greek Orthodox Church at 805-683-4492
or email office@saintbarbara.net to reserve your seat for the presentation.

Saint Barbara Greek Orthodox Church
1205 San Antonio Creek Road
Santa Barbara, CA 93111

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.
On any page, click on **VIEW CALENDAR** at the bottom left.

Fr. Nicholas will be at the Diocesan Clergy Seminar this week from Monday through Thurs.

VALERIE YOVA, our Administrator and Music Director, is out of town this weekend at an Orthodox conference in Louisville, Kentucky. Many thanks to John Butler for stepping in to lead the choir.

HOUSE BLESSINGS: It is the time of year when we bless our dwellings again 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!

WE NEED MORE VOLUNTEERS to be in the rotation for ushering and greeting on Sunday mornings. Please see Mike Loulias (for greeting) and Penny Brunner (for ushering) for more information if you are willing to help out. Currently, ushers and greeters serve about once a month. We would like to add at least 4 new volunteers to each of the teams.

Looking ahead...

Friday, 2/21	7-8:30 p.m.	Pre-Lenten Seminar — Fr. John Valadez on The Vices and Virtues of the Internet and Social Media
Saturday, 2/22	8:30 a.m.	Soul Liturgy with Baptism of Camila Mary Aviles
Sunday, 2/23		Meatfare Sunday — Visit by Joseph Black, missionary to Kenya, Meatfare BBQ after Liturgy
Sunday, 3/1		Cheesefare Sunday — Coffee Hour will be provided by our Project Mexico Mission Team as a fundraiser for their August work trip. Forgiveness Vespers at 6:00 p.m.
Monday, March 2		GREAT LENT BEGINS

CELEBRATIONS THIS WEEK

Birthdays

2/3 Velislava Nikolov
2/4 Hannah Sieck
2/7 Stan Friesen

Patron Saint Commemorations

2/3	St. Anna the Prophetess	Dorothy Alexander, Leslee Kinman
2/3	St. Simeon the God Receiver	Dana Alexander, Tyler Speier

PARISH COUNCIL CORNER

- Financial Report: Thank you for being faithful in your donations! Boosted by healthy December tithe collections of \$64,282 we were able to make up some of our recent budget shortfall. Non-member donations of \$15,670 served to close the entire budget gap. We finished the year with a bit of a surplus, \$5,889 to be exact.
- Patio Update: We are loving our new patio and want it to be a place we all can gather. The PC approved additional patio furniture to be purchased : 5 umbrellas and stands, 5 folding tables and 11 outside round tables with seating. We are exploring the options for adding lighting so that we can get even more use out of the patio for parish events. Thank you to Jim Morrison (our electrician), Brian Sieck, Jenny Speier and Christie Robinson for your work on this project.
- Tot Lot: Richard Ballew is working on the Tot Lot. He revised the plans, based on input received from the Parish Council. Play equipment options will be selected next.
- Tikhon's Orthodox Seminary in South Canaan, PA.
- PC started discussion on the start up of a couple of small groups, in response to requests from our members during the strategic planning process for more opportunities to get to know each other better. This will be explored more at the February meeting.

With the blessing of His Eminence, Metropolitan JOSEPH

THE MOTHER OF GOD IN OUR LIVES

LENTEN RETREAT

March 20 - 22

St. Andrew Orthodox Church
Riverside, CA

Presenters:
Bishop Irenei Steenberg
Father Calinic Berger
Father Josiah Trenham

Sessions:
Friday 7:00pm - 8:30pm
Saturday: 9:00am - 2:30pm
Sunday: 12:30pm - 2:00pm

To register online and to
view full schedule go to:
saintandrew.net

TO RECEIVE CHILDCARE
REGISTER BY MARCH 15



TEEN SCENE

**Junior High teens meet from 6:00-7:30 p.m.
and High School teens meet from 6:30-8:30 p.m.
on Thursdays in the Teen Room at the church, unless noted otherwise.**

February 6 Regular Youth Group
February 13 Regular Youth Group

CHURCH ETIQUETTE SOME PIOUS CUSTOMS

- **Crossing oneself**—It is always appropriate to cross oneself at the mention of the Holy Trinity—Father, Son, and Holy Spirit; whenever entering or leaving the church; at the beginning of the Liturgy; when passing in front of the altar; when venerating an icon, the Gospel, or the cross; and at times for personal petitions. **It is not necessary to cross oneself** when the priest is giving a blessing or censing the congregation. Instead, one should bow to receive the blessing.
- **Bowing**—Orthodox Christians bow when the Theotokos and Christ are petitioned. They also bow to the priest at his blessing, and when he asks forgiveness before the Great Entrance and again before Holy Communion. It is traditional for the Orthodox faithful to bow and cross themselves when they enter and leave the church, and when they pray before the icons.
- **Kneeling**—In some Orthodox traditions there are times when kneeling is a pious practice in the Liturgy, the most notable being at the Consecration of the Holy Gifts. However, kneeling is prohibited during the Paschal season—from Pascha until the Kneeling Vespers service on Pentecost—in honor of the Resurrection.

PLEASE MARK YOUR CALENDAR....

A VERY SPECIAL VISITOR — SUNDAY, FEBRUARY 23, 2020

On Sunday, February 23rd we will be hosting Joseph Black, a missionary from the Orthodox Church of Kenya, Diocese of Kisumu and Western Kenya. Joseph is a Senior Lecturer at St. Paul's University in Limuru, Kenya. He will speak to us briefly at the end of the Liturgy about his ministry in Africa. At 4:00 p.m. that afternoon he will speak at the St. Barbara Monastery Friends Gathering.

After the Liturgy that day, we will have our traditional MEAT FARE Barbecue on the patio. Please consider joining us for this very special day!

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 | Zac B. | Fr. Jon-Stephen H. |
| Mother Victoria | Lauren | Cole K. (military) |
| Met. Paul & Abp. John | Kh. Carla Z. | Jeremiah H. (Airforce Academy) |
| Bishop Neofitos (Diocese of Kenya) | Vanessa K. and son Anthony | Lauren K. (military) |
| Mother Christophora | Tom M. | Chase K. (military) |
| Fr. Jon B. | Dottie G. | Jeff H. |
| Joseph B. | Jerry J. | Steve T, Kyle P. & Jeff P. |
| Dn. Richard E. | Monsignor J. Yanek | Bonita M. |
| Kh. Diane C. | Neil | Lorena F. |
| Greg & Margaret Y. | Diana | Olga Marie G. |
| Hoppe Family | Tyler | Dn. John Y. |
| Duane F. | Phyllis M. | The Ethiopian Orthodox Church |
| Richard and Susan B. | Ryder H. | All those suffering and |
| Regina M. | Kent F. | in danger in Ukraine, |
| | Bob N. | Africa, and the Middle East |

For repose of the souls of: Fr. Patrick K., Barbara B., Elder Ephraim
All who have died in the conflicts in Ukraine Africa & the Middle East

ABOUT OUR PRAYER LISTS:

Prayer requests in the bulletin are prayed out loud during the deacons’ litanies and should be submitted to the church office—office@stathanasius.org.

Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most services. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorated, and that list is comprised of the sick, those celebrating special occasions listed in the bulletin, and those who prepared the Eucharist bread. (Others are prayed for during the Preparation of the Bread and Wine for Communion).

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.

MEETING OF THE LORD

