



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

email: office@stathanasius.org

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 Denny

Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, July 5, 2020

Tone 3 / Eothion 4;

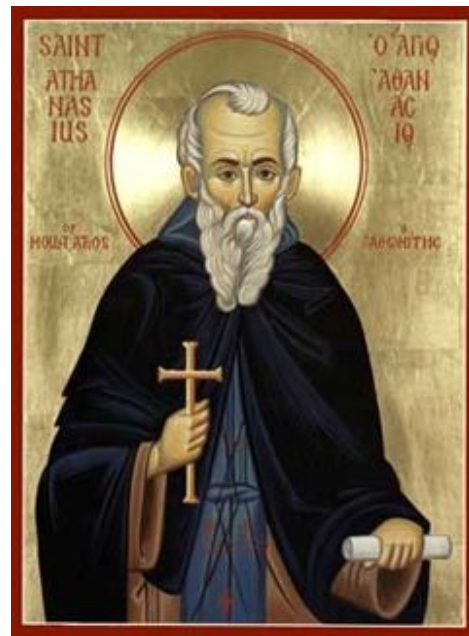
Venerable Athanasius of Athos & Fourth Sunday of Matthew

Venerable Lampados of Irenoupolis;

Hieromartyr Cyprian of Mount Athos;

Synaxis of the 23 martyrs of Lesvos;

Uncovering of Relics of Sergios the Wonderworker of Radonezh



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, July 5

10:00 a.m. Divine Liturgy

Fr. Nicholas & Jan will be away this week from Sunday thru Friday.

Monday, July 6

6:45 a.m. Daily Matins

Tuesday, July 7

NO VESPERS

Wednesday, July 8

6:45 a.m. Daily Matins

12:00 p.m. Intercessory Prayer Ministry

Thursday, July 9

10:00 a.m. Showers of Blessing
(no refreshments served by our team yet)

5:30 p.m. Daily Vespers

6:00 p.m. Youth Group

Friday, July 10

6:45 a.m. Daily Matins

Saturday, July 11

6:00 p.m. Great Vespers/Confessions

Sunday, July 12

10:00 a.m. Divine Liturgy

Fr. Nicholas will continue to give Confession and/or Communion by appointment. Please read the pre-Communion prayers at home in preparation for receiving the Eucharist.

Sunday Morning Ministries Schedule

Eucharist Bread

July 5	Jacobs
July 12	Sieck
July 19	Kern
July 26	Cocores
August 2	Fr. Nicholas
August 5	Hedges
August 9	Washburn
August 15	Morrison (Dormition)
August 16	Meyer

St. Athanasius of Mt. Athos

Saint Athanasius had Trebizond for his homeland. (modern day northeastern Turkey) He first entered the monastic life on the mountain called Kyminas, then he went to Mount Athos and founded a large monastery, which is known as the Great Lavra. He became so renowned for his virtue that from Rome, Calabria, Georgia, and elsewhere, rulers, men of wealth and nobility, abbots, and even bishops came to him and were subject to him. When the time for his departure from this life was at hand, God revealed to him how it would take place, so that he was able to instruct his spiritual children not to be troubled when it should come to pass. A new church was being built for the sake of the many who came to him, and only the dome had not been finished. Together with six of the brethren, the Saint went to the top of the church to help the workmen. The dome collapsed, and they fell. Five were killed at once, and the Saint died three hours later. His holy body remained incorrupt and he worked many miracles after his death. He reposed about the end of the tenth century.

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

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

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 rose 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”

After each of the verses, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

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

Troparion of the Resurrection

Tone 3

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
granting the world the great mercy.

Troparion to St. Athanasius of Mt. Athos

Tone 3

The Angels' ranks were awed by thy life in the flesh,
how, though corporeal, and clad with earthly clay,
thou didst set forth with courage to invisible wars and wrestlings
and didst boldly smite the hordes
of the demons with mortal wounds.
Wherefore, Christ rewarded thee
with abundant gifts in return.
Entreat Him that our souls find salvation,
O most renowned Father Athanasius.

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 - Ordinary Sundays

Tone 4

O undisputed intercessor of Christians,
O mediatrix, who is unrejected by the creator.
Turn not away from the voice of our petitions, though we be sinners.
Come to us with aid in time, who cry unto thee in faith,
for thou art good. Hasten to us with intercessions, O Theotokos,
who dost always intercede for those who honor thee.

TRISAGION (THRICE-HOLY) HYMN (p. 9 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.

Deacon: With strength!

People: Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Preparatory Psalm Verses before the Epistle

Tone 3

Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

Verse: Clap your hands all you peoples!

Shout to God with a voice of joy! (*Ps 46/47:1*)

EPISTLE READING (for St. Athanasius of Mt. Athos)

Galatians (5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provocation of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 3

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

Verse: Be unto me a God and protector, and a house of refuge to save me.

GOSPEL READING

Matthew (8:5-13)

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching Him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And Jesus said to him, "I will come and heal him." But the centurion answered Him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, He marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the Kingdom of Heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

HOMILY

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*)

The righteous shall be in everlasting remembrance. He shall not fear evil tidings. (*Ps 111/112*)

FRESH LAVENDER BOUQUETS AVAILABLE FROM ST. BARBARA MONASTERY BY MAIL

St. Barbara Monastery is happy to announce that their lavender fields have begun to bloom! During the month of July, you can order fresh lavender bouquets from the monastery and have them sent to you by priority mail. A fresh bouquet, picked the same day as it is mailed, including shipping, sells for \$15.00. The lavender can be enjoyed fresh and then dried. Please place your order on the monastery website or order by mail. Additional lavender products are also available.

<http://www.stbarbaramonastery.org/product/L-LSQ>

CELEBRATIONS THIS WEEK

Wedding Anniversaries

7/10 Chris & Christie Robinson

Birthdays

7/5 Beau Brunner
7/7 Ekaterina Nikolov
7/8 Nestan Tsiskaridze
7/9 Laurie Baker
7/11 David Washburn, Fr. John Carrillo

Patronal Feast Days

7/8 Saints Priscilla & Aquila Julie Gross

ANNOUNCEMENTS

CONGRATULATIONS & MANY YEARS TO JIM & GLORIA MORRISON on the birth of their granddaughter, Eden Rose, born on June 29th to Samantha and Chris Nalepa. Many years, also, to the GREAT GRANDPARENTS, Fr. John and Diane Carrillo and Phyllis Morrison!

CONGRATULATIONS to Lauren King, who graduated this past week from Airforce Tech School and will be moving to Nebraska for her first assignment. Because of the current pandemic, Lauren and her fiancé, Fernando Jimenez, will be unable to travel back to Santa Barbara for the wedding they had hoped to have here, and will be married at an Orthodox church close to their military base in Omaha. Please keep them in your prayers.

PLEASE KEEP TOM BALLEW in your prayers, as he travels to several monasteries this summer and explores monasticism as a calling. He is currently visiting his brother Joseph for 3 weeks at St. Gregory Palamas Monastery in Ohio.

REGARDING THE LIVE-STREAMING OF SERVICES...

We are trying a new way of live-streaming the Liturgy starting this week. Hopefully, for those who are not comfortable yet being out in public or in crowds, it will continue to provide a way for you to stay connected. The picture and sound quality will most likely not be as clear as in the past because we were using professional equipment from a recording studio. It is a work in progress, so we ask for your patience.

MOTHER VICTORIA HAS ASKED US TO LET OUR PARISHIONERS KNOW of a paid position available for a caregiver in Goleta, caring for two females, one 91 years old and one 60 years old. If interested, contact Anna at 408-876-8546.

A FEW REMINDERS ABOUT SAFETY ...

- All are asked to wear a **protective mask** in the building and during services.
- We ask, for now, that singing by the congregation be minimal and very soft.
- To receive Holy Communion, all should allow the priest to pour the Body and Blood by opening their mouths wide and **not closing their lips on the spoon**.
- It is strongly suggested that you either **wash your hands or use hand sanitizer upon entering** and leaving the building. Hand sanitizer stations are set up at each entrance.
- For now, there will be **no service books available during services**.
- Bulletin inserts should be taken home or thrown away on your way out of the building. Please do not leave them, or any personal belongings behind.
- Unfortunately, there will be **no shared books, coloring supplies or toys for now**.
- We cannot offer **Coffee Hour** at this time, and we ask that you do not linger in the building after receiving the final blessing at the end of services. Enjoy conversations outside in the fresh air.
- We ask that everyone **limit their activity in the building to the nave and the restrooms for now**.

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. Jacob
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.
Zac B.
Kh. Carla Z.
Vanessa K. and son Anthony
Monsignor J. Yanek

Ryder H.
Kent F.
Bob N.
Fr. Jon-Stephen H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren K. (military)
Chase K. (military)
Jeff H.
Steve T.
Bonita M.
Olga Marie G.
Dn. John Y.
Azalea, Dahlia, Dominic, Rose
Roger R.
Glenn F.
Loretta V.

Elliott and Family
Mitch D. Sr.
Lorena
Samantha & Chris S. & family
Margie N.
Jeff
Tate & Anna F.
Nick & Kristine J. (military)
Michael K.
David W.
Harvey G.

The Ethiopian Orthodox Church

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:

J. Barre

All who have died in the conflicts in Ukraine Africa & the Middle East

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.