



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

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Parish Council 2018-2019:

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

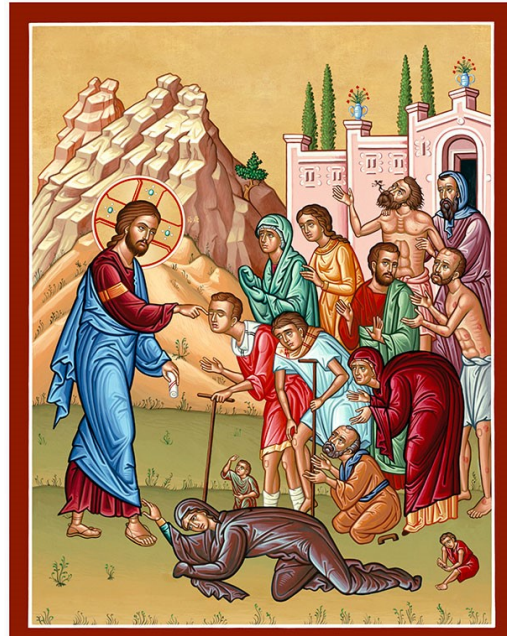
Sunday, July 12, 2020

**Tone 4 / Eothion 5; Fifth Sunday after Pentecost
& Fifth Sunday of Matthew**

Holy Martyrs Proclus and Hilary of Ancyra;
Veronica, the woman with the issue of blood

who was healed by our Lord;

Venerable Father Paisios the New of Athos



St. Veronica touching the hem of Christ's robe

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 12

10:00 a.m. Divine Liturgy
LIVE-STREAMED ON FACEBOOK

Monday, July 13

6:45 a.m. Daily Matins

Tuesday, July 14

5:30 p.m. Daily Vespers

Wednesday, July 15

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

Thursday, July 16

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 17

6:45 a.m. Daily Matins

Saturday, July 18

6:00 p.m. Great Vespers/Confessions

Sunday, July 19

10:00 a.m. Divine Liturgy
LIVE-STREAMED ON FACEBOOK

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

EUCCHARIST BREAD

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

READERS

July 12	Rdr. H. Lange
July 18	Rdr. V. Gish (Vespers)
July 19	D. Washburn
July 26	Rdr. J. Butler
August 2	D. Alexander
August 5	M. Braun (Vesp Lit. Transfiguration)
August 9	Rdr. M. Kern
August 15	Rdr. V. Gish (Dormition)
August 16	Rdr. H. Lange

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](http://www.stbarbaramonastery.org/product/L-LSQ)

**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 4

Having learned the joyful message
of the Resurrection from the angel,
the women disciples of the Lord cast from them
their parental condemnation,
and proudly broke the news to the disciples
saying death has been spoiled.
Christ God is risen, granting the world great mercy.

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 4

O Lord, how manifold are Thy works, in wisdom Thou hast made them all.
(Ps 103/104:24)

Vs. Bless the Lord O my soul, O Lord my God, Thou art very great.

EPISTLE READING

Romans 10:1-10

Brethren, my heart's desire and prayer to God for Israel is that it may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Alleluia Refrain and Psalm verses before the Gospel Tone 4

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Draw Thy bow and prosper and reign, in the cause of truth, meekness, and righteousness. (*Ps 44/45:5*)

Verse: Thou hast loved righteousness and hated wickedness. (*Ps 44/45:8*)

GOSPEL READING

Matthew 8:28-9:1

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

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*)

ANNOUNCEMENTS

REGARDING THE LIVE-STREAMING OF SERVICES...

We are trying a new way of live-streaming the Liturgy. 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**.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

7/12 Jon & Kristin King

Birthdays

7/12 Paige Zidek

7/13 Larry Lander

7/15 Juliana Shackelford

7/16 Mary Gish

7/16 Melissa Braun, Rebekah Dillon

Patronal Feast Days

7/13 **Archangel Gabriel** Cheryl Fisher, Gabe Speier, Jamie Van Wagoner

7/17 **St. Marina of Antioch** Margaret Easbey

7/18 **St. Elizabeth the New Martyr** Elizabeth Butler, Carla Harris,
Adrienne Macdonald, Jenny Speier

The Woman Healed by Touching Christ's Garment (St. Veronica — July 12)

St. Veronica, as she is known in the Orthodox Church, "suffered much for 12 years under many physicians, and had spent all that she had, and nothing had helped, but instead she became worse." (Mark 5:26) She had heard of Christ, and decided to go to Him, believing that she would be healed merely by touching His garment. When she did this, the Savior felt that power had gone forth from Him. Turning to the crowd, He asked who had touched His garment. His disciples were puzzled by the question, since many people were pressing Him on all sides. Saint Veronica came forward and fell down before Him in fear and trembling, and admitted what she had done. The Lord said, "Daughter, your faith has made you well; go in peace, and be healed of your affliction" (Mark 5:34).

If we want our Lord to be touched by our prayer, we need to learn from this woman how to approach Christ- not grasping Him so that He must pay attention to you, nor unintentionally bumping into Him by mindless, scattered prayer, but rather by complete, self-effacing humility and focused faith.

The woman did not see herself as worthy of His attention. She faithfully wanted His healing holiness to flow into her life without bothering Him at all. She doesn't grab a hold of Jesus, no graspingness in her at all, but in touching His garment she connects with Jesus. This woman's touch creates a union, communion, with the incarnate God. That is what we seek in prayer. It is what we should be seeking when we receive Holy Communion – connection with Jesus Christ our Lord.

<http://orthochristian.com/117287.html>

The pious tradition, practiced in some Orthodox churches, of touching the priest's vestments during the Great Entrance was partly inspired by the story of this healing. Liturgically, the priest is considered the representative of Christ within the Church.

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.
