



## 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 & Met-  
ropolitan 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

**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**

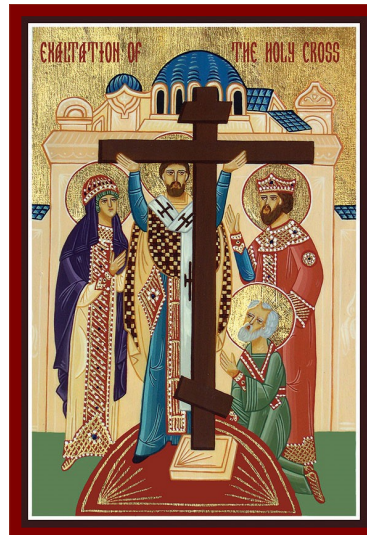
Mitchell Denny: mitchdennyjr@gmail.com

**Parish Council 2018-2019:**

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

**LITURGY OF  
ST. JOHN CHRYSOSTOM  
Sunday, September 16, 2018  
Tone 7 / Eothinon 5**

**Sunday after the Elevation of the Holy Cross  
Great-martyr Euphemia the all-praised  
Martyrs Victor and Sosthenes of Chalcedon;  
Martyr Melitina of Marcianopolis**



### **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!

## ***Calendar for this Week***

### **Sunday, September 16**

#### **Blessing of all Students & Teachers**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour

### **Monday, September 17**

6:45 a.m. Daily Matins  
5:00 p.m. Outreach dinner at St. Michael's  
Church in Isla Vista

### **Tuesday, September 18**

4:00 p.m. Catechesis Level One  
5:30 p.m. Daily Vespers

### **Wednesday, September 19**

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

### **Thursday, September 20**

11:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers

### **Friday, September 21-GOLF TOURNAMENT**

6:45 a.m. Daily Matins  
4:45 p.m. Weekly Akathist at Westmont  
College in the Chapel

### **Saturday September 22**

6:00 p.m. Vespers/Confession

### **Sunday, September 23**

#### **Blessing of all Ministry Leaders & Parish Council**

9:00 a.m. Religious Ed.—grades 1-12  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour

**Fr. Nicholas & Jan will be  
away September 24-25.**

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| <p><b>Level I Catechesis begins on<br/>Tuesday, Sept. 18th<br/>from 4:00-5:00 p.m.</b></p> |
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## ***Sunday Morning Ministries Schedule***

### **Eucharist Bread**

September 16 Kern  
September 23 Jacobs  
September 30 Kern  
October 7 Fr. Nicholas

### **Coffee Hour**

September 16 Robinson/Speier  
September 23 Harris  
September 30 CHOIR  
October 7 Cocores/Loulias

### **Greeters**

September 16 K. Fox/Deacon  
September 23 Morrison/Genatone  
September 30 P. King/K.P. King  
October 7 K & L Jacobs

### **Ushers**

September 16 P. King, D. Meyer, R. Barre  
September 23 D. Lewis, C. Speier, J. King  
September 30 D. Washburn, C. Berari, G. Shannon  
October 7 S. Jacobs, P. Brunner, P. King

### **Readers**

September 16 Rdr. V. Gish  
September 22 Rdr. M. Kern (Vespers)  
September 23 Rdr. H. Lange  
September 30 D. Meyer  
October 7 D. Washburn

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

## THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Today the choir will be introducing some new music during the Liturgy of the Word.

### GREAT LITANY

1 Lord, have mer - cy. Lord, have mer - cy. nazo zakkak

2 Lord, have mer - cy. Lord, have mer - cy.

3 Lord, have mer - cy. Lord, have mer - cy.

4 Lord, have mer - cy. Lord, have mer - cy.

6 Most holy The - o - - - kos, save us.

To Thee, O Lord. A - - - men.

The musical score is written for Soprano/Alto and Tenor/Bass. It consists of six numbered systems. The first system (1) includes the lyrics 'Lord, have mercy. Lord, have mercy.' and the Greek phrase 'nazo zakkak'. The second system (2) repeats the English lyrics. The third system (3) also repeats the English lyrics. The fourth system (4) repeats the English lyrics. The fifth system (6) includes the Greek phrase 'Most holy The-o-o-kos, save us.' The sixth system includes the English lyrics 'To Thee, O Lord. Amen.' The score uses a key signature of one flat (B-flat) and a common time signature (C). The vocal lines are written in treble clef for Soprano/Alto and bass clef for Tenor/Bass. The accompaniment is written in bass clef. The lyrics are written below the vocal lines.

**FIRST ANTIPHON verses for the Feast of the Cross with refrain:**

Vs. O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

Vs. My God, I will cry by day, and wilt Thou not hearken? But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. **[Refrain]**

Vs. Glory...now & ever...Amen. **[Refrain]**

Musical score for Soprano and Tenor/Bass parts. The Soprano part is written in treble clef with a key signature of one flat (B-flat). The Tenor/Bass part is written in bass clef with the same key signature. The lyrics are: "Through the in - ter - cess - ions of the The - o - to - kos, nazo zakkak". A checkmark is placed after the word "kos".

Musical score for Soprano and Tenor/Bass parts. The Soprano part is written in treble clef with a key signature of one flat (B-flat). The Tenor/Bass part is written in bass clef with the same key signature. The lyrics are: "O Sav - ior save us.".

**SECOND ANTIPHON verses for the Feast of the Cross & refrain**

Vs. O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

**Refrain: O Son Of God Who rose from the dead, save us who sing to Thee, Alleluia! (MUSIC ON NEXT PAGE.)**

Vs. This is Mount Zion wherein Thou hast dwelt. **[Refrain]**

Vs. God is our King before the ages, He hath wrought salvation in the midst of the earth. **[Refrain]**

## SECOND ANTIPHON REFRAIN

nazo zakkak

Soprano  
Alto

O Son of God, Who art ris-en from the dead, ✓

Tenor  
Bass

S  
A

save us who sing- to Thee, al-le-lu-ia.

T  
B

**Chanter: 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

nazo zakkak

Soprano  
Alto

On-ly Be-got-ten Son and Word of God, Who

Tenor  
Bass

S  
A

art im-mor-tal, ✓ who for our sal-va-tion

T  
B

S  
A  
willed to be in - car - nate of the Ho - ly The - o - to - kos and

T  
B

S  
A  
ev - er - vir - gin Mar - y, who with - out

T  
B

S  
A  
change be - came man and wast cru - ci - fied,

T  
B

S  
A  
O Christ our God, and tram - pled down death by death,

T  
B

*ritardando*

S  
A  
who art One of the Ho - ly Trin - i - ty,

T  
B

*a tempo*

S  
A  
glo - ri - fied to - geth - er with the Fa - ther and the

T  
B

*cresc.*

S  
A  
Ho - ly Spir - it, *ff* save us.

T  
B

**THIRD ANTIPHON and verses for the Feast of the Cross**

Vs. The Lord is king, let the peoples rage; He sitteth on the Cherubim,  
let the earth be shaken.

**Refrain: Troparion for the Feast of the Cross**

**O Lord save Thy people and bless Thine inheritance,  
granting victory over all adversaries.  
And by the pow'r of Thy cross protect us.**

Vs. The Lord is great in Zion, and He is high above all peoples.

Vs. Let them confess Thy great Name, for it is terrible and holy.

**FOLLOWING THE PROCESSION WITH THE GOSPEL, THE CLERGY ENTER  
THE ALTAR AS WE SING THE FOLLOWING HYMNS FOR THE DAY:**

**Troparion of the Resurrection  
(Music on p. 51 of Liturgy book)**

**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 the Feast of the Elevation of the Holy Cross**

**Tone 1 Byzantine**

O Lord save Thy people and bless Thine inheritance,  
granting victory over all adversaries.  
And by the pow'r of Thy cross protect us.

**Troparion for St. Euphemia**

**Tone 4**

Your lamb Euphemia calls out to You, O Jesus, in a loud voice:  
“I love You, my Bridegroom and in seeking You, I endure suffering.  
In baptism I was crucified so that I might reign in You,  
and I died so that I might live with You.  
Accept me as a pure sacrifice,  
for I have offered myself in love!”  
Through her prayers save our souls, since You are merciful!

**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 for the Feast of the Cross**

**Tone 4 Slavic Chant**

As You were voluntarily raised upon the Cross for our sake,  
grant mercy to those who are called by Your Name, O Christ God;  
make all Orthodox Christians glad by your power,  
granting them victories over their adversaries//  
by bestowing on them the invincible trophy, Your weapon of peace!

**TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy Book)**

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

+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)**  
**(Music on page 59 of Liturgy book)**

**Tone 4 Byzantine**

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

People: O Lord, how manifold are Thy works, in wisdom Thou hast made them all.

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

People: O Lord, how manifold are Thy works, in wisdom Thou hast made them all.

Reader: O Lord, how manifold are Thy works,

People: in wisdom Thou hast made them all.



## **EPISTLE READING**

### **Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

## **Preparatory Psalm Verses with Alleluia Refrain Before the Gospel    Tone 1**

Chanter: Alleluia, Alleluia, Alleluia!

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

v. Remember Your congregation, which You have purchased of old!  
(Ps 73/74:2)

v: God is our King before the ages; He has worked salvation in the midst of the earth.  
(Ps 73/74:12)

## **GOSPEL READING**

### **Mark. (8:34-9:1)**

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

## **HOMILY**

**Meglynarion (Hymn to the Mother of God) for the Feast of the Cross  
(Tone 8 Byzantine melody, arranged by Max Murphy of Indianapolis, IN)**

You are a mystical paradise, O Birthgiver of God, in which Christ blossomed.  
Through Him, the life-bearing wood of the Cross was planted on earth.  
Now, at its elevation, as we bow in worship before it, we glorify You.

**Communion Hymn**

Praise the Lord from the heavens; praise Him in the Highest!

**For the feast of the Cross**

The light of Your countenance has shone on us, O Lord. (*Ps 4/5:6*) Alleluia (3x)

**Instead of “We have seen the true light,” we sing the Troparion of the Feast.**

O Lord save Thy people and bless Thine inheritance,  
granting victory over all adversaries.  
And by the pow’r of Thy cross protect us.

**THANK YOU, FAREWELL & MANY YEARS  
TO PAUL WINTZ!**

This Sunday we say goodbye (at least for awhile) to Paul Wintz, who is moving to Northern California to attend graduate school. Paul converted to the Orthodox Faith and became a member of St. Athanasius parish in December of 2012 while a student at Westmont College. Since that time, he has been an active member of the parish, serving in the choir, assisting with the teen program, teaching Sunday Religious Education, and as one of the leaders of our Project Mexico mission teams.

You will be greatly missed, Paul. We pray that God will guide you in this next step of your journey, and we hope that you will visit often!





**ONLY 5 DAYS TO THE  
Annual Howard Shannon Golf Tournament!**

**Help us to complete the expansion of our patio,  
including the pergola (shade structure) above,  
plus an extension of the brick area  
and a play area for the children on the grass.**

Please support this year's Golf Tournament by:

- Becoming a sponsor or making a donation
- Registering to golf and/or attending the dinner
  - Bringing a friend!

**PROCEEDS THIS YEAR GO TOWARDS THE PATIO PROJECT.**

Register today during Coffee Hour or through the website:  
<https://www.stathanasius.org/2018-golf-tournament/>

## **ANNOUNCEMENTS & CALENDAR HIGHLIGHTS**

You can access a complete calendar of services and other parish activities on our website: [www.stathanasius.org](http://www.stathanasius.org).  
On the homepage, click on **VIEW CALENDAR** at the bottom left.

### **FR. NICHOLAS AND JAN WILL BE AWAY SEPTEMBER 24-25.**

**PLEASE KEEP FR. JON BRAUN IN YOUR PRAYERS.** He had surgery on Thursday on his lung to remove fluid and scarring, and to inflate a collapsed lung. He is doing well and the doctor is very pleased with his progress. Please, no visitors for now. An update will go out when he is able to have visitors either at the hospital or at home.

**ALL STUDENTS AND TEACHERS** will receive a special blessing at the end of the Divine Liturgy TODAY.

### **SUNDAY RELIGIOUS EDUCATION AUTUMN START-UP**

All Sunday Religious Education classes begin TODAY, with the exception of the **Catechesis Level I** will meet on Tuesday from 4-5 p.m.

**ADULT CATECHISM BEGINS** on Saturday, September 29th from 4:30-6:00 p.m.

### **AKATHIST TO SWEET JESUS ON FRIDAYS AT WESTMONT COLLEGE**

Dorothy Alexander and Zak Landrum are leading a group of Westmont students who are gathering on Friday evenings at 4:45 p.m. to pray the beautiful Akathist to Sweet Jesus. Some of our parish members who are on the faculty and staff have also joined them. All are welcome. Please note the parish calendar for Fridays when they will not meet due to holidays.

### **DONATED CLOTHING**

The Showers of Blessing ministry is still in need of clothing, however they are asking for **ONLY JEANS, T-SHIRTS and JACKETS. No women's clothing, please, and no dress clothes.**

**Between now and Christmas,** we will be accepting new or gently used sweat-shirts, hoodies, and jackets for our St. Brigid Christmas Outreach Breakfast, so keep that in mind as you are doing your fall purging and Christmas shopping!

Donated clothing should be put in the area by the copier (the hallway between the two offices) and **CLEARLY MARKED** for either the Showers or Christmas.

### **HOW TO SIGN UP TO HOST A COFFEE HOUR IN 2018—19**

Sign-ups will be done online again this year. Please consult your family calendar, and then use the online list to sign up. Here is the link to sign up online.

<http://www.stathanasius.org/coffee-hour/>

You can also contact Suzi Wiley with your preferred date, and she will sign you up.

E-mail: [suziwiley@cox.net](mailto:suziwiley@cox.net) Mobile Phone: 805-448-2787

## ***CELEBRATIONS THIS WEEK***

### **Birthdays**

9/18 Andy Simonsen  
9/19 Leslee Kinman  
9/20 Dan Braun, Hailey Michele Parodi  
9/22 Alec de Bruin

### **Patronal Feast Days**

|      |   |   |                               |
|------|---|---|-------------------------------|
| 9/17 | <b>St. Nadia (daughter of St. Sophia)</b> |   | Nadine De Bruin               |
| 9/17 | <b>St. Sophia</b>                         | Noelle Ballew<br>Giana Sophia Brunner<br>Sophia Roberts | Sophia Johnson<br>Lauren King |
| 9/17 | <b>St. Sophia &amp; her 3 daughters</b>   |   | Bella Madrigal                |

## **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.**

9/20 Regular Youth Group times  
9/27 Regular Youth Group times  
10/4 Regular Youth Group times  
10/11 Regular Youth Group times  
10/18 Regular Youth Group times  
10/25 Regular Youth Group times

**10/31 - WEDNESDAY NIGHT  
All Hallow's Eve Party**  
Both groups at 6pm—location TBA

## INVITING ALL PARISH MEMBERS...

We need your input as we begin a strategic planning process to set our goals for the next five years.

Please join us for an **important**

## PARISH FAMILY GATHERING

Sunday, October 7th

4:00-6:00 p.m. — Meeting of all members

Teens are welcome!

6:00 p.m. — Supper on the patio  
& ice-cream brownie sundaes

Childcare will be available during the meeting.

We will divide into several groups and engage in a discussion about our successes and challenges of the past ten years. We will come back together to share some of the comments gathered.

Fr. Nicholas will then share with us the overall **VISION** for our parish, those basic values and beliefs that guide all of our other decisions, activities, ministries, expenses and building project.

There will be an opportunity for questions and clarification about the vision.

Keep an eye out for an E-vite to this parish gathering.

Please R.S.V.P. to the E-vite so that we know how many to plan for.

It is very important that we begin this process with as much participation as possible from our parish family, including members of ALL ages and generations.

May God grant us wisdom as we celebrate our past and prepare for the road ahead!

**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. Romanos (O.C.M.C. priest, Congo)  
Mother Christophora  
Fr. Jon B.  
Dn. Richard E.  
Kh. Diane C.  
Greg & Margaret Y.  
Hoppe Family  
Gail S.  
Penny B. and Family  
Duane F.  
Joan and Steve T.  
Friesen family

Ethan & Cole K.  
Tony E.  
Fr. Dimitrie V.  
Monsignor John Y.  
Gaylen C.  
Zac B.  
Terri Lynn & Hannah Rose  
Lauren  
Cheryl G.  
Jerry J.  
Elka  
Elizabeth J.  
Jimmy  
Phoebe L.  
Gabriel M.  
Devin

Kh. Carla Z.  
Sharmaine & Emma  
Sue & Tim B.

All those suffering and  
in danger in Ukraine,  
Africa, and the Middle East

**For repose of the souls of:**

Dean B., Kevin A.

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).

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**ST. ATHANASIUS BOOK CENTER**

\* 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 St. Athanasius Book Center.. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.)

**All proceeds go to the parish Building Fund.**

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ELEVATION OF THE CROSS

