



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
11:00 a.m.—5:00 p.m.

Senior Pastor:

Fr. Nicholas Speier
805-685-5495
frnicholas@stathanasius.org

Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-968-2448
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
email: office@stathanasius.org

Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh
Richard Barre
Catherine Braun
Karen Jacobs
Jon King
Laurence Lander
Craig Speier

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 14, 2014

Exaltation (Elevation) of the Holy Cross

Repose of John Chrysostom, archbishop of Constantinople;
Venerable-martyr Makarios the New of Thessalonica; Ven-
erable-martyr Joseph of Dionysiou monastery on Athos



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 and to join us at Coffee Hour ~
we'd love to meet you!*

Calendar for this Week

Sunday, September 14-FEAST OF THE CROSS

9:00 a.m. Religious Ed. (ages 3-18)
9:00 a.m. Festal Matins
10:00 a.m. Festal Divine Liturgy
11:45 a.m. POTLUCK LUNCHEON
5:00 p.m. Fire on Father for grades 9-12

Monday, September 15

6:45 a.m. Daily Matins
5:00 p.m. Outreach Meal at St. Michael's
University Church in Isla Vista
7:00 p.m. Choir Rehearsal

Tuesday, September 16

5:30 p.m. Daily Vespers

Wednesday, September 17

6:45 a.m. Daily Matins
12:00 p.m. Women's Prayer Group
6:00 p.m. Outreach Team Meeting

Thursday, September 18

5:30 p.m. Daily Vespers

Friday, September 19-GOLF TOURNAMENT!

6:45 a.m. Daily Matins

Saturday, September 20

4:30 P.M. ADULT CATECHISM BEGINS
6:00 p.m. Great Vespers/Confession

Sunday, September 21

9:00 a.m. Religious Ed. (ages 3-18)
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:15 p.m. Choir Rehearsal
5:00 p.m. Teen Program Kick-Off Dinner
Grades 9-12

Sunday Morning Ministries Schedule

Eucharist Bread

September 14 Mark Kern
September 21 Tinyayeva
September 28 Dn. G. Braun
October 5 Gish

Coffee Hour

September 14 POTLUCK for Feast of the Cross
September 21 Gail Shannon (in memory of
Dn. Howard Shannon)
September 28 Gabrie/Chala in memory of Olguita
October 5 Ballew/Kern

Greeters

September 14 P. Morris/D. Genatone
September 21 K. Fox, P. King
September 28 D. Washburn/D. Lewis
October 5 L. Baker/P. King

Ushers

September 14 D. Meyer, R. Barre, D. Lewis
September 21 C. Speier, Rita Schneider, P. King
September 28 Jon King, G. Braun Jr., P. King
October 5 P. Brunner, G. Shannon, P. King

Readers

September 14 M. Kern
September 21 D. Washburn
September 28 H. Lange

LOST AND FOUND

The Lost and Found basket is located in the little alcove next to the sitting area with the sofas and rocking chair.

AED

(Automated External Defibrillator)

The AED is located in the foyer, on the ledge of the window that looks into the church office.

CHANGEABLE TEXTS FOR THE DAY

THE PRAISES for the Feast of the Cross

Let everything that breathes praise the Lord! Praise the lord from the heavens! Praise Him in the highest! To You, O God, is due a song! Praise Him, all you Angels of His! Praise Him, all His hosts! To You, O God, is due a song!

Verse 1. Praise God in His sanctuary: praise Him in the firmament of His power. Praise Him for His mighty acts: praise Him according to His excellent greatness.

Oh, most glorious wonder! The life-bearing tree, the all-holy Cross today is raised up on high and shown to the world. All the ends of the earth give glory; all the demons are struck with terror. Oh, what a gift is bestowed on mortals. Through the Cross, save our souls, O Christ, as You alone are compassionate!

Verse 2. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.

Verse 3. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Oh, most glorious wonder! The cross that carried the Most High like a cluster of grapes filled with life today is seen raised up above the earth. Through this we have all been drawn to God, and death is finally swallowed up. O, immaculate Wood! Through you we enjoy the immortal food of Eden as we give glory to Christ!

Verse 4. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.

O, most glorious wonder! The length and breadth of the Cross is equal to heaven, for by divine grace it sanctifies the universe. By the Cross, pagan nations are overcome. By the Cross the sceptres of kings are firmly established. O divine ladder, by which we go up to heaven, exalting the Lord in song!

Glory to the Father and to the Son and to the Holy Spirit; now and ever and unto ages of ages. Amen.

Doxastikon at the Praises (for the Feast of the Cross) Tone 6

Today the Cross of the Lord comes forth; the faithful welcome it with longing and receive healing of soul and body and of infirmity. Let us kiss it with joy and fear: fear because of our sin, since we are unworthy, but joy because of the salvation given to the world by Christ the Lord Who was nailed upon it, Who has great mercy.

AT THE END OF THE MATINS SERVICE, WE SING THE GREAT DOXOLOGY.

**(“Glory to You, Who have shown us the light...” - Complete text is
in the front of the Liturgy Book.)**

The Doxology is followed by the Troparion of the Cross. Music is on next page.

THE LITURGY OF THE WORD

THE GREAT LITANY

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]**

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:

Tone 2 Second Antiphon



O Son of God, cru - ci - fied in the flesh,

save us who sing to You: "Al - le - lu - ia!"

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]

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 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: (Music is on next page.)

**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.

PROCESSION WITH THE CROSS

**Troparion of the Holy and Life-giving Cross
(Music on next page.)**

**Tone 1 (Byzantine melody)
arr. Finley**

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

Kontakion for the Feast of the Cross

Tone 4 (Slavic melody)

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!


Troparion

Elevation of the Cross

Tone 1 Byzantine


Priest Mark Sahady
arr. by Priest John Finley

Soprano
Alto



O Lord, save Thy peo - ple and bless_ Thine in - her - i - tance,

Tenor
Bass



S.
A.

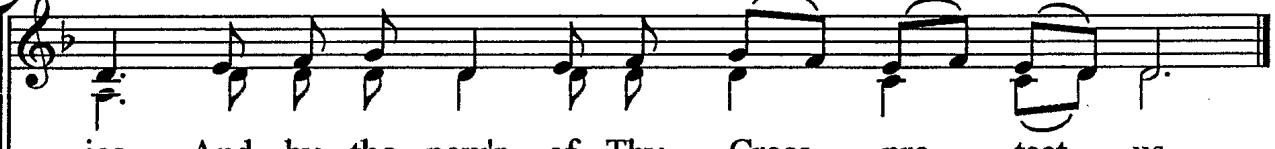


grant - ing vic - to - ry ov - er all ad - ver - sar -

T.
B.




S.
A.



ies. And by the pow'r of Thy Cross pro - tect_ us.

T.
B.



INSTEAD OF "HOLY GOD..." WE SING:

Before Thy cross, we bow down in worship, O our Master, and Thy holy Resurrection we glorify. (MUSIC IS ON THE NEXT PAGE.)

BEFORE THY CROSS

V. Rev. JAMES C. MEENA
Byzantine melody of
the Antiochian Tradition
Tone 1

1, 2, 3, 6 Quietly, Calmly

mf BE - FORE THY - CROSS WE BOW

mf BE - FORE THY CROSS WE BOW DOWN IN

f AND THY HO - LY RES - UR -

WOR - SHIP, O OUR MAS - TER, AND THY HO - LY

- REC TION *mf* WE GLO - RI - FY. *fine*

mf

Preparatory Psalm (Prokeimenon) Verses before the Epistle Tone 7 (Byzantine)

Exult ye the Lord our God, and worship at His footstool; for He is holy. (Ps. 99:5)

Verse: The Lord reigneth, let the people rage.

EPISTLE READING FOR THE FEAST 1 Corinthians 1:18-24

Brethren, the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the cleverness of the clever I will thwart." Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, it pleased God

through the folly of what we preach to save those who believe. For Jews demand signs and Greeks seek wisdom, but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. Remember Thy congregation, which Thou has purchased of old. (Ps 74:2)

Vs. God is our King of old; working salvation in the midst of the earth. (Ps. 74:12)

GOSPEL READING

John 19:6-11, 13-20, 25-28, 30-35

At that time, the chief priests and the elders of the people took counsel against Jesus to put Him to death; they led Him to Pilate and cried out, "Crucify him, crucify him!" Pilate said to them, "Take Him yourselves and crucify him, for I find no crime in Him." The Jews answered him, "We have a Law, and by that Law He ought to die, because He has made himself the Son of God." When Pilate heard these words, he was the more afraid. He entered the Praetorium again and said to Jesus, "Where are you from?" But Jesus gave no answer. Pilate therefore said to him, "You will not speak to me? Do you not know that I have power to crucify You, and power to release You?" Jesus answered him, "You would have no power over Me unless it had been given you from above.

When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Pavement, and in Hebrew, Gabbatha. Now it was the day of Preparation of the Passover; it was about the sixth hour. Pilate said to the Jews, "Behold your King!" They cried out, "Away with Him, away with Him, crucify Him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." Then Pilate handed Jesus over to them to be crucified.

So they took Jesus and led Him away, and He went out, bearing His own cross, to the place called the place of the skull, which is called in Hebrew Golgotha. There they crucified Him, and with Him two others, one on either side, and Jesus between them. Pilate also wrote a title and put it on the cross; it read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Greek, and in Latin.

Now standing by the cross of Jesus were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw His mother, and the disciple whom He loved

standing near, He said to his mother, "Woman, behold, your son!" Then He said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own.

After this Jesus, knowing that all was now fulfilled, said, "It is finished"; and He bowed His head and gave up the spirit.

Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other, who had been crucified with Jesus. But when they came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers pierced his side with a spear, and at once, there came out blood and water. He who saw it has borne witness -- his testimony is true.

LITURGY OF THE FAITHFUL

The following changeable hymns for the feast are sung after the Anaphora:

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.

Hymn sung as the clergy receive the Eucharist for the feast of the Cross

(Kievan chant, arranged by Vladimir Morosan)

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.

INCOME FOR AUGUST 2014

Monthly tithe Goal:	\$47,000
Received in August	\$38,916
Building Fund Donations Received in Aug.	\$14,063

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

9/16 Philip & Monica Brewer
9/19 Kevin & Angelina Speier

Birthdays

9/14 Michael Easbey
9/15 Dean Brunner
9/18 Andy Simonsen
9/19 Leslee Kinman
9/20 Dan Braun

Patron Saint Commemorations

9/17	St. Nadia (daughter of St. Sophia)	Nadine De Bruin
9/17	St. Sophia	Sophia Johnson
	Noelle Ballew	Lauren King
	Giana Sophia Brunner	
	Sophia Roberts	
9/17	St. Sophia & her 3 daughters	Bella Madrigal

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.

TODAY WE WILL BLESS ALL OF OUR STUDENTS AS WE BEGIN THE NEW SCHOOL YEAR.

SAVE THE DATE! ALL-PARISH WORKSHOP—OCTOBER 4th

Please mark your calendar for a follow-up meeting to our recent all-parish meeting. We will meet from 9 a.m.-12 noon on Saturday, October 4th for a brief presentation and workshop. The goal of the session is to get feedback on developing priorities for our building project.

COFFEE HOUR HOSTS NEEDED

Please remember to sign up to host a Coffee Hour during the 2014-2015 liturgical year. See the large bulletin board in the hallway for the sign-up list.

The Feast of the Elevation of the Venerable and Life-giving Cross

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation.

At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy."

It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country. Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.



BLESSING OF OUR TEACHERS

Last Sunday we prayed over all of our Religious Education teachers and catechists, that God would guide them as they labor in the spiritual formation of our children and teens.

**WELCOME BACK TO
RELIGIOUS EDUCATION,
EVERYONE!**



ONE WEEK TO
September 19, 2014

ANNUAL GOLF & DINNER/DANCE GALA

IN MEMORY OF DN. HOWARD SHANNON

Help Us Reach Our Goal of \$75,000!

***If you missed the reservation deadline
but still would like to play golf or attend the dinner,
Contact Jami Brunner Stetler **TODAY** (Sunday, 9/14) at:
jami.stetler@gmail.com or 805-722-2526***

New this year:
**Bunnin Chevrolet of Santa Barbara will be hosting hole
#9 with a hole-in-one-prize of a 2015 Cadillac.**
Gotta play to win!

Silent Auction items will be accepted until this Wed, 9/17.
So please continue to pursue any leads that you have on
donated items, and then contact Sherie Shackelford at
sbshack@cox.net or text to 805-451-6694



ST. ATHANASIUS

Liturgical Arts Festival

October 17-19, 2014

Exploring 2,000 years of Orthodox Musical Tradition: When East meets West

300 Sumida Gardens Lane, Santa Barbara, CA 93111

Friday, October 17

- 5:00-7:00 p.m. Tours, Bookstore, Exhibits and Vendors
- 7:00-8:30 p.m. Keynote Address: "Worship in the Early Christian Church : Old Testament Influences on New Testament Worship"
Archbishop BENJAMIN (Peterson) of the O.C.A. Western Diocese
- Reception, Bookstore, Exhibits and Vendors following presentation.

Saturday, October 18

- 10:00 a.m.-12 p.m. "Ancient Chant in a Modern World: our received Byzantine Tradition"
Fr. Joseph Morris, Abbot of St. Gregory Palamas Orthodox Monastery, Perrysville, Ohio
- 1:00-3:00 p.m. Tours, Bookstore, Exhibits and Vendors
- 3:00-5:00 p.m. "Orthodoxy moves Westward: Slavic Chant and the Music of the Cathedrals of E. Europe"
Dr. Vladimir Morosan, Pres. of Musica Russica Publishing Company, Dir. -Archangel Voices
- 6:00 p.m. Vespers
- 7:00-9:00 p.m. "America's Voice: When Protestants look Eastward"
Fr. John David Finley - Composer, Priest for Antiochian Archdiocese Dept. of Missions
- Reception, Bookstore, Exhibits and Vendors following presentation.

Sunday, October 19

- 3:00 p.m. Concert of Sacred Music: "From Byzantium to Beverly Hills"
Featuring: Adelfos Ensemble, the St. Athanasius Choir, and Providence High School School Chamber Choir.
Including Orthodox hymns from the Byzantine and Slavic traditions, sacred works by contemporary composers John Tavener, Arvo Pärt, Fr. Sergei Glagolev, Fr. John D. Finley, Nazo Zakkak, and more!

(\$5 donation, no charge for children 12 yrs. and under, seating first-come/first-served)

FOR MORE INFORMATION, GO TO: WWW.STATHANASIUS.ORG OR CALL 805-685-5400

TEEN SCENE

JOURNEY TO ADULTHOOD

Schedule of Activities and Service Projects

High School —Grades 9-12

Autumn 2014

September		
Sunday Sept 14:	Fire on Father	5:00 pm at Fr. Nicholas and Jan's house
Sunday Sept 21	Kick off Dinner	5:00 pm at the church
October		
Sunday Oct 26	Fire on Father	5:00 pm at Fr. Nicholas and Jan's house
Sat Oct 11 or 25 (TBA)	Teen room service project	9:00 am at the church
November		
Sun Nov 2	Small groups	TBA
Sunday Nov 16	Fire on Father	5:00 pm at Fr. Nicholas and Jan's house
December		
Sun Dec 7	Transition House shopping	Time and place TBA
Sun Dec 14	Fire on Father	5:00 pm Fr. Nicholas and Jan's house
Sun Dec 21	Xmas party	5:00 pm Teen room

For more information, contact Lara Jacobs —Teen Program Coordinator
at: cpejacobs@gmail.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.

Please pray for the health of:

Metropolitan JOSEPH
Mother Victoria
Met. Paul & Abp. John
of Syria
Dn. Richard E.
Dn. Scott J.
Peggy K. and Family
Fr. Gordon & Mary Sue W.
The Hartung Family
Greg & Margaret Y.

Mary Ellen B.
Gail S.
Dean & Penny
Mary & Susan
Baby Christian F.
Duane F.
Larry L.
Sandy S.
Drew W.
Susan R.

Katie Zoe
Yvette B.
Marliese Z.
All those suffering and
in danger in the Ukraine,
Nigeria, and the
Middle East
Cheri W.
Hoppe Family

For repose of the souls of:

Olga G., Rosella K. (Nick Kronman's mother)
All who have died in the conflicts in the Ukraine, Syria
and Palestine

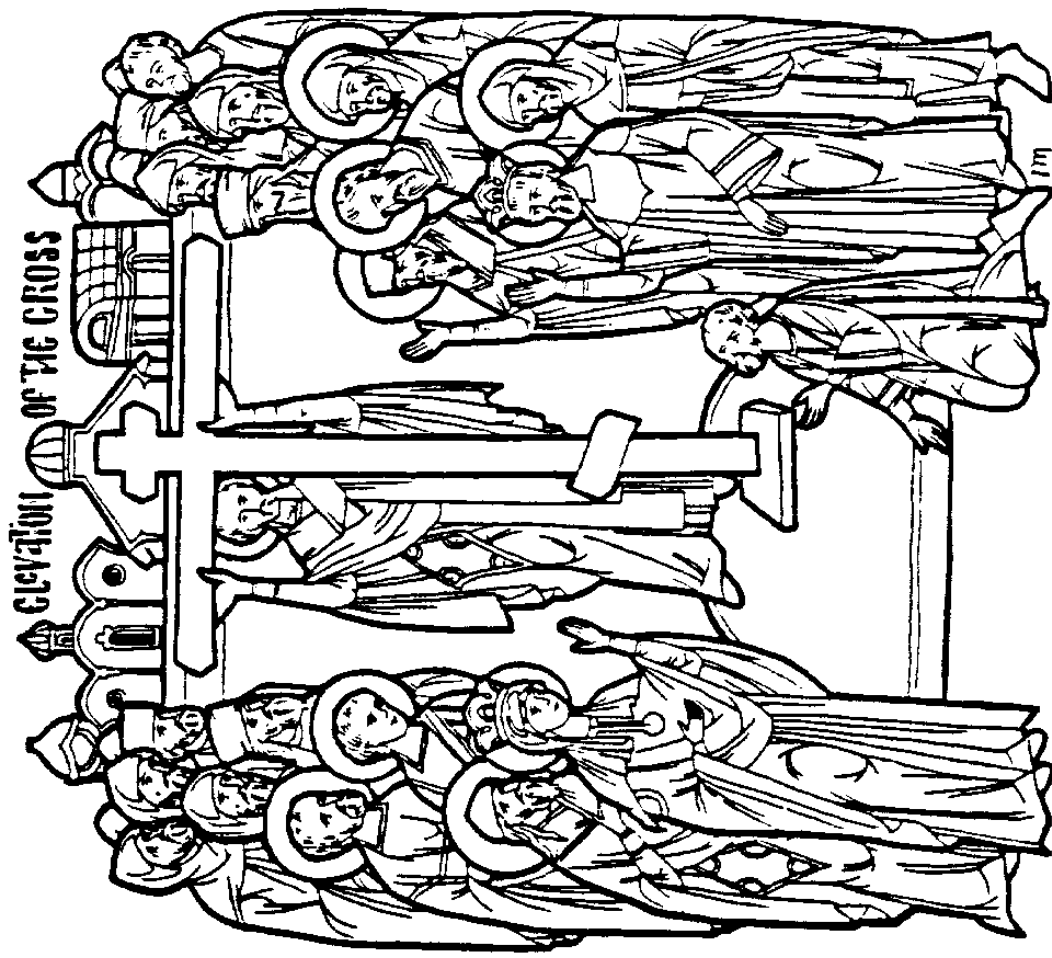
ABOUT OUR PRAYER LISTS:

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 Proskomedia (Preparation of the Bread and Wine for Communion).

ST. ATHANASIUS BOOK CENTER

The church bookstore is located in the fellowship hall. The two enclosed cabinets hold icons, books, jewelry and other items that are FOR SALE. Payment should be made at time of purchase and placed in the brown lock box ON THE BOOKSTORE SHELF.
Make checks payable to "St. Athanasius Book Center."



FOR THE CHILDREN TO COLOR
DURING THE HOMILY OR AT HOME -