



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
12:00—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
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Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Dottie Genatone
Verne Gish
Benjamin Hedges
Kristi King

LITURGY OF ST. JOHN CHRYSOSTOM

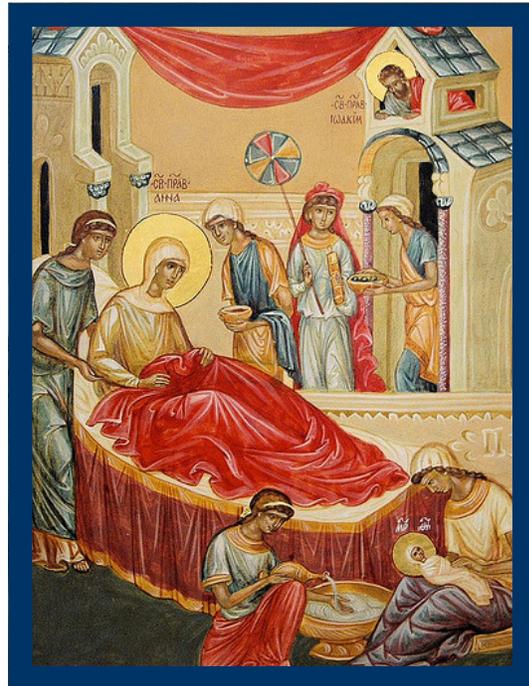
Sunday, September 11, 2016

Tone 3 / Eothinon 1

Sunday before the Elevation of the Holy Cross

After-feast of the Nativity of the Theotokos

Venerable Theodora of Alexandria; Righteous Euphrosynos the
Cook; Martyrs Demetrios, Evanthia and Demetrianos;
Translation of relics of Venerable Sergios and Herman of Valaam



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 11

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Meeting of all teens and
parents of teens

Monday, September 12

6:45 a.m. Daily Matins

Tuesday, September 13

6:00 p.m. Vespers-Liturgy for the feast of
the Holy & Life-giving Cross

Wednesday, September 14

FEAST OF THE CROSS

6:45 a.m. Daily Matins
11 a.m.-1p.m. Shower of Blessings Ministry
12:00 p.m. Intercessory Prayer Group

Thursday, September 15

5:30 p.m. Daily Vespers

TEEN NIGHT BEGINS:

6-7:30 p.m. Jr. High Group
6:30-8:30 p.m. High School Group

Friday, September 16

6:45 a.m. Daily Matins

Saturday, September 17

6:00 p.m. Great Vespers/Confessions

Sunday, September 18

9:00 a.m. Jr. High/High School Religious
Education classes begin
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Choir Rehearsal

Sunday Morning Ministries Schedule

Eucharist Bread

Sept. 11 Kern
Sept. 18 Washburn
Sept. 25 Hedges
October 2 Tinyayeva

Coffee Hour

Sept. 11 Sieck
Sept. 18 G. Shannon in memory of
Dn. Howard
Sept. 25 Vander Laan for Freedom Sunday
October 2 Easbey Family

Greeters

Sept. 11 P. King/L. Baker
Sept. 18 G. Shannon, K. King
Sept. 25 D. Genatone/P. Morrison
October 2 K. Fox/H. Lange

Ushers

Sept. 11 P. King, C. Berari, G. Shannon
Sept. 18 S. Speier, P. Brunner, D. Washburn
Sept. 25 D. Meyer, R. Barre, D. Lewis
October 2 C. Speier, J. King, D. Washburn

Readers

Sept. 11 T. Harris
Sept. 13 H. Lange (Vesp-Liturgy for Cross)
Sept. 17 D. Washburn (Vespers)
Sept. 18 G. Wiley
Sept. 25 D. Meyer
October 2 TBA

**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 verses for the feast of the Nativity of the Theotokos with refrain:

Vs. O Lord, remember David and all his meekness. Lo, we heard of it at Ephratha;
we found it in the fields of the wood.

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

Vs. Glorious things are spoken of thee, O city of God. *[Refrain]*

Vs. God is in the midst of her; she shall not be moved. *[Refrain]*

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

SECOND ANTIPHON verses for the feast of the Nativity of the Theotokos & refrain

Vs. The Lord hath sworn in truth unto David; and He will not turn from it. Of the
fruit of thy body will I set upon thy throne.

**Refrain: O Son Of God Who rose from the dead, save us who sing to
Thee, Alleluia!**

Vs. There will I make the horn of David to bud; I have ordained a lamp for mine
anointed. *[Refrain]*

Vs. For the Lord hath chosen Zion; He hath desired it for His habitation.
[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...(See music next page.)

Only-Begotten Son

N. Soloviev

GLO - RY TO THE FATHER AND TO THE SON AND TO THE HOLY SPI - RIT,

NOW AND EVER AND UNTO A - GES OF A - GES. A - MEN.

ON - LY BE - GOT - TEN SON AND IM - MOR - TAL WORD OF GOD,

WHO FOR OUR SAL - VA - TION DIDST WILL TO BE IN - CAR - - NATE

OF THE HO - LY THEOTOKOS AND EVER VIR - GIN MA - - - RY,

WHO WITH - OUT CHANGE DIDST BE-COME MAN AND WAST CRU - - CI - - FIED, V

O CHRIST OUR GOD, TRAMP - LING-DOWN DEATH BY DEATH V WHO ART ONE

OF THE HO - LY TRI - - NI - TY, GLO - RI - FIED WITH THE FATHER AND

THE HO - LY SPI - - - RIT SAVE US.

Third Antiphon

Vs. Here will I dwell, for I have desired it.

Refrain:

**Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.**

Vs. The most high hath sanctified his tabernacle. [**Refrain**]

Vs. Holy is Thy temple, and wonderful in righteousness. [**Refrain**]

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

Troparion of the Resurrection

(Music on p. 44 of Liturgy book)

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.

Tone 3 Byzantine melody
harmonized by Fr. J. Finley

Troparion for the Feast of the Nativity of the Theotokos

Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.

Tone 4

Troparion to St. Athanasius
(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.

Tone 3 Byzantine melody
harmonized by Fr. J. Finley

Kontakion for the Feast of the Nativity of the Theotokos

By your nativity, most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve from the corruption of death.
And we, your people, freed from the guilt of sin,
celebrate and sing to You:
“The barren woman gives birth to the Theotokos,
the Nourisher of our Life.”

Tone 4 Slavic Chant

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 (Prokeimenon)

Tone 6

O Lord save Thy people and bless Thine inheritance. (Ps. 28:9)

Verse: *To Thee will I cry, O Lord, O my God, do not be silent unto me. (Ps. 28:1)*

EPISTLE READING

Galatians 6:11-18 (Sunday before the Feast of the Cross)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. 1 I have exalted one chosen out of My people. **Alleluia** (Ps 88/89:20)

Vs. 2 For My hand shall defend him, and My arm shall strengthen him.
Alleluia (Ps 88/89:22)

GOSPEL READING

John 3:13-17 (Sunday before the Feast of the Cross)

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

Meglynarion for the Nativity of the Theotokos (Hymn to the Mother of God)

Magnify, O my soul, the Virgin Mary, born of a barren womb.
Virginity is foreign to mothers; Childbearing is strange to virgins.
But in you, O birthgiver of God, both were accomplished.
Therefore, all the earthly nations unceasingly glorify You.

Hymn sung as the clergy receive the Eucharist:

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

For the feast of the Nativity of the Theotokos:

I will receive the cup of salvation and call on the name of the Lord.

(Ps 115/116:13) Alleluia, Alleluia, Alleluia!

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.

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

9/16 Philip & Monica Brewer

Birthdays

9/11 Joseph Ballew

9/11 Pablo John Monge

9/12 Tom Johnson

9/14 Michael Easbey

9/15 Dean Brunner

Patronal Feast Days

9/17 **St. Nadia (daughter of St. Sophia)**

Nadine De Bruin

9/17 **St. Sophia**

Noelle Ballew

Sophia Johnson

Giana Sophia Brunner

Lauren King

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.

MEETING TODAY AFTER LITURGY WITH ALL TEENS AND PARENTS OF TEENS

In preparation for the kick-off of our teen activities and religious education classes, there will be a meeting today with all of the teens in junior high and high school and their parents, led by our new Youth Director, Tyler Speier. Grab some refreshments at coffee hour and meet in the last classroom (teen room) close to the back door.

SEPTEMBER IS STEWARDSHIP MONTH! For the next month, we will review the concepts of stewardship of our time, talents and treasures, and we will ask each parish family to consider how they may serve in the building up of the parish and God's Kingdom. Each family/household will also be asked to consider how they can support the General Fund and Building Fund in 2017. Please take the time to review the concepts outlined in the Stewardship brochure inserted in this week's bulletin.

It's time to sign up to host a Coffee Hour during the 2016-2017 Liturgical Year! We need **EVERYONE's participation!** We ask that each parish family/household host or co-host a Coffee Hour once during the year. This is our chance to offer hospitality and to provide the opportunity for fellowship for the whole parish after the Sunday Divine Liturgy. Coffee Hour is an important time for bonding and reaching out to each other. It's also a great way to commemorate a birthday, anniversary, name day or to honor the memory of a departed family member. If you are not able to host a Coffee Hour on your own, you can sign up to be in the rotation for set-up and take-down or please let Christie Robinson know that you can help when we have parish potlucks. Or let Christie know that you would like to co-host with another family or individual. Sign up on the bulletin board, or online at:

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

Contact Christie at: christie.d.robinson@gmail.com

EUCHARIST BREAD BAKING DEMONSTRATION

The Women's Fellowship of St. Barbara Greek parish is having the prosphora (Eucharist bread) baking workshop on Saturday, September 17.th from 9:30 a.m.-3:00 p.m. in the church hall. There will be a potluck lunch while the dough is rising. Attendees are encouraged to bring something vegetarian & simple to share (salad, hummus/cheese crackers, fruit etc.)

FOOD & TOILETRIES DRIVE FOR PROJECT MEXICO

From October 2-16 we will be collecting items on St. Innocent Orphanage's "Most Needed" list. Our goal is to collect 20 boxes (or jumbo bags of rice or beans) so that we can get the free shipping offered to Project Mexico by a local shipping company. A flyer will be distributed at Coffee Hour next week with a shopping list and more details. On Sundays, you can drop off your donated items in the designated area at the end of the long hallway. Help us to provide for the boys at St. Innocent Orphanage during the time of year when donations typically decrease. Growing boys need good nutrition!

THE NATIVITY OF THE MOST PURE VIRGIN

The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and All-seeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams; for He gave them not just a daughter, but the Mother of God. She was Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, and the Fount of virginity and purity.

MARK YOUR CALENDAR!

Feast day celebration:

Elevation of the Holy Cross Tuesday, Sept. 13 Vespers-Liturgy 6:00 p.m.



We have a new icon of
The Creation
in the entryway of the church, by the office. The two icons that were on that wall have been relocated to our beautiful new chapel. The new print (not hand-painted) icon of Creation will be a lovely way to welcome guests into our building!

Autumn means Religious Education begins again! Welcome back!

It's that time of year again! The beginning of the new Liturgical Year brings the beginning of our Religious Education programs here at St. Athanasius. We offer classes and seminars for ALL AGE GROUPS, and for folks at all levels.

CATECHESIS OF THE GOOD SHEPHERD (ATRIUM) - Ages 3-12

We ask that all children ages 3-12 who will be participating in the Catechesis of the Good Shepherd **be registered**, which parents can do online by going to the [registration page](#) on the parish website:

<http://www.stathanasius.org/ministries/youth-education/catechesis/registration/>

RELIGIOUS EDUCATION AUTUMN START-UP SCHEDULE:

Sunday, Sept. 11

Meeting with all Junior High & High School students and parents after Liturgy

Sunday, Sept. 18

Jr. High and High School classes begin (9:00 a.m. on Sundays)

Saturday, October 1

Adult Catechism begins—Saturdays 4:30-6:00 p.m.

Sunday, October 2

Atrium opens - Level II and Level III classes for children ages 6-12 years old (9:00 a.m. on Sundays)

Tuesday, October 4

Atrium begins for children 3-6 years old (3:15-4:30 p.m.)

TEEN NIGHT

Beginning Thursday, **September 15** at the church and every Thursday:

Junior High Gathering 6:00-7:30 p.m.

High School Gathering 6:30-8:30 p.m.

RELIGIOUS EDUCATION STAFF

ADULT CATECHISM—Saturdays at 4:30 p.m.

Fr. Nicholas Speier

TEEN PROGRAM

Thursday evenings starting September 15th

Tyler Speier, Program Coordinator

Assistants: Michael Easbey, Nancy Gilbert, Mary Gish, Taylor Speier, Paul Wintz

Sunday Teen Religious Education—Sundays at 9:00 a.m.

Junior High Class: Doug King, Galen Wiley

High School Class: Craig Speier, Paul Wintz

CATECHESIS OF THE GOOD SHEPHERD

Joanne Gish, Coordinator

Level I (3yrs-6yrs) - Tuesdays at 3:15 p.m.

Catechists - Kate VanderLaan, Carla Harris, Cheryl Giordani

Assistants - Penny Cocores, Jan Speier, Terri Speier

Level II (6 yrs-9 yrs.) - Sundays at 9:00 a.m.

Catechist - Joanne Gish

Assistant - Kristi King

Level III (9 yrs.-12 yrs.) - Sundays at 9:00 a.m.

Catechist - Jane Meyer

Assistants: Dorothy Alexander, Kate Vander Laan

COULD GOD BE CALLING YOU TO BE A CATECHIST?

Do you think you might be interested in working with children ages 3-Kindergarten, 1st-3rd grade or 4th-6th grade? Do you have a deep desire to learn more about the Orthodox faith looking through the lens of a child? Can you identify the point in the liturgy where the priest makes the gesture of Epiclesis? Do you know that our 4 year olds can?! Do you long to fall in love with the Good Shepherd all over again? Please contact Joanne Gish, Kate Vander Laan, Carla Harris or Jane Meyer if you have any questions about CGS training or if you want further information about our program. We would love to have you join us!



ST. ATHANASIOS

Liturgical Arts Festival

November 11-13, 2016

*Beauty in Orthodox Spirituality and Worship:
Manifesting the Kingdom of God on Earth*

St. Athanasius Antiochian Orthodox Church
300 Sumida Gardens Lane, Santa Barbara, CA 93111

- Produced with the blessing of His Eminence, Metropolitan JOSEPH -

Friday, November 11

- 5:00-6:30 p.m. Church Tours, Bookstore, Icon Exhibit and Vendors
- 6:30-7:00 p.m. Children's Session with Jane G. Meyer, Children's Book Author
*Jane will read her book, *When God Made You*, to the children.
- 7:00-8:30 p.m. Keynote Address: Archimandrite (Bishop-Elect) Irenei Steenberg
- 7:00-8:30 p.m. Children's Activity (Please register your child in advance.)
- 8:30-9:30 p.m. Reception, Bookstore, Icon Exhibit and Vendors following presentation.



Bishop-Elect Irenei Steenberg

Saturday, November 12

- 12:00-1:00 p.m. Church Tours, Bookstore, Icon Exhibit and Vendors
- 1:00-2:30 p.m. Christian Church Architecture: *Reflecting the Beauty of the Kingdom in Worship Space* - Christ Kamages, Architect
- 3:00-4:00 p.m. *Fighting for Beauty in a Fallen World* - Jane G. Meyer, Children's Author
- 6:00 p.m. Great Vespers
- 7:00 p.m. *Beauty and Holiness* - Archimandrite (Bishop-Elect) Irenei Steenberg
- 8:30 p.m. Reception, Bookstore, Icon Exhibit and Vendors following presentation.



Christ Kamages

Sunday, November 13

- 3:00 p.m. Concert of Sacred Music featuring:
The St. Athanasius Parish Choir, Valerie Yova - Conductor
The Santa Barbara Catholic Mission Schola, Roy Spicer, Conductor



Jane G. Meyer

Reception following the concert.

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

**FOR MORE INFORMATION, GO TO: WWW.STATHANASIOS.ORG
office@stathanasius.org 805-685-5400**

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. Jon Braun
Dn. Richard E.
Kh. Diane C.
Kh. Mary Sue W.
Fr. Patrick and Vanessa K.
Greg & Margaret Y.
Hoppe Family

Gail S.
Dean & Penny B.
Kevin & Angel S.
Mary
Susan B.
Baby Christian F.
Duane F.
Galina, Nikolai & Nataliya
Olga Marie G.

Emily F.
Joan T.
Terri-Lynn & Hannah Rose H.
Silvia Y.
Manny
Jared E.
James
Alma G.
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

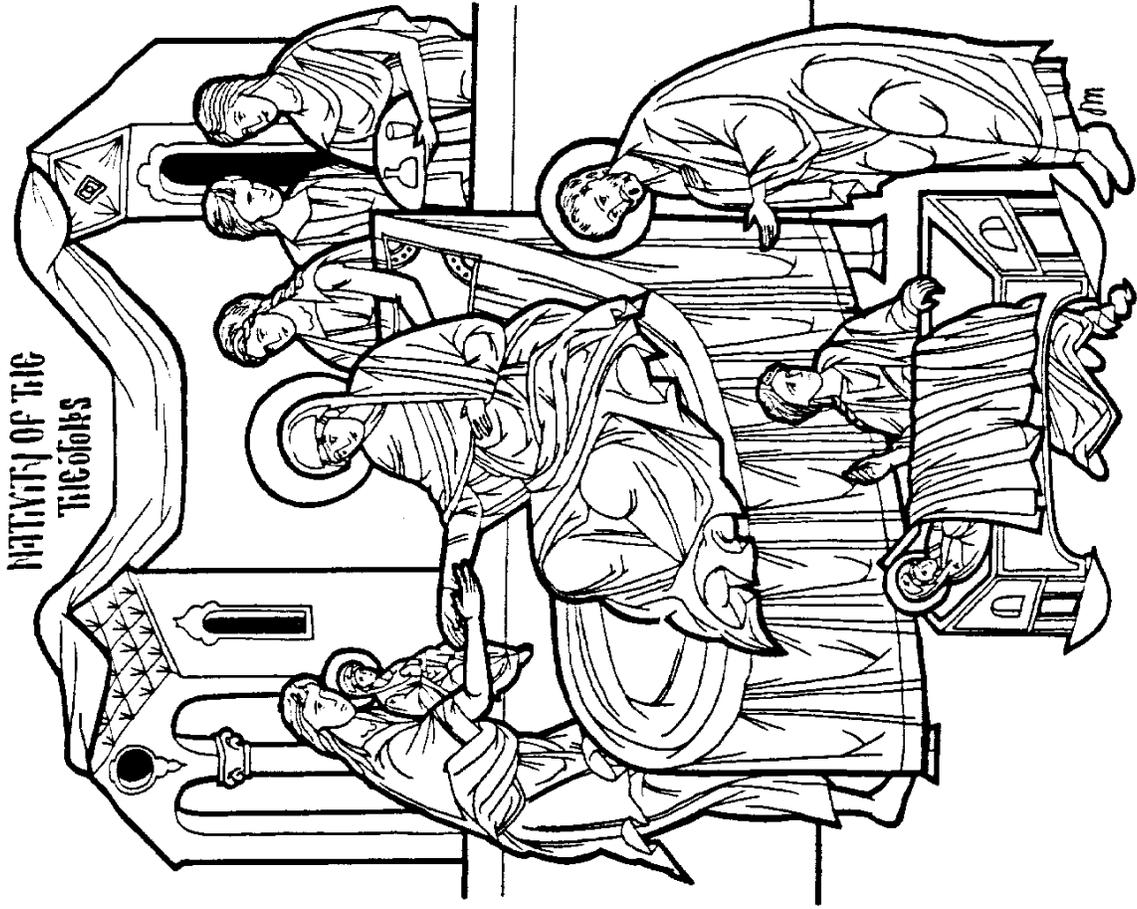
For repose of the souls of: Fr. Jacques—new Martyr of France, William, All who have died in the conflicts in the Ukraine, Africa & the Middle East

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

* **ST. ATHANASIUS BOOK CENTER** *
* The church bookstore is located in the foyer of the fellowship hall. The two *
* enclosed cabinets hold icons, books, and other items that are FOR SALE. *
* See Terri Speier if you are looking for jewelry such as a cross or chain. Pay- *
* ment should be made at time of purchase and placed in the brown lockbox *
* mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. *
* Athanasius Book Center." *
* **All proceeds go to the parish Building Fund.** *



Nativity of the Theotokos—September 8