



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, Metropolitan SABA

Pastor:

Fr. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

Priests attached to the parish:

Fr. Nicholas Speier (Pastor Emeritus)

Fr. John Carrillo (retired)

Fr. Jon Braun (retired)

Fr. John Finley (Archdiocese Dept. of Missions)

Deacons:

Dn. Gary Braun

Dn. Scott Jacobs (retired)

Dn. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Parish Council 2026-2027

Cheryl Washburn-Lander, President

Dan Braun, Treasurer

Peter Braun

Margaret Easbey

Sydney Hedges

Jared Speier

Suzi Wiley

Zac Wood

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

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Catechesis of the Good Shepherd

Joanne Gish

jgish@westmont.edu

Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

College/Young Adult Activities Coordinator

Zac Wood

zac.wood9@gmail.com

Maintenance Supervisor—Chris Robinson

maintenance@stathanasius.org

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 20 2026

Tone 7 / Eothinon 5

Sunday after the Elevation of the Holy Cross

Great-martyr Eustathios and his family;

Venerable-martyr Hilarion of St. Anne Skete on Athos



WELCOME TO OUR VISITORS!

We are glad you are with us this morning
to join our worship of the Father, Son & Holy Spirit!

Please join us on the patio after the Liturgy for
the Agape Meal.

We'd love to meet you!

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

**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 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 prayers 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: O, Son of God, crucified in the flesh, save us who sing to Thee, Alleluia!

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:

**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. **[Refrain]**

Vs. Let them confess Thy great Name, for it is terrible and holy. **[Refrain]**

HYMNS SUNG AT THE LITTLE ENTRANCE

Troparion of the Resurrection

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 of the Holy and Life-giving Cross

Tone 1

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 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 for the Feast of the Cross

Tone 4

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

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

Preparatory Psalm Verses before the Epistle Tone 7

The Lord will give strength to His people; the Lord will bless His people with peace.

Vs: Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.

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 7

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: It is good to give thanks to the Lord, and to sing praises to Thy Name, O Most High.
Alleluia...

Verse: To declare Thy mercy in the morning, and Thy truth in the night. **Alleluia...**

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."

Meglynarion (Hymn to the Mother of God) for the feast of the Cross

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.

Hymns sung as the clergy receive the Eucharist

Praise the Lord from the heavens, praise Him in the highest. Alleluia.

For the feast of the Cross: The light of Your countenance has shone on us, O Lord. (*Ps 4/5:6*)

Holy Communion

In the Orthodox Church, the Sacrament of Communion is offered only to Orthodox Christians who have humbly prepared to receive through prayer, fasting, and a recent Sacramental Confession.

Non-Orthodox people and those not communing today may approach during Communion for a priestly blessing by saying, “Father, bless.” After this you may take a piece of anti-doron (blessed bread) offered in the bowls.

If you are interested in joining the One Holy Catholic and Apostolic Church, speak with our Pastor about how to become an Orthodox Christian.

ANNOUNCEMENTS

TO READ METROPOLITAN SABA’S WEEKLY MESSAGE “The Cross in Our Life, Part Two”

GO TO: <https://www.antiochian.org/regulararticle/2937>

OUR WEBSITE IS NOW SET UP TO ACCEPT RECURRING DONATIONS! So, you can set up a monthly recurring tithe donation. Check it out: <https://www.stathanasius.org/donate>

ADULT CATECHISM CLASSES BEGAN ON AUGUST 16th and will be taught by a team of catechists from within the parish. Catechumens will be dismissed for their lessons right after the Prayer for the Catechumens. If you are interested in learning about the Orthodox Faith, please contact Fr. Symeon for a blessing to join the Catechism Class.

ALTAR BEAUTIFICATION PROJECT

A highly recommended artisan is crafting new items for our altar including a 7-branch candelabra, side lamps, a blessing cross that will house a relic of the True Cross, fans, and a processional cross. The ones we have been using have served us well for several decades and it is time to replace them. The total cost for all of these new items is \$15,000.

If you feel called to donate toward the further beautification of our worship with these liturgical items, you can do so by putting a check in the tithe box or by donating through our website at:

<https://www.stathanasius.org/donate>

Thank you to all who have donated so far for this project! We are about halfway to our goal!

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:

His Beatitude, Patriarch John X
Metropolitan SABA
Mother Victoria
Met. Paul & Abp. John
Abp. Benjamin
Fr. James in Nigeria (OCMC)
Fr. Jon B.
Fr. John & Kh. Diane C.
Fr. Nicholas & Jan
Fr. Turbo & St. Mary parish
Fr. Paul and St. Moses parish
Hieromonk Siloan
Greg & Margaret Y.
Hoppe Family (OCMC Headquarters)
MacDonald Family in Albania-OCMC
Joseph Wm. B. in Kenya
Duane F.
Richard and Susan B.
Kh. Melissa H.
Jeremiah & Sarah H. (military)
Chase K. (military)
Nick & Kristine J. (military)
Julianna & Zaron D. (military)
Peter S. (military)
Steve T.

Dn. John & Fay Y.
Kh. Peggy K.
Kh. Janet Henderson
Fr. Joseph A.
Galeyna T.
Shirley D. and Family
Penny B.
Justin & Amber B.
Cameron B.
Oleg
Alla
Amanda M.
Lazarus "Crow"
Jake H.
Jose
Maria D.R.
Daniel B.

For the local agencies and their
leaders who are working to fight
human trafficking.

The Ethiopian Orthodox Church
All those suffering and in danger
in Ukraine, Africa, and the Middle
East

OUR CATECHUMENS:

Capri Acquistapace
Ben & Tiphany Brymer & Florence
Kelley Brymer
Ben Comilang
Daisy Cruz
Sofia De La Cruz
Tanner Diamond
Joshua Dunford
Roman Garcia
Nicole Gow
Kartik Kommu
Lucy Mangum
Blake Manning, Gia & Benjamin
Ryley Oroku
Sahit Rampilla
Jacob Salas
Tricia Travers
Tyler Vrem
Joshua Weiss (currently lives abroad)
Sarah Wildwood
Shane Wilerberger
Nathan Wright, Owain & Gavin

For repose of the souls of: Andriana C., Kh. Christina

ST. ATHANASIUS CHURCH BOOKSTORE

The church bookstore is located in the foyer of our building. The tables and cabinets contain items that are FOR SALE. If you need a cross or chain and jewelry is not displayed on Sunday, contact **Terri Speier** at: bookstore@stathanasius.org.

Payment should be made at the time of purchase. Cash and checks may be placed in the brown lock-box on wall next to Fr. Symeon's office. Make checks payable to **S.A.O.C. Bookstore**.

Online payment can be made at www.stathanasius.org. (Select "MAKE A DONATION," and then use the dropdown earmark for BOOKSTORE.)

The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.

All proceeds go to the parish Temple Fund.

CALENDAR FOR THE WEEK

Sunday, September 20

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
10:45 a.m. Adult Catechism
11:45 a.m. Agape Meal

Monday, September 21

3:00 p.m. St. Xenia Prayer Ministry by Zoom
(Akathist for St. Nikiforos)

Tuesday, September 22

5:30 p.m. Daily Vespers
6:00 p.m. Bible Study

Wednesday, September 23

11:50 a.m. St. Xenia Prayer Ministry
5:30 p.m. Akathist of All Saints of America

Thursday, September 24

7:45 a.m. St. Xenia Prayer Ministry by Zoom
10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Middle School Youth Group
6:45 p.m. High School Youth Group

Friday, September 25

7:00 a.m. Daily Matins

Saturday, September 26

5:30 p.m. Great Vespers/Confessions

Sunday, September 27

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
10:45 a.m. Adult Catechism
11:45 a.m. Agape Meal

THANK YOU TO OUR SUNDAY MORNING VOLUNTEERS!

EUCCHARIST BREAD

September 20 Jacobs
September 27 Meyer
October 4 Morrison
October 11 Fr. Nicholas

READERS

September 20 Gish
September 27 Butler
October 4 Alexander
October 10 Wood (Vespers)
October 11 Butler

WELCOMING MINISTRY

September 20 M. Loulias/H. Lange
September 27 N. Aviles/L. Sieck/A. Wayne
October 4 A.G. Salinas/C. Clements
October 11 K.L. King/K.P. King

USHERS

September 20 D. Washburn/K.L. King
September 27 D. Alexander/D. Meyer
October 4 C. W-Lander/J. Morrison
October 11 S. Speier/C. Speier

AGAPE MEAL HOSTS

September 20 Team Alexander/Hedges
September 27 Team Speier
October 4 **AUTUMN POTLUCK**
October 11 Team Wayne/Hampton

**PLEASE DON'T FORGET TO CLEAN UP
YOUR OWN AREA AFTER THE SERVICE.**
Service booklets should be returned to the hallway.
Bulletins and Matins texts may be taken home.

CELEBRATIONS THIS WEEK

Birthdays

9/20 Dan Braun
9/21 Alexis Rae Florez

Patronal Feast Days

9/20 St. Eustathios	Jason Wayne
9/24 St. Thekla the Protomartyr	Melissa Braun, Kh. Jan Finley, Courtney Shannon
9/24 St. Silouan the Athonite	Levi Harvey Silouan Denny, Silas Easbey
9/25 St. Sergius of Radonezh	Brian Sieck
9/26 St. John the Theologian	Johnny Heiduk, Douglas Meyer, Robert Rauchhaus

Catechesis of the Good Shepherd (Atrium)

NEW ACADEMIC YEAR STARTING OCTOBER 4th!

Our Catechesis of the Good Shepherd (CGS) religious education program for children ages 3 through 6th grade will begin the new academic year on Sunday, October 4th. All levels will meet on Sunday mornings from 9:00-10:00 a.m.

Our CGS Levels:

- Level I ~ Ages 3-Kindergarten led by Kate Vander Laan (805) 869-3692 and Teri Palmer (805) 698-7560
- Level II ~ Grades 1-3 led by Joanne Gish (805) 729-3443
- Level III ~ Grades 4-6 led by Jane Meyer (805) 680-2140

If your family is new to our program, please contact the appropriate catechist to let us know you are interested. We would love to meet you and your child(ren) and welcome you into our CGS community!

Children entering Level I for the first time are encouraged to meet with a catechist and receive a tour of the Atrium before the program begins, if possible. This one-on-one meeting helps provide the best possible experience for each child as they begin their CGS journey.

We look forward to welcoming all of our children back on Sunday, October 4!