



## 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, February 10, 2019

**Tone 4 / Eothinon 4**

**Hieromartyr Charalampos, Bishop of Magnesia  
& Seventeenth Sunday of Matthew**  
The Companions of Charalampos;  
Venerable Zenon the Ascetic of Antioch



### 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!

### 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 this Week***

### **Sunday, February 10**

9:00 a.m. Religious Ed. Classes ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour

### **Monday, February 11**

6:45 a.m. Daily Matins  
4:30 p.m. St. Brigid outreach dinner at  
St. Michael's Church in Isla Vista

### **Tuesday, February 12**

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

### **Wednesday, February 13**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Group  
6:30 p.m. Women's Book Study

### **Thursday, February 14 (Fr. Nicholas' Birthday)**

11:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers  
6:00 p.m. Jr. High Youth Group  
6:30 p.m. High School Youth Group

### **Friday, February 15**

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

### **Saturday, February 16**

4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers /Confessions

### **Sunday, February 17**

9:00 a.m. Religious Ed. Classes ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:00 p.m. Choir Rehearsal

**Fr. Nicholas will be away this week from  
Monday-Thursday at the Western Diocese  
Clergy Seminar.**

## ***Sunday Morning Ministries Schedule***

### **Eucharist Bread**

February 10 Jacobs  
February 17 Kern  
February 24 Fr. Nicholas  
March 3 Hedges

### **Coffee Hour**

February 10 Chala Family in honor of Evonne's  
90th birthday  
February 17 Sieck  
February 24 S. & T. Speier  
March 3 MEATFARE SUNDAY BBQ  
at the church

**(To sign up to host Coffee Hour, go to:  
[www.stathanasius.org/coffee-hour/](http://www.stathanasius.org/coffee-hour/))**

### **Greeters**

February 10 P. King/H. Lange  
February 17 D. Washburn/D. Lewis  
February 24 P. Cocores/M. Loulias/P. King  
March 3 K. & L. Jacobs

### **Ushers**

February 10 D. Lewis, C. Speier, J. King  
February 17 D. Washburn, C. Berari, S. Speier  
February 24 P. Brunner, P. King, D. Meyer  
March 3 D. Lewis, C. Speier, J. King

### **Readers**

February 10 Rdr. M. Kern  
February 17 M Braun  
February 24 Rdr. John Butler  
March 2 D. Meyer (Soul Liturgy)  
March 3 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

### THE GREAT LITANY

1 nazo zakkak

Soprano  
Alto

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

Tenor  
Bass

3 4

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

5 6

Man-y years, - Mas - ter. Most holy The - o - to - kos, save us.

To Thee, O Lord. A - - men.

Detailed description: This is a musical score for the Great Litany, arranged for Soprano/Alto and Tenor/Bass voices. The score is divided into six numbered sections (1-6). Section 1 includes the instruction 'nazo zakkak'. The lyrics are: 'Lord, have mercy. Lord, have mercy.' Section 2 repeats the same lyrics. Section 3 has the lyrics: 'Man-y years, - Mas - ter. Most holy The - o - to - kos, save us.' Section 4 repeats the same lyrics. Section 5 has the lyrics: 'To Thee, O Lord. A - - men.' Section 6 repeats the same lyrics. The music is written in a key with one flat (B-flat) and a common time signature. The Soprano/Alto part is on a treble clef staff, and the Tenor/Bass part is on a bass clef staff. The lyrics are written below the notes.

**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]

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. The Tenor/Bass part is written in bass clef with the same key signature. The lyrics are: "O Sav - ior save us.".

**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 art risen 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]

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

*ritardando*  
S  
A  
O Christ our God, and tram - pled down death by death,  
T  
B  
*ritardando*

*a tempo*  
S  
A  
who art One of the Ho - ly Trin - i - ty,  
T  
B  
*a tempo*

*cresc.*  
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—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.”**

**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 page 45 of Liturgy book)**

**Tone 4** Byzantine melody

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 for St. Haralambos**

**Tone 4**

You became a firm pillar in the Church of Christ, wise Haralambos;  
a lamp of everlasting light to the world:  
well known to the world through your martyrdom,  
you dispelled the dark night of idolatry.//  
Boldly intercede with Christ God that He may save our souls!

**Troparion to St. Athanasius  
(Music on p. 54 of Liturgy book)**

**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 Byzantine melody**

O undisputed intercessor of Christians,  
 The mediatrix, who was 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 ever intercede for those who honor thee.

**TRISAGION (THRICE-HOLY) HYMN (p. 13 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.

**Preparatory Psalm verses before the Epistle  
(Music on page 59 of Liturgy book)****Tone 4** Byzantine melody  
harmonized by Fr. J. Finley

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 (For St. Haralambos)  
2 Timothy 2:1-10**

Timothy, my son, be strong in the grace that is in Christ Jesus; and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hard-working farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore, I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

**Alleluia Refrain and Psalm verses before the Gospel** **Tone 4**  
**(Music on p. 64 of Liturgy book)**

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 15:21-28**

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her one word. And His disciples came and begged Him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

## HOMILY

### LITURGY OF THE FAITHFUL

#### **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*)

#### **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.



## ***Thank you!***

On behalf of Fr. Nicholas and the Parish Council, I would like to thank all those who participated in our recent focus groups, as well as those who took the time to fill out the online survey and attend the all-parish meeting in October.

We have gathered excellent input and ideas from our parishioners that will enable the Parish Council, staff and ministry leaders to develop a roadmap for the next few years.

The Parish Council will meet in March for an all-day retreat to craft a long-term vision and major goals. These will be based on a number of factors, including the views and needs expressed by our parish members, and also based on the current realities of the economy and our resources.

Some time after Pascha, the ministry team leaders will gather for a retreat to brainstorm ideas for incorporating the more general goals into specific ideas, projects, programs and activities.

We will keep you informed as we progress with our strategic plan. If you have not had a chance to look at the summaries of the all-parish meeting and the online survey, you can access the pdf's here:

[www.stathanasius.org/ministries/parish-council/](http://www.stathanasius.org/ministries/parish-council/)

Thank you, again, for your participation! May God guide us as we work to discern His will for our community going forward.

Kristi King, Parish Council President



## **MEET OUR MINISTRY TEAMS!**

### **Wondering where your gifts and talents can be best utilized in the parish?**

In the coming weeks, we will be introducing our many ministry teams, acquaint you with the individuals leading them, and help you understand what they do and what they need in the way of help.

#### **Next week's spotlight: WOMEN'S FELLOWSHIP**

Here are the existing teams. We are always adding new ones, as need arises and leadership comes forward.

Parish Council  
Music  
Youth Group  
College/Young Adult Fellowship  
Religious Education  
St. Brigid Fellowship (Monday night meal & Thursday Showers of Blessing)  
Decorating—Festal and Design/Décor  
Temple Maintenance  
Landscaping Maintenance  
Evangelism  
Bookstore  
Icon Guild  
Website (including photography)  
Sound System  
St. Lucia Visitation  
Take-them-a Meal  
Coffee Hour  
Celebrations/Social  
Men's Fellowship  
Women's Fellowship  
Intercessory Prayer Group  
Wedding Coordinators  
Funeral Coordinators  
Orthodox Christians for Life

## **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 WILL BE AWAY THIS WEEK from Monday-Thursday at the Diocesan Clergy Seminar.**

### **HOUSE BLESSINGS**

It is the time of year when we bless our dwellings again and pray for God's protection in the coming year. Don't forget to call one of our priests to set up a time to have your home blessed!

### **WEBMASTER NEEDED**

The church is looking for a volunteer who has the appropriate training, experience and some time to serve as our Webmaster. There is already a team in place made up of parish members who are handling many of the aspects of the website, including the regular posting of photos, information and recordings. The Webmaster would need to have extensive knowledge about the programming/backend aspect of websites and be able to troubleshoot when problems arise. If you are interested in leading this ministry, please contact Valerie Yova, our Administrator at [valerie@stathanasius.org](mailto:valerie@stathanasius.org).

### **CHILDCARE MINISTRY**

If you have a heart for our young families and would consider helping us to get a new ministry off the ground that would make sure childcare is provided during our various seminars, classes and gatherings for adults, please contact Fr. Nicholas or Kristi King. You would NOT be expected to be the one doing the childcare. What we need is a small team of people who will COORDINATE the hiring of babysitters on a per-event basis.

### **IMPORTANT 2019 DATES TO NOTE:**

**SUMMER SCHOOL 2019: June 17-28 with Magic Mountain field trip on July 1st.**

**PROJECT MEXICO MISSION TRIP: June 27—July 3.**

**TEEN RETREAT WEEK—June 10.**

### **PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES**

Friday, March 1-Saturday, March 2

**Pre-Lenten Seminar:**

**“On Behalf of All and for All:” Liturgy & Life**  
Greg Abdalah, Guest Presenter

Sunday, March 3 after Liturgy

**MEATFARE CELEBRATION** on the patio

Sunday, March 10

**CHEEEFARE POTLUCK** after Liturgy  
**Forgiveness Vespers at 6:00 p.m.**

Monday, March 11

**GREAT LENT BEGINS**

## **CELEBRATIONS THIS WEEK**

### **Wedding Anniversaries**

2/13 Tom & Darbi Johnson  
 2/14 Paul & Kirsten Franzen

### **Birthdays**

2/14 Fr. Nicholas Speier  
 2/15 John Heiduk, Margaret Easbey

### **Patronal Feast Days**

2/10 **St. Anna of Novgorod** Anya Johnson, Anya Madrigal  
 2/11 **St. Theodora the Empress** Sydney Hedges

### **ADULT CATECHISM**

**Saturdays from 4:30-6:00 p.m.**

*All adults are welcome to any and all classes.*

### **January -April 2019**

January 5	Sacraments I	Accessing the Divine Energies
January 12	Sacraments II	Accessing the Divine Energies
January 19	Cycle of Prayer/Church Year	Redeeming the Time
January 26	Church Year	Redeeming the Time
February 2	Liturgy (Fr. Jon-Stephen)	Understanding the Mystery
February 9	Music (Valerie Yova)	Accessing Beauty
February 16	Virtues (Fr. John Finley)	Drawing Near to God
February 23	Beatitudes	As a Guide to Life
March 2	PRE-LENTEN SEMINAR	NO CLASS at 4:30 p.m.
March 9	Lent	Bright Sadness
March 16	Spirituality	Living a Holy Life
March 23	Morality	Keeping Body and Soul Healthy
March 30	Church Ministry	Participating in the Life of the Church
April 6	Holy Week	Walking with Christ through His Passion
April 13	Confession	Forgiveness, Strength, Healing
April 19 (Friday)	Canon of Lazarus	6:00 p.m.
April 20	Lazarus Saturday Liturgy	8:30 a.m.
April 27	Great and Holy Saturday	8:30 a.m. Vesperal-Liturgy with Baptisms and Chrismations
April 28	PASCHA	5:00 a.m. Procession, Rush Service/Liturgy

## 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.

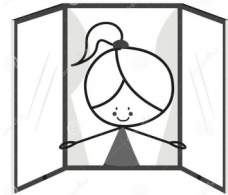
2/14 NO YOUTH GROUP—**WINTER CAMP**  
2/21 Regular Youth Group  
2/28 Regular Youth Group

Saturday, 3/2—**AFTER VESPERS**  
**TEEN CHAT & PIZZA** with Pre-Lenten Seminar Speaker,  
**Greg Abdalah**



## WOMEN'S WINDOW

UP NEXT ON OUR SCHEDULE:



Women's Fellowship  
ANNUAL ANNUNCIATION TEA

More information TBA next week!

**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  
Bishop Neofitos (Diocese of Kenya)  
Mother Christophora  
Fr. Jon B.  
Dn. Richard E.  
Kh. Diane C.  
Greg & Margaret Y.  
Hoppe Family  
Gail S.  
Duane F.  
Joan and Steve T.  
Richard and Susan B.  
Fr. Jon and Kh. Elizabeth S.

Regina M.  
Ethan & Cole K.  
Tony E.  
Monsignor John Y.  
Gaylen C.  
Zac B.  
Terri Lynn & Hannah Rose  
Lauren  
Cheryl G.  
Elka  
Elizabeth J.  
Jimmy  
Phoebe L.  
Kh. Carla Z.  
Sharmaine & Emma

Evonne C.  
Elizabeth H.  
Tyler A.  
Fr. Patrick and Vanessa K.  
Tom M.

All those suffering and  
in danger in Ukraine,  
Africa, and the Middle East  
The victims of the recent shootings  
and fires

Please pray for the raising up and support of long-term missionaries from our parish.

**For repose of the souls of:**

Richard F., William F.  
All who have died in the conflicts in Ukraine Africa & the Middle East, in the recent fires, and in the shootings in Pittsburgh and Thousand Oaks..

**ABOUT OUR PRAYER LISTS:** Richard F.

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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·:JESUS AND THE CANAANITE  
WOMAN·:

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