



## 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 &  
Metropolitan of all N. America**

**Senior Pastor:**

Fr. Symeon Halsell

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**Pastor Emeritus**

Fr. Nicholas Speier

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**Priests attached to the parish:**

Fr. John Carrillo 805-770-3749 (retired)

Fr. Jon Braun (retired)

Fr. John Finley (Archdiocese Dept. of Missions)

**Deacons:**

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey (retired)

Dn. John Young (retired)

**Subdeacons:** Stephen Butler & Michael Easbey

**Music Director/Administrator:**

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**Teen Program & College/Young Adult  
Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**Parish Council 2021-2022:**

Laurie Baker, President

Dan Braun, Treasurer

Terri Speier, Secretary

Dorothy Alexander

Mary Denny

David Dillon

Glenn Hoppe

Lara Jacobs

Zak Landrum

## **DIVINE LITURGY OF ST. JOHN CHRYSOSTOM**

**Sunday, May 1, 2022**

**New Sunday or Anti-Pascha**

**Sunday of Thomas the Apostle, Called "The Twin"**

Prophet Jeremiah; Venerable-martyrs Euthymios, Ignatius and  
Akakios of Prodromou Skete 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.

Please join us on the patio after the Liturgy for 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 THE WEEK

### Sunday, May 1—THOMAS SUNDAY

9:00 a.m. Religious Ed. ages 6-12  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Education  
11:45 a.m. Coffee Hour  
1:00 p.m. Blessing of the Graves at Goleta Cemetery

### Monday, May 2

6:45 a.m. Paschal Daily Matins  
5:15 p.m. St. Xenia Prayer Ministry—Akathist by Zoom

### Tuesday, May 3

5:30 p.m. Daily Vespers

### Wednesday, May 4

6:45 a.m. Paschal Daily Matins  
12:00 p.m. St. Xenia Prayer Ministry

### Thursday, May 5

7:45 a.m. St. Xenia Prayer Ministry by Zoom  
10:00 a.m. Showers of Blessing  
3:30 p.m. Catechesis Level I  
5:30 p.m. Daily Vespers

### Friday, May 6

6:45 a.m. Paschal Daily Matins

### Saturday, May 7

8:30 a.m. Men's Fellowship of St. John  
6:00 p.m. Great Vespers/Confessions

### Sunday, May 8—SUN. of the MYRRHBEARERS

#### ST. JOHN THE EVANGELIST

#### MOTHER'S DAY

9:00 a.m. Religious Ed. ages 6-12  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Ed.  
11:45 a.m. Coffee Hour

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

May 1 Sieck  
May 8 Tinyayeva  
May 15 Dn. G. Braun  
May 22 Jacobs

### READERS

May 1 Meyer  
May 8 Washburn  
May 15 Alexander  
May 22 Gish

### GREETERS

May 1 G. & L. Hoppe  
May 8 H. Lange/D. Washburn  
May 15 K. Fox/D. Lewis  
May 22 C. Fisher/L. Baker

### USHERS

May 1 P. King, J. King  
May 8 D. Alexander/C. Berari  
May 15 C. Speier, S. Speier  
May 22 D. Washburn/K.L. King

### COFFEE HOUR HOSTS

May 1 D. McCalmont  
May 8 P. Cocores/M. Loulias  
May 15 NEED A HOST  
May 22 Morrison

### **TO SIGN UP TO HOST A COFFEE HOUR:**

**<https://bit.ly/SAOCcoffeehour>**

### THURSDAY SHOWERS OF BLESSING

#### HOSPITALITY TEAM

May 5 D. Alexander/D. Washburn  
May 12 F. Young, S. Saunders  
May 19 L. Ballew, D. Franzen  
May 26 M. Loulias/K. Gomez

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

**Troparion of Antipascha**

From the sealed tomb, You shone forth, O Life! Through closed doors You came to Your disciples, O Christ God! Renew in us, through them, an upright spirit, By the greatness of Your mercy, O Resurrection of all!

**THE DIVINE LITURGY  
OF ST. JOHN CHRYSOSTOM**

*The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds “Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the Altar Table.*

**Priest:** Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and unto ages of age.

**People:** Amen.

**Clergy:** Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

**People:** Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(2 times)**

**GREAT LITANY**

**FIRST ANTIPHON**

**Verse:** Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High! [Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

## SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

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

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

## THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

**Refrain: Christ is risen from the dead trampling down death by death,  
and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]

## LITTLE ENTRANCE

**In the gathering places bless ye God the Lord from the Springs of Israel.  
O Son of God Who Rose from the dead, save us who sing to Thee, Alleluia!**

### Troparion of Antipascha

**Tone 7**

From the sealed tomb,  
You shone forth, O Life!  
Through closed doors You came to Your disciples, O Christ God!  
Renew in us, through them,  
an upright spirit,  
By the greatness of Your mercy,  
O Resurrection of all!

### **Kontakion for Pascha**

Thou didst descend into the tomb O Immortal. Thou didst destroy the pow'r of death. In victory Thou didst arise, O Christ God, proclaiming rejoice to the myrrh-bearing women, granting peace to Thine apostles, and bestowing resurrection on the fallen.

### **TRISAGION HYMN**

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) Tone 3**

Great is our Lord, and abundant in power! His wisdom is beyond measure! (Ps 146/147:5)

*Verse: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)*

### **EPISTLE READING**

#### **Act 5:12-20**

In those days, many signs and wonders were done among the people by the hands of the Apostles. And they were all together in Solomon's Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the Apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, "Go and stand in the temple and speak to the people all the words of this Life."

### **ALLELUIA BEFORE THE GOSPEL**

**Tone 8**

Chanter: Alleluia, Alleluia, Alleluia!

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

**Verse:** Come, let us rejoice in the Lord. Let us shout with jubilation unto God our Savior. (Ps. 94:1)

**Verse:** For the Lord is a great God and a great king over all the earth. (Ps. 94:3)

## **THE GOSPEL READING**

### **John 20:19-31**

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Now Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe."

Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." Then he said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe."

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

### **Hymn to the Mother of God (Meglynarion)**

The angel cried to the lady full of grace: Rejoice, O pure virgin! Again I say rejoice, O pure Virgin. Your son is risen from His three days in the tomb. With Himself He has raised all the dead. Rejoice all ye people. O Shine! Shine! Shine, O New Jerusalem! The glory, the glory of the Lord has shone on you. Exult, exult and be glad. Be glad, O Zion, be radiant, O Mother of God, in the resurrection of your Son, of your Son!

### **Communion of the Clergy—for Thomas Sunday**

Praise the Lord, O Jerusalem; praise thy God, O Zion. Alleluia. (Ps. 147:1)

### **Communion of the Faithful**

Receive the body of Christ. Taste the fountain of immortality.  
Alleluia! Alleluia! Alleluia!

# ANNOUNCEMENTS

**TODAY WE WILL BLESS THE GRAVES at Goleta Cemetery after Coffee Hour.  
(Approximately 1:00 p.m.)**

**THE MEN'S FELLOWSHIP of St. John** will meet this Saturday, May 7th at 8:30 a.m. at the church.

**Fr. Nicholas and Kh. Jan will be away May 2-17**, traveling north to Goldendale, Washington and back home through Zion National Park.

## CHANGE IN DAILY TRISAGION PRAYERS:

1. From Pascha until Pentecost, do not say, "O Heavenly King..."
2. From Pascha until Ascension, replace "Holy God, Holy Mighty..." with "Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life."

## **SAOC SUMMER SCHOOL!**

**FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6**

Monday, June 13-Friday, June 24 (weekdays only)

8:45-noon — Class time

12:00-12:30 p.m. — Lunch

12:30-2:00 p.m. — Activities

**MEMO TO PARENTS & REGISTRATION FORMS ARE AVAILABLE  
IN THE LOBBY OF THE CHURCH  
& ON THE WEBSITE AT:**

**<https://www.stathanasius.org/ministries/youth-education/summer-school/>**

**Tuition:** \$275 for 1 child/ \$400 for 2 children/\$500 for 3 children  
Does not include ticket to Magic Mountain on Friday, June 24th.

## **CELEBRATIONS THIS WEEK**

### Wedding Anniversaries

5/07 Michael & Margaret Easbey

### Birthdays

5/2 Kristin King

### Patronal Feast Days

5/2 Apostle Thomas (Thomas Sunday)

Craig Speier

5/3 St. Nikolai of Ohrid

Niko Halsell

5/4 St. Monica (Mother of St. Augustine)

Amber Brunner, Monica Finley

5/5 St. Irene of Thessalonica

Karen Jacobs

## *Keeping the Empty Tomb in our Hearts & Turning our Crosses into Victory*

Having completed Holy Week and Pascha, we were able to experience the transition from the long, darker services of Holy Thursday and Holy Friday to the brighter and joyful services of Holy Saturday, Pascha, and Bright Week. For many, having labored through Lent and Holy Week, this transition to joy, hope, and relief is an emotional occasion and reminder of many things. Indeed, this transition that the Church has given us to experience has far more meaning for our own life than we might realize. It is a reminder that in the end, God is always triumphant and victorious. It means that in the end everything will be okay. It means that this world will never have the final say. It means that behind every cross is a potential new life waiting to be had, behind every struggle is God's promise to wipe every tear from our eye, that behind every moment of despair or struggle is hope and joy waiting to break forth, that behind every hurt there is healing, and that behind every crucifixion we endure there is a resurrection waiting to occur.

Indeed, all of the crosses and places of struggle in our own lives can be transformed into places where a great struggle had once occurred but is now a place of light, joy, reflection, peace, and hope no matter how great was the loss and struggle. Our hearts can become a place like the empty tomb, devoid of struggle, but filled with hope, trust, light, and God's love. If we maintain faith, maintain peace, forge on, not give into darkness and anger, persevere, pray, forgive, and do all the things Jesus did as he journeyed to Jerusalem and did on the cross, then we will emerge victorious from every struggle in our life and emerge a new person. If the cross is resolved while yet in this life then we will emerge a different person, better radiating the light, peace, love, and joy of Christ. If the cross or struggle is resolved in the next life, when we depart this world, then it will have been for our salvation and the ultimate new life. This is how good triumphs over evil and how our crosses are transformed.

In the gospel reading for the Paschal liturgy we hear the words from the Gospel of John, "In Him was life, and the life was the light of men, and the light shines in the darkness, and the darkness could not overcome it." Remember the beautiful and moving words sung when we come to take the paschal light on Easter night, "Come receive light from the light, that is never overtaken by night, come glorify Christ risen from the dead!" As long as we stay close to Christ and emulate Him we can never be defeated by any cross, struggle, or evil. As our Lord said at the last supper, "These words I have spoken to you, that in Me you will have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world." As the saying goes, there is no earthly pain or sorrow that heaven cannot heal. The path to victory over this life, this world, and over all of our pain, losses, and suffering, lies with clinging onto Christ with blind trust and hope every moment of our life. The joy and hope of God's love and promise to us will always be there and be the final word. Every cross will be empty and a place of hope and peace. Every broken heart will be like the space of the empty tomb, filled with light and devoid of pain and sorrow. God wouldn't have it any other way.

*By Fr. Joshua Makoul (Pittsburgh, PA, priest, licensed therapist) To read more:*  
<http://ww1.antiochian.org/keeping-empty-tomb-our-hearts-and-turning-our-crosses-victory>