



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
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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:

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Teen Program Coordinator

Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

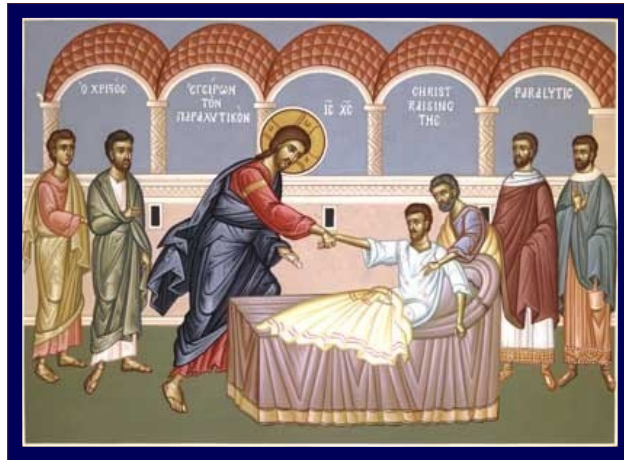
Mitchell Denny: mitchdennyjr@gmail.com

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

**DIVINE LITURGY OF
St. John Chrysostom
Sunday, May 19, 2019
Tone 3 / Eothinon 5; Fourth Sunday of Pascha
Sunday of the Paralytic**

Hieromartyr Patrick, Bishop of Prussa & the Priest-martyrs Acacius,
Menander and Polyaenus with him;
Venerable Cornelios of Komelsk;
Grand Prince Dimitry Donskoy of Moscow



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, May 19—Sunday of the Paralytic

YES Weekend

9:00 a.m.	Religious Education ages 6-18
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour
12:30 p.m.	Young Adult Fire on Father at Fr. Nicholas and Jan's

Monday, May 20

6:45 a.m.	Paschal Matins
5:00 p.m.	Outreach Meal at St. Michaels' University Church in Isla Vista
7:00 p.m.	Men's Sticks Gathering

Tuesday, May 21

4:00 p.m.	Level One Catechesis
5:30 p.m.	Daily Vespers

Wednesday, May 22

6:45 a.m.	Paschal Matins
12:00 p.m.	Intercessory Prayer Group
6:00 p.m.	Liturgy for Mid-feast of Pentecost

Thursday, May 23

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, May 24

6:45 a.m.	Paschal Matins
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Saturday, May 25—I Madonnari Festival

10 a.m.-6 p.m. at the Old Mission

6:00 p.m.	Great Vespers/Confessions
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Sunday, May 26-Sunday of the Samaritan Woman

I Madonnari Festival

10 a.m.-6 p.m. at the Old Mission

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

Monday, May 27—MEMORIAL DAY

I Madonnari Festival

10 a.m.—6:p.m. at the Old Mission

Sunday Morning Ministries Schedule

Eucharist Bread

May 19	D. Washburn
May 26	Hedges
June 2	Dillon
June 9	N. Tinyayeva

Coffee Hour

May 19	B. & V. Hedges
May 26	J. & C. Speier
June 2	NEED A HOST
June 9	NEED A HOST

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

Greeters

May 19	H. Lange/M. Loulias
May 26	D. Lewis/D. Washburn
June 2	L. Baker/Deacon
June 9	L. Hoppe/K.P. King

Ushers

May 19	M. Loulias, C. Berari, S. Speier
May 26	P. Brunner, D. Washburn, D. Meyer
June 2	D. Lewis, C. Speier, J. King
June 9	P. King, M. Loulias, C. Berari

Readers

May 19	Rdr. M. Kern
May 22	Rdr. H. Lange (Liturgy for Midfeast)
May 26	D. Alexander
June 2	D. Washburn
June 5	Rdr. V. Gish (Ascension Vesp-Liturgy)
June 8	M. Braun (Vespers)
June 9	Rdr. J. Butler

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

**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 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 was 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

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]
- Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. [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 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 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 Paralytic**Tone 3**

By Your divine intercession, O Lord,
as You raised up the Paralytic of old,
so raise up my soul, paralyzed by sins and thoughtless acts;
so that being saved I may sing to You:
“Glory to Your power, O compassionate Christ!”

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
(Page 58 of Liturgy Book)****Tone 3** Byzantine melody
harmonized by Fr. J. Finley

Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

Verse: Clap your hands all you peoples!

Shout to God with a voice of joy! (*Ps 46/47:1*)

THE EPISTLE READING

Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord.

Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 3

Chanter: Alleluia, Alleluia, Alleluia!
People: Alleluia, Alleluia, Alleluia!

Verse: In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

Verse: Be unto me a God and protector, and a house of refuge to save me. (*Ps 30/31:2*)

GOSPEL READING—John 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had

withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

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 Faithful

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

Instead of "We have seen the true light, we sing: "Christ is risen" ONE time.

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.

At the end of the dismissal prayer the service then continues with the typical Paschal dialogue, as follows:

Priest: Christ is risen.
Faithful: Indeed He is risen.
Priest: Christ is risen.
Faithful: Indeed He is risen
Priest: Christ is risen.
Faithful: Indeed He is risen.
Priest: Glory to His third-day Resurrection.
Faithful: Let us worship His third-day Resurrection.

Priest: Christ is risen from the dead, trampling down death by death, and upon those in the tombs

Faithful: *bestowing life.*

English:	Christ is risen!	He is risen indeed!
Greek:	Christos anesti!	Alithos anesti!
Arabic:	El Messieh kahm!	Hakken kahm!
Slavonic:	Christos voskrese!	Voistinu voskrese!
Romanian:	Hristos a inviat!	Adeverat a inviat!
Spanish:	Christo ha resucitado!	En verdad ha resucitado!
Georgian:	Kriste aghsdga!	Cheshmaritad aghsdga!
Amharic:	Kristos tenestwal!	Bergit tenestwal!

CELEBRATIONS THIS WEEK

Wedding Anniversaries:

5/20 Stoney and Jami Stetler
5/22 Beau & Leticia Brunner

Birthdays:

5/19 Anastasia Brunner, Jean Kawiecki, Bob Newsom
5/20 Luke Speier, Peter Braun
5/23 Nataliya Tinyayeva
5/25 Alyssa Simonsen, Tatiana Speier

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.

5/23 Regular Youth Group

5/30 Regular Youth Group

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June 9-12

First Annual High School Road Trip

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

On any page, click on **VIEW CALENDAR** at the bottom left.

THIS COMING WEDNESDAY, May 22nd, we will celebrate the Mid-feast of Pentecost with Divine Liturgy at 6:00 p.m.

ON WEDNESDAY, June 5th at 6:00 p.m. we will celebrate the Feast of the Ascension of our Lord with Vespers Divine Liturgy.

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."

THERE IS NO KNEELING DURING WORSHIP SERVICES BETWEEN NOW AND PENTECOST.

SUMMER SCHOOL FORMS AND INFORMATION ARE NOW AVAILABLE ON THE PARISH WEBSITE AT:

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

Summer School will be **ONLY TWO WEEKS** this year, with slightly extended hours, from June 17-28. The Magic Mountain field trip will be on Monday, July 1.

WE EXTEND OUR CONDOLENCES to Bob Gundersen on the passing from this life of his mother, Jeannie. May her memory be eternal.

The Fourth Sunday after Pascha is dedicated to Christ's healing of the **Paralytic** (*John 5*). The man is healed by Christ while waiting to be put down into the pool of water. Through baptism in the church we too are healed and saved by Christ for eternal life. Thus, in the church, we are told, together with the paralytic, to "sin no more that nothing worse befall you" (*John 5:14*). Our Lord's question to the man, "Do you want to be healed?" is directed to us as well, reminding us that the gift of life and illumination through the Resurrection brings with it responsibilities. It must be nurtured and shared with others.

In the middle of the Fourth Week, there is a day which is called by the Church, the Feast of Mid-Pentecost. On this day we recall that Christ, "in the middle of the feast" teaches men of His saving mission and offers to all "the waters of immortality" (*John 7:14*). Again we are reminded of the Master's presence and His saving promise: "*If anyone is thirsty let him come to Me and drink*" (*John 7:37*).

Truly Risen

O, Lord and Master, Your Sacrifice of Life in this world
offers us Life in the next!

By prayer we are called! By miracle born!
Miracle! Miracle! Wine of Cana into Blood of Christ,
transfusing the heart! Reborn!

Lord, our God of all Creation, Christ's Crucifixion,
is a tapestry hung like a star on the walls of Heaven
sewn with gold thread spun in the womb of the Universe,
and shuttled back and forth by a God-guided Comet
between heart-strings of the Angels,
woven into flesh, wrapped in the Veil
and laid at Your Feet
to be taken up in Your Arms, Truly Risen!

O, Eternal Flame to be laid on the breast to hear the pulse of the world
and the whispering wings of Guardian Angels caressing the Newborn's
first breath unto Life, a gasp of delight with a shout, I AM! TRULY RISEN.

O, Long-patient Sea, ever laboring on,
with gentle moan too low to be heard
above crashing waves God holds not back but readily calms,
ever pouring New Life onto the shore,
enlightened by Light of the Father's Smile
and the embrace of the wide horizon
welcoming home the returning Sun
again every day, Truly Risen!

O, Lord our God over all Creation
our metanias on the ground, mirrored reversed
on Still Water pooled above Heaven,
reflect for us Enoch's levitation
when he walked with God,
Jesus Christ's Ascension, Truly Risen.

O, God of Light, we thank You for Christ, Your Own Sacrifice,
and His Holy Mother, Who prays all Mankind—forgiven by Him—
will forgive and love one another! Truly Risen. Amen.

**From "Life Transfigured"
The Journal of the nuns from
the Orthodox Monastery of the Transfiguration in Ellwood City, PA**

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.
Joseph B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family
Duane F.
Joan and Steve T.
Richard and Susan B.
Regina M.

Tony E.
Zac B.
Terri Lynn & Hannah Rose
Lauren
Cheryl G.
Elka
Elizabeth J.
Phoebe L.
Kh. Carla Z.
Sharmaine & Emma
Evonne C.
Elizabeth H.
Tyler A.
Fr. Patrick and Vanessa K.
Tom M.

Dottie G.
Ronald B. (military)
Cole K. (military)
Jerry J.
Monsieur J. Yanek

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 sup-
port of long-term missionaries from our
parish.

For repose of the souls of:

Jeanie G.

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:

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).

* **ST. ATHANASIUS CHURCH BOOKSTORE** *
* The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets con- *
* taining 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 **S.A.O.C. Bookstore**. (The pamphlets in the *
* rack are FREE, as are the 12-month liturgical calendars.) *
* **All proceeds go to the parish Building Fund.** *

Many thanks to Nadine de Bruin for the generous donation to the church of a 6'1" Yamaha C5 grand piano. The piano was lovingly played in the de Bruin home for many years by Nadine's husband John, who fell asleep in the Lord last year. May his memory be eternal! Having such a wonderful instrument will open up many opportunities for us to host musical events at the church, both now and in the future when the temple is built and the fellowship hall is used more widely for social gatherings and events. God bless you, Nadine, and grant you many years! We are SO thankful!

