



## 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. 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

**Subdeacons:** Stephen Butler & Michael Easbey

**Music Director/Administrator:**

Valerie Yova  
Office phone: 805-685-5400  
email: office@stathanasius.org

**Teen Program Coordinator**

Michael Easbey: measbey@gmail.com

**College/Young Adult Coordinator**

Mitchell Denny: mitchdennyjr@gmail.com

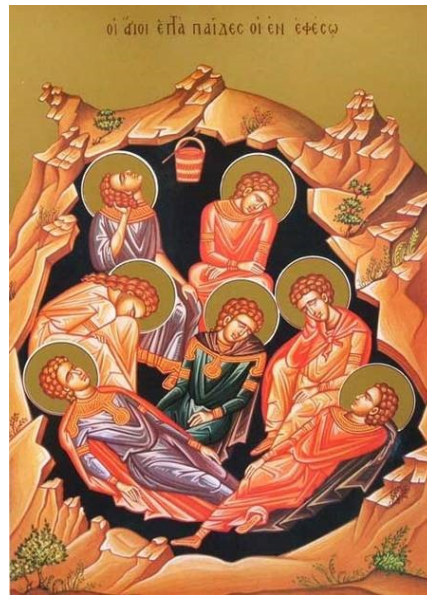
**Parish Council 2018-2019:**

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, August 4, 2019**

**Tone 6 / Eothinon 7; Seventh Sunday after Pentecost  
& Seventh Sunday of Matthew**

The Holy Seven Sleeping Youths of Ephesus;  
Recovery of the Relics of Martyr Eudokia of Persia



### **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, August 4**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal

### **Monday, August 5**

6:45 a.m. Daily Matins  
8:00 a.m. Divine Liturgy—Fr. Christopher  
Dillon serving  
5:00 p.m. Outreach Meal at St. Michaels'  
University Church in Isla Vista

### **Tuesday, August 6**

NO VESPERS

6:00 p.m. Liturgy for Feast of  
Transfiguration followed by  
Blessing of Grapes & Refreshments

### **Wednesday, August 7**

6:45 a.m. Daily Matins  
8:00 a.m. Divine Liturgy —Fr. Christopher  
Dillon serving  
12:00 p.m. Intercessory Prayer Group

### **Thursday, August 8**

8:30 a.m. Divine Liturgy—Fr. Christopher  
Dillon serving  
10:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers  
6:00-8:30 p.m. All Teens for Youth Group  
6:30 p.m. Women's Fellowship Salad-in-a Jar  
Gathering

### **Friday, August 9**

6:45 a.m. Daily Matins

### **Saturday, August 10**

4:30 p.m. Adult Religious Education:  
"Mother of God, save us!"  
6:00 p.m. Great Vespers/Confessions  
7:00 p.m. Pizza & Fellowship—all welcome!

### **Sunday, August 11**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal  
12:15 p.m. Building Project—Information Session  
about long-range plan for the church  
property

## *Sunday Morning Ministries Schedule*

### **Eucharist Bread**

August 4 N. Tinyayeva  
August 11 Dillon  
August 18 Sieck  
August 25 Meyer

### **Coffee Hour**

August 4 Robinson/ Fr. N. & Jan Speier  
August 11 Macdonald  
August 18 D. & K. King  
August 25 Harris

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

### **Greeters**

August 4 L. Baker/K. Fox  
August 11 H. Lange/D. Washburn  
August 18 K. & L. Jacobs  
August 25 D. Lewis/Deacon

### **Ushers**

August 4 P. Brunner, D. Washburn, D. Meyer  
August 11 D. Lewis, C. Speier, J. King  
August 18 P. King, M. Loulias, C. Berari  
August 25 S. Speier, P. Brunner, D. Washburn

### **Readers**

August 4 D. Washburn  
August 6 M. Braun (Transfiguration Liturgy)  
August 11 D. Meyer  
August 14 Rdr. M. Kern/Rdr. V. Gish  
August 18 D. Meyer  
August 25 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**

**GREAT LITANY**

**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]

**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 rose 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]

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—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.”**

**AS THE CLERGY ENTER THE ALTAR AT THE  
LITTLE ENTRANCE, WE SING THE FOLLOWING  
HYMNS FOR THE DAY:**

**Troparion of the Resurrection**

**Tone 6**

When Mary stood at Thy grave looking for Thy sacred body,  
angelic pow'rs shone above Thy revered tomb,  
and the soldiers who were to keep guard became as dead men.  
Thou led Hades captive and wast not tempted there-by,  
Thou did meet the Virgin and didst give life to the world.  
O Thou Who art risen from the dead, O Lord, glory to Thee.

**Troparion to St. Athanasius**

**Tone 3**

**(Music on page 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.

**Kontakion for the Feast of the Transfiguration of Our Lord**      **Tone 7**

You were transfigured on the mountain, O Christ God,  
and Your disciples saw Your glory as far as they were able,  
so that when they saw You crucified,  
they might know that You suffered voluntarily,  
and might proclaim to the world  
that You are truly the radiance of the Father.

**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)**  
**(Page 61 of Liturgy Book)**

**Tone 6**

O Lord save Thy people and bless Thine inheritance. *(PS 27/28:9))*

**Verse:** *To Thee will I cry, O Lord, O my God,  
do not be silent unto me. (PS 27/28:1)*

**THE EPISTLE READING**

**Romans (15:1-7)**

Brethren, we who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures, we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

**Alleluia Refrain and Psalm verses before the Gospel**  
**(Music on p. 65 of Liturgy Booklet)**

**Tone 6**

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

Vs. 1 He Who dwelleth in the help of the Most High shall abide under the shadow of the protection of the God of Heaven. *(Ps 90/91:1)* **Alleluia**

Vs. 2 He will say to the Lord, Thou art my protector and my refuge, my God, in Him will I hope. *(Ps 90/91:2)* **Alleluia**

**GOSPEL READING**

**Matthew (9:27-35)**

At that time, as Jesus passed on from there, two blind men followed him, crying aloud: "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread His fame through all that district. As they were going away, behold, a dumb demoniac was brought to Him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

### **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*)

## **UPCOMING FEAST DAY CELEBRATIONS**

**August 1-15**

**Dormition Fast**

**Tues., August 6 at 6 p.m.**    **Divine Liturgy for Feast of Transfiguration**  
and Blessing of Grapes, followed by  
refreshments

**Wed., August 14 at 6 p.m.**    **Vespereal-Liturgy for Feast of the Dormition**  
followed by light supper

### **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.

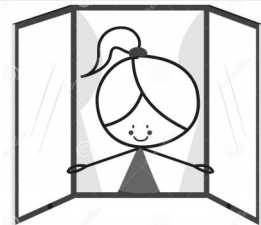
## **WOMEN’S WINDOW**

### **UP NEXT ON OUR SCHEDULE:**

*Thursday, August 8—6:30-8:30 p.m.*

**SALAD IN A JAR PARTY**

At the home of Jan Speier



Bring: a salad topping to share, one large or two small mason jars, and \$5 for dinner. Look for the Evite, or contact Christie at [christie.d.robinson@gmail.com](mailto:christie.d.robinson@gmail.com)

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

**PLEASE RESERVE THE HANDICAPPED PARKING** for those who are truly handicapped/disabled, and who have handicap parking permits. Thank you.

**THIS SUMMER, THE CHILDREN ARE WELCOME TO COME OVER TO THE CHOIR AREA AND SING WITH US DURING THE COMMUNION OF THE CLERGY.** (A good time to come over would be during the Prayer before Communion: “I believe and I confess...”)

### **NETWORK MEDICAL—SUZI’S CLOSET IN URGET NEED**

Suzi’s closet provides “all things newborn through age 4” to help out families in a pinch. If you have any of the following, items (new or gently used) or any other baby clothes/furniture, please drop them off at Network Medical, 185C South Patterson in Goleta.. Tax Donation receipts available on request.

Boys & girls clothes: newborns, 2T, 3T, 4T  
Strollers, swings, high chairs

Formula, Infant Carriers, PacNPlay,  
Bassinets, bathtubs, diapers, boppy pillows

### **\*\*\*A SPECIAL INVITATION\*\*\***

Fr. Christopher Dillon will be serving his first liturgies here at St. Athanasius on the mornings of August 5, 7, and 8. All are welcome!

*Mon. August 5 & Wed. August 7  
immediately following the 6:45 a.m. Matins*

*Thursday, August 8th at 8:30 a.m.*

## **CELEBRATIONS THIS WEEK**

### **Birthdays**

8/4 Lauren Shackelford  
8/7 Howard Lange  
8/8 Steve Thomas  
8/9 Craig Speier, Scott Speier, Verne Gish

### **Patronal Feast Days**

8/9 St. Herman of Alaska Verne Gish

## ***Message from the Coffee Hour Ministry:***

The Coffee Hour sign-up list for the new Church year is now up, and the calendar is wide open. Now is a great time plan ahead and choose a Sunday to host in the upcoming year. Is there a special day on which you want to honor the memory of a loved one, celebrate a birthday, anniversary or your patron saint? Sign up now to assure that you get the date you want at: [www.stathanasius.org/coffee-hour](http://www.stathanasius.org/coffee-hour), or contact Suzi Wiley (805-448-2787 or [suziwiley@cox.net](mailto:suziwiley@cox.net)).

It supports the mission of our parish and our goals to offer hospitality at Coffee Hour each Sunday, in order to encourage fellowship and stronger personal bonds, and to welcome visitors.

We would like to see every member of the parish participate in Coffee Hour in some way, either by hosting a Coffee Hour, or by joining up with other parish members to co-host. Church ministry teams are encouraged to collaborate in hosting a Coffee Hour and to use it to showcase their ministry's mission. We have a great team of Coffee Hour helpers who can assist to make it easier.

On Sundays that have no hosts, we will have potlucks. We have scheduled some all parish potlucks for certain feast days. On other Sundays with no hosts, we will ask specific households (in alphabetical groups) to bring potluck items. In that way, we can all contribute to serving each other and welcoming visitors to our community.

**Thank you SO much to all who have hosted one or more Coffee Hours during this 2018-2019 Liturgical Year, and to our amazing team of helpers who assist with set-up and clean-up!**

**Let's make 2019-2020 a shining year for hospitality!**



## **Long Range Planning—Building Project/Land Informational Presentations**

We are looking ahead to 3 small group presentations w/ Q&A regarding the option of leasing out part of our land to secure long term income to build and maintain the Church. The idea is to have 3 meeting options of the same presentation so that interested folks can attend as their schedules allow. Dn. Scott will be the presenter. Other members of the Building Committee will attend to facilitate discussion.

### **MEETING OPTIONS:**

- #1 Sun., August 11, after coffee hour
- #2 Thurs., August 22, after Vespers, (6:00 p.m.)
- #3 Sat., August 31, before Vespers (4:30 p.m.)

In September we'll take a straw vote on the mind of the parish. (We need to review the By-Laws to insure conformity.)

We'll take another final vote perhaps a year out when the plans have solidified enough to validate a final tally.

## **SUMMER ADULT RELIGIOUS EDUCATION SERIES**

### **“Scriptural Guidance for Practical Daily Living”**

**Saturdays at 4:30 p.m. in the Teen Room**

- III. August 10 & 17                      Mother of God, Save Us!  
**(NOTE THE CHANGE IN DATES. NO CLASS AUG. 3)**
- IV. September 14 & 21                  Peace of Soul

### **“PIZZA AND FELLOWSHIP” NIGHTS.**

Consider inviting a friend to experience our Adult Education class and/or Great Vespers on one of these evenings, and also invite them to stay for a light supper after Vespers:

Saturday, August 10  
Saturday, September 21

## **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.**

- 8/8 Summer Youth Group—Both groups 6-8:30 p.m.  
8/15 Teen BBQ—Park location TBA—6:00-8:00 p.m.  
8/22 Regular Youth Group Times  
Welcome to new 7th graders at Junior High Group 6:00 p.m.  
Welcome to new 9th graders at High School group 6:30 p.m.  
8/30 Regular Youth Group times

### **HYMN OF PRAISE: The Seven Holy Youths of Ephesus**

When the last rays of the sun turned the west bloody red,  
Seven Youths, to God prayed,  
That, on the morrow again find themselves alive and healthy,  
Before Emperor Decius, brought forth to torture  
And lay down to sleep a long dream a deep dream,  
Time walked by a wide step  
One morning, from the east, the sun dawned  
And the Seven from their deep sleep awakened.  
And Jamblichus the youngest, to Ephesus hurried  
To see, to hear, about everything he inquired  
Does Decius, even them, seek to slaughter  
And bread to buy for the Seven of them.  
But behold, what kind of miracle: this is not the gate!  
And even the town is totally different!  
Everywhere, beautiful churches, domes, crosses,  
Jamblichus asks himself: are those not dreams?  
Nowhere a familiar face, nowhere kinsmen,  
There are no persecutions; there are no martyrs.  
Tell me brethren, the name of this town,  
And tell me the name of the emperor, who now reigns?  
Thus Jamblichus inquires. The people, at him, look,  
And about him, everyone judges differently.  
This town is Ephesus, now and before,  
In Christ, reigns Emperor Theodosius  
This Antipater [The Consul] heard and [Martin] the graying bishop,  
The entire town was perplexed,  
Everyone, to the cave hurries.  
And saw the miracle, glorified God,  
And the resurrected servants of Christ the Resurrected One.

**St. Nikolai Velimirovich**

## 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](mailto:office@stathanasius.org).**

**Please pray for the health of:**

Metropolitan JOSEPH	Zac B.	Fr. Jon-Stephen H.
Mother Victoria	Lauren	Ahileas T.
Met. Paul & Abp. John	Kh. Carla Z.	Cole K. (military)
Bishop Neofitos (Diocese of Kenya)	Fr. Patrick and Vanessa K.	Jeremiah H. (Airforce Academy)
Mother Christophora	Tom M.	
Fr. Jon B.	Dottie G.	All those suffering and
Joseph B.	Jerry J.	in danger in Ukraine,
Dn. Richard E.	Monsignor J. Yanek	Africa, and the Middle East
Kh. Diane C.	Neil	
Greg & Margaret Y.	Diana	Please pray for the raising up and
Hoppe Family	Tyler	support of long-term missionaries from
Duane F.	Phyllis M.	our parish.
Joan and Steve T.	Ryder H.	
Richard and Susan B.	Kent F.	
Regina M.	Bob N.	

### **For repose of the souls of:**

All who have died in the conflicts in 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](mailto: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 CHURCH BOOKSTORE** \*  
\* 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 **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.** \*  
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# SAVE THE DATE

*St. Athanasius Orthodox Church*

THE HOWARD SHANNON  
GOLF TOURNAMENT &  
DINNER

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GLEN ANNIE GOLF CLUB  
SANTA BARBARA, CA

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[www.stathanasius.org/golf](http://www.stathanasius.org/golf)

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*September 20, 2019*