



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

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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 2025-2026

Dan Braun, Treasurer

Asia Ballew

Peter Braun

Sydney Hedges

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DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 14, 2025

Feast of the Exaltation of the Holy Cross



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:**

**AFTER THE GREAT DOXOLOGY, THE CLERGY WILL PROCESS
WITH THE HOLY CROSS.**

**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.
- 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.
- 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 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.

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!

INSTEAD OF "HOLY GOD..." WE SING:

Before Thy cross, we bow down in worship, O our Master, and Thy holy Resurrection we glorify.

Preparatory Psalm (Prokeimenon) Verses before the Epistle

Tone 7

Exult ye the Lord our God, and worship at His footstool; for He is holy. (Ps. 99:5)

Verse: The Lord reigneth, let the people rage.

EPISTLE READING FOR THE FEAST

1 Corinthians 1:18-24

Brethren, the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the cleverness of the clever I will thwart." Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe. For Jews demand signs and Greeks seek wisdom, but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. Remember Thy congregation, which Thou has purchased of old. (Ps 74:2)

Vs. God is our King of old; working salvation in the midst of the earth.

GOSPEL READING

John 19:6-11, 13-20, 25-28, 30-35

At that time, the chief priests and the elders of the people took counsel against Jesus to put Him to death; they led Him to Pilate and cried out, "Crucify him, crucify him!" Pilate said to them, "Take Him yourselves and crucify him, for I find no crime in Him." The Jews answered him, "We have a Law, and by that Law He ought to die, because He has made himself the Son of God." When Pilate heard these words, he was the more afraid. He entered the Praetorium again and said to Jesus, "Where are you from?" But Jesus gave no answer. Pilate therefore said to him, "You will not speak to me? Do you not know that I have power to crucify You, and power to release You?" Jesus answered him, "You would have no power over Me unless it had been given you from above.

When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Pavement, and in Hebrew, Gabbatha. Now it was the day of Preparation of the Passover; it was about the sixth hour. Pilate said to the Jews, "Behold your King!" They cried out, "Away with Him, away with Him, crucify Him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." Then Pilate handed Jesus over to them to be crucified.

So they took Jesus and led Him away, and He went out, bearing His own cross, to the place called the place of the skull, which is called in Hebrew Golgotha. There they crucified Him, and with Him two others, one on either side, and Jesus between them. Pilate also wrote a title and put it on the cross;

it read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Greek, and in Latin.

Now standing by the cross of Jesus were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw His mother, and the disciple whom He loved standing near, He said to his mother, "Woman, behold, your son!" Then He said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own.

After this Jesus, knowing that all was now fulfilled, said, "It is finished"; and He bowed His head and gave up the spirit.

Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other, who had been crucified with Jesus. But when they came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers pierced his side with a spear, and at once, there came out blood and water. He who saw it has borne witness -- his testimony is true.

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.

Hymn sung as the clergy receive the Eucharist for the feast of the Cross

The light of Your countenance has shone on us, O Lord. (*Ps 4/5:6*) Alleluia (3x)

Instead of "We have seen the true light," we sing the Troparion of the Feast.

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 antidoron (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.

WEDNESDAY EVENING SERVICES

WEDNESDAY EVENING SERVICES HAVE BEGUN AGAIN. We will alternate between the Paraklesis, which we pray out in the field by the cross, and Akathist services for various saints prayed in the chapel, many for whom we have relics to venerate. The schedule for the next month is as follows:

Wednesdays at 5:30 p.m.:

Sept. 17	Paraklesis
Sept. 24	Akathist to St. Athanasius the Great
Oct. 1	Paraklesis
Oct. 8	Akathist to St. John Maximovich
Oct. 15	Paraklesis
Oct. 22	Akathist to St. Paisius
Oct. 29	Akathist to St. Herman of Alaska
Nov. 5	Paraklesis
Nov. 12	Akathist to St. John the Theologian

LADIES OF THE PARISH....

Join us in a **BABY SHOWER BONANZA for Susie's Closet**

Please plan to join the Women's Fellowship in kicking off the Church new year by giving back to Susie's Closet, which provides maternity clothes, baby and children's clothes (preemie-size 6), baby essentials and equipment to low income families in the Santa Barbara area.

- We began our Baby Shower Bonanza yesterday with a brunch at **Fr. Nicholas & Jan Speier's home. THANK YOU, Speiers, for hosting, and thank you to all who attended!**
- **Why is it a baby shower bonanza?**
Because we will continue gathering items throughout September, making the donation to Susie's Closet as exciting for them as possible! Please drop off donated items in the container in the bookstore (labeled Susie's Closet) during the month of September.



Have questions? Ask Kristin King, Jan Speier or Liz Hoppe.

CURRENT LIST OF NEEDS

New:

Size 1 diapers
Wipes
Desitin/diaper cream
Powder formula

Used/good condition:

Newborn BOY clothes
Nursing covers
Infant head support
Changing pad
Potty seats

Baby bath
Board books
Baby toys
Bouncy seats
Stroller
Pack n play
High chair

ANNOUNCEMENTS

TODAY, WE CELEBRATE THE FEAST OF THE EXALTATION OF THE HOLY CROSS, which is considered a strict fast day in the Orthodox Church. (Wine and oil are permitted because it falls on a Sunday.) Our Agape Meal team invites you to a vegan pancake breakfast on the patio after the liturgy.

TUESDAY BIBLE STUDY HAS BEGUN!

All are welcome to attend our Autumn Bible Study of St. Luke's Gospel and the Book of Acts. The study begins after our 5:30 p.m. Daily Vespers on Tuesdays and lasts until 7:00 p.m. Fr. Symeon will be using a curriculum created by the Antiochian Archdiocese. The Bible Study will meet until the beginning of the Advent Fast. The last session will be on Tuesday, November 11th.

THE MEN'S FELLOWSHIP OF ST. JOHN MONTHLY FIRESIDE GATHERING will take place this Thursday, Sept. 18th at 7:00 p.m. at the home of Paul Carr. If you need information or directions, see Fr. Symeon, Howard Lange, or Paul Carr.

ADULT CATECHISM BEGINS NEXT SUNDAY, SEPT. 21

The next series of Adult Catechism classes begins on Sunday, Sept. 21 from 12:45—1:15 P.M. and will meet every Sunday at that time until the beginning of Great Lent, with a few exceptions. We will announce ahead of time when there will be no Sunday class.

ON FRIDAY, OCTOBER 17th at 7:00 p.m., the recently released film, "AMERICAN ORTHODOX," will be shown at Annunciation Orthodox Church (OCA), 877 Francine Ln, in Santa Maria. After the film, there will be a Q&A with the film's director, Robert John Hammond. To learn more about the film, go to: <https://americanorthodoxfilm.com/>

CELEBRATIONS THIS WEEK

Wedding Anniversaries

9/18 Josh & Megan Dillon, Abdu and Nelly Mashhour
9/19 Timmy & Teri Palmer

Birthdays

9/14 Michael (Jimmy) Easbey, Anthony Salcedo
9/18 Jason Wayne
9/20 Dan Braun

Patronal Feast Days

9/17	St. Sophia	Noelle Aviles, Giana Brunner, Sophia Roberts
9/17	St. Sophia & her 3 daughters	Bella Madrigal
9/17	St. Hope, Daughter of Sophia	Willow Palmer
9/20	St. Eustathios	Jason Wayne

THE FEAST OF THE EXALTATION OF THE HOLY & LIFE-GIVING CROSS

The pagan Roman Emperors tried to obliterate the holy places where our Lord Jesus Christ suffered and rose from the dead, so that they would be forgotten. Emperor Hadrian (117-138) ordered that Golgotha and the Lord's Sepulchre be buried, and that a temple in honor of the pagan "goddess" Venus and a statue of Jupiter be placed there.

Pagans gathered at this place and offered sacrifice to idols. Eventually after 300 years, by Divine Providence, the Christian holy places, the Sepulchre of the Lord, and the Life-giving Cross, were discovered and opened for veneration. This took place under Emperor Constantine the Great (306-337) after his victory over Maxentius (in 312), who ruled the Western part of the Roman Empire, and over Licinius, the ruler of its Eastern part. In the year 323 Constantine became the sole ruler of the vast Roman Empire.

In 313 Saint Constantine issued the Edict of Milan, by which Christianity was legalized and persecutions against Christians in the Western half of the Empire were stopped. Although Licinius had signed the Edict of Milan in order to oblige Constantine, he continued his cruel persecutions against Christians. Only after his conclusive defeat did the Edict of Milan extend also to the Eastern part of the Empire. The Holy Equal of the Apostles Emperor Constantine, triumphing over his enemies in three wars, with God's assistance, had seen the Sign of the Cross in the heavens. Written beneath were the words: "By this you shall conquer."

Ardently desiring to find the Cross upon which our Lord Jesus Christ was crucified, Saint Constantine sent his mother, the pious Empress Helen (May 21), to Jerusalem, providing her with a letter to Saint Makarios, the Patriarch of Jerusalem. Saint Helen journeyed to the holy places connected with the earthly life of the Savior, building more than 80 churches, at Bethlehem the birthplace of Christ, and on the Mount of Olives where the Lord ascended to Heaven, and at Gethsemane where the Savior prayed before His sufferings, and where the Mother of God was buried after her Dormition.

Although the holy Empress Helen was no longer young, she set about completing the task with enthusiasm. In her search for the Life-giving Cross, she questioned both Christians and Jews, but for a long time her search remained unsuccessful. Finally, she was directed to a certain elderly Jew named Jude who stated that the Cross was buried beneath the temple of Venus. They demolished the pagan temple and, after praying, they began to excavate the ground. Soon the Lord's Tomb was uncovered. Not far from it were three crosses, and a board with the inscription ordered by Pilate, and four nails which had pierced the Lord's Body (March 6).

In order to discover on which of the three crosses the Savior had been crucified, Patriarch Makarios alternately touched the crosses to a corpse. When the Cross of the Lord touched the dead man, he was restored to life. After witnessing the raising of the dead man, everyone was convinced that the Life-giving Cross had been found.

(Continued on back cover.)

**Our annual fundraiser for the temple
is ONLY 2 WEEKS AWAY!
HOWARD SHANNON GOLF TOURNAMENT
Friday, September 26, 2025**

There is still room for more golfers! Registrations accepted until we are full.

The deadline for purchasing **dinner tickets** is **Friday, SEPTEMBER 19.**
EARLY BIRD PRICE FOR DINNER GOES UP \$30 TOMORROW!

HERE'S HOW YOU CAN HELP:

- Donations can be made all the way up to the tournament.
- Consider supporting Fr. Nicholas' Hole #10 Fundraiser or the Dn. Richard Easbey Putting Contest
- Attend the dinner and auction. **(EARLY BIRD SPECIAL ENDS 9/15!)**

For more details and to donate or register, go to:
<https://www.stathanasius.org/events/2025-golf-tournament/>

**Auction items were due by
SEPTEMBER 12.**

**If you still have an item to donate, please get it to
Terri Speier as soon as possible.**



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. Gabriel in Kenya (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 in Albania (OCMC)
Joseph Wm. B. in Kenya
Duane F.
Richard and Susan B.
Kh. Melissa H.
Jeremiah & Sarah H. (military)
Lauren & Fernando J. (military)
Chase K. (military)
Nick & Kristine J. (military)

Julianna & Zaron D. (military)
P. Speier (military)
Steve T.
Dn. John & Fay Y.
Kh. Peggy K.
Kh. Janet Henderson
Phyllis M.
Fr. Joseph A.
Jim M.
Gayla
Cameron B.
Galeyna T.
Jill W. and Family
Alla G.
Oleg G.
Wayne Family
Shirley D. and Family
Jesús D.
Josh W.
Briana 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

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

OUR CATECHUMENS:

Cameron Clouse
Joshua Dunford
Sahit Rampilla
Ethan Salcedo
Tyler Vrem
Joshua Weiss (currently lives abroad)
Martin Wilson
Nathan Wright

For repose of the souls of: Bruce J.

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 lockbox 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 14—STRICT FAST DAY

EXULTATION OF THE HOLY CROSS

9:00 a.m. Festal Matins
10:00 a.m. Festal Divine Liturgy
Installation of new Parish Council
11:45 a.m. Agape Meal—Pancake Breakfast

Monday, September 15

7:00 a.m. Daily Readers Matins
3:00 p.m. St. Xenia Prayer Ministry by Zoom
(Akathist for St. Nikiforos)

Tuesday, September 16

5:30 p.m. Daily Vespers
6:00 p.m. Bible Study (Luke, Acts)

Wednesday, September 17

7:00 a.m. Daily Reader's Matins
11:50 a.m. St. Xenia Prayer Ministry
5:30 p.m. Paraklesis out in the field by the cross
6:30 p.m. Parish Council Meeting

Thursday, September 18

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. Jr. High Youth Group
6:45 p.m. High School Youth Group
7:00 p.m. Men's Fellowship Fireside Gathering

Friday, September 19

7:00 a.m. Daily Matins (with a priest)

Saturday, September 20

5:30 p.m. Great Vespers/Confessions

Sunday, September 21

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

September 14 Morrison
September 21 Meyer
September 28 Jacobs
October 5 Fr. Nicholas

READERS

September 14 Butler
September 21 Kern
September 28 Gish
October 5 TBA

GREETERS

September 14 A. Ballew/N. Aviles
September 21 G. Hoppe/B. Eberhard
September 28 K.P. King/L. Baker
October 5 J. & M. Worthington

USHERS

September 14 C. Speier/S. Speier
September 21 D. Meyer/K.L. King
September 28 D. Alexander/M. Loulias
October 5 P. King/J. King

AGAPE MEAL HOSTS

September 14 Team Wayne
September 21 Team Worthington
September 28 Team Aviles/Wood
October 5 Team Halsell

WE NEED YOUR HELP...

We ask that you kindly clean up your own sitting area
and return service booklets at the end of each service.
Bulletins and Matins/Vespers weekly handouts may be taken home.
Thank you!

THE FEAST OF THE EXULTATION OF THE HOLY & LIFE-GIVING CROSS (continued...)

Christians came in a huge crowds to venerate the Holy Cross, beseeching Saint Makarios to lift the Cross, so that those far off could see it. Then the Patriarch and other spiritual leaders lifted the Holy Cross, and the people prostrated themselves before the Honorable Wood, saying "Lord have mercy." This solemn event occurred in the year 326.

During the discovery of the Life-giving Cross another miracle took place: a woman who was close to death was healed by the shadow of the Holy Cross. The elderly Jude (October 28) and other Jews believed in Christ and were baptized. Jude was given the name Kyriakos, and later he was consecrated as the Bishop of Jerusalem. He suffered a martyr's death for Christ during the reign of Emperor Julian the Apostate (361-363).

Saint Helen took part of the Life-giving Wood and nails with her to Constantinople. Saint Constantine ordered a majestic and spacious church to built at Jerusalem in honor of the Resurrection of Christ, also including under its roof the Life-giving Tomb of the Lord and Golgotha. The church was built in ten years. Saint Helen did not survive until the dedication of the church, she reposed in the year 327. **The church was consecrated on September 13, 335. On the following day, September 14, the festal celebration of the Exaltation of the Honorable and Life-giving Cross was established.**

Another event connected to the Cross of the Lord is remembered also on this day: its return to Jerusalem from Persia after a fourteen year captivity. During the reign of the Byzantine Emperor Phokas (602-610) the Persian king Khosrōēs II attacked Constantinople, defeated the Greek army, and plundered Jerusalem, capturing both the Life-giving Cross of the Lord and the Holy Patriarch Zachariah (609-633).

The Cross remained in Persia for fourteen years, and only under Emperor Herakleios (610-641), who defeated Khosrōēs and concluded peace with his successor and son Syroes, was the Lord's Cross returned to the Christians.

With great solemnity the Life-giving Cross was transferred to Jerusalem. Emperor Herakleios, wearing a crown and his royal purple garments carried the Cross of Christ. The Emperor was accompanied by Patriarch Zachariah. At the gates by which they ascended Golgotha, the Emperor stopped suddenly and was unable to proceed. The holy Patriarch explained to the Emperor that an Angel of the Lord was blocking his way. Herakleios was told to remove his royal trappings and to walk barefoot, since He Who bore the Cross for the salvation of the world had made His way to Golgotha in all humility. Then Herakleios donned plain clothes, and without further hindrance, carried the Cross of Christ into the church.

In a sermon on the Exaltation of the Cross, Saint Andrew of Crete (July 4) says: "The Cross is exalted, and everything true is gathered together, the Cross is exalted, and the city makes solemn, and the people celebrate the feast."

<https://www.oca.org/saints/lives/2024/09/14/102610-the-universal-exaltation-of-the-precious-and-life-giving-cross>