



## 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

805-685-5495

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

Kristin King

Velislava Nikolov

Jared Speier

Cheryl Washburn-Lander

**Music Director/Administrator:**

Valerie Yova

Office phone: 805-685-5400

email: office@stathanasius.org

**Teen Program Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**College/Young Adult Activities Coordinators**

Athanasia Ballew

asiaballew@proton.me

Zac Wood

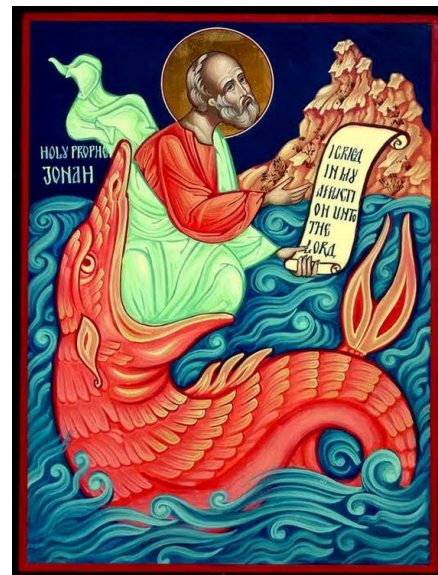
zac.wood9@gmail.com

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

**Sunday, September 21, 2025**

**Tone 6 / Eothinon 4**

**Leave-taking (Apodosis) of &  
Sunday after the Elevation of the Holy Cross**  
Apostle Quadratos of the Seventy; Prophet Jonah



## **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:**

**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.

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

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.

**Refrain: O Son Of God, crucified in the flesh, save us who sing to  
Thee, Alleluia!**

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 incar-  
nate 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 and 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: Troparion for the Feast of the Cross**

**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 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 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.

#### **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 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!

**TRISAGION (THRICE-HOLY) HYMN**

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)****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)*

**EPISTLE READING****Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

**Preparatory Psalm Verses with Alleluia Refrain Before the Gospel** **Tone 1**

Chanter: Alleluia, Alleluia, Alleluia!

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

v. Remember Your congregation, which You have purchased of old! (Ps 73/74:2)

v: God is our King before the ages; He has worked salvation  
in the midst of the earth. (Ps 73/74:12)

## **GOSPEL READING**

**Mark. (8:34-9:1)**

The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

### **Meglynarion (Hymn to the Mother of God) for the feast of the Cross**

Magnify, O my Soul, the most precious Cross of the Lord.

You are the mystical paradise, O Theotokos, in which blossomed Christ.

Through Him, the life-bearing wood of the Cross was planted upon earth.

Now, at its elevation, as we bow down before it, we magnify You.

### **Hymns sung as the clergy receive the Eucharist for the feast of the Cross**

Praise the Lord from the heavens; praise Him in the Highest!

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.

### Wednesdays at 5:30 p.m.:

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

**LAST WEEK WE WELCOMED THE FOLLOWING SOULS INTO THE CATECHUMENATE.** Please keep them in your prayers, along with our other catechumens, as they prepare to be received into the Orthodox Faith:

Joshua Dunford  
Sahit Rampilla  
Martin Wilson  
Nathan Wright, Owain & Gavin

### ADULT CATECHISM BEGINS TODAY!

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.

### 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.

**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/>

**CONGRATULATIONS AND MANY YEARS to Chandler and Naomi Baker** on the birth of their daughter, Mary Marcelle. May God grant Mary many years! (Chandler and Naomi were married in our parish in July of 2024. They now live in Florida.)



**INSTALLATION  
OF  
2025-26  
PARISH  
COUNCIL**

## **The Little Churches**

By His Eminence Metropolitan Saba (Isper)

The family is considered the first church of every believer. It is there that one learns the first steps of faith and reverence, the love of God, and the practice of virtue. The larger church, the parish, is nothing other than the union of these smaller "domestic churches." The more faithfully our families live out their faith, the more they will raise men and women filled with love, zeal, and devotion. In turn, the Church of God is strengthened, producing saints and witnesses, men and women committed to serving both God and society.

Within the Church, believers experience the communion of one faith, which makes them one body, a single family. Christians are called to live with a deep awareness of this spiritual kinship, for in the Holy Eucharist, Christ Himself establishes a bond stronger than blood or tribe.

This communion must not remain an idea; it must be lived out. When it is broken by division or offense, the Gospel commands us to refrain from approaching the holy chalice or offering sacrifice until reconciliation has taken place: "If you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift" (Matthew 5:23–24).

From here comes the very meaning of the parish: one temple for a community of believers living in the same area. When someone worships in their parish church, they are called to form genuine spiritual bonds with its members. Commitment to one's parish strengthens responsibility toward brothers and sisters in Christ, nurturing a deeper sense of the Church and the importance of communion. This lived experience should, in turn, extend outward to embrace all humanity.

**TO READ THE FULL ARTICLE: <https://www.antiochian.org/regulararticle/2573>**

### ***CELEBRATIONS THIS WEEK***

#### Birthdays

9/21 Alexis Rae Florez  
9/27 Gianni Madrigal, Sherie Shackelford

#### Patronal Feast Days

9/24	St. Thekla the Protomartyr	Kh. Jan Finley, Courtney Shannon, Melissa Braun
9/24	St. Silouan the Athonite	Levi Denny, Silas Easbey
9/25	St. Sergius of Radonezh	Brian Sieck
9/26	St. John the Theologian	Douglas Meyer, Johnny Heiduk, Robert Rauchhaus





Our annual fundraiser for the temple  
is **THIS FRIDAY!**  
**HOWARD SHANNON GOLF TOURNAMENT**  
**Friday, September 26, 2025**

- 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

**To donate go to:**  
**<https://www.stathanasius.org/events/2025-golf-tournament/>**

## 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:**

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)  
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.  
Penny B.  
Justin & Amber 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, Owain & Gavin

**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](mailto: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](http://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 21

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

### Monday, September 22

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

### Tuesday, September 23

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

### Wednesday, September 24

#### **ST. THEKLA, ST. SILOAN**

7:00 a.m. Daily Reader's Matins  
11:55 a.m. St. Xenia Prayer Ministry  
5:30 p.m. Akathist to St. Athanasius the Great

### Thursday, September 25

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

### Friday, September 26—GOLF TOURNAMENT

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

### Saturday, September 27

5:30 p.m. Great Vespers/Confessions

### Sunday, September 28

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

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

September 21 Meyer  
September 28 Jacobs  
October 5 Fr. Nicholas  
October 12 Vander Laan

### READERS

September 21 Kern  
September 28 Gish  
October 5 TBA  
October 12 TBA

### GREETERS

September 21 G. Hoppe/B. Eberhard  
September 28 K.P. King/L. Baker  
October 5 J. & M. Worthington  
October 12 M. Wayne/K.L. King

### USHERS

September 21 D. Meyer/K.L. King  
September 28 D. Alexander/M. Loulias  
October 5 P. King/J. King  
October 12 D. Washburn/D. Meyer

### AGAPE MEAL HOSTS

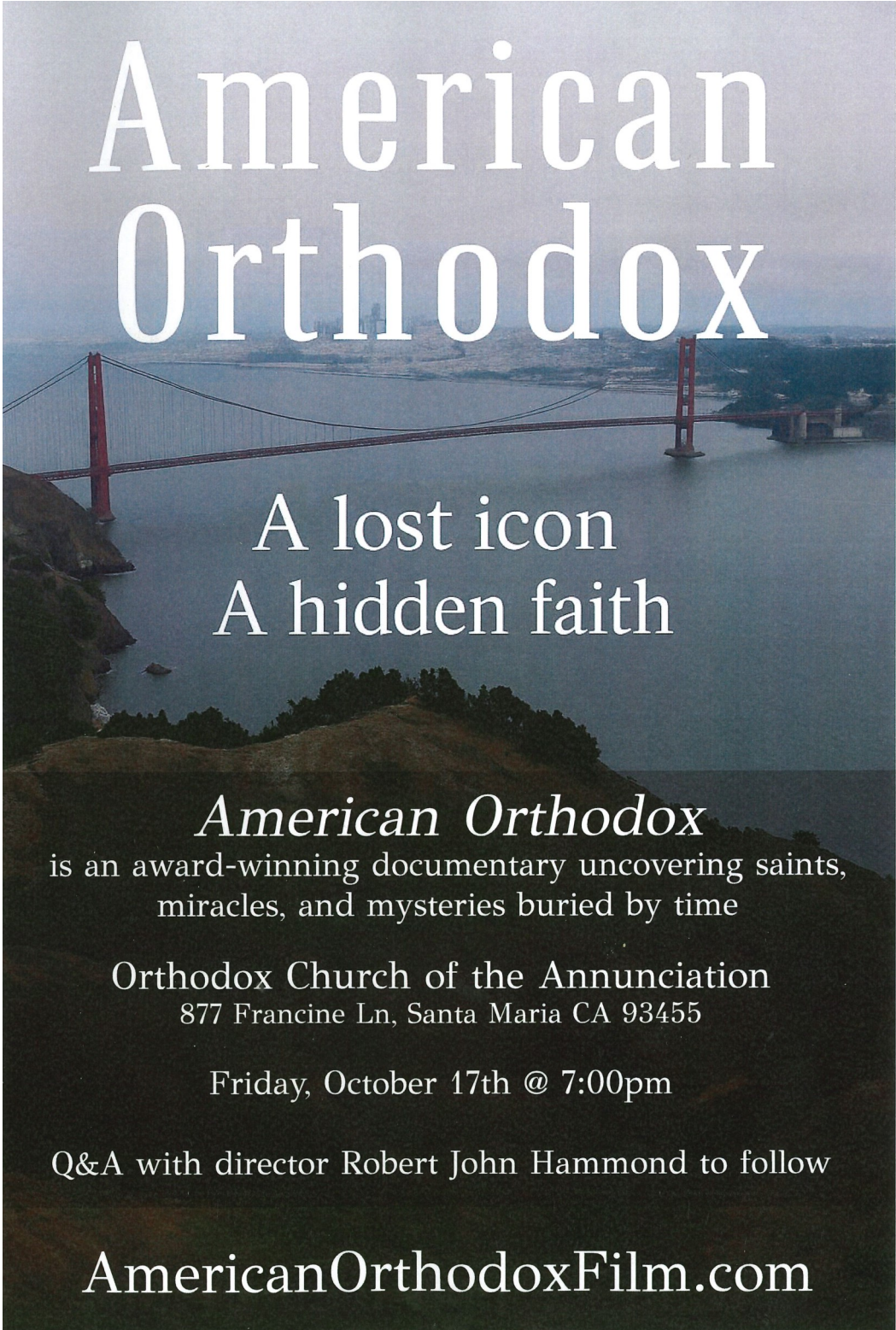
September 21 Team Worthington  
September 28 Team Aviles/Wood  
October 5 Team Halsell  
October 12

### **OCTOBER FEST**

Celebration of reaching \$1M goal

## 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!**



# American Orthodox

A lost icon  
A hidden faith

## *American Orthodox*

is an award-winning documentary uncovering saints,  
miracles, and mysteries buried by time

Orthodox Church of the Annunciation

877 Francine Ln, Santa Maria CA 93455

Friday, October 17th @ 7:00pm

Q&A with director Robert John Hammond to follow

[AmericanOrthodoxFilm.com](http://AmericanOrthodoxFilm.com)