



## 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  
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**Teen Program Coordinator**

Michael Easbey: measbey@gmail.com

**College/Young Adult Coordinator**

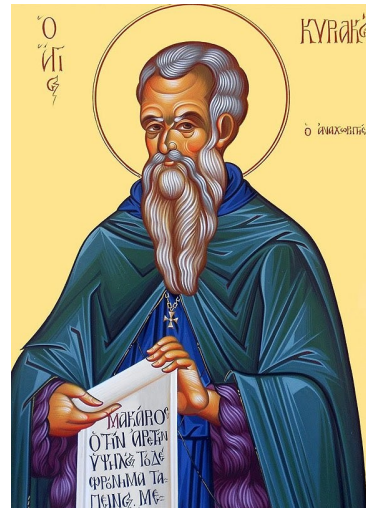
Mitchell Denny: mitchdennyjr@gmail.com

**Parish Council 2018-2019:**

Kristi King, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Dorothy Alexander  
Laurie Baker  
Corina Berari  
David Dillon  
Mary Gish  
Zak Landrum

**DIVINE LITURGY OF  
ST. JOHN CHRYSOSTOM  
Sunday, September 29, 2019  
Tone 6 / Eothinon 4;  
Fifteenth Sunday after Pentecost  
& Second Sunday of Luke**

Venerable Kyriakos the Hermit of Palestine  
Martyr Petronia and those with her in Palestine;  
Mother Mary the Hermit of Palestine;  
Martyrs Gudelia, Casdous, Casdoa, Gargalus,  
Dada and Gobdelaas 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, September 29

#### **BLESSING OF SINGERS & READERS**

- 9:00 a.m. Religious Education ages 6-12  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Education  
(after the Eucharist)  
11:45 a.m. Coffee Hour  
12:20 p.m. All-parish Meeting  
4:00 p.m. St. Barbara Monastery Friends

### Monday, September 30

- 6:45 a.m. Daily Matins  
5:00 p.m. St. Brigid outreach dinner at  
St. Michael's in Isla Vista  
7:00 p.m. Trisagion Prayer for Joan Thomas

### Tuesday, October 1

#### **Protection of the Theotokos & St. Romanos**

- 10:00 a.m. Funeral for Joan Thomas  
3:45 p.m. Catechesis Level One  
5:30 P.M. Canon to the Theotokos

### Wednesday, October 2

- 6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Ministry

### Thursday, October 3

- 10:00 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, October 4

- 6:45 a.m. Daily Matins  
5:00 p.m. Akathist at Westmont College

### Saturday, October 5

- 4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers

### Sunday, October 6

- 9:00 a.m. Religious Education ages 6-12  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Education  
(after the Eucharist)  
11:45 a.m. Coffee Hour

**Valerie, our Administrator &  
Music Director will be traveling  
from October 1-18.**

**If you need to get into the church it is best to  
come during daily or weekend services.**

**If you need something in the office,  
please contact Carla Brunstead.**

## *Morning Ministries Schedule*

### Eucharist Bread

- September 29 Kern  
October 6 Braun  
October 13 D. Washburn  
October 20 Tinyayeva

### Coffee Hour

- September 29 Sieck  
October 6 Kern, M. Easbey, N. de Bruin  
October 13 Wiley/Baker/Brunstead  
October 20 J. King Family/P. King

### Greeters

- September 29 Loulias/Cocores  
October 6 H. Lange/D. Washburn  
October 13 D. Lewis/Deacon  
October 20 K. P. King/L. Hoppe

### Ushers

- September 29 C. Speier, J. King, P. King  
October 6 M. Loulias, C. Berari, S. Speier  
October 13 P. Brunner, D. Washburn, D. Meyer  
October 20 D. Lewis, C. Speier, J. King

### Readers

- September 29 Rdr. H. Lange  
October 6 D. Meyer  
October 12 D. Alexander (Vespers)  
October 13 D. Washburn  
October 20 M. Braun

**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 art risen 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 ...

**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:**

**Resurrectional Troparion**

**(Music on p. 49-50 of Liturgy book)**

**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 Venerable Kyriakos**

**Tone 1**

Dweller of the desert and angel in the body,  
You were shown to be a wonder-worker,  
our God-bearing Father Kyriakus.  
You received heavenly gifts through fasting, vigil, and prayer;  
healing the sick and the souls of those drawn to you by faith.  
Glory to Him who gave your strength!  
Glory to Him Who granted ↑you a crown!  
Glory to Him Who through you grants healing to all!

**Troparion to St. Athanasius**

**Tone 3**

**(Music on p. 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 - Ordinary Sundays****Tone 4**

O undisputed intercessor of Christians,  
O mediatrix, who is unrejected by the creator.  
Turn not away from the voice of our petitions, though we be sinners.  
Come to us with aid in time, who cry unto thee in faith,  
for thou art good. Hasten to us with intercessions, O Theotokos,  
who dost always intercede for those who honor thee.

**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) Tone 6  
(Music on page 60 of Liturgy book)**

O Lord save Thy people and bless Thine inheritance. (Ps. 28:9)

*Verse: To Thee will I cry, O Lord, O my God, do not be silent unto me.*

**EPISTLE READING  
Corinthians (4:6-15)**

Brethren, it is the God Who said, "Let light shine out of darkness," Who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. While we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak, knowing that He Who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to 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**

**Luke (6:31-36)**

The Lord said: "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

**HOMILY**

**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 Hymn**

Praise the Lord from the heavens; praise Him in the highest! (*Ps 148:1*) *Alleluia!*

### **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.

### **PRAYER for the CHURCH**

Almighty God, our Help and Refuge, the Fountain of Wisdom and Tower of Strength, who know we can do nothing without Divine guidance and help: assist us, we pray, to:

- faithfully worship Thee
- become better spiritual warriors
- be a loving family
- be a light to the community
- and develop and execute a responsible financial plan.

May we pursue these goals faithfully and diligently, and may they be profitable to ourselves, the community, the Church, and Thine all Holy Name. For Thou art a merciful God and lovest mankind and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

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

#### **Wedding Anniversaries**

10/4 Corina and Adrian Berari

#### **Birthdays**

9/29 Nicole Berari, Elijah Landrum

9/30 Michael Loulias

10/1 Jase Speier

10/2 Andrew Macdonald

10/3 Kassiana Van Wagoner

#### **Patronal Feast Days**

10/1 St. Sidonia of Georgia Suzi Wiley

10/2 St. Justine of Nicomedia Justina King

**Kyriakos the Hermit** (the Anchorite) was born in Corinth in 448. He went to Palestine to the Lavra of Euthymius the Great, but because of his youth was sent by Saint Euthymius to Saint Gerasimus; after the death of Saint Gerasimus he returned to the Lavra of Saint Euthymius. Later he took on a more rigorous life of asceticism in the wilderness of Natoufa, where there was nothing to eat except the exceedingly bitter wild herb called squills, which, however, through his prayers, God made sweet for him and his disciple. He lived 107 years and reposed in the year 555.

**Dearest parish family,**

**I will be out of town from October 1-18, during which time I will be** traveling with my nephew, Matthew, to Europe, including to Romania for the first time in my life! We will visit the villages in which my grandparents were born. (both my mother's parents and my father's parents) We will also visit the Monastery of Oasa, and the Cathedral in Timisoara. Please pray for our safe travels, if the Lord brings us to mind.

A number of other choir members will also be traveling at this same time, so we thank you in advance for your understanding and encouragement of our Assistant Conductor John Butler, and the choir members who will be here "holding down the fort!"

Valerie Yova, Administrator/Music Director



## **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.

**WE EXTEND OUR SINCERE CONDOLENCES TO Steve Thomas, Kyle and Jeff Petersilia, AND THE ENTIRE Thomas family** on the passing from this life of our beloved Joan. Trisagion Prayers will be said tomorrow (Monday) September 30th at 7:00 p.m., and the funeral followed by burial will begin at 10:00 a.m. on Tuesday, October 1st. There will be no reception.

**TODAY ALL CHOIR MEMBERS, CHANTERS AND READERS WILL RECEIVE A BLESSING FOR THE COMING YEAR.**

### **NEW MUSIC TODAY**

The liturgical responses today are from a complete musical setting of the Divine Liturgy, composed by our friend Nazo Zakkak, and commissioned from him when he was the Composer-in-Residence for the Antiochian Archdiocese. Booklets are available for you to follow along with the choir and to sing, if you are inclined and inspired to do so. We will be doing this version of the liturgy this Sunday and I welcome your feedback to me directly. We will continue to do all of the other music in our music binder: old, new and in-between. We regularly alternate musical settings, often changing the “tone” for Lenten seasons. So do not fret that we will be doing **ONLY** this setting of the Liturgy from now on. Thank you to the parishioners who joined us for the “open rehearsals” for this new music!—Valerie

**THE ALL-PARISH MEETING WILL BE TODAY after Coffee Hour.** Please plan to stay for this important meeting. Childcare will be provided during the meeting for children ages 4 and older in the TEEN ROOM.

**ST. BARBARA MONASTERY FRIENDS** will gather today at 4:00 p.m. with a presentation by Fr. Michael Laffoon on “Orthodox Veneration of Saints.” Vespers and a potluck supper will follow the presentation.

**ADULT CATECHISM begins on Saturday October 5th** and continues through December 14, on Saturdays at 4:30 p.m.

**ON SUNDAY, OCTOBER 20th at the end of the liturgy (and in place of the homily) Fr. Nicholas will give a presentation on the Orthodox Church’s understanding and teaching regarding gender issues.** This is an important issue for all of us to understand and all Jr. High and High School students should be present. There will be no teen Religious Education classes that day. Childcare will be provided during the presentation.

## **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.**

### **OCTOBER**

10/3	Regular Youth Group
10/10	Regular Youth Group
10/17	Regular Youth Group
10/24	Regular Youth Group
10/31	Halloween Party—Time TBA

*“Bring all the tithes into the storehouse, that there may be food in my house, and prove me now in this,” says the Lord of hosts, “If I will not open for you the windows of heaven and pour out for you such blessing, that there will not be room enough to receive it.”*

**Malachi 3:10**

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

**For repose of the souls of:** Joan T.  
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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