



## 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**

Cheryl Washburn-Lander, President

Kristin King, Vice President

Velislava Nikolov, Secretary

Dan Braun, Treasurer

Asia Ballew

Peter Braun

Sydney Hedges

Jared Speier

**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, October 19, 2025**

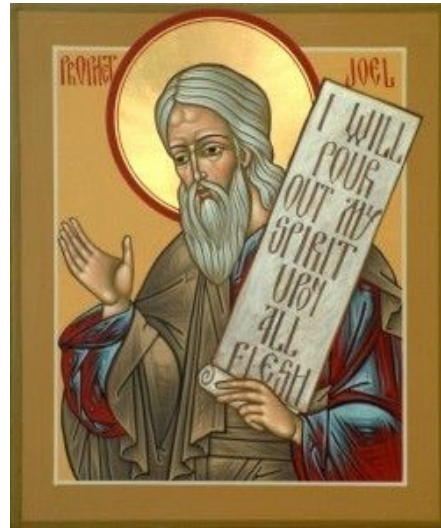
**Tone 2 / Eothinon 8;**

**Nineteenth Sunday after Pentecost  
& Third Sunday of Luke**

The Holy Prophet Joel;

Martyr Varos and Seven Martyrs with Him;

Mother Cleopatra of Palestine; Venerable John of Rila



## **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—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”**

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of Heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called the sons of God.

Blessed are those who are persecuted for righteousness sake,  
for theirs is the kingdom of Heaven.

Blessed are you when men shall revile you and shall persecute you, and shall say all manner of evil  
against you falsely for my sake.

Rejoice and be exceedingly glad, for great is your reward in heaven.

**HYMNS SUNG AT THE LITTLE ENTRANCE:****Troparion of the Resurrection****Tone 2**

When Thou didst submit Thyself unto death,  
O Thou deathless and immortal One,  
then Thou didst destroy hell with Thy Godly power.  
And when Thou didst raise the dead from beneath the earth,  
all the powers of Heaven did cry aloud unto Thee:  
O Christ, Thou giver of life, glory to Thee.

**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 - Ordinary Sundays****Tone 4**

O undisputed intercessor of Christians,  
The mediatrix, who was 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 ever intercede for those who honor thee.

## 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 2**

The Lord is my strength and my song; He has become my salvation. (Ps 117/118:4)

*v: The Lord has chastened me sorely, but He has not given me over to death.  
(Ps 117/118:18)*

## EPISTLE READING 2 Corinthians 11:31-12:9

Brethren, the God and Father of the Lord Jesus Christ, the One who is blessed for evermore, knows that I do not lie. In Damascus, the governor under Arétas the king guarded the city of the Damascenes, willing to seize me, and through a window I was let down in a basket by the wall, and escaped his hands. I must boast, though it is not expedient; but I will come to visions and revelations of the Lord. I know a man in Christ who fourteen years ago—whether in the body, I do not know, or whether out of the body, I do not know; God knows—who was caught up to the third heaven. And I know that this man—whether in the body or out of the body, I do not know; God knows—was caught up into Paradise, and heard unspeakable words, which no person is allowed to utter. On behalf of this one I will boast, but on my own behalf I will not boast, except of my infirmities. For if I would desire to boast, I shall not be foolish, for I shall speak the truth. But I refrain from it, lest anyone should think of me above that which he sees me to be, or hears from me. And to keep me from being exalted above measure through the abundance of revelations, I was given a thorn in the flesh, an angel of Satan to buffet me, to keep me from being exalted above measure. For this thing I beseeched the Lord three times, that it might depart from me. And He said to me, “My grace is sufficient for thee, for My strength is made perfect in weakness.” Most gladly therefore will I rather boast in my infirmities, that the power of Christ may rest upon me.

## Alleluia before the Gospel

**Tone 2**

Chanter: Alleluia, Alleluia, Alleluia!

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

*v: May the Lord hear you in the day of trouble! May the name of the God of  
Jacob protect you! (Ps 19/20:1)*

*v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)*

## GOSPEL READING

### Luke 7:11-16

At that time, Jesus went to a city called Nain, and many of His disciples and a great crowd went with Him. As He drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, He had compassion on her and said to her, "Do not weep." And He came and touched the bier, and the bearers stood still. And Jesus said, "Young man, I say to you: arise." And the dead man sat up, and began to speak. And Jesus gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited His people!"

### 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*)

Rejoice in the Lord, O you righteous; praise befits the just! (*Ps. 32:1*)

Alleluia, Alleluia, Alleluia!

## 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.

## ***CELEBRATIONS THIS WEEK***

### **Birthdays**

10/19 Steve Gross  
 10/20 Noah Hedges  
 10/21 Kh. Diane Carrillo  
 10/22 Kyle Petersilia  
 10/24 Fr. Jon Braun, Garrett Gish, Subdn. Stephen Butler  
 10/25 Justin Brunner

### **Patronal Feast Days**

10/19 St. John of Kronstadt (birth)	David Lewis, Jill Wallerstedt
10/21 St. Hilarion the Great	Anthony Salcedo
10/23 St. James, Brother of the Lord	Richard Barre, Jim Morrison, Dominic Salcedo, Jacob Wallace

## **HEARTFELT THANKS....**

...to Dr. Scott & Terri Speier,  
**Chris & Christie Robinson, & Kh. Jan Speier**  
 for planning such a fun OCTOBERFEST for last Sunday!  
 ...And to all who helped with set-up and clean-up!

It was a joyful family celebration of an important milestone  
 in our Building Project.

May God guide us in this next phase, and help us  
 to actualize our vision of BUILDING A TEMPLE!



## ANNOUNCEMENTS

**FR. SYMEON WILL BE AWAY THIS MONDAY thru THURSDAY.**

**TODAY and NEXT SUNDAY from 12:30-1:15 p.m., our Music Director, Valerie, will offer a session of basic instruction in singing.** If you would like to sing with more confidence during services, want to explore your singing ability, and/or would like to join us in Christmas caroling in December, join us for these group sessions. Folks of all ages are welcome! If there is a significant show of interest, the sessions will continue.

**JOIN US FOR A CHURCH WORK DAY ON SAT., NOVEMBER 8th** from 10 a.m.-12:00 p.m.. A pizza lunch will be served.. Youth in Junior High & older are welcome. More details to come. You can sign up here: <https://bit.ly/AutumnWorkDay2025>

**IF YOU NOTICE SOMETHING THAT IS BROKEN OR NEEDS ATTENTION,** please send an email to Chris Robinson at: [maintenancesupervisor@stathanasius.org](mailto:maintenancesupervisor@stathanasius.org). Please do not text him. Chris' weekly hours at the church are Fridays from 1-3 p.m.

**OCTOBER IS YOUTH & SEMINARIAN MONTH.** Our Archdiocese currently has 22 students enrolled in seminary. If you would like to make a donation towards the Archdiocese seminary fund, please make checks payable to our parish (ST. ATHANANIUS) and drop them in the tithe box. Or you can donate via our website: <https://www.stathanasius.org/donation/> Choose the earmark "GENERAL DONATION," and please include a memo that says, "Seminarian Fund."

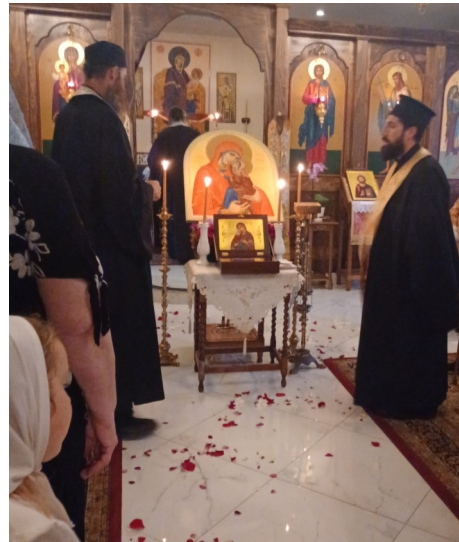
### ADULT CATECHISM

Adult Catechism classes meet from 12:45—1:15 P.M. every Sunday until the beginning of Great Lent, with a few exceptions. All are welcome, whether inquirers, catechumens, or long-time members of the parish.

### TUESDAY BIBLE STUDY

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. The Bible Study will meet from now through November 11th (Advent) and then will resume in early 2026.

**THIS PAST WEDNESDAY EVENING,** 41 of our parishioners were in attendance at St. Timothy's in Lompoc for Paraklesis and veneration of the relics of St. Anna, the mother of the Theotokos. It was a beautiful, once-in-a-lifetime experience. Many thanks to St. Timothy parish for hosting us.



## WEDNESDAY EVENING SERVICES

**ON WEDNESDAY EVENINGS AT 5:30 p.m.,** 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.

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

**During the Advent Fast, we pray the Advent Paraklesis  
on Wednesdays at 6:00 p.m.**

## UPCOMING FEAST DAYS & SPECIAL SERVICES

Thurs., 11/20	<b>PRESENTATION OF THE THEOTOKOS</b>	Vespers	5:00 PM
		Liturgy	5:45 PM
Wed., 11/26	EVE OF THANKSGIVING	Akathist	6:00 PM
Thurs., 11/27	THANKSGIVING DAY	Liturgy	9:00 AM

*The Nativity Fast is suspended for the day and kept as a feast day.*

Thurs., 12/4	Feast of St. Barbara		
	<i>The Patronal Feast for our sister parish and the Monastery. See their service schedules.</i>		

Fri., 12/5	<b>FEAST OF ST. NICHOLAS</b> Nativity Play & Visit by St. Nicholas	Vespers	6:00 PM
Wed., 12/24	PARAMON OF THE NATIVITY	Royal Hours	9:00 AM
	<b>NATIVITY OF OUR LORD</b>	Matins/Liturgy	10:00 PM

*We begin the fast-free period of festal joy kept until the Eve of Theophany, January 5th.*

Sat., 12/27	Commemoration of the Slaughter of the Innocents <i>Our Remembrance of all the victims of abortion and those affected by it.</i>	Vespers	5:30 PM
Sun., 12/28	Blessing of the Graves at Goleta Cemetery		1:00 PM
Thurs., 1/1	<b>FEASTS OF ST. BASIL/CIRCUMCISION</b>	Liturgy	9:00 AM
Mon., 1/5	PARAMON OF THEOPHANY	Royal Hours	9:00 AM
	<b>GREAT &amp; HOLY THEOPHANY</b>	Festal Matins	4:30 PM
		Festal Liturgy	5:30 PM

*The Great Blessing of the Waters will be during Matins.  
The Baptism and Chrismation of Converts will be during the Divine Liturgy.  
Resume regular fasting times on January 7.*



## **REMINDERS & HELPFUL INFORMATION**

- To access Metropolitan SABA's weekly teachings go here:  
**<https://www.antiochian.org/dashboard?name=MetSaba>**
- Our choir made a CD in 2017 for the 30th Anniversary of our parish. Included on the CD are many of the hymns we still sing on Sundays, as well as a few of the songs that were written as the founders were finding their way to Orthodoxy. You can purchase the CD in mp3 download format through Ancient Faith here:  
**<https://store.ancientfaith.com/sing-to-the-lord-a-new-song-mp3-download/>**
- We still live-stream our Sunday morning services on most Sundays. (audio only) You can access them on our Facebook page. You do not need a Facebook account to listen.  
**<https://www.facebook.com/StAthanasiusOrthodoxChurch/>**
- The Sunday sermons are posted here: <https://www.stathanasius.org/media/homilies-audio/>
- You can make donations/tithes or bookstore payments online through our parish website. Please be sure to choose the appropriate EARMARK so that we know how to apply your payment. <https://www.stathanasius.org/donation/>
- The parish website is currently under reconstruction and redesign. We expect to be able to offer a way to set up recurring electronic tithe payments by early 2026.
- There are lots of photos from past feast days and events posted to the parish website, going as far back as 2006, and as recent as our 2025 Golf Tournament:  
<https://www.stathanasius.org/media/photo-gallery/page1>

## 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.  
Cameron B.  
Kh. Elizabeth S.

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, October 19

9:00 a.m.	Religious Ed. for ages 3 yrs—Grade 6
9:00 a.m.	Matins
10:00 a.m.	Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
12:30 p.m.	Singing Session with Val
12:45 p.m.	Adult Catechism and Nativity Play Rehearsal

**Fr. Symeon will be away this week Monday-Thursday.**

### Monday, October 20

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

### Tuesday, October 21

5:30 p.m.	Daily Readers Vespers
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**NO BIBLE STUDY**

### Wednesday, October 22

7:00 a.m.	Daily Reader's Matins
11:55 a.m.	St. Xenia Prayer Ministry

**NO AKATHIST**

### Thursday, October 23

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
5:30 p.m.	Daily Readers Vespers
6:00 p.m.	Jr. High Youth Group
6:30 p.m.	Women's Book Study
6:45 p.m.	High School Youth Group

### Friday, October 24

7:00 a.m.	Daily Readers Matins
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### Saturday, October 25

5:30 p.m.	Great Vespers/Confessions
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### Sunday, October 26—St. Demetrios

9:00 a.m.	Religious Ed. for ages 3 yrs—Grade 6
9:00 a.m.	Matins
10:00 a.m.	Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
12:30 p.m.	Singing Session with Val
12:45 p.m.	Adult Catechism and Nativity Play Rehearsal

## THANK YOU TO OUR SUNDAY MORNING VOLUNTEERS!

### EUCHARIST BREAD

October 19	Vander Laan
October 26	Kern
November 2	Wolfington
Nov. 9	Frangos
Nov. 16	Meyer
Nov. 20	Kern (Feast of Presentation)
Nov. 23	Morrison

### READERS

October 19	Meyer
October 25	Kern (Vespers)
October 26	Butler
November 1	Alexander (Liturgy for St. Raphael)
November 2	Lange
November 9	Butler

### GREETERS

October 19	M. Wayne/K.L. King
October 26	M. Loulias/H. Lange
November 2	N. Aviles/A. Ballew
November 9	G. Hoppe/B. Eberhard

### USHERS

October 19	S. Speier/C. Speier
October 26	K.L. King/D. Alexander
November 2	P. King/J. King
November 9	D. Washburn/M. Loulias

### AGAPE MEAL HOSTS

October 19	Team Alexander/Hedges
October 26	Team Lander
November 2	Team Gish
November 9	Team S.&T. Speier

## 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. Weekly bulletins and Matins/Vespers weekly handouts may be taken home.  
**Thank you!**

## NEW MEMBER HIGHLIGHTS

### **GIANPAUL (Paul) & JACQUELINE (Jacqui) CACERES**

Gianpaul and Jacqui both grew up in Monterey California and moved to Santa Barbara County in 2021. Gianpaul was chrismated into the Holy Orthodox Church on April 12, 2025 and united to Jacqui through the sacrament of Holy Matrimony on July 20, 2025. Currently, he is taking classes at Santa Barbara City College and pursuing a career in the medical field and Jacqui is working as a radiology technician at Santa Ynez Valley Cottage Hospital. Their plans for the next year are to advance in their careers and, God willing, to grow their family.



### **PAUL CARR**

I was born and raised in Santa Barbara, where I met Deanna, my wonderful wife of 38 years! Deanna and I started dating in ninth grade at La Colina Jr. High and married at age 21. We have four fantastic kids, Paul (34), Selah (30), Nathaniel (27) and Seth (24).



Paul is living in Post Falls, Idaho, and is very involved in his home parish, St. John the Baptist. Paul currently works with kids with special needs while working to start up a landscape design business. Selah lives just over the Idaho border in Washington and is a self-employed massage therapist. After serving in the Marine Corps, Nathaniel is currently finishing up at Boulder State University. Seth is back in South Korea for the fourth time after finishing up his schooling and receiving his degree in English. He speaks Korean and currently has a one-year contract teaching English at several different grade levels

As for myself, I have had more odd jobs than I care to admit. At this point, I am self-employed as a pool service technician. Prior to that, I was working as a real estate broker and Associate Pastor at Goleta Vineyard until the 2008 market crash.

I believe it was Ben and Victoria Hedges who first invited me to a Pascha service 20+ years ago and gave me my first introduction to Orthodoxy. I remember being in awe and feeling humbled. It was as if I were transported back in time, with the candle lit church before dawn, incense smoke hanging in the air, anticipation of the Resurrection. It felt holy and right. Fast forward to 2023. My oldest boy, Paul, called to tell me he went to an Orthodox Church (St. John the Baptist, Post Falls, ID) and said I should "check out" the Orthodox church. The following week, I came to St. Athanasius to see what my boy was getting into. Almost immediately, I knew I was home. The Sunday after that, my mother, Natasha, joined me, and the rest is history. We became Catechumens in 2023 along with my son Paul in Idaho, and on Holy Saturday, 2024, three generations were received into the Church! Praise God!