



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, November 30, 2025

Tone 8 / Eothinon 3

The Holy Apostle Andrew the First-Called
Frumentios, Archbishop and Enlightener of Ethiopia;
Alexander, Bishop of Methymna



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 8

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

Troparion for St. Andrew the Apostle

Tone 4

Andrew, first-called of the Apostles,
and brother of the foremost disciple,
entreat the Master of all
to grant peace to the world, //
and to our souls great mercy!

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 Preparation of Christ's Nativity

Tone 3

The virgin cometh today to the cave
to give birth, ineffably to bring forth the Word eternal.
Therefore, rejoice, O earth, at the message;
with the angels and shepherds give glory to Him
Who shall appear by His own will as a young child,
He who is from eternity God.

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 8

Their proclamation has gone out into all the earth,
and their words to the ends of the universe! (*Ps 18/19:4*)

*v: The heavens are telling the glory of God, and the firmament proclaims His
handiwork. (Ps 18/19:1)*

EPISTLE READING

1 Corinthians 4:9-16

Brethren, God has exhibited us Apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the off-scouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the Gospel. I urge you, then, be imitators of me.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

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

Verse: Come, let us rejoice in the Lord, let us shout with jubilation unto God
our Savior.

Verse: Come before His countenance with thanksgiving, and with psalms let
us shout in jubilation unto Him.

GOSPEL READING

John 1:35-51

At that time John was standing with two of his disciples; and he looked at Jesus as He walked, and said, "Behold, the Lamb of God!" The two disciples heard him say this, and they followed Jesus. Jesus turned, and saw them following, and said to them, "What do you seek?" And they said to Him, "Rabbi" (which means Teacher), "where art Thou staying?" He said to them, "Come and see." They came and saw where He was staying; and they stayed with Him that day, for it was about the tenth hour. One of the two who heard John speak, and followed Him, was Andrew, Simon Peter's brother. He first found his brother Simon, and said to him, "We have found the Messiah" (which means Christ). He brought him to Jesus. Jesus looked at him, and said, "So you are Simon the son of Jonah? You shall be called Cephas" (which means Peter). The next day, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathaniel, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathaniel said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathaniel said to Him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathaniel answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And He said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Communion Hymns

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

Their proclamation has gone out into all the earth, and their words to the ends of the universe. (*Ps. 18:4*) 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 anti-doron (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.

PRAXIS

How we practice our Faith — Some Reminders

KISS OF PEACE

The Kiss of Peace has the specific purpose of expressing our unity of faith and love in Christ. When the priest proclaims, “Christ is in our midst,” it is sufficient to simply offer the reply, “He is and ever shall be” with one voice as a congregation. It is best to remain in your place to exchange the Kiss of Peace with a few of those standing near you. Please do not go find others who are in other places, as this is not an appropriate time to find people to greet nor to chat. When the recitation of the Creed that proclaims our unity of faith begins, all exchanges should be complete. That is the time to focus more on our prayer, to say the Creed together and to pray the Anaphora during which the elements of bread and wine are transfigured into the body and blood of Jesus Christ. However, the Kiss of Peace is also about enacting reconciliation and forgiveness. It provides a necessary reminder and opportunity for reconciliation with our fellow Orthodox Christians before we commune. If you need to seek forgiveness and reconcile with someone standing elsewhere in the Nave, then please do so before Communion!

CELEBRATIONS THIS WEEK

Birthdays

- 12/1 Anya Madrigal, Antwan Mashhour, Lydia Sieck
12/3 David McCalmont, Christina Salcedo
12/5 Lucas Rascon

Patron Saint Commemorations

- | | | |
|-------|--------------------------------------|---|
| 11/30 | St. Andrew the Apostle | Andrew Macdonald |
| 12/2 | St. Porphyrios | Karti Adimulam, Jordan Denny |
| 12/4 | St. Barbara the Martyr | Cheryl Washburn-Lander, Christina Salcedo,
Alicia Wolfington, Marleynna Worthington |
| 12/4 | St. Juliana | Juliana Brunner, Juliana Shackelford |
| 12/6 | St. Nicholas the Wonderworker | Nicholas Berari, Nicholas Butler,
Nikolay Nikolov, Fr. Nicholas Speier, Nikolai Rice |

ANNOUNCEMENTS

TO READ METROPOLITAN SABA'S message for this week, "Let us give thanks and rejoice!":
<https://www.antiochian.org/regulararticle/2636>

THERE WILL BE NO SERVICE AT OUR PARISH THIS WEDNESDAY EVENING. We will join our sister parish or the monastery for the services for the Feast of St. Barbara.

THE TUESDAY BIBLE STUDY is paused now during the Nativity Fast and will resume in early 2026. The start up date will be announced in January.

THERE WILL BE A WORK PARTY ON SATURDAY, DECEMBER 6th AT HOPE REFUGE from 8 a.m.-12 p.m. Projects include cleaning their main kitchen, and some heavier projects like removing a set of double doors and setting some posts in concrete outside. **If you are able to help, please contact Jim Morrison. He is heading up the work day.**

TO ALL COLLEGE STUDENTS AND YOUNG ADULTS AGES 18-25:

There is a great opportunity to gather with fellow Orthodox Christians from all over the America! The Orthodox Christian Fellowship (OCF) is holding a retreat in Oklahoma January 2-5. Join the UP-STREAM retreat created to help you reset, renew, and revive your faith.

- You can find out more at, <https://orthodoxchristianfellowship.regfox.com/upstream-2026>
- Grant scholarships both for the registration and travel expenses are available at this link, <https://forms.monday.com/forms/1124a45a925fa7559cd617e4f259d926?r=use1>
- Grant applications close November 27 and registration closes November 30th.

FINANCIAL SUMMARY

October 2025

FINANCIAL UPDATE

October 31, 2025

	<u>Actual Income</u>	<u>Budget Goal</u>
Tithes received in Oct.	\$ 55,346	56,293 (includes \$20,555 for mortgage)
Tithes received Jan.-Oct.	\$513,124	562,932 (includes \$205,550 for mortgage)

Total Operating Expenses January-October, 2025 \$ 658,327

Total income January-October, 2025 637,716

DEFICIT for the first 10 months: \$ 20,611

Temple donations in Oct. 2025 \$ 9,910

Temple Fund donations Jan-Oct., 2025 \$ 58,554

Temple Fund Balance year-to-date: \$ 1,044,455 Reserved for Building Project
(does not include Golf Tournament proceeds)

STEWARDSHIP MONTH

From November 16– December 14, 2025
Stewardship Commitment Cards will be available
next to the tithe box.

We ask that each active member/household fill out a form
and put it in the tithe box, or hand it to Fr. Symeon.

You can also fill out the form online here:

<https://www.stathanasius.org/stewardship/time-talent-treasure-commitment/>

On Sunday, December 14th, all of the cards received will be put on the altar table during the Liturgy as an “offering,” and we will pray that our commitments for the coming year will be blessed. Commitment Cards will be collected each week from the tithe box until 9:45 a.m. on Sunday, December 14th and **all will be presented that day as an offering.**

How does Stewardship help The Church?

Money is a necessary tool for ministry. Every act of giving, no matter the size, makes a difference. Generosity is contagious. The Church's mission of salvation and evangelism depends directly on our generosity.

Our Parish's many ministries, including **The Catechesis of the Good Shepherd, Teen Program, Teen & Adult Religious Education, Music Ministry, St. Brigid Fellowship (Outreach to the Unsheltered), monthly donations to Orthodox Missions work, and support of many local charities** — are all funded by our stewardship.

Stewardship is vital to our Church and, among many things, helps to:

- Provide religious services and sacraments
- Provide religious counseling
- Provide visitations to the hospitalized and shut-ins
- Minister to the community outside of our Church walls
- Offer help and support to those in need
- Support those who serve us
- Support our Archdiocese
- Keep our Church grounds and buildings in good condition

"Let everyone give as his heart tells him, neither grudgingly, nor under compulsion, for God loves a cheerful giver. (**II Corinthians 9:7**)

Treasure self-assessment

Can I move one step to the right?

Household income	.5%	1%	2%	3%	5%	10% (tithe)
\$20,000	\$100	\$200	\$400	\$600	\$1000	\$2000
\$30,000	\$150	\$300	\$600	\$900	\$1500	\$3000
\$40,000	\$200	\$400	\$800	\$1,200	\$2000	\$4000
\$50,000	\$250	\$500	\$1,000	\$1,500	\$2500	\$5000
\$60,000	\$300	\$600	\$1,200	\$1,800	\$3,000	\$6000
\$70,000	\$350	\$700	\$1,400	\$2,100	\$3,500	\$7000
\$80,000	\$400	\$800	\$1,600	\$2,400	\$4,000	\$8000
\$90,000	\$450	\$900	\$1,800	\$2,700	\$4,500	\$9000
\$100,000	\$500	\$1,000	\$2,000	\$3,000	\$5,000	\$10,000
\$110,000	\$550	\$1,100	\$2,200	\$3,300	\$5,500	\$11,000
\$120,000	\$600	\$1,200	\$2,400	\$3,600	\$6,000	\$12,000
\$150,000	\$750	\$1,500	\$3,000	\$4,500	\$7,500	\$15,000
\$200,000	\$1,000	\$2,000	\$4,000	\$6,000	\$10,000	\$20,000

**JOIN US FOR OUR
ST. NICHOLAS CELEBRATION!**

Friday, December 5, 2025

Festal Vespers at 6:00 p.m.

followed by Children's Nativity Play

Visit by St. Nicholas & Refreshments after the play!

(Children should leave their shoes in the chapel before Vespers!)



To sign up to contribute :refreshments or help:

<https://bit.ly/STNICHOLAS2025>



**Those in the play, please meet Noelle in the
Teen/Education room at 6:30 p.m.**

SAVE THE DATE!

Friday, January 2, 2026

**"Ninth Day of Christmas" Family Night
Music, Family Fun, Caroling**

**SAVE THE DATE
REVISITING OUR MISSION, VISION,
GOALS & PRIORITIES**

January 24, 2026

9:00 a.m.— 12:00 p.m.

We will revisit our goals and priorities as a
parish family for the next 3-5 years,
based on our mission and vision.

Douglas Meyer will lead those who attend in a
"World Café" discussion process to get input
from our active parish members.
More information coming soon.

THE FOOL FOR CHRIST -- a film about holiness --

written by Josh David Jordan
Jonathan Pageau - Executive Producer

Told in luminous vignettes, El Tonto Por Cristo follows a brotherhood of monks on the Texas Gulf as they inch toward sainthood—struggling along the way with the burden of their own condition. Inspired by the ancient tradition of the Holy Fool, and set within the quiet rhythms of monastic life, it is the first English-language Orthodox narrative feature of its kind. Woven with Orthodox imagination, it becomes a transcendent meditation on holiness and humanity.

Watch the trailer here: <https://www.eltontoporcristo.com/>

For tickets to the Los Angeles screening:

<https://www.eventbrite.com/e/el-tonto-por-cristo-a-special-screening-in-los-angeles-tickets->

WEDNESDAY EVENING SERVICES

During the Nativity Fast, we will pray the following services on Wednesdays at 6pm:

December 3	NO SERVICE AT OUR CHURCH. We will join St. Barbara Greek parish for Vespers of their patronal feast.
December 10	Advent Paraklesis
December 17	Advent Paraklesis

UPCOMING FEAST DAYS & SPECIAL SERVICES

Thurs., 12/3-12/4	Feast of St. Barbara		
	St. Barbara Parish:	Vespers 12/3 at 6 p.m.	Liturgy 12/4 at 9:00 a.m.
	St. Barbara Monastery	Vigil 12/3 at 4 p.m.	Liturgy 12/4 at 10:00 a.m. /Hours 9:30 a.m.
Fri., 12/5	FEAST OF ST. NICHOLAS	Vespers	6:00 PM
	Nativity Play & Visit by St. Nicholas		
Wed., 12/24	PARAMON OF THE NATIVITY	Royal Hours	9:00 AM
	NATIVITY OF OUR LORD	Matins/Liturgy	10:00 PM

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

A FEW REQUESTS...

AGAPE MEAL DONATIONS

Please help us to break even on our Agape Meals by donating regularly to help us cover the cost of coffee, paper products and other supplies. We realize that many folks do not carry cash these days. Consider making a contribution once a month when you make your tithe to the church, either online through the website, or by check. If you do this, please be sure to indicate how much of the total amount should be designated for the weekly Agape Meal.

ITEMS YOU WOULD LIKE TO DONATE (for Festal Decorating or Showers of Blessing)

If you have items of any kind that you would like to donate, please check first with the head of the appropriate ministry before just leaving them at the church. We are undergoing some changes in the big kitchen to comply with county health regulations, so food and floral items have to be handled in a very particular way, and not just set on one of the counter tops. We do periodic clothing collections for the Showers of Blessing when they request specific items. We will let our parishioners know when there is a need. Otherwise, it is best to donate used clothing to a thrift store or shelter.

REMINDERS & HELPFUL INFORMATION

- To access Metropolitan SABA's other teachings and updates, go here:
<https://www.antiochian.org/dashboard?name=MetSaba>
- Some wonderful resources about the **NATIVITY SEASON** are available on the Antiochian Archdiocese website, including printable icons and arts and crafts ideas for children. You will find lots of ideas here: <https://ww0.antiochian.org/regulararticle/2261>
- **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/>
- **IF YOU NOTICE SOMETHING THAT IS BROKEN OR NEEDS ATTENTION**, please send an email to Chris Robinson at: maintenancesupervisor@stathanasius.org. Please do not text him. Chris' weekly hours at the church are Fridays from 1-3 p.m.
- **IF YOU HAVE LEFT CLOTHING, GLASSES, SHOES**, etc... at the church in the past several months, please check our **LOST AND FOUND** at the end of the main hallway. Unclaimed items will be taken to the thrift store at the end of November.



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)
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.
Galeyna T.
Jill W. and Family
Shirley D. and Family
Penny B.
Justin & Amber B.
Cameron B.
Kh. Elizabeth S.
Zosimos 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
Kartik Kommu
Blake Manning, Gia & Benjamin
Sahit Rampilla
Ethan Salcedo
Tyler Vrem
Joshua Weiss (currently lives abroad)
Martin Wilson
Nathan Wright, Owain & Gavin
Mario

For repose of the souls of: Aurora, Guadalupe, Edgar

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, November 30

NO RELIGIOUS EDUCATION CLASSES

9:00 a.m. Matins
10:00 a.m. Liturgy
11:45 a.m. Agape Meal
12:45 p.m. Adult Catechism

Monday, December 1

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

Tuesday, December 2

5:30 p.m. Daily Vespers

Wednesday, December 3

7:00 a.m. Daily Reader's Matins
11:55 a.m. St. Xenia Prayer Ministry
4:00 p.m. Vigil at St. Barbara Monastery
6:00 p.m. Vespers at St. Barbara Parish

Thursday, December 4—ST. BARBARA

7:45 a.m. St. Xenia Prayer Ministry by Zoom
9:00 a.m. Liturgy at St. Barbara Parish
9:30 a.m. Hours at St. Barbara Monastery
10:00 a.m. Liturgy at St. Barbara Monastery
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, December 5

7:00 a.m. Daily Matins
6:00 p.m. Vespers for St. Nicholas & Program
followed by reception

Saturday, December 6

5:30 p.m. Great Vespers/Confessions

Sunday, December 7

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 Religious Education
11:45 a.m. Agape Meal
12:30 p.m. Caroling Rehearsal
12:45 p.m. Adult Catechism

THANK YOU TO OUR SUNDAY MORNING VOLUNTEERS!

EUCHARIST BREAD

November 30 Jacobs
December 7 Fr. Nicholas
December 14 Vander Laan
December 21 Dn. Gary
December 24 Kern (Nativity Liturgy)
December 28 Wolfington

READERS

November 27 Kern (Thanksgiving Day Liturgy)
November 29 Alexander (Vespers)
November 30 Butler
December 5 Meyer (Vespers for St. Nicholas)
December 7 Gish
December 14 Alexander
December 20 Kern (Vespers)
December 21 Butler

WELCOME MINISTRY

November 30 A. G. Salinas/C. Clements
December 7 J.&M. Worthington
December 14 M. Loulias/H. Lange
December 21 N. Aviles/A. Ballew/L. Sieck

USHERS

November 30 M. Loulias/D. Washburn
December 7 P. King, J. King
December 14 S. Speier/C. Speier
December 21 D. Alexander/D. Meyer

AGAPE MEAL HOSTS

November 30 **THANKSGIVING POTLUCK**
December 7 Team Wayne
December 14 Team Alexander/Hedges
December 21 Team Gish

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!

HONORING OUR PARISH ELDERS

Maintaining Vim, Vigor, Verve And Vitality At Age 81!

By David Samuel McCalmont (Born 12/3/1944)

Paraphrasing Isak Dinesen's iconic opening line from *Out of Africa*, "I lived a charmed childhood in an idyllic affluent neighborhood amidst the rolling hills south of Pittsburgh". Life can be likened to an ongoing book which can't be closed out until we die, letting only others to write the epilogue and apply the exclamation points. Meanwhile, along the way we gather "acknowledgements" (every book has those). Generally our successes can be attributed to others while our failures can usually be assigned to us ignoring or violating handed-down wisdom.

Leo Tolstoy began *Anna Karenina*, "All happy families are alike; each unhappy family is unhappy in its own way". Mine straddled the pivot-point between happy and unhappy - as good as it gets for a brokered marriage. Thomas Merton (*The Seven Storey Mountain*) spoke of the "four walls of my freedom" as he entered a monastery to eventually become Father Louis. My parents partnered in creating as loving an environment as Calvinism would permit without preaching or backbiting.



Independence, work ethic, rules, order, harmony, balance, symmetry. These are the keys, if not to the Kingdom, at least to happiness, joy and contentment here on earth. Mom created our moral universe; Dad enforced it. The main bloodless weapon keeping us in line was The Curfew. In before 11:30pm on weekends - no questions; arrive *anytime* after 11:30pm - 20 (or more) questions. Liberal democracy encourages expansion of rights. A wholesome Christian household establishes boundaries to acceptable behavior. Makes for happy, humble, respectful kids, and throughout life..

We honor our parents because they brought us into the world and sacrificed themselves to raise us. Respect? Parents earn that through action. Authority comes from a coefficient of performing duties and fulfilling responsibilities without fanfare. *The icing on the cake comes from being there for you - unjudgmentally - when life hits an earth-shaking pothole.* Children remember those moments *forever*. Washington, D.C., sometime in Fall 1971, 3:00am - "Dad, I need you - now". It was a workday for him. He *was there* by my side at 11:00am (275 miles in 8 hours). No tantrum or scolding in front of others. Can't say so much, though, for the ride home. I was 26.

On my mother's side were the boundaries of unspoken expectations. Don't even *think* about doing *anything* on Sunday except going to church. And we did - and liked it (so much so that last Sunday, all 3 McCalmont boys, in their 80s, were in church). Mom saw to it that a couple times each summer we attended church camp at Camp Fairfield (which became Antiochian Village in 1979). I fondly recall an elderly (to a 5th grader) camp director rousting us all out of bed at 6:30am with a version of Robert Browning's "God is in Heaven; all's right with the world". That vocal anthem over the years has given me spiritual comfort, hope and nurture to tide me over the rough times in my faith.

Speaking of "rough patch", it's a poorly held secret that things weren't going well for me from 2006 through 2019. Here is not the time to rehash details about that era, or place to call out the numerous saintly acts parish members performed to my benefit (if for no other reason than fear of leaving someone out). But there *is* one woman - she's no longer with St. Athanasius - who stands head and shoulders above the others because so many times *she was there when there meant the possible difference between life and death.* Many Years to her.

In summary, aging gracefully is a factor of gratitude, staying healthy and productive, and like playing chess - always looking ahead for life's next moves. Being and staying relevant in your circle of influence. Relentless curiosity; intense research - a shark dies if it's not moving forward. Become certain of yourself and unafraid of others' beliefs. Remember the harmony and interdependence between faith and works. Both are necessary for the pursuit of holiness and the "working out our salvation" (Philippians 2:12). Amen.

HAPPY BIRTHDAY & MANY YEARS, DAVID!