



## 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

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**Teen Program Coordinator**

Michael Easbey: measbey@gmail.com

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**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, December 8, 2019**

**Tone 8 / Eothinon 3;**

**Twenty-fifth Sunday after Pentecost  
& Tenth Sunday of Luke**

Forefeast of the Conception of the Theotokos;  
Venerable Patapios of Thebes;  
Sophronios, Bishop of Cyprus; Apostles Sosthenes,  
Apollos, Crispos, Caesar & Epaphroditos of the Seventy



## **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, December 8**

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  
12:15 p.m. St. Nicholas Program Rehearsal  
4:00 p.m. St. Nicholas Celebration

### **Monday, December 9—Conception of Theotokos**

6:45 a.m. Daily Matins  
4:30 p.m. St. Brigid outreach dinner at  
St. Michael's in Isla Vista

### **Tuesday, December 10**

3:45 p.m. Catechesis Level One  
5:30 p.m. Daily Vespers

### **Wednesday, December 11**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer  
6:00 p.m. Advent Paraklesis

### **Thursday, December 12**

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  
6:00 p.m. Choir Rehearsal

### **Friday, December 13—Rest of St. Herman**

6:45 a.m. Daily Matins  
5:15 p.m. Akathist at Westmont College

### **Saturday, December 14**

9:30-11 a.m. Women's Fellowship Breakfast  
4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers

### **Sunday, December 15**

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

## *Sunday Morning Ministries Schedule*

### **Eucharist Bread**

December 8 Dillon  
December 15 D. Washburn  
December 22 Dn. G. Braun  
December 24 Kern  
December 29 Hedges

### **Coffee Hour**

December 8 Ballew/Young (in memory of  
Fr. Richard Ballew)  
December 15 NEED A HOST  
December 22 Wiley/Kern/McIntire  
December 29 CHRISTMAS POTLUCK

### **Greeters**

December 8 K. P. King/L. Hoppe  
December 15 D. Genatone/L. Baker  
December 22 K. Fox/Deacon  
December 24 D. Lewis  
December 29 K. & L. Jacobs

### **Ushers**

December 8 M. Loulias, C. Berari, S. Speier  
December 15 P. Brunner, D. Washburn, D. Meyer  
December 22 D. Lewis, C. Speier, J. King  
December 24 P. Brunner  
December 29 Loulias, C. Berari, S. Speier

### **Readers**

December 8 Rdr. V. Gish  
December 15 D. Meyer  
December 21 D. Washburn (Great Vespers)  
December 22 Rdr. H. Lange  
December 24 Royal Hours—any readers available  
December 24 Rdr. J. Butler-Festal Liturgy  
December 29 Rdr. V. Gish  
December 31 Rdr. M. Kern (St. Basil Liturgy)

**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 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—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.

**AS THE CLERGY ENTER THE ALTAR AT THE  
LITTLE ENTRANCE, WE SING THE FOLLOWING  
HYMNS FOR THE DAY:**

**Troparion of the Resurrection**

**Tone 8**

**(Music on p. 53 of Liturgy book)**

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 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 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 (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** **Tone 8** Byzantine melody

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

**Verse:** *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*

**EPISTLE READING**  
**Ephesians 4:1-7**

Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, Who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

**Preparatory Psalm Verses with Alleluia Refrain Before the Gospel** **Tone 8**  
**(Music on page 64 of Liturgy Booklet)**

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**  
**Luke 13:10-17**

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

**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! Alleluia! (Ps. 148)

**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.

## ***CELEBRATIONS THIS WEEK***

### **Wedding Anniversaries**

12/11 Dn. Richard & June Easbey

12/12 Dn. Scott & Karen Jacobs, Fr. Jon-Stephen & Melissa Hedges

### **Birthdays**

12/9 Jesse Speier

### **Patronal Feast Days**

12/9 **Hannah, Mother of the Prophet Samuel**

Hannah Sieck

12/10 **St. Angelina of Serbia**

Angelina Speier

12/13 **St. Lucia**

Lucy Speier, Lucia Speier

## **Women's Window**

All the women and girls of the parish are invited to the  
**Women's Fellowship Annual Christmas Brunch**  
**SATURDAY, DECEMBER 14TH from 9:30-11:00 a.m.**  
\$5 per person to cover the cost of the food.

We will also be collecting donations for Christmas gift bags to be given to the D.A.'s office for their "FRESH START" kits which are given to girls who are trying to break free from the world of human trafficking. If you did not receive the Evite, you can R.S.V.P. directly to Christie Robinson: [christie.d.robinson@gmail.com](mailto:christie.d.robinson@gmail.com)

## **UPCOMING SERVICES & ACTIVITIES**

**SUNDAY, DEC. 8 4:00 P.M.**  
**TODAY!!**

**ST. NICHOLAS PROGRAM**

Tuesday, December 24 9:00 a.m.  
8:00 p.m.

**Royal Hours of Nativity**  
**Nativity of our Lord & Savior Jesus Christ**  
**Matins and Liturgy followed by reception**

Wednesday, December 25 10:00 am.

**Outreach Breakfast in Isla Vista**

Tuesday, December 31 6:00 p.m.

**Vesperal Liturgy for St. Basil/Circumcision**

Friday, January 3, 2020 6:45 a.m.

**Royal Hours of Epiphany**

Sunday, January 5, 2020

**Celebration of Epiphany (transferred from  
Jan. 6, including Outdoor Blessing of Water)**

## A GUIDE TO PARISH ETIQUETTE

In the coming months, we will be sharing information from a booklet on Parish Etiquette, published by our Archdiocese through Ancient Faith Publishing. The information is a guide meant for personal reflection, not as a means of judging others. Keep in mind that there are different traditions even among the Orthodox faithful. We come to church to pray and worship God above all else, and that should be our only focus.

### LIGHTING OF CANDLES

It is a pious Orthodox tradition to light candles for personal petitions and intercessions when entering the church. Most parishes have designated candle stands or holders for these candles. **It is not proper to light candles at certain times during the service**—generally the same times when you should not enter the church, such as during the Little and Great Entrances, when the priest is censuring the icons and congregation or giving the homily, or during the reading of the Epistle or Gospel. The candles should be allowed to burn all the way down without being extinguished early, since the burning candle symbolizes our prayers rising to heaven and the light of Christ in our midst. Please do not allow young children to light candles alone, for safety reasons. It is customary to make a donation for each candle.

## ST. NICHOLAS FAMILY NIGHT TONIGHT!! DECEMBER 8, 2019 4:00 p.m.

**We will celebrate the life of St. Nicholas  
of Myra with story telling, music,  
a carol sing-a-long,  
and fun for the whole family.**



**A lenten reception and visit from St. Nicholas will follow the program. Children ages 3-12 are invited to leave their shoes in the chapel during the program so that St. Nicholas can fill them with treats, and all of the children will participate in welcoming St. Nicholas at the end of the program.**



## **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.

**SIGN-UPS START THIS WEEK FOR OUR ANNUAL ST. BRIGID CHRISTMAS OUTREACH BREAKFAST for our unsheltered brothers and sisters.** The breakfast takes place at 10:00 a.m. on Christmas morning at St. Michael's University Church in Isla Vista. A link to the sign-up list will be e-mailed to parishioners this week. As usual, we need the following:

- Help with set-up and clean-up, and line servers
- Lots of egg dishes (strata, frittata, scrambled with cheese, baked French toast)
- Bacon
- Sweet rolls
- Potatoes
- Fruit salad
- 4 people to bake spiral hams (provided by the church)

**KEEP AN EYE OUT FOR THE SIGN-UP EMAIL, or contact Susan Barre at: [sohello123@gmail.com](mailto:sohello123@gmail.com).**

**ST. ANDREW'S ORTHODOX CHURCH** in Riverside is hosting an Advent Retreat December 13-14, 2019. Fr. Ted Pulcini will speak on "Breaking the Twin Shackles: Overcoming Anger and Despair in the Spiritual Struggle." Friday 7-9 p.m., Saturday 8am-12pm. For more information email to: [info@standrew.net](mailto:info@standrew.net)

### **COMMUNITY OPEN HOUSE ON GOLETA HOMELESSNESS**

This Wednesday, December 11, from 4:00-6:00 p.m. there will be an opportunity for community members to interact one-on-one with City staff and homelessness service providers, as well as share ideas and input on homelessness in our community. It will be at the Goleta Valley Community Center, 5679 Hollister Ave. All are welcome.

### **UPDATED PARISH PHOTO DIRECTORY**

Just a heads up that we will be updating the parish photo directory in January. Please keep this in mind over the holidays when you have family together, and consider taking a family photo that we can use. We particularly need updated photos from families with children and teens. They grow SO fast! A couple of years makes a huge difference. You can email updated photos to: [valerie@stathanasius.org](mailto:valerie@stathanasius.org).

### **SAVE THE DATE! RETREAT FOR ORTHODOX MOMS**

On Saturday, January 11, 2020, the Antiochian Women of the Diocese of the West are hosting an all-day **retreat for Orthodox moms!** Fr. Nicholas and Jan Speier are the presenters. The cost of the retreat is \$25, and includes breakfast and lunch. The retreat is at St. Luke's Antiochian Orthodox Church in Garden Grove. More info available soon.

## 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.**

12/12	Regular Youth Group
12/19	Regular Youth Group
12/26	<b>NO YOUTH GROUP</b>

## LITURGICAL MUSIC WORKSHOP—NOVEMBER 8 & 9

Last month, 13 of our choir members participated in a workshop at St. Luke's Antiochian parish in Garden Grove. The 2-day seminar on vocal technique and ensemble singing was sponsored by six different parishes in the Central and South Coast region, including our parish. We are extremely grateful to the parish for making it possible for us to have this concentrated time of improving our skills and strengthening our "team." It was a fabulous experience and a wonderful time of fellowship, prayer and fun with 90 of our fellow Orthodox musicians from 14 different parishes. Ask one of our adult choir members to share with you about their experience!



**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:**

- |                                    |                            |                                |
|------------------------------------|----------------------------|--------------------------------|
| 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. (military)           |
| Mother Christophora                | Tom M.                     | Jeff H.                        |
| Fr. Jon B.                         | Dottie G.                  | Steve T, Kyle P. & Jeff P.     |
| Joseph B.                          | Jerry J.                   | Bonita M.                      |
| Dn. Richard E.                     | Monsignor J. Yanek         | Lorena F.                      |
| Kh. Diane C.                       | Neil                       |                                |
| Greg & Margaret Y.                 | Diana                      | The Ethiopian Orthodox Church  |
| Hoppe Family                       | Tyler                      |                                |
| Duane F.                           | Phyllis M.                 | All those suffering and        |
| Richard and Susan B.               | Ryder H.                   | in danger in Ukraine,          |
| Regina M.                          | Kent F.                    | Africa, and the Middle East    |
|                                    | Bob N.                     |                                |

**For repose of the souls of:** Alma G., Angela, 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.

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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