



## 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, December 14, 2025**

**Tone 2 / Eothinon 5**

**Sunday of the Forefathers (Ancestors) of Christ**

Martyrs Thyrsos, Leukios and Kallinikos of Apollonia;

Martyrs Philemon, Apollonios, Hypatios  
and Arrianos of Alexandria



## **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 of the Forefathers**

**Tone 4**

Through faith You justified the Forefathers,

betrothing through them the Church of the gentiles.

These saints exult in glory,

for from their seed came forth a glorious fruit:

she who bore You without seed.//

So by their prayers, O Christ God, have mercy on us!

**Troparion to St. Athanasius**

**Tone 3**

Holy Bishop Athanasius,

you became a stronghold of Orthodoxy,

strengthening the Church through your divine teachings.

Opposing the heretical opinion of Arius,

you explained and taught that the Son is equal in nature with the Father.

O holy Father, intercede with Christ God

that He may grant us abundant mercy.

**Kontakion for the 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**

**Chanter:** Blessed are You, O Lord, God of our fathers, and praised and glorified is  
Your name forever.

**Verse:** For You are just in all that You have done for us.

**EPISTLE READING—for the Holy Forefathers****Colossians 3:4-11**

Brethren, when Christ, Who is our life, appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these, the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its Creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

**Alleluia before the Gospel****Tone 4**

Alleluia, Alleluia, Alleluia!

*V. Moses and Aaron were among His priests; Samuel also was among those who called on His Name. (Ps. 98:6)*

*V. They called to the Lord and He answered them. (Ps. 98:6)*



## **GOSPEL READING—for the Holy Forefathers**

### **Luke 14:16-24**

The Lord spoke this parable: “A man once gave a great banquet, and invited many; and at the time for the banquet he sent his servant to say to those who had been invited, ‘Come; for all is now ready.’ But, one by one, they all began to make excuses. The first said to him, ‘I have bought a field, and I must go out and see it; I pray you, have me excused.’ And another said, ‘I have bought five yoke of oxen, and I go to examine them; I pray you, have me excused.’ And another said, ‘I have married a wife, and therefore I cannot come.’ So the servant came and reported this to his master. Then the householder in anger said to his servant, ‘Go out quickly to the streets and lanes of the city, and bring in the poor and maimed and blind and lame.’ And the servant said, ‘Sir, what you commanded has been done, and still there is room.’ And the master said to the servant, ‘Go out to the highways and hedges, and compel people to come in, that my house may be filled. For I tell you, none of those men who were invited shall taste my banquet.’ For many are called, but few are chosen.”

## **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*) *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

The laity and clergy live out their roles differently in our worship, while remaining in unity within the overarching prayer of the Divine Service being offered. The laity chiefly pray through the sung, intoned, and read-aloud hymns, readings, and petitions. These are the primary acts of our communally focused worship. It is a beautiful expression of pious devotion when the congregation sings following the choir's lead, as often happens naturally with those well known common and repeated hymns and responses, which go deep into the soul. During the services, the priest has times where he has *mystical* prayers and actions of personal preparation and purification, also prayers of fatherly intercession before the Lord on behalf of the gathered people, the *ecclesia*, some of which are for all to hear but many are *mystical*. Even with these separate roles, all bring their own personal prayer nurtured within in their heart to the act of the communal worship and sacrifice.

At the strong suggestion of our Metropolitan to keep the petitions of the Great Entrance general and short, we will now only say aloud the names of our beloved reposed members whose memorial date is that week and those who have reposed within the last 40 days. It is appropriate for you to pray within yourself or in a whisper for your own dearly loved kinsmen and friends by name during the Great Entrance petitions for the living and departed. The Priests will continue to remember all the names of our reposed Orthodox Christian clergy and members during the *Proskomedi*, at which the prosphora is made ready for the Divine Liturgy. If anyone would like to have a copy of this list, please ask Fr. Symeon.

### CELEBRATIONS THIS WEEK

#### Birthdays

12/17 Jon King  
12/18 Dorothy Alexander

#### Patron Saint Commemorations

##### 12/14 Sunday of the Forefathers (Ancestors) of Christ

King David	David Dillon, Jon King, David Lewis, David McCalmont, David Washburn, Jared Speier
Daniel the Prophet	Dan Braun, Garrett Gish, Jase Daniel Speier
Jacob	Jacob Palmer
Jesse	Jesse Palmer
Rebekah	Rebekah Dillon
Ruth	Taylor Eberhard, Liz Hoppe, Fay Young
Judith	Judy Braun
Aaron	Howard Lange

12/17	St. Miriam	Miriam Vander Laan
12/18	St. Zoe of Rome	Zoe Macdonald
12/20	St. John of Kronstadt	Jill Wallerstedt

## **ANNOUNCEMENTS**

**TO READ MET. SABA's message for this week**, "On Marital Relations," go to:  
<https://www.antiochian.org/regulararticle/2668>

**THE YOUNG ADULT FELLOWSHIP WILL GATHER FOR A WHITE ELEPHANT GIFT EXCHANGE TODAY** at the home of Scott and Terri Speier from 4-7 p.m. If you need more information or directions, see Zac Wood or Asia Ballew.

**WE WILL PRAY THE FINAL ADVENT PARAKLESIS** OF THIS NATIVITY SEASON this Wednesday, December 17th at 6:00 p.m.

**THE MONTHLY MEN'S FELLOWSHIP FIRESIDE GATHERING WILL BE THIS THURSDAY**, Dec. 18th at 7:00 p.m. at the Wayne Residence. For more information, see Fr. Symeon or Howard Lange.

**LITURGICAL CALENDARS FOR 2026 ARE AVAILABLE IN THE HALLWAY.** The cost of the calendars has gone up this year to \$3 per calendar. A small donation to cover your calendar is welcome and can be put in the **TITHE BOX** or made online through the website. Thank you!

**MARK YOUR CALENDAR for our "Ninth Day of Christmas Family Night," on Friday, January 2nd at 6:00 p.m.** The evening will include music, an "open mic" for those who have a song, poem, or other talent to share, and holiday refreshments. If you would like to participate in the program that night, contact Kh. Jan Speier.

### **CHRISTMAS GIFTS FOR VICTIMS OF HUMAN TRAFFICKING**

We will, once again, be participating in the "Tree of Life" program sponsored by the Santa Barbara District Attorney's office, to help women and families who have been victims of human trafficking. We will provide Christmas gifts for a specific family. We will also be collecting gifts for the girls who are residents of Olive Crest's Hope Refuge. If you would like to participate, please use the sign-up here: <https://bit.ly/TreeOfLife2025>

Please bring the item(s) to the church this Tuesday afternoon from 12:00-6:00 p.m. (December 16th) and leave them in the **"TREE OF LIFE" designated area** for Lara Jacobs, our liaison to the Interfaith Collaborative. If you cannot bring the item(s) to the church by Tuesday, please contact Lara to arrange a drop off. (Please note that the church office is closed on Mondays.)

If you would prefer to contribute financially instead of shopping, you can make a "General Donation," on the church website with 'Tree of Life' in the memo and we will do the shopping for you. (<https://www.stathanasius.org/donation/>)

If you have any questions please feel free to contact Lara Jacobs at [cpejacobs@gmail.com](mailto:cpejacobs@gmail.com).

## WEDNESDAY EVENING SERVICES

**WE WILL PRAY THE FINAL ADVENT PARAKLESIS OF THIS NATIVITY  
SEASON this Wednesday, December 17th at 6:00 p.m.**

## UPCOMING FEAST DAYS & SPECIAL SERVICES

Wed., 12/24	PARAMON OF THE NATIVITY	Royal Hours	9:00 AM
	<b>NATIVITY OF OUR LORD</b>	Matins/Liturgy	10:00 PM
<i>We begin the fast-free period of festal joy kept until the Eve of Theophany, January 5th.</i>			
Sat., 12/27	Commemoration of the Slaughter of the Innocents	Vespers	5:30 PM
	<i>Our Remembrance of all the victims of abortion and those affected by it.</i>		
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
Fri. 1/2	"Ninth Day of Christmas" Family Night		6:00 PM
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
<i>The Great Blessing of the Waters will be during Matins.</i>			
<i>The Baptism and Chrismation of Converts will be during the Divine Liturgy.</i>			
<i>Resume regular fasting times on January 7.</i>			
Sunday, 1/11	OUTDOOR BLESSING OF THE OCEAN		1:00 PM
Sunday, 1/18	PATRONAL FEAST OF ST. ATHANASIUS	Regular weekend service times	
Sunday, 2/1	<b>PRESENTATION OF OUR LORD</b>	Regular weekend service times	
	transferred from 2/2		
	also, Publican & Pharisee Sunday		

### ST. ATHANASIUS MUSIC MINISTRY — 2025

**Valerie Yova -- Music Director**

**John Butler — Assistant Director**

Sopranos: Catherine Braun, Christina Salcedo, Valerie Yova

Altos: Margaret Easbey, Sydney Hedges, Kh. Jan Speier, Jami Stetler

Tenors: Verne Gish, Doug King

Basses: Benjamin Ballew, Peter Braun, John Butler, John Ronan Meyer

#### Additional chanters for weekday, weekend and festal services:

Subdn. Michael Easbey, Kh. Cayce-Marie Halsell, Sean Hampton, Howard Lange, David Lewis, Zac Wood

**Readers:** Dana Alexander, Mark Kern, Douglas Meyer

## REMINDERS & HELPFUL INFORMATION

- 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>
- 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/>
- 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>

## TODAY IS MUSICIAN APPRECIATION SUNDAY!

Each year, on the second Sunday of December, our Antiochian Archdiocese honors those who chant praises to God in the divine liturgy and the divine services of the Church on this "Musician Appreciation Sunday." With that in mind, we are grateful for all those who train, practice and sing praises to God in our parishes. We thank our thousands of choir members, chanters, readers and their directors who sing from their hearts to praise God. It is our fervent prayer that not only are they transformed by what they are singing, but that through the beauty of their voices and the content of what they chant, they, in turn, also inspire those who listen.

We especially thank the Readers, Chanters and Choir Members of our own parish who rehearse and serve week after week throughout the liturgical year. May God grant them many years!

***What state can be more blessed than to imitate on earth the choirs of angels? ...To begin the day with prayer, and honor our Maker with hymns and songs? — St. Basil the Great***



## 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. James in Nigeria (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  
Tanner Diamond  
Joshua Dunford  
Macario Gonzalez  
Kartik Kommu  
Blake Manning, Gia & Benjamin  
Sahit Rampilla  
Tyler Vrem  
Joshua Weiss (currently lives abroad)  
Martin Wilson  
Nathan Wright, Owain & Gavin

**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](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, December 14**

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. Choir Rehearsal  
 12:45 p.m. Adult Catechism  
 4:00 p.m. Young Adult Gift Exchange at the home  
 Scott & Terri Speier

### **Monday, December 15**

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

### **Tuesday, December 16**

5:30 p.m. Daily Vespers

### **Wednesday, December 17**

7:00 a.m. Daily Reader's Matins  
 11:55 a.m. St. Xenia Prayer Ministry  
 6:00 p.m. Advent Paraklesis

### **Thursday, December 18**

7:45 a.m. St. Xenia Prayer Ministry by Zoom  
 10:00 a.m. SHOWERS OF BLESSING  
 5:30 p.m. Daily Vespers  
 6:00 p.m. Jr. High Youth Group  
 6:30 p.m. High School Youth Group  
 7:00 p.m. Men's Fellowship Fireside  
 at the Wayne residence

### **Friday, December 19**

7:00 a.m. Daily Matins

### **Saturday, December 20**

**St. John of Kronstadt, St. Ignatius of Antioch**  
 5:30 p.m. Great Vespers/Confessions

### **Sunday, December 21**

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. Choir Rehearsal  
 12:45 p.m. Adult Catechism

## THANK YOU TO OUR SUNDAY MORNING VOLUNTEERS!

### **EUCCHARIST BREAD**

December 14 Wolfington  
 December 21 Dn. Gary  
 December 24 Kern (Nativity Liturgy)  
 December 28 Vander Laan  
 January 4 Frangos

### **READERS**

December 14 Alexander  
 December 20 Alexander(Vespers)  
 December 21 Butler  
 December 24 Lange (Nativity Liturgy)  
 December 28 Meyer  
 January 4 TBA

### **WELCOME MINISTRY**

December 14 M. Loulias/H. Lange  
 December 21 N. Aviles/A. Ballew/L. Sieck  
 December 28 M. Wayne/K.L. King  
 January 4 A.G. Salinas/C. Clements

### **USHERS**

December 14 S. Speier/C. Speier  
 December 21 D. Alexander/D. Meyer  
 December 28 K.L. King/M. Loulias  
 January 4 P. King/J. King

### **AGAPE MEAL HOSTS**

December 14 Team Alexander/Hedges  
 December 21 Team Gish  
 December 28 Team Lander  
 January 4 Team 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!**



**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.

Many thanks to Noelle Aviles, Kh. Jan Speier, Christie Robinson, and all who made our St. Nicholas night & Nativity Play possible.  
More photos of our St. Nicholas celebration can be found at: <https://www.stathanasius.org/media/photo-gallery/>

