



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
12:00—5:00 p.m.

Senior Pastor:

Fr. Nicholas Speier
805-685-5495
frnicholas@stathanasius.org

Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-968-2448
Fr. Jon Braun, Attached Priest (retired)
Fr. John Finley, Attached Priest

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey
Dn. John Young

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
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Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Dottie Genatone
Benjamin Hedges
Karen Jacobs
Dr. Jon King

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, June 12, 2016

Tone 6 / Eothinon 10

Sunday of the After-feast of the Ascension

Commemoration of the Holy Fathers of the First Ecumenical Council

Venerable Onouphrios the Great of Egypt;

Venerable Peter the Athonite;

Martyr Antonina of Nicaea; Venerable Arsenios of Konevets



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 Breakfast ~ we'd love to meet you!

Calendar for this Week

Sunday, June 12—After-feast of Ascension and Fathers of the 1st Ecumenical Council

9:00 a.m. Religious Education
9:00 a.m. Matins
10:00 a.m. Divine Liturgy/40-day memorial for
Mary Ellen Braun;
Blessing of mission team members
11:45 a.m. Coffee Hour
12:15 p.m. Choir Rehearsal
5:00 p.m. High School “Fire on Father”

Monday June 13

6:45 a.m. Daily Matins
5:00 p.m. Outreach Meal at St. Michael
University Church in Isla Vista

Tuesday, June 14—St. Elijah

3:30 p.m. Level I Catechesis
5:30 p.m. Daily Vespers

Wednesday June 15

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

Thursday June 16

5:30 p.m. Daily Vespers
7:00 p.m. Choir Rehearsal

Friday June 17— Mission Team leaves for 6 days in Mexico

6:45 a.m. Daily Matins

Saturday June 18

4:30 p.m. Book Study—A Conversation of
St. Seraphim with Motovilov
6:00 p.m. Pentecost Vespers/Confessions

Sunday, June 19—PENTECOST

9:00 a.m. Religious Education (Last day)
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. BBQ/Potluck

Sunday Morning Ministries Schedule

Eucharist Bread

June 12 Dn. G. Braun
June 19 M. Kern
June 26 M. Kern
July 3 C. Sieck

Coffee Hour

June 12 D. & K. King/Braun Family in memory
of Mary Ellen—40 days
June 19 PENTECOST & FATHER’S DAY
BARBECUE (Please bring a salad or
dessert to share.)
June 26 NEED A HOST
July 3 NEED A HOST

Greeters

June 12 K. & L. Jacobs
June 19 P. King/L. Baker
June 26 G. Shannon/K. King
July 3 D. Genatone/P. Morrison

Ushers

June 12 P. Brunner, P. King, D. Meyer
June 19 R. Barre, D. Lewis, C. Speier
June 26 J. King, D. Washburn, G. Shannon
July 3 S. Speier, P. Brunner, P. King

Readers

June 12 D. Meyer
June 18 D. Alexander (Vespers of Pentecost)
June 19 D. Washburn (Pentecost)
June 26 H. Lange

**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 FOR FEAST OF ASCENSION

[Verse] Clap your hands, all peoples! Shout to God with loud songs of joy!

[Refrain] Through the intercessions of the Theotokos, O Savior, save us.

- For the Lord, the Most High is terrible; a great God over all the earth. He subdued people under us, and nations under our feet. [Refrain]
- God has gone up with a shout, the Lord with the sound of a trumpet! [Refrain]
- Glory to the Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

SECOND ANTIPHON FOR FEAST OF ASCENSION

[Verse] God is the Lord and greatly to be praised in the city of our God.

[Refrain] O Son of God, Who rose from the dead, save us who sing to Thee, Alleluia.

- Mount Zion in the far north, is the city of the Great King. Within her citadels God is known when He defends her. [Refrain]
- For lo, the kings assembled; they came on together. [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 FOR FEAST OF ASCENSION

[Verse] Hear this, all ye people; give ear, all ye inhabitants of the earth.

Refrain:

You ascended in glory,
O Christ our God,
granting joy to Your disciples by the
promise of the Holy Spirit.
Through the blessing they were assured
that You are the Son of God,
the Redeemer of the world!

[Verse] My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

[Refrain]

[Verse] I will incline mine ear to a parable; I will unfold my problem on the harp. **[Refrain]**

LITTLE ENTRANCE

People: Come, let us worship and fall down before Christ. O Son of God Who art risen from the dead, save us who sing to Thee, Alleluia!

Resurrectional Troparion

Tone 6

When Mary stood at Thy grave looking for Thy sacred body,
angelic pow'rs shone above Thy revered tomb,
and the soldiers who were to keep guard became as dead men.
Thou led Hades captive and wast not tempted there-by,
Thou did meet the Virgin and didst give life to the world.
O Thou Who art risen from the dead, O Lord, glory to Thee.

Troparion of Ascension

Tone 4

You ascended in glory,
O Christ our God,
granting joy to Your disciples by the
promise of the Holy Spirit.
Through the blessing they were assured
that You are the Son of God,
the Redeemer of the world!

Troparion of the Holy Fathers**Tone 8**

Most glorious are You, O Christ our God!
You have established the Holy Fathers as lights on the earth.
Through them You have guided us to the true Faith.//
O greatly compassionate One, glory to You!

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 Ascension**Tone 6**

When You had fulfilled the
dispensation for our sake,
and united earth to heaven,
You ascended in glory, O Christ our God,
not being parted from those who love You,
But remaining with them and crying:
“I am with you and no one will
be against you!”

TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (3 times)

+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

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.*

THE EPISTLE READING

Acts 20:16-18, 28-36

In those days, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletus he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them:

“Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the Church of God which He obtained with the blood of His own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish everyone with tears. And now I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how He said, ‘It is more blessed to give than to receive.’”

And when he had spoken thus, he knelt down and prayed with them all.

Alleluia before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia

People: Alleluia, Alleluia, Alleluia

Verse: *The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting. (Ps 49/50:1)*

Verse: *Gather to Me, My venerable ones, who made a covenant with Me by sacrifice! (Ps 49/50:5)*

THE GOSPEL READING

John 17:1-13

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know

Thee the only true God, and Jesus Christ whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory which I had with Thee before the world was made.”

“I have manifested Thy Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the Scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves.”

HYMN TO THE MOTHER OF GOD (Meglynarion)

9th Ode of the Canon for Ascension:

Magnify, O my soul, Christ the Giver of Life, Who has ascended from earth to heaven!
We magnify the Mother of God, who beyond reason and understanding gave birth in time to the Timeless One.

Hymns for Communion of the Clergy:

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

God has gone up with a shout; the Lord with the sound of a trumpet! (*Ps. 47:5*)

Instead of “We have seen the true light,” we sing the Troparion for Ascension:

You ascended in glory, O Christ our God,
granting joy to Your disciples by the
promise of the Holy Spirit.

Through the blessing they were assured
that You are the Son of God,
the Redeemer of the world!

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.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.

PENTECOST CELEBRATION—NEXT WEEKEND, June 18-19

Saturday, June 18 6:00 p.m.—Festal Great Vespers with Artoklasia (blessing of wheat, wine & oil and sweet bread) and Trisagion prayers for all souls

Sunday, June 19 9:00 a.m.—Festal Matins
10:00 a.m.—Festal Divine Liturgy
12:00 p.m.—Family BBQ/Fathers Day Celebration

The children of the Atrium will again provide us with an opportunity to actively engage in the feast day celebration. See a full description of their offering in this bulletin and on the large bulletin board in the foyer.

Family Barbecue

If you have not RSVP'd yet for the BBQ, please either respond to the E-vite or let Christie Speier know how many from your family will attend by Monday, June 13. The main dish & drinks will be provided. \$10 for adults and \$5 for children under 12. Maximum charge of \$50/family. Bring your dad's favorite salad and/or dessert to share.

HELP US TO "GREEN UP" THE CHURCH FOR PENTECOST!

On Sunday, June 19, we want to “green up” the sanctuary for the feast of Pentecost, with your help. Please bring anything green from your garden or the garden stand. Fresh flowers are great, too! There will be vases in front of the iconostasis and in other areas of the nave of the church in which you can put them. You can bring your offering on Saturday, June 18th before Vespers or when you come for liturgy on Sunday, June 19th. Larger branches need to be delivered to the church on Saturday morning, May 30th, so that we can arrange and place them appropriately. Many thanks — Lisa Ballew/Festal Decorating Team

WE WILL HAVE OUR ANNUAL ALL-PARISH MEETING ON SUNDAY, JUNE 26 after Coffee Hour. Please plan to stay for this important informational meeting.

PARISH COUNCIL ELECTIONS have been rescheduled for Sunday, June 26th. We will vote by ballot on that day during Coffee Hour. Regular, communing adult members 18 years and older may cast one vote for one of the four candidates. (Photos and bios are in this bulletin.) If you are a parish member and cannot be present that day, you may cast a vote by sending an e-mail directly to Fr. Nicholas before midnight on June 26th. frnicholas@stathanasius.org

SAOC SUMMER SCHOOL 2016 for children in grades K through 6 is Monday, June 20-Thursday, July 7. (No class on Monday, July 4th) Registration forms and information are now available both in the foyer of the church and also on the parish website. To download them, go to: <https://www.stathanasius.org/ministries/youth-education/summer-school/>

We are in need of teen assistants for Summer School. If you would like to volunteer for part or all of the time, please contact Mary Gish. marymgish@gmail.com



ICON RESTORATION PROJECT

The Parish Council, in their May meeting, appointed Dorothy Alexander to lead a restoration project of our icons at St. Athanasius. Some are simple fixes of adding varnish that has rubbed off. Others, like this one, are a bit more complicated. Again, we ask that all of us be mindful of how we handle our precious icons, particularly on the iconostasis, and that we avoid kissing icons with lipstick on our lips. Thank you to Dottie Genatone and Laurie Baker for their regular cleaning of all of the icons in the church!

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

- 6/05 Richard & Lisa Ballew (Sorry we missed it last week!)
6/17 Dana & Dorothy Alexander

Birthdays

- 6/12 Stoney Stetler
6/13 Gary Braun Jr., June Easbey, Melissa Hedges
6/14 Aaron Sokoll
6/15 John (Chuck) Sasala

Patronal Feast Days

- | | | |
|------|-------------------------------------|----------------------------------|
| 6/17 | St. Emilia | Emily King, Emily (Mason) Speier |
| 6/18 | St. Alena, Martyr of Belgium | Alina Grace Speier |

THE GIFTS OF THE HOLY SPIRIT

On Pentecost, fifty days after His glorious resurrection, Jesus gave His friends the promised gift of the Holy Spirit. The Holy Spirit—the treasury of good things and giver of life—brought life-giving gifts. These gifts were not just for Jesus' friends long ago. Jesus promises these gifts to all who ask. These gifts are for us!

- **Wisdom:** knowing the way that pleases God and walking in it
- **Understanding:** seeing clearly with spiritual eyes as a result of listening for God's voice with an open heart
- **Counsel:** helpful words and wise guidance for others
- **Might:** strength and courage to do what's right
- **Knowledge:** knowing more and more of God through prayer, God's Word and God's Creation
- **Fear of the Lord:** living without fear of anyone or anything except the Awesome, Holy, and Almighty God in whom we take refuge
- **Delight:** living in joy and wonder at the recognition of God's presence all around, all the time

"With the descent of the Holy Spirit upon Christ's disciples, the time of salvation, the Divine work of redemption has been completed, the fullness revealed, all gifts bestowed: it belongs to us now to "appropriate" these gifts, to be that which we have become in Christ: participants and citizens of His Kingdom."

- Fr. Alexander Schmemmann

The Great Feast of Pentecost

The Celebration—June 19th

- An Invitation from the Children of Atrium Level III -

On Pentecost Sunday, we invite you to "ask that you might receive" . . .

Before you enter the sanctuary, you will receive a taper candle.

At the back of the sanctuary there will be a table with seven green candles—each labeled with one of the gifts listed on the front of this insert.

We invite you to **light your own candle from the green candle designating the gift you have chosen** and place your candle in the sand in front of that green candle.

Once you have lit and placed your taper candle, we will give you a **handmade card with the name of the gift and a description** on it. Hopefully this will sit on your altar or some other prominent place to remind you all year long of the gift you have asked for!

Blessed Feast! Oh, and **WEAR GREEN!**



**Congratulations to our graduates
and God grant you many years!!**

HIGH SCHOOL

Asia Ballew graduated from Alta Vista Alternative High School. She has been attending classes in Spanish and Permaculture this past semester at Santa Barbara City College. This coming year, she will be taking a “Gap Year,” living on the grounds of St. Barbara Monastery and assisting Jill Wallerstedt in beginning a homeless ministry in Santa Paula. Asia has been the Coordinator of our Shower of Blessings ministry to the homeless and needy here at St. Athanasius for the past six months.



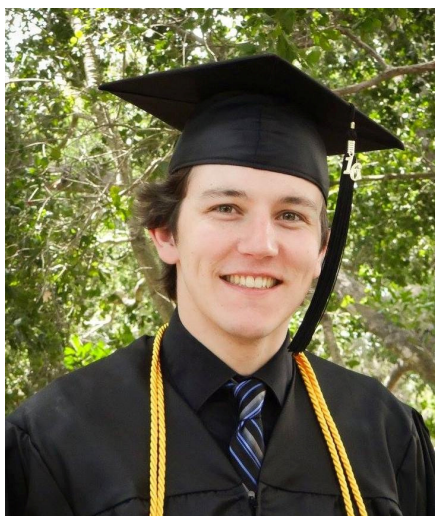
John Butler graduated from Providence Santa Barbara High School and will attend Westmont College this fall as a music major in Vocal Performance. John has been our Assistant Choir Director for the past two years, sang the lead in his school music for three years in a row, writes and performs his own music and is an accomplished photographer. This summer John will participate for the third year in the Youth Music Ministry program of the Antiochian Archdiocese at the Antiochian Village in Pennsylvania.

Lauren King graduated from Santa Ynez Union Valley High School. She plans to attend Santa Barbara City College this fall with a major in Biological Sciences, with the intention of eventually transferring to UCSB to study Marine Biology.



COLLEGE

Austin Harris is graduating from Seattle Pacific University with a B.A. in Business. He will remain in Seattle, doing videography for weddings and other events.



Paul Wintz graduated from Westmont College at the top of his class with a degree in Engineering Physics and a minor in Music. In the next year, he will work, take several more classes, and apply to graduate school. His first choice is the Institute for Computational and Mathematical Engineering, at Stanford University.

GRADUATE SCHOOL

Jared Speier graduated Magna Cum Laude from Pepperdine Law School with a J.D. He is intensively preparing for the Bar Exam, which he will take in late July. As of October 1st, he will begin his career at Keesal, Young & Logan Law Firm in Long Beach.



PARISH COUNCIL NOMINEES

The following four individuals have been chosen by the Nominating Committee to run for the vacant seat on the Parish Council. On Sunday, June 26th we will vote for one new Council member by paper ballot. Fr. Nicholas will also appoint one new member to the Council.

Corina Berari

My husband, Adrian, and I have owned and operated Berari Dental Labs since 2002. We immigrated from Romania to Canada, where we lived for six years and then moved to the United States. After moving around a bit because of our business, we settled in Santa Barbara and joined St. Athanasius parish in 2010. We have four children: Nicole (studying at UC San Diego), twins Nicholas and Ron, and Jessica. I have served in our parish in St. Brigid Ministry, on the Coffee Hour Team, and Jessica and I often assist the Festal Decorating Team. I would do anything to help our parish because the parish has done so much for our family. I feel compelled to give back, and if I can do so as a member of the Parish Council, I would be honored to do so.

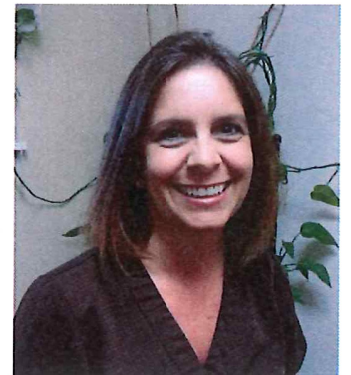


Verne Gish

I am an Experimental Machinist for Raytheon, a local aerospace company. I have been employed there for 34 years. I have been married to Joanne for 32 years and we have three grown children: Tim, Mary and Garrett, and two grandchildren. I have been a member of St. Athanasius since 1975, and was chrismated in 1987 when the parish was first founded. I have served in a variety of ministries throughout the life of the parish including the choir, as a chanter, in Campus Ministry, and in our Parish Life Music Ministry (Family Night and Feast Day Musical Presentations) Years ago Metropolitan Joseph gave a homily on how important it was that every member of the parish serve on the Parish Council at some point and I really took it to heart. It has always been my desire to serve the church and I would be honored to serve in this capacity, if elected.

Kristi King

My husband, Doug, and I currently live and work in Solvang, where we own and operate the Family EyeCare Optometry Center. We have three children: Chase, Lauren and Emily. I have been a member of St. Athanasius since the beginning! We moved away for about 15 years and finally made the move home about 7 years ago. I served in the military for six years. I am currently an assistant in the Level II atrium and have loved working with and observing our kids as they learn about the Orthodox faith. I enjoy serving both the Solvang community and our church community as much as I possibly can. I accepted the nomination because I am always looking and praying for ways that I can serve my church community.



Jami Stetler

I currently serve as a property manager for my family's business, Dean Brunner Rentals. I have held many "titles": teacher, medical receptionist, dental office manager, tax preparer, administrative assistant, insurance coordinator, personnel manager, payroll clerk, painter and President of the local little league. I entered this parish in 1971 through my parents, Dean and Penny Brunner. I was chrismated Orthodox in 1987, my senior year of high school, along with the rest of our parish, and have been a part of this community since then, with a lapse of 6 years when I lived out of town. I am the oldest of 7 children, a mother of 5 children, a stepmother of 2 children and grandmother of 3. I currently serve in the Music Ministry as an active member of the choir and I am also a member of the Building Committee Fundraising Team. Being a part of St. Athanasius parish is a huge part of my life and has been for as long as I can remember. I am thankful for the nomination to the Parish Council and hope that I can give back to the parish in whatever capacity is needed through my continued service if you elect me.



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
Mother Victoria
Met. Paul & Abp. John
Fr. Jon Braun
Dn. Richard E.
Kh. Diane C.
Kh. Mary Sue W.
Greg & Margaret Y.
Hoppe Family

Gail S.
Dean & Penny B.
Kevin & Angel S.
Mary
Susan B.
Baby Christian F.
Duane F.
Galina, Nikolai & Nataliya
Olga Marie G.

Mike, Trevor & Adam
Emily F.
Joan T.
Terri-Lynn & Hannah Rose H.
Silvia Y.
Manny
Philip E.
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

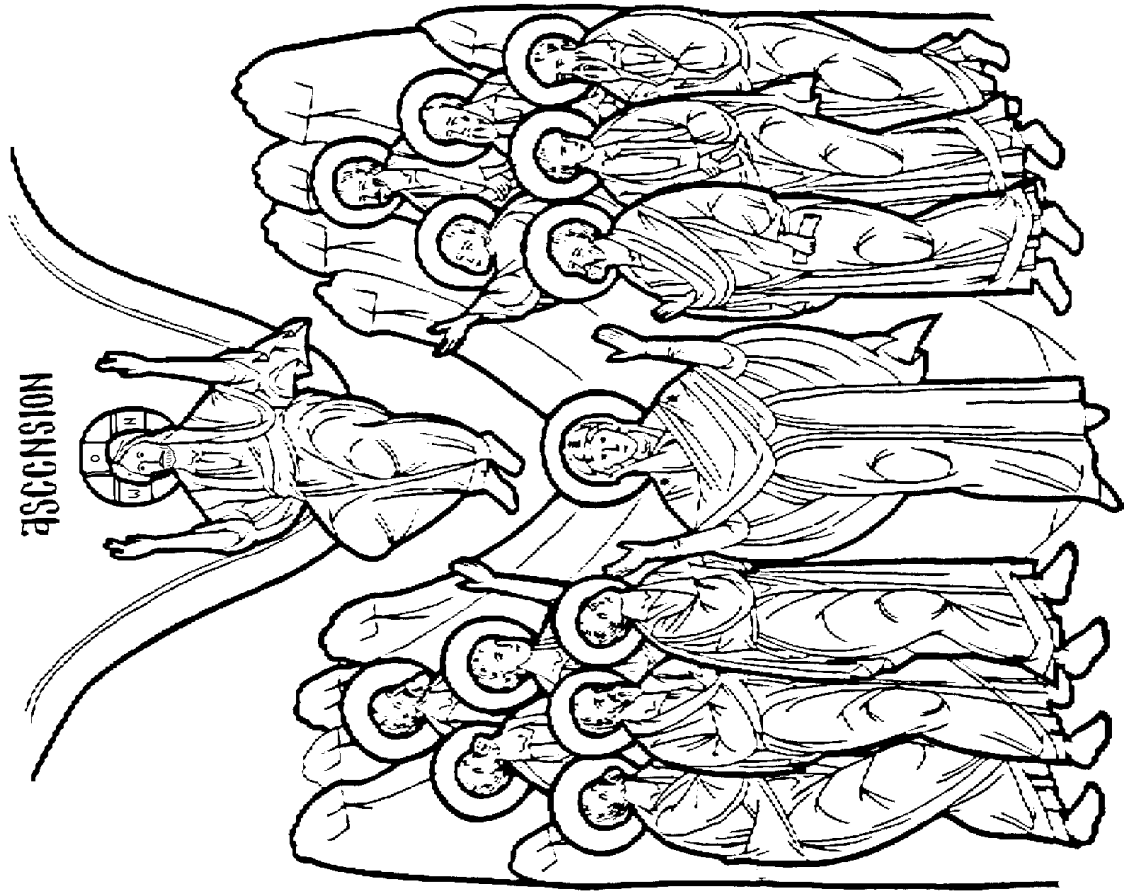
For repose of the souls of: Jeff E., Kh. Mary Ellen, Milijana, All who have died in the conflicts in the Ukraine, Africa & the Middle East

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 Proskomedia (Preparation of the Bread and Wine for Communion).

* **ST. ATHANASIUS BOOK CENTER** *
* The church bookstore is located in the foyer of the fellowship hall. The two *
* enclosed cabinets hold icons, books, and other items that are FOR SALE. *
* See Terri Speier if you are looking for jewelry such as a cross or chain. Pay- *
* ment should be made at time of purchase and placed in the brown lockbox *
* mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. *
* Athanasius Book Center." *
* **All proceeds go to the parish Building Fund.** *



- FOR THE CHILDREN TO COLOR DURING THE HOMILY OR AT HOME -