



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

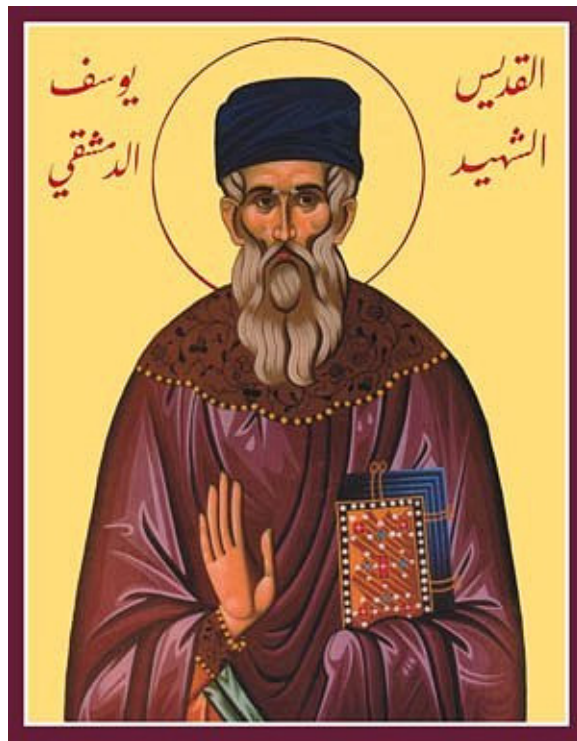
LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, July 10, 2016

Tone 2 / Eothinon 3

**Hieromartyr Joseph of Damascus & His Companions
& Third Sunday of Matthew**

The 45 martyrs at Nikopolis in Armenia;
Venerable Anthony of the Kiev Caves;
Venerable-martyrs Nikodemos the Albanian and
Nektarios of St. Anne Skete on Athos



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, July 10

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Monday, July 11

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

Tuesday, July 12

5:30 p.m. Daily Vespers

Wednesday, July 13

6:45 a.m. Daily Matins
11 a.m.-1p.m. Shower of Blessings Ministry
12:00 p.m. Intercessory Prayer Group

Thursday, July 14

5:30 p.m. Daily Vespers
7:00 p.m. Parish Council Meeting

Friday July 15

6:45 a.m. Daily Matins

Saturday July 16

6:00 p.m. Great Vespers/Confessions

Sunday, July 17

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:15 p.m. Choir Rehearsal

**Fr. Nicholas will be at the Archdiocese Clergy
Symposium in Pennsylvania from
Friday, July 15-Friday, July 22.**

Valerie, our Administrator, will be out of town from July 7-14. If you need to get into the church building, at a time other than when there are services, please contact Fr. Nicholas . The bulletin for July 10 will be printed this Wed., July 6.

Sunday Morning Ministries Schedule

Eucharist Bread

July 10 Dillon
July 17 Tinyayeva
July 24 Meyer
July 31 Washburn

Coffee Hour

July 10 Gish
July 17 Harris
July 24 NEED A HOST
July 31 Ballew

Greeters

July 10 K. Fox/D. Washburn
July 17 H. Lange/D. Lewis
July 24 K. & L. Jacobs
July 31 P. King/L. Baker

Ushers

July 10 D. Meyer, R. Barre, D. Lewis
July 17 C. Speier, J. King, D. Washburn
July 24 C. Berari, G. Shannon, S. Speier
July 31 P Brunner, P. King, D. Meyer

Readers

July 10 D. Meyer
July 16 D. Alexander (Vespers)
July 17 D. Washburn
July 24 D. Meyer
July 31 V. Gish

**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.

AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY:

Troparion of the Resurrection

(Music on p. 42 of Liturgy book)

Tone 2 Byzantine melody
harmonized by Fr. J. Finley

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One,
then Thou didst destroy Hell with Thy Godly pow'r,
and when Thou didst raise the dead from beneath the earth,
all the pow'rs of heaven did cry aloud unto Thee.
O Christ, Thou art the Giver of life, Glory to Thee.

Troparion to Joseph of Damascus

Tone 5

Come, ye faithful, let us honor the martyr of Christ,
a priest of the Church of Antioch;
who by the word of the Word,
and by his blood and the blood of his companions,
baptized the land of Syria, its Church and its people.
Being immersed in the light of the Gospel from his youth,
he worked and taught and defended
the Church of Christ and her flock.
O Father Joseph of Damascus, be for us an example,
defending us and interceding for us fervently before the Savior.

Troparion to St. Athanasius
(Music on page 54 of Liturgy Book)

Tone 3 Byzantine Melody
harmonized by Fr. J. Finley

Holy Bishop Athanasius,
you became a stronghold of Orthodoxy,
strengthening the Church through your divine teachings.
Opposing the heretical opinion of Arius,
you explained and taught that the Son is equal in nature with the Father.
O holy Father, intercede with Christ God
that He may grant us abundant mercy.

Kontakion - Ordinary Sundays

Tone 4 Byzantine melody
harmonized by F. Karam

O undisputed intercessor of Christians,
O mediatrix, who is unrejected by the creator.
Turn not away from the voice of our petitions, though we be sinners.
Come to us with aid in time, who cry unto thee in faith,
for thou art good. Hasten to us with intercessions, O Theotokos,
who dost always intercede for those who honor thee.

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 (Prokeimenon)
(Page 57 of Liturgy Book)

Tone 2
harmonized by Fr. J. Finley

The Lord is my strength and my song. He has become my salvation.

Vs. The Lord has chastened me severely but He has not given
me over to death.

THE EPISTLE READING

2 Timothy 2: 1-10

Timothy, my son, be strong in the grace that is in Christ Jesus; and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hard-working farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore, I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 2 **(Music on page 64 of Liturgy Booklet)**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

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

Verse: O Lord, save the King in the day we call on Thee! (Ps 19/20:9)

GOSPEL READING

Matthew 6:22-33

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

"Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the

Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well.

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, Alleluia, Alleluia.

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.

CONDOLENCES to Dana Alexander and family on the passing of Dana's father, William, on June 30th. He was 95 years old. According to Dana, it was a peaceful going and a great mercy. He was actually in remarkably good shape until the last month or so, but it was clear that the time had come. There will be a memorial service at the end of July.

Fr. Nicholas will be at the Archdiocese Clergy Symposium in Pennsylvania from Friday, July 15 through Friday, July 22.

COMING UP ON THE LITURGICAL CALENDAR

Dormition Fast

Liturgy for Feast of Transfiguration

Liturgy for Feast of Dormition

August 1-15

Saturday, August 6 8:30 a.m.

Sunday, August 14 (transferred from Aug. 15)

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

7/10 Chris & Christie Robinson

7/12 Jon & Kristin King

7/16 Kent & Amanda Jacobs

Birthdays

7/10 Richard Ferraez

7/11 David Washburn, Dayli Braun, Fr. John Carrillo

7/12 Hani AbuGhazaleh, Paige Zidek

7/13 Darbi Johnson, Larry Lander

7/15 Juliana Shackelford

7/16 Mary Gish, Melissa Braun, Rebekah Dillon

Patronal Feast Days

7/13 Archangel Gabriel

Cheryl Giordani, Gabe Speier, Jamie Van Wagoner

A bit of debriefing at the
end of Summer School with
their pastor/teacher/coach,
Fr. Nicholas



CONGRATULATIONS TO OUR NEW PARISH COUNCIL MEMBERS—TERM OF OFFICE 2016-2019

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.

MANY THANKS TO OUR SUMMER SCHOOL TEACHERS AND STUDENT ASSISTANTS!

Fr. Nicholas—Director & Teacher for grades 4-6

Jody Wallace—Administrator

Mary Gish & Kate Vander Laan—Teachers for grades K-3

Chris Dillon—Teacher for grades 4-6 (Week 2)

**Health, Fitness & Safety: Gary Braun, Stephanie Braun,
Chantel Cappuccilli**

**Teen Assistants: Joe Ballew, Tom Ballew, Connor Blake, Ginny Braun,
Anna Grace Butler, Alec de Bruin, Adam King, Elleney King, Bella Madrigal,
Gianni Madrigal, Hannah Sieck, Peter Speier**

The Martyr Joseph of Damascus

On July 10, we commemorate the Holy Hieromartyr Joseph of Damascus and his Companions. A married man, St. Joseph was at first a weaver and then was ordained to the holy priesthood at the age of twenty-four in 1817, and assigned Great Ekonomos of the Patriarchal Cathedral of the Dormition of the Most Holy Theotokos (al-Mariamiyeh) in the heart of the Old City of Damascus. On Monday, July 9th, 1860 the brutal massacre of Christians, which began in the mountains of Lebanon, spread to Damascus. Some Damascenes (including Michael Hawaweeny and his young wife Mariam who was bearing in her womb a son who would be the future St. Raphael of Brooklyn) fled Damascus for the port city of Beirut. The majority, however, took refuge in al-Mariamiyeh. Many had previously fled to Damascus from their mountain villages, while others came to the Cathedral from the Christian Quarter of Damascus and the villages that surrounded the city.

St. Joseph took up his communion kit containing the Reserved Sacrament, left his home and began to make his way to the Cathedral by jumping from rooftop to rooftop across the narrow streets of the Old City. As he went, he stopped to confess and commune the aged and infirm who could not flee their homes, encouraging them with stories from the Lives of the Great Martyrs. On Tuesday morning July 10th, the Cathedral was surrounded, pillaged and burned by a fanatical crowd. Those inside the holy temple perished in the flames; of those who escaped and fled into the streets, most were shot or caught and forced back into the burning building, while only a few, including St. Joseph, survived.

As he roamed the narrow streets searching for survivors who needed confessed and communed, St. Joseph was surrounded by the enemies of Christ. Seeing that his end was near, St. Joseph took out his communion kit and consumed what remained of the Body and Blood of Christ. Recognizing him as the "leader of the Christians," the persecutors savagely attacked him with axes. Then, binding his legs with ropes, they dragged his mutilated body through the streets to be mocked and spat upon by jeering onlookers. St. Joseph's sacred relics were then unceremoniously pitched into the city dump along with those of the other New Martyrs (numbering two thousand five hundred men plus women and children).

St. Joseph and his Companions were glorified by the Holy Synod of the Patriarchate of the Great City-of-God Antioch and all the East in the year of our salvation 1993. Through their intercessions, O Christ our, have mercy upon us. Amen.



Thanks to our Bible Bowl team for representing our parish at the Parish Life Conference last weekend.

Jan Speier, Lara Jacobs, & Stephanie Braun
(and Fr. Nicholas, their coach/mascot!)

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
Jared E.
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

For repose of the souls of: William A., Victims of the shooting in Orlando, 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. Payment 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.

