



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
email: office@stathanasius.org

Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Karen Jacobs
Jon King
Laurence Lander
Craig Speier

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, July 19, 2015

Tone 6 / Eothinon 7

Sunday of the Holy Fathers of Fourth Ecumenical Council

Venerable Macrina, sister of Basil the Great;
Venerable Dios of Antioch; Theodore, Archbishop of Edessa;
Uncovering of the Relics of Venerable Seraphim of Sarov;
Holy Stephen Lazarevic, Serbian Prince and Holy Militsa his mother



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 and to join us at Coffee Hour ~
we'd love to meet you!*

Calendar for this Week

Fr. Nicholas and Jan will be at the Archdiocese
Convention in Boston from July 19-25.

Sunday, July 19

9:00 a.m. Matins/**NO RELIGIOUS ED**
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Monday, July 20

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

Tuesday, July 21

NO DAILY VESPERS

Wednesday, July 22

6:45 a.m. Daily Matins
12:00 p.m. Women's Prayer Group

Thursday, July 23

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

Friday, July 24

6:45 a.m. Daily Matins

Saturday, July 25

6:00 p.m. Vespers/Confessions

Sunday, July 26

9:00 a.m. Matins/**NO RELIGIOUS ED**
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Sunday Morning Ministries Schedule

Eucharist Bread

July 19 Dn. G. Braun
July 26 C. Sieck
August 2 Dillon
August 9 Meyer

Coffee Hour

July 19 Sieck
July 26 Cocores/Loulias
August 2 C. Shannon
August 9 AbuGhazaleh/Simonsen

Greeters

July 19 D. Washburn/D. Lewis
July 26 K. Fox/P. King
August 2 L. Baker/P. King
August 9 G. Shannon, Kristin King

Ushers

July 19 C. Speier, R. Schneider, P. King
July 26 J. King, G. Shannon
August 2 S. Speier, P. Brunner, P. King
August 9 D. Meyer, R. Barre, D. Lewis

Readers

July 19 D. Washburn
July 26 D. Alexander
August 2 R. Barre
August 5 P. Braun (Transfiguration)
August 9 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”

After each of the verses sung by antiphonal choirs, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

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

Troparion of the Resurrection (Music on p. 49 of Liturgy book)

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.

Tone 6 (Byzantine melody
harmonized by Fr. J. Finley)

Troparion of the Holy Fathers

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!

Tone 8 (Slavic Chant)

Troparion to St. Athanasius (Music on page 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.

Tone 3 (Byzantine Melody
harmonized by Fr. J. Finley)

Kontakion - Ordinary Sundays

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 ever intercede for those who honor thee.

Tone 4 (Byzantine melody
armonized by F. Karam)

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)

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

Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissension, and quarrels over the Law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greetings to you. Greet those who love us in the faith.

Grace be with you all. Amen.

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

Matthew 5:14-19

The Lord said to His disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

"Think not that I have come to abolish the Law and the Prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.

Meglynarion—Hymn to the Mother of God (NEW MUSIC ON PAGE 11)

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 corruption 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!

Jesus Prayer: O Lord, Jesus Christ, Son of God, have mercy on me, a sinner.

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.*

INCOME FOR JUNE 2015

	General Operating	Building Fund
Monthly Goal	\$33,000	\$14,120
Monthly Actual	\$34,448	\$10,044

LOST AND FOUND

The Lost and Found basket is now located in the foyer near the office, underneath the information table. There is also a clothes rack in the alcove at the far end of the long hallway, next to the little sitting area.

AED

(Automated External Defibrillator)

The AED is located in the foyer, on the ledge of the window that looks into the church office. If an emergency should occur, please ask for assistance from one of the many medical professionals in the parish.

Please do not allow anyone, adults or children, to open the device without assistance.

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

7/19 Fr. John & Jan Finley

Patronal Feast Days

7/20	Prophet Elias	Elias Hedges, Chase King
7/20	St. Maria of Paris	Maria Butler
7/22	St. Mary Magdalene	Madeleine Meyer, Nancy Gilbert
7/24	St. Christina the Martyr	Kristin King, Christina Papazacharioudakis, Christie Speier Robinson, Christina Shackelford, Jordan Williams
7/25	St. Anna the Mother of the Theotokos (Dormition of Anna)	Anna Grace Butler

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

FR. NICHOLAS AND JAN WILL BE AT THE ARCHDIOCESE CONVENTION IN BOSTON FROM JULY 16-25. Please keep them in your prayers for safe travels.

Congratulations to Ben Hedges, who is the newly appointed member of the Parish Council for a 3 year term starting this September. (The parish priest has the option of appointing at least one Parish Council member each term, and sometimes more than one.)

PLEASE SUPPORT OUR PROJECT MEXICO MISSION TEAM! HOME-BUILDING TRIP—AUGUST 13-19, 2015

We have a beautiful new page on our website (thank you, Hani, our amazing webmaster!) so please log on and watch the moving video created by our 2015 mission team members. From that page, you can make a donation towards the trip, either a general donation or in support of a specific team member.

Here is the link to the website page:

<https://www.stathanasius.org/missions/project-mexico/>

Our team will also have a bake sale today during Coffee Hour, so consider purchasing some goodies!

***Thank you to all who donated items for our Rummage Sale yesterday!!
It was a big success!***



**ORDER A T-SHIRT AND SUPPORT
OUR 2015 MISSION TEAM!**

Order online at:

<https://www.stathanasius.org/missions/project-mexico/>

T-shirts will arrive by August 4th.

DEADLINE TO ORDER IS TODAY— JULY 19!



Saint Macrina was the sister of the holy hierarchs Basil the Great and Gregory of Nyssa, and was born in Cappadocia at the beginning of the fourth century.

When Macrina grew up, her parents betrothed her to a certain pious youth, but the bridegroom soon died. Many young men sought marriage with her, but Macrina refused them all, having chosen the life of a virgin and not wanting to be unfaithful to the memory of her dead fiancé. St Macrina lived in the home of her parents, helping them fulfill the household tasks as an overseer together with the servants, and she helped with the upbringing of her younger brothers and sisters.

After the death of her father she became the chief support for the family. When all the children grew up and left the parental home, St Macrina convinced her mother, St Emilia, to leave the world, to set their slaves free, and to settle in a women's monastery. Several of their servants followed their example. Having taken monastic vows, they lived together as one family, they prayed together, they worked together, they possessed everything in common, and in this manner of life nothing distinguished one from another.

After the death of her mother, St Macrina guided the sisters of the monastery. She enjoyed the deep respect of all who knew her. Strictness towards herself and temperance in everything were characteristic of the saint all her life. She slept on boards and had no possessions. St Macrina was granted the gift of wonderworking. St Macrina died in the year 380, after a final prayer of thanks to the Lord for having received His blessings over all the course of her life. She was buried in the same grave with her parents.

It Is Truly Meet

$\text{♩} = 76$ *mp* nazo zakkak

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Alto

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Tenor
Bass

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21

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you.

UPCOMING FEAST DAY CELEBRATIONS

LOOKING AHEAD...

FEAST OF THE TRANSFIGURATION OF THE LORD

Vespertal Liturgy Wednesday, August 5th at 6:00 p.m.

FEAST OF THE DORMITION (ASSUMPTION) OF THE MOTHER OF GOD

Divine Liturgy Saturday, August 15th at 8:00 a.m.

Sacred Music Institute 2015

Our music leadership team attended the Antiochian Archdiocese 30th Annual Sacred Music Institute (SMI) last week at the Antiochian Village in Ligonier, Pennsylvania. On Thursday of last week Fr. John Finley presented the musical history and development of the EOC (Evangelical Orthodox Church) to the more than 100 participants at the SMI, with the assistance of our four St. Athanasius musicians. The presentation was extremely well received. At the conclusion, everyone in the audience surrounded Fr. John and sang his “Holy God” and “Rejoice, O Virgin Theotokos,” two hymns he composed in the 1970s (before the EOC formally came into the Orthodox Church) which are still sung widely in our Archdiocese and much beloved.

The week was busy and full, with choir rehearsals, services, classes and concerts. Valerie taught classes in Vocal Technique and Leadership Skills and conducted the choir for the Liturgy on Saturday morning, Catherine sang in the auditioned Chamber Choir, Verne attended classes in Byzantine Chant and Conducting, and John participated in the Youth Music Program (YMM) for the second year in a row and was the only teen in the program selected to conduct a portion of the Divine Liturgy. Metropolitan Joseph joined us from Friday to Sunday, and gave the keynote address on Saturday morning. We were very encouraged by his enthusiastic support of the Archdiocese Music Department and its vision and goals.

Many thanks to the parish and to the individual donors who helped make it possible for our team to travel to Pennsylvania for this year’s SMI!



**From left to right:
Fr. John Finley, Verne Gish,
Catherine Braun, Valerie Yova,
John Butler**



Summer School 2015

Trip to Magic Mountain



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	Susan B.	Hannah Rose H.
Mother Victoria	Baby Christian F.	Holly C.
Met. Paul & Abp. John	Duane F.	Valeria
Dn. Richard E.	Stan and Donna F.	Tami, Denny, Maddie B.
Kh. Peggy K. and Family	Molly M.	Kevin O.
Fr. Gordon & Kh. Mary Sue W.	Mikael M.	Steve T.
Greg & Margaret Y.	Angel, Helen and Family	All those suffering and
Hoppe Family	Jim M.	in danger in the Ukraine,
Kh. Mary Ellen B.	Joy	Africa, and the Middle East
Gail S.	Kh. Marilyn G.	
Dean & Penny	Ryan Family	
Mary	Terri-Lynn H.	

For repose of the souls of: Ryan B. Benjamin, Sohei, All who have died in the conflicts in the Ukraine, Africa & the Middle East

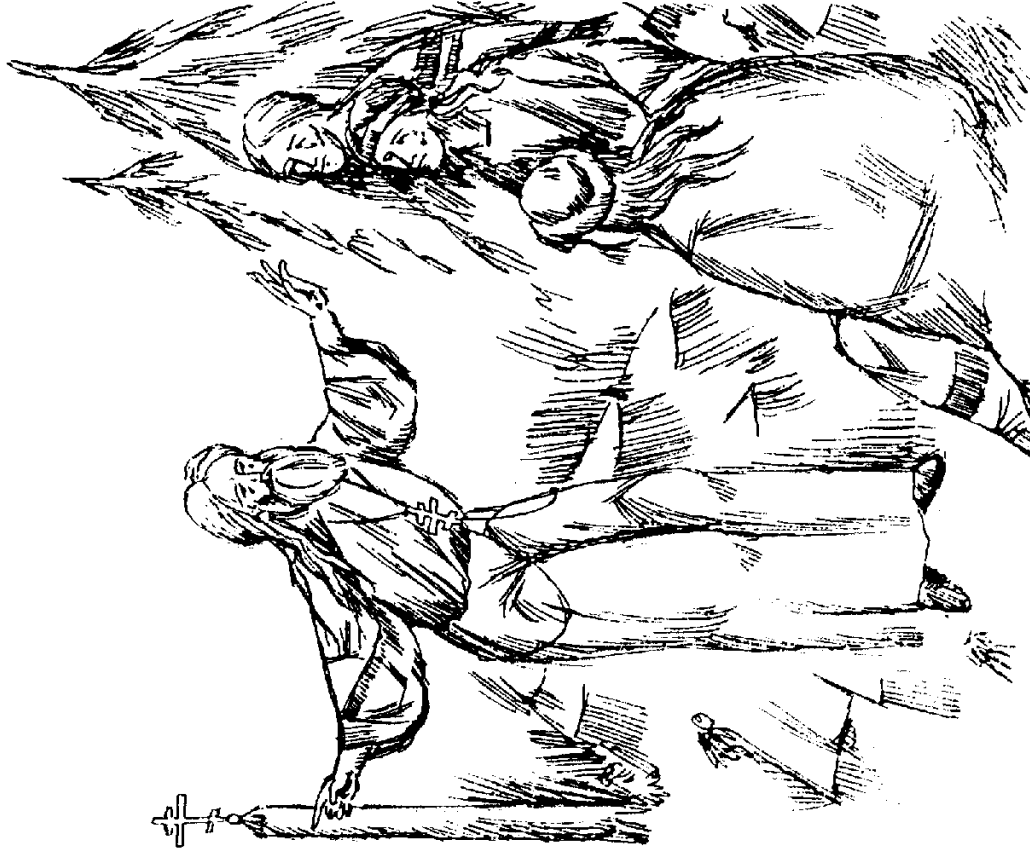
ABOUT OUR PRAYER LISTS:

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 fellowship hall. The two enclosed cabinets hold icons, books, jewelry and other items that are FOR SALE. Payment should be made at time of purchase and placed in the brown lock box ON THE BOOKSTORE SHELF.
Make checks payable to "St. Athanasius Book Center."



St. Seraphim of Sarov

**THE MISSION AND VISION
OF**

**ST. ATHANASIUS
ORTHODOX
CHRISTIAN CHURCH
(Ephesians 3:14-21)**

That we would be rooted and grounded in
FAITH, LOVE AND HUMILITY
so we might experience and manifest the
FULLNESS OF THE CHURCH

- in the **WORSHIP** of the Holy Trinity
- in the **CARE AND GROWTH** of the people
- in **SERVING AND INTEGRATING** new members
- in **RETURN OF THE WAYWARD**
- in the **CARE FOR OUR COMMUNITY**

**Unto the inheritance of the
KINGDOM OF HEAVEN**