

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
Dottie Genatone
Verne Gish
Benjamin Hedges
Kristi King

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 18, 2016 Tone 4 / Eothinon 2

Sunday after the Elevation of the Holy Cross

Eumenios the Wonderworker, Bishop of Gortyna; Martyr Ariadne of Phrygia



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!

Calendar for this Week

Sunday, September 18—Stewardship Sunday:		Sunday, September 25—STEWARDSHIP			
	NT/TREASURE	0.00	COMMITMENT SUNDAY		
9:00 a.m.	Jr. High/High School Religious	9:00 a.m.	Jr. High/High School Religious		
, 100 m	Education classes begin		Education classes		
9:00 a.m.	Matins	9:00 a.m.	Matins		
10:00 a.m.	Divine Liturgy/	10:00 a.m.	Divine Liturgy/BLESSING OF		
	BLESSING OF ALL STUDENTS		ALL MINISTRY LEADERS		
11:45 a.m.	Coffee Hour	11:45 a.m.	Coffee Hour		
12:00 p.m.	Choir Rehearsal	4:00 p.m.	St. Barbara Monastery Friends		
5:00 p.m.	High School Fire on Father				
5.00 p.m.	The off the off the off		Sunday Morning		
Monday, Sep	tember 19	1	Ministries Schedule		
6:45 a.m.	Daily Matins		Eucharist Bread		
	J	Sept. 18	Washburn		
Tuesday, Sep	tember 20	Sept. 25	Hedges		
5:30 p.m.	Daily Vespers	October 2	Tinyayeva		
The Press		October 9	Fr. Nicholas		
Wednesday,	September 21	~ ~ ~			
6:45 a.m.	Daily Matins	Coffee Hour	C. Clause in the control of		
11 a.m1p.m.	Shower of Blessings Ministry	Sept. 18	G. Shannon in memory of Dn. Howard		
12:00 p.m.	Intercessory Prayer Group	Sept. 25	Vander Laan for Freedom Sunday		
5:45 p.m.	Outreach Team Meeting	October 2	Easbey Family		
1	8	October 9	NEED A HOST		
Thursday, Se	ptember 22	3000001	THE THE PART OF TH		
5:30 p.m.	Daily Vespers	Greeters			
7:00 p.m.	Parish Council Meeting	Sept. 18	G. Shannon, K. King		
TEEN NIGH		Sept. 25	D. Genatone/P. Morrison		
	. Jr. High Group	October 2	K. Fox/H. Lange		
	. High School Group	October 9	C. Berari/D. Lewis		
1		TT 1			
Friday, Septe	ember 23	<u>Ushers</u> Sept. 18	C Spaige D Drupper D Weekhurn		
6:45 a.m.	Daily Matins	Sept. 18	S. Speier, P. Brunner, D. Washburn D. Meyer, R. Barre, D. Lewis		
	3	October 2	C. Speier, J. King, D. Washburn		
Saturday, Se	otember 24	October 9	C. Berari, G. Shannon, S. Speier		
6:00 p.m.	Great Vespers/Confessions		c. zeran, c. shamon, s. speler		
- / - F		Readers			
		Sept. 18	G. Wiley		
		Sept. 25	D. Meyer		
		October 2	TBA		

October 9

TBA

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 verses for the Feast of the Cross with refrain:

Vs. O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

- Vs. My God, I will cry by day, and wilt Thou not hearken? But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. [Refrain]
- Vs. Glory...now & ever...Amen. [Refrain]

SECOND ANTIPHON verses for the Feast of the Cross & refrain

Vs. O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

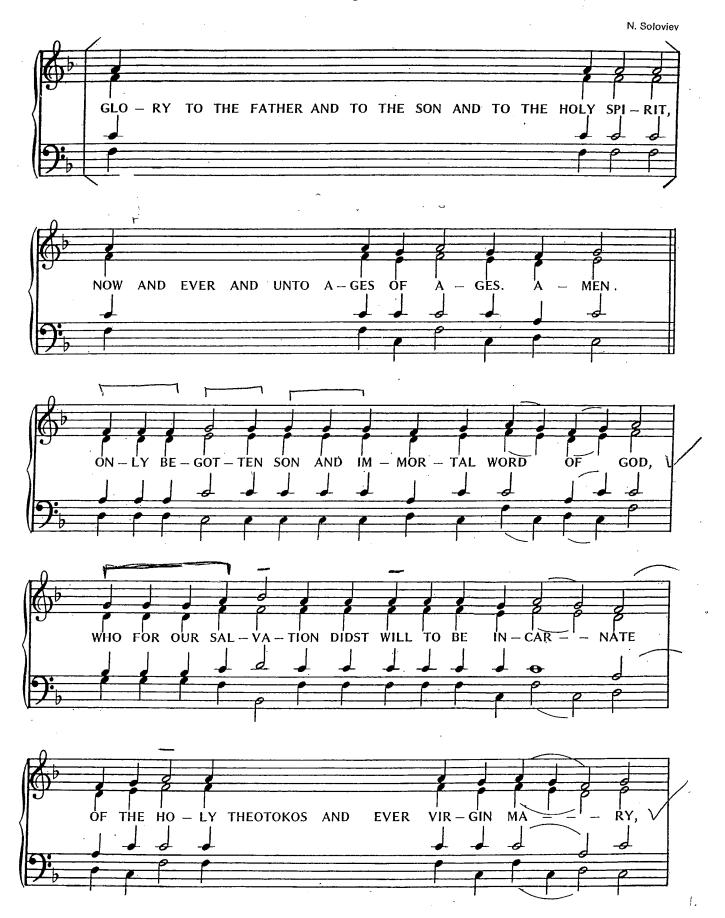
Refrain: O Son Of God Who rose from the dead, save us who sing to Thee, Alleluia!

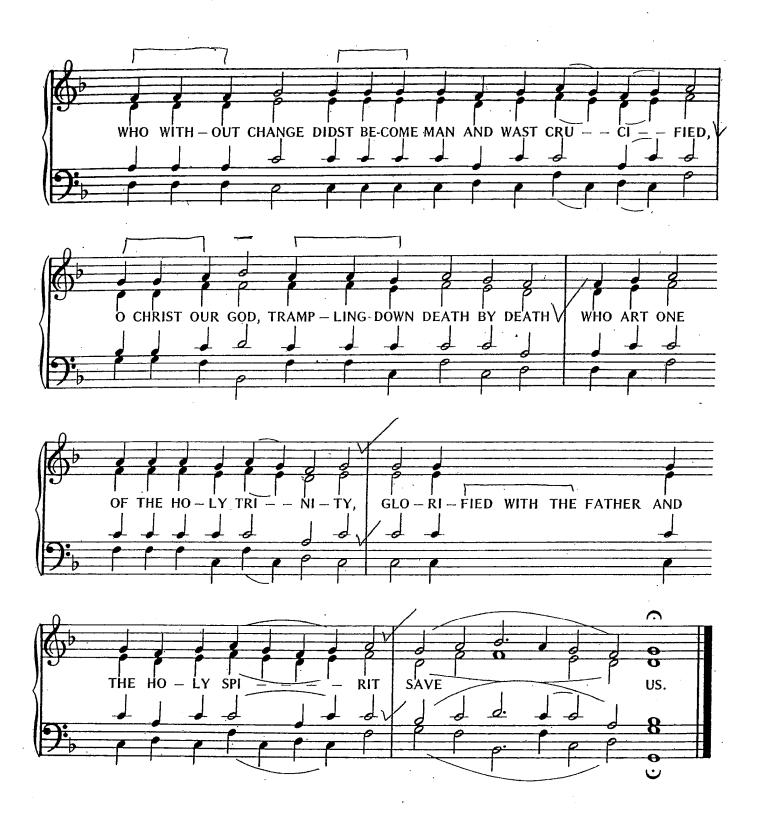
- Vs. This is Mount Zion wherein Thou hast dwelt. [Refrain]
- VS. God is our King before the ages, He hath wrought salvation in the midst of the earth. [Refrain]

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...(See music on next page.)

Only-Begotten Son





THIRD ANTIPHON verses for the feast of the Cross

Vs. The Lord is king, let the peoples rage; He sitteth on the Cherubim, let the earth be shaken.

Refrain: Troparion for the Feast of the Cross

O Lord save Thy people and bless Thine inheritance, granting victory over all adversaries. And by the pow'r of Thy cross protect us.

- The Lord is great in Zion, and He is high above all peoples. Vs.
- Let them confess Thy great Name, for it is terrible and holy. Vs.

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

Troparion of the Resurrection (Music on page 45 of Liturgy book)

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation, and proudly broke the news to the disciples saying death has been spoiled. Christ God is risen, granting the world great mercy. **Tone 4** Byzantine melody harmonized by Fr. J. Finley

Troparion for the Feast of the Elevation of the Holy Cross

O Lord save Thy people and bless Thine inheritance, granting victory over all adversaries. And by the pow'r of Thy cross protect us.

Tone 1 Byzantine

Troparion to St. Athanasius (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, O holy Father, intercede with Christ God

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

that He may grant us abundant mercy.

Tone 3 Byzantine melody harmonized by Fr. J. Finley

Kontakion for the Feast of the Cross

Tone 4 Slavic Chant

As You were voluntarily raised upon the <u>Cross</u> for our sake, grant mercy to those who are called by Your Name, O <u>Christ</u> God; make all Orthodox Christians glad by your <u>power</u>, granting them victories over their <u>adversaries//</u> by bestowing on them the invincible trophy, Your <u>weap</u>on of peace!

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 (Music on page 59 of Liturgy book)

Tone 4 Byzantine melody harmonized by Fr. J. Finley

O Lord, how manifold are Thy works, in wisdom Thou hast made them all. (*Ps 103/104:24*)

Vs. Bless the Lord O my soul, O Lord my God, Thou art very great.

EPISTLE READING

Galatians. (2:16-20)

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

Alleluia Refrain and Psalm verses before the Gospel Tone 4

(Music on p. 64 of Liturgy book)

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Draw Thy bow and prosper and reign, in the cause of

truth, meekness, and righteousness. (Ps 44/45:5)

Verse: Thou hast loved righteousness and hated wickedness.

(Ps 44/45:8)

GOSPEL READING Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

Meglynarion (Hymn to the Mother of God) for the Feast of the Cross (Tone 8 Byzantine melody, arranged by Max Murphy of Indianapolis, IN)

You are a mystical paradise, O Birthgiver of God, in which Christ blossomed. Through Him, the life-bearing wood of the Cross was planted on earth. Now, at its elevation, as we bow in worship before it, we glorify You.

Communion Hymn

Praise the Lord from the heavens; praise Him in the Highest!

For the feast of the Cross

(Kievan chant, arranged by Vladimir Morosan)

The light of Your countenance has shone on us, O Lord. (Ps 4/5:6) Alleluia (3x)

Instead of "We have seen the true light," we sing the Troparion of the Feast.

O Lord save Thy people and bless Thine inheritance, granting victory over all adversaries.

And by the pow'r of Thy cross protect us.

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.

CELEBRATTIONS for THIS WEEK

Wedding Anniversaries

9/19 Kevin & Angelina Speier

Birthdays

9/18	Andy Simonsen
9/19	Leslee Kinman
9/20	Dan Braun, Hailey Michele Parodi
9/22	Alec de Bruin
9/24	Katherine AbuGhazaleh, Paul Franzen

Patronal Feast Days

9/24 St. Thekla the Protomartyr Melissa Braun, Jan Finley, Courtney Shannon

INCOME FOR JULY 2016 Gen. Operating Building Fund					
Monthly Goal	\$36,000	\$ 14,120			
Monthly Actual	\$42.502	\$ 14,396			
	INCOME FOR AU	JGUST 2016			
	Gen. Operating	Building Fund			
Monthly Goal	\$36,000	\$ 14,120			
Monthly Actual	\$35, 179	\$ 11.964			

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

SEPTEMBER IS STEWARDSHIP MONTH! For the next month, we will review the concepts of stewardship of our time, talents and treasures, and we will ask each parish family to consider how they may serve in the building up of the parish and God's Kingdom. Each family/household will also be asked to consider how they can support the General Fund and Building Fund in 2017. Please take the time to review the personal assessment regarding time, talent and treasure inserted in this week's bulletin.

FOOD & TOILETRIES DRIVE FOR PROJECT MEXICO

From October 2-16 we will be collecting items on St. Innocent Orphanage's "Most Needed" list. Our goal is to collect 20 boxes (or jumbo bags of rice or beans) so that we can get the free shipping offered to Project Mexico by a local shipping company. A flyer will be distributed at Coffee Hour next week with a shopping list and more details. On Sundays, you can drop off your donated items in the designated area at the end of the long hallway. Help us to provide for the boys at St. Innocent Orphanage during the time of year when donations typically decrease. Growing boys need good nutrition!

College Conference 2016

December 27-30, 2016

Each year during Christmas Break, OCF's College Conference hosts hundreds of college students from across North America for four days of fellowship, education, and prayer.

College Conference 2016 Locations

East: Antiochian Village – Boliver, Pennsylvania

Midwest: St. Iakovos Retreat Center – Kansasville, Wisconsin

West: St. Nicholas Ranch – Dunlap, California

http://www.ocf.net/college-conference/

The Feast of the Elevation of the Venerable and Life-giving Cross

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation.

At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy."

It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country. Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.



We have a new icon of **The Creation**

in the entryway of the church, by the office.
The two icons that were on that wall have been relocated to our beautiful new chapel.
The new print (not hand-painted) icon of Creation will be a lovely way to welcome guests into our building!

Autumn means Religious Education begins again! Welcome back!

It's that time of year again! The beginning of the new Liturgical Year brings the beginning of our Religious Education programs here at St. Athanasius. We offer classes and seminars for ALL AGE GROUPS, and for folks at all levels.

CATECHESIS OF THE GOOD SHEPHERD (ATRIUM) - Ages 3-12

We ask that all children ages 3-12 who will be participating in the Catechesis of the Good Shepherd **be registered**, which parents can do online by going to the <u>registration page</u> on the parish website:

http://www.stathanasius.org/ministries/youth-education/catechesis/registration/

RELIGIOUS EDUCATION AUTUMN START-UP SCHEDULE:

Sunday, Sept. 18

Jr. High and High School classes begin (9:00 a.m. on Sundays)

Saturday, October 1

Adult Catechism begins—Saturdays 4:30-6:00 p.m. Fall class: "Beginning to understand the mysteries of the Church"

Sunday, October 2

Atrium opens - Level II and Level III classes for children ages 6-12 years old (9:00 a.m. on Sundays)

Tuesday, October 4

Atrium begins for children 3-6 years old (3:15-4:30 p.m.)

YOUTH GROUP — TEEN NIGHT

At the church every Thursday:

Junior High Gathering 6:00-7:30 p.m. High School Gathering 6:30-8:30 p.m.

RELIGIOUS EDUCATION STAFF

ADULT CATECHISM—Saturdays at 4:30 p.m. Fr. Nicholas Speier

TEEN PROGRAM

Thursday evenings starting September 15th

Tyler Speier, Program Coordinator

Assistants: Michael Easbey, Nancy Gilbert, Mary Gish, Taylor Speier, Paul Wintz

Sunday Teen Religious Education—Sundays at 9:00 a.m.

Junior High Class: Doug King, Galen Wiley High School Class: Craig Speier, Paul Wintz

CATECHESIS OF THE GOOD SHEPHERD

Joanne Gish, Coordinator

Level I (3yrs-6yrs) - Tuesdays at 3:15 p.m.

Catechists - Kate VanderLaan, Carla Harris, Cheryl Giordani Assistants - Penny Cocores, Jan Speier, Terri Speier

Level II (6 yrs-9 yrs.) - Sundays at 9:00 a.m.

Catechist - Joanne Gish Assistant - Kristi King

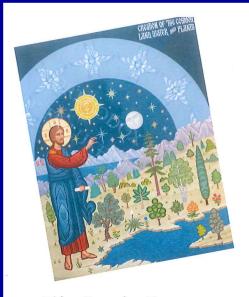
Level III (9 yrs.-12 yrs.) - Sundays at 9:00 a.m.

Catechist - Jane Meyer

Assistants: Dorothy Alexander, Kate Vander Laan

COULD GOD BE CALLING YOU TO BE A CATECHIST?

Do you think you might be interested in working with children ages 3-Kindergarten, 1st-3rd grade or 4th-6th grade? Do you have a deep desire to learn more about the Orthodox faith looking through the lens of a child? Can you identify the point in the liturgy where the priest makes the gesture of Epiclesis? Do you know that our 4 year olds can?! Do you long to fall in love with the Good Shepherd all over again? Please contact Joanne Gish, Kate Vander Laan, Carla Harris or Jane Meyer if you have any questions about CGS training or if you want further information about our program. We would love to have you join us!





November 11-13, 2016 Beauty in Orthodox Spirituality and Worship: Manifesting the Kingdom of God on Earth

St. Athanasius Antiochian Orthodox Church 300 Sumida Gardens Lane, Santa Barbara, CA 93111

- Produced with the blessing of His Eminence, Metropolitan JOSEPH -

Friday, November 11

5:00-6:30 p.m.

Church Tours, Bookstore, Icon Exhibit and Vendors

6:30-7:00 p.m.

Children's Session with Jane G. Meyer, Children's Book Author *Jane will read her book, When God Made You, to the children.

7:00-8:30 p.m.

Keynote Address: Beauty that Transfigures -- Beauty that Saves

Rt. Rev. Archimandrite Irenei Steenberg, Bishop-Elect of Sacramento (Activity for children ages 4-10 yrs. in the classrooms. Children under 4 welcome to attend with a parent. Please register your child in advance at

office@stathanasius.org. Please specify ages.)

8:30-9:30 p.m.

Reception, Bookstore, Icon Exhibit and Vendors following presentation.

Saturday, November 12

12:00-1:00 p.m.

Church Tours, Bookstore, Icon Exhibit and Vendors

1:00-2:30 p.m.

Christian Church Architecture: Reflecting the Beauty of the Kingdom

in Worship Space - Christ J. Kamages, FAIA ACLS

3:00-4:00 p.m.

Fighting for Beauty in a Fallen World - Jane G. Meyer, Children's Author

6:00 p.m.

Great Vespers

7:00 p.m.

From Observation to Experience: Encountering the Beautiful

Rt. Rev. Archimandrite Irenei Steenberg, Bishop-Elect of Sacramento

8:30 p.m.

Reception, Bookstore, Icon Exhibit and Vendors following presentation.

Sunday, November 13

3:00 p.m.

Concert of Sacred Music (Reception following concert)

The St. Athanasius Parish Choir, Valerie Yova - Conductor The Santa Barbara Catholic Mission Schola, Roy Spicer - Conductor

Adelfos Ensemble, Temmo Korisheli - Conductor

(\$5 donation for concert, no charge for children 12 yrs. and under, seating first-come/first-served)



Bishop-Elect Irenei Steenberg



Christ Kamages



Jane G. Meyer

FOR MORE INFORMATION, GO TO: WWW.STATHANASIUS.ORG office@stathanasius.org 805-685-5400

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. Fr. Patrick and Vanessa K.

Greg & Margaret Y. Hoppe Family

Dean & Penny B. Kevin & Angel S. Mary

Baby Christian F. Duane F.

Galina, Nikolai & Nataliya Olga Marie G. Emily F.

Joan T.

Terri-Lynn & Hannah Rose H.

Silvia Y. Gail S. Manny Jared E. James Susan B. Alma G. Carla H.

> All those suffering and in danger in the Ukraine, Africa, and the Middle East

For repose of the souls of: Fr. Jacques—new Martyr of France, William, 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).

****************** 米 ST. ATHANASIUS BOOK CENTER *** 米 The church bookstore is located in the fover 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. * *********************************

