



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
Benjamin Hedges
Karen Jacobs
Jon King

LITURGY OF ST. JOHN CHRYSOSTOM Sunday, September 20, 2015 Tone 7 / Eothinon 5

Sunday after the Exaltation of the Holy Cross
Great-martyr Eustathios and his Family; Venerable-martyr
Hilarion of St. Anne Skete on Athos;
Venerable John of Crete; Martyrs Michael, Prince of
Chernigov, and his Councilor Theodore



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

Sunday, September 20-Blessing of Musicians

- 9:00 a.m. Religious Ed for Teens begins
9:00 a.m. Matins
10:00 a.m. Divine Liturgy and Blessing of the Musicians
11:45 a.m. Coffee Hour

Monday, September 21

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

Tuesday, September 22

- 5:30 p.m. Daily Vespers

Wednesday, September 23

- 6:45 a.m. Daily Matins
12:00 p.m. Women's Prayer Group
6:00 p.m. VESPERS to begin 40-day
VIGIL FOR LIFE

Thursday, September 24

St. Thekla, St. Siloan

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

Friday, September 25

- 6:45 a.m. Daily Matins

Saturday, September 26

- 9:00 a.m. Meeting of Ministry Leaders
6:00 p.m. Vespers/Confessions

Sunday, September 27

Blessing of Ministry Leaders

- 9:00 a.m. Religious Ed classes for teens
9:00 a.m. Matins/
10:00 a.m. Divine Liturgy and Blessing of the Ministry Leaders
11:45 a.m. Coffee Hour/ MINISTRIES INFORMATION FAIR
4:00 p.m. St. Barbara Monastery Friends Gathering

Sunday Morning Ministries Schedule

Eucharist Bread

- September 20 Dn. G. Braun
September 27 C. Sieck
October 4 Dillon
October 11 Meyer

Coffee Hour

- September 20 Gail Shannon (for St. George, in memory of Dn. Howard George Shannon)
September 27 C. & J. Speier
October 4 P. King
October 11 POTLUCK—Fall Gathering

Greeters

- September 20 Kristin King/D. Washburn
September 27 G. Shannon/D. Lewis
October 4 D. Genatone/P. Morrison
October 11 K. & L. Jacobs

Ushers

- September 20 J. King, R. Barre
September 27 S. Speier, P. Brunner, P. King
October 4 D. Meyer, G. Shannon, D. Lewis
October 11 C. Speier, P. King

Readers

- September 20 R. Barre
September 27 D. Meyer
October 4 D. Washburn
October 10 D. Alexander (Great Vespers)
October 11 R. Barre

AT THE END OF THE MATINS SERVICE, WE SING THE GREAT DOXOLOGY.
 (“Glory to You, Who have shown us the light...” - Complete text is
 in the front of the Liturgy Book.)
 The Doxology is followed by the Matins Dismissal Troparion.

**THE DIVINE LITURGY
 OF ST. JOHN CHRYSOSTOM**

THE LITURGY OF THE WORD

THE 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:

Melody Tone 2 arr. P. Drobac

Ison

Through the prayers of the The - o - to - kos, O

Sav-iour, save us! save us!

Final refrain ending

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:

Tone 2 **Second Antiphon**

Melody

O Son of God, cru - ci - fied in the flesh,

Ison

save us who - sing to You: "Al - le - lu - ia!"

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 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 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: (For music, turn to next page.)

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

Vs. 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.

At the Little Entrance, we sing the following hymns of the day:

**Troparion of the Resurrection
(Music on p. 51 of Liturgy book)**

Thou didst shatter death by Thy Cross;
Thou didst open paradise to the thief;
Thou didst turn the sadness of the
ointment bearing women into joy,
and didst bid Thine apostles proclaim
a warning that Thou hast risen, O Christ,
granting the world the great mercy.

Tone 7 Byzantine melody
harmonized by Fr. J. Finley

Troparion 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.

Tone 1 Byzantine chant
harmonized by Fr. J. Finley

Troparion for St. Eustathius and His Family

Your holy martyr Eustáthius and his wife and sons, O Lord,
through their sufferings have received incorruptible crowns from
You, our God.
For having Your strength, they laid low their adversaries,
and shattered the powerless boldness of demons://
Through their intercessions, save our souls!

Tone 4 Slavic Chant

**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,
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 for the Feast of the Cross

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

Tone 4 Slavic melody


Troparion

Elevation of the Cross

Tone 1 Byzantine


Priest Mark Sahady
arr. by Priest John Finley

Soprano
Alto



O Lord, save Thy peo - ple and bless_ Thine in - her - i - tance,

Tenor
Bass



S.
A.




grant - ing vic - to - ry ov - er all ad - ver - sar -

T.
B.




S.
A.



ies. And by the pow'r of Thy Cross pro - tect_ us.

T.
B.



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 (Prokeimenon) Verses before the Epistle Tone 7 Byzantine

Exult ye the Lord our God, and worship at His footstool; for He is holy. (Ps. 99:5)

Verse: The Lord reigneth, let the people rage.

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.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. Remember Thy congregation, which Thou has purchased of old. (Ps 74:2)

Vs. God is our King of old; working salvation in the midst of the earth. (Ps. 74:12)

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."

LITURGY OF THE FAITHFUL

The following changeable hymns for the feast are sung after the Anaphora:

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! (*Ps 148:1*)

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)

INCOME FOR AUGUST 2015

	General Operating	Building Fund
Monthly Goal	\$33,000	\$14,120
Monthly Actual	\$58,553	\$13,425

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! This month, we are reviewing the concepts of stewardship of our time, talents and treasures, and we will ask each parish family to prayerfully consider how they are able to contribute to the building up of the parish and God's Kingdom. Next Sunday, we will distribute a commitment form and ask that each parish member/household fill out and return it. You will be able to submit this form online, as well. The form will help guide the Parish Council in the budgeting process for 2016, and give us some idea of your interests and talents.

VESPERS TO BEGIN 40-DAY VIGIL FOR LIFE-THIS WED. SEPT. 23

We will come together as a worship community on Wednesday, September 23rd at 6:00 p.m. to pray for the sanctity of ALL life, as a 40-day Vigil begins around the world.

ALL MINISTRY TEAM LEADERS WILL MEET THIS SATURDAY, SEPTEMBER 26 from 9-11 a.m. Please R.S.V.P. to Valerie about the meeting, if you have not already.

WE ARE HOSTING THE DIOCESE FALL GATHERING OCTOBER 9-11!

This year, we have been granted the honor by His Eminence, Metropolitan JOSEPH, to host the Fall Gathering. It is the Western Region Delegates meeting and it will be October 9-11, 2015. This will be our first opportunity to host this special event. We are expecting 80-120 people to be visiting our parish and we are going to need lots of help from everyone. There are so many ways in which you can help! If you are available to help, please speak to Christie Speier Robinson or contact her at christie.d.robinson@gmail.com or [805-455-4312](tel:805-455-4312).

To our dear friends at SAOC,

Please accept our deepest thanks for your concern, care, thoughtful notes and cards of sympathy and most especially the prayers lifted for Roseann Boettner (mother, grandma and great grandma). June and her siblings witnessed her first heavenly vision- as she so brightly opened her eyes at her last breath... It was truly awesome.

With our love,
The Easbey Family



CELEBRATIONS for THIS WEEK

Wedding Anniversaries

9/26 Fr. Jon & Mary Ellen Braun

Birthdays

9/20 Dan Braun
9/20 Hailey Michele Parodi
9/22 Alec de Bruin
9/24 Katherine AbuGhazaleh
9/24 Paul Franzen

Patron Saint Commemorations

9/24 **St. Thekla the Protomartyr** Melissa Braun, Jan Finley, Courtney Shannon
9/25 **St. Sergius of Radonezh** Brain Sieck
9/26 **St. John the Theologian** Douglas Meyer

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - September 23-November 1, 2015)

O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.

40 DAYS FOR LIFE™
HELP SAVE LIVES
SEPTEMBER 23 - NOVEMBER 1

*Join the worldwide
movement to protect
mothers and babies*

From **September 23 – November 1**, our community will join with hundreds of other cities participating in *40 Days for Life*, a life-saving campaign made up of three components:



**PRAYER &
FASTING**



**COMMUNITY
OUTREACH**

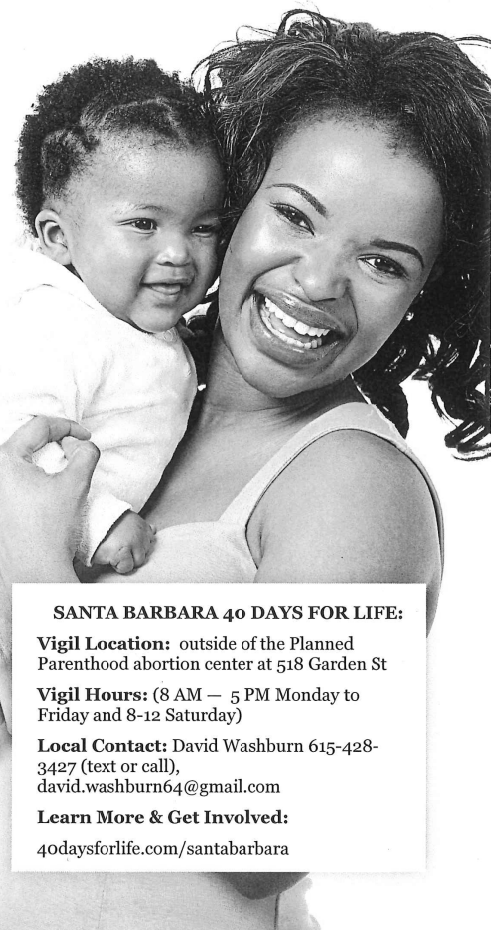


**PEACEFUL
VIGIL**

40 Days for Life is a peaceful pro-life effort made up of more than 625,000 volunteers in 559 cities across 24 nations.

With God's help, *40 Days for Life* has seen proven results: **10,331** babies spared from abortion, **118** abortion worker conversions, and **60** closed abortion centers.

Get involved, and *you* can help save lives!



SANTA BARBARA 40 DAYS FOR LIFE:

Vigil Location: outside of the Planned Parenthood abortion center at 518 Garden St

Vigil Hours: (8 AM – 5 PM Monday to Friday and 8-12 Saturday)

Local Contact: David Washburn 615-428-3427 (text or call), david.washburn64@gmail.com

Learn More & Get Involved:
40daysforlife.com/santabarbara

**JOIN US FOR AN ORTHODOX PRAYER SERVICE OCT. 17
IN FRONT OF PLANNED PARENTHOOD**

Fr. Nicholas and a group of singers from our choir will pray a memorial service in front of Planned Parenthood on Saturday, October 17th at 9:00 a.m. We will also pray for all medical practitioners and staff who have participated in abortions.

September 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 [Registration page](http://www.stathanasius.org/ministries/youth-education/catechesis/registration/) of the parish website:
<http://www.stathanasius.org/ministries/youth-education/catechesis/registration/>

RELIGIOUS EDUCATION FALL START-UP SCHEDULE:

Sunday, Sept. 20

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

Saturday, October 3

Adult Catechism begins—Saturdays 4:30-6:00 p.m.

Sunday, October 4

Atrium opens - Level II and Level III classes for grades 1-6 (9:00 a.m. on Sundays)

Tuesday, October 6

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

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?

Our parish has been invited to participate in a local Level One formation training with St Barbara Catholic Church and Trinity Episcopal Church. The sessions will take place at Trinity Episcopal on the following dates: January 16, 30; February 13; March 19; April 16; June 4, 25; July 16; September 3, 17; October 1. 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!



**TODAY WE HONOR AND THANK OUR CHURCH MUSICIANS—
All those who lead us in the music of our worship as
choir members & chanters 52 weeks of the year!**

At St. Athanasius, we are committed to beautiful, prayerful, engaging worship, and that means beautiful music. The mixed choir currently sings for all Sunday Liturgies, Feast Days, Vespers for feast days, and many of the services of Holy Week and Pascha. The choir rehearses 3-5 times per month. We also have a growing group of chanters who sing for Saturday Vespers, Sunday Matins, and other special weekday prayer services.

Choir members are expected to attend 75% of all services and rehearsals and to take their responsibilities as “Music Ministers” in the parish very seriously. This is a huge commitment of time, talent and energy, and to this dedicated group of volunteers we say:

THANK YOU!!!

THE MUSIC OF ORTHODOX WORSHIP

The foundation of Byzantine liturgy was built on the extensive singing of Psalm texts. The cantors would announce a psalm, its refrain, and then chant the verses, to which the assembly as liturgical respondents would then sing the common response. This ancient practice reveals several things about the character of Byzantine liturgical execution. For one, it underscores the continuing role of the assembly to listen and to respond as a unified body in a common dialogue of faith.

(continued on the next page...)



The liturgical singers fulfill two primary roles as part of their ministerial offering:

- 1) to prepare and execute those textual and musical components which change from verse to verse, and furthermore from week to week, feast to feast, and season to season; and
- 2) to introduce, to lead, and to support the assembly in the singing of its own responses.

Based on liturgy itself, nothing fundamental regarding these key ceremonial ministries has changed since their initial formulations and designated purposes. In fact, the structure of the liturgy today often clearly maintains these models in its primary textual presentation, e.g. the litany still requires a response after each petition; the prokeimenon still offers a common refrain to be sung after each verse; the Anaphora still begins as a dialog, and so on.

- Mark Bailey, Orthodox Composer/Conductor, Educator

St. Gregory of Sinai, speaking of music in the Church, said: “Psalmody has been given to us that we may rise from the sensory to the intellectual and true.” Sacred music is uplifting, and there is a decided transforming power in it. It is grounded in matter—since all sounds proceed from vibrations of something material—yet the effect is uplifting beyond the sensory to a higher plane. And because music always requires the element of time, it is by nature an “event.” It is dynamic rather than fixed, a flowing movement rather than a “still life.” More than any other art, then, it carries the possibility of change, of transformation. In the case of genuinely spiritual music, it can elevate from the sensory to the sublime. St. John Chrysostom expressed it best: “Nothing uplifts the soul so much and gives it wings and liberates it from the earth and releases it from the fetters of the body and makes it aspire after wisdom and deride all the cares of this life, as the melody of unison and rhythm-possessing sacred songs.”

- From “Sacred Music: Its Nature & Function” - OCA Dept. of Music

PRAAYER 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
Dn. Richard E.
Kh. Mary Sue W.
Greg & Margaret Y.
Hoppe Family
Kh. Mary Ellen B.
Gail S.
Dean & Penny
Mary
Susan B.

Baby Christian F.
Duane F.
Stan and Donna F.
Angel, Helen and Family
Joy
Ryan Family
Terri-Lynn H.
Hannah Rose H.
Holly C.
Valeria
Tami, Denny, Maddie B.
Kevin O.

Steve T.
Temmo K.
Paige
Galina, Nikolai & Nataliya
Nikita
Marina
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

For repose of the souls of: Roseann B., David W., Ryan B., Jane W.

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." *
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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 new members, catechumens,
inquirers and visitors
 - In SHARING THE ANCIENT FAITH with
our community, the wayward and seekers
 - In LOVING AND CARING FOR OUR COM-
MUNITY

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

