

ST. ATHANASIOS ANTIOCHIAN ORTHODOX CHURCH

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Parish Council:

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Douglas Meyer, Secretary
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LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, November 10, 2013

**Tone 3 / Eothinon 9; Twentieth Sunday after Pentecost
& Eighth Sunday of Luke**

Apostles Olympas, Rodion, Sosipater, Tertios, Erastos and Quartos of
the Seventy; Great-martyr Orestes of Cappadocia;
Venerable Theostiriktos of Symbola and Nonnus, Bishop of Heliopolis,
& St. Nektarios of Aegina—transferred from Nov. 9



St. Nektarios - November 9

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, November 10

8:45 a.m. Rel. Ed. 3 yrs – High School
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Monday, November 11

6:45 a.m. Daily Matins
4:30 p.m. Outreach Meal at St. Michael's
University Church in Isla Vista
7:00 p.m. Women's Bible Study

Tuesday, November 12

5:30 p.m. Daily Vespers
6:00 p.m. Men's Ministry
6:00 p.m. J2A Service Project—Cocoa
served in Isla Vista
7:00 p.m. Catechists Meeting

Wednesday, November 13

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

Thursday, November 14

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

Friday, November 15

6:45 a.m. Daily Matins
7:00 p.m. Advent Seminar

Saturday, November 16

9:00 a.m. Advent Seminar
4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers

Sunday, November 17

8:45 a.m. Rel. Ed. 3 yrs – High School
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Choir Rehearsal

Sunday Morning Ministries Schedule

Eucharist Bread

November 10 Fr. Nicholas
November 17 Tinyayeva
November 24 Kern
December 1 Gish

Coffee Hour

November 10 Scott & Terri Speier
November 17 Young/Madriral
November 24 Lander
December 1 Thanksgiving Leftover
Potluck

Greeters

November 10 P. Morrison & D. Genatone
November 17 D. & D. Alexander
November 24 D. Washburn & D. Lewis
December 1 K. & L. Jacobs

Ushers

November 10 D. Meyer, R. Barre, D. Lewis
November 17 C. Speier, Rita Schneider,
P. Brunner
November 24 Jon King, G. Braun, P. King
December 1 D. Meyer, R. Barre, D. Lewis

CHANGEABLE TEXTS FOR THE DAY

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 LITURGY OF THE WORD

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 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—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.

**- PROCESSION OF THE CLERGY -
AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL
HYMNS FOR THE DAY:**

Troparion of the Resurrection

Tone 3

(Music on page 44 of Liturgy Book)

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.

He hath trampled down death by death
and become the first born from the dead.

He hath delivered us from the depths of Hades,
granting the world the great mercy.

Troparion for St. Nektarios of Aegina

Tone 1

O faithful, let us honor Nektarios the divine servant of Christ, /
offspring of Silyvria and guardian of Aegina, /
who appeared in these last times as a true friend of virtue, /
pouring forth all manner of healing upon those who reverently cry: /
Glory to Him who gave you strength! /

Glory to Him who granted you a crown! /
Glory to Him who through you grants healing to all!

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

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 the Presentation of the Theotokos in the Temple

The most pure Temple of the Savior;
the precious Chamber and Virgin;
the sacred Treasure of the glory of God,
is presented today to the house of the Lord.
She brings with her the grace of the Spirit,
therefore, the Angels of God praise her:
“Truly this woman is the abode of Heaven!”

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 58 of Liturgy Book)

Tone 3

Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

Verse: Clap your hands all you peoples!

Shout to God with a voice of joy! (*Ps 46/47:1*)

EPISTLE READING FOR THE DAY

Galatians 1:11-19

Brethren, I would have you know that the Gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when He who had set me apart before I was born, and had called me through His grace, was pleased to reveal His Son to me, in order that I might preach Him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were Apostles before me, but I went away into Arabia; and again I returned to Damascus.

Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other Apostles except James the Lord's brother.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel
(Music on Page 64 in Liturgy Book)

Tone 3

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

Verse: Be unto me a God and protector, and a house of refuge to save me.
(*Ps 30/31:2*)

GOSPLE READING FOR THE DAY

Luke 10:25-37

At that time, a lawyer stood up to put Jesus to the test, saying, "Teacher, what shall I do to inherit eternal life?" Jesus said to him, "What is written in the Law? How do you read?" And the lawyer answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And Jesus said to him, "You have answered right; do this, and you will live."

But the lawyer, desiring to justify himself, said to Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man

who fell among the robbers?" The lawyer said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

LITURGY OF THE FAITHFUL

Meglynarion—Hymn to the Mother of God (Liturgy Book, Page 27)

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.

Hymn sung as the clergy receive the Eucharist: (Liturgy Book, Page 32)

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

Jesus Prayer: Lord Jesus Christ, Son of God, have mercy on me a sinner. **(Music on next page.)**

Hymn during Communion of the People (Liturgy Book, Page 33)

Of Thy mystical Supper, O Son of God... (See music in back of this insert.)

Receive the Body of Christ, taste the fountain of immortality.

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.*

Recessional—"O Pure Virgin"

(A para-liturgical hymn attributed to St. Nektarios; Transcribed and translated by Bishop Basil Essey.)

O pure and virgin Lady, O spotless Theotokos:

Refrain: REJOICE O UNWEDDED BRIDE!

O Virgin Queen and Mother, O dewy Fleece most sacred (REFRAIN)

O height transcending heaven above, O beam of light most radiant: (REFRAIN)

O joy of chaste and virgin maids, surpassing all the Angels: (REFRAIN)

O brilliant light of heaven above, most clear and most radiant: (REFRAIN)

Commanding Chief of heavenly hosts, O holiest of holies: (REFRAIN)

O Ever-virgin Mary, O Mistress of creation (REFRAIN)

O Bride all pure and spotless, O Lady all holy: (REFRAIN) (continued on next page)

O holy Mary Bride and Queen, O cause of our rejoicing: (REFRAIN)
O Maiden Queen most hon'able, O Mother most holy. (REFRAIN)
More precious than the Cherubim, more glorious than the Seraphim: (REFRAIN)
Surpassing Principalities, Dominions, Thrones and Powers: (REFRAIN)
REJOICE, O UNWEDDED BRIDE!

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.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

MONASTERY WORK DAY—NOVEMBER 23rd

We are putting together a group of men and women to spend the day at St. Barbara Monastery on Saturday, November 23rd to help Mother Victoria and the sisters in whatever way they need. If you would like to go, please let Fr. Nicholas know by November 18th. Email to frnicholas@stathanaius.org or leave him a message at 685-5495. We will car pool from the church.

MARK YOUR CALENDAR FOR THESE UPCOMING LITURGICAL CELEBRATIONS:

- **The Advent Fast begins this Friday, November 15th.**
- **ADVENT SEMINAR THIS COMING WEEKEND!**

Kick off Advent and the Christmas season with this spiritually uplifting and practical two-part seminar:

Keeping Christ in Christmas Friday, November 15, (7-8:30 p.m.)

How to prepare ourselves during Advent for Christ's coming into the world.

Sharing Christ at Christmas Saturday, November 16, (9:00-11:00 a.m.)

How to share the "Good News" of Christ's birth through word and example during the Christmas season

Both sessions are free, and refreshments will be served. Walk-ins are welcome, but a reservation in advance is appreciated. Call the Church office at 805-685-5400.

- **ADVENT PARAKLESIS**—Wednesday, 12/11, and Wednesday, 12/18 at 6:00 p.m.
- **Feast of the Presentation of the Theotokos** in the Temple– Vesperal-Liturgy, Wednesday, 11/20 at 6:00 p.m.
- Wednesday, 11/27 (the eve of Thanksgiving) at 6:00 p.m. we will pray the beautiful **Akathist of Thanksgiving**, “Glory to God for All Things.” What a great way to begin the Thanksgiving weekend with your entire family!

CELEBRATIONS for THIS WEEK

Anniversaries

11/11 Jason & Jody Wallace

Birthdays

11/10 David Lewis
 11/11 Lauren King
 11/13 Farley Easbey, James Morrison, Leticia Brunner
 11/14 Sophia Roberts
 11/15 Anna Grace Butler
 11/16 Cole Keller
 11/17 Catherine Braun, John Heiduk

Patron Saint Commemorations

November 11

St. Martin of Tours

Bob Gundersen, Brody Hansen

St. Victor of Damascus

Viktoría Hedges

November 13

St. John Chrysostom

Dn. John Young

November 14

St. Philip the Apostle

Dn. Gary Braun, Gary Braun Jr.,
Philip Friesen

November 16

St. Matthew the Apostle

Alec de Bruin, Mateo Finley
Larry Lander, Matt Thomas

November 17

St. Gregory the Wonderworker
Obadiah the Prophet

Cole Keller
Obadiah Robinson

MUSIC SEMINAR 2013

“The Sacred, the Profane, and Everything In Between”

October 26, 2013

On Saturday, October 26th, a group of 30 folks gathered to learn more about what qualities determine musical style, including rhythm, melody, text and vocal technique, and what distinguishes all other styles of music from “liturgical music.” We listened to lots of musical examples, had stimulating discussions, enjoyed a concert and sing-a-long during lunch, and found that there is MUCH to talk about related to Orthodox Liturgical music and its growth and development in America. We look forward to exploring these topics more deeply next fall when our Liturgical Arts Festival focuses on Orthodox Liturgical Music!

Many thanks to our instructors: Fr. Nicholas Speier, Dr. Stephen Butler, and Nazo Zakkak from San Diego.

Some comments from the participants:

“The program was well done, very interesting, and a real treat to attend.”

“The music seminar was a most exciting success. Most definitely I will attend another seminar.”

“I enjoyed the time and learned quite a bit.”

“I loved hearing the different styles of music, and the discussions that followed. Also, all of the different topics were very interesting. In fact, we could have had an entire day devoted to each session!”

“I enjoyed the exposure to the many forms of music, and Stephen Butler's perspective on music and composing.”

Nazo's talks were given with so much joy and exposure to so many different styles of music with fabulous examples.

(Many thanks to John Butler for taking photographs during the seminar.)



PRAYER BEFORE COMMUNION

Last in a set of four

based on Tone Six - Serbian Chant

W.G. Obleschuk

$\text{♩} = 76$

Of Thy Mys - ti - cal Sup - per, O Son of God,

The first line of the musical score is written on a grand staff (treble and bass clefs) in the key of D major (two sharps). The tempo is marked as quarter note = 76. The lyrics are: "Of Thy Mys - ti - cal Sup - per, O Son of God,". The melody is a simple, stepwise progression.

ac - cept me to - day as a com - mun - i - cant;

The second line of the musical score continues the melody. The lyrics are: "ac - cept me to - day as a com - mun - i - cant;". The melody remains simple and stepwise.

for I will not speak of Thy Mystery to Thine

The third line of the musical score continues the melody. The lyrics are: "for I will not speak of Thy Mystery to Thine". The melody remains simple and stepwise.

e - ne - mies, nei - ther like Ju - das will I give Thee

The fourth line of the musical score continues the melody. The lyrics are: "e - ne - mies, nei - ther like Ju - das will I give Thee". The melody remains simple and stepwise.

a kiss, but like the Thief will I con - fess Thee:

The fifth line of the musical score continues the melody. The lyrics are: "a kiss, but like the Thief will I con - fess Thee:". The melody remains simple and stepwise.



MINISTRY TEAM LEADERS MEETING

Summary

Last Saturday, November 2nd, thirteen leaders of our parish ministry groups gathered to share about the successes of the past six months, and to learn more about the plans and opportunities that will be available to our ministries once we move into our new building. We agreed to stay the course and continue working on the goals we set six months ago, and then to come together again in May. At that time, we will revisit and revise our goals and check in about how things are going in the new building.

Many thanks to all who attended the meeting, and to those who emailed updates for their teams if they were not able to attend.

There was a contagious spirit of cooperation, support and enthusiasm at the meeting, and an excitement about what God has for us as we move into this new phase of the spiritual growth of our parish. As we approach this transition and move into our new building, Fr. Nicholas encouraged us to keep our focus on serving Christ and His Church in love, humility and faith as we work together “unto the inheritance of the Kingdom of Heaven.”



TEEN SCENE

JOURNEY TO ADULTHOOD

Schedule of Activities and Service Projects
September- November 2013

RITE-13 Grades 7-8

November

Sunday, 11/17

Transition House/Unity Shop service project

December

Sunday, 12/1

Tree decorating/ Nativity cave making and cookie decorating (St. Nicholas night is 12/8, the next Sunday)

Saturday, 12/14

Transition House shopping for kids gifts

J2A Grades 9-10

November

Sunday, 11/17

Fire on Father, 5-7 p.m. at Fr. Nicholas and Jan's home

Tuesday, 11/12

IV Hot Cocoa Project, 6-8pm

YAC Grades 11-12

November

Tuesday, 11/12

IV Hot Cocoa Project, 6-8pm

Sunday, 11/17

Fire on Father, 5-7 p.m. at Fr. Nicholas and Jan's home

TBA

Social activity

December

Sunday, December 29 Christmas Party/ White Elephant Gift exchange

MARK YOUR CALENDAR—UPCOMING EVENTS:

- **YES! Weekend** (Youth Equipped to Serve) - January 17-19, 2014 (Martin Luther King Weekend)
 - Camp St. Nicholas **Winter Teen Camp** - February 14-17, 2014 (Presidents' Weekend)

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:

Fr. Alexander Atty	Kh. Luann B.	Baby Christian F.
Mother Victoria	Gail S.	Richard
Met. Paul & Abp. John	Olga G.	Eleni Z.
who have been	Leona G.	Sylvia G.
kidnapped by terrorists	Presbyteria Katherine H.	Jimmy
in Turkey.	Mick K. & Family	Molly M.
Fr. Gordon & Mary Sue W.	Mary & Susan	Jim and Rumiko
Greg & Margaret Y.	Duane F.	Bill
Mary Ellen B.	Marna D.	Infants Luke & Andrew
Mother Eisodia, St. Thekla Monastery	Frank G.	
Kate, David, Salem & Baby	Patrick B.	

For repose of the souls of: Rae, Bobbie B., Bill

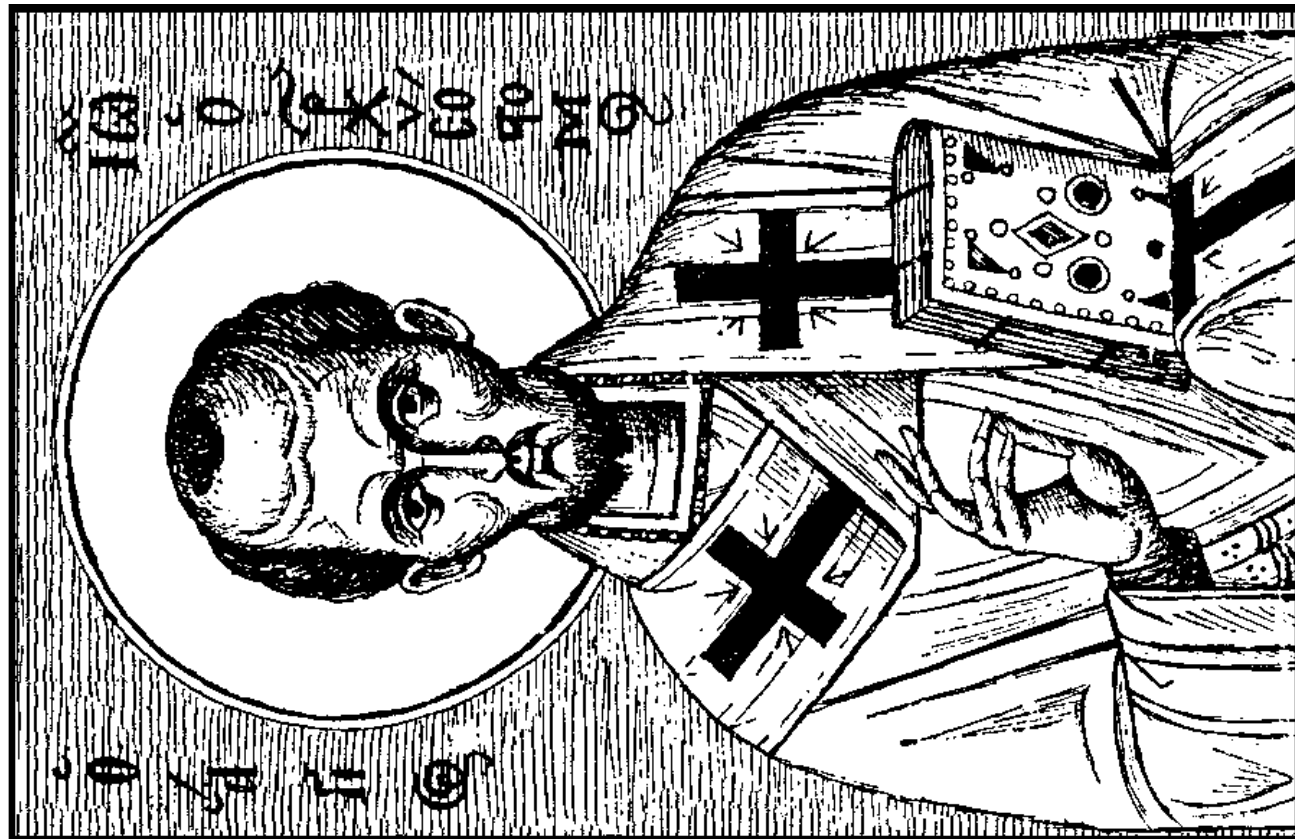
ABOUT OUR PRAYER LISTS:

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.

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. Make checks payable to "St. Athanasius Book Center."



St. John Chrysostom—November 13

(For the children to color during the homily or at home)