



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

P.O. Box 35, Goleta, CA 93116 • Phone: 805-685-5400 • FAX: 805-685-5411

5580 Calle Real
Goleta, CA 93111-1646

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. Jim King 805-968-0095

Fr. Jon Braun, Attached Priest (retired)

Fr. John Finley, Attached priest

Deacons:

Dn. Howard Shannon

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey

Dn. John Young

Dn. Rico Paul Monge

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

email: office@stathanasius.org

Parish Council:

Dana Alexander, President

Dan Braun, Treasurer

Douglas Meyer, Secretary

Katie AbuGhazaleh

Karen Jacobs

Jon King

Laurence Lander

Craig Speier

LITURGY OF ST. JOHN CHRYSOSTOM

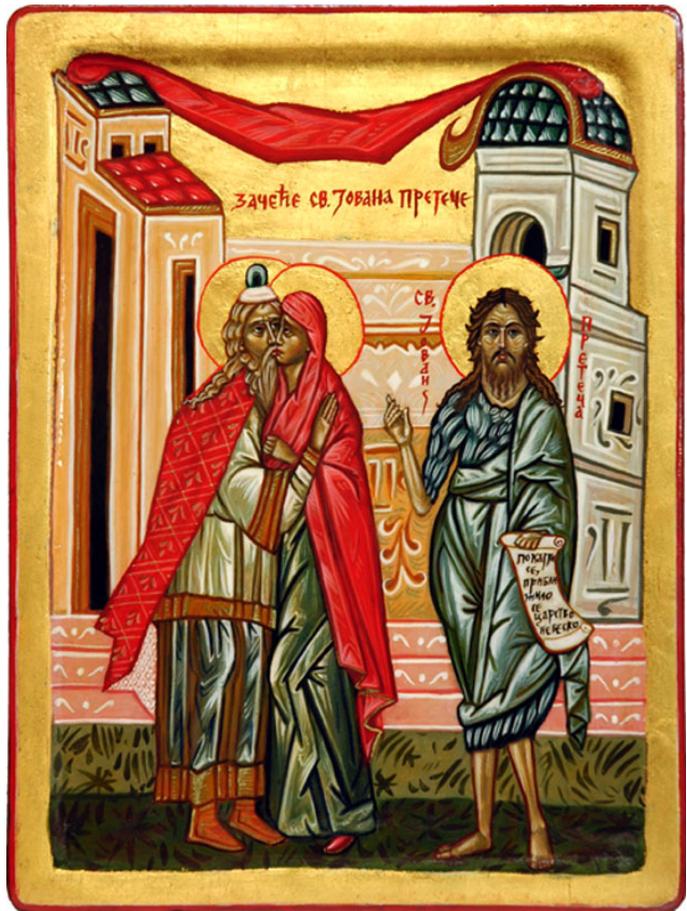
Sunday, September 23, 2012

Tone 7 / Eothinon 5;

Conception of Forerunner and Baptist John & First Sunday of Luke

Virgin-martyr Rhaïs of Egypt; Venerable sisters Xanthippe and
Polyxenia of Spain; New-martyr Nicholas "the Grocer";

New-martyr John in Brachorion



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 23

- 8:45 a.m. Religious Ed. Ages 3-17
9:00 a.m. Matins
10:00 a.m. Divine Liturgy & blessing of
Ministry Team Leaders
11:45 a.m. Coffee Hour

Monday September 24

- 6:45 a.m. Daily Matins (St. Thekla)
5:00 p.m. Outreach Meal

Tuesday, September 25

- 5:30 p.m. Daily Vespers
6:00 p.m. Men's Fellowship

Wednesday, September 26

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

Thursday, September 27

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

Friday, September 28

- 6:45 a.m. Daily Matins

Saturday, September 29

- 9:00 a.m. Catechesis Training Level I
9:00 a.m. Meeting of Ministry
Team Leaders
4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers/Confessions

Sunday, September 30

- 8:45 a.m. Religious Ed. Ages 3-17
9:00 a.m. Matins
10:00 a.m. Divine Liturgy/Blessing of
Music Ministry Team
11:45 a.m. Coffee Hour hosted by Choir
for St. Romanos Feast Day 10/1

Sunday Morning Ministries Schedule

Eucharist Bread

- Sept. 23 McConnell
Sept. 30 Meyer
October 7 D. Washburn
October 14 Thomas

Coffee Hour

- Sept. 23 Olga Gabriele & Family
For her birthday on 9/28
CHOIR for St. Romanos
Sept. 30 Kern
October 7 Kern
October 14 Madrigal/Young

Greeters

- Sept. 23 D. & D. Alexander
Sept. 30 P. Morrison/D. Genatone
October 7 E. Fryer, L. Shackelford
October 14 K. & P. King

Ushers

- Sept. 23 D. Meyer, Barre, Lewis
Sept. 30 Craig & Gabe Speier, K. Jacobs
Oct. 7 J. King, G. Braun, P. King
October 14 S. & L. Speier, P. Brunner

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.*

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 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

Tone 7

(Music is 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.

Troparion for the Conception of John the Baptist

Tone 4

Rejoice, O barren one, who formerly did not bear a child,
for you have conceived the Lamp of the Sun,

who is to illumine the whole universe darkened by blindness.

Rejoice, O Zachariah

and cry out with boldness:

“The prophet of the Most High desires to be born!”

Troparion to St. Athanasius (Music is 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 - Ordinary Sundays Tone 4

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. 13 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 7
(Music on p. 62 of Liturgy Book)

The Lord will give strength to His people; the Lord will bless His people with peace.

Vs: Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.

EPISTLE READING FOR THE DAY
Galatians 4:22-27

Brethren, Abraham had two sons, one by a slave and one by a free woman. But the son of the slave was born according to the flesh, the son of the free woman through promise. Now this is an allegory: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. But the Jerusalem above is free, and she is our mother. For it is written, "Rejoice, O barren one who does not bear; break forth and shout, you who are not in travail; for the children of the desolate one are many more than the children of her that is married."

Alleluia Refrain and Psalm verses before the Gospel
(Music on p. 65 in liturgy book.)

Tone 7

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: It is good to give thanks to the Lord, and to sing praises to Thy Name, O Most High. **Alleluia...**

Verse: To declare Thy mercy in the morning, and Thy truth in the night. **Alleluia...**

GOSPLE READING FOR THE WEEK
Luke 5:1-11

At that time, Jesus was standing by the lake of Gennesaret. And He saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, Jesus asked him to put out a little from the land. And He sat down and taught the people from the boat. And when Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish, which they had taken; and

so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed Him.

LITURGY OF THE FAITHFUL

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.

Hymn sung as the clergy receive the Eucharist:

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

Hymn during Communion of the People

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

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.

CELEBRATIONS for THIS WEEK

Anniversaries

9/26/53 Fr. Jon and Mary Ellen Braun

9/28 Michiel and Andrea de Bruin

Birthdays

9/24 Katie AbuGhazaeleh, Paul Franzen

9/27 Gianni Madrigal, Sherie Shackelford (continued on next page)

9/28 Jessica Berari, Olguita Gabrie, Amanda Morrison, Dn. John Young
9/29 Nicole Berari
9/30 Scott Williams

Patronal Feast Day Celebrations

9/24	St. John the Theologion	Douglas Meyer
9/24	St. Thekla the Protomartyr	Melissa Braun, Jan Finley, Courtney Shannon
9/25	St. Sergius of Radonezh	Brian Sieck
9/26	St. Justina	Justina King
9/27	St. Sophia	Noelle Ballew
9/28	St. Jerome	Tyson Shackelford

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

COFFEE HOUR SIGN-UP TIME

Last call for voluntary sign-up. We will be calling you to enlist your help if you have not signed up by the end of September. We ask that all communing members participate in hosting or co-hosting Coffee Hour once each liturgical year.

ADULT CATECHISM HAS BEGUN!

Our Adult Catechism class meets on Saturdays at 4:30 p.m. It's never too late to join, and veteran Orthodox faithful are welcome to come for a "refresher" course! If you would like to participate in the class, please let Fr. Nicholas know, either in person or by e-mail: frnicholas@stathanasius.org.

MONTHLY MEN'S GATHERING

On Tuesday, September 25th, the men of the parish are invited to a gathering at the church, beginning with Vespers at 5:30 p.m., followed by a Bible Study on the book of Romans led by Fr. Jon Braun, discussion, a testimony, and ending with dinner out. Our goal is to grow together in Christ. We hope to make this a regular monthly gathering. Please consider joining us!

MEETING OF MINISTRY TEAM LEADERS

The leaders or co-leaders of each of our parish ministry teams will meet on Saturday, September 29 from 9-11 a.m. at the church to discuss planning and new initiatives for the 2012-2013 Liturgical Year.



**JOIN OUR MISSION
TEAM in a
FOOD & TOILETRIES
DRIVE
for the boys of
St. Innocent Orphanage!**

We need to collect 20 boxes (or jumbo bags of beans/rice) in the next 3 weeks to qualify for free shipping.

Please place food in the designated area underneath the flat screen T.V. from now until Sept. 30th.

Here's the shopping list! Most needed items are in bold print:

(Large cans, boxes, bags, etc... are preferable to individual or family-size.)

FOOD

Canned evaporated or condensed milk
Canned hams
Cookies
Dry breakfast cereals
Granola bars
Honey
Jams / jellies
Mayonnaise
Nestlé's Quick (chocolate & strawberry)
Pancake mix
Pancake syrup
Pasta (elbow macaroni, spaghetti)
Peanut butter
Pinto beans (dry)
Rice
Soup mixes (individual servings)
Spaghetti sauce
Tomato sauce & puree
Tuna

TOILETRIES

Antibacterial hand sanitizer
Bar Soap
Bath soap (shower gel/ bar soap)
Bath sponges (loofah, etc.)
Body lotion
Dental floss
Deodorant
Hair gel
Q-tips
Razors
Shampoo & Conditioner
Toothpaste

CLEANING / LAUNDRY

All purpose cleaner - (409, Fantastik, etc.)
Bleach
Dish washing liquid
Dryel dry cleaning kits (for school uniforms)
Fabric softener
Laundry detergent
Mops/brooms
Pine sol
Scrub sponges
Spot remover
Toilet bowl deodorizers (tablets/hanging)
Trash bags 13 gal
Trash bags 38 gal
Window cleaner - (Windex, etc.)



With the blessing of His Eminence, Archbishop JOSEPH
Antiochian Orthodox Diocese of Los Angeles and the West
2012 Northern California Diocesan Women's Retreat

Be Who You are in the Body of Christ

by

Mother Melania

Abbess of Holy Assumption Monastery

November 16 & 17, 2012

Vallombrosa Center in Menlo Park, CA

-----CUT HERE & RETURN-----

2012 Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

Parish/City: _____

Suggested Roommate¹: _____

Roommate's Parish: _____

You may choose to stay overnight at the retreat center or commute. Please check the box that is applicable to your choice. **Early Bird rates offered for overnight accommodations only: to qualify, full payment must be postmarked or hand-delivered by September 15, 2012**

Overnight Accommodations:

Double occupancy \$75(Deposit)
 \$155(Full Amtn.)
 \$140(Early Bird)

Single occupancy \$75(Deposit)
(Limited number available) \$170(Full Amtn.)
 \$155(Early Bird)

Commuter Accommodations:

Friday Only
Without Dinner \$50
With Dinner \$65

Saturday only (lunch included)
Without Breakfast \$85
With Breakfast \$95

Friday and Saturday
With Saturday Lunch only \$100
With Friday Dinner & Sat. Lunch \$120
With Friday Dinner, Sat. Breakfast & Lunch \$135

Diocesan Retreat Policy

I understand that the deposit of \$75 is non-refundable. Enrollment might be transferred to another woman if I cannot attend the retreat. In such event, I will contact the retreat coordinator, Yaulanda Spyrou for approval of the substitution. The balances due are the responsibility of the substitute. All remaining balance is due by October 5th, 2012.

Signature: _____

Date: _____

Please send completed and signed form along with your payment to

Northern CA Diocesan Antiochian
Women's Retreat
c/o Yaulanda Spyrou
65 E. Rincon Avenue
Campbell, CA 95008

Retreat Schedule

Friday, November 16, 2012
4:00-6:00pm Check-In
6:00pm Dinner
7:00pm Vespers (Library)
8:00pm Session I (Library)
9:45pm Fellowship/Bookstore (West Parlor)

Saturday, November 17, 2012
7:45am Morning Prayers (Library)
8:00am Breakfast/Checkout from Rooms
9:15am Session II (Library)
10:30am Short Break
10:45am Session II con'd (Library)
Noon Lunch
1:00pm Group Picture
1:30pm Session III (Q & A) (Library)
2:30pm Reflection/Confession/Bookstore
4:00pm Departure

Meals

All meals are vegetarian since the retreat takes place during the Nativity Fast. Please indicate below if you follow a gluten-free diet:

Gluten Free meals requested

Questions
Please contact Yaulanda at
yspyrou@e-spyrou.com or 408.489.4535

¹ If you listed a roommate, she also must submit a registration form by Oct. 5, 2012 or until retreat coordinator's notification that registration is approaching full capacity, whichever comes first. Otherwise, another roommate may be assigned to your room.

Amount Enclosed: _____
Check #: _____
(Please make all checks payable to Northern California Deanery)

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:

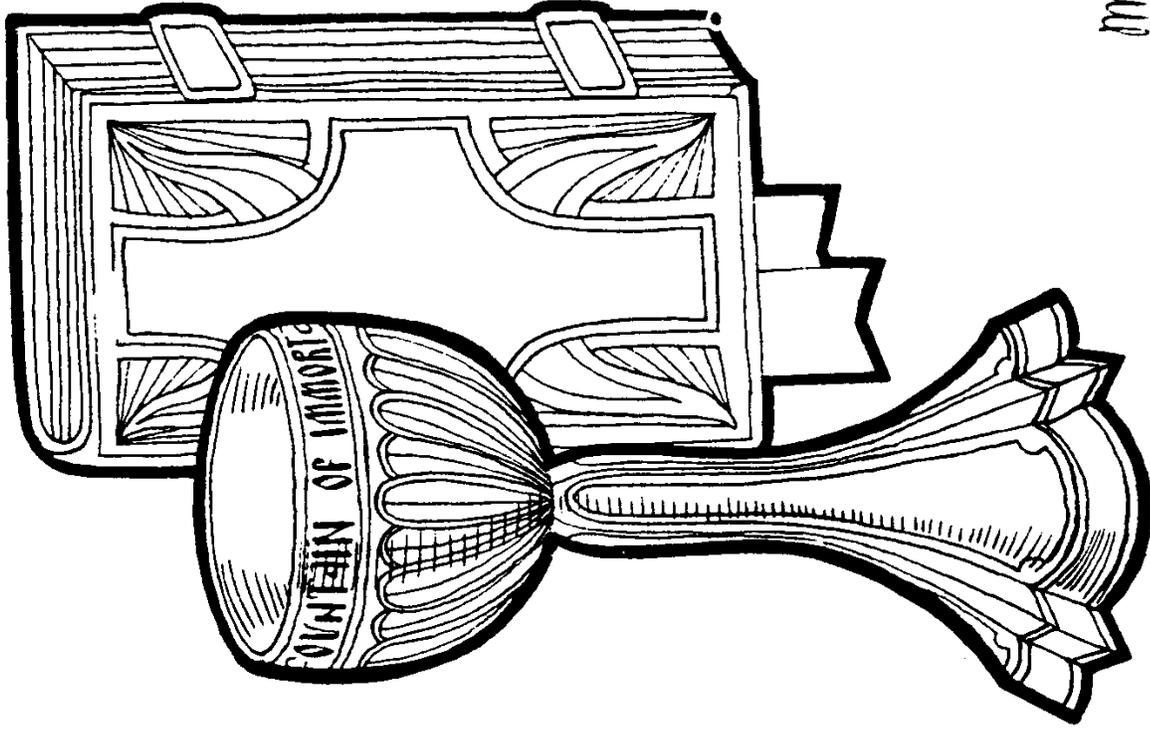
Metropolitan PHILIP	John H.	Dn. Howard S.
Archbp. JOSEPH	Leona G.	Jill B..
Kh. Marilyn G.	Presbyteria Katherine H.	Keith V.
Fr. Alexander Atty	Mick K.	Kh. Terri Elizabeth B.
Mother Victoria	Cole K.	Fran R.
Fr. Gordon & Mary Sue W.	Richard & Elizabeth	Brian S.
John Weldon H.	Jeanette	Jim M.
Josh & Dayli B.	Nataliya T. & Family	Frank A.
Greg & Margaret Y.	Sari W.	
Olga G.	Mary & Susan	

For repose of the souls of: Badia

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."

All proceeds go to the parish Building Fund.



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-For the children to color during
the homily or at home -