

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:

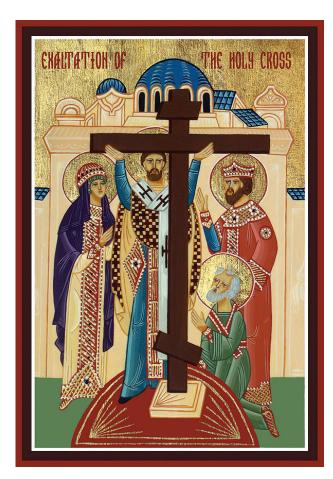
Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Dottie Genatone
Benjamin Hedges
Karen Jacobs
Jon King

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 13, 2015 Tone 6

Feast of the Exaltation of the Holy Cross (Transferred from Sept. 14)

Consecration of Resurrection Church in Jerusalem



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 13

COMMEMORATION OF THE FEAST OF THE LIFE-GIVING CROSS

9:00 a.m. Matins/**NO RELIGIOUS ED**

10:00 a.m. Divine Liturgy and

Blessing of Students & Teachers

11:45 a.m. Coffee Hour

12:15 p.m. Meeting of all parents of students

in grades 7-12

5:00 p.m. Fire on Father for High Schoolers

Monday, September 14

6:45 a.m. Daily Matins

5:00 p.m. Outreach Meal at St. Michaels'

University Church in Isla Vista

Tuesday, September 15

5:30 p.m. Daily Vespers

Wednesday, September 16

6:45 a.m. Daily Matins

12:00 p.m. Women's Prayer Group

Thursday, September 17

5:30 p.m. Daily Vespers

Friday, September 18

ANNUAL GOLF TOURNAMENT

6:45 a.m. Daily Matins

Saturday, September 19

6:00 p.m. Vespers/Confessions

Sunday, September 20

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

Sunday Morning Ministries Schedule

Eucharist Bread

September 13 M. Kern

September 20 Dn. G. Braun

September 27 C. Sieck

October 4 Dillon

Coffee Hour

September 13 POTLUCK for Feast of the Cross

September 20 Gail Shannon (for St. George,

in memory of Dn. Howard

George Shannon)

September 27 C. & J. Speier

October 4 P. King

<u>Greeters</u>

September 13 L. Baker/P. King

September 20 Kristin King/D. Washburn

September 27 G. Shannon/D. Lewis

October 4 D. Genatone/P. Morrison

Ushers

September 13 C. Speier, P. King

September 20 J. King, R. Barre

September 27 S. Speier, P. Brunner, P. King

October 4 D. Meyer, G. Shannon, D. Lewis

Readers

September 12 M. Kern (Vespers)

September 13 P. Braun

September 19 T. Harris (Great Vespers)

September 20 R. Barre

September 27 D. Meyer

October 4 D. Washburn

CHANGEABLE TEXTS FOR THE DAY

THE PRAISES for the Feast of the Cross

Let everything that breathes praise the Lord! Praise the lord from the heavens! Praise Him in the highest! To You, O God, is due a song! Praise Him, all you Angels of His! Praise Him, all His hosts! To You, O God, is due a song!

Verse 1. Praise God in His sanctuary: praise Him in the firmament of His power. Praise Him for His mighty acts: praise Him according to His excellent greatness.

Oh, most glorious wonder! The life-bearing tree, the all-holy Cross today is raised up on high and shown to the world. All the ends of the earth give glory; all the demons are struck with terror. Oh, what a gift is bestowed on mortals. Through the Cross, save our souls, O Christ, as You alone are compassionate!

- Verse 2. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.
- **Verse 3.** Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Oh, most glorious wonder! The cross that carried the Most High like a cluster of grapes filled with life today is seen raised up above the earth. Through this we have all been drawn to God, and death is finally swallowed up. O, immaculate Wood! Through you we enjoy the immortal food of Eden as we give glory to Christ!

Verse 4. Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.

O, most glorious wonder! The length and breadth of the Cross is equal to heaven, for by divine grace it sanctifies the universe. By the Cross, pagan nations are overcome. By the Cross the sceptres of kings are firmly established. O divine ladder, by which we go up to heaven, exalting the Lord in song!

Glory to the Father and to the Son and to the Holy Spirit; now and ever and unto ages of ages. Amen.

Doxastikon at the Praises (for the Feast of the Cross) Tone 6

Today the Cross of the Lord comes forth; the faithful welcome it with longing and receive healing of soul and body and of infirmity. Let us kiss it with joy and fear: fear because of our sin, since we are unworthy, but joy because of the salvation given to the world by Christ the Lord Who was nailed upon it, Who has great mercy.

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 Troparion of the Cross. Music is on next page.

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

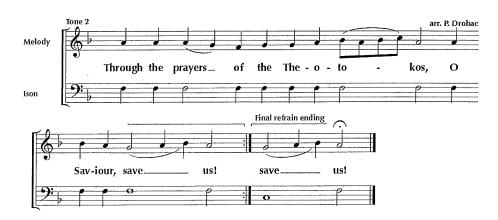
THE LITURGY OF THE WORD

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:

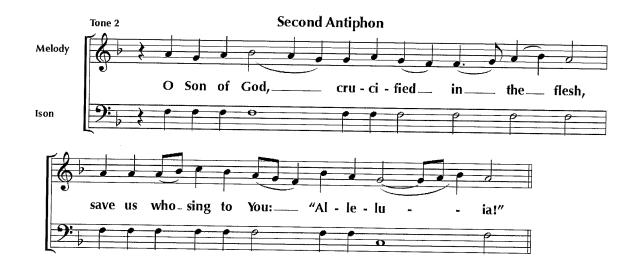


- Vs. My God, I will cry by day, and wilt Thou not hearken? But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. [**Refrain**]
- Vs. Glory...now & ever...Amen. [Refrain]

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:



- 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!

PROCESSION WITH THE CROSS

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: (Music is on 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.

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 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

Tone 4 Slavic melody

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!

AS THE CHILDREN & CLERGY PROCESS UP THE CENTER AISLE, WE SING:

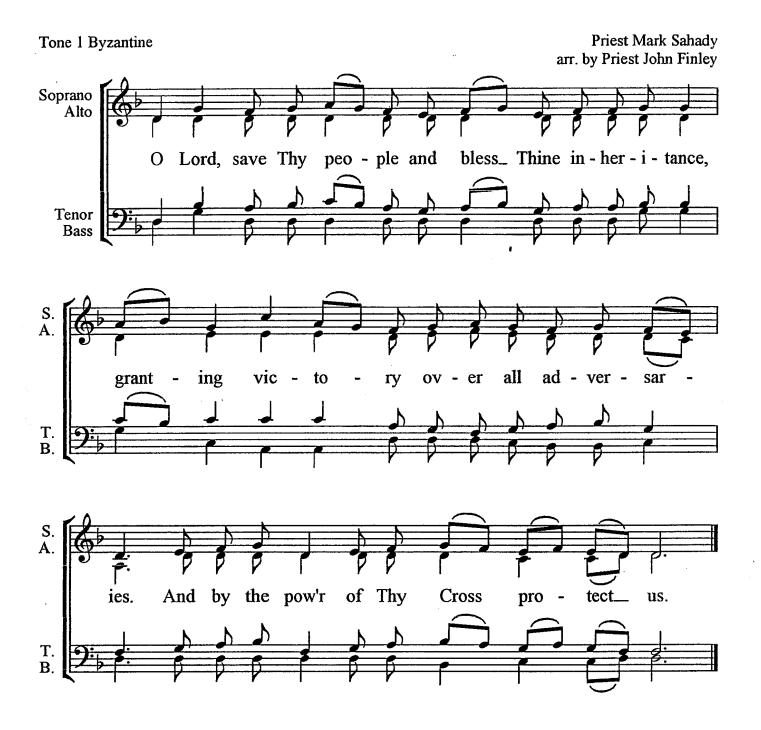
Before Thy cross, we bow down in worship, O our Master, and Thy holy Resurrection we glorify.

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.

Troparion Elevation of the Cross



EPISTLE READING FOR THE FEAST 1 Corinthians 1:18-24

Brethren, the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the cleverness of the clever I will thwart." Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe. For Jews demand signs and Greeks seek wisdom, but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God.

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 John 19:6-11, 13-20, 25-28, 30-35

At that time, the chief priests and the elders of the people took counsel against Jesus to put Him to death; they led Him to Pilate and cried out, "Crucify him, crucify him!" Pilate said to them, "Take Him yourselves and crucify him, for I find no crime in Him." The Jews answered him, "We have a Law, and by that Law He ought to die, because He has made himself the Son of God." When Pilate heard these words, he was the more afraid. He entered the Praetorium again and said to Jesus, "Where are you from?" But Jesus gave no answer. Pilate therefore said to Him, "You will not speak to me? Do you not know that I have power to crucify You, and power to release You?" Jesus answered him, "You would have no power over Me unless it had been given you from above.

When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Pavement, and in Hebrew, Gabbatha. Now it was the day of Preparation of the Passover; it was about the sixth hour. Pilate said to the Jews, "Behold your King!" They cried out, "Away with Him, away with Him, crucify Him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." Then Pilate handed Jesus over to them to be crucified.

So they took Jesus and led Him away, and He went out, bearing His own cross, to the place called the place of the skull, which is called in Hebrew Golgotha. There they crucified Him, and with Him two others, one on either side, and Jesus between them. Pilate also wrote a title and put it on the cross; it read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this

title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Greek, and in Latin.

Now standing by the cross of Jesus were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw His mother, and the disciple whom He loved standing near, He said to his mother, "Woman, behold, your son!" Then He said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own.

After this Jesus, knowing that all was now fulfilled, said, "It is finished"; and He bowed His head and gave up the spirit.

Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other, who had been crucified with Jesus. But when they came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers pierced his side with a spear, and at once, there came out blood and water. He who saw it has borne witness -- his testimony is true.

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 for the feast of the Cross sung as the clergy receive the Eucharist (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.

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 2016.

Today you have received a brochure to help you evaluate your time, talent and treasure, and how you would like to commit it to Christ and His Church in the coming year.

LITURGICAL NEW YEAR

The new Liturgical Year began on September 1st. The schedule of services is now posted to the online Google calendar on the church website, along with most other church classes, events and activities. Please get in the habit of consulting this calendar.

VESPERS TO BEGIN 40-DAY VIGIL FOR LIFE-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.

In October, we will be going downtown to pray a memorial service in front of Planned Parenthood for all of the victims of abortion: the babies, their mothers and fathers, and all who participate in any way in providing abortions. More information will follow.

ALL MINISTRY TEAM LEADERS WILL MEET ON SATURDAY, SEPTEMBER 26 from 9-11 a.m. Please R.S.V.P. to Valerie about the meeting, and provide her with a brief biography of yourself, a photo, a list of your team members a brief description of what your team does, and any volunteer needs that you have for the coming year.

INCOME FOR AUGUST 2015		
	General Operating	Building Fund
Monthly Goal	\$33,000	\$14,120
Monthly Actual	\$58,553	\$13,425

CELEBRATTONS for THIS WEEK

Wedding Anniversaries

9/16 Philip & Monica Brewer9/19 Kevin & Angelina Speier

Birthdays

9/14	Michael Easbey
9/15	Dean Brunner
9/18	Andy Simonsen
9/19	Leslee Kinman
9/20	Dan Braun

Patron Saint Commemorations

9/17	St. Nadia (daughter of St. Sophia)		Nadine De Bruin	
9/17	St. Sophia	Noelle Ballew	Sophia Johnson	
		Giana Sophia Brunner	Lauren King	
		Sophia Roberts		

9/17 St. Sophia & her 3 daughters

Bella Madrigal

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.

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 <u>Registration page</u> of the parish website:

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

RELIGIOUS EDUCATION FALL START-UP SCHEDULE:

Sunday, Sept. 13

Meeting with all parents of Junior High & High School students after Liturgy

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!

RELIGIOUS EDUCATION STAFF

Fr. Nicholas Speier, Adult Catechism & Teen Program Coordinator Joanne Gish, Catechesis of the Good Shepherd Coordinator

CATECHESIS OF THE GOOD SHEPHERD

Level I (3yrs-Kindergarden)

Catechists - Kate VanderLaan, Carla Harris Assistants - Judy Braun, Penny Cocores, Dorothy Alexander

Level II (Grades 1-3)

Catechist - Joanne Gish Assistant - Kristi King

Level III (Grades 4-6)

Catechist - Jane Meyer

TEEN PROGRAM STAFF

	High School	<u>Jr. High</u>
Communications	Kristin King	Shirley Dillon, Activities
	Lara Jacobs	Mary Gish, Josh Dillon
		Corie Sieck, Host
Sunday Education	Craig Speier, Paul Wintz	Doug King, Galen Wiley
Small Group/Girls	Nancy Gilbert (Jody Wallace)	
Small Group/Guys	Jim Morrison (Jason Wallace)	

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

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

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

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,

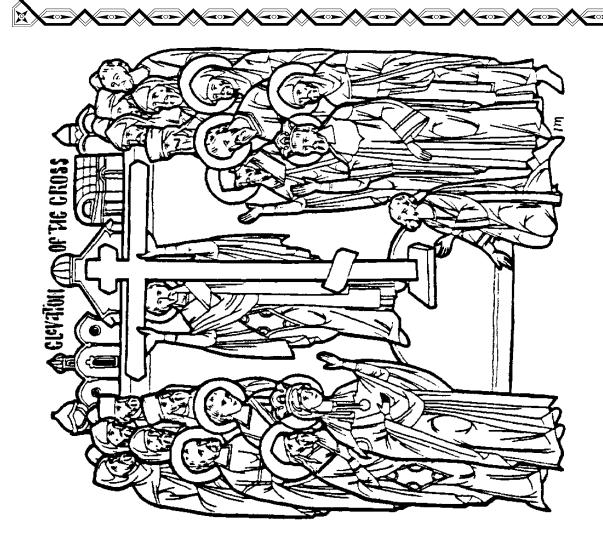
Africa, and the Middle East

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).



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