



# 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  
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## **Parish Council:**

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

## **LITURGY OF ST. JOHN CHRYSOSTOM**

**Sunday, July 17, 2016**

**Tone 3 / Eothion 4**

## **Sunday of the Holy Fathers of the Fourth Ecumenical Council**

Great-martyr Marina of Antioch in Pisidia  
Venerable Irenarchos of Solovky



## ***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 Breakfast ~ we'd love to meet you!*

# ***Calendar for this Week***

**Fr. Nicholas will be at the Archdiocese  
Clergy Symposium in Pennsylvania  
from Fri. July 15-Fri. July 22.**

## **Sunday, July 17**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal

## **Monday, July 18**

6:45 a.m. Daily Matins  
5:00 p.m. Outreach Meal at St. Michael  
University Church in Isla Vista  
7:00 p.m. Men's "Sticks" gathering at the  
Harris' (3721 Cordero Dr.)

## **Tuesday, July 19**

**NO DAILY VESPERS**

## **Wednesday, July 20**

6:45 a.m. Daily Matins  
11 a.m.-1p.m. Shower of Blessings Ministry  
12:00 p.m. Intercessory Prayer Group

## **Thursday, July 21**

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

## **Friday July 22**

6:45 a.m. Daily Matins

## **Saturday July 23**

6:00 p.m. Great Vespers/Confessions

## **Sunday, July 24**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour

## ***Sunday Morning Ministries Schedule***

### **Eucharist Bread**

July 17 Tinyayeva  
July 24 Meyer  
July 31 Washburn  
August 7 Hedges

### **Coffee Hour**

July 17 Harris  
July 24 NEED A HOST  
July 31 Ballew  
August 7 AbuGhazaleh/Simonsen

### **Greeters**

July 17 H. Lange/D. Lewis  
July 24 K. & L. Jacobs  
July 31 P. King/L. Baker  
August 7 G. Shannon/K. King

### **Ushers**

July 17 C. Speier, J. King, D. Washburn  
July 24 C. Berari, G. Shannon, S. Speier  
July 31 P. Brunner, P. King, D. Meyer  
August 7 R. Barre, D. Lewis, C. Speier

### **Readers**

July 17 D. Washburn  
July 24 D. Meyer  
July 31 V. Gish  
August 6 T. Harris (Transfiguration Liturgy)  
August 7 H. Lange  
August 13 M. Kern (Vespers)  
August 14 R. Barre (Dormition)

**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—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**

**(Music on p. 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.

**Tone 3** Byzantine melody  
harmonized by Fr. J. Finley

#### **Troparion of the Holy Fathers**

You are most glorious, O Christ our God!  
You have established the Holy Fathers as lights on the earth.  
Through them You have guided us to the true Faith.//  
O greatly compassionate One, glory to You!

**Tone 8**

**Troparion for Great Martyr Marina of Antioch**

**Tone 3** Slavic chant

Your lamb Marina calls out to You, O Jesus, in a loud voice:

“I love You, my Bridegroom, and in seeking You I endure suffering.

In baptism I was crucified so that I might reign in You,  
and I died so that I might live with You.

Accept me as a pure sacrifice,  
for I have offered myself in love.”

Through her prayers save our souls, since You are merciful.

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

**Tone 3 Byzantine Melody**  
**harmonized by Fr. J. Finley**

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 Byzantine melody**  
harmonized by F. Karam

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. 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)****Tone 8**

Blessed are You, O Lord, God of our fathers, and praised and glorified is Your name forever.

**Verse:** For You are just in all that You have done for us.

**THE EPISTLE READING****Titus. (3:8-15)**

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

**Preparatory Psalm Verses with Alleluia Refrain Before the Gospel****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*)

**GOSPEL READING****Matthew. (5:14-19)**

The Lord said to His Disciples: "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

## **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.

## **Communion Hymns**

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)

Rejoice in the Lord, O you righteous; praise befits the just! (*Ps 32/33:1*)

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.*

## **ANNOUNCEMENTS & CALENDAR HIGHLIGHTS**

You can access a complete calendar of services and other parish activities on our website: [www.stathanasius.org](http://www.stathanasius.org).

Fr. Nicholas will be at the Archdiocese Clergy Symposium in Pennsylvania from Friday, July 15 through Friday, July 22.

### **COMING UP ON THE LITURGICAL CALENDAR**

Dormition Fast

August 1-15

Liturgy for Feast of Transfiguration

Saturday, August 6 8:30 a.m.

Liturgy for Feast of Dormition

Sunday, August 14 (transferred from Aug. 15)

# CELEBRATIONS for THIS WEEK

## Wedding Anniversaries

7/19 Fr. John & Jan Finley

## Birthdays

7/17 Carissa Giordani

## Patronal Feast Days

7/17	<b>St. Marina of Antioch</b>	Margaret Easbey
7/18	<b>St. Elizabeth the New Martyr</b>	Elizabeth Butler, Carla Harris, Jenny Speier
7/20	<b>Prophet Elias</b>	Elias Hedges, Chase King
7/20	<b>St. Maria of Paris</b>	Maria Butler
7/22	<b>St. Mary Magdalene</b>	Madeleine Meyer, Nancy Gilbert

## **SOMETHING TO THINK ABOUT...**

### **Where will you be laid to rest?**

At the last Funeral we had, I noticed that the section where our departed church members are buried at Goleta Cemetery is getting pretty full. I decided to buy a plot while there were still some left. In my meeting with the Director, I learned the following information that might be helpful to others.

The Director told me that several other local Churches have encouraged their members to purchase plots in a particular area of the cemetery for easier visitation, and in our case, the twice per year services we have for the departed. There is now only one area left in the Section where our departed members are located that has a number of available plots. There are about 20 to 30 plots left in that row.

All plots, regardless of location, are currently \$2000. They have been at this price for over 20 years! Compared to Santa Barbara Cemetery plots that START at \$15,000.00 each, the Goleta Cemetery is dramatically more affordable! However, the Goleta Cemetery directors are considering a price increase next year. I was told that their price is currently one of the least expensive in the whole state. The Goleta Cemetery was formed as a special district exclusively for county residents years ago, which has kept the price comparatively low.

If you are interested in purchasing a plot, call 805-967-3608, make an appointment, and tell the Director you're a member of St Athanasius Orthodox Church. You must pay a non-refundable \$2000 to buy a plot. There are additional charges at the time of burial that include preparation of the site, burial, setting the headstone etc. These additional costs come to approximately \$1700, plus cost of the casket and headstone. I'll be glad to talk to anyone who has questions.

David Washburn



# *The Sanctification of Our Parish Life*

by His Grace Bishop Thomas  
Diocesan Bishop of Charleston, Oakland and the Mid-Atlantic,  
Antiochian Orthodox Christian Archdiocese of North America

From the very beginning of Our Lord's ministry, when he called the first disciples, Peter and Andrew, the Church has existed both as a community and within a community. In these roles, there are a variety of activities that the parish Church undertakes, both in terms of liturgical services and in charitable work and outreach, both within the parish and out in the larger community as a whole. If any of these are lacking, then the parish has not lived up to the calling of Christ. If there is liturgy without outreach, then we fail, since "faith without works is dead," but if we have outreach without liturgy, we also fail, since "man is not justified by works of the law but by faith in Jesus Christ." Therefore, it is necessary for a healthy parish to effectively balance both liturgy and community outreach in order to properly work towards the salvation of each of its members. This requires careful planning and scheduling, as well as the proper delegation of tasks throughout the parish community.

The liturgical life is central to any parish community, as it has been since the days of the Apostles, whom the Book of Acts records as being "daily in one accord in the Temple." It's fair to say, that were it not for the liturgical services, a parish church would cease to be a church, and would simply be a charitable organization or social club. Each of the liturgical activities of the Church has its proper time, most of which will be on the same day every year. Therefore there is no reason why the necessary people for each service, the readers, the chanters, the acolytes, and the prosphora bakers, should not be scheduled many months in advance. This applies just as much for weekday services as it does for Sundays and Feasts; there should never be a time when there is uncertainty as to whether or not there will be the necessary complement of people to perform all the necessary liturgical functions. Further, this does not even necessarily need to be the priest's or deacon's function. It is perfectly possible for each of the divisions, the chanters, the acolytes, and the bakers, to create their own schedules, in conjunction with the clergy.

Schedules and planning are also required for non-liturgical functions, such as charitable and educational outreach ministries, including the catechesis of children and adults. Further, there are many ministries that are commonly regarded as the provenance of the clergy that could just as easily be undertaken by groups of pious laypeople. Lay ministry teams could be organized for the tasks of visiting the sick, the shut-in, and prisoners, in conjunction with regular clerical visitations, as well as providing support for charitable works to support the poor and hungry. After all, when Christ says to those on His right hand, "I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked

and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me," He wasn't simply speaking to the priests and deacons, but to every Christian believer. However, if such activities are to be undertaken with any sort of consistency and regularity, they must be carefully scheduled with a similar attention to that given to the liturgical services.

All activities undertaken, both liturgical and non-liturgical, ought to be put together into a single master schedule, so as to ensure that no one ends up "double-booked." If feasible, a parish might want to undertake a semi-annual parish leadership retreat, where the schedule of the various parish ministry teams could be laid out for the next six months. The heads of each of the ministry teams could present their proposed schedule, including events and requested people, which then could be cross checked against the other ministries and the individuals' personal schedule in order to make each timetable work. This way, each schedule will mesh like the cogs of a machine, allowing the cycle of liturgical and charitable service to function smoothly.

Parishes do not grow by accident. They become vibrant through prayer and hard work. An indispensable part of that hard work is planning and scheduling, as well as encouraging others to become involved. It has always been my experience that parishioners will eagerly volunteer for parish work when they see others doing so. This can help to relieve the burden on the core group who, in many parishes, end up doing almost everything. Through baptism, we are all called to evangelize and make Christ present in the parish and the surrounding community. This becomes part of the parish charism through proper planning, preaching, and evangelization. Sadly, we as Orthodox Christians have not always embraced this evangelical imperative. Too often, we've been content in offering weekend services and not moved beyond this insular and isolationist model. If we are to fulfill our God-appointed task to "preach the Gospel to every creature" then we must have a combination of devout prayer and charitable Christian outreach, each at its proper time. As King Solomon reminds us, "To everything there is a season, a time for every purpose under heaven."

## 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](mailto: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.  
Greg & Margaret Y.  
Hoppe Family

Gail S.  
Dean & Penny B.  
Kevin & Angel S.  
Mary  
Susan B.  
Baby Christian F.  
Duane F.  
Galina, Nikolai & Nataliya  
Olga Marie G.

Mike, Trevor & Adam  
Emily F.  
Joan T.  
Terri-Lynn & Hannah Rose H.  
Silvia Y.  
Manny  
Jared E.  
All those suffering and  
in danger in the Ukraine,  
Africa, and the Middle East

**For repose of the souls of:** William, Victims of the shooting in Orlando, 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](mailto: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).

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\* **ST. ATHANASIUS BOOK CENTER** \*  
\* The church bookstore is located in the foyer 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. Pay- \*  
\* ment 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.** \*  
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