



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:

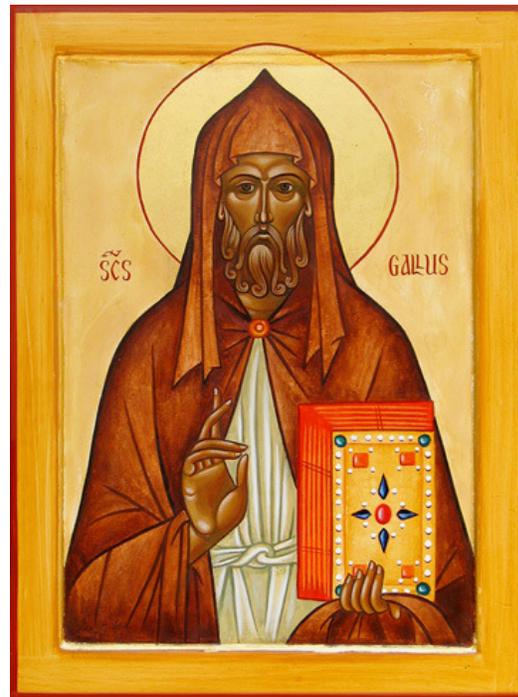
Valerie Yova
Office phone: 805-685-5400
email: office@stathanasius.org

Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Dottie Genatone
Verne Gish
Benjamin Hedges
Kristi King

LITURGY OF ST. JOHN CHRYSOSTOM Sunday, October 16, 2016

Tone 8 / Eothinon 6
**Sunday of Holy Fathers of Seventh
Ecumenical Council
& Fourth Sunday of Luke**
Martyr Longinos the centurion who stood
at the cross of the Lord;
Gall, Enlightener of Switzerland



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

**Fr. Nicholas will be out of town from
October 17-21.**

Sunday, October 16

9:00 a.m. Religious Education ages 6-18 yrs.
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Monday, October 17

6:45 a.m. Daily Matins in the new chapel

Tuesday, October 18

3:15 p.m. Catechesis Level I begins
5:30 p.m. Daily Vespers in the new chapel

Wednesday, October 19

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

Thursday, October 20

5:30 p.m. Daily Vespers in the new chapel
7:00 p.m. Choir Rehearsal

6:00-7:30 p.m. Jr. High Group
6:30-8:30 p.m. High School Group

Friday, October 21

6:45 a.m. Daily Matins in the new chapel

Saturday, October 22

9:00 a.m. Ministry Team Leaders Meeting
12:00 p.m. Prayer Service at
Planned Parenthood
4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers/Confessions

Sunday, October 23

9:00 a.m. Religious Education ages 6-18 yrs.
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:15 p.m. Choir Rehearsal

Sunday Morning Ministries Schedule

Eucharist Bread

October 16 Tinyayeva
October 23 Sieck
October 30 Dillon
November 6 Hedges

Coffee Hour

October 16 Orthodox Christian Fellowship
October 23 S. Wiley/L. Baker
October 30 G. & R. Moon
November 6 P. Brunner in memory of Cyrus

Greeters

October 16 K. & L. Jacobs
October 23 P. King,/L. Baker
October 30 G. Shannon/K. King
November 6 D. Genatone/P. Morrison

Ushers

October 16 P. Brunner, P. King, D. Meyer
October 23 R. Barre, D. Lewis, C. Speier
October 30 J. King, D. Washburn, C. Berari
November 6 G. Shannon, S. Speier, P. Brunner

Readers

October 16 V. Gish
October 23 T. Harris
October 30 H. Lange
November 6 D. Washburn

**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 be-
come 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”

After each of the verses sung by antiphonal choirs, the choir and congregation sing the refrain:
“Remember us, O Lord, when you come in your Kingdom.”

AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY

Troparion of the Resurrection

(Music on p. 53 of Liturgy book)

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

Tone 8 Byzantine melody
harmonized by Fr. J. Finley

Troparion for the Fathers of the 7th Ecumenical Council

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 Serbian 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 - Ordinary Sundays**Tone 4 Byzantine melody**

O undisputed intercessor of Christians,

harmonized by F. Karam

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.

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, dissension, 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
(Music on page 64 of Liturgy Booklet)

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Come, let us rejoice in the Lord, let us shout with jubilation unto God our Savior.

Verse: Come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

GOSPEL READING

Luke 8:5-15

The Lord spoke this parable: “A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold.” And when His Disciples asked Him what this parable meant, Jesus said, “To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” As Jesus said this, He called out, “He who has ears to hear, let him hear.”

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.

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.

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - September 28-November 6, 2016)

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.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

Fr. Nicholas will be out of town from October 17-21.

PLEASE PRAYERFULLY CONSIDER WHAT YOU ARE ABLE TO TITHE in the coming year to both the General Operating Fund and the Building Fund, and let the Treasurer know by filling out a commitment form. There are blank forms next to the tithing box, or you can fill it in online on the church website. <https://www.stathanasius.org/stewardship/>

FOOD & TOILETRIES DRIVE FOR PROJECT MEXICO

Today is the last day we will be collecting items on St. Innocent Orphanage's "Most Needed" list. Please drop off your donated items in the designated area at the end of the long hallway. Help us to provide for the boys at St. Innocent Orphanage during the time of year when donations typically decrease.

THERE WILL BE A MEETING OF ALL MINISTRY TEAM LEADERS ON SATURDAY, OCTOBER 22nd from 9:00-11:00 a.m.

ON SATURDAY, OCTOBER 22nd at 12:00 noon, we will do a short prayer service in front of Planned Parenthood in downtown Santa Barbara as part of the "40 Days for Life" Vigil in Santa Barbara that runs from Sept. 28-Nov. 6. Please join us! (518 Garden St., Santa Barbara 93101)

YOUNG ADULT WINTER RETREAT JANUARY 13-15, 2017

With the blessing of His Eminence Metropolitan Joseph, the Young Adult Ministry will be hosting its **4th annual Young Adult Winter Retreat in Big Bear Lake, CA, January 13-15, 2017**. The retreat is titled *Wash me and I shall be Whiter than Snow* and will focus on the importance of Confession. Register early as space is limited. For more information and to register go to: www.dlawyoungadults.com.

YOUNG MAN LOOKING FOR TEMPORARY HOUSING & EMPLOYMENT

Darin Kranick, a young man in his 30s who was in our parish for several years, is moving back to Santa Barbara in November. He is looking for a place to stay and for temporary work. If you know of any possibilities, please contact Fr. Nicholas.

TEEN SCENE

OCTOBER

Unless specified otherwise, on Thursday evenings
the Jr. Highers meet from 6pm - 7:30pm
and High Schoolers meet from 6:30pm - 8:30pm.

- 10/20 - Thursday Night Youth Group Dinner provided by the Kings
- 10/27 - Thursday Night Youth Group Dinner provided by Berari Family

Please help us to spread the word,
and invite your friends to attend our
Concert of Sacred Music
Sunday, November 13 at 3:00 p.m.
at St. Athanasius Orthodox Church

Including Gregorian Chant, Georgian Chant,
Orthodox Liturgical Music by Nazo Zakkak, Negro Spirituals and more!

featuring:

The St. Athanasius Parish Choir, Valerie Yova - Conductor
The Santa Barbara Catholic Mission Schola, Roy Spicer - Conductor
Adelfos Ensemble, Temmo Korisheli - Conductor

Reception following the concert.
(\$5 donation, no charge for children 12 yrs. and under, seating first-come/first-served)

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
Fr. Jon Braun
Dn. Richard E.
Kh. Diane C.
Kh. Mary Sue W.
Fr. Patrick and Vanessa K.
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.
Emily F.
Joan T.
Terri-Lynn & Hannah Rose H.
Silvia Y.
Jared E.

James
Alma G.
Carla H.
Carla B.
Dawn L.
Zamora Family
Michael L., Penny C. and Family
Greg Z.
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

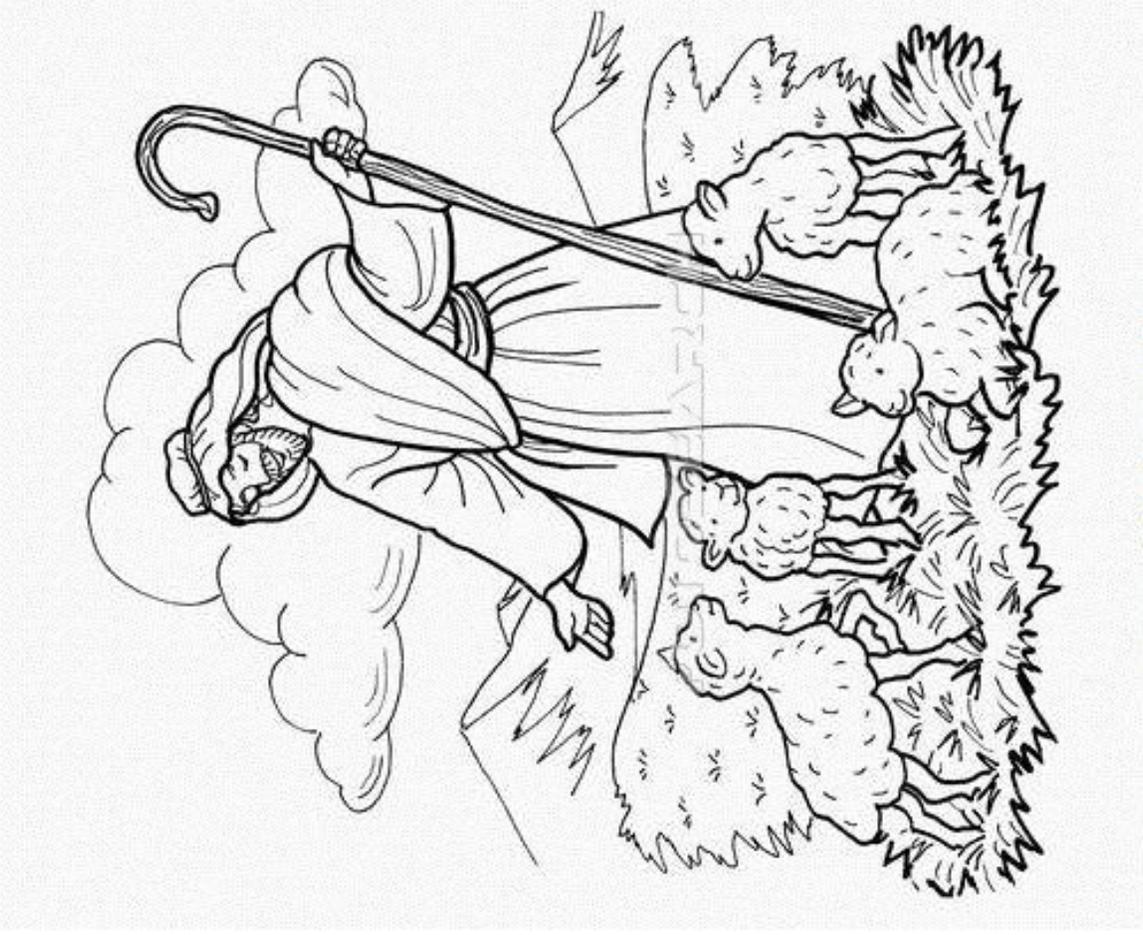
For repose of the souls of: Tony S., Gabriel Z., All who have died in the conflicts in the Ukraine, Africa & the Middle East

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

*
*
* **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.** *
*



For the children to color during the sermon or at home.