

## 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 805-770-3749

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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**Youth Coordinator**

Tyler Speier tyler@stathanasius.org

**Parish Council 2017-2018:**

Kristi King, President

Dan Braun, Treasurer

Benjamin Hedges, Secretary

Laurie Baker

Corina Berari

David Dillon

Dottie Genatone

Verne Gish

Terri Speier

### LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 17, 2017

**Tone 6 / Eothinon 4**

#### Sunday after the Elevation of the Holy Cross

Martyrs Sophia and her daughters Faith, Love and Hope;

Martyr Agathokleia; Hieromartyrs Heracleides and

Myron, Bishops of Tamasus in Cyprus;

Venerable Anastasios Peristeron of Cyprus;

Euxiphios of Cyprus, the Bishop



### 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 17—Blessing of Students**

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

### **Monday, September 18**

6:45 a.m. Daily Matins  
5:00 p.m. St. Brigid Outreach Dinner  
at St. Michael's in Isla Vista  
7:00 p.m. Men's Sticks Gathering

### **Tuesday, September 19**

5:30 p.m. Daily Vespers

### **Wednesday, September 20**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Ministry

### **Thursday, September 21**

11:00 a.m. Showers of Blessing Ministry  
5:30 p.m. Daily Vespers  
6-7:30 p.m. Jr. High Youth Group  
6:30-8:30 p.m. High School Youth Group  
7:00 p.m. Parish Council Meeting

### **Friday, September 22**

6:45 a.m. Daily Matins

### **Saturday, September 23**

9-11:00 a.m. Ministry Leaders Meeting  
6:00 p.m. Great Vespers, Confessions

### **Sunday, September 17**

#### **Blessing of Ministry Leaders**

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

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

### **Eucharist Bread**

September 17 Tinyayeva  
September 24 Washburn  
October 1 Meyer  
October 8 Dillon

### **Coffee Hour**

September 17 Fr. N. & J. Speier/  
C. & C. Robinson  
September 24 S. & T. Speier  
October 1 NEED A HOST  
October 8 NEED A HOST

### **Greeters**

September 17 K. Fox, K.P. King  
September 24 K. & L. Jacobs  
October 1 L. Baker, P. King  
October 8 D. Genatone, P. Morrison

### **Ushers**

September 17 D. Washburn, C. Berari, G. Shannon  
September 24 S. Speier, P. Brunner, P. King  
October 1 D. Meyer, R. Barre, D. Lewis  
October 8 C. Speier, J. King, D. Washburn

### **Readers**

September 17 D. Meyer  
September 24 D. Washburn  
October 1 D. Alexander  
October 8 R. Barre

**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 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: Through the intercessions of the Theotokos, O Savior, save us.**

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: O Son Of God Who rose from the dead, save us who sing to  
Thee, Alleluia!**

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!

**THIRD ANTIPHON and 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: Troparion for the Feast of the Cross**

**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.

**FOLLOWING THE PROCESSION WITH THE GOSPEL, THE CLERGY ENTER THE  
ALTAR AS WE SING THE FOLLOWING HYMNS FOR THE DAY:**

**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 for the Feast of the Elevation of the Holy Cross**

O Lord save Thy people and bless Thine inheritance,  
granting victory over all adversaries.  
And by the pow'r of Thy cross protect us.

**Tone 1** Byzantine

**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 Chant**

As You were voluntarily raised upon the Cross for our sake,  
grant mercy to those who are called by Your Name, O Christ God;  
make all Orthodox Christians glad by your power,  
granting them victories over their adversaries//  
by bestowing on them the invincible trophy, Your weapon of peace!

**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 6  
(Page 61 of Liturgy Book)**

O Lord save Thy people and bless Thine inheritance. (PS 27/28:9))

**Verse:** *To Thee will I cry, O Lord, O my God,  
do not be silent unto me. (PS 27/28:1)*

**EPISTLE READING****Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

**Alleluia Refrain and Psalm verses before the Gospel**  
**(Music on p. 65 of Liturgy Booklet)**

**Tone 6**

**Chanter:** Alleluia, Alleluia, Alleluia!  
**People:** Alleluia, Alleluia, Alleluia!

Vs. 1 He Who dwelleth in the help of the Most High shall abide under the shadow of the protection of the God of Heaven. (*Ps 90/91:1*) **Alleluia**

Vs. 2 He will say to the Lord, Thou art my protector and my refuge, my God, in Him will I hope. (*Ps 90/91:2*) **Alleluia**

**GOSPEL READING**

**Mark. (8:34-9:1)**

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

**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**

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

**For the feast of the Cross**  
**(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.

### 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.

## ***CELEBRATIONS for this WEEK***

### Birthdays

9/18            Andy Simonsen  
9/19            Leslee Kinman  
9/20            Dan Braun, Hailey Michele Parodi  
9/22            Alec de Bruin

### Patronal Feast Days

9/17	<b>St. Nadia (daughter of St. Sophia)</b>		Nadine De Bruin
9/17	<b>St. Sophia</b>	Noelle Ballew Giana Sophia Brunner Sophia Roberts	Sophia Johnson Lauren King
9/17	<b>St. Sophia &amp; her 3 daughters</b>		Bella Madrigal

## **SPECIAL COLLECTION TODAY**

As a result of the microburst storm we had a few weeks ago, Tony Easbey (nephew of Dn. Richard Easbey) received severe burns from a downed power line. Tony is at a burn unit in Woodland Hills and will undergo many surgeries and suffer extreme pain. Our parish will make a donation from the Pastor's Fund to assist with his medical expenses. If you would like to add to that donation, we will accept contributions in a special basket during Coffee Hour. (Separate from your coffee hour donations) Please make checks out to SAOC with "FOR TONY" on the memo line.

## **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).

**All Sunday Religious Education classes began TODAY. ALL STUDENTS WILL RECEIVE A SPECIAL BLESSING AT THE END OF LITURGY TODAY.**

**ALL MINISTRY TEAM LEADERS** will meet this Saturday, September 23rd from 9-11 a.m. at the church. Ministry team leaders will receive a special blessing after Liturgy on September 24th.

**ADULT CATECHISM BEGINS this Saturday, September 23rd!**

We will meet on Saturdays at 4:30 p.m. Please sign up with Fr. Nicholas if you are interested. All are welcome! It's a great refresher course for all Orthodox Christians, as well as an introduction for inquirers and catechumens.

### **MONASTERY FRIENDS GATHERING**

On Sunday, September 24 the St. Barbara Friends Gathering begins at 4:00 p.m. with a presentation by Serena Xenia Enke on "An Orthodox Perspective on Depression." Serena is a licensed psychotherapist and member of St. Andrew Antiochian parish in Riverside, where she is a chanter. The talk will be followed by Vespers and a potluck supper.

### **COFFEE HOUR UPDATE**

We have no hosts yet for the following Sundays in 2017:

October 1, 8, 15, 22      November 19      December 3, 10, 17

To sign up, go to: <http://www.stathanasius.org/coffee-hour/>

### **SPECIAL COLLECTION FOR PARISHES IN AREAS WHERE THERE WERE FLOODS AND HURRICANES**

Metropolitan Joseph is calling for all parishes and missions in our Archdiocese to appeal to their faithful for donations to help alleviate some of the pain and suffering of people in our parishes who have experienced damage from the recent hurricanes. If you would like to contribute to this cause, please make checks out to SAOC with "Hurricane Appeal" in the memo line. We will send one check to the Archdiocese on behalf of our parish.

If there are funds remaining after the Archdiocese distributes funds to parishes in need, they will be forwarded to IOCC (International Orthodox Christian Charities) to help with their work in those areas.

**Please keep Fr. Jon-Stephen Hedges and Fr. Bob Fox in your prayers. They are both serving as chaplains with IOCC in Florida and Texas in the disaster relief efforts.**



## **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."

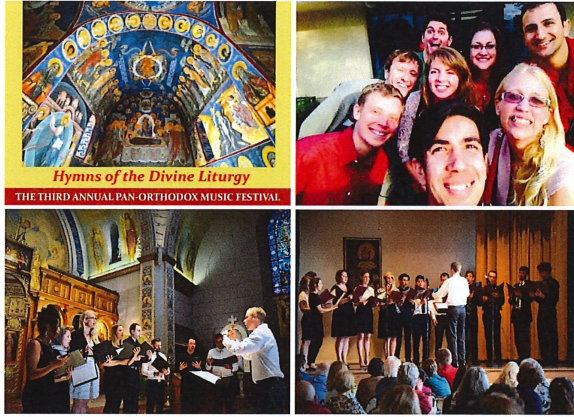
It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country. 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.

**Approved by the St. Athanasius Parish Council 2017**

### **Policy on Use of Facilities by Outside Groups and Organizations**

The St. Athanasius facilities (including the meeting room, classrooms, chapel, teen room, church nave, and patio) may not be rented or otherwise used by outside groups and organizations of any size. This decision has been made due to management and insurance issues, and to the current regular use of the rooms by the parish for very specific activities. After the completion of our building project, this matter will be revisited.

**OPEN AUDITIONS COMING SEPTEMBER 16 & 30!**  
**The Pan-Orthodox Young Adult Choir of Greater Los Angeles**



**CALL FOR SINGERS!** If you like to sing, consider joining POYAC. The Pan-Orthodox Young Adult Choir in Greater Los Angeles, now in its third year, will be holding open auditions on Saturdays, September 16 & 30, 2017 at 1:00 p.m. or by appointment at Saint Steven's Cathedral in Alhambra, CA. The Choir rehearses just once to twice a month on Saturday afternoons. No sight-reading ability necessary; just a love for singing Orthodox Church Music is all you need to schedule an audition. If you, or someone you know ages 18-35 would like to schedule an audition, please contact POYAC director Jonny Braun by phone at 626.284.9100 or by email: [jonnybraun@saintstevens.org](mailto:jonnybraun@saintstevens.org). POYAC highlights include performing for the upcoming 25th Anniversary of I.O.C.C., the Annual Pan-Orthodox Sunday of Orthodoxy Festivities and Summer Music Festival of Greater Los Angeles, an annual Christmas concert, and community Christmas caroling! We look forward to hearing from you, and hearing your voice!

## **TEEN SCENE**

**Junior High teens meet from 6:00-7:30 p.m.  
and High School teens meet from 6:30-8:30 p.m.  
on Thursdays in the Teen Room at the church, unless noted otherwise.**

9/21 Regular Youth Group times

9/28 Regular Youth Group times

**10/20-21 Visit to Saint Barbara's Monastery More details to follow.**

**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.  
Fr. Patrick and Vanessa K.  
Greg & Margaret Y.  
Hoppe Family  
Gail S.  
Dean & Penny B.  
Angelina, Jase & Alina S.

Mary  
Rich and Susan B.  
Duane F.  
Galina, Nikolai & Nataliya  
Joan T.  
Friesen Family  
Temmo K.  
Ethan K.  
Tony C.  
Mona Z.  
Paul F. and Family  
Justin B.

Fr. Anthony Y. and Family  
Bill & Robin H. and Family  
Tony E.  
Michael A. & Edward S., who are  
studying in Russia

All those suffering and  
in danger in the Ukraine,  
Africa, and the Middle East

The victims of hurricanes, floods,  
fires and earthquakes in Texas,  
Florida, Montana and Mexico, and  
all of the disaster relief workers and  
first-responders

**For repose of the souls of:** Kh. Mary Sue 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).

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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. Payment 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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