



## ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

A Parish of the Antiochian Orthodox Christian Archdiocese of North America

300 Sumida Gardens Lane  
Santa Barbara, CA 93111  
Office hours: Tues-Fri.  
12:00—5:00 p.m.

**His Eminence Met. JOSEPH,  
Archbishop of New York &  
Metropolitan of all N. America**

**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  
email: office@stathanasius.org

**Youth Coordinator**

Tyler Speier tyler@stathanasius.org

**Parish Council 2017-2018:**

Kristi King, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Laurie Baker  
Corina Berari  
David Dillon  
Dottie Genatone  
Verne Gish  
Benjamin Hedges

### LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, April 15, 2018

New Sunday or Anti-Pascha  
Sunday of Thomas the Apostle,  
Called "The Twin"

Martyr Crescens of Myra in Lycia;  
Hieromartyr Leonidas, Bishop of Athens



### 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, April 15—THOMAS SUNDAY**

- 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  
1:00 p.m. Blessing of the Graves at Goleta Cemetery

### **Monday, April 16**

- 6:45 a.m. Pascal Matins  
5:00 p.m. Outreach Meal at St. Michael University Church in Isla Vista  
7:00 p.m. Men's Sticks Gathering

### **Tuesday, April 17**

- 2:30 p.m. Level I Catechesis  
5:30 p.m. Daily Vespers

### **Wednesday, April 18**

- 6:45 a.m. Pascal Matins  
12:00 p.m. Intercessory Prayer Group

### **Thursday, April 19**

- 11:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers  
6:30 p.m. Jr. High Youth Group  
7:00 p.m. High School Youth Group  
7:00 p.m. Choir Rehearsal

### **Friday, April 20**

- 6:45 a.m. Paschal Matins

### **Saturday April 21**

NO CATECHISM

- 6:00 p.m. Vespers/Confession

### **Sunday, April 22-Sunday of Myrrhbearers**

- 9:00 a.m. Religious Education  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
1:00 p.m. College/Young Adult Fire on Father

**Fr. Nicholas and Jan will be away from April 16-21.**

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

#### **Eucharist Bread**

- April 15 Dillon  
April 22 Dn. G. Braun  
April 29 Kern  
May 6 Hedges

#### **Coffee Hour**

- April 15 Dn. R. & J. Easbey  
April 22 D. McCalmont in memory of Natalia Nikolenko Lambert  
April 29 Angelina Speier in memory of Kevin Speier  
May 6 Dn. Scott & Karen Jacobs in honor of St. Irene

#### **Greeters**

- April 15 Fox/Baker  
April 22 K. & L. Jacobs  
April 29 D. Washburn/D. Lewis  
May 6 Lange/Andonian

#### **Ushers**

- April 15 P. King, D. Meyer, R. Barre  
April 22 D. Lewis, C. Speier, J. King  
April 29 D. Washburn, C. Berari, G. Shannon  
May 6 S. Speier, P. Brunner, P. King

#### **Readers**

- April 15 D. Washburn  
April 22 D. Alexander  
April 29 R. Barre  
May 2 V. Gish (Liturgy for Mid-Feast)  
May 6 T. Harris

**At the conclusion of Matins, we sing the Great Doxology  
followed by the Matins Dismissal Troparion:**

**Troparion of Antipascha**

From the sealed tomb, You shone forth, O Life! Through closed doors You came to Your disciples, O Christ God! Renew in us, through them, an upright spirit,  
By the greatness of Your mercy, O Resurrection of all!

**THE DIVINE LITURGY  
OF ST. JOHN CHRYSOSTOM**

*The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds “Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the Altar Table.*

**Priest:** Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and unto ages of age.

**People:** Amen.

**Clergy:** Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

**People:** Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(2 times)**

**GREAT LITANY**

**FIRST ANTIPHON**

Verse: Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High! [Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

## SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

**Refrain: O Son of God, Who rose from the dead, save us who sing to Thee, Alleluia.**

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

## THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

**Refrain: Christ is risen from the dead trampling down death by death, and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]

## LITTLE ENTRANCE

**In the gathering places bless ye God the Lord from the Springs of Israel.**  
O Son of God Who Rose From the dead, save us who sing to Thee, Alleluia!

### Troparion of Antipascha

**Tone 7**

From the sealed tomb,  
You shone forth, O Life!  
Through closed doors You came to Your disciples, O Christ God!  
Renew in us, through them,  
an upright spirit,  
By the greatness of Your mercy,  
O Resurrection of all!

### **Kontakion for Pascha**

Thou didst descend into the tomb O Immortal. Thou didst destroy the pow'r of death. In victory Thou didst arise, O Christ God, proclaiming rejoice to the myrrh-bearing women, granting peace to Thine apostles, and bestowing resurrection on the fallen.

### **TRISAGION HYMN**

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (3 times)

+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 3**

Great is our Lord, and abundant in power! His understanding is beyond measure! (Ps 146/147:5)

*Verse: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)*

### **EPISTLE READING**

#### **Act 5:12-20**

In those days, many signs and wonders were done among the people by the hands of the Apostles. And they were all together in Solomon's Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the Apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, "Go and stand in the temple and speak to the people all the words of this Life."

### **ALLELUIA BEFORE THE GOSPEL**

**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 (Ps. 94:1)

**Verse:** For the Lord is a great God and a great king over all the earth. (Ps. 94:3)

## **THE GOSPEL READING**

### **John 20:19-31**

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Now Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe."

Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." Then he said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe."

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

### **Hymn to the Mother of God (Meglynarion)**

The angel cried to the lady full of grace: Rejoice, O pure virgin! Again I say rejoice, O pure Virgin. Your son is risen from His three days in the tomb. With Himself He has raised all the dead. Rejoice all ye people. O Shine! Shine! Shine, O New Jerusalem! The glory, the glory of the Lord has shone on you. Exult, exult and be glad. Be glad, O Zion, be radiant, O Mother of God, in the resurrection of your Son, of your Son!

### **Communion of the Clergy—for Thomas Sunday**

Praise the Lord, O Jerusalem; praise thy God, O Zion. Alleluia. (Ps. 147:1)

### **Communion of the Faithful**

Receive the body of Christ. Taste the fountain of immortality.  
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 **are invited to 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.*

**Instead of “We have seen the true light, we sing: “Christ is risen” ONE time.**

**At the end of the dismissal prayer** the service then continues with the typical Paschal dialogue, as follows:

*Priest: Christ is risen.*

*Faithful: Indeed He is risen.*

*Priest: Christ is risen.*

*Faithful: Indeed He is risen*

*Priest: Christ is risen.*

*Faithful: Indeed He is risen.*

*Priest: Glory to His third-day Resurrection.*

*Faithful: Let us worship His third-day Resurrection.*

*Priest: Christ is risen from the dead, trampling down death by death, and upon those in the tombs*

***Faithful: bestowing life.***

**English: Christ is risen!**

Greek: Christos anesti!

Arabic: El Messieh kahm!

Slavonic: Christos voskrese!

Romanian: Hristos a inviat!

Spanish: Christo ha resucitado!

**He is risen indeed!**

Alithos anesti!

Hakken kahm!

Voistinu voskrese!

Adeverat a inviat!

En verdad ha resucitado!

## **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).  
On the homepage, click on **VIEW CALENDAR** at the bottom left.

### **BLESSING OF THE GRAVES**

Fr. Nicholas will bless the graves of our loved ones buried at Goleta Cemetery today after Coffee Hour.

### **CHANGE IN DAILY TRISAGION PRAYERS**

1. From Pascha until Pentecost, do not say, "O Heavenly King..."
2. From Pascha until Ascension, replace "Holy God, Holy Mighty..." with "Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life."

**FR. NICHOLAS AND JAN WILL BE AWAY FROM APRIL 16-21.**

## ***CELEBRATIONS THIS WEEK***

### **Wedding Anniversaries**

4/15 Robert & Leslee Kinman

### **Birthdays:**

4/15 Corie Sieck, Ysabella Madrigal  
4/16 Maria Butler, Nicholas Butler  
4/17 Giana Grace Brunner, Adriana deBruin  
4/19 Dn. Richard Easbey  
4/20 Paul Wintz  
4/21 Carla Brunstead  
4/22 Dn. Gary Braun, Elias Woodrow Hedges

### **Patronal Feast Days:**

4/15	St. Thomas	Tom Ballew, Tom Johnson, Craig Speier
4/16	St. Galena	Paige Zidek
4/18	St. Athanasia	Athanasia (Asia) Ballew



**Many years to those who were baptized and/or chrismated  
into the Orthodox Faith on Holy Saturday:**

Lizabeth Hoppe

Sponsor: Dorothy Alexander

Glenn Hoppe

Sponsor: Thaddeus Wojcik

Jeremiah Hoppe

Sponsor: Mitchell Denny, Jr.

Luke Hoppe

Sponsor: Mitchell Denny, Jr.

Austin Nachbur

Sponsor: Subdeacon Stephen Butler



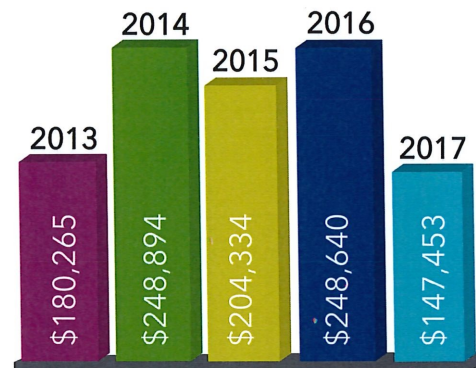
# ANNUAL REPORT

# 2017

SAOC BUILDING FUND

## 2017 ACCOMPLISHMENTS

- \$76,836 principle paid
- Preserved \$100K in reserve
- Successful golf tournament
- Raised \$150,000 for kitchen from last 2 golf fundraisers
- Committee formed to explore options for our property



BUILDING FUND CONTRIBUTIONS

## 2018 GOALS

For 2018, our goals are to complete the patio improvements and submit plans for our kitchen build-out.

Many thanks to all who gave to the building fund last year. Please remember the building fund for 2018!

# GOLF INCOME

# 2017

\$82,237

for more information visit  
[www.stathanasius.org](http://www.stathanasius.org)

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA

*Great and Holy Pascha 2018*

*"Lo through the Cross has joy come into all of the world. Ever blessing the Lord, let us sing His Resurrection. For by enduring the Cross for us, He has destroyed death by death."*

*Beloved in Christ,*

***CHRIST IS RISEN! INDEED, HE IS RISEN!***

*Having traversed the time of the Great Fast with fasting and repentance, and having witnessed the Passion and Burial of our Great God and Savior, Jesus Christ, with fear and awe, we now enter in the radiant joy of the Resurrection!*

*At a time when humanity appears to be throwing itself into ever more darkness, we rejoice in the fact that Christ destroyed death by the very means of death. In other words, Our Lord has shown Himself to be the faithful Bridegroom who can take our very means of rebellion and transform them into Life-giving means of communion.*

*Let us with grateful hearts embrace the mystery of the Life and Light pouring forth from the Empty Tomb and, together, take up the evangelical labor of proclaiming to the world that the Lord is indeed risen and will indeed transform our sorrows into joy!*

*Yours in the Risen Lord,*

A handwritten signature in black ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a long horizontal flourish at the end.

***+JOSEPH***

*Archbishop of New York and Metropolitan of all North America*

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238  
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

# GRAB AND GO

**A 'go bag' can make all the difference in an emergency. Here's how to be ready to run at a moment's notice**



**1 BASIC ELECTRONICS**

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

**2 PERSONAL NEEDS**

While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

**3 CLOTHING**

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

**4 YOUR MEDS**

Pack about three days' worth of each of your prescriptions. If you need larger items, such as an oxygen tank, make sure you have a portable version.

**6 FOOD AND DRINK**

Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

**5 CASH**

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.

**8 THE PERFECT BAG**

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

**7 PAPERWORK**

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

BY JEFF ROSSEN

Recent natural catastrophes, from hurricanes to western wildfires, are a fresh reminder that disaster can strike at any time. And no area of the country is immune, when you factor in the threat of tornadoes, earthquakes and human disasters like toxic spills. While the

circumstances may differ, there's one tip that every person needs to take from all these situations: how to pack a "go bag."

A go bag is a packed case that you grab on your way out the door, and that will help keep you safe and comfortable in the coming hours and days. Stopping to hunt for your medications or other important needs can cost you critical seconds in an evacuation.

Pack a separate go bag for yourself and every member of your household, and keep them stored in the same location.

I've interviewed hundreds of disaster victims, and compiled their recommendations in the graphic above.

Jeff Rossen of NBC News is the author of new survival and fraud-fighting book *Rossen to the Rescue*.

## **EMERGENCY PREPAREDNESS**

In the next several months, we will be working with a professional company called Hytropy that has offered to help us develop an emergency preparedness plan for the parish. They are doing this at no charge.

The plan will include instructions for a variety of natural disasters and other circumstances. There will also be some training provided and we will conduct a few different types of drills.

Hytropy is also able to help us purchase (at a discount) personal or family emergency kits similar to (but not exactly like) the one in the article to the left. We will have several sample kits for you to look at and we will take orders through the church. Each family will be asked to pay for their own kits.

Stay tuned for more details as we continue to move forward on this.

## **ST. EMMELIA ORTHODOX HOMESCHOOL 2018 CONFERENCES**

**Spring 2018 West Conference: "Have Faith!"  
April 19-22, 2018**

**St. Nicholas Ranch, Dunlap, CA**

**Speakers \* Panel Discussions \* Workshops \* Children's Programs  
\*Vendor Hall \*Child Care \*Monastery Visit**

**Fall Conference: November 8-11, 2018**

**For more information, go to: [saintemmeliaconferences.com](http://saintemmeliaconferences.com)**

## **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.**

4/19/18 Thursday Night Youth Group

4/26/18 4/26/18- Special Event/Combined Youth Group:  
Meet for dinner at the church, followed by  
Network Medical Event.

### **THE BENHAM BROTHERS: UNSHAKABLE**

Two identical twin brothers, entrepreneurs and best-selling authors will share their rags to riches story of how their uncompromising Christian faith and integrity have helped them to fulfill their dreams and grow God's Kingdom.

**THURSDAY, APRIL 26, 2018  
7:00-8:30 P.M.**

**AT THE GRANADA THEATRE  
ALL ARE WELCOME!**

**LET FR NICHOLAS KNOW IF YOU WOULD LIKE TO ATTEND!**



**Youth Group Evening of Broomball—March 31, 2018**

## 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. Romanos (O.C.M.C. priest, Congo)  
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.  
Rich and Susan B.  
Duane F.  
Galina, Nikolai & Nataliya

Joan T.  
Friesen family  
Ethan & Cole K.  
Tony C.  
Paul F. and Family  
Justin B.  
Fr. Anthony Y. and Family  
Tony E.  
Alma G.  
Guadalupe  
Phyllis M.  
John D.  
Fr. Wayne W. & Family  
Fr. Dimitrie V.  
Monsignor John Y.

Antonio  
Steve (Zach Brasel's father)  
Gaylen C.  
Zac B.  
Dotte G.  
Fay Y.  
Terri Lynn & Hannah Rose  
Lauren  
Cheryl G.  
  
All those suffering and  
in danger in Ukraine,  
Africa, and the Middle East

### **For repose of the souls of:**

Bette F., Merrily M., Alyson, Dawn

All who have died in the conflicts in 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 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 - two enclosed cabinets containing items that are FOR SALE. One cabinet holds icons, crosses, incense, prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book title. Children's books are on the bottom shelf. 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 brown lockbox on wall next to Fr. Nicholas' office. Make checks payable to St. Athanasius Book Center.. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.) \*  
\* **All proceeds go to the parish Building Fund.** \*  
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THE DOUBTING THOMAS

