



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
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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, July 15, 2018

Tone 6 / Eothinon 7

Sunday of the Holy Fathers of Fourth Ecumenical Council

Great Prince Vladimir (Basil) of Kiev, Equal-to-the-Apostles;
Martyrs Kyrikos and his mother Julitta of Tarsus



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, July 15

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

Monday, July 16

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

Tuesday, July 17

5:30 p.m. Daily Vespers

Wednesday, July 18

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

Thursday, July 19

11:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
7:00 p.m. Choir Rehearsal

Friday, July 20

6:45 a.m. Daily Matins

Saturday July 21

6:00 p.m. Vespers/Confession

Sunday, July 22

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

Valerie Yova, our parish Administrator, is out of town from July 5-15. She has been teaching this past week at the Antiochian Archdiocese Summer Sacred Music Institute at the Antiochian Village in Pennsylvania.

Fr. Nicholas is attending the Archdiocese Clergy Symposium from July 13-20.

Sunday Morning Ministries Schedule

Eucharist Bread

July 15 Hedges
July 22 Jacobs
July 29 Sieck
August 5 Tinyayeva

Coffee Hour

July 15 S. & T. Speier
July 22 NEED A HOST
July 29 Meyer
August 5 Lander

Greeters

July 15 K. & L. Jacobs
July 22 K. Fox/H. Lange
July 29 Baker/D. Washburn
August 5 Morrison/Genatone

Ushers

July 15 D. Washburn, C. Berari, G. Shannon
July 22 S. Speier, P. Brunner, P. King
July 29 D. Meyer, R. Barre, D. Lewis
August 5 C. Speier, J. King, D. Washburn

Readers

July 15 Rdr. H. Lange
July 22 D. Washburn
July 29 T. Harris
August 4 R. Barre (Great Vespers)
August 5 Rdr. J. Butler

**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 was
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**

Resurrectional Troparion

Tone 6

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.

Troparion of the Holy Fathers

Tone 8

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!

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

Tone 3

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**

O undisputed intercessor of Christians,
The mediatrix, who was 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 ever 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**

Chanter: *Blessed are You, O Lord, God of our fathers, and praised and glorified is Your name forever. (The people repeat this after the chanter.)*

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.

Alleluia before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia

People: Alleluia, Alleluia, Alleluia

Verse: The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting. (Ps 49/50:1)

Verse: Gather to Me, My venerable ones, who made a covenant with Me by sacrifice! (Ps 49/50:5)

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.*

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.

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.
On the homepage, click on **VIEW CALENDAR** at the bottom left.

Fr. Nicholas is attending the Archdiocese Clergy Symposium from July 13-20.

Valerie Yova, our parish Administrator and Music Director is out of town from July 5-15. She has been teaching this past week at the Antiochian Archdiocese Summer Sacred Music Institute at the Antiochian Village in Pennsylvania.

Thank you to John Butler for his musical leadership while Valerie is away.

THE KICK-OFF GATHERING FOR OUR STRATEGIC PLANNING PROCESS will be on Sunday, October 7 from 4-6 p.m., followed by dinner. More information to follow.

MARK YOU CALENDAR UPCOMING FEAST DAY CELEBRATIONS

Sunday, August 5 Transfiguration of the Lord (commemorated at Sunday Matins and Liturgy on Aug. 5th, transferred from Aug. 6.)

Tuesday, August 14 Vesperal Liturgy 6 p.m. for Dormition of the Mother of God

“Post Modernism & Christianity: Friends or Foes?”

Deacon Rico Paul Monge—Presenter

Friday evening, July 27 7:00-8:30 p.m.

Saturday, July 28 10:00-11:30 a.m.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

8/16 Doug & Kristi King
8/19 Richard & Susan Barre

Birthdays

7/15 Juliana Shackelford
7/16 Mary Gish
7/16 Melissa Braun

Patronal Feast Days

7/17	St. Marina of Antioch	Margaret Easbey
7/18	St. Elizabeth the New Martyr	Elizabeth Butler, Carla Harris, Jenny Speier
7/20	Prophet Elias	Elias Hedges, Chase King, Elijah Landrum
7/20	St. Maria of Paris	Maria Butler

Save
the
Date

ST. ATHANASIUS
ORTHODOX CHURCH

THE HOWARD SHANNON
GOLF TOURNAMENT
& DINNER

september 21
TWO THOUSAND EIGHTEEN

GLEN ANNIE GOLF CLUB
SANTA BARBARA, CA

www.stathanasius.org/golf

From the June St. Barbara Monastery Newsletter

Dear Friends of St. Barbara Monastery,

“By Thy Passion, O Christ, have we been freed from passions. . . By Thy Passion upon the Cross, Thou hast become a well-spring of dispassion for me....”

These lines and variations of them are from the hymnography of the Church. (See especially Tones I and VIII of the Sunday Octoechos.) But what do they mean? We have heard some persons dismiss them as nothing more than examples of a literary device, a mere poetic play on words with no real meaning. But is anything in the liturgical texts meaningless?

[First of all, let us clear away the rather new popular use of the word ‘passion’ in contemporary English as in “She has a passion for gardening.” This is by no means the sense of the word ‘passion’ we are examining here. By ‘Passion’—with a capital P—we are referring to Christ’s Passion, i.e., His suffering and Crucifixion. And by ‘passions’—with a lower case ‘p’— we are referring to the tendencies in human nature which, if not controlled, lead to sin.]

So the question before us is: ‘How can Christ’s Passion—His suffering and death on the Cross—be said to have freed us from the tendencies in our nature that unchecked lead us to sin and enslave us?’ After all, do we not find ourselves continually struggling to control the passions?

Like most everything in Christian spiritual life, the answer is not really accessible by merely taking thought, by working out the logic. Rather it is by entering into the mystery of Christ’s suffering and death ourselves that we can discover to some limited degree the meaning and reality of what the Church is proclaiming when she says *“By Thy Passion, O Christ, have we been freed from passions. . .”*

When in Holy Week—and indeed at every Divine Liturgy—the Church invites us to enter and experience the mystery of the Passion of our Lord Jesus Christ by reliving it liturgically, we are given the possibility of accessing this truth within our hearts and souls, the deepest parts of our being. Do we not then sense the bonds of the passions loosening, dissolving within ourselves? Who can hold on to pride or anger while standing before the Cross and clinging to it?

There is an even “steeper path” by which we may enter into Christ’s Passion and find our passions withered and faded away. This is by humbly embracing the Passion of Christ in our own bodies as well as in our souls as did the martyrs, the confessors, and every person who has suffered *in the Name of Christ*, be it from illness, sorrows, the evil intent of others or even what the world calls “accidents.” Then it is that we come to see that, while we thought we were seeking God, God has in fact been embracing us. In discovering and receiving such love, do we not find our passions “vanishing like smoke”?

Abbess Victoria and the sisters of St. Barbara Monastery

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.**

July

- 7/19 Summer Youth Group—Both groups 6-8 p.m.
7/26 Family BBQ at the park

August

- 8/2 No Youth Group (Say a prayer for our teens at Project Mexico)
8/9 Summer Youth Group—Both groups 6-8 p.m.
8/16 All-parish Family BBQ at the park
8/23 Summer Youth Group—Both groups 6-8 p.m.
8/30 Summer Youth Group—Both groups 6-8 p.m.

**Congratulations to Zak Landrum, the newly elected Parish Council member,
and Dorothy Alexander, who was appointed to the Parish Council by Fr. Nicholas,
per our Archdiocese Constitution and By-laws.**

Their 3-year term begins this September and runs through August of 2021.

Thank you to all who participated in the election process, including those who made nominations, all those who were willing to be nominated, and all those who cast their vote.



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. Romanos (O.C.M.C. priest, Congo)
Mother Christophora
Fr. Jon B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family
Gail S.
Dean & Penny B.
Duane F.
Joan and Steve T.
Friesen family

Ethan & Cole K.
Tony E.
Fr. Dimitrie V.
Monsignor John Y.
Gaylen C.
Zac B.
Terri Lynn & Hannah Rose
Lauren
Cheryl G.
Jerry J.
Elka
Elizabeth J.
Jimmy
Phoebe L.
Gabriel M.

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

For repose of the souls of: John D., Marceen S., Jacqueline M., Pat W., Jeffery L., Wayne H., Dn. Mark
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.

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).

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.

