



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 & Met-
ropolitan 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
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Teen Program Coordinator

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Parish Council 2018-2019:

Kristi King, President
Dan Braun, Treasurer
Terri Speier, Secretary
Dorothy Alexander
Laurie Baker
Corina Berari
David Dillon
Verne Gish
Zak Landrum

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 9, 2018

Tone 6 / Eothinon 4

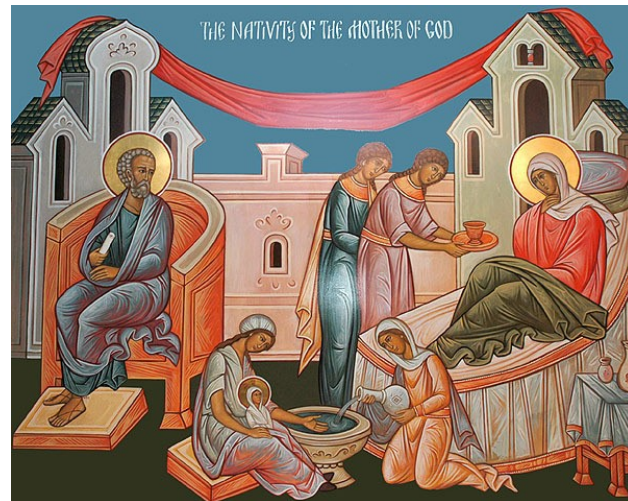
Sunday before the Elevation of the Holy Cross

After-feast of the Nativity of the Theotokos

Synaxis of the Ancestors of God, Joachim and Anna;

Great-martyr Severian of Sebastia;

Holy Fathers of the Third Ecumenical Council



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 9

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

Monday, September 10

6:45 a.m. Daily Matins
5:00 p.m. Outreach dinner at St. Michael's
Church in Isla Vista

Tuesday, September 11

5:30 p.m. Daily Vespers

Wednesday, September 12

6:45 a.m. Daily Matins
6:00 p.m. Parish Council Meeting

Thursday, September 13

11:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Vespers-Liturgy for the
Feast of the Exaltation of the
Holy Cross

Friday, September 14-FEAST OF THE CROSS

6:45 a.m. Daily Matins

Saturday September 15

9:00-11:00 a.m. Ministry Team Leaders Meeting
6:00 p.m. Vespers/Confession

Sunday, September 16

Blessing of all Students and Teachers

9:00 a.m. Religious Ed.—grades 1-12
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

<p>Level I Catechesis begins on Tuesday, Sept. 18th from 4:00-5:00 p.m.</p>
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Sunday Morning Ministries Schedule

Eucharist Bread

September 9 Braun
September 16 Hedges
September 23 Jacobs
September 30 Kern

Coffee Hour

September 9 Shannon (in memory of Dn. Howard)
September 16 NEED A HOST
September 23 Harris
September 30 CHOIR

Greeters

September 9 D. Lewis/D. Washburn
September 16 K. Fox/Deacon
September 23 Morrison/Genatone
September 30 P. King/K.P. King

Ushers

September 9 G. Shannon, S. Speier, P. Brunner
September 16 P. King, D. Meyer, R. Barre
September 23 D. Lewis, C. Speier, J. King
September 30 D. Washburn, C. Berari, G. Shannon

Readers

September 9 Rdr. J. Butler
September 13 R. Barre (Vesp-Lit, Feast of Cross)
September 15 Rdr. V. Gish—Great Vespers
September 16 T. Harris
September 22 Rdr. M. Kern (Vespers)
September 23 Rdr. H. Lange
September 30 D. Meyer

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

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Today the choir will be introducing some new music during the Liturgy of the Word.

GREAT LITANY

1 Lord, have mer - cy. Lord, have mer - cy. nazo zakkak

2 Lord, have mer - cy. Lord, have mer - cy.

3 Lord, have mer - cy. Lord, have mer - cy.

4 Lord, have mer - cy. Lord, have mer - cy.

6 Most holy The - o - - - kos, save us.

To Thee, O Lord. A - - - men.

The musical score is written for Soprano/Alto and Tenor/Bass. It consists of six numbered sections. Section 1 is a two-measure phrase: 'Lord, have mer - cy. Lord, have mer - cy.' with a circled '1' above the first measure. Section 2 is identical to section 1. Section 3 is identical to section 1. Section 4 is identical to section 1. Section 6 is a two-measure phrase: 'Most holy The - o - - - kos, save us.' with a circled '6' above the first measure. The final system shows the beginning of a new phrase: 'To Thee, O Lord. A - - - men.' with a circled '6' above the first measure. The lyrics are in English, with the Greek word 'nazo zakkak' appearing at the end of the first system. The music is in a simple, homophonic style with a bass line consisting of sustained notes and a soprano line with moving eighth and quarter notes.

FIRST ANTIPHON verses for the feast of the Nativity of the Theotokos with refrain:

Vs. O Lord, remember David and all his meekness. Lo, we heard of it at Ephratha; we found it in the fields of the wood.

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

Vs. Glorious things are spoken of thee, O city of God. **[Refrain]**

Vs. God is in the midst of her; she shall not be moved. **[Refrain]**

Vs. *Glory...now & ever...Amen.* **[Refrain]**

Musical score for Soprano and Tenor/Bass parts. The Soprano part is written in treble clef with a key signature of one flat (B-flat). The Tenor/Bass part is written in bass clef with the same key signature. The lyrics are: "Through the in - ter - cess - ions of the The - o - to - kos, nazo zakkak". There is a checkmark under the word "kos,".

Musical score for Soprano and Tenor/Bass parts. The Soprano part is written in treble clef with a key signature of one flat (B-flat). The Tenor/Bass part is written in bass clef with the same key signature. The lyrics are: "O Sav - ior save us.".

SECOND ANTIPHON verses for the feast of the Nativity of the Theotokos & refrain

(MUSIC ON NEXT PAGE.)

Vs. The Lord hath sworn in truth unto David; and He will not turn from it. Of the fruit of thy body will I set upon thy throne.

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

Vs. There will I make the horn of David to bud; I have ordained a lamp for mine anointed. **[Refrain]**

Vs. For the Lord hath chosen Zion; He hath desired it for His habitation. **[Refrain]**

SECOND ANTIPHON REFRAIN

nazo zakkak

Soprano
Alto

O — Son of God, Who art ris - en from the dead, ✓

Tenor
Bass

S
A

save us who sing — to Thee, al - le - lu - ia.

T
B

**Chanter: 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

nazo zakkak

Soprano
Alto

On - ly Be - got - ten Son and Word of God, Who

Tenor
Bass

S
A

art im - mor - tal, ✓ who for our sal - va - tion

T
B

S
A
willed to be in - car - nate of the Ho - ly The - o - to - kos and

T
B

S
A
ev - er - vir - gin Mar - y, who with - out

T
B

S
A
change be - came man and wast cru - ci - fied,

T
B

ritardando

S
A
O Christ our God, and tram - pled down death by death,

T
B
ritardando

a tempo

S
A
who art One of the Ho - ly Trin - i - ty,

T
B
a tempo

cresc.

S
A
glo - ri - fied to - geth - er with the Fa - ther and the

T
B
cresc.

S
A
Ho - ly Spir - it, *ff* save us.

T
B

Third Antiphon for the Feast of the Nativity of the Theotokos

Vs. Here will I dwell, for I have desired it.

Refrain:

**Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.**

Vs. The most high hath sanctified his tabernacle. **[Refrain]**

Vs. Holy is Thy temple, and wonderful in righteousness. **[Refrain]**

FOLLOWING THE PROCESSION WITH THE GOSPEL, THE CLERGY ENTER THE ALTAR AS WE SING THE FOLLOWING 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 for the Feast of the Nativity of the Theotokos

Tone 4

Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.

Troparion for Synaxis of Joachim and Anna

Tone 1

Since you were righteous under the law of grace,
O Joachim and Anna,
you gave birth to the God-given infant for our sake.
Therefore, the divine Church radiantly keeps feast today,
joyfully celebrating your honorable memory and giving glory to God,
Who has raised up a horn of salvation from the house of David.

**Troparion to St. Athanasius
(Music on p. 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 for the Feast of the Nativity of the Theotokos

Tone 4

By your nativity, most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve from the corruption of death.
And we, your people, freed from the guilt of sin,
celebrate and sing to You:
“The barren woman gives birth to the Theotokos,
the Nourisher of our Life.”

TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy Book)

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)
(Music on page 60 of Liturgy book)

Tone 6

Reader: O Lord save Thy people and bless Thine inheritance. (Ps. 28:9)

People: O Lord save Thy people and bless Thine inheritance.

Reader: **Verse:** *To Thee will I cry, O Lord, O my God, do not be silent unto me.*

People: O Lord save Thy people and bless Thine inheritance.

Reader: O Lord save Thy people...

People: ...and bless Thine inheritance.

EPISTLE READING

Galatians. (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

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

Vs. 1 I have exalted one chosen out of My people. **Alleluia** (Ps 88/89:20)

Vs. 2 For My hand shall defend him, and My arm shall strengthen him.

Alleluia (Ps 88/89:22)

GOSPEL READING

John. (3:13-17)

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

HOMILY

Meglynarion for the Nativity of the Theotokos (Hymn to the Mother of God)

Magnify, O my soul, the Virgin Mary, born of a barren womb.
Virginity is foreign to mothers; Childbearing is strange to virgins.
But in you, O birthgiver of God, both were accomplished.
Therefore, all the earthly nations unceasingly glorify You.

Communion Hymns

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

For the feast of the Nativity of the Theotokos:

I will receive the cup of salvation and call on the name of the Lord.
(*Ps 115/116:13*) Alleluia, Alleluia, Alleluia!

**THE FEAST OF
THE NATIVITY OF THE MOST PURE VIRGIN**

The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and All-seeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams; for He gave them not just a daughter, but the Mother of God. She was Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, and the Fount of virginity and purity.



**LESS THAN 2 WEEKS TO THE
Annual Howard Shannon Golf Tournament!**

**Help us to complete the expansion of our patio,
including the pergola (shade structure) above,
plus an extension of the brick area
and a play area for the children on the grass.**

Please support this year's Golf Tournament by:

- Becoming a sponsor or making a donation
- Registering to golf and/or attending the dinner
 - Bringing a friend!

PROCEEDS THIS YEAR GO TOWARDS THE PATIO PROJECT.

Register today during Coffee Hour or through the website:
<https://www.stathanasius.org/2018-golf-tournament/>

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.

UPCOMING FEAST DAY CELEBRATION:

Thursday, September 13 Vespers-Liturgy 6 p.m. for Elevation of the Cross

ALL MINISTRY TEAM LEADERS will meet on Saturday, September 15th from 9-11 a.m. at the church.

SUNDAY RELIGIOUS EDUCATION AUTUMN START-UP

All Sunday Religious Education classes will begin on
Sunday, September 16 at 9:00 a.m.

That would include:

- Catechesis Level II
- Catechesis Level III
- Junior High
- Senior High

Catechesis Level I will meet on Tuesday from 4-5 p.m.

ALL STUDENTS AND TEACHERS will receive a special blessing at the end of the Divine Liturgy next Sunday, September 16.

DONATED CLOTHING

The Showers of Blessing ministry is still in need of clothing, however they are asking for **ONLY JEANS, T-SHIRTS and JACKETS**. **No women's clothing, please, and no dress clothes.**

Between now and Christmas, we will be accepting new or gently used sweat-shirts, hoodies, and jackets for our St. Brigid Christmas Outreach Breakfast, so keep that in mind as you are doing your fall purging and Christmas shopping!

Donated clothing should be put in the area by the copier (the hallway between the two offices) and **CLEARLY MARKED** for either the Showers or Christmas.

HOW TO SIGN UP TO HOST A COFFEE HOUR IN 2018—19

Sign-ups will be done online again this year. Please consult your family calendar, and then use the online list to sign up. Here is the link to sign up online.

<http://www.stathanasius.org/coffee-hour/>

You can also contact Suzi Wiley with your preferred date, and she will sign you up. E-mail: suziwiley@cox.net Mobile Phone: 805-448-2787

CELEBRATIONS THIS WEEK

Birthdays

9/9 Kellie Landrum
9/11 Joseph Ballew
9/12 Tom Johnson
9/14 Michael Easbey

Patronal Feast Days

9/9 St. Anna (the Mother of the Theotokos)
Michelle Madrigal, Sherie Shackelford, Shirley Dillon

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.**

9/13 Vespereal Liturgy—Feast of the Exaltation of the Cross
Liturgy - 6pm, Pizza in Youth Room - 7:30 - 8:30pm
9/20 Regular Youth Group times
9/27 Regular Youth Group times
10/4 Regular Youth Group times
10/11 Regular Youth Group times
10/18 Regular Youth Group times
10/25 Regular Youth Group times

**10/31 - WEDNESDAY NIGHT
All Hallow's Eve Party
Both groups at 6pm—location TBA**

INVITING ALL PARISH MEMBERS...

We need your input as we begin a strategic planning process to set our goals for the next five years.

Please join us for an important

PARISH FAMILY GATHERING

Sunday, October 7th

4:00-6:00 p.m. — Meeting of all members

Teens are welcome!

6:00 p.m. — Supper on the patio
& ice-cream brownie sundaes

Childcare will be available during the meeting.

We will divide into several groups and engage in a discussion about our successes and challenges of the past ten years. We will come back together to share some of the comments gathered.

Fr. Nicholas will then share with us the overall **VISION** for our parish, those basic values and beliefs that guide all of our other decisions, activities, ministries, expenses and building project.

There will be an opportunity for questions and clarification about the vision.

Keep an eye out for an E-vite to this parish gathering.

Please R.S.V.P. to the E-vite so that we know how many to plan for.

It is very important that we begin this process with as much participation as possible from our parish family, including members of ALL ages and generations.

May God grant us wisdom as we celebrate our past and prepare for the road ahead!

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.
Penny B. and Family
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.
Devin

Kh. Carla Z.
Sharmaine & Emma

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

For repose of the souls of:

Dean B., Kevin A.
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.

NATIVITY OF THE
THEOTOKOS

