



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

Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

Mitchell Denny: mitchdennyjr@gmail.com

Parish Council 2018-2019:

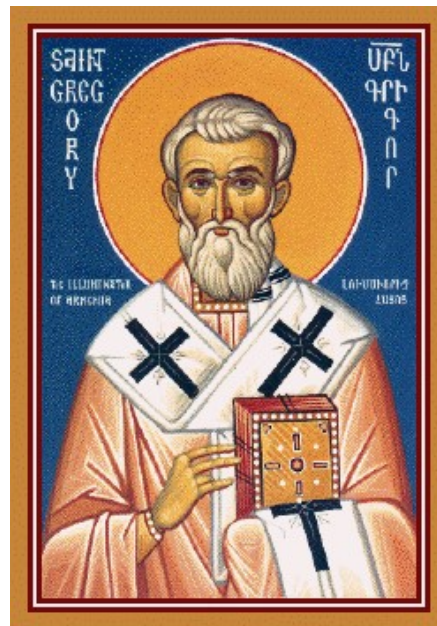
Kristi King, President
Dan Braun, Treasurer
Terri Speier, Secretary
Dorothy Alexander
Laurie Baker
Corina Berari
David Dillon
Verne Gish
Zak Landrum

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, September 30, 2018

Tone 1 / Eothion 7; Eighteenth Sunday after Pente-
cost & Second Sunday of Luke
Hieromartyr Gregory, Enlightener of Greater Armenia

Martyrs Rhipsime and Gaiana and companions of Armenia;
Michael the Wonderworker, first metropolitan of Kiev;
Venerable Gregory of the Pelshma River



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 30

Blessing of Chanters & Choir Members

9:00 a.m. Religious Ed.—grades 1-12
9:00 a.m. Matins
10:00 a.m. Divine Liturgy/Trisagion Prayers for
His Grace, Bishop ANTOUN
11:45 a.m. Coffee Hour
12:30 p.m. Coffee Hour Team Meeting
4:00 p.m. St. Barbara Monastery Friends:
Dr. Serena Enke on “Forgiveness”

Monday, October 1

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

Tuesday, October 2

4:00 p.m. Catechesis Level One
5:30 p.m. Daily Vespers

Wednesday, October 3

6:45 a.m. Daily Matins
12:00 p.m. Intercessory Prayer Group
5:45 p.m. Evangelism Team Meeting

Thursday, October 4

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

Friday, October 5

6:45 a.m. Daily Matins
4:45 p.m. Weekly Akathist at Westmont
College in the Chapel

Saturday October 6

9:30 a.m. Women’s Fellowship Gathering
4:30 p.m. Adult Catechism
6:00 p.m. Vespers/Confession

Sunday, October 7

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
4:00 p.m. All-Parish Strategic Planning
Kick-off followed by dinner

Sunday Morning Ministries Schedule

Eucharist Bread

September 30 Kern
October 7 Fr. Nicholas
October 14 Sieck
October 21 Tinyayeva

Coffee Hour

September 30 The CHOIR in commemoration of
St. Romanos the Melodist (Oct. 1)
October 7 Cocores/Loulias
October 14 NEED A HOST
October 21 NEED A HOST

Greeters

September 30 P. King/K.P. King
October 7 K & L Jacobs
October 14 H. Lange/L. Baker
October 21 D. Lewis/D. Washburn

Ushers

September 30 D. Washburn, C. Berari, G. Shannon
October 7 S. Jacobs, P. Brunner, P. King
October 14 D. Meyer, D. Lewis, C. Speier
October 21 J. King, D. Washburn, C. Berari

Readers

September 30 D. Meyer
October 7 D. Washburn
October 14 Rdr. H. Lange
October 21 Rdr. V. Gish

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 the Church Slavonic 'nazo zakkak' at the end. 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.' The final system shows the beginning of a new phrase: 'To Thee, O Lord. A - - - men.' The music is in a minor key and features a steady bass line with moving soprano/tenor lines.

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]

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

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

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 art risen 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]

SECOND ANTIPHON REFRAIN

nazo zakkak

Soprano Alto

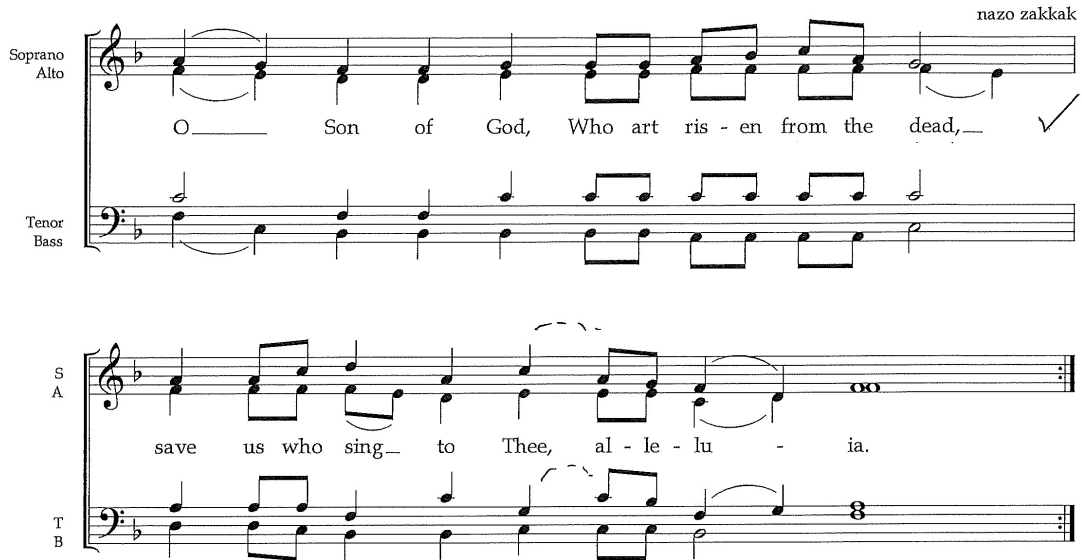
O Son of God, Who art ris - en from the dead, ✓

Tenor Bass

Soprano Alto

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

Tenor Bass



**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

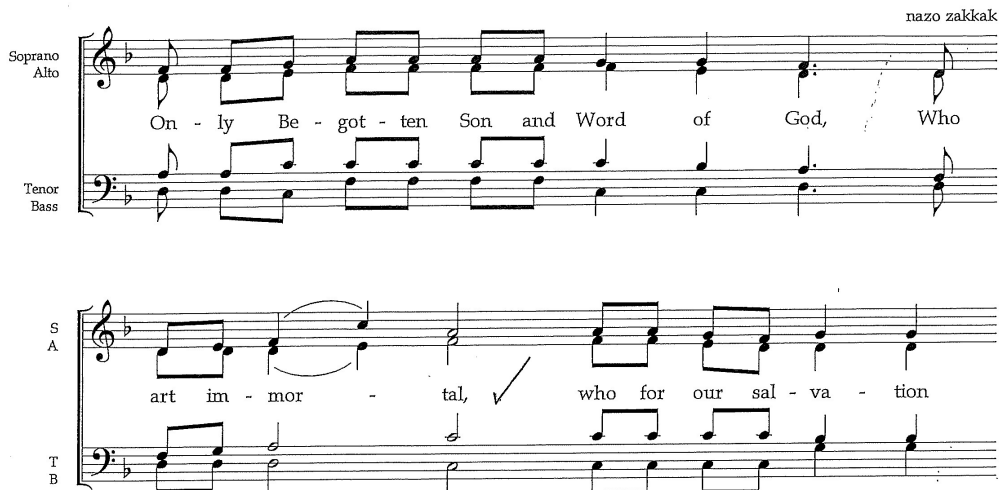
On - ly Be - got - ten Son and Word of God, Who

Tenor Bass

Soprano Alto

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

Tenor Bass



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—The Beatitudes or “Sermon on the Mount”

After each of the verses, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

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

Troparion of the Resurrection

Tone 1

(Music on p. 40 of Liturgy book)

While the stone was sealed by the Jews,
and the soldiers were guarding Thy most pure body,
Thou didst arise on the third day,
O Savior, granting life to the world.
For which cause the heavenly pow'rs
cried aloud unto Thee, O Giver of life;
Glory to Thy resurrection, O Christ!
Glory to Thy kingdom!
Glory to Thy providence, O Thou
Who alone art the lover of mankind.

Troparion of Hieromartyr Gregory of Armenia

Tone 4

By sharing in the ways of the Apostles,
you became a successor to their throne.
Through the practice of virtue, you found the way to divine
contemplation, O inspired one of God;
by teaching the word of truth without error, you defended the Faith,
even to the shedding of your blood.//
Hieromartyr Gregory, entreat Christ God to save our souls.

Troparion to St. Athanasius

Tone 3

(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.

Kontakion - Ordinary Sundays**Tone 4**

O undisputed intercessor of Christians,
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. (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 1**

Reader: Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee. (Ps 32/33:22)

Choir: Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee.

Reader: **Verse:** Rejoice in the Lord, O you righteous! Praise is becoming to the upright.

All: Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee.

Reader: Let Thy mercy, O Lord, be upon us,

All: ...as we have set our hope on Thee.

EPISTLE READING**2 Corinthians (9:6-11)**

Brethren, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures forever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.

Alleluia before the Gospel

Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: It is God Who avenges me, and subdues people under me. (*Ps 17/18:47*)

Verse: He gives great deliverance to His King, and shows mercy to His anointed, to David and his seed forever. (*Ps 17/18:50*)

GOSPEL READING

Luke. (6:31-36)

The Lord said: "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

HOMILY

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 Hymn

Praise the Lord from the heavens; praise Him in the Highest! Alleluia! (*Ps. 148*)

HOLY COMMUNION

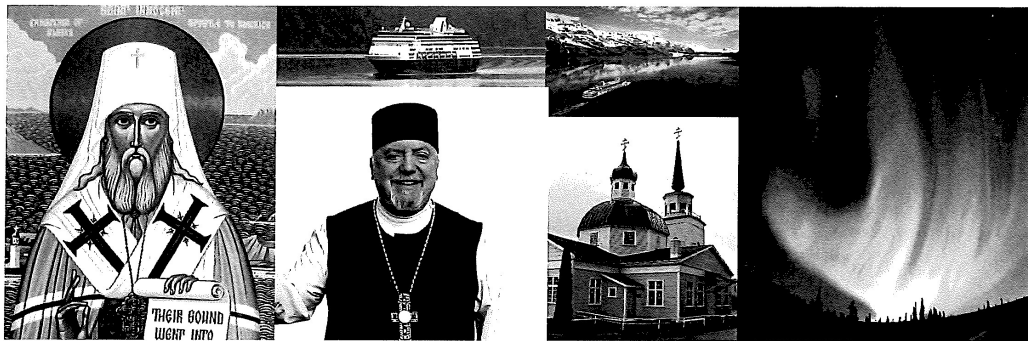
*In the Orthodox Church, the sacrament of Communion is offered only to Christians who are baptized in the name of the Trinity and chrismated into the Orthodox Faith. Non-Orthodox believers **may approach the chalice for a blessing and the blessed bread instead of the Eucharist.** So that the priest is 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.

ORTHODOX CRUISE TO ALASKA 2019

SEATTLE > JUNEAU > GLACIER BAY > SITKA > KETCHIKAN > SEATTLE
SATURDAY SEPTEMBER 7, 2019 - SATURDAY SEPTEMBER 14, 2019



Join us for the 4th edition of our exceptional Conference & Pilgrimage Orthodox Cruise to Alaska: the roots of Orthodoxy in North America. Discover the beauties of creation at Glacier Bay, and explore Juneau and Sitka, the ancient capital of Russian America and home of the historic St Michael's Cathedral and Bishop's House where St Innocent himself served. Two engaging speakers will offer daily lectures and workshops dealing with mystical theology, science and apologetics as well as spirituality. The speakers are Fr Michael Oleksa, one of the foremost authorities on Orthodoxy in Alaska, and Fr Laurent Cleenewerck, a noted author and Editor of the Eastern / Greek Orthodox Bible and forthcoming Catechism.

The ship will be the spectacular Holland America Eurodam and cabins start at \$1,390 (state-room per person which includes all taxes and conference fees). Participation is limited to 55 due to seating restrictions on-board. Reservation is offered on a first-come / first-serve basis, (previous editions of this popular cruise were sold out). Please reserve your cabin as soon as possible.

This semi-annual event is organized with the blessing of His Eminence Archbishop BENJAMIN of San Francisco and of Bishop David of Sitka and Alaska (Orthodox Church in America). Call Fr Laurent at 707 682 6263 if you have any questions.

TO PARTICIPATE IN THIS EVENT, IT IS REQUIRED THAT ALL CRUISE, BUS, AND HOTEL ARRANGEMENTS BE MADE THROUGH DALIANES TRAVEL ONLY. TO PARTICIPATE, PLEASE CALL DEBBIE SANDERS OR BEVERLY TURPEN AT 800-462-2937.

www.orthodoxcruises.com

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Women's Fellowship

GATHERING FOR GRATITUDE

This Saturday October 6 9:30-11:30 at church

Spend time in fellowship and create a simple gratitude craft

Bring \$5 and a couple items from any local craft store

More info in the evite or in the foyer

Or contact Christie Robinson~ christie.d.robinson@gmail.com

CHRISTMAS BRUNCH

Saturday December 1 9:30-11:30 at church

Join us for brunch and a Christmas outreach project

*Save
the
date*



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.

ALL CHOIR MEMBERS AND CHANTERS will receive a special blessing at the end of the Divine Liturgy TODAY.

THE ST. BARBARA MONASTERY FRIENDS will gather today at 4:00 p.m. The presenter is Dr. Serena Xenia Enke, licensed psychotherapist. She will speak on: "Forgiveness — Balm for the Aching Heart." Vespers and a potluck supper will follow the presentation.

TO SIGN UP ONLINE TO HOST A COFFEE HOUR IN 2018—19, GO TO:

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

You can also contact Suzi Wiley: suziwiley@cox.net Cell: 805-448-2787

TAKE-THEM-A-MEAL MINISTRY

The Meals ministry e-mail list needs to be updated! If you did NOT receive an e-mail this week from Margaret Easbey and would like to be included in future meal delivery opportunities please get in touch by e-mailing mveasbey@gmail.com. If you don't like e-mail you can also receive a call or text! Contact Margaret at (805) 266-9110 to let her know. Finally, feel free to opt out by responding to the e-mail that you would like to be removed from the list.

PARISH COUNCIL CORNER

The Parish Council kicked off the new Liturgical Year with a dinner meeting and orientation for new members on Wed., Sept. 12. Please note the following:

1. A sub-committee headed by Cheryl Washburn-Lander has approved the basic layout and appliances for the warming kitchen, and this has been given to the architect so that drawings can be rendered and submitted to the County for approval. Best case scenario for start of construction is 7-9 months, but it could be longer, depending upon the permitting process.
2. A sub-committee was appointed to review and revise a number of older policies and procedures and to bring them back to the Parish Council for endorsement, including:
 - Policy on advertising/marketing to parish members of events, products or services that are not related to the parish.
 - Policy on extended parking in the church parking lot.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

10/4 Corina and Adrian Berari
10/07 Benny & Michelle Madrigal

Birthdays

9/30 Michael Loulias
10/1 Jase Speier
10/2 Andrew Macdonald
10/3 Kassiana Van Wagoner
10/6 Holden Dillon

Patronal Feast Days

10/1 **St. Sidonia of Georgia** Suzi Wiley
10/2 **St. Justine of Nicomedia** Justina King
10/3 **Apostle Thomas** Thomas Ballew, Thomas Johnson, Craig Speier

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.**

Thursday, 10/4 Regular Youth Group times
Sunday, 10/7 All-parish Gathering at 4:00 p.m.
Thursday, 10/11 Regular Youth Group times
Thursday, 10/18 Regular Youth Group times
Thursday, 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 focus groups and engage in discussion about topics specific to each group.

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 Evite to this parish gathering.

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

If you did not receive the Evite and are a regularly attending, communing member of the parish or a catechumen, please R.S.V.P. to the church office: office@stathanasius.org or 805-685-5400.

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 | Ethan & Cole K. | Kh. Carla Z. |
| Mother Victoria | Tony E. | Sharmaine & Emma |
| Met. Paul & Abp. John | Fr. Dimitrie V. | Sue & Tim B. |
| Fr. Romanos (O.C.M.C. priest, Congo) | Monsignor John Y. | Glenn H. |
| Mother Christophora | Gaylen C. | Evonne C. |
| Fr. Jon B. | Zac B. | |
| Dn. Richard E. | Terri Lynn & Hannah Rose | All those suffering and |
| Kh. Diane C. | Lauren | in danger in Ukraine, |
| Greg & Margaret Y. | Cheryl G. | Africa, and the Middle East |
| Hoppe Family | Jerry J. | |
| Gail S. | Elka | |
| Penny B. and Family | Elizabeth J. | |
| Duane F. | Jimmy | |
| Joan and Steve T. | Phoebe L. | |
| Friesen family | Gabriel M. | |
| Richard and Susan B. | Devin | |

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.

**Blessing of Ministry Team Leaders
and Parish Council Members
September 23, 2018**



MEMORY ETERNAL,
HIS GRACE
BISHOP ANTOUN
(1931-2017)

