



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
Office phone: 805-685-5400
email: office@stathanasius.org

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, October 14, 2018

Tone 3 / Eothinon 9

**Sunday of Holy Fathers of the
Seventh Ecumenical Council
& Fourth Sunday of Luke**

Martyrs Nazarius, Gervasius, Protasius and Celsus of Milan;
Cosmas the Hymnographer, Bishop of Maiuma;
Venerable Paraskeva of New Thrace



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, October 14

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
12:15 p.m. Choir Rehearsal

Monday, October 15

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

Tuesday, October 16

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

Wednesday, October 17

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

Thursday, October 18-Apostle Luke

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

Friday, October 19

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

Saturday October 20

4:30 p.m. Adult Catechism
6:00 p.m. Vespers/Confession

Sunday, October 21

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
12:15 p.m. Brief Choir Rehearsal

<p style="text-align:center">OCTOBER is STEWARDSHIP MONTH at ST. ATHANASIUS</p>
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Sunday Morning Ministries Schedule

Eucharist Bread

October 14 Sieck
October 21 Tinyayeva
October 28 Washburn
November 4 Cocores

Coffee Hour

October 14 Kern, J. Braun, Newhouse
October 21 Youth Group (for Youth Month)
October 28 J. & C. Speier
November 4 P. Brunner (in memory of Cyrus)

Greeters

October 14 H. Lange/L. Baker
October 21 D. Lewis/D. Washburn
October 28 K. Fox/Deacon
November 4 L. Hopper/P. King

Ushers

October 14 D. Meyer, D. Lewis, C. Speier
October 21 J. King, D. Washburn, C. Berari
October 28 G. Shannon, S. Speier, P. Brunner
November 4 P. King, D. Meyer, D. Lewis

Readers

October 14 Thomas Ballew (Youth Month)
October 21 Youth Month reader
October 27 Rdr. M. Kern (St. Raphael Liturgy)
October 28 T. Harris
November 4 Rdr. J. Butler

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 and Bass parts are 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 present 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 and Bass parts are 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
 T B
 willed to be in - car - nate of the Ho - ly The - o - to - kos and

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

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

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

ritardando

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

a tempo

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

cresc.

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

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 3 Byzantine melody

(Music on p. 44 of Liturgy book)

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
granting the world the great mercy.

Troparion for the Fathers of the 7th Ecumenical Council

Tone 8 Serbian Chant

Most glorious are You, 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

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 8

Blessed are You, O Lord God of our Fathers, and praised and glorified is
Your name forever.

Verse: For You are just in all that You have done for us.

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, dissension, 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.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel **Tone 3**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

Verse: Be unto me a God and protector, and a house of refuge to save me. (*Ps 30/31:2*)

GOSPEL READING Luke 8:5-15

The Lord spoke this parable: “A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold.” And when His Disciples asked Him what this parable meant, Jesus said, “To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” As Jesus said this, He called out, “He who has ears to hear, let him hear.”

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)
Rejoice in the Lord, O you righteous! Praise befits the just! (Ps 32/33:1) 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.




ST. ATHANASIUS
Liturgical Arts Festival

Produced with the blessing of His Eminence, Metropolitan JOSEPH of the
Antiochian Orthodox Christian Archdiocese of North America

November 2-4, 2018

*The Psalms of King David:
Poetry, Hymnody & a Guide for Daily Living*

300 Sumida Gardens Lane, Santa Barbara, CA 93111

Friday, November 2

6:00-7:00 p.m.

Tours, Bookstore, Icon Exhibit

7:00-8:30 p.m.

"Inner Prayer and Psalm 50: Our Daily Renewal"
Fr. Calinic Berger

Reception, Bookstore, Icon Exhibit following presentation.

Saturday, November 3

12:00-1:00 p.m.

Tours, Bookstore, Icon Exhibit

1:00-2:30 p.m.

**"The Book of Psalms: the Prayer Book of the Church
and our Window to Christ."** Fr. Calinic Berger

3:00-4:30 p.m.

"Writing with Scripture: Psalms and Earnest Prayer"
Isaac Scott Cairns, Poet

Light refreshments available between sessions and before Vespers.

6:00 p.m.

Great Vespers

Sunday, November 4

TURN CLOCKS BACK ONE HOUR!

9:00 a.m.

Matins Service

10:00 a.m.

Divine Liturgy followed by Coffee Hour

3:30 p.m.

Bookstore & Icon Exhibit available

4:00 p.m.

Sacred Music Concert featuring The Adelfos Ensemble & St. Athanasius Choir
A free-will offering will be taken. Seating is first-come/first-served.
Reception, Bookstore following concert

FOR MORE INFORMATION, GO TO: WWW.STATHANASIUS.ORG OR CALL 805-685-5400



2018 GUEST SPEAKERS & GUEST ARTISTS

Father Calinic Berger was born in Detroit, Michigan and baptized by his maternal grandfather at the St. Simion Romanian Orthodox Church. In 1969 his family moved to California. As a child and as a teen he attended the Orthodox Church of the Redeemer in Los Altos Hills, California where he formed the desire to serve God as a priest. Having graduated from Santa Clara University in 1988 with a bachelor's degree in Electrical Engineering, he later enrolled in the Holy Cross Greek Orthodox School of Theology, graduating in 1994. Following seminary, he enrolled in the doctoral program in Patristics and historical theology at the Catholic University of America in Washington, DC, completing his PhD in 2003. In between and during his theological studies, he worked as an electrical engineer in the semiconductor industry. Feeling called to serve the Church, he decided to leave his job and was ordained to the holy diaconate in 2005 and to the holy priesthood in 2006. Father Calinic has served as Visiting Professor of Dogmatic Theology at St. Vladimir's Seminary. He has taught and published on Orthodox theology and spiritual life in a variety of venues. He was the pastor of Holy Cross Romanian Orthodox Church in Hermitage, Pennsylvania, from 2006 to 2015. He was appointed assistant pastor at St Nicholas Antiochian Orthodox Cathedral in Los Angeles on December 6, 2015.



Isaac Scott Cairns was born in Tacoma, Washington November 19, 1954. He received his B.A. in English from Western Washington University in 1977, his M.A. in English Writing from Hollins College in 1979, his M.F.A. in Creative Writing from Bowling Green State University in 1981, and his Ph.D. from University of Utah in 1990. He has taught literature and writing courses at Bowling Green State University, Kansas State University, University of Utah, Westminster College of Salt Lake City, University of North Texas, Old Dominion University, and University of Missouri. Librettist, essayist, translator, and author of multiple poetry collections, Scott Cairns was



Curators' Distinguished Professor of English at University of Missouri, until leaving that position to serve as Director of the Low-Residency MFA Program at Seattle Pacific University. His poems and essays have appeared in *Poetry*, *Image*, *Paris Review*, *The Atlantic Monthly*, *The New Republic*, and many other venues, and both have been anthologized in multiple editions of *Best American Spiritual Writing*. He has blogged for the Religion Section of *The Huffington Post*. His recent books include *Slow Pilgrim: The Collected Poems* (2015), *Idiot Psalms* (2014), *Short Trip to the Edge* (spiritual memoir, 2016), *Endless Life* (translations and adaptations of Christian mystics, 2014), and a book-length essay, *The End of Suffering* (2009). He received a Guggenheim Fellowship in 2006, and the Denise Levertov Award in 2014. His new poetry collection, *Anaphora*, will appear from Paraclete Press in spring, 2019, and his current projects include *Descent to the Heart*, verse adaptations of selections from the writings of Saint Isaak of Syria.

The Adelfos Ensemble was founded in 2004 as a men's a-cappella ensemble under the direction of Dr. Michael Eglin. Since 2010 it has been a mixed-voice choral ensemble under the direction of Temmo Korisheli, who took it over in 2008. The group programs a broad repertoire of music spanning a millennium and many cultures, from ancient chant and Renaissance motets to folksong arrangements and contemporary works. Their goal is to offer the best of a-cappella and other choral music to audiences in the Santa Barbara area through live performances and recordings. In 2015, Adelfos collaborated with American Orthodox composer **Nazo Zakkak** on a CD ("Luxari") of Orthodox hymns that was released in 2016.

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.

THE NEXT MEN'S STICKS GATHERING will be tomorrow, October 15th at 7 p.m. at the home of Troy and Carla Harris.

ST. DEMETRIOS ORTHODOX CHURCH in Camarillo will celebrate its patronal feast day on Thursday, October 25 (7:00 p.m. Vespers and Reception) and Friday, October 26 with 9:00 a.m. Matins and 10:00 a.m. Liturgy, followed by a light reception. (5575 Santa Rosa Rd., Camarillo)

2019 PROJECT MEXICO MISSION TRIP—SIGN UP NOW!

We are in the process of forming our team for Project Mexico 2019. If you're interested in being a part of the **date-selection** process please sign up with Mitch Denny no later than today. We'll be sending out all possible dates for next summer to determine what date works for the largest number of people. We'll be registering and reserving our spots this Thursday the 18th.

UPCOMING SERVICES & ACTIVITIES

Liturgy for St. Raphael of Brooklyn Saturday, October 27 at 8:30 a.m.

Prayer Vigil in front of Planned Parenthood Saturday, October 27 at 10:30 a.m.

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, 10/18 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**

CELEBRATIONS THIS WEEK

Wedding Anniversaries

10/15 Noelle & Edgar Aviles
10/17 Tyson & Sherie Shackelford

Birthdays

10/16 Angelina Speier
10/17 Abigail Simonsen
10/18 Jordan Williams
10/20 Noah Hedges

Patronal Feast Days

10/17 **St. Lazarus of Four Days, Bishop of Kition in Cyprus** Luke Hoppe
10/18 **St. Luke the Apostle** Steven Gross, Luke Hedges, Luke Speier
10/19 **St. John of Kronstadt (birth of)** Zak Landrum, David Lewis, Jill Wallerstedt

Our St. Athanasius parish will, once again, participate in the 40 Days for Life Vigil by praying the Trisagion (Memorial) Prayers in front of Planned Parenthood on Saturday, October 28th at 10:30 a.m. Please join us in this peaceful vigil. We will carpool at 10:00 a.m. from the church.

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the "40 Days for Life Vigil" - September 26-November 4, 2018)

O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.

Parish Strategic Planning Kick-off

Many thanks to all of our parishioners, young and old, long-time members and those who have joined our church more recently, for an excellent kick-off session to our strategic planning process. It was a beautiful afternoon of sharing our thoughts about the strengths and challenges within our worship community at St. Athanasius, and beginning to develop vision and consensus about where we would like to be in five years. May God guide us as we move forward with the next steps of our planning process. Thanks to Fr. Nicholas and Douglas Meyer for their leadership, all of our small-group facilitators, Christie Robinson and crew for the dinner, our childcare team led by Tati Speier and Elleney King, and all those who made it such a blessed time!



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
Richard and Susan B.

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
Sue & Tim B.
Glenn H.
Evonne C.

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

Please pray for the raising up and
support of long-term missionaries
from our parish.

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:

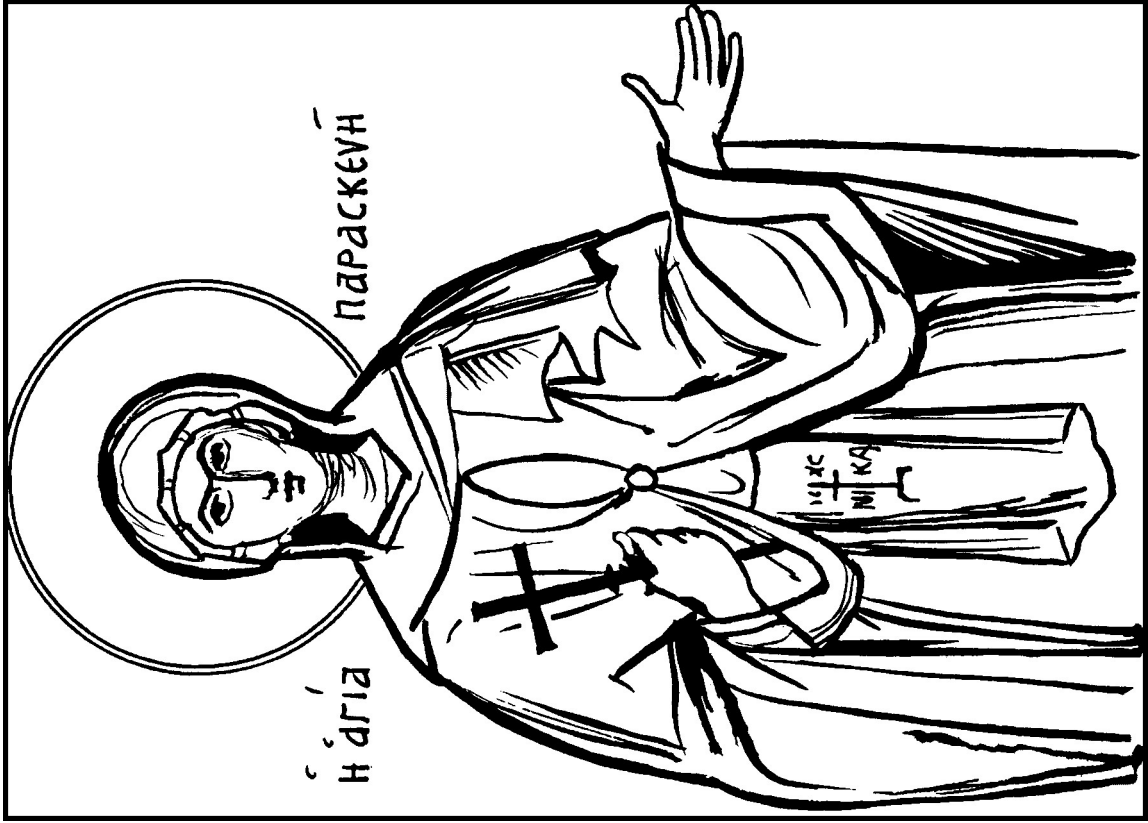
Prayer requests in the bulletin are prayed out loud during the deacons' litanies and should be submitted to the church office—office@stathanasius.org.

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.



HAGIA

ΠΑΡΑΚΛΗΤΗ