



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
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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, December 9, 2018

**Tone 3 / Eothinon 6; Conception of the Theotokos by
Righteous Anna & Tenth Sunday of Luke**
Consecration of the Church of the Resurrection in Jerusalem



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, December 9

9:00 a.m. Religious Ed. Ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Choir Rehearsal
6:30 p.m. St. Nicholas Family Night

Monday, December 10

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

Tuesday, December 11

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

Wednesday, December 12

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

Thursday, December 13

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. High School Youth Group
7:00 p.m. Choir Rehearsal

Friday, December 14

6:45 a.m. Daily Matins
5:00 p.m. Akathist at Westmont College
in the little chapel

Saturday, December 15

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

Sunday, December 16

9:00 a.m. Religious Ed. Ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Choir Rehearsal

Sunday Morning Ministries Schedule

Eucharist Bread

December 9 Jacobs
December 16 Fr. Nicholas
December 23 Hedges
December 24 Meyer
December 30 D. Washburn

Coffee Hour

December 9 Ballew (in memory of Fr. Richard
Ballew—10 year anniversary)
December 16 NEED A HOST
December 23 NEED A HOST
December 30 POTLUCK

**(To sign up to host Coffee Hour, go to:
www.stathanasius.org/coffee-hour/)**

Greeters

December 9 K. Fox/D. Washburn
December 16 L. Hoppe/K.P. King
December 23 P. Morrison/D. Genatone
December 24 P. King/D. Washburn
December 30 H. Lange/D. Lewis

Ushers

December 9 J. King, D. Washburn, C. Berari
December 16 G. Shannon, S. Speier, P. Brunner
December 23 P. King, D. Meyer, D. Lewis
December 24 D. Washburn/S. Speier/C. Speier
December 30 J. King, D. Washburn, C. Berari

Readers

December 9 Rdr. J. Butler
December 16 Rdr. V. Gish
December 23 Rdr. H. Lange
December 24 D. Alexander (Nativity Liturgy)
December 30 D. Washburn
December 31 TBA

**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 be-
come man and wast 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.

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 Conception of the Theotokos

Tone 4

Today the bonds of barrenness are broken:
God has heard the prayers of Joachim and Anna.
He has promised them beyond all their hopes to bear the Maiden of God,
by whom the Uncircumscribed One was born as a mortal Man;
He commanded an Angel to cry to her:
“Rejoice, of full of grace,
the Lord is with you!”

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 Preparation of Christ's Nativity

Tone 3 Byzantine melody
harmonized by F. Karam

The virgin cometh today to the cave
to give birth, ineffably to bring forth the Word eternal.
Therefore, rejoice, O earth, at the message;
with the angels and shepherds give glory to Him
Who shall appear by His own will as a young child,
He who is from eternity God.

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.

Prokeimenon before the Epistle

Tone 4

God is wonderful in His saints, the God of Israel. (Ps. 68:35)

VERSE: *In the churches bless ye God the Lord, from the fountains of Israel.*

EPISTLE READING

Galatians 4:22-27

Brethren, Abraham had two sons, one by a slave and one by a free woman. But the son of the slave was born according to the flesh, the son of the free woman through promise. Now this is an allegory: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. But the Jerusalem above is free, and she is our mother. For it is written, "Rejoice, O barren one who does not bear; break forth and shout, you who are not in travail; for the children of the desolate one are many more than the children of her that is married."

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 13:10-17

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, “Woman, you are freed from your infirmity.” And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, “There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day.” Then the Lord answered him, “You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?” As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

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*)

**PLEASE MARK YOUR CALENDAR
WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES**

THE ADVENT FAST IS FROM NOVEMBER 15-DECEMBER 24 (after the Festal Liturgy)

Wednesdays during Advent Dec. 12, Dec. 19	6:00 p.m.	Advent Paraklesis
Sunday, December 9	6:30 p.m.	ST. NICHOLAS FAMILY NIGHT
Monday, December 24	9:00 a.m. 8:00 p.m.	Royal Hours of Nativity Nativity of our Lord & Savior Jesus Christ Matins and Liturgy Cookies & cider served afterwards.
Tuesday, December 25	10:00 am.	Outreach Breakfast in Isla Vista
Sunday, December 30	after Coffee Hour	Blessing of the graves at Goleta Cemetery
Monday, December 31	6:00 p.m.	Vesperal Liturgy for St. Basil/Circumcision Refreshments served afterwards.
Sunday, January 6		Feast of Epiphany/Theophany
Sunday, January 13		Outdoor Blessing of the Water

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.

ALL CHILDREN WHO WOULD LIKE TO PARTICIPATE IN OUR ST. NICHOLAS PROGRAM, please join us for practice today during Coffee Hour!

WE HAVE NO COFFEE HOUR HOSTS for December 16, 23. If you have not signed up yet for the 2018-19 Liturgical Year, please consider stepping up to host on one of these Sundays. You can sign up online at: <http://www.stathanasius.org/coffee-hour> or contact Suzi Wiley at: suziwiley@cox.net.

A LINK TO A SUMMARY OF THE GROUP DISCUSSIONS and a summary of the parish online survey was emailed to active parish members. If you would like a hard copy of either report, please see Fr. Nicholas or Kristi King. (Parish Council President). You can access both reports on the parish website here: <https://www.stathanasius.org/ministries/parish-council/>

WE NEED LOTS OF HELP WITH OUR ANNUAL CHRISTMAS OUTREACH BREAKFAST, including set-up and clean-up on Christmas morning, and folks to bring food items for the meal (eggs, ham, bacon, sweet rolls, fruit salad, potatoes) The link to an online sign-up list will go out this week, so please keep an eye out for it and consider participating in this beautiful outreach event for the needy of our community! If you have questions, contact Susan Barre at sohello123@gmail.com.

ST. NICHOLAS FAMILY NIGHT

TONIGHT!

6:30 p.m.

We will celebrate the life of St. Nicholas of Myra with story telling, music, a carol sing-a-long, and a fun evening for the whole family. A lenten reception and visit from St. Nicholas will follow the program. Children ages 3-12 will be invited to leave their shoes in the chapel during the program so that St. Nicholas can fill them with treats, and all of the children will participate in welcoming St. Nicholas at the end of the program.

The expanded BOOKSTORE will be set up from now until Sunday, December 23rd. Be sure to check out all of the new books and lovely Christmas items!

CELEBRATIONS THIS WEEK

Wedding Anniversaries

12/11 Dn. Richard & June Easbey

12/12 Dn. Scott & Karen Jacobs, Fr. Jon-Stephen & Melissa Hedges

Birthdays

12/9 Jesse Speier

12/14 Gail Shannon

Patronal Feast Days

12/9 Hannah, Mother of the Prophet Samuel

Hannah Sieck

12/10 St. Angelina of Serbia

Angelina Speier

12/13 St. Lucia

Lucy Speier, Lucia Speier

2018 St. Nicholas Drive for the Needy

ST. BRIGID FELLOWSHIP IS COLLECTING ITEMS FOR THE HOMELESS and those in need to be distributed at our outreach breakfast on Christmas morning. Please keep this in mind as you are doing holiday shopping and consider purchasing an item for the collection. We are asking for:

- white or dark athletic cotton socks (preferably dark)
- warm hats, scarves and mittens
- new or gently used/clean sweatshirts, hoodies, warm sweaters and jackets (Both men's & women's)
- PLEASE NO PANTS OR SHIRTS -

Drop your donated items in the large, decorated box in the hallway.

Please do NOT gift-wrap the donated items, and please limit your gifts to the specific items requested. Thanks!!

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.**

12/13– Regular Thursday Night Youth Group

12/20– Regular Thursday Night Youth Group

12/27 - CHRISTMAS PARTY! More details to come.

WOMEN'S FELLOWSHIP WINDOW



- Women's Book Study on Wednesdays from 7-8:30 p.m. January 23—February 27. "The Sweetness of Grace" by Constantina Palmer
- We will be hosting a guest speaker in February. Stay tuned for more details!

A PRAYER FOR ADVENT

Lord, Jesus Christ, at your holy birth you deemed a lowly cave to be a fit dwelling place, so in your mercy make our souls and bodies temples worthy to contain you, the uncontainable God.

And as we make our Advent journey, open our ears to heed the prophets' warning to "Prepare the way of the Lord!"

*For we glorify you along with the angels and shepherds,
Father, Son and Holy Spirit.*

Amen.

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. | Devin |
| Mother Victoria | Tony E. | Kh. Carla Z. |
| Met. Paul & Abp. John | Fr. Dimitrie V. | Sharmaine & Emma |
| Fr. Romanos (O.C.M.C. priest, Congo) | Monsignor John Y. | Sue & Tim B. |
| Mother Christophora | Gaylen C. | Glenn H. |
| Fr. Jon B. | Zac B. | Evonne C. |
| Dn. Richard E. | Terri Lynn & Hannah Rose | Miguel, Rachel, Naomi, Miki & Roman |
| Kh. Diane C. | Lauren | Alissa and children |
| Greg & Margaret Y. | Cheryl G. | Elizabeth H. |
| Hoppe Family | Jerry J. | All those suffering and |
| Gail S. | Elka | in danger in Ukraine, |
| Penny B. and Family | Elizabeth J. | Africa, and the Middle East |
| Duane F. | Jimmy | The victims of the recent shootings |
| Joan and Steve T. | Phoebe L. | and fires |
| Friesen family | Gabriel M. | Please pray for the raising up and sup- |
| Richard and Susan B. | | port of long-term missionaries from our |
| Fr. Jon and Kh. Elizabeth S. | | parish. |

For repose of the souls of: All who have died in the conflicts in Ukraine Africa & the Middle East, in the recent fires, and in the shootings in Pittsburgh and Thousand Oaks..

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.

**PREPARE
A WAY
FOR THE
LORD**

