

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

**DIVINE LITURGY OF
St. John Chrysostom
Sunday, July 7, 2019
Tone 2 / Eothinon 3;
Great-martyr Kyriaki of Nicomedia
& Third Sunday of Matthew**

Venerable Thomas of Mt. Maleon;
Hieromartyr Evangelos,
Bishop of Tomi (Constanta) in Romania;
New-martyr Polycarp; Eudokia, Princess of Moscow



St. Kyriaki of Nicomedia (268-289 A.D.)

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!

We welcome children of all ages in our worship.

“Let the little children come unto Me for of such is
the Kingdom of Heaven.” Luke 18:16

Calendar for this Week

Sunday, July 7

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

Monday, July 8

6:45 a.m. Daily Matins
5:00 p.m. Outreach Meal at St. Michaels'
University Church in Isla Vista

Tuesday, July 9

5:30 p.m. Daily Vespers

Wednesday, July 10

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

Thursday, July 11

10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6-8:00 p.m. Summer Youth Group—all teens
7:00 p.m. Choir Rehearsal

Friday, July 12

NO MATINS

**BLACKTOP RESURFACED—NO PARKING
AT THE CHURCH AT ALL.**

Saturday, July 13

4:30 p.m. Adult Teaching: "Developing
Spiritual Weapons"
6:00 p.m. Great Vespers/Confessions

Sunday, July 14

9:00 a.m. Matins
10:00 a.m. Divine Liturgy /Baptism of
Nora Schumaker
11:30 a.m. Brief presentation by Sally Cook of
Hope Refuge
11:45 a.m. Coffee Hour

Sunday Morning Ministries Schedule

Eucharist Bread

July 7 Jacobs
July 14 Fr. Nicholas
July 21 Dn. G. Braun
July 28 D. Washburn

Coffee Hour

July 7 POTLUCK (Families with last names
beginning with K-O)
July 14 J. & V. Gish
July 21 NEED A HOST
July 28 Lander

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

Greeters

July 7 D. Lewis/D. Washburn
July 14 P. King/D. Genatone
July 21 L. Hoppe/ K.P. King
July 28 M. Loulias/P. Cocores

Ushers

July 7 C. Berari, S. Speier, P. Brunner
July 14 D. Washburn, D. Meyer, D. Lewis
July 21 C. Speier, J. King, P. King
July 28 M. Loulias, C. Berari, S. Speier

Readers

July 7 Rdr. J. Butler
July 13 Rdr. M. Kern (Great Vespers)
July 14 Rdr. V. Gish
July 21 D. Meyer
July 28 Rdr. H. Lange

**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”

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

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

**AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL
HYMNS FOR THE DAY:**

Troparion of the Resurrection

Tone 2

(Music on p. 42 of Liturgy book)

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One,
then Thou didst destroy hell with Thy Godly power.
And when Thou didst raise the dead from beneath the earth,
all the powers of Heaven did cry aloud unto Thee:
O Christ, Thou giver of life, glory to Thee.

Troparion for St. Kyriaki

Tone 5

Thou didst prove an auspicious and pleasing sacrifice,
a holy offering, O valiant prizewinner Kyriaki,
when thou broughtest thy Creator thine own spotless soul;
which Christ in turn hath glorified,
for through thee, He poureth forth divine gifts and endless graces
upon the faithful who praise thee, since He is the Friend of man.

Troparion to St. Athanasius

Tone 3

(Music on page 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.

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.

THE EPISTLE READING**(For St. Kyriaki)****Galatians. 3:23-4:5**

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

Alleluia before the Gospel**Tone 2****(Music on p. 64 of Liturgy book.)**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v: May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps 19/20:1)

v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)

GOSPEL READING**Matthew. (6:22-33)**

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds

them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore, do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well.”

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*)

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.

UPCOMING FEAST DAY CELEBRATIONS

August 1—Dormition Fast Begins

Tues., August 6 at 6 p.m. **Divine Liturgy for Feast of Transfiguration**
and Blessing of Grapes, followed by
refreshments

Wed., August 14 at 6 p.m. **Vesperal-Liturgy for Feast of the Dormition**
followed by light supper

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.

On any page, click on **VIEW CALENDAR** at the bottom left.

THE BLACKTOP ON THE DRIVEWAY will be resurfaced this Friday, July 12. There will be NO PARKING at all at the church from Friday at 7:00 a.m. until late Saturday afternoon.

THE MONTHLY MEN'S "STICKS" GATHERING will take place a week from tomorrow (Monday July 15) at 7:00 p.m. at the Harris residence. Questions: contact Howard Lange. (hman3000@verizon.net)

CELEBRATIONS THIS WEEK

Wedding Anniversaries

7/10 Chris & Christie Robinson

7/12 Jon & Kristin King

Birthdays

7/7 Ekaterina Nikolov

7/8 Nestan Tsiskaridze

7/9 Laurie Baker

7/11 David Washburn, Fr. John Carrillo

7/12 Hani AbuGhazaleh, Paige Zidek

7/13 Larry Lander

Patronal Feast Days

7/8 Saints Priscilla and Aquila

7/13 Archangel Gabriel

Julie Gross

Cheryl Giordani, Gabriel Speier, Jamie Van Wagoner

***Welcome home,
Project Mexico team!***

***Thank you to our
parishioners for your
financial support and
prayers!***

***Thank the Lord for a
safe trip and another
home built for a needy
family!***

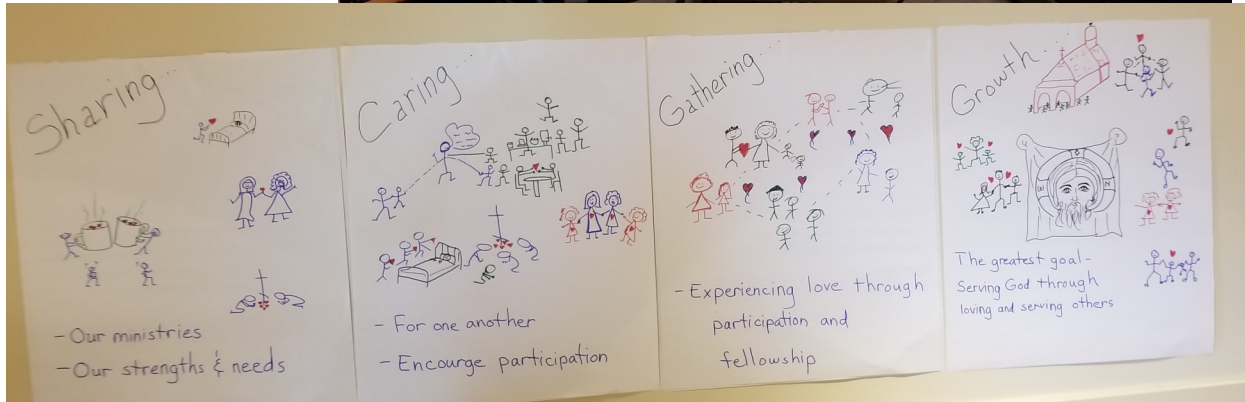


Thank you...

...to our ministry team leaders for giving up part of their weekend (June 29th) to continue our strategic planning process by studying the Five Major Goals developed by the Parish Council, and brainstorming ideas for ministry collaboration towards these goals.

It was an inspiring, fruitful and fun 3 hours. Below is one of the 4 “Story Boards” from the meeting that are on display at the far end of the hallway.

A special thank you to Douglas Meyer for, once again, being our facilitator for the meeting!



SUMMER ADULT RELIGIOUS EDUCATION SERIES
“Scriptural Guidance for Practical Daily Living”
Saturdays at 4:30 p.m. in the Teen Room

- | | | |
|------|-------------------|------------------------------|
| II. | July 13 & 20 | Developing Spiritual Weapons |
| III. | August 3 & 10 | Mother of God, Save Us! |
| IV. | September 14 & 21 | Peace of Soul |

**ON THE FOLLOWING SATURDAYS AFTER GREAT VESPERS,
THE EVANGELISM TEAM WILL BE HOSTING
“PIZZA AND FELLOWSHIP” NIGHTS.**

Consider inviting a friend to experience our Adult Education class and/or Great Vespers on one of these evenings, and also invite them to stay for a light supper after Vespers:

Saturday, July 20

Saturday, August 10

Saturday, September 21



SAVE THE DATE!

St. Athanasius Summer Family Barbecue

Thursday, July 18, 2019

from 5:00-8:00 p.m.

Stow Park—580 N. La Patera Ln. in Goleta

\$3 for adults and \$2 for kids

Hamburgers and Hot Dogs and all the fixings will be provided.
Bring a potluck item to share and your utensils and drinks.

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 11 Summer Youth Group—All teens 6-8:30 p.m.
July 18 Family BBQ at Stow Park 5-8 p.m.
July 25 Summer Youth Group—All teens 6-8:30 p.m.

Thank you...

...to our 2019 Summer School teachers, staff and assistants!

Teachers: Fr. Nicholas, Mary Gish & Elleney King

Administrator: Jody Wallace

Teen Assistants: Ben Ballew, Julianna Ballew, Kalix Braun, Tim Braun,
Anna-Grace Butler, Elizabeth Butler, Jeremiah Hoppe, Luke Hoppe, Adam King,
Justina King, Nora Schumaker, Hannah Sieck, Lucy Speier, Peter Speier,
Leah Wallace, Hudson Zidek, Paige Zidek



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	Zac B.	Cole K. (military)
Mother Victoria	Lauren	
Met. Paul & Abp. John	Kh. Carla Z.	
Bishop Neofitos (Diocese of Kenya)	Fr. Patrick and Vanessa K.	All those suffering and
Mother Christophora	Tom M.	in danger in Ukraine,
Fr. Jon B.	Dottie G.	Africa, and the Middle East
Joseph B.	Jerry J.	The victims of the recent shootings
Dn. Richard E.	Monsignor J. Yanek	and fires
Kh. Diane C.	Neil	Please pray for the raising up and sup-
Greg & Margaret Y.	Diana	port of long-term missionaries from our
Hoppe Family	Tyler	parish.
Duane F.	Phyllis M.	
Joan and Steve T.	Ryder H.	
Richard and Susan B.	Kent F.	
Regina M.		

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 CHURCH BOOKSTORE** *
* The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets con- *
* taining 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 **S.A.O.C. Bookstore**. (The pamphlets in the *
* rack are FREE, as are the 12-month liturgical calendars.) *
* **All proceeds go to the parish Building Fund.** *

SAVE THE DATE

St. Athanasius Orthodox Church

THE HOWARD SHANNON
GOLF TOURNAMENT &
DINNER

GLEN ANNIE GOLF CLUB
SANTA BARBARA, CA



www.stathanasius.org/golf

September 20, 2019