



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 &
Metropolitan 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

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
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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

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, July 14, 2019

Tone 3 / Eothinon 4

**Sunday of the Holy Fathers of
the Fourth Ecumenical Council**

Apostle Aquila of the Seventy;

Joseph the Confessor, Archbishop of Thessalonica;
Peter, Bishop of Crete; Venerable Onesimos of Magnesia and
Nicodemus of the Holy Mountain



**Apostles Aquila
& Pricilla of the Seventy**

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 14

9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy /Baptism of Nora Schumaker
11:40 a.m.	Brief presentation by Sally Cook of Hope Refuge
12:00 p.m.	Coffee Hour
12:15 p.m.	Short video on human trafficking

Monday, July 15—St. Vladimir

6:45 a.m.	Daily Matins
5:00 p.m.	Outreach Meal at St. Michaels’ University Church in Isla Vista
7:00 p.m.	Men’s “Sticks” Gathering

Tuesday, July 16

5:30 p.m.	Daily Vespers
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Wednesday, July 17

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

Thursday, July 18

10:00 a.m.	Showers of Blessing
5:30 p.m.	Daily Vespers
4:00-8p.m.	Family BBQ at Stow Park
7:30 p.m.	Choir Rehearsal

Friday, July 19

6:45 a.m.	Daily Matins
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INVITE A FRIEND TO VESPERS & PIZZA!

Saturday, July 20—Prophet Elias

4:30 p.m.	Adult Teaching: “Developing Spiritual Weapons”
6:00 p.m.	Great Vespers/Confessions
7:00 p.m.	Pizza and Fellowship

Sunday, July 21

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

Fr. Nicholas and Jan will be away from July 22-August 2 for the Archdiocese National Convention and on vacation.

Sunday Morning Ministries Schedule

Eucharist Bread

July 14	Fr. Nicholas
July 21	Dn. G. Braun
July 28	D. Washburn
August 4	N. Tinyayeva

Coffee Hour

July 14	J. & V. Gish
July 21	Parishioners with last names beginning with letters P-Z
July 28	Lander
August 4	NEED A HOST

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

Greeters

July 14	K.P. King/L. Hoppe
July 21	P. King/D. Genatone
July 28	M. Loulias/P. Cocores
August 4	L. Baker/K. Fox

Ushers

July 14	D. Washburn, D. Meyer, D. Lewis
July 21	C. Speier, J. King, P. King
July 28	M. Loulias, C. Berari, S. Speier
August 4	P. Brunner, D. Washburn, D. Meyer

Readers

July 14	D. Meyer
July 21	Rdr. V. Gish
July 28	Rdr. H. Lange
August 4	D. Washburn
August 6	M. Braun (Transfiguration Liturgy)

**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.”

**THE CLERGY WILL PROCESS TO THE
BAPTISMAL FONT DURING THE THIRD ANTIPHON**

HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 3

(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 of the Holy Fathers

Tone 8

You are most glorious, 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 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.

BAPTISM OF NORA SCHUMAKER

ANTI-TRISAGION HYMN

As many as have been baptized into Christ have put on Christ, Alleluia.

**The clergy lead the newly baptized around the font,
and then process back into the altar.**

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.*

THE EPISTLE READING (for the Holy Fathers)

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, dissensions, 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** (Music on page 64 of Liturgy Booklet)

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.

GOSPEL READING (for the Holy Fathers)
Matthew 5:14-19

The Lord said to His Disciples: “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

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.

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*)

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

UPCOMING FEAST DAY CELEBRATIONS

Thursday, 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. Vespers-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.

THIS SUMMER, THE CHILDREN ARE WELCOME TO COME OVER TO THE CHOIR AREA AND SING WITH US DURING THE COMMUNION OF THE CLERGY. (A good time to come over would be during the Prayer before Communion: "I believe and I confess...")

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

THIS COMING SATURDAY, CONSIDER INVITING A FRIEND TO THE TEACHING AT 4:30 p.m., Vespers, and pizza/fellowship after Vespers!

THE SHOWERS/ST. BRIGID do not need clothing right now. Please do not drop off donated clothing at the church. We will let you know when they have a need for more jeans and t-shirts. Thanks!

CELEBRATIONS THIS WEEK

Wedding Anniversaries

7/19 Fr. John & Jan Finley

Birthdays

7/15 Juliana Shackelford

7/16 Mary Gish

7/16 Melissa Braun, Rebekah Dillon

Patronal Feast Days

7/17 St. Marina of Antioch

Margaret Easbey, Marina Najjar

7/18 St. Elizabeth the New Martyr

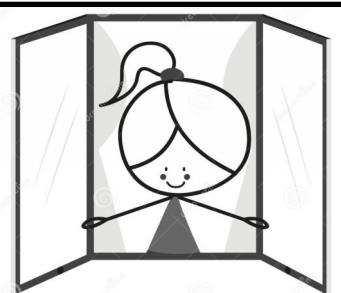
Elizabeth Butler, Carla Harris, Jenny Speier

WOMEN'S WINDOW UP NEXT ON OUR SCHEDULE:

Thursday, August 8—6:30-8:30 p.m.

SALAD IN A JAR PARTY

At the home of Jan Speier



In addition to fun and dinner together, we will have a short meeting to discuss activities and projects for the coming liturgical year that align with our ministry goals. More information to come...

7/20 **Prophet Elias**
Landrum

Elias Hedges, Chase King, Elijah

7/20 **St. Maria of Paris**

Maria Butler

Human Trafficking: Modern-day Slavery

Human trafficking is modern-day slavery where victims are exploited through force, fraud, or coercion into unpaid labor or sexual acts. In the United States an estimated 350,000 children are at risk of sexual exploitation annually. California contains three of the top ten cities in the US for trafficking: San Francisco, Los Angeles, and San Diego.

Since we are along the route to the other major trafficking hubs and a tourist destination, Santa Barbara is not exempt from this problem. Our own city has identified about 110 cases of sexual exploitation of minors, not to mention numerous adult cases.

SAOC has recently joined the Interfaith Collaborative Against Human Trafficking.

The Interfaith Collaborative exists to coordinate and empower the faith-based communities to informed action; it is a subgroup of SB Human Trafficking Task Force, which is headed by the DA's office.

Sally Cook, co-founder of Hope Refuge, a local non-profit for trafficking survivors will give a brief presentation today during the announcements.

Survivors of sexual exploitation require intensive trauma-specific care for their healing journey, yet that high level of care is in short supply. In 2013, a national study revealed only 511 beds in a residential program specifically designed for victims of sex trafficking in the USA. Hope Refuge is responding to this desperate shortage: they are about to be licensed for 24 beds for minors, which will make it one of the largest aftercare programs on the Central Coast. For more information, see <http://hoperefuge.org>

We will host a training "Human Trafficking 101" in August for our community.

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

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|------|-------------------|------------------------------|
| II. | July 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



THIS WEEK!!

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.

This is on e-hour sessions will give you a better picture of the issue lo-

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 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, Bella Madrigal, Nora Schumaker, Hannah Sieck, Lucy Speier, Peter Speier, Johnny Wallace, Leah Wallace, Jakob Wiebe, Hudson Zidek, Paige Zidek



Learning about the Old Testament Temple



Safety/First Aid Day
(Thanks Cheyenne Braun and Garrett Gish!!)

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

For repose of the souls of:

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 CHURCH BOOKSTORE** *
* 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 **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