



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
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 21, 2019
Tone 4 / Eothinon 5; Fifth Sunday
after Pentecost
& Fifth Sunday of Matthew**

Righteous Fathers John of Edessa in Mesopotamia
and Simeon of Homs (Emesa),
The Fool-for-Christ; Parthenios, Bishop of Radovizlios;
Martyr Victor of Marseilles



**Great Martyr Christina of Tyre—July 24
Lived in the 3rd Century**

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 21

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:15 p.m. Choir Rehearsal

ARCHDIOCESE CONVENTION IN GRAND RAPIDS, MICHIGAN

Monday, July 22

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

Tuesday, July 23

NO VESPERS

Wednesday, July 24

6:45 a.m. Daily Matins
12:00 p.m. Intercessory Prayer Group
5:15 p.m. Evangelism Team Meeting

Thursday, July 25

BIBLE BOWL FINALS IN MICHIGAN

10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers

Friday, July 26

6:45 a.m. Daily Matins

Saturday, July 27

6:00 p.m. Great Vespers/Confessions

Sunday, July 28

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
4:00 p.m. **St. Barbara Monastery Friends Gathering:**
JOHN MARK REYNOLDS will speak on: "The Orthodox Moment: the Decline of Secularism and the Opportunity of an Orthodox Education"

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 21 Dn. G. Braun
July 28 D. Washburn
August 4 N. Tinyayeva
August 11 Dillon

Coffee Hour

July 21 Parishioners with last names beginning with letters P-Z
July 28 Lander
August 4 NEED A HOST
August 11 NEED A HOST

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

Greeters

July 21 P. King/D. Genatone
July 28 M. Loulias/P. Cocores
August 4 L. Baker/K. Fox
August 11 H. Lange/D. Washburn

Ushers

July 21 C. Speier, J. King, P. King
July 28 M. Loulias, C. Berari, S. Speier
August 4 P. Brunner, D. Washburn, D. Meyer
August 11 D. Lewis, C. Speier, J. King

Readers

July 21 Rdr. V. Gish
July 28 Rdr. H. Lange
August 4 D. Washburn
August 6 M. Braun (Transfiguration Liturgy)
August 11 D. Meyer

**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.”

**AS THE CLERGY ENTER THE ALTAR AT THE
LITTLE ENTRANCE, WE SING THE FOLLOWING
HYMNS FOR THE DAY:**

HYMNS FOR THE DAY:

Troparion of the Resurrection

Tone 4

(Music on page 45 of Liturgy book)

Having learned the joyful message
of the Resurrection from the angel,
the women disciples of the Lord cast from them
their parental condemnation,
and proudly broke the news to the disciples
saying death has been spoiled.
Christ God is risen, granting the world great mercy.

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.

TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy Book)

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

+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
(Music on page 59 of Liturgy book)**

Tone 4 Byzantine melody
harmonized by Fr. J. Finley

O Lord, how manifold are Thy works, in wisdom Thou hast made them all.

(Ps 103/104:24)

Vs. Bless the Lord O my soul, O Lord my God, Thou art very great.

Romans 10:1-10

Brethren, my heart's desire and prayer to God for Israel is that it may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

**Alleluia Refrain and Psalm verses before the Gospel Tone 4
(Music on p. 64 of Liturgy book)**

Chanter: Alleluia, Alleluia, Alleluia!

People: **Alleluia, Alleluia, Alleluia!**

Verse: Draw Thy bow and prosper and reign, in the cause of
truth, meekness, and righteousness. *(Ps 44/45:5)*

Verse: Thou hast loved righteousness and hated wickedness.
(Ps 44/45:8)

Matthew 8:28-9:1

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

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

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. 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.

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

CHANGE IN DATES: The two adult education classes in August will be on August 10 and 17. (No class on August 3rd because of the ordination to the priesthood of Deacon Chris Dillon.)

WELCOME AND MANY YEARS TO NORA SCHUMACHER, who was baptized and christmated into the Orthodox Faith last Sunday, and to her sponsor, Asia Ballew.

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 LOST & FOUND IS FULL OF BELONGINGS left during Summer School and some from the Project Mexico team. Please check it during Coffee Hour today if you may have left something behind.

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

7/25 Zak and Kellie Landrum
7/27 Zach & Sarah Brasel

Patron Saint Feast Days

7/22	St. Mary Magdalene	Madeleine Meyer
7/24	St. Christina the Martyr	Kristin King, Christie Robinson, Christina Shackelford, Jordan Williams
7/25	St. Anna, Mother of the Theotokos (her repose)	Anna Grace Butler, Anna West

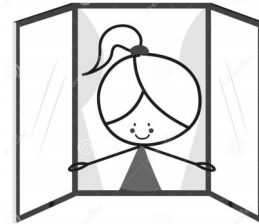
WOMEN'S WINDOW UP NEXT ON OUR SCHEDULE:

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...



***Greetings from Deacon Chris & Claire Dillon,
James, Alexander, Peter and Isaiah!***

*Dn. Chris will be starting his 3rd and last year of
seminary this fall at St. Vladimir's in New York.*

*On Saturday, August 3rd, Dn. Chris will be ordained
to the priesthood at
St. Barnabas Orthodox Church
3505 Cadillac Ave., #G3
Costa Mesa CA 92626*

at the Divine Liturgy, which will begin at 10:00 a.m.

*If you attend and would like to stay for the
luncheon afterwards, please R.S.V.P. for lunch to:
Shirley Dillon: dillonsden@yahoo.com or (805) 895-8312*

***See the letter from Dn. Chris & Claire posted on the
bulletin board in the hallway.
(Dn. Chris is the son of David & Shirley Dillon.)***

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

- III. August 10 & 17 Mother of God, Save Us!
(NOTE THE CHANGE IN DATES.)
- 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, August 10

Saturday, September 21

Congratulations to Mary Gish,
our newly elected Parish Council member.
Her 3-year term begins this September and
runs through August of 2022.

Thank you to all who participated in the election process,
including those who made nominations,
all those who were willing to be nominated,
and all those who cast their vote.

Many thanks to our outgoing Parish Council member,
Verne Gish, for three years of faithful service!!



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 25 Summer Youth Group—All teens 6-8:30 p.m.



Project Mexico Team 2019 with the family for whom they built a house

**Congratulations to our
BIBLE BOWL TEAM!**

**They took FIRST Place AGAIN at this year's
Parish Life Conference in San Diego!
Congrats Ginny Braun, Tom Ballew, Adam King, Peter Speier!**

Ginny, Tom and Peter will be traveling with Subdn. Michael Easbey to the Archdiocese Convention this week in Grand Rapids, Michigan, to compete in the national finals.

Please consider making a donation to help us cover their airfare and accommodations.

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.	Fr. Jon-Stephen H.
Mother Victoria	Lauren	Cole K. (military)
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.	
Dn. Richard E.	Monsignor J. Yanek	Please pray for the raising up and
Kh. Diane C.	Neil	support of long-term missionaries from
Greg & Margaret Y.	Diana	our parish.
Hoppe Family	Tyler	
Duane F.	Phyllis M.	
Joan and Steve T.	Ryder H.	
Richard and Susan B.	Kent F.	
Regina M.	Bob N.	

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