



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 28, 2019

**Tone 5 / Eothinon 6; Sixth Sunday after Pentecost
& Sixth Sunday of Matthew**

Prochorus, Nicanor, Timon and Parmenas,
Deacons and Apostles of the Seventy;
Venerable Paul, Founder of Xeropotamou and St. Paul
Monasteries on Athos; Venerable Irene Chrysovalantou;
Pitirim, Bishop of Tambov



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 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"

Monday, July 29

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

Tuesday, July 30

NO VESPERS

Wednesday, July 31

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

Thursday, August 1-Dormition Fast Begins

10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00-8:00 p.m. All Teens for Youth Group
7:00 p.m. Choir Rehearsal

Friday, August 2

6:45 a.m. Daily Matins

Saturday, August 3

10:00 a.m. Ordination of Dn. Chris Dillon to the priesthood at St. Barnabas Church in Costa Mesa
6:00 p.m. Great Vespers/Confessions

Sunday, August 4

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

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 28 D. Washburn
August 4 N. Tinyayeva
August 11 Dillon
August 18 Sieck

Coffee Hour

July 28 Washburn-Lander
August 4 NEED A HOST
August 11 NEED A HOST
August 18 D. & K. King

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

Greeters

July 28 M. Loulias/P. Cocores
August 4 L. Baker/K. Fox
August 11 H. Lange/D. Washburn
August 18 K. & L. Jacobs

Ushers

July 28 M. Loulias, C. Berari, S. Speier
August 4 P. Brunner, D. Washburn, D. Meyer
August 11 D. Lewis, C. Speier, J. King
August 18 P. King, M. Loulias, C. Berari

Readers

July 28 Rdr. H. Lange
August 4 D. Washburn
August 6 M. Braun (Transfiguration Liturgy)
August 11 D. Meyer
August 14 Rdr. M. Kern/Rdr. V. Gish
August 18 Rdr. J. Butler

**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:**

Troparion of the Resurrection

Tone 5

(Music on p. 47-48 of Liturgy book)

Let us believers praise and worship the Word,
co-eternal with the Father and the Spirit,
born of the Virgin for our salvation.

For He took pleasure in ascending the Cross in the flesh
to suffer death and to raise the dead by His glorious resurrection.

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 for the Feast of the Transfiguration of Our Lord **Tone 7**

You were transfigured on the mountain, O Christ God,
and Your disciples saw Your glory as far as they were able,
so that when they saw You crucified,
they might know that You suffered voluntarily,
and might proclaim to the world
that You are truly the radiance of the Father.

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
(Page 60 of Liturgy book)**

Tone 5

Thou O Lord shall keep us and preserve us from this generation forever. (*Ps 11/12:7*)

Verse: Save me O Lord, for there is now no saint. (*Ps 11/12:1*)

THE EPISTLE READING

Romans. 12:6-14

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, and serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

Alleluia Refrain and Psalm verses before the Gospel

Tone 5

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: I will sing of the mercies of the Lord forever; with my mouth;
I will make known Thy faithfulness to all generations. (*Ps 88/89:1*)

Verse: For Thou hast said: "Mercy shall be built up forever;
In the heavens shall Thy truth be established." (*Ps 88/89:2*)

GOSPEL READING

Matthew 9:1-8

At that time, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—He then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they marveled, and they glorified God, Who had given such authority to men.

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*)

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

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.

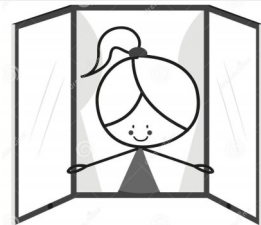
WOMEN’S WINDOW

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



Bring: a salad topping to share, one large or two small mason jars, and \$5 for dinner. Look for the Evite, or contact Christie at christie.d.robinson@gmail.com

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.

PLEASE RESERVE THE HANDICAPPED PARKING for those who are truly handicapped/disabled, and who have handicap parking permits. Thank you.

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.)

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.

NETWORK MEDICAL—SUZI'S CLOSET IN URGET NEED

Suzi's closet provides "all things newborn through age 4" to help out families in a pinch. If you have any of the following, items (new or gently used) or any other baby clothes/furniture, please drop them off at Network Medical, 185C South Patterson in Goleta.. Tax Donation receipts available on request.

Boys & girls clothes: newborns, 2T, 3T, 4T	Formula, Infant Carriers, PacNPlay,
Strollers, swings, high chairs	Bassinets, bathtubs, diapers, boppy pillows

CELEBRATIONS THIS WEEK

Birthdays:

7/29	Douglas Meyer, Phoebe Lenhart
7/30	Emily King, Jackson Stetler, Nikolai Rice
7/31	Jeremiah Hoppe
8/3	David Vander Laan

Patron Saint Feast Days

7/30	St. Angelina of Serbia	Angelina Speier
7/31	St. Benjamin of Petrograd	Terrell Armstrong
8/3	St. Lydia, Seller of the Purple Cloth	Lydia Sieck

*On Saturday, August 3rd, Dn. Chris Dillon
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.)***

******A SPECIAL INVITATION******

***Dn. Chris will be serving his first liturgies here at
St. Athanasius on the mornings of
August 5, 7, and 8. All are welcome!***

***Mon. August 5 & Wed. August 7
immediately following the 6:45 a.m. Matins***

Thursday, August 8th at 8:30 a.m.

Long Range Planning—Building Project/Land Informational Presentations

We are looking ahead to 3 small group presentations w/ Q&A regarding the option of leasing out part of our land to secure long term income to build and maintain the Church. The idea is to have 3 meeting options of the same presentation so that interested folks can attend as their schedules allow. Dn. Scott will be the presenter. Other members of the Building Committee will attend to facilitate discussion.

MEETING OPTIONS:

- #1 Sun., August 11, after coffee hour
- #2 Thurs., August 22, after Vespers, (6:00 p.m.)
- #3 Sat., August 31, before Vespers (4:30 p.m.)

In September we'll take a straw vote on the mind of the parish. (We need to review the By-Laws to insure conformity.)

We'll take another final vote perhaps a year out when the plans have solidified enough to validate a final tally.

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. NO CLASS AUG. 3)
- IV. September 14 & 21 Peace of Soul

“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

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.**

- 8/1 Summer Youth Group—Both groups 6-8 p.m.
- 8/8 Summer Youth Group—Both groups 6-8 p.m.
- 8/15 Teen Activity—both groups TBA
- 8/22 Summer Youth Group—Both groups 6-8 p.m.
- 8/30 Summer Youth Group—Both groups 6-8 p.m.

Congratulations and thanks to our

BIBLE BOWL TEAM members who
represented our diocese at the National
Archdiocese Convention in Grand Rapids, Michigan this week:

**Ginny Braun, Tom Ballew, & Peter Speier
made an excellent showing and came in 5th place
in the nationals.**

(The winning team was from Ottawa, Canada.)

**Thank you, Coach Michael Easbey, for preparing them and
accompanying them to Michigan!**



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
Bishop Neofitos (Diocese of Kenya)
Mother Christophora
Fr. Jon B.
Joseph B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family
Duane F.
Joan and Steve T.
Richard and Susan B.
Regina M.

Zac B.
Lauren
Kh. Carla Z.
Fr. Patrick and Vanessa K.
Tom M.
Dottie G.
Jerry J.
Monsignor J. Yanek
Neil
Diana
Tyler
Phyllis M.
Ryder H.
Kent F.
Bob N.

Fr. Jon-Stephen H.
Cole K. (military)
Jeremiah H. (Airforce Academy)

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:

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