



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
Mary Gish
Zak Landrum

**DIVINE LITURGY OF
ST. JOHN CHRYSOSTOM
Sunday, September 8, 2019
Tone 3 / Eothinon 1
Sunday before the Elevation of the Holy Cross
&
Feast of the Nativity of the Theotokos**



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, September 8—FEAST of the NATIVITY OF THE THEOTOKOS

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. **POTLUCK**
12:20 p.m. OPEN CHOIR REHEARSAL -
new liturgy music

Monday, September 9

6:45 a.m. Daily Matins

Tuesday, September 10

5:30 p.m. Daily Vespers

Wednesday, September 11

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

Thursday, September 12

10:00 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, September 13

6:45 a.m. Daily Matins
5:00 p.m. Akathist at Westmont Campus

Saturday, September 14

8:00 a.m. Reader's Matins
8:30 a.m. Divine Liturgy for Feast of the Cross
10:00 a.m. Coffee Hour
4:30 p.m. Adult Education: "Peace of Soul"
6:00 p.m. Great Vespers

Sunday, September 15

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:15 p.m. OPEN CHOIR REHEARSAL -
new liturgy music

Morning Ministries Schedule

Eucharist Bread

September 8 Meyer
September 15 Jacobs
September 22 Cocores
September 29 Kern

Coffee Hour

September 8 POTLUCK for Feast of the Nativity
of the Theotokos
September 15 Berari
September 22 NEED A HOST
September 29 Sieck

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

Greeters

September 8 Liz Hoppe/D. Genatone
September 15 K. Fox/L. Baker
September 22 K. & L. Jacobs
September 29 Loulias/Cocores

Ushers

September 8 J. King, P. King, M. Loulias
September 15 C. Berari, S. Speier, P. Brunner
September 22 D. Washburn, D. Meyer, D. Lewis
September 29 C. Speier, J. King, P. King

Readers

September 8 Rdr. H. Lange
September 14 Rdr. J. Butler (Liturgy-Feast of Cross)
September 14 Rdr. M. Kern (Great Vespers)
September 15 M. Braun
September 22 Rdr. V. Gish
September 29 Rdr. H. Lange

**Fr. Nicholas will be out of town from
September 16-18, returning Thursday morning.**

**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 verses for the feast of the Nativity of the Theotokos with refrain:

Vs. O Lord, remember David and all his meekness. Lo, we heard of it at Ephratha;
we found it in the fields of the wood.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Vs. Glorious things are spoken of thee, O city of God. *[Refrain]*

Vs. God is in the midst of her; she shall not be moved. *[Refrain]*

Vs. *Glory...now & ever...Amen. [Refrain]*

SECOND ANTIPHON verses for the feast of the Nativity of the Theotokos & refrain

Vs. The Lord hath sworn in truth unto David; and He will not turn from it. Of the
fruit of thy body will I set upon thy throne.

**Refrain: O Son Of God Who rose from the dead, save us who sing to
Thee, Alleluia!**

Vs. There will I make the horn of David to bud; I have ordained a lamp
for mine anointed. *[Refrain]*

Vs. For the Lord hath chosen Zion; He hath desired it for His habitation. *[Refrain]*

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 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 for the Feast of the Nativity of the Theotokos

Vs. Here will I dwell, for I have chosen her.

Refrain:

**Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal life.**

Vs. The most high hath hallowed his tabernacle. [Refrain]

Vs. Holy is Thy temple, wonderful in righteousness. [Refrain]

**AS THE CLERGY ENTER THE ALTAR AT THE
LITTLE ENTRANCE, WE SING THE FOLLOWING
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 for the Feast of the Nativity of the Theotokos

Tone 4

Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying dath, He has granted us eternal life.

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 Feast of the Nativity of the Theotokos

Tone 4

By your nativity, most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve from the corruption of death.
And we, your people, freed from the guilt of sin, celebrate and sing to You:
“The barren woman gives birth to the Theotokos, the Nourisher of our Life.”

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 (Prokeimenon) Tone 6
(Music on page 60 of Liturgy book)

O Lord save Thy people and bless Thine inheritance. (Ps. 28:9)

Verse: *To Thee will I cry, O Lord, O my God, do not be silent unto me.*

THE EPISTLE READING
for the Sunday before the Feast of the Cross
Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For, neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. 1 I have exalted one chosen out of My people. **Alleluia** (Ps 88/89:20)

Vs. 2 For My hand shall defend him, and My arm shall strengthen him.

Alleluia (Ps 88/89:22)

GOSPEL READING
for the Sunday before the Feast of the Cross
John 3:13-17

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For, God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

Meglynarion for the Nativity of the Theotokos (Hymn to the Mother of God)

Magnify, O my soul, the Virgin Mary, born of a barren womb.
Virginity is foreign to mothers; Childbearing is strange to virgins.
But in you, O birthgiver of God, both were accomplished.
Therefore, all the earthly nations unceasingly glorify You.

Communion Hymn

For the feast of the Nativity of the Theotokos:

I will receive the cup of salvation and call on the name of the Lord.

(Ps 115/116:13) Alleluia, Alleluia, Alleluia!

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.

CELEBRATIONS THIS WEEK

Birthdays

- 9/8 Luke Hedges
9/9 Kellie Landrum
9/11 Joseph Ballew (at St. Gregory Monastery in Ohio)
9/12 Tom Johnson
9/14 Michael Easbey

Patronal Feast Days

- 9/8 **St. Adriana** Adriana de Bruin
9/8 **Theotokos (Nativity)** Fr. John Carrillo, Kellie Landrum
9/9 **St. Anna (the Mother of the Theotokos)**
Michelle Madrigal, Sherie Shackelford, Shirley Dillon

LAST WEEK: (Sorry...these got missed last week. Computer gremlins ate them.)

- 9/5 **St. Elizabeth, Mother of John the Baptist**
Elizabeth Ballew Atalia Finley Elizabeth (Bitty) Easbey Heiduk
Lara Jacobs Elleney King Kh. Peggy King
Jane Meyer Terri Speier Salem Vander Laan

- 9/5 **St. Zachariah, Father of John the Baptist** Zachary Nikolov
9/7 **St. Cassiana the Hymnographer** Kassiana Van Wagoner

**The fruits of last year's labor!
Thanks to all who supported the
2018 Golf Tournament
and helped make our new patio a reality!**



**ONLY 2 WEEKS TO THE
Annual Howard Shannon Golf Tournament!
Friday, September 20, 2019**

**Help us to continue moving forward
with our Building Project!**

Please support this year's Golf Tournament by:

- Becoming a sponsor or making a donation
- Registering to golf and/or attending the dinner
 - Bringing a friend!

**Register today during Coffee Hour or through the website:
<https://www.stathanasius.org/2019-golf-tournament/>**

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.

VISIT THE COFFEE HOUR SIGN-UP TABLE on the patio today during the Potluck and pick your date to host during the 2019-2020 liturgical year!

UPCOMING FEAST DAY:

Saturday, September 14

Feast of the Exaltation of the Holy Cross

8 a.m. Reader's Matins, 8:30 a.m. Festal Liturgy
followed by Coffee Hour

THE ADULT RELIGIOUS EDUCATION SERIES continues on September 14 and 21 with "Peace of Soul," from 4:30-6:00 p.m. On September 21 we will serve pizza after Vespers, so consider inviting a guest to the class and Vespers.

ADULT CATECHISM begins on Saturday October 5th and continues through December 14, on Saturdays at 4:30 p.m.

YOU'RE INVITED...

TODAY and next Sunday there will be OPEN REHEARSALS after Coffee Hour for all to hear and learn music from a liturgy composed by Nazo Zakkak. Much of this music we have already been using for the past several years. Some of it will be new to the parish. On the last two Sundays of September we will introduce this complete musical setting for the Divine Liturgy, and everyone in the congregation will have access to the music in the form of a complete liturgy booklet. **EVERYONE IS WELCOME AT THE OPEN REHEARSALS, INCLUDING CHILDREN!**

NEXT SUNDAY, SEPT. 15, and the following Sunday, September 22, we will take a straw vote (BY WRITTEN BALLOT) on whether or not to move forward with the long-range plan for the Building Project, by working towards leasing approximately 4.5 acres of our land for Special Needs Affordable Housing AND a market rate Senior Center concept. Please fill out a ballot during Coffee Hour and let the Planning Committee know where you stand on this concept. This is not a final vote. When more details have been worked out with all of the parties involved and a firm offer has been made, we will have a final vote. If you cannot be at church on September 15 or 22 and you are an active, communing member of the parish 18 years or older, please email your vote to: frnicholas@stathanasius.org

HOPE REFUGE (a new recovery home for women transitioning out of trafficking) will be having volunteer days on Saturday, Sept, 14th and Saturday, September 21st. If you are interested in helping them get ready for the final inspection for their licensing, please contact Sally at sallycook@hoperefuge.org. Skilled labor is VERY welcome! There are lots of different tasks to be done, including cleaning and organizing. Not all heavy labor.

Many thanks to our parishioners who have already donated items for Hope Refuge! THEY STILL NEED THE FOLLOWING ITEMS TO COMPLETE PREPARATIONS TO PASS INSPECTION. Contact Sally if you are able to donate the funds for one of these:

- | | |
|---|---|
| 3 refrigerators for the cottages (\$100 each) | 3 vacuums (\$70 each) |
| 24 blankets (\$30 each) | 3 air/heat units for classrooms (\$3000 each) |
| 2 air/heat units for the cottages (\$7000 each) | 1 sofa set (\$1100) |

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.**

September

9/12 Back to Youth Group Night—Regular Thursday times

A night for parents to come hear about the year, share their ideas to help make this year successful, and play some games with the teens!

9/19 Regular Thursday Youth Group

9/26 Regular Thursday Youth Group

SPOTLIGHT ON OUR YOUTH

Congratulations to Gabe Speier, who has been added as a pitcher to the roster for September with the Kansas City Royals. Gabe, a 24-year-old, left-handed pitcher was acquired by the Royals in 2018 from the Diamondbacks. He was originally a 19th round pick by the Red Sox in 2013 out of high school and has also spent time in the Tigers organization. Gabe is the son of Craig and Jenny Speier, and grandson of Fr. Nicholas and Jan! God bless this next part of your journey, Gabe, and grant you many years! (Gabe's parents and siblings were there to watch him pitch his first Major League game on Sept. 5th!)



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

For repose of the souls of:

Ahileas T., Fr. John M., Fr. Steven B.
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.** *

**THE FEAST OF
THE NATIVITY OF THE MOST PURE VIRGIN**

The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and All-seeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams; for He gave them not just a daughter, but the Mother of God. She was Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, and the Fount of virginity and purity.

PRAYER for our BUILDING PROJECT

Almighty God, our Help and Refuge, the Fountain of Wisdom and Tower of Strength, who know we can do nothing without Divine guidance and help, assist us we pray Thee, to continually and successfully complete our building project. Grant us wisdom that we do and say that which is pleasing to Thee, making our efforts profitable to ourselves, the community, the Church, and Thine all Holy Name. For Thou art a merciful God and lovest mankind and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.