



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, October 13, 2019

Tone 8 / Eothinon 6

**Sunday of Holy Fathers of Seventh
Ecumenical Council
& Fourth Sunday of Luke**

Hieromartyr Jacob of Hamatoura
Martyrs Karpos, Papylos,
Agathodoros & Agathonika at Pergamos



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, October 13

9:00 a.m.	Religious Education ages 6-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Education (after the Eucharist)
11:45 a.m.	Coffee Hour
1:00 p.m.	Young Adult Fire on Father

Monday, October 14

6:45 a.m.	Daily Matins
5:00 p.m.	St. Brigid outreach dinner at St. Michael's in Isla Vista

Tuesday, October 15

3:45 p.m.	Catechesis Level One
5:30 P.M.	Daily Vespers

Wednesday, October 16

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

Thursday, October 17

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

Friday, October 18—APOSTLE LUKE

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

Saturday, October 19

4:30 p.m.	Adult Catechism
6:00 p.m.	Great Vespers

Sunday, October 20

9:00 a.m.	Religious Education ages 6-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
NO TEEN RELIGIOUS ED.	
11:45 a.m.	Coffee Hour

**Valerie, our Administrator &
Music Director will be traveling
from October 1-18.**

**If you need to get into the church it is best to
come during daily or weekend services.**

**If you need something in the office,
please contact Carla Brunstead.**

Morning Ministries Schedule

Eucharist Bread

October 13	D. Washburn
October 20	Tinyayeva
October 27	Dillon
November 3	Hedges

Coffee Hour

October 13	Wiley/Baker/Brunstead
October 20	J. King Family/P. King
October 27	T. & S. Speier Family
November 3	P. Brunner in memory of Cyrus

Greeters

October 13	D. Lewis/Deacon
October 20	K. P. King/L. Hoppe
October 27	P. King/D. Genatone
November 3	K. & L. Jacobs

Ushers

October 13	P. Brunner, D. Washburn, D. Meyer
October 20	D. Lewis, C. Speier, J. King
October 27	P. King, M. Loulias, C. Berari
November 3	S. Speier, P. Brunner, D. Washburn

Readers

October 13	D. Washburn
October 20	M. Braun
October 27	Rdr. J. Butler
November 3	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 art risen 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 8

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

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
(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 - 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 (Prokeimenon)

Tone 8

Chanter: *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.*

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

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Come, let us rejoice in the Lord, let us shout with jubilation unto God our Savior.

Verse: Come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

GOSPEL READING

Luke (8:5-15)

The Lord spoke this parable: “A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold.” And when His Disciples asked Him what this parable meant, Jesus said, “To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” As Jesus said this, He called out, “He who has ears to hear, let him hear.”

HOMILY

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 Hymn

Praise the Lord from the heavens; praise Him in the highest! (*Ps 148:1 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.

PRAYER for the CHURCH

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, to:

- faithfully worship Thee
- become better spiritual warriors
- be a loving family
- be a light to the community
- and develop and execute a responsible financial plan.

May we pursue these goals faithfully and diligently, and may they be 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.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

10/13 Verne & Joanne Gish
10/17 Tyson & Sherie Shackelford

Birthdays

10/16 Angelina Speier
10/17 Abigail Simonsen
10/18 Oleg Moskalyk, Jordan Williams

Patronal Feast Days

10/13 **St. Benjamin** Benjamin Ballew, Benny Madrigal,
10/18 **St. Luke the Apostle** Steven Gross, Luke Hedges, Luke Speier, Wyartt West
10/19 **St. John of Kronstadt** (birth of) Zak Landrum, David Lewis, Jill Wallerstedt

A Prayer to start the day:

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. Pray You Yourself in me.

Most Holy God, I pray and beseech you, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightness of purpose, powers of reasoning unhindered by passions, conduct that becomes those who fear you, and perfect knowledge of your commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of Your truth to proclaim Your goodness to me, that forever and in all things placing my trust only in You, I may abound in every good work, and that in Christ Your gifts may increase in every soul.

For to You belong all glory, honor and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

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.

ADULT CATECHISM began on **Saturday October 5th** and continues through December 14, on Saturdays at 4:30 p.m. All are welcome: inquirers completely new to the Orthodox Faith, catechumens, and those who just want a “refresher course.”

ON SUNDAY, OCTOBER 20th at the end of the liturgy (and in place of the homily) **Fr. Nicholas will give a presentation on the Orthodox Church’s understanding and teaching regarding gender issues.** This is an important issue for all of us to understand and all Jr. High and High School students should be present. There will be no teen Religious Education classes that day. Childcare will be provided during the presentation.

FORTY DAYS FOR LIFE

<https://www.40daysforlife.com/>

PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - September 25-November 3, 2019)

O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.

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.**

OCTOBER

10/17	Regular Youth Group
10/24	Regular Youth Group
10/31	Halloween Party—Time TBA

“Bring all the tithes into the storehouse, that there may be food in my house, and prove me now in this,” says the Lord of hosts, “If I will not open for you the windows of heaven and pour out for you such blessing, that there will not be room enough to receive it.”

Malachi 3:10

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:

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|------------------------------------|----------------------------|--|
| 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. | Steve T, Kyle P. & Jeff P. |
| Joseph B. | Jerry J. | |
| Dn. Richard E. | Monsignor J. Yanek | The Ethiopian Orthodox Church |
| Kh. Diane C. | Neil | |
| Greg & Margaret Y. | Diana | All those suffering and |
| Hoppe Family | Tyler | in danger in Ukraine, |
| Duane F. | Phyllis M. | Africa, and the Middle East |
| Richard and Susan B. | Ryder H. | |
| Regina M. | Kent F. | Please pray for the raising up and |
| | Bob N. | support of long-term missionaries from |

For repose of the souls of: Joan T.
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.
