



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. Symeon Halsell

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Pastor Emeritus

Fr. Nicholas Speier

805-685-5400

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Priests attached to the parish:

Fr. John Carrillo 805-770-3749 (retired)

Fr. Jon Braun (retired)

Fr. John Finley (Archdiocese Dept. of Missions)

Deacons:

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey (retired)

Dn. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

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**Teen Program & College/Young Adult
Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

Parish Council 2021-2022:

Laurie Baker, President

Dan Braun, Treasurer

Terri Speier, Secretary

Dorothy Alexander

Mary Denny

David Dillon

Glenn Hoppe

Lara Jacobs

Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM Sunday, July 31, 2022

Tone 6 / Eothinon 7

**Seventh Sunday after Pentecost
& Seventh Sunday of Matthew**

Holy and Just Eudokimos of Cappadocia

Righteous Joseph of Arimathea;

Germanos, Bishop of Auxerre



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 on the patio after the Liturgy for 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 THE WEEK

Sunday, July 31

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

Monday, August 1

7:00 a.m. Daily Matins
5:15 p.m. St. Xenia Prayer Ministry—Akathist
by Zoom

Tuesday, August 2

5:30 p.m. Paraklesis

Wednesday, August 3

7:00 a.m. Daily Matins
12:00 p.m. St. Xenia Prayer Ministry

Thursday, August 4

7:45 a.m. St. Xenia Prayer Ministry by Zoom
10:00 a.m. Showers of Blessing
5:30 p.m. Paraklesis
6:30 p.m. Youth Group
6:30 p.m. Choir Rehearsal

Friday, August 5

7:00 a.m. Daily Matins
6:00 p.m. Vespers of Feast of Transfiguration
with Artoklasia (Blessing of Loaves)

Saturday, August 6

9:00 a.m. Matins for Transfiguration
10:00 a.m. Liturgy for Transfiguration and
Blessing of Grapes
11:45 a.m. Festal Potluck
6:00 p.m. Great Vespers/Confessions

Sunday, August 7

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

July 31 Dillon
August 6 Meyer
August 7 Morrison
August 14 Jacobs
August 15 Fr. Nicholas
August 21 Kern

READERS

July 31 Alexander
August 5 Kern
August 6 Gish
August 7 Butler
August 14 Washburn
August 15 Lange
August 21 Meyer

GREETERS

July 31 K.P. King/L. Baker
August 7 K. Fox/D. Lewis
August 14 G. & L. Hoppe
August 21 P. Cocomores/M. Loulias

USHERS

July 31 D. Washburn/K.L. King
August 7 J. King/P. King
August 14 D. Meyer/M. Loulias
August 21 C. Berari/D. Alexander

COFFEE HOUR HOSTS

July 31 WOMEN'S FELLOWSHIP
August 7 NEED A HOST
August 14 NEED A HOST
August 21 D. McCalmont/M. Kern

**TO SIGN UP TO HOST A COFFEE HOUR:
<https://bit.ly/SAOCcoffeehour>**

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

Aug. 4 D. Alexander/D. Washburn
Aug. 11 F. Young/S. Saunders
Aug. 18 L. Ballew/D. Franzen
Aug. 25 M. Loulias/K. Gomen

HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive. Non-Orthodox believers and others **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.

**At the conclusion of Matins, we sing the Great Doxology
followed by the Matins Dismissal Troparion**

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.”

**We sing the following hymns of the day after
The Little Entrance:**

Troparion of the Resurrection

Tone 6

When Mary stood at Thy grave looking for Thy sacred body,
angelic pow'rs shone above Thy revered tomb,
and the soldiers who were to keep guard became as dead men.
Thou led Hades captive and wast not tempted there-by,
Thou did meet the Virgin and didst give life to the world.
O Thou Who art risen from the dead, O Lord, glory to Thee.

Troparion for St. Eudokimos of Cappadocia

Tone 4

He Who called you from earth to heaven
keeps your body unharmed after death, holy Eudocimus;
for you lived a sober and holy life
and did not defile your flesh;//
so with boldness intercede with Christ that we may be saved!

**Troparion to St. Athanasius
(Music on page 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 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 (Prokeimenon)
(Page 61 of Liturgy Book)

Tone 6

O Lord save Thy people and bless Thine inheritance. (*PS 27/28:9*)

Verse: *To Thee will I cry, O Lord, O my God,
do not be silent unto me. (PS 27/28:1)*

THE EPISTLE READING

Romans (15:1-7)

Brethren, we who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures, we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

Alleluia Refrain and Psalm verses before the Gospel
(Music on p. 65 of Liturgy Booklet)

Tone 6

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. 1 He Who dwelleth in the help of the Most High shall abide under the shadow of the protection of the God of Heaven. (*Ps 90/91:1*) **Alleluia**

Vs. 2 He will say to the Lord, Thou art my protector and my refuge, my God, in Him will I hope. (*Ps 90/91:2*) **Alleluia**

GOSPEL READING

Matthew (9:27-35)

At that time, as Jesus passed on from there, two blind men followed him, crying aloud: "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread His fame through all that district. As they were going away, behold, a dumb demoniac was brought to Him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

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*)

Alleluia, Alleluia, Alleluia!

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 the blessing of the food at Coffee Hour to eat and socialize.**

CELEBRATIONS THIS WEEK

Birthdays

- 7/31 Jeremiah Hoppe
- 8/3 David Vander Laan

Patronal Feast Days

- 7/31 St. Benjamin of Petrograd—Terrell Armstrong
- 8/3 St. Lydia, Seller of the Purple Cloth - Lydia Sieck

FINANCIAL SUMMARY

January-June 2022

Monthly tithe goal = \$54,167

	<u>Actual Tithes Income</u>	<u>Temple Fund Income</u>
January	\$ 58,011	\$ 20,164
February	\$ 30,917	\$ 3,310
March	\$ 65,687	\$ 5,035
April	\$ 59,683	\$ 8,861
May	\$ 49,038	\$ 3,615
June	<u>\$ 55,157</u>	<u>\$ 8,108</u>
Totals Jan.-June	\$318,493	\$ 50,093
Tithe Goal Jan.-June	\$325,000	Current Temple Fund Balance: \$199,467

OUR NEW WARMING KITCHEN WILL BE BLESSED TODAY!

Thanks be to God, our warming kitchen passed inspection this week and is nearly complete. We are still waiting for a couple of pieces of equipment, but construction is finished and we will begin moving everything back into that space in the next few weeks so that we can begin to use it. **Today Fr. Symeon will bless the space and install an icon of St. Euphrosynos the Cook, painted by Kh. Cayce-Marie. (See back cover of this bulletin for more information about St. Euphrosynos.)**

At the conclusion of the Liturgy, announcements and the blessing on those with celebrations this week, Fr. Symeon will lead us to the back lawn area, where he will say the blessing from the back door of the kitchen. The food and beverages will be blessed after the kitchen is blessed. All are welcome to take a tour of the kitchen during Coffee Hour, conducted by Dn. Scott Jacobs, the Chairman of our Building Committee.

We are so grateful to all who have contributed financially to this project, and to our Golf Tournament team for their tireless efforts in raising funds to complete the kitchen. May our kitchen be used to the glory of God and the building up of our spiritual family!

THE HOWARD SHANNON TOURNAMENT

SAOC GOLF



GOLF
DINNER
AUCTION



Save the Date

SEPT. 16 2022

Enjoy the golf life



GLEN ANNIE
SANTA BARBARA

ANNOUNCEMENTS

FR. NICHOLAS & KH. JAN will be away from August 1-5.

YOU ARE INVITED TO SUBMIT PRAYER REQUESTS for the health and salvation of the living, to be commemorated at the four Paraklesis services that we will do during the Dormition Fast.. Commemoration forms are available in the entryway of the church building.

MEN'S FELLOWSHIP OF ST. JOHN for August has been moved to Saturday, August 13th at 8:30 a.m., because of the festal services for the Feast of the Transfiguration on August 6th.

Saint Eudokimos, (July 31), a native of Cappadocia (Asia Minor), lived during the ninth century during the reign of Emperor Theophilus (829-842). He was the son of the pious Christians Basil and Eudokia, an illustrious family known to the emperor. They raised their son "in discipline and admonition of the Lord" (Eph. 6: 4), planting in his soul a sincere faith and holy virtues.

The righteous life of Saint Eudocimus was devoted to pleasing God and serving his neighbor. Having given a vow to remain unmarried and chaste, he avoided conversation with women and did not look at them. He would speak only with his own mother, whom he greatly respected. The emperor valued his virtue and talents, so he appointed Saint Eudocimus as governor of Chorziane, Armenia. Fulfilling his duty as a servant of God, Saint Eudocimus governed the people justly and with kindness. He concerned himself with the unfortunate, and with orphans and widows, and he was a defender of the common people. His personal Christian exploits which he did in secret, were known only to God.

Eudocimus pleased God by his blameless life, and the Lord called him at age 33. Lying on his deathbed, Saint Eudocimus gave final instructions to place him in the grave in those clothes in which he would meet death. Then he sent everyone out of the room and entreated the Lord that no one would see his end, just as no one saw his secret efforts during life. His attendants buried him as he had instructed them. Right after the death of Saint Eudocimus miracles took place at his grave. Many sick people were healed, and the news of the miraculous healings spread.

After 18 months, the mother of Saint Eudocimus came from Constantinople to venerate his relics. She gave orders to remove the stone, dig up the ground, and open the grave. Everyone beheld the face of the saint, bright as if alive, altogether untouched by decay. A great fragrance came from him. They took up the coffin with the relics from the earth, and they dressed the saint in new clothes. His mother wanted to take the relics of her son to Constantinople, but the Kharsian people would not clear a path for their holy one. After a certain time the hieromonk Joseph, having lived and served at the grave of the saint, transported the relics of Saint Eudocimus to Constantinople. There they were placed in a silver reliquary in the church of the Most Holy Theotokos, built by the parents of the saint.

Saint Eudocimus is considered by the Russian Church to be one of the special protectors and intercessors before God of the family hearth. He was, as his name implies, truly successful in every virtue.

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
Fr. Markos
Fr. Jon B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family in Albania
Joseph Wm. B. in Kenya
Duane F.
Richard and Susan B.
Monsignor J. Yanek
Bob N.
Kh. Melissa H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)
Chase K. (military)
Nick & Kristine J. (military)
Connor V. (military)
Julianna B. (military)

Steve T.
Phyllis M.
Abp. Benjamin
Kris F.
Temmo K.
Sarah B.
Jerry J.
Chuck S.
Dn. John & Fay Y.
Zachary B.
Samantha & Chris N. & Family
Lander and Washburn Families
Bob
Cheryl F.
Michael V.
Jane M.
David W.
Hannah S.

The Ethiopian Orthodox Church
The Church & people in Lebanon
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: Fr. Duane P.

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.)

Saint Euphrosynus the Cook (Sept. 11)

was from one of the Palestinian monasteries, and his obedience was to work in the kitchen as a cook. Toiling away for the brethren, Saint Euphrosynus did not absent himself from thought about God, but rather dwelt in prayer and fasting. He remembered always that obedience is the first duty of a monk, and therefore he was obedient to the elder brethren.

The patience of the saint was amazing: they often reproached him, but he made no complaint and endured every unpleasantness. Saint Euphrosynus pleased the Lord by his inner virtue which he concealed from people, and the Lord Himself revealed to the monastic brethren the spiritual heights of their unassuming fellow-monk.

One of the priests of the monastery prayed and asked the Lord to show him the blessings prepared for the righteous in the age to come. The priest saw in a dream what Paradise is like, and he contemplated its inexplicable beauty with fear and with joy.

He also saw there a monk of his monastery, the cook Euphrosynus. Amazed at this encounter, the presbyter asked Euphrosynus, how he came to be there. The saint answered that he was in Paradise through the great mercy of God. The priest again asked whether Euphrosynus would be able to give him something from the surrounding beauty. Saint Euphrosynus suggested to the priest to take whatever he wished, and so the priest pointed to three luscious apples growing in the garden of Paradise. The monk picked the three apples, wrapped them in a cloth, and gave them to his companion.

When he awoke in the early morning, the priest thought the vision a dream, but suddenly he noticed next to him the cloth with the fruit of Paradise wrapped in it, and emitting a wondrous fragrance. The priest, found Saint Euphrosynus in church and asked him under oath where he was the night before. The saint answered that he was where the priest also was. Then the monk said that the Lord, in fulfilling the prayer of the priest, had shown him Paradise and had bestowed the fruit of Paradise through him, “the lowly and unworthy servant of God, Euphrosynus.”

The priest related everything to the monastery brethren, pointing out the spiritual loftiness of Euphrosynus in pleasing God, and he pointed to the fragrant paradisaical fruit. Deeply affected by what they heard, the monks went to the kitchen, in order to pay respect to Saint Euphrosynus, but they did not find him there. Fleeing human glory, the monk had left the monastery. The place where he concealed himself remained unknown, but the monks always remembered that their monastic brother Saint Euphrosynus had come upon Paradise, and that they in being saved, through the mercy of God would meet him there. They reverently kept and distributed pieces of the apples from Paradise for blessing and for healing.

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