



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**

Pastor:

Fr. Symeon Halsell
805-685-5495
frsymeon@stathanasius.org

Priests attached to the parish:

Fr. Nicholas Speier (Pastor Emeritus)
frnicholas@stathanasius.org, 805-685-5400

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. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Parish Council 2022-2023:

Dorothy Alexander
Dan Braun, Treasurer
Dominic Dopico
Glenn Hoppe
Lizabeth Hoppe
Lara Jacobs
Zak Landrum
Michael Loulias

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
email: office@stathanasius.org

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

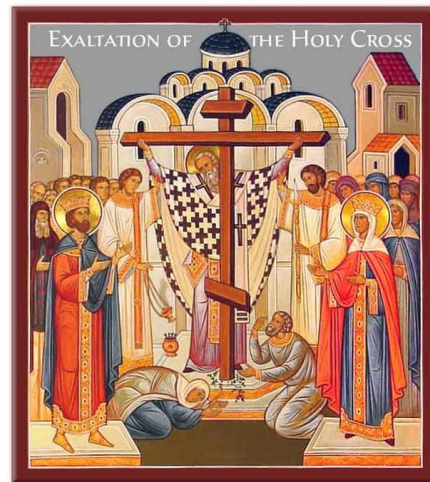
Subdn. Michael Easbey: measbey@gmail.com

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM Sunday, September 18, 2022

Tone 5 / Eothinon 3

**Sunday after the
Elevation of the Holy Cross**

Eumenios the wonderworker, Bishop of Gortyna;
Martyr Ariadne of Phrygia



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, September 18

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 p.m. Agape Meal under the front portico

Monday, September 19

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

Tuesday, September 20

5:30 p.m. Daily Vespers

Wednesday, September 21

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

Thursday, September 22

7:45 a.m. St. Xenia Prayer Ministry by Zoom
8:30 a.m. Divine Liturgy
10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Jr. High Youth Group
6:45 p.m. High School Youth Group

Friday, September 23

7:00 a.m. Daily Matins

Saturday, September 24

6:00 p.m. Great Vespers/Confessions

Sunday, September 25-ALL PARISH MEETING

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:30 a.m. **TEEN RELIGIOUS ED. BEGINS**
11:45 p.m. Agape Meal
12:30 p.m. All-parish Meeting

**FR. NICHOLAS & KH. JAN
WILL BE AWAY SEPT. 19-28.**

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

September 18 Fr. Nicholas
September 25 Morrison
October 2 Washburn
October 9 Jacobs

READERS

September 18 D. Alexander
September 25 Butler
October 2 M. Kern
October 9 D. Meyer

GREETERS

September 18 K. Fox/K.P. King
September 25 P. Cocolos/M. Loulias
October 2 H. Lange/D. Washburn
October 9 L. Baker/S. Fisher

USHERS

September 18 C. Berari/D. Alexander
September 25 C. Speier/S. Speier
October 2 P. King/J. King
October 9 K.L. King/D. Washburn

AGAPE MEAL HOSTS

September 18 Easbey Family in memory of
Dn. Richard
September 25 POTLUCK
October 2 TBA
October 9 K.L. King/D. Washburn

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

Sept. 22 M. Loulias/K. Gomez
Sept. 29 F. Young/S. Saunders
Oct. 6 M. Loulias/K. Gomez
Oct. 13 L. Ballew/D. Franzen

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

GREAT LITANY

FIRST ANTIPHON verses for the Feast of the Cross with refrain:

Vs. O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

Vs. My God, I will cry by day, and wilt Thou not hearken? But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. **[Refrain]**

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

SECOND ANTIPHON verses for the Feast of the Cross & refrain

Vs. O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

Refrain: O Son Of God, crucified in the flesh, save us who sing to Thee, Alleluia!

Vs. This is Mount Zion wherein Thou hast dwelt. **[Refrain]**

Vs. God is our King before the ages, He hath wrought salvation in the midst of the earth. **[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 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 and verses for the Feast of the Cross

Vs. The Lord is king, let the peoples rage; He sitteth on the Cherubim,
let the earth be shaken.

Refrain: Troparion for the Feast of the Cross

**O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.
And by the pow'r of Thy cross protect us.**

Vs. The Lord is great in Zion, and He is high above all peoples.

Vs. Let them confess Thy great Name, for it is terrible and holy.

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

Troparion of the Resurrection

Tone 5

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 for the Feast of the Elevation of the Holy Cross

Tone 1

O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.
And by the pow'r of Thy cross protect us.

Troparion to St. Athanasius

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 Cross

Tone 4

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by your power,
granting them victories over their adversaries//
by bestowing on them the invincible trophy, Your weapon of peace!

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

Tone 4

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.

EPISTLE READING

Galatians. (2:16-20)

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v. Remember Your congregation, which You have purchased of old! (Ps 73/74:2)

v: God is our King before the ages; He has worked salvation in the midst of the earth.
(Ps 73/74:12)

GOSPEL READING

Mark. (8:34-9:1)

The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

Meglynarion (Hymn to the Mother of God) for the Feast of the Cross)

Thou art the mystical paradise, O Theotokos, in which blossomed Christ.
Through Him, the life-bearing wood of the Cross was planted upon earth.
Now, at its elevation, as we bow down before it, we magnify Thee.

Communion Hymn

Praise the Lord from the heavens; praise Him in the Highest!

For the feast of the Cross

The light of Your countenance has shone on us, O Lord. (*Ps 4/5:6*) Alleluia (3x)

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.**

ANNOUNCEMENTS

FR. NICHOLAS & KH. JAN WILL BE AWAY SEPT. 19-28.

THE MEN'S FIRESIDE GATHERING will be tomorrow, September 19th at 7:00 p.m. at the home of Mike Loulias and Penny Cocores.

DN. SCOTT JACOBS will be away from September 9 to October 21st. Please keep him in your prayers for safe travels.

ADULT CATECHISM CONTINUES TODAY after the Agape Meal. All adults are welcome to attend, whether inquirers, catechumens, or lifelong Orthodox Christians. A detailed schedule of session dates and topics will be available soon. The September schedule is as follows:

September 18	God is Trinity: Father, Son, and Holy Spirit
October 2	Salvation History
October 9	Ecclesiology (The Church) The Body of Christ

OUR ANNUAL ALL-PARISH MEETING WILL BE NEXT SUNDAY, SEPTEMBER 25th after the Agape Meal. The meeting will last approximately an hour. Please plan to stay that day to be updated on a number of important areas of our parish life.

OUR DIOCESE FALL GATHERING WILL BE October 7-9 at St. Simeon Orthodox Church in Santa Clarita. The main purpose of the Fall Gathering is for the Diocesan organizations' leaders (Teens, Antiochian Women) to meet on Saturday morning to plan the coming year. More information, the schedule and registration form are available in the hall way of our church, for those who are interested. There are some rooms available at a discounted rate of \$141/night at the Courtyard by Marriot in Valencia.

Women's Fellowship Fall Book Club

We will be reading Welcoming Gifts: Sacrifice in the Bible and Christian Life by Fr. Jeremy Davis, and looking at how "sacrifice as practiced in the Old Testament and through the ancient world was most often the occasion of joyous celebration... a way of drawing near to God and to others in the community." You can purchase the book in the church bookstore.

We will meet every other Wednesday (9/28, 10/12, 10/26, 11/9) from 6:30-7:30 at the church, discussing one section of the book each time. If you are interested in being part of the book club, contact Liz Hoppe (hop2it1995@gmail.com)

**If you would like to receive the parish weekly e-mail reminders,
please send your e-mail address to: valerie@stathanasius.org.**

**If you are an active member and are not getting at least one e-mail per week,
check your SPAM folder. Some e-mail providers block bulk e-mail programs.**

CELEBRATIONS THIS WEEK

Wedding Anniversaries

9/19 Timmy & Teri Palmer

Birthdays

9/18 Maisy Speier, Jason Wayne

9/20 Dan Braun

9/21 Alexis Rae Florez

Patronal Feast Days

9/20 St. Eustathios Jason Wayne

9/24 St. Thekla the Protomartyr Melissa Braun, Kh. Jan Finley, Courtney Shannon

9/24 St. Siloan the Athonite Lee Harvey Siloan Denny

Are you using the parish website?

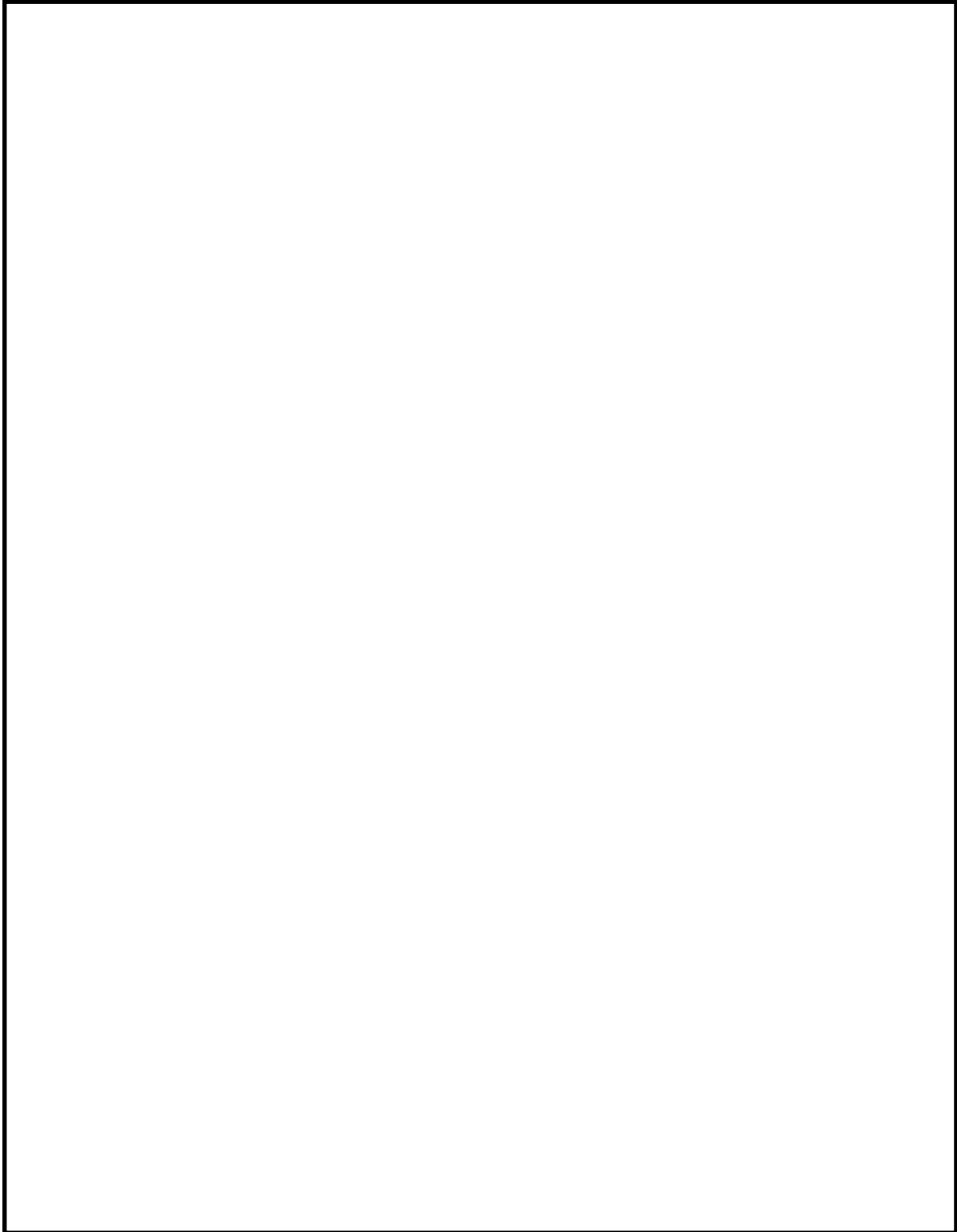
www.stathanasius.org

**Here are some things that can be accessed
through the parish website:**

- A beautiful slide show on the homepage
 - The weekly bulletin
- A large photo gallery of parish events and liturgical celebrations
 - Resources & educational materials
- A regularly updated Master Calendar for the complete Liturgical Year

And in the password-protected section for parish members:

- Parish Council monthly meeting summaries
 - Parish phone list
 - Parish Family Photo Album
- Directory of members who own/operate their own businesses



A closer look at..

The Divine Liturgy

(From “The Heavenly Banquet: Understanding the Divine Liturgy” by Fr. Emmanuel Hatzidakis)

The Eucharistic meal is the *heavenly Banquet* here on earth, which prepares us for the eternal *heavenly Banquet*—not that there are two banquets, but only one: “One only is the power of the Table, one the Host in both worlds. The one is the wedding feast with the Bridegroom Himself, the other is the preparation for that wedding feast.” (Nicholas Cabasilas, *The Life in Christ*) The one introduces the faithful to the other. Those who have partaken of the one have already received a taste of the heavenly meal. “Already they have enjoyed the other delight of the Banquet though they do not obtain it fully yet; but when Christ has been manifested they will perceive more clearly what it is that they have brought with them.” (Cabasilas)

SUNDAY MORNING AGAPE MEAL

This fall we will be making a slight shift in how we think about and organize our fellowship time after the Divine Liturgy. Active parish members received an e-mail last week from Fr. Symeon explaining this shift.

In the early church, after worshipping together, the Christians would share a meal together, referred to as the “Agape Meal.” The “breaking of bread” which takes place after the Divine Liturgy is an important extension of the union we experience in the Eucharist.



Modeling the spirit of this meal, we will be shifting away from coffee and snacks to a simple meal on most Sunday, during which we can share fellowship, provide hospitality to visitors, and nurture a spirit of generosity and service in the parish.

To encourage participation from all parish households, we are forming Agape Meal Teams that will work together to share the labor of loving hospitality. Suzi Wiley is coordinating this effort. If you are willing to serve as a Team Leader or team member, please contact her at: suziwiley@cox.net.

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.
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.
Hannah S.
J. Palmer
Leslie O.
Julie & Mario
Chase
Paige

Jaymie
Kyser
Carla B.
Chrissy M.
Dn. Scott J.
David W.

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: Met. Herman, Met. Kallistos (Ware), James,

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 Temple Fund.

ELEVATION OF THE CROSS

