



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:

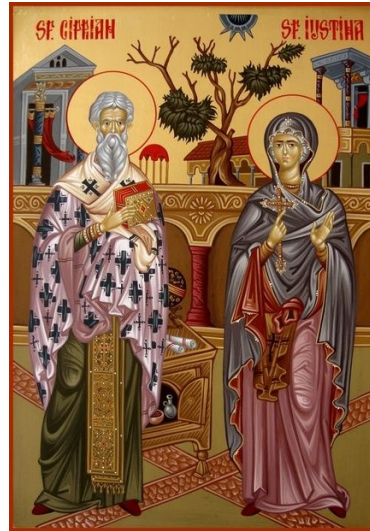
Valerie Yova
Office phone: 805-685-5400
email: office@stathanasius.org

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

Subdn. Michael Easbey: measbey@gmail.com

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM Sunday, October 2, 2022

Tone 7 / Eothinon 5;
**Sixteenth Sunday after Pentecost
& Second Sunday of Luke**
Hieromartyr Cyprian the Confessor;
Virgin-martyr Justina; Theophilus the Confessor;
New-martyr George at Karatzasou;
Andrew of Constantinople, Fool-for-Christ



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, October 2

9:00 a.m. **RELIGIOUS ED. for ages 3-12 yrs.**
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:30 a.m. **TEEN RELIGIOUS EDUCATION**
 11:45 p.m. Agape Meal
 12:30 p.m. Adult Catechism

Monday, October 3

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

Tuesday, October 4

5:30 p.m. Daily Vespers

Wednesday, October 5

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

Thursday, October 6

APOSTLE THOMAS, ST. INNOCENT

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, October 7

DIOCESAN FALL GATHERING

7:00 a.m. Daily Matins

Saturday, October 8

DIOCESAN FALL GATHERING

6:00 p.m. Great Vespers/Confessions

Sunday, October 9—ST. TIKHON

9:00 a.m. **RELIGIOUS ED. for ages 3-12 yrs.**
 9:00 a.m. Matins
 10:00 a.m. Divine Liturgy
 11:30 a.m. **TEEN RELIGIOUS EDUCATION**
 11:45 p.m. Agape Meal
 12:30 p.m. Adult Catechism

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

October 2 Kern
 October 9 Jacobs
 October 16 Meyer
 October 23 Washburn

READERS

October 2 Kern
 October 9 Meyer
 October 15 Alexander
 October 16 Butler
 October 23 Lange

GREETERS

October 2 H. Lange/D. Washburn
 October 9 L. Baker/S. Fisher
 October 16 K. Fox/K.P. King
 October 23 P. Cocores/M. Loulias

USHERS

October 2 P. King/J. King
 October 9 K.L. King/D. Washburn
 October 16 D. Meyer/M. Loulias
 October 23 C. Berari/D. Alexander

AGAPE MEAL HOSTS

October 2 TBA
 October 9 TBA
 October 16 TBA
 October 23 TBA

<u>THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM</u>	
Oct. 6	D. Alexander/D. Washburn
Oct. 13	F. Young/K. Flores
Oct. 20	L. Ballew/D. Franzen
Oct. 27	M. Loulias/K. Gomez

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—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 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—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 7

Thou didst shatter death by Thy Cross;
Thou didst open paradise to the thief;
Thou didst turn the sadness of the
ointment bearing women into joy,
and didst bid Thine apostles proclaim
a warning that Thou hast risen, O Christ,
granting the world the great mercy.

Troparion for St. Cyprian of Nicomedia

Tone 4

By sharing in the ways of the Apostles,
you became a successor to their throne.
Through the practice of virtue, you found the way
to divine contemplation, O inspired one of God;
by teaching the word of truth without error, you defended the Faith,
even to the shedding of your blood.//
O Hieromartyr Cyprian, entreat Christ God to save our souls!

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 - Ordinary Sundays**Tone 4**

O undisputed intercessor of Christians,
The mediatrix, who was 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 ever 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**Tone 7**

The Lord will give strength to His people; the Lord will bless His people with peace.

Vs: Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.

**EPISTLE READING
2 Corinthians (6:1-10)**

Brethren, working together with Him, then, we entreat you not to accept the grace of God in vain. For He says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 7

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: It is good to give thanks to the Lord, and to sing praises to Thy Name, O Most High. **Alleluia...**

Verse: To declare Thy mercy in the morning, and Thy truth in the night. **Alleluia...**

GOSPELL READING

Luke. (6:31-36)

The Lord said: "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

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! 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.**

ADULT CATECHISM at St. Athanasius
Sundays after the Agape Meal

Autumn 2022

Orthodoxy: Doctrine, History, and Anamnesis

Orthodox Methodology - The Opening of the Scriptures

- | | |
|--|---------|
| 1. Sources of Doctrine & Dogma | 9/3/22 |
| 2. Holy Writ within Tradition | 9/11/11 |
| 3. God is Trinity: Father, Son, and Holy Spirit | 9/18/22 |
| Christology: The source Anthropology, Soteriology, Ecclesiology, & | |

Eschatology

- | | |
|--|----------|
| 4. Salvation History- Creation, the Fall, and the Divine Economy | 10/2/22 |
| 5. Ecclesiology (The Church) - The Body of Christ | 10/9/22 |
| 6. Feasts of The Church - Living Salvation | 10/16/22 |
| 7. Communion of Saints | 10/23/22 |
| 8. Icons: Proclaiming Salvation in Image | 10/30/22 |
| 9. The Second Coming of Christ and Judgment Day | 11/6/22 |
| 10. Practicing the Faith in Daily Life - Putting It All Together | 11/13/22 |

Winter/Spring 2023

**Orthopraxis & Spirituality: A Life of Worship in the Holy Spirit,
a Heart formed by Christ's Church**

Salvation in Christ

- | | |
|---|---------|
| 1. The Initiatory Sacraments: Baptism, Chrismation, & Eucharist | 1/15/23 |
| 2. The Priesthood & Repentance: Confession, Communion,
& Spiritual Guidance: Spiritual Fatherhood and Motherhood | 1/22/23 |
| 3. The Holy Life: Keeping the Commandments and Teachings of Christ
– The Decalog, the Two Greatest, The New Commandment, and the Sermons | 1/29/23 |

A Virtuous Life

- | | |
|---|---------|
| 4. The Spiritual Disciplines: Prayer, Fasting, & Almsgiving | 2/5/22 |
| 5. The Passions, Dispassion, and Theosis | 2/12/22 |
| 6. Faith, Hope, Love | 2/19/22 |

A Sacramental Life - Visible signs and Entries to the Invisible & Divine

- | | |
|--|---------|
| 7. A Consecrated Life: The Role of Beauty in Worship
and the Spiritual Life | 2/26/22 |
| 8. The Holy Temple and Corporate Prayer | 3/12/22 |
| 9. Music: Worship with our Voices, Entering the Beauty of the Kingdom | 3/19/22 |

Spiritual Communion

- | | |
|------------------------------------|---------|
| 10. The Hearing of the Word of God | 3/26/22 |
| 11. Prayer of the Heart | 4/2/22 |

ANNOUNCEMENTS

VALERIE, our Administrator, will be gone from October 3-10th. If you need to get into the church for some reason, and do not have a key, please plan to do so during the times when we have services or other scheduled activities.

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. The October schedule is as follows:

- | | |
|------------|--|
| October 2 | Salvation History– Creation, the Fall & the Divine Economy |
| October 9 | Ecclesiology (The Church) The Body of Christ |
| October 16 | Feasts of the Church—Living Salvation |
| October 23 | Communion of Saints |
| October 30 | Icons: Proclaiming Salvation in Image |

OUR DIOCESE FALL GATHERING IS NEXT WEEKEND, 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.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

- | | |
|-------|----------------------------|
| 10/4 | Corina and Adrian Berari |
| 10/07 | Benny & Michelle Madrigal |
| 10/08 | Phillip & Natalya Kawahara |

Birthdays

- | | |
|------|------------------|
| 10/2 | Andrew Macdonald |
| 10/6 | Holden Dillon |
| 10/6 | Todd Easbey |

Patronal Feast Days

- | | | |
|------|--------------------------|--------------|
| 10/2 | St. Justina of Nicomedia | Justina King |
| 10/6 | St. Thomas | Craig Speier |

MARK YOUR CALENDAR
Upcoming Educational Opportunities

PARISH BOOK STUDY for Adults
on Tuesdays
October 18-November 15, 2022
5:30 p.m.

- Prayers of the Ninth Hour
 - Potluck Meal
 - Book Study

Childcare available for children 3-10 years old.
(Please talk to Fr. Symeon if you would like to have
childcare for your children during the class.)

During the 5 weeks from October 18 to November 15 we will be speaking about topics found in the book *The Struggle for Virtue* by Abp Averky Taushev. The lectures contained in this book go “straight to the roots of our modern alienation from God and each other,” “the central role of asceticism in leading a spiritual life,” how “through renewal of Gospel love the conscience is reawakened,” and how freedom is “founded on the acquisition of virtue.” This book is packed full of spiritual wisdom and offers us the correcting mind and teaching of the Orthodox Church so that we do not struggle in vain as we work out our salvation in the middle of our modern secular society.

* * * * *

ADVENT SEMINAR
Saturday, November 12, 2022

“Make Your Offering to the Lord: Giving of Ourselves through a Joyful Tithe,
Freewill Offerings and First Fruits”

AGAPE MEAL TEAMS

UPDATE: As of 9/28/22 we had 33 households signed up!

We are excited to kick off a new way of coordinating our time together in fellowship after the Divine Liturgy - the Agape Meal, with Fr. Symeon's encouragement and blessing. We invite all of our parishioners to participate by signing up to join an Agape Meal team.

We would like to form 10 Agape Meal teams, with slots for eight households on each team. The number of teams and the size of teams is flexible. We will add more teams or slots as necessary.

Eight parish households have already stepped up to become Agape Meal Team Leaders. There are many ways to participate on a team, depending on your interests and abilities.



- Some may want to cook.
- Some may want to help set up and clean up.
- Some may want to contribute financially.
- Some may want to do a little bit of everything.
- The beauty of having eight households on a team is that the work and cost can be spread out to make it manageable for everyone.

Once the team slots are filled, we will set up the rotational schedule to assign each team its Sundays. **We estimate that each team will host three to four Agape Meals per year.** It will be much easier to host a meal with the team approach.

Please use the link below to sign up for an existing Agape Meal team, or to create one of your own.

<https://bit.ly/SAOC-AgapeMealTeams>

We need 2 more Team Leaders. If you'd like to be a Team Leader and recruit your own team mates, let me know. (suzi@wiley@cox.net)

Jump on board, join a team, and help us to infuse even more hospitality and joy into our post-Liturgical celebration, which is the continuation of the unity we experience each week in the Eucharist!

Suzi Wiley, Agape Meal Coordinator

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.
Fr. John & Kh. Diane C.
Audrey 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)
Peter S. (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.
