



## 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 16, 2022 Tone 1 / Eothinon 7 Sunday of Holy Fathers of Seventh Ecumenical Council & Fourth Sunday of Luke**

Martyr Longinos the Centurion who stood  
at the cross of the Lord;  
Gall, Enlightener of Switzerland



### **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 16

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 17

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, October 18—Evangelist Luke

5:30 p.m. 9th Hour Prayers, Potluck,  
Book Study for Adults

### Wednesday, October 19

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

### Thursday, October 20

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. Youth Group

### Friday, October 21

7:00 a.m. Daily Matins

### Saturday, October 22

3-5:00 p.m. Women's Fellowship Gathering  
6:00 p.m. Great Vespers/Confessions

### Sunday, October 23—Apostle James

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 16 Meyer  
October 23 Kern  
October 30 Dn. Gary  
November 6 Dillon

### READERS

October 15 Alexander  
October 16 Butler  
October 23 Lange  
October 30 Gish  
November 6 Lange

### GREETERS

October 16 K. Fox/K.P. King  
October 23 P. Cocores  
October 30 H. Lange/D. Washburn  
November 6 L. Baker

### USHERS

October 16 D. Meyer  
October 23 C. Berari/D. Alexander  
October 30 C. Speier/S. Speier  
November 6 P. King/J. King

### AGAPE MEAL HOSTS

October 16 Team Baker  
October 23 Team Washburn-Lander  
October 30 HALLOWEEN SOCIAL  
November 6 Team Kawahara

### THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

Oct. 20 L. Ballew/D. Franzen  
Oct. 27 M. Loulias/K. Gomez  
Nov. 3 D. Alexander/J. Jones  
Nov. 10 F. Young/K. Flores

### 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 1**

**(Music on p. 40 of Liturgy book)**

While the stone was sealed by the Jews,  
and the soldiers were guarding Thy most pure body,  
Thou didst arise on the third day,  
O Savior, granting life to the world.  
For which cause the heavenly pow'rs  
cried aloud unto Thee, O Giver of life;  
Glory to Thy resurrection, O Christ!  
Glory to Thy kingdom!  
Glory to Thy providence, O Thou  
Who alone art the lover of mankind.

**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**

**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.

**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.

**Alleluia before the Gospel****Tone 1**

Chanter: Alleluia, Alleluia, Alleluia!

**People: Alleluia, Alleluia, Alleluia!****Verse:** It is God Who avenges me, and subdues people under me. (*Ps 17/18:47*)**Verse:** He gives great deliverance to His King, and shows mercy to His anointed, to David and his seed forever. (*Ps 17/18:50*)**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."

**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.**

## PLEASE NOTE THE FOLLOWING TIME CHANGE....

Starting in Advent, weekly Great Vespers on Saturdays will begin at 5:30 p.m. instead of 6:00 p.m.  
The change begins on Saturday, November 19th.

## Welcome to our new catechumens,

**Mary, Alicia and Gabriel Wolfington  
and Gage Salinas.**

Please pray for all of our catechumens, that their minds and hearts will be illumined as they continue their journey towards baptism and/or christmation.

Chandler Baker  
Tatianna Calhoun  
Brett and Laura Eberhard, Taylor & Madison  
Kaleigh Flores  
Sean Ryan  
Gage Salinas  
Mary Wolfington, Alicia & Gabriel



## **ANNOUNCEMENTS**

**VALERIE, our Administrator, will** be out of the office October 17-24.

**THE MEN'S FIRESIDE GATHERING** will be tomorrow, Monday, October 17th at 7:00 p.m. at the home of Jason and Melissa Wayne. See Howard Lange for details.

**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 16	Feasts of the Church—Living Salvation
October 23	Communion of Saints
October 30	Icons: Proclaiming Salvation in Image

### **MINISTRIES IN NEED OF VOLUNTEERS:**

We have recently lost several members of our **Sunday morning Greeters** team, and our **Showers of Blessing hospitality team**.

- Greeters serve once every 4 or 5 Sundays and are asked to be present no later than 9:30 a.m. to greet visitors and pass out the bulletin.
- Showers of Blessing volunteers generally serve once a month in preparing and serving beverages on Thursday mornings. It is a commitment of 2-3 hours.

If you are able to assist in either of these ministries, please contact Mike Loulias at [bmklou@gmail.com](mailto:bmklou@gmail.com).

## ***CELEBRATIONS THIS WEEK***

### **Wedding Anniversaries**

10/10	Garrett & Elleney Gish (Left them off last week. Apologies.)
10/17	Tyson & Sherie Shackelford

### **Birthdays**

10/16	Angelina Speier, Melissa Wayne
10/18	Oleg Moskalyk
10/19	Steven Gross
10/20	Noah Hedges
10/21	Diane Carrillo
10/22	Kyle Petersilia

### **Patronal Feast Days**

<b>10/18</b>	<b>Apostle &amp; Evangelist Luke</b>	Steven Gross, Luke Hedges, Luke Palmer, Luke Speier
<b>10/19</b>	<b>St. John of Kronstadt</b>	Zak Landrum, David Lewis, Jill Wallerstedt



**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 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.

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**ADVENT SEMINAR**  
**Saturday, November 12, 2022**  
**10:00 a.m.—12:00 noon**

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

## AGAPE MEAL TEAMS

**Eight parish households have already stepped up to become Agape Meal Team Leaders.** A huge thank you to Team Leaders: Laurie Baker, Glenn & Liz Hoppe, Mike Loulias & Penny Cocores, Philip & Natalya Kawahara, Teri Palmer, Courtney Shannon, Terri Speier, and Cheryl Washburn-Lander.

There are many ways to participate on a team, depending on your interests and abilities.

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

Here's the link:

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

Suzi Wiley, Agape Meal Coordinator



### SAVE THE DATE!

**WOMEN'S FELLOWSHIP GATHERING**

**SATURDAY, OCTOBER 22, 2022**

**3-5 p.m.**

**At the home of Kh. Jan Speier**

**Watch your e-mail for details!**

**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)  
P. Speier (military)

Subdn. Matthew W. (seminary)  
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,

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**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.**

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