



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, Metropolitan SABA

Pastor:

Fr. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

Priests attached to the parish:

Fr. Nicholas Speier (Pastor Emeritus)

Fr. John Carrillo (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 2023-2024

Dominic Dopico, Chair

Kristin King, Vice Chair

Dan Braun, Treasurer

Velislava Nikolov, Secretary

Asia Ballew

Sydney Hedges

Michael Loulias

Cheryl Washburn-Lander

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

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Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

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Athanasia Ballew

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DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

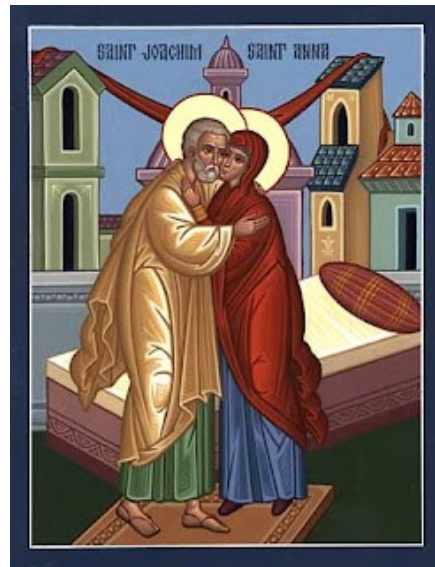
Sunday, December 8, 2024

**Tone 7 / Eothinon 2; Twenty-fourth Sunday after
Pentecost & Tenth Sunday of Luke**

Forefeast of the Conception of the Theotokos;

Venerable Patapios of Thebes;

Sophronios, Bishop of Cyprus



WELCOME TO OUR VISITORS!

We are glad you are with us this morning
to join our worship of the Father, Son & Holy Spirit!
Please join us on the patio after the Liturgy for
the Agape Meal. 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

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

**THE DIVINE LITURGY
OF ST. JOHN CHRYSOSTOM**

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”

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.
Blessed are the poor in spirit, for theirs is the kingdom of Heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst after righteousness, for they shall be filled.
Blessed are the merciful, for they shall obtain mercy.
Blessed are the pure in heart, for they shall see God.
Blessed are the peacemakers, for they shall be called the sons of God.
Blessed are those who are persecuted for righteousness sake,
for theirs is the kingdom of Heaven.
Blessed are you when men shall revile you and shall persecute you, and shall say all manner
of evil against you falsely for my sake.
Rejoice and be exceedingly glad, for great is your reward in heaven.

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 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 Preparation of Christ's Nativity

Tone 3

The virgin cometh today to the cave
to give birth, ineffably to bring forth the Word eternal.
Therefore, rejoice, O earth, at the message;
with the angels and shepherds give glory to Him
Who shall appear by His own will as a young child,
He who is from eternity God.

TRISAGION (THRICE-HOLY) HYMN

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

Ephesians 2:14-22

Brethren, Christ is our peace, Who has made us both one, and has broken down the dividing wall of hostility, by abolishing in His flesh the law of commandments and ordinances, that He might create in Himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the Cross, thereby bringing the hostility to an end. And He came and preached peace to you, who were far off, and peace to those who were near; for through Him we both have access in one Spirit to the Father. So then you are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, in Whom the whole structure is joined together and grows into a holy temple in the Lord; in Whom you also are built into it for a dwelling place of God in the Spirit.

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...**

GOSPEL READING

Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

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, Alleluia, Alleluia!

Holy Communion & The Thanksgiving Prayers

In the Orthodox Church, the Sacrament of Communion is offered only to Orthodox Christians who have humbly prepared to receive through prayer, fasting, and a recent Sacramental Confession.

Non-Orthodox people and those not communing today may approach during Communion for a priestly blessing by saying, "*Father, bless.*" After this you may take a piece of antidoron (blessed bread) offered in the bowls.

If you are interested in joining the One Holy Catholic and Apostolic Church, speak with our Pastor about how to become an Orthodox Christian.

At the conclusion of the Divine Liturgy, we offer **Thanksgiving Prayers** for having received the body and blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have partaken and prepare us for our transition from the Kingdom back into "the world." If you have partaken, stay to listen to these prayers after you have venerated the cross. Immediately after, the priest will bless the Agape Meal. **We ask that all your socializing take place outside of the church.**

ANNOUNCEMENTS

THIS MORNING all of the Stewardship Commitment cards received thus far for 2025 will be put on the altar table during the Liturgy as an “offering,” and we will pray that our commitments for the coming year will be blessed. Please keep in mind that this just represents your intention, and it is understood that circumstances can change during the course of the year.

THERE WILL BE A MEETING OF ALL SUNDAY MORNING GREETERS on Sunday, December 15th at 12:15 p.m.

ATTENTION YOUNG ADULTS:

Join the Young Adult/College group for our annual White Elephant gift exchange and lenten meal on **Sunday, December 15th from 5-7pm**. \$5 gift limit. Location TBD and will be announced over the email list! PLEASE R.S.V.P. to Zac Wood by this Thursday, 12/12/24, so that they have a head count for dinner.

THE MONTHLY MEN’S FELLOWSHIP OF ST. JOHN FIRESIDE gathering will be on Thursday, December 19th at 7:00 p.m. at the home of Fr. Symeon and Kh. Cayce Halsell. If you have questions, see Howard Lange.

WE ARE COLLECTING HOODIES & JACKETS for SHOWERS OF BLESSING CHRISTMAS CELEBRATION

On **Thursday, December 19th**, during the weekly showers offered on our property from 10 a.m.-1 p.m., we will offer a Christmas celebration for the guests, with a more elaborate offering of refreshments than we normally provide.

- We will be collecting **NEW OR GENTLY USED (freshly washed) hoodies and jackets** to offer to the guests that day. Large and XL sizes are preferred. Please leave donated hoodies and jackets in the collection box outside the church office by December 15th.
- Please, do not leave other types of clothing. The Showers has a very robust clothing ministry and they have lots of clothing in stock right now. Thank you!!

SAVE THE DATE!

Friday, January 3, 2024

“Tenth Day of Christmas” Family Night

Open-mic/Talent Show, Caroling & Holiday Goodies

WEEKDAY LITURGICAL SERVICES

Monday/Wednesday/Friday (Fridays with a priest serving)	Daily Matins	7:00 a.m.
Tuesday/Thursday	Daily Vespers	5:30 p.m.
Wednesdays Dec. 11 & 18	Advent Paraklesis	6:00 p.m.
Fridays 12/13 & 12/20	Divine Liturgy	8:30 a.m.

SERVICES FOR THE FEAST OF THE NATIVITY OF CHRIST

Tuesday, Dec. 24	Royal Hours	9:00 a.m.
	Festal Matins/Liturgy	10:00 p.m.
Sunday, Dec. 29	Blessing of the Graves at Goleta Cemetery	1:00 p.m.

OTHER UPCOMING FEASTS

Wednesday, Jan. 1	Divine Liturgy for Feasts of St. Basil & Circumcision	9:00 a.m.
Friday, Jan. 3	Royal Hours of Theophany	9:00 a.m.
Saturday, Jan. 4	Great Vespers of Theophany	5:30 p.m.
Sunday, Jan. 5	Festal Matins & Liturgy of Theophany	9:00/10:00a.m.

TREES OF LIFE

—A Project of the Interfaith Collaborative to assist the Santa Barbara District Attorney's office in combatting human trafficking—

This Nativity season, SAOC is again working with Interfaith Collaborative and their annual Trees of Life campaign. We are excited to announce that we have “adopted” a family of four: a 6 year old boy, a 16 year old boy, a 5 month old baby boy and their mom. We are hoping to bring Christmas joy to their family by helping with gift donations that this wonderful family needs. In the narthex there is a Christmas tree with festive tags with items each member of the family needs. If you are able to donate please take a tag, purchase the item and bring it to the church or Lara Jacobs by Sunday, December 15. If you would prefer to contribute financially instead of shopping you can donate on the church website with ‘Tree of Life’ in the memo and we will do the shopping for you.

**If you have any questions please feel free to contact Lara Jacobs:
cpejacobs@gmail.com.**

PASTOR'S FUND REPORT January-November 2024

Pastor's Fund Income/Donations **\$23,735**
(includes \$6,100 donated for icon project & \$3,600
from General Operating Budget)

Pastor's Fund Expenses

Archdiocese Special Collections	\$ 1,000
Homeless Assistance	5,246
Local Charities/non-profits	1,692
Orthodox Charities	2,400
Assistance to Parishioners	7,533
Special Projects	5,896

\$23,767

ADVENT BOOK STUDY

All men and women of the parish are invited to participate in a book study during the Nativity Fast. The book chosen for the study is **Victory in the Unseen Warfare by Fr. Jack Sparks.**

On Thursday, January 9th after the 5:30 p.m. Daily Vespers, we will gather for a "Fire on Father" style session. Fr. Symeon will lead a discussion and answer any questions we have about the contents of the book.

The book will be available for purchase in our parish bookstore by around November 24th. If you order the book online, be aware that there are three books in the series about Unseen Warfare. We will be reading **VICTORY** in the Unseen Warfare.

THE WOMEN OF THE PARISH will also meet on Saturday, December 14th after Great Vespers (approximately 6:30 p.m.) to discuss the first half of the book. We are considering coordinating a simple soup dinner to accompany our discussion. If you plan to participate, please R.S.V.P. to Kristin King at kristinpkng@gmail.com.

Father Jack Sparks has masterfully adapted the material from this highly treasured monastic work specifically for today's lay Christian living in the midst of a modern world. The result is a profound but highly practical resource for those who seek to strive with all their might against the enemies of our souls—the world, the flesh, and the devil. — Ancient Faith Publishing

CELEBRATIONS THIS WEEK

Wedding Anniversaries

12/11 Greg and Miki Hammel
12/12 Dn. Scott & Karen Jacobs

Birthdays

12/9 Amber Brunner, Teri Lynn Palmer, Jesse Speier
12/12 John Worthington

Patronal Feast Days

12/9 Hannah, Mother of the Prophet Samuel Hannah Sieck
12/13 St. Lucia Lucy Speier

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**From His Eminence Metropolitan SABA  
on Music Appreciation Day—Sunday, December 8th**

*“Nothing so arouses the soul, gives it wing, sets it free from the earth, releases it from the prison of the body, teaches it to love wisdom and to despise all the things of this life, as concordant melody and sacred song composed in rhythm.”*

*+St. John Chrysostom (On Psalm 41)*

Every year we set aside the second Sunday of December to remember and pray for our faithful church musicians. With God’s help and inspiration, they are always praying for us by chanting the sacred hymns of our Church. On this day we, in turn, say thank you and pray for them. The hymnography of our Orthodox faith is an expression of theology. One could never pick up an academic or dogmatic book about the faith his entire life, but could still become a theologian by simply listening to and internalizing the words of these hymns.

At the same time, the richness of our hymns becomes even richer when they are chanted and sung correctly and with beauty. It is not by chance that countless numbers of people over the centuries were first attracted to the faith by the beauty of our services.

On the Sunday of Musician Appreciation Day, we extend heartfelt thanks to Ms. Mareena Boosamra-Ball and all the members of our archdiocesan Department of Sacred Music for their commitment in supporting this sacred ministry. We also gratefully honor all of our choir directors, singers and chanters, the vast majority of whom dedicate themselves to this sacred ministry for little or no compensation. For them, it is indeed a labor of love. Wishing you God’s every blessing, I remain,  
Your Father in Christ,

+SABA  
Archbishop of New York and Metropolitan of All North America



## 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](mailto:office@stathanasius.org).**

**Please pray for the health of:**

His Beatitude, Patriarch John X  
Metropolitan SABA  
Mother Victoria  
Met. Paul & Abp. John  
Abp. Benjamin  
Fr. Mathias in Tanzania (OCMC)  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Fr. Nicholas & Jan  
Fr. Turbo & St. Mary parish  
Fr. Paul and St. Moses parish  
Hieromonk Siloan  
Greg & Margaret Y.  
Hoppe Family in Albania (OCMC)  
Joseph Wm. B. in Kenya  
Duane F.  
Richard and Susan B.  
Bob N.  
Kh. Melissa H.  
Jeremiah & Sarah H. (military)  
Lauren & Fernando J. (military)  
Chase K. (military)  
Nick & Kristine J. (military)  
Connor V. (military)  
Julianna & Zaron D. (military)

P. Speier (military)  
Subdn. Matthew & Christina  
Steve T.  
Temmo K.  
Dn. John & Fay Y.  
Samantha & Chris N. & Family  
Wade  
Kh. Peggy K.  
Amanda, Chris & Baby James  
Kh. Janet Henderson  
Phyllis M.  
Marta C.  
Sonia T.  
Jon R.  
Penny B.  
Eden Rose  
Suzanne S.

For the local agencies and their leaders who are working to fight human trafficking.

The Ethiopian Orthodox Church

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.

## OUR CATECHUMENS:

Karti Adimulam  
Kevin Duke  
Greg & Miki Hammel  
Isaak Lau  
Brennan Pawley  
Ethan Salcedo  
Logan Strait

**For repose of the souls of:** Fr. John

## ST. ATHANASIUS CHURCH BOOKSTORE

The church bookstore is located in the foyer of our building. The tables and two enclosed cabinets contain 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. **You can contact Terri at: [bookstore@stathanasius.org](mailto:bookstore@stathanasius.org).**

Payment should be made at time of purchase and placed in the brown lockbox on wall next to Fr. Symeon's 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.**

## CALENDAR FOR THE WEEK

### Sunday, December 8

9:00 a.m. Matins & Catechesis for ages 3yrs—6th gr.  
 10:00 a.m. Divine Liturgy  
 11:30 a.m. Teen Education  
 11:45 a.m. Agape Meal

### Monday, December 9

7:00 a.m. Daily Reader's Matins  
 3:00 p.m. St. Xenia Prayer Ministry by Zoom

### Tuesday, December 10

5:30 p.m. Daily Vespers

### Wednesday, December 11—CONCEPTION OF THEOTOKOS

7:00 a.m. Daily Reader's Matins  
 11:50 a.m. St. Xenia Prayer Ministry in the chapel  
 6:00 p.m. Advent Paraklesis

### Thursday, December 12

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

### Friday, December 13

7:00 a.m. Daily Matins (with a priest)  
 8:30 a.m. Divine Liturgy

### Saturday, December 14

5:30 p.m. Great Vespers/Confessions  
 6:30 p.m. Women's Book Study

### Sunday, December 15

9:00 a.m. Matins & Catechesis for ages 3yrs—6th gr.  
 10:00 a.m. Divine Liturgy  
 11:30 a.m. Teen Education  
 11:45 a.m. Agape Meal  
 12:15 p.m. Choir Rehearsal  
 12:15 p.m. Greeters Meeting  
 5:00 p.m. Young Adult/College White Elephant  
 Gift Exchange & Lenten Dinner

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

December 8 Morrison  
 December 15 Fr. Nicholas  
 December 22 Dn. G. Braun  
 December 29 Jacobs

### READERS

December 8 Butler  
 December 15 Kern  
 December 22 Kern  
 December 24 Gish  
 December 29 Lange

### GREETERS

December 8 Hoppe  
 December 15 K.P. King  
 December 22 M. Loulias  
 December 29 H. Lange

### USHERS

December 8 D. Alexander/K.L. King  
 December 15 D. Meyer/M. Loulias  
 December 22 S. Speier/C. Speier  
 December 29 D. Alexander/D. Washburn

### AGAPE MEAL HOSTS

December 8 Team Lander  
 December 15 Team Hedges  
 December 22 Team Gish  
 December 29 Team Speier

### Young Adult Ministry

Looking to get involved with our parish's Young Adult Ministry? Sign up using the QR code to stay updated on upcoming events and share your ideas for activities you'd like to see! Or use the following link:  
<https://bit.ly/YoungAdultSignup>



# CSNU



**JANUARY 2ND-5TH, 2025  
AT CAMP ST. NICHOLAS**

**WHAT?** A college-aged retreat that creates a Christ-centered community, aimed at growing in faith, relationships, and careers. This will include meals, games & activities, sessions led by speakers, and a night of dinner & dancing!

**WHO?** All college-aged adults are welcome!

**COST?** \$200

### THEME AND SESSIONS

Our theme this year is **Wrestle with God**

We will have 4 sessions over the weekend:

- Wrestling Compassion
- Wrestling Faith
- Wrestling Forgiveness
- Wrestling Humility



**REGISTER  
HERE:**



*Check in will be from 5-6:30pm on  
Thursday, Jan 2 at 11770 Frontier Rd,  
Frazier Park, CA 93225! See you there!*