



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

College/Young Adult Activities Coordinators

Athanasia Ballew

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Zac Wood

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DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, May 11, 2025

Tone 3 / Eothinon 5; Fourth Sunday of Pascha

Sunday of the Paralytic

Hieromartyr Mokios, Priest in Macedonia;
Cyril and Methodios, Equals-to-the-Apostles
and Enlighteners of the Slavs



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**

The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds “Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the Altar Table.

Priest: Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and unto ages of age.

People: Amen.

Clergy: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(Once)**

People: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(2 times)**

GREAT LITANY

FIRST ANTIPHON

Verse: Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High! [Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

**Refrain: O Son of God, Who rose from the dead,
save us who sing to Thee, Alleluia.**

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

**Refrain: Christ is risen from the dead trampling down death by death,
and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]
- Glory to the Father and to the Son and to the Holy Spirit; now and ever and unto ages of ages. Amen. [Refrain]

LITTLE ENTRANCE

**In the gathering places bless ye God the Lord from the Springs of Israel.
O Son of God Who Rose from the dead, save us who sing to Thee, Alleluia!**

Troparion of the Resurrection

Tone 3

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
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 Paralytic**Tone 3**

By Your divine intercession, O Lord,
as You raised up the Paralytic of old,
so raise up my soul, paralyzed by sins and thoughtless acts;
so that being saved I may sing to You:
“Glory to Your power, O compassionate Christ!”

Kontakion for Pascha**Tone 8**

Thou didst descend into the tomb O Immortal.
Thou didst destroy the pow'r of death.
In victory Thou didst arise, O Christ God,
proclaiming rejoice to the myrrh-bearing women,
granting peace to Thine apostles,
and bestowing resurrection on the fallen.

TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (3 times)

+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 3**

Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

Verse: Clap your hands all you peoples!
Shout to God with a voice of joy! (*Ps 46/47:1*)

THE EPISTLE READING
Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 3

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

Verse: Be unto me a God and protector, and a house of refuge to save me. (*Ps 30/31:2*)

GOSPEL READING—John 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?"

The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Communion of the Clergy

Receive the body of Christ. Taste the fountain of immortality.

Communion of the Faithful

Receive the body of Christ. Taste the fountain of immortality. Alleluia! Alleluia! Alleluia!

Instead of "We have seen the true light," sing "Christ is Risen" ONCE.

Holy Communion

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.

WEEKDAY SERVICES at ST. ATHANASIUS

We are back into our regular weekday service rhythm.

We have resumed Wednesday evening Paraklesis or Akathist at 5:30 p.m., whenever we do not have a Wednesday festal service.

Monday/Wednesday/Friday — Daily Matins at 7:00 a.m.

Tuesday/Thursday — Daily Vespers at 5:30 p.m.

Wednesdays — Paraklesis or Akathist at 5:30 p.m. (See the parish calendar.)

UPCOMING FESTAL SERVICES

Wednesday, May 14 at 9:00 a.m. — Liturgy for Feast of **MID-PENTECOST**

Wednesday, May 28 at 5:30 p.m. — Vespers & Liturgy for Feast of **ASCENSION**

Sat./Sun. June 7-8 **FEAST OF PENTECOST**

Saturday 9 a.m. Soul Liturgy & 5:30 p.m. Vespers

Sunday regular service schedule

Pentecost Barbecue on Sunday for Agape Meal

Sat/Sun June 28-29 **FEAST OF SAINTS PETER & PAUL** (Regular Weekend Services)

ANNOUNCEMENTS

THANK YOU to our chef for today, Anthony Salcedo, and to the men of the parish for hosting the Agape Meal in honor of all of our mothers, grandmothers, and godmothers!

THIS WEDNESDAY, MAY 14th, we will celebrate the Divine Liturgy for the Feast of Mid-Pentecost at 9:00 a.m. This is the half-way point in the period of the Pentecostarion in the Orthodox Church.

THE DENNY AND PALMER FAMILIES invite the parish to the baptisms of their newborn daughters, Cecilia Denny and Anastasia Palmer, this coming Saturday, May 17th at 10:00 a.m.

THE MEN'S FELLOWSHIP OF ST. JOHN Monthly Fireside Gathering will be this Thursday, May 15th at 7:00 p.m. at the home of Adam Carralejo. If you need more information, contact Fr. Symeon or Howard Lange.

AN OBITUARY ABOUT OUR FRIEND, Wade Volk, from the Showers of Blessing, can be found in this week's Independent. May his memory be eternal.
<https://www.independent.com/obits/2025/05/05/wade-volk/>

GOLF TOURNAMENT 2025

With the blessing of His Grace, Bishop Anthony, the Golf Tournament will take place on Friday, September 26th this year, with a dispensation to serve fish. We look forward to holding this event for all our community, our supporters, and in memory of our dearly departed. Look for more details this summer.

CHANGE IN DAILY TRISAGION PRAYERS:

1. From Pascha until Pentecost, do not say, "O Heavenly King..."
2. From Pascha until Ascension, replace "Holy God, Holy Mighty..." with "Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life."

SUMMER SCHOOL SUPPORT

Please consider helping us to keep the cost of our two-week Summer School program affordable for our families. A donation of any size will help us to cover supplies and bus rental for our field trip on the last day. Checks should be made to St. Athanasius Orthodox Church with a memo that says "Summer School."

CELEBRATIONS THIS WEEK

Wedding Anniversaries

5/12 Jim & Gloria Morrison, Larry & Cheryl Lander

5/17 David & Shirley Dillon

Birthdays

5/11 Benny Madrigal

5/14 Brian Sieck

5/15 Natasha Carr

5/17 Kent Fox, Megan Speier

PARISH COUNCIL ELECTIONS
will be on Sunday, June 11, 2025

After reviewing all of the names submitted, the Nominating Committee has selected the following candidates to be submitted to the parish for a vote.

Peter Braun
Jared Speier
Zac Wood

We will elect one Council member, and Fr. Symeon will appoint one member. Dominic Dopico and Michael Loulias will be at the end of their 3-year terms on August 31, 2025.

Remaining on the Parish Council are: Kristin King, Dan Braun, Velislava Nikolov, Asia Ballew, Sydney Hedges and Cheryl Washburn-Lander.

FINANCIAL UPDATE
March 2025

	<u>Actual Income</u>	<u>Budget Goal</u>
Tithes received in March	\$ 47,947	\$56,293 (includes \$20,555 for mortgage)
March Temple donations	\$ 4,965	
Temple Fund Balance year-to-date: \$ 975,989		
Temple Reserve Fund (Emergency Fund)	\$105,583	
Total expenses March 2025		\$65,376
Total income March 2025		<u>\$59,178</u>
DEFICIT for March		\$ 6,198
DEFICIT for the first 3 months:		\$21,729

SAVE THE DATES!

St. Athanasius Summer School

for children who have just completed K-6 grades

June 16-27, 2025

Registration forms and details
are available in the hallway of the church and
on the parish website at:

<https://www.stathanasius.org/ministries/youth-education/summer-school/>

Scholarships are available through the Pastor's Fund.
Speak with Fr. Symeon if your family would like to request assistance.

Please consider helping us to keep the cost
affordable for our families

by supporting

St. Athanasius' two-week Summer School Program.

A donation of any size will help us to cover supplies and
bus rental for our field trip on the last day.

Checks should be made to St. Athanasius Orthodox Church
with a memo that says "Summer School."

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:

His Beatitude, Patriarch John X
Metropolitan SABA
Mother Victoria
Met. Paul & Abp. John
Abp. Benjamin
Fr. Gabriel in Kenya (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)
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.
Jen H.
Randall B.
Michael
Fr. Joseph A.
Jim M.
Gayla
Cameron B.

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:

Cameron Clouse
Ethan Salcedo
Sequoyah Scales
Logan Strait
Tyler Vrem

For repose of the souls of: Wade V.

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.**

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, May 11—Sunday of the Paralytic

HAPPY MOTHER'S DAY!

9:00 a.m.	Matins & Catechesis for ages 3yrs-6th grade
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education (Bible Bowl Study)
11:45 a.m.	Agape Meal

Monday, May 12

7:00 a.m.	Paschal Reader's Matins
3:00 p.m.	St. Xenia Prayer Ministry by Zoom (Akathist for St. Nikiforos)

Tuesday, May 13

5:30 p.m.	Daily Vespers
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Wednesday, May 14

9:00 a.m.	Divine Liturgy for Mid-Pentecost
11:50 a.m.	St. Xenia Prayer Ministry

Thursday, May 15

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
5:30 p.m.	Daily Vespers
NO YOUTH GROUP	
7:00 p.m.	Men's Fireside at Adam Carralejo Residence

Friday, May 16

7:00 a.m.	Paschal Daily Matins
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Saturday, May 17

5:30 p.m.	Great Vespers/Confessions
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Sunday, May 18—Sunday of the Samaritan Woman

TEACHER APPRECIATION SUNDAY

9:00 a.m.	Matins & Catechesis for ages 3yrs-6th grade
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education (Bible Bowl Study)
11:45 a.m.	Agape Meal

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

May 11	Morrison
May 18	Fr. Nicholas
May 25	Dillon
June 1	Kern

READERS

May 11	Meyer
May 14	Kern (Mid-Pentecost)
May 18	Gish
May 25	Lange
May 29	Butler & Alexander (Ascension)
May 31	Meyer (Vespers)
June 1	Kern

GREETERS

May 11	K.L. King/M. Wayne
May 18	A.G. Butler/C. Clements
May 25	M. Loulias, H. Lange
June 1	J. & M. Worthington

USHERS

May 11	K.L. King/D. Meyer
May 18	C. Speier/S. Speier
May 25	M. Loulias/D. Alexander
June 1	P. King/J. King

AGAPE MEAL HOSTS

May 11	MEN'S FELLOWSHIP for Mother's Day
May 18	Team Alexander/Hedges
May 25	MEMORIAL DAY POTLUCK
June 1	Team Speier



***“In unforeseen events,
let me not forget that all are sent by Thee.”***

St. Athanasius Family,

My grand Cross Country tour of America by bike came to an early end in week two. My “unforeseen events” were the hill country of Ohio.

The intensity of the climbs revealed my cancer treatment recovery was still raw. The first day’s climb in Hill Country was 2,500 ft. Day two was 3,800. Day three was 4,000 and that’s when something in my left leg let go.

By that time we had climbed a total of about 19,000 ft. overall, but we had 120,000 more ft. to go between Ohio and Oregon. Nevertheless, my body was saying this is the end of our road.

I conferred by phone with my doctor in SB and was advised that I needed a full work up, including oncology, to puzzle this out. I left my bike and bag of camping gear with the group and flew home to SB to my trusted medical team. Tests, x-rays, and scans eliminated the worst possibilities, but didn’t provide clarity on the root cause. So, we are left with the obvious: too much, too soon, and too old. I can live with that.

Thanks for your prayers! Let us say together, “Glory to God in all things.”

Deacon Scott Jacobs

5/5/25