



## 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

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**Teen Program Coordinator**

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**College/Young Adult Activities Coordinators**

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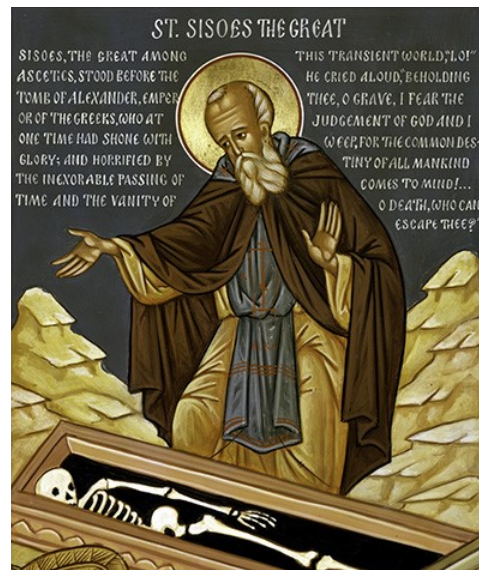
## **DIVINE LITURGY OF ST. JOHN CHRYSOSTOM**

**Sunday, July 6, 2025**

**Tone 3 / Eothinon 4**

**Fourth Sunday after Pentecost  
& Fourth Sunday of Matthew**

**Righteous Father Sisoës the Great of Egypt;  
Apostles Archippos, Philemon and Onesimos  
of the Seventy**



## **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**

**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 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.

**We sing the following hymns of the day after  
The Little Entrance:**

**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 - Ordinary Sundays**

**Tone 4**

O undisputed intercessor of Christians,  
O mediatrix, who is 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 always intercede for those who honor thee.

### **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 (Prokeimenon)**

**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*)

### **EPISTLE READING**

#### **Romans. 6:18-23**

Brethren, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our 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.

## GOSPEL READING

### Matthew 8:5-13

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching Him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And Jesus said to him, "I will come and heal him." But the centurion answered Him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, He marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the Kingdom of Heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

### 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 Hymns

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)  
Alleluia, Alleluia, Alleluia!

## 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.

## UPCOMING FESTAL SERVICES

### TRANSFIGURATION OF THE LORD

Tuesday, August 5

5:30 p.m. Festal Matins

6:30 p.m. Festal Divine Liturgy

POTLUCK SUPPER

**The Dormition Fast is observed from Friday, August 1 through  
Thursday, August 14 after the Festal Liturgy.**

### DORMITION OF THE THEOTOKOS

Thursday, August 14

5:30 p.m. Festal Great Vespers with Lamentations

6:30 p.m. Festal Divine Liturgy

POTLUCK SUPPER

### BEHEADING OF ST. JOHN THE BAPTIST

Friday, August 29

9:00 a.m. Divine Liturgy

### NATIVITY OF THE THEOTOKOS

Sunday, September 7 (transferred from Sept. 8)

Regular weekend services

### ELEVATION OF THE HOLY CROSS

Sunday, September 14

Regular weekend services

## CELEBRATIONS THIS WEEK

### Wedding Anniversaries

7/10 Chris & Christie Robinson

7/12 Jon & Kristin King

### Birthdays

7/6 Isaak Lau

7/7 Ekaterina Nikolov

7/8 Atalya Wayne

7/9 Laurie Baker

7/11 Monica Carralejo, Fr. John Carrillo, David Washburn

### Patronal Feast Days

7/8 Saints Priscilla & Aquila Julie Gross

## ANNOUNCEMENTS

**THE AGAPE MEAL TODAY** will be in the front entrance of the building, and will be simplified. There is a wedding at 3:00 p.m. and the patio is set up for the reception. Thank you for your understanding!

**THE YOUNG ADULT FELLOWSHIP** will meet at Goleta Beach tonight at 4:00 p.m. for a picnic. If you have questions, see Zac Wood or Asia Ballew.

**TO DONATE TOWARDS A RELIEF FUND** for the survivors and families of the victims of the bombing at St. Elias Orthodox Church in Damascus, you can send a check directly to the Antiochian Archdiocese, put a check in our tithe box **MADE OUT TO THE ANTIOCHIAN ARCHDIOCESE**, or donate online here:

<https://antiochian.networkforgood.com/projects/254719-2025-saint-elias-church-damascus-syria-relief-fund>

(See the letter from Met. SABA on the next page.)

**CONGRATULATIONS TO our Bible Bowl Junior Team** for taking Third Place in the Diocesan Bible Bowl last weekend at the Parish Life Conference! Thank you to both of our teams and to Coach Subdn. Michael Easbey for their hard work in preparing to compete this year. (Our senior team members were actually young for that category, and competed against participants who were 3-5 years older than they are.) Thank you, teams, for representing our parish!



**Junior Team:** Ryder Heiduk, Katia Nikolov, Jennifer Salcedo, Jesse Palmer **Senior Team:** Atalya Wayne, Amos Palmer, Jimmy Easbey

### WE NEED YOUR HELP...

We ask that you kindly clean up your own sitting area  
and return service booklets at the end of each service.  
Bulletins and Matins/Vespers weekly handouts may be taken home.  
**Thank you!**

# SUMMER SCHOOL 2025

THANK YOU TO OUR 2025  
SUMMER SCHOOL STAFF & STUDENTS!

## Teachers:

Fr. Symeon Halsell, Fr. Nicholas Speier, Lara Jacobs

## Special Guests:

Mary Denny, Jordan Denny, Cecilia Denny, Elleney Gish, Hadleah Gish, Jody Wallace

## Volunteers:

Grayson AbuGhazaleh, Jimmy Easbey, Elsa Fryer, Ryder Heiduk, Anya Madrigal, Katia Nikolov, Amos Palmer, Jeff Petersilia, Kyle Petersilia, Ethan Salcedo, Jennifer Salcedo, Christina Shackelford, Lydia Siek, Atalya Wayne, Alicia Wolfington

## Afternoon Presenters:

Rebecca Beech, Carla Brunstead, Fr. Symeon Halsell, Lara Jacobs, Jane Meyer, Zach Nikolov, Timmy Palmer, Anthony Salcedo, Papu Seifu- McIntire, Fr. Nicholas Speier, Cheryl Washburn-Lander, Melissa Wayne

## Summer Schoolers:

Camila Avilas, Gabe Avilas, Giana Brunner, Levi Denny, Alexis Florez, Niko Halsell, Kaya Heiduk, Jacob Palmer, Jesse Palmer, Oliver Palmer, Willow Palmer, Dominic Salcedo, Alina Speier, Jase Speier, Athena Wayne, Gabriel Wolfington, Gavin Wright, Owie Wright,





**PLEASE DONATE ONLINE AT THE LINK GIVEN BELOW,  
OR MAKE CHECKS PAYABLE TO THE ARCHDIOCESE.**

His Eminence  
The Most Reverend  
Metropolitan SABA



Archbishop of New York  
and Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

Prot. no.: 344/2025

July 1, 2025

Beloved in Christ,

I pray you had a blessed celebration of the patrons and protectors of our Holy See of Antioch, Saints Peter and Paul. Our group of pilgrims was blessed to celebrate this important occasion in our spiritual home this year at the Patriarchal Monastery of Balamand, Lebanon.

Since the terrorist bombing of our Prophet Elias Church in Dweilaa, Damascus, Syria a week ago, we have received many inquiries from people and organizations asking how they can help the survivors and the families of those who lost their lives.

We have set up a special charitable account at the Archdiocese Headquarters for this purpose. All the proceeds will be forwarded to His Beatitude Patriarch John X for distribution to the survivors and families. Needless to say, after this traumatic and life-changing event, they need counseling, medical help and the basic necessities of life as they will not be able to function for some time.

In many cases, the families who lost their loved ones lost their main financial providers. Others will need long-term financial support as they have sustained the loss of bodily parts, making them permanent dependents unable to work to sustain their families.

Here is how you can donate to help the survivors and surviving family members:

- Online through the "[2025 Prophet Elias Church of Damascus, Syria Relief Fund](#)."
- By check, either personally or through your parish that will, in turn, send the collected funds to the Archdiocese Headquarters, P.O. Box 5238, Englewood, NJ 07631-5238. Make checks payable to the Antiochian Archdiocese with "Prophet Elias Church Relief Fund" in the memo.

Thank you for helping to alleviate the suffering of our brothers and sisters in Christ. Wishing you God's every blessing, I remain,

Your Father in Christ,

A handwritten signature in dark ink, appearing to read "T. Saba" or similar, with a stylized flourish.

+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. 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)

Steve T.  
Temmo K.  
Dn. John & Fay Y.  
Samantha & Chris N. & Family  
Kh. Peggy K.  
Amanda, Chris & Baby James  
Kh. Janet Henderson  
Phyllis M.  
Marta C.  
Sonia T.  
Michael  
Fr. Joseph A.  
Jim M.  
Gayla  
Cameron B.  
Galeyna T.  
Jill W. and Family  
Dn. Matthew & Christina  
Alla G.  
Oleg G.  
Wayne Family  
Shirley D. and Family  
Jesús D.

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  
Tyler Vrem  
Joshua Weiss

**For repose of the souls of:** Kh. Maggie H., Jonathan

## 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, July 6

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Agape Meal in front entrance  
4:00 p.m. Young Adult Beach Picnic

### Monday, July 7

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

### Tuesday, July 8

5:30 p.m. Daily Vespers

### Wednesday, July 9

7:00 a.m. Daily Reader's Matins  
11:50 a.m. St. Xenia Prayer Ministry  
5:30 p.m. Akathist for All Saints of N. America

### Thursday, July 10

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

### Friday, July 11

7:00 a.m. Daily Matins

### Saturday, July 12

5:30 p.m. Great Vespers/Confessions

### Sunday, July 13

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Agape Meal  
12:15 p.m. Choir Rehearsal

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

July 6 Fr. Nicholas  
July 13 Jacobs  
July 20 Dn. Gary  
July 27 Kern

### READERS

July 6 Alexander  
July 12 Kern (Vespers)  
July 13 Butler  
July 19 Kern (Vespers)  
July 20 Gish  
July 26 Alexander (Vespers)  
July 27 Lange

### GREETERS

July 6 A.G. Butler/C. Clements  
July 13 M. Loulias/H. Lange  
July 20 J. & M. Worthington  
July 27 A. Ballew/N. Aviles

### USHERS

July 6 P. King/J. King  
July 13 D. Meyer/K.L. King  
July 20 C. Speier/S. Speier  
July 27 M. Loulias/D. Alexander

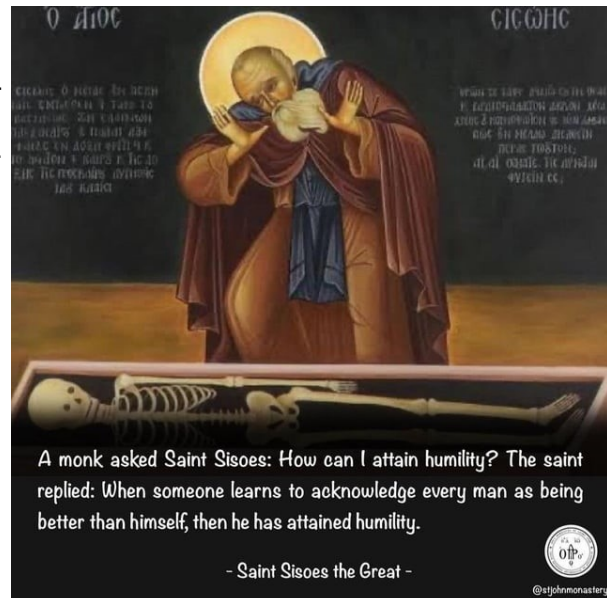
### AGAPE MEAL HOSTS

July 6 Team Worthington  
July 13 Team Aviles/Wood  
July 20 Team Wayne  
July 27 POTLUCK

## ST. SISOES the Great of EGYPT

After the fall of Constantinople in 1452, there appeared among the newly subjugated Greeks an image of a 4th century ascetic Saint, lamenting over the tomb of an even more ancient, pagan, Emperor: Alexander the Great. This Icon, **the Astonishment of Sisoes**, is a contemplation on death, but not only the death of a man, but of an earthly empire.

The icon started to appear in Greek monasteries and quickly spread to other monasteries throughout the former Byzantine, now Ottoman Turk, Empire. The ascetic Saint kneeling in the Icon is Sisoes the Great, depicted much larger over the dead bones in Alexander the Great's open tomb. The inscription found on these icons explains the scene:



**Sisoes, the great ascetic, before the tomb of Alexander, King of the Greeks, who was once covered in glory. Astonished, he mourns for the vicissitudes of time and the transience of glory, and tearfully declaims thus:**

***“The mere sight of you, tomb, dismays me and causes my heart to shed tears, as I contemplate the debt we, all men, owe. How can I possibly stand it? Oh, death! Who can evade you?”***

It is, therefore, a Greek *memento mori* (Latin: “Remember your mortality”), made more powerful by showing one of the greatest rulers in history – who conquered half the known world – as a pile of bones. As an unknown quote declares of Alexander: “A tomb now suffices him for whom the whole world was not sufficient.”

<https://iconreader.wordpress.com/2011/09/16/the-astonishment-of-sisoes-contemplating-death/>