

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 (retired)
Dn. John Young (retired)
Subdeacons: Stephen Butler & Michael Easbey

Parish Council 2025-2026

Cheryl Washburn-Lander, President
Kristin King, Vice President
Velislava Nikolov, Secretary
Dan Braun, Treasurer
Asia Ballew
Peter Braun
Sydney Hedges
Jared Speier

Music Director/Administrator:

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

Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

College/Young Adult Activities Coordinators

Athanasia Ballew asiaballew@proton.me

Zac Wood zac.wood9@gmail.com

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, October 12, 2025 Tone 1 / Eothinon 7 Sunday of Holy Fathers of the Seventh Ecumenical Council & Fourth Sunday of Luke

Martyrs Probos, Andronikos and Tarachos at Tarsus; Martyr Domnina at Anazarbus in Cilicia; Virgin Martyr Anastasia of Rome



St. Luke the Evangelist, Physician, & Iconographer (Oct. 18)

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.

HYMNS SUNG AT THE LITTLE ENTRANCE:

Troparion of the Resurrection

Tone 1

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

Troparion of the Holy Fathers

Who alone art the lover of mankind.

Tone 8

You are most glorious, O <u>Christ</u> our God! You have established the <u>Holy Fathers as lights</u> on the earth. Through them You have <u>guided</u> us to the <u>true Faith.</u>// O greatly compassionate <u>One</u>, 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

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 8

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 Titus 3:8-15

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute 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 Hymns

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*) Rejoice in the Lord, O you righteous; praise befits the just! (*Ps. 32:1*) 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.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

- 10/13 Verne & Joanne Gish
- 10/15 Edgar & Noelle Aviles
- 10/17 Tyson & Sherie Shackelford

Birthdays

- 10/12 Kaleigh Flores
- 10/16 Melissa Wayne
- 10/18 Oleh Moskalyk

Patronal Feast Days

- 10/12 St. Martin of Tours Bob Gui 10/13 St. Benjamin Ben Bal
- 10/18 Apostle & Evangelist Luke

Bob Gundersen, Brody Hansen Ben Ballew, Benny Madrigal

Steven Gross, Luke Hedges, Luke Palmer, Luke Speier

The Relics of St. Anna

FROM SKETE OF ST. ANNA, MOUNT ATHOS



The Hand of St. Anna

With the blessing of Elder Father Cherouveim Apostolou from the Theophileon Kellion, Skete of St. Anna Mount Athos, we will be traveling the West Coast to Orthodox parishes with the relics of the Grandmother of our Lord, the Mother of the Theotokos for prayer and veneration.

Theophileon Brotherhood

As we travel with the holy relics, we are helping to raise funds for the renovations needed at the Theophileon Kellion. From this holy monastery, St. Anthimos of St. Anna's Skete labored. If you feel led, please consider joining us in this holy task by donating.



ANNOUNCEMENTS

THERE WILL BE NO PARAKLESIS SERVICE AT OUR PARISH THIS WEDNESDAY. We are invited to join St. Timothy parish in Lompoc for a Paraklesis at 6pm and VENERATION OF THE RELICS OF ST. ANNA, visiting from St. Anna Skete on Mount Athos. (See information on the opposite page.)

MEN'S FELLOWSHIP OF ST. JOHN MONTHLY FIRESIDE meets this Thursday, October 16th at 7 p.m. at Zac Wood's residence. If you have questions, see Fr. Symeon or Howard Lange.

SUNDAY RELIGIOUS EDUCATION CLASSES BEGAN LAST SUNDAY. The Catechesis of the Good Shepherd for children ages 3 yrs through 6th grade meets at 9:00 a.m. The teens will meet immediately following the Eucharist. All children and teens need to be REGISTERED by a parent or guardian by the first session they attend.

JOIN US FOR A CHURCH WORK DAY ON SAT., NOVEMBER 8th from 10 a.m.-12:00 p.m.. A pizza lunch will be served.. Youth in Junior High & older are welcome. More details to come. You can sign up here: https://bit.ly/AutumnWorkDay2025

OCTOBER IS YOUTH & SEMINARIAN MONTH. Our Archdiocese currently has 22 students enrolled in seminary. If you would like to make a donation towards the Archdiocese seminary fund, please make checks payable to our parish (ST. ATHANANIUS) and drop them in the tithe box. Or you can donate via our website: https://www.stathanasius.org/donation/ Choose the earmark "GENERAL DONATION," and please include a memo that says, "Seminarian Fund."

ON SUNDAYS, OCTOBER 19 & 26 from 12:30-1:15 p.m., our Music Director, Valerie, will offer a session of basic instruction in singing. If you would like to sing with more confidence during services, want to explore your singing ability, and/or would like to join us in Christmas caroling in December, join us for these group sessions. Folks of all ages are welcome! If there is a significant show of interest, the sessions will continue.

ADULT CATECHISM

Adult Catechism classes began on September 21st and will meet from 12:45—1:15 P.M. every Sunday until the beginning of Great Lent, with a few exceptions. All are welcome, whether inquirers, catechumens, or long-time members of the parish.

TUESDAY BIBLE STUDY

All are welcome to attend our Autumn Bible Study of St. Luke's Gospel and the Book of Acts. The study begins after our 5:30 p.m. Daily Vespers on Tuesdays and lasts until 7:00 p.m. The Bible Study will meet from now through November 11th (Advent) and then will resume in early 2026.

THIS FRIDAY, OCTOBER 17th at 7:00 p.m., the recently released film, "AMERICAN ORTHODOX," will be shown at Annunciation Orthodox Church (OCA), 877 Francine Ln, in Santa Maria. After the film, there will be a Q&A with the film's director, Robert John Hammond. To learn more about the film, go to: https://americanorthodoxfilm.com/

IF YOU NOTICE SOMETHING THAT IS BROKEN OR NEEDS ATTENTION, please send an email to Chris Robinson at: maintenancesupervisor@stathanasius.org. Please do not text him. Chris' weekly hours at the church are Fridays from 1-3 p.m.

WEDNESDAY EVENING SERVICES

ON WEDNESDAY EVENINGS AT 5:30 p.m., we will alternate between the Paraklesis, which we pray out in the field by the cross, and Akathist services for various saints prayed in the chapel, many for whom we have relics to venerate.

Oct. 15	CANCELLED due to visit of relics of St. Anna
	at St. Timothy parish in Lompoc
Oct. 22	Akathist to St. Paisius
Oct. 29	Akathist to St. Herman of Alaska
Nov. 5	Paraklesis
Nov. 12	Akathist to St. John the Theologian

During the Advent Fast, we pray the Advent Paraklesis on Wednesdays at 6:00 p.m.

HEARTFELT THANKS.... to all who helped make our 2025 Howard Shannon Golf Tournament a huge success:

• Our Golf Tournament Committee:

Dr. Scott Speier, Terri Speier, Jami Stetler, Dorian Easbey, Angel Speier, and all of the volunteers who worked the day of the tournament

- Our sponsors & donors
- Those who donated items for the auction and
- The golfers and all who participated in the dinner and auction

We are still receiving donations, but hope to be able to report on the results by next week. There are lots of great photos of the tournament on the parish website. https://www.stathanasius.org/media/photo-gallery/page1





We have reached our first \$1 Million goal for the Temple Fund!

Join US TODAY after the Liturgy for a celebration!

BBQ'd Sausages, Potato Salad, Green Salad, Sauerkraut "Rotkohl" (German Red Cabbage), Ginger Lemonade, Coffee & Tea Mr. Softee Ice Cream Truck

For the Kids:

Sants Barbara Bubble Guy — interactive show 12:15-1:15 p.m.

Face Painter from 1:00-2:00 p.m.

No charge. Bring the whole family!

REMINDERS & HELPFUL INFORMATION

- To read Metropolitan SABA's weekly message, go here: https://www.antiochian.org/dashboard?name=MetSaba
- We still live-stream our Sunday morning services on most Sundays. (audio only) You can access
 them on our Facebook page. You do not need a Facebook account to listen.
 https://www.facebook.com/StAthanasiusOrthodoxChurch/
- The Sunday sermons are posted here: https://www.stathanasius.org/media/homilies-audio/
- You can make donations/tithes or bookstore payments online through our parish website. Please be sure to choose the appropriate EARMARK so that we know how to apply your payment. https://www.stathanasius.org/donation/
- The parish website is currently under reconstruction and redesign. We expect to be able to offer a way to set up recurring electronic tithe payments by early 2026.
- There are lots of photos from past feast days and events posted to the parish website, going as far back as 2006, and as recent as our 2025 Golf Tournament: https://www.stathanasius.org/media/photo-gallery/page1

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.

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Richard and Susan B. Kh. Melissa H.

Jeremiah & Sarah H. (military)

Chase K. (military)

Nick & Kristine J. (military) Julianna & Zaron D. (military)

P. Speier (military)

Dn. John & Fay Y. Kh. Peggy K.

Kh. Janet Henderson

Phyllis M. Fr. Joseph A. Jim M.

Gavla Cameron B. Galeyna T.

Jill W. and Family

Alla G. Oleg G. Wayne Family

Shirley D. and Family

Jesús D. Josh W. Briana B. Penny B.

Justin & Amber 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 Joshua Dunford Sahit Rampilla Ethan Salcedo Tyler Vrem

Joshua Weiss (currently lives abroad)

Martin Wilson

Nathan Wright, Owain & Gavin

For repose of the souls of: Bruce J.

********************************** ST. ATHANASIUS CHURCH BOOKSTORE

The church bookstore is located in the foyer of our building. The tables and cabinets contain items that are FOR SALE. If you need a cross or chain and jewelry is not displayed on Sunday, contact Terri Speier at: bookstore@stathanasius.org.

Payment should be made at the time of purchase. Cash and checks may be placed in the brown lockbox on wall next to Fr. Symeon's office. Make checks payable to S.A.O.C. Bookstore.

Online payment can be made at www.stathanasius.org. (Select "MAKE A DONATION," and then use the dropdown earmark for 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, October 12

9:00 a.m. Religious Ed. for ages 3 yrs—Grade 6

9:00 a.m. Matins 10:00 a.m. Liturgy

11:30 a.m. Teen Education 11:45 a.m. OKTOBER FEST 12:45 p.m. Adult Catechism

Monday, October 13

7:00 a.m. Daily Readers Matins

3:00 p.m. St. Xenia Prayer Ministry by Zoom

(Akathist for St. Nikiforos)

Tuesday, October 14

5:30 p.m. Daily Vespers

6:00 p.m. Bible Study (Luke, Acts)

Wednesday, October 15

7:00 a.m. Daily Reader's Matins 11:55 a.m. St. Xenia Prayer Ministry NO PARAKLESIS AT OUR CHURCH

6:00 p.m. Paraklesis/Veneration of relics of St. Anna

at St. Timothy's in Lompoc

Thursday, October 16

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. Jr. High Youth Group
6:30 p.m. Women's Book Study
6:45 p.m. High School Youth Group
7:00 p.m. Men's Fellowship Fireside

Friday, October 17

7:00 a.m. Daily Readers Matins

7:00 p.m. Film "American Orthodox" in Santa Maria

Saturday, October 18

10:30 a.m. Mother/Daughter Brunch 5:30 p.m. Great Vespers/Confessions

Sunday, October 19

9:00 a.m. Religious Ed. for ages 3 yrs—Grade 6

9:00 a.m. Matins 10:00 a.m. Liturgy

11:30 a.m. Teen Education 11:45 a.m. Agape Meal

12:30 p.m. Singing Session with Val

12:45 p.m. Adul t Catechism

and Nativity Play Rehearsal

THANK YOU TO OUR SUNDAY MORNING VOLUNTEERS!

EUCHARIST BREAD

October 12	Dn. Gary
October 19	Vander Laan
October 26	Kern
November 2	Wolfington
Nov. 9	Frangos
Nov. 16	Meyer

Nov. 20 Kern (Feast of Presentation)

Nov. 23 Morrison

READERS

October 12 Gish
October 19 Meyer
October 25 Kern (Vespers)

October 25 Kern (vesper

October 26 Butler

November 1 Alexander (Liturgy for St. Raphael)

November 2 Lange

GREETERS

October 12	A.G. Butler/C. Clements
October 19	M. Wayne/K.L. King
October 26	M. Loulias/H. Lange
November 2	N. Aviles/A. Ballew

USHERS

October 12	D. Meyer/M. Loulias
October 19	S. Speier/C. Speier
October 26	K.L. King/D. Alexander
November 2	P. King/J. King

AGAPE MEAL HOSTS

October 12 OCTOBER FEST

Celebration of reaching \$1M goal

October 19 Team Alexander/Hedges

October 26 Team Lander November 2 Team Gish

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. Weekly bulletins and Matins/Vespers weekly handouts may be taken home. **Thank you!**

NEW MEMBER HIGHLIGHTS

REBECCA BEECH

I was born in Los Angeles, raised in a suburb of LA., and grew up in a loving, devoutly Protestant, Christian home. I graduated from UCLA with a degree in English literature and later earned a teacher's credential from Cal State L.A. and did student teaching in Echo Park, and in Paris, France. College was a rich time of forging lifelong friendships, and meeting my future husband, Bill Beech.

Bill was from Montreal, Canada and came to California after college to work as an engineer and get an MBA. We have been married for 37 years, and we live in L.A. near the Griffith Park Observatory. We have been blessed with two daughters and one son, who are all married and have given us four grandchildren, and two more on the way!

Twenty-one years ago, my parents retired in Santa Barbara, and it became the center of countless family visits, holidays, and milestones. I was first introduced to Orthodoxy at Saint Barbara, Greek Ortho-



dox Church, where family members attended. When my father went into hospice in 2022, I stayed in Santa Barbara for an extended period and began visiting St. Athanasius Church. This led to Father Nicholas visiting my father and anointing him with oil and praying for him as he neared death. It was incredibly meaningful, and I decided to become an Orthodox Christian after that. Orthodoxy has a historical grounding which was missing from my experience as a Protestant.

The journey of St. Athanasius Church from Protestantism to Orthodoxy resonated with my own background, and I felt a strong connection as this church had been there for me during my father's passing. Thankfully, Father Symeon gave his blessing for me to become Orthodox at this parish. I was Chrismated on May 4, 2024.

My hobbies and interests include reading, hiking, camping, family, history, music, sewing, travel, and spending time with my family and friends.