



ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane
Santa Barbara, CA 93111
Office hours: Tues-Fri.
11:00 a.m.—5:00 p.m.

Senior Pastor:

Fr. Nicholas Speier
805-685-5495
frnicholas@stathanasius.org

Assistant Pastors:

Fr. Jon-Stephen Hedges 805-968-1903
Fr. John Carrillo 805-968-2448
Fr. Jon Braun, Attached Priest (retired)
Fr. John Finley, Attached Priest

Deacons:

Dn. Gary Braun
Dn. Scott Jacobs
Dn. Richard Easbey
Dn. John Young

Music Director/Administrator:

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

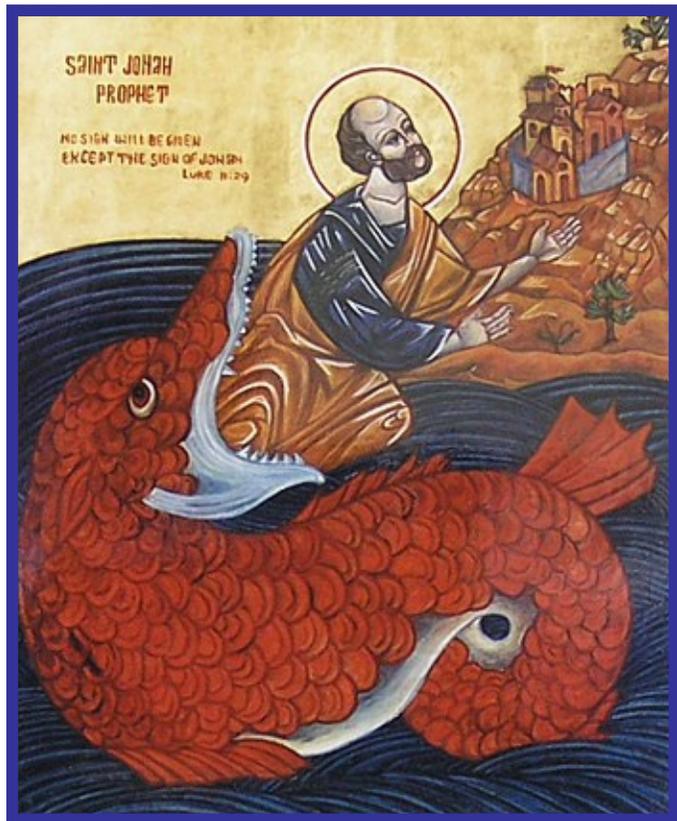
Parish Council:

Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh
Richard Barre
Catherine Braun
Karen Jacobs
Jon King
Laurence Lander
Craig Speier

LITURGY OF ST. JOHN CHRYSOSTOM Sunday, September 21, 2014 Tone 6 / Eothinon 4

Leave-taking of Exaltation of the Holy Cross

Apostle Quadratos of the Seventy; Prophet Jonah;
Uncovering of the relics of Demetrios, Bishop of Rostov



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 and to join us at Coffee Hour ~
we'd love to meet you!*

Calendar for this Week

Sunday, September 21

Blessing of Ministry Leaders

- 9:00 a.m. Religious Ed. (ages 3-18)
9:00 a.m. Matins
10:00 a.m. Divine Liturgy /Trisagion Prayers
11:45 a.m. Coffee Hour in memory of
Dn. Howard Shannon
12:15 p.m. Choir Rehearsal
5:00 p.m. Teen Program Kick-Off Dinner
Grades 9-12

Monday, September 22

- 6:45 a.m. Daily Matins
5:00 p.m. Outreach Meal at St. Michael's
University Church in Isla Vista

Tuesday, September 23

NO DAILY VESPERS

Wednesday, September 24

- 6:45 a.m. Daily Matins for St. Thekla
12:00 p.m. Women's Prayer Group
6:00 p.m. Outreach Team Meeting

Thursday, September 25

- 5:30 p.m. Daily Vespers
7:00 p.m. Parish Council Meeting

Friday, September 26

- 6:45 a.m. Daily Matins

Saturday, September 27

- 7:30 a.m. Clergy Meeting
4:30 P.M. **ADULT CATECHISM**
6:00 p.m. Great Vespers/Confession

Sunday, September 28-Blessing of Musicians

- 9:00 a.m. Religious Ed. (ages 3-18)
9:00 a.m. Matins
10:00 a.m. Divine Liturgy/ 40-day Trisagion
Prayers for Olguita Gabriele
11:45 a.m. Coffee Hour
5:00 p.m. High School Kick-Off Dinner
5:30 p.m. Jr. High Kick-Off BBQ

****Fr. Nicholas and Jan will be away this coming week, Mon. through Wed., September 22-24.****

Sunday Morning Ministries Schedule

Eucharist Bread

- September 21 Tinyayeva
September 28 Dn. G. Braun
October 5 Gish
October 12 Dillon

Coffee Hour

- September 21 Gail Shannon (in memory of
Dn. Howard Shannon)
September 28 Gabriele/Chala in memory of Olguita
October 5 Ballew/Kern
October 12 Dr. Scott & Terri Speier

Greeters

- September 21 K. Fox, P. King
September 28 D. Washburn/D. Lewis
October 5 L. Baker/P. King
October 12 D. Genatone, P. Morrison

Ushers

- September 21 C. Speier, Rita Schneider, P. King
September 28 Jon King, G. Braun Jr., P. King
October 5 P. Brunner, G. Shannon, P. King
October 12 D. Meyer, R. Barre, D. Lewis

Readers

- September 21 D. Washburn
September 28 H. Lange

LOST AND FOUND

The Lost and Found basket is located in the little alcove next to the sitting area with the sofas and rocking chair.

AED

(Automated External Defibrillator)

The AED is located in the foyer, on the ledge of the window that looks into the church office.

CHANGEABLE TEXTS FOR THE DAY

THE PRAISES for the Leave-taking of the Feast of the Cross

At the end of Matins the choir will sing the 3 stichera of the Praises for the Leave-taking of the Feast of the Cross

Verse 5. *Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.*

Oh, most glorious wonder! The life-bearing tree, the all-holy Cross today is raised up on high and shown to the world. All the ends of the earth give glory; all the demons are struck with terror. Oh, what a gift is bestowed on mortals. Through the Cross, save our souls, O Christ, as You alone are compassionate!

Verse 6. *Praise Him upon the loud cymbals: praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.*

Oh, most glorious wonder! The cross that carried the Most High like a cluster of grapes filled with life today is seen raised up above the earth. Through this we have all been drawn to God, and death is finally swallowed up. O, immaculate Wood! Through you we enjoy the immortal food of Eden as we give glory to Christ!

Verse 7. Exalt ye the Lord our God and worship at His footstool.

Vs. 8. As for God, He is our King before the ages.

O, most glorious wonder! The length and breadth of the Cross is equal to heaven, for by divine grace it sanctifies the universe. By the Cross, pagan nations are overcome. By the Cross the sceptres of kings are firmly established. O divine ladder, by which we go up to heaven, exalting the Lord in song!

Glory to the Father and to the Son and to the Holy Spirit; now and ever and unto ages of ages. Amen.

Doxastikon at the Praises (for the Feast of the Cross) Tone 6

Today the Cross of the Lord comes forth; the faithful welcome it with longing and receive healing of soul and body and of infirmity. Let us kiss it with joy and fear: fear because of our sin, since we are unworthy, but joy because of the salvation given to the world by Christ the Lord Who was nailed upon it, Who has great mercy.

AT THE END OF THE MATINS SERVICE, WE SING THE GREAT DOXOLOGY.
 (“Glory to You, Who have shown us the light...” - Complete text is
 in the front of the Liturgy Book.)
 The Doxology is followed by the Matins Dismissal Troparion.

THE LITURGY OF THE WORD

THE GREAT LITANY

First Antiphon verses for the Feast of the Cross with refrain:

Vs. O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

Vs. My God, I will cry by day, and wilt Thou not hearken? But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. **[Refrain]**

Vs. Glory...now & ever...Amen. **[Refrain]**

Second Antiphon verses for the Feast of the Cross & refrain

Vs. O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

Refrain:

Tone 2 Second Antiphon

Melody

O Son of God, cru - ci - fied in the flesh,

Ison

save us who - sing to You: "Al - le - lu - ia!"

Vs. This is Mount Zion wherein Thou hast dwelt. **[Refrain]**

VS. God is our King before the ages, He hath wrought salvation in the midst of the earth.
[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 verses for the feast of the Cross

Vs. The Lord is king, let the peoples rage; He sitteth on the Cherubim,
let the earth be shaken.

Refrain: (Music is on next page.)

**O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.
And by the pow'r of Thy cross protect us.**

Vs. The Lord is great in Zion, and He is high above all peoples.

Vs. Let them confess Thy great Name, for it is terrible and holy.

LITTLE ENTRANCE

**AS THE CLERGY ENTER THE ALTAR, WE SING THE FOLLOWING
HYMNS FOR THE DAY:**

Resurrectional Troparion

(Music is on page 49 of Liturgy Book.)

When Mary stood at Thy grave looking for Thy most pure body,
angelic pow'rs shone above Thy revered tomb,
and the soldiers who were to keep guard became as dead men.
Thou led Hades captive and wast not tempted thereby,
Thou did meet the Virgin and didst give life to the world.
O Thou Who art risen from the dead, O Lord, glory to Thee.

Tone 6

Troparion

Elevation of the Cross

Tone 1 Byzantine

Priest Mark Sahady
arr. by Priest John Finley

Soprano
Alto

O Lord, save Thy peo - ple and bless_ Thine in - her - i - tance,

Tenor
Bass

S.
A.

grant - ing vic - to - ry ov - er all ad - ver - sar -

T.
B.

S.
A.

ies. And by the pow'r of Thy Cross pro - tect_ us.

T.
B.

Troparion of the Holy and Life-giving Cross
(Music above.)

Tone 1 (Byzantine melody)
arr. Finley

O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.
And by the pow'r of Thy cross protect us.

Kontakion for the Feast of the Cross**Tone 4 (Slavic melody)**

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by Your power,
granting them victories over their adversaries//
by bestowing on them the invincible trophy, Your weapon of peace!

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.

**Preparatory Psalm Verses before the Epistle (Prokeimenon)
(Page 61 of Liturgy Book)****Tone 6**

O Lord save Thy people and bless Thine inheritance. (PS 27/28:9))

Verse: *To Thee will I cry, O Lord, O my God,
do not be silent unto me. (PS 27/28:1)*

EPISTLE READING**Galatians 2:16-20**

Brethren, you know that a man is not justified by works of the Law, but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the Law, because by works of the Law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things, which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel Tone 6

Chanter: Alleluia, Alleluia, Alleluia!

People: **Alleluia, Alleluia, Alleluia!**

v: *He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps 90/91:1)*

v: *He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (Ps 90/91:2)*

GOSPEL READING

Mark 8:34-9:1

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels."

And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

LITURGY OF THE FAITHFUL

The following changeable hymns for the feast are sung after the Anaphora:

Meglynarion (Hymn to the Mother of God) for the feast of the Cross

(Tone 8 Byzantine melody, arranged by Max Murphy of Indianapolis, IN)

You are a mystical paradise, O Birthgiver of God, in which Christ blossomed.
Through Him, the life-bearing wood of the Cross was planted on earth.
Now, at its elevation, as we bow in worship before it, we glorify You.

Hymns sung as the clergy receive the Eucharist for the feast of the Cross

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

The light of Your countenance has shone on us, O Lord. (*Ps 4/5:6*) Alleluia (3x)

Instead of "We have seen the true light," we sing the Troparion of the Feast.

O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.

And by the pow'r of Thy cross protect us.

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

9/26/1953 Fr. Jon & Mary Ellen Braun (Happy 61st Anniversary!)

Birthdays

9/22 Alec de Bruin

9/24 Katie AbuGhazaleh, Paul Franzen

9/27 Gianni Madrigal, Sherie Shackelford

9/28 Amanda Morrison, Jessica Berari, Dn. John Young

Patron Saint Commemorations

9/24 **St. Thekla the Protomartyr** Melissa Braun, Jan Finley, Courtney Shannon

9/25 **St. Sergius of Radonezh** Brain Sieck

9/26 **St. John the Theologian** Douglas Meyer

9/28 **St. Jerome** Tyson Shackelford

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.

Fr. Nicholas and Jan will be away this coming week, Mon. through Wed., September 22-24.

TODAY WE WILL BLESS ALL OF OUR MINISTRY TEAM LEADERS AS WE BEGIN THE NEW LITURGICAL YEAR.

SAVE THE DATE! ALL-PARISH WORKSHOP—OCTOBER 4th

Please mark your calendar for a follow-up meeting to our recent all-parish meeting. We will meet from 9 a.m.-12 noon on Saturday, October 4th for a brief presentation and workshop. The goal of the session is to get feedback on developing priorities for our building project.

COFFEE HOUR HOSTS NEEDED

Please remember to sign up to host a Coffee Hour during the 2014-2015 liturgical year. See the large bulletin board in the hallway for the sign-up list.

INCOME FOR AUGUST 2014

Monthly tithe Goal (includes mortgage payment on bldg.)	\$47,000
Received in August	\$38,916
Additional Building Fund Donations Received in Aug.	\$14,063

Hello St. Athanasius Parish Family,

September 2014

We are still living in and working in Khamis Mushayt, Saudi Arabia, which is in the extreme southwest of SA near Yemen. Our weather here is spectacular. Never very hot or cold. Our home is on a guarded compound, specifically for westerners. This allows us to walk freely, (especially Monica) outside without having to wear the traditional Saudi garb. When we go off compound, she wears a black Abaya, which covers her completely, like a robe. She doesn't wear anything over her face, but will occasionally wear a head cover. Phil's isn't required to wear anything special.



Phil's job is to drive about 160 km each way to a military aircraft bombing range, where he is responsible for the safe operation of the range. This includes controlling all aircraft while they are expending their munitions for practice. In this capacity, he works with military and civilians from about 8 different countries. Driving is for males only here and is extremely crazy and dangerous. However, this time is well spent listening to books, both for entertainment and business and Orthodox podcasts.

Phil has recently published his third book, a cookbook, and had his first book translated into Spanish, for sale on Amazon. Traveling is our reprieve for the very strange life here. We have been able to see some extremely interesting and varied places this year, including Jamaica and the Caribbean, Turkey, Italy, Greece, Nepal and Ethiopia. Two trips remain for the year, France and England. We plan on returning home for a brief visit in January.

We miss our Church more than you can imagine, but are able to have our prayer and icon area for our daily prayers. Please keep us in your prayers as we do you.

Love, Phil & Monica.

(Many years to Phil & Monica, who celebrated their 2nd wedding anniversary on Sept. 16th!)

FAREWELL TO JOSEPH GREENWOOD

Joseph Greenwood, who was baptized on Holy Saturday this year in our parish, is moving to a wonderful, small Orthodox community in Kodiak, Alaska. This is the same community in which John Hartung and his wife Maria and their family live. (John is Viktoria Hedges' brother.)

Joseph, we will miss your gentle spirit and your example of humility. Your godparents, Dn. John and Fay Young, and all of the rest of us will keep you in our prayers. God guide and protect you in this important next step of your journey as an Orthodox Christian.





THE FEAST OF THE CROSS

Last Sunday, some of the students in the Atrium adorned the large cross that sits behind the church by planting some flowers. This cross marks the approximate place where the altar will be in our new temple! The students also made their own wooden crosses to carry in the procession during the Divine Liturgy.



BLESSING OF OUR STUDENTS

Last Sunday we prayed over all of our students of all ages, that our Lord would “open their hearts and minds to receive the power of the law and understand the knowledge taught them to the profit of the Church; that He would deliver them from hostile oppression and preserve them in the Orthodox Faith, making them heirs of His Kingdom.”

MINISTRY LEADERS MEETING

SATURDAY, SEPTEMBER 6, 2014

On Saturday, September 6th, fourteen of our ministry team leaders met for two hours to share their stories of gratitude and to articulate their concerns for their own teams and the parish in general as we begin the new Liturgical Year. Below is the list of things they were thankful for in the past year, and a prayer that Fr. Nicholas formulated for the team leaders to keep on their hearts and lips to address the concerns that were brought up.

WE ARE THANKFUL FOR:

- Our parish leadership (clergy, administration, ministries)
- Fellowship created by working together.
- New people participating.
- Connecting with those in need (sick/home-bound)
- New Wedding Coordinator Assistant.
- Grandmothers getting involved with caring for new babies.
- Bonds strengthened between catechists. (Atrium)
- New building as a launch pad for a new phase in the life of the parish.
- New awareness in Goleta of Orthodoxy and of our parish.
- New leaders in teen program.
- A place of our own.
- A building in which we can experience the Kingdom of God (even though it was not built to be our permanent temple, it has become sacred space).
- Our response to the needs of our parish family, the way that we function as a family.
- The blessings of the Women's Prayer Group, prayers answered, the steadfast commitment of this group of prayer warriors.
- That our needs are met by prayer and reaching out to each other.
- Coming to the knowledge that "I want to be saved in THIS community."

PRAYER OF OUR MINISTRY LEADERS

Lord, we thank you for all the blessings you have bestowed upon our church family and ask your continued guidance and help for our community to grow in faith, love and humility.

We ask:

- That we would be given eyes to see that all services and activities of the Church are for our good and for our salvation.
- That we will continue to administer the Church wisely, develop our music, build our clergy and ministry teams, and grow in faithful giving.
- That, as a church family, we will support and encourage one another in strengthening our own families, connecting with others, and serving our visitors and new members.
- That we would be faithful and diligent in completing our vision for the building project to Your glory and the benefit of our community.

In the name of the Father, and the Son, and the Holy Spirit, now and ever and unto ages of ages. Amen.

TEEN SCENE

JOURNEY TO ADULTHOOD Schedule of Activities and Service Projects High School – Grades 9-12 Autumn 2014

September		
Sunday Sept 14:	Fire on Father	5:00 pm at Fr. Nicholas and Jan's
Sunday Sept 21	Kick off Dinner	5:00 pm at the church
October		
Saturday, Oct 25	Teen room service project	12:00 p.m.
Sunday Oct 26	Teen room service project	After Coffee Hour
	Fire on Father	5:00 p.m. at Fr. Nicholas & Jan's
November		
Sat Nov 1	Broomball	7:15 p.m./\$10 per person
Sun Nov 2	Small groups	TBA
Sunday Nov 16	Fire on Father	5:00 pm at Fr. Nicholas and Jan's house
December		
Sun Dec 7	Transition House shopping	Time and place TBA
Sun Dec 14	Fire on Father	5:00 pm Fr. Nicholas and Jan's house
Sun Dec 21	Xmas party	5:00 pm Teen room

For more information, contact Lara Jacobs – Teen Program Coordinator
at: cpejacobs@gmail.com

Junior High School—Grades 7-8

Sunday, September 28: BBQ at the church from 5:00 - 6:30 p.m.

Friday, October 10: “Just Dance” night at the Kings. 7:00pm

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
of Syria
Dn. Richard E.
Dn. Scott J.
Peggy K. and Family
Fr. Gordon & Mary Sue W.
The Hartung Family
Greg & Margaret Y.

Mary Ellen B.
Gail S.
Dean & Penny
Mary & Susan
Baby Christian F.
Duane F.
Larry L.
Sandy S.
Drew W.
Susan R.

Katie Zoe
Yvette B.
Marliese Z.
All those suffering and
in danger in the Ukraine,
Nigeria, and the
Middle East
Cheri W.
Hoppe Family

For repose of the souls of:

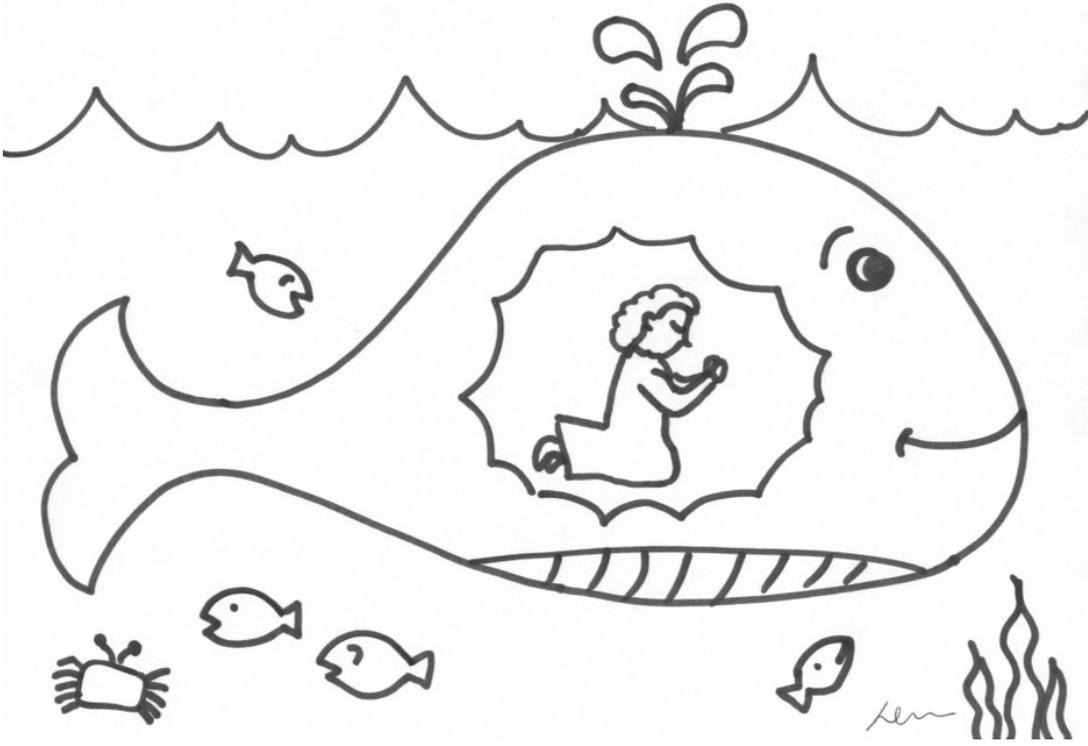
Olga G., Rosella K. (Mick Kronman's mother)
All who have died in the conflicts in the Ukraine, Syria
and Palestine

ABOUT OUR PRAYER LISTS:

Prayer requests in the bulletin are prayed out loud during the deacons' litanies and should be submitted to the church office—office@stathanasius.org.

Prayer requests put into the **wooden box in the narthex** will be said silently at the altar at most services. During the **Great Entrance of the Divine Liturgy**, only Orthodox Christians are commemorated, and that list is comprised of the sick, those celebrating special occasions listed in the bulletin, and those who prepared the Eucharist bread. Others are prayed for during the Proskomedia (Preparation of the Bread and Wine for Communion).

* **ST. ATHANASIUS BOOK CENTER** *
* The church bookstore is located in the fellowship hall. The two *
* enclosed cabinets hold icons, books, jewelry and other items that *
* are FOR SALE. Payment should be made at time of purchase and *
* placed in the brown lock box ON THE BOOKSTORE SHELF. *
* Make checks payable to "St. Athanasius Book Center." *



**FOR THE CHILDREN TO COLOR
DURING THE HOMILY OR AT HOME -**