



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, October 26, 2014

**Tone 3 / Eothinon 9; Great-Martyr Demetrios
the Myrrh-Streaming & Sixth Sunday of Luke**

Commemoration of the Great Earthquake in Constantinople in 740;
Venerable-martyr Joasaph of Dionysiou Monastery on Athos



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, October 26

9:00 a.m. Religious Ed. (ages 3-18)
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
12:00 p.m. Teen Work Party in Teen Room
5:00 p.m. Fire on Father in Teen Room

Monday, October 27

NO DAILY MATINS

5:00 p.m. Outreach Meal at St. Michael's
University Church in Isla Vista

Tuesday, October 28

5:30 p.m. Daily Vespers
7:00 p.m. Women's Bible Study

Wednesday, October 29

6:45 a.m. Daily Matins
12:00 p.m. Women's Prayer Group

Thursday, October 30

5:30 p.m. Daily Vespers
7:00 p.m. Choir Rehearsal

Friday, October 31

6:45 a.m. Daily Matins

Saturday, November 1

8:00 a.m. Liturgy for St. Raphael
9:00 a.m. Clergy Breakfast
4:30 p.m. Adult Catechism
6:00 p.m. Great Vespers

Sunday, November 2

9:00 a.m. Religious Ed. (ages 3-18)
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Sunday Morning Ministries Schedule

Eucharist Bread

October 26 Meyer
November 2 G. Braun
November 9 Gish
November 16 Dillon

Coffee Hour

October 26 Lander
November 2 Brunner (in memory of Cyrus)
November 9 C. & J. Speier
November 16 Berari

Greeters

October 26 S. & C. Shackelford
November 2 C. Robinson/K. Fox
November 9 Laurie Baker/P. King
November 16 P. Morrison/D. Genatone

Ushers

October 26 J. King, G. Braun Jr., G. Shannon
November 2 S. Speier, P. Brunner, P. King
November 9 D. Meyer, R. Barre, D. Lewis
November 16 C. Speier, R. Schneider, P. King

Readers

October 25 D. Meyer (Vespers)
October 26 D. Washburn
November 1 D. Meyer (Vespers)
November 2 V. Gish
November 9 T. Harris
November 16 H. Lange

CHANGEABLE TEXTS FOR THE DAY

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 LITURGY OF THE WORD

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 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—The Beatitudes or “Sermon on the Mount”

Music by
P. Mironositsky

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.

LITTLE ENTRANCE

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

Troparion of the Resurrection

(Music on p. 44 of Liturgy book)

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.

Tone 3 (Byzantine melody
harmonized by Fr. J. Finley)

**Troparion for the Great Earthquake
of Constantinople in 740 A.D.**

Christ our God, You look upon the earth and it trembles;
deliver us from the terrible threat of earthquakes;//
and through the prayers of the Theotokos, send down upon us Your
abundant mercy and save us!

Tone 8 (Slavic Chant))

Troparion for St. Demetrius**Tone 3** (Slavic Chant)

The world has found you to be a great defense against tribulation and a vanquisher of heathens, O Passion-bearer.

As you bolstered the courage of Nestor,
who then humbled the arrogance of Lyaaios in battle,//
Holy Demetrius, entreat Christ God to grant us great mercy.

Troparion to St. Athanasius**Tone 3** (Byzantine melody
harmonized by Fr. J. Finley)**(Music on p. 54 of Liturgy book)**

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** (Byzantine melody
harmonized by F. Karam)

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 (Music composed for our parish by Nazo Zakkak)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (sung 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
(Page 58 of Liturgy Book)

Tone 3 (Byzantine melody
harmonized by Fr. J. Finley)

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—2 Timothy 2:1-10

Timothy, my son, be strong in the grace that is in Christ Jesus, and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hard-working farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything.

Remember Jesus Christ, risen from the dead, descended from David, as preached in my Gospel, the Gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

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—Luke 8:26-39

At that time, Jesus arrived at the country of the Gadarenes, which is opposite Galilee. And as He stepped out on land, there met Him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before Him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." For Jesus had commanded the unclean spirit to come out of the man. [For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.] Jesus then asked him, "What is your name?" And he said, "Legion," for many demons had entered him. And they begged Jesus not to command them to depart into the abyss.

Now a large herd of swine was feeding there on the hillside; and they begged Jesus to let them enter these. So He gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned.

When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked Jesus to depart from them; for they were seized with great fear; so He got into the boat and returned. The man from whom the demons had gone begged that he might be with Jesus; but Jesus sent him away, saying, "Return to your home, and declare all that God has done for you." And he went away, proclaiming throughout the whole city all that Jesus had done for 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.

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 Jesus Prayer: "O Lord Jesus Christ, Son of God, have mercy on me, a sinner."

CHURCH ETIQUETTE CORNER

Remain to Give Thanks

As we would remain after a meal to give thanks to our host, it is customary to remain after Communion to give thanks to our Lord for blessing us with the "medicine of immortality" and to receive the final blessing of Christ from the priest. There may be exceptions with children and those setting up coffee hour, but let us make every effort to conclude our worship with thanksgiving.

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

10/28 Andy & Alyssa Simonsen

Birthdays

10/26 Tiffany Van Wagoner

10/27 Ben Hedges

10/28 Penny Brunner

11/01 Kate Vander Laan, Miriam Vander Laan

Patron Saint Commemorations

10/26 St. Demetrio Jackson Stetler

10/28 St. Paraskeva the Martyr Penny Brunner

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

THE WOMEN'S FALL BIBLE STUDY has begun and will meet on Tuesday evenings up through November 11. The next three sessions will be at the home of Dn. John and Fay Young. If you have questions, contact Karen Jacobs at kijacobs@cox.net, or 805-968-8744.

LIVE CHRISTMAS WREATHS from Annunciation Orthodox parish in Santa Maria are available again for \$20 each. Please sign the order list on the bulletin board by Nov. 2nd if you are interested, or email the parish office at office@stathanasius.org.

INCOME FOR SEPTEMBER 2014

Monthly tithe Goal (includes mortgage payment on bldg.)	\$47,000
Received in September	\$27,689
Additional Building Fund Donations Received in September	\$11,646
Golf Tournament net profit as of 10/15/14	\$65,472

PROJECT MEXICO—SANTA'S HELPERS 2014

We have traditionally participated as Santa's Helpers for the boys at St. Innocence Orphanage in Mexico by purchasing several items for each of the boys. We have learned that since the list was published two weeks ago, all the boys already have a sponsor. In communicating with Soula De La Riva, Director of Administration & Public Relations, we have been asked to provide rain boots for all 23 of the boys. We have accepted that invitation and will have information about sizes and styles requested. If you are interested in participating in this endeavor, please see Cheryl Washburn-Lander and/or the sign-up list. Our deadline for items to be received in the Chula Vista office is Dec, 6th. Please coordinate with Cheryl (961-4955) to have your gift/donation sent by November 18th.



Welcome to Melissa Lambert,
who was chrismated into the Orthodox Faith on October 21st.
Many years to her, her sponsor Taylor Speier, and her fiancé, Scott Williams.



With the blessing of His Eminence, Metropolitan Joseph
Archbishop of New York and Metropolitan of all North America

We embark on the annual Pilgrimage to St. Paisius Monastery
November 8-10, 2014



Saturday, November 8, 2014 – DEPARTURE LOCATION CHANGE!!!!

6:00AM – Departure from St. Steven’s Serbian Orthodox Cathedral – 1621 W. Garvey Ave., Alhambra, 91803
6:45AM – OC group pick up at St. Andrew’s – 4700 Canyon Crest Dr., Riverside, 92507
Phoenix lunch stop – Lunch is included
4:00PM - Arrival at St. Paisius Serbian Orthodox Monastery, Safford, AZ

Sunday, November 9, 2014

Divine Liturgy and breakfast
Topic Presentations by Abbess Mihaila and Fr. Dorotheus
Explore the monastery, visit the bookstore, confession
Vespers, light meal, presentation follow-up, group Q&A time

Monday, November 10, 2014 – Veteran’s Day Holiday

Final morning visit to monastery and hit the road home!
(Tuesday, November 11th is a legal holiday)

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**3-day Round Trip Bus Fare: Adults \$130.00 - Children 15 and under \$65.00**  
**Fare includes all transfers, Saturday lunch, snacks and drinks.**

☞ Luxury air-conditioned bus with restroom ☞ Seats are limited ☞ Non-refundable bus fare must be paid in advance  
☞ In the event of cancellation, your fare will be considered a donation to the monastery ☞

**MAKE BUS FARE CHECKS PAYABLE TO:**  
**James Gabrie, 5228 Hartwick Street, Los Angeles, CA 90041**

Springhill Suites Marriott 928-428-6900 ☞ Special Group Rates: King and Double Suites \$95  
Use this link to book directly: [Book your group rate: Pilgrimage Monastery Group >>](#)  
OR call hotel directly to reserve your own room using the key code **“MONASTERY TRIP”**  
**ROOMS ARE BLOCKED WITH SPECIAL RATES GOOD ONLY UNTIL October 18<sup>th</sup>, 2014!**

For additional general info call Jimmy at (213) 819-2030 OR email Jasminka [jgabrie@earthlink.net](mailto:jgabrie@earthlink.net)

*“A time of spiritual nourishment, deepened faith, soul-searching and discernment,  
of new resolutions and strengthened commitments.”*



# RETREATS

## AT ST. JOHN'S MONASTERY



### OPEN RETREAT

"Everyday Saints: My Personal Encounters with Holy People"

Fr. Basil Rhodes of St. Nicholas Orthodox Church, Saratoga, CA

November 14-16, 2014



### LADIES RETREAT

"The Virtues, the Passions, and the Healing of the Soul"

Mother Melania of Holy Assumption Monastery, Calistoga, CA

December 12-14, 2014



### OPEN RETREAT

"The Emergence of the Liturgical Cycle and the Development of Lent and Holy Week"

Fr. James Jorgenson of St. Seraphim Orthodox Church, Santa Rosa, CA

February 6-8, 2015



### OPEN RETREAT

"The Way to Union with Christ Through Watchfulness and Prayer"

Fr. Damascene of St. Herman of Alaska Monastery, Platina, CA

March 27-29, 2015



### GARDENING RETREAT

"Journey to Eden: The Image of Christ in Creation"

Fr. Innocent of the Monastery of St. John, Manton, CA

April 17-19, 2015



### OPEN RETREAT

"Building an Orthodox Christian Family in 21<sup>st</sup> Century America"

Fr. Josiah Trenham of St. Andrew Orthodox Church, Riverside, CA

May 15-17, 2015

**Individuals: \$125   Couples: \$200   Please contact us to make your reservation.**

Monastery of St. John  
of San Francisco, OCA

21770 Ponderosa Way  
Manton, CA 96059

530-474-5964  
monasteryofstjohn.org



ST. ATHANASIUS  
*Liturgical Arts Festival*

2014

*A heartfelt thank you* to all who made our 2014 Festival possible. So many members of our parish family stepped up to lend a hand in so many ways. Thanks be to God for our extraordinary presenters, who so generously taught us about the development of Orthodox Liturgical music, beginning with our Old Testament roots in the synagogue, all the way up through the ongoing process of adapting Orthodox worship music to our American culture. The “grand finale” concert on Sunday provided the perfect culmination for the weekend, and a wonderful opportunity for community collaboration as well as evangelism to our non-Orthodox friends through the power of our music. We had a full house and a spirit of love and joy that was contagious emanated from the musicians. Special thanks to our choir members, who put so much time, energy, heart and soul into preparing for the concert and for Fr. John Finley’s presentation on Saturday evening.

**Liturgical Arts Festival  
Committee**

Valerie Yova, Festival Coordinator

Dorothy Alexander, Icon Exhibit

Christie Robinson, Refreshments

Hani AbuGhazaleh, Graphic Design/  
Webmaster/Photography

Terri Speier, Bookstore

**Outreach Team:**

Fr. Nicholas Speier, Spiritual Advisor

Fr. Jon-Stephen Hedges, Community and  
Campus Liaison

David Washburn, Outreach Team Leader

Jennifer Ferraez

Peggy King

Howard Lange

Christie Robinson

**Tour Guides:**

Catherine Braun

Carla Brunstead

Mitchell Denny Jr.

Jennifer Ferraez

Carla Harris

David Washburn

**Greeters:**

Dana Alexander

Asia Ballew

Richard Barre

Jill Wallerstedt

**Photographers:**

Judy Braun, John Butler,

Nataliya Tinyayeva

**Sound Crew:**

John Butler

Benjamin Hedges

**Flowers:** Lisa Ballew



# TEEN SCENE

## JOURNEY TO ADULTHOOD Schedule of Activities and Service Projects

### High School —Grades 9-12 Autumn 2014

For more information, contact Lara Jacobs —Teen Program Coordinator  
at: [cpejacobs@gmail.com](mailto:cpejacobs@gmail.com)

#### October

|                    |                      |                        |
|--------------------|----------------------|------------------------|
| Sunday, October 26 | Teen Room Work Party | After Coffee Hour      |
|                    | Fire on Father       | 5:00 p.m. in Teen Room |

#### November

|                      |                |                                   |
|----------------------|----------------|-----------------------------------|
| Saturday, November 1 | Broomball      | 7:45 p.m./\$10 per person         |
| Sunday, November 16  | Fire on Father | 5:00 p.m. at Fr. Nicholas & Jan's |

#### December

|                     |                              |                        |
|---------------------|------------------------------|------------------------|
| Sunday, December 14 | St. Nicholas Night           | Details TBA            |
| Sunday, December 21 | X-mas Party & Fire on Father | 5:00 p.m. in Teen Room |

### Junior High School—Grades 7-8

|                         |                           |             |
|-------------------------|---------------------------|-------------|
| Sunday, October 26      | Teen Room Work Party      | 12:00 p.m.  |
| Saturday, November 1    | Rescue Mission Dinner     | Time TBA    |
| Saturday, November 22   | Progressive Dinner        | Time TBA    |
| Fri./Sat., December 5/6 | Monastery Retreat         |             |
| Saturday, December 13   | Christmas Tree Decorating | Time TBA    |
| Sunday, December 14     | St. Nicholas Night        | Details TBA |

**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:**

Metropolitan JOSEPH  
Mother Victoria  
Met. Paul & Abp. John  
of Syria  
Fr. Thomas H.  
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.

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

**For repose of the souls of:**

Susan M., Fr. Paul Schneirla, Rosella K.  
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](mailto: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).

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**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.”

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FOR THE CHILDREN TO COLOR

DURING THE HOMILY OR AT HOME -