



# ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

300 Sumida Gardens Lane  
Santa Barbara, CA 93111  
**Office hours:** Tues-Fri.  
12:00—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, Secretary  
Richard Barre  
Catherine Braun  
Dottie Genatone  
Benjamin Hedges  
Karen Jacobs  
Dr. Jon King

## LITURGY OF ST. JOHN CHRYSOSTOM Sunday, November 29, 2015

### Tone 1 / Eothinon 4; Twenty-sixth Sunday after Pentecost & Thirteenth Sunday of Luke

Martyr Paramonos and the 370 Martyrs in Bithynia;  
Martyr Philoumenos of Ancyra; Venerable Akakios of Sinai;  
Hieromartyr Dionysios, Bishop of Corinth;  
Urban, Bishop of Macedonia; Nicholas, Archbishop of Thessalonica



## **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, November 29

#### NO RELIGIOUS EDUCATION CLASSES

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour

### Monday, November 30-St. Andrew the Apostle

6:45 a.m. Daily Matins  
4:30 p.m. Outreach Dinner at St. Michael's  
University Church in Isla Vista

### Tuesday, December 1

3:30 p.m. Catechesis Level I  
5:30 p.m. Daily Vespers

### Wednesday, December 2

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Group  
6:00 p.m. Advent Paraklesis

### Thursday, December 3

7:00 p.m. Choir Rehearsal

### Friday, December 4-FEAST OF ST. BARBARA

6:45 a.m. Daily Matins

**SEE SERVICE SCHEDULE FOR FEAST  
OF ST. BARBARA on page 8.**

### Saturday, December 5

4:30 p.m. Adult Catechism  
6:00 p.m. Vespers

### Sunday, December 6

9:00 a.m. Religious Ed. classes Grades 9-12  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour

## *Sunday Morning Ministries Schedule*

### Eucharist Bread

November 29 Kern  
December 6 Sieck  
December 13 Dillon  
December 20 Meyer

### Coffee Hour

November 29 POTLUCK  
December 6 Baker/Berari  
December 13 C. Shannon  
December 20 Vander Laan

### Greeters

November 29 P. King, K. King  
December 6 L. Baker, G. Shannon  
December 13 P. Morrison, D. Genatone  
December 20 D. Washburn, D. Lewis

### Ushers

November 29 D. Lewis, C. Speier, J. King  
December 6 G. Shannon, S. Speier P. Brunner  
December 13 P. King, D. Meyer, R. Barre  
December 20 D. Lewis, C. Speier, J. King

### Readers

November 29 M. Kern  
December 5 P. Braun (Vespers)  
December 6 T. Harris  
December 12 D. Meyer (Vespers)  
December 13 D. Washburn  
December 19 D. Alexander (Vespers)  
December 20 H. Lange

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

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

**THE LITURGY OF THE WORD**

**THE GREAT LITANY**  
(This new melody will be used during the Nativity Fast)

①

Soprano  
Alto

Tenor  
Bass

Lord have mercy. Lord have mercy. nazo zakkak

**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”**

After each of the verses is sung by antiphonal choirs, the choir and congregation sing the refrain:

**“Remember us, O Lord, when you come in your Kingdom.”**

### **AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY**

#### **Troparion of the Resurrection**

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  
Who alone art the lover of mankind.

**Tone 1** Byzantine melody  
harmonized by Fr. J. Finley

**Troparion to St. Athanasius**  
**(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.

**Tone 3** Byzantine melody  
harmonized by Fr. J. Finley

**Kontakion for the Preparation of Christ's Nativity**

The virgin cometh today to the cave  
to give birth, ineffably to bring forth the Word eternal.  
Therefore, rejoice, O earth, at the message;  
with the angels and shepherds give glory to Him  
Who shall appear by His own will as a young child,  
He who is from eternity God.

**Tone 3** Byzantine melody  
harmonized by F. Karam

**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.

1

nazo zakkak  
Bulgarian Chant Tone 1

Soprano  
Alto

Ho - ly God, Ho - ly Might - y,

Tenor  
Bass

Ho - ly Im - mor - tal, have mer - cy on us.

## Preparatory Psalm Verses before the Epistle

**Tone 1** Byzantine melody  
harmonized by Fr. J. Finley

Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee. (Ps 32/33:22)

**Verse:** Rejoice in the Lord, O you righteous! Praise is becoming to the upright.  
(Ps 32/33:1)

## EPISTLE READING

### **Ephesians. 5:8-19**

Brethren, walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

## Preparatory Psalm Verses with Alleluia Refrain 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. 18:18-27**

At that time, a man came testing Jesus and asking, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call Me good? No one is good but God alone. You know the commandments: 'Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother.'" And the man said, "All these I have observed from my youth." And when Jesus heard it, He said to him, "One thing you still lack. Sell all that

you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me.” But when the man heard this he became sad, for he was very rich. Jesus, seeing him sad, said, “How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the Kingdom of God.” Those who heard it said, “Then who can be saved?” Jesus said, “What is impossible with men is possible with God.”

## LITURGY OF THE FAITHFUL

### 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.”

### Blessed be the Name of the Lord (at the Dismissal)

Allegro 1 2

Soprano Alto nazo zakkak

Bless - ed be the Name of the Lord

Tenor Bass

4

S A hence - forth and for - ev - er -

T B

7

S A more. (repeat)

T B

### Recessional: Troparion of Thanksgiving by Nazo Zakkak

We, Thine unworthy servants, O Lord, grateful for the blessing which Thou hast given us always praise, bless, and thankfully glorify Thy loving kindness, crying to Thee with love and humble submissiveness: O Savior and Benefactor, glory to Thee!

# ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: [www.stathanasius.org](http://www.stathanasius.org).

**THE NATIVITY FAST IS FROM NOVEMBER 15-DECEMBER 25th.**

## UPCOMING SERVICES DURING ADVENT

Wednesday, December 2                      Advent Paraklesis                      6:00 p.m.

### FEAST OF ST. BARBARA—SCHEDULE OF SERVICES

Thursday, December 3, 2015	6:00 p.m.	Vespers at St. Barbara Greek Parish followed by Lenten meal
	4:00 p.m.	Vigil at St. Barbara Monastery/light supper
Friday, December 4, 2015	9:00 a.m.	Matins at St. Barbara Greek Parish
	9:30 a.m.	Hours at St. Barbara Monastery
	10:00 a.m.	Divine Liturgy at St. Barbara Greek Parish
	10:00 a.m.	Divine Liturgy at St. Barbara Monastery followed by luncheon

Wednesdays, December 9, 16, & 23    Advent Paraklesis                      6:00 p.m.

## *CELEBRATIONS* for THIS WEEK

### Birthdays

12/1	Anya Madrigal, Lydia Sieck
12/3	David McCalmont
12/5	Elizabeth Ballew, Nancy Gilbert

### Patron Saint Commemorations

11/30	St. Andrew the Apostle	Johannes De Bruin, Ryan Franzen, Lee Jacobs, Andrew Meyer, Andy Simonsen
12/4	St. Barbara the Martyr	Cheryl Washburn-Lander, Christina Salcedo
12/4	St. Juliana	Juliana Friesen, Juliana Shackelford



## We give thanks for...



- Our clergy, singers, altar servers and all who volunteer tirelessly to make our worship beautiful 52 weeks of the year.
- Those who chant daily Matins and Vespers on behalf of ALL of us, week in and week out: Dn. Scott Jacobs, Dn. Richard Easbey, David Lewis, and Richard Barre.
- Lisa Ballew, for beautifying our worship space and entire building, week after week, with beautiful flowers.
- Carla Brunstead and Richard Barre for regularly giving lots of TLC to the potted plants that decorate the front entrance.
- Richard & Susan Barre, who have coordinated the St. Brigid outreach dinner EVERY Monday night for the past FOUR years.
- Terri Speier for managing our bookstore and making such edifying and beautiful materials available to us throughout the year.
- Duane Franzen & Shirley Dillon for cleaning the chairs in the church.
- Duane Franzen for cleaning the carpeting in the hallway after the Fall Gathering, and for so many years of lovingly and competently caring for the maintenance of our church building.
- All those who lead our many ministries in the parish throughout the year.

**Boy Scout Troop 105 & Cub Pack 105**

## Christmas Trees

**November 28 through December 18**



**Monday thru Friday: Noon to 9:00 pm**

**Saturday & Sunday: 9:00 am to 9:00 pm**

**St. Raphael Church Parking Lot  
5444 Hollister Avenue.**

**— Certified fire-proofing available —**

**— Local delivery available —**



Present this coupon for **10% off**  
your entire purchase..

**Come on out and support the boys from our  
local Scout Troop!**



## **SCHEDULE FOR UPCOMING FEAST DAYS & CELEBRATIONS**

### **ST. NICHOLAS CELEBRATION**

**Sunday, December 13 at 6:00 p.m.**

### **FEAST OF THE NATIVITY OF CHRIST**

**Thursday, December 24—Christmas Eve**

8:00 a.m. Royal Hours (Complete)

8:00 p.m. Nativity Matins & Liturgy followed by cookies & hot cider

**Friday, December 25—Christmas Day**

**NO MORNING SERVICE**

10:00 a.m. Outreach Breakfast—St. Michael's University Church  
hosted by St. Brigid Fellowship — all parishioners invited!

### **COMMEMORATION OF THE INNOCENTS SLAIN BY HEROD**

**Saturday, December 26 at Vespers—6:00 p.m.**

**Prayers for the souls of infants** who have died in childbirth, were stillborn or who died as a result of an abortion

### **BLESSING OF THE GRAVES—FEAST OF ST. STEPHEN**

**Sunday, December 27 at 1 p.m.—Goleta Cemetery Visit**  
with prayers and caroling

### **YOUTH DANCE—ages 12-20**

**Sunday, December 27—2-5 p.m.**

In Buellton, hosted by the DeBruin Family  
Food, fun, dance lessons! More details to follow.

### **ST. BASIL/NEW YEAR**

**Thursday, December 31**

6:00 p.m. Vespers Liturgy for St. Basil the Great

7:30 p.m. Family New Year's Celebration

Supper, games for the kids

Countdown at 9:00 p.m.

# PREPARING FOR EL NIÑO

*Free Event*  
**Dec. 3<sup>rd</sup> – 6:30-8:00**  
**Goleta Valley Community Center**

Hosted by Old Town Community Association  
Goleta Valley Beautiful ♦ Goleta Valley Community Center

## **Practical Steps You Can Take to Prepare for the Worst** *for home & business*

*Suggested donation \$5 at the door*

### **Impacts on Water Supply & Service**

- ♦ Goleta Water District—Ryan Drake, *Water Supply & Conservation Manager*  
How big rains could affect the status of our water supply portfolio and updates ongoing stages of drought.
- ♦ Goleta Water District—Tom Bunosky, *Operations Manager*  
GWD contingency planning for the District's water distribution system.

### **Pre-Winter Preparation**

- ♦ SB County Flood Control District—Jonathan S. Frye, *PE, CFM Engineering Manager*
- ♦ SB County Fire—David Zaniboni, *Public Information Officer*
- ♦ City of Goleta—Rosemarie Gaglione, *Public Works Director*
- ♦ Goleta Sanitary District – Steve Wagner, *General Manager*

### **Self-Assessment Guidelines from Professionals** **Personal Safety ▪ Pets ▪ Home & Office ▪ Landscape Auto ▪ Insurance**

- ♦ Safety Matters—Justin Hagen
- ♦ Little Dog House—Annabelle Hofmann, *Owner*
- ♦ Donahue Home & Building Inspections—Chris Donahue, *Owner*
- ♦ Arbor Services—Karen Christman, *Owner*
- ♦ Larry's Auto Parts—Phil Unander, *Owner*
- ♦ Roger Perry Insurance—Roger Perry, *Owner*

### **Question & Answer**



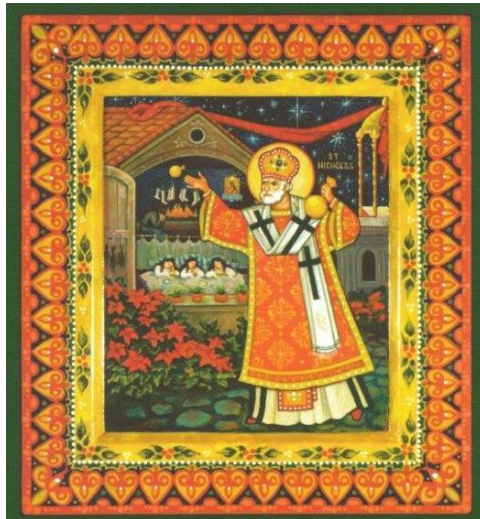
Old Town Community Association  
Supporting Sponsor

Community West Bank

### **Participating Agencies**



**SAVE THE DATE:  
ST. NICHOLAS CELEBRATION  
SUNDAY, DECEMBER 13, 2015—6:00 p.m.**



We will celebrate the life of St. Nicholas of Myra with story telling, music, drama and a fun evening for the whole family. A lenten reception and visit from St. Nicholas will follow the program. Children ages 3-12 will be invited to leave their shoes in the hallway during the program so that St. Nicholas can fill them with treats, and all of the children will participate in welcoming St. Nicholas at the end of the program. After the program, children will have an opportunity to have their photo taken with St. Nicholas, if they like.

**NEW THIS YEAR: COSTUME CONTEST!**

All children ages 1-12 are asked to dress as one of the following:

- A child of the world (traditional dress from other countries)
- A character from the life of St. Nicholas of Myra or a saint of the church/patron saint. For some ideas, go to:  
<https://www.stathanasius.org/resources/st-nicholas-night-costume-ideas/>

Prizes will be given by age groups and will include partial tuition for Camp St. Nicholas or Summer School 2016!

**Admission: \$5 per family, or one of the following items for our clothing drive for the homeless: (Cash collected goes to St. Brigid Fellowship.)**

- 3-pack of white athletic socks
- warm hat or mittens
- new or gently used/clean sweatshirt
- new or gently used/clean sleeping bag or blanket

## **2015 St. Nicholas Drive for the Needy**

**ST. BRIGID FELLOWSHIP IS COLLECTING ITEMS FOR THE HOMELESS** to be distributed at our outreach breakfast on Christmas morning. Please keep the homeless in mind as you are doing holiday shopping and consider purchasing an item for the collection. We are asking for:

- **white tube socks**
- **warm hats and mittens**
- **new or gently used/clean sweatshirts**
- **new or gently used/clean sleeping bags or blankets**

Drop your donated items in the large, decorated box in the hallway.

Please do NOT gift-wrap the donated items.

**Please limit your gifts to the specific items requested. Thanks!!**

## **Outreach Breakfast on Christmas Morning**

Once again, our St. Brigid Ministry Team will be coordinating the lovely Christmas breakfast for the homeless and needy on Dec. 25th at 10:00 a.m. at St. Michael's University Church in Isla Vista. We need lots of help with set-up, clean-up, food preparation, and entertainment, so please sign up to lend a hand in whatever way that you are able. The list is posted on the large bulletin board in the hallway.

If it is impossible to bring food directly to the breakfast on Christmas morning, food items that do not need to be served hot may be brought to the church on Christmas Eve. Please be sure to clearly mark your food and leave it in the small kitchenette by the church office. Hot foods may be dropped off at the church by 9:30 a.m. on Christmas morning and left on the table on the patio. Please make sure that food is tightly covered and in either a box or a bag.

**Bring the entire family that day and enjoy an extra special Christmas morning blessing by opening your hearts to those in need!**

# TEEN SCENE

## Activities—Autumn 2015

### High School

Date	Activity	Time and Location
Sunday, 12/6	White Elephant Gift Exchange	5:00 p.m., Location TBA
Sunday, 12/13	St. Nicholas Night	Meet at 4:00 pm. to set up
Sunday, 12/27	Teen Dance in Buellton	2-5 p.m. (Details to follow.)

### Junior High School

All activities are on Saturdays after Vespers

Saturday, 12/5	Christmas Party
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## WE NEED MORE SUNDAY MORNING USHERS & GREETERS!

This is a fun, easy but important volunteer ministry.  
Please consider signing up to usher and/or greet once a month. If you  
are able and willing, or have questions, contact Peggy King:  
pking42@aol.com.

### INCOME FOR OCTOBER 2015

	Gen. Operating	Building Fund
Monthly Goal	\$33,000	\$14,120
Monthly Actual	\$28,735	\$ 9,894

## PRAAYER 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  
Dn. Richard E.  
Kh. Mary Sue W.  
Greg & Margaret Y.  
Hoppe Family  
Kh. Mary Ellen B.  
Gail S.  
Dean & Penny  
Kevin & Angel  
Mary

Susan B.  
Baby Christian F.  
Duane F.  
Stan and Donna F.  
Angel, Helen and Family  
Joy  
Terri-Lynn H.  
Hannah Rose H.  
Holly C.  
Temmo K.  
Paige  
Galina, Nikolai & Nataliya

Nikita  
Marina  
Olga Marie G.  
Mike, Trevor & Adam  
Emily F.  
Joan, Jerry, Brenda  
Kevin O.  
Delaney N.  
Sabina S.  
All those suffering and  
in danger in the Ukraine,  
Africa, and the Middle East

**For repose of the souls of:** Krista, Joe, Kh. Sissy

All who have died in the conflicts in the Ukraine, Africa & the Middle East

### **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).

## **ST. ATHANASIUS BOOK CENTER**

The church bookstore is located in the fellowship hall. The two enclosed cabinets hold icons, books, and other items that are FOR SALE. See Terri Speier if you are looking for jewelry such as a cross or chain. 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."

**All proceeds go to the parish Building Fund.**



## **THE MISSION AND VISION**

### **OF ST. ATHANASIUS ORTHODOX CHRISTIAN CHURCH (Ephesians 3:14-21)**

That we would be rooted and grounded in  
FAITH, LOVE AND HUMILITY  
so we might experience and manifest the  
FULLNESS OF THE CHURCH

- in the WORSHIP of the Holy Trinity
- in the CARE AND GROWTH of the people
- in SERVING new members, catechumens,  
inquirers and visitors
- In SHARING THE ANCIENT FAITH with our  
community, the wayward and seekers
- In LOVING AND CARING FOR OUR COMMU-  
NITY

## **Unto the inheritance of the KINGDOM OF HEAVEN**

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