



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
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Parish Council:

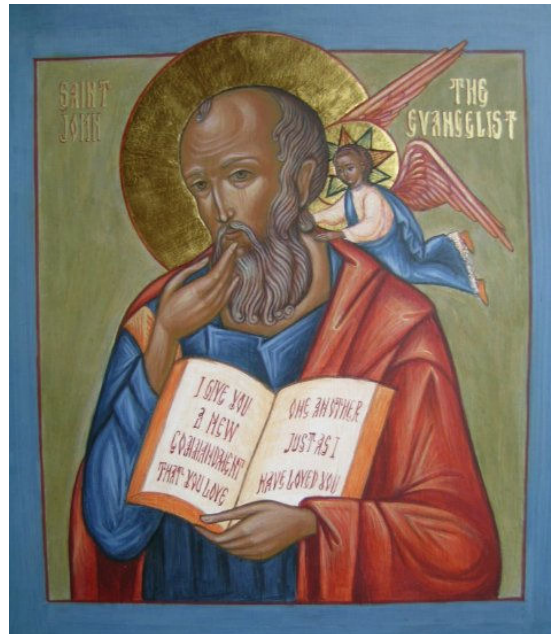
Douglas Meyer, President
Dan Braun, Treasurer
Katie AbuGhazaleh, Secretary
Richard Barre
Catherine Braun
Dottie Genatone
Benjamin Hedges
Karen Jacobs
Dr. Jon King

LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, May 8, 2016
New Sunday or Anti-Pascha
Sunday of Thomas the Apostle, Called “The Twin”

**Synaxis of the Apostle and Evangelist John
the Theologian**

Venerable Arsenios the Great



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.

Please join us at Breakfast ~ we'd love to meet you!

Calendar for this Week

Sunday, May 8—THOMAS SUNDAY

St. John the Theologian, MOTHER'S DAY

9:00 a.m.	Religious Education
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour
1:00 p.m.	Blessing of the Graves at Goleta Cemetery

Monday May 9

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

Tuesday, May 10

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

Wednesday May 11

6:45 a.m.	Pascal Matins
12:00 p.m.	Intercessory Prayer Group
5:45 p.m.	Outreach Team Meeting

Thursday May 12

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

Friday May 13—Junior High Pool Party

6:45 a.m.	Paschal Matins
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Saturday May 14

NO CATECHISM

6:00 p.m.	Vespers/Confession
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Sunday, May 15-Sunday of Myrrhbearers

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

Sunday Morning Ministries Schedule

Eucharist Bread

May 8	Dillon
May 15	Tinyayeva
May 22	Thomas
May 29	D. Washburn

Coffee Hour

May 8	McCalmont
May 15	Jacobs
May 22	Lewis
May 29	NEED A HOST

Greeters

May 8	P. King/L. Baker
May 15	G. Shannon/Kristin King
May 22	P. Morrison/D. Genatone
May 29	K. Fox/H. Lange

Ushers

May 8	C. Speier, J. King, D. Washburn
May 15	G. Shannon, S. Speier, P. Brunner
May 22	P. King, D. Meyer, R. Barre
May 29	D. Lewis, C. Speier, J. King

Readers

May 8	T. Harris
May 15	H. Lange
May 22	D. Meyer
May 25	D. Washburn (Mid-Pentecost)
May 29	D. Washburn

**At the conclusion of Matins, we sing the Great Doxology
followed by the Matins Dismissal Troparion:**

Troparion of Antipascha

From the sealed tomb, You shone forth, O Life! Through closed doors You came to Your disciples, O Christ God! Renew in us, through them, an upright spirit,
By the greatness of Your mercy, O Resurrection of all!

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

The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds “Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the Altar Table.

Priest: Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and unto ages of age.

People: Amen.

Clergy: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

People: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(2 times)**

GREAT LITANY

FIRST ANTIPHON

Verse: Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High! [Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

Refrain: **O Son of God, Who rose from the dead,
save us who sing to Thee, Alleluia.**

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

Refrain: **Christ is risen from the dead trampling down death by death,
and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]

LITTLE ENTRANCE

Clergy: In the gathering places bless ye God the Lord from the Springs of Israel.

People: O Son of God Who Rose From the dead, save us
who sing to Thee, Alleluia!

Troparion of Antipascha

Tone 7

From the sealed tomb,

You shone forth, O Life!

Through closed doors You came to Your disciples, O Christ God!

Renew in us, through them,

an upright spirit,

By the greatness of Your mercy,

O Resurrection of all!

Troparion for St. John the Evangelist**Tone 2**

Beloved Apostle of Christ our God,
hasten to deliver a defenseless people!
He who allowed you to recline on His breast,
receives you as you bow before Him.
Implore Him, John the Theologian,
to dispense the persistent threat from the heathens,//
entreating for us peace and great mercy!

Kontakion for Pascha

Thou didst descend into the tomb O Immortal. Thou didst destroy the pow'r of death. In victory
Thou didst arise, O Christ God, proclaiming rejoice to the myrrh-bearing women, granting
peace to Thine apostles, and bestowing resurrection on the fallen.

TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (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 (Prokeimenon) Tone 8

Their proclamation has gone out into all the earth, and their words to the ends
of the universe! (Ps. 19)

Vs. The heavens are telling the glory of God, and the firmament
proclaims His handiwork.

EPISTLE READING**John. (1:1-7)**

That which was from the beginning, which we have heard, which we have seen with
our eyes, which we have looked upon and touched with our hands, concerning the word of
life – the life was made manifest, and we saw it, and testify to it, and proclaim to you the
eternal life which was with the Father and was made manifest to us – that which we have
seen and heard we proclaim also to you, so that you may have fellowship with us; and our
fellowship is with the Father and with his Son Jesus Christ. And we are writing this that our

joy may be complete. This is the message we have heard from Him and proclaim to you, that God is light and in Him is no darkness at all. If we say we have fellowship with Him while we walk in darkness, we lie and do not live according to the truth; but if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.

ALLELUIA BEFORE THE GOSPEL

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Come, let us rejoice in the Lord. Let us shout with jubilation unto God our Savior
(Ps. 94:1)

Verse: For the Lord is a great God and a great king over all the earth. (Ps. 94:3)

THE GOSPEL READING

John 20:19-31

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Now Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe."

Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." Then he said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe."

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

Hymn to the Mother of God (Meglynarion)

The angel cried to the lady full of grace: Rejoice, O pure virgin! Again I say rejoice, O pure Virgin. Your son is risen from His three days in the tomb. With Himself He has raised all the dead. Rejoice all ye people. O Shine! Shine! Shine, O New Jerusalem! The glory, the glory of the Lord has shone on you. Exult, exult and be glad. Be glad, O Zion, be radiant, O Mother of God, in the resurrection of your Son, of your Son!

Communion of the Clergy—for Thomas Sunday

Praise the Lord, O Jerusalem; praise thy God, O Zion. Alleluia. (Ps. 147:1)

Communion of the Faithful

Receive the body of Christ. Taste the fountain of immortality.

Alleluia! Alleluia! Alleluia!

Instead of “We have seen the true light, we sing:“Christ is risen” ONE time.

At the end of the dismissal prayer the service then continues with the typical Paschal dialogue, as follows:

Priest: Christ is risen.

Faithful: Indeed He is risen.

Priest: Christ is risen.

Faithful: Indeed He is risen

Priest: Christ is risen.

Faithful: Indeed He is risen.

Priest: Glory to His third-day Resurrection.

Faithful: Let us worship His third-day Resurrection.

Priest: Christ is risen from the dead, trampling down death by death, and upon those in the tombs

Faithful: bestowing life.

English: Christ is risen!

He is risen indeed!

Greek: Christos anesti!

Alithos anesti!

Arabic: El Messieh kahm!

Hakken kahm!

Slavonic: Christos voskrese!

Voistinu voskrese!

Romanian: Hristos a inviat!

Adeverat a inviat!

Spanish: Christo ha resucitado!

En verdad ha resucitado!

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

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

BLESSING OF THE GRAVES

Fr. Nicholas will bless the graves of our loved ones buried at Goleta Cemetery today after Coffee Hour.

OUR SINCERE CONDOLENCES to the entire Braun Family, those in our parish and their extended family members who live near and far, on the falling asleep in the Lord of Kh. Mary Ellen on Great and Holy Friday, April 29th. May she rest with the saints and may her memory be eternal.

CHANGE IN DAILY TRISAGION PRAYERS

1. From Pascha until Pentecost, do not say, "O Heavenly King..."
2. From Pascha until Ascension, replace "Holy God, Holy Mighty..." with "Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life."

MANY YEARS AND WELCOME TO THE NEWLY ILLUMINED, who were welcomed into the Orthodox Faith yesterday during the Liturgy of Holy Saturday morning. God grant many years to them and to their sponsors:

Edward Severy	Sponsor: Galen Wiley	Patron Saint: St. John of Damascus
Suzi Wiley	Sponsor: Kh. Peggy King	Patron Saint: St. Sidonia of Georgia
Tom Williams	Sponsor: Mitchell Denny	Patron Saint: St. Ignatius of Antioch

SAOC Summer School 2016

for children in grades K-6

Monday, June 20-Thursday, July 7

We are excited about our Summer School team for 2016. Fr. Nicholas and Chris Dillon will be working with the 4th-6th graders. Mary Gish (and all of her helpers) will be with our K-3rd graders, and Jody Wallace will be overseeing all of the administrative duties.

SUMMER SCHOOL FORMS are now available both in the foyer of the church and also on the parish website. To download them, go to: <https://www.stathanasius.org/ministries/youth-education/summer-school/>

Many thanks...

THE BRAUN FAMILY extends its thanks to all who labored in love this past week to prepare for the funeral and mercy meal for Kh. Mary Ellen, especially:

- The clergy, who served at the funeral;
- Valerie and the choir for the beautiful music;
- Penny Brunner, Kh. Jan Speier, and Cheryl Giordani for dressing and preparing Mary Ellen's body so lovingly for the funeral;
- June Easbey and her crew for the mercy meal: Michael Easbey, Robert and Leslee Kinman, Courtney Shannon, and Angel Speier;
- and all who helped to prepare for a beautiful Bright Week tribute to Mary Ellen!



MAY HER MEMORY BE ETERNAL!

CELEBRATIONS for THIS WEEK

Wedding Anniversaries

5/12 Jim & Gloria Morrison, Larry & Cheryl Lander
5/13 Hani & Katherine AbuGhazaleh

Birthdays

5/8 Jane (Elizabeth) Meyer
5/11 Benny Madrigal, Brett Williams
5/12 Kevin de Bree
5/14 Brian Sieck

Patronal Feast Days

5/8	St. Emilia, Mother of SS. Basil & Gregory	Emily Mason Speier
5/9	St. Christopher of Lycia	Chris Robinson

TEEN SCENE

Activities—Winter/Spring 2016

Junior High School

Friday, May 13	Pool Party and Barbecue
June	End of year trip (Date TBA)

High School

Saturday, May 21	St. Barbara's Monastery Day Trip	Time TBA
Sunday, May 22	Fire on Father	5:00-7:00 p.m. Fr. Nicholas and Jan's
Sunday, June 12	Graduation Party & Fire on Father	5:00-7:00 p.m. Fr. Nicholas and Jan's

THOMAS SUNDAY



Some icons depicting this event are inscribed "The Doubting Thomas." This is incorrect. In Greek, the inscription reads, "The Touching of Thomas." The Slavonic inscription is, "The Belief of Thomas." When St. Thomas touched the Life-giving side of the Lord, he no longer had any doubts. This day is also known as "Antipascha." This does not mean "opposed to Pascha," but "in place of Pascha." Beginning with this first Sunday after Pascha, the Church dedicates every Sunday of the year to the Lord's Resurrection. Sunday is called "Resurrection" in Russian, and "the Lord's Day" in Greek.

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
Fr. Jon Braun
Dn. Richard E.
Kh. Diane Carrillo
Kh. Mary Sue W.
Greg & Margaret Y.
Hoppe Family
Gail S.
Dean & Penny B.
Kevin & Angel S.
Mary

Susan B.
Baby Christian F.
Duane F.
Temmo K
Paige
Galina, Nikolai & Nataliya
Olga Marie G.
Mike, Trevor & Adam
Emily F.
Joan, Jerry, Brenda
Kevin O.
Steve K.

Terri-Lynn & Hannah Rose H.
Scott
Rachel D. and family
Silvia Y.
Helen
Trevon
Fay Y.
All those suffering and
in danger in the Ukraine,
Africa, and the Middle East

For repose of the souls of: Kh. Mary Ellen, Milijana, Christine, All who have died in the conflicts in the Ukraine, Africa & the Middle East

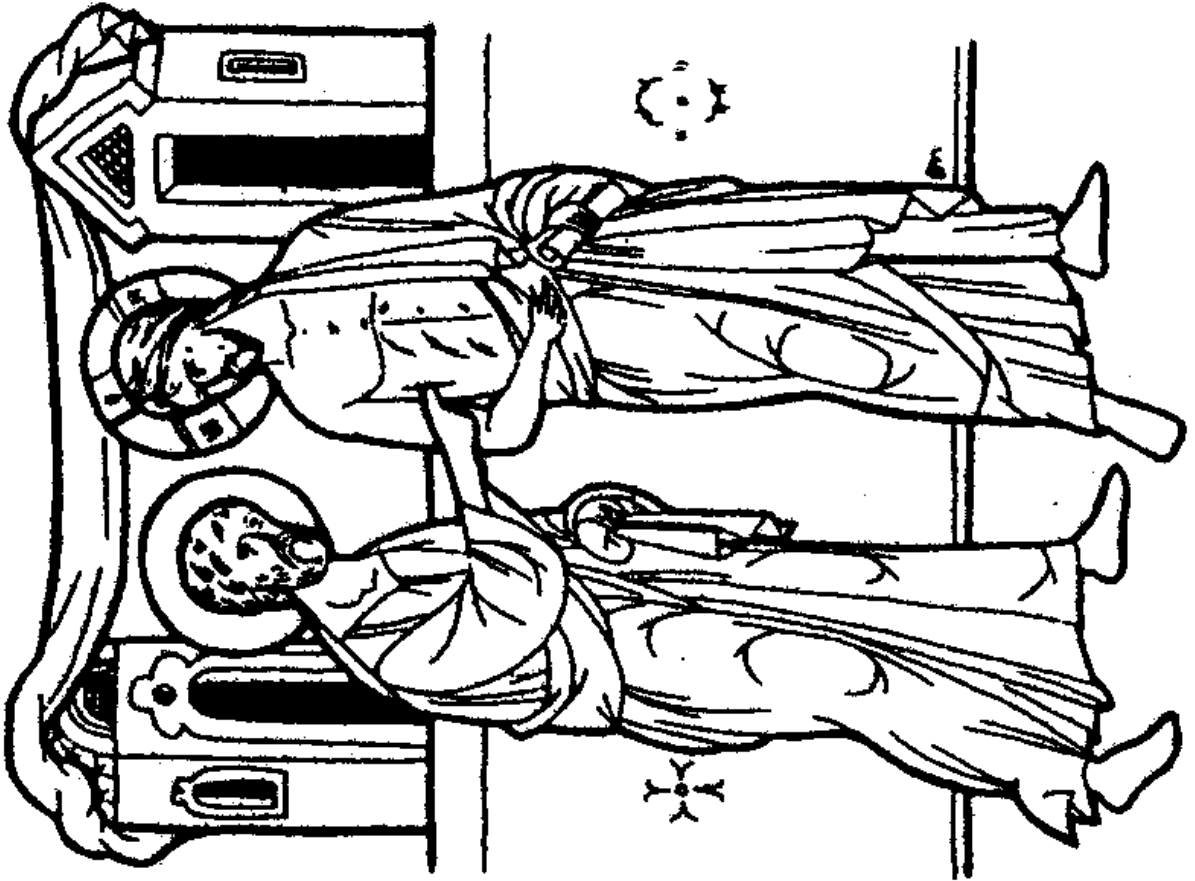
ABOUT OUR PRAYER LISTS:

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

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 foyer of 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. Pay- *
* ment should be made at time of purchase and placed in the brown lockbox *
* mounted on wall next to Fr. Nicholas' office. Make checks payable to "St. *
* Athanasius Book Center." *
* **All proceeds go to the parish Building Fund.** *

THE DOUBTING THOMAS



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