



# 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 15, 2016**

**Tone 2 / Eothinon 4**

Sunday of the Myrrh-Bearing Women,  
Pious Joseph of Arimathea & Righteous Nicodemus



## ***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 15-Sunday of the Myrrhbearers**

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

### **Monday May 16**

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

### **Tuesday, May 17**

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

### **Wednesday May 18**

6:45 a.m. Pascal Matins  
12:00 p.m. Intercessory Prayer Group  
5:45 p.m. Outreach Team Meeting  
(rescheduled from last week)

### **Thursday May 19**

5:30 p.m. Daily Vespers

### **Friday May 20**

6:45 a.m. Paschal Matins

### **Saturday May 21**

#### **HIGH SCHOOL DAY TRIP TO ST. BARBARA MONASTERY**

4:30 p.m. Book Study  
6:00 p.m. Vespers/Confession

### **Sunday, May 22-Sunday of the Paralytic**

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 15 Tinyayeva  
May 22 TBA  
May 29 D. Washburn  
June 5 Hedges

### **Coffee Hour**

May 15 Jacobs  
May 22 Lewis  
May 29 NEED A HOST  
June 5 NEED A HOST

### **Greeters**

May 15 G. Shannon/Kristin King  
May 22 P. Morrison/D. Genatone  
May 29 K. Fox/H. Lange  
June 5 D. Lewis/D. Washburn

### **Ushers**

May 15 G. Shannon, S. Speier, P. Brunner  
May 22 P. King, D. Meyer, R. Barre  
May 29 D. Lewis, C. Speier, J. King  
June 5 D. Washburn, G. Shannon, S. Speier

### **Readers**

May 15 H. Lange  
May 22 D. Meyer  
May 25 R. Barre (Mid-Pentecost Liturgy)  
May 29 D. Washburn  
June 5 D. Alexander

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

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

**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 the Resurrection**

**Tone 2**

**(Music on page 42 of Liturgy Booklet)**

When Thou didst submit Thyself unto death,  
 O Thou deathless and immortal One,  
 then Thou didst destroy Hell with Thy Godly pow'r,  
 and when Thou didst raise the dead from beneath the earth,  
 all the pow'rs of heaven did cry aloud unto Thee.  
 O Christ, Thou art the Giver of life, glory to Thee.

#### **Troparion of Joseph of Arimathea**

**Tone 2**

The noble Joseph,  
 when he had taken down Your most pure Body from the Tree,

wrapped it in fine linen and anointed it with spices,  
and placed it in a new tomb.

But You rose on the third day, O Lord, //  
granting the world great mercy.

### **Troparion of the Myrrh-bearing Women**

**Tone 2**

The angel came to the myrrhbearing women at the tomb and said:

Myrrh is fitting for the dead;

But Christ has shown Himself a stranger to corruption!

So proclaim: The Lord is risen,

Granting the world great mercy.

### **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 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)**  
**(Page 57 of Liturgy Book)**

**Tone 2**

**The Lord is my strength and my song. He has become my salvation.**

**Verse.** The Lord has chastened me severely but He has not given me over to death.

**THE EPISTLE READING**

**Acts 6:1-7**

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the Twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolas, a proselyte of Antioch. These they set before the Apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

**Alleluia before the Gospel**

**Tone 2**

**Chanter:** Alleluia, Alleluia, Alleluia!

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

**Verse:** May the Lord hear you in the day of trouble!

May the name of the God of Jacob protect you! (Ps 19/20:1)

**Verse:** O Lord, save the King in the day we call on Thee! (Ps 19/20:9)

**GOSPEL READING—Mark 15:43-16:8**

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where he was laid.

And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back -- it was very large.

And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell his disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

### **Hymn to the Mother of God (Meglynarion)**

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

### **Communion Hymn**

Receive the Body of Christ; taste the fountain of immortality!

**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.*

<b>English:</b>	<b>Christ is risen!</b>	<b>He is risen indeed!</b>
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](http://www.stathanasius.org).

### **LITURGY FOR MID-PENTECOST**

We will celebrate the Feast of Mid-Pentecost on Wednesday evening, May 25th at 6:00 p.m. This celebration is the midpoint of the fifty days between the Feasts of Pascha and Pentecost.

### **ADULT BOOK STUDY from June 11-July 16, on Saturdays at 4:30 p.m.**

On June 11th, Fr. Nicholas will begin an adult study group on the booklet, "A Wonderful Revelation to the World: A Conversation of St. Seraphim with Motovilov. If you would like to participate, please let Fr. Nicholas know before the first class session.

### **PLEASE PRAY FOR our parish member, Chantél Cappuccilli,**

who is leading her Westmont Women's Soccer Team, of which she is the Head Coach, on a trip to Uganda, East Africa. They left this past Monday, May 9th and return on May 22nd. The group includes 15 players, 2 coaches, and 2 board members of the organization called Sports Outreach, with which they are partnering. It will be the 4th mission trip for Westmont's Sports Outreach over the course of the past 10 years. They will be running soccer clinics in the slums of Kampala and Gulu, playing against the Ugandan National team, and will compete in other games while they are there. They will donate a couple of days of manual labor (digging ditches, building bricks, planting and weeding). They will also visit a youth detention home and a rescue home for girls in vulnerable



home situations. They will share their testimonies and words of encouragement throughout the visit after each of the games and events. You can follow their journey through their blogsite: <http://westmontwsoccer.com/>



## *SAVE THE DATE!!! SUNDAY, JUNE 19th*

Save the date for a Pentecost/Father's Day celebration following Divine Liturgy on Sunday June 19th. Main dish & drinks provided. \$10 for adults and \$5 for children under 12. Bring your dad's favorite salad and/or dessert to share.

### *CELEBRATIONS for THIS WEEK*

#### **Wedding Anniversaries**

5/17 David & Shirley Dillon  
5/20 Stoney & Jami Stetler

#### **Birthdays**

5/17 Kent Fox  
5/18 Penny Cocores  
5/19 Anastasia Brunner, Bob Newsom  
5/20 Luke Speier, Peter Braun

#### **Patronal Feast Days**

5/21 **SS. Constantine & Helen** Constantine (Dean) Papazacharioudakis

### **INCOME FOR MARCH 2016**

	<b><u>Gen. Operating</u></b>	<b><u>Building Fund</u></b>
Monthly Goal	\$36,000	\$ 14,120
Monthly Actual	\$27,698	\$ 18,059

### **INCOME FOR APRIL 2016**

	<b><u>Gen. Operating</u></b>	<b><u>Building Fund</u></b>
Monthly Goal	\$36,000	\$ 14,120
Monthly Actual	\$37,431	\$ 10,465

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

**Great and Holy Pascha 2016**

*“Christ is Risen! And you O death are annihilated! Christ is Risen! And the evil ones are cast down! Christ is Risen! And the angels rejoice! Christ is Risen! And life is liberated! Christ is Risen! And the tomb is emptied of its dead; for Christ having risen from the dead is become the first fruits of those who have fallen asleep” (from the Paschal Homily of St. John Chrysostom)*

Beloved Clergy and Faithful of our God-protected Archdiocese,

Christ is Risen! Truly, He is Risen!

I greet you with great joy and love as we celebrate the Feast of the Holy Resurrection of our Lord, God, and Savior Jesus Christ. The quote above from the Paschal Homily of St. John Chrysostom reminds us of the complete victory that has been achieved by our Lord Jesus Christ over death and the forces of evil. It expresses the overwhelming joy of the angels as they witness the tombs being emptied of the dead. It calls to mind the new life that is ushered in by the Glorious Resurrection of our Lord Jesus Christ, and inspires us to be full participants in the joy of this Feast, and in the new life which is granted to us. May the celebration of this Feast be a source of great joy to you and your loved ones.

Praying that the Light of the Empty Tomb will uplift us all, I remain,

Yours in the Risen Lord,

+JOSEPH

Archbishop of New York and Metropolitan of all North America

**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/>

## 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  
Fr. Jon Braun  
Dn. Richard E.  
Kh. Diane C.  
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.  
Galina, Nikolai & Nataliya  
Olga Marie G.

Mike, Trevor & Adam  
Emily F.  
Joan  
Terri-Lynn & Hannah Rose H.  
Silvia Y.  
Manny  
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](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 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.** \*  
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THE MYRRHBEARERS:



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