



# 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  
Benjamin Hedges, Secretary  
Katie AbuGhazaleh  
Richard Barre  
Catherine Braun  
Dottie Genatone  
Verne Gish  
Kristi King

## LITURGY OF ST. JOHN CHRYSOSTOM Sunday, January 15, 2017

**Tone 5 / Eothinon 8; Twenty-ninth Sunday  
after Pentecost & Twelfth Sunday of Luke**  
Venerable Paul of Thebes & John the Hut-dweller;  
Venerable Martyr Pansophios of Alexandria;  
Venerable Gabriel of Lesnovo



**St. Paul of Thebes, the First Hermit (230-341)  
being visited by St. Anthony 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 Coffee Hour~ we'd love to meet you!

# ***Calendar for this Week***

## **Sunday, January 15**

9:00 a.m. Religious Education ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:00 p.m. St. Stephen's Study Group

## **Monday, January 16**

6:45 a.m. Daily Matins  
4:30 p.m. St. Brigid Outreach dinner at  
St. Michael's in Isla Vista  
7:00 p.m. Men's "Sticks" Gathering

## **Tuesday, January 17-St. Anthony the Great**

2:30 -4:15 p.m. Catechesis Level I  
6:00 p.m. **Vespereal-Liturgy for Feast of  
St. Athanasius**  
7:30 p.m. 30th Anniversary Committee Mtg.

## **Wednesday, January 18-St. Athanasius**

6:45 a.m. Daily Matins  
11 a.m.-1p.m. Shower of Blessings Ministry  
12:00 p.m. Intercessory Prayer Group

## **Thursday, January 19**

5:30 p.m. Daily Vespers  
6:00 p.m. Junior High Youth Group  
6:30 p.m. High School Youth Group  
7:00 p.m. Choir Rehearsal

## **Friday, January 20**

6:45 a.m. Daily Matins

## **Saturday, January 21**

4:30 p.m. Adult Bible Study on Ephesians  
6:00 p.m. Great Vespers/Confessions

## **Sunday, January 22**

9:00 a.m. Religious Education ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal

## ***Sunday Morning Ministries Schedule***

### **Eucharist Bread**

January 15 Hedges  
January 22 Sieck  
January 29 Dillon  
February 5 M. Kern

### **Coffee Hour**

January 15 Wiley/Baker  
January 22 D. Washburn  
January 29 Shackelford/Genatone in memory of  
Al Genatone  
February 5 Alexanders-for St. Simeon and St. Anna,  
Farewell Reception for Jennifer Ferraez

### **Greeters**

January 15 D. Washburn/D. Lewis  
January 22 K. & L. Jacobs  
January 29 P. King/L. Baker  
February 5 G. Shannon/K. King

### **Ushers**

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

### **Readers**

January 15 D. Meyer  
January 17 G. Wiley (Vespereal Liturgy)  
January 22 D. Washburn  
January 29 D. Alexander  
February 1 V. Gish/P. Braun  
February 5 M. Kern

**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**

**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”**

After each of the verses 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 (Music on page 45 of Liturgy book)**

Having learned the joyful message  
of the Resurrection from the angel,  
the women disciples of the Lord cast from them  
their parental condemnation,  
and proudly broke the news to the disciples  
saying death has been spoiled.  
Christ God is risen, granting the world great mercy.

**Tone 4** Byzantine melody  
harmonized by Fr. J. Finley

#### **St. Paul of Thebes**

Inspired by the Spirit,  
you were the first to dwell in the desert  
in emulation of Elijah the zealot;  
As one who imitated the angels,  
you were made known to the world by St. Anthony the Great.  
Righteous Paul, entreat Christ God to grant us His great mercy.

**Tone 3** Slavic Greek Chant

#### **St. John the Hut-dweller**

From your early youth,  
you longed with fervor for the things of the Lord.  
Leaving the world and its pleasures,  
you became an example of monastic life.  
Most blessed John, you built your hut at the door of your parents' house  
and overcame the devil's guiles.  
Therefore Christ Himself has worthily glorified you.

**Tone 4** Slavic Chant

**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 of The Feast of the Presentation of Our Lord in the Temple**

**Tone 1**

By Your Nativity You sanctified the Virgin's womb!  
And blessed Simeon's hands, O Christ God.  
Now You have come and saved us through love.  
Grant peace to all Orthodox Christians, O only Lover of Man!

**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**  
**(Music on page 59 of Liturgy book)**

**Tone 4** Byzantine melody  
harmonized by Fr. J. Finley

O Lord, how manifold are Thy works, in wisdom Thou hast made them all.

*(Ps 103/104:24)*

Vs. Bless the Lord O my soul, O Lord my God, Thou art very great.

**EPISTLE READING**  
**Colossians 3:4-11**

Brethren, when Christ, Who is our life, appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these, the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its Creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

**Alleluia Refrain and Psalm verses before the Gospel**  
**(Music on p. 64 of Liturgy book)**

**Tone 4**

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

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

**Verse:** Draw Thy bow and prosper and reign, in the cause of  
truth, meekness, and righteousness. (*Ps 44/45:5*)

**Verse:** Thou hast loved righteousness and hated wickedness.  
(*Ps 44/45:8*)

**GOSPEL READING**  
**Luke 17:12-19**

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him, "Rise and go your way; your faith has made you well."

## LITURGY OF THE FAITHFUL

### 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.

### Communion Hymns

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

Alleluia, Alleluia, Alleluia.

### HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Christians who are baptized in the name of the Trinity and chrismated into the Orthodox Faith. Non-Orthodox believers **may approach the chalice for a blessing and the blessed bread instead of the Eucharist.** So that the

priest is aware of this, please just say,  
*“Father, bless” when you get to the chalice.*

### Thanksgiving Prayers after Communion

At the end of the Divine Liturgy, we offer the prayers of thanksgiving for having received the Body and Blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have just partaken, and prepare us for our transition back into the “world.” We invite you to listen to these beautiful prayers during and after the veneration of the cross at the end of the service, and ask that you show courtesy to those who are remaining to hear the prayers in their entirety by waiting until Coffee Hour to socialize.

## NEED HELP WITH A REWARDING MINISTRY

**You will be “showered with blessings!”**

We need three or four folks from our parish who are retired or free during the day from 10:30 a.m.-1:30 p.m. on Wednesdays to help with the Shower of Blessings Ministry. There is already a team of people in place who run the shower truck. We get anywhere from 15—30 people each week who come and receive the blessing of a free shower. What we offer as a parish is a bit of hospitality and friendship. We serve simple refreshments and visit with our guests. That is where we need some help. The commitment of the team members involves:

Brewing a large pot of coffee and filling a dispenser with water

Making sandwiches (usually peanut butter and jelly)

Setting up a 2 tables

Putting out the refreshments (sometimes also goodies left from coffee hour)

Clean-up

The ideal would be for two people to work together each week. **If you are interested, please contact Lisa Ballew at 722-7679 or lisaballew8@gmail.com.**

# *CELEBRATIONS* for THIS WEEK

## Wedding Anniversaries

1/15 John & Elizabeth Heiduk  
1/20 Fr. Nicholas & Jan Speier

## Birthdays

1/15 Sophia Johnson, Thomas Ballew  
1/16 Kent Jacobs  
1/18 Rita Schneider, Alan Wallerstedt  
1/19 John Wallace  
1/20 Evonne Chala

## Patron Saint Commemorations

1/17 St. Anthony the Great Beau Brunner, Evonne Chala, Troy Harris, Cole Kronman  
1/18 St. Cyril of Alexandria Owen J. Finley

## **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).

## **HOUSE BLESSING APPOINTMENTS**

The Grace of God is imparted to us in the holy water ("The Grace of Redemption). It is time, once again, to make an appointment for your home to be blessed. Please call one of the priests listed on the front of the bulletin to set up a time, preferably when all members of the household can be present.

**THE ST. STEPHEN'S STUDY GROUP** is meeting today (January 15) and January 29 after church! They are currently discussing "The Orthodox Church" by Met. Kallistos Ware. All Are welcome! Please call or email Michael Easbey with any questions - 805-705-6121 or [measbey@gmail.com](mailto:measbey@gmail.com).

## **A REMINDER ABOUT YOUR MONTHLY DONATION CHECKS:**

Please stipulate each month on your check or online payments exactly how you would like the funds allocated. If nothing is noted, the full amount of the donation will go to tithe income.

## **ADULT BIBLE STUDY**

We will be studying Paul's letter to the Ephesians on Saturdays at 4:30 p.m. before Great Vespers. Come join us for a good study and discussion!



# SCHEDULE FOR UPCOMING FEAST DAYS & CELEBRATIONS

## FEAST OF ST. ATHANASIUS THE GREAT

Tuesday, January 17, 2017 at 6:00 p.m. Vespers-Liturgy

## FEAST OF THE PRESENTATION OF OUR LORD in the Temple

Wednesday, February 1, 2017 at 6:00 p.m. Vespers-Liturgy

## MARK YOUR CALENDAR FOR THE PARISH 30th ANNIVERSARY CELEBRATION February 17-19, 2017 (Presidents Weekend)

### Friday, Feb. 17

7-8:30 p.m.

Pre-Lenten Seminar: Session I

Paul (Howard) Finley on the Beatitudes

8:30 p.m.

Reception

### Saturday, February 18

11:00 a.m.-12:15 p.m.

Pre-Lenten Seminar Session II

12:15 p.m.-1:15 p.m.

Lunch

1:15-2:30 p.m.

Pre-Lenten Seminar Session III

6:00 p.m.

Great Vespers

7:00 p.m.

“Coming Home” video

Introductory remarks by Fr. John Finley

7:45 p.m.

Reception

### Sunday, February 19 - Meatfare Sunday

9:00 a.m.

Matins/Divine Liturgy

11:45 a.m.

Group photos taken inside

12:15 p.m.

Luncheon outside (Meatfare BBQ)

1:30 p.m.

Brief musical program inside

2:00 p.m.

Dessert/coffee

# EPIPHANY CELEBRATION 2017 at Santa Barbara Harbor







## CAMP ST. NICHOLAS - YOUR SUPPORT IS NEEDED



For over 50 years, Camp St. Nicholas in Frazier Park, California has been the summer and winter camp home to generations of campers from the Diocese of Los Angeles and the West, including campers from St. Nicholas Cathedral, Los Angeles; St. Luke, Garden Grove; St. Michael, Van Nuys; St. Anthony, San Diego; St. George, Phoenix; St. Mark, Irvine; St. Simeon, Valencia; St. Athanasius, Santa Barbara; St. Andrew, Riverside; St. George, Phoenix; St. Timothy, Lompoc; St. Barnabus, Costa Mesa; St. Peter, Pomona; St. James, Modesto; and many other parishes.

Although we have been blessed to have had our Camp for so many years, as the facility has aged, repair and maintenance costs have steadily increased. Camp St. Nicholas is a non-profit, and camp attendance fees and other earned revenues come nowhere near covering the expense of maintaining the Camp, so a group of former camp staff and directors have come together to raise awareness and critically needed funds for the immediate repair of the facility, and to build a base of support for the future. Another important goal of this group is to provide an opportunity for fellowship through camp "reunion" events.

With the blessing of His Eminence, Metropolitan Joseph, we are asking that everyone who cares about preserving camp for future generations join the Camp St. Nicholas Legacy Committee and contribute to this effort. The goal for our fundraising campaign is \$30,000, which is based on projects at Camp St. Nicholas that require immediate attention. Making these immediate repairs will allow our children to use the Camp at the upcoming Winter Retreat and Summer Camping programs. Churches, Church groups and individuals are all encouraged to contribute. Your contribution is tax deductible and any amount is greatly appreciated. The projects include:

- Repairing the restrooms in the Mess Hall
- Removing trees which have become dangerous and are a liability
- Applying a protective coating of oil in the Chapel

There are two ways to contribute to the Campaign.

- 1) The Committee has established a "GoFundMe" page where you can donate easily with a credit card:  
<https://www.gofundme.com/Campsaintnicholas>
- 2) You can also send a check to:  
Umpqua Bank | 700 N. Central Suite 150 | Glendale, CA 91203 | Attention: Concetta Smarius  
Checks should be made to: "St. Nicholas Cathedral Camp Repairs"

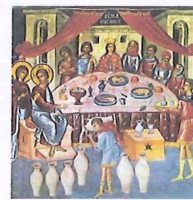
The funds are being directed to a special account specifically designated for repairs. The campaign will be active through February 17, and there will be a donor thank-you reception on February 25th. You won't want to miss that - it will be like a mini camp reunion! Should you have any questions, please call Sonia Tower at 212-308-3696.

### CAMP ST. NICHOLAS LEGACY COMMITTEE

Co-Chairs: Steve Ajalat Edward Deeb Fred Milkie, Jr. Laurie Rowihab  
Executive Committee: Rose Samore Concetta Smarius Sonia Chala Tower Rami Yann

**Saturday, January 21, 2017 at 7:00 p.m.**

**(This is Alexandra Trigonis' brother.)**



# THE MYSTERY OF MARRIAGE AND PARENTING AS A PATH TO HOLINESS

*Speaker: Dr. Philip Mamelakis, Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology and author of Parenting Toward the Kingdom: Orthodox Christian Principles of Child-Rearing*

*Time: 7:00 p.m.*

*Location: St. Barbara Greek Orthodox Church*

*1205 San Antonio Creek Road, Santa Barbara, CA 93111*

*For more information, please contact Alex and Alexandra Trigonis at [at2x@juno.com](mailto:at2x@juno.com), or else call (805) 683-4492*

## **TEEN SCENE**

**January—February, 2017**

**Unless noted otherwise, the Junior Highers meet from 6:00-7:30 p.m. on Thursdays, and the High Schoolers meet from 6:30-8:30 p.m.**

Thursday, January 12 Regular Youth Group Sessions

Thursday, January 19 Regular Youth Group Sessions

Thursday, January 26 Regular Youth Group Sessions

Thursday, February 2 Regular Youth Group Sessions

Thursday, February 9 Regular Youth Group Sessions

Thursday, February 16 Regular Youth Group Sessions

Thursday, February 23 Combined Youth Group—All Teens 6:30pm - 8:30pm

*Meet at Rusty's Pizza on Turnpike at 6:30pm for Dinner. Walk over to Cloud 10 for Dodgeball and Trampoline Fun!*

### **Church Etiquette Corner—Some Reminders**

- We are encouraged to stand while the Holy Gifts (The Body and Blood of Christ) are present in the nave out of respect and honor for the presence of Christ among us (until the clergy return with the chalice to the altar after Communion).
- We should all make an effort to be present at the beginning of the Divine Liturgy, but if we DO come late, we are asked to enter quietly and without disrupting the service or those in attendance.
- Please minimize: movement in general, and entering and leaving during the reading of the Epistle or Gospel, or during the Homily. If you enter while these things are already taking place, please stand in the back and take a seat after the reading or sermon are finished.
- After partaking of Holy Communion, it is important to remain to the end of the Liturgy to thank our Lord and receive the final blessing from the priest.
- Women and young ladies are asked to remove lipstick or lip gloss before kissing icons or receiving the Eucharist.

## 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  
Fr. Jon Braun  
Dn. Richard E.  
Kh. Diane C.  
Kh. Mary Sue W.  
Fr. Patrick and Vanessa K.  
Greg & Margaret Y.  
Hoppe Family  
Gail S.  
Dean & Penny B.  
Kevin & Angel S.

Baby Emma  
Mary  
Susan B.  
Baby Christian F.  
Duane F.  
Galina, Nikolai & Nataliya  
Olga Marie G.  
Emily F.  
Joan T.  
Terri-Lynn & Hannah Rose H.  
Jared E.

James  
Alma G.  
Dawn L.  
Michael L., Penny C. and Family  
Greg Z.  
All those suffering and  
in danger in the Ukraine,  
Africa, and the Middle East

**For repose of the souls of:** Greg M., Ted C. Fr. Paul D., All who have died in the conflicts in the Ukraine Africa & the Middle East

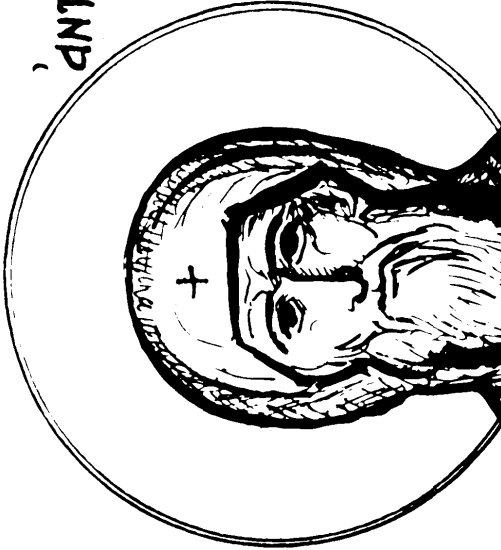
### ABOUT OUR PRAYER LISTS:

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 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.** \*  
\*  
\*\*\*\*\*

ΣΟΥΛΩΝΙΟΣ



ὁ ἄγιος

ΜΗ ΔΙΑ  
ΤΑΙΣ  
ΜΟΝΑ-  
ΧΕ ΧΟ  
ΡΤΑΙΣ