



## 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 805-770-3749

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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**Youth Coordinator**

Tyler Speier tyler@stathanasius.org

**Parish Council 2017-2018:**

Kristi King, President

Dan Braun, Treasurer

Benjamin Hedges, Secretary

Laurie Baker

Corina Berari

David Dillon

Dottie Genatone

Verne Gish

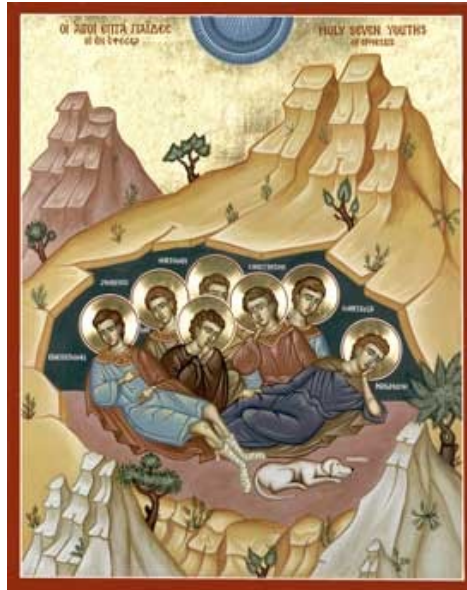
Terri Speier

### LITURGY OF ST. JOHN CHRYSOSTOM Sunday, October 22, 2017

**Tone 3 / Eothinon 9**

#### **Twentieth Sunday after Pentecost & Sixth Sunday of Luke**

Averkios the Wonderworker, Equal-to-the-Apostles  
and Bishop of Hierapolis;  
The Seven Holy Youths (“Seven Sleepers”)  
martyred in Ephesus; Bishop Eulalios



### **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***

### **OCTOBER IS STEWARDSHIP MONTH!**

#### **Sunday, October 22**

9:00 a.m. Matins  
9:00 a.m. Religious Ed for ages 6-18  
10:00 a.m. Divine Liturgy/Trisagion Prayers  
for Silvia & Dn. Paul Yova  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal

#### **Monday, October 23**

6:45 a.m. Daily Matins  
5:00 p.m. St. Brigid Outreach Dinner  
at St. Michael's in Isla Vista

#### **Tuesday, October 24**

5:30 p.m. Daily Vespers

#### **Wednesday, October 25**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Ministry  
5:45 p.m. Evangelism Team Meeting  
7:00 p.m. Parish Council Meeting

#### **Thursday, October 26**

11:00 a.m. Showers of Blessing Ministry  
5:30 p.m. Daily Vespers  
6:00 p.m. Jr. High Youth Group  
6:30 p.m. High School Youth Group  
7:00 p.m. Choir Rehearsal

#### **Friday, October 27**

6:45 a.m. Daily Matins

#### **Saturday, October 28**

10:00 a.m. Vigil at Planned Parenthood with  
Memorial Service for infants who  
have died as a result of abortion.  
6:00 p.m. Great Vespers, Confessions

#### **Sunday, October 29**

9:00 a.m. Matins  
9:00 a.m. Religious Ed for ages 6-18  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal  
4:00 p.m. St. Barbara Monastery Friends  
Gathering, Fr. John Finley, speak-  
er

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

#### **Eucharist Bread**

October 22 Hedges  
October 29 Jacobs  
November 5 Dn. G. Braun  
November 12 Fr. Nicholas

#### **Coffee Hour**

October 22 V. Yova in memory of her parents:  
Silvia (10/21/16) Dn. Paul (11/9/97)  
October 29 Lander  
November 5 P. Brunner in memory of  
Cyrus Brunner  
November 12 Vander Laan

#### **Greeters**

October 22 D. Lewis, L. Baker  
October 29 K. Fox, D. Washburn  
November 5 K. & L. Jacobs  
November 12 P. King/K.P. King

#### **Ushers**

October 22 P. Brunner, P. King, D. Meyer  
October 29 D. Lewis, C. Speier, D. Washburn  
November 5 R. Barre J. King, C. Berari  
November 12 G. Shannon, S. Speier, P. Brunner

#### **Readers**

October 22 V. Gish  
October 29 H. Lange  
November 4 D. Meyer (Liturgy for St. Raphael)  
November 5 R. Barre  
November 12 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**

**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, the choir and congregation sing the refrain:

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

### **FOLLOWING THE PROCESSION WITH THE GOSPEL, THE CLERGY ENTER THE ALTAR AS 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 St. Averkios the Wonderworker**

You emulated the zeal of the Apostles  
and shone forth like a morning star,  
and your works showed your God-given power:  
you guided the erring to God, //  
O hierarch Averkios.

**Tone 5** Slavic Chant

#### **Troparion for the Seven Holy Martyrs of Ephesus**

Your seven holy martyrs, O Lord,  
through their sufferings have received incorruptible crowns  
from You, our God.  
For having Your strength, they laid low their adversaries,  
and shattered the powerless boldness of demons. //  
Through their intercessions, save our souls!

**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 - Ordinary Sundays**

O undisputed intercessor of Christians,  
The mediatrix, who was 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 ever intercede for those who honor thee.

**Tone 4 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.

**Preparatory Psalm Verses before the Epistle  
(Music on p. 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****Galatians 1:11-19**

Brethren, I would have you know that the Gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the Church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people; so extremely zealous was I for the traditions of my fathers. But when He Who had set me apart before I was born, and had called me through His grace, was pleased to reveal His Son to me, in order that I might preach Him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were Apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other Apostles except James the Lord's brother.

**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 hast Thou to do with me, Jesus, Son of the Most High God? I beseech Thee, 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 was 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.

**Communion Hymn**

Praise the Lord from the heavens; praise Him in the Highest! Alleluia! (*Ps. 148*)

### 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.

## ***CELEBRATIONS for this WEEK***

### **Wedding Anniversaries**

10/28     Andy & Alyssa Simonsen

### **Birthdays**

10/22     Kyle Petersilia  
10/23     Zak Landrum  
10/24     Amanda Simonsen, Fr. Jon Braun, Garrett Gish, Stephen Butler  
10/25     Justin Brunner  
10/26     Tiffany Van Wagoner  
10/27     Ben Hedges  
10/28     Penny Brunner

### **Patronal Feast Days**

10/23	<b>St. James the Apostle</b>	Zavien Van Wagoner, Richard Barre, Jim Morrison, Jacob Wallace
10/26	<b>St. Demetrios</b>	Jackson Stetler
10/28	<b>St. Paraskeva the Martyr</b>	Penny Brunner





## PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - September 27-November 5, 2017)

*O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.*

Dear SAOC Family,

We would like to announce that we are moving to Carlsbad, CA, Patrick's hometown, on November 1. Thank you for the ways you provided for us and gave us opportunities to stay in Goleta for the past four years. God has blessed us greatly through you. We are moving chiefly so Patrick will be able to expand his woodworking business, with the added bonus of being in close proximity to immediate family, in a city we call home. This is a bitter-sweet time for us - we cherish the many memories and will remember you with great gratitude and love. Please keep in touch! Email Nancy if you want to receive occasional photos and updates of our new place. [njosephinegilbert@gmail.com](mailto:njosephinegilbert@gmail.com).

We will attend Saint Anthony the Great Antiochian Church in Linda Vista, CA. We hope to be able to visit SAOC frequently! Please keep us in your prayers.

In Christ,

Patrick John and Nancy Mary Gilbert



OCTOBER

# STEWARDSHIP MONTH

## Time self-assessment

Our time is so important. We are often pulled in many directions. However there are three type of relationships which we can examine where our time is directed.

### My Time

#### Myself

- *Work*
- *Recreation*
- *Relationships*
- *Growth*
- *Hobbies*
- *Internet*

#### Others

- *Immediate family*
- *Extended family*
- *Friends*
- *Community*

#### God Through His Church

Three relationships that define me.

What are my priorities?

## Talent self-assessment

What are my talents? Where are they used most often? How many talents are shared with others? Community? God?

### My Talents

#### Career

- *Leadership*
- *Teaching*
- *Public Relations*
- *Special Skills*

#### Hobby

- *Singing*
- *Repairing*
- *Gardening*
- *Decorating*

#### Personal

- *Cooking/baking*
- *Social networking*
- *Consoling*

#### God Through His Church



# IS at St. Athanasius

## Treasure self-assessment

What is used for basics to live?  
For entertainment? For personal  
comfort? Shared with God?

### My Treasure

#### **Bills**

- *Food-Clothing*
- *Electric-Gas-Water*
- *School*
- *Mortgage-Rent-Insurance*
- *Car Payments*

#### **Entertainment**

- *Cable TV*
- *Music-Movies-Video Games*
- *Dining out*
- *New electronics*
- *Vacation*

#### **Personal Comfort**

- *Daily coffee – Treats*
- *Hobbies-Memberships*
- *Luxury goods-wants, not needs*
- *Recreation*

### **God Through His Church**

What is my budget for  
Church Stewardship?

As the  
Father has *sent me,*  
so I *send you*  
John 20:21



STEWARDSHIP  
MINISTRY



**PLEASE PRAYERFULLY CONSIDER WHAT YOU ARE ABLE TO TITHE** in the coming year to both the General Operating Fund and the Building Fund, and also how you can best offer to God and the parish your time and talent in one of the many ministry groups of the parish.

It is extremely helpful to the Budget Committee and the Parish Council to know your intentions, with the understanding that things can happen during the course of the year to change your ability to give and/or your availability. None of us can predict what might happen in our lives and families in the next 12 months. We can only base our decision on what we know right now, and pray that God will help us to fulfill our desire to keep our commitment, or even to exceed it.

Next week commitment forms will be distributed with the bulletin. There will also be blank forms next to the tithe box until the end of the year. Commitment forms may be put in the tithe box, or handed to Fr. Nicholas.

You can also fill it in online on the church website.  
<https://www.stathanasius.org/stewardship/time-talent-treasure-commitment/>

**THE PARISH COUNCIL ASKS THAT YOU  
SUBMIT YOUR COMMITMENT FORM BY  
NOVEMBER 19**  
so that we can use the information  
in preparing the 2018 budget.

**ADULT CATECHSIM 2017-2018**  
**Saturdays at 4:30 p.m.**

**All are welcome!**

- 9/23 Important Concepts
- 9/30 Tradition, pp. 7-30 from book: **DOCTRINE**
- 10/7 Trinity, pp. 137-149 (Fr. Jon Braun teaching)
- 10/14 History of the Church (Fr. Jon-Stephen Hedges teaching)
- 10/21 Creed and Creation, pp. 33-50
- 10/28 Man and Christ, pp. 52-85
- 11/4 Redemption and Resurrection, pp. 86-116
- 11/11 The Holy Spirit, pp. 118-134
- 11/18 Church art/architecture, pp. 3-22 from book: **WORSHIP**
- 11/25 Thanksgiving weekend—NO CLASS
- 12/2 Sacraments I, pp. 25-58
- 12/9 Sacraments II, pp. 25-58
- 12/16 Cycle of Prayers, pp. 60-68
- 12/23 NO CLASS
- 12/30 NO CLASS
- 1/6 The Church Year I, pp. 70-117



SANTA BARBARA CHAPTER #243 PRESENTS  
AN UPLIFTING AFTERNOON WITH

## VCSB Middle East Ensemble



Photo by Tony Mastres

*The Ensemble's musicians, dancers, and soloists will celebrate traditional music from throughout the Mediterranean and the Levant. Players include our own Voula Aldrich on classic Oud!*

- Date:** Saturday, November 4th  
**Time:** 3:00 To 5:00 PM (*Reception to Follow*)  
**Location:** St. Barbara Greek Orthodox Church Event Center  
1205 San Antonio Creek Road, Santa Barbara
- General Admission:** \$20.00  
**Students (12-21 Years):** \$10.00  
**Children Under 12:** Free

**Purchase Tickets at:** [www.Eventbrite.com](http://www.Eventbrite.com)

Enter Search "*Middle East Ensemble*," Click "*Tickets*," Purchase & Print

Direct: <https://www.eventbrite.com/e/middle-east-ensemble-concert-tickets-38418489737>

**For Information and Assistance:** Please Email [Ahepa243@gmail.com](mailto:Ahepa243@gmail.com)  
Or Call 805-682-4733 & 310-903-2688

## **TEEN SCENE**

**Junior High teens meet from 6:00-7:30 p.m.  
and High School teens meet from 6:30-8:30 p.m.  
on Thursdays in the Teen Room at the church, unless noted otherwise.**

October 26                      Regular Youth Group

Nov. 2                              Regular Youth Group

### **PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES**

- |  |   |
|--|---|
| Saturday, Nov. 4 at 8:30 a.m.                                      | <b>Liturgy for St. Raphael</b>  |
| Friday, November 10 7-8:30 p.m.<br>and Saturday, Nov. 11 9-11 a.m. | <b>Advent Seminar—Topic TBA</b>   |
| Monday, November 21 at 6:00 p.m.                                   | <b>Vesperal-Liturgy for the Feast of the<br/>Presentation of the Theotokos<br/>in the Temple</b>                  |
| Wednesday, Nov. 22 at 6:00 p.m.                                    | <b>Akathist of Thanksgiving</b><br>Bring the whole family! What a great<br>way to start the Thanksgiving Weekend! |
| Sunday, Dec. 3/Monday, Dec. 4                                      | <b>Feast of St. Barbara</b> (Services at the<br>Monastery on Sunday evening and<br>Monday morning.)               |

**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.  
Fr. Patrick and Vanessa K.  
Greg & Margaret Y.  
Hoppe Family  
Gail S.  
Dean & Penny B.  
Angelina, Jase & Alina S.  
Rich and Susan B.

Duane F.  
Galina, Nikolai & Nataliya  
Joan T.  
Friesen Family  
Temmo K.  
Ethan K.  
Tony C.  
Mona Z.  
Paul F. and Family  
Justin B.  
Fr. Anthony Y. and Family  
Bill & Robin H. and Family  
Tony E.  
Yong and Amy

Clifford Y.  
Alma G.  
Guadalupe  
Michael A. & Edward S., who are  
studying in Russia

All those suffering and  
in danger in the Ukraine,  
Africa, and the Middle East

The victims of hurricanes, floods,  
fires and earthquakes in Texas,  
Florida, Montana and Mexico, those  
injured in Las Vegas, and all of the

**For repose of the souls of:** Mary, James P., Rosa R., Victims of Las Vegas shooting;  
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 Proskomedie (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. Payment 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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