

## ST. ATHANASIUS ANTIOCHIAN ORTHODOX CHURCH

A Parish of the Antiochian Orthodox Christian Archdiocese of North America  
300 Sumida Gardens Lane, Santa Barbara, CA 93111  
Office hours: Tues-Fri. 12:00—5:00 p.m.

**His Eminence Met. JOSEPH,  
Archbishop of New York & Met-  
ropolitan of all N. America**

**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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**Teen Program Coordinator**

Michael Easbey: measbey@gmail.com

**College/Young Adult Coordinator**

Mitchell Denny: mitchdennyjr@gmail.com

**Parish Council 2018-2019:**

Kristi King, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Dorothy Alexander  
Laurie Baker  
Corina Berari  
David Dillon  
Verne Gish  
Zak Landrum

## LITURGY OF St. John Chrysostom Sunday, January 20, 2019

**Tone 1 / Eothinon 1;  
Venerable Euthymios the Great  
& Twelfth Sunday of Luke**  
New-martyr Zachariah of Morea



## 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 20**

9:00 a.m. Religious Ed. Classes ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
12:00 p.m. Focus Group in Teen room for  
Adults 39 and under

### **Monday, January 21**

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

### **Tuesday, January 22**

4:30 p.m. Catechesis Level One  
5:30 p.m. Daily Vespers

### **Wednesday, January 23**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Group  
7:00 p.m. Women's Book Study

### **Thursday, January 24—St. Xenia**

11:00 a.m. Showers of Blessing  
6:00 p.m. Jr. High Youth Group  
6:30 p.m. High School Youth Group

### **Friday, January 25**

6:45 a.m. Daily Matins  
4:45 p.m. Akathist Prayers at  
Westmont College in the chapel

### **Saturday, January 26**

9-10:30 a.m. Focus Group—Adults 75+ at  
Camino Real—On the Alley  
4:30 p.m. Adult Catechism  
6:00 p.m. Great Vespers /Confessions

### **Sunday, January 27**

9:00 a.m. Religious Ed. Classes ages 6-18  
9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. Coffee Hour  
4-6:30 p.m. Focus Group for Families with  
children 10 & under  
(S. & T. Speier Home)

***Fr. Nicholas & Jan  
will be away from January 21-26.***

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

### **Eucharist Bread**

January 20 N. Tinyayeva  
January 27 Sieck  
February 3 Dn. G. Braun  
February 10 Jacobs

### **Coffee Hour**

January 20 D. Washburn/K. Fox for St. Xenia  
January 27 K. Vogt  
February 3 Alexander (for St. Simeon & St. Anna)  
February 10 Chala Family in honor of Evonne's  
90th birthday

**(To sign up to host Coffee Hour, go to:  
[www.stathanasius.org/coffee-hour/](http://www.stathanasius.org/coffee-hour/))**

### **Greeters**

January 20 K. Fox/P. King  
January 27 L. Hoppe/K.P. King  
February 3 D. Genatone/P. Morrison  
February 10 P. King/H. Lange

### **Ushers**

January 20 C. Speier, J. King, C. Berari  
January 27 G. Shannon, S. Speier, D. Washburn  
February 3 P. Brunner, P. King, D. Meyer  
February 10 D. Lewis, C. Speier, J. King

### **Readers**

January 20 D. Meyer  
January 27 D. Washburn  
February 2 Rdr. V. Gish  
February 3 D. Alexander  
February 10 Rdr. M. Kern

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

## THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

### THE GREAT LITANY

① Lord, have mer - cy. Lord, have mer - cy. nazo zakkak

② Lord, have mer - cy. Lord, have mer - cy.

③ Lord, have mer - cy. Lord, have mer - cy.

④ Lord, have mer - cy. Lord, have mer - cy.

⑤ Man-y years, - Mas - ter. Most holy The - o - to - kos, save us.

⑥ To Thee, O Lord. A - - men.

The musical score is written for Soprano/Alto and Tenor/Bass. It consists of six numbered phrases. The first two phrases are in English and Greek. The third and fourth phrases are in English. The fifth and sixth phrases are in English. The music is in a minor key and 4/4 time. The lyrics are: "Lord, have mercy. Lord, have mercy. nazo zakkak", "Lord, have mercy. Lord, have mercy.", "Lord, have mercy. Lord, have mercy.", "Lord, have mercy. Lord, have mercy.", "Man-y years, - Mas - ter. Most holy The - o - to - kos, save us.", and "To Thee, O Lord. A - - men."

**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]

Musical score for Soprano and Tenor/Bass parts. The Soprano part is in treble clef and the Tenor/Bass part is in bass clef. The key signature has one flat (B-flat). The lyrics are: "Through the in - ter - cess - ions of the The - o - to - kos, nazo zakkak". There is a checkmark at the end of the Soprano line.

Musical score for Soprano and Tenor/Bass parts. The Soprano part is in treble clef and the Tenor/Bass part is in bass clef. The key signature has one flat (B-flat). The lyrics are: "O Sav - ior save us." The Soprano part ends with a double bar line and a fermata.

**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 art risen 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]

nazo zakkak

Soprano Alto

O — Son of God, Who art ris - en from the dead, — ✓

Tenor Bass

Soprano Alto

save us who sing — to Thee, al - le - lu - ia.

Tenor Bass

**Chanter: 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

nazo zakkak

Soprano Alto

On - ly Be - got - ten Son and Word of God, Who

Tenor Bass

Soprano Alto

art im - mor - tal, ✓ who for our sal - va - tion

Tenor Bass

S A  
willed to be in - car - nate of the Ho - ly The - o - to - kos and  
T B

S A  
ev - er - vir - gin Mar - y, who with - out  
T B

S A  
change be - came man and wast cru - ci - fied,  
T B

S A  
*ritardando* O Christ our God, and tram - pled down death by death,  
T B  
*ritardando* 1. 2 off

S A  
*a tempo* who art One of the Ho - ly Trin - i - ty,  
T B  
*a tempo*

S A  
*cresc.* glo - ri - fied to - geth - er with the Fa - ther and the  
T B  
*cresc.*

S A  
Ho - ly Spir - it, *ff* save us.  
T B

**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**

**Tone 1**

**(Music on p. 40 of Liturgy book)**

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.

**Troparion for St. Euthymius**

**Tone 4**

Rejoice, barren wilderness!  
Be glad, sterile desert that has never known the travail of birth!  
The man of desires, Euthymius, has multiplied your sons;  
he has planted them in faith and piety.  
He has watered them with the Holy Spirit;  
they grow in self-denial and perfect virtue.//  
Through his intercessions, Christ our God, preserve Your people in peace!

**Troparion to St. Athanasius**

**Tone 3**

**(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.

**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. 13 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.

**Preparatory Psalm Verses before the Epistle (Prokeimenon)**

**Tone 1**

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  
2 Corinthians 4:6-15**

Brethren, it is the God Who said, "Let light shine out of darkness," Who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. While we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak, knowing that He Who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.



**Alleluia 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 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."

**HOMILY****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.

## ADULT CATECHISM

**Saturdays from 4:30-6:00 p.m.**

*All adults are welcome to any and all classes.*

### January -April 2019

January 5	Sacraments I	Accessing the Divine Energies
January 12	Sacraments II	Accessing the Divine Energies
January 19	Cycle of Prayer/Church Year	Redeeming the Time
January 26	Church Year	Redeeming the Time
February 2	Liturgy (Fr. Jon-Stephen)	Understanding the Mystery
February 9	Music (Valerie Yova)	Accessing Beauty
February 16	Virtues (Fr. John Finley)	Drawing Near to God
February 23	Beatitudes	As a Guide to Life
March 2	PRE-LENTEN SEMINAR	NO CLASS at 4:30 p.m.
March 9	Lent	Bright Sadness
March 16	Spirituality	Living a Holy Life
March 23	Morality	Keeping Body and Soul Healthy
March 30	Church Ministry	Participating in the Life of the Church
April 6	Holy Week	Walking with Christ through His Passion
April 13	Confession	Forgiveness, Strength, Healing
April 19 (Friday)	Canon of Lazarus	6:00 p.m.
April 20	Lazarus Saturday Liturgy	8:30 a.m.
April 27	Great and Holy Saturday	8:30 a.m. Vespers-Liturgy with Baptisms and Chrismations
April 28	PASCHA	5:00 a.m. Procession, Rush Service/Liturgy

## PARISH COUNCIL CORNER

- The permit for the patio was approved! Brian Sieck will proceed with the project.
- The Parish Council would like to ask our members to prayerfully consider their monthly financial commitment to our Building Fund. At our January meeting parish treasurer, Dan Braun, reported that we received donations to the Building Fund of \$125,800 in 2018, well short of our \$169,440 goal for the year. The Building Fund covers approximately \$145,000 per year of our mortgage payment along with other building related costs. With the shortfall, our unrestricted Building Fund cash on hand is only \$20,916.
- Keep an eye out for an Evite for focus groups. This is the final feedback opportunity in our strategic planning process.

### *The Parish Council wants to hear from you!*

Thank you for participating in the World Café in October and the online survey last month! Our final feedback opportunity will be in the form of **focus groups**. We want to make sure every member is heard. During these focus groups, we will address some specific challenges that came up in the survey and discuss ideas for creative solutions.

Please consider joining us for the group that is most appropriate for you:

<u>Group</u>	<u>Facilitator(s)</u>	<u>Time and Place</u>
Families with children 10 & under	Karen Jacobs	January 27 4:00-6:30pm Scott & Terri Speier Home <b>Free Baby/Kid-sitting</b>
Adults 39 & under	Craig Speier	TODAY! 12:00 p.m. during coffee hour Teen Room
Married ages 40-75	Zak Landrum Drew MacDonald	Feb 2 4:00-5:30 before Vespers Teen Room
Adults 75+	Dorothy Alexander Laurie Baker	Jan 26 9:00 – 10:30am Camino Real, On the Alley

## **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).  
On the homepage, click on **VIEW CALENDAR** at the bottom left.

**HAPPY 51st ANNIVERSARY TO FR. NICHOLAS AND JAN!!**  
**They will be away this coming week, January 21-26.**

**The monthly Men's Sticks Gathering** will be this Monday, January 21st at 7:00 p.m. at the home of Troy and Carla Harris.

**It is the time of year when we bless our dwellings again and pray for God's protection in the coming year.** Don't forget to call one of our priests to set up a time to have your home blessed!

**We need more volunteers to be in the rotation for ushering and greeting on Sunday mornings.** Please see Peggy King for more information if you are willing to help out. Currently, ushers and greeters serve about once a month. We would like to add at least 4 new volunteers to each of the teams.

**St. Barbara Monastery is sponsoring a raffle to raise funds for their building project.** There will be a table in the foyer after liturgy today where you can purchase tickets. The drawing is on January 30th. Tickets are \$25 for one, or \$100 for 5. The prize is passage for two on the Orthodox cruise to Alaska, September 7-14, 2019. Please support our beloved monastery.

**THIS IS THE LAST DAY TO BUY TICKETS  
HERE AT THE CHURCH.**

You can purchase online at: <http://www.stbarbaramonastery.org/>

## **CELEBRATIONS THIS WEEK**

### **Wedding Anniversaries**

1/20 Fr. Nicholas & Jan Speier

### **Birthdays**

1/20 Evonne Chala (90th!)

1/21 Jody Wallace

1/24 Fay Young

1/25 Terri Speier

### **Patron Saint Commemorations**

1/22 Timothy the Apostle Timothy Braun

1/24 St. Xenia Darbi Johnson

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

Saturday, February 2 8:30 a.m.

Liturgy for Presentation of the Lord in the Temple  
followed by Coffee Hour

Friday, March 1-Saturday, March 2

**Pre-Lenten Seminar:**  
**“On Behalf of All and for All:” Liturgy & Life**  
Greg Abdalah, Guest Presenter  
More details TBA

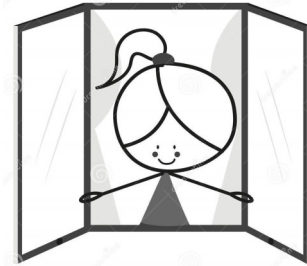
## TEEN SCENE

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.

1/24 Regular Youth Group  
1/31 Regular Youth Group

## WOMEN'S FELLOWSHIP WINDOW

**WOMEN'S BOOK STUDY**  
on Wednesdays from 6:30-8:00 p.m.  
January 23—February 27.  
"The Sweetness of Grace" by Constantina Palmer



## WOMEN'S SEMINAR

Ladies high school age and up,  
join us for a day of inspiration, growth and fellowship!

**"Relationships Done God's Way:  
with Others, with Yourself and with Him."**

Presenter: Michelle Moujaes of Faithtree.Org

**February 9, 2019 8:30 a.m.-2:30 p.m.**  
St. Athanasius Orthodox Church

Continental breakfast and lunch will be served.  
**Registration for the day is \$20, and \$10 for our High School ladies**

## 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  
Bishop Neofitos (Diocese of Kenya)  
Mother Christophora  
Fr. Jon B.  
Dn. Richard E.  
Kh. Diane C.  
Greg & Margaret Y.  
Hoppe Family  
Gail S.  
Duane F.  
Joan and Steve T.  
Richard and Susan B.  
Fr. Jon and Kh. Elizabeth S.

Regina M.  
Ethan & Cole K.  
Tony E.  
Monsignor John Y.  
Gaylen C.  
Zac B.  
Terri Lynn & Hannah Rose  
Lauren  
Cheryl G.  
Elka  
Elizabeth J.  
Jimmy  
Phoebe L.  
Kh. Carla Z.  
Sharmaine & Emma

Evonne C.  
Elizabeth H.  
Tyler A.  
Fr. Patrick and Vanessa K.  
All those suffering and  
in danger in Ukraine,  
Africa, and the Middle East  
The victims of the recent shootings  
and fires

Please pray for the raising up and support of long-term missionaries from our parish.

### For repose of the souls of:

Richard F.  
All who have died in the conflicts in Ukraine Africa & the Middle East, in the recent fires, and in the shootings in Pittsburgh and Thousand Oaks..

### ABOUT OUR PRAYER LISTS: Richard F.

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 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 - two enclosed cabinets containing items that are FOR SALE. One cabinet holds icons, crosses, incense, prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book title. Children's books are on the bottom shelf. 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 brown lockbox on wall next to Fr. Nicholas' office. Make checks payable to St. Athanasius Book Center.. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.) \*  
\* **All proceeds go to the parish Building Fund.** \*  
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