

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 &
Metropolitan 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

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
email: office@stathanasius.org

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
Mary Gish
Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, October 6, 2019

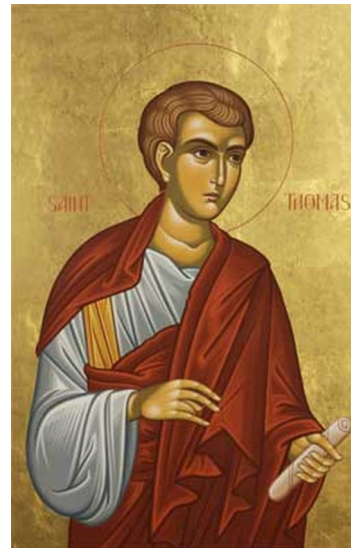
**Tone 7 / Eothion 5; Sixteenth Sunday after Pentecost
& Third Sunday of Luke**

Thomas the Apostle Called “The Twin”

Innocent, Apostle to the Americas;

Venerable Kendeas of Cyprus;

Venerable-martyr Makarios of St. Anne Skete on Athos



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!

We welcome children of all ages in our worship.

“Let the little children come unto Me for of such is
the Kingdom of Heaven.” Luke 18:16

Calendar for this Week

Sunday, October 6

9:00 a.m.	Religious Education ages 6-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Education (after the Eucharist)
11:45 a.m.	Coffee Hour

Monday, October 7

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

Tuesday, October 8—St. Tikhon

3:45 p.m.	Catechesis Level One
5:30 P.M.	Daily Vespers

Wednesday, October 9

6:45 a.m.	Daily Matins
12:00 p.m.	Intercessory Prayer Ministry

Thursday, October 10

10:00 a.m.	Showers of Blessing
5:30 p.m.	Daily Vespers
6:00 p.m.	Jr. High Youth Group
6:30 p.m.	High School Youth Group

Friday, October 11

6:45 a.m.	Daily Matins
5:00 p.m.	Akathist at Westmont College

Saturday, October 12

4:30 p.m.	Adult Catechism
6:00 p.m.	Great Vespers

Sunday, October 13

9:00 a.m.	Religious Education ages 6-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Education (after the Eucharist)
11:45 a.m.	Coffee Hour
1:00 p.m.	Young Adult Fire on Father

**Valerie, our Administrator &
Music Director will be traveling
from October 1-18.**

**If you need to get into the church it is best to
come during daily or weekend services.**

**If you need something in the office,
please contact Carla Brunstead.**

Morning Ministries Schedule

Eucharist Bread

October 6	Braun
October 13	D. Washburn
October 20	Tinyayeva
October 27	Dillon

Coffee Hour

October 6	Kern, M. Easbey, N. de Bruin
October 13	Wiley/Baker/Brunstead
October 20	J. King Family/P. King
October 27	T. & S. Speier Family

Greeters

October 6	H. Lange/D. Washburn
October 13	D. Lewis/Deacon
October 20	K. P. King/L. Hoppe
October 27	P. King/D. Genatone

Ushers

October 6	C. Berari, S. Speier
October 13	P. Brunner, D. Washburn, D. Meyer
October 20	D. Lewis, C. Speier, J. King
October 27	P. King, M. Loulias, C. Berari

Readers

October 6	D. Meyer
October 12	D. Alexander (Vespers)
October 13	D. Washburn
October 20	M. Braun
October 27	Rdr. J. Butler

**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 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]

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 was
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.”

**AS THE CLERGY ENTER THE ALTAR AT THE
LITTLE ENTRANCE, WE SING THE FOLLOWING
HYMNS FOR THE DAY:**

**Troparion of the Resurrection
(Music on p. 51 of Liturgy book)**

Tone 7

Thou didst shatter death by Thy Cross;
Thou didst open paradise to the thief;
Thou didst turn the sadness of the
ointment bearing women into joy,
and didst bid Thine apostles proclaim
a warning that Thou hast risen, O Christ,
granting the world the great mercy.

Troparion for St. Thomas the Apostle

Tone 2

You were a disciple of Christ,
and a member of the divine college of Apostles.
Having been weak in faith you doubted the Resurrection of Christ,
but by feeling the wounds you believed in His all-pure Passion:
pray now to Him, O all-praised Thomas,
to grant us peace and great mercy.

**Troparion to St. Athanasius
(Music on p. 54 of Liturgy book)**

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 - Ordinary Sundays**Tone 4**

O undisputed intercessor of Christians,
O mediatrix, who is 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 always intercede for those who honor thee.

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 Tone 7

The Lord will give strength to His people; the Lord will bless His people with peace.

Vs: Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.

**EPISTLE READING
Corinthians (6:1-10)**

Brethren, working together with Him, then, we entreat you not to accept the grace of God in vain. For He says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 7

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: It is good to give thanks to the Lord, and to sing praises to Thy Name, O Most High. **Alleluia...**

Verse: To declare Thy mercy in the morning, and Thy truth in the night. **Alleluia...**

GOSPEL READING

Luke (7:11-16)

At that time, Jesus went to a city called Nain, and many of His disciples and a great crowd went with Him. As He drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, He had compassion on her and said to her, "Do not weep." And He came and touched the bier, and the bearers stood still. And Jesus said, "Young man, I say to you: arise." And the dead man sat up, and began to speak. And Jesus gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited His people!"

HOMILY

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! (*Ps 148:1*) *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.

PRAYER for the CHURCH

Almighty God, our Help and Refuge, the Fountain of Wisdom and Tower of Strength, who know we can do nothing without Divine guidance and help: assist us, we pray, to:

- faithfully worship Thee
- become better spiritual warriors
- be a loving family
- be a light to the community
- and develop and execute a responsible financial plan.

May we pursue these goals faithfully and diligently, and may they be profitable to ourselves, the community, the Church, and Thine all Holy Name. For Thou art a merciful God and lovest mankind and unto Thee we ascribe glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

10/07 Benny & Michelle Madrigal

Birthdays

10/6 Holden Dillon

10/8 Troy Harris

10/9 Jason Wallace, Jennifer Speier

10/10 Michiel de Bruin

Patronal Feast Days

10/6 **Apostle Thomas** Thomas Ballew, Thomas Johnson, Craig Speier

**We are co-sponsoring this liturgical music workshop with 5 other parishes, and
13 of our choir members will be attending.
All are welcome. You do not have to be a choir member to attend.**

ONE MOUTH & ONE HEART
a liturgical music workshop for singers and conductors

Friday, November 8 and Saturday, November 9, 2019
St. Luke Antiochian Orthodox Church
13261 Dunklee Ave., Garden Grove, CA 92840

Clinicians: Benedict & Maria Sheehan

This workshop is presented with the blessing of His Eminence, Metropolitan JOSEPH.

Sponsoring parishes:

St. Andrew - Riverside; St. Anthony - San Diego; St. Athanasius - Goleta/Santa Barbara;
St. Barnabas - Costa Mesa; Holy Virgin Mary Cathedral - Los Angeles; St. Luke - Garden Grove



\$75/person including meals. \$50/person if only attending one of the 2 days.
\$20 separate charge for catered dinner Saturday after Vespers.

SCHEDULE

Friday, November 8, 2019

2:00 -5:00 p.m. Group Vocal Technique – Maria Sheehan
5:00 p.m. Registration & Q&A/Discussion (Topic TBA)
6:00-7:00 p.m. Dinner
7:00-9:00 p.m. Lecture – Benedict Sheehan
9:00 p.m. Reception/Folk music jam session



Saturday, November 9, 2019

9:00 a.m. -12:00 p.m. Repertoire with full ensemble
(including music for Great Vespers)
Lunch
12:00-1:00 p.m.
1:00-2:30 p.m. Ensemble technique/Conducting lessons
3:00-4:45 p.m. Full ensemble w/conductor coaching
5:00-6:00 p.m. Vespers
6:00 p.m. Dinner
7:00 p.m. Farewell



DEADLINE TO REGISTER: NOVEMBER 1, 2019
FOR MORE INFORMATION AND TO REGISTER, GO TO:

<https://www.stathanasius.org/events/2019-music-workshop/>
Questions? Email to office@stathanasius.org or call 805-685-5400

ANNOUNCEMENTS & CALENDAR HIGHLIGHTS

You can access a complete calendar of services and other parish activities on our website: www.stathanasius.org.
On any page, click on **VIEW CALENDAR** at the bottom left.

ADULT CATECHISM began on Saturday October 5th and continues through December 14, on Saturdays at 4:30 p.m. All are welcome: inquirers completely new to the Orthodox Faith, catechumens, and those who just want a “refresher course.”

ON SUNDAY, OCTOBER 20th at the end of the liturgy (and in place of the homily) Fr. Nicholas will give a presentation on the Orthodox Church’s understanding and teaching regarding gender issues. This is an important issue for all of us to understand and all Jr. High and High School students should be present. There will be no teen Religious Education classes that day. Childcare will be provided during the presentation.

Dearest parish family,

I will be out of town from October 1-18, during which time I will be traveling with my nephew, Matthew, to Europe, including to Romania for the first time in my life! We will visit the villages in which my grandparents were born. (both my mother’s parents and my father’s parents) We will also visit the Monastery of Oasa, and the Cathedral in Timisoara. Please pray for our safe travels, if the Lord brings us to mind.

A number of other choir members will also be traveling at this same time, so we thank you in advance for your understanding and encouragement of our Assistant Conductor John Butler, and the choir members who will be here “holding down the fort!”

Valerie Yova, Administrator/Music Director

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

10/10	Regular Youth Group
10/17	Regular Youth Group
10/24	Regular Youth Group
10/31	Halloween Party—Time TBA

“Bring all the tithes into the storehouse, that there may be food in my house, and prove me now in this,” says the Lord of hosts, “If I will not open for you the windows of heaven and pour out for you such blessing, that there will not be room enough to receive it.”

Malachi 3:10

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 | Zac B. | Fr. Jon-Stephen H. |
| Mother Victoria | Lauren | Cole K. (military) |
| Met. Paul & Abp. John | Kh. Carla Z. | Jeremiah H. (Airforce Academy) |
| Bishop Neofitos (Diocese of Kenya) | Fr. Patrick and Vanessa K. | Lauren K. (Airforce Basic Training) |
| Mother Christophora | Tom M. | Jeff H. |
| Fr. Jon B. | Dottie G. | Steve T, Kyle P. & Jeff P. |
| Joseph B. | Jerry J. | |
| Dn. Richard E. | Monsignor J. Yanek | The Ethiopian Orthodox Church |
| Kh. Diane C. | Neil | |
| Greg & Margaret Y. | Diana | All those suffering and |
| Hoppe Family | Tyler | in danger in Ukraine, |
| Duane F. | Phyllis M. | Africa, and the Middle East |
| Richard and Susan B. | Ryder H. | |
| Regina M. | Kent F. | Please pray for the raising up and |
| | Bob N. | support of long-term missionaries from |

For repose of the souls of: Joan T.
All who have died in the conflicts in 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 Preparation of the Bread and Wine for Communion).

ST. ATHANASIUS CHURCH BOOKSTORE

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 **S.A.O.C. Bookstore**. (The pamphlets in the rack are FREE, as are the 12-month liturgical calendars.)

All proceeds go to the parish Building Fund.

