



## 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  
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**Teen Program Coordinator**

Michael Easbey: measbey@gmail.com

**College/Young Adult Coordinator**

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**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, December 22, 2019**

**Tone 2 / Eothinon 5; Forefeast of &  
Sunday before the Nativity of Christ (The Genealogy)**  
Great-martyr Anastasia the deliverer from potions and her  
teacher the Martyr Chrysogonos



## **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, December 22**

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  
11:45 a.m. Coffee Hour  
12:15 p.m. Choir Rehearsal

### **Monday, December 23**

6:45 a.m. Daily Matins

### **Tuesday, December 24**

#### **NO VESPERS**

9:00 a.m. Royal Hours of Nativity  
(complete)  
8:00 p.m. Matins & Divine Liturgy for the  
Feast of the Nativity of Christ  
10:30 p.m. Reception and caroling

### **Wednesday, December 25**

10:00 a.m. St. Brigid Outreach Breakfast at  
St. Michael's University Church  
in Isla Vista

### **Thursday, December 26—Synaxis of Theotokos**

10:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers

#### **NO YOUTH GROUP**

### **Friday, December 27—First Martyr Stephen**

6:45 a.m. Daily Matins

### **Saturday, December 28**

6:00 p.m. Great Vespers  
6:45 p.m. **Commemoration of the Innocents**  
slaughtered by Herod and memorial  
for infants who have died in  
childbirth, shortly after, birth,  
or as a result of abortion

### **Sunday, December 29**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 a.m. CHRISTMAS POTLUCK  
1:00 p.m. Blessing of graves at  
Goleta Cemetery

## *Sunday Morning Ministries Schedule*

### **Eucharist Bread**

December 22 Dn. G. Braun  
December 24 Kern  
December 29 Hedges  
January 5 Tinyayeva  
January 12 Cocores

### **Coffee Hour**

December 22 Wiley/Kern/McIntire  
December 29 CHRISTMAS POTLUCK  
January 5 Lander  
January 12 P. King

### **Greeters**

December 22 K. Fox/Deacon  
December 24 D. Lewis  
December 29 K. & L. Jacobs  
January 5 M. Loulias/P. Cocores  
January 12 H. Lange/D. Washburn

### **Ushers**

December 22 D. Lewis, C. Speier, J. King  
December 24 P. Brunner  
December 29 P. Brunner C. Berari, S. Speier  
January 5 D. Washburn, D. Meyer, M. Loulias  
January 12 C. Berari, S. Speier, D. Washburn

### **Readers**

December 22 Rdr. H. Lange  
December 24 Royal Hours—any readers available  
December 24 Rdr. J. Butler-Festal Liturgy  
December 29 Rdr. V. Gish  
December 31 Rdr. M. Kern (St. Basil Liturgy)  
January 3 All Readers available (Royal Hours)  
January 4 D. Meyer (Great Vespers)  
January 5 Rdr. H. Lange  
January 12 D. Washburn

**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”**

In Thy kingdom remember us, O Lord,  
when Thou comest in Thy kingdom.  
Blessed are the poor in spirit, for theirs is the kingdom of Heaven.  
Blessed are those who mourn, for they shall be comforted.  
Blessed are the meek, for they shall inherit the earth.  
Blessed are those who hunger and thirst after righteousness, for they shall be filled.  
Blessed are the merciful, for they shall obtain mercy.  
Blessed are the pure in heart, for they shall see God.  
Blessed are the peacemakers, for they shall be called the sons of God.  
Blessed are those who are persecuted for righteousness sake,  
for theirs is the kingdom of Heaven.  
Blessed are you when men shall revile you and shall persecute you, and shall say all manner of  
evil against you falsely for my sake.  
Rejoice and be exceedingly glad, for great is your reward in heaven.

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

**Troparion of the Resurrection**

**Tone 2**

**(Music on p. 42 of Liturgy book)**

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 for the Forefeast of the Nativity**

**Tone 4**

Be prepared, O Bethlehem, Eden opens now to all;  
O Ephratha ready make: for within the stable cave,  
From the Virgin Mary pure, the tree of life has blossomed forth.  
For her womb is shown to be paradise in spirit;  
in which is the plant divine from which having truly fed,  
we will live forevermore, and not die as Adam did.  
Christ the Lord is born to raise the image that had fallen long before.

**Troparion for the Sunday Before the Nativity**

**Tone 2**

Great are the accomplishments of faith,  
for the three Holy Youths rejoice in the fountain of flames  
as though in the waters of rest;  
and the Prophet Daniel appeared  
a shepherd to the lions as though they were sheep.//  
So by their prayers, O Christ God, save our souls!

**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 for the Preparation of Christ's Nativity**

**Tone 3**

The virgin cometh today to the cave  
to give birth, ineffably to bring forth the Word eternal.  
Therefore, rejoice, O earth, at the message;  
with the angels and shepherds give glory to Him  
Who shall appear by His own will as a young child,  
He who is from eternity God.

**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 (Prokeimenon) Tone 8**

Blessed are You, O Lord, God of our fathers, and praised and glorified is Your name forever.

**Verse:** For You are just in all that You have done for us

**EPISTLE READING**  
**Hebrew 11:9-10, 32-40**

Brethren, by faith Abraham sojourned in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. For he looked forward to the city which has foundations, whose builder and maker is God. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

**Preparatory Psalm Verses with Alleluia Refrain Before the Gospel    Tone 4**  
**(Music on page 64 of Liturgy Booklet)**

Chanter: Alleluia, Alleluia, Alleluia!

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

*v: We have heard with our ears, O God, for our fathers have told us. (Ps 43/44:1)*

*v: For You have saved us from them that oppose us, and have put to shame them that hate us. (Ps 43/44:7)*

**GOSPEL READING**  
**Matthew 1:1-25**

The book of the genealogy of Jesus Christ, the son of David, the son of Abraham. Abraham was the father of Isaac, and Isaac the father of Jacob, and Jacob the father of Judah and his brothers, and Judah the father of Perez and Zerah by Tamar, and Perez the father of Hezron, and Hezron the father of Aram, and Aram the father of Amminadab, and Amminadab the father of Nahshon, and Nahshon the father of Salmon, and Salmon the father of Boaz by Rahab, and Boaz the father of Obed by Ruth, and Obed the father of Jesse, and Jesse the father of David the king. And David was the father of Solomon by the wife of Uriah, and Solomon the father of Rehoboam, and Rehoboam the father of Abijah, and Abijah the father of Asa, and Asa the father of Jehoshaphat, and Jehoshaphat the father of Joram, and Joram the father of Uzziah, and Uzziah the father of Jotham, and Jotham the father of Ahaz, and Ahaz the father of Hezekiah, and Hezekiah the father of Manasseh, and Manasseh the father of Amon, and Amon the father of Josiah, and Josiah the father of Jechoniah and his brothers, at the time of the deportation to Babylon. And after the deportation to Babylon: Jechoniah was the father of Shealtiel, and Shealtiel the father of Zerubbabel, and Zerubbabel the father of

Abiud, and Abiud the father of Eliakim, and Eliakim the father of Azor, and Azor the father of Zadok, and Zadok the father of Achim, and Achim the father of Eliud, and Eliud the father of Eleazar, and Eleazar the father of Matthan, and Matthan the father of Jacob, and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, Who is called Christ. So all the generations from Abraham to David were fourteen generations, and from David to the deportation to Babylon fourteen generations, and from the deportation to Babylon to the Christ were fourteen generations. Now the birth of Jesus Christ took place in this way. When His mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call His Name Jesus, for He will save His people from their sins.” All this took place to fulfill what the Lord had spoken by the prophet: “Behold, a virgin shall conceive and bear a son, and His Name shall be called Emmanuel” (which means, God with us). When Joseph woke from sleep, he did as the angel of the Lord had commanded him; he took his wife, but knew her not until she had borne a son; and he called His Name Jesus.

### **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 corruption 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)  
Rejoice in the Lord, O you righteous! Praise befits the just! (*Ps 32/33:1*)

### **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.

## A GUIDE TO PARISH ETIQUETTE

In the coming months, we will be sharing information from a booklet on Parish Etiquette, published by our Archdiocese through Ancient Faith Publishing. The information is a guide meant for personal reflection, not as a means of judging others. Keep in mind that there are different traditions even among the Orthodox faithful. We come to church to pray and worship God above all else, and that should be our only focus.

### LIGHTING OF CANDLES

It is a pious Orthodox tradition to light candles for personal petitions and intercessions when entering the church. Most parishes have designated candle stands or holders for these candles. **It is not proper to light candles at certain times during the service**—generally the same times when you should not enter the church, such as during the Little and Great Entrances, when the priest is censing the icons and congregation or giving the homily, or during the reading of the Epistle or Gospel. The candles should be allowed to burn all the way down without being extinguished early, since the burning candle symbolizes our prayers rising to heaven and the light of Christ in our midst. Please do not allow young children to light candles alone, for safety reasons. It is customary to make a donation for each candle.

## CELEBRATIONS THIS WEEK

### Birthdays

- 12/22 Zoe Macdonald, Alexander Nikolov, Zachary Nikolov  
12/24 Fr. Jon-Stephen Hedges, Rachel Friesen  
12/25 Andriy Moskalyk  
12/26 Jerry Jones

### Patronal Feast Days

- |       |                                    |   |
|-------|------------------------------------|---|
| 12/22 | <b>Great Martyr Anastasia</b>      | Anastasia Brunner   |
| 12/24 | <b>St. Nestan of Georgia</b>       | Nestan Tsiskaridze  |
| 12/27 | <b>St. Stephen the Protomartyr</b> | Subdn. Stephen Butler<br>Fr. Jon-Stephen Hedges, Steve Thomas |

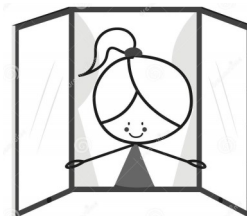
### Women's Window

#### WOMEN'S FELLOWSHIP UPCOMING ACTIVITY

#### Drum Circle Fun With Suzi Wiley

Saturday January 18, 2020

10:00 am to 11:30 am (directly after Liturgy for St. Athanasius Feast Day)  
In the Teen Room



Please watch your e-mail for an Evite from Christie Robinson



## **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 any page, click on **VIEW CALENDAR** at the bottom left.

### **PHOTOS OF ST. NICHOLAS NIGHT ARE NOW ON THE PARISH WEBSITE!**

<https://www.stathanasius.org/media/photo-gallery/>

**FR. JON-STEPHEN will have a procedure done on December 24th** to regulate his heart-beat. Please keep him in your prayers.

**MANY THANKS TO JIM MORRISON AND HIS CREW** (Javier Aguilar, Luke Speier and Garret Gish) for many hours spent this week getting all of our ceiling lights working again!

**WE STILL NEED A FEW MORE ITEMS FOR OUR ANNUAL ST. BRIGID CHRISTMAS OUTREACH BREAKFAST** for our unsheltered brothers and sisters. The breakfast takes place at 10:00 a.m. on Christmas morning at St. Michael's University Church in Isla Vista. All parish members are welcome, including children, to attend the breakfast and act as hosts to our many guests.

A link to the sign-up list will be e-mailed to parishioners. As usual, we need the following:

- Help with set-up and clean-up, and line servers
- Lots of egg dishes (strata, frittata, scrambled with cheese, baked French toast)
- Bacon
- Sweet rolls
- Potatoes
- Fruit salad
- 4 people to bake spiral hams (provided by the church)
- Musicians/singers to entertain our guests and sing carols

If you did not receive an email with the link to the online sign-up list and would like to contribute something, **contact Susan Barre at: [sohello123@gmail.com](mailto:sohello123@gmail.com)**.

### **IF YOU HAVE AN ITEM YOU WOULD LIKE TO DONATE TO THE CHURCH...**

Please take a photo of it and email the photo to the church office. The Interior Design Committee will be notified and will determine if the item can be utilized. **PLEASE DO NOT BRING FURNITURE AND OTHER ITEMS TO THE CHURCH AND LEAVE THEM** without going through this process. Thanks!

### **UPDATED PARISH PHOTO DIRECTORY**

Just a heads up that we will be updating the parish photo directory in January. Please keep this in mind over the holidays when you have family together, and consider taking a family photo that we can use. We particularly need updated photos from families with children and teens. They grow SO fast! A couple of years makes a huge difference. You can email updated photos to: [valerie@stathanasius.org](mailto:valerie@stathanasius.org).

## **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.**

12/26 NO YOUTH GROUP

Winter Camp is Feb. 14-16, 2020 (President's Weekend). It is filling up fast, so if you plan to go, please register ASAP: <https://www.campstnicholas.com/site/home/>

## **UPCOMING SERVICES & ACTIVITIES**

Tuesday, December 24	9:00 a.m. 8:00 p.m.	<b>Royal Hours of Nativity Nativity of our Lord &amp; Savior Jesus Christ Matins and Liturgy followed by reception</b>
Wednesday, December 25	10:00 am.	<b>Outreach Breakfast in Isla Vista</b>
Saturday, December 28	after Vespers	<b>Commemoration of the Holy Innocents</b> Memorial prayers for infants who have died in childbirth, shortly after, or as a result of abortion.
Sunday, December 29	1:00 p.m.	<b>Blessing of graves</b> at Goleta Cemetery
Tuesday, December 31	6:00 p.m.	<b>Vesperal Liturgy for St. Basil/Circumcision</b>
Friday, January 3, 2020	6:45 a.m.	<b>Royal Hours of Epiphany</b>
Sunday, January 5, 2020		<b>Celebration of Epiphany</b> (transferred from Jan. 6.) <b>Outdoor Blessing of Water at 1:00 p.m.</b> The bus will leave the church at 12:30 for the harbor, where we will join St. Barbara's parish.

## 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	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. (military)
Mother Christophora	Tom M.	Jeff H.
Fr. Jon B.	Dottie G.	Steve T, Kyle P. & Jeff P.
Joseph B.	Jerry J.	Bonita M.
Dn. Richard E.	Monsignor J. Yanek	Lorena F.
Kh. Diane C.	Neil	Olga Marie G.
Greg & Margaret Y.	Diana	Dn. John Y.
Hoppe Family	Tyler	
Duane F.	Phyllis M.	The Ethiopian Orthodox Church
Richard and Susan B.	Ryder H.	
Regina M.	Kent F.	All those suffering and
	Bob N.	in danger in Ukraine,

### **For repose of the souls of:**

Elder Ephraim, Alma G., Angela

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](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 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.** \*  
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## RECESSIONAL

**O come, O come, Emmanuel**

O come, O come, Emmanuel,  
and ransom captive Israel,  
that mourns in lonely exile here,  
until the Son of God appear,

Rejoice! Rejoice!

Emmanuel shall come to thee, O Israel!