



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, January 12, 2020

Tone 5 / Eothinon 8

Sunday after the Theophany of Christ

Martyr Tatiana of Rome and those with her;

Martyr Peter Absalom of Palestine;

Virgin-martyr Euthasia; Martyr Mertios of Mauretania



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, January 12

9:00 a.m. Religious Ed classes for 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

Monday, January 13

6:45 a.m. Daily Matins
 4:30 p.m. Outreach dinner at St. Michael's
 University Church in Isla Vista

Tuesday, January 14

2-6 p.m. Showers of Blessing Board Mtg.
 3:45 p.m. Catechesis Level One
 5:30 p.m. Daily Vespers

Wednesday, January 15

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

Thursday, January 16

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
 6:00 p.m. Choir Rehearsal

Friday, January 17

6:45 a.m. Daily Matins
 5:15 p.m. Akathist at Westmont College

Saturday, January 18—ST. ATHANASIUS

8:00 a.m. Readers Matins
 8:30 a.m. Liturgy for St. Athanasius feast day
 4:30 p.m. Adult Catechism
 6:00 p.m. Great Vespers

Sunday, January 19

9:00 a.m. Religious Ed classes for 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

Sunday Morning Ministries Schedule

Eucharist Bread

January 12 Meyer
 January 19 Sieck
 January 26 Cocores
 February 2 Jacobs

Coffee Hour

January 12 P. King
 January 19 D. Washburn/K. Fox (for St. Xenia)
 January 26 D. Genatone/Shackelford
 (in memory of Al)
 February 2 POTLUCK for Feast of Presentation

Greeters

January 12 H. Lange/D. Washburn
 January 19 K.P. King/L. Hoppe
 January 26 D. Genatone/L. Baker
 February 2 D. Lewis/Deacon

Ushers

January 12 D. Lewis, C. Speier, J. King
 January 19 P. Brunner, C. Berari, S. Speier
 January 26 D. Washburn, D. Meyer, M. Loulias
 February 2 D. Lewis, C. Speier, J. King

Readers

January 12 D. Washburn
 January 18 Rdr. M. Kern (Readers Matins)
 January 18 D. Alexander (Lit. for St. Athanasius)
 January 19 Rdr. J. Butler
 January 26 M. Braun
 February 1 D. Meyer (Vespers for Presentation)
 February 2 Rdr. V. Gish

**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 for the Feast with Refrain

Verse: When Israel went forth from Egypt, the house of Jacob from a people of strange language, Judah became his sanctuary, Israel his dominion.

**Refrain: Through the intercessions of the Theotokos,
O Savior, save us.**

Verse: The sea looked and fled, Jordan turned back. What ails you, o sea, that you flee? O Jordan, that you turn back? [refrain]

Verse: Glory....now and ever... [refrain]

Second Antiphon— Psalm Verses for the Feast with Refrain

Verse: I love the Lord because He has heard the voice of my supplication.
Because He inclined His ear to me, therefore I will call on Him as long as I live.

**Refrain: O Son of God baptized in the Jordan, save us who sing to Thee,
Alleluia!**

Verse: The snares of death encompassed me; the pangs of hell laid hold on me.
I suffered distress and anguish, then I called on the name of the Lord. [refrain]

Verse: Gracious and righteous is the Lord, and our God is merciful. [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—Psalm Verses with Troparion as refrain

Verse: O give thanks to the Lord, for He is good, For His mercy endures forever!

Refrain:

**When You, O Lord, were baptized in the Jordan,
worship of the Trinity was made manifest!
For the voice of the Father bore witness to You,
calling You his beloved Son.
And the Spirit, in the likeness of a dove
confirmed the truth of His Word.
Christ our God, Who has appeared
and enlightened the world,
glory to You!**

Verse: Let the house of Israel say: for He is good,
For His mercy endures forever! [refrain]

Verse: Let the house of Aaron say: for He is good,
For His mercy endures forever! [refrain]

AT THE LITTLE ENTRANCE, WE SING THE FOLLOWING SPECIAL HYMNS FOR THE DAY

Troparion of the Resurrection

Tone 5

(Music on p. 47-48 of Liturgy book)

Let us believers praise and worship the Word,
co-eternal with the Father and the Spirit,
born of the Virgin for our salvation.
For He took pleasure in ascending the Cross in the flesh
to suffer death and to raise the dead by His glorious resurrection.

Troparion of Epiphany

Tone 1

When You, O Lord, were baptized in the Jordan,
worship of the Trinity was made manifest!
For the voice of the Father bore witness to You,
calling You his beloved Son.
And the Spirit, in the likeness of a dove
confirmed the truth of His Word.
Christ our God, Who has appeared
and enlightened the world, glory to You!

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.

Kontakian of Epiphany

Tone 4

Today You have shone forth to the world, O Lord,
and the light of Your countenance has been marked on us.
Knowing You, we sing Your praises:
“You have come and revealed Yourself, //
O unapproachable Light.”

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

Ephesians 4:7-13

Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore, it is said, “When He ascended on high He led a host of captives, and He gave gifts to men.” (In saying, “He ascended,” what does it mean but that He had also descended into the lower parts of the earth? He who descended is He who also ascended far above all the heavens, that He might fill all things.) And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

Alleluia Refrain and Psalm verses before the Gospel

Tone 5

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: I will sing of the mercies of the Lord forever; with my mouth;
I will make known Thy faithfulness to all generations. (Ps 88/89:1)

Verse: For Thou hast said: "Mercy shall be built up forever;
In the heavens shall Thy truth be established." (Ps 88/89:2)

GOSPEL READING

Matthew 4:12-17

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of Heaven is at hand."

LITURGY OF THE FAITHFUL

Meglynarion for the Feast of Epiphany

(Hymn to the Mother of God—p. 27 of Liturgy book)

Magnify, O my soul, the most-pure Virgin Theotokos,
more honorable than the heavenly hosts!

No tongue knows how to praise you worthily, O Theotokos;
even Angels are overcome with awe praising you.

But since you are good, accept our faith;
for you know our love inspired by God!

You are the defender of Christians, and we magnify you.

COMMUNION HYMN

The grace of God has appeared for the salvation of all. (Verses from Ps. 118/119)

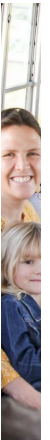
HOLY COMMUNION

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.



EPIPHANY CELEBRATION 2020

Lots more photos at: <https://www.stathanasius.org/media/photo-gallery/>
Many years to Mateo Finley, who retrieved the cross from the ocean!!



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.

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!

GARY MOON, a former member of our parish, will lead a retreat on Saturday, JAN. 25th, from 8:30 a.m.-2:30 p.m. at Westmont College in the Dallas Willard Center. The retreat is called: "Becoming Fully Human: A Contemplative Retreat inspired by the Life of Dallas Willard." To register, contact McKenna Donner at Westmont's Martin Institute by Jan. 17 at: mddonner@westmont.edu. Gary Moon is a Senior Fellow at the Martin Institute and will receive an award on January 22nd at Westmont for his recently published biography of Dallas Willard. Gary and his wife, Regina, currently live near Atlanta, Georgia.

PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING UPCOMING SERVICES & ACTIVITIES

Saturday, January 18 8:30 a.m.

Liturgy for Feast of **St. Athanasius the Great**, followed by coffee hour

CELEBRATIONS THIS WEEK

Wedding Anniversaries

1/14 David & Kate Vander Laan
1/15 John & Elizabeth Heiduk

Birthdays

1/14 Sabina Shackelford
1/14 Viktoria Hedges
1/15 Sophia Johnson
1/15 Thomas Ballew

Patron Saint Commemorations

1/12	Martyr Tatiana of Rome	Tatiana Speier
1/14	St. Mungo (Kentigern)	Kent Fox
1/17	St. Anthony the Great	Beau Brunner, Evonne Chala, Troy Harris
1/18	St. Cyril of Alexandria	Owen J. Finley

IN OBSERVANCE OF NATIONAL HUMAN TRAFFICKING AWARENESS MONTH:

FREE EVENT

Awareness and Action: Trafficking in California and what we can do about it

AUTHOR AND GUEST SPEAKER SUSAN PATTERSON

**January 25, 2020
7-8:30pm**

**5070 Cathedral Oaks Rd,
Santa Barbara, CA 93111**

Come learn practical ways you can fight trafficking!

Types of Trafficking ~ Signs to Recognize ~ Ways to engage



Susan Patterson, a national leader in the fight against trafficking and author of "How you can fight trafficking; 100 ways to make a difference," works with faith communities to provide **practical ways to engage in the fight against trafficking** and facilitate **coordinated action**. She leads SoCal Faith Coalitions, which has engaged leaders from 200 faith communities.

Parental discretion is advised, due to the subject matter. **Youth ages 12 + are highly encouraged to attend.**

The **SB Sheriff's Department** will be present to answer questions about **trafficking in Santa Barbara County**. Donations will be accepted at the event to benefit local efforts to combat human trafficking.

This event brought to you by the Interfaith Collaborative Against Human Trafficking. For more information about the event, or to learn more about the Interfaith Collaborative, please contact: interfaithcosb@gmail.com



interfaith collaborative
Against Human Trafficking

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.**

1/9 Regular Youth Group
1/16 Regular Youth Group
1/23 Regular Youth Group
1/30 Regular Youth Group

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

Immediately following the Liturgy for St. Athanasius Feast Day
In the Teen Room

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



CHURCH ETIQUETTE

SOME PIOUS CUSTOMS

- **Crossing oneself**—It is always appropriate to cross oneself at the mention of the Holy Trinity—Father, Son, and Holy Spirit; whenever entering or leaving the church; at the beginning of the Liturgy; when passing in front of the altar; when venerating an icon, the Gospel, or the cross; and at times for personal petitions. **It is not necessary to cross oneself** when the priest is giving a blessing or censing the congregation. Instead, one should bow to receive the blessing.
- **Bowing**—Orthodox Christians bow when the Theotokos and Christ are petitioned. They also bow to the priest at his blessing, and when he asks forgiveness before the Great Entrance and again before Holy Communion. It is traditional for the Orthodox faithful to bow and cross themselves when they enter and leave the church, and when they pray before the icons.
- **Kneeling**—In some Orthodox traditions there are times when kneeling is a pious practice in the Liturgy, the most notable being at the Consecration of the Holy Gifts. However, kneeling is prohibited during the Paschal season—from Pascha until the Kneeling Vespers service on Pentecost—in honor of the Resurrection.

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. (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:

Barbara B., Elder Ephraim
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.** *

