



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

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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

Mary Denny

David Dillon

Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, July 19, 2020

Tone 5 / Eothion 6

Sunday of the Holy Fathers of Fourth Ecumenical Council

Venerable Macrina, sister of Basil the Great;

Venerable Dios of Antioch;

Theodore, Archbishop of Edessa;

Uncovering of the relics of Venerable Seraphim of Sarov;
Holy Stephen Lazarevic, Serbian Prince and Holy Militsa his Mother



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 THE WEEK

Sunday, July 19

9:00 a.m. Readers Matins **on the patio**
9:30 a.m. Divine Liturgy **on the patio**
AUDIO LIVE-STREAMED ON FACEBOOK

Monday, July 20

7:00 p.m. Men's Firepit at Loulias home

Tuesday, July 22

5:30 p.m. Daily Vespers **on the patio**

Wednesday, July 22

12:00 p.m. Intercessory Prayer Ministry
by Zoom

Thursday, July 23

10:00 a.m. Showers of Blessing
(no refreshments served by our team yet)
5:30 P.M. Daily Vespers **on the patio**
6:00 p.m. Youth Group **on the patio**

Saturday, July 25

6:00 p.m. Great Vespers **on the patio**

Sunday, July 26

9:00 a.m. Readers Matins **on the patio**
9:30 a.m. Divine Liturgy **on the patio**
AUDIO LIVE-STREAMED ON FACEBOOK

Fr. Nicholas will continue to give Confession and/or Communion by appointment. Please read the pre-Communion prayers at home in preparation for receiving the Eucharist.

Sunday Morning Ministries Schedule

EUCCHARIST BREAD

July 19	Kern
July 26	Cocores
August 2	Fr. Nicholas
August 5	Hedges
August 9	Washburn
August 15	Morrison (Dormition)
August 16	Meyer

READERS

July 18	Rdr. V. Gish (Vespers)
July 19	D. Alexander
July 26	Rdr. J. Butler
August 2	D. Washburn
August 5	M. Braun (Vesp Lit. Transfiguration)
August 9	Rdr. M. Kern
August 15	Rdr. V. Gish (Dormition)
August 16	Rdr. H. Lange

FRESH LAVENDER BOUQUETS AVAILABLE FROM ST. BARBARA MONASTERY BY MAIL

St. Barbara Monastery is happy to announce that their lavender fields have begun to bloom! During the month of July, you can order fresh lavender bouquets from the monastery and have them sent to you by priority mail. A fresh bouquet, picked the same day as it is mailed, including shipping, sells for \$15.00. The lavender can be enjoyed fresh and then dried. Please place your order on the monastery website or order by mail. Additional lavender products are also available.

[http://www.stbarbaramonastery.org/
product/L-LSQ](http://www.stbarbaramonastery.org/product/L-LSQ)

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

**THE DIVINE LITURGY
OF ST. JOHN CHRYSOSTOM**

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 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”

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

Troparion of the Resurrection

Tone 5

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 the Holy Fathers

Tone 8

You are most glorious, O Christ our God!
You have established the Holy Fathers as lights on the earth.
Through them You have guided us to the true Faith.//
O greatly compassionate One, glory to You!

Troparion to St. Athanasius

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 (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.*

THE EPISTLE READING (for the Holy Fathers)

Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

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.

GOSPEL READING (for the Holy Fathers)

Matthew 5:14-19

The Lord said to His Disciples: "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

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 Hymns

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)

ANNOUNCEMENTS

WELCOME & MANY YEARS TO CHRISTINA ELIZABETH LYDICK! She was chrismated into the Orthodox Faith this past week. Her sponsors are Jan Speier and David Washburn.

THE MEN'S FIREPIT GATHERING will take place this Monday, July 20th, at 7:00 p.m. in the backyard of Michael and Penny Loulias.

SPROUTS FARMERS MARKET is hiring for its new store at 29 S. Milpas. For a phone interview contact: interview_rh@snagajob.com.

THE FOODBANK OF SANTA BARBARA is continuing to provide groceries to local families in need, including fresh produce, at a variety of sites in Goleta and Santa Barbara. Some are walk-in, some drive-thru, and some are both. If you or someone you know needs some help, go to: <https://foodbanksbc.org/get-help/>

A FEW REMINDERS ABOUT SAFETY ...

- All are asked to wear a **protective mask** during services, inside the building, on the patio and around the building.
- We ask, for now, that singing by the congregation be minimal and very soft.
- To receive Holy Communion, all should allow the priest to pour the Body and Blood by opening their mouths wide and **not closing their lips on the spoon**.
- For now, there will be **no service books available during services**.
- Bulletin inserts should be taken home or thrown away as you leave the property. Please do not leave them, or any personal belongings behind.
- Unfortunately, there will be **no shared books, coloring supplies or toys for now**.
- We cannot offer **Coffee Hour** at this time. Enjoy conversations outside in the fresh air after the service, but please maintain social distancing.
- We ask that everyone **limit their activity in the building to the restrooms for now**.

Saint Macrina (commemorated on July 19) was the sister of the holy hierarchs Basil the Great and Gregory of Nyssa, and was born in Cappadocia at the beginning of the fourth century. Her mother, Emilia, saw an angel in a dream, naming her unborn child Thekla, in honor of the holy Protomartyr Thekla. Saint Emilia (January 1) fulfilled the will of God and named her daughter Thekla. Another daughter was named Macrina, in honor of a grandmother,

CELEBRATIONS THIS WEEK

Wedding Anniversaries

- 7/19 Fr. John & Jan Finley
7/25 Zak and Kellie Landrum

Patron Saint Feast Days

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| 7/20 Prophet Elias | Elias Hedges, Chase King |
| 7/20 Prophet Elijah | Elijah Landrum |
| 7/20 St. Maria of Paris | Maria Butler |
| 7/22 St. Mary Magdalene | Madeleine Meyer |
| 7/24 St. Christina the Martyr | Kristin King, Christie Robinson,
Christina Shackelford, Jordan Williams |
| 7/25 St. Anna, Mother of
the Theotokos (her repose) | Anna Grace Butler, Anna West |

who suffered during the time of persecution under the emperor Maximian Galerius. Besides Macrina, there were nine other children. Saint Emila herself guided the upbringing and education of her daughter Macrina. When Macrina grew up, her parents betrothed her to a certain pious youth, but the bridegroom soon died. Many young men sought marriage with her, but Macrina refused them all, having chosen the life of a virgin and not wanting to be unfaithful to the memory of her dead fiancé. Saint Macrina lived in the home of her parents, helping them fulfill the household tasks as an overseer together with the servants, and she helped with the upbringing of her younger brothers and sisters. After the death of her father she became the chief support for the family.

When all the children grew up and left the parental home, Saint Macrina convinced her mother, Saint Emilia, to leave the world, to set their slaves free, and to settle in a women's monastery. Several of their servants followed their example. Having taken monastic vows, they lived together as one family, they prayed together, they worked together, they possessed everything in common, and in this manner of life nothing distinguished one from another. After the death of her mother, Saint Macrina guided the sisters of the monastery. She enjoyed the deep respect of all who knew her. Strictness towards herself and temperance in everything were characteristic of the saint all her life. She slept on boards and had no possessions. Saint Macrina was granted the gift of wonderworking. There was an instance (told by the sisters of the monastery to Saint Gregory of Nyssa after the death of Saint Macrina), when she healed a girl of an eye-affliction. Through the prayers of the saint, there was no shortage of wheat at her monastery in times of famine. Saint Macrina died in the year 380, after a final prayer of thanks to the Lord for having received His blessings over all the course of her life. She was buried in the same grave with her parents.

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
Mother Victoria
Met. Paul & Abp. John
Fr. Jacob
Mother Christophora
Fr. Jon B.
Joseph B.
Dn. Richard E.
Kh. Diane C.
Greg & Margaret Y.
Hoppe Family in Albania
Joseph Wm. B. in Kenya
Duane F.
Richard and Susan B.
Zac B.
Monsignor J. Yanek
Kent F.
Bob N.

Fr. Jon-Stephen H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren K. (military)
Chase K. (military)
Steve T,
Olga Marie G.
Dn. John Y.
Glenn F.
Mitch D. Sr.
Samantha & Chris S. & family
Jeff
Tate & Anna F.
Nick & Kristine J. (military)
Michael K.
David W.
Harvey G.

Gary B. Jr.
Bonita M.

The Ethiopian Orthodox Church

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

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

For repose of the souls of:

J. Barre

All who have died in the conflicts in Ukraine Africa & the Middle East

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.
