



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:

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Teen Program Coordinator

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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 26, 2020

Tone 6 / Eothion 7

**The Holy Righteous Martyr Paraskeva of Rome
& Seventh Sunday of Matthew**

Hieromartyrs Hermolaus, Hermippus,
and Hermocrates of Nicomedia;

Venerable Gerontios, first settler of St. Anne Skete on Athos;

Moses the Hungarian; Sabbas III, Archbishop of Serbia;

Priest Jacob Netsvetov, Enlightener of the Peoples of Alaska



Holy Virgin Martyr Paraskeva, Protector & Healer of Eyesight

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 26

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

Tuesday, July 28

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

Wednesday, July 29

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

Thursday, July 31

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, August 1

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

Sunday, August 2

DORMITION FAST BEGINS

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

READERS

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

DORMITION FAST

August 1—14

So why do we fast before Dormition? In a close-knit family, word that its matriarch is on her deathbed brings normal life to a halt. Otherwise important things (parties, TV, luxuries, personal desires) become unimportant; life comes to revolve around the dying matriarch. It is the same with the Orthodox family; word that our matriarch is on her deathbed, could not (or at least should not) have any different effect than the one just mentioned. The Church, through the Paraklesis Service, gives us the opportunity to come to that deathbed and eulogize and entreat the woman who bore God, the vessel of our salvation and our chief advocate at His divine throne. And as, in the earthly family, daily routines and the indulgence in personal wants should come to a halt. Fasting, in its full sense (abstaining from food and desires) accomplishes this. Less time in leisure or other pursuits leaves more time for prayer and reflection on she who gave us Christ, and became the first and greatest Christian. In reflecting on her and her incomparable life, we see a model Christian life, embodying Christ's retort to the woman who stated that Mary was blessed because she bore Him: blessed rather are those who hear His word and keep it. Mary did this better than anyone. As Fr. Thomas Hopko has stated, she heard the word of God and kept it so well, that she of all women in history was chosen not only to hear His Word but give birth to it (Him). So while we fast in contemplation of her life, we are simultaneously preparing ourselves to live a life in imitation of her. That is the purpose of the Dormition Fast.

Source: <http://ww1.antiochian.org/node/20148>

**We will pray the Paraklesis Canon
on August 4, 6, 11 and 13 at 5:30 p.m.**

**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:**

Resurrectional Troparion

Tone 6

When Mary stood at Thy grave looking for Thy sacred body,
angelic pow'rs shone above Thy revered tomb,
and the soldiers who were to keep guard became as dead men.
Thou led Hades captive and wast not tempted there-by,
Thou did meet the Virgin and didst give life to the world.
O Thou Who art risen from the dead, O Lord, glory to Thee.

Troparion of St. Paraskeva

Tone 1

Showing a diligence befitting thy calling,
O namesake of preparedness,
thou hast gained, as thy dwelling,
a faith worthy of thy name,
O prize-winning Paraskeva.
Hence, thou pourest forth healings
and intercedest for our souls.

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.

Prokeimenon before the Epistle**Tone 4**

God is wonderful in His saints, the God of Israel. (Ps. 68:35)

VERSE: *In the churches bless ye God the Lord, from the fountains of Israel.*

THE EPISTLE READING (for St. Paraskeva)
Galatians 3:23-4:5

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

Alleluia Refrain and Psalm verses before the Gospel**Tone 6**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Vs. 1 He Who dwelleth in the help of the Most High shall abide under the shadow of the protection of the God of Heaven. (*Ps 90/91:1*) **Alleluia**

Vs. 2 He will say to the Lord, Thou art my protector and my refuge, my God, in Him will I hope. (*Ps 90/91:2*) **Alleluia**

GOSPEL READING (for 7th Sunday of Matthew)
Matthew 9:27-35

At that time, as Jesus passed on from there, two blind men followed him, crying aloud: "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread His fame through all that district. As they were going away, behold, a dumb demoniac was brought to Him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

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

MANY YEARS TO FR. CHRISTOPHER & KH. CLAIRE DILLON and family, who have been assigned to Sts. Peter and Paul Antiochian Orthodox Church in Ben Lomond, CA and will begin their ministry there soon.

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**.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

7/27 Zach & Sarah Brasel

Birthdays:

7/29 Douglas Meyer, Phoebe Lenhart

7/30 Emily King, Jackson Stetler, Nikolai Rice

7/31 Jeremiah Hoppe

Patron Saint Feast Days

7/30 St. Angelina of Serbia

Angelina Speier

7/31 St. Benjamin of Petrograd

Terrell Armstrong

"Holy Virgin Martyr Paraskeva of Rome was the only daughter of Christian parents, Agathon and Politia, and from her early years she dedicated herself to God. She spent much of her time in prayer and the study of the Holy Scriptures. After the death of her parents St Paraskeva distributed all of her inheritance to the poor, and consecrated her virginity to Christ. Emulating the holy Apostles, she began to preach to the pagans about Christ, converting many to Christianity. She was arrested during the reign of Antoninus Pius (138-161) because she refused to worship the idols. She was brought to trial and fearlessly confessed herself a Christian. Neither enticements of honors and material possessions, nor threats of torture and death shook the firmness of the saint nor turned her from Christ. She was given over to beastly tortures. They put a red-hot helmet on her head and threw her in a cauldron filled with boiling oil and pitch. By the power of God the holy martyr remained unharmed. When the emperor peered into the cauldron, St Paraskeva threw a drop of the hot liquid in his face, and he was burned. The emperor began to ask her for help, and the holy martyr healed him. After this the emperor set her free.

Traveling from one place to another to preach the Gospel, St Paraskeva arrived in a city where the governor was named Asclepius. Here again they tried the saint and sentenced her to death. They took her to an immense serpent living in a cave, so that it would devour her. But St Paraskeva made the Sign of the Cross over the snake and it died. Asclepius and the citizens witnessed this miracle and believed in Christ. She was set free, and continued her preaching. In a city where the governor was a certain Tarasius, St Paraskeva endured fierce tortures and was beheaded in the year 140.

Many miracles took place at the saint's tomb: the blind received sight, the lame walked, and barren women gave birth to children. It is not only in the past that the saint performed her miracles, but even today she helps those who call on her in faith."

*For those in the United States, the **Shrine of St. Paraskevi in Greenlawn, New York**, treasures relics of St. Paraskevi (along with those of St. Panteleimon the Great Martyr), along with a miraculous, healing spring of holy water from which many people have been healed. For more information, see: http://stparaskevi.org/shrine_stparaskevi.html.*

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.
Stephen B.

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.