



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 Pastor:

Fr. Symeon Halsell

805-685-5400

frsymeon@stathanasius.org

Priests attached to the parish:

Fr. Jon-Stephen Hedges 805-968-1903 (Chaplain)

Fr. John Carrillo 805-770-3749 (retired)

Fr. Jon Braun (retired)

Fr. John Finley (Archdiocese Dept. of Missions)

Deacons:

Dn. Gary Braun

Dn. Scott Jacobs

Dn. Richard Easbey (retired)

Dn. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

email: office@stathanasius.org

Teen Program Coordinator

Subdn. Michael Easbey: measbey@gmail.com

College/Young Adult Coordinator

Mitchell Denny: mitchdennyjr@gmail.com

Parish Council 2019-2020:

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, January 3, 2021

Tone 5 / Eothion 8; Forefeast of &

Sunday before Theophany of Christ

Holy Prophet Malachi; Martyr Gordios of Cappadocia;

Venerable Thomais the Wonderworker of Lesbos;

Venerable Genevieve of Paris



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, January 3

9:00 a.m. Matins
10:00 a.m. Divine Liturgy

Monday, January 4

6:45 a.m. Daily Matins
5:00 p.m. Akathist by Zoom

Tuesday, January 5

9:00 a.m. Royal Hours of Theophany
6:00 p.m. Vespers-Liturgy for the Feast of
Theophany & Great Blessing of
the Water

Wednesday, January 6—THEOPHANY

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

Thursday, January 7—SYNAXIS OF ST. JOHN

7:45 a.m. Akathist by Zoom
9:00 a.m.-Noon Showers of Blessing
5:30 p.m. Vespers for St. John the Baptist

Friday, January 8

6:45 a.m. Daily Matins

Saturday, January 9

6:00 p.m. Great Vespers/Confessions

Sunday, January 10

9:00 a.m. Matins
10:00 a.m. Divine Liturgy

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

Jan. 3 Fr. Nicholas
Jan. 5 Tinyayeva
Jan. 10 Meyer
Jan. 17 Dn. G. Braun
Jan. 24 Tinyayeva

READERS

Jan. 3 Rdr. H. Lange
Jan. 5 D. Alexander/Rdr. V. Gish
(Epiphany Vesp-Liturgy)
Jan. 10 Rdr. J. Butler
Jan. 17 D. Washburn
Jan. 24 M. Braun

USHERS

Jan. 3 C. Berari, D. Meyer
Jan. 10 S. Speier, C. Speier
Jan. 17 D. Washburn, M. Loulias
Jan. 24 P. King, J. King

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

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

THE 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 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”

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 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 Forefeast of Epiphany

Tone 4

Prepare, O Zebulon;
and adorn yourself, O Naphtali!
River Jordan, cease flowing
and receive with joy the Master coming to be baptized!
Adam, rejoice with our First Mother
and do not hide yourself as you did of old in Paradise;
for having seen you naked,
He has appeared to clothe you with the first garment.
Christ has appeared to renew all creation.

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 for the Forefeast of Epiphany

Tone 4

Today the Lord enters the Jordan and cries out to John:
“Do not be afraid to baptize me.”
For I have come to save Adam, the first-formed man.”

TRISAGION (THRICE-HOLY) HYMN

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 6

O Lord save Thy people and bless Thine inheritance. (PS 27/28:9))

Verse: *To Thee will I cry, O Lord, O my God,
do not be silent unto me. (PS 27/28:1)*

EPISTLE READING

2 Timothy 4:5-8

Timothy, my son, always be steady, endure suffering, do the work of an evangelist, fulfill your ministry. For I am already on the point of being sacrificed; the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the Faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved His appearing.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

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

v: *O God, be bountiful to us and bless us, show the light of Your
countenance upon us, and have mercy on us! (Ps 65/66:2)*

v: *That we may know Your way upon the earth, and Your salvation
among all nations. (65/66:3)*

GOSPEL READING

Mark 1:1-8

The beginning of the gospel of Jesus Christ, the Son of God.

As it is written in the prophets, "Behold, I send my messenger before thy face, who shall prepare thy way; the voice of one crying in the wilderness: Prepare the way of the Lord, make his paths straight"

John the Baptizer appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. And there went out to him all the country of Judea, and all the people of Jerusalem; and they were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, and had a leather girdle around his waist, and ate locusts and wild honey. And he preached, saying, "After me comes he who is mightier than I, the thong of whose sandals I am not worthy to stoop down and untie. I have baptized you with water; but he will baptize you with the Holy Spirit."

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 of the Clergy

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

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.

HOMILY FROM FEAST OF NATIVITY

A video of Fr. Nicholas' homily on the Feast of the Nativity can be accessed from the home page of the parish website, or here:
<https://www.stathanasius.org/media/videos/christmas-sermon-2020-fr-nicholas-speier/>

ANNOUNCEMENTS

SINCERE CONDOLENCES:

- Betty J. Lenhart, the mother of Phoebe Lenhart, fell asleep in the Lord on December 11, 2020. She was diagnosed with renal cancer that metastasized to her lungs and breast. Betty was looking forward to meeting her Savior. She was 93 years young. Our deepest condolences to Phoebe, who was a member of our parish for many years and currently lives in Northern California.
- Lynn Simonsen, father of Corie Sieck and Andy, Stacey and Robert Simonsen, fell asleep in the Lord this past Monday, December 28th, after a very brief battle with liver cancer. Our deepest sympathy and love go to his wife Joan and the Simonsen, Sieck and Brunner families on the sudden loss of Lynn. May his memory be eternal.

LITURGICAL CALENDAR — LOOKING AHEAD

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| <ul style="list-style-type: none"> • Tuesday, January 5 at 9:00 a.m.
6:00 p.m. • Sunday, January 10 after Liturgy | <p>Royal Hours of Theophany
Vespers-Liturgy for Theophany,
Great Blessing of the Water</p> <p>Outdoor Blessing of the Water at
GOLETA BEACH
(We will not take the bus down to the harbor this year.)</p> |
|---|---|

FINANCIAL SNAPSHOT—January-November, 2020

Goal for Tithes January-November, 2020	\$ 470,320
Actual Tithes January-November, 2020	\$ 457,499

Building Fund Goal for Jan.-November, 2020	\$ 155,320
Actual Building Fund donations Jan.-November, 2020	\$ 136,289

Monthly tithe goal = \$39,193

Tithes received per month:

January	\$30,384	May	\$33,572	September	\$32,640
February	\$85,781	June	\$26,607	October	\$33,587
March	\$39,386	July	\$47,946	November	\$44,120
April	\$33,096	August	\$50,380		

Saint Genevieve was born of wealthy parents in Gaul (modern France) in the village of Nanterre, near Paris, around 422. Her father's name was Severus, and her mother was called Gerontia. According to the custom of the time, she often tended her father's flocks on Mt. Valerien.

When she was about seven years old, Saint Germanus of Auxerre (July 31) noticed her as he was passing through Nanterre. The bishop kissed her on the head and told her parents that she would become great in the sight of God, and would lead many to salvation. After Genevieve told him that she wished to dedicate herself to Christ, he gave her a brass medal with the image of the Cross upon it. She promised to wear it around her neck, and to avoid wearing any other ornaments around her neck or on her fingers.

When it was reported that Attila the Hun was approaching Paris, Genevieve and the other nuns prayed and fasted, entreating God to spare the city. Suddenly, the barbarians turned away from Paris and went off in another direction.

Years later, when she was fifteen, Genevieve was taken to Paris to enter the monastic life. Through fasting, vigil and prayer, she progressed in monasticism, and received from God the gifts of clairvoyance and of working miracles. Gradually, the people of Paris and the surrounding area regarded Genevieve as a holy vessel (2 Tim. 2:21).

Saint Genevieve considered the Saturday night Vigil service to be very important, since it symbolizes how our whole life should be. "We must keep vigil in prayer and fasting so that the Lord will find us ready when He comes," she said. She was on her way to church with her nuns one stormy Saturday night when the wind blew out her lantern. The nuns could not find their way without a light, since it was dark and stormy, and the road was rough and muddy. Saint Genevieve made the Sign of the Cross over the lantern, and the candle within was lit with a bright flame. In this manner they were able to make their way to the church for the service.

There is a tradition that the church which Saint Genevieve suggested that King Clovis build in honor of Saints Peter and Paul became her own resting place when she fell asleep in the Lord around 512 at the age of eighty-nine. Her holy relics were later transferred to the church of Saint Etienne du Mont in Paris. Most of her relics, and those of other saints, were destroyed during the French Revolution.

In the Middle Ages, Saint Genevieve was regarded as the patron saint of wine makers.

SAFETY PROTOCOLS

Metropolitan Joseph has given us a blessing to continue to do our services inside the nave. The Parish Council asks the members of the parish to adhere to the following:

- During services, please maintain at least 6 ft. of distance on all sides, including in the Communion line, and wear a mask that covers both YOUR MOUTH AND NOSE. (Families may sit together but should have six feet of space in front and behind them.
- The Sunday Divine Liturgy is being broadcast in the hallway and on the patio for overflow crowd and for those who are not comfortable sitting inside the nave.
- **There will be no COFFEE HOUR for now. Please do not linger inside the building after the services unless you are buying something from the Bookstore.**

CELEBRATIONS THIS WEEK

Wedding Anniversaries

1/08 Tyler & Taylor Speier
1/09 Mark & Dee Kern

Birthdays

1/6 Robert Kinman
1/9 Carla Harris, Chris Seaman

Patron Saint Commemorations

1/3 **St. Genevieve of Parish** — Violet Gray
1/4 **St. Jason, the Apostle of the Seventy** — Jason Wallace
1/5 **Prophet Micah** — Micah Landrum
1/6 **Theophany**—Tiffany Van Wagoner
1/7 **St. John the Baptist (Synaxis)**
Ron Berari, Fr. John Finley, John Heiduk, Gianni Madrigal,
John Ronan Meyer, Johnny Wallace



Food, Faith and Fasting

Join us for virtual workshops utilizing the Eastern Orthodox Christian Tradition to aid us in caring for body and soul alike.

In these workshops, the participant will attain practical tools to care for health in a spiritually minded manner.

The Zoom platform will be utilized for the live virtual sessions. Instructional portion of sessions are from 8pm-9pm EST, followed by Q & A.

Presenter: Rita Madden, MPH, RDN author of *Food Faith and Fasting* holds a Master of Public Health and is a Registered Dietitian. She also hosts the Podcast Food, Faith and Fasting on Ancient Faith Radio.

Virtual Live Workshops Starting January 2021

Food Faith and Fasting 5-Part Series

- Topics include: food choices, eating in balance, fasting, exercise and managing stress.
- It is suggested one participates the 5-part series in its entirety, as it provides the foundation for all other workshops. However, sessions can be booked individually as well.

Fasting with Diabetes

Nutritious and Delicious Eating on a Budget

Quick and Easy Fasting Cooking Demonstrations

**FOOD
FAITH *and*
FASTING**
A Sacred Journey to Better Health

Learn More Here: <https://foodfaithfasting.gumroad.com>

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. Markos
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.
Monsignor J. Yanek
Kent F.
Bob N.
Fr. Jon-Stephen & Melissa H.

Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)
Chase K. (military)
Nick & Kristine J. (military)
Steve T.
Olga Marie G.
Dn. John Y.
Mitch D. Sr.
Dn. Gary B.
Harvey G.
Stephen B.
Kris F.
David D.
Anneli C.
Kh. Erin K.
Nina
Dasha
Wendy R.

Bev R.
Phyllis M.
Christina & Anthony
Lee Family
Fr. Wayne W.
Audrey

The Ethiopian Orthodox Church
The Church & people in Lebanon
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:

Neyla, Kiro, Jim R., Betty, Lynn S.

All who have died in the conflicts in Ukraine Africa & the Middle East
Those who lost their lives in the explosion in Lebanon

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.

