



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

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Assistant Pastor:

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Priests attached to the parish:

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

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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, May 9, 2021

New Sunday or Anti-Pascha

Sunday of Thomas the Apostle, Called "The Twin"

Prophet Isaiah; Martyr Christopher of Lycia;

Translation to Bari of the Relics of Nicholas the Wonderworker,
Archbishop of Myra in Lycia



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 on the patio after the Liturgy for 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 THE WEEK

Sunday, May 9—THOMAS SUNDAY

(We will also commemorate St. Athanasius, whose feast day was on Pascha.)

HAPPY MOTHER'S DAY!

9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour
1:00 p.m.	Blessing of the Graves at Goleta Cemetery

Monday, May 10

6:45 a.m.	Paschal Daily Matins
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Tuesday, May 11

5:30 p.m.	Daily Vespers
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Wednesday, May 12

6:45 a.m.	Paschal Daily Matins
12:00 p.m.	St. Xenia Prayer Ministry

Thursday, May 13

10:00 a.m.	Showers of Blessing
5:30 p.m.	Daily Vespers
6:00 p.m.	Youth Group

Friday, May 14

6:45 a.m.	Paschal Daily Matins
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Saturday, May 15

4:30 p.m.	"What is man?" Class for adults and teens
6:00 p.m.	Great Vespers/Confessions

Sunday, May 16—Sunday of Myrrhbearers

9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:45 a.m.	Coffee Hour

**Fr. Nicholas and Kh. Jan will be away
May 10-14.**

Valerie will be away May 14-17.

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

May 9	D. Washburn
May 16	Sieck
May 23	Tinyayeva
May 30	Meyer

READERS

May 9	M. Braun
May 16	Rdr. J. Butler
May 23	Rdr. V. Gish
May 26	D. Alexander (Mid-Pentecost)
May 30	D. Washburn

USHERS

May 9	C. & S. Speier
May 16	D. Washburn, M. Loulias
May 23	C. Berari, D. Meyer\
May 30	P. King, J. King

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

Troparion of Antipascha

From the sealed tomb, You shone forth, O Life! Through closed doors You came
to Your disciples, O Christ God! Renew in us, through them, an upright spirit,
By the greatness of Your mercy, O Resurrection of all!

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

*The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds
“Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolyti-
kion and censes the west side of the Altar Table.*

Priest: Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and
unto ages of age.

People: Amen.

Clergy: Christ is risen from the dead, trampling down death by death, and upon those in the
tombs bestowing life.

People: Christ is risen from the dead, trampling down death by death, and upon those in the
tombs bestowing life. **(2 times)**

GREAT LITANY

FIRST ANTIPHON

Verse: Make a joyful noise to God, all the earth! Sing of His Name, give
glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe
before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High!
[Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

**Refrain: O Son of God, Who rose from the dead,
save us who sing to Thee, Alleluia.**

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

**Refrain: Christ is risen from the dead trampling down death by death,
and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]

LITTLE ENTRANCE

**In the gathering places bless ye God the Lord from the Springs of Israel.
O Son of God Who Rose from the dead, save us who sing to Thee, Alleluia!**

Troparion of Antipascha

Tone 7

From the sealed tomb,
You shone forth, O Life!
Through closed doors You came to Your disciples, O Christ God!
Renew in us, through them,
an upright spirit,
By the greatness of Your mercy,
O Resurrection of all!

Kontakion for Pascha

Thou didst descend into the tomb O Immortal. Thou didst destroy the pow'r of death. In victory Thou didst arise, O Christ God, proclaiming rejoice to the myrrh-bearing women, granting peace to Thine apostles, and bestowing resurrection on the fallen.

TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (3 times)

+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 3

Great is our Lord, and abundant in power! His wisdom is beyond measure! (Ps 146/147:5)

Verse: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

EPISTLE READING

Act 5:12-20

In those days, many signs and wonders were done among the people by the hands of the Apostles. And they were all together in Solomon's Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the Apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, "Go and stand in the temple and speak to the people all the words of this Life."

ALLELUIA BEFORE THE GOSPEL

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Come, let us rejoice in the Lord. Let us shout with jubilation unto God our Savior. (Ps. 94:1)

Verse: For the Lord is a great God and a great king over all the earth. (Ps. 94:3)

THE GOSPEL READING

John 20:19-31

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Now Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe."

Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." Then he said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe."

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

Hymn to the Mother of God (Meglynarion)

The angel cried to the lady full of grace: Rejoice, O pure virgin! Again I say rejoice, O pure Virgin. Your son is risen from His three days in the tomb. With Himself He has raised all the dead. Rejoice all ye people. O Shine! Shine! Shine, O New Jerusalem! The glory, the glory of the Lord has shone on you. Exult, exult and be glad. Be glad, O Zion, be radiant, O Mother of God, in the resurrection of your Son, of your Son!

Communion of the Clergy—for Thomas Sunday

Praise the Lord, O Jerusalem; praise thy God, O Zion. Alleluia. (Ps. 147:1)

Communion of the Faithful

Receive the body of Christ. Taste the fountain of immortality.
Alleluia! Alleluia! Alleluia!

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.

FINANCIAL SNAPSHOT—January—April 2021

Goal for Tithes January—April	\$ 166,668
Actual Tithes January-April	\$ 191,566
Building Fund Goal for Jan.-April	\$ 56,480
Actual Building Fund donations for Jan.-April	\$ 43,901

Monthly tithe goal = \$41,667

Monthly Building Fund goal = \$14,120

Tithes received per month:

January	\$ 37,625
February	\$ 46,485
March	\$ 59,535
April	\$ 47,921

Building Fund donations per month:

\$ 7,672
\$16,382
\$ 6,722
\$ 13,125

ANNOUNCEMENTS

TODAY WE WILL BLESS THE GRAVES AT GOLETA CEMETERY AFTER COFFEE HOUR. (Approximately 1:00 p.m.)

WELCOME TO THE NEWLY ILLUMINED servants of God:

James Arnold

Sponsors: Richard & Lisa Ballew

Cyrus & Lincoln Brunner

Sponsors: Beau & Leticia Brunner, Jami Stetler

Peter Van Dolah

Sponsor: David Dillon

May God guide their walk in the Faith and grant them many years!!

Fr. Nicholas and Kh. Jan will be away Monday thru Friday, May 10-14.

Valerie will be away Friday thru Monday, May 14-17.

THERE IS NO KNEELING DURING WORSHIP SERVICES BETWEEN NOW AND PENTECOST.

CHANGE IN DAILY TRISAGION PRAYERS:

1. From Pascha until Pentecost, do not say, "O Heavenly King..."
2. From Pascha until Ascension, replace "Holy God, Holy Mighty..." with "Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life."

THE NEXT MEN'S FIREPIT GATHERING is on Monday, May 17th. Location TBA.

SAOC SUMMER SCHOOL IS BACK!

FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6

Monday, June 14-Friday, June 25 (weekdays only)

8:45-11:30 a.m. — Class time

11:30 a.m.-12:30 p.m. — Lunch

12:30-2:00 p.m. — Special Activity

**MEMO TO PARENTS & REGISTRATION FORMS ARE AVAILABLE
IN THE LOBBY OF THE CHURCH
& ON THE WEBSITE AT:**

<https://www.stathanasius.org/ministries/youth-education/summer-school/>

What is man, that Thou art mindful of Him?

A series for teens and adults, Saturdays at 4:30 p.m.

There are many competing beliefs about what it means to be a flourishing human being taught by the world. In this lecture series Fr. Symeon will address the big questions we face today about human life, and how we as Christians may understand and respond to the ever-changing social fabric as *little Christs*. We will ask the question of God and of ourselves, *What is man, that Thou art mindful of Him?* The lectures will be appropriate for teenagers and up and will run for 7 weeks from May 15th to June 26th every Saturday beginning at 4:30 pm at the parish.

- May 15 *Creation - The Creation of Human Beings & Life in Paradise*
- May 22 *The Fall and the Composition of Humanity*
- May 29 *Our Re-creation through & in Christ*
- June 5 *Does God care about sex(uality)?*
- June 12 *The Nations - Israel and Gentiles or*
What do we have to do with Race?
- June 19 *Are Humans Fluid or Solid? or What is Human Nature?*
- June 26 *Cultivating the Soul and Growth in Christ:*
Our Recomposition & Life Toward Paradise!

CELEBRATIONS THIS WEEK

Wedding Anniversaries:

- 5/12 Jim & Gloria Morrison, Larry & Cheryl Lander
- 5/15 Adriana de Bruin and Ron Malik

Birthdays:

- 5/11 Benny Madrigal, Brett Williams
- 5/14 Brian Sieck

Patronal Feast Days

- 5/9 St. Christopher of Lycia Chris Robinson

Keeping the Empty Tomb in our Hearts & Turning our Crosses into Victory

Having completed Holy Week and Pascha, we were able to experience the transition from the long, darker services of Holy Thursday and Holy Friday to the brighter and joyful services of Holy Saturday, Pascha, and Bright Week. For many, having labored through Lent and Holy Week, this transition to joy, hope, and relief is an emotional occasion and reminder of many things. Indeed, this transition that the Church has given us to experience has far more meaning for our own life than we might realize. It is a reminder that in the end, God is always triumphant and victorious. It means that in the end everything will be okay. It means that this world will never have the final say. It means that behind every cross is a potential new life waiting to be had, behind every struggle is God's promise to wipe every tear from our eye, that behind every moment of despair or struggle is hope and joy waiting to break forth, that behind every hurt there is healing, and that behind every crucifixion we endure there is a resurrection waiting to occur.

Indeed, all of the crosses and places of struggle in our own lives can be transformed into places where a great struggle had once occurred but is now a place of light, joy, reflection, peace, and hope no matter how great was the loss and struggle. Our hearts can become a place like the empty tomb, devoid of struggle, but filled with hope, trust, light, and God's love. If we maintain faith, maintain peace, forge on, not give into darkness and anger, persevere, pray, forgive, and do all the things Jesus did as he journeyed to Jerusalem and did on the cross, then we will emerge victorious from every struggle in our life and emerge a new person. If the cross is resolved while yet in this life then we will emerge a different person, better radiating the light, peace, love, and joy of Christ. If the cross or struggle is resolved in the next life, when we depart this world, then it will have been for our salvation and the ultimate new life. This is how good triumphs over evil and how our crosses are transformed.

In the gospel reading for the Paschal liturgy we hear the words from the Gospel of John, "In Him was life, and the life was the light of men, and the light shines in the darkness, and the darkness could not overcome it." Remember the beautiful and moving words sung when we come to take the paschal light on Easter night, "Come receive light from the light, that is never overtaken by night, come glorify Christ risen from the dead!" As long as we stay close to Christ and emulate Him we can never be defeated by any cross, struggle, or evil. As our Lord said at the last supper, "These words I have spoken to you, that in Me you will have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world." As the saying goes, there is no earthly pain or sorrow that heaven cannot heal. The path to victory over this life, this world, and over all of our pain, losses, and suffering, lies with clinging onto Christ with blind trust and hope every moment of our life. The joy and hope of God's love and promise to us will always be there and be the final word. Every cross will be empty and a place of hope and peace. Every broken heart will be like the space of the empty tomb, filled with light and devoid of pain and sorrow. God wouldn't have it any other way.

By Fr. Joshua Makoul (Pittsburgh, PA, priest, licensed therapist) To read more:

<http://ww1.antiochian.org/keeping-empty-tomb-our-hearts-and-turning-our-crosses-victory>

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
Fr. Jon 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
Bob N.
Kh. Melissa H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)

Chase K. (military)
Nick & Kristine J. (military)
Steve T,
Nina
Dasha
Bev R.
Phyllis M.
Lee Family
Audrey
Scott L.
Samantha and Chris N.
Dan A.
John S.
Earle L.
Barbara W. and Doreen
Jim M.
Phoebe L.
Abp. Benjamin

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: Fr. Vladimir L., Jim R., Betty

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.

SAFETY PROTOCOLS—May 2021

Having entered the “Orange Tier” in California, we are permitted to be at 50% capacity inside the nave of the church. This means that during services, we still must continue to maintain some distance between chairs and wear masks.

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.