



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. 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, May 23, 2021

Tone 3 / Eothinon 5;

Fourth Sunday of Pascha

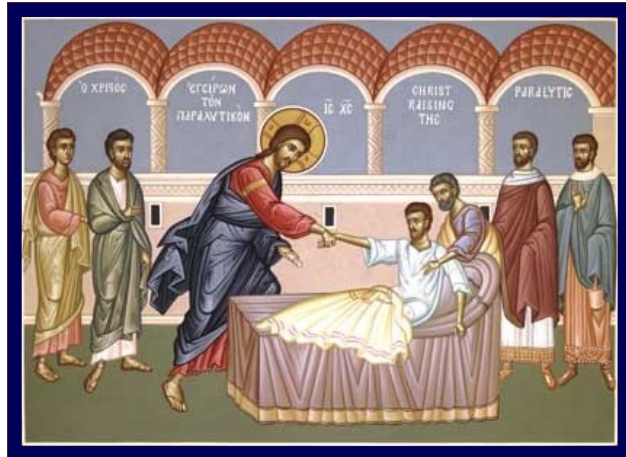
Sunday of the Paralytic

Michael the Confessor, Bishop of Synnada;

Myrrh-bearer Mary, Wife of Cleopas;

Translation of the relics of Leontios the Wonderworker, Bishop of Rostov;

Euphrosinia of Polotsk



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 23—Sunday of the Paralytic

9:00 a.m. Catechesis Levels I, II & III
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

Monday, May 24

6:45 a.m. Paschal Daily Matins

Tuesday, May 25

5:30 p.m. Daily Vespers

Wednesday, May 26

6:45 a.m. Paschal Daily Matins
12:00 p.m. St. Xenia Prayer Ministry
6:00 p.m. **Liturgy for Midfeast of Pentecost**

Thursday, May 27

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

Friday, May 28

6:45 a.m. Paschal Daily Matins

Saturday, May 29

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

Sunday, May 30—Sunday of Samaritan Woman

9:00 a.m. Catechesis Levels I, II, & III
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

**Fr. Nicholas will be away from
May 27-30.**

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

May 23	Tinyayeva
May 30	Meyer
June 6	Fr. Nicholas
June 13	Dn. G. Braun

READERS

May 23	Rdr. J. Butler
May 26	D. Washburn (Mid-Pentecost)
May 30	D. Alexander
June 6	Rdr. J. Butler
June 9	Rdr. H. Lange (Ascension)
June 12	Rdr. M. Kern (Vespers)
June 13	M. Braun

USHERS

May 23	C. Berari, D. Washburn
May 30	P. King, J. King
June 6	C. Speier, S. Speier
June 13	D. Meyer, M. Loulias

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

**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 Apolytikion 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 the Resurrection

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
granting the world the great mercy.

Tone 3

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 Paralytic**Tone 3**

By Your divine intercession, O Lord,
as You raised up the Paralytic of old,
so raise up my soul, paralyzed by sins and thoughtless acts;
so that being saved I may sing to You:
“Glory to Your power, O compassionate Christ!”

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**Tone 3**

Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

Verse: Clap your hands all you peoples!
Shout to God with a voice of joy! (*Ps 46/47:1*)

THE EPISTLE READING

Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord.

Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

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. (*Ps 30/31:2*)

GOSPEL READING—John 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you,

‘Take up your pallet, and walk?’” Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

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 & Communion of the Faithful

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

Instead of “We have seen the true light, we sing: “Christ is risen” ONE time.

At the end of the dismissal prayer the service then continues with the typical Paschal dialogue, as follows:

Priest: Christ is risen.

Faithful: Indeed He is risen.

Priest: Christ is risen.

Faithful: Indeed He is risen

Priest: Christ is risen.

Faithful: Indeed He is risen.

Priest: Glory to His third-day Resurrection.

Faithful: Let us worship His third-day Resurrection.

Priest: Christ is risen from the dead, trampling down death by death, and upon those in the tombs

Faithful: bestowing life.

English: Christ is risen!

Greek: Christos anesti!

Arabic: El Messieh kahm!

Slavonic: Christos voskrese!

Romanian: Hristos a inviat!

Spanish: Christo ha resucitado!

Amharic: Kristos tenestwal!

He is risen indeed!

Alithos anesti!

Hakken kahm!

Voistinu voskrese!

Adeverat a inviat!

En verdad ha resucitado!

Bergit tenestwal!

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.

ANNOUNCEMENTS

Fr. Nicholas will be away from May 27-30.

THERE ARE LOTS OF GREAT PHOTOS from Lazarus Saturday, Palm Sunday, Holy Week and Pascha posted on the parish website. Thank you to our photographer, Nataliya Tinyayeva, for this labor of love! <https://www.stathanasius.org/media/photo-gallery/>

GRADUATES?

If you have a 2021 graduate in the family, please send a brief narrative and photo to the church office so that we can honor our grads. (School graduating from, degree, plans for the next year, achievements or accolades, etc.)

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

UPCOMING FEAST DAY SERVICES

WEDNESDAY, May 26th at 6:00 p.m.—Divine Liturgy for Mid-feast of Pentecost

WEDNESDAY, June 9th at 6:00 p.m.—Vespereal Liturgy for Feast of the Ascension of our Lord

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 now until June 26th every Saturday beginning at 4:30 pm at the church.

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

SAOC SUMMER SCHOOL IS BACK!
FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6
Monday, June 14-Friday, June 25 (weekdays only)
8:45 a.m. – 2:30 p.m.
**REGISTRATION FORMS ARE AVAILABLE
IN THE LOBBY OF THE CHURCH
& ON THE WEBSITE AT:**

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

CELEBRATIONS THIS WEEK

Wedding Anniversaries

5/27 Andrew & Andrienne Macdonald

Birthdays:

5/23 Nataliya Tinyayeva

5/25 Tatiana Speier

5/27 Adam King

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

The Fourth Sunday after Pascha is dedicated to Christ's healing of **the Paralytic** (*John 5*). The man is healed by Christ while waiting to be put down into the pool of water. Through baptism in the church we too are healed and saved by Christ for eternal life. Thus, in the church, we are told, together with the paralytic, to "sin no more that nothing worse befall you" (*John 5:14*). Our Lord's question to the man, "Do you want to be healed?" is directed to us as well, reminding us that the gift of life and illumination through the Resurrection brings with it responsibilities. It must be nurtured and shared with others.

In the middle of the Fourth Week, there is a day which is called by the **Church, the Feast of Mid-Pentecost**. On this day we recall that Christ, "in the middle of the feast" teaches men of His saving mission and offers to all "the waters of immortality" (*John 7:14*). Again we are reminded of the Master's presence and His saving promise: "*If anyone is thirsty let him come to Me and drink*" (*John 7:37*).

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.
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: Doreen, 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.

UPDATED 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. With the blessing of our Metropolitan, masks are now optional.

The Sunday Divine Liturgy is being broadcast in the hallway and on the patio and we are still offering chairs against the far wall for those who prefer to maintain more of a distance for a while.