



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

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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

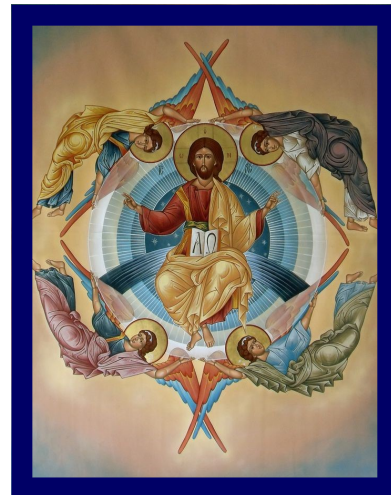
Zak Landrum

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, June 13, 2021

**Sunday of the After-feast of the Ascension
Commemoration of the Holy Fathers of the
First Ecumenical Council**

Martyr Aquilina of Byblos in Syria; Antipater,
Bishop of Bostra in Arabia;
Triphyllios, Bishop of Nicosia in Cyprus



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, June 13—Afterfeast of Ascension

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, June 14

6:45 a.m. Daily Matins
8:45 a.m.-2pm Summer School

Tuesday, June 15

8:45 a.m.-2pm Summer School
5:30 p.m. Daily Vespers

Wednesday, June 16

6:45 a.m. Daily Matins
8:45 a.m.-2pm Summer School
12:00 p.m. St. Xenia Prayer Ministry

Thursday, June 17

8:45 a.m.-2pm Summer School
10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
6:00 p.m. Parish Council Meeting
6:30 p.m. Youth Group

Friday, June 18

6:45 a.m. Daily Matins
8:45 a.m.-2pm Summer School

Saturday, June 19

8:30 a.m. Soul Liturgy
4:30 p.m. Class for adults and teens
“What is man?”
6:00 p.m. Festal Great Vespers/Confessions

Sunday, June 20—PENTECOST

FATHER’S DAY

9:00 a.m. Catechesis Levels I, II, & III
9:00 a.m. Festal Matins
10:00 a.m. Festal Divine Liturgy
11:45 a.m. **TRI-TIP BARBECUE**

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

June 13 Dn. G. Braun
June 20 Dillon
June 27 Morrison
July 4 Jacobs

READERS

June 13 M. Braun
June 19 D. Meyer (Soul Liturgy)
June 19 D. Washburn (Vespers)
June 20 Rdr. V. Gish (Pentecost)
June 26 D. Alexander (Vespers)
June 27 Rdr. H. Lange
June 29 M. Braun
July 4 TBA

USHERS

June 13 D. Meyer, M. Loulias
June 20 C. Berari, D. Washburn
June 27 P. King J. King
July 4 C. Speier, S. Speier

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

GREAT LITANY

FIRST ANTIPHON FOR FEAST OF ASCENSION

[Verse] Clap your hands, all peoples! Shout to God with loud songs of joy!

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

- For the Lord, the Most High is terrible; a great God over all the earth.
He subdued people under us, and nations under our feet. [Refrain]
- God has gone up with a shout, the Lord with the sound of a trumpet! [Refrain]
- Glory to the Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.
[Refrain]

SECOND ANTIPHON FOR FEAST OF ASCENSION

[Verse] God is the Lord and greatly to be praised in the city of our God.

[Refrain] O Son of God, Who ascended in glory, save us who sing to Thee, Alleluia.

- Mount Zion in the far north, is the city of the Great King. Within her citadels God is known
when He defends her. [Refrain]
- For lo, the kings assembled; they came on together. [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 FOR FEAST OF ASCENSION

[Verse] Hear this, all ye people; give ear, all ye inhabitants of the earth.

Refrain:

**You ascended in glory, O Christ our God,
granting joy to Your disciples by the
promise of the Holy Spirit.
Through the blessing they were assured
that You are the Son of God,
the Redeemer of the world!**

[Verse] My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding. [Refrain]

[Verse] I will incline mine ear to a parable; I will unfold my problem on the harp. [Refrain]

LITTLE ENTRANCE

As the clergy enter the altar, we sing the following hymns of 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 Ascension

Tone 4

You ascended in glory, O Christ our God,
granting joy to Your disciples by the
promise of the Holy Spirit.
Through the blessing they were assured
that You are the Son of God,
the Redeemer of the world!

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 for Ascension**Tone 6**

When You had fulfilled the
dispensation for our sake,
and united earth to heaven,
You ascended in glory, O Christ our God,
not being parted from those who love You,
But remaining with them and crying:
“I am with you and no one will
be against you!”

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 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

Acts 20:16-18, 28-36

In those days, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletus he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them:

“Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the Church of God which He obtained with the blood of His own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish everyone with tears. And now I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how He said, ‘It is more blessed to give than to receive.’”

And when he had spoken thus, he knelt down and prayed with them all.

Alleluia before the Gospel Tone 1

Chanter: Alleluia, Alleluia, Alleluia

People: Alleluia, Alleluia, Alleluia

Verse: The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting. (Ps 49/50:1)

Verse: Gather to Me, My venerable ones, who made a covenant with Me by sacrifice! (Ps 49/50:5)

THE GOSPEL READING

John 17:1-13

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know Thee the only true God, and Jesus Christ whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory which I had with Thee before the world was made.”

"I have manifested Thy Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came

from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the Scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves.”

HYMN TO THE MOTHER OF GOD (Meglynarion)

9th Ode of the Canon for Ascension:

Magnify, O my soul, Christ the Giver of Life, Who has ascended from earth to heaven!
We magnify the Mother of God, who beyond reason and understanding gave birth in time to the Timeless One.

Hymns for Communion of the Clergy:

Praise the Lord from the heavens! Praise Him in the highest! Alleluia! (*Ps 148:1*)
God has gone up with a shout; the Lord with the sound of a trumpet! (*Ps. 47:5*)

Instead of “We have seen the true light,” we sing the Troparion for Ascension:

You ascended in glory, O Christ our God,
granting joy to Your disciples by the
promise of the Holy Spirit.
Through the blessing they were assured
that You are the Son of God,
the Redeemer of the world!

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

THE MEN'S FIREPIT gathering will take place a week from tomorrow, June 21st, at the home of Penny and Mike Loulias.

UPCOMING FEAST DAY SERVICES

PENTECOST

Saturday, June 19

8:30 a.m. SOUL LITURGY

6:00 p.m. FESTAL GREAT VESPERS

Sunday, June 20

9:00 a.m. FESTAL MATINS

10:00 a.m. FESTAL DIVINE LITURGY & Kneeling Prayers

12:00 p.m. TRI-TIP BARBECUE

The children of the Atrium will, once again, invite us to participate in their Pentecost activity as we enter the church on Sunday.

FEAST OF SS. PETER & PAUL

Tuesday, June 29 at 6:00 p.m. Liturgy for the Feast

What is man, that Thou art mindful of Him?
A series for teens and adults, Saturdays at 4:30 p.m.

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>

CELEBRATIONS THIS WEEK

Wedding Anniversaries:

6/17 Dana & Dorothy Alexander

6/19 Fr. John & Diane Carrillo

Birthdays:

6/13 Gary Braun Jr., June Easbey, Julie Gross,
Melissa Hedges, Jacob Palmer

6/15 Terrel Armstrong, Chuck Sasala

Patron Saint Feast Days

6/15 St. Jerome of Stridonium Jerry Jones

6/15 Holy Prophet Amos Amos Palmer

6/17 St. Emilia Emily King

6/18 St. Alena, Martyr of Belgium Alina Grace Speier

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.



CALLING ALL TEENS & YOUNG ADULTS!!

ages 13-30 yrs.

Register now for an inspiring, energizing week of service
in the

HIGHWAYS & HEDGES!

Sunday, July 25—Saturday, July 31, 2021

in memory of Fr. Jon-Stephen Hedges

We will begin Sunday with a sleepover at the church,
and then will meet daily for prayer, discussion, social time,
and service activities within our local community.

Here's a sneak preview:

Sunday, July 25	Introduction & Discussion: The reasons for poverty and homelessness, and what we can and cannot do to help. Jennifer Ferraez, Orthodox mental health professional Dinner, ice-breakers, movie & sleepover at the church
Monday, July 26	A morning with the Hoppe Family, Missionaries to Albania
Tuesday, July 27	TBA
Wednesday, July 28	Service project for Hope Refuge (shelter for women who have escaped human trafficking)
Thursday, July 29	Morning with Showers of Blessing, afternoon shopping for and assembling New Mom Kits for Network Medical
Friday, July 30	A day at St. Barbara Monastery
Saturday, July 31	MAGIC MOUNTAIN

The cost for the week-long program is **\$100** and includes the cost of materials for the kits we will make for Network Medical and Hope Refuge, and dinner each day except Monday, when we will end the day after lunch. Participants are asked to bring a lunch each day.

Except in extraordinary circumstances, **participants must attend EACH DAY** of the program in order to be able to join the group at Magic Mountain on Saturday.

Scholarships are available.

DEADLINE TO REGISTER IS JULY 4th. Registration forms are available here:

<http://bit.ly/HighwaysandHedges2021>



PENTECOST

Tri-Tip BBQ

June 20, 2021

Please join us on the patio after
Divine Liturgy for food, music,
fellowship, face painting
and fun!!

Don't forget to wear green!

No charge, but set up and
clean up help welcome!



Contact Christie Robinson for details
or to volunteer.

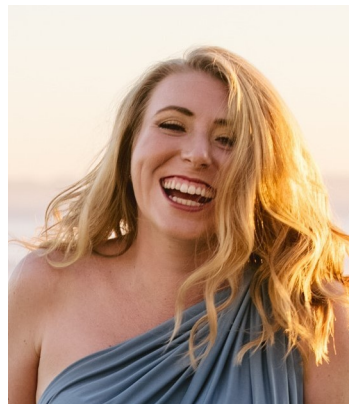
Christie.d.robinson@gmail.co

ST. ATHANASIUS 2021 GRADUATES

**Congratulations and many years to our amazing young people!
We are so proud of your perseverance through a VERY challenging year!**

KYNDAL VOGT

“In March, I graduated from the University of Denver with a Masters of Library and Information Science. Since it was an online program, I graduated with a *click* out of the Zoom room on a Wednesday night. With my Masters in hand, I finished my time at Westmont’s library in May and moved back to my hometown (Turlock, CA) to work as an archivist for a personal collector. I now spend my days cataloguing guitars, drums, song sheets, photographs, and more related to 80s rockers in a warehouse all to myself while blasting Van Halen and KISS on my computer. It’s definitely not what I thought I would be doing with my degree, but I’m loving it! I only wish I could transplant SAOC to my backyard. If you ever find yourself heading north on CA-99, you’re always welcome at my place! “ kvogt@westmont.edu



ELLENEY KING

Elleney will graduate this August with a Bachelor's of Science in Kinesiology from Cal Baptist University. She's been in their 18-month online program all while working full time. Her desire to pursue Kinesiology stemmed from all her sports injuries in high school and the curiosity about how to take care of injuries and heal. She plans to continue working full time at King Dental Group. (Elleney is the daughter of Dr. Jon and Kristin King, granddaughter of Kh. Peggy King, and fiancée of Garrett Gish)

CHASE KING

On Saturday, May 15th, Chase graduated w/honors from Fresno State. Chase majored in Criminology with a minor in Aerospace. The next day, Chase was commissioned as a 2nd Lt. in the US Air Force. His dad, Lt. Col. Doug King, administered the oath and his sister, A1C Lauren King, gave him his first salute! Mom, Kristi, and sister, Emily, pinned on his rank. He will be home until notified of his training dates. (Chase is the son of Dr. Doug and Kristi King.)



VIRGINIA (GINNY) BRAUN

Ginny graduated from Dos Pueblos High School. She earned the “Career Technical Education Completer” award for her work in photography, in which she found much enjoyment. In addition, she earned the Superintendent’s Resiliency Award, given to fewer than 500 seniors in the entire school district, for showing perseverance and resiliency by achieving academic growth during this past difficult remote-learning school year. Ginny participated in Aca-pella Choir for two years and ran cross country and track all four years. During her senior season of track, she served as a captain of the track team, and was also elected a Princess to the Home-coming Court. Ginny plans to take a semester off to work and enjoy being free from school, heading to SBCC in the Spring. She hopes to be a professional photographer someday. Ginny has sung for the past 3 years in our parish choir. (Ginny is the daughter of Dn. Gary and Melissa Braun, and granddaughter of Fr. Jon Braun.)



ATALIA ISABEL FINLEY

Atalia graduated from Dos Pueblos High School, like many in her family before her! Atalia will be attending Santa Barbara City College and plans to utilize the college’s Study Abroad Program in her artistic pursuits. (Atalia is the daughter of Owen J. and Monica Finley, granddaughter of Fr. John and Jan Finley, and GREAT granddaughter of Phyllis Morrison.)

HANNAH SIECK

Hannah graduated from Dos Pueblos High School. Hannah earned the National Honor Society Certificate of Life Membership, the California Scholarship Federation Life Membership Award, as well as the Dos Pueblos Community Service Award. While at Dos Pueblos, Hannah participated in the marching band where she played six different instruments and performed at Carnegie Hall. Hannah will be attending Sonoma State University this fall and will major in biology. (Hannah is the daughter of Brian and Corie Sieck.)





ONE IN FIVE

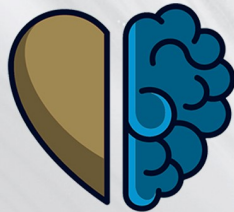
U.S. adults experience
mental illness each year



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA

Share Your Experience

The Mental Health Task Force of the Assembly of Bishops has created a Mental Health Needs Assessment survey and is asking ALL Orthodox Christians over age 18 to take the survey online. The Survey is completely anonymous and takes only 15 minutes to complete. Information from the survey will be used to create Orthodox mental health resources for the Orthodox faithful. The more people that take the survey, the more accurate our results will be to fully reflect the mental health experiences of our Orthodox communities and guide resource development. Please take the survey and encourage others in your community to take it as well.



Orthodox Mental Health Needs Assessment

To learn more about the Orthodox
Mental Health Needs Assessment survey
and to download the FAQs visit
www.assemblyofbishops.org/mental-health

Scan Here
↓



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
Kris F.

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: Augusta J., 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.

Women's Fellowship Activity—June 5, 2021
Russian Cuisine—a lesson with Nataliya & Galena

