



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:

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:

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Subdn. Michael Easbey: measbey@gmail.com

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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, June 20, 2021

The Great Feast of Pentecost

The 50th Day After Pascha



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 20—PENTECOST

9:00 a.m. Catechesis Levels I, II & III
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
12:00 p.m. Barbecue on the patio

Monday, June 21

6:45 a.m. Daily Matins
8:45 a.m.-2pm Summer School
7:00 p.m. Men's Firepit

Tuesday, June 22

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

Wednesday, June 23

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

Thursday, June 24—Nativity of St. John the Baptist

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

Friday, June 25

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

Saturday, June 26

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

Sunday, June 27—ALL SAINTS

**Sunday morning Catechesis will resume
in September.**

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

**Fr. Symeon and Family will be away
June 27-July 2.**

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

June 20	Dillon
June 27	Morrison
July 4	Jacobs
July 11	D. Washburn

READERS

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
July 11	TBA

USHERS

June 20	C. Berari, D. Washburn
June 27	P. King J. King
July 4	C. Speier, S. Speier
July 11	D. Meyer, M. Loulias

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

GREAT LITANY

FIRST ANTIPHON with verses for the Feast of Pentecost

Verse: The heavens are telling the glory of God; and the firmament proclaims His handiwork. (*Ps. 18/19:1*)

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

Verse: Day to day pours forth speech, and night to night declares knowledge. (*Ps 18/19:2*) **[Refrain]**

Verse: Their proclamation has gone out into all the earth, and their words to the ends of the universe. (*Ps 18/19:4*) **[Refrain]**

Verse: Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen. **[Refrain]**

SECOND ANTIPHON with verses for the Feast of Pentecost

Verse: The Lord answer you in the day of trouble; the name of the God of Jacob protect you! (*Ps. 19/20:1*)

Refrain: O Good Comforter, save us who sing to Thee, Alleluia!

Verse: May He send you help from the sanctuary and give you support from Zion! (*Ps 19/20:2*) **[Refrain]**

Verse: May He remember all your offerings, and fulfill all your plans! (*Ps 19/20:3*) **[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

Verse: In Your strength the king rejoices, O Lord, and exults greatly in Your salvation. (*Ps. 20/21:1*)

Refrain:

Troparion of Pentecost (Music on next page)

Blessed art Thou, O Christ our God,
Who hast revealed the fishermen as most wise,
having sent upon them the Holy Spirit,
and through them Thou hast fished the universe,
O Lover of Mankind, glory be to Thee.

Verse: You have given him his heart's desire, and have not withheld the request of his lips. (*Ps 20/21:2*) **[Refrain]**

Verse: For You meet him with goodly blessings; You set a crown of fine gold upon his head. (*Ps 20/21:3*) **[Refrain]**

LITTLE ENTRANCE

Be Thou exalted, O Lord, in Thine own strength; We shall sing Thy praise and power. O Good Comforter, save us who sing unto Thee, Alleluia, Alleluia, Alleluia!

Troparion of Pentecost (Music on next page)

Tone 8

Blessed art Thou, O Christ our God,
Who hast revealed the fishermen as most wise,
having sent upon them the Holy Spirit,
and through them Thou hast fished the universe,
O Lover of Mankind, glory be to Thee.

Kontakion of Pentecost

Tone 8

When the Most High came down, and confused the tongues,
He divided the nations.
But when He distributed the tongues of fire,
He called all to unity.
Therefore, with one voice
we glorify the Holy Spirit.

BLESSED ARE YOU, O CHRIST OUR GOD

(Troparion for Pentecost)

Tone 8

Kazan

Harm. J.D.F.

In a rhythmic style

$\text{♩} = 68$

The musical score is written for voice and piano. It consists of five systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature has one flat (B-flat), and the time signature is 2/4. The tempo is marked as 68 beats per minute. The lyrics are written below the vocal line.

Bles - sed art Thou O Christ our God, Who
hast re - vealed the fish-er-men as most wise, hav-ing
sent up-on them the Ho - ly Spir - it,
and through them Thou hast fished the un - i -
verse, O Lov-er of Man - kind, glo-ry be to Thee.

ANTI-TRISAGION

As many as have been baptized into Christ have put on Christ. Alleluia.

PREPARATORY PSALM VERSES before the Epistle (Prokeimenon) Tone 8

Their proclamation has gone out into all the earth, and their words to the ends of the universe! (Ps. 19)

Vs. *The heavens are telling the glory of God, and the firmament proclaims His handiwork.*

THE EPISTLE READING for PENTECOST

Acts 2:1-11

When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.

Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

PREPARATORY VERSES and ALLELUIA Response Before the Gospel Tone 1

Chanter: **Alleluia, Alleluia, Alleluia**

All: **Alleluia, Alleluia, Alleluia**

Verse: *By the word of the Lord the heavens were established, and all their power by the Spirit of His mouth. (Alleluia...)*

Verse: *From heaven the Lord hath looked upon the earth: He saw all the children of humankind. (Alleluia...)*

THE GOSPEL READING for PENTECOST

John 7:37-52, 8:12

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If anyone thirst, let him come to Me and drink. He who believes in Me, as the Scripture has said, 'Out of his belly shall flow rivers of living water.'" Now this He said about the Spirit, which those who believed in Him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

When they heard these words, many of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the Scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over Him. Some of them wanted to arrest Him, but no one laid hands on Him.

The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring Him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or of the Pharisees be-

lieved in Him? But this crowd, who do not know the Law, are accursed." Nicodemus, who had gone to Him before, and who was one of them, said to them, "Does our Law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee."

Again Jesus spoke to them, saying, "I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life."

HYMN TO THE MOTHER OF GOD (Meglynarion)

9th Ode of the Canon for Pentecost:

Rejoice, O Queen, glory of mothers and virgins!
No tongue, however sweet or fluent,
is eloquent enough to praise you worthily.
Every mind is overawed by your childbearing.
Therefore, with one voice, we glorify you.

COMMUNION HYMN

Let Your good Spirit lead me on a level path. Alleluia, Alleluia, Alleluia. (Psalm 143)

Instead of “We have seen the true light, we sing the Troparion for Pentecost.

At the end of the Liturgy, we will say the **Kneeling Prayers of Pentecost.** Between Pascha and Pentecost, the Church proscribes no kneeling during services as we celebrate the joy of the Resurrection for 40 days. With these prayers, we resume kneeling in the church. We also resume saying “**O Heavenly King**” in our daily prayers and in the Trisagion Prayers in our services.

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 tomorrow, June 21st, at the home of Penny and Mike Loulias.

UPCOMING FEAST DAY SERVICES

- **FEAST OF SS. PETER & PAUL**

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

LAST CLASS IN THE SERIES: What is man, that Thou art mindful of Him?

This Saturday, June 26 at 4:30 p.m.: *Cultivating the Soul and Growth in Christ: Our Recomposition & Life Toward Paradise!*

T-SHIRTS AVAILABLE FOR ORDER UNTIL 10:00 P.M. THIS MONDAY

Heather West has designed a t-shirt for our upcoming youth program, Highways and Hedges (in memory of Fr. Jon-Stephen). If you would like to purchase a t-shirt, please go online and order by 10:00 p.m. this Monday night. Sizes available are S—XL, and the cost is \$26.

Program participants DO NOT NEED TO ORDER T-SHIRTS.

To order: <http://www.tuleadventureco.com>



CELEBRATIONS THIS WEEK

Wedding Anniversaries:

6/21 Dan & Judy Braun
6/24 Dn. Gary & Melissa Braun
6/25 Scott & Terri Speier

Birthdays:

6/20 Robert Rauchhaus
6/23 Wesley Brave Speier
6/24 Subdn. Michael Easbey
6/26 Ryder Heiduk, Dn. Scott Jacobs

St. Athanasius SUMMER SCHOOL 2021

WEEK ONE





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, sleepover at the church
Monday, July 26	A morning with the Hoppe Family, Missionaries to Albania
Tuesday, July 27	In-reach Day: Hands-on learning about some of our parish ministries with the folks who run them (Altar, Music, Festal Decorating, St. Brigid, Catechesis, Iconography, Coffee Hour, St. Xenia Prayer Ministry)
Wednesday, July 28	Presentation by Sally Cook, Founder of Hope Refuge
Thursday, July 29	Morning with St. Brigid Fellowship/Showers of Blessing, afternoon presentation about the work of Network Medical, and shopping for and assembling New Mom Kits
Friday, July 30	Visit/Workday 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 TODAY!!!

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

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



LADIES OF THE PARISH...

Please join us for a

Koliva-making demonstration (memorial wheat)

by Penny Cocomes at her home,
followed by a light Greek Luncheon!

July 17, 2021 at 10:30am.

Space limits us to 15 ladies, so sign up soon & reserve your spot!

\$10 per person to cover supplies.

Hope to see you there!

To sign up: <http://bit.ly/KolivawithPenny>

THE GIFTS OF THE HOLY SPIRIT

On Pentecost, fifty days after His glorious resurrection, Jesus gave His friends the promised gift of the Holy Spirit. The Holy Spirit—the treasury of good things and giver of life—brought life-giving gifts. These gifts were not just for Jesus' friends long ago. Jesus promises these gifts to all who ask. These gifts are for us!

- **Wisdom:** knowing the way that pleases God and walking in it
- **Understanding:** seeing clearly with spiritual eyes as a result of listening for God's voice with an open heart
- **Counsel:** helpful words and wise guidance for others
- **Might:** strength and courage to do what's right
- **Knowledge:** knowing more and more of God through prayer, God's Word and God's Creation
- **Fear of the Lord:** living without fear of anyone or anything except the Awesome, Holy, and Almighty God in whom we take refuge
- **Delight:** living in joy and wonder at the recognition of God's presence all around, all the time
-

"With the descent of the Holy Spirit upon Christ's disciples, the time of salvation, the Divine work of redemption has been completed, the fullness revealed, all gifts bestowed: it belongs to us now to "appropriate" these gifts, to be that which we have become in Christ: participants and citizens of His Kingdom."

- Fr. Alexander Schmemmann

The Great Feast of Pentecost
The Celebration—June 20th
- An Invitation from the Children of Atria Levels II and III -

Today, Pentecost Sunday, we invite you to "ask that you might receive" . . .

Before you enter the sanctuary, you will receive a taper candle.

At the back of the sanctuary there is a table with seven green candles—each labeled with one of the gifts of the Holy Spirit listed to the left.

We invite you to **light your own candle from the green candle designating the gift you have chosen** and place your candle in the sand in front of that green candle.

Once you have lit and placed your taper candle, we will give you a **handmade card with the name of the gift and a description** on it. Hopefully this will sit on your altar or some other prominent place to remind you all year long of the gift you have asked for!

Blessed Feast!





ONE IN FIVE

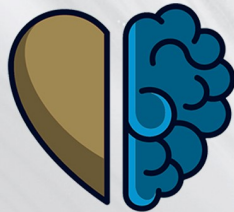
U.S. adults experience
mental illness each year



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.
Dan A.
John S.
Earle L.
Barbara W.
Phoebe L.
Abp. Benjamin
Kris F.
John N., Samantha & Chris
Harvey G.

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.

The tradition of Koliva

Koliva, also spelled **kollyva**, **kollyba** or **colivă**, is a dish based on boiled wheat that is used liturgically in the Orthodox Church for commemorations of the dead.

Koliva is blessed during funerals, as well as during the memorial service that is performed at various intervals after a person's death and on special occasions, such as the Saturday of Souls. It may also be used on the first Friday of Great Lent or in the Christmas meal. In some countries, it is consumed on nonreligious occasions as well.

A similar food item is widely popular in Lebanon where it is known as *snuniye* and, more commonly, as *berbara* as it is prepared for Saint Barbara's feast day, December 4.



The origins of koliva predate Christianity. The word koliva itself stems from the Ancient Greek word κόλλυβος (*kollybos*), which originally meant "a small coin" and later in the neuter plural form "small pies made of boiled wheat". In the Ancient Greek *panspermia*, a mixture of cooked seeds and nuts were offered during the pagan festival of the Anthesteria.

In the 5th century AD koliva in the sense of boiled wheat, along with raw vegetables, made up the diet of monks who refused to eat bread. The 12th century canonist Theodore Balsamon maintained that koliva as a ritual food practice was originated by **St. Athanasius of Alexandria** during the reign of the Emperor Julian the Apostate.

The association between death and life, between that which is planted in the ground and that which emerges, is deeply embedded in the making and eating of koliva. The ritual food passed from paganism to early Christianity in Byzantium and later spread to the entire Orthodox world.

Orthodox Christians consider koliva to be the symbolic of death and resurrection, according to the words of the Gospel:

Verily, verily, I say unto you, Except a grain of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. (John 12:24)

Wheat which is planted in the earth and rises in new life is symbolic of those beloved departed who have died in the hope of resurrection, in accordance with the words of Saint Paul:

So also is the resurrection of the dead. It is sown in corruption, it is raised in incorruption. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a natural body, it is raised a spiritual body....(1 Corinthians 15:42–44)

This symbolism has its highest expression in the Saints, whose blessed state in heaven has been manifested to the world. For this reason, koliva is blessed not only at memorials for the departed, but also in commemoration of saints.