



## 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 2021-2022:**

Laurie Baker, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Dorothy Alexander  
Mary Denny  
David Dillon  
Glenn Hoppe  
Lara Jacobs  
Zak Landrum

## **DIVINE LITURGY OF ST. JOHN CHRYSOSTOM** Sunday, October 24, 2021

**Tone 1 / Eothinon 7;  
Eighteenth Sunday after Pentecost  
& Sixth Sunday of Luke**

Great-martyr Arethas (al-Haarith) & companions in Arabia  
Martyr Sebastiana of Heraclea;  
Righteous Elesbaan, King of Ethiopia



**St. Demetrius — October 26**

## **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, October 24

9:00 a.m. Matins  
9:00 a.m. Religious Ed. Classes for ages 6-12  
10:00 a.m. Divine Liturgy  
**BLESSING OF MINISTRY LEADERS**  
11:30 a.m. Religious Ed for Teens  
11:45 a.m. Coffee Hour

### Monday, October 25

6:45 a.m. Daily Matins

### Tuesday, October 26—ST. DEMETRIOS

5:30 p.m. Daily Vespers

### Wednesday, October 27

6:45 a.m. Daily Matins  
8:30 a.m. Weekly Divine Liturgy  
12:00 p.m. St. Xenia Prayer Ministry

### Thursday, October 28

7:45 a.m. St. Xenia Prayer Ministry (by Zoom)  
10:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers  
6:00 p.m. Youth Group

### Friday, October 29

6:45 a.m. Daily Matins

### Saturday, October 30

4:30 p.m. Adult Catechism:  
"Communion of Saints"  
6:00 p.m. Great Vespers/Confessions

### Sunday, October 31

9:00 a.m. Matins  
9:00 a.m. Religious Ed. Classes for ages 6-12  
10:00 a.m. Divine Liturgy  
11:30 a.m. Religious Ed for Teens  
11:45 a.m. Coffee Hour

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

October 24 Fr. Nicholas  
October 31 Dn. G. Braun  
November 7 Dillon  
November 14 Morrison

### READERS

October 24 D. Washburn  
October 31 Rdr. H. Lange  
November 7 Rdr. J. Butler  
November 14 D. Alexander

### GREETERS

October 24 P. Cocores/M. Loulias  
October 31 K. King/D. Washburn  
November 7 G. & L. Hoppe  
November 14 H. Lange/D. Washburn

### USHERS

October 24 C. Berari, D. Washburn  
October 31 D. Alexander/K.L. King  
November 7 J. King/P. King  
November 14 S. Speier, C. Speier

### THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

October 28 M. Loulias/P. Cocores  
November 4 D. Alexander/D. Washburn  
November 11 F. Young/S. Saunders  
November 18 L. Ballew/J. Jones

### **COFFEE HOUR**

Please consider signing up to bring the  
snacks on a Sunday this fall.

To access the sign-up list:  
<https://bit.ly/SAOCoffeehour>

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

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

**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 wast  
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 1**

**(Music on p. 40 of Liturgy book)**

While the stone was sealed by the Jews,  
and the soldiers were guarding Thy most pure body,  
Thou didst arise on the third day,  
O Savior, granting life to the world.  
For which cause the heavenly pow'rs  
cried aloud unto Thee, O Giver of life;  
Glory to Thy resurrection, O Christ!  
Glory to Thy kingdom!  
Glory to Thy providence, O Thou  
Who alone art the lover of mankind.

**Troparion for Great Martyr Arethas**

**Tone 1**

Through the sufferings which Your holy martyrs Arethas  
and his companions endured for Your sake, O Lord,  
we beseech You, O Lover of ^mankind://  
“Heal all of our infirmities!”

**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 - Ordinary Sundays**

**Tone 4**

O undisputed intercessor of Christians,  
The mediatrix, who was unrejected by the Creator.  
Turn not away from the voice of our petitions, though we be sinners.  
Come to us with aid in time, who cry unto thee in faith, for thou art good.  
Hasten to us with intercessions, O Theotokos,  
who dost ever intercede for those who honor thee.

**TRISAGION (THRICE-HOLY) HYMN (p. 9 of Liturgy Book)**

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**

**Preparatory Psalm Verses before the Epistle (Prokeimenon)**

**Tone 1**

Reader: Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee. (Ps 32/33:22)

Reader: **Verse:** Rejoice in the Lord, O you righteous! Praise is becoming to the upright.

**EPISTLE READING**

**Corinthians (9:6-11)**

Brethren, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures forever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.

**Alleluia before the Gospel**

**Tone 1**

Chanter: Alleluia, Alleluia, Alleluia!

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

**Verse:** It is God Who avenges me, and subdues people under me. (Ps 17/18:47)

**Verse:** He gives great deliverance to His King, and shows mercy to His anointed, to David and his seed forever. (Ps 17/18:50)

## GOSPEL READING

### Luke (8:26-39)

At that time, Jesus arrived at the country of the Gadarenes, which is opposite Galilee. And as He stepped out on land, there met Him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What hast Thou to do with me, Jesus, Son of the Most High God? I beseech Thee, do not torment me." For Jesus had commanded the unclean spirit to come out of the man. [For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.] Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged Jesus not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged Jesus to let them enter these. So He gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked Jesus to depart from them; for they were seized with great fear; so He got into the boat and returned. The man from whom the demons had gone begged that he might be with Jesus; but Jesus sent him away, saying, "Return to your home, and declare all that God has done for you." And he went away, proclaiming throughout the whole city all that Jesus had done for him.

### 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 Hymn

Praise the Lord from the heavens; praise Him in the Highest!  
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.

## **ANNOUNCEMENTS**

**OUR DEEPEST CONDOLENCES** to Deacon Scott Jacobs and the entire Jacobs family on the departing from this life of his mother, Doris, on Tuesday, October 12th. May her memory be eternal.

**TODAY OUR MINISTRY LEADERS** will receive a blessing on their efforts for the new Liturgical year which began in September.

### **HELP NEEDED with SHOWERS OF BLESSING**

**Thursday mornings from 9 a.m.—12:30 p.m.**

The SAOC Showers of Blessing ministry needs two or three new volunteers to serve one or two Thursdays each month, from about 9:00am-12:30pm. Each Thursday the Showers of Blessing truck visits St. Athanasius Church to provide free showers to our homeless neighbors. SAOC volunteer duties include making and serving coffee, and making and serving friends. Contact the Church office or Howard Lange for more information.  
hman3000@verizon.net

### **GOLF TOURNAMENT — GOOD NEWS!**

The Golf Tournament Committee is happy and thankful to announce that this year's tournament netted an amazing  
**\$141,596.40**

including over \$700 raised last Sunday in leftover auction items!

A huge thank you to all parishioners and friends of the parish who made it possible for us to make the largest profit ever on this event.

The funds raised this year go towards our new temple!

### **SPECIAL THANKS TO OUR FUNDRAISING COMMITTEE:**

Dr. Scott Speier, Jami Stetler, Angel Speier, Chris Robinson and Terri Speier.

### **LOOKING AHEAD...UPCOMING FEASTS & SPECIAL SERVICES**

Saturday, November 6 at 8:30 a.m.  
Divine Liturgy for St. Raphael of Brooklyn

Wednesday, November 17 at 6:00 p.m. — Advent Paraklesis

Sunday, November 21 — Feast of the Presentation of the Theotokos

Wednesday, November 24 at 6:00 p.m. — Akathist of Thanksgiving

# **FORTY DAYS for LIFE**

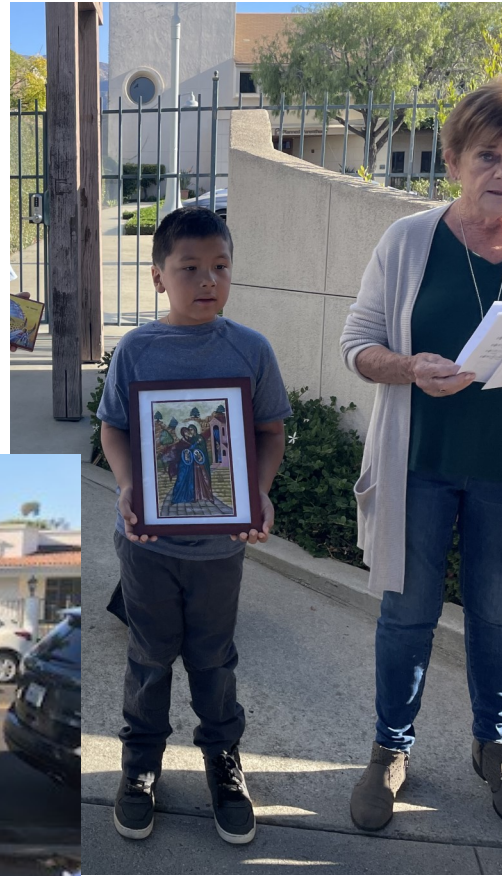
<https://www.40daysforlife.com/>

On Saturday, October 16th, members of our clergy and laity joined others in the community on the sidewalk in front of Planned Parenthood in the Prayer of Supplication for all those involved in the abortion industry, and for the souls of the infants who have died as a result of abortion.

**Thank you to those who joined us in this peaceful offering.**







## PRAYER FOR THE SANCTITY OF LIFE

(Please consider incorporating this prayer into your daily devotions during the “40 Days for Life Vigil” - September 22-October 31, 2021)

*O Lord, Jesus Christ, the only begotten Son of the Father, Who was pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Your All-Holy Spirit. O Master, we ask You to enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Your image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For You are the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Your divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Your Truth and glorify You, the Giver of Life, together with your Father and Your All-Holy and Life-Giving Spirit, now and ever, and unto ages of ages.*

## ***CELEBRATIONS THIS WEEK***

### **Birthdays**

10/24 Fr. Jon Braun, Garrett Gish, Subdn. Stephen Butler  
10/25 Justin Brunner  
10/27 Ben Hedges, Lizabeth Hoppe  
10/28 Penny Brunner, Micah Kelly Landrum

### **Patronal Feast Days**

10/26 St. Demetrios Jackson Stetler  
10/28 St. Paraskeva the Martyr Penny Brunner

**An invitation to all women of the parish...**

## **WOMEN'S FALL BOOK CLUB 2021**

In an effort to reconnect our women's community at St. Athanasius, Kristin King has volunteered to facilitate a book study of **A Long Walk with Mary.**

We will intentionally nurture our relationships with the Theotokos as we prepare to enter the season of Advent.

**WEDNESDAYS at 7:00 p.m.**  
**beginning NOVEMBER 3, 2021**

If you are interested in joining us, please fill out the form at this link:  
**<https://bit.ly/WomensFallBookClub2021>**

Have questions? Contact Liz Hoppe at: [hop2it1995@gmail.com](mailto:hop2it1995@gmail.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  
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,  
Bev R.  
Phyllis M.  
Scott L.  
Abp. Benjamin  
Kris F.  
John N., Samantha & Chris  
Temmo K.  
Dr. Andrew G.  
Mark K.  
Sarah B.  
Coleman Family (Lori, Abby,  
Matt)  
Dn. Nicholas D. and family  
Jerry J.  
Chuck S.  
Mat. Trudi & Richter Family

Linda Gish & Family  
Kevin 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:** Doris J., Harvey G., Fr. Anastasy (Stacey) R., Archpriest Sergei G.,  
Roxy & Kaleo Coleman, Tresja D., Maria M.

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**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.**

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## PARISH COUNCIL CORNER

- The Warming Kitchen permits have been issued! Thanks be to God. Dn. Scott will pick up the permits from the County.
  - The Parish Council approved the purchase of new altar covers and cloths for our icon stands. Our current everyday cloths are frayed and due to be replaced.
  - We will purchase a new metal Gospel cover and a new tabernacle for our altar with funds that were donated by Miguel, a friend of our parish who passed away.
  - Our parish members have donated \$10,000 toward the purchase of the house next door to St. Barbara's Monastery. The Parish Council approved matching those funds, donating another \$10,000 to St. Barbara's Monastery, allowing them to take advantage of this incredible opportunity to expand their facilities.
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