



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. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

Pastor Emeritus

Fr. Nicholas Speier

805-685-5400

frnicholas@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 & College/Young Adult
Coordinator**

Subdn. Michael Easbey: measbey@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, July 17, 2022

Tone 4 / Eothinon 5

**Sunday of the Holy Fathers
of Fourth Ecumenical Council**

Great-martyr Marina of Antioch in Pisidia

Venerable Irenarchos of Solovky



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

Fr. Symeon will be away July 18-22 at the Archdiocese Clergy Symposium.

Sunday, July 17

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 p.m. Coffee Hour
12:20 p.m. Open Choir Rehearsal

Monday, July 18

7:00 a.m. Daily Matins
5:15 p.m. St. Xenia Prayer Ministry—Akathist
by Zoom
7:00 p.m. Men's Fireside

Tuesday, July 19

5:30 p.m. Daily Vespers

Wednesday, June 20—PROPHET ELIAS

7:00 a.m. Daily Matins
12:00 p.m. St. Xenia Prayer Ministry

Thursday, July 21

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
6:00 p.m. Choir Rehearsal

Friday, July 22

7:00 a.m. Daily Matins

Saturday, July 23

6:00 p.m. Great Vespers/Confessions

Sunday, July 24-PARISH COUNCIL ELECTIONS

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

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

July 17 Tinyayeva
July 24 Washburn
July 31 Dillon
August 6 Meyer
August 7 Morrison

READERS

July 17 Lange
July 24 Washburn
July 31 Alexander
August 5 Kern
August 6 Gish
August 7 Washburn

GREETERS

July 17 G. & L. Hoppe
July 24 H. Lange/D. Washburn
July 31 K.P. King/L. Baker
August 7 K. Fox/D. Lewis

USHERS

July 17 C. Berari/D. Alexander
July 24 C. Speier/S. Speier
July 31 D. Washburn/K.L. King
August 7 J. King/P. King

COFFEE HOUR HOSTS

July 17 S. & T. Speier
July 24 MUSIC MINISTRY
July 31 WOMEN'S FELLOWSHIP
August 7 NEED A HOST

TO SIGN UP TO HOST A COFFEE HOUR:
<https://bit.ly/SAOCcoffeehour>

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

July 21 L. Ballew/D. Franzen
July 28 M. Loulias/K. Gomez
Aug. 4 D. Alexander/D. Washburn
Aug. 11 F. Young/S. Saunders

HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive. Non-Orthodox believers and others **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.

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

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 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—The Beatitudes or “Sermon on the Mount”

After each of the verses, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

**We sing the following hymns of the day after
The Little Entrance:**

Troparion of the Resurrection

Tone 4

Having learned the joyful message
of the Resurrection from the angel,
the women disciples of the Lord cast from them
their parental condemnation,
and proudly broke the news to the disciples
saying death has been spoiled.
Christ God is risen, granting the world great mercy.

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 for Great Martyr Marina of Antioch

Tone 3

Your lamb Marina calls out to You, O Jesus, in a loud voice:
“I love You, my Bridegroom, and in seeking You I endure suffering.
In baptism I was crucified so that I might reign in You,
and I died so that I might live with You.
Accept me as a pure sacrifice,
for I have offered myself in love.”
Through her prayers save our souls, since You are merciful.

Troparion to St. Athanasius

Tone 3

(Music on page 54 of Liturgy Book)

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,
O mediatrix, who is 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 always 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 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.*

EPISTLE READING**Titus 3:8-15**

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Ty-chicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

Alleluia Refrain and Psalm verses before the Gospel
(Music on p. 64 of Liturgy Book)

Tone 4

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Draw Thy bow and prosper and reign, in the cause of truth, meekness and righteousness. *(Ps 44/45:5)*

Verse: Thou hast loved righteousness and hated wickedness. *(Ps 44/45:8)*

GOSPEL READING

Matthew 5:14-19

The Lord said to His Disciples: “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

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 Hymns

Praise the Lord from the heavens, praise Him in the highest! *(Ps 148:1)*

Rejoice in the Lord, O you righteous; praise befits the just! *(Ps. 32:1)*
Alleluia, Alleluia, Alleluia!

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 the blessing of the food at Coffee Hour to eat and socialize.**

UPCOMING FEAST DAY SERVICES

TRANSFIGURATION of Our Lord

Friday, August 5

6:00 p.m. Vespers/Artoklasia

Saturday, August 6

9:00 a.m. Matins

10:00 a.m. Divine Liturgy

(Bring a basket of grapes to be blessed!)

DORMITION OF THE THEOTOKOS

Monday, August 15

5:30 p.m.

Vespers/Lamentations

6:30 p.m.

Divine Liturgy

St. Athanasius Pastor's Benevolence Fund

Thank you to all of our parishioners who donate to the Pastor's Fund, which is used to support various needs within our parish, in our local community, and in the wider Orthodox and non-Orthodox communities. Here is a snapshot of what we have supported in the first six months of 2022 through the Pastor's Fund:

PASTOR'S FUND JANUARY—JUNE, 2022

Assistance to our own parishioners	\$1,810
Assistance to the unsheltered	\$2,145
Donations to non-profit organizations (local & national)	\$1,975
Camp scholarships to our own youth	\$ 395
New Gospel book cover (funds came from a bequest)	\$1,821
TOTAL	\$8,446

**PARISH COUNCIL ELECTIONS
WILL BE NEXT SUNDAY, JULY 24th.**

Active parish members 18 years and older may vote by ballot on that day,
or by email until July 29th.

One of the four candidates on the ballot will be elected to serve
on the Parish Council from September 2022 through August 2025.

Fr. Symeon will also appoint two new Council members.

The three new members will replace
Laurie Baker, Terri Speier, and David Dillon,
whose terms are ending in August.

Remaining on the Parish Council will be:

Dorothy Alexander, Dan Braun (Treasurer) Glenn Hoppe, Lara Jacobs, Zak Landrum

The following members are nominated for the one elected position:

Dominic Dopico

I was born in Pittsburgh, PA and raised Byzantine Catholic there. Following high school, I joined the Army and spent a decade as an infantryman. I met my wife, Tiffany, during this time, and we were married in August of 2014. After leaving the army in the same year I went back to school and landed in the tech industry doing Research & Development. I moved to Santa Barbara in 2017 to pursue a job offer at AppFolio and started attending St. Athanasius in 2019. Having been raised Byzantine Catholic, the Eastern Rite and theology were very familiar to me, but I realized that I had not experienced the true fullness of the Church until finding Orthodoxy. I am thankful every day that God has led me to full participation in His one Holy, Catholic, and Apostolic Church. I was chrismated in 2020 and have been a parishioner of St. Athanasius Orthodox Church ever since. I also serve as the Philanthropy Chair on the Board of Directors for the local Red Cross chapter, and Tiffany serves as a Chairwoman of the Santa Barbara Junior League. I look forward to continuing to grow with this wonderful parish, and would be honored to serve all of you as a Council Member!



Liz Hoppe

My husband, two sons and I were welcomed into Orthodoxy and the St. Athanasius family in 2018. I am a teacher, having taught students for 19 years and more recently coaching teachers for the past 8 years. I have served as part of the Women's Fellowship team for the past several years. I value loving God and loving people, and would be honored to serve as part of the Parish Council.



Michael Loulias

I was born into the Orthodox Faith and baptized at the Greek parish in Salt Lake City, Utah. I am the father of two kids: Alexandra 35 who is married and living in Atlanta and expecting a baby this November; and Brandon, who is 33 and lives in Woodland Hills. My wife, Penny, and I have been coming to St Athanasius for the last 10 years. I head our Showers of Blessing Hospitality Team on Thursday mornings. I also serve on the Greeting and Ushering teams and host the Men's monthly Fireside at our home. I enjoy participating in the monthly St. John Men's Fellowship with Fr. Symeon and playing golf regularly with Fr. Nicholas and crew on Friday mornings. Being part of the Parish Council would tie together much of what I have done thus far. I would welcome the opportunity to serve!



Timmy Palmer

This parish has blessed our family greatly and it would be a pleasure to give back in whatever capacity is needed. Our family moved back to Santa Barbara two years ago after living in Running Springs for four years. The greatest highlight of our time there was being baptized into the Holy Orthodox Church. I thank God for my protestant upbringing by two of the most godly parents I know, but what a blessing to step into Orthodoxy. Coming to Saint Athanasius has been a gift from God. Currently, I am changing jobs from teaching woodshop for ten years at the secondary level to teaching construction tech at SBCC. Prior to teaching, I worked locally in construction for 6 years. My wife Teri and I have 6 children: 5 boys and 1 girl. It would be an honor to serve on the Parish Council.



ANNOUNCEMENTS

FR. SYMEON will be attending the Archdiocese Clergy Symposium from July 18-22.

THE MEN'S FIRESIDE will meet tomorrow, Monday, July 18th at 7 p.m. at the home of Michael Loulias and Penny Cocores.

OPEN CHOIR REHEARSAL TODAY AT 12:20 p.m.

- Are you wondering if you have the gifting and calling to serve in the Music Ministry of our parish?
- Just curious to see what we do in our rehearsals?
- Want to learn a little bit about Liturgical music and how we prepare for the feasts?

JOIN US TODAY IN THE NAVE OF THE CHURCH. ALL ARE WELCOME!

CELEBRATIONS THIS WEEK

Wedding Anniversaries
7/19 Fr. John & Kh. Jan Finley

Birthdays
7/21 Athena Wayne

Patronal Feast Days

7/18	St. Elizabeth the New Martyr	Elizabeth Butler, Adrienne Macdonald, Jenny Speier
7/20	Prophet Elias/Elijah	Elias Hedges, Elijah Landrum
7/20	St. Maria of Paris	Maria Butler
7/22	St. Mary Magdalene	Madeleine Meyer, Maisy Speier, Megan Speier

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)
Connor V. (military)
Julianna B. (military)

Steve T.
Phyllis M.
Abp. Benjamin
Kris F.
Temmo K.
Sarah B.
Jerry J.
Chuck S.
Dn. John & Fay Y.
Zachary B.
Samantha & Chris N. & Family
Lander and Washburn Families
Bob
Cheryl F.
Michael V.

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:

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.)

THE HOWARD SHANNON TOURNAMENT

SAOC GOLF



GOLF
DINNER
AUCTION



Save the Date

SEPT. 16 2022

Enjoy the golf life



GLEN ANNIE
SANTA BARBARA