



## 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, August 7, 2022**

**Tone 7 / Eothinon 8;**

**Eighth Sunday after Pentecost**

**& Eighth Sunday of Matthew**

**After-feast of the Transfiguration of Christ**

**Martyr Dometios of Persia;**

**Hieromartyr Narcissus, Patriarch of Jerusalem;**

**Sozon of Nicomedia**



## **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, August 7

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy  
11:45 p.m. Coffee Hour  
12:15 p.m. Choir Rehearsal

### Monday, August 8

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

### Tuesday, August 9

5:30 p.m. Paraklesis

### Wednesday, August 10

7:00 a.m. Daily Matins  
12:00 p.m. St. Xenia Prayer Ministry  
5:15-7:15 p.m. WORK PARTY—New Kitchen

### Thursday, August 11

7:45 a.m. St. Xenia Prayer Ministry by Zoom  
10:00 a.m. Showers of Blessing  
5:30 p.m. Paraklesis  
6:30 p.m. Youth Group End-of-Summer Party  
7:00 p.m. Choir Rehearsal

### Friday, August 12

7:00 a.m. Daily Matins

### Saturday, August 13

8:30 a.m. Men's Fellowship of St. John  
6:00 p.m. Great Vespers/Confessions

### Sunday, August 14

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

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

August 6 Meyer  
August 7 Morrison  
August 14 Jacobs  
August 15 Fr. Nicholas  
August 21 Kern  
August 28 Tinyayeva

### READERS

August 7 Butler  
August 14 Washburn  
August 15 Lange  
August 21 Meyer  
August 28 D. Alexander

### GREETERS

August 7 K. Fox/D. Lewis  
August 14 G. & L. Hoppe  
August 21 P. Cocomes/M. Loulias  
August 28 H. Lange/K.P. King

### USHERS

August 7 J. King/P. King  
August 14 D. Meyer/M. Loulias  
August 21 C. Berari/D. Alexander  
August 28 S. Speier/C. Speier

### COFFEE HOUR HOSTS

August 7 NEED A HOST  
August 14 NEED A HOST  
August 21 D. McCalmont/M. Kern  
August 28 MEN'S FELLOWSHIP

### **TO SIGN UP TO HOST A COFFEE HOUR:**

**<https://bit.ly/SAOCcoffeehour>**

### **THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM**

Aug. 11 F. Young/S. Saunders  
Aug. 18 L. Ballew/D. Franzen  
Aug. 25 M. Loulias/K. Gomen  
Sept. 4 D. Alexander/D. Washburn

### 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 for the Feast of Transfiguration with Refrain**

Vs. Great is the Lord, and greatly to be praised, in the city of our God, in His holy mountain. Who settest fast the mountains by Thy strength, Who art girded about with power.

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

Vs. Who coverest Thyself with light as with a garment. The mountains shall rejoice at the presence of the Lord, for He cometh; yea, He is come to judge the earth. (*Refrain*)

Vs. Glory...now & ever...Amen. (*Refrain*)

#### **SECOND ANTIPHON—Psalm verses for the Feast of Transfiguration with Refrain**

Vs. His foundations are in the holy mountains. The Lord loveth the gates of Zion more than all the dwellings of Jacob.

**Refrain: O Son of God, transfigured on Mount Tabor, save us who sing to Thee, Alleluia!**

Vs. Glorious things are spoken of thee, O city of God. (*Refrain*)

Vs. Zion is our mother, a man shall say, and such a man was born in her; and the Most High Himself hath established her. (*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—Verses with Troparion Refrain for the Feast**

Vs. Of Thy mercies, O Lord, will I sing forever. (Ps. 88:2)

**Refrain:**

When Thou, O Christ our God,  
wast transfigured on the mountain,  
Thou didst reveal Thy glory to Thy Disciples  
in proportion as they could bear it.  
Let Thine everlasting light also enlighten us sinners,  
through the intercessions of the Theotokos.  
O Thou Bestower of light, glory to Thee.

Vs. The heavens shall confess Thy wonders, O Lord, and Thy truth in the congregation of saints. (Refrain)

Vs. Blessed is the people that knoweth jubilation. O Lord, in the light of Thy countenance shall they walk, and in Thy Name shall they rejoice all the day long. (Refrain)

**AS THE CLERGY ENTER THE ALTAR AT THE  
LITTLE ENTRANCE, WE SING THE FOLLOWING  
HYMNS FOR THE DAY:**

**Troparion of the Resurrection**

**Tone 7**

Thou didst shatter death by Thy Cross;  
Thou didst open paradise to the thief;  
Thou didst turn the sadness of the  
ointment bearing women into joy,  
and didst bid Thine apostles proclaim  
a warning that Thou hast risen, O Christ,  
granting the world the great mercy.

**Troparion of Transfiguration**

**Tone 7**

You were transfigured on the mountain, O Christ God,  
revealing Your glory to Your disciples, as far as they could bear it.  
Let your everlasting light  
shine upon us sinners,  
through the prayers of the Theotokos.  
Glory to You, O Giver of light!

**Troparion to St. Athanasius**  
**(Music on page 54 of Liturgy Book)**

**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 Feast of the Transfiguration of Our Lord**

**Tone 7**

You were transfigured on the mountain, O Christ God,  
and Your disciples saw Your glory as far as they were able,  
so that when they saw You crucified,  
they might know that You suffered voluntarily,  
and might proclaim to the world  
that You are truly the radiance of the Father.

**Preparatory Psalm Verses before the Epistle**      **Tone 7**

The Lord will give strength to His people; the Lord will bless His people with peace.

Vs:      Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.

**THE EPISTLE READING**

**I Corinthians 1:10-17**

Brethren, I appeal to you, by the Name of our Lord Jesus Christ, that all of you agree and that there be no dissension among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest anyone should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to preach the Gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

**Preparatory Psalm Verses with Alleluia Refrain Before the Gospel**

**Tone 7**

Chanter:      Alleluia, Alleluia, Alleluia!

People:      Alleluia, Alleluia, Alleluia!

**Verse:**      It is good to give thanks to the Lord, and to sing praises to Thy  
Name, O Most High. **Alleluia...**

**Verse:**      To declare Thy mercy in the morning, and Thy truth  
in the night. **Alleluia...**

**GOSPEL READING (for 8th Sunday of Matthew)**  
**Matthew 14:14-22**

At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to Him, "We have only five loaves here and two fish." And He said, "Bring them here to Me." Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.

**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.

**Meglynarion—Hymn to the Mother of God**

Magnify, O my soul, the Lord who was transfigured on Mount Tabor!  
Your birthgiving was incorruptible!  
God came from your body,  
and appeared on earth in the flesh,  
dwelling among mankind.  
Therefore we magnify you,  
O Theotokos!

**Communion Hymns**

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

O Lord, we shall walk in the light of Your face, and rejoice in Your name all the day.

(*Ps 88/89:15b*)

## 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

**THE DORMITION FAST IS AUGUST 1 - 15.**

### **DORMITION OF THE THEOTOKOS**

Monday, August 15	5:30 p.m.	Vespers/Lamentations
	6:30 p.m.	Divine Liturgy

**PARAKLESIS to the Mother of God will be prayed instead of Daily Vespers during the Dormition Fast at 5:30 p.m. on the following days:**

Tuesday, August 9, Thursday, August 11

**FORMS ARE AVAILABLE out in the entryway to make PRAYER REQUESTS for the living. The names will be mentioned in the litanies at the Paraklesis services.**

### **NATIVITY OF THE THEOTOKOS**

Wednesday, September 7	5:30 p.m.	Vespers/Artoklasia
Thursday, September 8	8:30 a.m.	Divine Liturgy

### **ELEVATION OF THE HOLY CROSS**

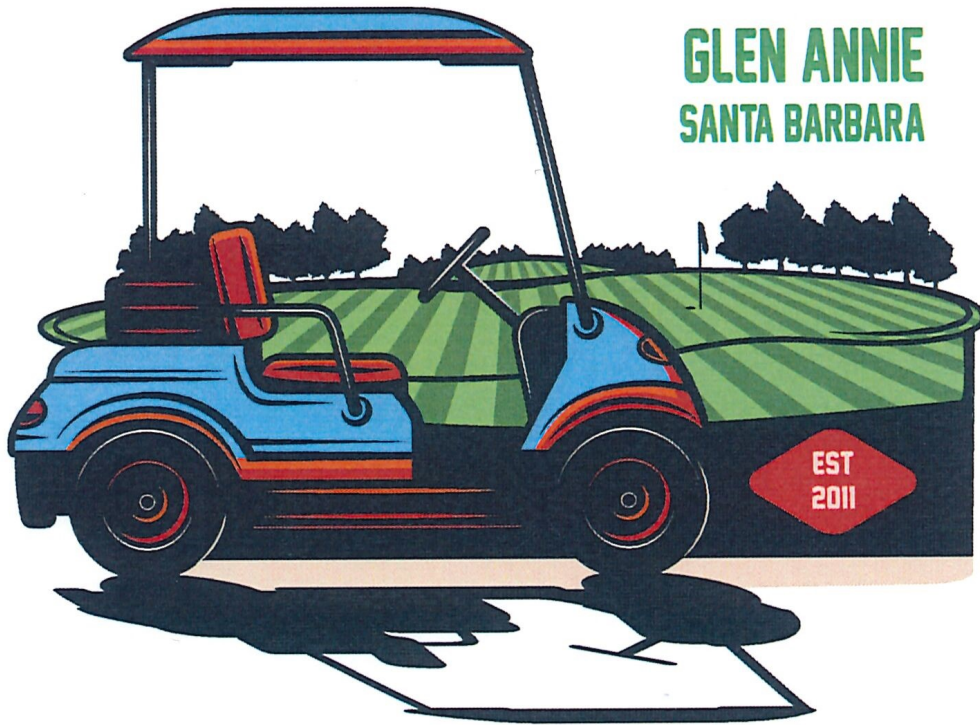
Wednesday, September 14	5:30 p.m.	Matins
	6:30 p.m.	Divine Liturgy

*St. Athanasios Orthodox Church*

**THE HOWARD SHANNON  
GOLF TOURNAMENT  
SEPT. 16 2022**



**GOLF • DINNER • AUCTION**



**GLEN ANNIE  
SANTA BARBARA**



**TO REGISTER FOR THE GOLF TOURNAMENT:**  
<https://www.stathanasius.org/events/2022-golf-tournament/>

**Questions about Golf or Dinner?**  
**Contact Jami Stetler: [jami.stetler@gmail.com](mailto:jami.stetler@gmail.com)**

**Questions about being a sponsor?**  
**Contact Scott Speier: [speierscott@gmail.com](mailto:speierscott@gmail.com)**

**To donate an auction item:**  
**Terri Speier: 805-403-4600**

## DAY OF EVENTS

### 10<sup>AM</sup> REGISTRATION

Check in, grab lunch and buy some mulligans!  
Entry into the putting contest is Free!

*Sign up for other contests during registration*  
Hole in one, Closest to the pin, Longest Drive  
Prizes for both Men & Women!

### 11:30<sup>AM</sup> PUTTING CONTEST

Qualify to win \$2500 before the tournament!  
Qualifications end at 11:00!

### 12<sup>PM</sup> SHOTGUN START

Take a swing and play from the best ball!

### 5<sup>PM</sup> DINNER AUCTION

Dinner, Music, Drinks and Silent Auction!

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## BUILDING UPDATE

We are truly blessed for the years you have donated to our building fund and the accomplishments we have made. Funds raised over the last few years have gone to completing the fellowship hall, classrooms for the children, finishing our kitchen, and patio.

This year, our work will focus on raising money for our Temple Project.

Dr. Howard Shannon's dream was to see the project through to completion. We are truly blessed to have had this dream come to fruition and continue to grow in our community thanks to your support!

## SPONSORS & TICKETS

All golfers receive Lunch, Dinner,  
& Entry into Putting Contest

### CORPORATE SPONSOR **\$10,000**

Full advertising throughout tournament, special recognition at the dinner, 4 golfers (includes dinner) and a reserved table for your 4 golfers and 6 additional dinner guests

### DIAMOND SPONSOR **\$5,000**

Advertisement at tournament, 4 golfers (includes dinner)  
& 4 additional dinner guests

### PLATINUM SPONSOR **\$2,500**

Advertising at tournament, 2 golfers (includes dinner)  
& 2 additional dinner guests

### GOLD SPONSOR **\$1,000**

Sponsor a hole at the tournament,  
Includes 1 golfer & 1 additional dinner guest

### SILVER SPONSOR **\$500**

Shared sponsorship at a hole - Includes 2 dinner guests

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### FOURSOME **\$750**

Includes lunch and dinner

### SINGLE GOLFER **\$195**

Includes lunch and dinner

### DINNER ONLY **\$75**

Dinner, auction, music & fun!

## ANNOUNCEMENTS

### CONGRATULATIONS TO OUR NEW PARISH COUNCIL MEMBERS.

Michael Loulias was elected by the parish. Liz Hoppe has been appointed by Fr. Symeon to serve for the next year for Mary Denny, who has stepped down a bit early for family reasons. Dominic Dopico has been appointed by Fr. Symeon to serve a full three-year term.

**THIS WEDNESDAY FROM 5:15-7:15 p.m. we will have a work party** to move everything that we put in storage areas back into the new kitchen. If you are able to help, please contact Chris Robinson at 805-294-0950 or Christie Robinson at 805-455-4312. We could use a truck or two to help move things from the storage tank at the back of the property.

**YOU ARE INVITED TO SUBMIT PRAYER REQUESTS** for the health and salvation of the living, to be commemorated at the four Paraklesis services that we will do during the Dormition Fast.. Commemoration forms are available in the entryway of the church building.

**MEN'S FELLOWSHIP OF ST. JOHN for August has been moved** to this Saturday, August 13th at 8:30 a.m., because of the festal services for the Feast of the Transfiguration on August 6th.

**WE OFFER SINCERE CONDOLENCES to Jenny Speier and Leslee Kinman** (and their families) on the departing from this life of their father, Jim Klein on July 24th. May his memory be eternal. To read about Jim's key role in starting and building Westmont College's Track and Field program, see the July 31 article in Noozhawk by Mark Patton.

### **CELEBRATIONS THIS WEEK**

#### **Wedding Anniversaries**

8/12 Glenn & Liz Hoppe  
8/12 Craig & Jenny Speier

#### **Birthday**

8/7 Howard Lange  
8/8 Oliver Palmer, Steve Thomas  
8/9 Craig Speier, Scott Speier, Verne Gish  
8/11 Phyllis Morrison  
8/12 Josh Dillon  
8/13 Dave Dillon

#### **Patronal Feast Days**

8/7 St. Theodora of Silha Adora Wayne  
8/9 St. Herman of Alaska Verne Gish

**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.  
Jane M.  
David W.  
Hannah S.  
J. Palmer

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:** Fr. Duane P.

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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.)

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# Anxiety

*How it is created and how it is healed.*

SoCal Deanery Teen retreat at Saint Matthew in Torrance with guest speaker Fr John Valadez. Join us for prayer, fellowship, and activities!

*Saturday*  
**AUG.**  
**20th**

#### Schedule:

10am: Orthros  
11:00am: Ice Breakers & Games  
11:30am: Session 1 with Q&A  
12:30am: Lunch  
1:30am: Session 2 with Q&A  
2:30pm: Organized Group Games  
3:30pm: Session 3 - Open Discussion on the Theme  
4:30pm: Quiet Jesus Prayer & Confessions  
5:00pm: Vespers & Compline With Time for Confessions  
6:00pm: Dinner with "Fire on Father"  
7:00pm: Bonfire with Talent Show  
Ends at 9:00pm

\$25 Registration at [saintmatthewoffice@gmail.com](mailto:saintmatthewoffice@gmail.com)

**Saint Matthew Antiochian Orthodox Church**  
2368 Sonoma St, Torrance, CA 90501

