



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 Beatitude, Patriarch John X

Pastor:

Fr. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

Priests attached to the parish:

Fr. Nicholas Speier (Pastor Emeritus)

frnicholas@stathanasius.org, 805-685-5400

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. John Young (retired)

Subdeacons: Stephen Butler & Michael Easbey

Parish Council 2022-2023:

Lara Jacobs, President

Glenn Hoppe, Vice President

Dan Braun, Treasurer

Dorothy Alexander, Secretary

Dominic Dopico

Lizabeth Hoppe

Zak Landrum

Michael Loulias

Music Director/Administrator:

Valerie Yova

Office phone: 805-685-5400

email: office@stathanasius.org

**Teen Program & College/Young Adult
Activities Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

January 29, 2023

Tone 8 / Eothinon 11

**Seventeenth Sunday after Pentecost
& Seventeenth Sunday of Matthew**

Translation of relics of Ignatius
the God-bearer of Antioch

New-martyr Demetrios of Chios



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, January 29-St. Ignatius

9:00 a.m. Religious Ed. ages 3-12
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Education
11:45 p.m. Agape Meal
12:15 p.m. Choir Rehearsal
12:30 p.m. Adult Catechism

Monday, January 30

NO MATINS

5:15 p.m. St. Xenia Prayer Ministry—Akathist
by Zoom

Tuesday, January 31

5:30 p.m. Daily Vespers

Wednesday, February 1

NO MATINS

12:00 p.m. St. Xenia Prayer Ministry
5:30 p.m. Festal Vespers & Artoklasia for
Presentation of Our Lord

Thursday, February 2

7:45 a.m. St. Xenia Prayer Ministry by Zoom
8:30 a.m. Festal Liturgy for Presentation
10:00 a.m. Showers of Blessing

NO DAILY VESPERS

6:00 p.m. Jr. High Youth Group
6:45 p.m. High School Youth Group

Friday, February 3

7:00 a.m. Daily Matins

Saturday, February 4

NO MEN'S FELLOWSHIP

10:00 a.m. Pre-Lenten Seminar
5:30 p.m. Great Vespers/Confessions

Sunday, February 5-St. Ignatius

9:00 a.m. Religious Ed. ages 3-12
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Education
11:45 p.m. Agape Meal
12:30 p.m. Adult Catechism

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

January 29 Morrison
February 5 Dillon
February 12 Fr. Nicholas
February 19 Meyer

ARTOS

February 1 TBA

READERS

January 29 Gish
February 1 Alexander (Festal Vespers)
February 2 Alexander (Liturgy--Presentation)
February 5 Butler
February 12 Alexander
February 18 Kern (Soul Liturgy)
February 18 TBA (Great Vespers)
February 19 Lange

GREETERS

January 29 D. Washburn/K. Fox
February 5 H. Lange/K.P. King
February 12 P. Cocores/M. Loulias
February 19 L. Baker

USHERS

January 29 M. Loulias/D. Alexander
February 5 J. King/P. King
February 12 D. Meyer/C. Berari
February 19 C. Speier/S. Speier

AGAPE MEAL HOSTS

January 29 Team Kawahara
February 5 Team Speier
February 12 Team Hoppe
February 19 Meatfare BBQ

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

Feb. 2 D. Alexander/J. Jones
Feb. 9 F. Young
Feb. 16 L. Ballew
Feb. 23 M. Loulias

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.

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

THE 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 8

From the heights Thou didst descend,
O Compassionate One;
and Thou didst submit to the three day burial,
that Thou might deliver us from passion.
Thou art our Life and our Resurrection,
O Lord, glory to Thee.

Troparion for St. Ignatius

Tone 4

By sharing in the ways of the Apostles,
you became a successor to their throne.
Through the practice of virtue, you found the way
to divine contemplation, O inspired one of God;
by teaching the word of truth without error, you defended the Faith,
even to the shedding of your blood.//
O Hieromartyr Ignatius, entreat Christ God to save our souls!

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 of The Feast of the Presentation of Our Lord in the Temple

Tone 1

By Thy Nativity, Thou didst sanctify the Virgin's womb!
And didst bless Simeon's hands, O Christ God.
Now Thou hast come and saved us through love.
Grant peace to all Orthodox Christians, O only Lover of Man!

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.

Preparatory Psalm Verses before the Epistle

Tone 8

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

Verse: *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*

EPISTLE READING

2 Corinthians 6:16-7:1

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be My people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 8

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: Come, let us rejoice in the Lord, let us shout with jubilation unto God our Savior.

Verse: Come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

GOSPEL READING

Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her one word. And His disciples came and begged Him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

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!

Please pray for all of our catechumens, that their minds and hearts will be illumined as they continue their journey towards baptism and/or chrismation.

Emma Bobro
Tatianna Calhoun
Kevin Duke
Kaleigh Flores
Gage Salinas
Naomi Siragusa
Mary Wolfington, Alicia & Gabriel

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.**

**TODAY'S ST. BARBARA MONASTERY FRIENDS
GATHERING IS CANCELLED!**
The gathering might be rescheduled in February.
We will keep you posted.

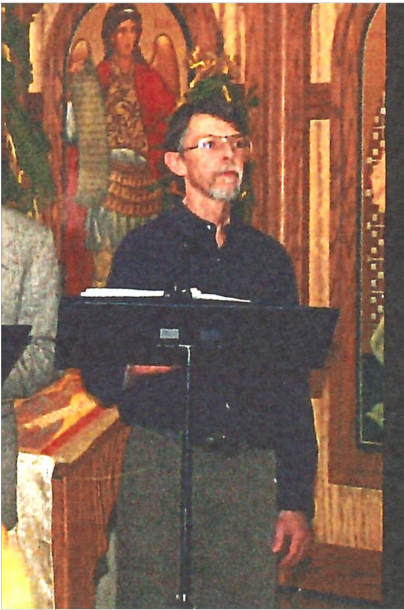
UPCOMING FEAST DAY SERVICES

FEAST OF THE PRESENTATION OF OUR LORD IN THE TEMPLE

Wednesday, February 1	5:30 p.m. Great Vespers with Artoklasia
Thursday, February 2	8:30 a.m. Divine Liturgy

OUTDOOR BLESSING OF THE WATER

Due to damage to the beaches and Yacht Club from the recent heavy rains, we had to cancel the Outdoor Blessing of the Water that was scheduled for January 8th. We are considering rescheduling the blessing for the first Sunday in February, depending upon the conditions at the beaches. We will let everyone know as soon as a decision has been made.



**FAREWELL & GODSPEED
to Alan Wallerstedt**

Alan Wallerstedt, a founding member of our parish, will be relocating to a retirement community in his home state of Iowa. Alan met Fr. Jack Sparks (at that time "Dr. Sparks") after attending Grinnell College, and he accompanied Fr. Jack to Berkely to minister to college students there and to share the Gospel. Both of them eventually moved to Isla Vista with the group of Evangelical Christians who formed a Christian community eventually known as the Evangelical Orthodox Church. After a long period of study and searching this group came into the Holy Orthodox Church and founded St. Athanasius Antiochian Orthodox Church. Alan was on the team of scholars who compiled the Orthodox Study Bible and served in the St. Athanasius Choir for many years until health issues prevented his participation. Please pray for Alan's safe travels and smooth transition into his new life in Iowa.

ANNOUNCEMENTS

The Holy Synod of Antioch will convene on February 22nd to elect our next Metropolitan. They will consider the top three nominees voted for by the clergy and laity at the Special Convention of the Archdiocese which gathered on January 13th and were submitted by the Patriarchal Vicar, His Eminence Metropolitan Antonios.

The nominees are:

His Grace Bishop John Abdalah
His Grace Bishop Nicholas Ozone
His Eminence Metropolitan Saba Isper

Please pray that the Holy Spirit will bless the Holy Synod's deliberations and grace the next Metropolitan to lead the Archdiocese in wisdom and holiness.

THE FRIENDS GATHERING AT ST. BARBARA MONASTERY that was scheduled for today is **CANCELLED**. If it is rescheduled, we will let our parishioners know.

WEEKDAY MATINS ON MONDAYS AND WEDNSDAYS ARE CANCELLED for the next several weeks because Mark Kern, who leads Reader's Matins on those days, is recovering from heart surgery. Fr. Symeon will serve Matins on Fridays.

BLESSING OF HOMES with the Water of Theophany!

In this season it is customary to invite a priest to bless your home and your family. To partake in this blessing, please speak to any of our priests to schedule a time for him to bless your home.

ADULT CATECHISM THIS WINTER/SPRING will go from now through April 2nd and takes place after the Agape Meal.

UPCOMING CATECHISM SESSIONS:

January 29	NO CLASS TODAY
February 5	The Holy Life: Keeping the Commandments and Teachings of Christ – The Decalog, the Two Greatest, The New Commandment, and the Sermons
February 12	The Spiritual Disciplines: Prayer, Fasting, & Almsgiving
February 19	The Passions, Dispassion, & Theosis

WE HAVE RESUMED OUR TUESDAY BOOK STUDY on Tuesdays at 5:30 p.m. This book study series is on *The Hidden Man of the Heart* by Archimandrite Zacharias of Essex. We will begin each Tuesday session with the Prayers of the Ninth Hour, followed by a simple potluck supper and then the study. The schedule is below:

NO SESSION THIS WEEK

Session 2 - Feb 7	<i>Building Up the Heart</i>
Session 3 - Feb 14	<i>Understanding and Living Repentance</i>
Session 4 - Feb 21	<i>Entering the Heart and the Life of the Spirit</i>

St. Athanasius Antiochian Orthodox Church
Invites you to
A SEMINAR IN PREPARATION FOR
THE BEGINNING OF GREAT LENT



GOING TO
CONFESSION:
A BAPTISM OF
TEARS

V. Rev. James Coles, Presenter
SATURDAY, FEBRUARY 4, 2023
10:00 a.m. – 12:00 Noon

300 Sumida Gardens Ln. in Santa Barbara

Free & open to the public.
No admission charge. No registration necessary.

Archpriest James Coles was born and raised in Dallas, Texas and grew up Roman Catholic. He graduated from Texas Tech in 1989 with a Bachelor of Science degree in Family Studies. After graduation, Fr. James worked as a youth director for Episcopal churches in Tucson, Los Angeles, and Santa Fe. It was while working for Young Life in Santa Fe that Fr. James and his wife, Kh. Karen, converted to Orthodox Christianity. In 2000 they moved to New York to attend St. Vladimir's Orthodox Theological Seminary and on Theophany of 2003, Fr. James was ordained to the Holy Priesthood. Fr. James was the assistant pastor at St. George parish in Houston from 2003-2005 and has been the pastor of Saint Ignatius parish in Mesa, AZ since 2005. He received a Doctorate in Eastern Christian Studies in 2016. **His dissertation was on helping parishioners understand the role and spiritual value of Confession in the parish context.**

CELEBRATIONS THIS WEEK

Birthdays

1/29 Subdn. Matthew (Galen) Wiley
 1/30 Audrey Carrillo
 1/30 Glenn Hoppe
 1/31 Gloria Morrison
 2/3 Velislava Nikolov
 2/4 Megan Dillon, Hannah Sieck

Patronal Feast Days

1/30	Three Holy Hierarchs	Benjamin Hedges
1/31	Holy Wonderworker & Unmercenary John	Hunter Scott Braun
2/3	Ann the Prophetess	Dorothy Alexander
2/3	St. Simeon the God-receiver	Dana Alexander, Fr. Symeon Halsell
2/3	St. Oliver of Ancona	Oliver Palmer

**PASTOR'S BENEVOLENCE FUND
2022**

BENEFICIARIES of Assistance

Our own Parishioners	\$6,539
Houseless Community/Non-parishioners in need	4,990
Local Charities	2,950
Orthodox Charities	1,400
Camp Scholarships	395
Other special projects & assistance	<u>11,441</u>
TOTAL DISBURSEMENTS	\$27,715

SOURCES OF INCOME

Donations	24,947
From General Operating Budget (\$300/month)	3,600

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:

His Beatitude, Patriarch John X
Mother Victoria
Met. Paul & Abp. John
Fr. Markos
Fr. Jon B.
Fr. John & Kh. Diane C.
Audrey 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)
P. Speier (military)

Subdn. Matthew W. (seminary)
Steve T.
Abp. Benjamin
Temmo K.
Sarah B.
Chuck S.
Dn. John & Fay Y.
Zachary B.
Samantha & Chris N. & Family
Lander and Washburn Families
Kevin
Stephan & Rosa K.
David
Evonne C.
Phyllis M.
Christina S.
Judy A.
Mark K.
Todd C.

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.

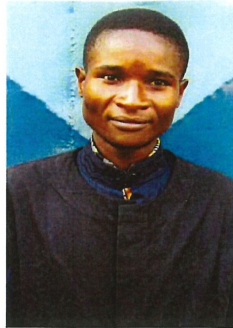
For repose of the souls of: Bishop Tikhon

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 Temple Fund.

This year our parish will be supporting Fr. Ignace Ntalasha's ministry in the Democratic Republic of the Congo (Africa) through a monthly donation of \$50 to the Orthodox Christian Mission Center. Your monthly tithes enable us to donate \$350 each month to OCMC for various Orthodox missionaries, including the Hoppe Family in Albania, the priest at St. Innocent Orphanage, and Fr. Ignace in Africa.



IGNACE NTALASHA

SAMP PRIEST SERVING IN
THE METROPOLIS OF KATANGA, DRC

Fr. Ignace Ntalasha was born in Mangombo on March 28, 1978. He was ordained to the priesthood on December 11, 2011. He currently serves four parishes: Nativity of St. John the Baptist in Katanga, St. Cyril in Kapolowe, St. Philip in Mangombo, and St. Justina in Kakila.

The missionary work of the Katanga Metropolis of the Democratic Republic of the Congo started with the former Metropolitan of New Zealand, His Eminence AMPHILOCHIOS, and continued in 1976 with the energetic Fr. Kosmas, a monk at the Monastery of St. Gregory on Mount Athos. The latter worked very hard for 12 years to establish and activate the whole work of a mission center. Tragically, Fr. Kosmas died in 1988 in a car accident. He was succeeded by another monk from St. Gregory's, Fr. Meletios, who by the grace of God has continued the work of the mission center. In 1989 he was sent by the monastery to Kolwezi, where he undertook the leadership of the already-functioning mission center, succeeding Fr. Kosmas.

On November 1, 2006, Patriarchal and Synodal Decree established the new Diocese of Kolwezi and elected Fr. Meletios to serve as the first bishop of this diocese; in 2009, the diocese's name was changed to the Diocese of Katanga, then in 2014 the diocese was elevated to a Metropolis. The Katanga Metropolis encompasses the vast province of Katanga, an area larger than the state of California, in the southeastern part of the Democratic Republic of the Congo, the second-largest country in Africa. The towns of Kolwezi, Lubumbasi, and Likasi are the basic centers for the development of the evangelism work around Katanga. The entire activity of the mission was developed and extended mainly in Kolwezi, where the settlements of the Greek community existed. The Metropolis shepherded by His Eminence MELETIOS now includes more than 130 communities, 2 monasteries, and over 75 clergy.

📞 1-877-463-6784

✉️ SAMP@ocmc.org

🌐 www.ocmc.org/SAMP