



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, Chair

Glenn Hoppe, Vice Chair

Dan Braun, Treasurer

Dorothy Alexander, Secretary

Dominic Dopico

Lizabeth Hoppe

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

May 7, 2023

**Tone 3 / Eothinon 5; Fourth Sunday of Pascha
Sunday of the Paralytic**

Appearance of the Sign of the Precious Cross
in the heavens above Jerusalem (351 A.D.);
Martyr Akakios the Centurion at Byzantium



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

Nominations for Parish Council are open from today through May 21st.

Sunday, May 7—SUNDAY OF THE PARALYTIC

9:00 a.m. Matins & Religious Ed. ages 6-12
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Ed.
11:45 a.m. Agape Meal

Monday, May 8—St. John the Evangelist

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

Tuesday, May 9

5:00 p.m. Matins for Feast of Mid-Pentecost
6:00 p.m. Liturgy for Feast of Mid-Pentecost

Wednesday, May 10—MID-PENTECOST

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

Thursday, May 11

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

Friday, May 12

7:00 a.m. Paschal Daily Matins

Saturday, May 13

5:30 p.m. Great Vespers/Confessions

Sunday, May 14—SAMARITAN WOMAN

MOTHER'S DAY

9:00 a.m. Matins & Religious Ed. ages 6-12
10:00 a.m. Divine Liturgy
11:30 a.m. Teen Religious Ed.
11:45 a.m. Agape Meal

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

May 7 D. Washburn
May 14 Dillon
May 21 Dn. G. Braun
May 24 Kern (Ascension)
May 28 Jacobs

READERS

May 7 Kern
May 9 Gish (Mid-Pentecost)
May 14 Butler
May 21 Lange
May 24 Gish (Ascension)
May 27 Meyer (Vespers)
May 28 Alexander

GREETERS

May 7 H. Lange/D. Lewis
May 14 P. Cocores/M. Loulias
May 21 L. Baker/D. Washburn
May 28 K.P. King/K. Fox

USHERS

May 7 P. King/D. Washburn
May 14 K.L. King/C. Berari
May 21 D. Meyer/M. Loulias
May 28 D. Washburn/D. Alexander

AGAPE MEAL HOSTS

May 7 Team Speier
May 14 **MOTHER'S DAY POTLUCK**
hosted by the MEN of the parish
May 21 Team Worthington
May 28 **MEMORIAL DAY POTLUCK**

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

May 11 M. Loulias
May 18 L. Ballew
May 25 F. Young
June 1 D. Alexander/J. Jones

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.

The Paschal Greeting in Various Languages

- English:** Christ is Risen! Truly He is Risen!
Greek: Christos Anesti! Alithos Anesti!
Latin: Christus Surrexit! Veritas Surrexit!
Arabic: Al-Maseeh Qam! Haqqan Qam!
Slavonic: Christos Voskrese! Voistinu Voskrese!
Romanian: Hristus A Inviat! Adevarat A Inviat!
Georgian: Kriste aghdga! Cheshmaritad aghdga!
Amharic: Kristos Tenestwal! Bergit Tenestwal!
Albanian: Krishti u ngjall! Vertete u ngjall!
Syriac: M’shee ho dkom! Ha koo qam!
Hebrew: Ha Masheeha houh quam! Be emet quam!
Spanish: Cristo ha Resucitado! En verdad ha Resucitado!
French: Le Christ est Resucitee! Vraiment est Resucitee!
German: Christus ist Auferstanden! Wahrlich Er ist Auferstanden!
Gaelic: Taw creest ereen! Taw shay ereen guhdyne!
Japanese: Harisutos Fukkatsu! Jitsu ni Fukkatsu!
Basque: Piztu da Kristo! Egiaz piztu da!
Aleut: Kristusaq Aglagikuk! Angangulakan Aglagikuk!

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

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

The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds “Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the Altar Table.

Priest: Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and unto ages of age.

People: Amen.

Clergy: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

People: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(2 times)**

GREAT LITANY

FIRST ANTIPHON

Verse: Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High! [Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

**Refrain: O Son of God, Who rose from the dead,
save us who sing to Thee, Alleluia.**

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

**Refrain: Christ is risen from the dead trampling down death by death,
and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]
- Glory to the Father and to the Son and to the Holy Spirit; now and ever and unto ages of ages. Amen. [Refrain]

LITTLE ENTRANCE

In the gathering places bless ye God the Lord from the Springs of Israel.
O Son of God Who Rose from the dead, save us who sing to Thee, Alleluia!

Troparion of the Resurrection

Tone 3

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His own arm.
He hath trampled down death by death
and become the first born from the dead.
He hath delivered us from the depths of Hades,
granting the world the great mercy.

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 for the Paralytic

Tone 3

By Your divine intercession, O Lord,
as You raised up the Paralytic of old,
so raise up my soul, paralyzed by sins and thoughtless acts;
so that being saved I may sing to You:
“Glory to Your power, O compassionate Christ!”

Kontakion for Pascha

Tone 8

Thou didst descend into the tomb O Immortal.
Thou didst destroy the pow'r of death.
In victory Thou didst arise, O Christ God,
proclaiming rejoice to the myrrh-bearing women,
granting peace to Thine apostles,
and bestowing resurrection on the fallen.

TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (3 times)

+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**Tone 3**Sing praises to our God, sing praises. Sing praises to our King, sing praises. (*Ps 46/47:6*)

Verse: Clap your hands all you peoples!
Shout to God with a voice of joy! (*Ps 46/47:1*)

THE EPISTLE READING
Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel**Tone 3**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!**Verse:** In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)**Verse:** Be unto me a God and protector, and a house of refuge to save me. (*Ps 30/31:2*)**GOSPEL READING—John 5:1-15**

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?"

The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

Hymn to the Mother of God (Meglynarion)

The angel cried to the lady full of grace: Rejoice, O pure virgin! Again I say rejoice, O pure Virgin. Your son is risen from His three days in the tomb. With Himself He has raised all the dead. Rejoice all ye people. O Shine! Shine! Shine, O New Jerusalem! The glory, the glory of the Lord has shone on you. Exult, exult and be glad. Be glad, O Zion, be radiant, O Mother of God, in the resurrection of your Son, of your Son!

Communion of the Clergy

Receive the body of Christ. Taste the fountain of immortality.

Communion of the Faithful

Receive the body of Christ. Taste the fountain of immortality.
Alleluia! Alleluia! Alleluia!

Instead of “We have seen the true light,” we sing “Christ is Risen” once.

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

Kevin Duke

Anthony Salcedo, Ethan, Dominic and Jennifer
Marleyinna Worthington

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.**

ANNOUNCEMENTS

NEXT SUNDAY, THE MEN OF THE PARISH WILL HOST THE AGAPE MEAL IN HONOR OF ALL OF THE MOTHERS. (for Mother's Day) Men of the parish, please contact Howard Lange and let him know what you can bring: hman3000@verizon.net

FR. SYMEON WILL BEGIN A NEW TUESDAY EVENING BOOK STUDY on May 23rd and it will run through June 13. We will begin with 9th Hour Prayers, followed by a potluck supper and then the book study. The book to be discussed will be "**Man and the God-man**" by St. Justin Popovich.

NEW METROPOLITAN ENTHRONED— MAY 13th

The Enthronement of His Eminence Metropolitan SABA as Archbishop of New York and Metropolitan of All North America is set for **Saturday, May 13, 2023** at 11:00 a.m. at St. Nicholas Cathedral, Brooklyn, New York. Please keep Met. SABA and our entire archdiocese in your prayers as we begin this new period in our ecclesiastical history.

CHANGE IN DAILY TRISAGION PRAYERS:

- From Pascha until Pentecost, do not say, "O Heavenly King..."
- From Pascha until Ascension, replace "Holy God, Holy Mighty..." with "Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life."

PARISH COUNCIL CORNER

- The Reception Room restroom will have a Koala changing station installed to make this a more comfortable room for nursing mothers.
- We are looking into providing an option for parishioners to set up monthly recurring tithes on the donations page of our website.

CELEBRATIONS THIS WEEK

Wedding Anniversaries

5/07 Michael & Margaret Easbey

5/12 Jim & Gloria Morrison, Larry & Cheryl Lander

Birthdays

5/8 Jane Meyer

5/11 Benny Madrigal

Patronal Feast Days

5/8 St. John the Theologian/Evangelist Johnny Heiduk

5/9 St. Christopher of Lycia Chris Robinson

NOMINATIONS FOR PARISH COUNCIL WILL BE OPEN FROM MAY 7-21, 2023

There will be 2 elected seats and one appointed seat to be filled for the September 2023-August 2026 term. **ELECTIONS WILL BE ON JUNE 18, 2023.**

To nominate a candidate and/or to vote, one must be an active, communing member of the parish and be 18 years or older.

Please nominate anyone you feel would be a good Parish Council member. The qualifications for Council members are as follows:

A candidate must be:

- 25 years or over.
- A member of the parish for at least 2 years.
- In “good standing” in the church.

A nominating committee will review the nominations, and the selected candidates will be submitted to the parish for a vote.

**To nominate someone for Parish Council, please e-mail Fr. Symeon at:
frsymeon@stathanasius.org no later than May 21, 2023.**

ELECTIONS SCHEDULE:

- Sunday, May 7—Sunday, May 21 — Nominations accepted by Nominating Committee
- Sunday, June 11, 2023—Four nominees announced
- Sunday, June 18—All-Parish Meeting for elections by ballot
The 2 newly elected Council members will be announced at the end of the meeting.

**Those who are traveling, infirm, or otherwise unable to vote in person
may vote by e-mail from:
Sunday, June 11—midnight on Saturday, June 17th.**

Current Parish Council Members are:

Lara Jacobs, Chair
Glenn Hoppe, Vice Chair
Dan Braun, Treasurer
Dorothy Alexander, Secretary (**stepping down this year**)
Dominic Dopico
Lizabeth Hoppe (**stepping down this year**)
Michael Loulias

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.
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.
Ethan K.
Mari & the Fewell Family
Matt & Tessa, Matt & Olivia
Jesús D.
Erik L.
Matthew

Nina & Erik Sr.
Anthony & Christina and Family
Hannah Rose
Kh. Patricia A. and Family

The Ethiopian Orthodox Church

The Church & people suffering from the earthquake in Syria and Turkey

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. Angelo A., Elizabeth J., Merrilynn

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. Symeon's 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.

SAOC SUMMER SCHOOL
FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6
Monday, June 19- Friday, June 30, 2023
(Weekdays only)

Class 8:45 a.m. – 12:00 noon daily
Lunch 12:00 p.m. – 12:30 p.m. daily
Activity 12:30 p.m. – 2:00 p.m. daily

**MEMO TO PARENTS & REGISTRATION FORMS ARE AVAILABLE
IN THE LOBBY OF THE CHURCH
& ON THE WEBSITE AT:**

<https://www.stathanasius.org/ministries/youth-education/summer-school/>

Tuition: \$290 for 1 child/ \$430 for 2 children/\$550 for 3 children
Does not include ticket for field trip on Friday, June 23rd.

DEADLINE FOR REGISTRATION: June 10, 2023



PASCHA 2023
**“Those who serve
and
those who sing...”**

