



## 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, Metropolitan SABA

**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 2023-2024**

Lara Jacobs, Chair  
Glenn Hoppe, Vice Chair  
Dan Braun, Treasurer  
Asia Ballew, Secretary  
Dominic Dopico  
Kristin King  
Michael Loulias  
Velislava Nikolov

**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**

**October 29, 2023**

**Tone 4 / Eothinon 10; Twenty-first Sunday after  
Pentecost & Seventh Sunday of Luke**

Venerable Martyr Anastasia the Roman;  
Venerable Abraham and his Niece Mary of Mesopotamia;  
New Hieromartyr Athanasios of Sparta



### **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  
the Agape Meal. 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 29

9:00 a.m. Matins  
9:00 a.m. Catechesis for children 3yrs-6th grade  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education Class  
11:45 a.m. Agape Meal  
4:00 p.m. St. Barbara Monastery Friends

### Monday, October 30

7:00 a.m. Daily Readers Matins  
6:00 p.m. St. Xenia Prayer Ministry by Zoom  
(Akathist for St. Nikiforos)

### Tuesday, October 31

5:30 p.m. Daily Vespers

### Wednesday, November 1

7:00 a.m. Daily Readers Matins  
12:00 p.m. St. Xenia Prayer Ministry at the church  
6:15 p.m. Choir Rehearsal

### Thursday, November 2

7:45 a.m. St. Xenia Prayer Ministry by Zoom  
9:00 a.m. Showers of Blessing  
5:30 p.m. Daily Vespers  
6:00 p.m. Youth Group—Middle & High School  
6:30 p.m. Women's Book Club

### Friday, November 3

7:00 a.m. Daily Matins

### Saturday, November 4

9:00 a.m. Liturgy for St. Raphael of Brooklyn  
3:00 p.m. Adult Catechism  
5:30 p.m. Vespers/Confession

### Sunday, November 5-SET CLOCKS BACK 1 HOUR!

9:00 a.m. Matins  
9:00 a.m. Catechesis for children 3yrs-6th grade  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education  
11:45 a.m. Agape Meal

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

October 29 Meyer  
November 5 Jacobs  
November 12 Washburn  
November 19 Hoppe

### READERS

October 29 Alexander  
November 5 Gish  
November 12 Butler  
November 19 Kern  
November 20 Lange

### GREETERS

October 29 H. Lange  
November 5 L. Baker  
November 12 M. Loulias  
November 19 K. P. King

### USHERS

October 29 D. Meyer/D. Alexander  
November 5 P. King/J. King  
November 12 K.L. King/M. Loulias  
November 19 S. Speier/C. Speier

### AGAPE MEAL HOSTS

October 29 Team King  
November 5 Team Speier  
November 12 Team Wayne  
November 19 Team Worthington

### HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive through prayer and recent Confession. 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”**

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.

**HYMNS SUNG AT 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 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**

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**

**Tone 4**

O Lord, how manifold are Thy works, in wisdom Thou hast made them all. *(Ps 103/104:24)*

Vs. Bless the Lord O my soul, O Lord my God, Thou art very great.

**EPISTLE READING**

**Galatians 2:16-20**

Brethren, you know that a man is not justified by works of the Law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the Law, because by works of the Law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

**Alleluia Refrain and Psalm verses before the Gospel**

**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)*

### **Luke. (8:41-56)**

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought Him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As Jesus went, the people pressed round Him. And a woman, who had had a flow of blood for twelve years, and had spent all her living upon physicians, and could not be healed by anyone, came up behind Him, and touched the fringe of His garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched Me?" When all denied it, Peter said, "Master, the multitudes surround Thee and press upon Thee! And Thou sayest, 'Who touched Me?'" But Jesus said, "Someone touched Me; for I perceive that power has gone forth from Me." And when the woman saw that she was not hidden, she came trembling, and falling down before Him declared in the presence of all the people why she had touched Him, and how she had been immediately healed. And Jesus said to her, "Daughter, your faith has made you well; go in peace." While Jesus was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when Jesus came to the house, He permitted no one to enter with Him, except Peter and James and John, and the father and mother of the child. And all were weeping and bewailing her; but Jesus said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand Jesus called, saying, "Child, arise." And her spirit returned, and she got up at once; and Jesus directed that something should be given her to eat. And her parents were amazed; but He charged them to tell no one what had happened.

### **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*)  
Alleluia, Alleluia, Alleluia!

### **Thanksgiving Prayers after Communion (Blessing of Agape Meal will follow the Prayers.)**

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.**

**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.**

Rebecca Beech

Paul Carr

Connor Clements

Kevin Duke

Adam English

Mark Gross

Anthony Salcedo, Ethan, Dominic and Jennifer

### **UPCOMING SCHEDULE FOR ADVENT**

Advent begins on November 15th

**There will be no Advent Seminar since this was a Sacred Arts Festival year.**

Advent Paraklesis	Wednesdays at 6:00 p.m. (Nov. 15 & 29, Dec. 13 & 20)
Feast of Presentation of the Theotokos	Monday, November 20 5:30 p.m. Matins followed by Divine Liturgy
Thanksgiving Akathist	Wednesday, November 22 at 6:00 p.m.
Thanksgiving Day Liturgy	Thursday, November 23 at 8:30 a.m.
St. Nicholas Vespers	Wednesday, December 6 at 6:00 p.m.
Family Night	Friday, December 8 at 7:00 p.m.

**Due to the fact that the feast of the Nativity falls on a Monday this year, our service schedule will be slightly different than usual:**

Friday, December 22 at 9:00 a.m. Royal Hours of Nativity

Saturday, December 23 at 5:30 p.m. Great Vespers of Sunday before Nativity

Sunday, December 24 at 9:00 a.m. Matins & Liturgy of Sunday before Nativity

Sunday, December 24 at 10:00 p.m. Matins & Liturgy for the Feast of the Nativity

## ANNOUNCEMENTS

**FR. SYMEON WILL SPEAK AT THE ST. BARBARA MONASTERY FRIENDS GATHERING today** on the topic of: “The Gift of our Bodies: Man & Woman in Christ.” The presentation is at 4 p.m., followed by Vespers and a potluck supper.

**THIS COMING SATURDAY, NOV. 4th, WE WILL COMMEMORATE St. Raphael of Brooklyn with Divine Liturgy at 9:00 a.m.** as is the tradition of our Archdiocese on the first Saturday of November.

**REMINDER:** Next Sunday, November 5th, we set our clocks **BACK** one hour.

**ADULT CATECHISM CLASS MEETS ON SATURDAYS FROM 3-5 p.m.** The remaining sessions this Fall are on Nov. 4, and Nov. 18.

**WOMEN’S FALL BOOK CLUB—Thursdays at 6:30 from now through Nov. 16**  
This fall, our Book Club will be reading "Our Hearts' True Home" which is a collection of 14 stories. This makes it a perfect book for the person who can't attend each session. We pray you will feel welcomed to come when you can.

We will meet for the next four Thursdays in the Reception Room from 6:30-7:30, after 5:30 vespers, if you would like to add that to your evening, too. (We had our first session this past week.) If you have questions, contact Liz Hoppe.

Nov. 2 (chapters 7-9)      Nov 9 (chapters 10-12)      Nov 16 (chapters 13-14)

<b>FINANCIAL UPDATE</b>		
<b>September 2023</b>		
	<u>Actual Income</u>	<u>Budget Goal</u>
Tithes received in September	\$ 46,624	\$ 57,461 (includes \$20,555 for mortgage)
Tithes received Jan.-Sept.	\$464,214	\$ 517,149 (includes \$164,440 for mortgage)
Sept. Temple donations	\$ 4,295	
<b>Jan.-Sept. Temple donations</b>	<b>\$ 163,026</b>	
<b>Temple Fund Balance</b>	<b>\$ 562,354</b>	
Total General Operating expenses Jan– Sept.		\$ 564,492
Total General Operating income Jan.– Sept.		<u>\$ 538,406</u>
<b>DEFICIT for first 9 months</b>		<b>\$ 26,086</b>



## **STEWARDSHIP MONTH**

**From November 5-26,**

**Stewardship Commitment Cards will be available  
next to the tithe box.**

**We ask that each active member/household fill out a form  
and put it in the tithe box, or hand it to Fr. Symeon.**

**On Sunday, November 26th,** all of the cards will be put on the altar table during the Liturgy as an “offering,” and we will pray that our commitments for the coming year will be blessed.

Commitment Cards will be collected each week from the tithe box until November 26th, and **all will be presented that day as an offering.**

### **What is Stewardship? Why is it important?**

Stewardship supports the Orthodox Christian practice of consistent, cheerful and purposeful giving of **time, talent and treasure** in support of our Church and its ministries to help further the word and teachings of Jesus Christ. On a personal level, it supports and showcases a life being lived in Christ.

Stewardship creates and fosters a spirit of generosity and giving for the Glory of God. When we are generous and give freely of our time, talent, and treasure we proclaim, preserve, and practice our Orthodox Christian faith and make a difference in our parish and community.

Stewardship furthers Christ’s message within ourselves, our families, and our communities. This creates a spiritual atmosphere of worship, engagement, fulfillment, and inspiration that we can offer to the world, following the example set by God Himself of love, service, and giving.

### **What does it mean to be a Steward?**

Stewardship is a personal responsibility and prayerful commitment that each and every Christian makes in order to support the Church. Stewardship helps us understand that God is the true owner of our possessions, and each of us is accountable to God for the acceptable care and use of those possessions.

According to the Bible, a steward is one who responsibly manages the gifts entrusted to them for the perpetuation of the Lord's work. A steward honors and glorifies God.



*Family Night 2023*  
... A night of Christmas cheer and  
**MUSIC!**

We are looking for small groups, family numbers, solo groups,  
instrumentals - anything you would like to offer!

Email Jan Speier or Mary Denny with your entries.  
**Contributions should be 2 minutes or less**  
Want to contribute, but don't know what to do?  
Email us! We will help you pick!

[jlspeier@gmail.com](mailto:jlspeier@gmail.com) [marymdenny5@gmail.com](mailto:marymdenny5@gmail.com)

**Save the Date!** December 8, 2023 at 7pm

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**CELEBRATIONS THIS WEEK**  
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**Birthdays**  
 10/31 Adora Wayne  
 11/01 Kate Vander Laan, Miriam Vander Laan  
 11/3 Emily Speier  
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## 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](mailto:office@stathanasius.org).**

**Please pray for the health of:**

His Beatitude, Patriarch John X  
Metropolitan SABA  
Mother Victoria  
Met. Paul & Abp. John  
Fr. Markos  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Fr. Nicholas & Jan  
Audrey C.  
Greg & Margaret Y.  
Hoppe Family in Albania  
Joseph Wm. B. in Kenya  
Duane F.  
Richard and Susan B.  
Bob N.  
Kh. Melissa H.  
Jeremiah & Sarah H. (military)  
Lauren & Fernando J. (military)  
Chase K. (military)  
Nick & Kristine J. (military)  
Connor V. (military)  
Julianna & Zaron D. (military)  
P. Speier (military)

Subdn. Matthew W. (seminary)  
Steve T.  
Abp. Benjamin  
Temmo K.  
Sarah B..  
Dn. John & Fay Y.  
Zachary B.  
Samantha & Chris N. & Family  
Kevin D. & Family  
Stephan & Rosa K.  
Ethan K.  
Erik L.  
Matthew  
Nina & Erik Sr.  
Anthony & Christina and Family  
Hannah Rose  
Leticia B.  
Kari H.  
Carol J.  
Suzi W.  
Adam and Family  
Madison E.  
Susan W.  
David W.

Dave D.  
Roman N.  
Eloise G.  
Jim M.  
Wade  
Amanda Catherine

For the local agencies and their leaders who are working to fight human trafficking.

The Ethiopian Orthodox Church

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. Paul E.

## 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.**



This year, our parish will be Angel Brian's Santa's Helper. He grew up at St. Innocent Orphanage in Mexico, and now is in their transitional program for young men who are in college or trade school.

If you would like to provide one of the items on Angel Brian's wish list, please use this link to go to the online sign-up list.

<https://bit.ly/SantasHelpers2023>

Please be sure to download the detailed instructions. All packages need to arrive at Project Mexico by December 1st. Be sure to write "Angel Brian" on every parcel! Questions? See Cheryl Washburn Lander.