



## 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 December 10, 2023

**Tone 2 / Eothinon 5; Twenty-seventh Sunday after  
Pentecost & Tenth Sunday of Luke**  
Martyrs Menas, Eugraphos & Hermogenes of Alexandria;  
Venerable Thomas Dephourkinos of Bithynia



## WELCOME TO OUR VISITORS!

We are glad you are with us this morning  
to join our worship of the Father, Son & Holy Spirit!

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

### 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.** 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 2**

When Thou didst submit Thyself unto death,

O Thou deathless and immortal One,

then Thou didst destroy hell with Thy Godly power.

And when Thou didst raise the dead from beneath the earth,  
all the powers of Heaven did cry aloud unto Thee:

O Christ, Thou giver of life, glory to Thee.

**Troparion for Martyrs Menas, EUGRAPHOS & HERMOGENES of Alexandria**

**Tone 8**

Having slain the fiery ragings and fierce movements of the  
passions through their ascetic labors,

the Martyrs of Christ, Menas, Hermogenes, and EUGRAPHUS,  
received grace to dispel the afflictions of the infirm

and to work wonders both while alive and after death.

It is a truly great wonder that naked bones pour forth healing!!

Glory to our only God and Creator!

**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 Preparation of Christ's Nativity****Tone 3**

The virgin cometh today to the cave  
to give birth, ineffably to bring forth the Word eternal.  
Therefore, rejoice, O earth, at the message;  
with the angels and shepherds give glory to Him  
Who shall appear by His own will as a young child,  
He who is from eternity God.

**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 2**

The Lord is my strength and my song; He has become my salvation. *(Ps 117/118:4)*

*v: The Lord has chastened me sorely, but He has not given me over to death.*  
*(Ps 117/118:18)*

**EPISTLE READING****Ephesians 6:10-17**

Brethren, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore, take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand, therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

## Alleluia before the Gospel

Tone 2

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

*v: May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps 19/20:1)*

*v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)*

## GOSPEL READING

Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

## 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 the 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 all of your socializing take place outside of the church.**

## **ANNOUNCEMENTS**

**IF YOU HAVE ONE (OR MORE) OF THE LITURGY SERVICE BOOKLETS at home**, particularly the spiral bound booklets, please consider bringing them back to the church to be used on Sunday mornings. Thanks!

**IF YOU ARE INTERESTED IN JOINING OUR MISSION TEAM on a home-building trip to Project Mexico this summer from July 30-August 5**, please talk with Fr. Symeon. The deadline for Early Bird registration is December 15th. Each team member will need to register him/herself online and pay the \$100 registration fee. Each team member will also be asked to pay part of their own fee and to assist with group fundraising for the remaining fees.

**THE MEN'S FELLOWSHIP OF ST. JOHN** generally meets on the first Saturday of each month at 8:30 a.m., but this sometimes fluctuates because of the liturgical calendar and Fr. Symeon's schedule. If you are not receiving Father's emails about the Saturday men's gatherings, please let him know that you would like to be notified.  
(frsymeon@stathanasius.org)



### **Women's Fellowship Christmas Breakfast** **Saturday, December 16, 2023 9:00-11:00 a.m.**

**Women and girls of St. Athanasius:**

Join us as we prepare to  
celebrate the birth of our newborn King!  
Breakfast, brief message, singing and fellowship await you!

Suggested donation \$8 per person (\$5 for children)  
with proceeds supporting the local work of Hope Refuge.

If you did not receive the Evite, you can access it here:

**<https://bit.ly/ChristmasBreakfast2023>**

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## PARISH COUNCIL CORNER

- St. Athanasius church was given 2 used refrigerators that we have been using upon completion of the warming kitchen. One of these stopped working recently and the second is on its last leg. The parish council approved the purchase of 2 new refrigerators for the warming kitchen.
- The parish council approved roof maintenance and repair work to help preserve and extend the lifetime of our roof.

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## ORTHODOX CHRISTIAN WEBSITES

Antiochian Orthodox Archdiocese	<a href="http://www.antiochian.org">www.antiochian.org</a>
St. Athanasius Academy	<a href="https://saaot.edu/">https://saaot.edu/</a>
St. Basil Writers' Workshop	<a href="https://stbasilwriters.com/">https://stbasilwriters.com/</a>
Ancient Faith Radio	<a href="http://www.ancientfaith.com">www.ancientfaith.com</a>
Orthodox Christian Fellowship (OCF)	<a href="http://www.ocf.net">www.ocf.net</a>
Orthodox Christian Mission Center (OCMC)	<a href="http://www.ocmc.org">www.ocmc.org</a>
Orthodox Christian Network [Internet TV]	<a href="http://www.myocn.net">www.myocn.net</a>
St. Vladimir's Seminary Bookstore	<a href="https://www.svspress.com">https://www.svspress.com</a>
St. Tikhon's Monastery Bookstore	<a href="https://www.stmpress.com">https://www.stmpress.com</a>

### **Are you using the parish website? [www.stathanasius.org](http://www.stathanasius.org)**

#### **Here are some things that can now be accessed through the parish website:**

- A beautiful slideshow on the homepage
  - The weekly bulletin
- A large photo gallery of parish events and liturgical celebrations
  - Resources & educational materials
- A regularly updated Master Calendar for the complete Liturgical Year

#### **And in the password-protected section for parish members:**

- Parish Council monthly meeting minutes
  - Parish phone list
  - Parish Family Photo Album
- Directory of members who own/operate their own businesses or offer a service

## UPCOMING SCHEDULE DECEMBER & JANUARY

Advent Paraklesis                      Wednesdays at 6:00 p.m. (Dec. 13 & 20)

**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:**

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

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

Matins & Liturgy of  
Sunday before Nativity              Sunday, December 24 at 9:00 a.m./10:00 a.m.

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

Slaughter of the  
Holy Innocents                      Thursday, December 28, Vespers at 5:30 p.m.  
We will commemorate infants who have died in childbirth  
or as a result of miscarriage, premature birth or abortion.

Circumcision of Christ &  
St. Basil the Great                  Sunday, December 31st transferred from Monday, January 1st  
We will follow our regular weekend schedule of services.

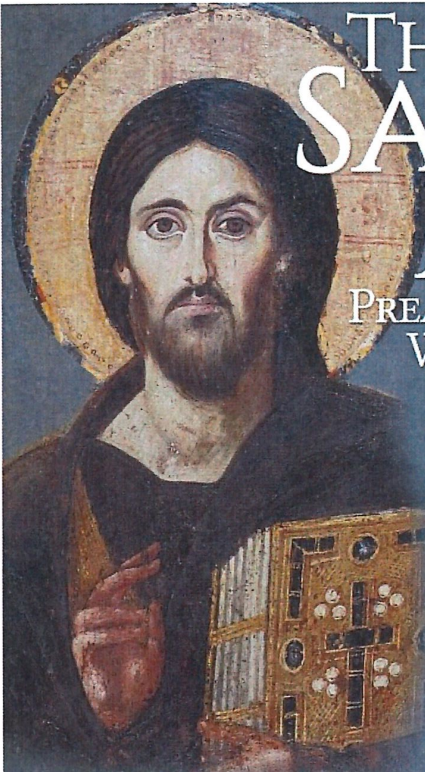
Theophany                              Friday, January 5, 2024  
Royal Hours at 9:00 a.m.  
Matins at 4:30 p.m.  
Divine Liturgy & Reception of Converts at 5:30 p.m.

St. Athanasius the Great              Wednesday, January 17—PARISH FEAST DAY  
Vespers at 5:30 p.m./Liturgy at 6:30 p.m.



REGISTRATION  
*Opens December 1st*

- WATCH LIVE FROM ANYWHERE
- JOIN US IN PERSON
- WATCH LATER WHENEVER YOU WANT




# THE SACRED ARTS

PREACHING THE GOSPEL  
WITHOUT WORDS  
LENTEN RETREAT

FR. MAXIMOS  
CONSTAS

JONATHAN  
PAGEAU

MARCH 29 - 31, 2024  
ST. ANDREW ORTHODOX CHURCH  
RIVERSIDE, CA & LIVESTREAM  
REGISTER AT  
[CONFERENCE.PATRISTICNECTAR.ORG](http://CONFERENCE.PATRISTICNECTAR.ORG)



PATRISTIC  
NECTAR  
AMERICA

**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.  
Suzy W.  
Adam and Family  
Madison E.  
Susan W.  
David W.

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

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. Michael O., Cathy, Euphemia, Eliana, Svetlana, Fr. Paul E.

***CELEBRATIONS THIS WEEK***

**Wedding Anniversaries**

12/12 Dn. Scott & Karen Jacobs

**Birthdays**

12/12 John Worthington

**Patron Saint Commemorations**

12/13 St. Lucia Lucy Speier

## CALENDAR FOR THE WEEK

### Sunday, December 10

9:00 a.m. Matins  
9:00 a.m. Catechesis - 3yrs-6th grade  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education  
11:45 a.m. Agape Meal  
12:15 p.m. Choir Rehearsal

### Monday, December 11

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

### Tuesday, December 12

5:30 p.m. Daily Vespers

### Wednesday, December 13-REPOSE OF ST. HERMAN

7:00 a.m. Daily Reader's Matins  
12:00 p.m. St. Xenia Prayer Ministry at the church  
6:00 p.m. Advent Paraklesis  
7:00 p.m. Choir Rehearsal

### Thursday, December 14

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

### Friday, December 15

7:00 a.m. Daily Matins

### Saturday, December 16

9:00 a.m. Women's Fellowship Breakfast  
5:30 p.m. Vespers/Confession

### Sunday, December 17

9:00 a.m. Matins  
9:00 a.m. Catechesis - 3yrs-6th grade  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Education  
11:45 a.m. Agape Meal  
12:15 p.m. Choir Rehearsal

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

December 10 Morrison  
December 17 Dn. G. Braun  
December 24 Fr. Nicholas (morning)  
December 24 Kern (evening)  
December 31 Jacobs

### READERS

December 10 Gish  
December 17 Kern  
December 24 Butler (morning)  
December 24 Lange (evening)  
December 30 Kern (Vespers)  
December 31 Alexander

### GREETERS

December 10 M. Loulias  
December 17 K.P. King  
December 24 H. Lange (morning)  
December 31 L. Baker

### USHERS

December 10 M. Loulias/D. Washburn  
December 17 S. Speier/C. Speier  
December 24 D. Meyer/D. Alexander (morning)  
December 31 K.L. King/D. Washburn

**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  
Cameron Bobro  
Natasha Carr  
Paul Carr  
Connor Clements

Kevin Duke  
Adam English  
Mark Gross  
Anthony Salcedo  
Ethan, Dominic Jennifer Salcedo

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**ST. ATHANASIUS CHURCH BOOKSTORE**  
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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.**  
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