



## 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

May 19, 2024

Tone 2 / Eothinon 4

Sunday of the Myrrh-Bearing Women,  
Pious Joseph of Arimathaea  
& Righteous Nicodemus



## 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

**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 2**

When Thou didst submit Thyself unto death,  
O Thou deathless and immortal One,  
then Thou didst destroy Hell with Thy Godly pow'r,  
and when Thou didst raise the dead from beneath the earth,  
all the pow'rs of heaven did cry aloud unto Thee.  
O Christ, Thou art the Giver of life, glory to Thee.

**Troparion of Joseph of Arimathea****Tone 2**

The noble Joseph,  
when he had taken down Your most pure Body from the Tree,  
wrapped it in fine linen and anointed it with spices,  
and placed it in a new tomb.  
But You rose on the third day, O Lord, //  
granting the world great mercy.

**Troparion of the Myrrh-bearing Women****Tone 2**

The angel came to the myrrhbearing women at the tomb and said:  
Myrrh is fitting for the dead;  
But Christ has shown Himself a stranger to corruption!  
So proclaim: The Lord 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 for Pascha**

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 (Prokeimenon)****Tone 2**

**The Lord is my strength and my song. He has become my salvation.**

**Verse.** The Lord has chastened me severely but He has not given me over to death.

**THE EPISTLE READING**  
**Acts 6:1-7**

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the Twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolas, a proselyte of Antioch. These they set before the Apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

**Alleluia before the Gospel**

**Tone 2**

Chanter: Alleluia, Alleluia, Alleluia!

**People: Alleluia, Alleluia, Alleluia!**

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

**Verse:** O Lord, save the King in the day we call on Thee! (Ps 19/20:9)

**GOSPEL READING**  
**Mark 15:43-16:8**

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where he was laid.

And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back -- it was very large.

And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell his disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

### **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,” sing “Christ is Risen” ONCE.**

## **Holy Communion & The Thanksgiving Prayers**

In the Orthodox Church, the Sacrament of Communion is offered only to Orthodox Christians who have humbly prepared to receive through prayer and a recent Sacramental Confession.

**Non-Orthodox people and those not communing today may approach during Communion for a priestly blessing by saying, “*Father, bless.*” After this you may take a piece of antidoron (blessed bread) offered in the bowls.**

If you are interested in joining the One Holy Catholic and Apostolic Church, speak with our Pastor about how to become an Orthodox Christian.

At the conclusion of the Divine Liturgy, we offer **Thanksgiving Prayers** for having received the body and blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have partaken and prepare us for our transition from the Kingdom back into “the world.” If you have partaken, stay to listen to these prayers after you have venerated the cross. Immediately after, the priest will bless the Agape Meal. **We ask that all your socializing take place outside of the church.**

## **SAOC SUMMER SCHOOL 2024!**

**FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6**

Monday, June 17-Friday, June 28 (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

**Please bring a snack & sack lunch EVERY DAY except JUNE 21.**

**ALL FORMS ARE AVAILABLE IN THE LOBBY  
OF THE CHURCH & ON THE WEBSITE AT:**

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

**Tuition: \$320 for 1 child/ \$450 for 2 children/\$560 for 3 or more children  
Tuition assistance is available. Please speak with Fr. Symeon.**

We are accepting applications for **Teen Helpers** who are in Grade 7 or older.  
Helpers must submit a Volunteer Application & Medical Release Form.

## **ADULT CATECHISM SPRING/SUMMER 2024**

**On Saturdays from 3-5 p.m.**

**All are welcome, whether new inquirers or long-time Orthodox believers.**

- May 25th - Session 1 "The Life in Christ by Faith:  
The Trinity, Apostolic Tradition, and Scripture"
- June 1 - Session 2 "A Life of Repentance and Holiness"
- June 15 - Session 3 "The Realm of Redemption: The Church and Its Sacraments"
- June 22 - Session 4 "Seeing and Living in the Beauty, Truth and Wisdom of God"
- July 13 - Session 5 "The Age to Come:  
The Second Coming, the Saints, & the Jesus Prayer"

## ANNOUNCEMENTS

**THE MEN'S FIRESIDE GATHERING for May** will be this Monday, May 20th at 7:00 p.m. at the home of Mike and Penny Loulias.

**WE HAVE RESUMED OUR WEDNESDAY EVENING SERVICE SCHEDULE.** Except on days when there are other festival services, we will pray the following schedule:

- First and third Wednesdays — Paraklesis in the field at the Cross
- Second, fourth and fifth Wednesdays — Akathists for various saints

**A BIG THANK YOU TO ALL OF THE MEN OF THE PARISH WHO HELPED MAKE the St. Thomas Sunday (aka Mother's Day 2024) Agape Meal a success!** Thanks to all who helped with set up, food prep, take down, clean up, and donations. Special thanks to Anthony Salcedo who shopped for and prepared all the food for a delicious meal to feed 120+ people!

### CHANGE IN DAILY TRISAGION PRAYERS:

1. During Bright Week we pray the **Paschal Hours** at home.

Text is here: <https://www.stathanasius.org/resources/downloads-resources/>

2. From Pascha until Pentecost, do not say, "O Heavenly King..."

3. 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."

### BOOK DRIVE FOR OLIVE CREST/HOPE REFUGE

Our Women's Fellowship is coordinating a Book Drive for the residents of Olive Crest. Please see the yellow flyer in the hallway for book suggestions. Donated books may be dropped off in our bookstore.

### UPCOMING FEAST DAY SERVICES

Wed., May 29	8:30 a.m.	Liturgy for Feast of Mid-Pentecost
Wed., June 12	5:30 p.m.	Vespers/Liturgy for Feast of Ascension
Sat./Sun. June 22-23	FEAST OF PENTECOST (Regular weekend service schedule) "GREEN POTLUCK" on Sunday for Agape Meal	
Fri. June 28	5:30 p.m.	FAMILY NIGHT — Last day of Summer School BBQ Pentecost celebration (Fast-free week)
Sat. June 29	9:00 a.m.	Liturgy for Feast of SS. Peter & Paul



**GOOD NEWS ABOUT THE REZONING OF OUR LAND**

On Holy Friday, May 3rd, the Santa Barbara County Board of Supervisors voted to rezone our parcel of land to become a domestic residence zoning. This is a joyous thing worthy of celebration, and in years to come it will change our financial picture and greatly aid us in building our Temple. I ask for your continued prayers as there are still many decisions to make, with discernment, as a community, and I am sure many challenges. However, our Lord is always victorious and His will always prevails. Continue to pray that we follow His holy will and work within His providential care.

Let us celebrate and welcome this great gift.

In the Risen Christ,

Fr. Symeon Halsell

***CELEBRATIONS THIS WEEK***

**Wedding Anniversaries**

- 5/20 Stoney & Jami Stetler
- 5/22 Beau & Leticia Brunner

**Birthdays**

- 5/19 Anastasia Brunner
- 5/19 Bob Newsom
- 5/20 Luke Speier
- 5/20 Peter Braun
- 5/23 Nataliya Tinyayeva
- 5/25 Tatiana Speier

**A belated happy birthday to the newly illumined:**

- 5/4 Cameron Bobro
- 5/15 Natasha Carr

**Patronal Feast Days**

- 5/21 St. Helena, Mother of the Emperor Constantine Kaleigh Flores

**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  
Abp. Benjamin  
Fr. Mathias in Tanzania (OCMC)  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Fr. Nicholas & Jan  
Fr. Turbo & St. Mary parish  
Fr. Paul and St. Moses parish  
Greg & Margaret Y.  
Hoppe Family in Albania (OCMC)  
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.  
Temmo K.  
Sarah B..  
Dn. John & Fay Y.  
Samantha & Chris N. & Family  
Kevin D. & Family  
Erik L.  
Matthew  
Wade  
Amanda Catherine  
Darcy  
Penny B.  
Nancy & Patrick G.  
Audry D.  
Kh. Peggy K.  
Laura & Jeff & Family  
Amanda, Chris & Baby James  
Benny & Michelle M.  
Evonne C.  
Kh. Janet Henderson  
Stephanie Maly

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.

**OUR CATECHUMENS:**

Karti Adimulam  
Kevin Duke  
Isaak Lau  
Matthew, Ashley and Ryan McCauley  
Brennan Pawley  
Ethan Salcedo  
Logan Strait

**For repose of the souls of:**

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\* **ST. ATHANASIUS CHURCH BOOKSTORE** \*  
\* The church bookstore is located in the foyer of our building. The tables and two enclosed \*  
\* cabinets contain items that are FOR SALE. One cabinet holds icons, crosses, incense, \*  
\* prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book ti- \*  
\* tle. Children’s books are on the bottom shelf. See Terri Speier if you are looking for jew- \*  
\* elry such as a cross or chain. **You can contact Terri at: [bookstore@stathanasius.org](mailto:bookstore@stathanasius.org).** \*  
\* Payment should be made at time of purchase and placed in the 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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## CALENDAR FOR THE WEEK

### Sunday, May 19—Sunday of the Myrrhbearers

9:00 a.m. Matins & Religious Ed. ages 3 yrs-6th gr.  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Ed.  
11:45 a.m. Agape Meal

### Monday, May 20

7:00 a.m. Paschal Daily Reader's Matins  
5:45 p.m. St. Xenia Prayer Ministry by Zoom  
7:00 p.m. Men's Fireside

### Tuesday, May 21

5:30 p.m. Daily Vespers

### Wednesday, May 22

7:00 a.m. Paschal Daily Reader's Matins  
12:00 p.m. St. Xenia Prayer Ministry  
5:30 p.m. Akathist  
6:15 p.m. Parish Council Meeting

### Thursday, May 23

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, May 24

7:00 a.m. Paschal Daily Matins with a priest

### Saturday, May 25

3:00 p.m. Adult Catechism  
5:30 p.m. Great Vespers/Confessions

### Sunday, May 26—Sunday of the Paralytic

9:00 a.m. Matins & Religious Ed. ages 3 yrs-6th gr.  
10:00 a.m. Divine Liturgy  
11:30 a.m. Teen Religious Ed.  
11:45 a.m. **POTLUCK FOR MEMORIAL DAY**

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

May 19 Dn. G. Braun  
May 26 Morrison  
June 2 Fr. J. Finley  
June 9 Meyer

### READERS

May 19 Kern  
May 26 Alexander  
May 29 Gish (Mid-feast Liturgy 8:30 a.m.)  
June 2 Butler  
June 9 Lange  
June 12 Kern (Ascension 5:30 p.m.)

### GREETERS

May 19 L. Baker  
May 26 M. Loulias  
June 2 K.P. King  
June 9 H. Lange

### USHERS

May 19 D. Washburn/D. Alexander  
May 26 C. Speier/S. Speier  
June 2 P. King/J. King  
June 9 M. Loulias/K.L. King

### AGAPE MEAL HOSTS

May 19 Team Lander

May 26 **MEMORIAL DAY POTLUCK**  
June 2 Team Kawahara  
June 9 Team King

## The Paschal Greeting in Various Languages

<b>English:</b>	Christ is risen! Indeed He is risen!
<b>Greek:</b>	Christos anesti! Alithos anesti!
<b>Arabic:</b>	Al-Maseeh qam! Haqqan qam!
<b>Slavonic:</b>	Christos voskrese! Voistinu voskrese!
<b>Romanian:</b>	Hristus a inviat! Adevarat a inviat!
<b>Georgian:</b>	Kriste aghdga! Cheshmaritad aghdga!
<b>Amharic:</b>	Kristos tenestwal! Bergit tenestwal!
<b>Albanian:</b>	Krishti u ngjall! Vertete u ngjall!
<b>Syriac:</b>	M'shee ho dkom! Ha koo qam!
<b>Hebrew:</b>	Ha Masheeha houh quam! Be emet quam!
<b>Spanish:</b>	Cristo ha resucitado! En verdad ha resucitado!
<b>French:</b>	Le Christ est resucitee! Vraiment est resucitee!
<b>German:</b>	Christus ist auferstanden! Wahrlich Er ist auferstanden!
<b>Gaelic:</b>	Taw creest ereen! Taw shay ereen guhdyne!
<b>Japanese:</b>	Harisutos fukkatsu! Jitsu ni fukkatsu!
<b>Aleut:</b>	Kristusaq aglagikuk! Angangulakan aglagikuk!