



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

Dan Braun, Treasurer
Asia Ballew, Secretary
Dominic Dopico
Sydney Hedges
Kristin King
Michael Loulias
Velislava Nikolov
Cheryl Washburn-Lander

Music Director/Administrator:

Valerie Yova
Office phone: 805-685-5400
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**Teen Program & College/Young Adult
Activities Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

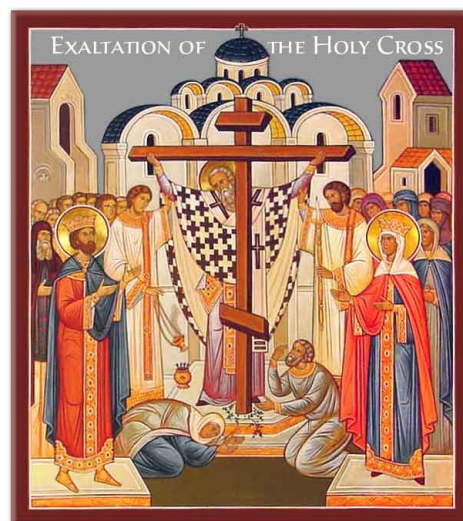
DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

September 15, 2024

Tone 3 / Eothinon 1

Sunday after the Elevation of the Holy Cross

Great-martyr Nikitas the Goth and those with him



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**

GREAT LITANY

FIRST ANTIPHON verses for the Feast of the Cross with refrain:

Vs. O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

Vs. My God, I will cry by day, and wilt Thou not hearken? But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. **[Refrain]**

Vs. Glory...now & ever...Amen. **[Refrain]**

SECOND ANTIPHON verses for the Feast of the Cross & refrain

Vs. O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

**Refrain: O Son Of God, crucified in the flesh, save us who sing to
Thee, Alleluia!**

Vs. This is Mount Zion wherein Thou hast dwelt. **[Refrain]**

Vs. God is our King before the ages, He hath wrought salvation in the midst of the earth. **[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 and verses for the Feast of the Cross

Vs. The Lord is king, let the peoples rage; He sitteth on the Cherubim,
let the earth be shaken.

Refrain: Troparion for the Feast of the Cross

**O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.
And by the pow'r of Thy cross protect us.**

Vs. The Lord is great in Zion, and He is high above all peoples.

Vs. Let them confess Thy great Name, for it is terrible and holy.

**AS THE CLERGY ENTER THE ALTAR
AT THE LITTLE ENTRANCE,
WE SING THE FOLLOWING HYMNS FOR THE DAY:**

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 for the Feast of the Elevation of the Holy Cross

Tone 1

O Lord save Thy people and bless Thine inheritance,
granting victory over all adversaries.
And by the pow'r of Thy cross protect us.

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 Feast of the Cross**Tone 4**

As You were voluntarily raised upon the Cross for our sake,
grant mercy to those who are called by Your Name, O Christ God;
make all Orthodox Christians glad by your power,
granting them victories over their adversaries//
by bestowing on them the invincible trophy, Your weapon of peace!

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 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*)

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.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel **Tone 1**

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

v. Remember Your congregation, which You have purchased of old! (*Ps 73/74:2*)

v: God is our King before the ages; He has worked salvation
in the midst of the earth. (*Ps 73/74:12*)

GOSPEL READING

Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

Meglynarion (Hymn to the Mother of God) for the Feast of the Cross)

Magnify, O my Soul, the most precious Cross of the Lord.
Thou art the mystical paradise, O Theotokos, in which blossomed Christ.
Through Him, the life-bearing wood of the Cross was planted upon earth.
Now, at its elevation, as we bow down before it, we magnify Thee.

Communion Hymns

Praise the Lord from the heavens; praise Him in the Highest!

For the feast of the Cross

The light of Your countenance has shone on us, O Lord. (*Ps 4/5:6*) Alleluia (3x)

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.**

Dearest St. Athanasius Family,

This documentary (flyer on next page) addresses the underpinnings of the culture of death that is the scourge of abortion. Watching this you will learn about the spiritual fight against the works of evil in the defense of the life of the unborn innocents.

Though I have not seen this particular film, it comes recommended, and the history alluded to in the trailer is very important to understand when asking, "How did we get here as a nation?" Though this event overlaps with Great Vespers, you have my blessing to attend, if you are able.

You can read more about The 1916 Project here:

<https://the1916project.com/>

You can register to attend the screening here:

<https://the1916project.com/attend/rsvp/>

(In the dropdown, select SOUTH COAST CHURCH, GOLETA)

Lastly, this documentary is produced by a group calling itself the "White Rose Resistance," taking as its namesake a group which because of their Christian convictions fought the Nazi regime in Germany through leaflet distribution for which they were executed. One of their founding members is St. Alexander Schmorell the Passion-bearer. You can learn more about this saint at these links:

- <https://www.oca.org/wonder/alexander-schmorell-a-witness-in-dark-times>
- <https://incommunion.org/2012/09/13/a-canonization-in-munich-saint-alexander-schmorell-by-jim-forest/>
- https://www.synod.com/synod/engdocuments/enart_martyralexanderschmorell.html

In Christ,

Fr. Symeon Halsell

COME SEE
THE 1916 PROJECT FILM

Do you look around at our country, our culture, and wonder, How did we get here? The 1916 Project is a documentary that exposes the hidden history of the secular moral revolution, and the architects of our current culture of death.

SOUTH COAST
CHURCH

5814 CATHEDRAL OAKS ROAD GOLETA, CA
SEPTEMBER 21 6:00 PM

GO TO THE1916PROJECT.COM FOR MORE INFORMATION!

FOLLOW US
@THE1916PROJECT



SCAN HERE
TO RSVP



THE FEAST OF THE EXULTATION OF THE HOLY & LIFE-GIVING CROSS

The pagan Roman Emperors tried to obliterate the holy places where our Lord Jesus Christ suffered and rose from the dead, so that they would be forgotten. Emperor Hadrian (117-138) ordered that Golgotha and the Lord's Sepulchre be buried, and that a temple in honor of the pagan "goddess" Venus and a statue of Jupiter be placed there.

Pagans gathered at this place and offered sacrifice to idols. Eventually after 300 years, by Divine Providence, the Christian holy places, the Sepulchre of the Lord, and the Life-giving Cross, were discovered and opened for veneration. This took place under Emperor Constantine the Great (306-337) after his victory over Maxentius (in 312), who ruled the Western part of the Roman Empire, and over Licinius, the ruler of its Eastern part. In the year 323 Constantine became the sole ruler of the vast Roman Empire.

In 313 Saint Constantine issued the Edict of Milan, by which Christianity was legalized and persecutions against Christians in the Western half of the Empire were stopped. Although Licinius had signed the Edict of Milan in order to oblige Constantine, he continued his cruel persecutions against Christians. Only after his conclusive defeat did the Edict of Milan extend also to the Eastern part of the Empire. The Holy Equal of the Apostles Emperor Constantine, triumphing over his enemies in three wars, with God's assistance, had seen the Sign of the Cross in the heavens. Written beneath were the words: "By this you shall conquer."

Ardently desiring to find the Cross upon which our Lord Jesus Christ was crucified, Saint Constantine sent his mother, the pious Empress Helen (May 21), to Jerusalem, providing her with a letter to Saint Makarios, the Patriarch of Jerusalem. Saint Helen journeyed to the holy places connected with the earthly life of the Savior, building more than 80 churches, at Bethlehem the birthplace of Christ, and on the Mount of Olives where the Lord ascended to Heaven, and at Gethsemane where the Savior prayed before His sufferings, and where the Mother of God was buried after her Dormition.

Although the holy Empress Helen was no longer young, she set about completing the task with enthusiasm. In her search for the Life-giving Cross, she questioned both Christians and Jews, but for a long time her search remained unsuccessful. Finally, she was directed to a certain elderly Jew named Jude who stated that the Cross was buried beneath the temple of Venus. They demolished the pagan temple and, after praying, they began to excavate the ground. Soon the Lord's Tomb was uncovered. Not far from it were three crosses, and a board with the inscription ordered by Pilate, and four nails which had pierced the Lord's Body (March 6).

In order to discover on which of the three crosses the Savior had been crucified, Patriarch Makarios alternately touched the crosses to a corpse. When the Cross of the Lord touched the dead man, he was restored to life. After witnessing the raising of the dead man, everyone was convinced that the Life-giving Cross had been found.

(Continued on back cover.)

ANNOUNCEMENTS

WE ARE BACK TO OUR SCHEDULE of doing either an Akathist or the Paraklesis on Wednesdays at 5:30 p.m. This Wednesday we will pray the Paraklesis out in the field by the cross.

THE MEN’S FELLOWSHIP OF ST. JOHN FIRESIDE GATHERING will be THIS Thursday, September 19th, at the home of Adam Carralejo.

FALL 2024 ADULT CATECHISM CLASSES
On Saturdays from 3-5 p.m.
 September 28 - Session 1
 “The Life in Christ by Faith: The Trinity, Apostolic Tradition, and Scripture”
 October 5 - Session 2
 “A Life of Repentance and Holiness”
 October 19 - Session 3
 “The Realm of Redemption: The Church and Its Sacraments”
 November 2 - Session 4
 “Seeing and Living in the Beauty, Truth and Wisdom of God”
 November 9 - Session 5
 “The Age to Come: The Second Coming, the Saints”

CELEBRATIONS THIS WEEK

Wedding Anniversaries

- 9/18 Josh & Megan Dillon
- 9/19 Timmy & Teri Palmer

Birthdays

- 9/17 Christina Lydick
- 9/18 Jason Wayne
- 9/20 Dan Braun
- 9/21 Alexis Rae Florez

Patronal Feast Days

- | | |
|-----------------------------------|--|
| 9/17 St. Sophia | Noelle Aviles, Giana Brunner, Sophia Roberts |
| 9/17 St. Sophia & her 3 daughters | Bella Madrigal |
| 9/17 St. Hope, Daughter of Sophia | Willow Palmer |
| 9/20 St. Eustathios | Jason Wayne |

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
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
Wade
Amanda Catherine
Penny B.
Kh. Peggy K.
Amanda, Chris & Baby James
Benny & Michelle M.
Chala Family
Kh. Janet Henderson
Stephanie Maly
Nikolov Family
Michael
Audrey D.
Eric J.
Jason T.
Michael J.
Bruce
Monica
Jake

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
Greg & Miki Hammel
Isaak Lau
Matthew, Ashley and Ryan McCauley
Brennan Pawley
Logan Strait
Ethan Salcedo

For repose of the souls of: Theophilus

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 title. Children’s books are on the bottom shelf. See Terri Speier if you are looking for jewelry such as a cross or chain. **You can contact Terri at: 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.

CALENDAR FOR THE WEEK

Sunday, September 15-Sunday after the Feast of the Cross

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Agape Meal

Monday, September 16

7:00 a.m. Daily Reader's Matins
4:00 p.m. St. Xenia Prayer Ministry by Zoom

Tuesday, September 17

5:30 p.m. Daily Vespers

Wednesday, September 18

7:00 a.m. Daily Reader's Matins
12:00 p.m. St. Xenia Prayer Ministry at the church
5:30 p.m. Paraklesis

Thursday, September 19

7:45 a.m. St. Xenia Prayer Ministry by Zoom
10:00 a.m. Showers of Blessing
5:30 p.m. Daily Vespers
7:00 p.m. Fellowship of St. John Men's Fireside

Friday, September 20

7:00 a.m. Daily Matins (with a priest)

Saturday, September 21

5:30 p.m. Great Vespers/Confessions

Sunday, September 22

9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Agape Meal
12:15 p.m. Choir Rehearsal

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

September 15 Jacobs
September 22 Kern
September 29 Hoppe
October 6 Meyer

READERS

September 15 Meyer
September 22 Kern
September 29 Alexander
October 6 TBA

GREETERS

September 15 L. Baker
September 22 H. Lange
September 29 Hoppe
October 6 K.P. King

USHERS

September 15 D. Meyer/D. Washburn
September 22 M. Loulias/D. Alexander
September 29 K.L. King/D. Meyer
October 6 P. King/J. King

AGAPE MEAL HOSTS

September 15 Team Worthington
September 22 Team Aviles/Wood
September 29 Team Wayne
October 6 Team Lander

Christians came in a huge crowds to venerate the Holy Cross, beseeching Saint Makarios to lift the Cross, so that those far off could see it. Then the Patriarch and other spiritual leaders lifted the Holy Cross, and the people prostrated themselves before the Honorable Wood, saying "Lord have mercy." This solemn event occurred in the year 326.

During the discovery of the Life-giving Cross another miracle took place: a woman who was close to death was healed by the shadow of the Holy Cross. The elderly Jude (October 28) and other Jews believed in Christ and were baptized. Jude was given the name Kyriakos, and later he was consecrated as the Bishop of Jerusalem. He suffered a martyr's death for Christ during the reign of Emperor Julian the Apostate (361-363).

Saint Helen took part of the Life-giving Wood and nails with her to Constantinople. Saint Constantine ordered a majestic and spacious church to built at Jerusalem in honor of the Resurrection of Christ, also including under its roof the Life-giving Tomb of the Lord and Golgotha. The church was built in ten years. Saint Helen did not survive until the dedication of the church, she reposed in the year 327. **The church was consecrated on September 13, 335. On the following day, September 14, the festal celebration of the Exaltation of the Honorable and Life-giving Cross was established.**

Another event connected to the Cross of the Lord is remembered also on this day: its return to Jerusalem from Persia after a fourteen year captivity. During the reign of the Byzantine Emperor Phokas (602-610) the Persian king Khozrōēs II attacked Constantinople, defeated the Greek army, and plundered Jerusalem, capturing both the Life-giving Cross of the Lord and the Holy Patriarch Zachariah (609-633).

The Cross remained in Persia for fourteen years, and only under Emperor Herakleios (610-641), who defeated Khozrōēs and concluded peace with his successor and son Syroes, was the Lord's Cross returned to the Christians.

With great solemnity the Life-giving Cross was transferred to Jerusalem. Emperor Herakleios, wearing a crown and his royal purple garments carried the Cross of Christ. The Emperor was accompanied by Patriarch Zachariah. At the gates by which they ascended Golgotha, the Emperor stopped suddenly and was unable to proceed. The holy Patriarch explained to the Emperor that an Angel of the Lord was blocking his way. Herakleios was told to remove his royal trappings and to walk barefoot, since He Who bore the Cross for the salvation of the world had made His way to Golgotha in all humility. Then Herakleios donned plain clothes, and without further hindrance, carried the Cross of Christ into the church.

In a sermon on the Exaltation of the Cross, Saint Andrew of Crete (July 4) says: "The Cross is exalted, and everything true is gathered together, the Cross is exalted, and the city makes solemn, and the people celebrate the feast."

<https://www.oca.org/saints/lives/2024/09/14/102610-the-universal-exaltation-of-the-precious-and-life-giving-cross>