



## 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)  
Fr. John Carrillo (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  
email: office@stathanasius.org

**Teen Program & College/Young Adult  
Activities Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

## DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

September 29, 2024

Tone 5 / Eothinon 3;

Fourteenth Sunday after Pentecost  
& Second Sunday of Luke

Venerable Kyriakos the Hermit of Palestine;  
Martyr Petronia and those with her in Palestine;  
Mother Mary the Hermit of Palestine



## 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—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.

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

**Troparion of the Resurrection**

**Tone 5**

Let us believers praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born of the Virgin for our salvation.  
For He took pleasure in ascending the Cross in the flesh  
to suffer death and to raise the dead by His glorious resurrection.

**Troparion for St. Kyriakos, Hermit of Palestine**

**Tone 1**

O dweller of the wilderness and angel in the body,  
you were a wonderworker, O our God-bearing Father Kyriakos.  
You received heavenly gifts through fasting, vigil, and prayer,  
healing the sick and the souls of those drawn to you by faith.  
Glory to Him Who gave you strength!  
Glory to Him Who granted you a ^rown!//  
Glory to Him Who, through you, grants healing to all!

**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 5**

Thou O Lord shall keep us and preserve us from this generation forever. (*Ps 11/12:7*)

**Verse:** Save me O Lord, for there is now no saint. (*Ps 11/12:1*)

**EPISTLE READING  
2 Corinthians 1:21-2:4**

Brethren, it is God who establishes us with you in Christ, and has commissioned us; He has put his seal upon us and given us His Spirit in our hearts as a guarantee. But I call God to witness against me—it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

**Alleluia Refrain and Psalm verses before the Gospel****Tone 5**

Chanter: Alleluia, Alleluia, Alleluia!

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

**Verse:** I will sing of the mercies of the Lord forever; With my mouth  
I will make known Thy faithfulness to all generations. (*Ps 88/89:1*)

**Verse:** For Thou hast said: “Mercy shall be built up forever;  
In the heavens shall Thy truth be established.” (*Ps 88/89:2*)

## GOSPEL READING

Luke 6:31-36

The Lord said: "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

### **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 corruption 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*)

### **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.**

## **ANNOUNCEMENTS**

**THANK YOU to all who have donated towards our icon project**, which includes four icons and two new wooden stands for on the floor in front of the ambon (platform where the altar and iconostasis are) The project is now fully funded!

**VALERIE IS AWAY THIS WEEKEND** at a family wedding. Thank you to our Assistant Director, John Butler, for stepping in!

### **SUNDAY RELIGIOUS EDUCATION BEGINS ON OCTOBER 6!**

Catechesis of the Good Shepherd (Atrium) for children ages preschool-6th grade begins Sunday, October. 6. All three levels will meet from 9:00-10:00 a.m. on Sunday mornings.

Level I - Ages 3 (by Sept 1) through Kindergarten

Level II - Grades 1-3

Level III - Grades 4-6

If your child has not yet attended please contact the following catechists for a tour or just to let us know you'll be bringing them.

#### **CATECHISTS:**

Level I - Ages 3 (by Sept 1) through Kindergarten     *Cheryl Fisher (805) 708-1798*

Level II - Grades 1-3

*Joanne Gish (805) 729-3443*

Level III - Grades 4-6

*Jane Meyer (805) 680-2140*

**If you would like to receive the parish weekly e-mail reminders,**  
please send your e-mail address to: [valerie@stathanasius.org](mailto:valerie@stathanasius.org).

If you are an active member and are not getting  
at least one e-mail per week,  
please check your SPAM folder.  
Some e-mail providers block bulk e-mail programs.

## FALL 2024 ADULT CATECHISM CLASSES On Saturdays from 3-5 p.m.

### Schedule

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”

### Excerpt from “This is How God’s Pure Ones Think “ By Metropolitan Saba (Isper)

Father Roman Braga, a confessor of the faith, was born in Romania in 1922 and fell asleep in the Lord in the United States in 2015. Considered by many as a saint, they continually pray for the official announcement of his canonization. He endured a harrowing eleven-year imprisonment in communist Romania, enduring severe physical and psychological torment. Even after his release, he continued to suffer moral persecution until his departure for Brazil in 1968. Patriarch Justinian facilitated Father Braga’s departure in order to save him from further harm from law enforcement because of his active involvement in his parish .

Father Braga, released as a deacon, struggled to find employment in various dioceses to make ends meet. Despite facing rejection from some bishops, he harbored no resentment, nor did he hold a grudge against them. Rather, he recognized their fear of persecution that the Church was suffering at the time.

We come to know him more intimately through his book, Exploring the Inner Universe: Joy – The Secret of Life, which is an extensive interview with him. In this book, he delves into various aspects of his life, the history of the contemporary Orthodox Church in Romania, the spirituality of the Orthodox Church and its people, and many other topics .

I was particularly struck by the purity and clarity of his spirit in some of his responses to the interviewer’s questions. The interviewer, also Romanian, posed a lengthy question spanning several pages, criticizing the bishops who compromised with the communist authorities and remained silent about the brutal persecution of Christians in prisons and detention camps solely for their faith and zeal for the church. At that time, the authorities fiercely opposed any grassroots pastoral work, keeping some churches open and allowing high-level theological publications that the general populace did not understand and thus posed no threat. This facade served to show the world that the church was alive while concealing the reality of persecution . In his critique of the bishops, the journalist indirectly suggests that the grace of God has left the “open” churches and moved to the prisons, where believers endure daily horrors.

(continued on back cover...)

**AUTUMN SCHEDULE  
of  
WEEKDAY LITURGICAL SERVICES**

Monday/Wednesday/Friday (Fridays with a priest serving)	Daily Matins	7:00 a.m.
Tuesday/Thursday	Daily Vespers	5:30 p.m.
Wednesdays	Akathist or Paraklesis	5:30 p.m.
Fridays from 9/27-12/20 (except 10/25 & 11/29)	Divine Liturgy	8:30 a.m.

**WE WILL ALSO CELEBRATE DIVINE LITURGIES  
ON THE FOLLOWING DAYS:**

- Wed., Oct 2                    7:30 a.m. for St. Andrew the Fool for Christ
- Fri., Oct 18                    8:30 a.m. for Apostle and Evangelist Luke
- Sat., Nov. 2                    9:00 a.m. for St. Raphael of Brooklyn
- Sat., Nov 9                    9:00 a.m. for Nektarios the Wonderworker
- Wed., Nov 13                    7:30 a.m. for St. John Chrysostom
- Fri., Nov 22                    8:30 a.m. for St. Iakovos of Evia
- Mon., Dec 2                    7:30 a.m. for St. Porphyrios of Athos
- Fri., Dec 20                    7:30 a.m. for St. Ignatius/St. John of Kronstadt

**OTHER DATES TO KEEP IN MIND:**

Thursday, October 10th	October Fest Family Night 5:30 p.m.
Saturday, October 12	Diocesan Fall Gathering in Irvine
Wednesday, November 20	<b>Feast of the Presentation</b> of the Theotokos 5:30pm Matins/6:30 Liturgy
Wednesday, November 27	6:00 p.m. <b>Akathist of Thanksgiving</b>
Thursday, November 28	9:00 a.m. Divine Liturgy (Thanksgiving)
Thursday, December 5	6:00 p.m. <b>Vespers for St. Nicholas</b>



**CELEBRATIONS THIS WEEK**

**Birthdays**

- 9/29 Nicole Berari
- 9/30 Michael Loulias
- 10/1 Jase Speier
- 10/2 Andrew Macdonald

**Patronal Feast Days**

- |      |                          |               |
|------|--------------------------|---------------|
| 10/1 | St. Romanos the Melodist | Cameron Bobro |
| 10/1 | St. Sidonia of Georgia   | Suzi Wiley    |
| 10/2 | St. Justina of Nicomedia | Justina King  |



**JOIN US FOR AN  
OKTOBERFEST FAMILY NIGHT!**

**Thursday October 10, 2024  
5:30 p.m. on the patio  
(Daily Vespers will be moved  
to 5:00 p.m.)**

**MENU: Sausage, sauerkraut, potatoes,  
salad, German chocolate cake, beverage  
\$5/person 12 yrs and older  
Entertainment TBA!**

**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  
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, Maria, Elizabeth Eleana

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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, September 29

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

### Monday, September 30

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

### Tuesday, October 1—ST. ROMANOS the Melodist

5:30 p.m. Daily Vespers

### Wednesday, October 2

#### **NO MATINS**

7:30 a.m. Divine Liturgy (St. Andrew, Fool for Christ)  
12:00 p.m. St. Xenia Prayer Ministry at the church  
5:30 p.m. Paraklesis

### Thursday, October 3

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, October 4

7:00 a.m. Daily Matins  
8:30 a.m. Divine Liturgy

### Saturday, October 5

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

### Sunday, October 6

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

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

September 29 Hoppe  
October 6 Meyer  
October 13 Dillon  
October 20 Morrison

### READERS

September 29 Alexander  
October 5 Kern (Vespers)  
October 6 Gish  
October 12 Alexander  
October 13 Lange  
October 20 Meyer

### GREETERS

September 29 Hoppe  
October 6 K.P. King  
October 13 M. Loulias  
October 20 L. Baker

### USHERS

September 29 J. King/D. Meyer  
October 6 P. King/J. King  
October 13 C. Speier/S. Speier  
October 20 D. Meyer/D. Washburn

### AGAPE MEAL HOSTS

September 29 Team Wayne  
October 6 Team Lander  
October 13 Team Kawahara  
October 20 Team Gish

### **Metropolitan SABA's article, continued:**

Father Roman responds, "I never believed that the Spirit moved from the Romanian Church into the prisons, as you seem to imply in your question. When we were in prison, we would pray that the hierarchs of the church would stay where they were and not come to us, because the Spirit is where the Holy Sacraments are, where the Holy Liturgy takes place, and where the Hours, Vespers, and Matins are read. The Holy Spirit is the life of the Church. Only if we are truly members of the Church, members of the Holy Body of Christ, we are nourished only by the Holy Spirit. The Church cannot exist without its clerical hierarchs. The Church is comprised of the hierarchy, the clergy, and the people. As you cannot mistake the Church for the fault of some individuals, you cannot confuse it for some hierarchs. It is true that the hierarchs made compromises, but they worked to maintain and continuously offer the Holy Sacraments. And the Church could not exist without them. We know this also from the Holy Fathers. You cannot have the Church comprised only of people and no hierarchs" (p. 101).

He continues: "I believe that the Church, at least in Romania and Russia, was strengthened during the Communist persecution. I dare to say that suffering compels individuals to mature, but also the Church. Nikolai Berdyaev, a Christian philosopher, in one of his books, affirms that the Church was strong during the first 300 years of persecution. Later, when Constantine the Great gave freedom to the Christians, the spiritual life of the Church became diluted; the Church was more of an institution than a spiritual reality.

"The same thing happened during Communism: the Church was obligated to limit all her activities to the inside the four walls of the temple. I do not know the situation in other countries, but the Romanian Church today launched a campaign of physical and spiritual reconstruction. Priests are now serving in schools, hospitals, and the army. I'm optimistic; I think that the Romanian Church will contribute in renewing Orthodoxy in the soul of the Romanian nation" (p. 102).

In his answer to the question about the Church's historical state, which witnessed heretical patriarchs and bishops who indulged in their desires, Father Roman says: "To tell you the truth, I am not comfortable with the idea that if the hierarchs are sinful, then the Church no longer exists. Nor am I comfortable with the idea of what is called spiritual elitism. All bishops, without exception, must be free from suspicion and lead exemplary lives. But their failure to do so does not negate the existence of the Church. I do not dare say that if a bishop is personally sinful, the Spirit of God no longer works in him, because the Holy Spirit always works for the salvation of all people, regardless of the worthiness of those who officiate at the Holy Sacraments. The Holy Spirit uses one hierarch today and tomorrow another, but the Church remains the same. Many priests are not worthy, but the Holy Spirit does not come and go in relation to our worthiness or unworthiness. The Holy Spirit is the life of the Church, even if some of the members of the Church are sick or wounded by sin" (p. 101-102). When the journalist challenged his assertion that bishops' virtuous lives are insignificant to the Church's continuity, he replied, "I never implied that." He noted that countless holy bishops existed and convened ecumenical councils even during periods of widespread episcopal heresy. Nevertheless, the Church persisted, and the Holy Spirit remained active despite numerous crises .

(To read the full article: <https://www.antiochian.org/dashboard?name=spiritual%20reflections>)