



## 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**

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

**Music Director/Administrator:**

Valerie Yova  
Office phone: 805-685-5400  
email: office@stathanasius.org

**Teen Program Coordinator**

Subdn. Michael Easbey: measbey@gmail.com

**College/Young Adult Activities Coordinators**

Athanasia Ballew  
asiaballew@proton.me

Zac Wood  
zac.wood9@gmail.com

### **DIVINE LITURGY OF ST. BASIL THE GREAT Sunday, March 9, 2025 TONE 4 / EOTHINON 4**

First Sunday of Great Lent  
(Sunday of Orthodoxy)  
& The Holy and Great Forty Martyrs of Sebastia



### **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. BASIL THE GREAT**

**We sing the following hymns as the clergy enter the altar  
during the Little Entrance:**

**THE GREAT LITANY**

**FIRST ANTIPHON—Psalm verses with refrain**

- The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so sure that it shall never be moved.

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

- Who shall tell of the mighty acts of the Lord? Who shall make all of His praises to be heard? Let the redeemed by the Lord say so, whom He has delivered from the hand of the enemy. (***Refrain***)
- Glory... Both now... (***Refrain***)

**SECOND ANTIPHON—Psalm verses with refrain**

- Let them acknowledge the Lord for His mercies, and for His wondrous works for the sons of men.

***Refrain:* O Son of God, Who rose from the dead;  
save us who sing to Thee. Alleluia.**

- Let them exalt Him in the church of the faithful and in the assembly of the presbyters. (***Refrain***)
- The eyes of the Lord are upon those that fear Him, upon those that hope in His mercy; to hear the mourning of those in captivity, and to loose the sons of those appointed to death. (***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

Verse: Let the heavens and the earth praise Him.

#### Refrain:

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your own will You were pleased to ascend the cross in the flesh  
to deliver Your creatures from bondage to the Enemy.  
Therefore with thanksgiving we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
by coming to save the world.”

Verse: This is the day which the Lord hath made; Let us rejoice and be glad in it.

Verse: O Lord my God, I will acknowledge Thee forever.

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

#### 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 of First Sunday of Great Lent

Tone 2

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the cross in the flesh  
and deliver Thy creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to Thee:  
“Thou hast filled all with joy, O our Savior,  
for Thou didst come to save the world.”

#### Troparion for the Holy 40 Martyrs of Sebastia

Tone 1

Through the sufferings which Your holy Forty Martyrs  
endured for Your sake, O Lord,  
we beseech You, O Lover of mankind:  
“Heal all of our infirmities!”

**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 of Annunciation****Tone 8**

To thee, our Queen, leader in battle and defender.  
We thy people delivered from all peril,  
offer hymns of vict'ry and thanksgiving, O Theotokos.  
Since thou dost possess invincible power,  
set us free from ev'ry calamity.  
That we may cry unto thee: Hail O bride without bridegroom.

**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****Hebrews 12:1-10** (For the Forty Martyrs of Sebastia)

Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely; and let us run with perseverance the race that is set before us, looking to Jesus: the Pioneer and Perfecter of our faith, Who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider Him Who endured from sinners such hostility against Himself, so that you may not grow weary or faint-hearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son: do not regard lightly the discipline of the Lord, nor lose courage when you are punished by Him; for the Lord disciplines him whom He loves, and chastises every son whom He receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father?

**Alleluia before the Gospel****Tone 4**

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

*Verse: Moses and Aaron were among His priests;  
Samuel also was among those who called on His Name. (Ps 99/100:6)*  
*Verse: They called to the Lord and He answered them. (Ps 99/100:6)*

**GOSPEL READING****John 1:43-51**

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**MEGLYNARION—HYMN TO THE MOTHER OF GOD**

All of creation rejoices in you, O Full of Grace: the assembly of Angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a Child – our God before the ages: He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

**COMMUNION HYMNS**

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)  
Rejoice in the Lord, O you righteous; praise befits the just! (*Ps 32/33:1*)

**PROCESSION WITH HOLY ICONS**

**Before the final dismissal, we will walk in procession around the OUTSIDE of the church,** in celebration of the Triumph of Orthodoxy. The children are invited to follow behind the clergy.

**WHEN WE RETURN TO THE CHURCH AFTER THE PROCESSION,** we will read aloud the Synodikon of Orthodoxy that includes the anathemas of heretics and "Memory Eternal" for the saints.

## 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, fasting, 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

**AT THE END OF TODAY'S LITURGY, WE WILL WALK IN PROCESSION WITH ICONS around the outside of the church.** (Please do not pull the icons off of the walls of the church.) When we come back inside, we will conclude the Liturgy with the reading of the Synodikon that includes the anathema of heretics and the singing of "Memory Eternal" for the saints.

**THIS EVENING WE WILL JOIN THE OTHER ORTHODOX CLERGY AND PARISHIONERS OF THE CENTRAL COAST CHURCHES** for the Vespers of the Triumph of Orthodoxy at 6:00 p.m. at St. Barbara Greek Orthodox Church. (1205 San Antonio Creek Rd.)

### SOUP DINNERS ON WEDNESDAYS

We will continue our tradition of offering a simple meal of soup and bread after our Wednesday evening Presanctified Liturgies during Great Lent. Please see the online sign-up list to help us make that happen! <https://bit.ly/LentenSoupDinners2025>

### LENTEN SEMINAR on MARCH 15th

On Saturday, March 15th, after the 9:00 a.m. Soul Liturgy, we will gather for a Lenten Seminar taught by Fr. John Finley. The topic is "The Inner Heaven of Man - The Healing of the Mind, Heart, and Will according to St. Nikolai of Zica." There will be a Coffee Hour after the Liturgy and lunch will be served at 1:00 p.m. for the seminar participants. **Great Vespers will be served early that day, at 3:30 p.m., to culminate the workshop.** Please sign up here so that we know how much food to prepare: <https://bit.ly/LentenSeminar2025>

**THE YOUNG ADULTS will gather next Sunday, March 16th,** at 5 p.m. for dinner and Trivia Night at the home of Larry and Cheryl Lander. Questions? See Zac Wood or Asia Ballew.

### RESPONSES IN OTHER LANGUAGES

At the encouragement of His Eminence, Metropolitan Saba, during the Divine Liturgy Fr. Symeon is “giving the peace,” in a variety of languages and the choir is responding to “Peace be to all,” in the corresponding language with “And to thy spirit.”

**Fr. Symeon will stay with Arabic for a few weeks until we all get used to responding.**

<b>English</b>	<b>Peace be to all.</b>	<b>And to thy spirit.</b>
Arabic	As-sa-la-mu li-ja- í-kum.	Wuh-li wou-ee-kah

### SCHEDULE FOR GREAT LENT

**During the remaining weeks of Great Lent,  
we do not have Tuesday/Thursday Daily Vespers.**

**We pray the following services at 6:00 p.m.:**

- Great Compline on Mondays  
(except for 3/24, which will be Vespers for Annunciation)
- Presanctified Liturgy on Wednesdays
  - Akathist on Fridays
- SOUL LITURGIES on Saturdays March 15, 22 & 29

### FEAST OF THE ANNUNCIATION

Monday, March 24—Festal Great Vespers at 6:00 p.m.

Tuesday, March 25—Vesperal Liturgy at 6:00 p.m. followed by  
Lenten Dinner

### ***CELEBRATIONS THIS WEEK***

#### **Wedding Anniversaries**

3/12 Jason & Melissa Wayne

#### **Birthdays**

3/9 Dotte Genatone  
3/10 Richard Barre  
3/12 Nicholas Berari, Ronald Berari  
3/15 Peter Speier (Military)

#### **Patronal Feast Days**

3/10 St. Galina and those with her at Corinth Galyna Tinyayeva  
3/12 St. Aaron the High Priest Howard Lange

His Eminence  
The Most Reverend  
Metropolitan SABA

The Right Reverend  
Bishop ANTHONY



Archbishop of New York and  
Metropolitan of  
All North America

Diocese of Los Angeles  
And the West

March 3, 2025  
First Day of the Great Fast

**BISHOP ANTHONY'S LENTEN MEDITATION FOR 2025**  
TO BE READ IN CHURCH AND DISTRIBUTED TO THE FAITHFUL

The Lenten season gives meaning to the seasons of our lives. The prayers and services that frame time bring out the picture of each one of us. If we are aware of ourselves, especially at this time, the Lord will show us that the past—so vivid in our memories—has brought us into our present with all its blessings and disappointments. They are all arranged in graceful order for our future.

We should not wish to forget the hurt and trauma of life, those moments of soul wounds. Nor should we shelter away in the comfortable rooms of present happiness. We must go on and encounter what seems uncertain and what we think will make us vulnerable. Let us have faith for tomorrow, not fear of the future.

Lent fortifies our faith.

Because God created us, and God is good, each of us wants to be and to do good. In this life-project, we want to give others our unique and distinctive gifts, in whatever form they come. We want our own goodness to contribute to the good creation and please our Lord.

We cannot do this alone, in isolation. We cannot do this as individuals, where we select who our friends are and who are not and how long we will befriend them. Self-centered lives get lost in temporary interludes of contentment.

The marvelous technology around us often seduces us into planning our own course in life. It results not in a give-and-take with others in community but a willful taking from others what they can give. We fall away from the God who loves us and from the people who love us, and we get into the trap of self-love. If no one is with us, what is the object of loving?

Who we are, our special self, the "I" of "me" whom people love, is expressed in unity with my neighbor—all of my neighbors.

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

Chancery of Los Angeles and the West  
454 South Lorraine Boulevard  
Los Angeles, California 90020



This life of mine, so often weighed down by living for myself and from myself and, so, by myself, has brought an epidemic of loneliness to the world.

The Lenten discipline gathers us to pray together, to receive holy Communion as the Body of Christ. *"So, if there is any encouragement in Christ, any incentive of love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being of one accord and of one mind"* (St. Paul's Letter to the Philippians 2:1-2). *"There is one Body and one Spirit, just as you are called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all"* (Ephesians 4:4-6).

Yours in Christ,

*+ Bishop Anthony*

+Bishop ANTHONY

Bishop of Los Angeles  
Antiochian Orthodox Christian Archdiocese of North America

**FOR WOMEN & GIRLS OF ALL AGES:**  
*Annual Annunciation Tea*

**Saturday, March 29, 2025**  
**2-4 p.m.**



**Guest speaker: Kh. Caryn Kruse,**  
**Licensed Professional Clinical Counselor**  
"Self-care for Orthodox Christian Women:  
The Theotokos as our Role Model"  
- When to say Yes and How to Say No -

**Paraklesis Canon & Musical Presentations**  
followed by  
**Tea and Lenten Finger Foods on the Patio**

**Donation paid at the door:**

Adults - \$20  
Young women & Girls 13-20 years old - \$10  
Girls 12 years and under - \$5

**Proceeds benefit the Endowment for Widowed Clergy Wives.**

**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. Gabriel in Kenya (OCMC)  
Fr. Jon B.  
Fr. John & Kh. Diane C.  
Fr. Nicholas & Jan  
Fr. Turbo & St. Mary parish  
Fr. Paul and St. Moses parish  
Hieromonk Siloan  
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)  
Julianna & Zaron D. (military)  
P. Speier (military)

Subdn. Matthew & Christina  
Steve T.  
Temmo K.  
Dn. John & Fay Y.  
Samantha & Chris N. & Family  
Wade  
Kh. Peggy K.  
Amanda, Chris & Baby James  
Kh. Janet Henderson  
Phyllis M.  
Marta C.  
Sonia T.  
Jon R.  
Penny B.  
Eden Rose  
Suzanne S.  
Jen H.  
Randall B.  
Michael  
Fr. Joseph A.

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  
Gianpaul Caceres  
Jacob Feinstein  
Isaak Lau  
Brennan Pawley  
Diego Rangel  
Ethan Salcedo  
Logan Strait  
Joshua Weiss

**For repose of the souls of:** Fr. Wayne W., Glenn Elias F.

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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, March 9—SUNDAY OF ORTHODOXY

#### **TURN CLOCKS FORWARD ONE HOUR!**

9:00 a.m.	Matins & Catechesis
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
12:15 p.m.	Choir Rehearsal
6:00 p.m.	Sunday of Orthodoxy Vespers at St. Barbara Greek Parish

### Monday, March 10

7:00 a.m.	Daily Readers' Matins
3:00 p.m.	St. Xenia Prayer Ministry by Zoom
6:00 p.m.	Great Compline

### Wednesday, March 12

7:00 a.m.	Daily Readers' Matins
11:50 a.m.	St. Xenia Prayer Ministry (in the chapel)
6:00 p.m.	Presanctified Liturgy

### Thursday, March 13

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
6:00 p.m.	Choir Rehearsal
6:30 p.m.	Youth Group

### Friday, March 14

7:00 a.m.	Matins
6:00 p.m.	Akathist

### Saturday, March 15

9:00 a.m.	Soul Liturgy
10:15 a.m.	Coffee Break
10:30 a.m.	Lenten Seminar
3:30 p.m.	Great Vespers/ Confessions

### Sunday, March 16—ST. GREGORY PALAMAS

9:00 a.m.	Matins & Catechesis
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Education
11:45 a.m.	Agape Meal
5:00 p.m.	Young Adult Dinner & Trivia Night

## SUNDAY MORNING MINISTRIES SCHEDULE

### EUCCHARIST BREAD

March 9	Hoppe
March 16	Kern
March 23	Fr. Nicholas
March 30	Meyer

### READERS

March 9	Kern
March 12	Gish (Presanctified)
March 15	Meyer (Soul Liturgy)
March 16	Butler
March 19	Alexander (Presanctified)
March 22	Meyer (Soul Liturgy)
March 23	Kern
March 24	(Vespers for Annunciation)
March 25	Gish (Vesperal Liturgy)
March 26	Lange (Presanctified)
March 29	Alexander (Soul Liturgy)
March 30	Butler

### GREETERS

March 9	M Wayne/L. Baker
March 16	K.P. King/K.L. King
March 23	A. G. Butler/C. Clements
March 30	H. Lange/M. Loulias

### USHERS

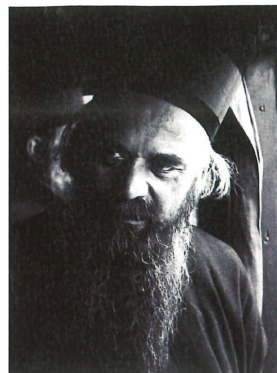
March 9	K.L. King/D. Alexander
March 16	D. Meyer/M. Loulias
March 23	S. Speier/C. Speier
March 30	K.L. King/D. Alexander

### AGAPE MEAL HOSTS

March 9	Team Gish
March 16	Team Speier
March 23	Team Halsell
March 30	Team Worthington

# *The Inner Heaven of Man*

A one-day Seminar on  
The Healing of the Mind, Heart, and Will  
according to St. Nikolai of Zica,  
the Serbian saint who compiled the Prologue of Ohrid.



Presented by V. Rev. Fr. John Finley  
**Saturday, March 15, 2025**  
St. Athanasius Antiochian Orthodox Church  
300 Sumida Gardens Ln., Santa Barbara, CA 93111

## **Schedule**

9:00 a.m.	Divine Liturgy for the Departed (Soul Liturgy)
10:00 a.m.	Coffee Break
10:30 a.m.	Session 1
11:30 a.m.	Break
11:45 a.m.	Session 2
1:00 p.m.	Lunch
1:45 p.m.	Session 3
3:00 p.m.	Break
3:30 p.m.	Great Vespers for Sunday of St. Gregory Palamas

No registration charge. Please register by March 10, 2025 so that we know how many to plan for.

**R.S.V.P. at: <https://bit.ly/LentenSeminar2025>**

**Free-will donations will be accepted at the seminar to St. Athanasius Orthodox Academy/St. Athanasius College**



Fr. John Finley lives in Santa Ynez, California, is a member of St. Athanasius Orthodox Church in Santa Barbara, CA, and has been a field staff member of the Department of Missions and Evangelism of the Antiochian Orthodox Christian Archdiocese of North America since 1996. [www.missionsandevangelism.com](http://www.missionsandevangelism.com). He was ordained to the holy priesthood in 1997. He earned a Bachelor of Music degree from Oklahoma Baptist University; a Master of Sacred Theology from St. Athanasius Academy of Orthodox Theology; and a Master of Arts in Musicology from the University of California, Santa Barbara. Fr. John is a music composer and arranger, and the author of both **Sacred Meals** from our *Family Table*, 2005, and *The Inner Heaven of Man: A Companion to the Prologue of Ohrid*, 2024.