



## 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 Met. JOSEPH,  
Archbishop of New York &  
Metropolitan of all N. America**

**Senior Pastor:**

Fr. Nicholas Speier  
805-685-5495  
frnicholas@stathanasius.org

**Assistant Pastor:**

Fr. Symeon Halsell  
805-685-5400  
frsymeon@stathanasius.org

**Priests attached to the parish:**

Fr. Jon-Stephen Hedges 805-968-1903 (Chaplain)  
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. Richard Easbey (retired)  
Dn. John Young (retired)

**Subdeacons:** Stephen Butler & Michael Easbey

**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 Coordinator**

Mitchell Denny: mitchdennyjr@gmail.com

**Parish Council 2019-2020:**

Kristi King, President  
Dan Braun, Treasurer  
Terri Speier, Secretary  
Dorothy Alexander  
Laurie Baker  
Corina Berari  
Mary Denny  
David Dillon  
Zak Landrum

## **DIVINE LITURGY OF ST. JOHN CHRYSOSTOM** Sunday, November 29, 2020

**Tone 8 / Eothinon 3; Twenty-fifth Sunday after  
Pentecost & Thirteenth Sunday of Luke**

Martyr Paramonos and the 370 Martyrs in Bithynia;  
Martyr Philoumenos of Ancyra;  
Venerable Akakios of Sinai;  
Hieromartyr Dionysios, Bishop of Corinth;  
Urban, Bishop of Macedonia;  
Nicholas, Archbishop of Thessalonica



**St. Barbara—Commemorated on December 4**

**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

## ***CALENDAR FOR THE WEEK***

### **Sunday, November 29**

#### **NO RELIGIOUS ED CLASSES**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy

### **Monday, November 30—ST. ANDREW**

6:45 a.m. Daily Matins  
5:00 p.m. Akathist by Zoom

### **Tuesday, December 1**

5:30 p.m. Daily Vespers

### **Wednesday, December 2**

6:45 a.m. Daily Matins  
12:00 p.m. Intercessory Prayer Ministry  
6:00 p.m. Advent Paraklesis

### **Thursday, December 3**

9:00 a.m. Showers of Blessing  
7:45 a.m. Akathist by Zoom  
5:30 p.m. Daily Vespers  
6:00 p.m. Jr. High Youth Group  
6:30 p.m. High School Youth Group

### **Friday, December 4—ST. BARBARA ST. JOHN OF DAMASCUS**

6:45 a.m. Daily Matins

### **Saturday, December 5**

4:30 p.m. Adult Orthodox Study  
6:00 p.m. Great Vespers/Confessions

### **Sunday, December 6**

#### **NO RELIGIOUS ED CLASSES**

9:00 a.m. Matins  
10:00 a.m. Divine Liturgy

**SERVICES FOR THE  
FEAST OF ST. BARBARA  
WILL BE ANNOUNCED BY EMAIL  
EARLY NEXT WEEK.**

## ***SUNDAY MORNING MINISTRIES SCHEDULE***

### **EUCCHARIST BREAD**

Nov. 29 Morrison  
Dec. 6 Jacobs  
Dec. 13 Sieck  
Dec. 20 Kern

### **READERS**

Nov. 29 D. Meyer  
Dec. 6 Rdr. J. Butler  
Dec. 13 D. Washburn  
Dec. 19 D. Alexander (Vespers)  
Dec. 20 M. Braun

### **USHERS**

Nov. 29 P. King, J. King  
Dec. 6 C. Berari, D. Meyer  
Dec. 13 C. Speier, S. Speier  
Dec. 20 D. Washburn, M. Loulias

**At the conclusion of Matins, we sing the Great Doxology  
followed by the Matins Dismissal Troparion**

**THE DIVINE LITURGY  
OF ST. JOHN CHRYSOSTOM**

**THE 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 be-  
come 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—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 8**

From the heights Thou didst descend,  
O Compassionate One;  
and Thou didst submit to the three day burial,  
that Thou might deliver us from passion.  
Thou art our Life and our Resurrection,  
O Lord, glory to Thee.

**Troparion to St. Athanasius**

**Tone 3**

Holy Bishop Athanasius,  
you became a stronghold of Orthodoxy,  
strengthening the Church through your divine teachings.  
Opposing the heretical opinion of Arius,  
you explained and taught that the Son is equal in nature with the Father.  
O holy Father, intercede with Christ God  
that He may grant us abundant mercy.

**Kontakion for the Preparation of Christ’s Nativity**

**Tone 3**

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

**TRISAGION (THRICE-HOLY) HYMN**

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 8**

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

**Verse:** *God is known in Judah; His name is great in Israel. (Ps 75/76:1)*

**EPISTLE READING**

**Ephesians 4:1-7**

Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, Who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

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

**Tone 8**

Chanter: Alleluia, Alleluia, Alleluia!

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

**Verse:** Come, let us rejoice in the Lord, let us shout with jubilation unto God our Savior.

**Verse:** Come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

## GOSPEL READING

### Luke 18:18-27

At that time, a man came testing Jesus and asking, “Good Teacher, what shall I do to inherit eternal life?” And Jesus said to him, “Why do you call Me good? No one is good but God alone. You know the commandments: ‘Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother.’” And the man said, “All these I have observed from my youth.” And when Jesus heard it, he said to him, “One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me.” But when the man heard this he became sad, for he was very rich. Jesus, seeing him sad, said, “How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” Those who heard it said, “Then who can be saved?” Jesus said, “What is impossible with men is possible with God.”

## HOMILY

### Meglynarion—Hymn to the Mother of God

It is truly meet to bless you, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you.

### Communion Hymn

Praise the Lord from the heavens; praise Him in the highest! (*Ps 148:1*)

## A PRAYER FOR ADVENT

Lord, Jesus Christ, at your holy birth You deemed a lowly cave to be a fit dwelling place,  
so in Your mercy make our souls and bodies temples worthy to contain You, the uncontainable God.

And as we make our Advent journey, open our ears to heed the prophets' warning to

“Prepare the way of the Lord!”

For we glorify you along with the angels and shepherds, Father, Son and Holy Spirit.

Amen.

## ANNOUNCEMENTS

- **SERVICES FOR THE FEAST OF ST. BARBARA WILL BE ANNOUNCED BY EMAIL EARLY NEXT WEEK.**
- **ON SATURDAYS AT 4:30 p.m., ALL ADULTS ARE INVITED TO ATTEND AN ORTHODOX STUDY GROUP.**

### UPCOMING TOPICS for ORTHODOX STUDY GROUP

Dec. 5            Fasting: Building the Virtue of Self-control  
Dec. 12          The Divine Services: Entering Heavenly Realities

- **THERE WILL BE NO SUNDAY RELIGIOUS EDUCATION CLASSES UNTIL FURTHER NOTICE.**
- **HOLIDAY CARE PACKAGES FOR THE UNSHELTERED—DEADLINE DEC. 1st**  
Lucy Speier and some of her friends are collecting items to assemble in Christmas care packages for those in our community who are unsheltered, either living in their vehicles or on the streets. They will be collecting the following items between now and **December 1st**, with collection boxes here at our church:  
Toothbrushes, hair brushes, mouth wash, dental floss, water bottles  
backpacks, bags, shampoo, soap, facial bars, body wipes, hand sanitizer,  
sanitizing wipes, sunscreen, chapstick, lotion, razors, socks, large t-shirts,  
feminine products, tissues, gum

**If you would like to make a monetary donation towards the purchase of supplies, go to:**

<https://www.gofundme.com/f/hh56nt-holidays-for-the-homeless>

If you have any questions, contact Lucy Speier at: [lucy.speier18@gmail.com](mailto:lucy.speier18@gmail.com).

- **ORTHODOX LIFE IN KENYA: The Impact of Missions**  
Join OCMC for a livestream webinar series on four Thursdays (Dec. 3 & 10).  
Topics include the “Effects of Dependency,” “Response to Change,” and “Education and Liturgical Needs.” Pre-register by email at: [orthodoxkenya18@gmail.com](mailto:orthodoxkenya18@gmail.com)

### LITURGICAL CALENDAR — LOOKING AHEAD

- Wednesdays, December 2, 9, 16 at 6:00 p.m.            Advent Paraklesis

**NO GATHERING THIS YEAR AT  
ST. BARBARA MONASTERY FOR THE FEAST OF ST. BARBARA.**

## **CELEBRATIONS THIS WEEK**

### **Birthdays**

12/1 Anya Madrigal, Lydia Sieck  
12/3 David McCalmont  
12/5 Elizabeth (Lisa) Ballew

### **Patron Saint Commemorations**

11/30	<b>St. Andrew the Apostle</b>	Johannes De Bruin, Ryan Franzen, Andrew Macdonald, Andy Simonsen
12/4	<b>St. Barbara the Martyr</b>	Cheryl Washburn-Lander
12/4	<b>St. Juliana</b>	Juliana Shackelford

## **SAFETY PROTOCOLS UPDATE**

Metropolitan Joseph has given us a blessing to continue to do our services inside the nave. The Parish Council asks the members of the parish to adhere to the following:

- During services, please maintain at least 6 ft. of distance on all sides, including in the Communion line, and wear a mask that covers both **YOUR MOUTH AND NOSE**. (Families may sit together but should have six feet of space in front and behind them.)
- The Sunday Divine Liturgy is being broadcast in the hallway and on the patio for overflow crowd and for those who are not comfortable sitting inside the nave.
- **There will be no COFFEE HOUR for now. Please do not linger inside the building after the services unless you are buying something from the Bookstore.**

## **Blessings to you this Advent season!**

Since our beginnings in Isla Vista, our parish has made helping our houseless neighbors a high priority. In recent years St. Athanasius Church has hosted the **Showers of Blessing**, a mobile shower truck that sets up once a week in our parking lot, providing hot showers and warm smiles for our local unhoused community members. Several St. Athanasius volunteers and I have worked closely with the Showers for several years, seeing firsthand the blessing which this project has been to those in need. **Please prayerfully consider making the Showers of Blessing one of the community organizations you support this Advent.**

May God bless you, and our dear neighbors.

Fr. Nicholas





# Showers of Blessing

**PO Box 1135, Goleta CA 93116**

November, 2020

Dear Friend and Neighbor,

Executive Director  
John Tamiazzo

Because of the kindness and generosity of remarkable people like you, Showers of Blessing Santa Barbara has been able to provide compassionate services for the most vulnerable and fragile individuals in our community.

Development Dir.  
Nancy Shobe

Our extraordinary staff and dedicated volunteers have been doing this one day at a time for over six years and continue to provide the Showers program during this pandemic. Of course, we take great care in making certain our guests, staff, and volunteers wear masks and all necessary protective gear to create a safe and welcoming environment. And through it all, they give with extraordinary kindness.

Site Coordinator  
Wade Volk

What does it cost Showers of Blessing in a year to provide one site for our houseless guests? \$40,000. Multiply that by five sites and it costs \$200,000 a year. This cost includes Showers' staff, soap, sanitizers, toiletries, underwear, socks, bottles of water, vehicle maintenance, and fuel, but does not include administrative salaries.

Board Members:  
Ed Bastian

Anita Blume  
Sally Hamilton  
Kim Holmquist  
Marty Jelkins

Showers of Blessing is completely donor supported and therefore relies on contributions from thoughtful and compassionate people like you who foster the mission of providing comfort, respect, dignity, and guidance for our houseless guests.

Howard Lange  
Mick Mathis  
Wayne Mellinger

Please visit our website at [showersofblessingiv.org](http://showersofblessingiv.org) to make your donation or send it back in the envelope provided.

Barbara Morais  
Brenda Powell  
Ken Ralph  
Russ Sheppel  
Melinda Staveley  
Ann Veazey

Your continued financial assistance extends loving hands to the most vulnerable members in Santa Barbara community.

Thank You!

John Tamiazzo, Executive Director

Sally Hamilton, Board President

Please turn the page to see what we've accomplished this year .....

## **A Message From Fr. Symeon...**

*Greetings Men of St. Athanasius,*

*Praying that you all have had a fruitful first week of the Nativity Fast.*

*Now having heard back from many men interested in the new men's group, we will hold our first meeting on December 5th from 8:30am to 10:30 am. **at the church on the patio.***

*We will pray the First Hour prayers followed by breakfast and some fellowship. While we finish our meal we will have someone read from *Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life* by Archimandrite Vassilios Papavassiliou for our spiritual meditation. We will follow this up with some practical spiritual group discussion.*

*We will plan to meet every first Saturday morning of the month after this, so mark your calendars!*

*Please let me know if you would like to volunteer to make or provide a breakfast for about 20 men. We can begin a rotation once I know those who are willing to provide breakfast. If you are not cooking, come prepared to throw some cash into a collection to bless the cook and lighten the load of his hospitality.*

*Lastly, I ask you all to pray and think about patron saints for our new group. Come on the fifth with some saints to choose from and why you think we should take that saint as our namesake. Whose intercessions should we ask for as we learn together how to be men with righteous hearts?*

*Good strength and blessed fast.*

In Christ,  
+ Fr. Symeon Halsell

**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:**

Metropolitan JOSEPH  
Mother Victoria  
Met. Paul & Abp. John  
Fr. Jacob  
Mother Christophora  
Fr. Jon B.  
Joseph B.  
Dn. Richard E.  
Kh. Diane C.  
Greg & Margaret Y.  
Hoppe Family in Albania  
Joseph Wm. B. in Kenya  
Duane F.  
Richard and Susan B.  
Monsignor J. Yanek  
Kent F.  
Bob N.  
Fr. Jon-Stephen H.

Cole K. (military)  
Jeremiah H. (Airforce Academy)  
Lauren & Fernando J. (military)  
Chase K. (military)  
Nick & Kristine J. (military)  
Steve T,  
Olga Marie G.  
Dn. John Y.  
Glenn F.  
Mitch D. Sr.  
Michael K.  
David W.  
Dn. Gary B.  
Harvey G.  
Stephen B.  
Kris F.  
Dn. Gary B.

David D.  
Anneli C.  
Kh. Erin K.  
Nina  
Dasha  
Wendy R.  
Bev R.

The Ethiopian Orthodox Church  
The Church & people in Lebanon

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

**For repose of the souls of:**

Met. Maximos, Jim R., Zac B., Hilda, Robert M.  
All who have died in the conflicts in Ukraine Africa & the Middle East  
Those who lost their lives in the explosion in Lebanon

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**ST. ATHANASIUS CHURCH BOOKSTORE**

The church bookstore is located in the foyer of the fellowship hall - two enclosed cabinets containing items that are FOR SALE. One cabinet holds icons, crosses, incense, prayer ropes, etc. The bookshelf has books for sale, arranged alphabetically by book title. Children's books are on the bottom shelf. See Terri Speier if you are looking for jewelry such as a cross or chain. Payment should be made at time of purchase and placed in brown lockbox on wall next to Fr. Nicholas' 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 Building Fund.**

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# Holidays for the Homeless

Organized by Mia Bazzani, Lucia Metcalfe, Lucy Speier, and Annelise Fuhrer

Please help us reach our goal of \$2,800 in order to fill individualized packages with basic necessities and small gifts to be distributed throughout the community starting December 1st! This fundraiser is our way of inspiring hope in our community.

We have been fortunate enough all our lives to never have to worry about whether or not we would wake up to presents on Christmas morning. We want to share this same joy with those who aren't as fortunate. Every person deserves to feel special, cared for, and loved on the most joyful holiday of the year and we want to provide that happiness this holiday season! The holidays are for giving, cheer, and helping those in need. Depending on how much we are able to raise, we want to help as many people as possible.

We would love to donate things such as.....

Toothbrushes, hair brushes, mouth wash, floss, toothpaste, deodorant, water bottles, backpacks, bags, shampoo, soap, facial bar, body wipes, hand sanitizer, sanitizing wipes, sunscreen, chapstick, lotion, razors, socks, large t-shirts, feminine products, tissues, gum etc.

We want to encourage and support local homeless shelters so all gifts will be distributed there.

If you would like to help us on our journey, please donate to our GoFundMe by typing in this link, or searching the name "Lucy Speier" into the GoFundMe search:

<https://www.gofundme.com/f/hh56nt-holidays-for-the-homeless>

or drop any new, unopened supplies at St. Athanasius Orthodox Church (300 Sumida Gardens Lane, Santa Barbara, CA 93111). There will be a bin inside to collect donations at these hours:  
Tuesday/Thursday 5:00-6:00 p.m.  
Saturday 4:30-7:00 p.m.  
Sunday 8:00 a.m.-1:00 p.m

If you have any questions, please contact:

Lucy: [lucy.speier18@gmail.com](mailto:lucy.speier18@gmail.com) Mia: [mimibearbazzani@gmail.com](mailto:mimibearbazzani@gmail.com)  
Lucia: [luciametcalfe@gmail.com](mailto:luciametcalfe@gmail.com) Anna: [annelise.fuhrer@gmail.com](mailto:annelise.fuhrer@gmail.com)

**DEADLINE FOR  
PHYSICAL  
DONATIONS IS  
12-1-20.**

