



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. 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 2021-2022:

Laurie Baker, President
Dan Braun, Treasurer
Terri Speier, Secretary
Dorothy Alexander
Mary Denny
David Dillon
Glenn Hoppe
Lara Jacobs
Zak Landrum

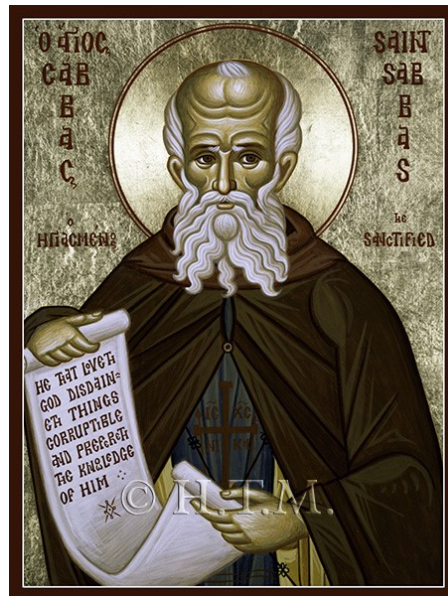
DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

Sunday, December 5, 2021

Tone 7 / Eothinon 2

God-bearing Father Sabbas the Sanctified & Tenth Sunday of Luke

Martyr Diogenes; Venerable Nektarios of Yagaris Kelli and
Philotheos of Karyes on Athos; Gurios, missionary bishop of
Kazan; Venerable Nektarios of Bitol in Bulgaria



WELCOME TO OUR VISITORS!

We are glad you are with us this morning.
Please join us on the patio after the Liturgy for Coffee Hour.
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

CALENDAR FOR THE WEEK

Sunday, December 5

9:00 a.m. Religious Education ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour
5:30 p.m. Vespers for Feast of
ST. NICHOLAS followed by
celebration

Monday, December 6—ST. NICHOLAS

6:45 a.m. Daily Matins
5:00 p.m. St. Xenia Prayer Ministry—Akathist
by Zoom

Tuesday, December 7

5:30 p.m. Daily Vespers

Wednesday, December 8

6:45 a.m. Daily Matins
8:30 a.m. Weekly Divine Liturgy
12:00 p.m. St. Xenia Prayer Ministry
6:00 p.m. Advent Paraklesis

Thursday, December 9

CONCEPTION OF THE THEOTOKOS

7:45 a.m. St. Xenia Prayer Ministry by Zoom
10:00 a.m. Showers of Blessing
3:30 p.m. Catechesis Level I
5:30 p.m. Daily Vespers

NO YOUTH GROUP

Friday, December 10

6:45 a.m. Daily Matins

Saturday, December 11

8:30 a.m. Men's Fellowship of St. John
6:00 p.m. Great Vespers/Confessions
7:00 p.m. Youth Group Activity

Sunday, December 12

9:00 a.m. Religious Education ages 6-18
9:00 a.m. Matins
10:00 a.m. Divine Liturgy
11:45 a.m. Coffee Hour

**Fr. Nicholas and Kh. Jan will be away
December 11-12.**

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

December 5 Jacobs
December 12 Sieck
December 19 Cocores
December 24 Kern
December 26 Tinyayeva

READERS

December 5 Rdr. H. Lange
December 5 Rdr. H. Lange (Vespers)
December 12 Rdr. J. Butler
December 18 D. Meyer (Vespers)
December 19 Rdr. V. Gish
December 24 Rdr. H. Lange
December 26 D. Washburn

GREETERS

December 5 K. Fox/C. Fisher
December 12 P. Cocores/M. Loulias
December 19 K.P. King/D. Washburn
December 26 G. & L. Hoppe

USHERS

December 5 P. King/J. King
December 12 D. Washburn/K.L. King
December 19 C. Speier/S. Speier
December 26 D. Meyer/ M. Loulias

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

December 9 F. Young/S. Saunders
December 16 L. Ballew/D. Franzen
December 23 M. Loulias/P. Cocores
December 30 F. Young/S. Saunders

HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Christians who are baptized in the name of the Trinity and chrismated into the Orthodox Faith. Non-Orthodox believers **may approach the chalice for a blessing and the blessed bread instead of the Eucharist.** So that the priest is aware of this, please just say,
“Father, bless” when you get to the chalice.

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

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

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”

After each of the verses, the choir and congregation sing the refrain:

“Remember us, O Lord, when you come in your Kingdom.”

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

Troparion of the Resurrection

Tone 7

(Music on p. 51 of Liturgy book)

Thou didst shatter death by Thy Cross;
Thou didst open paradise to the thief;
Thou didst turn the sadness of the
ointment bearing women into joy,
and didst bid Thine apostles proclaim
a warning that Thou hast risen, O Christ,
granting the world the great mercy.

Troparion for St. Sabbas

Tone 8

By a flood of tears you made the desert fertile,
and your longing for God brought forth fruits in abundance.
By the radiance of miracles you illuminated the whole universe.//
Our Father Sabbas, pray to Christ God to save our souls!

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 (p. 9 of Liturgy Book)

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**

Preparatory Psalm Verses before the Epistle Tone 7

Precious in the sight of the Lord / is the death of His saints. (*Ps. 115:6*)

Verse: What shall I render to the Lord for all that He has given me?

EPISTLE READING

Galatians 5:22-6:2

Brethren, the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, meekness, self-control: against such there is no law. And those who belong to Christ have crucified the flesh with the passions and the lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not become vainglorious, provoking one another, envying one another. Brethren, if a person is overtaken in any trespass, you who are spiritual should restore such a one in a spirit of meekness; looking to yourself, lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 7

Chanter: Alleluia, Alleluia, Alleluia!

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

Verse: It is good to give thanks to the Lord, and to sing praises to Thy
Name, O Most High. **Alleluia...**

Verse: To declare Thy mercy in the morning, and Thy truth
in the night. **Alleluia...**

GOSPEL READING
Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

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!
The righteous shall be in everlasting remembrance. He shall not fear evil tidings. (*Ps. 111:6*) Alleluia, Alleluia, Alleluia!

Thanksgiving Prayers after Communion

At the end of the Divine Liturgy, we offer the prayers of thanksgiving for having received the Body and Blood of Christ. These beautiful prayers help us to reflect on the mystery in which we have just partaken, and prepare us for our transition back into the "world." We invite you to listen to these beautiful prayers during and after the veneration of the cross at the end of the service, and **ask that you show courtesy to those who are remaining to hear the prayers in their entirety by waiting until Coffee Hour to socialize.**

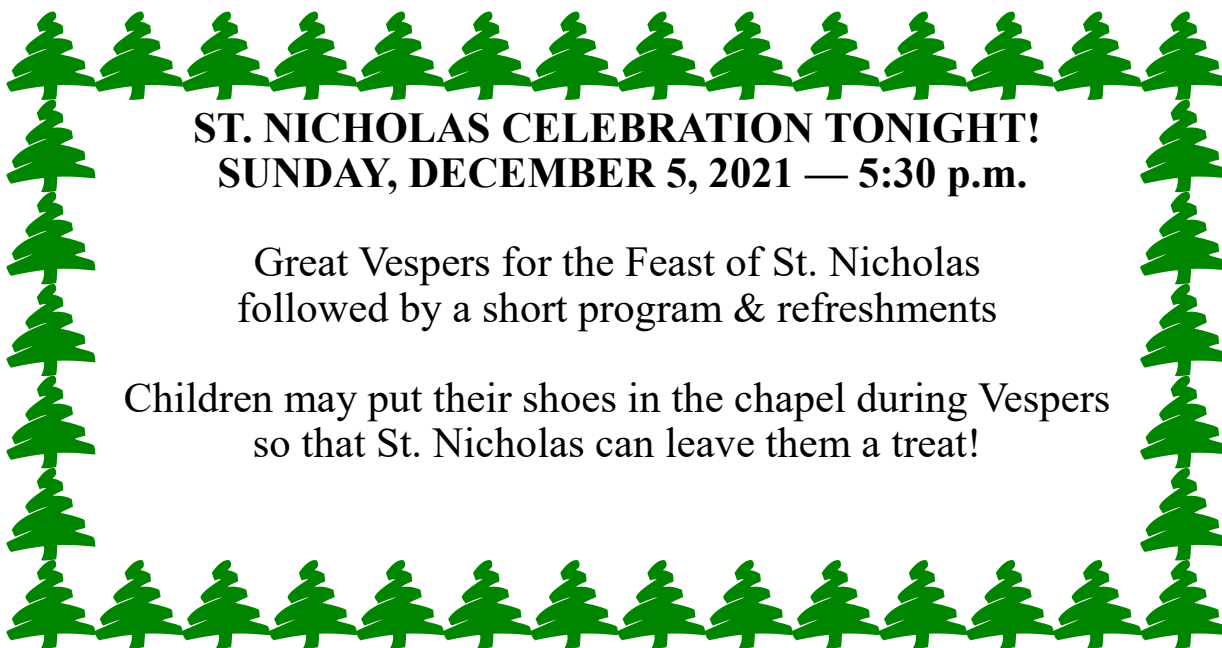
ANNOUNCEMENTS

Fr. Nicholas and Kh. Jan will be away December 11-12.

We were saddened to learn of the falling asleep in the Lord of Tom Webster on Wednesday, December 1st in Eagle River, Alaska. Tom was a friend of our parish and former parishioner. He died peacefully only a few hours after having a massive stroke, surrounded by loved ones. Our condolences to his wife, Joanne, and their entire family. May his memory be eternal.

LOOKING AHEAD...UPCOMING FEASTS & SPECIAL SERVICES

- Wednesday, December 8 at 6:00 p.m.— Advent Paraklesis
- Wednesday, December 15 at 6:00 p.m.—Advent Paraklesis
- Wednesday, December 22 at 6:00 p.m.—Advent Paraklesis
- Friday, December 24 at 9:00 am.—Royal Hours of Nativity
- Friday, December 24 at 9:00 p.m.—Festal Matins and Liturgy of Nativity
- Friday, December 31 at 6:00 p.m.—Vesperal Liturgy for St. Basil/Circumcision



ST. NICHOLAS CELEBRATION TONIGHT!
SUNDAY, DECEMBER 5, 2021 — 5:30 p.m.

Great Vespers for the Feast of St. Nicholas
followed by a short program & refreshments

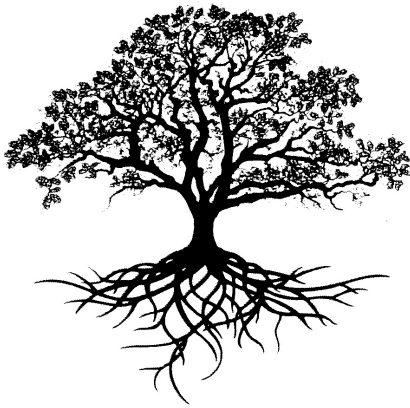
Children may put their shoes in the chapel during Vespers
so that St. Nicholas can leave them a treat!

Thank you to....

Lisa Ballew and the Festal Decorating crew
for the beautiful tree and cave:
Asia Ballew, Julianna Ballew, Carla Brunstead,
Tati Calhoun, Papu McIntire, Kiera Odell, and Fay Young.

...And thanks to the enthusiastic children who helped put the ornaments on
the tree this past Wednesday after the morning liturgy!





You are invited to

The Practice of Prayer

A prayer retreat -- January 20 -22, 2022

*We all start
from an acorn
and aspire to be an oak.*

**In Santa Paula, CA at Glen Tavern Inn
and St. Barbara Monastery**

Speakers:

Mother Victoria, Abbess of St. Barbara Monastery
& Fr. Symeon Halsell, Priest at St. Athanasius Antiochian Orthodox Church

Workshops:

The Jesus Prayer, Intercessory Prayer, Corporate/Liturgical Prayer, Praying with Icons, and Psalmody - All to enliven your daily prayer rule.

Overview of Schedule:

Thursday (Glen Tavern Inn) <ul style="list-style-type: none">- Check in, dinner, speaker/workshop 1 Friday <ul style="list-style-type: none">- Breakfast, Akathist, workshop 2- To the monastery - lunch, speaker, Q/A, Time for practice of prayers- Dinner (GTI) and workshop 3	Saturday <ul style="list-style-type: none">- Breakfast, workshop 4- To the monastery, lunch, workshop 5, Time for practice of prayer & more Q/A,- Father's exhortations, Great Vespers
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Details:

- Book your rooms ASAP through Glen Tavern Inn, (805) 933-5550, 134 N. Mill St. Santa Paula **Be sure to ask for "Prayer Retreat" rate** for 2 nights (standard queen -- \$99 per night inclusive of taxes and fees; 2 queen beds -- \$110/night inclusive). Includes breakfast. We have blocked off 17 discounted rooms. If you can't do stairs specify ground floor. Commuters are welcome!
- Non-refundable retreat fee -- \$90 for the 3 days; Friday/Saturday -- \$75; Saturday only -- \$50 Registration includes materials, 2 dinners and 2 lunches.
- Children 12 and under are free (No childcare is provided.)
- Registration is payable online at www.stathanasius.org or by check to SAOC with "Retreat Registration" in the memo. Or mail to Dorothy Alexander, c/o St. Athanasius Orthodox Church, 300 Sumida Gardens Lane, Santa Barbara, CA 93111. Include your name, email, & phone contact to be sent more information.

All proceeds above operating costs will be donated to St. Barbara Monastery.

Questions? Contact Dorothy Alexander at: dotalexander@westmont.edu

CELEBRATIONS THIS WEEK

Wedding Anniversaries

12/11 Dn. Richard & June Easbey

Birthdays

12/5 Elizabeth Ballew

12/9 Amber Mass Brunner, Teri Lynn Palmer, Jesse Speier

Patronal Feast Days

12/6 St. Nicholas the Wonderworker Nicholas Berari, Nicole Berari, Nicholas Butler,
Nikolay Nikolov, Fr. Nicholas Speier,
Nikolai Rice

12/9 **Hannah, Mother of the Prophet Samuel** Hannah Sieck

12/10 **St. Angelina of Serbia** Angelina Speier



A PRAYER FOR ADVENT

Lord, Jesus Christ, at your holy birth
you deemed a lowly cave to be a fit dwelling place.
So in our 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.

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. Markos
Fr. Jon 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
Bob N.
Kh. Melissa H.
Cole K. (military)
Jeremiah H. (Airforce Academy)
Lauren & Fernando J. (military)
Chase K. (military)

Nick & Kristine J. (military)
Connor V. (military)
Steve T.
Bev R.
Phyllis M.
Scott L.
Abp. Benjamin
Kris F.
Temmo K.
Sarah B.
Coleman Family (Lori, Abby, Matt)
Jerry J.
Chuck S.
Mat. Trudi & Richter Family
Linda Gish & Family
Kevin F.
Debbie S.

Steve H.
David L.
Joanne R.
James A.

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 our parish.

For repose of the souls of: Tom W., Fr. Thomas L. Maureen W., Doris J.

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.

