



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. Symeon Halsell

805-685-5495

frsymeon@stathanasius.org

Pastor Emeritus

Fr. Nicholas Speier

805-685-5400

frnicholas@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 & College/Young Adult
Coordinator**

Subdn. Michael Easbey: measbey@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, May 15, 2022

Tone 3 / Eothion 5; Fourth Sunday of Pascha

Sunday of the Paralytic

Venerable Pachomios the Great of Egypt;

Achilles, Bishop of Larisa;

Martyr Barbaros the Myrrh-streaming of Corfu



WELCOME TO OUR VISITORS!

We are glad you are with us this morning.

If you are not Orthodox, we invite you to partake of the blessed bread during communion.

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, May 15—Sunday of the Paralytic

9:00 a.m.	Religious Ed. ages 6-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Ed.
11:45 a.m.	Coffee Hour
12:15 p.m.	Choir Rehearsal

Monday, May 16

6:45 a.m.	Paschal Daily Matins
5:15 p.m.	St. Xenia Prayer Ministry—Akathist by Zoom
7:00 p.m.	Men's Fireside

Tuesday, May 17

5:30 p.m.	Great Vespers for Mid-Pentecost
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Wednesday, May 18

6:45 a.m.	Paschal Daily Matins
12:00 p.m.	St. Xenia Prayer Ministry
5:30 p.m.	Matins for Feast of Mid-Pentecost
6:30 p.m.	Divine Liturgy of Mid-Pentecost

Thursday, May 19

7:45 a.m.	St. Xenia Prayer Ministry by Zoom
10:00 a.m.	Showers of Blessing
12:00 p.m.	Workshop for Showers Team
3:30 p.m.	Catechesis Level I
5:30 p.m.	Daily Vespers
6:00 p.m.	Youth Group

Friday, May 20

6:45 a.m.	Paschal Daily Matins
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Saturday, May 21

6:00 p.m.	Great Vespers/Confessions
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Sunday, May 22-Sunday of Samaritan Woman

9:00 a.m.	Religious Ed. ages 6-12
9:00 a.m.	Matins
10:00 a.m.	Divine Liturgy
11:30 a.m.	Teen Religious Ed.
11:45 a.m.	Coffee Hour
12:15 p.m.	Choir Rehearsal

SUNDAY MORNING MINISTRIES SCHEDULE

EUCCHARIST BREAD

May 15	Dn. G. Braun
May 22	Jacobs
May 29	Dillon
June 5	D. Washburn

READERS

May 15	Alexander
May 18	Kern (Midfeast)
May 22	Gish
May 29	Lange
June 2	Meyer (Ascension)
June 4	Washburn (Vespers)
June 5	Alexander

GREETERS

May 15	K. Fox/D. Lewis
May 22	C. Fisher/L. Baker
May 29	P. Cocores/M. Loulias
June 5	K.P. King/D. Washburn

USHERS

May 15	C. Speier, S. Speier
May 22	D. Washburn/K.L. King
May 29	D. Meyer/M. Loulias
June 5	P. King/J. King

COFFEE HOUR HOSTS

May 15	NEED A HOST
May 22	Morrison
May 29	NEED A HOST
June 5	D. Lewis

TO SIGN UP TO HOST A COFFEE HOUR:
<https://bit.ly/SAOCcoffeehour>

THURSDAY SHOWERS OF BLESSING HOSPITALITY TEAM

May 19	L. Ballew, D. Franzen
May 26	M. Loulias/K. Gomez
June 2	D. Alexander/D. Washburn
June 9	F. Young/S. Saunders

HOLY COMMUNION

In the Orthodox Church, the sacrament of Communion is offered only to Orthodox Christians who have prepared to receive. Non-Orthodox believers and others **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

The Priest begins Divine Liturgy with “Blessed is the Kingdom” and the choir responds “Amen.” Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the Altar Table.

Priest: Blessed is the Kingdom of the Father and the Son and the Holy Spirit, now and ever and unto ages of age.

People: Amen.

Clergy: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

People: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life. **(2 times)**

GREAT LITANY

FIRST ANTIPHON

Verse: Make a joyful noise to God, all the earth! Sing of His Name, give glory to His praise!

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

- Say to God: How awesome are Thy deeds! So great is Thy power that Thine enemies cringe before Thee. [Refrain]
- Let all the earth worship Thee and praise Thee. Let it praise Thy Name, O Most High! [Refrain]
- Glory to Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen. [Refrain]

SECOND ANTIPHON

Verse: God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us!

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

- That we may know Thy way upon the earth, and Thy salvation among all nation! [Refrain]
- Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! [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...

THIRD ANTIPHON

Verse: Let God arise, Let His enemies be scattered; let those who hate Him flee from before His face.

**Refrain: Christ is risen from the dead trampling down death by death,
and upon those in the tombs bestowing life.**

- As smoke vanishes, so let them vanish; as wax melts before the fire. [Refrain]
- So the sinners will perish before the face of God; but let the righteous be glad. [Refrain]
- This is the day which the Lord has made. Let us rejoice and be glad in it. [Refrain]

LITTLE ENTRANCE

**In the gathering places bless ye God the Lord from the Springs of Israel.
O Son of God Who Rose from the dead, save us who sing to Thee, Alleluia!**

Troparion of the Resurrection

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.

Tone 3

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 Paralytic**Tone 3**

By Your divine intercession, O Lord,
as You raised up the Paralytic of old,
so raise up my soul, paralyzed by sins and thoughtless acts;
so that being saved I may sing to You:
“Glory to Your power, O compassionate Christ!”

Kontakion for Pascha

Thou didst descend into the tomb O Immortal. Thou didst destroy the pow'r of death. In victory
Thou didst arise, O Christ God, proclaiming rejoice to the myrrh-bearing women, granting
peace to Thine apostles, and bestowing resurrection on the fallen.

TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (3 times)
+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*)

THE EPISTLE READING

Acts 9:32-42

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Preparatory Psalm Verses with Alleluia Refrain Before the Gospel

Tone 3

Chanter: Alleluia, Alleluia, Alleluia!

People: Alleluia, Alleluia, Alleluia!

Verse: In Thee, O Lord, I have hoped; let me never be ashamed. (*Ps 30/31:1*)

Verse: Be unto me a God and protector, and a house of refuge to save me. (*Ps 30/31:2*)

GOSPEL READING—John 5:1-15

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

Hymn to the Mother of God (Meglynarion)

The angel cried to the lady full of grace: Rejoice, O pure virgin! Again I say rejoice, O pure Virgin. Your son is risen from His three days in the tomb. With Himself He has raised all the dead. Rejoice all ye people. O Shine! Shine! Shine, O New Jerusalem! The glory, the glory of the Lord has shone on you. Exult, exult and be glad. Be glad, O Zion, be radiant, O Mother of God, in the resurrection of your Son, of your Son!

Communion of the Clergy & of the Faithful

Receive the body of Christ. Taste the fountain of immortality.
Alleluia! Alleluia! Alleluia!

Instead of “We have seen the true light, we sing: “Christ is risen” ONE time.

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 the blessing of the food at Coffee Hour to eat and socialize.**

CHANGE IN TRISAGION OPENING PRAYERS:

1. From Pascha until Pentecost, do not say, “O Heavenly King...”
2. From Pascha until Ascension, replace “Holy God, Holy Mighty...” with “Christ is risen from the dead, trampling down death by death, and upon those in tombs bestowing life.”

**THERE IS NO KNEELING DURING WORSHIP SERVICES
BETWEEN NOW AND PENTECOST.**

ANNOUNCEMENTS

THERE ARE LOTS OF GREAT PHOTOS from Palm Sunday, Holy Week and Pascha posted on the parish website. Thank you to our photographer, Nataliya Tinyayeva, for this labor of love!
<https://www.stathanasius.org/media/photo-gallery/>

FR. NICHOLAS & KH. JAN are away until May 17th, traveling north to Goldendale, Washington and back home through Zion National Park.

2022 GRADUATES

If you have a 2022 high school or college graduate in the family, please send a brief narrative and photo to the church office so that we can honor our grads. (School graduating from, degree, plans for the next year, achievements or accolades, etc.) Please send by June 1st to:
valerie@stathanasius.org

AN OPPORTUNITY TO GIVE

Holy Assumption (Women's) Monastery in Calistoga, CA, is rebuilding its St. Nicholas House to better serve their monastic community and visitors, and to ensure that it is structurally sound enough to last for many more decades. The new building will be 2,720 square feet and cost approximately \$1 million. Throughout the month of May they are conducting a matching campaign for their building fund. A private donor will match all donations up to \$50,000. They have raised almost half of that amount already. If you would like to learn more about the building campaign and/or support their fund drive, go to:

<https://holyassumptionmonastery.com/support>

UPCOMING FEAST DAY SERVICES

MID-PENTECOST

Tuesday, May 17th	5:30 p.m.	Great Vespers (in the chapel)
Wednesday May 18th	5:30 p.m.	Matins
	6:30 p.m.	Divine Liturgy

ASCENSION

Thursday, June 2	5:30 p.m.	Festal Great Vespers/Artoklasia
	6:30 p.m.	Festal Divine Liturgy

PENTECOST

Saturday, June 11	6:00 p.m.	Festal Great Vespers/Artoklasia
Sunday, June 12	9:00 a.m.	Festal Matins
	10:00 a.m.	Festal Divine Liturgy followed by BBQ on the patio, face painting for the kids, music

SAOC SUMMER SCHOOL!

FOR CHILDREN WHO HAVE JUST COMPLETED GRADES K-6

Monday, June 13-Friday, June 24 (weekdays only)

8:45-noon — Class time

12:00-12:30 p.m. — Lunch

12:30-2:00 p.m. — Activities

**MEMO TO PARENTS & REGISTRATION FORMS ARE AVAILABLE
IN THE LOBBY OF THE CHURCH
& ON THE WEBSITE AT:**

<https://www.stathanasius.org/ministries/youth-education/summer-school/>

Tuition: \$275 for 1 child/ \$400 for 2 children/\$500 for 3 children
Does not include ticket to Magic Mountain on Friday, June 24th.

FINANCIAL SNAPSHOT—January—March 2022

Goal for Tithes January—March (includes mortgage)	\$ 162,500
Actual Tithes January-March	\$ 154,615

Total Temple Fund donations for Jan.-March	\$ 28,509
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Monthly tithe goal = \$54,167

Tithes received per month:

January	\$ 58,011
February	\$ 30,917

Temple Fund donations per month:

\$ 20,164
\$ 3,310

CELEBRATIONS THIS WEEK

Wedding Anniversaries:

5/17 David & Shirley Dillon

5/20 Stoney & Jami Stetler

Birthdays:

5/17 Kent Fox, Megan Speier

5/18 Penny Cocores

5/19 Anastasia Brunner, Bob Newsom

5/20 Luke Speier, Peter Braun

Dearest St. Athanasius Family,

Thanks to all in the parish who helped to make our Holy Week and Pascha celebrations so wonderful! Now we are looking ahead to plan **Coffee Hours** for the rest of the **Church year**. Coffee hours have been so enjoyable lately, encouraging folks to hang around after Liturgy to nurture deeper relationships within the parish.

In order to keep Coffee Hour going smoothly, it is **our hope to see participation from every family or household in the parish**. There are many openings for hosts over the next few months. If you haven't signed up to host a Coffee Hour during the current liturgical year (and even if you have), please consider signing up for an open Sunday. You can choose a day to celebrate a patron saint, commemorate a loved one, or celebrate a holiday.

Our goal is to see every slot filled to guarantee a great coffee hour every week! If you can fill one of the gaps between now and September, please sign up at:

<https://bit.ly/SAOCoffeehour>

Hosting a coffee hour takes some work, but it can be very fun too! Please keep in mind:

- **You don't need to handle it all yourself!** You can team up with other families or a ministry team to co-host a coffee hour. We also have a great Coffee Hour team that can help.
- **You can keep it simple.** We want to serve snacks for 125-150 folks each Sunday, but it doesn't have to be a full meal. It can be donuts, muffins, fruit, granola, etc. Just something to break the fast so we can hang around for fellowship!
- **Partial reimbursement** -- up to \$100 per coffee hour -- is available upon request, if necessary. (Receipts must be kept and submitted to the church office.) It is not expected that \$100 will cover all expenses to host a coffee hour. Many families do not request reimbursement, but please know that it is available if needed.

With sincere thanks to all,
Suzi Wiley and the Coffee Hour Team



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.
Phyllis M.
Abp. Benjamin
Kris F.
Temmo K.
Sarah B.
Coleman Family (Lori, Abby, Matt)
Jerry J.
Chuck S.
Mat. Trudi & Richter Family
Dn. John & Fay Y.
Zachary B.
Samantha & Chris N. & Family
Lander and Washburn Families
Bob
Lance. S.
Obadiah

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: Archbishop Paul G., Kh. Patricia R.

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 Temple Fund.

The Fourth Sunday after Pascha is dedicated to Christ's healing of the **Paralytic** (*John 5*). The man is healed by Christ while waiting to be put down into the pool of water. Through baptism in the church we too are healed and saved by Christ for eternal life. Thus, in the church, we are told, together with the paralytic, to "sin no more that nothing worse befall you" (*John 5:14*). Our Lord's question to the man, "Do you want to be healed?" is directed to us as well, reminding us that the gift of life and illumination through the Resurrection brings with it responsibilities. It must be nurtured and shared with others.

In the middle of the Fourth Week, there is a day which is called by the Church, the Feast of Mid-Pentecost. On this day we recall that Christ, "in the middle of the feast" teaches men of His saving mission and offers to all "the waters of immortality" (*John 7:14*). Again we are reminded of the Master's presence and His saving promise: "*If anyone is thirsty let him come to Me and drink*" (*John 7:37*).

AN OPPORTUNITY TO GIVE IN THE COMMUNITY

FOODBANK OF SANTA BARBARA NEEDS OUR HELP

Thank you to all in our parish who supported our food drive for our local Foodbank during Great Lent!

The Foodbank has been in need of a new facility for many years, but that need is more urgent than ever. Recently, the office portion of their current warehouse sustained damage as a result of a fallen tree. This section was almost completely destroyed, though the food storage portion of the warehouse is usable for now. The backup generator was also destroyed. Fortunately, no one was injured!

The Foodbank is beginning a community campaign to raise funds to purchase and retrofit a new warehouse and office building.

They will continue to send out trucks with food to sites and partner agencies can still pick up what they need as the roads in and out of the property are clear.

Your support ensures that the community can continue to count on healthy meals on their table.



To support this building campaign, go to:
https://donate.foodbanksbc.org/campaign/rebuild-santa-barbara-county/c343173?c_src=homepage