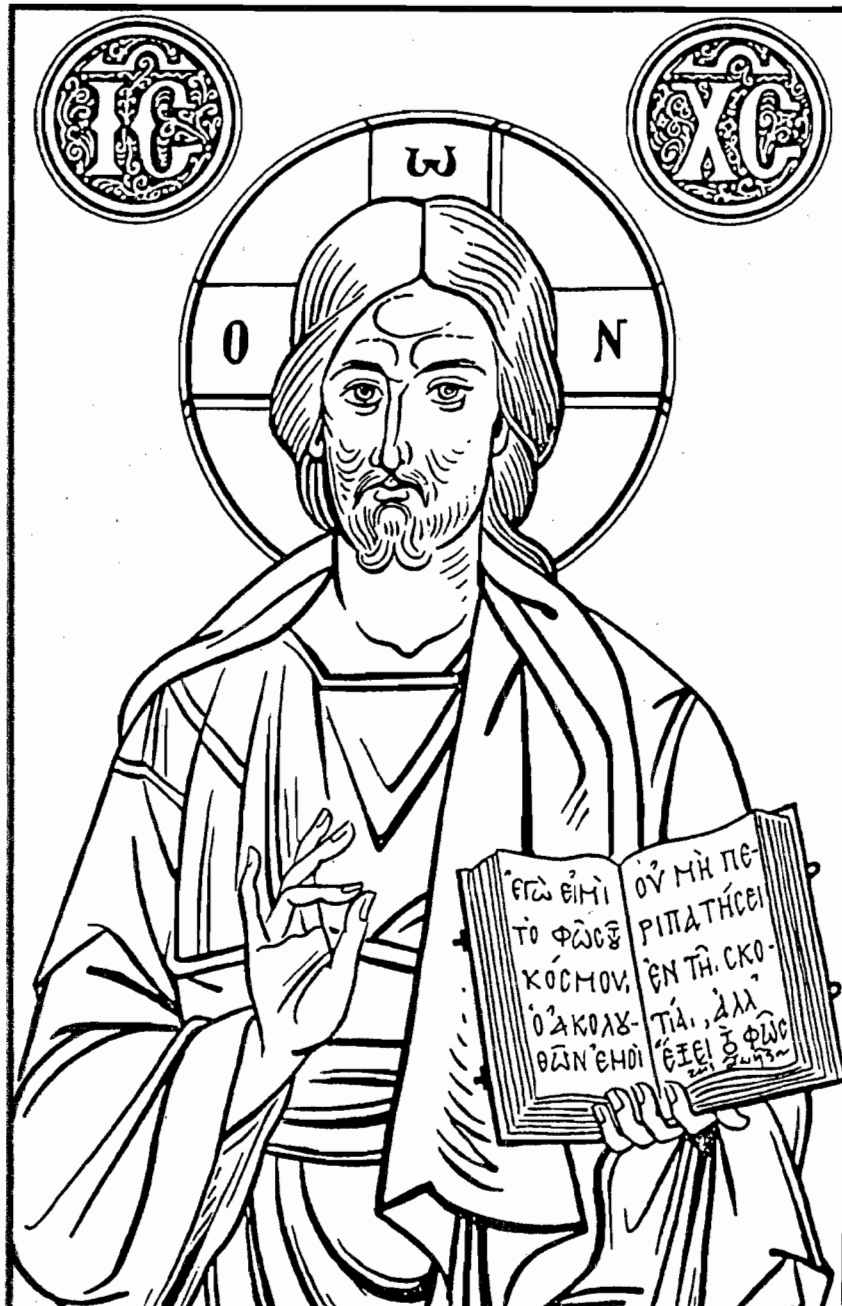
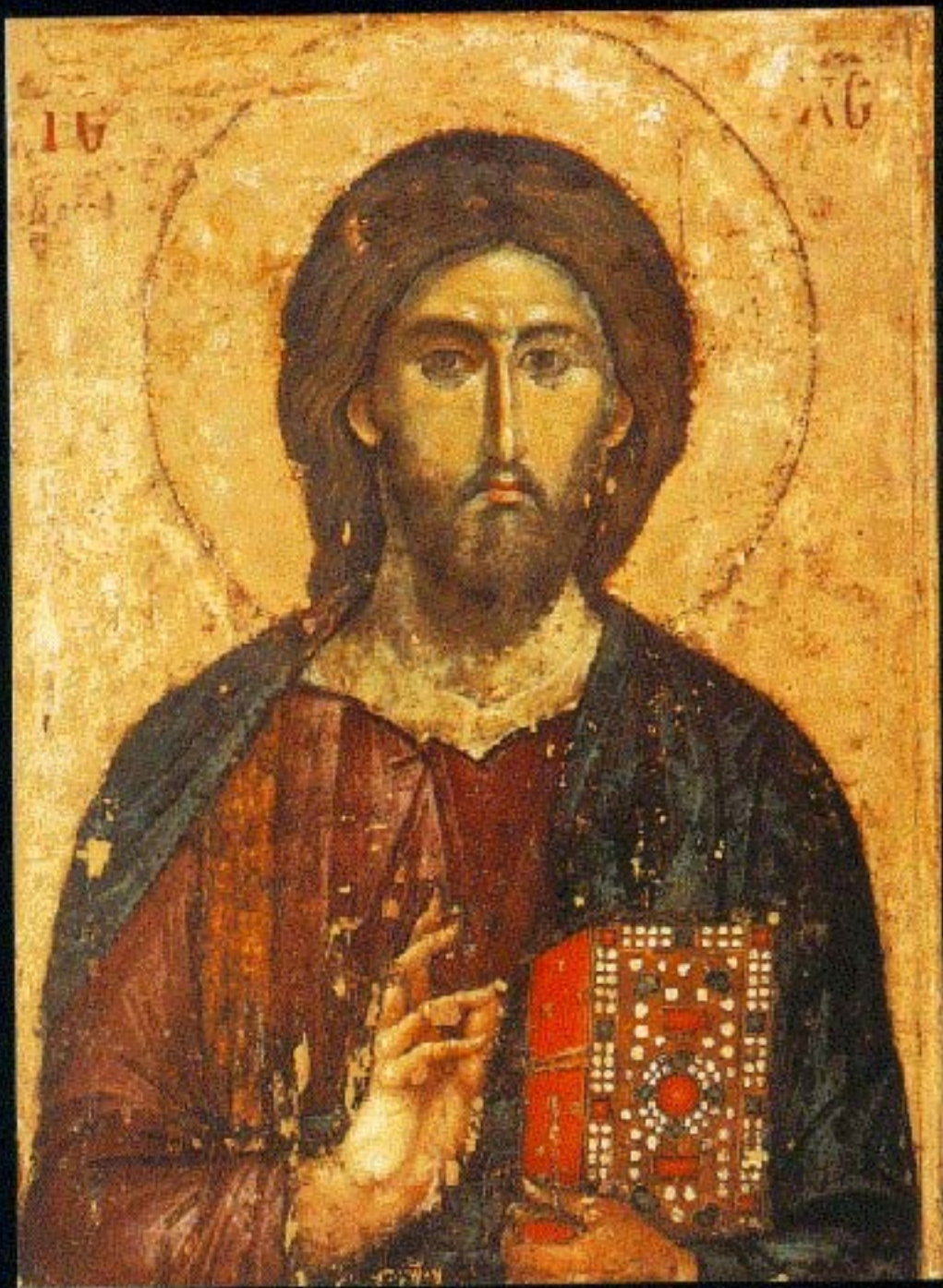


# Byzantine Catholic Prayer for the Home









# Byzantine Catholic Prayer for the Home

*Common Prayers*  
*Devotional Prayers*  
*Evening and Morning Prayers*  
*The Office of Hours*  
*The Menaion*



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# Prayer in the Home

## The Domestic Church

Ultimate union with God, of *deification*, is a constant pilgrimage which begins at the very inception of an individual's life. As the Church Fathers stated centuries ago, this is man's purpose for existence, and one to which he naturally moves. In order to become deified, one must become more than *like* Christ, or an *imitation* of Christ; one must *become* Christ. There are no separate ways in which one achieves this goal; an individual's entire life must be consumed by Christ. Fidelity to the gospel, exercising extreme humility rather than pride, partaking of the sacramental Mysteries, and constant prayer are not separate exercises - all, taken together and without division, are the manifestation (singular case) of *metanoia*, or the conscientious decision to live totally in, with and for Christ, rather than in, with and for the world.

Although all these aspects, taken together, are absolutely necessary in making the pilgrimage to deification, perhaps the foundation is *prayer*. Without prayer, there is no mystical union with God; without prayer, there is no point in living the fruits of metanoia. In the Eastern Christian Churches, prayer is the key to metanoia, through which we become deified. Prayer is more than just attending liturgical celebrations and receiving the sacramental Mysteries, whether on occasion or as a constant practice. Prayer must begin in the home - the *domestic Church* - and must be carried out in practice in the outside world, including Church, the workplace, the school and every other area of life. Without prayer in the home, every other action, even "religious", is futile. Prayer requires *discipline* - the choice to pray with the same, or greater, fervor that one exercises in fulfilling other duties. It also requires true and sincere effort, coming from the heart, and not just from rote recitation. Prayer is conversation with God, and though this conversing, the individual comes to mystically know God, through Jesus Christ, as his Lord.

## The Icon Corner

One's home should be a place of *tangible* prayer. Each Christian home should have an "Icon Corner." This constitutes the *Home Altar* or *Family Shrine*. It serves as the focal point for prayer. The Icon Corner usually consists of a table, stand or shelf with a linen or other cloth covering. Over the table are the icons of Our Lord (on the right) and Our Lady (on the left), often with a crucifix in-between. Other icons of personal choice may and should flank the icon corner. A perpetual candle can be burned if it is not a safety hazard. Otherwise, candles are lit during times of prayer. Placed on the table are normally the following items: a festal icon depicting the season; the Bible; prayer books; holy water; blessed candles; the blessed palms and willows from Flowery Sunday; flowers from the Feast of the Dormition, and rosaries. The Icon Corner is placed in a prominent room, such as the living room, the family room or the master bedroom. Traditionally, it faces east, if such an arrangement is possible.

## Using This Book

All material in this book is from approved sources and is intended for private use. It contains common Byzantine prayers for various uses and needs, as well as daily cycles of prayer, including both basic Evening and Morning Prayer as well as the Office of Hours. The Office of Hours has been designed so that it may be prayed by persons whose schedules are limited. Thus, most repetitions have been deleted and certain prayers compacted.

The various troparia, when prayed, are "connected" by the Doxology (The "Glory Be"), as indicated below:

Troparion  
Glory be...now and ever...  
Kontakion.

If there are more than three prayers within the troparia, such as a troparion, kontakion and theotokion, the Doxology is divided in order to connect the prayers, as follows:

Troparion  
 Glory be...  
 Kontakion  
 Now and ever...  
 Theotokion.

If there are four or more prayers within the troparia, the Doxology, again divided, is prayed only between the last three prayers. Examples are:

Troparion  
 Troparion  
 Glory be...  
 Kontakion  
 Now and ever...  
 Kontakion

Troparion  
 Troparion  
 Troparion  
 Kontakion  
 Glory be...  
 Kontakion  
 Now and ever...  
 Kontakion.

If chanted, the tone of the Doxology is in the tone of the troparion, kontakion or theotokion following it. For example:

Troparion *Tone 2*  
 Glory be...now and ever...*Tone 6*  
 Kontakion *Tone 6*

or:

Troparion *Tone 4*  
 Troparion *Tone 2*  
 Glory be...*Tone 5*  
 Kontakion *Tone 5*  
 Now and ever...*Tone 1*  
 Kontakion *Tone 1*.

One should possess an updated calendar with the Paschal Cycle to insure that the proper Moveable Feasts are celebrated correctly. Also, if one intends to pray the *Psalmody* from Sacred Scripture during the Office of the Hours, one needs either a Bible or a book containing the Psalms.





# Common Prayer

## Prayers of Introduction

### *The Sign of the Cross*

*The Sign of the Cross is made with the right hand by touching the tips of the first three fingers (symbolizing the Holy Trinity) and by placing the last two fingers into the palm of the hand (symbolizing the two natures of Christ in one Person). Touch the hand to the forehead, the chest, the right shoulder, and then the left shoulder. The Sign of the Cross is made every time the Holy Trinity is invoked, when a blessing is recited, or when the name of Christ is praised.*

In the Name of the Father +, and of the Son, and of the Holy Spirit. Amen.

*From Easter until the Wednesday before Ascension Thursday, the following is said:*

Christ is risen from the dead! By death He conquered Death and to those in the graves He granted life!  
*Three times,*

*ommitting the Glory be to You... and O Heavenly King...*

Glory be to You +, our God, glory be to You.

### *The Heavenly King*

O Heavenly King, Comforter, Spirit of Truth, You are everywhere present and fill all things. Treasury of Blessings and Giver of Life, come and dwell within us, cleanse us of all stain, and save our souls, O gracious Lord.

### *The Trisagion*

Holy God +, Holy and Mighty, Holy and Immortal, have mercy on us. *Three times.*

### *The Doxology (The "Glory be")*

Glory be to the Father +, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

### *The Prayer to the Holy Trinity*

O Most Holy Trinity +, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for Your Name's sake.

Lord, have mercy. *Three times.*

Glory be...now and ever...

### *The Lord's Prayer (The "Our Father")*

Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory, Father +, Son and Holy Spirit, now and ever and forever. Amen.

*The following are sometimes deleted from the Prayers of Introduction, or are relocated elsewhere.*

Lord, have mercy. *Twelve times.*

Glory be...now and ever...

Come, let us adore + the King our God.

Come, let us adore + Christ the King and our God.

Come, let us adore and bow down + to the only Lord Jesus Christ the King and our God.

### ***Psalm 50/51***

O God have mercy on me in the greatness of Your love; in the abundance of Your tender mercies wipe out my offense. Wash me thoroughly from malice and cleanse me from sin; for I am well aware of my malice and my sins are before me always. It is You alone I have offended, I have done what is evil in Your sight; wherefore, You are just in Your deeds and triumphant in Your judgment. Behold, I was born in iniquities and in sins my mother conceived me. But You are the Lover of Truth; You have shown me the depths and secrets of Your wisdom. Wash me with hyssop and I shall be pure, cleanse me and I shall be whiter than snow. Let me hear sounds of joy and feasting, the bones that were afflicted shall rejoice. Turn Your face away from my offenses and wipe off all my sins. A spotless heart create in me, O God, renew a steadfast spirit in my breast. Cast me not afar from Your face, take not Your blessed Spirit out of me. Restore to me the joy of Your salvation and let Your guiding Spirit dwell in me. I will teach Your ways to the sinners and the wicked shall return to You. Deliver me from blood-guilt, O God, my saving God, and my tongue will joyfully sing Your justice. O Lord, You shall open my lips and my mouth will declare Your praise. Had You desired sacrifice, I would have offered it, but You will not be satisfied with whole-burnt offerings. Sacrifice to God is a contrite spirit; a crushed and humbled heart God will not spurn. In Your kindness, O Lord, be bountiful to Sion; may the walls of Jerusalem be restored. Then will You delight in just oblation, in sacrifice and whole-burnt offerings; then shall they offer calves upon Your altar. Glory be to the Father +, and to the Son, and to the Holy Spirit, now and ever and forever. Amen.

### ***The Nicene Creed***

I believe in one God, the Father Almighty, Creator of heaven and earth, of all things visible and invisible. And in one Lord Jesus Christ, Son of God, the only-begotten, born of the Father before all ages. Light of light, true God of true God, begotten, not made, of one substance with the Father through Whom all things were made. Who for us men and for our salvation, came down from heaven, and was incarnate from the Holy Spirit and Mary the Virgin, and became man. He was also crucified for us under Pontius Pilate, and suffered, and was buried. And He rose again on the third day, according to the scriptures. And He ascended into heaven, and sits as the right hand of the Father. And He will come again with glory to judge the living and the dead, and of His kingdom there will be no end. And in the Holy Spirit, the Lord and Giver of Life, Who proceeds from the Father, Who together with the Father and the Son + is worshiped and glorified, Who spoke through the Prophets. In one, holy, catholic and apostolic Church. I profess one baptism for the remission of sins. I expect the resurrection of the dead, and the life of the world to come. Amen.

### ***The Act of Contrition***

O God, remit, pardon and forgive the sins I have committed deliberately and through human frailty, by word and deed, knowingly and in ignorance, with foreknowledge and purpose, by day and night; forgive all these, for You are gracious and + You love mankind. Amen.

### ***Prayer of Repentance***

O God +, be merciful to me, a sinner!

O God +, cleanse me of my sins and have mercy on me!  
 O Lord +, forgive me, for I have sinned without number!

### ***Christ is Risen***

*Recited from Easter until the Wednesday before Ascension Thursday.*

Christ is risen from the dead! By death He conquered Death and to those in the graves, He granted life!

### **Marian Prayers**

#### ***The Angelic Salutation (The "Hail Mary")***

Hail, Mother of God, Virgin Mary, full of grace, the Lord is with you! Blessed are you among women, and blessed is the Fruit of your womb. For you have given birth to Christ, the Savior and Deliverer of our souls. Amen.

#### ***The Common Hirmos (The "It is Truly Proper")***

It is truly proper to glorify you, who have borne God, the ever-blessed, immaculate and the Mother of our God. More honorable than the Cherubim and beyond compare more glorious than the Seraphim; who, a Virgin, gave birth to God the Word, you - truly - the Mother of God we magnify. Amen.

#### ***The Paschal Hirmos (The "Angel Exclaimed to Her")***

*Recited in place of the Common Hirmos from Easter until the Wednesday before Ascension Thursday.*

The Angel exclaimed to her, full of grace: Rejoice, O pure Virgin! Again, I say rejoice! Your Son is risen from the grave on the third day and has raised the dead! Let all nations rejoice! Shine in splendor, O New Jerusalem, for the glory of the Lord is risen upon you, O Zion. Sing with joy and rejoice, and you - pure Mother of God - rejoice in the Resurrection of your Son! Amen.

#### ***The Prayer to the Holy Protection***

We fly to your Protection, O Virgin Theotokos. Do not despise our prayers in our necessities, but deliver us from all dangers, for you - alone - are pure and blessed. O most glorious ever-Virgin Mary, the Mother of Christ our God, accept our prayers and present them to your Son and our God, so that - through you, Mother of God - He may enlighten and save our souls. Amen.

### **Invocations**

#### ***The Jesus Prayer***

O Lord Jesus Christ +, Son of God, have mercy on me, a sinner.

#### ***Invocations to the Theotokos and the Saints***

O Mary, Mother of God, intercede with God for me, a sinner.

O Saint \_\_\_\_\_, intercede with God for me, a sinner.

All you Angels and Saints, intercede with God for me, a sinner.

### **Alternate Trisagion ("Holy God") Prayers**



### ***We Bow to Your Cross***

We bow + to Your Cross, O Lord, and we praise Your holy Resurrection! *Three times.*

### ***All You Who Have Been Baptized***

All you + who have been baptized into Christ, have put on Christ! Alleluia! *Three times.*

### **Concluding Prayers**

*Concluding Prayers are taken at the end of a particular devotion. Outside the Paschal Season, they include the **Common Hirmos**, and the **Doxology**, along with **Lord, have mercy** recited three times following the Doxology. Then, conclude with:*

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, + have mercy on us. Amen.

*During the Paschal Season, take the **Paschal Hirmos** and the **Christ is risen...**, with **Lord, have mercy** recited three times following the **Christ is risen...**, and then conclude with **Through the prayers...** as above.*

### **Christian Greetings**

#### ***Common Greeting***

Glory to Jesus Christ! Glory to Him forever!

#### ***Greeting during an Anointing***

Christ is in our midst! or Christ is among us! He is and shall be!

#### ***Paschal Greeting***

*From Easter until Wednesday before Ascension Thursday.*

Christ is risen! Indeed, He is risen!

#### ***Christmas Greeting***

*From Christmas until New Year's Eve.*

Christ is born! Glorify Him!

#### ***Theophany Greeting***

*From Theophany and during the Postfestive.*

Christ is baptized! In the Jordan!

### **Prayers to the Angels and the Saints**

#### ***Evening Prayer to the Guardian Angel***

O Guardian Angel of my right hand, attend to me this night. Rescue me in the raging floods; cover me in your robe for I am without defense. Answer me, for I am weak and alone. Amen.

### ***Prayer to St. Michael the Archangel***

Saint Michael the Archangel, defend us in the time of battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him I humbly pray, and do you the Prince of the Heavenly Hosts - by the power of God - cast into hell Satan and all the other evil spirits who prowl throughout the world seeking the ruin of souls. Amen.

### ***Prayer to St. Nicholas of Myra***

O Saint Nicholas, bountiful Father and special Patron of our Byzantine Catholic Church; you are a shepherd and teacher to all who invoke your protection, and who, by devout prayer, call upon you for aid. Hasten and save the flock of Christ from ravenous wolves, and by your holy prayers protect all Christians and save them from worldly disturbances, earthquakes, attacks from abroad, from internal strife, from famine, flood, fire, sword, and sudden death. As you had mercy on those three men in prison and saved them from the king's wrath, now also have mercy on me who, by word, deed, and thought, have sunk into the darkness of sin. Save me from the just anger of God, and from eternal punishment. Through your intercession and aid, as well as through His own mercy and grace, may Christ our God allow me to lead a tranquil and sinless life, and save me from standing at His left, but deem me worthy to stand at His right with all the saints. Amen.

## **Prayers for Various Intentions**

### ***Prayer Commending One's Self to God***

O Lord, into Your most merciful hands I commend my body and soul, thoughts and acts, desires and intentions. I commend the needs of my body and soul, future and past, my faith and hope, the end of my life, the day and hour of my death, the burial and resurrection of my body. O most merciful God, whose clemency the sins of the world can never transcend, take me, a sinner, under the wings of Your protection and deliver me from every evil. Cleanse my iniquities, grant me a reformation of my life, and protect me against future transgressions, that I may in no manner ever anger You. Shelter my weakness from passions and evil persons, guard me against my visible and invisible enemies, lead me on the road of salvation and to Yourself, the safe harbor and haven of my desires. Grant me a happy, peaceful, Christian death, and protect me from evil spirits. Be merciful to me, Your servant, at the great judgment, and number me among the blessed flock who stand on Your right, that, together with them, I may forever glorify You +, my Creator. Amen.

### ***Prayer for Wisdom and Virtue***

My God, by whose grace I am able to distinguish good from evil, I beseech You: do not permit me to act against Your commandments by word, deed, or thought. Especially guard me, Lord, when passions assail me and tempt me against Your commandments. Grant me strength against the enemies of my salvation, and protect me that, with my advancing years, I may each day become more wise and virtuous. Grant this through the grace and mercies of Your only-begotten Son, with Whom You are blessed +, together with Your all-holy, gracious, and life-giving Spirit, now and ever and forever. Amen.

### ***Prayer to Our Lady of Perpetual Help for a Particular Intention***

O Mother of Perpetual Help! With the greatest of confidence I approach you to implore your aid. You have seen the wounds of your Son and His blood shed for our salvation. You know how He desires our salvation. Because of this, I kneel before you and beseech you to obtain for me the mercy of which I stand in such great need. O Mary, most amiable among women, obtain the favor I seek from Jesus, the source of all good. *Here, state intention.* O Mother of Perpetual Help, you desire our salvation more

than we ourselves do. Your Son has given you to be our mother, and you have chosen for yourself the name: Mother of Perpetual Help. I do not trust in my own merits, but in your powerful intercession. I trust in your goodness and in your motherly love. For the love that you have for Jesus, your Son, and my Savior, for the love of the souls faithful to you, and for the sake of your love for my soul, obtain for me all the graces and favors I ask of you. Amen.

#### ***Prayer before Meals***

Our Father...For Thine is the kingdom...

Lord, have mercy. *Three times.*

O Christ our God, bless + this food and drink of Your servants, for You are holy, always now and ever and forever. Amen.

#### ***Prayer after Meals***

We thank You, Christ our God, for You have satisfied us with the good things of Your earth. Do not deprive us of Your heavenly kingdom, but as You appeared to Your disciples, O Savior, granting them peace, come also to us and save us.

Glory be...now and ever... *During the Paschal Season:* Christ is risen...

Lord, have mercy. *Three times.*

Blessed is our God + who, through His grace and loving kindness, is merciful to us and nourishes us from the abundance of His gifts, always now and ever and forever. Amen.

#### ***Prayer before Work***

O Lord Jesus Christ, only-begotten Son of Your eternal Father; You have said with Your holy lips: "Without Me, you can do nothing." My Lord, I embrace Your words with my heart and soul, and bow before Your goodness and say: "Help me, Your unworthy servant, to complete this, my present undertaking, in the name of the Father +, and of the Son, and of the Holy Spirit. Amen.

#### ***Prayer after Work***

O most sweet Jesus, You are the fulfillment of all blessings. Fill my soul with joy and gladness and save me. Grant that Your Name be glorified; for, not to us, but to Your Name are forever due + honor, glory and adoration. Amen.

#### ***Prayer of the Married***

O my most good God, I entreat You to listen to my humble prayer; may I always feel that the married state is holy and that I must keep it holy. Grant me Your grace, that I may never sin against faithfulness and love in this marriage. Foster in me the spirit of understanding and of peace, so that no strife, quarrel or misunderstanding may arise between us. Grant us our daily bread whereby we may serve You + evermore. Amen.

#### ***Prayer of Parents for their Children***

O holy Father, Eternal God, from Whom all goodness and blessing flow; I humbly pray to You for the children You have graciously given me. You have given them existence, and have renewed them in the waters of rebirth by virtue of which they are able to obey Your commandments and attain the kingdom of heaven. Preserve them in Your grace to the end of their life, and sanctify them that Your Name be hallowed in them. Aid me also by your grace that I may bring them up for the glory of Your holy Name and for the benefit of our fellowman. Grant me the necessary means to this end, together with patience and fortitude. O Lord, enlighten them by the light of Your wisdom that they may love Your will with all their heart and soul. Instill in their hearts a fear of evil so that their way may be without sin. Adorn their soul with Your virtues that they may prosper in holiness and grow in Your favor. And if, at any time, they



should sin against You, do not turn away from them but be merciful to them and awaken in them the spirit of contrition. Give them the goodness of the earth and everything necessary for eternal salvation. Protect them from misfortune, anger, privation and from the snares of the devil all the days of their life. O Lord, grant me joy and happiness in my children. Enable me to appear with them at Your awesome judgment, and there, without fear, to say: "Here I am, Lord, with the children You have given me." That, together with them, praising Your great goodness and eternal love, I may glorify Your most holy Name, Father +, Son, and Holy Spirit, now and ever and forever. Amen.

### ***Prayer of Children for their Parents***

O merciful Lord God, You commanded me to honor my father and mother, and gave an example of obedience in Your own earthly life. I humbly beseech You to hear my prayer and have mercy on my parents. Protect them from every evil, danger and sickness. Grant them health, and, in Your mercy, pour out upon them Your bountiful blessings. Bless their efforts and deeds. Have mercy on them according to Your great mercy, that they may faithfully serve You, and that, through them, I also may be worthy to praise + and serve You. Amen.

### ***Prayer for Priests***

O Lord Jesus Christ, Shepherd of all the faithful; I humbly pray You to look upon Your vicar on earth, our Holy Father Pope \_\_\_\_\_. Bless his work and fulfill his good desires for the welfare of the Holy Church. Give him strength and health that in peace he may govern the fold entrusted to his care and lead it to the heavenly kingdom. Amen.

O Lord, remember our bishops, especially (Arch)bishop \_\_\_\_\_, and bestow upon them the blessing of body and soul, that, by their word and example, they may point out the way that leads to You. Amen.

O Lord, bless and protect your representatives on earth, our priests, especially Father(s) \_\_\_\_\_, who labor in your vineyard for the salvation of souls redeemed by Your most precious Blood. Give them prudence, perseverance, humility, and patience. Enkindle in their hearts the burning ardor which consumed the Apostles. May their lives be as holy as the truth they preach. Make them priests according to Your own heart. Let their light so shine before men that they, seeing their good work, may glorify the heavenly Father. Amen.

O Lord, enkindle the fire of holy zeal in the heart of all priests, that they may ever and in all things seek only Your glory and incite us to an ever-increasing love for You. Give them strength, that they may always labor for Your glory + and for the salvation of our souls. Amen.

### ***Prayer for the Sick***

O holy Father, Physician of souls and bodies, You sent Your only-begotten Son, our Lord Jesus Christ, to heal every infirmity and to deliver us from death. Heal Your servant \_\_\_\_\_ of every spiritual and bodily ill which afflicts him/her. Restore him/her by the grace of Your Christ through the prayers of our most holy Lady, the Mother of God and ever-Virgin Mary, and of all Your Saints. For You, our God, are the Fountain of healing, and we glorify You together with Your only-begotten Son +, and Your Consubstantial Spirit, now and ever and forever. Amen.

### ***Prayer in the Time of Illness***

Almighty Master, Physician of our souls and bodies, who both humbles and uplifts, who chastises and heals; visit me with Your mercy in my time of illness. Stretch forth Your arm that is full of health and healing, and heal me, and allow me to leave my sick-bed. Banish my weakness and pains, heal my wounds, quench my fever, and prevent a relapse. If I am guilty of sins or transgressions, loose, remit and forgive them for the sake of Your love toward mankind. Yes, O Lord, pity me, Your creature, through Jesus Christ our Lord with Whom You are blessed +, together with Your all-holy, gracious and life-giving Spirit, now and ever and forever. Amen.

### ***Prayer of Thanksgiving for Recovery***

O Lord Jesus Christ, the Life and Strength of all who place their trust in You; Your mercies are numberless and the treasury of Your goodness is infinite. I thank You for the blessings which You have bestowed upon me, and I humbly beseech You to continue Your goodness toward me. As it pleases You to restore my bodily health, so now endow my soul with all heavenly graces and perseverance in good works. Prepare me by Your blessings in this life for the enjoyment of eternal happiness in the life to come. For to You are due all glory, thanksgiving and adoration, together with Your eternal Father + and Your all-holy, gracious and life-giving Spirit, now and ever and forever. Amen.

***Prayer for a Happy Death***

O my Lord and Savior, strengthen me in my last hour by the powerful armor of Your Holy Mysteries and the fragrance of Your consolation. Let Your absolving words be said over me, and let the holy oil anoint and seal me. Give me Your Body and Blood to be my food and drink. Let Your holy Mother come to me, and my Guardian Angel bring me peace. Let Your glorious Saints and my own Patron, Saint \_\_\_\_\_, look upon me that, in and through them, I may die, as I also desire to live in Your faith and love + and united to Your Church. Amen.

***Prayers for the Departed***

O God of spirits and of all flesh, who have trampled death, broken the power of Satan, and have granted life to Your world; grant rest, O Lord, to the soul(s) of Your departed servant(s) \_\_\_\_\_ in a place of light, joy and peace, where there is no pain, sorrow, or mourning. As a kind and gracious God, forgive every sin committed by him/her/them in word, deed or thought, since there is no man who lives and does not sin. You alone are without sin, Your justice is everlasting justice, and Your word is the truth. For You are the resurrection, the life, and the repose of Your departed servant(s) \_\_\_\_\_. O Christ our God, and we glorify You, together with Your eternal Father +, and Your all-holy gracious, and life-giving Spirit, now and ever and forever. Amen.

May God grant rest to the soul of His servant(s) \_\_\_\_\_, and may his/her/their memory + be eternal. Amen.

## **Prayers before and after Holy Communion**

### **Prayers of Preparation before Holy Communion**

*Recite the Prayers of Introduction.*

#### ***Prayer of St. Basil the Great***

O Lord, I know that if I partake unworthily of Your most pure Body and precious Blood, I will be guilty. I will be eating and drinking my own condemnation by not giving proper reverence to Your Body and Blood. But, trusting in Your mercy, I dare come to You, for You have said: "He who eats My Flesh and drinks My Blood abides in Me and I in him." Be merciful to me, a sinner, O Lord, and do not reject me, but deal with me according to Your mercy. Grant that this Holy Mystery be for the healing of my soul and body, for the enlightenment of my mind, and for the protection of my life. Let it be for the amendment of my conduct, for perseverance, for the increase of virtue, and for protection in the communion of Your Holy Spirit. Give me Your Body and Blood, O Lord, as a provision for the journey to eternal life, and for an acceptable answer at Your judgment seat. Do not let it be for my judgment or condemnation. + Amen.

#### ***Prayer of St. John Chrysostom***

O Lord my God, how well I know that I am unworthy that You should enter into the temple of my soul. But I pray You, as You humbled yourself and became man for our sake, now also be patient with my lowliness. As You did not refuse to enter the house of Simon and dine there with sinners, now enter the abode of my humble and sinful soul. As You did not reject the sinful woman who approached and touched You, in like manner, do not reject me, a sinner, as I come to You and also touch You. Grant that I partake of Your most pure Body and precious Blood for the health of my soul and body, for the remission of my sins, for my protection against attacks of the Devil, for the increase of Your divine grace, and for the inheritance of Your heavenly kingdom. I pray You, O gracious Lord, sanctify my soul and body, and make me worthy to stand at Your right with all Your saints. + Amen.

#### ***Prayer of St. John Damascene***

O Lord and Master Jesus Christ my God; You alone have power to absolve men from their sins. Forgive all my transgressions committed deliberately or through human frailty, in word or by deed. Grant that, without condemnation, I may partake of Your divine, glorious, most pure, and life-giving Mysteries. Let my sharing in Your Body and Blood be for the forgiveness of my sins and for the healing of my soul and body, as well as for a pledge of the life to come in Your kingdom; for You are a merciful and gracious God, and we glorify You, Father +, Son, and Holy Spirit, now and ever and forever. Amen.

#### ***Prayer of St. Cyril of Alexandria***

Most blessed and glorious Theotokos and ever-Virgin Mary; you are the nourisher of our lives. Your Blessed Fruit strengthens and enlivens with the Bread of Life and with the Wine of Endearment those who trust in Him. I beseech you, make me worthy to partake of this truly divine Food and Drink which your only Son, our God, has given us to fill us with grace and glory. Make us worthy to bless Him and you, now and ever and forever. Amen.

*Recite the Concluding Prayers.*

### **Prayers of Thanksgiving after Holy Communion**

*Recite the Prayers of Introduction.*

***Prayer of St. Basil the Great***

O Lord my God, I thank you for not rejecting me, a sinner, and for deeming me worthy to be a partaker of Your Holy Mysteries. I thank you for having allowed me, unworthy though I am, to be a partaker of Your most pure and heavenly Gifts. O Lord and Lover of Mankind, You died and rose again for our sake, and gave us these awesome and life-giving Mysteries for the good of our body and the sanctification of our soul. Grant that they serve to heal my body and soul, and that they set to flight every foe. Enlighten the eyes of my heart, give peace to the powers of my mind, inspire me with faith, with a sincere love and deep wisdom, and with obedience to Your commandments. May these Mysteries increase Your divine grace in me and make me an inhabitant of your kingdom. Being preserved in Your holiness by them, I will remember Your love at all times. From now on, I will not live for myself, but for You, my Lord and Benefactor. Thus, having spent my earthly life in the hope of life without end, I will one day reach eternal rest where the sound of rejoicing never ceases, and where the delight of those who look upon the beauty of Your Face has no bounds. For You, Christ our God, are truly the object of our desire and the inexpressible joy of those who love You, and all creatures glorify You +, now and ever and forever. Amen.

***Prayer of St. Basil the Great***

O Master, Christ our God, King of Ages, Maker of all things; I thank You for all the favors You have granted me, and for having given me Your pure and life-giving Mysteries. I pray You, O gracious God who loves Mankind, keep me under Your protection and under the shadow of Your wings; grant that, until my last breath, I may worthily receive Your Holy Mysteries with a clear conscience for the remission of my sins and for life everlasting. For You are the Bread of Life, the Fountain of Holiness, and the Provider of Graces, and we glorify You together with Your Father +, and Your Holy Spirit, now and ever and forever. Amen.

***Prayer of St. John Chrysostom***

O Christ our God, You have deemed me worthy to be a partaker of Your most pure Body and most precious Blood. I praise, bless, and adore You; I glorify You + and extol Your eternal salvation, now and ever and forever. Amen.

***Prayer of St. Cyril of Alexandria***

O most holy Lady, Theotokos, light of my poor soul, my hope, my protection, my refuge, my comfort, and my joy! I thank you for having enabled me to be a partaker of the most pure Body and most precious Blood of your Son. Enlighten the eyes of my heart, O Blessed One who carried the Source of Immortality. O most tender and loving Mother of the merciful God; have mercy on me and grant me a repentant and contrite heart with humility of mind. Keep my thoughts from wandering into all kinds of distractions, and make me worthy always, even to my last breath, to receive the most pure Mysteries of Christ for the healing of my soul and body. Give me tears of repentance and thanksgiving that I may sing of you and praise you all the days of my life, for you are ever-blessed and praised. Amen.

*Recite the Concluding Prayers.*

**Holydays of the Church according to the Pittsburgh Byzantine Metropolia**

***Holydays of Obligation***

All Sundays

Ascension Thursday *Forty days after Easter*

Christmas *December 25*

Theophany *January 6*

Sts. Peter and Paul *June 29*

The Dormition of the Theotokos *August 15*  
 Parish's Patronal Feast Day

### **Solemn Holydays**

Circumcision of Our Lord and the Feast of St. Basil the Great\* *January 1*  
 Encounter of Our Lord with Simeon *February 2*  
 Annunciation to the Theotokos\* *March 25*  
 Great Thursday *Thursday before Easter*  
 Great Friday *Friday before Easter*  
 Great Saturday *Saturday before Easter*  
 Bright Monday *Monday after Easter*  
 Nativity of St. John the Forerunner *April 24*  
 Transfiguration of Our Lord *August 6*  
 Nativity of the Theotokos *September 8*  
 Exaltation of the Cross *September 14*  
 Protection of the Theotokos *October 1*  
 St. Michael the Archangel and all the Holy Angels *November 8*  
 Entrance into the Temple of the Theotokos *November 21*  
 Thanksgiving Day\*\* *Final Thursday in November*  
 St. Nicholas of Myra *December 6*  
 Conception of St. Anne *December 8; December 9 in certain places*  
 Synaxis of the Theotokos *December 26*

### **Simple Holydays**

Three Holy Hierarchs *January 30*  
 Bright Tuesday *Tuesday after Easter*  
 St. George the Great Martyr *April 23*  
 Holy Spirit Monday *Monday after Pentecost*  
 St. Elias the Prophet *July 20*  
 Beheading of St. John the Forerunner *August 29*  
 St. Stephen the Protomartyr *December 27*

\*Holyday of Obligation for Ukrainian Usage

\*\*Eparchy of Van Nuys

### **Fasting Periods**

*There are two types of Fasting: Strict, or Black, Fast, and Abstinence.*

*Black Fast requires abstaining from all meat and dairy products, including butter, cheese, eggs, milk, dairy creamer, etc., and from wine, other alcohols and non-vegetable oil. No "snacks" are permitted.*

*Abstinence requires abstaining from meat products.*

*One may follow the requirements of Black Fasting and Abstinence from evening to evening, or from midnight to midnight, so long as a twenty-four hour period is completely covered.*

*Age requirements vary among the Eparchies, but all should attempt to hold to the Fast or Abstinence regardless of age, provided it does not interfere with health.*

*Persons exempt from Fasting and Abstaining include: persons who are ill; persons who must eat the proscribed items for medical reasons, and pregnant and nursing mothers. Other exceptions, based upon circumstances, might be permitted, but one should contact his or her pastor for clarification or permission. Persons must abstain from food and liquids, except for water, for one hour before receiving Holy Communion. Persons may partake of proscribed food and liquid items for reasons of health. Persons also exempt from the Eucharistic Fast also include small children and pregnant and nursing mothers.*

### **Mandatory Periods of Strict (Black) Fast**

Pure Monday *The First Day of the Great Fast (Lent)*  
Great Friday *The Friday before Easter*

### **Mandatory Periods of Abstinence**

Christmas Eve Day *December 24*  
All Fridays of the Great Fast

### **Recommended Periods of Abstinence**

All Fridays  
All Wednesdays  
Vigil of Theophany\* *January 5*  
Wednesdays and Fridays of the Apostles' Fast\* *May 30 - June 28*  
Wednesdays and Fridays of the Dormition Fast\* *August 1 - August 14*  
Feast of the Beheading of St. John the Forerunner\* *August 29*  
Exaltation of the Holy Cross\* *September 14*  
Wednesdays and Fridays of the Christmas Fast or Philipfast (Advent)\*\* *November 15 - December 24*

\*Mandatory for Ukrainian Usage

\*Mandatory for Ukrainian Usage; Mandatory for all two weeks before Christmas

*Fasting and abstinence are not held on Sundays, during the Paschal Season, and during certain Postfestive periods which vary according to the Eparchies.*

### **Proper Liturgical Conduct in Church**

*Upon entering the Church, proceed to the tetrapod. Twice, make a profound bow and Sign of the Cross, and then kiss the icon on the tetrapod. Make another profound bow and Sign of the Cross. If one wishes, one may go before each of the four major icons on the iconostas and any other icons and say a brief prayer or invocation. Then take a place or seat in the Church.*

*Be mindful of taking proper liturgical positions during the Divine Liturgy and other services, such as standing, sitting and kneeling, especially during the Paschal season. The liturgical positions symbolize different things and are essential to the correct expression of the Faith.*

*Make the Sign of the Cross reverently - along with bows if indicated - at all appropriate times.*

*Bow to the priest or deacon when he offers a bow, including during the opening and closing of the Royal Doors and during incensing.*

*Actively participate in the chanting of the Divine Liturgy and other services. Do not overtake the cantor(s), but also be mindful of continuing in the chanting if the cantor(s) are momentarily unable to sing. Closely follow the prayers in the liturgicon.*

*At Holy Communion, step all the way forward in a mannerly fashion. Either place the lention (the cloth draped under the chalice) under the chin, or permit the deacon, servers or other assistants to do so, in order to prevent the Holy Eucharist from falling to the floor. If the Holy Eucharist should fall, pick it up immediately and consume it. Parents should assist small children who are receiving Holy Communion.*

*At the veneration of the Cross, or at Mirovanja (the blessing with oil and the distribution of blessed bread), again step forward and give the proper response to the Greeting.*

*After the conclusion of the Divine Liturgy or other services, make a proper thanksgiving.*

*Refrain from loud talking so as not to disturb others.*

*When leaving the Church, return to the tetrapod and make the proper veneration.*

## The Holy Mystery of Penance and Reconciliation

*Recite the Prayers of Introduction and Psalm 50/51.*

### Troparia

Have mercy on us, O Lord, have mercy on us! Since we have no defense, we sinners offer this supplication to You, our Master: have mercy on us!

Glory be... Lord, have mercy on us, for in You we place our hope. Be not exceedingly angry with us nor mindful of our transgressions; but even now look upon us with mercy and deliver us from our enemies. For You are our God, and we are Your people; we are all the work of Your hands, and we call upon Your Name.

Now and ever... Open unto us the doors of mercy, O blessed Theotokos, that we - who place our trust in you - may not perish, but that through you we may be delivered from misfortune, for you are the salvation of Christians.

### Prayer of St. Simeon the Contemplative

Behold, O Christ God, I now stand before You in the presence of Your holy angels as if I were standing before Your fearful and just judgment seat, awaiting Your sentence and rendering an account of all my evil deeds. Behold, I bow my head, and lay my sins before You, and I confess them and reveal them. O Lord, look down upon my humble condition and forgive me all my transgressions. Have I not sinned through pride, vainglory, ambition and falsehood? Now, O most wonderful King, O most loving Lord, show forth Your mercies to me, a sinner; manifest in me the might of Your goodness and the power of Your loving kindness; receive me as I turn to you; receive me as You received the Prodigal Son. Lord, in Your displeasure do not rebuke me; have mercy on me, for though I am weak, I am still Your creature. You have established Your fear in me, and yet I have done evil in Your sight. Against You alone have I sinned, but I beseech You: enter not into judgment against Your servant. O Lord my God, I put my trust in You; if there is any hope of salvation for me, be my Savior, and according to Your great goodness and mercy, absolve, remit and forgive all my sins. For my soul is full of trouble, and if I am left to myself, there is no hope of salvation for me. O Lord, since You are the God of penitents and the Savior of sinners, save me for Your mercy's sake! Where sin has abounded, let Your grace abound much more, so that I may give glory to You, and to Your eternal Father +, and to Your all-holy, gracious and life-giving Spirit, now and ever and forever. Amen.

### Examination of Conscience

*The penitent now makes an examination of conscience. If possible, the penitent could make a fuller examination before-hand.*

1. I am the Lord your God; you shall not have false gods in place of Me.

*Have I rejected any teaching of the Catholic Faith? Have I deliberately participated in any apostate or heretical activity? Have I participated in any superstitious, occultic or "new age" activity? Have I utilized Christian objects or practices in either a disrespectful or superstitious way? Have I place material possessions or personal recognition (materialism) before my duties to God and His Church?*

2. You shall not take the Name of the Lord your God in vain.

*Have I used the name of God, Jesus Christ, the Theotokos or the angels and saints in a disrespectful way? Have I used improper or immodest language?*

3. You shall remember the Lord's Day and keep it holy.

*Have I deliberately missed attending the Divine Liturgy or other appropriate services on Sundays and Holydays of Obligation without good reason? Have I deliberately participated in menial labor on Sundays or Obligation Days without good reason? Have I established a proper daily prayer life?*

*Have I fulfilled my Paschal Duty (to go to Confession and receive Holy Communion between the First Day of the Great Fast and Pentecost Sunday)? Have I seen to it that my children and other persons under my responsibility receive the Holy Mysteries according to the Law of the Church?*

4. You shall honor your father and your mother.

*Have I shown proper respect for my parents and for my children? Have I seen to it that my children receive proper religious instruction? Have I shown proper respect and given proper obedience to persons in authority over me? Have I shown proper consideration to persons in authority under me? Have I shown proper respect for priests, bishops and other persons of authority in the Church? Have I been prejudiced in thought or action against any person because of race, color, ethnicity or religion? Have I been unkind and uncharitable against any person?*

5. You shall not kill.

*Have I participated in, or supported the act of abortion? Have I supported, including through political activity, legal abortion? Have I participated in, or supported the act of euthanasia? Have I supported, including through political activity, legal euthanasia? Have I made immoderate use of substances? Have I unnecessarily physically harmed another human person including through neglectful action? Have I indulged in or displayed feelings of anger or rage at another human person? Have I placed the value of the material world, including the environment, before the dignity and benefit of man?*

6. You shall not commit adultery.

*Have I respected God's gift of human sexuality according to His will and plan? Have I masturbated? Have I used contraception? Have I committed fornication (sex outside of marriage)? Have I committed adultery (sex with a person not one's spouse)? Have I committed homosexuality (sex with a person of the same gender)? Have I indulged sexual thoughts? Have I used pornography? Have I allowed my children to read or view material not suitable for them?*

7. You shall not steal.

*Have I taken the property of another? Have I damaged the property of another without making restitution? Have I defrauded an employee of proper wages? Have I supported, to the best of my ability, my Church? Have I, to the best of my ability, aided the poor? Have I shown proper stewardship for God's creation? Have I taken care of my property?*

8. You shall not bear false witness against your neighbor.

*Have I deliberately lied to harm another person or to promote my own self-esteem? Have I participated in uncharitable talk towards another human person? Have I participated in gossip? Have I broken a solemn oath or vow?*

9. You shall not covet your neighbor's wife.

*Have I shown proper respect towards women? Have I displayed any improper decorum, especially in a sexual manner, towards women?*

10. You shall not covet your neighbor's goods.

*Have I been jealous or envious towards another person's goods or fortune? Have I been unsatisfied with my state in life? Have I been resentful of another person's goods or fortune?*

## **The Confession**

*Approach the priest to make the confession. If they are present, kiss the Icon of Christ, the Gospel Book and the handcross. Say:*

I confess to Almighty God, one in the Holy Trinity +, to the Mother of God and ever-Virgin Mary, to all the angels and saints, and to you, Father, that I have sinned.

My last confession was \_\_\_\_\_.



*or some other suitable prayer.*

*Then, in a low voice, confess the sins. If necessary, ask the priest for guidance or clarification regarding any matter. When finished, say:*

*This is all I can remember. I am sorry for all my sins,*

*or some other suitable statement. The priest will then give the penance and place the Epitrachial over the penitent's head and say the Prayer of Absolution. Return to the proper place in the church and say the Act of Contrition. Do the assigned penance as indicated.*

*Recite the Concluding Prayers.*

*The Mystery of Penance and Reconciliation should be celebrated as frequently as possible.*

## **Akathist Hymns**

*The akathist is one of the most ancient offices or collection of prayers in the Byzantine Church. It is a prayer of veneration, thanksgiving and petition. "Akathist" means standing because it is an expression of profound joy in recognizing the honor being paid to Our Lord, Our Lady, or the saint who is being venerated. An akathist, therefore, is prayed standing.*

*The Church has composed several akathists dedicated to either Our Lord under the title of our Most Sweet Jesus, or to various saints, such as St. Michael the Archangel and All the Holy Angels. The most popular is the Akathist to Our Lady, composed in the year 532. Today, the Church has granted the benefit of a plenary indulgence to all who pray the Akathist of Our Lady, when fulfilling all the proper requirements.*

*The akathists are designed to be chanted, but it is not necessary to do so if prayed individually, or in a small group. If chanted, the Preamble and chants are sung recitando, and the kontakia are sung in Tone 7.*

### **The Akathist Hymn to Our Lord, the Most Sweet Jesus**

*Recite the Prayers of Introduction.*

#### **Preamble**

Unconquered King and Lord, Vanquisher of the Nether World, I, Your creature and servant, sing Your praise for having delivered me from eternal death. Since Your mercies are boundless, free me from every harm as I sing: O Jesus, Son of God, have mercy on me!

#### **First Chant**

Creator of Angels and Lord of Angelic Hosts: as You once opened the ears of the deaf and the mouths of the dumb, empower my dull mind and tongue to sing to You: O Jesus most wonderful, Marvel of Angels! O Jesus most powerful, Deliverer of Our Forefathers! O Jesus most delightful, Exultation of Patriarchs! O Jesus most glorious, the Might of Rulers! O Jesus most beloved, the Fulfillment of Prophets! O Jesus most marvelous, the Strength of Martyrs! O Jesus most serene, the Joy of Monks! O Jesus most merciful, the Delight of Priests! O Jesus most kind, the Happiness of Saints! O Jesus most honorable, the Chastity of the Chaste! O Jesus, Everlasting Salvation of Sinners! O Jesus, Son of God, have mercy on me!

#### **Kontakion**

When You saw the widow weeping by the body of her dead son, O Lord, You were moved to compassion and raised him from the dead. O Lover of Mankind, have mercy also upon me, and raise up my sin-tortured soul, that I may sing: Alleluia!

#### **Second Chant**

As he sought understanding, Philip, in his confusion said: "Lord, show us the Father." In answer, You told him: "Have I been so long a time with you and you have not known that the Father is in Me and I am in the Father?" Likewise, Incomparable Lord, I cry out with fear: O Jesus, God Eternal! O Jesus, Most Powerful King! O Jesus, Long-suffering Lord! O Jesus, Ever-merciful Savior! O Jesus, Ever-gracious Guardian! O Jesus, cleanse me of sin! O Jesus, deliver me from all iniquities! O Jesus, forgive my insincerities! O Jesus, my Hope, never forsake me! O Jesus, my Help, do not reject me! O Jesus, My Creator, do not forget me! O Jesus, my Shepherd, let me go not astray! O Jesus, Son of God, have mercy on me!

#### **Kontakion**

O Jesus, Who bestowed heavenly power upon the Apostles waiting in Jerusalem: fill me, who am deprived of all goodness, with Your Holy Spirit, so that I may lovingly sing to You: Alleluia!

### ***Third Chant***

O Jesus endowed with a richness of compassion, You called the publicans, the unfaithful, and the sinners to You. Do not despise me, who am like them; but, rather, receive this song as a gift of precious perfume: O Jesus, Invincible Strength! O Jesus, Boundless in Mercy! O Jesus, Unsurpassable in Beauty! O Jesus, Unspeakable Love! O Jesus, Son of the Living God! O Jesus, have mercy on me, a sinner! O Jesus, listen to me, defiled from birth! O Jesus, cleanse me, born in sin! O Jesus, teach me, unworthy though I be! O Jesus, enlighten my darkness! O Jesus, cleanse me, a sinner! O Jesus, restore me, the prodigal! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

With doubts storming with him, Peter began to sink, but looking up, he saw You walking on the water, and, realizing that You are truly God, he accepted the saving hand, exclaiming: Alleluia!

### ***Fourth Chant***

Hearing You as You passed by, the blind man cried out: "Jesus, Son of David, have mercy on me;" and You, by calling out to him, opened his eyes. Likewise, In Your mercy, open the eyes of my soul, that I may cry out to You: O Jesus, Creator of the Heavenly Spirits! O Jesus, Deliverer of the Poor! O Jesus, Savior from Evil Spirits! O Jesus, Artist of All Creation! O Jesus, Comforter of My Soul! O Jesus, Enlightenment of My Mind! O Jesus, Joy of My Heart! O Jesus, Health of My Body! O Jesus, my Savior, save me! O Jesus, my Light, enlighten me! O Jesus, deliver me from all torments! O Jesus, save me, unworthy though I be! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

Through the shedding of Your Divine Blood, we were freed from the just curse of old. In like manner, free us now from the torments of our evil passions, and from prodigal rebellion and sinful despair with which the serpent defiled us, so that we may sing to You: Alleluia!

### ***Fifth Chant***

The Jewish children, seeing their Creator incarnate as Man, and recognizing Him as their Lord, hastily cut branches to honor Him, crying out: "Hosanna!" We also offer You this song: O Jesus, True God! O Jesus, Son of David! O Jesus, Most Glorious King! O Jesus, Innocent lamb! O Jesus, Marvelous Shepherd! O Jesus, Guardian of My Childhood! O Jesus, Provider of My Youth! O Jesus, Praise of My Old Age! O Jesus, My Hope at Death! O Jesus, My Life after Death! O Jesus, My Comfort at the Last Judgment! O Jesus, My Desire, do not cast me off! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

Fulfilling the prophecies and messages of the inspired Prophets, Jesus appeared on earth. Omnipresence lived with men and took upon Himself our weaknesses. And we, being healed by Your wounds, have learned to sing: Alleluia!

### ***Sixth Chant***

The light of Your truth shines forth throughout the entire universe and destroys the falsehoods of the devil. Idols, being no match for Your power, O Savior, fall down before You. And we, who have received salvation, sing to You: O Jesus, truly You have destroyed error! O Jesus, Light Brighter than

All Others! O Jesus, Our King Surpassing All in Strength! O Jesus, You delight in showing mercy! O Jesus, Bread of Life, satisfy my hunger! O Jesus, Fount of Intelligence, quench my thirst for truth! O Jesus, Garment of Joy, cover me who am corruptible! O Jesus, Joyous Shelter, protect me who am unworthy! O Jesus, Who grants every prayer, grant me tears for my sins! O Jesus, Possession of All Who Seek, possess my soul! O Jesus, Contemplation of the Wise, open my Mind to penance! O Jesus, Who paid the price for my sinfulness, cleanse me of sin! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

Fulfilling the precious mystery revealed from the beginning of time, You were led as a sheep to the slaughter, and, as an innocent lamb, You were silent before the shearers. As God, You rose from the dead, and with glory, You ascended into heaven, so that we, exalted, might sing to Him: Alleluia!

### ***Seventh Chant***

Amazed creation beheld the appearance of the Creator, Who was born without seed from a Virgin, Who triumphantly arose from a sealed grave, and Who physically came to the Apostles through locked doors. And we, being likewise astonished, now sing: O Jesus, Inexplicable Word! O Jesus, Incomparable Word! O Jesus, Unconquered Strength! O Jesus, Indescribable Divinity! O Jesus, Lord Over All! O Jesus, Invincible Kingdom! O Jesus, Unending Sovereignty! O Jesus, Omnipotent One! O Jesus, Eternal Power! O Jesus, My Creator, look graciously upon me! O Jesus, My Savior, save me! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

Let us cast out the foolishness of the world and turn our minds to the Divine; for, the undreamed-of has happened, and God has become man in order to lead us to heaven, so that we might sing to Him: Alleluia!

### ***Eighth Chant***

You always associated with the lowly. Though incomparably greater than the mighty and wise, You never sought their company. When You willingly suffered for us, You conquered Death by Your death, and by Your resurrection, You gave life to those who sing: O Jesus, Delight of Our hearts! O Jesus, Strength of Our Bodies! O Jesus, Purity of Our Souls! O Jesus, Enlightenment of Our Thoughts! O Jesus, Joy of Our Conscience! O Jesus, Confident Hope! O Jesus, Eternal Memory! O Jesus, the Highest Praise! O Jesus, Supreme Name! O Jesus, My Desire, do not cast me away! O Jesus, My Pastor, look after me! O Jesus, My Savior, save me! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

O Jesus, all the angelic choirs unceasingly glorify Your most holy Name, singing in the heavens: Holy, Holy Holy! Likewise, we sinner here on earth sing out with earthly lips: Alleluia!

### ***Ninth Chant***

O Jesus, Savior, all the ancient prophecies concerning You are feeble. They convey as little as the burbling of fish, for they fail to explain how You remained God and became a perfect man. We, likewise, amazed, sing to You with faith: O Jesus, Eternally God! O Jesus, King of Kings! O Jesus, Judge of the Living and the Dead! O Jesus, Hope of the Hopeless! O Jesus, Comforter of those Who Weep! O Jesus, Glory of the Lowly! O Jesus, do not judge me according to my deeds! O Jesus, let me not despair! O Jesus, enlighten my spiritual powers! O Jesus, keep before me the idea of death! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

The Source of Light came to those groping in darkness and, being incarnate, submitted even to death because He wished to save the world. For this reason, Your Name is hymned above all others, and from all heavenly and earthly creation is heard: Alleluia!

### ***Tenth Chant***

Eternal King, True Comforter, Christ: cleanse us from all sinfulness as You cleansed the ten lepers. Heal us also as You healed the avaricious Zacchaeus, the publican, as we sing to You with love, saying: O Jesus, Treasury of Immortality! O Jesus, Abundance of Riches! O Jesus, Food the Strong! O Jesus, Fount Inexhaustible! O Jesus, Garment of the Poor! O Jesus, Defender of Widows! O Jesus, Aid of All Those Who Labor! O Jesus, Protection of Travelers! O Jesus, Guide of Seafarers! O Jesus, Queller of Storms! O Jesus, raise me up who have fallen! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

Unworthy though it be, we bring to You our most endearing song and sing to You as did the woman of Canaan: "O Jesus, have mercy on me!" We are indeed not Gentiles, but our flesh is stung by the falsehoods of the devil and raging anger. Therefore, heal us who sing: Alleluia!

### ***Eleventh Chant***

A glowing beacon for those who dwell in the darkness of ignorance, Paul persecuted You until he was quelled by the power of Your voice and enlightened quickly by Your heavenly words. In like manner, enlighten the darkened eyes of my soul as I sing: O Jesus, my King Most Powerful! O Jesus, my God Most Strong! O Jesus, my Immortal Master! O Jesus, my Creator Most Glorious! O Jesus, my Good Strengthener! O Jesus, my Most Gentle Pastor! O Jesus, my Lord Most Compassionate! O Jesus, My Savior Most Merciful! O Jesus, banish my dark evil passions! O Jesus, heal me who am laden with sin! O Jesus, cleanse me from worldly thoughts! O Jesus, guard my heart from evil passions! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

O Jesus, Remitter of Debts, grant me the grace to be as repentant as Peter who denied You; and call me, lest I despair, as You earlier called Paul, who persecuted You, and hear me as I sing to You: Alleluia!

### ***Twelfth Chant***

Singing of Your Incarnation, we all praise You and believe like Thomas that, sitting together with the Father, You are Lord and God, and the Judge of the Living and the Dead. Allow me to stand at Your right hand and sing: O Jesus, my Eternal King, have mercy on me! O Jesus, Aroma of Flowers, Shed Your Perfume upon me! O Jesus, Warming Love, enkindle me! O Jesus, Eternal Temple, shelter me! O Jesus, Cloak of Light, cover me! O Jesus, Brilliant Pearl, shine upon me! O Jesus, Sun of Holiness, illumine me! O Jesus, Joyful Light, inspire me! O Jesus, deliver me from all bodily and spiritual ills! O Jesus, spare me from falling into the hands of evil-doers! O Jesus, free me from eternal fire and torment! O Jesus, Son of God, have mercy on me!

### ***Kontakion***

O Most Gracious Jesus, Delight of Our Hearts: receive now our humble prayer as You received the two lowly talents of the poor widow. Deliver Your people from every visible and invisible enemy, from foreign invasion, civil war, and riot; from all storms and every distress and illness. Save me from all torment as we sing to You: Alleluia!

### ***Thirteenth Chant***

Creator of Angels and Lord of Angelic Hosts: as You once opened the ears of the deaf and the mouths of the mute, empower my dull mind and tongue to sing to You: O Jesus, Most Wonderful, Marvel of Angels! O Jesus, Most Powerful, Deliverer of Our Forefathers! O Jesus, Most Delightful, Exultation of Patriarchs! O Jesus Most Beloved, the Fulfillment of Prophets! O Jesus Most Serene, the Joy of Monks! O Jesus Most Merciful, the Delight of Priests! O Jesus Most Kind, the Happiness of Saints! O Jesus Most Honorable, the Chastity of the Chaste! O Jesus, Everlasting Salvation of Sinners! O Jesus, Son of God, have mercy on me!

*Recite the Concluding Prayers.*

## **The Akathist Hymn to Our Lady, the Theotokos and Ever-Virgin Mary**

*Recite the Prayers of Introduction.*

### ***Preamble***

As soon as the Angel had received his command, he hastened to Joseph's house and said to the ever-Virgin: "Behold, heaven was brought down to earth when the Word Himself was fully contained in you! Now that I see Him in your womb, taking a servant's form, I cry out to you in wonder: Hail, O Bride and Maiden ever-pure!"

### ***First Chant***

An Archangel was sent from heaven to greet the Mother of God, and as he saw You assuming a body at the sound of his bodiless voice, O Lord, he stood rapt in amazement and cried to her in these words: Hail, O you through whom joy will shine forth; hail, O you through whom the curse will disappear! Hail, O Restoration of the Fallen Adam; hail, O Redemption of the Tears of Eve! Hail, O Peak above the reach of human thought; hail, O Depth even beyond the sight of angels! Hail, O you who have become a kingly Throne; hail, O you who carries Him Who carries all! Hail, O Star who manifests the Sun; hail, O Womb of the Divine Incarnation! Hail, O you through whom creation is renewed; hail, O you through whom the Creator becomes a Babe! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

Knowing that she was a virgin, the Blessed One courageously answered the Angel: "Your surprising words seem hard for my mind to accept; how can you speak of a birth that is to come from a conception without seed? And why do you cry: Alleluia!"

### ***Second Chant***

Trying to grasp the meaning of this mystery, the Virgin asked the holy messenger: "How is it possible that a Son be born from a virginal womb? Tell me." And he answered her with awe, crying out in these words: Hail, O Hidden Sense of the Ineffable Plan; hail, O Belief in Silence That Must Be! Hail, O Forecast of the Marvels of Christ; hail, O Fountainhead of Truths Concerning Him! Hail, Celestial Ladder by whom God came down; hail, O Bridge leading earthly ones to heaven! Hail, O Wonder, ever-thrilling to the angels; hail, O Wound, ever-hurting to the demons! Hail, O you who gave birth to Light ineffably; hail, O you who told no one how it was done! Hail, O you who surpasses the wisdom of the wise; hail, O you who enlightens faithful minds! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

When the power of the Most High overshadowed the one who had never known the nuptial bed, her fruitful womb conceived, and she became for all a delicious field for those who wished to reap salvation by singing: Alleluia!

### ***Third Chant***

Pregnant with God, the Virgin hastened to Elizabeth, and her unborn child rejoiced, immediately knowing her embrace. Bouncing and singing, he cried out to the Mother of God: Hail, O Tendril whose Bud shall not wilt; hail, O Soil whose Fruit shall not perish! Hail, O Tender of mankind's loving Tender; hail, O Gardener of the Gardener of Life! Hail, O Earth who yielded abundant mercies; hail, O Table Full-Laden With Appeasement! Hail, for you have greened anew the pastures of delight; hail, for you have prepared a haven for the souls! Hail, Acceptable Incense of prayer; Hail, Expiation of the Whole Universe! Hail, O Favor of God to Mortal Men; hail, O Trust of Mortals Before God! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

Filled with a storm of contradictory thoughts, the wise Joseph was greatly disturbed; until then, he had seen you, a virgin, and now he suspected you of secret guilt, All-Blameless One! Learning that your conception was of the Holy Spirit, he cried out: Alleluia!

### ***Fourth Chant***

The shepherds heard the angels singing hymns of praise to the coming of Christ in the flesh. And running to Him as to a shepherd, they saw Him as a spotless Lamb grazing at Mary's breasts. They sang a hymn to her and said: Hail, O Mother of lamb and Shepherd; hail, O Fold of Rational Sheep! Hail, O Protection Against Unseen Foes; hail, O Key to the Doors of paradise! Hail, for the heavenly rejoice with the earthly; hail, for the earthly meet the heavenly in song! Hail, the Unsilenced Voice of Apostles; hail, the Undaunted Might of Martyrs! Hail, O Steadfast Foundation of Faith; hail, O Shining Emblem of Grace! Hail, O you through whom death was despoiled; hail, O you through whom we were clothed with glory! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

When they saw the star moved by God, the Magi followed its glittering light. Using it as a beacon, they found through it the Mighty King, and reaching the One Beyond All Reach, they rejoiced and cried out to Him: Alleluia!

### ***Fifth Chant***

The sons of Chaldea saw in the Virgin's hands the One Whose hands had fashioned men, and acknowledging Him as the Master, although he had taken the form of a servant, they hastened to honor Him with their gifts, and cried out the the Blessed One: Hail, O Mother of the Star Without Setting; hail, O Radiance of the Mystical Day! Hail, O you who quenched the flame of error; hail, O Light of those who search the + Trinity! Hail, O you who unthroned the enemy of men; hail, O you who showed forth Christ the Lord, the Lover of Mankind! Hail, O you who cleansed us from the stain of pagan worship; hail, O you who saved us from the mire of evil deeds! Hail, O you who made cease the cult of fire; hail, O you who dispelled the flames of passion! Hail, O you who guides the faithful toward wisdom; hail, O Delight of All the Nations! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

The Magi, having become God-bearing heralds, returned to Babylon, conforming to Your command, announcing You, the Christ, to all, and leaving Herod as a fool who did not know how to sing: Alleluia!

### ***Sixth Chant***

Illuminating Egypt with the light of truth, You cast away the darkness of error. For the idols, unable to stand Your might, fell down, and those who had been delivered from them cried out to the Mother of God: Hail, O Resurrection of Mankind; hail, O Downfall of the Demons! Hail, O you who crushed the error of deceit; hail, O you who exposed the fraud of idols! Hail, O Sea who drowned the symbolic Pharaoh; hail, O Rock who quenched those who thirst for life! Hail, O Pillar of Fire who guided those in darkness; hail, O Shelter of the World, wider than the clouds! Hail, O Food who took the place of Manna; hail, O Servant of Holy Delight! Hail, O Land of the Promised Good; hail, O you who flow with milk and honey! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

As Simeon was about to leave the present deceitful world, You were entrusted to him as an Infant, but You made Yourself known to him as the Perfect God. Wherefore, he marveled at Your wisdom beyond words, and cried out: Alleluia!

### ***Seventh Chant***

The Creator displayed a new creation to us who had come from Him: He came forth from a womb that had received no seed, and He left it intact as it had been, so that at the sight of this marvel, we would sing to her and cry out: Hail, O Blossom of Incorruption; hail, O Crown of Self-Mastery! Hail, O you who shone forth as a Sign of Resurrection; hail, O you who displayed the life of angels! Hail, Fruitful Tree from whom believers feed; hail, Shady Glen where many are sheltered! Hail, O you who have borne the Guide of the Lost; hail, O Source of Life to the Captives' Release! Hail, O you who unsettled even the just judge; hail, Indulgence of many who have fallen! Hail, O Stole for those who lack freedom to speak; hail, O Tenderness who exceeds all desire! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

Now that we have seen this strange birth, let us estrange ourselves from the world and turn our minds to heaven; indeed, it is for this that the God Most High appeared on earth as a lowly man, desiring to draw up to heaven those who cry out to Him: Alleluia!

### ***Eighth Chant***

While fully present amid those below, the Uncircumscribed Word was in no way absent from those above; for what happened was a divine condescension, and not a moving from one place to another; and it was a birth from a Virgin inspired by God, who heard these words: Hail, O Space of the spaceless God; hail, O Gate of the Sublime Mystery! Hail, O Message unsure to men without faith; hail, O Glory most certain to those who believe! Hail, O Sacred Chariot of the One Above the Cherubim; hail, Perfect Dwelling of the One Above the Seraphim! Hail, O you who reconciled opposites; hail, O you who combined maidenhood and motherhood! Hail, O you through whom transgression was erased; hail, O you through whom paradise was opened! Hail, O Key to the Kingdom of Christ; hail, O Hope for the Ages of Bliss! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

The whole order of Angels marveled at the great work of Your becoming a man. For they saw the One Inaccessible as God become a Man Accessible to All, living with us and hearing all cry out: Alleluia!

### ***Ninth Chant***

O Mother of God, we see the best of speakers become as mute as fish in your regard, for they could not explain how you could give birth while remaining a virgin. As for us, while marveling at the mystery, we



cry out to you with faith: Hail, O Container of God's Wisdom; hail, O Treasury of His Providence! Hail, O Reproof of Foolish Philosophers; hail, O Confusion of Speechless Wise Men! Hail, for you perplexed the inquisitive minds; hail, for you dried up the inventors of myths! Hail, for you ripped the Athenians' meshes; hail, for you filled the Fishermen's nets! Hail, O Retriever From the Abyss of Ignorance, hail, O Lamplight of Knowledge to Many! Hail, O Ship for Those Who Seek Salvation; hail, O Harbor for the Sailors of Life! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

Desiring to save the world, the Creator of All came down to it of His own will. Being at the same time our Shepherd and our God, He appeared among us, a man like us. And so the like called upon the Like, and as God He heard: Alleluia!

### ***Tenth Chant***

O Virgin God-Bearer, you are the Strength of Virgins and of all those who have recourse to you. For the Maker of Heaven and Earth covered you with His shadow, O Pure One, and came to dwell in your womb, and taught us all to cry out to you: Hail, O Pillar of Virginity; hail, O Gateway of Salvation! Hail, O Principle of the New Creation; hail, O Dispenser of God's Bounties! Hail, for you restored those born in shame; hail, for you gave sense to those who had lost it! Hail, O you who stopped the corruptor of minds; hail, O you who bore the Sower of Chastity! Hail, Holy Chamber of Virginal Wedlock; hail, O you who joins the faithful with God! Hail, O gracious Foster-Mother of Virgins; hail, O Bridesmaid of Holy Souls! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

Every hymn falls short when it attempts to sing the multitude of Your mercies. We could sing to You as many songs as there are grains of sand, O Holy King, without ever doing anything worthy of what You have given to those who cry out to You: Alleluia!

### ***Eleventh Chant***

We see the holy Virgin as a brilliant luminary enlightening those who live in darkness; for having kindled the Immaterial Light, she leads men to the knowledge of God and fills their minds with radiance, so that she is worthily praised in these words: Hail, O Beam of the Mystical Sun; hail, O Radiance of the Light Without Setting! Hail, Lightning-Flash that brightens the souls; hail, Thunder-Clap that strikes down the foes! Hail, for you have raised the many-lighted Star; hail, for you have opened the many-coursed Stream! Hail, O you who traced the Living Model of the Pool; hail, O you who erased the stain of sin! Hail, Flowing Water that cleanses the conscience; hail, Holy Vessel overflowing with joy! Hail, O Fragrance of the Sweetness of Christ; hail, O Life of the Mystical Banquet! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

Because He wished to grant release from all the ancient debts, the One Who pays men's dues came down Himself to those who had spurned His grace. He tore up their obligations, and heard from all of them this cry: Alleluia!

### ***Twelfth Chant***

By singing praise to your maternity, we all exalt you as a Spiritual Temple, O Theotokos! For the One Who dwelt within your womb, the Lord Who holds all things in His hands, sanctified you, glorified you and taught all men to sing to You: Hail, O Tabernacle of God the Word; hail, Holy One, more holy than the Saints! Hail, O Ark that the Spirit has gilded; hail, Inexhaustible Treasure of Life! Hail, Precious Crown of Rightful Authorities; hail, Sacred Glory of Reverent Priests! Hail, Unshakable Tower of the Church; hail, Unbreachable Wall of the Kingdom! Hail, O you through whom the trophies are raised;

hail, O you through whom the enemies are routed! Hail, O Healing of My Body; hail, O Salvation of My Soul! Hail, O Bride and Maiden ever-pure!

### ***Kontakion***

O Mother Worthy of All Praise, you who have given birth to the Word, the Holiest of the Holy, accept this present offering, deliver all men from every affliction, and save from the future punishment those who cry out to you: Alleluia!

### ***Hirmos***

Gabriel was rapt in amazement as he beheld your virginity and the splendor of your purity, O Mother of God, and he cried out to you: "By what name shall I call you? I am bewildered; I am lost! I shall greet you as I was commanded to do: 'Hail, O Woman Full of Grace!'"

*Recite the Concluding Prayers.*

## **The Akathist to St. Michael the Archangel**

*Recite the Prayers of Introduction.*

### ***Preamble***

Chosen captain of the heavenly hosts and defender of mankind, we - delivered by you from afflictions - offer this hymn of thanksgiving, and do you standing before the throne of the King of Glory set us free from all distress that we may cry to you with faith and love: Hail, Michael great captain, with the hosts of heaven!

### ***First Chant***

As leader of the fiery choirs of angels, it is right to praise you with angelic tongue, O Michael, but until - taught by you - we have become used to the speech of the bodiless powers, hear the praises from thankful lips though they be those of mortal beings: Hail, first-formed star of the world! Hail, candle of truth and justice, shining like gold! Hail, first receiver, in the choir of angels of the rays of the uncreated light! Hail, head of angels and archangels! Hail, you in whom the creative glory of the Right Hand shines! Hail, you by whom the assembly of all bodiless creatures is made beautiful! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

Beholding the splendor of your spiritual beauty and the strength of your right hand that is like a flash of lightning, we - wrapped as we are in the mortal flesh of this earth - but, filled with joy and thankfulness toward the Creator, cry aloud: O Archangel of God, with all the hosts of heaven: Alleluia!

### ***Second Chant***

O most wonderful Michael, leader of the heavenly hosts, ask for us a clear understanding, free from passions, that, lifted in thought from earthly to heavenly things, we may sing a hymn of praise to you: Hail, nearest beholder of the ineffable beauty and goodness of God! Hail, close participator in the mysteries of the all-good counsels of the most Holy + Trinity! Hail, faithful fulfiller of the pre-eternal judgements of the + Trinity! Hail, you at whom the heavenly hosts, with love, stand amazed! Hail, you to whom those born on earth give glory! Hail, you before whom the hosts of heaven tremble! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

Archangel Michael, you show in yourself the strength of an unconquerable zeal for the glory of God. At the head of the choirs of angels, you have withstood the arrogant daystar Satan, exceedingly proud and breathing out evil when he and his dark fellow-servants had been cast down into the nethermost parts of the world, while the heavenly hosts led by you in your glory shouted as with one voice for joy before the throne of God: Alleluia!

### ***Third Chant***

All Christian people have you, O Archangel Michael, as a mighty defender and helper in battle against the adversary. Therefore, we, wishing to be granted your marvelous protection, call upon you on the day of your solemn feast in this way: Hail, you by whom Satan was cast down like lightning from heaven! Hail, you by whom humanity preserved goes up to heaven! Hail, splendid adornment of the most radiant world on high! Hail, most glorious defender of the fallen world here below! Hail, never-defeated by the forces of evil! Hail, you, established forever by divine grace in truth and righteousness with all God's angels! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

O chief ruler of the angels, deliver us who keep your radiant feast with joy from the storm of temptations and troubles, for you are a mighty helper in afflictions and the preserver and defender in the hour of death of all those crying aloud to Our Lord and Our Lady: Alleluia!

### ***Fourth Chant***

Seeing your boldness against the regiments of Satan, all the ranks of angels followed after you with joy into the fight for the name and the glory of their Master, crying aloud: "Who is like unto God!" And we, seeing Satan cast down beneath your feet cry to you as victor: Hail, you by whom peace and quiet returned to heaven! Hail, you whom the spirit of evil was laid low even unto hell! Hail, you who direct the angelic armies and the hosts of the invisible world to the destruction of evil! Hail, you who, unseen, calm the agitation and fighting of the elements of the unseen world! Hail, wonderful defender of those waging war with the spirits of evil! Hail, strong helper of those on earth grown weak through the temptations and assaults of the world! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

You have appeared in the Church of Khony as a divinely flowing fountain of great miracles. For, not only was a large and fearful serpent dwelling there destroyed by your strength, but a stream of water was revealed there healing all bodily ailments, that all might glorify you, O Lord God of the angels, and all might cry out to You with Faith: Alleluia!

### ***Fifth Chant***

Hearing you and knowing you as a great light shining among the choirs of angels, after God and His Holy Mother, we run to you, wonderful Michael. With the rays of your light illuminate all of us who sing to you in the following manner: Hail, mediator of the law given by the hand of Moses on Mount Sinai! Hail, you by whom the judges and leaders of Israel found strength and protection! Hail, you, through whom the prophets and high priests of the Jews received the gift of knowledge from the all-knowing God! Hail, you who provide with secret wisdom the God-fearing givers of the law! Hail, you who put kindness and mercy into the hearts of those who administer justice and truth! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

You have announced beforehand the judgements of God when, in former times - at the sight of you - Mannah was filled with fear and perplexity, thinking that he would no longer live, but taught by his wife of the goodness of the vision, and the gentleness of your words, from joy at having a son, Samson, who was about to be born, he cried out to God in thanksgiving: Alleluia!

### ***Sixth Chant***

You have shone forth wonderfully, O Michael, when in the form of a man you have stood before Joshua, son of Nun, saying: "Take off your shoes, for I am the chief captain of the hosts of the Lord." And we, marvelling, sing to you: Hail, untiring guardian of leaders, rulers, and governments! Hail, you, swift to overthrow those withstanding authority as they oppose the command of God! Hail, you who appease the mighty wave of popular tumult! Hail, invisible destroyer of vile customs! Hail, you who enlighten those in doubt in the hour of great perplexity! Hail, you who save all those tried by soul-destroying and false attacks! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

Wanting to show that the fortunes of men are not dependent on themselves, but are always held in His Divine Hand, the Maker of all has given you to the kingdoms of the earth as a defender and keeper, that you may prepare all the tribes and peoples for the Kingdom of God that is eternal. Therefore, all of us knowing your great service for the salvation of mankind, cry to God in thanksgiving: Alleluia!

### ***Seventh Chant***

The Creator and Master of all miracles has shown us a new miracle on earth through you, chief angel, when you miraculously saved the church built in honor of your name from being flooded with the waters of the river. You commanded the rising stream to turn back into the bosom of the earth, at the sight of which the blessed Archipus together with his spiritual children cried to you in thanksgiving: Hail, indestructible rampart of the holy Church of God! Hail, you at whose behest the elements are subdued! Hail, you by whom all evil intents are brought to naught! Hail, you who bring joy to all the faithful from the throne of the Almighty God! Hail, you who lead unbelievers on the path of justice and truth! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

Habakkuk, the prophet, saw in his very self a strange wonder of your power, O chief captain of God's armies, when carried off at the Divine Command, he was quickly taken from Judah to Babylon to give food to Daniel, a prisoner in the den of the lions. Therefore, amazed at the mighty effect of your strength, he cried out with faith: Alleluia!

### ***Eighth Chant***

Standing before the throne of God, Michael, you are entirely in the heights yet you are not far from men and women below upon the earth. You ever fight against the enemies of mankind's salvation. Therefore, all who wish to reach the long-desired homeland of heaven call to you with one accord: Hail, leader of the thrice-holy hymn of the angels! Hail, ever-ready advocate and guardian of those on earth! Hail, who, in strange fashion, struck down Pharaoh with his faithless Egyptians in their ponderous pride! Hail, who gloriously led the Jews in their wandering through the wilderness! Hail, you who quenched the flame of the fiery furnace of Babylon for the three youths! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

Joyful trembling seized the monks of the Holy Mount of Athos when they saw how you saved the God-fearing child who was thrown into the depths of the sea with a stone around his neck by money-grubbing

men. The monastery that received him was adorned by your name, O Michael, and cries to God in thanksgiving: Alleluia!

### ***Ninth Chant***

Speakers, eloquent in words and who love clever thoughts, have not sufficient strength to declare your might, O Michael, and how in one night you destroyed the one hundred and eighty-five thousand warriors of Sennacherih, the king of Assyria, as a warning to him not to blaspheme the Name of the Lord in the future. We, honoring your zeal for the glory of the truth of God, cry out to you with gladness: Hail, unconquerable leader of the armies of Orthodoxy! Hail, very fear and defeat of armies whose beliefs are evil! Hail, planter of the Orthodox faith and worship! Hail, uprooter of heresies and schisms that harm the soul! Hail, you who strengthened the pious Maccabees on the field of battle! Hail, you who struck down in the temple itself Heliodorus, the captain of the evil king, Antiochus! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

O chief captain of God, be for us who wish to be saved, a firm helper, to deliver and preserve us from distress and mishap, and even more so from our own evil habits and sins so that, progressing in faith, hope and love of Christ, we may thankfully cry out with joy to the Master of angels and mankind for your strong defense: Alleluia!

### ***Tenth Chant***

O chief captain of God, you are a wall for all who believe and a strong pillar in the struggles with visible and invisible enemies. With thankful hearts and voices we cry: Hail, unconquerable opponent of the enemies of the Faith and the adversaries of the Holy Church! Hail, untiring helper of those who humbly announce the Good News! Hail, you who enlighten with the light of faith those sitting in the land of darkness! Hail, you who direct along the path of truth and repentance those made foolish through false wisdom! Hail, terrible avenger of those who call in vain upon the Name of the Lord! Hail, chastiser bearing lightning for those who foolishly mock the Mysteries of the Holy Faith! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

O angel of God, every song of praise falls short because of the multitude of miracles performed by you not only in heaven and on earth, but also in the dark shades of the depths of the netherworld, where you have chained the serpent with the bonds of power of the Lord, that those delivered from the evil one's wickedness might bless the Master of heaven and earth, crying: Alleluia!

### ***Eleventh Chant***

O chief captain, you appeared as a light-bearing servant of truth and the purity of divine worship when, foreseeing the snares of the spirit of darkness, you have forbidden him in the Name of the Lord, that he dare not show the hidden body of the prophet Moses, leader of the Jews, to the sensual children of Israel lest they deify him. Therefore, while we now honor your divinely bright feast, we cry to you: Hail, you who kept the purity of knowledge of God among the Jews in the days of the Old Testament! Hail, who by grace have many times uprooted the weeds of error in the days of the New Testament! Hail, destroyer of heathen prophets and idols! Hail, fortifier of Christians who struggle and suffer! Hail, you who fill the weak in spirit with the strength of the grace of God! Hail, you who clothe in the armor of faith those who fail in the flesh! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

Beg grace for us from God in heaven as we sing to the glory of your honorable name, O Michael, that in the shadow of your protection we may live in all piety and purity until, set loose from the bonds of flesh

and death, we may be granted to stand before the flaming throne of the King of Glory and sing with all the chors of angels: Alleluia!

### ***Twelfth Chant***

Singing the praises of your many different miracles performed for our salvation, we pray the Lord and Master of all, O Michael, that the spirit of zeal for the glory of God that is within you fail not in us who sing to you with these hymns of praise: Hail, you who divinely set up in the heights of power the servants of God in time of need! Hail, you who invisibly bring down from the heights of strength and glory those who are unworthy and insolent! Hail, you, who on the last day, shall gather the chosen from the four ends of the earth! Hail, you by whom at the voice of God sinners shall be committed like bares to the eternal fire! Hail, you by whom Satan and his angels shall be cast into the lake of fire! Hail, you by whom the righteous shall gloriously be made to settle in the mansion of our heavenly Father! Hail, Michael, great chief captain with all the hosts of heaven!

### ***Kontakion***

O most wonderful leader of archangels and angels, because of your most marvelous service for the salvation of mankind, accept from us the sound of praise and thanksgiving now offered to you, and as you are filled with the strength of God, protect us with your immaterial wings from all visible and invisible enemies, that we may cry without ceasing to the Lord glorified by you and who glorified you: Alleluia!

### ***Prayer of Entrustment***

O great and holy Michael, Archangel of God, standing at the head of the angels before the everlasting + Trinity, O advocate and preserver of mankind, who - with your hosts - has broken in heaven the head of the daystar, Satan, the exceedingly proud one, and who always puts to shame his evil and cunning servants on earth, we run to you with faith and pray to you with love: be an unbreakable shield and firm bastion for the Holy Church and for our nation, protecting them with your lightning sword. Be for us a guardian angel, a wise counsellor and helper of our land bringing to it from the throne of the Eternal Ruling King and Lord our God enlightenment and strength, joy, peace and comfort. Be for us the chief captain and fellow-fighter of our honorable country, crowning it with glory and victory over unjust adversaries, that all who oppose us may know that God and His holy angels stand ready to defend us. Be the physician and healer of those wounded. Be the pillar and defender of those children of the Church of God that are in captivity. And forsake not, O Archangel of God, with your help and protection, those of us who today glorify your holy name. For, behold, though we are great sinners, yet we desire not to perish in our iniquities but to turn to the Lord and be made by Him to live for good works. Illuminate our minds with the light of the Countenance of God that shines without ceasing on the lightning-like forehead, that we may understand that the will of God concerning us is good and perfect and knows all that is right for us to do, and even that which is right to omit and overlook. Strengthen by the grace of the Lord, our weak and feeble purpose, that made firm in the commandments of the Lord we may cease to wallow in earthly thoughts drawn by the lusts of the flesh as senseless children through the perishable beauties of the world. Above all these things, ask from on high for us the true spirit of repentance, true sorrow and contrition for our sins before God, that we may spend the remaining number of our days in this temporal life, not in the satisfying of our feelings and in the bondage to our passions, but in the blotting out of the evil we have done by tears of faith and heartfelt compunction, by works of charity, chastity, and holy acts of loving mercy.

When the hour of our end and of our liberation from the earthly bonds of our own bodies draws near, O Archangel of God, leave us not without defense against the earthly spirits of evil who try to hinder the entry of man into the heavenly places. Preserved by you, may we, without hindrance, reach those all-glorious dwelling-places of Paradise where there is neither sorrow nor sighing but only life without end. May we be made worthy to behold the Face of our all-gracious Lord and Master, and falling at His feet with tears may we cry out in joy and tender feeling: Glory to You, our most tender, dear Redeemer, who, because of Your great love for us, your unworthy servants and handmaidens, have been pleased to send Your angels in the service of our salvation! For all the powers of heaven praise You, and we give glory, honor and thanksgiving to You, Father +, Son and Holy Spirit, now and ever and forever. Amen.

O chosen captain of the heavenly hosts and defender of mankind, we, delivered by you from all afflictions, offer this hymn of thanksgiving, and do you, standing before the throne of the King of Glory, set us free from all distress that we may cry to you with faith and love:  
Hail, Michael, great captain, with all the hosts of heaven! *Three times.*

*Recite the Concluding Prayers.*

## The Paraklis: The Office of Consolation to the Most Holy Theotokos

*The Paraklis is a special office, or service, dedicated to the Mother of God. It is penitential in nature and - although it may and should be prayed at anytime - it is commonly recited, or chanted, during times of great trial. Invoking the compassion of the Theotokos, as the Mother of Sorrows, it is designed to bring consolation to those who suffer for whatever reason. It is also commonly celebrated during the Lenten season of the Great Fast.*

*Recite the Prayers of Introduction, including the twelve **Lord, have mercies**, the **Doxology**, and the three **Come, let us...***

### **Psalm 142** **Confidence in the Lord**

O Lord, listen to my prayer; in Your truth give heed to my request and in Your justice hear me. And enter not into judgment with Your servant since of all the living none is just before You. The enemy has pursued my soul, he has crushed my life into the ground. He has forced me to dwell in darkness like those long dead. My spirit was overwhelmed with grief and within me my heart was troubled. Remembering the days of old, I meditated on all Your deeds, I thought of the works of Your hands. I stretched out my hands to You; like a parched land my soul longed for You. Listen to me without delay, O Lord; my spirit has failed me. Turn not Your face from me, nor let me sink in the pit like the others. Grant that I may hear Your love at dawn, for I have placed my hope in You. O Lord, let me know which way I shall go, for I have lifted up my soul to You. Deliver me, O Lord, from my enemies; it is to You that I have fled. Teach me to do Your will, for You are my God; may Your good Spirit lead me over level ground. For the sake of Your name, O Lord, You will keep me alive. In Your saving bounty, You will deliver my soul from oppression. And in Your loving kindness, You will destroy my enemies. And bring to naught all those who grieve my soul, for I am Your servant.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory + be to You, O God! *Three times.*

God the Lord has revealed Himself to us; blessed is He Who comes in the name of the Lord. *Three times.*

### **Troparia**

Unto the Mother of God let us sinners humbly and diligently have recourse now, and bowing low in repentance, let us exclaim from the depths of our souls: Come to our aid, O Queen, and have compassion on us. Hasten for we perish from our many sin; turn not from your rewardless servants, for we have you as our peerless Protectress.

Glory be...now and ever...O Mother of God, we, although unworthy, shall never cease to proclaim your might; for if you should no longer intercede for us, who would deliver us from countless misfortunes? Who would preserve us in freedom until this day? We shall not abandon You, O Queen; for you, who are unsurpassed in blessedness, always save your servants from all calamities.

### **Psalm 50/51**

*Recite Psalm 50/51.*

## Canon of Supplication

### **Odes 1 and 2**



When Israel passed through the waters as upon dry land, and escaped the malice of the Egyptians, they cried out: "Let us sing to our Redeemer and our God!"

O most holy Theotokos, save us!

Many temptations have surrounded me, O Virgin. To you I come for shelter and salvation. O Mother of God, deliver me from all trouble and affliction!

O most holy Theotokos, save us!

The assaults of my passions disturb me; they fill my soul with great discouragement. O Maiden, preserved from all stain, restore the balance of my soul through the peace of your Son, through the peace of your God!

O most holy Theotokos, save us!

O Virgin, I beseech you who have given birth to God the Savior, deliver me from my afflictions. It is to you I now come for shelter, to you I lift up my heart and thoughts.

Glory be...now and ever...

You alone are the Theotokos; you are good and the Mother of Goodness. Take away the disease of my body and soul; make me worthy of your good care and of the coming of God.

### ***Ode 3***

O Lord, and supreme Creator of the heavenly firmament and Founder of the Church, confirm me in Your love, O Summit of Desires; for You are the stronghold of the faithful and the only One Who truly loves mankind.

O most holy Theotokos, save us!

O Virgin Mother of God, I choose you to be my protection and the shelter of my life. Direct me towards your haven, for you are the channel of all good things and the support of the faithful, and you alone are worthy of every praise.

O most holy Theotokos, save us!

I beseech you, O Virgin, dispel the troubles of my soul, quiet the surge of my despair; for you, O Bride of God, have carried the Prince of Peace, and you alone are perfectly pure.

O most holy Theotokos, save us!

You gave birth to the Doer of Good, to the Cause of All Delight. Let the wealth of His generosity abound within all souls; for since you have borne the Almighty Christ, you have power to act as you please, O you who are blessed of God.

Glory be...now and ever...

O Virgin, help me who am pressed by incurable ills and distressing passions; for I know that you, All-blameless One, are a perfect and abundant treasury of healing.

### ***Ode 4***

O Lord, I have heard of the mystery of Your plan of redemption, and I have meditated upon Your works. That is why I give glory to Your divinity.

O most holy Theotokos, save us!

Quiet the seething of my passions and calm the storm of my sins, for you are the Bride of God who gave birth to the good Lord.

O most holy Theotokos, save us!

O Virgin who gave birth to the compassionate Lord, the Savior of those who praise you, grant that I who cling to you may enjoy the depth of your compassion.

O most holy Theotokos, save us!

We who rejoice on account of your gifts are aware that you are the Mother of God, and so we sing a hymn of gratitude to you who are perfectly pure.

Glory be...now and ever...

You whom we possess as our hope, our supporting strength, our indestructible wall of salvation, are worthy of all praise. Grant that we may be worthy to be delivered from all affliction.

### ***Ode 5***

Enlighten our hearts with Your commands, O Lord; with Your outstretched hand grant us Your peace, O Lover of Mankind

O most holy Theotokos, save us!

O Immaculate Lady, give me your pure happiness. You gave birth to the Cause of Joy; fill my heart with joy!

O most holy Theotokos, save us!

Deliver us from dangers, O Immaculate Theotokos, for you gave birth to Eternal Salvation and to Peace beyond our understanding.

O most holy Theotokos, save us!

With the brightness of your light, dispel the darkness of my sins, O Bride of God who gave birth to the Divine and Eternal Light.

Glory be...now and ever...

Heal the misery of my passions; make me worthy of your assistance, and through your intercession, grant me health.

### ***Ode 6***

Before the Lord, I pour out my supplication. To Him I complain about my sorrow for my soul is filled with iniquities, and my life is close to the Abyss. Therefore, like Jonas, I cry out: Raise me from corruption, O my God.

O most holy Theotokos, save us!

O Virgin, beseech your Lord and your Son Who delivered Himself to death and saved my nature from death and corruption to which it had been bound, that He may deliver me from the hands of the enemy.

O most holy Theotokos, save us!

I believe, O Virgin, that through your intercession you save and protect my life, dispelling many temptations and casting out the cunning snares of the devil. Now I implore you without ceasing: Deliver me from my corrupting passions.

O most holy Theotokos, save us!

O Maiden, you have been given to us as a wall behind which we may seek refuge, as a perfect means of salvation for our souls, as a joy in our tribulations; for we always find delight in your light. O Lady, save us always from every danger and evil desire.

Glory be...now and ever...

Behold how sick I am; I lie upon my bed, and there is no healing for me. I come to you in your goodness, for you have given birth to the Savior of the World. Deliver me from my disease and raise me from the pain of my affliction.

### ***Kontakion***

O gentle Protectress of Christians, unfailing Mediatrix before the Creator, do not despise the prayerful voices of sinners; but in your goodness hasten to assist us who trustfully cry out to you: Inspire us to prayer, and hasten to hear our supplication; intercede always, Mother of God, in behalf of those who honor you!

### ***Troparia***

Glory be...O Father +, Word, and Spirit: Holy Trinity; cleanse the multitude of our sins.

Now and ever...Through the prayers of the most pure Theotokos, O Merciful Lord, cleanse us of our many sins.

### ***Hirmos***

O most holy Lady, do not abandon me to any human help. Let the prayer of your servant rise to you. Distress is all around me. No longer can I bear the darts of Satan. I have no shelter, no place to hide. I have no consolation, except you alone. O Queen of all, you are the hope and protection of all the faithful. Do not reject my prayer, but grant what I ask.

### **Ode 7**

The youths of Judea who came to Babylon had the power to overcome the flames of the furnace, for they believed in the Holy Trinity + and cried out: Blessed are You, O God of our Fathers!

O most holy Theotokos, save us!

In Your desire to save our souls, You dwelt in the womb of the Virgin, and established her as the intercessor of creation. Blessed are you, O God of our Fathers!

O most holy Theotokos, save us!

O most pure Mother, may your prayer go up to the Source of Mercy to Whom you have given birth, so that we may be preserved from weakness and impurity, who cry out with faith: Blessed are You, O God of our Fathers!

O most holy Theotokos, save us!

You have taken the one who gave You birth, and have established her as a Treasury of Salvation, a Source of Immortality, an indestructible Fortress, a Door Open for Repentance to those who cry out: Blessed are You, O God of our Fathers!

Glory be...now and ever...

O Theotokos, who gave us Christ, grant to those who anxiously seek your divinized shelter, that they deserve to be healed of the illness of body and soul.

### **Ode 8**

Let us praise the King of Heaven Whom the hosts of Angels praise; let us exalt His Name forevermore.

O most holy Theotokos, save us!

O Virgin, do not turn away from those who seek your help; who praise and exalt your maidenhood forever.

O most holy Theotokos, save us!

O Virgin, abundant healing flows from you upon all those who sing your wondrous birth with faith and praise.

O most holy Theotokos, save us!

O Virgin, you shall heal the sorrows of my soul, you shall cure the illness of my body, and I shall sing your praise, O Woman Full of Grace!

Glory be...now and ever...

O Virgin, you drive away the dangers of temptation; you restrain the fire of passion, and so we sing your praise forevermore.

### **Ode 9**

O Virgin without stain, through whom we have been saved, we proclaim that you are the true Theotokos, and with the hosts of Angels we extol your name.

O most holy Theotokos, save us!

O Virgin, despise not the flowing of my tears, for you have given birth to the Lord, Who wipes away all tears.

O most holy Theotokos, save us!

O Virgin, be a haven and a help, an indestructible fortress and a harbor, a shelter and a joy to those who come to you.

O most holy Theotokos, save us!

O Virgin, cast away the darkness of unknowing; enlighten with your rays of light those who proclaim that you are truly the Mother of God.

Glory be...now and ever...

O Virgin, come to me in this time of pain; raise me from my sickness and restore my health.

### **Theotokion**

*Recite the Common Hirmos.*

### ***Aposticha***

O Gracious One, who pray for all who with faith take refuge in your powerful protection, for we sinners, ever in affliction and misery, have no other recourse to God; we are burdened with many sins, Mother of God on high. Therefore we prostrate ourselves before you: save your servants from all calamities.

I will proclaim your name in every generation!

O Joy of All Who are Troubled, Patroness of Persecuted Ones, and Sustainer of the Hungry, Consoler of Wanderers, Harbor of the Storm-tossed, Visitor of All the Sick, Protectress and Patoness of the Weak, Staff of the Aged, O Mother of God on high, you are most pure: hasten, we pray, that your servants may be saved.

Hear, O Daughter, and see, and incline your ear!

Hail, Virgin most pure! Hail, Honored Scepter of Christ the King! Hail, from whom sprouted the Mystical Vine! Hail, Gate of Heaven and Unburnable Bush! Hail, Light of the Universe! Hail, Joy of All! Hail, Salvation of the Faithful! Hail, Protectress and Refuge of All Christians! Hail to you, O Queen!

Glory be...now and ever...

Hail, Glory of the Universe! Hail, Temple of the Lord! Hail, Overshadowing Mountain. Hail, Refuge of All! Hail, Golden Candelabrum! Hail, Precious Glory of True Believers! Hail, Mary, Mother of Christ our God! Hail, Paradise! Hail, Altar Divine! Hail, Entryway! Hail, All-golden Hand! Hail, Hope of All!

### ***Troparia***

Have mercy on us, O Lord, have mercy on us, since we have no defense, we sinners offer this supplication to You, our Master: have mercy on us.

Glory be...Lord, have mercy on us, for in You we place our hope. Be not exceedingly angry with us, nor mindful of our transgressions, but even now look upon us with mercy, and deliver us from our enemies. For You are our God and we are Your people; we all are the work of Your hands and we call upon Your Name.

Now and ever...Open unto us the doors of mercy, O Blessed Mother of God, that we, who place our trust in you, may not perish, but that through you we may be delivered from misfortune; for you are the salvation of all Christians.

### ***Prayer to Our Lady***

O my most blessed Queen, Defender of the Human Race, Defender and Salvation of all those who hasten to you: I know that I have sinned many times and angered the most Good God Who was born of you. But I have many examples of those who abused His loving kindness before I did; all were sinners who received forgiveness of their sins after confession and penance. Having before my sinful eyes the example of those pardoned, and beholding the great mercy of God in receiving them anew, I too, a repentant sinner, dare to have recourse to your compassion, O my gracious Queen. Give me your helping hand, and obtain from your Son and our God the forgiveness of my grievous sins.

I believe and profess that the One you have borne, your Son, is truly Christ, the Son of the Living God, the Judge of the Living and the Dead Who will deal with each one according to his deeds. I further believe and profess that you are truly the Mother of God, and that in your deep love for the Christian people, you are a Fountain of Mercy, the Consolation of the Afflicted, a Haven for the Lost, a powerful and constant Advocate before Christ, and the Guarantee of my repentance.

Truly, there is no help or refuge for mankind besides you, O Merciful Lady. No one who hopes in you is ever disappointed; no one who implores God through you is ever forsaken.

For this reason, I beseech your inexhaustible goodness: open the gates of your mercy to me who have sinned and fallen into darkness. Sinful as I am, do not despise me nor reject my appeal; in my wretchedness, do not forsake me whom the enemy has seized for destruction. Beseech the merciful God, born of you, that He forgive my grievous sins and deliver me from ruin, so that, I too, with all those who have been forgiven before, may praise and glorify God's boundless mercy and your unfailing intercession for me, both in this life and in the age to come. Amen.

*Recite the Concluding Prayers.*

## Devotional Molebens

A *Moleben* is a special service dedicated to Our Lord, the Mother of God, or a saint; it can also commemorate a particular season or feastday. *Molebens* (actual plural spelling: "Molebni") were developed by the people in order to express their piety. The service is adapted from the Office of Matins, or Morning Prayer. When celebrated publically, with a priest officiating, it will also include several *ektenias* (litanies) and usually a Gospel reading.

### Devotional Moleben to Jesus, the Lover of Mankind

The invocation of Our Lord God and Savior Jesus Christ, under the title "Philanthropos", or "Lover of Mankind", is an ancient practice of the Church. Its origin is in the East, where the people called upon the mercy of Our Lord to temper His judgment as "Pantocrator", or "Judge and Ruler of All." No parallel existed in the Western Church until the mid-seventeenth century, when the people developed the same devotion to Our Lord, under the title of "Sacred Heart."

Recite the Prayers of Introduction, including the twelve **Lord, have mercies**, the **Doxology**, and the three **Come, let us...**

#### Troparia

Have mercy on us, O Lord, have mercy on us. Since we have no defense, we sinners offer this supplication to You, our Master, have mercy on us.

Glory be...now and ever...Unconquered King and Lord, we Your creatures and servants sing Your praise for having delivered us from eternal death. Since Your mercy is boundless, free us from every danger as we sing: O Jesus, Son of God, have mercy on us.

#### Exaltation

We extol You, O Life-giving Christ, for You have deigned us to be partakers of the bounties of your love for mankind. *Repeat after each verse.*

*Verse 1* What shall I return to the Lord for all He has given me?

*Verse 2* My heart hopes in Him, and He has helped me.

*Verse 3* A clean heart create for me, O God, and a steadfast spirit renew within me.

*Verse 4* Glory be...now and ever...

#### Petitions

1 O Jesus, Son of the living God, You have revealed the bounties of Your love for mankind; have mercy, and save all those who give You glory.

*Refrain* O Jesus, Lover of Mankind, have mercy on us. *Repeat after each petition.*

2 O Jesus, Son of the living God, Redeemer of our forefathers, and Joy of the saints, have mercy and save all those who give You glory.

3 O Jesus, Son of the living God, most powerful King, and ever-merciful Savior, have mercy and save all those who give You glory.

4 O Jesus, Son of the living God, invincible Strength, and Boundless Mercy, have mercy and save all those who give You glory.

5 O Jesus, Son of the living God, forgive our sins and deliver us from our iniquities; have mercy and save all those who give You glory.

6 O Jesus, Son of the living God, Comfort of Our Souls, and Light of Our Minds, have mercy and save all those who give You glory.

7 O Jesus, Son of the living God, Delight of our Hearts and Strength of our Bodies, have mercy and save all those who give You glory.

8 O Jesus, Son of the living God, our Hope at the hour of death and Security at the final judgment, have mercy on all those who give You glory.

9 O Jesus, Son of the living God, You surpass all in power and answer every prayer; have mercy on all those who give You glory.

10 O Jesus, Son of the living God, do not judge us according to our deeds, but have mercy and save all those who give You glory.

11 O Jesus, Son of the living God, guard our hearts against all evil passions and vain thoughts; have mercy and save all those who give You glory.

12 O Jesus, Son of the living God, Eternal King, Sun of Justice, Tranquil Light, have mercy and save all those who give You glory.

### ***Prayer of Our Lord, the Lover of Mankind***

O God and Lord Jesus Christ, lead us in Your way that we may walk in Your truth. Gladden our hearts that we may fear Your holy Name. O Lord, so mighty in Your mercy, so gracious in Your might, assist and comfort us; save us, for we put our trust in Your holy Name. In Your wrath, do not let us perish, O Lord and Lover of Mankind, but show us Your great mercy and compassion. O Physician and Healer of Souls, Most Merciful Savior, forgive all our transgressions; for in the depth of our hearts, we are sorry for having offended You. Grant us Your grace, that we may avoid our earlier sinful ways. Give us the strength, O Mighty Lord, to withstand the temptations before which we are weak. Keep us under Your protection and under the shadow of Your wings, that we may serve You faithfully, praise You, and glorify Your Name + all the days of our life. Amen.

*Recite the Concluding Prayers.*

### **Devotional Moleben to Mary, the Most Holy Virgin**

*Recite the Prayers of Introduction, including the twelve Lord, have mercies, the Doxology, and the three Come, let us...*

### ***Troparia***

Unto the Mother of God, let us sinners humbly and diligently have recourse now, and bowing low in repentance, let us exclaim from the depths of our souls: Come to our aid, O Queen, and have compassion on us; hasten for we perish from our many sins; turn not from your rewardless servants, for you we have as our peerless protectress.

Glory be...Now and ever...O Mother of God, we, although unworthy, shall never cease to proclaim your might, for if you should no longer intercede for us, who would deliver us from countless misfortunes? Who would preserve us in freedom until this day? We shall not abandon you, O Queen, for you, who are unsurpassed in blessedness, always save your servants from all calamities.

### ***Supplications***

1 Rejoice, most blessed Virgin Mary, ever-merciful Mother of God, and save all who have recourse to you.

*Refrain* O most blessed Theotokos, save us. *Repeat after each supplication.*

2 Rejoice, O Mother of Christ our God, and save all who have recourse to you.

3 Rejoice, O Mother of eternal love and save all who have recourse to you.

4 Rejoice, O Mother of God's grace, and save all who have recourse to you.

5 Rejoice, Virgin immaculately conceived, and save all who have recourse to you.

6 Rejoice, Virgin more radiant than the Cherubim, and save all who have recourse to you.

7 Rejoice, Virgin more glorious than the Seraphim, and save all who have recourse to you.

8 Rejoice, O Mary, untainted dove, and save all who have recourse to you.

9 Rejoice, O Mary, fragrant flower of immortality, and save all who have recourse to you.

10 Rejoice, O Mary, benevolent sustainer of virgins, and save all who have recourse to you.

- 11 Rejoice, O Mary, canopy more boundless than the heavens, and save all who have recourse to you.  
 12 Rejoice, O Mary, intercessor before the impartial Judge, and save all who have recourse to you.  
 13 Rejoice, O Mary, comfort of the sorrowful, and save all who have recourse to you.  
 14 Rejoice, O Mary, refuge of sinners, and save all who have recourse to you.  
 15 Rejoice, O Mary, mediatrix who did not abandon us after your dormition, and save all who have recourse to you.  
 16 Rejoice, O Mary, unparalleled in purity and blessedness, and save all who have recourse to you.

### **Stichera**

O Gracious One, you pray for all who with faith take refuge in your powerful protection, for we sinners, ever in affliction and misery, have no other recourse to God; we are burdened with many sins, Mother of God on high. Therefore, we prostrate ourselves before you: save your servants from all calamities.

I shall proclaim your name in every generation.

O joy of all who are troubled, patroness of persecuted ones, and sustainer of the hungry, consoler of wanderers, harbor of the storm-tossed, visitor of all the sick, protectress and patroness of the weak, staff of the aged, O Mother of God, on high you are most pure; hasten, we pray, that your servants may be saved.

Hear, O daughter, and see, and incline your ear.

Hail, Virgin most pure, hail honored scepter of Christ the King. Hail, from whom sprouted the Mystical Vine. Hail, gate of heaven and unburnable bush. Hail, light of the universe. Hail, joy of all. Hail, salvation of the faithful. Hail, protectress and refuge of all Christians. Hail, to you, O Queen.

Glory be...now and ever...

Hail, glory of the universe. Hail, temple of the Lord. Hail, overshadowing mountain. Hail, refuge of all. Hail, golden candleabrum. Hail, precious glory of orthodox believers. Hail, Mary, Mother of Christ our God. Hail, paradise. Hail, altar divine. Hail, entryway. Hail, all-golden hand. Hail, hope of all.

### **Prayer to Our Lady, the Theotokos**

O our ever-gracious Queen, our hope, O Theotokos, Comfort of Orphans, the Harbor of the Harborless, the Joy of the Suffering, the Refuge of the Despise, behold our trial, behold our tribulation and help us since we are without shelter. Beholding our destitution, loosen our bonds, if you will; for we have no help but you, no other refuge, no kindly comfort but You, O Theotokos. You will guard and protect us forever and ever. Amen.

*Recite the Concluding Prayer.*

### **Devotional Moleben for the Christmas Fast (Advent)**

*The Christmas Fast, also known as Philipfast (as it begins after the Feast of St. Philip), or Advent begins on November 15. Like the Great Fast of Lent, it covers a period of forty days. During the celebration of the Moleben, a candle, decorated with Christmas greenery and placed near an icon of either the Nativity of Our Lord, or of Our Lady of the Sign, may be lit.*

*Recite the Prayers of Introduction; the twelve **Lord, have mercies**, the **Doxology**, and the **Come, let us adore...** prayers may be taken or deleted.*

### **Troparia**

Prepare yourself, O Bethlehem; reopen yourself to all, O Eden; adorn yourself, O Ephrathah; for in a cave the Tree of Life blossomed forth from a Virgin. Her womb revealed itself to be the mystical paradise, in which the Divine Plant grows, and eating thereof, we shall live and not die as did Adam. For Christ is born so that our fallen nature might be restored.

Glory be...now and ever...Today, the Virgin comes to the cave to give birth in an ineffable manner to the Eternal Word. O universe, having heard this news, rejoice, and together with the angels and shepherds glorify Him, Who - though He be the Eternal God - has willed to appear as a newborn Babe.

### ***Magnification***

We magnify You, O life-giving Christ, Who for our sake was born according to the flesh from the most pure and immaculate Virgin Mary. *Repeat after each verse.*

*Verse 1* Shout joyfully to the Lord all the earth; sing praise to His name, give to Him glorious praise.

*Verse 2* The Lord has sent deliverance to His people.

*Verse 3* And I shall make Him the first-born, high above earthly kings.

*Verse 4* And all the kings of the earth shall adore Him.

*Verse 5* Before the daystar, like the dew, I have begotten You. The Lord has sworn, and He will not repent.

*Verse 6* Blessed + be the Lord forever! Amen, and Amen!

*Verse 7* Glory be...now and ever...

### ***Supplication***

1 Let heaven above rejoice, and let the clouds sprinkle truth; let the earth germinate and bring forth the Savior.

Come, O Jesus, our Savior; redeem and save us. *Repeat after each supplication.*

2 O Christ the Savior, our true God, come to us and save us!

3 O Christ the Savior, the Incarnate Son of the Eternal God, come to us and save us!

4 O Christ the Savior, marvelous Fruit of the Holy Spirit, come to us and save us!

5 O Christ the Savior, most holy Fruit of the most pure Virgin, come to us and save us!

6 O Christ the Savior, the Beginning of our salvation, come to us and save us!

7 O Christ the Savior, the bright Sun of the world, come to us and save us!

8 O Christ the Savior, the burning Thirst of the patriarchs, come to us and save us!

9 O Christ the Savior, the glorious Vision of the prophets, come to us and save us!

10 O Christ the Savior, the resplendent Star of Bethlehem, come to us and save us!

### ***Stichera***

Prepare, O Bethlehem, and let the manger make ready and the cave receive; for Truth has come, and the shadow has passed. God has appeared to mankind from the Virgin, taking upon Himself our likeness and deifying our nature. Wherefore, Adam and Eve are made new and proclaim: "Goodwill has appeared on earth to save our race!"

God will come from the south, and the Holy One from the over-shadowed mountaintop.

Now the time has come for the ancient prophecy that has been mystically uttered to be fulfilled. "And you, O Bethlehem, in the land of Judah, are by no means least among the princes. For you have prepared the cave; from you shall come to us a Leader of nations, incarnate of a Virgin. He is Christ God, Who shall govern His people, the new Israel." Let us all, therefore, extol His greatness!

O Lord, I have heard Your voice, and I was afraid.

Rejoice, O Bethlehem, and you Ephrathah, make ready! For, the God-Bearer comes to the cave and to the manger to give birth in an ineffable manner to God. O what a wondrous mystery that Your divine nativity is already being celebrated by the patriarchs, Abraham, Isaac and Jacob, and by all the prophets, together with mankind and the angels!

Glory be...

What shall we give to You, O Christ, Who for our sake did appear on earth as a man? Every creature You created offers You thanksgiving: the angels sing praises; the heavens - the star; the Magi - gifts; the wilderness - a manger, and we men - a Virgin Mother. Therefore, O Eternal God, have mercy on us!

Now and ever...

Come, let us praise the Mother of the Savior who remained a Virgin even after she gave birth, saying: "Rejoice, O living city of our King and God, in which Christ dwelt and effected our salvation!" Let us with



Gabriel praise her and with the shepherds glorify her, saying: "O God-Bearer, implore Him Who was incarnate of you, to save us!"

### ***Prayer of the Christmas Fast***

O Lord, our God, the God of Abraham, Isaac, and Jacob, we who are sinners hasten to You and humbly implore You, that You would reveal to us Your great mercy just as You have foretold through Your prophet Isaiah: "Let heaven above rejoice, and let the clouds sprinkle truth; let the earth germinate and bring forth the Savior!" Send Christ, Your Only-Begotten Son, into our hearts so that, redeemed by Him, we may not perish but be saved. For great is Your mercy, love and grace, always +, now and ever and forever. Amen.

*Recite the Concluding Prayers.*

### **Devotional Moleben to St. Nicholas of Myra**

*Although prayed on or near the feast of St. Nicholas of Myra (December 6), this devotional moleben may be prayed at any time.*

*Recite the Prayers of Introduction; the twelve Lord, have mercies, the Doxology, and the Come, let us adore... prayers may be taken or deleted.*

#### ***God the Lord***

God the Lord has revealed Himself to us; Blessed is He who comes in the Name of the Lord. *Repeat after each verse.*

*Verse 1* Give thanks to the Lord, for He is good; for His love endures forever.

*Verse 2* They encircled me, encompassed me about; in the Lord's name, I crushed them.

*Verse 3* I shall not die, I shall live and recount the deeds of the Lord.

*Verse 4* The stone which the builders rejected has become the cornerstone. This is the work of the Lord, and a marvel in our eyes.

#### ***Troparia***

The sincerity of your deeds has revealed you to your people as a teacher of moderation, a model of faith, and an example of virtue. Therefore, you attained greatness through humility, and wealth through poverty. O Father and Archbishop Nicholas, ask Christ our God to save our souls.

Glory be...now and ever...O Mother of God, the mystery hidden from all eternity and unknown even to the angels was revealed through you to those on earth. God took on our human nature and united it to His nature in a perfect but unconfused union. Then He willingly accepted the Cross for our sake, and thereby raised again the first created man, and saved our souls from death.

#### ***Praises***

O Nicholas, O Bishop of Christ, we magnify you and honor your holy memory. Pray to Christ our God for us. *Repeat after each verse.*

*Verse 1* The mouth of the just man tells of wisdom and his tongue utters what is right.

*Verse 2* The just man will rejoice in the Lord and will put his trust in Him!

*Verse 3* Happy are they who dwell in Your house, forever singing Your praises!

*Verse 4* You have crowned him with glory and honor.

#### ***Psalm 50/51***

*Recite Psalm 50/51.*

### ***First Ode***

O living and self-contained fountain! O Theotokos! Strengthen those who sing to you; the choir which has assembled in spirit for the praise of your glory. Make it truly worthy of the crown of glory.

O holy father Nicholas, pray to God for us.

O father Nicholas, no one who seeks the shelter of your trust goes away empty-handed. O Nicholas, those who greet you receive aid. Give me your aid as well, O all-blessed one.

O holy father Nicholas, pray to God for us.

O venerable father, the angels marvel at your ardent care. The people rejoice because they have been delivered from diabolical temptations. For this we sing praise to you, O praiseworthy Nicholas.

Glory be...

You are a haven and an armor of invulnerability against the devil. You are a fort for Christians and an inspiration for priests. Hail, O miracle-worker; O wonderful Father Nicholas you are the calm harbor for the storm-tossed.

Now and ever...

O Theotokos, you conceived your own Creator, and then gave birth to the Lord and Creator of all. Beg Him to lead us from temptation. For you do everything you will because you are the kind mother of the gracious Lord.

### ***Second Ode***

By divine inspiration we celebrate this holy and precious feast of God's mother. Come, clap your hands and let us praise the God she bore.

O holy father Nicholas, pray to God for us.

You have become a second Apostle Peter, and a friend of Christ, O father Nicholas. Hail, for you are a pillar of the Church and a miraculous trumpet. You work miracles and resound with the Holy Spirit. O father Nicholas, we continuously sing to you.

O holy father Nicholas, pray to God for us.

You appeared in a dream to the pious king Constantine and the Bishop Flavius heard your warning about the three men who were to be executed unjustly. He immediately commanded them to be released. Hail, he cried to you, O venerable Father Nicholas.

Glory be...

You became the pilot of that floundering ship at sea. Put good thoughts in my mind and heart when I am tossed on the waves by the devils' thoughts. Hail, I perseveringly praise you, O praiseworthy Nicholas.

Now and ever...

Hail, O most pure Virgin. Hail, fortress of the world. Hail, to you who gave birth to a Son who is the God of all; now implore Him, immaculate Theotokos.

### ***Third Ode***

Let everyone on earth dance for joy in spirit. The heavenly ranks celebrate in honor the sacred feast. O Theotokos, let them cry out to you; hail, ever-blessed Mother of God and pure perpetual virgin.

O holy father Nicholas, pray to God for us.

Sinful desires and the piercing arrows of the father of lies possess me. Hoping for your protection, O father Nicholas, I run to you. Chase the deceitfulness of the evil one from me, so that I may sing to you: Hail, O Nicholas.

O holy father Nicholas, pray to God for us.

You made a fool of Arius. You stamped out the blaze of heresy. You rescued the generals chained in prison. They praise you and we sing to you: hail, Nicholas, all-blessed one.

Glory be...

You heard the prayer of Agrica, and rescued his son, Basil, from Amira. You restored him from the Saracenes to his parents safe and sound. You also pray for me. Free my soul from the fire of hell, for it is covered with sin and is badly grieved, O Nicholas.

Now and ever...

You are the Queen that gave birth to the King of the universe. You bore Him Who bears all creation. Save me, most holy Lady, for I praise you.

### ***Hirmos***

*Recite the Common Hirmos.*

### ***Troparia***

The sincerity of your deeds has revealed you to your people as a teacher of moderation, a model of faith, and an example of virtue. Therefore, you attained greatness through humility, and wealth through poverty. O Father and Archbishop Nicholas, ask Christ our God to save our souls.

Glory be...now and ever...To the one who was raised in the Temple, close to the Holy of Holies, and who was full of faith, wisdom and perfect virginity; Gabriel, the captain and leader, offered esteem and greetings from heaven when he said: "Rejoice, O Blessed One! Rejoice, O Glorified One! The Lord is with you!"

### ***Prayer to St. Nicholas***

O Saint Nicholas, bountiful Father and special Patron of our Byzantine Catholic Church, you are a shepherd and teacher to all who invoke your protection, and who, by devout prayer, call upon you for aid. Hasten and save the flock of Christ from ravenous wolves, and by your holy prayers protect all Christians and save them from worldly disturbances, earthquakes, attacks from abroad, from internal strife, from famine, flood, fire, sword, and sudden death. As you had mercy on those three men in prison and saved them from the king's wrath, now also have mercy on me who, by word, deed, and thought, have sunk into the darkness of sin. Save me from the just anger of God, and from eternal punishment. Through your intercession and aid, as well as through His own mercy and grace, may Christ our God allow me to lead a tranquil and sinless life, and save me from standing at His left, but deem me worthy to stand at His right with all the saints. Amen.

*Recite the Concluding Prayers.*

### **Devotional Moleben for the Great Fast (Lent)**

*The Great Fast (Lent) begins on Pure Monday, the day following Cheesefare Sunday.*

*Recite the Prayers of Introduction, including the twelve **Lord, have mercies**, the **Doxology**, and the three **Come, let us...***

### ***Psalm 50/51***

*Recite Psalm 50/51.*

### ***Troparia***

Have mercy on us, O Lord, have mercy on us. Since we have no defense, we sinner offer this supplication to You, our Master, have mercy on us.

Glory be...Lord, have mercy on us, for in You we place our hope. Be not exceedingly angry with us, nor mindful of our transgressions, but even now look upon us with mercy, and deliver us from our enemies. For You are our God, and we are Your people; we all are the work of Your Hands, and we call upon Your Name.

Now and ever...Open unto us the doors of mercy, O blessed Mother of God, that we who place our trust in you may not perish, but that, through you, we may be delivered from misfortune, for you are the salvation of all Christians.

### ***The Beatitudes***

Remember us, O Lord, when You come into Your kingdom. *Repeat after each petition.*

1 Blessed are the poor in spirit, the kingdom of God is theirs.

2 Blessed are the sorrowing; they shall be consoled.

3 Blessed are the lowly, they shall inherit the land.

4 Blessed are they who hunger and thirst for holiness, they shall have their fill.

5 Blessed are they who show mercy, mercy shall be theirs.

6 Blessed are the single-hearted, for they shall see God.

7 Blessed are the peace-makers, they shall be called sons of God.

8 Blessed are those persecuted for the sake of holiness, the kingdom of God is theirs.

9 Blessed are you when they insult you and persecute you, and utter every kind of slander against you because of Me.

10 Be glad and rejoice, for your reward is great in heaven.

11 Glory be...now and ever...

*Repeat the Remember us, O Lord three times.*

### ***Prayer of the Great Fast***

O Lord Almighty, God of powers and of all flesh, You dwell on high, but watch over the humble. You search the heart and the innermost being of man, and clearly perceive his secrets. O Eternal and Ever-Existent Light, in You there is no change nor even a shadow of change. O Immortal King, accept our prayers which at this present moment depend upon the multitude of Your mercies, and which we offer to You from defiled lips. Forgive our transgressions committed in word, deed, or thought, committed with knowledge or through thoughtlessness. Cleanse us from every kind of defilement of body and soul, and grant that we approach all the nights of this present life with a watchful heart and sound judgment, awaiting the glorious coming and day of revelation of Your only-begotten Son, Our Lord, God and Savior Jesus Christ who will come with glory as Judge of all, granting to everyone according to their deeds. Let us not fall and become slothful, but rather, help us to be on guard and ready for good works. Let us turn from our former ways and be ready to joyfully accompany Him into the divine inner-chamber, where the sound of rejoicing never ceases, and where there is indescribable delight in those who behold the inexpressible goodness of Your countenance. For You are the True Light that enlightens and sanctifies all things, and all creation praises you + forever and ever. Amen.

### ***The Prayer of St. Ephrem***

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

*Prostration.*

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

*Prostration.*

O Lord and King, grant to me the grace to be aware of my sins and not to judge my brother, for You are blessed now and ever and forever. Amen.

*Prostration.*

O God, be merciful (+ and bow) to me a sinner. O God, cleanse me of my sins and have mercy (+ and bow) on me. O Lord, forgive me, for I have sinned (+ and bow) without number. *Repeat four times.*

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. O Lord and King, grant to me the grace to be aware of my sins and not to judge my brother, for You are blessed now and ever and forever. Amen.

*Prostration.*

*Recite the Concluding Prayers.*

## **Meditative and Devotional Rosaries**

*A rosary is an instrument which is utilized in the prayerful act of meditation. Its use in Christianity is extremely ancient, with records of its employment extending back for 1700 years and earlier. Praying with a rosary is not merely an exercise in repetitive prayer; such a practice is futile and condemned by Our Lord: "Not everyone who say to Me, 'Lord, Lord', shall enter the kingdom of heaven, but he who does the will of My Father in heaven" (Mat. 7:21). Scripture also warns against "vain repetition" of prayers. Rather, the use of rosaries fulfills Paul's directive to "Pray without ceasing" (1 Thess. 5:17).*

### **The Jesus Rosary**

*The Jesus Prayer: O Lord, Jesus Christ, Son of God, have mercy on me a sinner; is one of the most ancient prayers in Christianity. A truly meditative prayer, its use became widely popular among the desert monks of the Eastern Church and, from there, it spread among the laity. In its simplest form, it is called the "Prayer of the 300" because it is meditated 300 times. The desert monks invented a rosary to help in this meditation; at first, it consisted of pebbles placed in one pocket and transferred to another. Eventually, the rosary became a collection of beads or knots connected by a string. As the Jesus Rosary evolved, it began to include other invocations to the Theotokos and the Saints. The Jesus Prayer, along with its rosary, is again becoming popular among the faithful; the Vatican issued a document encouraging its use for Christians of both the East and the West. While the Jesus Rosary calls for the recitation of the Jesus Prayer 300 times, and other invocations 200 times, it must be remembered that the Jesus Prayer, which leads the faithful to a more contemplative union with the Divine, can and should be prayed as many times as possible throughout the day.*

#### **Prayers of the Jesus Rosary**

*Recite the Prayers of Introduction, Psalm 50/51, and the Nicene Creed.*

*Pray and meditate upon the Jesus Prayer 300 times:*

*O Lord, Jesus Christ, Son of God, have mercy on me, a sinner.*

*Pray and meditate upon the following invocation to the Mother of God 100 times:*

*O Mary, Mother of God, intercede with God for me, a sinner.*

*Pray and meditate upon the following invocation to a saint(s) of one's own choosing 50 times:*

*Saint \_\_\_\_\_, intercede with God for me, a sinner.*

*Pray and meditate upon the following invocation 50 times:*

*All you angels and saints, intercede with God for me, a sinner.*

*Recite the Concluding Prayers.*

### **The Rosary of Mary, the Theotokos**

*The Rosary of the Theotokos and ever-Virgin Mary developed in the West. The rosary became a popular instrument among the illiterate laity who wished to pray the Psalter, or Book of Psalms. However, only the educated monastics and clerics were able to secure or read the Psalter. The laity, in place of the 150 Psalms, prayed the Lord's Prayer. A rosary assisted in this endeavor. Eventually, the Angelic Salutation became the predominate prayer. As this rosary evolved, especially through the Order of Preachers, or Dominicans, meditations or "mysteries" revolving around the life of Jesus Christ and His Mother were added to further assist the person praying with the rosary. In the eighteenth century, the Rosary of Mary spread throughout the Eastern Catholic Churches. Today, it is a universal devotion, and its use has spread in Orthodox Christian and Protestant communities as well.*

### **Opening Prayers**

*Recite the Sign of the Cross.*

*Recite the following prayer:*

O God, Whose only-begotten Son, by His life, death and Resurrection, has purchased for us the rewards of eternal salvation, grant - we beseech You - that, by meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the grace, the mercy and the loving-kindness of Your only-begotten Son, with Whom You are blessed +, together with Your all-holy gracious and life-creating Spirit, now and ever and forever. Amen.

*Recite the Nicene Creed.*

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation three times.*

*Recite the Doxology.*

*Recite the Following Fatima Prayer:*

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls into heaven, especially those in most need of Your Mercy.

*Then meditate upon the mysteries as indicated, along with their accompanying troparia.*

*At the conclusion of the rosary, recite the Prayer to the Holy Protection, and the Concluding Prayers.*

### **The Joyful Mysteries**

*The Joyful Mysteries are normally prayed Monday (the day of the Holy Angels) and on Tuesday (the day of St. John the Forerunner). They are also prayed on weekdays (except Saturday) from Christmas until January 5, and on the Feastdays of the Nativity of the Theotokos (September 8), St. Michael the Archangel and All the Heavenly Angels (November 8), the Entrance of the Theotokos into the Temple (November 21), St. Nicholas of Myra (December 6), the Conception of St. Anne (December 8 or 9), the Encounter of Our Lord with Simeon (February 2), the Feast of the Annunciation (March 25), and the Nativity of St. John the Forerunner (June 24).*

#### ***The First Joyful Mystery: The Annunciation of Our Lord God and Savior Jesus Christ to the Theotokos***

Today is the fountain-head of salvation and the revelation of an eternal mystery: the Son of God becomes a virgin's Son, and Gabriel announces this grace. Therefore, let us exclaim with him to the Mother of God: Hail, O Woman Full of Grace, the Lord is with you!

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

O Mother of God, we your servants, sing a hymn of thanks to you, a hymn of triumph to a valiant leader; for you have delivered us from all peril. We now exclaim to you: Hail, O Bride and Maiden ever-pure!

*Recite the Fatima Prayer.*

#### ***The Second Joyful Mystery: The Visitation of Our Lady, the Theotokos and ever-Virgin Mary***

Elizabeth carried the Forerunner of grace, and the Virgin carried the Lord of glory. When the mothers greeted each other, the infant leaped for joy, for even within the womb, the servant praised the Master. The mother of the Forerunner was amazed and sang out: "How have I deserved that the mother of my Lord has come to me? Glory to Him Who with great mercy saves a despairing people."

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Elizabeth said to the Virgin Mary: "How is it that the Mother of my God has come to me? You bear the King, and I, a soldier. You bear the Lawgiver, and I, a preacher of the law. You bear the Word, and I the voice who announces the kingdom of heaven."

*Recite the Fatima Prayer.*

***The Third Joyful Mystery: The Nativity of Our Lord God and Savior Jesus Christ***

Your birth, O Christ our God, has shed upon the world the light of knowledge; for through it, those who worshiped the stars have learned from a star to worship You, the Sun of Justice, and to recognize You as the Orient on High. Glory be to You, O Lord.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Today the Virgin gives birth to Perfect Essence and the earth offers a cave to the Inaccessible. The Angels sing His glory with the shepherds; the wise men journey with the star, for there is born for us an Infant Child, God Eternal.

*Recite the Fatima Prayer.*

***The Fourth Joyful Mystery: The Encounter with Simeon of Our Lord God and Savior Jesus Christ***

Hail, Mother of God, Virgin full of grace. From you has shown forth the Sun of Justice, Christ our God, shining upon those who are in darkness. Rejoice, also you just Elder, Simeon; for you received in your arms the Redeemer of our souls, Who has given us resurrection.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

O Christ our God, through Your birth You sanctified the Virgin's womb; and blessed, as it was proper, the hands of Simeon. Today, You have come to bring us deliverance. Give peace to nations at war, and strengthen our civil authorities; for You alone love mankind.

*Recite the Fatima Prayer.*

***The Fifth Joyful Mystery: The Finding in the Temple of Our Lord God and Savior Jesus Christ***

God the Word, the Source of Life, now becomes a little child; He shall be the downfall of the disobedient and the rising of those who sing to Him in faith: O all you works of the Lord, bless the Lord and glorify Him above all forever.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Multitudes of angels tremble before Him who is God and Creator of the Law. O people of the only Benefactor and Giver of the Law, let us gather together and praise Him for He is the salvation of our souls.

*Recite the Fatima Prayer.*

**The Sorrowful Mysteries**

*The Sorrowful Mysteries are prayed on Wednesday and Friday (the days of the Holy Cross); all weekdays, except Saturday, during the Great Fast of Lent, and on the Feasts of the Exaltation of the Holy Cross (September 14), and the Beheading of St. John the Forerunner (August 29).*

***The First Sorrowful Mystery: The Agony in the Garden of Our Lord God and Savior Jesus Christ***

Judas, the deceitful traitor, betrayed the Lord and Savior with a deceiving kiss and he sold the Master of all as a slave to the transgressors. The Lamb of God, the Son of the Father, went as a sheep to the slaughter; for He alone is rich in mercy.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Judas, servant and deceiver, disciple and traitor, friend and false accuser was revealed by his deeds. He gave Christ a kiss and handed him over. The Lord went as a sheep to the slaughter, for He alone is compassionate and loves mankind.

*Recite the Fatima Prayer.*

***The Second Sorrowful Mystery: The Scouraging at the Pillar of Our Lord God and Savior Jesus Christ***

The Lamb, Whom Isaiah proclaimed, goes of His own will to the slaughter. He allows His back to be scourged and His cheeks to receive blows. Though sinless, He accepts all of these sufferings willingly, that He may grant to all resurrection from the dead.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

You were struck on the face for the sake of mankind, yet, You were not moved to anger; deliver our life from corruption, O Lord, and save us.

*Recite the Fatima Prayer.*

***The Third Sorrowful Mystery: The Crowning with thorns of Our Lord God and Savior Jesus Christ***

Patiently, O Lord, You cried out: "Although you smite the Shepherd and scatter the twelve sheep, yet I could call to My aid more than twelve legions of angels. But, in My patience, I suffer, that the hidden secrets I made know to you through My prophets may be fulfilled."

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

I see Your bridal chamber adorned, O my Savior, and I have no wedding garment that will permit me to enter therein. Make the robe of my soul brilliant, O Giver of Light, and save me.

*Recite the Fatima Prayer.*

***The Fourth Sorrowful Mystery: The Carrying of the Cross by Our Lord God and Savior Jesus Christ***

You were led as a sheep to the slaughter, O Christ our King, and as an innocent Lamb you were nailed to the Cross by wicked men for our sins, in Your love for mankind.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Direct my steps as You promised; never let wrong-doing master me. Rescue me from oppression, that I may observe Your precepts. Smile with favor on Your servant and teach me to know Your will. Let my mouth be filled with Your praise, O Lord, that I may sing Your glory, and the splendor of Your majesty, all the day long.

*Recite the Fatima Prayer.*

***The Fifth Sorrowful Mystery: The Crucifixion of Our Lord God and Savior Jesus Christ***

Save Your people, O Lord, and bless Your inheritance. Grant victory to Your Church over her enemies, and protect Your people by Your Cross.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Willingly raised upon the cross, O Christ our God, You bestowed Your mercies upon a new people bearing Your name. With Your power grant joy to our Church, giving her victory over enemies, with the invincible standard, Your weapon of peace, all an ally.



*Recite the Fatima Prayer.*

### **The Glorious Mysteries**

*The Glorious Mysteries are prayed on Thursday (the day of the Holy Disciples), and on all Sundays (the day of Resurrection) and on all Saturdays (the day of all the saints), and on all weekdays from Easter Sunday until All Saints Sunday (The Sunday after Pentecost Sunday); as well as on the Feasts of the Protection of the Theotokos (October 1), the Theophany of Our Lord and its postfestive (January 6 though January 14), Sts. Peter and Paul (June 29), the Transfiguration of Our Lord and its postfestive (August 6 though August 13), and the Dormition of the Theotokos and its postfestive (August 15 through August 23).*

#### ***The First Glorious Mystery: The Resurrection of Our Lord God and Savior Jesus Christ***

When You descended to death, O Immortal Life, You destroyed the Abyss by the radiance of Your divinity. And when You raised the dead from the depths of the earth, all heavenly Powers cried out: "O Giver of Life, Christ our God, glory be to You."

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Although You descended into the grave, O Immortal One, You destroyed the power of Death. You arose again as a victor, O Christ God, You announced to the women bearing ointment: "Rejoice!" You gave peace to Your apostles and resurrection to the Fallen.

*Recite the Fatima Prayer.*

#### ***The Second Glorious Mystery: The Ascension of Our Lord God and Savior Jesus Christ***

You ascended in glory, O Christ our God; You delighted the Disciples with the promise of the Holy Spirit. Through this blessing they were assured that You are the Son of God, the Redeemer of the World.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

When You fulfilled the plan of salvation for us and united all things on earth to those in heaven, O Christ our God, You ascended in glory, never leaving us, but remaining ever-present. For You proclaimed to those who love You: "I am with you and no one else has power over you."

*Recite the Fatima Prayer.*

#### ***The Third Glorious Mystery: The Descent of the Holy Spirit***

Blessed are You, O Christ our God. You filled the fishermen with wisdom, sending down upon them the Holy Spirit. Through them You have caught the whole world in Your net. O Lover of Mankind, glory be to You.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

When the Most High descended and confused tongues, He scattered the people; but when He distributed the tongues of fire, He called all men to unity. Therefore, with one voice, let us praise the Most Holy Spirit.

*Recite the Fatima Prayer.*

#### ***The Fourth Glorious Mystery: The Dormition of Our Lady, the Theotokos and Ever-Virgin Mary***

O Mother of God, in giving birth you still preserved virginity, and in your falling-asleep you did not forsake the world. You are the Mother of Life and have been transferred to life, and through your prayers have delivered our souls from death.

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

The grave and death did not detain the Mother of God. She prays perpetually and is our unfailing hope of intercession; for He Who dwelt in the womb of the ever-Virgin, transferred to life the Mother of Life.

*Recite the Fatima Prayer.*

### ***The Fifth Glorious Mystery: The Coronation of Our Lady, the Theotokos and Ever-Virgin Mary***

Protected by your coming, O Mother of God, the faithful people solemnly celebrate today, and gazing upon your immaculate image, they humbly say: "Watch over us with your noble protection, and deliver us from all evil by asking your Son, Christ our God, to save our souls."

*Recite the Lord's Prayer.*

*Recite the Angelic Salutation ten times.*

*Recite the Doxology.*

Today the Virgin is present in the Church and with the armies of Saints invisibly prays to God for us. The Angels worship with the Archangels and the Apostles rejoice with the Prophets, because in our behalf, the Mother of God prays to the Eternal God.

*Recite the Fatima Prayer.*

## **The Rosary of Divine Mercy**

*The Rosary of Divine Mercy developed in the West, although it incorporated certain Eastern Christian prayers. It became popular in the 1930's, and received Church approval in 1978. Commemorating the Passion, Crucifixion, Death and Burial of Our Lord God and Savior Jesus Christ for the sake of mercy to the world, it is normally prayed at 3:00 p.m., but may be prayed at anytime.*

*Recite the Sign of the Cross.*

*Recite the Lord's Prayer, the Angelic Salutation and the Nicene Creed.*

*Recite the following prayer:*

Eternal Father, I offer You the Body and Blood, Soul and Divinity, of Your dearly beloved Son, Our Lord Jesus Christ in atonement for our sins and those of the whole world.

*Then recite, ten times, the following prayer:*

For the sake of His sorrowful passion, have mercy on us and on the whole world.

*Repeat this formula five times.*

*At the conclusion, recite the Trisagion with the phrase:*

...and on the whole world

*at the end of each of the three invocations.*

*Recite the Concluding Prayers.*

## **Evening and Morning Prayer**

### **The Cycle of Prayer**

*According to sacred Tradition, custom and Church Law, the "liturgical day" is the twenty-four hour period. It extends from sunset to sunset, and not from midnight to midnight. The basis for this ancient tradition is found in the Book of Genesis, where each day of creation was described as "evening and morning, the first day" and the days that followed. The Jewish children of Israel - the Chosen People of God - worshiped in this manner from their very beginnings. The first Christians, following their Jewish origins, also worshiped in this way and continued to do so even after their eventual split with Judaism.*

*For centuries, the Catholic Church of both the East and the West literally followed this pattern and did not begin the first worship service of the day until the sun had set. Eventually, especially after the industrial period, specific times became designated for the beginning of the new day in the late afternoon or early evening. Today, specifically in North America, the Church considers the liturgical day to last from four o'clock p.m. until four o'clock p.m. the following day.*

*The Western Church, over the past few centuries, became more lax in enforcing this tradition, a situation that was not totally corrected until the late 1960's. The Eastern Church, however, always maintained this Tradition according to the strictest interpretation of liturgical law.*

*Because the "new day" begins at sunset (again - at four o'clock p.m.; Evening Prayer can begin at any time after this), the first service of the day is Evening Prayer. When fully celebrated in a church setting, the Office of Vespers is taken. In Evening Prayer, thanksgiving is offered for the conclusion of another day, and the blessing and protection of the Lord is invoked for the new day. In Morning Prayer, thanksgiving is offered for a restful night, and the new day is dedicated.*

### **Evening Prayer**

*If possible, Evening Prayer should be preceded by a period of quiet spiritual reading, with even young children participating. This period should normally last about fifteen minutes; more time may be utilized if so-desired. If praying in a family or group setting, one member may be designated as a "leader" who begins the Prayer with the Sign of the Cross and the rest answering. The leader would also recite the Doxology at the end of the Lord's Prayer, and the final blessing (Through the prayers of our holy Fathers...) at the conclusion. This role of leader may be rotated among every member of the family or group. Also, the four prayers following the Examination of Conscience may each be recited by different individuals, again rotating.*

*Recite the Prayers of Introduction.*

### **The Troparia of the Evening**

Have mercy on us, O Lord, have mercy on us. Since we have no defense, we sinners offer this supplication to You, our Master: have mercy on us.

Glory be...Lord, have mercy on us, for in You we place our hope. Be not exceedingly angry with us nor mindful of our transgressions, but even now look upon us with mercy and deliver us from our enemies. For You are our God and we are Your people; we all are the work of Your hands and we call upon Your Name.

Now and ever...Open unto us the doors of mercy, O blessed Mother of God, that we, who place our trust in you, may not perish, but that through you we may be delivered from misfortune. For you are the salvation of all Christians.

### **The Examination of Conscience**

*Take a few minutes for an examination of conscience. Following the examination, continue with:*

Lord, have mercy. *Twelve times.*

### ***The First Prayer***

O eternal God and Ruler of all creation, You have allowed me to reach this hour. Forgive the sins I have this day committed by word, deed or thought. Purify me, O Lord, from every spiritual and physical stain. Grant me to rise from this sleep to glorify You by my deeds throughout my entire life and that I be victorious over every spiritual and physical enemy which fights against me. Deliver me, O Lord, from all vain thoughts and evil desires, for Yours, Father +, Son, and Holy Spirit, is the kingdom and the power and the glory, now and ever and forever. Amen.

### ***The Second Prayer***

O loving Mother of our most gracious King, O pure and blessed Virgin Mary, pour forth into my restless soul the grace of your Son, our God. Lead me by your prayers to salutary deeds that I might spend my whole life without fault and attain paradise through you, O Virgin Theotokos; for you are pure and blessed forever. Amen.

### ***The Third Prayer***

O Guardian Angel, protector of my soul and body, to your care I have been entrusted by Christ. Obtain for me the forgiveness of the sins committed by me this day. Protect me from the snares of my enemy that I may never more offend God by sin. Pray for me, your sinful and unworthy servant, that through your help I may become worthy of the grace and mercy of the Most Holy Trinity + and of the immaculate Mother of our Lord God, Jesus Christ. Amen.

### ***The Fourth Prayer***

We are yours, O Theotokos. Since you have delivered us from all tribulations we give thanks to you by dedicating our songs of victory to you, O Saving Champion. In your invincible might deliver us from all dangers that we may exclaim to you: Hail, full of grace! Amen.

### ***The Hymn of the Evening***

O joyful Light! Light and Holy Glory of the Father immortal, the heavenly, holy, the Blessed One: O Jesus Christ. Now that we have reached the setting of the sun and see the evening light, we sing to God, Father +, Son and Holy Spirit. It is fitting at all times to raise a song of praise in measured melody to You, O Son of God, the Giver of Life. Behold, the universe sings Your glory!

### ***The Troparia of the Day***

*Recite the proper troparia of the day, including the troparion, kontakion and - if given - theotokion.*

### ***The Prayer to the Holy Protection***

*Recite the Prayer to the Holy Protection.*

*Recite the Concluding Prayers.*

*If it is the season of the Great Fast of Lent, recite the Prayer of St. Ephrem.*

## **Morning Prayer**

*If prayed as a family or in a group, a "leader" may again be selected, according to the guidelines under Evening Prayer.*

*Recite the Prayers of Introduction.*

### ***The Troparia of the Morning***

Awakening from sleep I worship You, O blessed God, and offer the angelic hymn to You, O powerful Lord: holy, holy, holy are You, O God! Through the intercession of Your heavenly hosts, have mercy on me.

Glory be...O Lord, You have lifted me up from my bed and from sleep, now enlighten my mind; open my heart and my lips that I may sing to You, Holy Trinity +: holy, holy, holy are You O God! Through the prayers of all Your saints, have mercy on me.

Now and ever...The Judge shall come suddenly and the deeds of all shall be brought to light. In fear, I cry out at the break of day: holy, holy, holy are You, O God! Through the prayers of the Theotokos, have mercy on me.

Lord, have mercy. *Twelve times.*

### ***Morning Prayer to the Holy Trinity***

I give thanks to You, O Holy Trinity +, because of Your great goodness and endless patience. You did not become angry with me, a slothful and sinful being; nor did You destroy me because of my transgressions. But, as always, You have shown Your love for mankind and have raised me up as I lay in despair so that I might recite the morning prayers and sing the praises of Your power. Enlighten the eyes of my understanding so that I may meditate on Your words, understand Your commandments, and accomplish Your will. Open my mouth so that I may sing to you in sincere praise, and that I may proclaim Your most holy Name, Father +, Son and Holy Spirit, now and ever and forever. Amen.

Come, let us adore + the King, our God.

Come, let us adore + Christ the King and our God.

Come, let us adore and bow down + to the only Lord Jesus Christ, the King and our God.

### ***Psalm 50/51***

*Recite Psalm 50/51.*

### ***The Nicene Creed***

*Recite the Nicene Creed.*

### ***The First Prayer - Monday***

*Prayers One through Seven are taken on different days of the week; prayers Eight through Eleven are taken every day.*

O God, cleanse me, a sinner, for I have done but little good before You. Deliver me from evil and may Your will be done in me that I may open my lips without blame and praise the holy Name of the Father +, and of the Son, and of the Holy Spirit. Amen.

### ***The Second Prayer - Tuesday***

Awakening from sleep, O Savior, I offer to You a hymn at the break of day. Bowing + before you, I exclaim: Do not allow me to die in sin, but, O Lord, Who was willingly crucified, have mercy on me. Raise me up, strengthen me in prayer and perseverance and, after the night's seep, grant me a day without sin, O Christ our God, and + save me. Amen.

### ***The Third Prayer - Wednesday***

Awakening from sleep, I hasten to You, O Master and Lover of Mankind. As I, through Your mercy, begin to fulfill my duties to You, I beseech You: aid me every minute and in every deed; save me and lead me to Your eternal kingdom. You are my Creator and the Giver of every blessing, and in You I trust, and to You I give praise +, now and ever and forever. Amen.

#### ***The Fourth Prayer - Thursday***

O Lord, Who in Your manifold goodness and great compassion, have granted me, Your servant, to pass the preceeding hours of this night free from any attack of the evil one, do You, O Master and Creator of all things, grant to me that by Your true light, I, with an enlightened heart, may do Your will +, now and ever and forever. Amen.

#### ***The Fifth Prayer - Friday***

O Lord God Almighty, Who receives from Your heavenly powers a thrice-holy hymn, receive from me, You undeserving servant, this nocturnal hymn. Grant to me that all the years of my life, and at every hour, I may render glory to You, Father +, Son and Holy Spirit, now and ever and forever. Amen.

#### ***The Sixth Prayer - Saturday***

O lord Almighty, God of powers and of all flesh, Who lives on high, and watches over the humble, Who examines the hearts and the innermost being of man, and clearly perceives the hidden things of man; O Eternal and ever-existent Light, in Whom there is neither change nor shadow of change; O Immortal King, accept our prayers, which, at this present time, depend upon the multitude of Your mercies and which we render to You from defiled lips. Forgive us our transgressions which by deed, word and thought, with knowledge or in ignorance, were committed by us. Cleanse us from every type of defilement of body and soul. Grant that we pass all the nights of this present life with a watchful heart and sober thought, awaiting the glorious coming and revealing day of Your only-begotten Son, Our Lord, God and Savior Jesus Christ, Who will come with glory as Judge of all, granting to everyone according to their works. Let us not fall and become lazy, but rather watchful and roused to action. Let us turn-about and be prepared to accompany Him into the divine inner chamber with joy, where the sound of festive voices never ceases and where there is an indescribable sweetness of those who look upon the inexpressible goodness of Your Face. For You are the True Light, that enlightens and sanctifies all things, and all creation praises You +, now and ever and forever. Amen.

#### ***The Seventh Prayer - Sunday***

We bless You, O Most High God and Lord of mercy, who always does for us great and inscrutable things which are both glorious and excessive; Who provides us with sleep as a rest for our infirmities and as a relief for the burdens of our bodies tired by labor. We thank You that You did not destroy us in our transgressions, but, as always, You loved as the Lover of Mankind, and raised us up who were lying in despair so that we might praise Your majesty. Therefore, we entreat Your immeasurable goodness; enlighten our thoughts and eyes; raise up our minds from the deep sleep of indolence; open our mouths and fill them with praise, so that everywhere without distraction, I may be able to glorify and profess You, O God Who is praised by all people and things, the Eternal Father, together with Your only-begotten Son +, and Your most holy, gracious and life-creating Spirit, now and ever and forever. Amen.

#### ***The Eighth Prayer***

O Lord, do not deprive me of Your heavenly riches. O Lord, deliver me from eternal torments. O Lord, if I have sinned by mind, thought, word or deed, forgive me. O Lord, deliver me from every type of ignorance, forgetfulness, apathy and faint-heartedness. O Lord, deliver me from every type of temptation. O Lord, enlighten my heart, which sinful desires cloud. O Lord, I, as a man, have sinned; You, as a gracious God, seeing the weakness of my soul, have mercy on me. O Lord, send Your grace

to me as a help, so that I may glorify Your holy Name. O Lord Jesus Christ, inscribe me in the book of life, and grant to me a good end. O Lord, my God, even though I have done nothing good before You, grant that I may lay down a worthy beginning according to Your goodness. O Lord, sprinkle in my heart the dew of Your grace. O Lord of heaven and earth, remember me, Your sinful servant, in Your kingdom. O Lord, receive me in repentance. O Lord, do not forsake me. O Lord, do not lead me into misfortune. O Lord, give me good thoughts. O Lord, give me tears and a remembrance of death. O Lord, give me the thought of confessing my sins. O Lord, give me humility, purity and obedience. O Lord, give me suffering, generosity and meekness. O Lord, implant in my heart the root of all good and fear of You. O Lord, enable me to love You with my whole heart and mind, and to do Your will in all things. O Lord, protect me from unjust men, demons, sufferings and from every other evil. O Lord, you are known in Your work and in Your will; let Your will be in me, a sinner, since You are blessed + forever. Amen.

### ***The Ninth Prayer***

O my most compassionate and most merciful God, Lord Jesus Christ, Who, because of Your great love, descended and became incarnate so that You might save all. O Savior, I beseech You, save me by Your grace, for if You save me by my deeds, behold, this is nothing but a grace and a gift; it is nothing but a greater debt. You are mighty in generosity and indescribable in mercy. You, O Christ, have said: "He who believes in Me shall have life and shall never see death." Therefore, if faith in You saves those who are in sin, then save me because of my faith in You, for You are my God and my Creator. Let my faith suffice in place of my deeds, O my God, for You will find that my deeds will not justify me at all, and let it enable me to be a participator in Your eternal glory. Do not permit Satan to overpower me and boast that he has snatched me from Your hand and Your protection, O Divine Word. Save me, O Savior, whether I wish it or not; hasten to me; for I perish quickly. You are my God from the time that I was conceived. Enable me, O Lord, to love You now, just as I loved sin itself. May I again serve You diligently and without laziness, just as I once served Satan. Most of all, I will serve You, my Lord and God Jesus Christ, throughout all the days of my life, now + and ever and forever. Amen.

### ***The Tenth Prayer***

O holy Angel of Christ! In homage I come to you, my holy guardian, who, since my baptism, has been assigned to me to protect my body and soul. I beseech your powerful intercession. I have often offended you by my indolence and bad habits. You are without stain in your glory and I have often driven you away by my sins. I pray and beseech you, most holy guardian, be merciful to me, your sinful and unworthy servant. Be my defender and aid me against my enemies. Through your intercession, make me worthy to be a partaker of the kingdom of God with all the saints forever. Amen.

### ***The Eleventh Prayer***

O my most holy Queen and Mother of God! By your holy and all-powerful prayers, drive away from me, your humble servant, discouragement, forgetfulness, misunderstanding and carelessness. Drive away every sinful thought from my heart and mind. Help me quench the fire of evil passions. Preserve me from evil thoughts and deeds, for you are blessed by all nations, and your name is praised, now and ever and forever. Amen.

### ***The Troparia of the Day***

*Recite the proper troparia of the day, including the troparion, kontakion and - if given - theotokion.*

*Recite the Concluding Prayers.*

*If it is the season of the Great Fast of Lent, recite the Prayer of St. Ephrem.*

## The Office of Hours

The Office of Hours is the official prayer of the Church. After the Divine Liturgy, no prayer is considered greater in importance. In the West, the Office of Hours is called the Liturgy of the Hours, or Christian Prayer.

The Office of Hours has its foundation in Judaism, where the Psalms were prayed at regular times throughout the day. This tradition continued within Christianity. In the early Church, Christians prayed the Psalms during regular services, and eventually certain Psalms became associated with certain acts of worship. As the Office of Hours developed, it remained closely associated with the central act of worship: the Divine Liturgy of the Holy Eucharist. As indicated before, the liturgical day began at sunset with the praying of the Office of Vespers, or Evening Prayer. The faithful would actively participate in this service at the cathedral. Monastics, also, placed great emphasis upon the this and the other Offices.

In the Eastern Churches, the importance of the various Offices remained central to worship. The Offices sanctify the day and call the Christian to a more complete life of prayer, meditation and contemplation. Praying the Offices, in entirety or at least in part, unites the Christian with the entire Church - the Mystical Body of Christ - like the Divine Liturgy.

Although in their complete form the Offices are designed to be celebrated publically, they can and should be prayed by the individual either alone, or in a group. The "major" Offices are: Vespers, or Evening Prayer, which begins the new liturgical day; Compline, or Night Prayer, which entrusts the Christian to God before retiring, and Matins, or Morning Prayer, which sanctifies the day. The "minor" Offices are: the First Hour, which originally was prayed at 6:00 a.m.; the Third Hour, which originally was prayed at 9:00 a.m.; the Sixth Hour, which was originally prayed at noon, and the Ninth Hour, which was originally prayed at 3:00 p.m., concluding the day of worship. However, it is not necessary to pray these Offices at these exact times. In current practice, the minor Offices are prayed at various times, and sometimes they are combined into one or more services. Another service, the "All Night Vigil", is a combination of Vespers, Compline and Matins which is prayed on certain feastdays. This Office, today, is normally only prayed in certain monastic communities.

Christians who are bound by law or tradition to pray the Office of Hours fulfill their obligation to do so by reciting these Offices, regardless of canonical membership in the Church.

## The Kathismata

The Kathismata (*plural; singular is Kathisma*) is the system of praying the *Psalter*, or Book of Psalms, within the Office of Hours. In the Byzantine Church, the Psalter is prayed, with certain exceptions, in its entirety in one week. However, praying the entire Psalter is not mandatory within the Offices, and is currently only done so in some monastic communities.

If one wishes to pray the either the entire Psalter, or sections of it, the Kathismata provides the proper guide. The individual(s) may pray the Kathismata in any section during any of the Offices for the purpose of this book.

### The Psalms according to the Kathismata

- Kathisma 1:* Psalms 1 through 8
- Kathisma 2:* Psalms 9 through 16
- Kathisma 3:* Psalms 17 through 23
- Kathisma 4:* Psalms 24 through 31
- Kathisma 5:* Psalms 32 through 36
- Kathisma 6:* Psalms 27 through 45
- Kathisma 7:* Psalms 46 through 54
- Kathisma 8:* Psalms 55 through 63
- Kathisma 9:* Psalms 64 through 69
- Kathisma 10:* Psalms 70 through 76
- Kathisma 11:* Psalms 77 through 84



**Kathisma 12:** Psalms 85 through 90  
**Kathisma 13:** Psalms 91 through 100  
**Kathisma 14:** Psalms 101 through 104  
**Kathisma 15:** Psalms 105 through 108  
**Kathisma 16:** Psalms 109 through 117  
**Kathisma 17:** Psalm 118  
**Kathisma 18:** Psalms 119 through 133  
**Kathisma 19:** Psalms 134 through 142  
**Kathisma 20:** Psalms 143 through 150

### **The Order for the Recitation of the Psalter**

**Saturday evening ("Evening" indicates Vespers, the first service for the new liturgical day):**

Kathisma 1

**Sunday:** Kathismata 2 and 3

**Sunday evening:** the Psalter is not recited

**Monday:** Kathismata 4 and 5

**Monday evening:** Kathisma 6

**Tuesday:** Kathismata 7 and 8

**Tuesday evening:** Kathisma 9

**Wednesday:** Kathismata 10 and 11

**Wednesday evening:** Kathisma 12

**Thursday:** Kathismata 13 and 14

**Thursday evening:** Kathisma 15

**Friday:** Kathismata 16 and 17

**Friday evening:** Kathismata 18

**Saturday:** Kathismata 19 and 20

*In certain usages, Friday and Saturday's Kathismata are reversed; Friday evening's Kathisma remains the same.*

**Kathismata during the Great Fast of Lent (except for Week Five and the first half of Great Week):**

**Saturday evening:** Kathisma 1

**Sunday:** Kathismata 2, 3 and 17

**Sunday evening:** the Psalter is not recited

**Monday:** Kathismata 4 through 9

**Monday evening:** Kathisma 18

**Tuesday:** Kathismata 10 through 16

**Tuesday evening:** Kathisma 18

**Wednesday:** Kathismata 19, 20 and 1 through 5

**Wednesday evening:** Kathisma 18

**Thursday:** Kathismata 6 through 12

**Thursday evening:** Kathisma 18

**Friday:** Kathismata 13 through 15 and 19 and 20

**Friday evening:** Kathisma 18

**Saturday:** Kathismata 16 and 17

**Kathismata during the Fifth Week of the Great Fast:**

**Saturday evening:** Kathisma 1

**Sunday:** Kathismata 2, 3 and 17

**Sunday evening:** the Psalter is not recited

**Monday:** Kathismata 4 through 9

**Monday evening:** Kathisma 10

**Tuesday:** Kathismata 11 through 18

**Tuesday evening:** Kathisma 19

**Wednesday:** Kathismata 20 and 1 through 6

**Wednesday evening:** Kathisma 7

**Thursday:** Kathismata 8 through 11

**Thursday evening:** Kathisma 12

**Friday:** Kathismata 13 through 15, and 19 and 20

**Friday evening:** Kathisma 18

**Saturday:** Kathismata 16 and 17

**Kathismata for Great Week:**

**Monday:** Kathismata 4 through 8

**Monday evening:** Kathisma 18

**Tuesday:** Kathismata 9 through 13

**Tuesday evening:** Kathisma 18

**Wednesday:** Kathismata 14 through 16, and 19 and 20

**Wednesday evening:** Kathisma 18

*On Great Thursday through Great Saturday, any kathismata is taken during the Church services.*

**Kathismata for Pascha (Easter) and Bright Week**

*No Kathismata is taken on Pascha and throughout Bright Week, until Vespers on Saturday evening.*

## The Office of Vespers

*Recite the Prayers of Introduction, including the twelve Lord, have mercies, the Doxology, and the three Come, let us...*

### Psalm 103

#### Praise of God's Creation

Bless the Lord, O my soul! You are very great, O Lord, my God; clothed in pomp and brilliance; arrayed with light as with a cloak. Stretching out the sky as a tent-cloth, covering Your lofty halls with water, You make the clouds Your conveyance; You surge on the wings of the wind. You make spirits Your messengers, and flaming fires Your attendants. You settle the earth on its firm foundation; it shall stand unmoved from age to age. The abyss covers it like a garment; waters stand over the mountains. At Your rebuke they will take flight; at the peal of Your thunder they will fear. They hurdle the hills and run down the dales, to the place You have chosen for them. You have set up a boundary not to be passed; they shall never return to cover the earth. Down in the gullies You make springs to rise; waters shall go down between the mountains. They shall give drink to the beasts of the fields; wild asses will seek them to quench their thirst. The birds of the sky will abide by them; from among the rocks they will raise their song. From Your lofty halls You refresh the mountains; the earth shall be fed with the fruit of Your works. You make green pastures for the cattle, and food-plants for the service of all, so that bread may be brought forth from the earth, and wine that gladdens the heart of all; so that oil may put a gleam upon his face, and that bread may strengthen the heart of all. The trees of the plain will be satisfied, the cedars of Lebanon that He planted. The sparrows will build their nests in them, and the herons will call them their home. To the deer belong high mountains; to rodents, the shelter of the rocks. You have made the moon to mark the seasons; the sun knows the time of its setting. You establish darkness, and it is night, wherein the forest creatures prowl around. Young lions roar for their prey, and call out to God for their meat. As the sun rises, they will come together, and lay themselves down in their dens. Man will go out to his labor, and work until eventide. How great are Your works, O Lord! In wisdom, You have wrought them all. The earth is filled with your creatures. Even the wide and open sea itself; within it there are countless creeping things, living beings small and large. Upon it there are ships a-sailing, and that great beast You made to have fun. All of them look up to You, to give them their food in due time. You provide and they gather up; You open Your hand and they are full. You hide Your face and they cringe; You suspend their breath, and they die and return to their dust. You send forth Your breath and they live; You renew the face of the earth. May the Lord's glory endure forever; may the Lord rejoice in His works. He looks upon the earth and makes it quake; He touches the mountains and they smoke. I will sing to the Lord as long as I live; I will praise my God as long as I last. Would that my thoughts be pleasing to Him, and I will rejoice in the Lord. May sinners vanish from the earth, and may the wicked be no more. Bless the Lord, O my soul! The sun knows the time of its setting. You establish darkness, and it is night. How great are Your works, O Lord! In wisdom, You have wrought them all. Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### The Psalter

*Turn to the proper Kathismata.*

### The Stichera

*Turn to the proper Stichera.*

### The Hymn of the Evening

O Joyful Light! Light and Holy Glory of the Father Immortal, the heavenly, holy, the Blessed One, O Jesus Christ! Now that we have reached the setting of the sun, and see the evening light, we sing to God, Father +, Son and Holy Spirit. It is fitting at all times to raise a song of praise in measured melody to You, O Son of God, the Giver of Life. Behold, the universe sings Your glory!

### **The Hymn of Glorification**

O Lord, keep us this evening without sin. Blessed + are You, O Lord God of our Fathers, and praised and glorified is Your Name forever. Amen. Let Your mercy, O Lord, be upon us because we have set our hope in You. Blessed + are You, O Lord, teach me Your commandments. Blessed + are You, O Master, make me understand Your commandments. Blessed + are You, O Holy One, enlighten me with Your laws. O Lord, Your mercy endures forever; do not despise the work of Your hands. It is proper to praise You, and hymns belong to You. Glory belongs to You, Father +, Son and Holy Spirit, now and ever and forever. Amen.

### **The Prayer of Vespers**

O Lord our God, You lowered the heavens when You came down for the salvation of the human race. Now look upon Your servants and upon Your inheritance, for they have bowed their heads to You, the Judge, both awesome and loving. They do not await human help, but look for Your mercy and are ready to receive Your salvation. Guard them at all times, this evening and tonight, against all enemies, against the devil's assaults, against vain thoughts and evil dreams. May the might of Your kingdom be blessed and exalted, Father +, Son and Holy Spirit, now and ever and forever. Amen.

### **The Cantic of Simeon**

Now You shall dismiss Your servant, O Lord, according to Your word, in peace; because my eyes have seen Your salvation which You prepared before the face of all peoples; a light to the revelation of the Gentiles, and the glory of Your people, Israel.

### **The Troparia of the Day**

*Turn to the proper troparia of the day.*

*Recite the Concluding Prayers. If it is the Great Fast, recite the Prayer of St. Ephrem, unless it is Saturday evening, or the vigil of a major feast.*

## The Office of Compline

*Recite the Prayers of Introduction, including the twelve Lord, have mercies, the Doxology, and the three Come, let us...*

### Psalm 69

#### Prayer for Relief from Adversaries

O God, make haste to my rescue; Lord, come to my aid! Let there be shame and confusion on those who seek my life. O let them turn back on confusion, who delight in my harm; let them retreat, covered with shame, who jeer at my lot. Let there be rejoicing and gladness for all who seek You. Let them say forever: "God is great," who love Your saving help. As for me, wretched and poor, come to me, O God. You are my rescuer, my help; O Lord, do not delay!

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### The Canon

#### **Saturday evening**

Crossing the deep sea like dry land, Israel saw the pursuing pharaoh drowning and exclaimed: Let us sing a hymn of victory to God.

Glory to Your holy resurrection, O Lord!

Death is destroyed by death. It is condemned; it is strangled. Despising the meaning of the divine life, the mighty Lord is killed. Yet resurrection is granted to all of us!

Glory be...now and ever...

Gracious Mistress of the world! Save those who sincerely confess that you are the Theotokos. We have you as an invincible armor, O Theotokos.

#### **Sunday evening**

Let us sing to our wonderous God who freed Israel from slavery. We sing a song of triumph and we chant: O Master, we sing to You alone!

Holy archangels and angels, pray to God for us!

You have formed Your angels in Your own image, O Christ. You have made them a chorus for Your majesty. They are intellectual by nature and incorruptible by Your grace, O Lord of Mystery.

Glory be...now and ever...

O immaculate Lady, you were blessed to hold in your arms Him who sat with the Father in heaven before time. Beg Him to be merciful to your servants.

#### **Monday evening**

Let us sing to Christ who ended Pharaoh's tyranny in the sea. He placed Israel on dry ground, and He shall be praised forever.

Holy and great John, Forerunner of the Lord, pray to God for us!

May you be my protector, Forerunner John, when I must stand before the Lord at the coming judgement. I know you will rescue me from horrible damnation.

Glory be...now and ever...

You gave birth to the Word by a word, uniquely immaculate Lady. We pray that you will deliver our souls from the evil one's trap.

#### **Tuesday and Thursday evenings**

Jesus Christ, Who sits in glory on the throne of God, arrives on a misty cloud. With His incorrupt hand, He saves those who sing: Glory to Your power, O Christ!

Glory to Your precious Cross, O Lord!

O Cross, heavenly ladder and guide for the armies of saints! You are the height and glory of Christ. You are the appointed image of God for the visible and invisible worlds, O unique and precious Cross!

Glory be...now and ever...

Most pure handmaiden, O Theotokos, you raised your hands in the form of a cross to Him who died on a cross. O Lady, now offer prayers for all who faithfully pray to you!

### ***Wednesday evening***

The Church rejoices in You, O Christ. She sings: You are my Lord, my might, my strength and my shelter.

Most holy Apostles, pray to God for us!

You have enlightened the minds of the Church from the sky, O stars - O Apostles! Take me from the night of sin and ignorance.

Glory be...now and ever...

After bearing a Child, you were still a perfect virgin, O Theotokos. You bore the Word Who came to earth for us. Pray to Him to enlighten our souls!

### ***Friday evening***

O Lord, You are the rampart of those who flee to You. You are the Light of those who are blind. My spirit sings to You!

All you saints, pray to God for us!

We sing to the army of saints, O Lord. You have illumined us through their prayers. You are Light inapproachable, and you dispel the mist of ignorance by Your lasting brightness!

Glory be...now and ever...

Your happiness is with God, pure Lady! Join the prophets, apostles, martyrs and all the saints in seeking the remission of our sins from the Lord.

## **The Troparia of Compline**

O God of our fathers, ever dealing with us tenderly! Do not withhold Your mercy from us, but rather, by the prayers of all Your saints direct our lives in peace.

O Christ God, Your Church clothed in a mystical white robe, and a violet mantle crimsoned with the blood of Your martyrs all over the world, cries out to You: shower Your mercy on Your people; give peace to Your world, and great mercy to our souls.

Glory be...With the saints, O Christ, give rest to Your servants, where there is no pain, sorrow, nor mourning, but life everlasting.

Now and ever...Through the prayers of the Theotokos and all the saints, give us peace and have mercy on us, O Lord, for You alone are merciful.

*On Friday evenings, instead of the above troparia, take:*

O Apostles, Martyrs, Prophets, and Hierarchs, O Holy Men and Women, you have fought the good fight and kept the faith. Since you have acquired favor with the Savior, we beseech you to intercede with Him in His goodness, that He may save our souls.

Glory be...With the saints, O Christ, give rest to Your servants, where there is no pain, sorrow, nor mourning, but life everlasting.

Now and ever...O Lord, Author of all Creation, the universe offers to You the God-bearing martyrs as the first fruits of nature. Through their prayers and through the Theotokos, preserve Your Church, your dwelling-place in perfect peace, O Most Merciful One.

## **The Prayer to Our Lady by the Monk Paul**

O chaste and spotless Lady never touched by blame or corruption or defilement, O Bride of the Most High Himself! You brought forth the Word of God into this world in a marvelous and mysterious way, thus uniting Him to us and joining our nature to the divine! You are the only hope of those who have no hope, always ready to come to the aid of every Christian who seeks refuge in you. Though I have often defiled myself with all sorts of impurities: thoughts; words, and deeds; though slothfulness has enslaved me to lust; though I often find myself weighed down by despair and depression, do not despise me. As the Mother of God, your heart is filled with love and compassion for all mankind. Therefore, pity me in

spite of my sinfulness; accept this prayer from these impure lips of mine. With boldness that only a mother could manifest, implore your Son, our Lord and God, to show me His deep and tender mercy. Entreat Him not to regard the numberless times I have fallen, but to lead me to true repentance, that, as His friend and follower, I may be always conscious of His precepts and ever ready to observe them. And you, sweet Lady, in your graciousness, stay with me. Take my part at all times. Enable me to repel all temptations; to achieve my eternal salvation. At the moment of my death, embrace and comfort my sorry soul, and drive off the terrifying spectres of the evil one. On that awesome day of judgment, save me from everlasting punishment; reveal me as a true heir of that ineffable glory which your Son has promised in His grace and love. To Him, to His eternal Father +, and to His all-holy, good and life-giving Spirit is due all glory, honor and worship, now and ever and forever. Amen.

### **The Prayer to Our Lord by the Monk Antiochus**

Now that we are about to lie down to sleep, grant us, O Master, the repose of our soul and body. Preserve us against the dark slumber of sin and against any impure satisfaction that roams around in the darkness of night. Quiet the assaults of our passions; arrest the darts that the Evil One insidiously throws at us; still the commotions of our flesh, and calm all earthly and worldly feelings within us. Grant us, O Lord, a watchful mind, innocent thoughts, a sober heart, a gentle sleep free from evil dreams; at the hour of prayer, arouse us, strong in the practice of Your commandments and ever-mindful of Your desires. Give us the grace to sing Your glory throughout the night; to praise, bless, and glorify Your all-honorable and magnificent Name, Father +, Son and Holy Spirit, now and ever and forever. Amen.

*Recite the Prayer to the Holy Protection.*

### **The Praise to the Holy Trinity**

The Father + is my hope! The Son + is my refuge! The Holy Spirit + is my protection! O Holy Trinity +, glory be to You!  
In you do I place all my hope, O Theotokos! Keep me under your Protection!

*Recite the Concluding Prayers. If it is the Great Fast, recite the Prayer of St. Ephrem, unless it is Saturday evening, or the vigil of a great feast.*

## The Office of Matins

Through the prayers of the Holy Fathers, O Lord Jesus Christ our God, have mercy + on us. Amen.

*If it is the Paschal season, recite the **Christ is risen...***

Glory to God in the highest, and to His people on earth, His peace and good will. *Three times.*

O Lord, You shall open my lips, and my mouth will declare Your praise. *Two times.*

### Psalms of Matins

#### **Psalm 3 - Monday**

Help for the Afflicted

How many are my foes, O Lord! How many are rising up against me! How many are saying about me: there is no help for him in God. But You, Lord, are a shield about me; my glory, Who lift up my head. I cry aloud to the Lord. He answers from His holy mountain. I lie down to rest and I sleep. I wake, for the Lord upholds me. I will not fear even thousands of people who are ranged on every side against me. Arise, Lord; save me, my God: You Who strike all my foes on the mouth; You Who break the teeth of the wicked! O Lord of salvation, bless Your people. I lie down to rest and I sleep. I wake, for the Lord upholds me.

#### **Psalm 37 - Tuesday**

A Psalm of Repentance

O Lord, do not rebuke me in Your anger; do not punish me, Lord, in Your rage. Your arrows have sunk deep in me; Your hand has come down upon me. Through Your anger all my body is sick; through my sin, there is no health in my limbs. My guilt towers higher than my head; it is a weight too heavy to bear. My wounds are foul and festering, the result of my own folly. I am bowed and brought to my knees. I go mourning all the day long. All my frame burns with fever; all my body is sick. Spent and utterly crushed, I cry aloud in anguish of heart. O Lord, You know all my longing; my groans are not hidden from You. My heart throbs, my strength is spent; the very light has gone from my eyes. My friends avoid me like a leper; those closest to me stand afar off. Those who plot against my life lay snares; those who seek my ruin speak of harm, planning treachery all the day long. But I am like the deaf who cannot hear, like the dumb unable to speak. I am like one who hears nothing in whose mouth is no defense. I count on You, O Lord; it is You, Lord God, who will answer. I pray, do not let them mock me, those who triumph if my foot should slip. For I am on the point of falling and my pain is always before me. I confess that I am guilty and my sin fills me with dismay. My wanton enemies are numberless and my lying foes are many. They repay me evil for good and attack me for seeking what is right. O Lord, do not forsake me! My God, do not stay afar off! Make haste and come to my help, O Lord, my God, my Savior! O Lord, do not forsake me! My God, do not stay afar off! Make haste and come to my help, O Lord, my God, my Savior!

#### **Psalm 62 - Wednesday**

Friendship with God

O God, You are my God, for You I long; for You my soul is thirsting. My body pines for You like a dry, weary land without water. So I gaze on You in the sanctuary to see Your strength and Your glory. For Your love is better than life; my lips will speak Your praise. So I will bless You all my life, in Your name I will lift up my hands. My soul shall be filled as with a banquet; my mouth shall praise You with joy. On my bed I remember You. On You I muse through the night for You have been my help. In the shadow of Your wings, I rejoice. My soul clings to You; Your right hand holds me fast. Those who seek to destroy my life shall go down to the depths of the earth. They shall be put into the power of the sword and left as the prey of the jackals. But the king shall rejoice in God; all that swear by Him shall be



blessed for the mouth of liars shall be silenced. On You I muse through the night for You have been my help. In the shadow of Your wings, I rejoice. My soul clings to You; Your right hand holds me fast.

***Psalm 87 - Thursday***  
**The Darkness of Death**

Lord my God, I call for help by day; I cry at night before You. Let my prayer come into Your presence. O turn Your ear to my cry. For my soul is filled with evils; my life is on the brink of the grave. I am reckoned as one in the tomb; I have reached the end of my strength. Like one alone among the dead; like the slain lying in their graves. Like those You remember no more; cut off, as they are, from Your hand. You have laid me in the depths of the tomb, in places that are dark, in the depths. Your anger weighs down upon me; I am drowned beneath Your waves. You have taken away my friends and made me hateful in their sight. Imprisoned, I cannot escape; my eyes are sunken with grief. I call to You, Lord, all the day long; to You I stretch out my hands. Will You work Your wonders for the dead? Will the shades stand and praise You? Will Your love be told in the grave, or Your faithfulness among the dead? Will Your wonders be known in the dark or Your justice in the land of oblivion? As for me, Lord, I call to You for help; in the morning my prayer comes before You. Lord, why do You reject me? Why do You hide Your face? Wretched, close to death from my youth, I have borne Your trials; I am numb. Your fury has swept down upon me; Your terrors have utterly destroyed me. They surround me all the day like a flood; they assail me all together. Friend and neighbor You have taken away; my one companion is darkness. Lord my God, I call for help by day; I cry at night before You. Let my prayer come into Your presence. O turn Your ear to my cry.

***Psalm 102 - Friday***  
**Praise for Mercy and Angelic Hosts**

My soul, give thanks to the Lord; all my being, bless His holy name. My soul, give thanks to the Lord and never forget all His blessings. It is He Who forgives all your guilt, Who heals every one of your ills. Who redeems your life from the grave; Who crowns you with love and compassion. Who fills your life with good things, renewing your youth like an eagle's. The Lord does deeds of justice; gives judgment for all who are oppressed. He made known His ways to Moses and His deeds to Israel's children. The Lord is compassion and love; slow to anger and rich in mercy. His wrath will come to an end; He will not be angry forever. He does not treat us according to our sins, nor repay us according to our faults. For as the heavens are high above the earth, so strong is His love for those Who fear Him. As far as the east is from the west, so far does He remove our sins. As a father has compassion on his children, the Lord has pity on those who fear Him, for He knows of what we are made. He remembers that we are dust. As for mortals, their days are like grass; they flower like the flower of the field. The wind blows and they are gone, and their place never sees them again. But the love of the Lord is everlasting upon those who hold Him in fear. His justice reaches out to children's children when they keep His covenant in truth, when they keep His will in their mind. The Lord has set His sway in heaven and His kingdom is ruling over all. Give thanks to the Lord, all His angels, mighty in power, fulfilling His word, who heed the voice of His word. Give thanks to the Lord, all His hosts, His servants who do His will. Give thanks to the Lord, all His works, in every place where He rules. My soul, give thanks to the Lord! In every place where He rules, my soul, give thanks to the Lord!

***Psalm 142 - Saturday and Sunday***  
**Waiting in Darkness for the Light**

Lord, listen to my prayer; turn Your ear to my appeal. You are faithful, You are just; give answer. Do not call Your servant to judgment for no one is just in Your sight. The enemy pursues my soul; he has crushed my life to the ground. He has made me dwell in darkness like the dead, long forgotten. Therefore, my spirit fails; my heart is numb within me. I remember the days that are past; I ponder all Your works. I muse on what Your hand has wrought and to You I stretch out my hands. Like a parched land my soul thirsts for You. Lord, make haste and answer; for my spirit fails within me. Do not hide Your face, lest I become like those in the grave. In the morning let me know Your love, for I put my trust in You. Make me know the way I should walk; to You I lift up my soul. Rescue me, Lord, from my

enemies; I have fled to You for refuge. Teach me to do Your will, for You, O Lord, are my God. Let Your good Spirit guide me in ways that are level and smooth. For Your name's sake, Lord, save my life; in Your justice save my soul from distress. In Your love make an end of my foes; destroy all those who oppress me for I am Your servant, O Lord. You are faithful, You are just; give answer. Do not call your servant to judgment. You are faithful, You are just; give answer. Do not call Your servant to judgment. Let Your good Spirit guide me in ways that are level and smooth.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

## God the Lord

God the Lord has revealed Himself to us; blessed is He Who come in the name of the Lord. *Repeat after each verse.*

*Verse 1* Give thanks to the Lord, for He is good; for His love endures forever.

*Verse 2* They encircled me, compassed me about; in the Lord's name I crushed them.

*Verse 3* I shall not die, I shall live and recount the deeds of the Lord.

*Verse 4* The stone which the builders rejected has become the cornerstone. This is the work of the Lord, a marvel in our eyes.

## The Psalter

*Turn to the proper Kathismata.*

## The Sessional Hymns

*Turn to the proper Sessional Hymns.*

## The Polyeleos

### *Psalms 134 and 135*

The Mercies of God in Creation and Redemption; Thanksgiving to God for His Enduring Mercy

Praise the name of the Lord; praise Him, servants of the Lord. Alleluia! Alleluia! Alleluia! Who stand in the house of the Lord, in the courts of the house of our God. Alleluia! Alleluia! Alleluia! Lord, Your name stands forever, unforgotten from age to age. Alleluia! Alleluia! Alleluia! From Zion may the Lord be blessed, He Who dwells in Jerusalem. Alleluia! Alleluia! Alleluia! O give thanks to the Lord for He is good, for His love endures forever. Alleluia! Alleluia! Alleluia! Who fixed the earth firmly on the seas, for His love endures forever. Alleluia! Alleluia! Alleluia! He snatched us away from our foes, for His love endures forever. Alleluia! Alleluia! Alleluia! To the God of heaven give thanks, for His love endures forever. Alleluia! Alleluia! Alleluia!

## The Praises of Our Lady

*Verse 1* My soul magnifies the Lord, and my spirit rejoices in God my Savior.

More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, who - a Virgin - gave birth to God the Word, you - truly - the Mother of God we magnify! *Repeat after each verse.*

*Verse 2* Because He has looked upon the lowliness of His servant; from this day forward all generations shall called me blessed.

*Verse 3* Because he Who is mighty has done great things for me and holy is His name, and His love is from generation to generation to those who fear Him.

*Verse 4* He has shown might in His arm; He has scattered the proud in the conceit of their heart.

*Verse 5* He has put down the might from their seat and has exalted the humble; He has filled the hungry with good things and the rich He has sent away empty.

Verse 6 He has received Israel, His servant, being mindful of His love, as He spoke to our fathers, to Abraham and to his seed forever.

### **The Great Doxology**

Glory to God + in the highest, and to His people on earth, peace and good will. Lord God, heavenly King, Almighty God and Father, with the Lord Jesus Christ, only Son of the Father +, and the Holy Spirit. We praise You, we bless You, we worship You, we glorify You, we thank You for Your great glory. Lord God, Lamb of God, Son of the Father, You take away the sin of the world, have mercy on us. You take away the sins of the world, hear our prayer. You are seated at the right hand of the Father, have mercy on us. For You alone are holy, You alone are the Lord, Jesus Christ, for the glory of God the Father. Amen. I will bless you day after day, and praise Your name forever. Count us worthy, O Lord, of passing this day without sin. Blessed + are You, O Lord, God of our Fathers, and praised and glorified is Your name forever. Amen. Let Your mercy, O Lord, be upon us because we have set our hope in You. Blessed + are You Lord, teach me Your commandments. Blessed + are You, O Master, make me understand Your comandments. Blessed + are You, O Holy One, enlighten me with Your laws. O Lord, You have been our refuge from one generation to the next. I said: Lord, have mercy on me, heal my soul, for I have sinned against You. O Lord, I have fled to You, teach me to do Your will, for You, O Lord, are my God. In You is the source of life and in Your light we see light. Keep on loving those who know You.

### **The Troparia of the Day**

*Turn to the proper troparia of the day.*

### **The Prayer of Matins**

God of our Fathers, we praise You, we glorify You, we bless You, we thank You, for You have made the shadow of night pass and have shown us again the light of day. We beg You in Your goodness and in Your great mercy, cleanse our sins and hear our prayer, for we take refuge in You, O merciful and all-powerful God. Make the true Sun of righteousness shine in our hearts, enlighten our minds, and watch over all our senses, that we may live decently like people of the daytime, so that walking in Your commandments, we may come to eternal life, and may be made worthy of the enjoyment of Your light beyond reach, for You are the source of life. For You are a God of mercy and kindness and love, and we glorify You, Father +, Son and Holy Spirit, now and ever and forever. Amen.

*Recite the Concluding Prayers. If it is the Great Fast, recite the Prayer of St. Ephrem, unless it is Sunday, or a great feast.*

## The Hours

### The First Hour

*Recite the Prayers of Introduction, including the twelve **Lord, have mercies**, the **Doxology**, and the three **Come, let us adore...***

*If combining one or more Hour, only recite the twelve **Lord, have mercies** etc., at the beginning of the next Hour; also, recite the Concluding Prayers only at the conclusion of the final Hour recited (if combined).*

#### **Psalm 5**

##### **Prayer for Divine Help**

Listen to my words, O Lord, attend to my complaint. Be attentive to the voice of my appeal, O my King and my God! For to You will I pray, O Lord. At dawn You shall listen to my voice, at dawn I will stand at Your service and look up. For You are not a God pleased with iniquity, neither shall the evil-doer dwell with You, nor shall transgressors stand before Your sight. You loathe all those who work iniquity. You will destroy all those who speak lies. The Lord abhors all persons of blood and deceit. But I, in the abundance of Your love, will have access to Your dwelling-place. Before Your holy temple I will worship in the fear of You. O Lord, be my guide in Your justice, because of my foes, clear my path before You. Indeed, in their mouth there is no truth, their heart is vain. Their throat is but a gaping tomb, their words deceive. Judge them, O God, let them founder in their evil plots. Because of their many crimes, cast them out, for they have risen against You, the Lord. And all those who trust in You shall rejoice; they shall feast forevermore. And You shall dwell among them, and all who love Your name shall be glad. For You bless the just ones, O Lord; You have covered us as with a shield of grace.

#### **Psalm 89**

##### **Frailty of Man**

O Lord, You have been for us a refuge from age to age. Before the mountains came to be, before the earth and the world were formed, from all eternity to all eternity, You are. Let not man return to wretchedness. You said: Turn back, You sons of men! A thousand years in Your sight are but a yesterday, long past, and as a watch of night. Years shall be nothingness to them. Let the morning pass away as tender grass. In the morning, let it bloom and fade, in the evening, let it droop and wilt and dry. For we have perished by Your anger, and we have been shaken by Your wrath. You have placed our sins before You; our time stands in the light of Your face. For all our days are wasted, and we have passed away in Your wrath. Our years are as fragile as a spider's web; the number of our years is seventy years. Eighty years perhaps if we are among the strong, and their span is but toil and sorrow. Who knows the might of Your anger? By the fear of You shall Your wrath be measured. Thus make known to me Your right hand, and those who were trained with wisdom in their heart. Return, O Lord! How long shall You delay? Take up the defense of those who serve You. In the morning, fill us with Your love, that we may rejoice and be glad in all our days. Repay us in joy the times You did afflict us, the many years when disgrace was our lot. Let Your work be manifest to Your servants, and Your glory to their children. And may the brightness of the Lord our God shine upon us, and may He prosper the works of our hands for us, may He prosper the works of our hands!

#### **Psalm 100**

##### **God's Love and Justice**

To You, Lord, I will sing of love and judgment; I will sing to the harp and walk a blameless path. O, when will You come to me? I have walked with innocence of heart in the midst of my house. I have not set before my eyes any unlawful thing; I detest those who commit evil deeds. A perverse heart has not been my companion; the wicked man turned away from me, I knew him not. Whoever slandered his neighbor in secret, him I expelled. With a man of haughty airs and greedy heart, I would not share a meal. My eyes are upon the faithful of the land so that they may dwell with me. The man who walked a blameless

path, he has attended me. The man who practiced haughtiness found no lodging in my house. The man who spoke unjustly did not prosper in my sight. Early did I slay all the sinners of the land, rooting out of the city of the Lord all the workers of iniquity.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### **The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

### **Troparion of the Day**

Glory be...

*Turn to the proper troparion of the day. Continue with:*

Now and ever...What shall we call you, O Full of Grace? A Heaven, for you have borne the Sun of Justice? A Paradise; for you have brought forth the Flower of Immortality? A Virgin, for you have remained undefiled? A Mother, holding her holy arms the Son Who is the God of all? Intercede with Him for the salvation of our souls.

Let my way be straight according to Your word; let no sin overcome me. Save me from the wickedness of men, and I will keep Your commandments. Let Your face shine upon Your servants, and teach me Your laws. Let my mouth be filled with Your praise, O Lord, and let me sing Your glory and magnificence + all the day long.

### **Kontakion of the Day**

*Turn to the proper kontakion of the day. At the conclusion, continue with:*

Lord, have mercy. *Forty times.*

O Christ our God, in all times and places You are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in Your mercy and compassion. You love the Just and show mercy to the sinner, calling all people to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of Your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble and distress; surround us with Your holy Angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of Your unspeakable glory. For You are blessed + forever and ever. Amen.

### **The Prayer of the Hour**

O Christ, the True Light, Who enlightens and sanctifies everyone in the world, mark us with the light of Your countenance so that we may see the unapproachable radiance. Let our life be straight along the path of Your commandments, through the prayers + of Your most pure Mother and of all the Saints. Amen.

*If continuing with the next Hour, recite the three Come, let us... and begin the Psalms. Otherwise, recite the Concluding Prayers.*

### **The Third Hour**

*Recite the Prayers of Introduction; if continuing from the First Hour, see above.*

**Psalm 16**  
**Prayer Against Persecutors**

Listen to my words, O Lord. Listen, O Lord of my righteousness, attend to my appeal. Give ear to my prayer that is not from deceitful lips. Let my judgment come forth from Your face; let my eyes behold what is right. You have proved my heart; You have watched me by night. You have tried me with fire and found in me no wrong. That my mouth utter not the misdeeds of men. Because of the words of Your lips, I have followed rugged roads. Establish my footsteps upon Your paths that my footsteps stumble not. I have cried out to You, for You have heard me, O God. Lend me Your ear and listen to my words. Display Your love marvelously, O Savior of those who trust in You. From those who have risen against Your power, protect me as the apple of Your eye. Shelter me beneath the shelter of Your wings from the sight of the wicked who afflict me. These enemies of mine beset my soul; they enclosed themselves in their fat; their mouth spoke pride. They cast me out, then surrounded me; they have eyes but to throw me to the ground. They watch me as a lion set to pounce; as a lion-cub lurking in its den. Arise, O Lord, prevent them and overthrow them! Deliver my soul from wicked men, wrest Your sword from the enemies of Your power! O Lord, cut them off from the earth very soon, while they are still alive. Their bellies were filled with Your goods; they shall be satisfied with sons; they have left the remains to their babes. As for me, I shall behold Your face in righteousness and shall be satisfied with the vision of Your glory.

**Psalm 24**  
**Prayer for Guidance and Help**

To You, O Lord, I have lifted up my soul; O my God, I have trusted in You; let me not be put to shame forever. Let not my enemies laugh at me; of all those who seek You, none will be shamed. Let shame befall the wanton transgressors. Make know to me Your ways, O Lord, show me Your paths. Guide me in Your truth and teach me, for You are my God and Savior and I have waited for You all the day. Remember Your tender mercies, and love, O Lord, that are from all ages. The sins of my youth and my failures remember not. Remember me in Your love, O Lord, because of Your kindness. Kind and true is the Lord; He will set the wayward aright. He will give good judgment to the meek; He will teach the meek His ways. All the ways of the Lord are mercy and truth to those who seek His covenant and His revelation. For the sake of Your name, O Lord, forgive also my sin, for it is great. Be there persons who fear the Lord, the Lord will teach them in the way they have chosen. Their souls shall dwell in prosperity, and their posterity shall inherit the land. The Lord is the might of those who fear Him and He will reveal His covenant to them. My eyes are always upon the Lord, for He will loose my feet from the snare. Look upon me and have mercy on me, for I am lonely and destitute. The troubles of my heart are multiplied; deliver me from my straits. Behold my afflictions and my pain, and forgive all my sins. Behold my enemies: they have grown in number and have hated me with unfair hatred. Preserve my soul and deliver me that I may not be shamed; for I trust in You. The blameless and the righteous stood with me because I waited for You, O Lord. Deliver Israel, O Lord, of all its afflictions!

**Psalm 50 (51)**  
**Prayer of Repentance**

O God, have mercy on me in the greatness of Your love. In the abundance of Your tender mercies wipe out my offense. Wash me thoroughly from malice and cleanse me from sin. For I am well aware of my malice and my sin is before me always. It is You alone I have offended; I have done what is evil in Your sight. Wherefore, You are just in Your deeds and triumphant in Your judgment. Behold, I was born in iniquities and in sins my mother conceived me. But You are the Lover of Truth; You have shown me the depths and secrets of Your wisdom. Wash me with hyssop and I shall be pure; cleanse me and I shall be whiter than snow. Let me hear sounds of joy and feasting; the bones that were afflicted shall rejoice. Turn Your face away from my offenses and wipe off all my sins. A spotless heart create in me, O God; renew a steadfast spirit in my breast. Cast me not afar from Your face; take not Your blessed Spirit out

of me. Restore to me the joy of Your salvation and let Your guiding Spirit dwell in me. I will teach Your ways to the sinners and the wicked shall return to You. Deliver me from blood-guilt, O God, my saving God, and my tongue will joyfully sing Your justice. O Lord, You shall open my lips and my mouth will declare Your praise. Had You desired sacrifice, I would have offered it, but You will not be satisfied with whole-burnt offerings. Sacrifice to God is a contrite spirit; a crushed and humbled heart God will not spurn. In Your kindness, O Lord, be bountiful to Zion; may the walls of Jerusalem be restored. Then will You delight in just oblation; in sacrifice and whole-burnt offerings. Then shall they offer calves upon Your altar.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### **The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

### **Troparion of the Day**

Glory be...

*Turn to the proper troparion of the day. Continue with:*

Now and ever...O Mother of God, you are the true Vine laden with the Fruit of Life; wherefore, we implore you, O Lady, to intercede together with the Apostles and all the Saints that we may obtain mercy for our souls.

Blessed + is the Lord God! Blessed is the Lord day by day! May the God of our salvation smooth our path. Our God is the God + of salvation!

### **Kontakion of the Day**

*Turn to the proper kontakion of the day.*

### **The Prayer of the Hour**

O God our Master, Almighty Father; Only-begotten Son, Lord Jesus Christ, and You +, O Holy Spirit, One God and One Might, have mercy + on me a sinner, and save me, Your unworthy servant, according to the ways of Your wisdom. For You are blessed + forever and ever. Amen.

*If continuing with the next Hour, recite the three **Come, let us...** and begin the Psalms. Otherwise, recite the Concluding Prayers.*

### **The Sixth Hour**

*Recite the Prayers of Introduction; if continuing from the Third Hour, see above.*

#### **Psalm 53**

#### **Confident Prayer in Times of Peril**

Save me, O God, by Your name and judge me by Your might. O God, hear my prayer; listen to the words of my mouth. For strangers have risen against me and powerful men have pursued my soul instead of contemplating God. Behold, God is my Helper and the Lord is the Sustainer of my soul. He will return evil upon my enemies; He will destroy them in His truth. With eager heart I will sacrifice to

You; I will praise Your name, O Lord, for it is good. For You have delivered me from all affliction, and my eyes have looked down on my enemies.

### **Psalm 54**

#### **Prayer of a Man Persecuted**

O Lord, listen to my prayer and do not overlook my supplication; give heed to me and answer me. I was grieved in my meditation; I trembled at the enemy's shouts and at the oppression of the wicked one. They brought down evil upon me, and seethed with anger against me. My heart recoiled within me; the anguish of death befell me. Fear and trembling came upon me and darkness covered me up. And I said, who will give me wings like a dove's and I shall fly and I shall come to rest? Behold, I have fled to distant places and made the wilderness my home. I have waited for God to deliver me from faintheartedness and windy storm. O Lord, confound and divide their tongues, for I have seen evil and strife in the town. Day and night it whirls upon its ramparts; inside there is sin and trouble and injustice. Usury and fraud are never absent from its public squares. Had it been a foe who insulted me, that I could have endured. Had he hated me who stood up against me, from him I could have hidden. But you, a man of kindred soul, my guide, my close acquaintance with whom I ate in sweet companionship and walked in harmony within God's house! May death come down upon them; may they fall in the Abyss alive! For evil is within their dwellings, in the very midst of them. As for me, I have appealed to God and the Lord has heard me. At dusk, dawn, and noon, I will cry out and call, and He will hear my voice. He will deliver my soul in peace from those who came close to me, from the crowd that surrounded me. God, the Master before all ages, will hear and humble them. For in them there is no repentance, for they have not feared God. He offered His hand in Self-giving, but they broke away from His covenant. They were scattered by the anger of His face, and their hearts became tight. Their words were smoother than oil, but they themselves were darts. Place your burden upon the Lord, and He Himself will sustain you; He will never let the just be tossed around. But You, O Lord, shall cast them down into the pit of destruction. men of blood and deceit shall not live half their days; as for me, I will hope in You, O Lord!

### **Psalm 90**

#### **Security Under God's Protection**

He who dwells in the shelter of the Most High abides in the shadow of God of heaven. He will say to the Lord: my Wall, my Refuge, my God in Whom I will trust! He it is Who will save you from the hunter's snare, and from the deadly pestilence. With His pinions, He will overshadow you, and beneath His wings you shall rest secure. As a shield, His truth shall cover you; you shall not fear the terror of the night, nor the arrow that flies by day, nor the thing that lurks about in darkness, nor the pestilence or demon of the noon. Though a thousand may be falling at your side, and ten thousand at your right, no harm will come to you. But you with your eyes shall observe and see the retribution of the wicked. Because you have said: O Lord, You are my Hope! And you have taken the Most High as your refuge, no evil shall come close to you, nor shall any scourge approach your dwelling. For He will command the angels to watch over all your ways. In their hands they shall carry you lest you stumble with your foot against a stone. Upon the asp and the viper you shall tread; the lion and the dragon you shall trample. Because he trusted Me, I will save him; I will protect him for he knew My name. He will call on Me, and I will answer him; I am with him at the time of distress; I will deliver him and give him glory. With length of days I will feed him, and My salvation I will let him see.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### **The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*



### Troparion of the Day

Glory be...

*Turn to the proper troparion of the day. Continue with:*

Now and ever...Since we have no one in whom to confide because of our many sins, O Virgin Theotokos, intercede for us with the One Who was born of you. For a mother's prayer is a powerful means for obtaining the Master's favor. You are most worthy of veneration, so do not turn away from the pleading of us sinners, for the One Who willed to suffer in the flesh for our sake is full of mercy, and His power is sufficient to save us.

Let Your bounties, O Lord, come down upon us in haste, for our need has become great indeed. Help us, O God our Savior, for the glory of Your name. Save us, O Master, and forgive our sins for the sake + of Your name.

### Kontakion of the Day

*Turn to the proper kontakion of the day.*

### The Prayer of the Hour

O God, Lord of Powers and Maker of the whole creation, through Your compassion beyond our understanding, You sent down Your Only-begotten Son, our Lord Jesus Christ, for the salvation of our race. Through His cross He cancelled the debt of our sins and triumphed over the powers and masters of darkness. Now accept from us sinners these prayers of thanksgiving and petition, and preserve us from any deadly fall in the darkness and against every visible and invisible enemy who may seek our harm. Pierce our bodies with fear of You, and let not our souls fall into evil words or thoughts, but, instead, wound them with longing for You so that, looking down upon You at all times and guided by the light that emanates from You, we may contemplate the unapproachable eternal light. May we ever address our thanksgiving and worship to You, O Eternal Father, and to Your Only-begotten Son, and to Your + All-holy, gracious, and life-giving Spirit, now and ever and forever. Amen.

*If continuing with the next Hour, recite the three Come, let us... and begin the Psalms. Otherwise, recite the Concluding Prayers.*

### The Ninth Hour

*Recite the Prayers of Introduction; if continuing from the Sixth Hour, see above.*

#### **Psalm 83**

#### **A Pilgrim's Song**

Listen to my words, O Lord. How lovely Your dwelling-place, O Lord of Powers; away from the Lord's courtyards, my soul yearns and pines. My heart and flesh have cried out for joy towards God alive. For the sparrow has found itself a home, and the dove a nest of its own where to cradle its young. Your altars, O Lord of Powers, my King and my God! Blessed are those who live in Your house; they will praise You forever and ever. Blessed is the man whose support You are; in his heart he has planned ascensions through the valley of weeping, to the place he has chosen. And the Lawmaker shall give blessings; they shall go from strength to strength, and the God of gods shall be seen in Zion. Listen to my prayer, O Lord God of Powers; O God of Jacob, lend Your ear. O God, our shield, behold and look upon the face of Your Anointed One. For a day in Your courts is better than a thousand elsewhere. I would rather be lowly in the house of my God than dwell in the tents of the wicked. For the Lord loves kindness and truth; God will bestow the grace and the glory. The Lord shall not deny good things to those who walk in innocence. O Lord of Powers, blessed is the man who hopes in You!

**Psalm 84**  
**Prayer for Peace**

O Lord, You have favored Your land; You have returned the captives of Jacob. You have remitted the sins of Your people; You have covered up all their offenses. You have made all Your anger subside; You have turned from the anger of Your Spirit. Change us, O God of our salvation, and turn Your wrath away from us. Be not angry with us forever; will Your wrath endure from generation to generation? O God, You will return and quicken us that Your people may rejoice in You. O Lord, let us see Your loving-kindness, and grant us Your salvation. I will hear what the Lord God says within me, for He will speak peace to His people, and to His holy ones and to those who turn their hearts to Him. Now His salvation is at hand for those who fear Him, that glory may dwell in our land. Kindness and truth have come together; peace and righteousness have embraced. Truthfulness has grown out of the earth; righteousness has bowed down from heaven. For the Lord will provide happiness, and our earth shall yield its fruit. Righteousness shall walk before Him and guide His footsteps on the way.

**Psalm 85**  
**Prayer in Times of Trial**

Lend Your ear, O Lord and listen to me; for I am distressed and in need. Guard my soul for I am pure. O my God, save Your servant whose hope is in You! Have mercy on me, O Lord, for I will cry out to You all the day. Comfort the soul of Your servant, for I have lifted up my soul to You. You are generous and gentle, O Lord, full of loving-kindness for those who pray to You. O Lord, listen to my prayer; be attentive to the voice of my supplication. On the day of my affliction, I called out to You and You heard me. Of all the gods, there is not one like You, nor is there any work to match what You do. All the nations which You made come up and worship You and give glory to Your name, O Lord. For You are great, and a Wonderworker; You are the only God. Lead me along Your way, O Lord, and I will walk in Your truth. Let my heart rejoice for having feared Your name. I will confess You with all my heart, O Lord my God, and I will give glory to Your name forever. For great is Your kindness to me, O Lord, and You have saved my soul from the depth of the Abyss. Wicked men have risen up against me, O God, and a band of strong men have sought my life and they did not keep You in mind. But You, O Lord my God, are compassionate and kind; slow to anger and full of tenderness and truth. Look upon me and have mercy on me; give Your strength to Your servant and save the son of Your handmaid. Give me a token of Your favor, and those who hate me shall behold and cringe. For You, O Lord, have helped me and comforted me. Give me a token of Your favor, and those who hate me shall behold and cringe. For You, O Lord, have helped me and comforted me.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

**The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

**Troparion of the Day**

Glory be...

*Turn to the proper troparion of the day. Continue with:*

Now and ever...O gracious Lord, for our sake You were born of the Virgin and were crucified. You crushed Death by Your death, and, being God, brought forth the resurrection. Do not turn away from those You have made with Your hands, but reveal instead Your love to us, O Lord of Mercy. Accept as intercessor the Virgin Theotokos who gave You birth. O our Savior, save a desparate people.

For the sake of Your holy name, do not abandon us forever; do not forget Your covenant. For the sake of Abraham the trustful one, Isaac Your servant, and Israel Your holy one, do not take Your + mercies away from us.

### **Kontakion of the Day**

*Turn to the proper kontakion of the day.*

### **The Prayer of the Hour**

O Master, Lord Jesus Christ, You patiently endured our sins and led us to this very hour at which You were hung upon the life-giving wood. You opened a way to paradise to the penitent thief, and crushed Death by Your death. Now forgive the trespasses that we Your servants have committed, unworthy sinners that we are. We have sinned indeed and transgressed Your law. We are unworthy even to lift up our eyes to heaven, for we have abandoned the path of Your holiness and pursued the desires of our hearts. But now we implore Your immense goodness: Spare us, O Lord, in the multitude of Your mercies; save us for the sake of Your most holy name. Our days were spent in vanity; wrest us from hands of our enemy, and forgive our sins. Subdue in us the cravings of our flesh, so that, after putting off the old man, we may put on the new and live for You, our Lord and Benefactor; and that obeying Your commandments, we may reach eternal repose in the place where all the blessed abide; for You are truly joy and delight to those who love You, O Christ our God. We send up glory to You, and to Your eternal Father, and to Your + all-holy, gracious, and life-giving Spirit, now and ever and forever. Amen.

*Recite the Concluding Prayers.*

## The Hours for the Great Fast

### The First Hour

*Recite the Prayers of Introduction, including the twelve Lord, have mercies, the Doxology, and the three Come, let us adore...*

*If combining one or more Hour, only recite the twelve Lord, have mercies etc., at the beginning of the next Hour; also, recite the Concluding Prayers only at the conclusion of the final Hour recited (if combined).*

#### **Psalm 5**

##### **Prayer for Divine Help**

Listen to my words, O Lord, attend to my complaint. Be attentive to the voice of my appeal, O my King and my God! For to You will I pray, O Lord. At dawn You shall listen to my voice, at dawn I will stand at Your service and look up. For You are not a God pleased with iniquity, neither shall the evil-doer dwell with You, nor shall transgressors stand before Your sight. You loathe all those who work iniquity. You will destroy all those who speak lies. The Lord abhors all persons of blood and deceit. But I, in the abundance of Your love, will have access to Your dwelling-place. Before Your holy temple I will worship in the fear of You. O Lord, be my guide in Your justice, because of my foes, clear my path before You. Indeed, in their mouth there is no truth, their heart is vain. Their throat is but a gaping tomb, their words deceive. Judge them, O God, let them founder in their evil plots. Because of their many crimes, cast them out, for they have risen against You, the Lord. And all those who trust in You shall rejoice; they shall feast forevermore. And You shall dwell among them, and all who love Your name shall be glad. For You bless the just ones, O Lord; You have covered us as with a shield of grace.

#### **Psalm 89**

##### **Frailty of Man**

O Lord, You have been for us a refuge from age to age. Before the mountains came to be, before the earth and the world were formed, from all eternity to all eternity, You are. Let not man return to wretchedness. You said: Turn back, You sons of men! A thousand years in Your sight are but a yesterday, long past, and as a watch of night. Years shall be nothingness to them. Let the morning pass away as tender grass. In the morning, let it bloom and fade, in the evening, let it droop and wilt and dry. For we have perished by Your anger, and we have been shaken by Your wrath. You have placed our sins before You; our time stands in the light of Your face. For all our days are wasted, and we have passed away in Your wrath. Our years are as fragile as a spider's web; the number of our years is seventy years. Eighty years perhaps if we are among the strong, and their span is but toil and sorrow. Who knows the might of Your anger? By the fear of You shall Your wrath be measured. Thus make known to me Your right hand, and those who were trained with wisdom in their heart. Return, O Lord! How long shall You delay? Take up the defense of those who serve You. In the morning, fill us with Your love, that we may rejoice and be glad in all our days. Repay us in joy the times You did afflict us, the many years when disgrace was our lot. Let Your work be manifest to Your servants, and Your glory to their children. And may the brightness of the Lord our God shine upon us, and may He prosper the works of our hands for us, may He prosper the works of our hands!

#### **Psalm 100**

##### **God's Love and Justice**

To You, Lord, I will sing of love and judgment; I will sing to the harp and walk a blameless path. O, when will You come to me? I have walked with innocence of heart in the midst of my house. I have not set before my eyes any unlawful thing; I detest those who commit evil deeds. A perverse heart has not been my companion; the wicked man turned away from me, I knew him not. Whoever slandered his neighbor in secret, him I expelled. With a man of haughty airs and greedy heart, I would not share a meal. My eyes are upon the faithful of the land so that they may dwell with me. The man who walked a blameless

path, he has attended me. The man who practiced haughtiness found no lodging in my house. The man who spoke unjustly did not prosper in my sight. Early did I slay all the sinners of the land, rooting out of the city of the Lord all the workers of iniquity.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### **The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

### **The First Troparia**

Listen to my voice at dawn, O my King and my God. *Repeat after each verse.*

*Verse 1* Listen to my word, O Lord, be aware of my call.

*Verse 2* Because it is to You, O Lord, that I pray.

Glory be...now and ever...What shall we call you, O Full of Grace? A Heaven, for you have borne the Sun of Justice? A Paradise; for you have brought forth the Flower of Immortality? A Virgin, for you have remained undefiled? A Mother, holding her holy arms the Son Who is the God of all? Intercede with Him for the salvation of our souls.

Let my way be straight according to Your word; let no sin overcome me. Save me from the wickedness of men, and I will keep Your commandments. Let Your face shine upon Your servants, and teach me Your laws. Let my mouth be filled with Your praise, O Lord, and let me sing Your glory and magnificence + all the day long.

### **The Second Troparia**

Come to us in haste, O Christ our God, before we become slaves of those who blaspheme You and threaten our lives. With Your cross exterminate those who make war against us; let them know how strong is the faith of those who profess orthodoxy. Grant this through the prayers of the Theotokos, for You alone are the Lover of Mankind.

Glory be...O Lord, Author of All Creation, the universe offers to You the God-bearing Martyrs as the first-fruits of nature. Through their prayers and through the Mother of God, preserve Your Church, You dwelling-place, in perfect peace, O Most Merciful One.

Now and ever...Let us with our hearts and lips, continually extol the most glorious Theotokos, holier than the heavenly angels, and proclaim that she is truly the Mother of God, for she has truly given birth to God Incarnate, and never does she cease to intercede for our souls.

Lord, have mercy. *Forty times.*

O Christ our God, in all times and places You are worshiped and glorified both in heaven and on earth. You are long-suffering and generous in Your mercy and compassion. You love the Just and show mercy to the sinner, calling all people to repentance through the promise of blessings to come. Deem, O Lord, at this very hour, to receive our supplications and to direct our lives in the path of Your commandments. Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; deliver us from all affliction, trouble and distress; surround us with Your holy Angels so that, guided and guarded in their camp, we may attain oneness of faith and the knowledge of Your unspeakable glory. For You are blessed + forever and ever. Amen.

### **The Prayer of the Hour**

O Christ, the True Light, Who enlightens and sanctifies everyone in the world, mark us with the light of Your countenance so that we may see the unapproachable radiance. Let our life be straight along the path of Your commandments, through the prayers + of Your most pure Mother and of all the Saints. Amen.

*If continuing with the next Hour, recite the three Come, let us... and begin the Psalms. Otherwise, recite the Prayer of St. Ephrem and the Concluding Prayers.*

### **The Prayer of St. Ephrem**

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

*Prostration.*

Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

*Prostration.*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

O God, be merciful to me a sinner + *and bow*. O God, cleanse me of my sins, and have mercy on me + *and bow*. O Lord, forgive me for I have sinned without number + *and bow*. *Repeat four times.*

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

### **The Third Hour**

*Recite the Prayers of Introduction; if continuing from the First Hour, see above.*

#### **Psalm 16**

##### **Prayer Against Persecutors**

Listen to my words, O Lord. Listen, O Lord of my righteousness, attend to my appeal. Give ear to my prayer that is not from deceitful lips. Let my judgment come forth from Your face; let my eyes behold what is right. You have proved my heart; You have watched me by night. You have tried me with fire and found in me no wrong. That my mouth utter not the misdeeds of men. Because of the words of Your lips, I have followed rugged roads. Establish my footsteps upon Your paths that my footsteps stumble not. I have cried out to You, for You have heard me, O God. Lend me Your ear and listen to my words. Display Your love marvelously, O Savior of those who trust in You. From those who have risen against Your power, protect me as the apple of Your eye. Shelter me beneath the shelter of Your wings from the sight of the wicked who afflict me. These enemies of mine beset my soul; they enclosed themselves in their fat; their mouth spoke pride. They cast me out, then surrounded me; they have eyes but to throw me to the ground. They watch me as a lion set to pounce; as a lion-cub lurking in its den. Arise, O Lord, prevent them and overthrow them! Deliver my soul from wicked men, wrest Your sword from the enemies of Your power! O Lord, cut them off from the earth very soon, while they are still alive. Their bellies were filled with Your goods; they shall be satisfied with sons; they have left the remains to their babes. As for me, I shall behold Your face in righteousness and shall be satisfied with the vision of Your glory.

#### **Psalm 24**

##### **Prayer for Guidance and Help**

To You, O Lord, I have lifted up my soul; O my God, I have trusted in You; let me not be put to shame forever. Let not my enemies laugh at me; of all those who seek You, none will be shamed. Let shame befall the wanton transgressors. Make know to me Your ways, O Lord, show me Your paths. Guide me in Your truth and teach me, for You are my God and Savior and I have waited for You all the day. Remember Your tender mercies, and love, O Lord, that are from all ages. The sins of my youth and my failures remember not. Remember me in Your love, O Lord, because of Your kindness. Kind and true is the Lord; He will set the wayward aright. He will give good judgment to the meek; He will teach the meek His ways. All the ways of the Lord are mercy and truth to those who seek His covenant and His revelation. For the sake of Your name, O Lord, forgive also my sin, for it is great. Be there persons who fear the Lord, the Lord will teach them in the way they have chosen. Their souls shall dwell in prosperity, and their posterity shall inherit the land. The Lord is the might of those who fear Him and He will reveal His covenant to them. My eyes are always upon the Lord, for He will loose my feet from the snare. Look upon me and have mercy on me, for I am lonely and destitute. The troubles of my heart are multiplied; deliver me from my straits. Behold my afflictions and my pain, and forgive all my sins. Behold my enemies: they have grown in number and have hated me with unfair hatred. Preserve my soul and deliver me that I may not be shamed; for I trust in You. The blameless and the righteous stood with me because I waited for You, O Lord. Deliver Israel, O Lord, of all its afflictions!

**Psalm 50 (51)**  
**Prayer of Repentance**

O God, have mercy on me in the greatness of Your love. In the abundance of Your tender mercies wipe out my offense. Wash me thoroughly from malice and cleanse me from sin. For I am well aware of my malice and my sin is before me always. It is You alone I have offended; I have done what is evil in Your sight. Wherefore, You are just in Your deeds and triumphant in Your judgment. Behold, I was born in iniquities and in sins my mother conceived me. But You are the Lover of Truth; You have shown me the depths and secrets of Your wisdom. Wash me with hyssop and I shall be pure; cleanse me and I shall be whiter than snow. Let me hear sounds of joy and feasting; the bones that were afflicted shall rejoice. Turn Your face away from my offenses and wipe off all my sins. A spotless heart create in me, O God; renew a steadfast spirit in my breast. Cast me not afar from Your face; take not Your blessed Spirit out of me. Restore to me the joy of Your salvation and let Your guiding Spirit dwell in me. I will teach Your ways to the sinners and the wicked shall return to You. Deliver me from blood-guilt, O God, my saving God, and my tongue will joyfully sing Your justice. O Lord, You shall open my lips and my mouth will declare Your praise. Had You desired sacrifice, I would have offered it, but You will not be satisfied with whole-burnt offerings. Sacrifice to God is a contrite spirit; a crushed and humbled heart God will not spurn. In Your kindness, O Lord, be bountiful to Zion; may the walls of Jerusalem be restored. Then will You delight in just oblation; in sacrifice and whole-burnt offerings. Then shall they offer calves upon Your altar.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

**The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

**The First Troparia**

O Lord, Who at the third hour, sent You all-holy Spirit upon the Disciples, take Him not away from us, O Gracious Lord, but renew Him in us, we pray. *Repeat after each verse.*

*Verse 1* A pure heart create in me, O God! A steadfast spirit renew in me.

*Verse 2* Cast me not away from Your presence, nor deprive me of Your Holy Spirit.

Glory be...now and ever...O Mother of God, you are the true Vine laden with the Fruit of Life; wherefore, we implore you, O Lady, to intercede together with the Apostles and all the Saints that we may obtain mercy for our souls.

Blessed + is the Lord God! Blessed is the Lord day by day! May the God of our salvation smooth our path. Our God is the God + of salvation!

### **The Second Troparia**

Blessed are You, O Christ our God, Who filled the fishermen with wisdom by sending down upon them Your Holy Spirit. Through them You drew the whole world into Your net. O Lover of Mankind, glory be to You!

Glory be...When the Most high descended and confused tongues, He scattered the people, but when He distributed the tongues of fire, He called all men to unity. Therefore, with one voice, let us praise the Most Holy Spirit.

Now and ever...O Most Pure Theotokos, you are a hope, a stronghold, and a refuge for Christians. You are an unconquerable wall and a peaceful haven for the weary. Through your unceasing intercession you are saving the world and we ask you to also remember us, O Virgin worthy of all praise.

### **The Prayer of the Hour**

O God our Master, Almighty Father; Only-begotten Son, Lord Jesus Christ, and You +, O Holy Spirit, One God and One Might, have mercy + on me a sinner, and save me, Your unworthy servant, according to the ways of Your wisdom. For You are blessed + forever and ever. Amen.

*If continuing with the next Hour, recite the three Come, let us... and begin the Psalms. Otherwise, recite the Prayer of St. Ephrem and the Concluding Prayers.*

### **The Prayer of St. Ephrem**

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

*Prostration.*

Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

*Prostration.*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

O God, be merciful to me a sinner + and bow. O God, cleanse me of my sins, and have mercy on me + and bow. O Lord, forgive me for I have sinned without number + and bow. *Repeat four times.*

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

### **The Sixth Hour**

*Recite the Prayers of Introduction; if continuing from the Third Hour, see above.*

#### **Psalms 53**

**Confident Prayer in Times of Peril**

Save me, O God, by Your name and judge me by Your might. O God, hear my prayer; listen to the words of my mouth. For strangers have risen against me and powerful men have pursued my soul



instead of contemplating God. Behold, God is my Helper and the Lord is the Sustainer of my soul. He will return evil upon my enemies; He will destroy them in His truth. With eager heart I will sacrifice to You; I will praise Your name, O Lord, for it is good. For You have delivered me from all affliction, and my eyes have looked down on my enemies.

### **Psalm 54**

#### **Prayer of a Man Persecuted**

O Lord, listen to my prayer and do not overlook my supplication; give heed to me and answer me. I was grieved in my meditation; I trembled at the enemy's shouts and at the oppression of the wicked one. They brought down evil upon me, and seethed with anger against me. My heart recoiled within me; the anguish of death befell me. Fear and trembling came upon me and darkness covered me up. And I said, who will give me wings like a dove's and I shall fly and I shall come to rest? Behold, I have fled to distant places and made the wilderness my home. I have waited for God to deliver me from faintheartedness and windy storm. O Lord, confound and divide their tongues, for I have seen evil and strife in the town. Day and night it whirls upon its ramparts; inside there is sin and trouble and injustice. Usury and fraud are never absent from its public squares. Had it been a foe who insulted me, that I could have endured. Had he hated me who stood up against me, from him I could have hidden. But you, a man of kindred soul, my guide, my close acquaintance with whom I ate in sweet companionship and walked in harmony within God's house! May death come down upon them; may they fall in the Abyss alive! For evil is within their dwellings, in the very midst of them. As for me, I have appealed to God and the Lord has heard me. At dusk, dawn, and noon, I will cry out and call, and He will hear my voice. He will deliver my soul in peace from those who came close to me, from the crowd that surrounded me. God, the Master before all ages, will hear and humble them. For in them there is no repentance, for they have not feared God. He offered His hand in Self-giving, but they broke away from His covenant. They were scattered by the anger of His face, and their hearts became tight. Their words were smoother than oil, but they themselves were darts. Place your burden upon the Lord, and He Himself will sustain you; He will never let the just be tossed around. But You, O Lord, shall cast them down into the pit of destruction. men of blood and deceit shall not live half their days; as for me, I will hope in You, O Lord!

### **Psalm 90**

#### **Security Under God's Protection**

He who dwells in the shelter of the Most High abides in the shadow of God of heaven. He will say to the Lord: my Wall, my Refuge, my God in Whom I will trust! He it is Who will save you from the hunter's snare, and from the deadly pestilence. With His pinions, He will overshadow you, and beneath His wings you shall rest secure. As a shield, His truth shall cover you; you shall not fear the terror of the night, nor the arrow that flies by day, nor the thing that lurks about in darkness, nor the pestilence or demon of the noon. Though a thousand may be falling at your side, and ten thousand at your right, no harm will come to you. But you with your eyes shall observe and see the retribution of the wicked. Because you have said: O Lord, You are my Hope! And you have taken the Most High as your refuge, no evil shall come close to you, nor shall any scourge approach your dwelling. For He will command the angels to watch over all your ways. In their hands they shall carry you lest you stumble with your foot against a stone. Upon the asp and the viper you shall tread; the lion and the dragon you shall trample. Because he trusted Me, I will save him; I will protect him for he knew My name. He will call on Me, and I will answer him; I am with him at the time of distress; I will deliver him and give him glory. With length of days I will feed him, and My salvation I will let him see.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### **The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

### **The First Troparia**

O Lord, on the sixth day and at the sixth and at the sixth hour, You nailed to the cross the sin which Adam presumed to commit in Paradise. Now also tear up the list of our iniquities, and save us, O Christ our God. *Repeat after each verse.*

*Verse 1* O Lord, listen to my prayer, be not aloof to my appeal.

*Verse 2* As for me, I have appealed to God, and the Lord has heard me.

Glory be...now and ever...Since we have no one in whom to confide because of our many sins, O Virgin Theotokos, intercede for us with the One Who was born of you. For a mother's prayer is a powerful means for obtaining the Master's favor. You are most worthy of veneration, so do not turn away from the pleading of us sinners, for the One Who willed to suffer in the flesh for our sake is full of mercy, and His power is sufficient to save us.

Let Your bounties, O Lord, come down upon us in haste, for our need has become great indeed. Help us, O God our Savior, for the glory of Your name. Save us, O Master, and forgive our sins for the sake + of Your name.

### **The Second Troparia**

You have wrought the salvation in the midst of the earth, O Christ our God. You have stretched out Your pure hands on the cross. You have gathered all nations to exclaim to You: Glory be to You, O Lord.

Glory be...O Gracious Lord, we adore Your most pure image, begging forgiveness for our sins, O Christ our God. You have chosen to ascend the cross of Your own free will to save Your creatures from bondage to the enemy. Therefore, we cry out to You in gratitude: O our Savior, by coming down to save the world, You have filled all things with joy.

*On Monday, Tuesday and Thursday, take:*

Now and ever...Source of Mercy, and the Mother of our God, make us worthy to be pitied. Look down upon a sinful people, and show your power as always. Since we hope in you, we now greet you as did Gabriel, the leader of the heavenly hosts.

*On Wednesday and Friday, take:*

Now and ever...O most glorious Virgin and the Mother of our God, we praise you, for through the cross of your Son the Abyss was destroyed and Death was slain, and we who were dead have risen and are deemed worthy of life, and have regained Paradise, the first Garden of Eden. Therefore, we glorify you in thanksgiving to Christ our God, for He is Almighty, and He alone is full of mercy.

### **The Prayer of the Hour**

O God, Lord of Powers and Maker of the whole creation, through Your compassion beyond our understanding, You sent down Your Only-begotten Son, our Lord Jesus Christ, for the salvation of our race. Through His cross He cancelled the debt of our sins and triumphed over the powers and masters of darkness. Now accept from us sinners these prayers of thanksgiving and petition, and preserve us from any deadly fall in the darkness and against every visible and invisible enemy who may seek our harm. Pierce our bodies with fear of You, and let not our souls fall into evil words or thoughts, but, instead, wound them with longing for You so that, looking down upon You at all times and guided by the light that emanates from You, we may contemplate the unapproachable eternal light. May we ever address our thanksgiving and worship to You, O Eternal Father, and to Your Only-begotten Son, and to Your + All-holy, gracious, and life-giving Spirit, now and ever and forever. Amen.

*If continuing with the next Hour, recite the three Come, let us... and begin the Psalms. Otherwise, recite the Prayer of St. Ephrem and the Concluding Prayers.*

### **The Prayer of St. Ephrem**

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

*Prostration.*

Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

*Prostration.*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

O God, be merciful to me a sinner + *and bow*. O God, cleanse me of my sins, and have mercy on me + *and bow*. O Lord, forgive me for I have sinned without number + *and bow*. *Repeat four times.*

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

## **The Ninth Hour**

*Recite the Prayers of Introduction; if continuing from the Sixth Hour, see above.*

### **Psalm 83**

**A Pilgrim's Song**

Listen to my words, O Lord. How lovely Your dwelling-place, O Lord of Powers; away from the Lord's courtyards, my soul yearns and pines. My heart and flesh have cried out for joy towards God alive. For the sparrow has found itself a home, and the dove a nest of its own where to cradle its young. Your altars, O Lord of Powers, my King and my God! Blessed are those who live in Your house; they will praise You forever and ever. Blessed is the man whose support You are; in his heart he has planned ascensions through the valley of weeping, to the place he has chosen. And the Lawmaker shall give blessings; they shall go from strength to strength, and the God of gods shall be seen in Zion. Listen to my prayer, O Lord God of Powers; O God of Jacob, lend Your ear. O God, our shield, behold and look upon the face of Your Anointed One. For a day in Your courts is better than a thousand elsewhere. I would rather be lowly in the house of my God than dwell in the tents of the wicked. For the Lord loves kindness and truth; God will bestow the grace and the glory. The Lord shall not deny good things to those who walk in innocence. O Lord of Powers, blessed is the man who hopes in You!

### **Psalm 84**

**Prayer for Peace**

O Lord, You have favored Your land; You have returned the captives of Jacob. You have remitted the sins of Your people; You have covered up all their offenses. You have made all Your anger subside; You have turned from the anger of Your Spirit. Change us, O God of our salvation, and turn Your wrath away from us. Be not angry with us forever; will Your wrath endure from generation to generation? O God, You will return and quicken us that Your people may rejoice in You. O Lord, let us see Your loving-kindness, and grant us Your salvation. I will hear what the Lord God says within me, for He will speak peace to His people, and to His holy ones and to those who turn their hearts to Him. Now His salvation is at hand for those who fear Him, that glory may dwell in our land. Kindness and truth have come together; peace and righteousness have embraced. Truthfulness has grown out of the earth; righteousness has bowed down from heaven. For the Lord will provide happiness, and our earth shall yield its fruit. Righteousness shall walk before Him and guide His footsteps on the way.

### **Psalm 85**

**Prayer in Times of Trial**

Lend Your ear, O Lord and listen to me; for I am distressed and in need. Guard my soul for I am pure. O my God, save Your servant whose hope is in You! Have mercy on me, O Lord, for I will cry out to You all the day. Comfort the soul of Your servant, for I have lifted up my soul to You. You are generous and gentle, O Lord, full of loving-kindness for those who pray to You. O Lord, listen to my prayer; be attentive to the voice of my supplication. On the day of my affliction, I called out to You and You heard me. Of all the gods, there is not one like You, nor is there any work to match what You do. All the nations which You made come up and worship You and give glory to Your name, O Lord. For You are great, and a Wonderworker; You are the only God. Lead me along Your way, O Lord, and I will walk in Your truth. Let my heart rejoice for having feared Your name. I will confess You with all my heart, O Lord my God, and I will give glory to Your name forever. For great is Your kindness to me, O Lord, and You have saved my soul from the depth of the Abyss. Wicked men have risen up against me, O God, and a band of strong men have sought my life and they did not keep You in mind. But You, O Lord my God, are compassionate and kind; slow to anger and full of tenderness and truth. Look upon me and have mercy on me; give Your strength to Your servant and save the son of Your handmaid. Give me a token of Your favor, and those who hate me shall behold and cringe. For You, O Lord, have helped me and comforted me. Give me a token of Your favor, and those who hate me shall behold and cringe. For You, O Lord, have helped me and comforted me.

Glory be...now and ever...

Alleluia! Alleluia! Alleluia! Glory be + to You, O God! *Three times, each with a bow.*

### **The Psalter**

*Turn to the proper kathismata. At the conclusion, continue with:*

Lord, have mercy. *Three times.*

### **The First Troparia**

O Lord, Who for our sake, endured bodily death at the ninth hour, subdue the passions of our flesh, O Christ our God, and save us. *Repeat after each verse.*

*Verse 1* Let my prayer come before You, O Lord; give me understanding according to Your word.

*Verse 2* Let my supplication come before You. O Lord, deliver me according to Your word.

Glory be...now and ever...O gracious Lord, for our sake You were born of the Virgin and were crucified. You crushed Death by Your death, and, being God, brought forth the resurrection. Do not turn away from those You have made with Your hands, but reveal instead Your love to us, O Lord of Mercy. Accept as intercessor the Virgin Theotokos who gave You birth. O our Savior, save a desparate people.

For the sake of Your holy name, do not abandon us forever; do not forget Your covenant. For the sake of Abraham the trustful one, Isaac Your servant, and Israel Your holy one, do not take Your + mercies away from us.

### **The Second Troparia**

When the thief beheld the Author of Life hanging upon the cross, he cried out: "If this One crucified with us were not an Incarnate God, the sun would not have dimmed its light, nor would the earth have shaken with trembling. But You, O Lord, Who suffers for all men, remember me, when You come into Your kingdom."

Glory be...Your cross, in the midst of the thieves, became a balance of justice; for one of them fell down into hell through the weight of blasphemy, while the other was lifted out of his sins unto knowledge of things divine. O Christ our God, glory be to You!

Now and ever...When she who bore You beheld You upon the cross, O Lamb and Shepherd and Savior of the World, she tearfully cried out: "The world rejoices at the sight of its redemption, but my heart is on fire as I see Your pain on this cross which You endure for the sake of all, O my Son and my God."

### The Prayer of the Hour

O Master, Lord Jesus Christ, You patiently endured our sins and led us to this very hour at which You were hung upon the life-giving wood. You opened a way to paradise to the penitent thief, and crushed Death by Your death. Now forgive the trespasses that we Your servants have committed, unworthy sinners that we are. We have sinned indeed and transgressed Your law. We are unworthy even to lift up our eyes to heaven, for we have abandoned the path of Your holiness and pursued the desires of our hearts. But now we implore Your immense goodness: Spare us, O Lord, in the multitude of Your mercies; save us for the sake of Your most holy name. Our days were spent in vanity; wrest us from hands of our enemy, and forgive our sins. Subdue in us the cravings of our flesh, so that, after putting off the old man, we may put on the new and live for You, our Lord and Benefactor; and that obeying Your commandments, we may reach eternal repose in the place where all the blessed abide; for You are truly joy and delight to those who love You, O Christ our God. We send up glory to You, and to Your eternal Father, and to Your + all-holy, gracious, and life-giving Spirit, now and ever and forever. Amen.

### The Prayer of St. Ephrem

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

*Prostration.*

Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love.

*Prostration.*

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

O God, be merciful to me a sinner + *and bow*. O God, cleanse me of my sins, and have mercy on me + *and bow*. O Lord, forgive me for I have sinned without number + *and bow*. *Repeat four times.*

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant to me Your servant, the spirit of wholeness of being, humble-mindedness, patience and love. O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

*Prostration.*

*Recite the Concluding Prayers.*

## The Hours for Bright Week

*The Hours for Bright Week are taken for all the Hours - First; Third; Sixth, and Ninth - from Pascha (Easter Sunday) and for all the days of Bright Week, through Saturday. There are no readings from the Psalter.*

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have + mercy on us. Amen.

Christ is risen from the dead! By death He conquered Death, and to those in the graves He granted life. *Three times.*

Having beheld the resurrection of Christ, let us adore the holy Lord Jesus Who alone is sinless. We bow + to Your cross, O Christ, and we praise and glorify Your holy resurrection. You are our God and beside You we recognize no other, and we invoke Your Name. Come, all you faithful, and let us bow + to the holy resurrection of Christ, since - through the cross - joy has come to all the world. Ever praising the Lord, let us extol His resurrection, since He - having endured the crucifixion - has destroyed Death by His death.

### Hypakoje

The women with Mary, before the dawn, found the stone rolled away from the tomb, and they heard the Angel say: "Why do you seek among the dead, as a mortal, the One Who abides in everlasting light? Behold the linens of burial. Go in haste and proclaim to the world that, having conquered Death, the Lord is risen; for He is the Son of God, the Savior of mankind."

### Kontakion

Although You descended into the grave, O Immortal, You destroyed the power of Death. You arose as a victor, O Christ God. You told the women bearing ointment: "Rejoice!" You gave peace to Your Apostles and resurrection to the Fallen.

### Troparia

Being God, You were present in the tomb by Your body, and yet in Hades by Your soul, in Paradise with the thief, and on the throne, O Christ, with the Father and the + Holy Spirit, filling all things but encompassed by none.

Glory be...O Christ, Your tomb, the fount of our resurrection, is indeed a giver of life more splendid than Paradise and more radiant than any royal chamber.

Now and ever...Hail, holy and deified dwelling of the Most High, for through you, O Theotokos, joy has been given to those who cry out: "Blessed are you among women, O Lady most pure!"

Lord, have mercy. *Forty times.*

*Recite the Concluding Prayers.*

*Recite **Christ is risen...** three times; at the end, add:*

And to us He granted life eternal. Let us venerate + His resurrection on the third day!

## The Propers for Sundays and Weekdays: Troparia; Stichera, and Sessional Hymns

### Tone 1

#### *Troparia*

**Troparion** The stone was sealed by the Jews, soldiers guarded Your most pure Body, and You, O Savior, arose on the third day granting life to the world. The heavenly Powers acclaimed You, O Giver of Life: Glory to Your resurrection, O Christ! Glory to Your majesty! Glory to Your plan of salvation! You alone love mankind.

**Kontakion** You, being God, arose in glory from the grave, raising the world with You. Mankind praises You as God; Death reigns no more. Adam sings in exultation, O Lord; Eve, freed from bondage, cries joyfully: O Christ, it is You Who gives resurrection to all.

**Theotokion** O Christ our God, through Your birth You sanctified the Virgin's womb, and blessed, as it was proper, the hands of Simeon. Today, You have come to bring us deliverance. Give peace to nations at war and strengthen our civil authorities, for You alone love mankind.

#### *Stichera*

Accept our evening prayer, O holy Lord, and grant us forgiveness of sins, for You alone manifested the Resurrection to the world.

Glory be...now and ever...Let us praise the Virgin Mary who, although born of our humanity, gave birth to the Lord of All. The angels extol her in song; for she is the glory of the whole world, the gateway to heaven, and the adornment of the faithful. As the Mother of God, she is heaven itself and the very temple of God. She broke down the wall of enmity between mankind and God, thereby bringing us peace and opening the gates of the Kingdom. Let us therefore, cling to her as the anchor of our faith, and our Lord, Who was born of her, will be our Protector. Take courage then, O people of God, for the Almighty himself will defeat your enemies.

#### *Sessional Hymns*

The soldiers guarding your tomb, O Savior, became as dead men at the lightning flash of the angel who appeared to announce Your Resurrection to the women. We glorify You, for You have cleansed us from corruption. We fall down before You, for You rose from the tomb, our only God.

Glory be...now and ever...We acknowledge you as the Theotokos, and after giving birth you remained truly a virgin. We eagerly seek refuge in your goodness, for we sinners have taken you as our intercessor, and in temptations we find salvation in you; for you alone are all pure.

### Tone 2

#### *Troparia*

**Troparion** When You descended to death, O Immortal Life, You destroyed the Abyss by the radiance of Your divinity. And when You raised the dead from the depths of the earth, all the heavenly Powers cried out: "O Giver of Life, Christ our God, glory be to You."

**Kontakion** You arose from the grave, Almighty Savior. Seeing the miracle, the Abyss was struck with fear; the dead arose. At this sight, all creation rejoices with You. Adam join with exultation, and the world, O my Savior, sings Your praises forever.

**Theotokion** The grave and death did not detain the Mother of God. She prays perpetually and is our unflinching hope of intercession; for He Who dwelt in the womb of the ever-Virgin, transferred to life the Mother of Life.

#### *Stichera*

Come, let us adore God the Word, Who was born of the Father before all ages, and was incarnate of the Virgin Mary; for of His own free will He suffered the Cross and submitted Himself to burial, and arose from the dead to save me, a sinful one.

Glory be...now and ever...At the coming of grace, O Virgin, the shadow of the Law passed away. For, as the bush, though burning, was not consumed, you, though giving birth, still remained a virgin. In place of the pillar of fire, the Sun of Righteousness shone forth. Instead of Moses, Christ, the Salvation of Our Souls, appeared.

### ***Sessional Hymns***

The noble Joseph took down Your most pure body from the cross; he wrapped it in a clean shroud and with fragrant spices laid it in burial in a new tomb. But You arose in three days, O Lord, bestowing great mercy upon the world.

Glory be...now and ever...We praise you, O Theotokos for you are covered with glory more than any other. Death has been put to death and Hades trampled underfoot by the cross of your Son. He raised us from death, granting us eternal life. Paradise is again offered for us to enjoy as before. Therefore, in thanksgiving we glorify the love and power of Christ our God.

### **Tone 3**

#### ***Troparia***

***Troparion*** Let the heavens rejoice, let the earth be glad! With His arm the Lord has won victory. By His death the Lord has conquered Death. He has become the first born of the dead; He has delivered us from the depths of the Abyss, and has granted great mercy to the world.

***Kontakion*** Today, You arose from the grave, O Merciful Lord; You rescued us from the gates of death. Today, Adam sings in exultation and Eve rejoices. With them, the Prophets and Patriarchs ever praise the might of Your divine power.

***Theotokion*** Today the Virgin is present in the Church and with the armies of saints invisibly prays to God for us. The angels worship with the archangels, and the Apostles rejoice with the Prophets, because in our behalf, the Mother of God prays to the eternal God.

#### ***Stichera***

By Your Cross, O Christ our Savior, the power of Death has been vanquished and the deceit of the devil has been destroyed. Therefore, mankind, saved by faith, offers You hymns of praise forever.

Glory be...now and ever...O most honorable Virgin, we are filled with awe when we consider that you gave birth to Christ Who is both God and man. O Immaculate Lady, without knowing man, you gave birth in the flesh to a Son without a human father. This Son, from all eternity, was begotten by God the Father without a mother, and when He took on our human nature, He did not undergo any change. Nothing was added to His divine nature, nor was it divided. The properties of both His divine and human nature remained intact. We, therefore, entreat you, O Blessed Virgin, to save the souls of those who, in orthodoxy, acknowledge you as the Theotokos!

### ***Sessional Hymns***

Christ is risen from the dead. He Who is the first fruits of those that had been asleep, the first-born of creation and the Creator of all things that were made. By Himself, He renewed the nature of our corrupt race. Therefore, O Death, you shall reign no more, for the Lord of all nullified your power and dissolved it.

Glory be...now and ever... Gabriel was rapt in amazement as he beheld your virginity and the splendor of your purity, O Mother of God, and he cried out to you: By what name shall I call you? I am bewildered; I am lost! I shall greet you as I was commanded to do: Rejoice, O woman full of grace!



## Tone 4

### *Troparia*

**Troparion** The joyful message of the resurrection was heard by the faithful women from the Angel. And being freed from the ancestral curse, they boasted to the Apostles: Dead and despoiled is Death; Christ our God is risen, giving great mercy to the world.

**Kontakion** O my Savior and Redeemer, being God, You raised from the grave men who were in chains and destroyed the gates of the Abyss, and being the Lord, You arose on the third day.

**Theotokion** Through your holy birth, O Immaculate One, Joachim and Anne were freed from the reproach of childlessness, and Adam and Eve from the corruption of death. Delivered from the guilt of sin, your people celebrate this when they cry out to you: She who is barren gives birth to the Mother of God, and the Sustainer of our life.

### *Stichera*

We never cease to adore Your life-giving Cross, O Christ our God, and we glorify Your resurrection on the third day. For You, Almighty One, have thereby restored the corrupted nature of all and reopened the way to heaven, since You alone are gracious and You love mankind.

Glory be...now and ever...O Mother of God, David the Prophet and Forefather of Christ, foretold in song the great things that would happen to you. He revealed that you would be a queen, standing at the right hand of God, and that you would be the Mother of Life and Intercessor for the world. He prophesied that God, in His good will toward all, would become incarnate of you without a human father. Thus He would restore His image within us, which had become disfigured by our passions. He would seek out the lost sheep that was trapped in the hills; He would lift it upon His shoulder and carry it to His Father Who would place it in the midst of His heavenly hosts. In like manner, Christ will save the world because of His great and abundant mercy.

### *Sessional Hymns*

The myrrh-bearing women looked into the entrance of the tomb, and because they could not bear the brilliance of the angel, they trembled in astonishment and said: Has He Who opened paradise to the thief been stolen, or is He Who proclaimed His Resurrection before His passion now risen? Truly, Christ is risen, granting resurrection and life to those in Hades.

Glory be...now and ever...Your betrothed and guardian, O Theotokos, was amazed and perplexed when he beheld the mystery of your conception without seed. But he recalled the rain falling on the fleece, and the bush burning with fire but not consumed, and the blossoming rod of Aaron; thus he testified before the priests and cried out: A Virgin gives birth and still remains a virgin.

## Tone 5

### *Troparia*

**Troparion** Let us the faithful, praise the Word eternal with the Father and + the Spirit. Let us adore Him Who was born of the Virgin for our salvation. For He willed to ascend the cross as man and to suffer death and to raise the dead by His glorious resurrection.

**Kontakion** O Savior, You descended into the Abyss. Being the Almighty, You destroyed its power. Being the Creator, You raised the dead and dulled the sting of Death, and Adam was delivered from the curse. And we all cry out to You; O Lord, Lover of Mankind, save us!

**Theotokion** Hail, Gate of the Lord no one can enter! Hail, defense and protection of those who come to you! Hail, peaceful haven who has never known man and yet has given birth to your Maker and God! Never cease to intercede for those who sing the praise of the One Who was born of you, of those who worship Him.

### *Stichera*

With Your precious Cross, O Christ, You have put the Devil to shame. With Your resurrection You have deadened the sting of sin, and have saved us from the gates of Death. We, therefore, glorify You, O only-begotten Son of God.

Glory be...now and ever...The passing of the Israelites through the Red Sea was already a foreshadowing of the virgin-birth. On that occasion, Moses parted the waters; at the Incarnation, Gabriel announced the miracle of God's union with Mary. In ancient times, the Israelites passed through the depths of the sea without being drenched by the waters; now the Virgin has given birth to Christ without seed. After the Israelites passed through the sea, it remained impassible; after the birth of Emmanuel, the Immaculate Virgin remains forever incorrupt. O God, Who exists from all eternity, and yet appeared as man, have mercy on us.

### ***Sessional Hymns***

Let us praise the honored cross of the Lord; let us venerate His holy burial with hymns; let us glorify His holy Resurrection. For He raised the dead from the graves because He is God. He despoiled the might of Death and broke the power of Satan, and He shed light on those who are in Hades.

Glory be...now and ever...Rejoice, O holy mountain which the Lord ascended! Rejoice, O living bush, unconsumed by the fire! Rejoice, only bridge reaching from the world to God and leading the dead to eternal life! Rejoice, O pure one, free of corruption; you gave birth without the aid of man to the Savior of the world!

### **Tone 6**

#### ***Troparia***

***Troparion*** Angelic Powers descended to Your grave, and the guards fell down and appeared dead. Mary came to the grave seeking Your most pure Body. You conquered and despoiled the Abyss without being touched by it. You, the Giver of Life, met the Virgin. O Lord, risen from the dead, glory be to You.

***Kontakion*** Christ our God, the Life-giver, with His life giving hand raised the dead from the valley of death, granting resurrection to all mankind. He is the Savior, the Resurrection, the Life and God of all.

***Theotokion*** O gentle Protectress of Christians, unfailing Mediatrix before the Creator, do not despise the prayerful voices of sinners, but in your goodness, hasten to assist those who trustfully cry out to you: Inspire us to prayer, and hasten to hear our supplication. Intercede always, Mother of God, in behalf of those who honor you.

#### ***Stichera***

O Christ, You won the victory over Hades; You ascended the Cross so that You might raise up with Yourself all those who dwelt in the darkness of death. Almighty Savior, You are free from death and bestow life by Your divine light. We, therefore, beseech You to have mercy on us.

Glory be...now and ever...Who would not bless you, most holy Virgin? Who would not praise the most pure manner in which you gave birth? For the only-begotten Son, Who eternally proceeds from the Father, came forth from you. He took flesh from you in a manner that is beyond understanding. He, Who by nature is God, took on our nature for our sake. Yet, He did not become divided into two person; rather, He remained one person with two distinct and unconfused natures. O most pure Lady, we implore you: Beseech your Son and God to have mercy on our souls.

### ***Sessional Hymns***

When the tomb was shown to be open and Hades was lamenting, Mary cried out to the apostles who were hiding and said: Come out, laborers of the vineyard, and proclaim the news of the Resurrection; for the Lord is risen, granting the world great mercy.

Glory be...now and ever...O Theotokos, Gideon prefigured your conception, and David interpreted your birthgiving. As dew descended upon the fleece, so the Word descended into your womb. O holy Earth, who - without seed - gave birth to Christ our God, the salvation of the world, You are full of grace.

## Tone 7

### *Troparia*

**Troparion** You have destroyed Death by Your cross; You opened Paradise to the thief. The sorrow of the women You turned to joy. You commanded Your Apostles to proclaim to all: Christ our God has arisen, granting great mercy to the world.

**Kontakion** No longer can the might of Death rule over men. Christ has come, destroying and crushing its power. The Abyss is now in chains. The prophets, with joy, unite in proclaiming: The Savior has appeared, saying to those who believe: Come forth, Faithful, to the resurrection.

**Theotokion** O Praiseworthy Mother of God, you have saved sinners by giving birth to Christ our salvation. Before His birth you were a virgin while bearing Him; you remained a virgin, and after His birth you retained virginity. You are the treasury of our resurrection and the hope of all. You raise those who trust in you from the abyss of their transgressions.

### *Stichera*

Come, let us rejoice in the Lord, Who destroyed the power of Death and enlightened the human race, and let us cry out with the angels: Glory to You, our Creator and Savior!

Glory be...now and ever...O Mother of God, we acknowledge that you are both a mother and a virgin, even though this is beyond the power of nature. Who could ever understand or explain such a mystery? O most pure Virgin, the manner in which you conceived was most glorious, and the mere thought of your bearing God Himself within you is astounding. Moreover, who could even begin to describe the wondrous way in which you gave birth? But, when God so wills, the very order of nature is abolished. Because of this, we all recognize you as truly the Mother of God, and we fervently beseech you: Pray for the salvation of our souls.

### *Sessional Hymns*

Truly Life was placed in a grave, and a seal was placed on the stone, and the soldiers guarded Christ as they would a slumbering king. The angels therefore glorified Him as the Immortal God, and the women cried out and said: The Lord is risen and gives great mercy to the world.

Glory be...now and ever...O Virgin Theotokos, intercede without ceasing with Christ our God, Who was crucified for us and destroyed the power of Death, that He may save our souls.

## Tone 8

### *Troparia*

**Troparion** You descended from on high, O Merciful Lord. You accepted the grave for three days to deliver us from our passions. O Lord, our Resurrection and our Life, glory be to You.

**Kontakion** Rising from the grave You raised the dead. You lifted up Adam and Eve rejoices in Your resurrection. The world acclaims Your rising from the dead, O Most Merciful Lord.

**Theotokion** O Mother of God, we your servants sing a hymn of thanks to you, a hymn of triumph to a valiant leader, for you have delivered us from all peril. We now exclaim to you: Hail, O Bride and Maiden ever-pure!

### *Stichera*

O Christ, during this spiritual service, we sing to You these evening prayers, commemorating the mercy You have shown us by Your resurrection.

Glory be...now and ever...In His love for mankind, the King of Heaven appeared on earth and dwelt among us. For He took flesh from the pure Virgin, and, being thus incarnate, He came forth from her. The only Son of God remained one person, but He now possessed two natures. For this reason, we profess that He is truly perfect God and perfect man. Therefore, we beseech you, O Virgin Mother: Implore Christ, Whom we proclaim as God, to have mercy on our souls.

### ***Sessional Hymns***

You have risen from the dead, O Life of all, and a resplendent angel said to the women: Dry your tears and proclaim the good news to the apostles, and cry out in praise that Christ the Lord is risen, and as God He was pleased to save mankind.

Glory be...now and ever...Let us glorify the tabernacle and the heavenly gate, the most holy mountain and the shining cloud, the heavenly ladder and the mystical paradise, the deliverance of Eve and the precious and great treasure of the universe. For through her, salvation came to the world, and the ancient debt was forgiven. Therefore, we cry out to her: Intercede with your Son and God to grant forgiveness of sins to those who bow in true worship to your most holy birthgiving.

## **Troparia for Weekdays**

### ***Monday***

**In honor of the Holy Angels**

***Troparion Tone 4*** O Leaders of the heavenly armies, although we are unworthy, we beseech you that with your prayers you may encircle us with the protection of the wings of your angelic glory. Watch over us as we bow low and earnestly cry out to you: Deliver us from trouble, O Princes of the heavenly armies.

***Kontakion Tone 2*** O Princes of the armies of God, and servants of the Divine Glory, guardians of human creatures and leaders of the heavenly hosts, intercede for us that we obtain what is good for us, and seek abundant mercy for us, for you are the Princes of the heavenly armies.

### ***Tuesday***

**In honor of St. John the Forerunner**

***Troparion Tone 2*** The remembrance of the Just is worthy of praise, but the Lord's testimony is sufficient for you, O Forerunner, for it has shown that you are indeed more worthy of honor than the Prophets, for you were found worthy to baptize in the waters Him Whom you foretold. Thereafter, you suffered for the truth and, rejoicing, also announced the good news to those in the lower regions that God had appeared as man, taking away the sins of the world and granting to all of us the abundance of mercy.

***Kontakion Tone 3*** Today, she who was previously barren gives birth to the Forerunner of Christ Who is the fulfillment of all prophecy. In the Jordan he laid his hand upon Him Whom the Prophets foretold, showing himself to be the Prophet, the Herald, and also the Forerunner of the Word of God.

### ***Wednesday and Friday***

**In honor of the Holy Cross**

***Troparion Tone 1*** Save Your people, O Lord, and bless Your inheritance; grant victory to Your Church over her enemies, and protect Your people by your cross.

***Kontakion Tone 4*** Willingly raised on the cross, O Christ our God, You bestowed Your mercies upon a new people bearing Your name. With Your power grant joy to our civil authorities, giving them victory over enemies, with the invincible standard, Your weapon of peace, as an ally.

### ***Thursday***

**In honor of the Holy Apostles and Disciples and St. Nicholas of Myra**

***Troparion for the Apostles Tone 3*** O holy Apostles, we ask you to entreat our merciful God to grant our souls remission of sins.

**Troparion for St. Nicholas Tone 4** The sincerity of your deeds has revealed you to your flock as a teacher of moderation, a model of faith, and an example of virtue. Therefore, you attained greatness through humility, and wealth through poverty. O Father and Archbishop Nicholas, ask Christ our God to save our souls.

**Kontakion for the Apostles Tone 2** O Lord, You have received the steadfast Preachers of the good news, the crown of Your Apostles, into the enjoyment of Your goodness and repose. You have accepted their struggles and death before any other sacrifice, for You alone know the hearts of men.

**Troparion for St. Nicholas Tone 3** You were a true priestly worker in Myra, O Holy One, for zealously living the gospel of Christ, you dedicated your life to your people and you saved the innocent from death. Therefore, you have been sanctified as one who has entered the mystery of God's grace.

### **Saturday**

**In honor of All the Saints and the Deceased**

**Troparion for All Saints Tone 2** O Apostles, Martyrs, Prophets, and Hierarchs, O holy men and women, you have fought the good fight and kept the faith. Since you have acquired favor with the Savior, we beseech you to intercede with Him in His goodness that He may save our souls.

**Troparion for the Deceased Tone 8** O Gracious Lord, remember Your servants and forgive every sin they have committed in their life; for there is none without sin but You alone, and You have power to grant rest to the departed.

**Kontakion for All Saints Tone 8** O Lord, Author of All Creation, the universe offers to You the God-bearing Martyrs as the first-fruits of nature. Through their prayers and through the Theotokos, preserve Your Church, Your dwelling-place, in perfect peace, O Most Merciful One.

**Kontakion for the Deceased Tone 8** With the Saints, O Christ, give rest to Your servants where there is no pain, sorrow, nor mourning, but life everlasting.

## **Sessional Hymns for Weekdays**

### **Monday**

In sin my mother conceived me and like the Prodigal Son I dare not raise my eyes toward heaven, but Your love reassures me and, therefore, I cry out: Forgive me, O God, and save me.

Glory be...now and ever...O Virgin who is higher than the bodiless angels and who alone surpasses the heavenly ranks, you receive the praise that is your due from the angels. Intercede with them before your Son that He may deliver me from the tyranny of my sinful desires.

### **Tuesday**

In former times in the waters of the Jordan, you baptized the One by Whom the world is purified. Now wash me of every stain, O Forerunner, for I am submerged in the streams of sin. Intercede unceasingly for us before the Lord and Lover of Mankind.

Glory be...now and ever...Leaping for joy in his mother's womb, by divine grace, John recognized the God Whom you carried, O Virgin, and filled with faith he adored Him. Together with the Precursor, beg the Word, to Whom you gave flesh, to save your servants.

### **Wednesday**

Save Your people, O Lord, and bless Your inheritance; grant victory to Your Church over her enemies, and protect Your people by your cross.

Glory be...now and ever...O Virgin, we are assured of your Protection, and by your prayers we are delivered from all danger. Guarded at all times by the cross of your Son, we your faithful extol you.

### **Thursday**

O holy Nicholas, as a bishop you lived in Myra, yet you were consecrated by the myrrh of the Spirit. By your miracles, the sweet fragrance of your holiness, you anoint with a fragrant aroma those who honor your sacred memory with the incense of their hymns.

Glory be...now and ever...By their inspired teachings, the disciples and deified apostles have all announced your wondrous birthgiving, O Immaculate Virgin; they have taught us to bow before you, O Theotokos. We now beseech you to intercede with them for the salvation of your faithful servants.

### ***Friday***

O Lover of Mankind, we bow low before the tree of Your cross; on it You were nailed, You, the Life of the universe. To the Good Thief who turned to You in Faith, O Savior, You have opened paradise. And he obtained eternal happiness by crying out: Remember me, O Lord. In the same way, receive us who cry to You: We have all sinned; in Your goodness do not despise us.

Glory be...now and ever...When I see You lifeless and naked on the cross, O my Son who is all-good and the Lord all-powerful, a sword pierces my heart; I am cruelly wounded, sighed the Immaculate Virgin, whom we praise as the Mother of the Lord and whom we glorify with faith.

### ***Saturday***

Because of the sufferings Your saints endured for You, have pity on us, O our God; heal all our sorrows, we pray You, O Lord and Lover of Mankind.

Glory be...now and ever...O Holy Tabernacle, when Gabriel cried out to you: Rejoice, O Virgin full of grace, the Lord of all became incarnate of you, as the righteous David had foretold. In bearing Your Creator, you have shown yourself to surpass the vastness of the heavens. We, therefore, cry out: Glory to Him who dwelt in you! Glory to Him who came forth from you! Glory to Him who has set us free through your life-giving birth!

*The Stichera is found in the Common Propers of the Menaion.*

## The Menaion: Moveable Feasts and Holydays

### Pascha: The Feast of the Resurrection of Our Lord God and Savior Jesus Christ - Easter Sunday

#### *Troparia*

***Troparion Special Tone 5*** Christ is risen from the dead! By death he conquered Death and to those in the graves He granted life.

***Kontakion Tone 8*** Rising from the grave You raised the dead. You lifted up Adam and Eve rejoices in Your resurrection. The world acclaim Your rising from the dead, O Most Merciful Lord.

*The Stichera and Sessional Hymns are taken in the Church Services.*

### Bright Monday

#### *Troparia*

*Same as Pascha.*

#### *Stichera*

Come, let us adore God the Word, Who was born of the Father before all ages, and was incarnate of the Virgin Mary; for of His own free will He suffered the Cross and submitted Himself to burial, and arose from the dead to save me, a sinful one.

Glory be...now and ever...At the coming of grace, O Virgin, the shadow of the Law passed away. For, as the bush, though burning, was not consumed, you, though giving birth, still remained a virgin. In place of the pillar of fire, the Sun of Righteousness shone forth. Instead of Moses, Christ, the Salvation of Our Souls, appeared.

*Omit the Sessional Hymns.*

### Bright Tuesday

#### *Troparia*

*Same as Pascha.*

#### *Stichera*

By Your Cross, O Christ our Savior, the power of Death has been vanquished and the deceit of the devil has been destroyed. Therefore, mankind, saved by faith, offers You hymns of praise forever.

Glory be...now and ever...O most honorable Virgin, we are filled with awe when we consider that you gave birth to Christ Who is both God and man. O Immaculate Lady, without knowing man, you gave birth in the flesh to a Son without a human father. This Son, from all eternity, was begotten by God the Father without a mother, and when He took on our human nature, He did not undergo any change. Nothing was added to His divine nature, nor was it divided. The properties of both His divine and human nature remained intact. We, therefore, entreat you, O Blessed Virgin, to save the souls of those who, in orthodoxy, acknowledge you as the Theotokos!

*Omit the Sessional Hymns.*

*For Bright Wednesday through Bright Saturday, the Troparia is the same as Pascha. The Stichera is: Wednesday, Tone 4; Thursday, Tone 5; Friday, Tone 6; Saturday, Tone 8; omit the Sessional Hymns.*

## Second Paschal Sunday: The Sunday of St. Thomas

### *Troparia*

**Troparion Tone 7** Though the tomb had been sealed, from the tomb You arose, O Life and Christ our God. Though the door had been locked, You appeared among the Disciples, O Resurrection of All, and thus You restored an upright spirit for us according to Your great mercy.

**Kontakion Tone 8** Thomas placed his restless hand into Your life-giving side, O Christ our God, and since You entered, although the doors were locked, he cried to You with the other Apostles: You are my Lord and my God!

### *Stichera*

When the doors were closed and the disciples were gathered together, You suddenly appeared in their midst, O Jesus our Almighty God. You granted them peace and filled them with the Holy Spirit; You commanded them to wait and not depart from Jerusalem until they were clothed with power from on high. Therefore, we cry to You, O Lord: Glory to You, our Light, our Resurrection, and our Peace.

Glory be...now and ever...Although the doors were locked, You appeared to Your disciples, O Christ; but through providence, Thomas was not with them. For he said: I will not believe until I see the Lord, until I see the side from which the blood and water of our baptism came forth, until I see the wound by which He healed all men from the great wound, and I see that He is not a pure spirit, but a man made of flesh and bones. Therefore, O Lord, who trampled Death and made Thomas firm in his belief, O Lord, glory to You!

### *Sessional Hymns*

The disciples were in hiding out of fear of the Jews, and they gathered in the upper room in Zion. You stood in their midst, O Lord of goodness, and though the doors were closed, You appeared and filled them with joy. You showed them Your hands and the wound of Your side, saying to the doubting disciple: Stretch forth your hand and know that it is I Who have suffered for you. Glory be...now and ever...Repeat above.

*For the Week of St. Thomas, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## Third Paschal Sunday: The Sunday of the Myrrh-Bearing Women and Joseph of Arimathea

### *Troparia*

**First Troparion Tone 2** The noble Joseph took down Your most pure body from the cross. He wrapped it in a clean shroud and, with fragrant spices, laid it in burial in a new tomb. But You arose in three days, O Lord, bestowing great mercy upon the world.

**Second Troparion Tone 2** The Angel stood by the tomb and cried out to the women bringing ointment: Ointments are for the dead, but Christ has shown Himself not subject to corruption. So now cry out: The Lord has risen, bestowing great mercy upon the world.

**Third Troparion Tone 2** When You descended to death, O Immortal Life, You destroyed the Abyss by the radiance of Your divinity. And when You raised the dead from the depths of the earth, all the heavenly Powers cried out: O Giver of Life, Christ our God, glory be to You.



**First Kontakion Tone 2** By Your resurrection, O Christ our God, You told the women bringing ointment to rejoice, and You stilled the weeping of Eve, the first mother. You instructed the women to announce to Your Apostles: The Savior has risen from the tomb.

**Second Kontakion Tone 8** Although You descended into the grave, O Immortal One, You destroyed the Power of Death. You arose again as a victor, O Christ God. You announced to the women bearing ointment: Rejoice! You gave peace to Your apostles and resurrection to the Fallen.

### ***Stichera***

The myrrh-bearing women, O Savior, came to Your grave, and they saw that it was empty but did not find Your most pure body. Therefore, they cried out with tears and said: Who has robbed us of our hope! Who has taken away a naked and anointed corpse, the only consolation to His Mother? How could they bury the One who trampled down Hades? But in Your own power, O Lord, arise after three days as You said and grant great mercy to our souls.

Glory be...now and ever...At the coming of grace, O Virgin, the shadow of the Law passed away. For, as the bush, though burning, was not consumed, You - though giving birth - still remained a virgin. In place of the pillar of fire, the Sun of Righteousness shone forth. Instead of Moses, Christ - the salvation of our souls - appeared.

### ***Sessional Hymns***

The myrrh-bearing women arrived early in the morning and seeing the tomb of the Lord empty, they ran to the apostles and said: The Mighty One has broken the strength of Death and has delivered all those held in the bonds of Hades. Announce with confidence that Christ our God is truly risen and grants great mercy to us.

Glory be...now and ever...We praise you, O Theotokos, for you are covered with glory more than any other. Death has been put to death and Hades trampled underfoot by the Cross of your Son. He raised us from death, granting us eternal life. Paradise is again offered for us to enjoy as before. Therefore, in thanksgiving we glorify the love and power of Christ our God.

*For the Week of the Myrrh-Bearing Women, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **Fourth Paschal Sunday: The Sunday of the Paralytic**

### ***Troparia***

**Troparion Tone 3** Let the heavens rejoice, let the earth be glad! With His arm the Lord has won victory. By His death the Lord has conquered Death. He has become the first born of the dead; He has delivered us from the depths of the Abyss, and has granted great mercy to the world.

**First Kontakion Tone 3** With Your divine protection, O Lord, as You once raised the paralytic, now lift up my soul paralyzed with all kinds of sin and evil deeds of wickedness, so that, as saved, I may cry out to You: Glory be to Your might, O Merciful Christ!

**Second Kontakion Tone 8** Although You descended into the grave, O Immortal One, You destroyed the Power of Death. You arose again as a victor, O Christ God. You announced to the women bearing ointment: Rejoice! You gave peace to Your apostles and resurrection to the Fallen.

### ***Stichera***

O ineffable goodness Who created the human form, You came to heal those who are ill. O Christ, by Your word You raised the Paralytic at the Sheep Pool; You healed the suffering of the woman with the flow of blood; You showed mercy to the tormented daughter of the Canaanite woman, and You did not disdain the prayer of the centurion. Because of this we cry out in praise: O Almighty Lord, glory to You! Glory be...now and ever...O most honorable Virgin, we are filled with awe when we consider that you gave birth to Christ Who is both God and man. O Immaculate Lady, without knowing man, you gave

birth in the flesh to a Son without a human father. This Son, from all eternity, was begotten by God the Father without a mother, and when He took on our human nature, He did not undergo any change. Nothing was added to His divine nature, nor was it divided. The properties of both His divine and human nature remained intact. We, therefore, entreat you, O Blessed Virgin, to save the souls of those who, in orthodoxy, acknowledge you as the Theotokos!

### ***Sessional Hymns***

Christ is risen from the dead. He Who is the first fruits of those that had been asleep, the first-born of creation and the Creator of all things that were made. By Himself, He renewed the nature of our corrupt race. Therefore, O Death, you shall reign no more, for the Lord of all nullified your power and dissolved it.

Glory be...now and ever.. Gabriel was rapt in amazement as he beheld your virginity and the splendor of your purity, O Mother of God, and he cried out to you: By what name shall I call you? I am bewildered; I am lost! I shall greet you as I was commanded to do: Rejoice, O woman full of grace!

*For the Week of the Paralytic, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **Mid-Pentecost Wednesday**

### ***Troparia***

***Troparion Tone 8*** When the Paschal Feast is half completed, quench my thirsty soul with the waters of devotion; for You, O Savior, have announced to all: Let him who is thirsty come to Me and drink. O Christ our God, Source of our Life, glory be to You.

***Kontakion Tone 4*** O Christ God, Creator and Lord of All, when the Paschal Feast was half completed, You told those present: Come and draw the water of immortality. Let us, therefore, adore You and cry out with faith: Grant us Your goodness, for You are the Source of our Life.

### ***Stichera***

The midpoint of the Feast has arrived; the days which begin with the Resurrection of the Savior and are fulfilled in the divine Feast of Pentecost. Truly it unites both Feasts and draws light from their double brightness, giving honor to the Ascension of the Lord, which prefigures our glory.

Glory be...now and ever...The midweek of the festal season has arrived, O Christ, the midpoint of Your Resurrection and the coming of Your Holy Spirit. Coming together, we glorify the mystery of Your miracles, and filled with fear, we cry out to You: Send down upon us Your great mercy!

### ***Sessional Hymns***

He Who endowed the hearts of men with reason stood in the midst of the Temple, speaking truth to the lovers of falsehood. He cried out: Why do you seek to arrest Me, the Giver of Life? He proclaimed boldly in the middle of the Feast: Judge not by external appearance, O transgressors. Glory be...now and ever...Repeat above.

*For the rest of the week, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **Fifth Paschal Sunday: The Sunday of the Samaritan Woman**

### ***Troparia***

**First Troparion Tone 4** The joyful message of the resurrection was heard by the faithful women from the Angel. And being freed from the ancestral curse, they boasted to the Apostles: Dead and despoiled is Death; Christ our God is risen, giving great mercy to the world.

**Second Troparion From Mid-Pentecost Wednesday**

**First Kontakion Tone 8** When the Samaritan woman came to the well with faith, she beheld You, O Water of Wisdom. You allowed her to drink in abundance and glorified her eternally, for she inherited the heavenly kingdom.

**Second Kontakion From Mid-Pentecost Wednesday**

### **Stichera**

When the Lord came to the well of Jacob, the Samaritan woman entreated Him, saying: Give me the water of faith, O Giver of Life, that I may obtain the waters of baptism, joy and salvation. O Lord, glory to You!

Glory be...now and ever...O Mother of God, David the Prophet and Forefather of Christ, foretold in song the great things that would happen to you. He revealed that you would be a queen, standing at the right hand of God, and that you would be the Mother of Life and Intercessor for the world. He prophesied that God, in His good will toward all, would become incarnate of you without a human father. Thus He would restore His image within us, which had become disfigured by our passions. He would seek out the lost sheep that was trapped in the hills; He would lift it upon His shoulders and carry it to His Father Who would place it in the midst of His heavenly hosts. In like manner, Christ will save the world because of His great and abundant mercy.

### **Sessional Hymns**

The myrrh-bearing women looked into the entrance of the tomb, and because they could not bear the brilliance of the angel, they trembled in astonishment and said: Has He Who opened paradise to the thief been stolen, or is He Who proclaimed His Resurrection before His passion now risen? Truly, Christ is risen, granting resurrection and life to those in Hades.

Glory be...now and ever...Your betrothed and guardian, O Theotokos, was amazed and perplexed when he beheld the mystery of your conception without seed. But he recalled the rain falling on the fleece, and the bush burning with fire but not consumed, and the blossoming rod of Aaron; thus he testified before the priests and cried out: A Virgin gives birth and still remains a virgin.

*For the Week of the Paralytic, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **Sixth Paschal Sunday: The Sunday of the Man Born Blind**

### **Troparia**

**Troparion Tone 5** Let us the faithful, praise the Word eternal with the Father and + the Spirit. Let us adore Him Who was born of the Virgin for our salvation. For He willed to ascend the cross as man and to suffer death and to raise the dead by His glorious resurrection.

**First Kontakion Tone 5** With eyes that are spiritually blind I come to You, O Christ, and like the man who was blind since birth I cry out to You with repentance: You are a Shining Light to those who are in darkness.

**Second Kontakion Tone 8** Although You descended into the grave, O Immortal One, You destroyed the Power of Death. You arose again as a victor, O Christ God. You announced to the women bearing ointment: Rejoice! You gave peace to Your apostles and resurrection to the Fallen.

### **Stichera**

The man who was blind from birth asked himself: Was I born blind because of the sin of my parents, or am I a living sign of the unbelief of the nations? I am not content to ask whether it is night or day; my

feet can no longer endure tripping upon the stones. I have not seen the brightness of the sun, nor have I seen the image and likeness of my Creator. Yet I beseech You, O Christ our God, to look upon me and have mercy on me.

Glory be...now and ever...The passing of the Israelites through the Red Sea was already a foreshadowing of the virgin-birth. On that occasion, Moses parted the waters; at the Incarnation, Gabriel announced the miracle of God's union with Mary. In ancient times, the Israelites passed through the depths of the sea without being drenched by the waters; now the Virgin has given birth to Christ without seed. After the Israelites passed through the sea, it remained impassible; after the birth of Emmanuel, the Immaculate Virgin remains forever incorrupt. O God, Who exists from all eternity, and yet appeared as man, have mercy on us.

### ***Sessional Hymns***

Let us praise the honored cross of the Lord; let us venerate His holy burial with hymns; let us glorify His holy Resurrection. For He raised the dead from the graves because He is God. He despoiled the might of Death and broke the power of Satan, and He shed light on those who are in Hades.

Glory be...now and ever...Rejoice, O holy mountain which the Lord ascended! Rejoice, O living bush, unconsumed by the fire! Rejoice, only bridge reaching from the world to God and leading the dead to eternal life! Rejoice, O pure one, free of corruption; you gave birth without the aid of man to the Savior of the world!

*For the Week of the Man-Born Blind, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **The Feast of the Ascension of Our Lord God and Savior Jesus Christ**

### ***Troparia***

***Troparion Tone 4*** You ascended in glory, O Christ our God; You delighted the Disciples with the promise of the Holy Spirit. Through this blessing they were assured that You are the Son of God, the Redeemer of the World.

***Kontakion Tone 6*** When You fulfilled the plan of salvation for us and united all things on earth to those in heaven, O Christ our God, You ascended in glory, never leaving us, but remaining ever-present. For You proclaimed to those who love You: I am with you and no one else has power over you.

### ***Stichera***

The Lord ascended into heaven to send the Comforter into this world. The heavens prepared His throne and the clouds were His ladder; the angels marveled at the sight of a human being more exalted than themselves. Today, the Father receives again in His bosom, the One Who was in Him from all eternity, and the Holy Spirit gives a command to all the angels: Lift up your lintels, O you gates! O you nations of the earth, clap your hands, for Christ ascends to the place where He had been from all eternity.

Glory be...now and ever...O loving Jesus, while You lived on earth, You were God inseparable from the Father and yet You truly shared our humanity. Ascending in glory today from the Mount of Olives, through Your great love, You lifted up our fallen nature and enthroned it with the Father on high. Therefore, the bodiless Powers were amazed and filled with awe at seeing Your great love for all. Together with them, we who live on earth glorify Your condescension to us and Your ascension away from us. Now we implore You, saying: Through Your Ascension You have filled Your apostles and Your Mother with a joy that surpasses every other joy, and through their intercession make us worthy of the joy of Your elect, for You are rich in mercy.

### ***Sessional Hymns***

You ascended in glory, and the angels were astonished at this wonder; the disciples were amazed at Your marvelous Ascension, and the gates opened before You, O Lord. The Powers of heaven were also

overjoyed, and they cried out: Glory to Your condescension, O Savior! Glory to Your kingdom! Glory to Your Ascension, O only Lover of Mankind!  
 Glory be...now and ever...*Repeat above.*

*For the rest of the week, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **Seventh Paschal Sunday: The Sunday of the Fathers of the First Council of Nicea**

### ***Troparia***

**First Troparion** *Tone 6* Angelic Powers descended to Your grave, and the guards fell down and appeared dead. Mary came to the grave seeking Your most pure Body. You conquered and despoiled the Abyss without being touched by it. You, the Giver of Life, met the Virgin. O Lord, risen from the dead, glory be to You.

**Second Troparion** *From the Feast of the Ascension.*

**Third Troparion** *Tone 8* O Christ our God, You are above all praise, for You established our Fathers as light to all the earth. You led us to the true faith through them. O Most Bountiful Lord, glory be to You.

**First Kontakion** *Tone 8* The preaching of the Apostles and the decisions of the Fathers have established the true faith of the Church which she wears as the garment of truth fashioned from the theology on high. She justly governs and glorifies the great Mystery of worship.

**Second Kontakion** *From the Feast of the Ascension.*

### ***Stichera***

Let us honor today those mystical trumpets of the Spirit, namely, the God-mantled Fathers, who, speaking of divine things, sang in the midst of the Church a hymn in unison, teaching that the Trinity + is one, not differing in substance or Godhead, refuting Arius and defending orthodoxy. They always intercede with the Lord to have mercy on our souls.

Glory be...now and ever...Who would not bless you, most holy Virgin? Who would not praise the most pure manner in which you gave birth? For the only-begotten Son, Who eternally proceeds from the Father, came forth from you. He took flesh from you in a manner that is beyond understanding. He, Who by nature is God, took on our nature for our sake. Yet, He did not become divided into two persons; rather, He remained one person with two distinct and unconfused natures. O most pure Lady, we implore you: Beseech your Son and God to have mercy on our souls.

### ***Sessional Hymns***

When the tomb was shown to be open and Hades was lamenting, Mary cried out to the apostles who were hiding and said: Come out, laborers of the vineyard, and proclaim the news of the Resurrection; for the Lord is risen, granting the world great mercy.

Glory be...now and ever...O Virgin and Theotokos, pray to your Son, Christ our God, Who was willingly nailed upon the Cross and rose from the dead, that He might save our souls.

*For the Week of the Fathers of the Council, either repeat the propers above, or recite the propers from the Menaion of Immovable Feasts.*

## **Saturday of the Departed**

See **All Souls Saturdays** further below.

## **Green Sunday: The Feast of Pentecost**

### ***Troparia***

**Troparion Tone 8** Blessed are You, O Christ our God, You filled the fishermen with wisdom, sending down upon them the Holy Spirit, Through them You have caught the whole world in Your net. O Lover of Mankind, glory be to You!

**Kontakion Tone 8** When the Most High descended and confused tongues, He scattered the people; but when He distributed the tongues of fire, He called all men to unity. Therefore, with one voice, let us praise the Most Holy Spirit.

### ***Stichera***

Behold, we celebrate today the feast of Pentecost, the descent of the Holy Spirit, the fulfillment of the promise and the realization of hope. How wonderful and awesome is this great mystery! Therefore, O Lord and Creator of all, we cry out: Glory to You!

Glory be...now and ever...Come, all you nations of the world, let us adore God in three holy persons, Father +, Son and Holy Spirit - three in one. From all eternity, the Father begets the Son, equal to Him in eternity and majesty, equal also to the Holy Spirit, glorified with the Son in the Father, three persons, and yet a single power and essence and Godhead. In deep adoration, let us cry out to God: Holy is God who made all things through the Son with the cooperation of the + Holy Spirit. Holy the Might One through Whom the Father was revealed to us, and through Whom the Holy Spirit + came to this world. Holy the Immortal One, the Spirit and Comforter Who + proceeds from the Father, and reposes in the Son. All-holy + Trinity, glory to You!

### ***Sessional Hymns***

Come, O faithful, let us celebrate the feast of the Fiftieth Day: the day which concludes the Feast of feasts; the day on which the pre-ordained promise is fulfilled; the day when the Comforter descends upon the earth in tongues of fire; the day of the disciples' enlightenment. They are revealed as initiated into the heavenly mysteries, for truly the light of the Comforter has illumined the world.

Glory be...now and ever...*Repeat above.*

*At the conclusion of the Feast of Pentecost, one may resume the posture of kneeling.*

## **Pentecost Monday: Monday of the Holy Spirit**

*Take propers from the Feast of Pentecost, above.*

*For the rest of Pentecost Week, either repeat the propers above, or recite the propers from the Menaion of Immoveable Feasts.*

## **First Sunday after Pentecost: Sunday of All Saints**

### ***Troparia***

**First Troparion Tone 8** You descended from on high, O Merciful Lord. You accepted the grave for three days to deliver us from our passions. O Lord, our Resurrection and our Life, glory be to You.

**Second Troparion Tone 4** Your Church throughout the world, O Lord, is clothed with blood of Your Martyrs as with fine linens and purple robes, and so the Church cries out to You, O Christ our God: Send down Your goodness upon Your people; grant peace to Your Church and great mercy to our souls.

**Kontakion Tone 8** To You, O Lord, Author of all creation, the universe offers the God-bearing Martyrs as the first-fruits of nature. Through their prayers and the intercession of the Mother of God preserve Your church, Your dwelling-place in perfect peace, O Most Merciful One.

### ***Stichera***

Let us celebrate with songs of praise the deeds of the holy people over all the earth, honoring them, as it is fitting: the Apostles and Martyrs; the Bishops and Holy Women. While living on earth, they joined with the heavenly spirits, and by the grace of Christ, they received immortality through their sufferings. They shine as bright stars for us, and now they intercede for our souls.

Glory be...now and ever...In His love for mankind, the King of heaven appeared on earth and dwelt among us. For He took flesh from the pure Virgin, and, being thus incarnate, He came forth from her. The only Son of God remained one person, but He now possessed two natures. For this reason, we profess that He is truly perfect God and perfect man. Therefore, we beseech you, O Virgin Mother, implore Christ, Whom we proclaim as God, to have mercy on our souls.

### **Sessional Hymns**

Clothed in a brilliant garment and shining brightly as light, Gabriel came to the tomb of Christ and rolled back the stone. A great fear seized the soldier, and the guards seemed as dead; for the seals of the tomb no longer had meaning. The impious ones were put to shame, for they knew that Christ had risen. Glory be...now and ever...In you, O Woman full of grace, the angelic choirs and the human race, all creation rejoices. O sanctified Temple, mystical Paradise, and glory of virgins, He, Who is our God from before all ages, took flesh from you and became a Child. He made Your womb a throne and greater than the heavens. In you, O Woman full of grace, all creation rejoices. Glory be to you!

### **The Sundays after Pentecost**

**2nd Sunday** Tone 1  
**3rd Sunday** Tone 2  
**4th Sunday** Tone 3  
**5th Sunday** Tone 4  
**6th Sunday** Tone 5  
**7th Sunday** Tone 6  
**8th Sunday** Tone 7  
**9th Sunday** Tone 8  
**10th Sunday** Tone 1  
**11th Sunday** Tone 2  
**12th Sunday** Tone 3

**13th Sunday** Tone 4  
**14th Sunday** Tone 5  
**15th Sunday** Tone 6  
**16th Sunday** Tone 7  
**17th Sunday** Tone 8  
**18th Sunday** Tone 1  
**19th Sunday** Tone 2  
**20th Sunday** Tone 3  
**21st Sunday** Tone 4  
**22nd Sunday** Tone 5  
**23rd Sunday** Tone 6

**24th Sunday** Tone 7  
**25th Sunday** Tone 8  
**26th Sunday** Tone 1  
**27th Sunday** Tone 2  
**28th Sunday** Tone 3  
**29th Sunday** Tone 4  
**30th Sunday** Tone 5  
**31st Sunday** Tone 6  
**32nd Sunday** Tone 7  
**33rd Sunday** Tone 8  
**34th Sunday** Tone 1

### **Thirty-Second Sunday after Pentecost: The Sunday of Zaccheus**

*All propers are from the Sunday Resurrectional Tone, which varies annually.*

### **Thirty-Third Sunday after Pentecost: The Sunday of the Publican and Pharisee**

#### **Troparia**

*Troparion From Sunday Resurrectional Tone.*

**Kontakion** Tone 3 Let us bring to the Lord the sighs of the Publican and as sinners let us approach the Lord, for He desires the salvation of all mankind. He grants forgiveness to all who repent. For us, He became man while remaining God, co-eternal with the Father.

#### **Stichera**

Brethren, let us not pray as the Pharisee, for he who exalts himself shall be humbled. Let us humble ourselves before God, and with fasting cry aloud as the Publican: O God be merciful to us sinners. Glory be...now and ever...O Almighty Lord, I know how great is the power of tears. For they led Hezekiah up from the gates of death; they delivered the sinful woman from her repeated transgressions; they justified the Publican above the Pharisee. With them, I also pray: Have mercy on me.

### **Sessional Hymns**

*From Sunday Resurrectional Tone.*

## **Thirty Fourth Sunday after Pentecost: The Sunday of the Prodigal Son**

**Troparion** *From Sunday Resurrectional Tone.*

**Kontakion** *Tone 3* When I foolishly separated myself from Your Fatherly glory, I squandered in wickedness the riches You had given me. So now I cry out to you with the voice of the Prodigal Son, saying: I have sinned before You, O merciful Father; receive me, repentant, and make me as one of Your hired servants.

### **Stichera**

I was entrusted with a sinless and living land, but I sowed the ground with sin and reaped with a sickle the ears of laziness; in thick sheaves I garnered my actions, but I placed them not on the threshing floor of repentance. Therefore, I beg you, O divine Tender of the harvest, winnow the chaff of my works with the wind of Your loving kindness and grant to my soul the wheat of forgiveness; store me in Your heavenly granaries and save me.

Glory be...now and ever...In my wretchedness, I have deprived myself of great blessing. In my misery, I have fallen from the Kingdom. I have squandered the riches that were given to me; I have transgressed the commandments. Alas, unhappy soul, you are henceforth condemned to the eternal fire. Therefore, before the end cry out to Christ God: Receive me as the Prodigal Son, O God, and have mercy on me.

### **Sessional Hymns**

*From Sunday Resurrectional Tone.*

## **All Souls Saturdays**

*The five All Souls Saturdays are: 1) the Saturday before the Sunday of Meat-Fare; 2) the Second Saturday of the Great Fast; 3) the Third Saturday of the Great Fast; 4) the Fourth Saturday of the Great Fast, and 5) the Saturday before Pentecost Sunday.*

**Troparion** *Tone 8* O Creator, in the depth of Your wisdom You lovingly govern all men and distribute to each what is for good. Now give rest to the souls of Your servants, for they have placed their hope in You, our Creator, Maker and our God.

**Kontakion** *Tone 8* With the Saints, O Christ, give rest to Your servants where there is no pain, sorrow, nor mourning, but life everlasting.

**Theotokion** *Tone 8* We have in you a defense and a refuge and an advocate acceptable to God to Whom you gave birth, O Virgin Mother of God, the salvation of the faithful.

### **Stichera**

Through the prayers of the Theotokos and of all the saints, grant us peace, O Lord, and have mercy upon us, for You alone are compassionate

Glory be...now and ever...I lament and weep whenever I see death and look upon our beauty, formed according to God's image, lying in the grave disfigured and inglorious, its outward form destroyed. O strange wonder! What mystery is this concerning us? How have we been delivered to corruption? How have we been yoked to death? All this, so it is written, is by the ordinance of God, Who grants rest to the departed.

### **Sessional Hymns**



Let us all implore the martyrs of Christ who pray for our salvation. Let us go and meet them in faith to find grace and healing from these guardians of faith who repel the power of the demons.

Glory be...now and ever...O Lord, in these last days you took flesh from a Virgin Mother without change, and in Your love for us You willingly went down into death. In Your goodness, O our God, forgive those who have passed from this life for they have entrusted their souls to You.

## The Sunday of Meat-Fare

### *Troparia*

***Troparion Sunday Resurrectional Tone.***

***Kontakion Tone 1*** When You will come to earth in glory, O God and all creatures will tremble before You, the river of fire will flow before Your judgment-seat, and the books will be opened and all hidden things revealed, deliver me from the unquenchable fire and make me worthy to stand at Your right hand, O righteous Judge.

### *Stichera*

When You shall come, O righteous Judge, to execute just judgment while seated on Your throne of glory, a river of fire will draw all men before Your judgment seat; the powers of heaven will stand beside You, and in fear mankind will be judged according to the deeds that each has done. Then spare us, O Christ, in Your compassion, with faith we entreat you, and count us worthy of Your blessings with those that are saved.

Glory be...now and ever...When the thrones are set up and the books are opened, and God sits in judgment, O what fear there will be! When the angels stand trembling in Your presence and the river of fire flows before You, what shall we do then, we who are guilty of many sins? When we hear Him call the blessed of His Father into the Kingdom, but send the sinners to their punishment, who will endure His fearful condemnation? O Savior and Lover of Mankind, only King of the universe, before the end comes turn me back through repentance and have mercy on me.

### *Sessional Hymns*

*From Sunday Resurrectional Tone.*

## The Sunday of Cheese-Fare

### *Troparia*

***Troparion Sunday Resurrectional Tone.***

***Kontakion Tone 6*** O Guide to Wisdom, O Giver of Understanding, O Instructor of the Ignorant and Helper of the Poor, strengthen and enlighten my heart, O Master. Give the word to me, O Word of the Father, that I may not refrain from crying out to You: O Merciful Lord, have mercy on me, a fallen one.

### *Stichera*

The Lord my Creator took me as dust from the earth and formed me into a living creature, breathing into me the breath of life and giving me a soul. He honored me, setting me as ruler upon earth over all things visible, and making me companion of the angels. But Satan the deceiver, using the serpent as his instrument, enticed me by food; he parted me from the glory of God and gave me over to the earth and to the lowest depths of death. O Master, in compassion call me back again.

Glory be...now and ever...Adam sat before Paradise and, lamenting his nakedness, he wept: Woe is me! By evil deceit was I persuaded and led astray, and now I am an exile from glory. Woe is me! In my simplicity I was stripped naked, and now I am in want. O Paradise, no more shall I take pleasure in your joy; no more shall I look upon the Lord my God and Maker, for I shall return to the earth from where I was taken. O merciful and compassionate Lord, to You I cry aloud: have mercy on me!

### Sessional Hymns

*From Sunday Resurrectional Tone.*

## The First Day of the Great Fast: Pure Monday

### Troparia

**First Troparion Tone 1** Hail, Mother of God, Virgin Mary full of grace, the Lord is with you! Blessed are you among women and blessed is the Fruit of your womb; for you have given birth to Christ, the Savior and Deliverer of our souls!

*Prostration*

**Second Troparion Tone 1** O Baptizer of Christ, remember us all, that we may be delivered from our iniquities; for you have been given the grace to pray for us!

*Prostration*

**Kontakion Tone 1** Pray for us, O holy apostles and all you saints, that we may be delivered from peril and afflictions; for you are our fervent intercessors before the Savior.

*Prostration*

**Theotokion Tone 1** We fly to your Protection, O Virgin Theotokos. Do not despise our prayers in our necessities, but deliver us from all dangers, for you - alone - are pure and blessed.

*Prostration*

### Stichera

Let us all make haste to humble the flesh by abstinence, as we set out upon the God-given course of the Holy Fast. With prayers and tears let us seek our Lord and Savior. Laying aside all memories of evil, let us cry aloud: we have sinned against You, O Christ our King; save us as the men of Nineveh in days of old, and in Your compassion make us sharers in Your heavenly kingdom.

Glory be...now and ever...Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh, and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ God, and with great spiritual gladness to behold His holy Passover.

*Recite the Prayer of St. Ephrem at the conclusion of both Vespers and Matins, and for all other Offices throughout the Great Fast, except for Sunday.*

### Sessional Hymns

From the beginning of the Fast, let us strive for humility, calling from the depths of our soul: O Lord, Christ, accept our prayer as fragrant incense and save us from corruption and dreadful torments, for You are the only merciful Lord.

Glory be...now and ever...O Theotokos, fount of mercy, deem us worthy of compassion. Look upon a sinful people; as always show your power for, placing our trust in you: Hail, we cry to you as did once Gabriel, the prince of angels!

*For the First Week of the Great Fast, either recite the propers from Pure Monday, or recite the propers from the Menaion of the Immoveable Feasts. If attending the Liturgy of the Presanctified Gifts on Wednesday and/or Friday, do not recite the Office of Vespers. If reciting Vespers on Friday Evening of the First Week, take the following:*

## Friday of the First Week of the Great Fast: The Miracles of St. Theodore, the Great Martyr

### ***Troparia***

*The Troparia is taken from Pure Monday.*

### ***Stichera***

Come, all lovers of the martyrs; let us rejoice in spirit and celebrate. Today, the martyr Theodore sets before us a spiritual banquet, bringing joy to us feast-lovers so that we call to him: Rejoice, invincible martyr! You frustrated the threats of the torturers on earth. Rejoice, for you gave your mortal body to torture for the sake of Christ God! Rejoice! In many dangers you proved to be the tested soldier of the heavenly armies. Therefore, we beg you, the glory of the martyrs, to intercede for our souls.

Glory be...now and ever...With evil intent, the enemy made use of the apostate-emperor. The apostate, with food tainted from idol-worship, attempted to defile the people of God who were purifying themselves with fasting. But you frustrated this evil plan with a wiser one. In a dream you stood before the archbishop of that time and uncovered the depth of your mind disclosing to him the wicked plan of the tyrant. Truly, we bring to you our thanksgiving and yearly commemoration of the past miracles; we acknowledge you as our protector. We pray that through your prayers to God, we may be saved from the plans of the evil one, O great martyr Theodore.

### ***Sessional Hymns***

How sublime are the achievements of faith! The holy martyr Theodore rejoices in the furnace as in restful waters, and while the fire consumed him he was offered to the Holy + Trinity as an acceptable offering of bread. By his prayers, save our souls, O Christ God.

Glory be...now and ever...Your mysteries surpass all understanding and they are all glorious, O Theotokos; you remained a holy Virgin without fault; and you truly became a mother when you gave birth to the true God. Intercede before Him to save our souls.

## **The First Sunday of the Great Fast: The Sunday of Orthodoxy**

### ***Troparia***

***Troparion Tone 2*** We bow before Your sacred image, O gracious Lord, and beg forgiveness for our offenses, O Christ our God, for You - of Your own will - deigned to ascend the cross in Your human nature to deliver from bondage under the enemy, those whom You created. Therefore, we gratefully cry out to You: Through Your coming to save the world, O Savior, You have filled all with joy.

***Kontakion Tone 8*** O Mother of God, through you, in the Incarnation, the Indescribable Word of God became describable, for through the divine goodness the Word spoken from eternity became an Image. May we, who believe in salvation, clothe ourselves in the same Image both in word and deed.

### ***Stichera***

As a precious adornment, the Church of Christ has received the venerable and holy icons of Christ the Savior, of God's Mother, and of all the saints. Celebrating now their triumphant restoration, she is made bright with grace and splendor, and drives away all heretics. With great rejoicing she gives glory to God Who loves all mankind, and Who, for her sake, has endured his voluntary Passion.

Glory be...now and ever...The grace of truth has shone forth upon us; the mysteries darkly prefigured in the days of old have now been openly fulfilled. For, behold, the church is clothed in a beauty that surpasses all things earthly, through the icon of the incarnate Christ that was foreshadowed by the ark of the covenant. This is the safeguard of orthodoxy; for if we hold fast to the icon of the Savior Whom we worship, we shall not go astray. Let all who do not share this faith be covered with shame, but we shall glory in the icon of the Word made flesh, which we venerate but worship not as an idol. So let us kiss it, and with all the faithful cry aloud: O God, save Your people and bless Your inheritance.

### **Sessional Hymns**

*The Sessional Hymns are taken from the Sunday Resurrectional Tone.*

*For the Second Week of the Great Fast, either recite the stichera from Sunday, or from the propers from the Menaion of the Immoveable Feasts (the Sessional Hymns are taken from the Menaion of the Immoveable Feasts). For the weekdays, the troparia are taken from Pure Monday. If attending the Liturgy of the Presanctified Gifts on Wednesday and/or Friday, do not recite the Office of Vespers.*

## **The Second Sunday of the Great Fast: The Sunday of the Palsied Man**

### **Troparia**

**Troparion** *Sunday Resurrectional Tone.*

**Kontakion** *Tone 4* Today the time of earthly deeds is revealed for judgment is at hand. Let us be found fasting and let us bring tears of supplication, begging mercy and crying out: I have sinned more times than there are sands of the sea, but forgive me, O Creator of All, that I may receive the crown that does not perish.

### **Stichera**

*The Stichera are taken from the Sunday Resurrectional Tone.*

### **Sessional Hymns**

*The Sessional Hymns are taken from the Sunday Resurrectional Tone.*

*For the Third Week of the Great Fast, recite the propers from the Menaion of the Immoveable Feasts. The Troparia are taken from Pure Monday. If attending the Liturgy of the Presanctified Gifts on Wednesday and/or Friday, do not recite the Office of Vespers.*

## **The Third Sunday of the Great Fast: The Sunday of the Veneration of the Holy Cross**

### **Troparia**

**Troparion** *Tone 1* Save Your people, O Lord, and bless Your inheritance; grant victory to Your Church over her enemies and protect Your people by Your cross.

**Kontakion** *Tone 7* No longer does the flaming sword guard the gates of Eden; for on them one finds the most glorious seal, the Tree of the Cross. By it the sorrow of death and the victory of the Abyss have been conquered. For You, O my Savior, stood and called out to those in the Abyss: Enter again into paradise.

### **Stichera**

O Cross of the Lord, shine with the light of your grace upon the hearts of those who honor you. With love inspired by God, we embrace you, O desire of all the world. Through you our tears of sorrow have been wiped away; we have been delivered from the snares of death and have passed over to unending joy. Show us the glory of your beauty and grant to us your servants the reward of our abstinence, for we entreat with faith your rich protection and great mercy.

Glory be...now and ever...O Christ God, of Your own will You have accepted crucifixion, that all mankind might be restored to life. Taking the quill of the Cross in the red ink of royalty with bloody fingers, You have signed our absolution out of love for man. We are in danger once again of being parted from You;

O forsake us not! Take pity on Your people in distress, for You alone are long suffering. Rise up and fight against our enemies in Your almighty power.

### **Sessional Hymns**

*The Sessional Hymns are taken from the Sunday Resurrectional Tone.*

*For the Fourth Week, recite either the Stichera from the Sunday of the Holy Cross (the Sessional Hymns are taken from the Menaion of the Immovable Feasts), or from the Menaion of the Immovable Feasts. The Troparia are taken from Pure Monday. If attending the Liturgy of the Presanctified Gifts on Wednesday and/or Friday, do not recite the Office of Vespers.*

## **The Fourth Sunday of the Great Fast: The Sunday of St. John Climacus**

### **Troparia**

**Troparion Tone 1** O John, our Father, God-bearer, hermit of the desert and angel in the flesh, you received heavenly gifts by your fasting, vigils and prayers. You healed the sick and those coming to you with faith. Glory be to Him Who gives you strength; glory be to Him Who crowned you; glory be to the Lord Who heals all through your intercession.

**Kontakion Tone 4** O John, our leader and father, the Lord has placed you on high as a true guiding star lighting the ends of the earth with the truth of your virtue.

### **Stichera**

O holy father John, truly you have always carried on your lips the praises of the Lord, and with great wisdom you have studied the words of holy scripture that teach us how to practice the ascetic life. So have you gained the riches of grace, and you have become blessed, overthrowing all the purposes of the ungodly.

Glory be...now and ever...Hearing the voice of the Gospel of the Lord, O holy father, you have foresaken the world, counting as nothing its riches and its glory. Therefore, you have cried out to all: love God, and you shall find eternal grace. Set nothing higher than His love, that, when He comes in glory, you may find rest with all the saints. At their prayers, O Christ, guard and save our souls.

### **Sessional Hymns**

*The Sessional Hymns are taken from the Sunday Resurrectional Tone.*

*For the Fifth Week, recite either the Stichera from the Sunday of St. John Climacus (the Sessional Hymns are taken from the Menaion of the Immovable Feasts), or from the Menaion of the Immovable Feasts. The Troparia are taken from Pure Monday. If attending the Liturgy of the Presanctified Gifts on Wednesday and/or Friday, do not recite the Office of Vespers.*

## **The Saturday of the Fifth Week of the Great Fast: Akathist Saturday**

*After Matins, recite the Akathist Hymn to Our Lady.*

## **The Fifth Sunday of the Great Fast: The Sunday of St. Mary of Egypt**

### **Troparia**

**Troparion Tone 8** In you, O Mother Mary, the divine likeness shone forth faithfully, for by taking up the cross, you followed Christ. You gave example to be not concerned with fleeting life, but to be watchful over the eternal soul. Therefore, O Venerable Mary, you now rejoice with the Angels.

**Kontakion Tone 3** Once filled with all kinds of vice, now through repentance she appears as the bride of Christ. Leading an angelic life, she crushes the devils with the help of the cross. Therefore, the venerable Mary has become a bride of the kingdom.

### ***Stichera***

The guilt of past sins prevented you from entering the Church to see the elevation of the Holy Cross; but then your conscience and the awareness of your actions turned you to a better way of life, O wise in God. Having looked upon the icon of the blessed Maiden of God, you condemned all your previous transgression, O Mother worthy of all praise, and so have gone with boldness to venerate the precious Cross.

Glory be...now and ever...O Christ, the power of Your Cross has worked wonders, for even the woman Mary who was once a harlot chose to follow the ascetic way. Casting aside her weakness, she bravely opposed the devil, and having gained the prize of victory, she intercedes for our souls.

### ***Sessional Hymns***

*The Sessional Hymns are taken from the Sunday Resurrectional Tone.*

*For the Sixth Week, recite either the Stichera from the Sunday of St. Mary of Egypt (the Sessional Hymns are taken from the Menaion of the Immovable Feasts), or from the Menaion of the Immovable Feasts. The Troparia are taken from Pure Monday. If attending the Liturgy of the Presanctified Gifts on Wednesday and/or Friday, do not recite the Office of Vespers.*

## **The Saturday of Lazarus**

### ***Troparia***

**Troparion Tone 1** O Christ our God, You confirmed the resurrection of all before the time of Your passion by raising Lazarus from the dead. Therefore, we as the children of Israel carry the symbols of victory and cry out to You, the Conqueror of Death: Hosanna in the highest! Blessed is He Who comes in the name of the Lord.

**Kontakion Tone 2** Christ, the Joy of All, the Truth, the Light, the Life and Resurrection of the World, appeared to those on earth because of His goodness. He became the Image of Resurrection, granting divine forgiveness to all.

### ***Stichera***

Having completed the forty days that bring profit to our soul, we beseech You in Your love for man, grant us also to behold the Great Week of Your Passion, that in it we may glorify Your mighty acts and Your ineffable dispensation for our sakes, singing with one mind: O Lord, glory to You.

Glory be...now and ever...O Savior, standing before the tomb of Lazarus and calling to the dead man, You have raised Him as if from sleep. He shook off corruption through the Spirit of incorruption, and at Your word he came out bound with grave clothes. All things are possible to You; all things serve You, O loving Lord; all things submit to You. Our Savior, glory to You.

### ***Sessional Hymns***

Taking pity, O Christ our God, on the tears of Martha and Mary, You have commanded the stone to be rolled away from the tomb, and calling the dead man, You have raised him, O Giver of Life to the World, granting us through him an assurance of the Resurrection. Glory to Your might, O Savior; glory to Your power; glory to You Who has established all things by Your word.

Glory be...now and ever...*Repeat above.*

## Flowery Sunday: The Entrance of Our Lord God and Savior Jesus Christ into Jerusalem

### *Troparia*

*First Troparion From Saturday of Lazarus*

**Second Troparion Tone 4** We have been buried with You through baptism, O Christ our God and we have become worthy of immortal life by Your resurrection. So we cry out to You: Hosanna in the highest! Blessed is He Who comes in the name of the Lord.

**Kontakion Tone 6** In heaven You are carried upon a throne; on earth You rode upon a colt, O Christ our God. You received the praise of Angels and the hymns of children crying out to You: Blessed is He Who came to restore Adam.

### *Stichera*

Today the grace of the Holy Spirit has gathered us together, and we all take up Your Cross and say: Blessed is He Who comes in the name of the Lord; Hosanna in the highest! Glory be...now and ever...*Repeat above.*

### *Sessional Hymns*

With our souls cleansed and in spirit carrying branches, with faith let us sing Christ's praises like the children, crying with a loud voice to the Master: Blessed are you, O Savior, Who has come into the world to save Adam from the ancient curse, and in Your love for mankind, You have been pleased to become spiritually the new Adam. O Word, Who has ordered all things for our good, glory to You. Glory be...now and ever...O Lord, You raised Lazarus from the tomb though he was four days dead and then You taught us all to cry to You with palms and branches: Blessed are You Who comes.

## Great Monday

### *Troparia*

*The Troparia are taken from Pure Monday.*

### *Stichera*

Rejoice and be glad, O city of Zion; exult and be exceedingly joyful, O Church of God. For, behold, your King has come in righteousness seated on a foal, and the children sing His praises: Hosanna in the highest; blessed are You Who shows great compassion; have mercy on us.

Glory be...now and ever...O You Who ride on the cherubim and Who are praised by the seraphim. You sit, O gracious Lord, like David on a foal, and the children honor You with praise fitting for God; but the Jews blasphemed unlawfully against You. Your riding on a foal prefigured how the Gentiles, as yet untamed and uninstructed were to pass from unbelief to faith. Glory to You, O Christ, Who alone are merciful and loves mankind.

### *Sessional Hymns*

Today the holy Passion shines forth upon the world with the light of salvation; for Christ in His love hastens to His sufferings. He Who holds all things in the hollow of His hand, consents to be hung upon the Tree, that He may save mankind.

Glory be...now and ever...*Repeat above.*

## Great Tuesday

*If attending the Liturgy of the Presanctified Gifts, do not recite Vespers.*

### **Troparia**

*The Troparia are taken from Pure Monday.*

### **Stichera**

As the Lord went to His voluntary Passion, He said to His apostles on the way: Behold, we go to Jerusalem, and the Son of Man shall be betrayed, as it is written of Him. Come and let us journey with Him, purified in mind; let us be crucified with Him and die for His sake to the pleasures of this life, that we may also live with Him and hear Him say: No longer do I ascend to the earthly Jerusalem to suffer, but I ascend to My Father and your Father, to My God and your God; and I shall raise you up to the Jerusalem on high in the Kingdom of heaven.

Glory be...now and ever...The serpent found a second Eve in the Egyptian woman, and with words of flattery he sought to make Joseph fall. But, leaving his garment behind him, Joseph fled from sin, and like the first man before his disobedience, though naked, he was not ashamed. Through his prayers, O Christ, have mercy on us.

### **Sessional Hymns**

Brethren, let us love the Bridegroom and prepare our lamps with care, shining with the virtues and right faith; that, like the wise virgins of the Lord, we may be ready to enter with Him into the wedding feast. For God the Bridegroom grants to all the incorruptible crown.

Glory be...now and ever...*Repeat above.*

## **Great Wednesday**

*If attending the Liturgy of the Presanctified Gifts, do not recite Vespers.*

### **Troparia**

*The Troparia are taken from Pure Monday.*

### **Stichera**

How shall I enter into the splendor of Your saints? For I am unworthy, and if I dare to come into the bridal chamber my clothing will accuse me, since it is not a wedding garment, and I shall be cast out by the angels, bound hand and foot. Cleanse, O Lord, the filth from my soul and save me in Your love for mankind.

Glory be...now and ever...Behold, my soul, the Master entrusts you with a talent. Receive His gift with fear; make it gain interest for Him; distribute to the needy, and make the Lord your friend. So shall you stand on His right hand when He comes in glory, and you shall hear His blessed words: Enter, my servant, into the joy of your Lord. I have gone astray, O Savior, but in Your great mercy count me worthy of this joy.

### **Sessional Hymns**

In his love for money, the deceitful Judas pondered cunningly how he might betray You, O Lord, the Treasure of Life. Therefore in drunken folly he hastened to the Jews and said to the transgressors: What will you give me, and I will deliver Him to you to be crucified?

Glory be...now and ever...*Repeat above.*

## **Great Thursday**



*If attending the Liturgy of the Presanctified Gifts, do not recite Vespers.*

### ***Troparia***

***Troparion Tone 8*** While the glorious disciples were enlightened at the washing of their feet at the supper, the unholy Judas was blinded by his love for silver. He delivered You to unjust judges, O Most High Judge. All you lovers of riches meditate on this: Love for money drove a man to take his own life. We must flee from greedy souls who would so betray the Master. O Lord, so benevolent to all, glory be to You.

***Kontakion Tone 2*** Judas, the deceitful servant, when he stretched his hand secretly and took bread, did therefore take the price of Him Who made man with His own hands, thus remaining reprobate.

### ***Stichera***

O Son of the Virgin, the harlot knew You to be God and she prayed to You lamenting, for she had committed sins worthy of tears. Loose me from my debt, she cried, as I unloose my hair. Show love to her who loves You, though rightly she deserves Your hatred, and with the publican I shall proclaim You: O Benefactor Who loves mankind, have mercy on us.

Glory be...now and ever...The woman who had fallen into many sins, perceiving Your divinity, O Lord, fulfilled the part of the myrrh-bearer, and with lamentations she brought sweet smelling oil of myrrh to You before Your burial. She said: Woe is me, for night surrounds me, dark and moonless, and it stings my lustful passion with the love of sin. Accept the fountain of my tears, O You who draws down from the clouds the waters of the sea. Incline to the groanings of my heart, O You Who in Your ineffable self-emptying have bowed down the heavens. I shall kiss Your most pure feet and wipe them with the hairs of my head, those feet whose sound Eve heard at dusk in Paradise, and hid herself for fear. Who can search out the multitude of my sins and the abyss of Your judgments, O Savior of my soul? Despise me not, your handmaiden, for you have mercy with measure.

*Omit the Sessional Hymns.*

*The propers for Great Friday (including Thursday evening) and Great Saturday are taken in the Church Services.*

## The Menaion: Immoveable Feasts and Holydays

### Common Propers: Troparia and Stichera

*The proper Sessional Hymns are either found with the feast, or are taken from the Propers for Sundays and Weekdays.*

#### *For the Holy Theotokos and Ever-Virgin Mary*

##### **Troparia**

**Troparion Tone 4** Lowly sinners that we are, let us now flee in earnest to the Theotokos! In sorrow let us now fall down before her, crying from the depths of our souls: Take pity on us, O Lady, and help us. Hurry to our aid, for we are perishing from the enormity of our sins. Send us not away empty-handed, for you are the only hope we have.

**Kontakion Tone 6** Except for you, we have no hope, no help. Help us, pure Vigin, for we hope in you. We boast of you, since we are your servants. Do not let us be ashamed.

##### **Stichera**

With the divine power, O Most Pure One, you preserve and shelter us from the attacks of the enemy as we lovingly celebrate your all-glorious feast, and call to you: You are our strength and security, and your Son and our God is the well-pleasing One Whom we adore. O Jesus, all-powerful, save us, for You are the Compassionate One.

Glory be...now and ever...The Church of God has been enriched today with the brilliance of your holy feast, O Theotokos. Resplendent with joy and exulting, we cry to you, O Lady: Rejoice, O Precious Crown of the glory of God; rejoice, the Only Fulfillment of the Glory and Eternal Goodness; rejoice, Haven for all those who come to you.

#### *For the Holy Angels and Archangels*

##### **Troparia**

**Troparion Tone 4** O Leaders of the hosts of heaven! Shield us with the wings of your unearthly glory and keep us safe from harm! Worthless as we are, we fall before you endlessly entreating you: Rescue us from all affliction, O you who lead the powers of heaven!

**Kontakion Tone 2** O lieutenants of God! Ministers of divine glory! Leaders of angels and guides of men: beg what is profitable and good for us from God, for you are the princes of the angelic hosts.

##### **Stichera**

As the most illustrious attendants of the thrice-holy God, the Leaders of the heavenly hosts shout joyfully with all the powers on high: Holy are You, O Father; holy are You, O Unbegotten Son; holy are You also +, O Holy Spirit, one glory, one kingdom and nature, one Godhead and power.

Glory be...now and ever...All you choirs of virgins rejoice with us for our Intercessor and Mediatrix, our Shelter and Refuge, today comfort the afflicted in her honorable and divine temple. Therefore, let us dutifully sing to her and cry out: Shelter us with your divine intercession, O most pure Theotokos and all-holy Lady.

#### *For a Prophet*

##### **Troparia**

**Troparion Tone 2** Celebrating the memory of Your Prophet \_\_\_\_\_, O Lord, we beg You to save our souls, through his intercession!

**Kontakion Tone 4** Your pure heart was enlightened by the Spirit. It was filled with the grace of prophecy. It saw in the past, things in the future like an eye-witness! We venerate you for this, O blessed and glorious Prophet \_\_\_\_\_.

**Stichera**

With a pure mind you received the brilliant, God-sent light. You were the herald of divine words, a seer and prophet. You were shown to be a truly inspired messenger of God; you foresaw that which was revealed to you by Him, and you announced to all nations the promised salvation, and the coming of the kingdom of Christ. O honorable \_\_\_\_\_, pray to God to save and enlighten our souls.

Glory be...now and ever...The Son, Who is with the Father and the + Spirit, and is glorified on high by the Cherubim, in desiring to restore Adam, ineffably emptied Himself completely into your womb, O ever-praised Theotokos. He came forth from you in order to illumine the whole world. Having rooted out idolatry and having deified mankind in Himself, Christ God, the Savior of our souls, raised up mankind into heaven with Himself.

***For an Apostle*****Troparia**

**Troparion** *Tone 3* O holy Apostle \_\_\_\_\_, implore the merciful God to grant our souls the remission of sins.

**Kontakion** *Tone 4* O Apostle \_\_\_\_\_, the Church has you as a brilliant star! She is illuminated with your miracles. Therefore, we call to Christ: O merciful Lord, save those who honor the memory of Your Apostle \_\_\_\_\_.

**Stichera**

What shall we call you, O Apostle? Heaven, for you have confessed the glory of God? A River, since you mystically give drink to all creation? A Star that illumines the Church? A Chalice pouring out the holy drink? An Intimate of Christ, dwelling equally with the angels? Pray that our souls may be saved.

Glory be...now and ever...O wretched soul, to whom has your repentance been pleasing? You are not in any way trying to repent. You do not fear the consuming fire. Rise up and call upon the One Aid to Christians for her speedy intercession. Beg her Son and our God to deliver me from the snare of the Evil One.

***For Several Apostles*****Troparia**

**Troparion** *Tone 3* O holy Apostles, implore the merciful God to grant our souls the remission of sins.

**Kontakion** *Tone 4* O wise Apostles, you have become vines in Christ's vineyard. You produced the grapes of good deeds. You let flow the wine of salvation. We receive it and are made happy. We celebrate your memory. O Apostles of the Lord, pray that we may receive mercy and pardon through it.

**Stichera**

O most fortunate Disciples, you are blessed, since you were eyewitnesses of the Incarnate Word. You have appeared to the world as flashes of lightning. As spiritual leaders you have poured out the sweetness of the Word. You shared your knowledge like the ever-flowing rivers of Paradise. You gave the drink of divine waters to the Church of the Gentiles.

Glory be...now and ever...Rejoice, O Death to demons! Rejoice, O Daughter of Adam, most flourishing and unwithling Flower! Rejoice, O Glory of your servants! Rejoice, Most Immaculate and Forgiveness of wicked ones! Rejoice, O Gift of Salvation granted to the world by God! Rejoice, O Precious One of those who call upon you! Rejoice, O Mother, Glory of those who extol you!

***For a Hierarch (Bishop or Priest)*****Troparia**

**Troparion** *Tone 4* By the stark reality of all your works, Father \_\_\_\_\_, your flock has recognized you. You are their rule of faith and model of kindness; the teacher of self-control! Your lowliness has raised

you to the heights of fame, O holy Hierarch, and your poverty has filled your hands with riches! Beg Christ, our God, to save our souls.

**Kontakion Tone 2** You are a sower of faith and the death of heresy. You are a delight to the Trinity +, O great Hierarch \_\_\_\_\_. You are divine thunder and a spiritual trumpet. As you stand with the angels, pray without ceasing for us all.

### **Stichera**

Wholly consecrated, you have appeared as a Godbearer. As holy chrism of God, you are clothed with the Holy Spirit. You have always entered serenely into the holy of holies, and are illumined with the splendor proceeding from God, and you partake of the holy mysteries of grace, as a true and most glorious Bishop. With boldness, intercede for our souls.

Glory be...now and ever...Rejoice, Fulfillment of the Law! Rejoice, Temple of the Holy Trinity +, and Incorruptible Bride! Rejoice, O divine Bearer of the King of All! You hold the immaterial Fire in your arms like a coal in a pair of tongs! O new Paradise, O most glorious and divine Sanctuary! O Innocent Dove, and Throne of the Most High! O divine Seat of Wisdom! O Maiden, the Holy Spirit overshadowed you!

### ***For Several Hierarchs (Bishops or Priests)***

### **Troparia**

**Troparion Tone 4** O God of our fathers! Deal with us in mercy. Do not keep Your mercy from us, but by the prayers of these saints, rule our lives in peace.

**Kontakion Tone 8** You are teachers of virtue and glory for hierarchs. The Church sings - she praises you! Through your prayers give an increase of virtue and freedom from scandal to those who lovingly venerate you, for you are all invincible!

### **Stichera**

As the ever-shining stars standing watch in the heavenly firmament, O most glorious Bishops, you have adorned the whole world. You enlighten the universe with the doctrines of orthodoxy, and drive away the darkness of heresies. Pray that those who in faith keep your noble memory may be delivered from corruption and danger.

Glory be...now and ever...Whether sailing on the sea, traveling on land, or remaining at home, I keep a careful watch. Fill my mind with His grace, O Immaculate One. Enable me to do the Lord's will so that on judgment day I may obtain forgiveness of my sins committed during my lifetime, and that I may hasten to your Protection.

### ***For a Monk***

### **Troparia**

**Troparion Tone 8** Those who follow your example will be surely saved, O Father \_\_\_\_\_. You took up your cross and you followed after Christ. In this way you taught us not to be anxious for our passing body. You taught us the value of treasures for our immortal soul. For this your soul rejoices with the angels.

**Kontakion Tone 2** Having armed yourself with purity of heart and constant prayer, you pierce the armor of the devil like a mighty spear! O Father \_\_\_\_\_, pray without ceasing for us all!

### **Stichera**

Your feastday has arrived, O God-bearer. Brighter than the sun, your memory enlightens all who come to you in faith. O \_\_\_\_\_, intercessor for our souls, your soul is fragrant with immortality and you pour out healing for our souls.

Glory be...now and ever...Tossed about by an overwhelming ocean of sinfulness, I hasten to you, the Calm Harbor, O Most Pure Mother. O Theotokos, I call out to you: Save me! Extend your mighty right hand, O Immaculate One!

### ***For Several Monks***

**Troparia**

**Troparion Tone 4** O God of our fathers! Deal with us in mercy. Do not keep your mercy from us, but by the prayers of these saints rule our lives in peace.

**Kontakion Tone 2** O wise and venerable fathers, you endured an onslaught of oppression. With the waterfall of your tears you drowned the enemy's weapons. You received the grace of miracles; now pray unceasingly for us all!

**Stichera**

You give light to the blind, O noble and spiritual Fathers; you also give health to the sick and healing to the lame. You reach out in mercy to those who in faith come to your shrine and implore your help. We have found in you true protectors and intercessors; for this reason we offer you praise.

Glory be...now and ever...My thoughts are unclean, my lips flattering, and my deeds are all defiled. What then can I do? How can I meet the Judge? O Lady Ever-Virgin, pray to your Son, the Creator and the Lord, to receive my soul in contrition; for He alone is compassionate.

**For a Martyr****Troparia**

**Troparion Tone 4** Your martyr \_\_\_\_\_ received an eternal crown from You, O Lord, as the reward for his suffering, O God. With your strength he vanquished the daring of the devil hosts, and destroyed their tortures. Save our souls by his prayers!

**Kontakion Tone 2** You have become a brilliant star to guide the earth, heralding the dawn of Christ. O long-suffering \_\_\_\_\_, you have wiped out guile. You give us light. Pray without ceasing for us all!

**Stichera**

O wise and glorious Martyr, you robed yourself in the purple of divine grace, reddened by the blood of your own body. You crowned yourself with the incorruptible crown of life. In your right hand you hold the scepter of the victorious cross. You reign with Christ in everlasting joy.

Glory be...now and ever...A thousand times have I promised to do penance for my sins. But my wicked habits do not cease, O Most Pure One; therefore, I cry out to you. I prostrate before you and pray: O Mother, release me from such torments and guide me to better deeds which will lead to my salvation.

**For Several Martyrs****Troparia**

**Troparion Tone 4** Your martyrs received eternal crowns from you, O Lord, as the reward for their suffering, O God. With Your strength they vanquished the daring of the devil hosts, and destroyed their tortures. Save our souls by their prayers!

**Kontakion Tone 2** O heavenly martyrs, you have become brilliant stars. By your miracles you shed light on the world. You chase the murky darkness and free us from sickness. Pray to Christ unceasingly for us all!

**Stichera**

O praiseworthy Martyrs of Christ, you considered attacks by persecutors and violent death to be as nothing. Boldly you armed yourselves with courage for battle, and robed yourselves in glorious victory. You were numbered with all the Just with whom we bless you in constant praise.

Glory be...now and ever...O how glorious is the miracle! How did you enclose in your womb the God of All? How did you carry the Creator of All as an infant? Truly the mind and thought are confused; your carrying of such a Child is beyond words. O all-blessed and pure Theotokos, pray to Him always to have mercy on our souls.

**For a Hieromartyr (Bishop or Priest)****Troparia**

**Troparion Tone 4** You shared in their power and sat on the throne of the apostles, O divinely inspired hieromartyr \_\_\_\_\_. You realized the joy of contemplation. You carried out the preaching of truth even to the shedding of your blood! Beg Christ our God to save our souls!

**Kontakion Tone 4** Glory be...now and ever...You lived among pastors and you endured martyrdom. You put out the sacrificial fires of idols and you defended your flock, wise father! Venerating you, we sing with sincerity: O Father \_\_\_\_\_, deliver us from danger by your prayers!

#### **Stichera**

O blessed, wise \_\_\_\_\_, you have brightened your sacred and divine garment with the crimson of your blood. You have gone piously from earthly power to Power, from earthly glory to Glory. Now ask that our souls may be granted peace and great mercy.

Glory be...now and ever...You are the happiness and joy of my soul. You calm my passions, O Maiden and Bride of God! O Most Pure One, you swiftly cure the illnesses of my soul. You ease the temptations which possess me. You are a refuge in times of trouble; therefore, I extol you with praise!

#### **For Several Hieromartyrs**

#### **Troparia**

**Troparion Tone 4** O God of our fathers! Deal with us in mercy. Do not keep Your mercy from us, but by the prayers of these saints, rule our lives in peace.

**Kontakion Tone 3** We gather together today and praise the divine Sun's unsetting stars! You give light to those in the dark of ignorance, O hieromartyrs. For this we sing to you all: Hail! You are the inspiration of ascetics!

#### **Stichera**

Through priestly anointing and martyr's blood, you were drawn close to God, O glorious Priest-Martyrs. You are flowers of nature, spiritual ornaments, summits of wisdom, theologians of righteousness, norms of faith, most excellent guides, and adornments of the Church.

Glory be...now and ever...Whether sailing on the sea, traveling on land, flying in the air, or remaining at home, I keep a careful watch. Fill my mind with His grace, O Immaculate One. Enable me to do the Lord's will so that on judgment day I may obtain forgiveness of my sins committed during my lifetime, and that I may hasten to your Protection.

#### **For a Monk-Martyr**

#### **Troparia**

**Troparion Tone 8** Those who follow your example will surely be saved, O Father \_\_\_\_\_. You took up your cross and you followed after Christ. In this way you taught us not to be anxious for our passing body. You taught us the value of treasures for our passing soul. For this your soul rejoices with the angels.

**Kontakion Tone 2** You lived as an example in the desert, fasting and tried. You walked voluntarily into martyrdom, venerable \_\_\_\_\_ and now we fittingly praise you.

#### **Stichera**

Let us, O Faithful, praise at length the struggles of the wise ascetic, and the pains of the soldier of Christ. Let us cry out to the Lord: Through his intercessions, O Christ, deliver us from all dangers.

Glory be...now and ever...O Most Immaculate Virgin, implore Him to Whom you gave birth, the Creator and King of All, to have mercy on your servants when He comes to judge the human race.

#### **For Several Monk-Martyrs**

#### **Troparia**

**Troparion Tone 4** O God of our fathers! Deal with us in mercy. Do not keep Your mercy from us, but by the prayers of these saints, rule our lives in peace.

**Kontakion Tone 2** O wise and venerable martyrs, you endured an onslaught of oppression. With the waterfall of your tears you drowned the enemy's weapons. You received the grace of miracles; now pray unceasingly for us all!

#### **Stichera**

You have struggled greatly, O Ascetics; you courageously suffered the brutality of the torturers, giving up your lives to the sword with love. Crowned with martyrdom, you fittingly rejoice with the angels. Great were your sufferings, greater still were your rewards. We ask you to pray for our souls. Glory be...now and ever...O wretched soul, to whom has your repentance been pleasing? You are not in any way trying to repent. You do not fear the consuming fire. Rise up and call upon the One Aid to Christians for her speedy intercession. Beg her Son and our God to deliver me from the snare of the Evil One.

#### **For a Woman-Martyr**

#### **Troparia**

**Troparion Tone 4** O Jesus, with a strong voice, your lamb \_\_\_\_\_ calls to You: I love you, my Spouse, and I endure suffering in search of You. In Your baptism, I am crucified and buried. I suffer for You that I might reign with You. I die for You that I might live with You. I am being devoured with love for You, so accept me as a spotless sacrifice. Merciful Savior, save us by the power of this martyr!

**Kontakion Tone 2** We find that your precious temple is a source of health. O famous virgin-martyr, implore Christ on our behalf!

#### **Stichera**

Richly illumined with spiritual light, you scorned the world for love of the only Kingdom. By encountering immeasurable suffering, you defeated the enemy. O glorious Martyr \_\_\_\_\_, you wove a wreath of victory for yourself.

Glory be...now and ever...You are the Joy of Angels, and the Glory of Mankind. You are the Hope of the Faithful, O Immaculate Mother; you are our Intercessor. We hasten to you and call in faith: by the prayers of all who praise you, deliver us from the assaults of the enemy, from that anguish which corrupts the soul, and from every tribulation, O Bride of God!

#### **For Several Women-Martyrs**

#### **Troparia**

**Troparion Tone 1** You have run the race; you have kept the faith. You led to Christ, the Shepherd and Lamb, through martyrdom, O human sheep! O worthy and wonderful women, we praise Him and celebrate your holy memory with joy!

**Kontakion Tone 4** Let us keep the memory of those who shared the hurts of Christ. Let us seek help to avoid all dangers. Let us cry: Our God is with us! He honors these saints as He wishes!

#### **Stichera**

The young virgins, though bound by the law of nature, were truly strengthened by the Creator's love, and were freed from bodily ties by faith. Heroically they trampled the powerless enemy underfoot. Gloriously they adorned themselves with the laurels of victory, and they found their abode in the spiritual bridal-chamber.

Glory be...now and ever...Rejoice, O Cloud of the Divine Presence! Rejoice, O bright Illumination! Rejoice, O Hand which holds the Bread of Life! Rejoice, O Miraculous Rod of Aaron! Rejoice, O Unburnable Bush, O Bridal-Chamber! Rejoice, O Throne, O Holy Mountain! Rejoice, O Refuge of All, O Divine Sanctuary! Rejoice, O Mystical Door, O Joy of All!

#### **For a Nun**

#### **Troparia**

**Troparion Tone 8** Those who follow your example will surely be saved, O Mother \_\_\_\_\_. You took up your cross and followed after Christ. In this way you taught us not to be anxious for our passing body. You taught us the value of treasures for our immortal soul. For this your soul rejoices with the angels.

**Kontakion Tone 2** O venerable woman, you ignored cravings for rest out of love for the Lord. You gave light to your soul by fasting. You trample on beasts with might. You destroy the enemy's wiles by your prayers.

#### **Stichera**

Desiring the true glory of the fathers, you loved incorruptible glory. O \_\_\_\_\_, you turned away from pleasures, and gave your body over to repentance. You received your reward for your endeavors, and now you reign with Christ.

Glory be...now and ever...Rejoice, O Death to Demons! Rejoice, O Daughter of Adam, most flourishing and unwithering Flower! Rejoice, O Glory of your servants! Rejoice, Most Immaculate, and Forgiveness of wicked ones! Rejoice, O Gift of Salvation granted to the world by God! Rejoice, O Precious One of those who call upon you! Rejoice, O Mother, Glory of those who extol you!

#### **For Several Nuns**

#### **Troparia**

**Troparion Tone 2** You are glorious in Christ! You have betrothed yourselves to the truth and have turned your backs on earthly lovers. You have been raised to the heights of incorruption by your deeds of virtue. You are beautiful souls! You are pillars and models of nuns. Therefore, we celebrate your memory lovingly, and ask you to pray for us!

**Kontakion Tone 2** You have weakened your body with fasting. You have implored the Creator with constant tears for your sins. You received complete pardon, both total forgiveness and the kingdom of heaven. Implore Christ for us all!

#### **Stichera**

O glorious wonder! These holy nuns set aside earthly cares to pursue supernatural perfection. They desired the Fountain of Goodness itself, and so came to the True Beloved. Blessed women, you are made radiant in His light; now deliver us from the darkness of sin by your prayers.

Glory be...now and ever...O how glorious is the miracle! How did you enclose in your womb the God of All? How did you carry the Creator of All as an Infant? Truly, the mind and thought are confused; your carrying of such a Child is beyond words. O all-blessed and pure Theotokos, pray to Him always to have mercy on our souls.

#### **For a Nun-Martyr**

#### **Troparia**

**Troparion Tone 4** O Jesus, with a strong voice Your lamb \_\_\_\_\_ calls to You: I love You, my spouse, and I endure suffering in search of You. In Your baptism, I am crucified and buried. I suffer for You that I might reign with You. I die for You that I might live with You. I am being devoured with love for You, so accept me as a spotless sacrifice. Merciful Savior, save us by the prayers of this martyred nun!

**Kontakion Tone 4** O \_\_\_\_\_, your heavenly memory seems like the sun on the land today. Destroying passion by abstinence, you became the bride of Christ veiled in martyr's blood! Praising this, we seek to be delivered from all evil, so that we may sing: Hail, venerable Mother!

#### **Stichera**

First, you lived a life of penance, striving to control bodily appetites by patient endurance. Then \_\_\_\_\_, blessed of God, you defeated the wiles of the enemy, and obtained the crown of victory. You were crowned for your double fight by Jesus, the Lover of Mankind and Savior of Our Souls.

Glory be...now and ever...O most praised Virgin, I beseech you as the most precious palace of the King of All. Cleanse my mind which is stained by all kinds of sin. Make it a beautiful dwelling-place of the divine Trinity +, so that I may praise your abundant mercy, and that I your unworthy servant, may be saved.



### ***For a Confessor(s)***

#### **Troparia**

**Troparion Tone 2** Guide of orthodoxy and teacher of purity and piety! Light of the world and divinely inspired model of Hierarchs (or Monks). You enlighten all by your teachings, like a spiritual trumpet, O wise \_\_\_\_\_. Beg Christ our God to save our souls!

**Kontakion Tone 2** You are wise in God. You delighted in abstinence. You curshed passion and were elevated through faith. You blossomed like the tree of life in paradise, O holy Father \_\_\_\_\_.

#### **Stichera**

Holy and inspired \_\_\_\_\_, we know you as a foundation of truth and a confirmer of the faith. Your understanding of the dogmas was exceptional. You were a composer of piety, an abode of purity, a chosen vessel, the sweet fragrance of the Spirit. You were a great treasury of teaching and a pillar of the Church of Christ.

Glory be...now and ever...Rejoice, O brightly radiating Sun, O Instrument of the Never-Setting Sun. Rejoice, O Wisdom, who shines with divine brilliance and rays of glory! You illumine the entire universe. O Most Good and Immaculate Virgin, like the Never-Setting Light, you have been an illumination for the faithful.

### ***For Charitable and Wonder-Workers***

#### **Troparia**

**Troparion Tone 8** O holy and generous miracle workers! Freely have you received and freely give! Supply for our weakness!

**Kontakion Tone 2** You received the grace of healing. You give health to those in need. O glorious miracle workers and doctors, crush evil doings by your solicitude and heal the world by your miracles.

#### **Stichera**

Like rivers overflowing with spiritual waters, you water creation with divine signs, and with the most famous gifts of healing. Dry up the passions which corrupt the soul, cure all ailments, and drive away evil spirits. O God-bearing Unmercenaries, you are intercessors for our souls.

Glory be...now and ever...Rejoice, O Death to Demons! Rejoice, O Daughter of Adam, most flourishing and unwilting Flower! Rejoice, O Glory of your servants! Rejoice, Most Immaculate, and Forgiveness of wicked ones! Rejoice, O Gift of Salvation granted to the world by God! Rejoice, O Precious One of those who call upon you! Rejoice, O Mother, Glory of those who extol you!

### **Special Stichera**

*The following stichera is used if none are given in the propers for the feast days*

#### ***Stichera for Feasts of Our Lord***

O Lord, You fill all things with Your divinity; and through Your mercy You have united Yourself to us. Even though one of Your natures is invisible, You have become visible in Your birth from the Most Pure One; You manifest Your bodily form in this holy feast. Therefore, we come before You and adore You, O Master; we recognize You as our Creator, and we pray: Blessed + are You, O Savior; have mercy on us.

Glory be...now and ever...O Master and Lover of Mankind, great is the depth of Your love for us; from generation to generation You bless Your creation. Without forsaking the bosom of the Father, You appeared on earth in the flesh as a man, and have come, calling all to repentance. We adore You as our King and our God, since You destroy Your enemies; save Your people who celebrate Your honored feast.

### ***Stichera for Feasts of the Holy Cross***

Today, the divine multitude of the faithful rejoice, for the Cross appears, reaching to the ends of the earth. It illuminates the world with the unapproachable light; it brightens the air, and adorns the face of the earth. The Church of Christ sings with divine songs, and venerates the most wonderful Cross which preserves her from on high. Strengthened by its power, let us approach the Master and cry out: Give peace to the world and enlighten our souls!

Glory be...now and ever...Of old, Moses prefigures Your Cross, while vanquishing Amalek and obtaining victory over him. David the Psalmist called it Your footstool, and directed us to adore it. We sinners indeed venerate Your Cross today, O Christ our God. With our unworthy lips we extol You, for You deigned to be crucified on it, and we entreat You, O Lord: Together, with the thief, make us worthy of Your kingdom.

### ***Stichera for Feasts of St. John the Forerunner***

O blessed John the Forerunner and sincere friend of the Master, in the waters of the Jordan you touched His all-pure crown with your hand. By your holy intercession, raise up my humbled soul in love to the Lord. Extinguish the fire of all my desires; lead me to the performance of the saving commands; truly cleanse the senses of my heart, that I may glorify you.

Glory be...now and ever...Today the great Precursor has appeared; he has come forth from the barren womb of Elizabeth. He is a Prophet, and the greatest of all Prophets. There is no equal to the Forerunner. For after the lamp there followed the Light most resplendent; and after the voice came the Word, and after the Bridegroom's leader came the Bridegroom. He was preparing the multitude of the people for the Lord, cleansing them with water to prepare for the Spirit. He is the offspring of Zechariah, and the pupil of the wilderness, the Preacher of repentance, and the cleansing of our sin. He announced the resurrection of the dead to those in Hades, and now he intercedes for our souls.

## **September**

### **September 1: The Indiction: The Beginning of the Church Year; St. Simeon the Stylite**

#### **Troparia**

***Troparion of the Indiction Tone 2*** You spaced the seasons and the years on Your Own authority, so bless the beginning of this New Year, O Creator. Preserve our authorities and our state in peace, O Lord, through the prayers of the Theotokos, and save us.

***Troparion of St. Simeon Tone 1*** You are a pillar of endurance like the patriarchs, O Father. You are like Job in your sufferings. You are like Joseph in your trials. You are like an angel taken flesh. O Father Simeon, beg Christ to save our souls!

***Kontakion of the Indiction Tone 2*** Christ our King Who dwells on high, bless the beginning of this new year. For You are the One Who set the seasons and the years. You are the One Who made both night and day. Protect our authorities, our state and our people, and keep them at peace, O merciful Lord.

***Kontakion of St. Simeon Tone 2*** You looked to heaven and became like an angel. You made your pillar a fiery chariot. Now that you are among those angels, join them in praying to Christ, that He might save our souls, O Father.

#### **Stichera**

Divine grace hovered over your relics, O holy Simeon. We will hasten towards the sweet fragrance of your miracles, drawing from them the healing of illnesses. O venerable Father, plead with Christ our God for our souls.

Glory be...now and ever...O Eternal Word and Son, together with the Holy Spirit, Creator + and Maker of all things visible and invisible, bless the beginning of the year, keep in peace all the faithful, through the prayers of the Theotokos and all Your saints.

#### **Sessional Hymns**

From heaven You grant favorable weather to us on earth, giving both times of rain and times for the harvest. Today receive the prayers of Your servants; deliver the faithful from every misfortune. For all the works of Your hands seek Your compassion. Bless all our comings and goings and direct the works of our hands. Grant us the forgiveness of our sins, O Lord, for You are the One Who brought the universe out of non-existence, O Almighty God.

Glory be...now and ever...Your temperance was the crown of your life and by mortifying your body you swept aside the assaults of the enemy, O blessed Father Simeon. You passed over to God as one worthy of eternal life. For this reason, intercede unceasingly before Him, that He may have mercy on our souls.

#### **September 2: St. Mammas, Martyr**

*Troparia and Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

#### **September 3: St. Anthimus, Hieromartyr**

*Troparia and Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

#### **September 4: St. Moses, Prophet**

**Troparia**

**Troparion Tone 2** You reached the summit of virtues, O Moses, O Prophet! By this you came to see the glory of God. You received the tablets of the grace-giving Law, and became the crown of prophets and a mystery of piety; for you carried grace deep within you.

**Kontakion Tone 2** Because their prophecy is fulfilled among us, Moses, Aaron and the choir of prophets rejoice. The cross is in triumph today because by it You saved us. By the prayers of these holy men, save us, O Christ our God!

*Stichera from For a Prophet.*

*Sessional Hymns from the weekday.*

#### **September 5: St. Zachary, Prophet and Father of St. John the Forerunner**

**Troparia**

**Troparion Tone 4** You offered a sacrifice most acceptable to the Law of God, robed in the office of the priesthood. You were a witness to mysteries and a source of light, clearly bearing the signs of grace within yourself. O Zachary most wise, O Prophet of Christ, you were slain with a sword in God's own house. Along with your son, pray for our salvation!

**Kontakion Tone 3** Today the father of John the Forerunner, Zachary, the priest and prophet of God, offered a sacrifice of his memory at the altar to nourish the faithful, for he provided food for us. This is how he dies: a mystic of God's grace.

*Stichera from For a Prophet.*

*Sessional Hymns from the weekday.*

#### **September 6: The Miracle of St. Michael the Archangel at Colossa**

**Troparia**

**Troparion Tone 4** O Leader of the hosts of heaven! Shield us with the wings of your unearthly glory, and keep us safe from harm! Worthless as we are, we fall before you and beg you: Rescue us from harm, O Leader of heaven's hosts!

**Kontakion Tone 2** Commander of God's forces and servant of heavenly glory! Prince of angels and guide of men! Since you lead heaven's hosts, seek blessings and mercy for us.

*Stichera from For the Holy Angels and Archangels.  
Sessional Hymns from the weekday.*

### **September 7: The Prefestive of the Nativity of the Theotokos; St. Sozon, Martyr**

#### **Troparia**

**Troparion of the Prefestive Tone 4** Mary is born for us today from the stump of Jesse and David's stock. Everything is renewed and dances for joy. Rejoice heaven! Rejoice earth! Joachim is happy. Anne rejoices. They sing: A sterile woman gives birth to God's mother, to the very source of our life!

**Troparion of St. Sozon from For a Martyr.**

**Kontakion of the Prefestive Tone 3** Today the Virgin Theotokos, Mary, is born. The endless hall of heaven's king is born from a sterile woman. The chariot of the Word is so very beautiful. For this she is called the Deified Door and the Mother of Coming Life!

**Kontakion of St. Sozon Tone 2** With a loud voice let this assembly praise Sozon! He is a true and wise martyr, a tested martyr of holiness and a mystic of grace. He is a source of health, and intercedes for us.

*Stichera from For a Martyr.  
Sessional Hymns from the weekday.*

### **September 8: The Nativity of the Theotokos**

#### **Troparia**

**Troparion Tone 4** Your birth, O Virgin Mother of God, heralded joy to the Universe, for from you rose the Sun of Justice, Christ our God. He took away the curse; He gave the blessing, and by trampling Death, He gave us everlasting life.

**Kontakion Tone 4** Through your holy birth, O Immaculate One, Joachim and Anne were freed from the reproach of childlessness, and Adam and Eve from the corruption of death. Delivered from the guilt of sin, your people celebrate this when they cry out to you: She who is barren gives birth to the Mother of God and the Sustainer of Our Life.

#### **Stichera**

Today God Who dominates the spiritual thrones of heaven welcomes on earth the holy throne which He had prepared for Himself. In His love for mankind, He Who established the heavens in wisdom has fashioned a living heaven. From a barren stem He has brought forth for us His Mother as a branch full of life. O God of miracles and hope of those who have no hope; O Lord, glory to You!  
Glory be...now and ever...*Repeat above.*

#### **Sessional Hymns**

From the root of Jesse and the loins of David, Mary, the servant of God, is born for us today. The entire universe is renewed and now exalts; heaven and earth rejoice together. Praise her, O families of nations. Joachim rejoices and Anne cries out on this feast: The barren one bears the Theotokos and the sustainer of our life.  
Glory be...now and ever...*Repeat above.*

### **The Sunday before the Exaltation of the Holy Cross**

*All Troparia, Stichera and Sessional Hymns from the Resurrectional Tone.*

### **September 9: The Postfestive of the Nativity of the Theotokos; Sts. Joachim and Anne, Venerable Parents of the Theotokos**

#### **Troparia**

**Troparion of the Postfestive from the Nativity of the Theotokos.**

**Troparion of Sts. Joachim and Anne Tone 1** Just people and in a state of grace, Joachim and Anne give birth to this holy child for us. The Holy Church solemnizes this feast in glory, and celebrates your precious memory. She glorifies God who has lifted up our horn of salvation!

**Kontakion of the Postfestive from the Nativity of the Theotokos.**

**Kontakion of Sts. Joachim and Anne Tone 3** The chains of sterility are broken and Anne rejoices. She nurses the most pure Lady and invites us to sing to her, the Virgin Mother who is born for all mankind.

#### **Stichera**

Joachim and Anne are rejoicing since they have given birth to the source of our salvation, the only Mother of God. Let us also celebrate today with them and bless the pure Virgin who comes from the root of Jesse.

Glory be...now and ever...O blessed couple, you surpass all parents because you produced her who is above all creation. You are truly blessed, O Joachim, since you are the father of such a maiden. Blessed is your womb, O gracious Anne, since you have brought forth the Mother of our life. Blessed are the breasts by which He was nourished, He Who feeds every living creature. We pray to you, O blessed ones, entreat Him to have mercy on our souls.

*Sessional Hymns from the weekday.*

### **September 10: The Postfestive of the Nativity of the Theotokos; Sts. Menodora, Metrodora and Nymphodora, Women-Martyrs**

#### **Troparia**

**Troparion of the Postfestive from the Nativity of the Theotokos.**

**Troparion of the Saints Tone 4** You traded violent tortures and bitter death for life eternal. Three virgins professed the uncreated Trinity + before a false judge at an illegal trial. You followed the footsteps of the slaughtered Lamb when they pierced you with the sword. Pray for those who honor your memory!

**Kontakion of the Postfestive from the Nativity of the Theotokos.**

**Kontakion of the Saints Tone 4** You suffered bravely for the Trinity +, and you vanquished the cunning enemy. You have been robed in light from unity, and now you join the company of the five wise virgins. Now you stand with the angels in that happy, lasting court!

#### **Stichera**

O virgin martyrs, you have adorned yourselves with the crimson of your blood; you have united yourselves to Christ our God in an incorruptible manner; He preserved your virginity in the immortal bridal chamber, in the heavenly dwelling not made by human hands.

Glory be...now and ever...What is the festive hymn that is heard today? Joachim and Anne are mystically observing this day with honor, saying: Adam and Eve, rejoice today with us! Through their transgression of old, Paradise was closed. Now, Mary the maiden of God is being given to us as a blessed fruit. She opens up the entrance of Paradise to all of us.

*Sessional Hymns from the weekday.*

### **September 11: The Postfestive of the Nativity of the Theotokos; St. Theodora, Nun**

#### **Troparia**

**Troparion of the Postfestive from the Nativity of the Theotokos.**

**Troparion of St. Theodora from For a Nun.**

**Kontakion of the Postfestive from the Nativity of the Theotokos.**

**Kontakion of St. Theodora Tone 2** You weakened your body with fasting, and you cried to the Lord with unending prayers, seeking the remission of all your sins. He showed you the road to forgiveness, and you have reached your goal!

**Stichera**

O Theodora, although you bore the body of a woman, you took up your dwelling in the midst of men. You underwent sufferings and the struggles of passions. You overcame them through fasting, unceasing prayer, and attentiveness to the Lord.

Glory be...now and ever...O Virgin, today you were born a most noble child from the two just ones, Joachim and Anne, as the angel had promised in his announcement. To God you are a heaven, a throne, and a vessel of holiness; to the whole world, a herald of joy, the cause of our life, the blessing that wiped out the curse. You are the reason for all the blessings of God. O Maiden whom God has chosen, on this day of your nativity, obtain peace and great mercy for our souls.

*Sessional Hymns from the weekday.*

**September 12: The Leave-Taking of the Nativity of the Theotokos; St. Autonomus, Hieromartyr**

**Troparia**

***Troparion of the Leave-Taking from the Nativity of the Theotokos.***

***Troparion of St. Autonomus Tone 4*** The Church calls us to celebrate your memory with faith, O splendid and glorious Autonomus, you who have pleased the + Trinity! She rejoices. She praises you. Beg the Lover of Mankind to save us!

***Kontakion of the Leave-Taking from the Nativity of the Theotokos.***

***Kontakion of St. Autonomus Tone 2*** You ministered heavenly realities, wise Autonomus, without blame or indifference. You became an acceptable offering, blessed one, since you drank from the chalice of Christ. O light for the world! O exalted Autonomus! Pray without ceasing for us all!

*Stichera and Sessional Hymns from the Nativity of the Theotokos.*

**September 13: The Prefestive of the Exaltation of the Holy Cross; The Rededication of the Church of the Holy Resurrection in Jerusalem**

**Troparia**

***Troparion of the Prefestive Tone 4*** We lift up the holy cross to You in prayer, O Lord, for we received it from Your bounty in spite of our unworthiness. Save our authorities and our state, who make supplication through the Theotokos.

***Troparion of the Rededication Tone 4*** You set the splendors of heaven firmly on their supports, and you also spread the beauty of Your house over the earth. Let this temple stand forever, O Lord! Hear the prayers we utter within its walls, through the Theotokos to You, the Life and Resurrection of us all!

***Kontakion of the Prefestive Tone 4*** Today we see the saving tree which sprang from earthly seed. It is lifted in the church upon the hands of the bishop. The universe venerates and greets it with awe. Save us by it, O Lord!

***Kontakion of the Rededication Tone 4*** This church has become a heaven of lights, which enlightens every man. Standing within its holy walls we cry: Make this house stand forever, O Lord!

**Stichera**

O Lord, observing the memory of the Rededication, we glorify and entreat You, the Giver of holiness and knowledge, to sanctify us through the prayers of the glorious sufferers of the passion, O all-powerful Good One.

Glory be...now and ever...Today the Cross is exalted; today the faithless ones perished; today the faith is revealed through faithful kings. Because of the tree, Adam has fallen, and now by the Tree of the Cross the demons are filled with terror. O all-powerful Lord, glory to you!

*Sessional Hymns from the weekday.*

**September 14: The Exaltation of the Holy Cross**

**Troparia**

**Troparion Tone 1** Save Your people, O Lord, and bless Your inheritance; grant victory to Your Church over her enemies and protect Your people by Your cross.

**Kontakion Tone 4** Willingly raised upon the cross, O Christ our God, You bestowed Your mercies upon a new people bearing Your name. With Your power grant joy to our Church, giving her victory over her enemies, with the invincible standard, Your weapon of peace, as an ally.

### **Stichera**

By its elevation the Cross is like an appeal to the whole creation. We adore the blessed passion of Christ our God Who was suspended on it. By this Cross, Christ destroyed the one who had destroyed us. In His great goodness He brought us back to life after we had been dead. In His mercy He clothed us with beauty and made us worthy of heaven. Therefore, we exalt His name with great rejoicing and glorify His infinite condescension.

Glory be...now and ever...Come all you people, let us venerate the blessed Cross of the Lord through which eternal justice came to us. He who deceived Adam, the first man, was conquered by a tree, and the same who fettered the royal creation by his cunning has been cast down into nothingness. The venom of the serpent has been washed away by the divine blood of Christ. The curse of the rightful sentence was lifted when the just Christ was condemned unjustly. By God's plan, death that had come from a tree would be conquered by a Tree, and suffering would be healed by the suffering of the Lord. Glory to the active presence of Your providence in our lives, O Christ, our King. Through it You have brought salvation for all, for You are gracious and the Lover of Mankind.

### **Sessional Hymns**

When the wood of Your Cross was raised on high, O Christ our Lord, the foundations of death were shaken. What Hades had eagerly swallowed up, it now let go in trembling. We glorify You for showing us Your salvation, O Holy One. Have mercy upon us, O Son of God.

Glory be...now and ever...We bow down to the Tree of Your Cross, O Lover of Mankind, since You, the Life of all, were nailed upon it. O Savior, You opened Paradise to the thief who turned to You in faith. You counted him worthy of blessedness when he confessed to You, crying: O Lord, remember me! As You accepted him, also accept us as we call out: We have all sinned; in Your merciful kindness, do not forsake us.

## **September 15: The Postfestive of the Exaltation of the Holy Cross; St. Nicetas, Martyr**

### **Troparia**

**Troparion of the Postfestive from the Exaltation of the Holy Cross.**

**Troparion of St. Nicetas Tone 4** You lovingly took up the cross for armor, and you went forth to fight the enemy. You were burnt to death for Christ, and thus you offered up your priestly soul to the Lord. You have been rewarded with the gift of healing, Nicetas, so beg Christ our God to save our souls.

**Kontakion of the Postfestive from the Exaltation of the Holy Cross.**

**Kontakion of St. Nicetas Tone 2** By your stand you leveled the power of guile; by your suffering you received a crown of victory. Now you rejoice amid angels, glorious Nicetas, so join them in imploring Christ on our behalf.

### **Stichera**

We recognize you as a torchbearer of the martyrs, O Nicetas, for you suffered the passion of Christ. You put aside the glory of earthly treasures and despised the paganism of your ancestors. You destroyed their deities and victoriously put the enemy to shame. You were martyred for professing Christ and became a soldier of the King of heaven. Pray for us to the Benefactor of all, so that He may be generous and save our souls.

Glory be...now and ever..The words of the prophets have told of the most holy wood by which Adam was delivered from the ancient curse and from death. On this day of its exaltation, creation raises its voice to beg God for the abundance of His mercy. O Lord, Your compassion is beyond measure; spare us, O God, and save our souls!

*Sessional Hymns from the weekday.*

**September 16: The Postfestive of the Exaltation of the Holy Cross; St. Euphemia, Woman-Martyr**

**Troparia**

*Troparion of the Postfestive from the Exaltation of the Holy Cross.*

*Troparion of St. Euphemia from For a Woman-Martyr.*

*Kontakion of the Postfestive from the Exaltation of the Holy Cross.*

*Kontakion of St. Euphemia Tone 4* You waged a good battle in your embrace of death, and after death, you blessed us with miraculous signs. We sing of your holy passing, praiseworthy Euphemia, coming to your heavenly Church with faith seeking to be saved from spiritual ills and to obtain the grace of your miracles.

**Stichera**

Having blossomed through good deeds and having been enlightened through meditation, you pour out myrrh into the hearts of the faithful. You glistened from the East like a bright star, and you brought about an assembly of the Holy Fathers through the coming of the Holy Spirit. O glorious Euphemia, pray to the Lord for the salvation of our souls.

Glory be...now and ever...The four corners of the earth are sanctified today, O Christ our God, by the four ends of Your exalted Cross. With it, exalt Your faithful Christians who destroy the power of the enemy through Your Cross. You are great, O Lord, and wondrous in Your works; glory to You!

*Sessional Hymns from the weekday.*

**September 17: The Postfestive of the Exaltation of the Holy Cross; Sts. Sophia and Her Three Daughters: Faith, Hope and Charity, Women-Martyrs**

**Troparia**

*Troparion of the Postfestive from the Exaltation of the Holy Cross.*

*Troparion of the Saints Tone 4* The Church celebrates and is truly happy over the newly born children and their beaming mother. Like the holy wisdoms, she gave birth to three children equal to the three theological virtues. In the company of these wise virgins, she gazes on the Word and Chaste Groom. We join her in her happiness and sing: O Triple Triumph - Faith, Hope and Charity - make us firm in faith, hope and charity.

*Kontakion of the Postfestive from the Exaltation of the Holy Cross.*

*Kontakion of the Saints Tone 1* Wisdom has put on Hellenic grace! Sophia's children, her holy offspring, have been shown to us. They endured death and have become victors, crowned by Christ, the Master of all.

**Stichera**

The noble ones were not concerned about fire, torture and death, because through faith they sought the beauty of the radiant Bridegroom. Sophia's daughters, Faith, Hope and Charity, adorned with numerous wounds, were spiritually united with Him. For their sake, O Lord, deliver us from evil.

Glory be...now and ever...The Tree of life which was planted in the place of the Skull, the Tree upon which the King of the Ages brought about our salvation, is raised up in the middle of the earth today. It sanctifies the ends of the earth and the Church of the Resurrection celebrates its rededication now. The angels rejoice in heaven, and those upon the earth exalt with joy and say with David: Exalt the Lord our God and bow before His throne and before His footstool, for He is holy; it is He Who grants great mercy to the world.

*Sessional Hymns from the weekday.*

**September 18: The Postfestive of the Exaltation of the Holy Cross; St. Eumenius, Hierarch**

**Troparia**

*Troparion of the Postfestive from the Exaltation of the Holy Cross.*



**Troparion of St. Eumenius Tone 7** You enriched your life with fasting. You loved the poor and gave them all you had. You were brighter than the sun in virtue, cheering the sad and comforting the mourning. By virtue of these riches, Father Eumenius, beg Christ to forgive our sins by your prayers.

**Kontakion of the Postfestive from the Exaltation of the Holy Cross.**

**Kontakion of St. Eumenius Tone 2** Illumined by the divine Light, Blessed Eumenius, enlighten us who sing of your glorious and holy death. O Father and hierarch, Eumenius, pray without ceasing for us all.

#### **Stichera**

We have gathered together to venerate the apostle of Crete, the unshakable foundation of the Church, Bishop Eumenius. He is magnified in miracles and glorified in many powers. As a light of the faithful, he illumined those whose hearts were darkened.

Glory be...now and ever...Hidden in the earth as a divine treasure, the Cross of the Giver of Life now appeared in the heavens to the godly king, and its inscription spiritually signified his victory over the enemy. Rejoicing with faith and love, he was inspired by God and hastened to raise on high the Cross that he had seen in his vision. With great zeal he brought it forth from the bosom of the earth for the deliverance of the world and the salvation of our souls

*Sessional Hymns from the weekday.*

### **September 19: The Postfestive of the Exaltation of the Holy Cross; Sts. Trophimus, Sabbatius and Dorymedont, Martyrs**

#### **Troparia**

**Troparion of the Postfestive from the Exaltation of the Holy Cross.**

**Troparion of the Saints Tone 8** God is praised in the + Trinity, and He praises a trio of martyrs: Trophimus, Sabbatius and Dorymedont. By their faith they conquered the enemy. By their prayers, have mercy on us, O Christ God!

**Kontakion of the Postfestive from the Exaltation of the Holy Cross.**

**Kontakion of the Saints Tone 8** Brave and blessed, Wise Trophimus! The Church praises and honors your radiant passion as a support for martyrs and a support of virtue. Along with your suffering companions, praiseworthy saint, obtain purification for those who sing to you, because you are unconquerable!

*Sessional Hymns from the weekday.*

### **September 20: The Postfestive of the Exaltation of the Holy Cross; Sts. Eustace, Theopists, Agapius and Theopistus, Martyrs**

#### **Troparia**

**Troparion of the Postfestive from the Exaltation of the Holy Cross.**

**Troparion of the Saints from For Several Martyrs.**

**Kontakion of the Postfestive from the Exaltation of the Holy Cross.**

**Kontakion of the Saints from For Several Martyrs.**

#### **Stichera**

O Christ, Your precious Cross shining as brightly as the sun is made secure on the glorious place of the skulls. It is raised up on Your most holy mountain, O Savior. Since You are the Lover of Mankind, You have raised up our nature into heaven through Your Cross, O all-powerful One.

Glory be...now and ever...By his life Eustace was likened to a diamond. Through his sufferings and struggles, he became an image of virtues and a pillar of patience for us. Having lost wife and children, he truly was another Job. He was faithful in life and unshakable in temptations. He carried the trophy of victory in his sufferings. We pray that Christ grant enlightenment and purification to our souls through him.

*Sessional Hymns from the weekday.*

**September 21: The Leave-Taking of the Exaltation of the Holy Cross; St. Quadratus, Apostle**

**Troparia**

*Troparion of the Leave-Taking from the Exaltation of the Holy Cross.*

*Troparion of St. Quadratus from For An Apostle.*

*Kontakion of the Leave-Taking from the Exaltation of the Holy Cross.*

*Kontakion of St. Quadratus from For An Apostle.*

*Stichera and Sessional Hymns from the Exaltation of the Holy Cross.*

**September 22: St. Phocas, Hieromartyr**

**Troparia**

*Troparion from For a Hieromartyr.*

*Kontakion Tone 6* As a bishop, you offered the sacrifice, Father Phocas, and at the end you offered yourself. You gave witness of Christ before the law, strengthened by angels and eager for death. Be ever with those who sing to you: Be with us, Phocas, and never against us!

*Stichera from For a Hieromartyr.*

*Sessional Hymns for the weekday.*

**September 23: The Conception of St. Elizabeth of St. John the Forerunner**

**Troparia**

*Troparion Tone 4* Although you had no first-born son because of sterility, still you should to be happy, O Zachary. Look! Now you have conceived the sun who is going to enlighten the universe, so blind, so ill. Sing Zachary! Sing with confidence; God's prophet is going to enter the world.

*Kontakion Tone 1* The great Zachary rejoices with his famous wife Elizabeth, for they have conceived the Precursor, John. The archangel announced this news with joy, and we faithful honor him as a great mystic, for he is worthy of this.

*Stichera from For Feasts of St. John the Forerunner.*

*Sessional Hymns from the weekday.*

**September 24: St. Thecla, Protomartyr**

**Troparia**

*Troparion Tone 4* Instructed by the words of Paul, O bride of God, Thecla, you were made firm in the faith by Peter. You have become a protomartyr among women, and one of the first to suffer. You walked into the flames as into a cool garden; the beasts and the brutes shunned the cross of your armor. Praiseworthy Thecla, beg Christ to save our souls!

*Kontakion Tone 8* You were radiant with the splendor of virginity, and you were adorned with the crown of martyrdom. O glorious virgin, you put your faith in the apostles, and turned fire into dew. As the protomartyr among women, you calmed the wrath of the bull by prayer.

*Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

**September 25: St. Euphrosyna, Nun**

**Troparia**

*Troparion from For a Nun.*

**Kontakion Tone 2** You forsook all sensuality here on earth seeking to find the life of heaven. You lived your life in the company of men, most beautiful Euphrosyna and you never sought a spouse on earth for the sake of Christ your spouse.

*Stichera from For a Nun.*

*Sessional Hymns from the weekday.*

### **September 26: The Dormition of St. John the Theologian, Apostle**

#### **Troparia**

**Troparion Tone 2** Beloved apostle of Christ our God, hasten to save the faithful, who look to you. O Theologian, beg Him for peace and mercy for us, who fall in veneration before you. Disperse the darkness which shrouds the nations.

**Kontakion Tone 1** Hail, Mother of God, Virgin Mary full of grace, the Lord is with you. Blessed are you among women, and blessed is the Fruit of your womb, for you have given birth to Christ, the Savior and Deliverer of our souls.

#### **Stichera**

As witness of revelations beyond words and interpreter of the sublime mysteries of God, O Son of Zebedee, you have written the gospel of Christ for us. You taught us to glorify the Father +, Son and Holy Spirit.

Glory be...now and ever...Let all mankind give the praise that is due to John, the son of thunder, the virgin apostle and bearer of God's message, the chief theologian and the first to proclaim the truths which are contained in the teachings of divine Wisdom. For always being filled with that which is divine, he said: In the beginning was the Word, not separated from the Father but equal to the Father according to His nature, thereby showing us the right worship of the Holy + Trinity. He has also shown us that the Word was with the Father, the Creator of all, and that He bears life and has shown us the true light. O awesome marvel! O Wisdom! John was filled with love for God; he was also filled with glory, honor and faith; he was the preacher of our pure faith. Because of this, we shall obtain eternal blessing on the day of judgment.

#### **Sessional Hymns**

O most wise Apostle, you have been called son of the divine thunder; for you have deafened the ears of evildoers, and, to upright hearts, you sounded the sweetest trumpet, the Incarnation of the Word. As a true friend of Christ, you have reclined upon His breast from which you have drawn the depth of knowledge. You proclaimed to all that the Word was co-eternal with the Father. O John the Apostle, intercede with Christ our God that He may forgive the offenses of those who keep your holy memory.

Glory be...now and ever...O Theotokos, having ineffably conceived in your womb the Wisdom and the Word, you have brought forth the One who embraces the whole world. You have held in your arms the One who preserves all, the sustainer of all, and the Creator Who formed our nature. Therefore, I entreat you, O all-holy Virgin, that I may be delivered from my offenses when I stand before the face of my Creator. Give me your help, O pure Virgin and Lady, for all things are possible for you.

### **September 27: St. Callistratus and His Companions, Martyrs**

#### **Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 4** You suffered deep wounds and received your crown from God. Pray to Christ for those who keep your dear memory alive, great Callistratus, with those who suffered along with you, that He might give peace to His people and His flock, O blessed martyrs, for He is the strength of the faithful!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### **September 28: St. Chariton, Martyr**

**Troparia**

**Troparion Tone 8** You blended the river of your tears with the wellspring of your profession and in those waters you wash away the sins of those who esteem your precious memory. You present them clean before their God and Master, so beg Him to save our souls.

**Kontakion Tone 2** You reveled in chastity and subdued the lust of the flesh, and you have been raised up on high, wise Chariton. You have blossomed like the tree of paradise, O Chariton, all blessed and most sacred!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### September 29: St. Cyriacus, Monk

**Troparia**

**Troparion Tone 1** A desert dweller! An angel in the flesh! You have been given to us as a wonderworker. Receiving heavenly gifts through fasting, God-bearing Father Cyriacus, you heal the sick by prayer and fasting, and those who come afflicted to you. Glory to Him who gave you this power! Glory to Him Who crowned you! Glory to Him Who heals us through you!

**Kontakion Tone 8** The holy Lavra celebrates this annual feast, venerating you as a champion and defender. Since you have found grace with God, protect us from the vicious enemies so that we may sing: Hail, most blessed Father!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### September 30: St. Gregory of Armenia, Hieromartyr

**Troparia**

**Troparion Tone 4** Today we faithful people are invited to sing a hymn, to exalt in our assembly with love the daystar of the Unsetting Light; the truly heroic pastor; the long-suffering shepherd; the model of ascetics and martyrs; the radiant glory of the Church of Armenia. Let us bless the divinely inspired Gregory who is crowned with the martyrs' diadem with hymns of praise.

**Kontakion Tone 2** With sacred chants and hymns of praise, let us exalt the brave shepherd and teacher, Gregory. He is a prince of priests and truly blessed. He is a light for the world and a true hero. He is true martyr and intercedes with Christ for us.

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

## October

### October 1: The Protection of the Theotokos

**Troparia**

**Troparion Tone 4** Protected by your coming, O Mother of God, the faithful people solemnly celebrate today, and gazing upon your immaculate image, they humbly say: Watch over us with your noble protection, and deliver us from all evil by asking your Son, Christ our God, to save our souls.

**Kontakion Tone 3** Today the Virgin is present in the Church and with the armies of Saints invisibly prays to God for us. The Angels worship with the Archangels and the Apostles rejoice with the Prophets, because in our behalf, the Mother of God prays to the eternal God.

**Stichera**

O most pure Theotokos, you are a mighty defender for those in sorrow. You are a ready help to those in trouble. You are the salvation and confirmation of the world. You are the depth of mercy, the fount of

God's wisdom and the protectress of the world. O faithful, let us sing and praise her glorious protection, saying: Rejoice, O Full of Grace, the Lord is with you, and through you He grants great mercy to the world.

Glory be...now and ever...All the leaders of the heavenly armies form a spiritual choir and rejoice with all of us when they see the Lady and Queen of all praised by the faithful. The spirits of the just also rejoice as they witness the vision of the Queen praying with outstretched arms. She asks for peace in the world, power and strength for our Church, and salvation for our souls.

### **Sessional Hymns**

Encircled by the light of the angelic hosts, O Lady, and by the ranks of the apostles and prophets, and receiving as the Mother of God their holy veneration, visit us, your servants, and entreat Christ our God to grant us His abundant mercy.

Glory be...now and ever...*Repeat above.*

### **October 2: St. Cyprian, Martyr**

#### **Troparia**

**Troparion from For a Martyr.**

**Kontakion Tone 4** You renounced the occult in order to learn of God, and you became one of the wisest men on earth, healing those who venerate you and Justinia. Join her in seeking salvation for us from Christ our God.

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### **October 3: St. Therese of the Child Jesus, Nun**

#### **Troparia**

**Troparion Tone 1** O holy Therese, you became sublime through your humility and flew on the wings of your longing for God. When you arrived in the Eternal City and, wearing the crown of virginity, appeared before your Divine Spouse, you kept your promise to remember those who have recourse to you. You showered upon the world the roses of mercy and grace. Since you multiplied miracles, intercede with Christ God that He may save our souls.

**Kontakion Tone 4** The holy virgin Therese of the Child Jesus, full of the abundance of divine wisdom, went with joy along the way of evangelical childhood, and with the grace of God attained in this way the summit of virtue. Wherefore, she now bestows blessings as she promised upon all those who come to her with faith. O glorified child, intercede with Christ God that He may have mercy on our souls!

*Stichera from For a Nun.*

*Sessional Hymns from the weekday.*

### **October 4: St. Francis of Assisi, Monk**

#### **Troparia**

**Troparion Tone 3** In you, O Father Francis, has been preserved without defect the image of Christ our God. Having shown us the poverty of Christ, you have not left us orphaned in your death. Pray without ceasing for us all!

**Kontakion Tone 3** You are a Catholic man and an apostle of Christ's Church. O holy Francis, beloved of Christ God. By your example you taught us to honor the priests of the Lord. You loved the cross of Christ exceedingly and asked to be praised in it alone. Therefore, the world was crucified to you and you to the world. By your prayers, deign that we, too, may stand at the right side of God on the day of judgment.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### October 5: St. Charitina, Martyr

#### Troparia

**Troparion from For a Woman-Martyr.**

**Kontakion Tone 2** You shamed the violent enemy with your deep insight, after you had strengthened your soul with faith, Charitina. Blessed lady, you went into the presence of Christ, wearing a gown dyed red in your blood. Now that you stand in the company of angels, pray for the salvation of our souls!

**Stichera from For a Woman-Martyr.**

*Sessional Hymns from the weekday.*

### October 6: St. Thomas, Apostle

#### Troparia

**Troparion Tone 2** You were both a disciple of Christ and a member of the apostolic college. Your lack of faith proved the Resurrection, and your touch unleashed awe. O Thomas ever worthy of praise, obtain peace and mercy for us!

**Kontakion Tone 4** Full of wisdom and grace, the apostle of Christ and true priest cried in repentance: You are truly my Lord and my God!

**Stichera from For an Apostle.**

*Sessional Hymns from the weekday.*

### October 7: Sts. Sergius and Bacchus, Martyrs

#### Troparia

**Troparion Tone 4** Staunch support of those who suffer Christ's passion, O eyes of Christ's Church, open the eyes of our souls, O persevering Sergius, O glorious Bacchus. Pray to the Lord that we might escape the darkness of sin and may come to see the unsetting Sun by your prayers.

**Kontakion Tone 2** Taking arms against the enemy by understanding, you destroyed their guile; you triumphed in heaven! With one heart you praiseworthy martyrs sang this chant: It is a good and beautiful thing to be with the Lord.

**Stichera from For Several Martyrs.**

*Sessional Hymns from the weekday.*

### October 8: St. Pelagia, Nun

#### Troparia

**Troparion from For a Nun.**

**Kontakion Tone 2** You weakened your body with fasting, and you cried to the Lord with unending prayers, seeking the remission of all your sins. He showed you the road to forgiveness, and you have reached your goal!

**Stichera from For a Nun.**

*Sessional Hymns from the weekday.*

### October 9: St. James, Apostle

#### Troparia

**Troparion from For an Apostle.**

**Kontakion Tone 2** Let us extol James with praises as a herald of God, for he implanted the orthodox faith deeply in the souls of men. Now he stands before the master's throne and rejoices in the company of angels, praying for us all unceasingly.

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

**October 10: Sts. Eulampius and Eulampia, Martyrs**

**Troparia**

*Troparion from For Several Martyrs.*

**Kontakion Tone 3** We venerate this brother and sister as brave martyrs, for by their violent crucifixion they shamed the evil of men. They have shown us the glory and fame of martyrs.

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

**The Sunday between October 11 - 18: The Sunday of the Holy Fathers of the Seventh Ecumenical Council**

**Troparia**

**Troparion Tone 8** O Christ our God, You are above all praise, for You established our Fathers as light to all the earth. You led us to the true faith through them. O Most Bountiful Lord, glory be to you.

**Kontakion Tone 6** How the Son proceeded from the Father our words cannot express, but having two natures, He was born of a woman. We do not reject His image when we behold it, but in faith we venerate and honor it. And the Church professes it as true belief when she honors the image of Christ's incarnation.

**Theotokion Tone 6** O gentle Protectress of Christians, unfailing Mediatrix before the Creator, do not despise the prayerful voices of sinners, but in your goodness hasten to assist those who trustfully cry out to you: Inspire us to prayer and hasten to hear our supplication; intercede always, Mother of God, in behalf of those who honor you.

**Stichera**

Truly the Seven Councils of the Fathers, although held at various times, were brought together under the canons and in good order by the Patriarch Germanus the New. By inscribing and establishing their doctrines and offering themselves as intercessors with the Lord, the Fathers are protectors of our salvation and shepherds of the fold.

Glory be...now and ever...Let us honor today those mystical trumpets of the Spirit, namely the God-mantled Fathers who, speaking of divine things, sang in the midst of the Church a hymn in unison, teaching that the Trinity + is One, not differing in Substance or Godhead, refuting Arius and struggling for the orthodox faith. They always intercede with the Lord to have mercy on our souls.

*Sessional Hymns from the Sunday Resurrectional Tone.*

**October 11: St. Philip, Deacon**

**Troparia**

**Troparion Tone 4** You are an apostolic grace, Philip, and you astonished all Samaria. Your divinely inspired words gave the eunuch understanding, so that he was baptized and gave glory to God when he comprehended the incomprehensible. O holy apostle, obtain grace and mercy for us from God!

**Kontakion Tone 4** Philip conversed with apostles and fished for men. He was one of the first chosen by the apostles. Now he gives a wealth of cures to the world, and protects from calamity those who honor him. Therefore we sing joyfully to him: Save us all by your prayers, O Apostle!

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

**October 12: Sts. Probus, Tarachus and Andronicus, Martyrs**

**Troparia**

**Troparion Tone 5** The Powers of heaven were amazed when they saw the work of these men. With physical bodies they conquered spirits of evil through the power of the holy cross. They pray to the Lord to find mercy for us.

**Kontakion Tone 2** These three martyrs, Probus, Tarachus and Andronicus, have shown us true glory. They undid all the godlessness of the torturers by their patient and brave acceptance of martyrdom.

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

**October 13: Sts. Carpus, Papyrus, Agathonica and Agathodorus, Martyrs**

**Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 4** The Master has given us your relics as a treasure of great value, a fountain of health. This is how He removes the pain of suffering; this is how He gives grace to our souls. So all together we celebrate your feast, O martyrs!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

**October 14: St. Paraskevas, Nun**

**Troparia**

**Troparion Tone 4** You followed closely in the steps of Christ your Spouse, loving the silent, desert life. As a young woman you took up His yoke, and armed yourself against the enemy with the cross. By fasting and prayer, by tears and penance, you utterly quenched the fires of passion. Now you stand with the wise virgins in Christ's presence, and pray for those who honor your memory, O Paraskevas!

**Kontakion Tone 6** Let us all sing of holy Paraskevas, patron of those in peril. She spurned corruption's crown and received the lasting one, and so God has given her glory and the grace of miracles.

*Stichera from For a Nun.*

*Sessional Hymns from the weekday.*

**October 15: St. Euthymius, Monk**

**Troparia**

**Troparion from For a Monk.**

**Kontakion Tone 2** You walked through storms and did not become wet, and with the arrows of your tears you slew the foe. You received the grace to work miracles, Father Euthymius, and you heal all our maladies. Pray without ceasing for us all.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**October 16: St. Longinus the Centurion, Martyr**

**Troparia**

**Troparion from For a Martyr.**

**Kontakion Tone 4** The Church remembers the holy martyr Longinus today, and she is made truly happy. She sings this song to the Lord: You are my strength and perseverance, O Christ!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*



### October 17: St. Andrew of Crete, Martyr

#### Troparia

**Troparion Tone 4** On the mountain you reached the summit by fasting. You destroyed the protection of the foe by the arms of the cross. You robed yourself bravely in martyrdom, cutting Copronymus down with the sword of faith. This is why God crowned you, memorable Andrew, O venerable and truly blessed martyr!

**Kontakion Tone 3** The capitol city keeps your memory today, inviting every city and region to join the feast. It is proud to possess your martyred body, O Andrew, light of orthodoxy!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### October 18: St. Luke the Evangelist, Apostle

#### Troparia

**Troparion Tone 5** Let us praise the holy and glorious apostle Luke with sacred chants, for he is a living doctor who heals human weaknesses, the ills of souls and the sickness of nature. He is the august writer of Christ's Gospel and the story of the Acts of the Apostles. He recorded for the Church what had been unwritten.

**Kontakion Tone 2** Let us praise the heavenly Luke, a preacher of true holiness, an expositor of ineffable mysteries, a star in the Church. The Word Who searches all hearts chose him and Paul to be teacher of the gentiles.

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

### October 19: St. Joel, Prophet

#### Troparia

**Troparion Tone 2** You knew beforehand of the coming of God in the flesh, and the descent of the Holy Spirit. You announced the impending judgment, O prophet Joel. By your prayers save those who venerate you from all sorrow.

**Kontakion Tone 2** O prophet preaching God, you were filled with comforting inspiration. You manifested the light of the nations long before He came. For this we praise you devotedly, and we lay hold of your sacred memory. We sing to you: Beg Christ God to save our souls!

*Stichera from For a Prophet.*

*Sessional Hymns from the weekday.*

### October 20: St. Artemius, Martyr

#### Troparia

**Troparion Tone 4** You were fortified by the orthodox faith, O martyr, and you vanquished the torturer and his idol offerings. Because you reproached that king, the Great King has bestowed on you a shining crown of victory and astonishing miracles of healing with which you heal all who call on you. O great Artemius, beg Christ our God to save our souls!

**Kontakion Tone 2** As we all join in this procession, let us praise Artemius with fitting hymns, for he was a devout and crowned martyr, who laid hold on the victory against the foe. He is great among the martyrs, and a rich source of miracles. He prays to the Lord for all of us.

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### October 21: St. Hilarion the Great, Monk

#### Troparia

**Troparion Tone 8** Like the great Anthony you were the strength of monks, a model for the desert-dwellers and a miracle-worker. You are a source of help for people troubled by passion. O Father Hilarion, pray for those who keep your holy memory.

**Kontakion Tone 3** As we all join in this procession today, let us praise this never waning light of the brilliant Sun. You enlighten those in the darkness of ignorance, and you guide them on to the heavenly peaks. Therefore, we cry to you: Hail, Father Hilarion, model of ascetics!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### October 22: St. Abercius, Equal to the Apostles, Bishop

#### Troparia

**Troparion Tone 4** You became a preacher of truth and a worker of miracles, a father of orphans and a support of the poor, a brave shepherd of the flock and a terror to devils. Defend those who cry to you, Father Abercius, and beg Christ our God to save our souls.

**Kontakion Tone 8** The whole Church venerates you, Abercius, as a comrade of the apostles and a truly great priest. Since you are always in our memory, blessed saint, preserve the Church undisturbed and unconquered, free from any heresy and totally pure!

*Stichera from For a Hierarch.*

*Sessional Hymns from the weekday.*

### October 23: St. James the Less, Apostle and Brother of the Lord

#### Troparia

**Troparion Tone 2** You received the Gospel as a disciple of the Lord. You obtained the uninscribable by your martyrdom. As a relative of the Lord, you are a powerful intercessor before Him. As a hierarch you can pray for us. Beg Christ our God to save our souls.

**Kontakion Tone 4** The only-begotten divine Word of the Father arriving on earth in this last age has made you the protopastor and apostle of Jerusalem, and the accurate architect of spiritual mysteries. For this we all venerate you, O apostle!

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

### October 24: St. Arethas and His Companions, Martyrs

#### Troparia

**Troparion Tone 1** Opposing the vile king after the example of Christ, this martyr reproached his disbelief in Christ. He acted bravely and suffered torture and death. For this the angels praise you, Arethas, and those who suffered with you, and generations of the faithful will always bless you as a sure intercessor for our souls!

**Kontakion Tone 4** Today is the truly splendid feast of the martyrs. An intercession of happiness is ours today. Let us celebrate this feast and bless the Lord in heaven.

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### October 25: Sts. Marcian and Martyrius, Martyrs

#### Troparia

**Troparion Tone 1** A pair of martyrs worthy of each other, Marcian and Martyrius, have crushed the infamy of Arius. Obeying Paul the teacher of orthodoxy, they taught that the Son is consubstantial with the Father and + the Spirit. They died under the sword, therefore, and have joined Christ. They intercede with Him to save our souls.

**Kontakion Tone 4** You deported yourselves piously since you were children, Marcian and Martyrius, and you came to crush Arius. You preserved orthodox doctrine intact, following that wise teacher, Paul. You have found life in his company as defenders of the + Trinity.

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

### **October 26: St. Demetrius the Great, Martyr**

#### **Troparia**

**Troparion Tone 3** The world has seen you as a defender of those imperiled, and a conquerer of the nations, O martyr. In cutting down the arrogance of Leo, you bolstered Nestor by your courage. O holy Demetrius, pray to Christ our God to save our souls!

**Kontakion Tone 2** God washed the Church red in the rivers of your blood, and presented you to her as an invincible power. Keep this city safe, for you are its patron.

#### **Stichera**

O glorious martyr Demetrius, like a bright star you glisten forever for your fatherland because you always protect it from destruction at the hands of enemies, and you deliver it from every strife and menace. Therefore, O blessed one, your people annually observe your memory and celebrate with joy, and with faith and love they extol the Lord who glorified you.

Glory be...now and ever...Today the universal feast of the martyr summons us. Come, therefore, O lovers of feasts, let us celebrate his memory in splendor and say: Rejoice, for you overcame the snares of the enemy by the might given to you by the one God. Rejoice, for you suffered wounds by the thrusts of a sword, and thus spiritually depicted for us the blessed passion of Christ. O Demetrius, O inspiration of martyrs, implore Him that we be delivered from visible and invisible enemies, and that our souls may be saved.

#### **Sessional Hymns**

Let us devoutly observe today the feast of the martyr Demetrius, for he prays constantly to Christ to grant great mercy to us all.

Glory be...now and ever...O faithful, let us bless the Theotokos, the fervent defender of those in danger. She is our help and our conversion to God. Through her we have been delivered from corruption.

### **October 27: St. Nestor, Martyr**

#### **Troparia**

**Troparion Tone 3** You took up the power of the cross from the great Demetrius and you ventured forth against the giant. His terrible strength did not save him, but he was struck down by you. They killed you for this, holy martyr, but your bravery ushered you in before Christ. O Nestor, pray for our peace and for mercy on us all!

**Kontakion Tone 2** Having perfectly endured your martyrdom, you have inherited immortal glory. You have become a perfect soldier for the Master through the prayers of the great Demetrius. Join him, blessed Nestor, and pray without ceasing for us all.

#### **Stichera**

O wondrous martyr Nestor, you girded yourself with the armor of Christ. Then you overcame Leo the emperor. By visible and invisible arrows you fettered Satan and put him to death, O greatly-gifted one. Because of that, Christ crowned you with the crown of victory.

Glory be...now and ever...We implore you, our most pure Intercessor, never allow your sorely afflicted servants to perish. But hasten to snatch us from the forthcoming wrath and grief. O most holy and pure Theotokos, you are our rampart and invincible help.

*Sessional Hymns from the weekday.*

#### **October 28: St. Parasceva, Woman-Martyr**

##### **Troparia**

**Troparion Tone 4** Truly wise and truly praiseworthy martyr of Christ! You laid aside women's weaknesses and mustered the strength of men. You conquered the devil and shamed the torturers! How boldly you cried: Rip me limb from limb! Burn me in your fire! I will only go joyfully to Christ my Spouse! By her prayers, O God, save us!

**Kontakion Tone 3** You poured your blood out like the finest wine for Christ your Spouse. You pleased the angelic choirs in their songs, and vanquished the devil. Because of this, we honor your faithfully, O long-suffering Parasceva.

*Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

#### **October 29: St. Anastasia, Nun-Martyr**

##### **Troparia**

**Troparion from For a Nun-Martyr.**

**Kontakion Tone 3** You were cleansed by the waters of virginity, Mother, and you were espoused to Christ by your blood. You heal those with afflictions, Anastasia, and you find salvation for those who ask it sincerely. Releasing a never drying river of grace, Christ grants you the power to do this.

*Stichera from For a Nun-Martyr.*

*Sessional Hymns from the weekday.*

#### **October 30: Sts. Zenobius and Zenobia, Martyrs**

##### **Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 8** We fittingly praise this divinely inspired pair: Zenobius and Zenobia, for they were witnesses to the truth and preachers of holiness. They lived together; they died together. Together, they received a lasting crown in martyrdom!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

#### **October 31: Sts. Stachis, Ampliatus, Urban and Narcissus, Martyrs**

##### **Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 8** Like sacred treasures of the most Holy Spirit, and beams from the very Sun of glory, let us praise these wise apostles at length: Stachis, Ampliatus, Urban and Narcissus, for they reaped the grace of God!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

## November

### November 1: Sts. Cosmas and Damian, Wonderworkers

#### Troparia

**Troparion Tone 8** O generous and wonderworking saints, Cosmas and Damian, help us in our needs. Freely have you received; freely give to us!

**Kontakion Tone 2** You have received the power to work wonders, and you heal those who are in need. Heal the world by your concern and vanquish the soldiers of evil, O glorious physicians and wonderworkers!

*Stichera from For Charitable and Wonderworkers.*

*Sessional Hymns from the weekday.*

### November 2: Sts. Acindynus, Pegasus, Aphdonius, Elpidophorus and Anempodistus, Martyrs

#### Troparia

**Troparion Tone 2** O martyrs, blessed is the earth which has drunk your blood! Holy are the tombs which have received your bodies! In the furnace you conquered the foe and preached Christ. Intercede with the gracious Lord to save our souls!

**Kontakion Tone 2** O sovereign gracious Lord! You delighted your saints by taking them into rest. Those holy and God-bearing martyrs: Acindynus, Pegasus, Aphdonius, Elpidophorus and Anempodistus, who gave up all the goods of the earth!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### November 3: Sts. Acepsimas, Joseph and Aithalus, Martyrs

#### Troparia

*Troparion from For Several Martyrs.*

**Kontakion Tone 3** You performed the divine mysteries without taint. Drinking from Christ's chalice you became a sacrifice. O wise Saint Acepsimas, along with your fellow martyrs, pray without ceasing for us all!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### November 4: St. Joannicius the Great, Monk

#### Troparia

**Troparion Tone 4** Against the hostile flesh you fought like a brave soldier, and you battled spiritual enemies by deep fasting. You vanquished legions of devils by humility, and have shown yourself a great conqueror. You received the power to heal from God. Now beg Him to save our souls, O Joannicius!

**Kontakion Tone 8** You became a brilliant star over the earth, guiding those in the fog of passions. You became a truly effective doctor, for you received the grace to heal. Heal those who petition you, Father Joannicius, that we may ever sing to you!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### November 5: Sts. Galacteon and Epistemis, Martyrs

#### Troparia

***Troparion from For Several Martyrs.***

***Kontakion Tone 2*** You have enrolled among Christ's martyrs, in the company of the perfect soldiers. You joined, O Galacteon, your fellow martyr and your own dear wife Epistemis, so pray without ceasing to the only God for us all!

***Stichera from For Several Martyrs.***

*Sessional Hymns from the weekday.*

**November 6: St. Paul, Hieromartyr*****Troparia***

***Troparion Tone 3*** The Church sees you as another Paul, because of your exposition of the divine faith. The blood of Abel and Zachariah calls for you to the Lord. O Father Paul, beg Christ our God to have mercy on us!

***Kontakion Tone 2*** You shone over the earth like a heavenly star, and now you enlighten the catholic Church. For her sake, you shed your blood, and made a gift of your soul, O Paul. Just like the blood of Abel and Zachariah, your blood cried out to the Lord with might!

***Stichera from For a Hieromartyr.***

*Sessional Hymns from the weekday.*

**November 7: The Thirty-Three Martyrs of Melitene*****Troparia******Troparion from For Several Martyrs.***

***Kontakion Tone 8*** The radiant choir of martyrs in festal robes adorns the church today by coming among us. We celebrate their precious memory, and beg a favor from You, O Savior: By their prayers, keep us from all troubles so we can sing alleluia to You!

***Stichera from For Several Martyrs.***

*Sessional Hymns from the weekday.*

**November 8: St. Michael the Archangel and all the Heavenly Angels*****Troparia***

***Troparion Tone 4*** O Leaders of the heavenly armies, although we are always unworthy, we beseech you that with your prayers you may encircle us with protection of the wings of your angelic glory. Watch over us as we bow low and earnestly cry out to you: Deliver us from trouble, O Princes of the heavenly armies.

***Kontakion Tone 2*** O Leaders of the armies of God, and servants to the Divine Glory, guardians of men and leaders of the angels, intercede for us in all our needs, and obtain for us abundant mercy; for you are the leaders of the heavenly hosts.

***Stichera***

O Archangel Michael, you manifested yourself to be the greatest defender of the thrice-holy Source of Light. Together with the Powers on high, you joyfully call out: Holy are You, O Father. Holy are You, O co-eternal Word. Holy are You, + O Holy Spirit. You are the one glory, the one kingdom, and one nature; You are the one Divinity and Power.

Glory be...now and ever...Rejoice with us, all you leaders of the angels; for the great Archangel, your captain and our guardian, appears today in his holy church. He wondrously watches over us and truly sanctifies this place. Therefore, singing his praises daily, let us cry aloud to him: Keep us safe by the protection of your wings, O great Archangel Michael.

***Sessional Hymns***

O commander of the heavenly hosts, you stand before the awesome throne of all times, and you are illumined by the rays of the thrice-holy God. Enlighten and sanctify your assembly which is gloriously celebrating your memory today, and deliver them from all tyranny of the enemy. Beg for a peaceful life for all rulers throughout all the world.

Glory be...now and ever...The heavenly Michael is a member of the choir of angels. Together with him, they offer songs of praise to the Holy Trinity + because He Who has created all things out of nothing has directed the heavenly hosts by His word.

#### **November 9: St. Matrona, Nun**

*Troparia and Stichera from **For a Nun**.  
Sessional Hymns from the weekday.*

#### **November 10: Sts. Erastus, Olympus, Sosipater, Tertius and Quartus, Apostles**

##### **Troparia**

***Troparion** from **For Several Apostles**.*

**Kontakion** *Tone 2* You illumined your mind with light divine, and you refuted crafty arguments with true wisdom. You converted the Gentiles, O glorious apostles, and you brought them to the Master, teaching them to worship the + Trinity!

***Stichera** from **For Several Apostles**.  
Sessional Hymns from the weekday.*

#### **November 11: Sts. Mennas, Victor and Vincent, Martyrs**

##### **Troparia**

**Troparion** *Tone 4* You have made those martyrs who shared in Your Passion ornaments of glory for the world, O Lord and Master. We have an invincible advocate in them!

**Kontakion** *Tone 4* Christ our God summoned you from an earthly army, and enlisted you in the army of heaven, O martyr Mennas. You have been given the untarnishing crown of the martyrs!

***Stichera** from **For Several Martyrs**.  
Sessional Hymns from the weekday.*

#### **November 12: St. Josaphat, Hieromartyr**

##### **Troparia**

**Troparion** *Tone 4* You have become a brilliant light, O hieromartyr Josaphat! You gave up your life for your sheep like the Good Shepherd. You were slain by the lovers of heresy, and you have walked into the Holy of Holies to rest in the company of the angels. O long-suffering saint, we make this petition to you: Beg Christ, the Prince of Shepherds, to save our souls, and to number us among the sheep on His right hand!

**Kontakion** *Tone 2* You were enlightened by a spark from the crucified Christ from the time you were a child. You were like an angel in monastic life, living in it with true holiness. You openly preached unity, and with your martyr's blood you calmed the hearts of those who had been tossed about by schism. Christ has crowned you and we sing to you: Hail, unshatterable pillar of unity!

##### **Stichera**

O Josaphat, you are worthy of glory. Your sacred vestment was stained with your martyr's blood, and now you have entered into the Holy of Holies with the Lord Who rejoices for you. From Him you have received victory for your labors, an eternal crown, everlasting beauty, and the life of Paradise. O great martyr Josaphat, now also pray that He may grant unity and peace to our Churches and great mercy to our souls.

Glory be...now and ever...O great martyr Josaphat, you were a true priest until the time of your death. As a priest you were a minister of the ineffable mysteries of Christ. You poured out your blood as did Christ our God, presenting yourself as an acceptable sacrifice. Because of that, you are confident in His presence. Pray for the faith of those who observe and venerate your all-holy memory, so that your flock and the whole world may be delivered from all dangers, invasions, enemies, and sieges.

### **Sessional Hymns**

Having put aside all earthly things, and having lived chastely in the body like an angel, in spirit your conversation was with angels. Indeed you conquered the surging passions of the flesh. You showed yourself to be pleasing to the Holy Trinity +, O all-blessed one. Because of that, you heal the sufferings of the sick and cast out evil spirits through the grace of Christ. O our God-bearing father and great martyr Josaphat, implore Christ God to remit the sins of those who lovingly celebrate your memory.

Glory be...now and ever...Since you gave birth to Him Who is unchangeable as God, O gracious One, through your maternal prayers make firm my heart. Then I, who am constantly changed by sin, call to you: O Virgin Theotokos, have mercy on the flock that belongs to you, O all-Immaculate One.

### **November 13: St. John Chrysostom, Hierarch**

#### **Troparia**

**Troparion Tone 8** Like a brilliant torch flooding the universe with light, the grace of your lips has shown the world the riches of poverty and has taught us the heights of lowliness! Instructed by your words, Father John Chrysostom, we entreat you: Beg Christ the Word of God to save our souls!

**Kontakion Tone 6** You received divine grace from heaven, and your lips have taught everyone to worship the Trinity +, the only God. We praise you all blessed Father John Chrysostom, for you are our guide, because you reveal things divine to us!

#### **Stichera**

Let us praise in song the God-inspired instrument and golden-forged trumpet, the boundless depth of dogma, the affirmation of the Church and the heavenly mind, the depth of wisdom and the chalice of purest gold that poured forth sweet rivers of learning and nourished all creation.

Glory be...now and ever...O thrice-venerable and most holy Father, you are the good shepherd and the student of Christ the chief Shepherd who gave his life for his flock. Now, ever-praised John Chrysostom, grant that through your prayers we may receive great mercy.

### **Sessional Hymns**

You were a sacred vessel of the Church, an unassailable treasure of piety, O holy Bishop; your life shone brightly because you did not seek your own pleasure. You are the source of mercy for those in need; O venerable Father, pray to Christ our God to grant great mercy to our souls.

Glory be...now and ever...He is the meadow of the inspired words of the Scriptures, the one who shows us the path to repentance, and the one who underwent so many sufferings. Therefore, let us venerate Chrysostom as it is fitting, for we are the faithful who have been formed by his teaching. Indeed, he now intercedes before the Lord that He may have mercy on our souls.

### **November 14: St. Philip, Apostle**

#### **Troparia**

**Troparion Tone 3** The whole world is adorned! Ethiopia sings for joy at her crown, for she received light from you, glorified preacher Philip! She celebrates your memory! You taught everyone to believe in Christ, and you completed the course of the Gospel. Now Ethiopia has come to serve God. Beg Him to have mercy on us!

**Kontakion Tone 8** Your disciple and friend, Philip, preached You to the world. Preserve Your Church from her enemies by his prayers, and every city through those of the Theotokos!

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*



**November 15: The Beginning of the Christmas Fast (Advent); Sts. Gurias, Samonis and Aviva, Martyrs**

**Troparia**

**Troparion of the Christmas Fast Tone 4 To be said everyday throughout the Christmas Fast**  
Prepare yourself, O Bethlehem; reopen yourself to all, O Eden; adorn yourself, O Ephratha, for in a cave the Tree of Life blossomed forth from a Virgin. Her womb revealed itself to be the mystical paradise, in which the Divine Plant grows, and eating thereof we shall live and not die as did Adam. For Christ is born so that our fallen nature might be restored.

**Troparion of the Saints Tone 5** You have given us a perfect wall of defense in the miracles of Your martyrs, O Lord. You wipe out the intrigues of the nations by the force of their prayers. You keep the sceptre of authority firm because You are the true and unique Lover of Mankind!

**Kontakion of the Christmas Fast Tone 3 To be said everyday throughout the Christmas Fast**  
Today, the Virgin comes to the cave to give birth in an ineffable manner to the Eternal Word. O universe, having heard this news, rejoice, and together with the angels and shepherds glorify Him, Who, though He be the Eternal God, has willed to appear as newborn Babe.

**Kontakion of the Saints Tone 2** O wise saints, you have received grace from on high, and you intercede for those in trouble, just as you delivered the little girl from bitter death. Praiseworthy saints, you are the glory of Edessa and you are the joy of the whole world!

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

**November 16: St. Matthew the Evangelist, Apostle**

**Troparia**

**Troparion Tone 3** You rose from the tax gatherer's booth and you followed Christ in all earnestness. He made you a blessing for men, a chosen apostle and evangelist for the world. We honor your sacred memory for all of this, and we ask you to beg God to forgive us our sins.

**Kontakion Tone 4** You cast off the yoke of gathering taxes, and you put on the yoke of justice. You became a brilliant merchant, obtaining a wealth of wisdom from heaven itself. When you preached the word of truth, you lifted up depressed spirits. You wrote of the coming hour of judgment.

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

**November 17: St. Gregory the Wonderworker, Bishop**

**Troparia**

**Troparion Tone 8** You were daring in prayer and constant in miracles. You accomplished reforms, O Gregory. Pray to Christ our God to give light to our souls, that we might never sleep in death!

**Kontakion Tone 2** You showed the world an array of miracles, and you frightened demons by your signs and wonders. You wiped out human afflictions, wise Gregory. You are a real wonderworker, receiving this title because of your deeds!

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

**November 18: Sts. Plato and Romanus, Martyrs**

**Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 3** Your sacred memory fills the world with joy, and makes us congregate in your precious church. Now that we have assembled we will sing with fervor: Deliver your city from pagan invasion, O Plato and Romanus!

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

### November 19: St. Abdias, Prophet

#### Troparia

**Troparion from For a Prophet**

**Kontakion Tone 1** Receiving clarity of mind from divine illumination, the great Abdias sees the future through the Holy Spirit. We piously and wisely keep his memory today, and venerate him to find light for our hearts!

*Stichera from For a Prophet.  
Sessional Hymns from the weekday.*

### November 20: The Prefestive of the Entrance into the Temple of the Theotokos; St. Gregory of Decapolis, Bishop

#### Troparia

**Troparion of the Prefestive Tone 4** Anne promises us joy already, for she raised the child who will crush sorrow. Finishing her prayers on this day, she leads her to the house of the Lord with joy. This child is to become the temple of God, the Immaculate Mother and the perfect ever-Virgin!

**Troparion of St. Gregory from For a Hierarch.**

**Kontakion of the Prefestive Tone 4** Today the whole world is leaping in joy because of the illustrious feast of the Theotokos. It sings: You are the gate of heaven!

**Kontakion of St. Gregory Tone 3** The Church recognizes you as a brilliant sun which enlightens the world with virtue, and with miracles of healing. You pleased Christ and now we praise you, as we celebrate your precious memory, O Gregory.

#### Stichera

Through prayer and discipline, O Father Gregory, you cut the thorns of passion. You turned up the spiritual ground and cast into it the seeds of piety. In this manner, you reaped fruits of healing for us. Glory be...now and ever...Today the Theotokos, the Temple that is to contain God, is being escorted into the Temple of the Lord, and Zechariah receives her. Today the Holy of Holies greatly rejoices, and the choir of angels mystically celebrates this feast. Let us also celebrate with them today and cry out with Gabriel: Rejoice, O Full of Grace, the Lord is with you, and He grants us great mercy.

*Sessional Hymns from the weekday.*

### November 21: The Entrance into the Temple of the Theotokos

#### Troparia

**Troparion Tone 4** Today is the prelude of the benevolence of God and the herald of the salvation of mankind; for the Virgin openly appears in the temple of God and fortells Christ to all. Let us also with full voice exclaim to her: Hail, Fulfillment of the Creator's plan.

**Kontakion Tone 4** The most pure Temple of the Savior, the richest Palace, and the Treasury of the glory of God today enters into the house of the Lord, bringing grace which is in the Spirit of God. The angels of God sing to her: This is the Heavenly Tabernacle.

#### Stichera

O faithful, let us leap for joy today, singing psalms and hymns of praise in honor of Mary, His mother, the holy Tabernacle and Ark that contained the Word Whom nothing can contain. She is offered to God as a

child in a marvelous way, and Zechariah the high priest receives her with great joy, for she is the dwelling place of the Most High.

Glory be...now and ever...O Lady and Bride of God, you entered the temple of God in your infancy to be brought up in the Holy of Holies, for you are holy. The archangel Gabriel was sent to serve you and bring you food. All the heavenly powers were amazed at the sight of the Holy Spirit dwelling in you. Therefore, O most pure and immaculate Theotokos, since you are glorified in heaven and on earth, through your prayers save our human race.

### **Sessional Hymns**

The child of the righteous Joachim and Anne is offered to God in the holy temple; she sustains our life and yet is a young child in the flesh. She receives the blessing of Zechariah the priest. Let all of us in faith call her blessed, for she is the Mother of God.

Glory be...now and ever...*Repeat above.*

### **November 22: The Postfestive of the Entrance into the Temple of the Theotokos; Sts. Philemon and His Companions, Apostles**

#### **Troparia**

*Troparion of the Postfestive from the Entrance into the Temple.*

*Troparion of the Saints from For Several Apostles.*

*Kontakion of the Postfestive from the Entrance into the Temple.*

**Kontakion of the Saints Tone 2** We praise these stars who bathe the world in light; the apostles: Philemon, Archippus, Onesimus, Mark, Apollo and Apfius! We cry: Pray without ceasing for us all!

#### **Stichera**

O glorious Philemon, as a branch of the Living Vine, you have rained the joy of the knowledge of God upon those who have anguish of soul. You made happy the hearts that were ensnared and possessed by the darkness of idol worship. Therefore, we rejoice and celebrate your god-loving memory.

Glory be...now and ever...Today let the heavens above greatly rejoice and let the clouds pour down gladness at the mighty and marvelous acts of our God. For, behold, the gate that looks towards the East, born from a fruitless and barren womb according to the promise, and consecrated to God as His dwelling, is now being brought into the temple as a spotless offering. Let David greatly rejoice and play on his harp, saying: Virgins shall be brought to the King after her; her companions shall be brought into the ark of the Lord to be nourished with the life of the Incorruptible One Who was begotten from eternity for the salvation of our souls.

*Sessional Hymns from the weekday.*

### **November 23: The Postfestive of the Entrance into the Temple of the Theotokos; Sts. Amphilochius and Gregory, Bishops**

#### **Troparia**

*Troparion of the Postfestive from the Entrance into the Temple.*

*Troparion of the Saints from For Several Hierarchs.*

*Kontakion of the Postfestive from the Entrance into the Temple.*

**Kontakion of the Saints Tone 2** You are thunder in the sky! A heavenly trumpet! A hatchet against heresy! A laborer in the vineyard! A great teacher of the dogma of the Trinity +, O hierarch. Pray with the angels without ceasing for us all, O Amphilochius!

#### **Stichera**

O all-blessed one, you disciplined your mind and controlled your passions, thereby choosing good rather than evil. You used a just measure to make the comparison, O Father. Because of that you were able to see and know God, O inspired hierarch.

Glory be...now and ever...Come all you people, and let us praise the only-Immaculate One who was foretold by the prophets and is being led into the temple. She was chosen from eternity to be the Mother,

and in time she was revealed as the Theotokos. O Lord, by her prayers grant us Your peace and great mercy.

*Sessional Hymns from the weekday.*

**November 24: The Postfestive of the Entrance into the Temple of the Theotokos; St. Catherine of Alexandria, Woman-Martyr**

#### **Troparia**

***Troparion of the Postfestive from the Entrance into the Temple.***

***Troparion of St. Catherine Tone 4*** You enlightened the pagan wise men with the light of works. You were like a full moon for those who travel at night. You overcame the darkness and converted the queen. You stood up to the torturer, O blessed Catherine, chosen by God! You were carried on your wishes to the bridal suite of your splendid Groom Christ, in heaven. You were espoused to Him with a regal crown, O bride chosen by God! In the company of the angels, pray for us who keep your memory!

***Kontakion of the Postfestive from the Entrance into the Temple.***

***Kontakion of St. Catherine Tone 2*** Raise up the strains of glory for this martyred woman! Let us all venerate that wise woman Catherine. She preached Christ from the pulpit of a furnace, and she stepped upon the snake and crushed his head, and silenced the long-winded orators!

#### **Stichera**

The city of Alexandria is adomed today. O Martyr, it has your burial shroud in the holy church. O Catherine, we also devoutly celebrate your precious memory. Pray for all those who venerate you. Glory be...now and ever...O Lady and Bride of God, you entered the temple of God in your infancy to be brought up in the Holy of Holies, for you are holy. The archangel Gabriel was sent to serve you and bring you food. All the heavenly powers were amazed at the sight of the Holy Spirit dwelling in you. Therefore, O most pure and Immaculate Theotokos, since you are glorified in heaven and on earth, through your prayers save our human race.

*Sessional Hymns from the weekday.*

**November 25: The Leave-Taking of the Entrance into the Temple of the Theotokos; St. Clement, Pope of Rome, and St. Peter, Hieromartyrs**

#### **Troparia**

***Troparion of the Leave-Taking from the Entrance into the Temple.***

***Troparion of the Saints from For Several Hieromartyrs.***

***Kontakion of the Leave-Taking from the Entrance into the Temple.***

***Kontakion of the Saints Tone 4*** Heavenly and immovable pillars of the Church! Heavenly and strong pillars of holiness! O Clement! O Peter! By your prayers save us all!

#### **Stichera**

O Father and Bishop, you were a branch of the living vine. O wise one, through the Spirit you produced beautiful clusters of dogmas. The spirit of the knowledge of God brings salvation. Our hearts rejoice as we venerate you. O God-bearing, all-blessed Clement!

Glory be...now and ever...O Lady and Bride of God, you entered the temple of God in your infancy to be brought up in the Holy of Holies, for you are holy. The archangel Gabriel was sent to serve you and bring you food. All the heavenly powers were amazed at the sight of the Holy Spirit dwelling in you. Therefore, O most pure and Immaculate Theotokos, since you are glorified in heaven and on earth, through your prayers save our human race.

*Sessional Hymns from the Entrance into the Temple.*

**November 26: St. Alypius, Monk**

**Troparia**

**Troparion Tone 4** You seem a terror unscalable to the devils, crippling them by the club of your effective prayers. You chase away passion by fasting, and you are a firm support of those wavering. O blessed Father Alypius, beg Christ our God to save our souls!

**Kontakion Tone 8** The Church blesses you today as an inspiration to ascetics, and a man of tested virtue. She signs to you, Alypius: Deliver those who remember your valiant deeds from overpowering sins, by your prayers. For this you have been chosen by God!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**November 27: St. James the Persian, Martyr****Troparia**

**Troparion Tone 4** You suffered great torments at the hands of foreigners, but you astonished everyone by the heroism of your endurance. Each time a limb of yours was severed from your body, you uttered a prayer of thanks to God. For this you were crowned after your ordeal, and you have been admitted to the court of heaven. O long-suffering James, beg Him to save our souls!

**Kontakion Tone 2** Your wife introduced you to the faith, and you learned to respect the judgment of God. Because of this you spat on the Persian edict, and you were quickly martyred, O patient James. They sawed your body apart like a log!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

**November 28: St. Stephen the Younger, Monk-Martyr****Troparia**

**Troparion Tone 3** At first you were radiant with the light of fasting, but now you are brilliant with your martyr's blood! You burnt off the fog of those who spoke heresy, and showed the true glory of the orthodox faith. You have been raised up as a heavenly witness to Christ, O holy martyr Stephen!

**Kontakion Tone 8** Come you rejoicing men, let us praise heavenly Stephen! He defended the + Trinity; he respected Christ's economy! He upheld the role of the Theotokos, so let us sing to him with love: Hail, ever-glorified Father!

*Stichera from For a Monk-Martyr.*

*Sessional Hymns from the weekday.*

**November 29: Sts. Paramon and Philemonus, Martyrs****Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 4** You washed your soul clean of all impurity by following the divine mandates. This is how you endured your martyrdom! You refused to offer sacrifice to any idol, and they pierced you with a spear! This is how you followed Christ! O blessed Paramon, pray for us all!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

**November 30: St. Andrew the First-Called, Apostle****Troparia**

**Troparion Tone 4** As the apostle who was called from the start, and as the brother of the apostles' chief, pray, Andrew, to the Master of all, to give peace to the world, and mercy to our souls!

**Kontakion Tone 2** Let us praise the work of the man called by God, the divinely inspired Andrew! He followed his brother Peter who led the Church. At one time, he cried to his brothers: Come! We have found Him for Whom we have waited! And now he cries that to us.

*Stichera from For an Apostle.*  
*Sessional Hymns from the weekday.*

## December

### December 1: St. Nahum, Prophet

#### Troparia

**Troparion Tone 8** By the radiance of the vivifying + Trinity, and the enlightenment of the Spirit, you warned the idolatrous Ninevites of impending doom. You reaped the reward in martyrdom! Now that you stand amid angels before the Light of triple splendor, and have come to possess the full sway of a prophet, pray for us who honor your memory!

**Kontakion Tone 4** Your pure heart was filled with light by the Spirit, and you were given the gift of prophecy sublime. You stood in ages past and saw what was to come, and we bless you for this, glorious and blessed Nahum!

*Stichera from For a Prophet.*  
*Sessional Hymns from the weekday.*

### December 2: St. Habacuc, Prophet

#### Troparia

**Troparion from For a Prophet.**

**Kontakion Tone 8** You told the world that God would come out of the south, and from a Virgin, O divinely inspired Habacuc. Attending to the words of the glittering guardian angel, you proclaimed the resurrection of Christ. This is why we sing so joyfully to you: Hail, radiant goodness of the prophets!

*Stichera from For a Prophet.*  
*Sessional Hymns from the weekday.*

### December 3: St. Sophonius, Prophet

#### Troparia

**Troparion from For a Prophet.**

**Kontakion Tone 4** You have been set alight by the Holy Spirit, O prophet, and you have trumpeted the coming of God, O Sophonius. Leap for joy, daughter of Zion: Jerusalem! I tell you your King comes bearing salvation!

*Stichera from For a Prophet.*  
*Sessional Hymns from the weekday.*

### December 4: St. Barbara the Great, Woman-Martyr

#### Troparia

**Troparion Tone 8** Let us honor Saint Barbara! She destroyed traps of the enemy, and escaped from them like a bird by the protection of the cross!

**Kontakion Tone 4** Following God Whom we hymn in the + Trinity, you blunted the worship of idols, O martyr. You endured the pains of torture better than a man, and embraced your martyrdom like a hero, O Barbara. You cried out with a strong voice: I adore the + Trinity, the only God!

*Stichera from For a Woman-Martyr.  
Sessional Hymns from the weekday.*

### **December 5: St. Sabbas the Sanctified, Monk**

#### **Troparia**

**Troparion Tone 8** You irrigated the desert with your tears, and you bore fruit a hundred-fold from you heart. You were a light to the world, radiating miracles! Beg Christ to save our souls, Father Sabbas!

**Kontakion Tone 8** You presented yourself as an immaculate offering to God from your childhood through your virtues. You labored well in the field of holiness, O Sabbas. You are an inspiration to monks and a true ascetic. This is why we sing to you: Hail, most blessed Sabbas!

*Stichera from For a Monk.  
Sessional Hymns from the weekday.*

### **December 6: St. Nicholas the Wonderworker of Myra, Bishop**

#### **Troparia**

**Troparion Tone 4** The sincerity of your deeds has revealed you to your people as a teacher of moderation, a model of faith, and an example of virtue. Therefore, you attained greatness through humility, and wealth through poverty. O Father and Archbishop Nicholas, ask Christ our God to save our souls.

**Kontakion Tone 3** You were truly a priestly worker in Myra, O Holy Nicholas, for zealously living the Gospel of Christ, you dedicated your life to your people; you saved the innocent from death. Therefore, you have been sanctified as one who has entered the mystery of God's grace.

#### **Stichera**

O holy Nicholas, Bishop of Christ, you lived your life with the people of Myra. But, since your spirit was anointed, your fragrance of sanctity was known by all. Now you anoint the faithful who show their love for you. O Father, deliver us from all distress and sorrow as you pray to the Lord for us.

Glory be...now and ever...We have gathered to celebrate and to praise with song the model of bishops and a glory to the fathers, a fountain of miracles and a great helper of believers. Let us sing to the saintly Nicholas: Rejoice, O Protector of Myra who was revered as its leader and strongest pillar. Rejoice, O Radiant Star whose light of miracles shines throughout the world. Rejoice, O Divine Joy of those in sorrow. Rejoice, O Defender of those who are oppressed, for even now, all-holy Nicholas, you still pray to God for us who celebrate your feast with faith and who honor you with zeal and joy.

#### **Sessional Hymns**

O Bishop and Father Nicholas, while alive in Myra, you manifested yourself as a learned man anointed with spiritual myrrh. You made the world fragrant with the myrrh of your miracles. You continue to pour out your myrrh, both through the fragrance of your words and through our continual remembrance of you. Glory be...now and ever...You shine on earth by the rays of your miracles, O wise Nicholas. You call all nations on earth to glorify and praise Him Who glorified you. Therefore, O chosen among the fathers, implore Him to deliver from all anguish those who faithfully and lovingly venerate your memory.

### **December 7: St. Ambrose of Milan, Bishop**

#### **Troparia**

**Troparion from For a Hierarch.**

**Kontakion Tone 3** Bright with accurate faith, you snuffed out Arius, O Ambrose, shepherd and priest of the Mysteries! You openly worked wonders by the Spirit's power, and you worked cures in public! O venerable Father, beg Christ to save our souls!

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

## December 8: The Conception of St. Anne of the Immaculate Theotokos

*In Eparchies, jurisdictions and other places where this feast is celebrated on December 9, the feast for December 8 is St. Patapius, Monk. Take the propers from December 9.*

### Troparia

**Troparion Tone 4** Today the bonds of childlessness are loosed, for God has heard the prayers of Anne and Joachim. He promised against all hope that they would give birth to a glorified Virgin from whom the Indescribable would be born as a man; the Same Who ordered the angels to sing to her: Hail, O Woman Full of Grace, the Lord is with you.

**Kontakion Tone 4** Today the universe rejoices, for Anne conceived in a manner caused by God, and because the one born to her will give birth to the Word.

### Stichera

The barren Anne leaped for joy when she gave birth to Mary the Virgin who, in turn, will give birth in the flesh to God the Word. Overflowing with happiness, she cried out: Rejoice with me, all tribes of Israel, for I have conceived and put aside my burden of childlessness as the Creator has deigned. He heard my prayer and healed the pains of my yearning heart.

Glory be...now and ever...Today the mystery which has been announced from eternity, whose depth angels and human beings cannot measure, appears in the arms of Anne. Mary, the maiden of God is prepared to be the dwelling of the King of the ages Who will renew our human nature. Let us entreat her with a pure heart and say: Since you are the intercessor for all Christians, implore your Son and God to save our souls.

### Sessional Hymns

By order of God the Creator, Mary the new Heaven has been created in the womb of Anne. From her shall be born the Unsetting Sun Who illumines the whole world with His divine rays, in His love for our human race and in His great mercy.

Glory be...now and ever...In times past the company of prophets announced the holy child, the pure and spotless Virgin, whom Anne has conceived in her sterile and fruitless womb on this day. With our hearts filled with joy, let us who are saved through her, call her blessed and the only-Immaculate One.

## December 9: St. Patapius, Monk

### Troparia

**Troparion from For a Monk.**

**Kontakion Tone 3** The people have found your church to be a hospital for their souls! Flocking to it with great expectation, they seek cures for the ills of their flesh, and absolution for the sins on their souls! O Father Patapius, you are truly our help in need!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

## December 10: Sts. Mennas, Hermogenes and Euphrasius, Martyrs

### Troparia

**Troparion Tone 8** By controlling their urges they choked lustful thoughts and calmed swells of passion. They received the grace to heal the sick from ills, and to work wonders in both life and death. It is a truly wonderful thing that bones can work miracles! Glory to the only God and Creator!

**Kontakion Tone 1** Let us praise Mennas, Hermogenes and Euphrasius together with sacred melodies and beautiful chant, for they honored God and shed their blood for Him, and now they have been admitted to the choir of heaven, showering us with miracles.

*Stichera from For Several Martyrs.*



*Sessional Hymns from the weekday.*

**The Sunday between December 11 - 17: The Sunday of the Holy Forefathers, the Patriarchs**

**Troparia**

**Troparion Tone 2** Through faith, O Christ, You justified the Patriarchs, for through them You made a commitment to a church with gentiles. These Saints are glorified because from them descends the Virgin who gave Your birth. Through their prayers, O Christ our God, have mercy on us.

**Kontakion Tone 6** You did not worship a man-made image, O thrice-blessed Youths, but were glorified in the test of fire, protected by a power beyond description. From the searing flames you cried out to God, saying: Hasten to help us, O Merciful Lord, for in Your greatness you can do whatever you will.

**Stichera**

Today we commemorate the ancestors of Christ. Sing with fervor a hymn of praise to Christ the Savior Who exalted them among all nations. He is the Lord Who does wondrous deeds because He is powerful and mighty. From them He brought forth a royal scepter, the Immaculate maiden of God and Virgin Mary. From her, Christ our God came forth to give life and eternal salvation for all.

Glory be...now and ever...O believers, let us give praise today to all the Fathers who lived before the Law: Abraham who was beloved by God; Isaac who was born according to the promise; Jacob and the twelve Patriarchs, the very meek David and the favored prophet Daniel. Let us also glorify with them the three youths who changed the fiery furnace into a place of refreshing dew. Let us beg forgiveness of our sins from Christ our God Who is glorified in His saints.

*Sessional Hymns from the Sunday Resurrectional Tone.*

**December 11: St. Daniel the Stylite, Monk**

**Troparia**

**Troparion Tone 1** You are a pillar of endurance like the patriarchs, O Father. You are like Job in your sufferings. You are like Joseph in your trials. You are like an angel taken flesh. O Father Daniel, beg Christ to save our souls!

**Kontakion Tone 8** You ascended your pillar like a star in the sky, and you gave the light of good works to the world. You dispersed the darkness of lies, O Father, and thus we have recourse to you now. Make the ever-shining Light of understanding dawn in our hearts, O blessed saint!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**December 12: St. Spiridion the Wonderworker, Bishop**

**Troparia**

**Troparion Tone 1** You showed yourself a defender of the first Council and a worker of miracles. You summoned the woman back from the grave, and turned the snake into gold. Angels came to minister beside you, priestly Father, when you offered your ardent prayers. Glory to Him Who strengthened you! Glory to Him Who chose you! Glory to Him Who heals us through you!

**Kontakion Tone 2** You were wounded with love for Christ, and turned your mind to the light of the Spirit. You plumbed the depths in acute vision, and you became a heavenly altar, O favorite of God. You seek illumination for us all!

*Stichera from For a Hierarch.*

*Sessional Hymns from the weekday.*

**December 13: St. Lucy, Woman-Martyr**

*Troparia and Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

**December 14: Sts. Thyrsus, Leucius, Philemon, Appollonius, Arianus and Callinicus, Martyrs**

**Troparia**

***Troparion from For Several Martyrs.***

***Kontakion Tone 2*** You showed the violence of the enemy in public, after you spat upon that barbarian torturer. You upheld the holiness of the faith, finding your strength in the help of Christ. O Thyrsus and all you martyrs, pray for us!

***Stichera from For Several Martyrs.***

*Sessional Hymns from the weekday.*

**December 15: St. Eleutherius, Hieromartyr**

**Troparia**

***Troparion from For a Hieromartyr.***

***Kontakion Tone 2*** As an inspiration to priests, venerable Father, and as one who reenacted the Passion, we come with petitions and praise to you. O hieromartyr Eleutherius, deliver us from trouble of any kind. As we come with love to keep your memory, pray without ceasing for us all!

***Stichera from For a Hieromartyr.***

*Sessional Hymns from the weekday.*

**December 16: St. Aggeus, Prophet**

**Troparia**

***Troparion from For a Prophet.***

***Kontakion Tone 3*** With your mind enlightened with the Spirit's fire, you proclaimed the hidden things of God, O prophet. You revealed what was to come, pointing to a great mystery. O blessed Aggeus, beg Christ our God to have mercy on us.

***Stichera from For a Prophet.***

*Sessional Hymns from the weekday.*

**December 17: Sts. Daniel, Prophet, and Shadrach, Meshach and Abednego, Confessors**

**Troparia**

***Troparion Tone 2*** Great are the deeds performed with faith: three youths rejoiced in the flaming furnace as if they stood in refreshing waters, and Daniel the Prophet faced lions as though they were sheep. Through their prayers, O Christ our God, save our souls.

***Kontakion Tone 3*** Your heart was set aflame by the Spirit, and you became a wellspring of prophecy. You stood in ages past and saw clearly into the coming! You calmed the lion in the pit of your prison. For all of this, we praise you, blessed prophet Daniel.

***Stichera from For a Confessor(s).***

*Sessional Hymns from the weekday.*

**The Sunday between December 18 - 24: The Sunday of the Holy Forefathers before Christmas**

**Troparia**

***Troparion Tone 2*** Great are the deeds performed with faith: three youths rejoiced in the flaming furnace as if they stood in refreshing waters, and Daniel the Prophet faced lions as though they were sheep. Through their prayers, O Christ our God, save our souls.

**Kontakion Tone 6** You did not worship a man-made image, O thrice-blessed Youths, but were glorified in the test of fire, protected by a power beyond description. From the searing flames you cried out to God, saying: Hasten to help us, O Merciful Lord, for in Your greatness you can do whatever you will.

#### **Stichera**

The commemoration of the Holy Fathers is manifested to the ends of the world. It is truly full of splendor, and it glistens with rays of grace; for Christ the splendrous Sun has shone forth on high from afar. He forms the assembly of stars which glisten with Him, and the star reveals that the nativity of the God-man will be in Bethlehem. Therefore, we piously and faithfully clap our hands and leap for joy at this nativity, and we give praise before the feast.

Glory be...now and ever...Daniel was a beloved man. He saw You, O Lord, as the Rock which was hewn without the use of a hand. He foretold that You, the Incarnate Word, the Unchangeable God, and Savior of our souls, would be born without seed as a Child of the Virgin.

*Sessional Hymns from the Sunday Resurrectional Tone.*

### **December 18: Sts. Sebastian and His Companion, Martyrs**

#### **Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 8** By the shedding of your blood you were robed in martyrdom, being arrayed in a robe of precious purple, O Sebastian! You took up your abode with Christ in His kingdom on high, and with those who suffered by your side you received the crown of glory. O wise Sebastian, as you sing with them, remember us!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### **December 19: St. Boniface, Hieromartyr**

*Troparia and Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

### **December 20: The Prefestive of the Nativity of Our Lord; St. Ignatius the God-Bearer, Hieromartyr**

#### **Troparia**

**Troparion of the Prefestive from November 15.**

**Troparion of St. Ignatius Tone 4** You sat on the chair of the apostles and exercised their powers. You are the inspiration of prelates and the glory of martyrs. You faced savage beasts, fire and sword all for the sake of the faith. You made the course of truth straight, even at the price of your own blood. O hieromartyr Ignatius, beg Christ our God to save our souls.

**Kontakion of the Prefestive from November 15.**

**Kontakion of St. Ignatius Tone 3** The happy holy day of the coming feast, heralds Him Who was born in a cave to everyone. You hungered for the happiness of being with Him, and you submitted yourself to wild beasts. For this you are called the God-Bearer, O wise Ignatius!

#### **Stichera**

O faithful, let us celebrate beforehand the nativity of Christ; let us raise up our minds to Bethlehem, and we shall be raised up in spirit. We shall meditate upon the Virgin who is on the way to the cave to give birth to the Lord of all, and our God. Joseph saw the magnitude of Christ's miracles, for He lowered himself to be revealed as a man and to be wrapped in swaddling clothes as an infant. Joseph understood from the events that Jesus was the true God who grants great mercy to our souls.

Glory be...now and ever...O God-Bearing Ignatius, having embraced your beloved Christ, you received the recompense of your priestly work in the service of the Gospel of Christ, and your life was sealed with

your blood. In this you were the wheat of the divine Gardener. You were ground by the teeth of beasts and became the bread agreeable to the Lord. O blessed Martyr, implore Him in our behalf.

*Sessional Hymns from the weekday.*

**December 21: The Prefestive of the Nativity of Our Lord; St. Juliana of Nicomedia, Woman-Martyr**

**Troparia**

***Troparion of the Prefestive from November 15.***

***Troparion of St. Juliana from For a Woman-Martyr.***

***Kontakion of the Prefestive from November 15.***

***Kontakion of St. Juliana Tone 3*** Being thoroughly purified by perfect virginity, you have put on the crown of martyrdom, O Juliana. You heal those sick and needful, and bring salvation to those who approach your relics. Christ gives us divine grace and eternal life through you.

**Stichera**

O all-praiseworthy Juliana, you clothed yourself with the crimson robe of salvation. Illumined by the Spirit, you betrothed yourself to the Lord, the immortal King. He preserved you immaculate, uncorrupted forever in the heavenly bridal chambers, adorned in beauty as an incorruptible virgin.

Glory be...now and ever...O Zion, be happy; rejoice, O Jerusalem, the city of Christ our God; welcome the Creator who rests in a manger in a cave. Open your gates, Jerusalem, and I will enter so that I may see Him Who holds all creation in His hand, even though He lies in a manger wrapped in swaddling clothes. The angels ever praise this life-giving Lord Who is the only Savior of all.

*Sessional Hymns from the weekday.*

**December 22: The Prefestive of the Nativity of Our Lord; St. Anastasia the Great, Woman-Martyr**

**Troparia**

***Troparion of the Prefestive from November 15.***

***Troparion of St. Anastasia Tone 4*** How well named are you for the triumph of resurrection! By enduring pain you gained the victory of your Spouse, Christ, Whom you love so dearly. Beg Him to save our souls!

***Kontakion of the Prefestive from November 15.***

***Kontakion of St. Anastasia Tone 2*** Those in trouble and affliction come to your church, and there they receive rich gifts: the divine favors which are entrusted to you Anastasia, and which you are always showering on the world.

**Stichera**

All creation beholds the descent of God and rejoices. The Magi bring gifts; heaven speaks by means of a star, and the angels give glory, while the shepherds sing with awe. The manger supports Him as though it were a fiery throne. Rejoice, O Mother who sees all these wonders.

Glory be...now and ever...O praiseworthy Anastasia, you suffered martyrdom at the hands of the tribunal and received the gift of resurrection. You destroyed and delivered over to the sea a multitude of demons. O Martyr and sufferer of the passion, you are worthy of admiration.

*Sessional Hymns from the weekday.*

**December 23: The Prefestive of the Nativity of Our Lord; The Ten Holy Martyrs of Crete**

**Troparia**

***Troparion of the Prefestive from November 15.***

***Troparion of the Holy Martyrs Tone 3*** We honor Crete for producing such flowers as these! They are martyrs who grew up together; pearls for Christ! They are only ten men, but they shamed a nation of idols. For this you have received crowns of glory.

***Kontakion of the Prefestive from November 15.***

***Kontakion of the Holy Martyrs Tone 4*** The dawn has come upon the passions of these martyrs, and it is a type and a herald of Him Who is being born in a cave; Who is being born from a Virgin, and without seed.

**Stichera**

Let us sing out the prefestive hymns of the birth of Christ because He is equal in honor to the Father + and to the Spirit. Out of compassion He clothed Himself in our flesh, and He is to be born in Bethlehem. His nativity is beyond expression. O shepherds and angels, hasten to Him.

Glory be...now and ever...Behold, the feast of the martyrs is the forerunner of the nativity of Christ. It announces the Sun from the sun, God in the flesh from the Virgin. The ten martyrs suffered courageously to the end, and they received crowns of victory in heaven. Let us cry out to them: O chosen holy choir and holy martyrs, implore Christ in behalf of all the faithful who keep your precious memory.

*Sessional Hymns from the weekday.*

**December 24: The Vigil of the Nativity of Our Lord; Sts. Eugenia, Protus and Hyacinth, Martyrs**

**Troparia**

***Troparion of the Vigil Tone 4*** At that time Mary registered with the venerable Joseph in Bethlehem since she was of the house of David. She was with Child, having conceived without seed. When the time for her delivery drew near, they could find no room in the inn, but the cave seemed a joyful palace for the Queen. Christ is born to renew the likeness that had been lost of old.

***Troparion of the Saints Tone 8*** In you, O venerable Mother Eugenia, the faithful Image of God shone forth, for you carried your cross and followed Christ. You taught by your deeds how to spurn the body, for it passes away, and how to value the soul, for it is immortal. Therefore, your soul is forever in happiness with the angels.

***Kontakion of the Prefestive from November 15.***

**Stichera**

O praiseworthy Eugenia, putting aside the attractions of the world, through good deeds you manifested the nobility of your soul. O invincible martyr, O tower of virginity, O noble flower of nature, through a holy life you preserved grace undisturbed.

Glory be...now and ever...Behold, the time of salvation is drawing near. O Cave, prepare yourself, for the Virgin is coming to give birth. O Bethlehem, O land of Judah, adorn yourself and be happy since the Lord will shine forth from you. O mountains and hills and lands around Judah, hearken, for Christ is coming that He may save His creation because He is the Lover of Mankind.

**Sessional Hymns**

The saying of the prophets are now fulfilled; for our God shall be born tomorrow of the Virgin Mary in a manner beyond our understanding, yet He shall remain as he was before His birth. The Magi come together bearing gifts, the shepherds abide in the fields, and we also sing: O Lord born of a Virgin, glory to You!

Glory be...now and ever...*Repeat above.*

*For the Sixth Hour, take the following Troparia and Kontakion:*

***Troparia Tone 4*** Glory be...At that time Mary registered with the venerable Joseph in Bethlehem since she was of the house of David. She was with Child, having conceived without seed. When the time for her delivery drew near, they could find no room in the inn, but the cave seemed a joyful palace for the Queen. Christ is born to renew the likeness that had been lost of old.

Now and ever...Our sins have robbed us of all courage and assurance. Entreat your Son for us, O Virgin Theotokos, for the Master's tender heart will always heed a mother's plea. Do not despise our prayers because of our sinfulness, O purest lady, for as it pleased your Son to suffer for us, so is he strong enough to pity us and save us.

***Kontakion from November 15.***

## **December 25: The Nativity of Our Lord God and Savior Jesus Christ**

### **Troparia**

***Troparion Tone 4*** Your birth, O Christ our God, has shed upon the world the light of knowledge; for through it, those who worshiped the star have learned from a star to worship You, the Sun of Justice, and to recognize You as the Orient From On High. Glory be to You, O Lord!

***Kontakion Tone 3*** Today, the Virgin gives birth to Perfect Essence and the earth offers a cave to the Inaccessible. The angels sing His glory with the shepherds; the wise men journey with the star, for there is born for us an Infant Child, God Eternal.

### **Stichera**

Come, let us rejoice in the Lord; let us proclaim the present mystery by which the partition has been broken and the flaming sword withheld. Now the Cherubim shall let us all come to the Tree of Life. As for me, I am returning to the bliss of Paradise from which I had been banished by disobedience. Behold! The Image of the Father and His unchangeable eternity has taken the form of a servant. Without suffering He has come forth to us from an all-pure Virgin, and yet He has remained unchanged. He is true God as He was before, and He has taken on Himself what He had not been, becoming man out of His love for all. Therefore, let us raise our voices in hymns, singing: O God, born of the Virgin, have mercy on us.

Glory be...now and ever...When Augustus became supreme ruler of the world, the many kingdoms among the people came to an end. Likewise, when You became incarnate of the Immaculate One, the worship of many gods had to cease. The cities came under a universal power, and the Gentiles believed in one supreme Divinity. Nations were registered in the name of Casear Augustus, and we, the faithful, were registered in Your divine name, O Incarnate One. O Lord, great is Your mercy; glory to You!

*If the Great Compline is celebrated publically, do not recite the Office of Compline.*

### **Sessional Hymns**

For our sake, O long-suffering Savior, You were placed in the animal's manger, and You willingly lived as an infant. The shepherds and angels extolled You, saying: Glory and Praise to Christ our God, Who is born on earth and deifies the human race.

Glory be...now and ever...*Repeat above.*

**The Sunday after Christmas: The Postfestive of the Nativity of Our Lord: St. Joseph, Foster-Father of Our Lord and Spouse of the Theotokos; St. David and St. James**

### **Troparia**

***Troparion of the Postfestive from the Nativity of Our Lord.***

***Troparion of St. Joseph, and Sts. David and James Tone 2*** O Joseph, announce to David, ancestor of Christ, the good news of these wonders you have seen: a Virgin giving birth to a Child. With the shepherds you have glorified Him; with the wise men you have worshiped Him; and an Angel appeared to you. Ask Christ to save our souls.

***Kontakion of the Postfestive from the Nativity of Our Lord.***

***Kontakion of St. Joseph, and Sts. David and James Tone 3*** Today, David, beloved of God is filled with joy; Joseph and James offer hymns of praise; their joy is the crown of relationship with Christ. They sing praise to Him Who was wondrously born, and they cry out: O Merciful Lord, save those who honor You!

### **Stichera**

In his advanced years, Joseph clearly saw the prophecies fulfilled. It was truly a strange betrothal, and he received a revelation from the angels who cried out: Glory to God Who sent down peace upon the world.

Glory be...now and ever...We are commemorating the noble David and James: the king and prophet, the apostle and first bishop; because by their teachings we have been delivered from error. Let us sing the praises of Christ Who came forth from the Virgin and became incarnate to save our souls.

*Sessional Hymns from the Nativity of Our Lord.*

## **December 26: The Postfestive of the Nativity of Our Lord; The Synaxis of the Theotokos**

### **Troparia**

***Troparion of the Postfestive from the Nativity of Our Lord.***

***Kontakion Tone 6*** Before the dawn of time, He was begotten of the Father and without a mother. Now on earth He becomes man without a father, being virgin-born from you, O Mother of God. Therefore, a star announces the good news to Wise Men, while the Angels and Shepherds sing the glory of your giving birth, O Woman Full of Grace.

### **Stichera**

Come, let us rejoice in the Lord; let us proclaim the present mystery by which the partition has been broken and the flaming sword withheld. Now the Cherubim shall let us all come to the Tree of Life. As for me, I am returning to the bliss of Paradise from which I had been banished by disobedience. Behold! The Image of the Father and His unchangeable eternity has taken the form of a servant. Without suffering He has come forth to us from an all-pure Virgin, and yet He has remained unchanged. He is true God as He was before, and He has taken on Himself what He had not been, becoming man out of His love for all. Therefore, let us raise our voices in hymns, singing: O God, born of the Virgin, have mercy on us.

Glory be...now and ever...Glory to God in the highest and peace on earth. Today, Bethlehem receives the One Who at all times sits with the Father. Today the angels sing the praises of the newborn Infant. Glory to God in the highest and on earth, peace and good will to all men.

*Sessional Hymns from the Nativity of Our Lord.*

## **December 27: The Postfestive of the Nativity of Our Lord; St. Stephen, Protomartyr**

### **Troparia**

***Troparion of the Postfestive from the Nativity of Our Lord.***

***Troparion of St. Stephen Tone 4*** O First-Martyr and Apostle of Christ, you fought the good fight. You exposed the perversion of the persecutors; for when you were killed by stoning at the hands of wicked men you received a crown from the Right Hand on High, while you cried out to God, saying: O Lord, do not charge this sin against them.

***Kontakion of the Postfestive from the Nativity of Our Lord.***

***Kontakion of St. Stephen Tone 3*** Yesterday the Master came to us as a man and today His servant departs from life. Yesterday the King was born as a man and today His servant is stoned to death. For the sake of Christ, holy Stephen became the first martyr.

### **Stichera**

Having been enlightened by the grace of the Spirit, O Stephen, in appearance you seemed to be an angel. Your body was bright with inner splendor, and you revealed a radiance of soul to the onlookers. Because of that, you also had a vision of the Light; heaven was most gloriously opened up for you, O first of the great martyrs.

Glory be...now and ever...A great and glorious miracle was wrought today: the Virgin gives birth without corrupting her virginity; the Word is made flesh without separation from the Father; the angels and shepherds give praise, and we exclaim with them: Glory to God in the highest and peace on earth.

*Sessional Hymns either from the Nativity of Our Lord, or from the weekday.*

**December 28: The Postfestive of the Nativity of Our Lord; The Twenty-Thousand Martyrs of Nicomedia**

**Troparia**

***Troparion of the Postfestive from the Nativity of Our Lord.***

***Kontakion of the Martyrs Tone 2*** O victorious Martyrs of the Lord, blessed is the earth that received your blood, and holy are the heavenly places that opened to your souls. You have vanquished the enemy in battle and proclaimed Christ with courage. We beg you to intercede with Him, the all-good One, that He may save our souls.

***Kontakion of the Postfestive from the Nativity of Our Lord.***

***Kontakion of the Martyrs Tone 2*** The twenty-thousand saints stood firm in their faith, and endured martyrdom in a blaze. They cry to Him Who was born of the Virgin: Accept our offering as you did those of the Persian kings: gold, frankincense and myrrh, O God eternal.

**Stichera**

You were made firm and solidly strengthened and formed with the power of Jesus Christ. Being weak by nature, you revealed yourselves to be invincible, O Martyrs. In the struggle, you vanquished the enemy, and you pray for those who observe your holy and light-bearing memory, O great and glorious martyrs. Glory be...now and ever...May all the earth rejoice and may heaven be happy; for today there is truly one fold for angels and people. O wonder! The invisible One is seen; He Who is uncontainable is contained. The Word takes on flesh, and the Son of God becomes the Son of Man. The all-pure Virgin is seen as the Theotokos, and being a mother, she is still found to be a virgin after giving birth. The Word of the Father becomes incarnate, and He is found lying in a crib. The shepherds proclaim and partake of the mystery. Magi from the East offer gifts, after having been guided by a star. They worship Him Who was born, the Savior. With them, let us feast-lovers warmly open up our hearts and offer good deeds to Him Who comes to save the whole race from error. Let us offer deeds of faith, hope and love as though they were gold, frankincense, and myrrh. Angelic voices now sing to Him: Glory to God in the highest, on earth peace and good will to all men.

*Sessional Hymns either from the Nativity of Our Lord, or from the weekday.*

**December 29: The Postfestive of the Nativity of Our Lord; The Holy Innocents, Martyrs**

**Troparia**

***Troparion of the Postfestive from the Nativity of Our Lord.***

***Troparion of the Holy Innocents Tone 1*** We beseech You, O Lord and Lover of Mankind, and implore You through all the sufferings Your saints endured for You, heal all our pain and suffering.

***Kontakion of the Postfestive from the Nativity of Our Lord.***

***Kontakion of the Holy Innocents Tone 6*** Persia's wise men came with gifts to the King born in Bethlehem, following heaven's star. Herod is taken by bitter sorrow and murders the holy Infants, for he sees his power coming to an end.

**Stichera**

The wicked seeker of the hidden Treasure today slew the innocent children. Rachel could not be comforted when she saw the unjust slayings and the untimely death. She then cried out bitterly: They are happy, for they are in the bosom of Abraham.

Glory be...now and ever...Seeing the star which was brighter than all creation, the wicked Herod was enraged and seized the new-born infants from the arms of their mothers. Elizabeth took John away, and in prayer she said to the mountain: Receive a mother with her child. In answer, the mountain sheltered the Forerunner. The crib protected the Treasure, Whom the star proclaimed and the Magi worshiped. O Lord, glory to You!

*Sessional Hymns either from the Nativity of Our Lord, or from the weekday.*



### December 30: The Postfestive of the Nativity of Our Lord; St. Anyisia, Woman-Martyr

#### Troparia

*Troparion of the Postfestive from the Nativity of Our Lord.*

**Kontakion of St. Anyisia Tone 4** O Jesus, Your lamb Anyisia cries out to You with great love: O my Bridegroom, I long for You in great pain. I am crucified with You, and in baptism, I am buried with You. I suffer for Your sake in order to reign with You. I die for You in order to live in You. Accept me as an immaculate victim, since I am immolated for Your love. Through her intercession, O Merciful One, save our souls.

*Kontakion of the Postfestive from the Nativity of Our Lord.*

**Kontakion of St. Anyisia Tone 3** Today, this martyr smashes the demons by constant faith, and grinds to bits the enemy of holiness by martyrdom. The angels bring her crowns and gifts. O God on High and Savior of the World, save us for her sake.

#### Stichera

O all-praiseworthy one, Anyisia, you were illumined by the splendor of virginity. You have made the struggles glorious because you refused to worship the sun. You were unjustly slain and crimsoned with blood. O crown-bearer, you are standing in the presence of the Sun of Glory. From there you are illumined with your crown, and you shine with splendor from above.

Glory be...now and ever...Today in Bethlehem I hear from the angels: Glory to God in the highest; glory to Him Whose good pleasure it was that there be peace on earth. The Virgin is now more spacious than the heavens. Light has shone upon those in darkness and has exalted the lowly who sing like the angels: Glory to God in the highest.

*Sessional Hymns either from the Nativity of Our Lord, or from the weekday.*

### December 31: The Leave-Taking of the Nativity of Our Lord; St. Melanie, Nun

#### Troparia

*Troparion of the Leave-Taking from the Nativity of Our Lord.*

**Troparion of St. Melanie Tone 8** You loved the purity of virginity and supplicated your Beloved with gracious words. You spent your fortunes for the monks and nuns, and you even built them monasteries, O blessed Melanie. Now that you have retired to a heavenly monastery, do not forget us.

*Kontakion of the Leave-Taking from the Nativity of Our Lord.*

**Kontakion of St. Melanie Tone 4** You fulfilled the divine mandate and gave to the poor. Joining your husband in taking up the cross, you followed the crucified Christ so faithfully!

*Stichera and Sessional Hymns from the Nativity of Our Lord.*

## January

### January 1: The Circumcision of Our Lord God and Savior Jesus Christ; St. Basil the Great

#### Troparia

**Troparion of the Circumcision Tone 1** O Jesus, enthroned on high together with Your eternal Father + and Divine Spirit, You condescended to be born on earth of a maiden and Virgin Mother. And on the eighth day You were circumcised. Praise be Your most noble decision; praise be Your plan of salvation; praise be Your condescension, O Lord; You alone love mankind.

**Troparion of St. Basil Tone 1** Your voice resounds throughout the world which has accepted the lessons so well taught by you. You have given explanation of divine truths. You have clarified the nature of created things. You have made a rule of life for men. By your royal priesthood, O venerable Father Basil, intercede with Christ to save our souls.

**Kontakion of the Circumcision Tone 3** The Lord of All endures circumcision and His goodness purifies the sins of men and grants salvation to the world today. Therefore, Basil the priest and torchbearer of the Creator, the divine mystic of Christ, rejoices on high.

**Kontakion of St. Basil Tone 4** O venerable and heavenly inspired Basil, you were a firm foundation of the Church by giving to all a lasting treasure and impressing them with your teachings.

### **Stichera**

In His love for mankind, the Savior condescended and willed to be wrapped in swaddling clothes. Eight days old according to His mother and eternal according to His Father, He did not look down upon the circumcision of the flesh. Therefore, O believers, let us cry out to Him: You are our God; have mercy on us!

Glory be...now and ever...O venerable Father, you became a lover of wisdom, preferring life with God to all possessions of the world. Your contemplation of death made you forsake the wealth of the earth, and by your perseverance in fastings, you overcame the sting of passions. By study of the divine law you preserved the freedom within your soul. By your generous practice of virtue you subjected the passions of the flesh to the spirit. You renounced the flesh, the world, and the princes of the earth; now you stand in the presence of Christ. Intercede with Him for great mercy upon our souls.

### **Sessional Hymns**

Let us extol Basil as the royal adornment of the Church, the rich treasury of teachings. Through them he taught us to honor the holy + Trinity, united in essence and distinct in persons.

Glory be...now and ever...The Creator of all and the Lord of the universe, Who is with the Father and the + Spirit on high, is circumcised on earth as an eight day old infant. Your works, O Lord, are truly divine and wonderful. O Master, You were circumcised for our sake that the law might be fulfilled.

## **The Sunday before the Theophany of Our Lord**

### **Troparia**

**Troparion Tone 4** Make ready, O Zebulon, and prepare yourself, O Nephtali; O River Jordan, stop and receive with joy the Master coming to be baptized. O Adam rejoice with the first mother, Eve, and do not hide yourselves as before in paradise. For, having seen you unclothed, Christ has appeared to clothe you with the first robe: He has appeared to renew all creation.

**Kontakion Tone 4** Today the Lord stood in Jordan's current telling John: Do not be afraid to baptize Me, for I have come to save Adam, the first man.

*Stichera and Sessional Hymns from the Sunday Resurrectional Tone.*

## **January 2: The Prefestive of the Theophany of Our Lord; St. Sylvester, Pope of Rome, Hieromartyr**

### **Troparia**

**Troparion of the Prefestive from the Sunday before the Theophany.**

**Troparion of St. Sylvester from For a Hierarch.**

**Kontakion of the Prefestive from the Sunday before the Theophany.**

**Kontakion of St. Sylvester Tone 4** You are numbered among the priests of our King and God, and you were a companion to the ascetics. Now you rejoice in the company of angels, Father, and you have inherited the joy of heaven, Sylvester. O glorious shepherd, save those who keep your memory.

### **Stichera**

O holy Father Sylvester, bearer of God, you revealed yourself to be a pillar of fire. You convoked a sacred council and were the cloud which gives shade. You led the faithful away from the Egyptian heresy and always brought them to the divine land by your true teaching. Therefore, we venerate your blessed and all-holy memory.

Glory be...now and ever...Christ the Truth is coming to the Jordan to be baptized by John, and the Baptizer says to Him: I should be baptized by You, but You are coming to me. I do not dare to put straw to the fire. O Master, sanctify me by Your divine Theophany.

*Sessional Hymns from the weekday.*

### **January 3: The Prefestive of the Theophany of Our Lord; St. Malachi, Prophet**

#### **Troparia**

***Troparion of the Prefestive from the Sunday before the Theophany.***

***Troparion of St. Malachi Tone 2*** O divinely inspired Malachi, you announced the coming of Christ, and you spoke of His dominance over the Law. How clearly you informed us: The Lord is surely coming; seek Him in the temple with joy. Beg Him now to save our souls.

***Kontakion of the Prefestive from the Sunday before the Theophany.***

***Kontakion of St. Malachi Tone 4*** By the gift of deep prophecy, you announced the coming of Christ, by Whose light the world has been illumined, and you assured the world of salvation.

#### **Stichera**

Seeing that the words of your tongue are now fully realized, I admire their truth and bless you, O Prophet. You are truly to be admired; for you enlightened the world by your splendorous voice, announcing beforehand the redemptive coming of the Lord.

Glory be...now and ever...How glorious is the marvel! He Who baptizes by fire and the Spirit is coming to the Jordan, neither as God alone nor mere man, but in two natures; the one, the same, and the only-begotten Son. In His humanity He seeks baptism from a mortal, and in His divinity He takes away the sin of the world and grants great mercy to all men.

*Sessional Hymns from the weekday.*

### **January 4: The Prefestive of the Theophany of Our Lord; The Seventy Disciples**

#### **Troparia**

***Troparion of the Prefestive from the Sunday before the Theophany.***

***Troparion of the Disciples from For Several Apostles.***

***Kontakion of the Prefestive from the Sunday before the Theophany.***

***Kontakion of the Disciples from For Several Apostles.***

#### **Stichera**

O faithful, let us bless with sacred hymns: Cleophas, Andronicus, Silvanus, and Agabus; Ananias and Philip; Prochorus, Nichanor, Rufus, and Sostenes; Linus, and then Stachius, Stephen, and Timon; Hermas, Phlegontus, and Mark, together with Luke, Sosipater, Jason and Gaius, and Tychicus and Philemon. May Narcissus and Trophimus be worthily venerated, together with Caesar, Zenus, and Aristarchus; Mark, Silus, and Gaius; Hermas and Asyncritus, Apollo, and Cephass; Clement and Justus; Quartus, Erastus, and Luke; Onesiphorus, Carpus, and Evodius; Matthias and James; Urgan and Aristobulus; Tychicus and Aristarchus. Let us venerate the honorable preachers of God: Pudens, Herodionus, and Artemis; Philologus, Olympus, and Rhodion; Apellus and Amplius; Patrobus and Mark; Tertius and Thaddeus; the wonderful Epenetus, Achaicus, and Aquila; Lucius, Barnabas, and Fortunatus; and the glorious Apollo and Crispus.

Glory be...now and ever...Resplendent is the feast which has passed; but more glorious is the present day. On that day the Magi adored the Savior; on this, the glorious servant baptizes the Master. There, the shepherds sang in amazement; here, the voice of the Father proclaims Him to be the only-begotten Son.

*Sessional Hymns from the weekday.*

### **January 5: The Vigil of the Theophany of Our Lord; Sts. Theopemptus and Theonas, Martyrs**

### **Troparia**

**Troparion of the Vigil Tone 4** After Elijah had gone up to heaven, Elisha threw his mantle in the Jordan River which parted, opening a way, a dry path between two walls of water, where he could pass, a true symbol of our baptism by which we pass through this fleeting life. Christ has been seen at the Jordan River to sanctify the waters.

**Troparion of the Saints from For Several Martyrs.**

**Kontakion of the Vigil Tone 2** O most compassionate Christ, who absolves our sins in the depth of Your mercy. You came to be baptized with the water of the Jordan. You robed me in splendor, replacing my ancient garment of evil.

**Kontakion of the Saints Tone 1** Theopemptus and the strong Theonas have become means of holiness to those on earth. How well they endured the agony imposed by the torturer! They rejoice in the Lord, and sing out: We adore Him Who buried the sins of man in the flowing waters of the Jordan.

### **Stichera**

Let us exalt the wise Theonas and Theopemptus; for they obeyed the teachings of Christ. They splendidly rejected every shameful worship. With brightness and honor they joyfully served the One God and Lord. They courageously professed Him in the presence of the torturers, and for this they have received crowns from on high.

Glory be...now and ever...O River Jordan, prepare yourself, and see Christ our God approaching to be baptized by John in order to shatter the heads of the monsters in the sea, through the power of His divinity. Rejoice, O wilderness of Jordan, and all you mountains, dance with delight. For the Giver of Life has come to call back Adam. O voice that cries out in the wilderness, O John the Forerunner, cry out: Make ready the way of the Lord, and clear Him a straight path.

### **Sessional Hymns**

Rejoice, O River Jordan, for the Creator of all draws near, and in His great goodness He desires to be baptized in your waters at the hands of a servant. O Adam, be filled with gladness; and Eve, the mother of the human race, sing with joy, for our Redeemer has appeared. He is the God Who is rich in mercy. Glory be...now and ever...The Master, the River of Joy, draws near to be baptized in the streams of the river, desiring to let me drink from the fount of immortality. And when John saw Him, he cried out: How shall I put forth my hand to touch your head, for You are the One before Whom all creation trembles?

*During the Sixth Hour, take the following Troparia and Kontakion:*

**Troparia Tone 4** Glory be...After Elijah had gone up to heaven, Elisha threw his mantle in the Jordan River which parted, opening a way, a dry path between two walls of water, where he could pass, a true symbol of our baptism by which we pass through this fleeting life. Christ has been seen at the Jordan River to sanctify the waters.

Now and ever...Our sins have robbed us of all courage and assurance. Entreat your Son for us, O Virgin Theotokos, for the Master's tender heart will always heed a mother's plea. Do not despise our prayers because of our sinfulness, O purest Lady, for as it pleased your Son to suffer for us, so is He strong enough to pity us and save us.

**Kontakion Tone 2** O most compassionate Christ, who absolves our sins in the depth of Your mercy. You came to be baptized with the water of the Jordan. You robed me in splendor, replacing my ancient garment of evil.

## **January 6: The Theophany of Our Lord God and Savior Jesus Christ**

*If attending the Vesperal Divine Liturgy on the evening of January 5, do not recite the Offices of Vespers or Compline.*

### **Troparia**

**Troparion Tone 1** At Your baptism in the Jordan, O Lord, worship of the + Trinity was revealed, for the Father's voice bore witness to You, calling You His beloved Son, and the Spirit in the form of a dove

confirmed the truth of these words. O Christ God, Who appeared and enlightened the world, glory be to You!

**Kontakion Tone 4** You have revealed Yourself to the world today, and Your light, O Lord, has shined upon us. We recognize You and exclaim to You: You have come and revealed Yourself, O Inaccessible Light.

### **Stichera**

When the Forerunner saw the One Who is our enlightenment, the One Who has brought light to all, coming to be baptized, his heart rejoiced and his hand trembled. He pointed Him out to the people and said: This is the Savior of Israel Who delivered us from corruption. O Christ our God, O Sinless One, glory to You!

Glory be...now and ever...You have bowed Your head before the Forerunner, and You have crushed the heads of the demons. You have descended into the waters and have given light to all things that they may glorify You, O Savior, the Enlightenment of our souls.

### **Sessional Hymns**

O Christ our Savior, You appeared in the Jordan and were baptized by the Forerunner, and the Spirit testified that You are the beloved Son. The Holy Spirit descended upon You and manifested that You are coeternal with the + Father. Having been enlightened by You, we cry out: Glory to the One God in the Holy + Trinity!

Glory be...now and ever...O Christ our God, You sanctified the water of the Jordan, and You destroyed the power of sin. You submitted to be baptized at the hand of the Forerunner, thus delivering the human race from evil. Therefore, we beseech you: O Christ our God, grant salvation to the world.

## **The Sunday after Theophany**

*Troparia, Stichera and Sessional Hymns from the Theophany of Our Lord.*

### **January 7: The Postfestive of the Theophany of Our Lord; The Synaxis of St. John the Forerunner**

### **Troparia**

**Troparion of the Postfestive from the Theophany of Our Lord.**

**Troparion of St. John Tone 2** The remembrance of the just is worthy of praise, but the Lord's testimony is sufficient for you, O Forerunner; for it has shown that you are indeed more worthy of honor than the prophets. You were found worthy to baptize the Lord Whom you foretold. Thereafter, you suffered for the truth and, rejoicing, also announced the good news to those in the Abyss that God had appeared as man, taking away the sins of the world, and granting to all of us the abundance of mercy.

**Kontakion of the Postfestive from the Theophany of Our Lord.**

**Kontakion of St. John Tone 6** The Jordan was awed by Your advent in the flesh, and turned back in terror. John completed his course in prophecy by minstry and withdrew in awe. When they saw You baptized in the flesh in the Jordan waters, the angelic legions were amazed. Those who were in darkness have seen the light, and they sing to You Who have come to enlighten everyone!

### **Stichera**

When the Forerunner saw the One Who is our enlightenment, the One Who has brought light to all, coming to be baptized, his heart rejoiced and his hand trembled. He pointed Him out to the people and said: This is the Savior of Israel Who delivered us from corruption. O Christ our God, O Sinless One, glory to You!

Glory be...now and ever...O luminary in the flesh and Forerunner of the Savior, O offspring of the barren one, O friend, by leaping in the womb, you adored the One Who is born of the Virgin, and you baptized Him in the waters of the Jordan. O prophet, we pray to you: Implore Him that we may escape the future torments.

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

**January 8: The Postfestive of the Theophany of Our Lord; Sts. George and Emilian, Monk-Martyrs**

**Troparia**

***Troparion of the Postfestive from the Theophany of Our Lord.***

***Troparion of the Saints Tone 4*** Come, people, and piously honor the memory of George. Sing praises for his wonderful fasting, and praise Emilian for his teachings. Let us sing out: Save our souls, O Christ, through the intercession of these holy monks.

***Kontakion of the Postfestive from the Theophany of Our Lord.***

***Kontakion of the Saints Tone 4*** You have become a very brilliant source of light, O George, enlightening all those who come to you in faith. Intercede with Christ our God on our behalf, Who appeared in the flowing waters and enlightened us all!

**Stichera**

The defensive wall of your soul was not shaken by the attacks of your thoughts, O blessed one, because you set up your rule of fasting as a rampart. You preserved yourself completely unharmed by the wicked enemy. And now you are in the presence of the Master of all and are crowned with victory.

Glory be...now and ever...The One Who clothes the heavens with clouds today is clothed in the waters of the Jordan, and He Who takes away the sin of the world, today is cleansed that I may be washed clean. The only-begotten Son of the almighty Father receives the witness of the + consubstantial Spirit from on high. Therefore, let us sing out to Him: O Christ God Who has revealed Yourself and saved us, glory to You!

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

**January 9: The Postfestive of the Theophany of Our Lord; St. Polyeuctus, Martyr**

**Troparia**

***Troparion of the Postfestive from the Theophany of Our Lord.***

***Troparion of St. Polyeuctus from For a Martyr.***

***Kontakion of the Postfestive from the Theophany of Our Lord.***

***Kontakion of St. Polyeuctus Tone 4*** When the Savior bowed His head in the Jordan, the heads of the serpents were crushed. When Polyeuctus was beheaded, he put the devil to shame.

**Stichera**

In Your humanity You presented Yourself to John in the Jordan, O Lord, although You did not leave Your heavenly throne. You were seated with the Father, yet You were baptized for us. Since You are generous and the Lover of Mankind, You have freed the world from slavery to the enemy.

Glory be...now and ever...Today the angelic hosts dance with joy in memory of the martyr Polyeuctus, and the human race faithfully celebrates and joyfully cries out: Rejoice, all-praiseworthy one! You overcame the snares of the deceitful one and you were crowned by Christ with the crown of victory. Rejoice, warrior of the great King and our Savior; you destroyed the altars of idols. Rejoice, O strength of martyrs! Pray that we may be delivered from every danger, for in faith we observe your ever-precious memory.

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

**January 10: The Postfestive of the Theophany of Our Lord; St. Gregory of Nyssa, Bishop**

**Troparia**

***Troparion of the Postfestive from the Theophany of Our Lord.***

***Troparion of St. Gregory from For a Hierarch.***

***Kontakion of the Postfestive from the Theophany of Our Lord.***

**Kontakion of St. Gregory Tone 3** That heavenly hierarch of the Church, that precious mystic orator of Wisdom, that vigilant mind, Gregory of Nyssa, sings praises along with the angels, and finds delight in the Light divine. He prays without ceasing for us all!

#### **Stichera**

O venerable Father Gregory, you are filled with holiness, O reed filled with the breath of the Comforter, O clearest tongue of piety and many-splendored luminary of the divine Splendor; O preacher of truth and foundation of theology, fountain of sublime doctrine and rich teachings, you are a flute inspired by God. You delighted the thoughts of the faithful with your inspired hymns. O all-wise one, implore Christ and pray to Him to save our race, for He renewed the world in the streams of the Jordan.

Glory be...now and ever...Upon touching Your immaculate head, the hand of the Baptist trembled. The streams of the Jordan turned back, feeling unworthy to serve You. How could the one who stood in awe of Joshua, the son of Nun, be unafraid to stand before the Creator of Joshua? You have completed all that was assigned to You, O Savior, so that You might redeem the world by your Theophany, for You alone love mankind.

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

### **January 11: The Postfestive of the Theophany of Our Lord; St. Theodosius, Monk**

#### **Troparia**

**Troparion of the Postfestive from the Theophany of Our Lord.**

**Troparion of St. Theodosius Tone 8** Your abundant tears made the wilderness bloom, and your sufferings made your labors fruitful a hundredfold; you became a shining torch over the world. O venerable Father Theodosius, pray to Christ our God that He may save our souls.

**Kontakion of the Postfestive from the Theophany of Our Lord.**

**Kontakion of St. Theodosius Tone 8** Taken root in the house of the Lord, you bloomed virtues of solid worth. You begot many children of the desert; you quenched their thirst by the river of your tears. You are God's herdsman for the spiritual sheepfold, and so we sing: Hail, Father Theodosius!

#### **Stichera**

O venerable Father, God-bearing Theodosius, you struggled valiantly in your earthly life. With hymns, fastings and vigils, you were a model for your disciples. Now you rejoice with the angelic powers. Without ceasing, you glorify Christ, Who is God of God, and the Word, the Deliverer Who bowed His head to the Forerunner and Who sanctified the nature of water. Implore Him and pray to Him, O venerable one, that He grant to the Church oneness of thought, peace, and His great mercy.

Glory be...now and ever...You have bowed Your head before the Forerunner, and You have crushed the heads of the demons. You have descended into the waters and have given light to all things that they may glorify You, O Savior, the Enlightenment of our souls.

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

### **January 12: The Postfestive of Theophany; St. Tatiana, Woman-Martyr**

#### **Troparia**

**Troparion of the Postfestive from the Theophany of Our Lord.**

**Troparion of St. Tatiana from For a Woman-Martyr.**

**Kontakion of the Postfestive from the Theophany of Our Lord.**

**Kontakion of St. Tatiana Tone 4** You glimmered in glory stained in your own blood, and like some beautiful bird you soared to heaven. O martyr Tatiana, pray for those who honor you!

#### **Stichera**

When you begin to glow richly with the light of the Spirit, you left riches behind and loved only that which was heavenly. You clothed yourself with the strength of a martyr, and you endured pain beyond

measure. Thus, you took away the power of the torturer, and you wove a crown of victory. O Martyr and most glorious sufferer of the passion.

Glory be...now and ever...Seeing You, the Creator, naked in the waters and asking for baptism, every creature on earth was seized with fear and wonder. All were spell-bound by the trembling of the Forerunner; he did not dare to approach You. Seeing You, the sea fled, and the streams of the Jordan turned back; the mountains leaped, and the angelic powers were astonished and said: O wonder! The Savior is naked and desires to clothe humanity with renewal and salvation.

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

**January 13: The Postfestive of the Theophany of Our Lord; Sts. Hermylas and Stratonikus, Martyrs**

**Troparia**

***Troparion of the Postfestive from the Theophany of Our Lord.***

***Troparion of the Saints from For Several Martyrs.***

***Kontakion of the Postfestive from the Theophany of Our Lord.***

***Kontakion of the Saints Tone 1*** You both met a blessed end in water, and drowned the devil by the grace of God, O martyrs. You have received crowns of triumph for this, and have been admitted to angelic choirs. Remember us in heaven!

**Stichera**

The glorious Hermylas and the God-wise Stratonikus were a wondrous pair who professed the uncreated + Trinity. After many wounds and sufferings, they conquered the error of worshipping many gods. They have been crowned with the crown of victory and they pray for peace and great mercy for the whole world.

Glory be...now and ever...Desiring to fulfill all that was ordained for You from eternity, O Lord, You received ministers from all creation at this mystery of Yours: Gabriel from among the angels; the Virgin from among the human race; the star from among the heavens, and Jordan from among the waters, and in it You have cleansed the sins of the world. O our Savior, glory to You!

*Sessional Hymns from either from the Theophany of Our Lord or from the weekday.*

**January 14: The Leave-Taking of the Theophany of Our Lord; The Fathers of Sinai and Raitha, Monk-Martyrs**

**Troparia**

***Troparion of the Leave-Taking from the Theophany of Our Lord.***

***Troparion of the Saints from For Several Monk-Martyrs.***

***Kontakion of the Leave-Taking from the Theophany of Our Lord.***

***Kontakion of the Saints Tone 2*** You fled the fury of the world and found for yourselves a calm haven. You were crowned with martyrs' blood, and by the yoke of fasting. For this you have been admitted into the company of martyrs and monks!

*Stichera and Sessional Hymns from the Theophany of Our Lord.*

**January 15: Sts. Paul and John, Monks**

**Troparia**

***Troparion from For Several Monks.***

***Kontakion of St. Paul Tone 3*** Now that we have assembled, let us sing the praises of the unwaning light from the divine Sun. O Father Paul, you shine on those who are in the darkness of ignorance. O beauty of Thesebes: you lead us all to heaven. You are the immovable foundation of the fathers, and of those who keep fast.



**Kontakion of St. John Tone 2** Having loved that poverty which no one can take, you turned down your parents' wealth, O John. Taking the Gospel of Christ in your hands, you followed Christ. Now pray for us without end!

*Stichera from For Several Monks.  
Sessional Hymns from the weekday.*

#### **January 16: The Veneration of the Chains of St. Peter**

##### **Troparia**

**Troparion Tone 4** Without leaving Rome you come to us with your chains. We venerate them in our faith, O prime Apostle, and we pray to you: Obtain mercy for us from God by your prayers!

**Kontakion Tone 2** Let us praise the great Peter, the heavenly disciple of truth, the first and greatest of the apostles. Let us kiss his chains with faith, and have our sins forgiven!

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

#### **January 17: St. Anthony the Great, Monk**

##### **Troparia**

**Troparion Tone 4** You imitated Elias the zealous in your actions, and followed the Forerunner on the way of justice. You took up your abode in the desert, Father Anthony, and you strengthened the whole world by your prayers. Therefore, beg Christ our God to save our souls!

**Kontakion Tone 2** You fled from the aimless surges of life, and ended your life in silence. In every way you imitated the Forerunner, Father, and so we honor you along with him, O Anthony, O prince of monks!

*Stichera from For a Monk.  
Sessional Hymns from the weekday.*

#### **January 18: Sts. Anthanasius and Cyril of Alexandria, Archhierarchs**

##### **Troparia**

**Troparion Tone 3** Glimmering with orthodox works, you quenched every heretical dogma. You were conquerors in victory, and enriched everyone by holiness. You adorned the Church with regal glory, and you justly found Christ Who shows us mercy.

**Kontakion Tone 4** O great and exalted princes and priests of holiness, O brave defenders of Christ's Church! Preserve those who cry out to you: Save those who venerate you in faith, O bountiful ones!

*Stichera from For Several Hierarchs.  
Sessional Hymns from the weekday.*

#### **January 19: St. Macarius of Egypt, Monk**

##### **Troparia**

**Troparion Tone 1** You are an angel in the flesh and an inhabitant of the desert. You work wonders, O God-Bearing Father Macarius. By fasts, vigil and prayer you have obtained heavenly gifts. You heal the sick and the souls of those who faithfully seek you. Glory to Him Who gave you power! Glory to Him Who befriended you! Glory to Him Who heals all through you!

**Kontakion Tone 1** You ended your life among those who imitate martyrdom, and you have inherited the land of the meek, O Father. You filled the desert with people like a city, and God gave to you the grace to work wonders. And so we come to venerate you, O Macarius.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**January 20: St. Euthymius the Great, Monk**

**Troparia**

**Troparion Tone 4** Rejoice, you barren desert! Do not be ashamed, but celebrate, for your spouse has increased the number of your children to relieve the yearning of the spirit. They have been begotten in holiness, and raised for the perfection of virtue. Through his prayers give peace to our lives, O Christ God!

**Kontakion Tone 8** Creation takes joy in your birth and memory. It is delighted with the abundance of your miracles. Enrich our souls from your treasures, O Father, and wash our defilements away, so that we can sing: Alleluia!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**January 21: St. Maximus, Confessor**

**Troparia**

**Troparion from For a Confessor(s).**

**Kontakion Tone 8** Let us sing hymns of praise to honor him who defended the + Trinity so zealously! From the most Orthodox Faith the great Maximus taught us to glorify Christ in two natures, each having its own will and its own operation. We sing for this: Hail, preacher of orthodoxy!

*Stichera from For a Confessor(s).*

*Sessional Hymns from the weekday.*

**January 22: St. Timothy, Apostle**

**Troparia**

**Troparion Tone 4** Having heard the good news, and being truly temperate, you have been clothed with the priesthood in integrity. You found deep knowledge in the chosen vessel and you kept the faith over a smooth course. O apostle, Timothy, beg Christ to save our souls.

**Kontakion Tone 1** Let us praise Paul's companion and disciple, Timothy. Let us venerate him along with Anastasius, who shined out of Persia like a star, who disperses the passions of our soul, and the ills of our flesh.

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

**January 23: St. Clement, Hieromartyr**

**Troparia**

**Troparion Tone 4** You have been pointed out as a vine of reverence, a stem of martyrdom, a priestly bloom, a divine fruit and a perpetual blossom! As a companion to martyrs and a colleague of hierarchs, beg Christ our God to save our souls!

**Kontakion Tone 4** You have come as a blossom from the vine that is Christ. O patient, enduring and praiseworthy Clement, join the martyrs in this prayer to Christ: You are the glittering ecstasy of martyrs, O Christ!

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

**January 24: St. Xenia the Roman, Nun**

**Troparia****Troparion from For a Nun.****Kontakion Tone 2** Commemorating your unique character, and venerating you with love, we sing to Christ who has given you the power of healing. Pray without ceasing to Him for us all!*Stichera from For a Nun.**Sessional Hymns from the weekday.***January 25: St. Gregory the Theologian, Hierarch****Troparia****Troparion Tone 1** The shepherd's flute of your theology drowned out the trumpets of the long-winded. And as you plumbed deeper the spirit, your powers of oratory were enhanced. Father Gregory, beg Christ our God to save our souls!**Kontakion Tone 3** Smashing the fabrications of the long-winded by your tongue, you decked the Church in a robe of heavenly orthodoxy. Vested in it, she joins us in her children and calls: Hail, Theologian of singular splendor!*Stichera from For a Hierarch.**Sessional Hymns from the weekday.***January 26: Sts. Xenophon and Mary, Confessors****Troparia****Troparion from For a Confessor(s).****Kontakion Tone 4** You did battle armed with the Master's precepts, after you, your wife and your children gave your wealth humbly to the poor. For this you have inherited the delights of heaven.*Stichera from For a Confessor(s).**Sessional Hymns from the weekday.***January 27: The Translation of the Relics of St. John Chrysostom****Troparia****Troparion Tone 8** Holy Church sings praise! The world rejoices! How joyful is the transfer of your sacred relics, O venerable pastor, John Chrysostom. You lived among pastors in holiness, and you became a martyr in your yearning. We therefore sing to you: O martyr and companion of pastors, beg Christ our God to save our souls!**Kontakion Tone 1** Our beloved Church is gladdened by the transfer of your precious relics. She treasures them like valuable gold and she dispenses the grace of health to those who praise you, John Chrysostom, by the weight of your prayers.*Stichera from For a Hierarch.**Sessional Hymns from the weekday.***January 28: St. Ephraem the Syrian, Monk****Troparia****Troparion Tone 8** You irrigated the desert with your tears, and you bore fruit a hundred-fold from your heart. You were a light to the world, radiating miracles! Beg Christ to save our souls, Father Ephraem!**Kontakion Tone 8** Ever conscious of the hour of judgment, you shed tears of bitter lament, Ephraem. You actively embraced the life of silence, which you loved so dearly. By your actions, you have taught us. You have spurred the slothful to repentance!*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**January 29: The Translation of the Relics of St. Ignatius, Hieromartyr**

**Troparia**

**Troparion Tone 4** Having offered yourself as a sanctified gift to God, you were thrown to the ravenous animals. You received the crown of victory from God for this, so save those who honor you as a pastor for Christ: a teacher counted among the martyrs.

**Kontakion Tone 4** Rising in the east today, and enlightening all the world by your teachings, you were graced with martyrdom, O heavenly Ignatius.

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

**January 30: The Three Holy Hierarchs: Sts. Basil the Great, Gregory the Theologian and John Chrysostom**

**Troparia**

**Troparion Tone 4** O Teachers of the universe, equal to the Apostles, pray to the Lord of All to grant peace to the world and abundant mercy to our souls.

**Kontakion Tone 2** O Lord, You have received Your priestly and divinely inspired preachers, the crown of Your teachers, into the enjoyment of Your goodness and repose. You accepted their labors and death above any other sacrifice, for only You can glorify Your saints.

**Stichera**

Let us glorify the three great preachers of the + Trinity, the instruments of grace and harps of the Spirit, renowned trumpets of divine preaching who thundered awesome wonders which were revealed from on high. John, Basil and Gregory made known the glory of God to the ends of the earth.

Glory be...now and ever...Let us extol today those mystical trumpets of the Spirit, the God-mantled Fathers, who, speaking of divine things, sang a unifying hymn in the midst of the Church: teaching that the + Trinity is One, not differing in substance or Godhead; refuting Arius and contending for orthodoxy, and who always intercede with the Lord to have mercy on our souls.

**Sessional Hymns**

Let all of us extol Basil as the royal adornment of the Church, and the rich treasury of teachings. Through them he taught us to honor the + Holy Trinity, united in essence and distinct in persons.

Glory be...now and ever...Most radiant light-bearers of the Church of Christ, you enlightened the world with your teachings, O God-inspired Fathers. You defeated the heresies of the evil-minded and extinguished the fiery threats of the blasphemers. Therefore, as saintly bishops of Christ, pray for us that we may be saved.

**January 31: Sts. Cyrus and John, Wonderworkers**

**Troparia**

**Troparion Tone 5** The grace of the + Trinity settled in a really pure heart, most blessed Cyrus and John. You have become a marvelous exorcism of impure spirits. You were doctors over hidden and apparent illnesses. Now that you have achieved status before God, heal our spiritual maladies by your constant prayers.

**Kontakion Tone 3** Receiving the gift of miracles from divine grace, you work all sorts of wonders, O holy ones. By your invisible labors you uproot all our passions, for you are heavenly doctors, O God-Wise Cyrus, O glorious John!

*Stichera from For Charitable and Wonder-Workers.*

*Sessional Hymns from the weekday.*

## February

### February 1: The Prefestive of the Encounter of Our Lord; St. Tryphon, Martyr

#### Troparia

**Troparion of the Prefestive Tone 1** The hosts of angels look down from the balconies of heaven to behold upon earth the Firstfruits of all creation carried into the Temple: a suckling Babe in the arms of a Mother all-pure. Together with us, they joyfully sing a hymn in preparation of the feast.

**Troparion of St. Tryphon from For a Martyr.**

**Kontakion of the Prefestive Tone 6** He Who is the invisible Word of the Father has become visible in the flesh. He Who was born in a mysterious manner from a Virgin is laid in the arms of a blessed old man. Let us bow to Him, our true God!

**Kontakion of St. Tryphon from For a Martyr.**

#### Stichera

The precious Temple is preparing to receive the Lord. He is coming as a child, and through grace He manifests Himself to the faithful and God-pleasing assembly. For that reason, we cry out: You are the glory, the praise, and the adornment of my fulfillment, O Word. You have been a child in the flesh for my sake.

Glory be...now and ever...O all-blessed Tryphon, you scorned the things of this earth; you courageously hastened to the trial. O Martyr, you skillfully overcame the proud one by the blood of the battle. You boldly suffered the passion; now unceasingly implore Christ our God to save our souls.

*Sessional Hymns from the weekday.*

### February 2: The Encounter of Our Lord God and Savior Jesus Christ with Simeon in the Temple

#### Troparia

**Troparion Tone 1** Hail, Mother of God, Virgin full of grace. From you has shown forth the Sun of Justice, Christ our God, shining upon those who are in darkness. Rejoice, also, you just Elder, Simeon; for you received in your arms the Redeemer of our souls, Who has given us resurrection.

**Kontakion Tone 1** O Christ our God, through Your birth You sanctified the Virgin's womb, and blessed, as it was proper, the hands of Simeon. Today, You have come to bring us deliverance. Give peace to nations at war, and strengthen our civil authorities; for You alone love mankind.

#### Stichera

O Simeon, tell us Whom you are joyfully carrying into the Temple. To Whom are you saying: Now You may dismiss you servant, O Lord, because my eyes have seen my Savior. He is the child born of the Virgin. He is the Word and God of God. O Lord, Who for our sake was incarnate and saved the world, to You we bow in worship.

Glory be...now and ever...Today the gates of heaven swing open, for the Word of the Father Who has no beginning has received beginning in time without any loss to His divinity. As a child of forty days He is offered by a virgin Mother in the Temple according to the Law. The Elder Simeon receives Him in his arms and cries out: Dismiss me, O Master, for my eyes have seen Your salvation; O Lord, Who came into the world to save us, glory to You!

#### Sessional Hymns

Let the heavenly hosts marvel at this mystery, and let those on earth praise in song as we behold the ineffable condescension of God. He is now embraced in aged arms, the One before Whom the powers of heaven tremble, the One Who alone loves all men.

Glory be...now and ever...*Repeat above.*

### February 3: The Postfestive of the Encounter of Our Lord; Sts. Simeon and Anna, Confessors

**Troparia**

***Troparion of the Postfestive from the Encounter of Our Lord.***

***Troparion of the Saints Tone 4*** The elderly Simeon is filled with happiness today, receiving the eternal God as an infant into his arms. He begs to be released from the bonds of the flesh, for he cries: My eyes have seen Your salvation for the world!

***Kontakion of the Postfestive from the Encounter of Our Lord.***

***Kontakion of the Saints Tone 4*** The elderly man prayed to be released from the bonds of this passing life. He received the Creator and Lord of all into his arms; he then found release and departed to life everlasting.

**Stichera**

The God-inspired Anna and the wealthy Simeon shone with prophecy. They manifested themselves as spotless in the Law. They saw the Giver of the Law revealing Himself as an infant according to our nature. Therefore, let us joyfully celebrate today and glorify Christ, the Lover of Mankind.

Glory be...now and ever...He Who is ancient of days and young in the flesh is being brought to the Temple by His virgin Mother. He fulfills the promise of His own law. Simeon receives Him and says: Now You may dismiss Your servant, according to Your word, in peace, for my eyes have seen Your salvation, O Lord.

*Sessional Hymns from either the Encounter of Our Lord or from the weekday.*

**February 4: The Postfestive of the Encounter of Our Lord; St. Isidore, Monk**

**Troparia**

***Troparion of the Postfestive from the Encounter of Our Lord.***

***Troparion of St. Isidore from For a Monk.***

***Kontakion of the Postfestive from the Encounter of Our Lord.***

***Kontakion of St. Isidore Tone 4*** The Church has found you to be a second morning star, finding light in your words, most glorious saint. She sings to you: Hail, blessed and wise Isidore!

**Stichera**

Through your vision and deeds you raised yourself up to God; thus your life was made complete, O all-wise Isidore. You centered your attention upon loving and longing for eternal things; inwardly you yearned for God. Now you have been made worthy of a blessed death, and you are radiant with light.

Glory be...now and ever...Today Simeon takes in his arms the Lord of Glory, the One Whom Moses formerly saw in the darkness when he received the tablets of the Law on Mount Sinai. This is He Who speaks through the prophets; He is the Creator of the Law. This is He Whom David announced; He is awesome to all, yet He has great and abundant mercy.

*Sessional Hymns from either the Encounter of Our Lord or from the weekday.*

**February 5: The Postfestive of the Encounter; St. Agatha, Woman-Martyr**

**Troparia**

***Troparion of the Postfestive from the Encounter of Our Lord.***

***Troparion of St. Agatha from For a Woman-Martyr.***

***Kontakion of the Postfestive from the Encounter of Our Lord.***

***Kontakion of St. Agatha Tone 4*** Let the Church be robed today in a beautiful purple robe, dyed in the blood of the holy martyr Agatha. Let her sing: Hail, glory of Catania!

**Stichera**

O Agatha, betrothed to God, through the beauties of virginity you preserved your body incorrupt for Christ the Bridegroom. You were illumined by the brilliance of martyrdom and have now settled in the

divine bridal chamber. Therefore, we celebrate your universal feast, and we glorify the Savior Who glorifies you.

Glory be...now and ever...He Who rides on the Cherubim and is praised by the Seraphim is now being brought into the holy Temple according to the Law. He is sitting in the arms of an old man as though upon a throne. From Joseph He receives God-pleasing gifts, a pair of turtle doves, and from the newly-chosen people of the Gentiles, an undefiled Church. The two doves indicate that he is the head both of the Old and New Testaments. As for Simeon, when he saw what had been revealed come to pass, he received the child and blessed the virgin Theotokos, pointing out to her the sufferings that she would bear. He asked the Lord to be released from life, saying: Now You may dismiss me, O Lord, as You have promised; for my eyes have seen You, the eternal Light, the Lord and Savior of all Christian people.

*Sessional Hymns from either the **Encounter of Our Lord** or from the weekday.*

## **February 6: The Postfestive of the Encounter of Our Lord; St. Bukolus, Hierarch**

### **Troparia**

*Troparion of the Postfestive from the **Encounter of Our Lord**.*

*Troparion of St. Bukolus from **For a Hierarch**.*

*Kontakion of the Postfestive from the **Encounter of Our Lord**.*

*Kontakion of St. Bukolus Tone 4* Radiant with the light of the priesthood, you illumined the people, O pastor. You destroyed the darkness of idolatry, and you dispersed the clouds of passions by cures. You went before the unsetting Light, and now we ask you to pray for us who honor you, O Bukolus so blessed!

### **Stichera**

Your glistened with the light of sanctifying virtues, O priestly one. You mystically placed the light on the lampstand of the divine Church. You illuminate it by your sacred teachings, O Father Bukolus.

Glory be...now and ever...Search the Scriptures as Christ our God said in the Gospels; for in them we find Him Who was born and wrapped in swaddling clothes, the One laid in a manger and fed upon milk, Who received circumcision and was carried by Simeon. Not in fancy nor in imagination, but in very truth has He appeared to the world. let us cry out to Him: Glory to You, O pre-eternal God!

*Sessional Hymns from either the **Encounter of Our Lord** or from the weekday.*

## **February 7: The Postfestive of the Encounter of Our Lord; St. Parthenius, Hierarch**

### **Troparia**

*Troparion of the Postfestive from the **Encounter of Our Lord**.*

*Troparion of St. Parthenius from **For a Hierarch**.*

*Kontakion of the Postfestive from the **Encounter of Our Lord**.*

*Kontakion of St. Parthenius Tone 3* O God-Wise Parthenius, you received the grace of miracles, and by casting out evil spirits you free the faithful from sordid passions, O God-Bearing wonderworker. For this we sing of you as a great mystic of God's grace!

### **Stichera**

O great Parthenius, your name is a synonym of virginity, you are the luminary of Lampsacus and the bright morning star of miraculous works. Through your memory you invite all of us to observe the spiritual feast of those who sing hymns to Christ the Savior.

Glory be...now and ever...O Christ our God, this day You have been pleased to rest in the arms of the Elder, as You sit upon the throne of the Cherubim. Deliver us, who sing your praises, from the force of passions, and grant salvation to our souls.

*Sessional Hymns from either the **Encounter of Our Lord** or from the weekday.*

**February 8: The Postfestive of the Encounter of Our Lord; St. Theodore the Great, Martyr**

**Troparia**

***Troparion of the Postfestive from the Encounter of Our Lord.***

***Troparion of St. Theodore Tone 4*** O Theodore the triumphant, you became a brilliant general in the armies of the King of heaven. You fought courageously with the weapons of faith and put the legions of demons to flight. Therefore, we praise you with fervor at all times.

***Kontakion of the Postfestive from the Encounter of Our Lord.***

***Kontakion of St. Theodore Tone 2*** Clothed with soulful courage in your faith, you spoke of God with the persuasion of a spear. You vanquished the foe, O Theodore, greatest of martyrs! Join them all and pray without ceasing to Christ for us.

**Stichera**

You showed yourself to be an invincible warrior and a courageous martyr, O wise one. You routed the foe by your wise words and the patient manifestation of your deeds. Therefore, you received crowns of victory, and now you are numbered with the heavenly ranks, O great-martyr Theodore.

Glory be...now and ever...He Who rides on the Cherubim and is praised by the Seraphim is now being brought into the holy Temple according to the Law. He is sitting in the arms of an old man as though upon a throne. From Joseph He receives God-pleasing gifts, a pair of turtle doves, and from the newly-chosen people of the Gentiles, an undefiled Church. The two doves indicate that he is the head both of the Old and New Testaments. As for Simeon, when he saw what had been revealed come to pass, he received the child and blessed the virgin Theotokos, pointing out to her the sufferings that she would bear. He asked the Lord to be released from life, saying: Now You may dismiss me, O Lord, as You have promised; for my eyes have seen You, the eternal Light, the Lord and Savior of all Christian people.

*Sessional Hymns from either the Encounter of Our Lord or from the weekday.*

**February 9: The Leave-Taking of the Encounter of Our Lord; St. Nicephorus, Martyr**

**Troparia**

***Troparion of the Leave-Taking from the Encounter of Our Lord.***

***Troparion of St. Nicephorus from For a Martyr.***

***Kontakion of the Leave-Taking from the Encounter of Our Lord.***

***Kontakion of St. Nicephorus Tone 1*** You were wrapped in ties of love, Nicephorus, and you undid the evils of hatred. Your head was severed from your body with a sword, and you became a heavenly martyr for the Incarnate Savior. Pray to Him for those who sing of you!

*Stichera and Sessional Hymns from the Encounter of Our Lord.*

**February 10: St. Charalampias, Martyr**

**Troparia**

***Troparion from For a Martyr.***

***Kontakion Tone 8*** You were delighted with the grace of the priesthood, and you decorated the Church with your sufferings. You accepted them with joy for Christ, glorious and dear Charalampias, and now you enlighten the world as a true victor!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

**February 11: St. Blaise of Sebastia, Hieromartyr**

**Troparia**

***Troparion from For a Hieromartyr.***



**Kontakion Tone 2** O plant from the vine of Christ! O vibrant bloom and heavenly blossom! Fill those who pay homage to your memory with happiness, O God-Bearing Blaise. Pray without ceasing for us all!

*Stichera from For a Hieromartyr.  
Sessional Hymns from the weekday.*

**February 12: St. Meletius of Antioch, Hierarch**

**Troparia**

**Troparion from For a Hierarch.**

**Kontakion Tone 6** The Macedonian apostate flees before your courage, and we hasten to you in this service of prayers and love. O Meletius who speaks with angels, O fiery sword which slays the atheists, we sing of you as the light of us all.

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

**February 13: St. Martinian, Monk**

**Troparia**

**Troparion Tone 8** You quenched the fires of temptation by the river of your tears, blessed Martinian. You calmed the tumult of the seas and shut the craving mouths of beasts. You cried out: You are most glorious, O Pantocrator! You have saved me from fire and storms!

**Kontakion Tone 2** Let us honor Martinian as a spiritual athlete, and a martyr by his ardent longing. He lived in the desert and killed the snake!

*Stichera from For a Monk.  
Sessional Hymns from the weekday.*

**February 14: The Falling-Asleep of St. Cyril, Equal to the Apostles and Teacher of the Slavs**

**Troparia**

**Troparion Tone 4** Since you were a baby you made wisdom your sister, and you took her as a bride like a radiant virgin. You adorned your mind and soul with it like gold; you became a second Cyril, O voice of God. You are a prodigy by name, and a blessed philosopher!

**Kontakion Tone 2** Enlightening the world by your divinely inspired teachings, you have extended your sway like lightning over the world. You saw the brilliant Word of God everywhere you go, sparking the world with miracles: north; south; east, and west, O blessed Cyril!

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

**February 15: St. Onesimus, Apostle**

**Troparia**

**Troparion from For an Apostle.**

**Kontakion Tone 4** You came upon the world like a radiant glow, and you shine with the rays of the sun, blessed saint. You follow the illumined world of blessed Paul, and for this we honor you, glorious Onesimus.

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

**February 16: Sts. Pamphilius, Valentine, Paul, Seleucus, Porphyry, Julian and Theodulus, Martyrs**

**Troparia****Troparion from For Several Martyrs.****Kontakion Tone 4** You made an offering of your excruciating pains, and rejoiced in the Lord throughout it all. You discussed the affair boldly, making no pretence, unconcerned with the fate of the body. You have inherited heaven's glory for this, so pray for us who keep your feast.*Stichera from For Several Martyrs.**Sessional Hymns from the weekday.***February 17: St. Theodore of Tyre, Martyr****Troparia****Troparion Tone 2** What marvels of faith! The holy martyr Theodore rejoiced amid the flames, just as if he were splashing in cool water. He was a holocaust in the fire; he was offered like sweetbreads to the + Trinity. Save our souls through his prayers, O Christ our God!**Kontakion Tone 8** Believing in Christ, with all your might, you struck a mighty blow to the enemy. You received an eternal crown of glory, long-suffering and victorious Theodore!*Stichera from For a Martyr.**Sessional Hymns from the weekday.***February 18: St. Leo the Great, Pope of Rome****Troparia****Troparion from For a Confessor.****Kontakion Tone 3** You sat upon the chair of the priesthood, glorious saint, and shut the mouths of those preaching lions by your divinely inspired teachings on the + Trinity. You were brilliant before your flock with your understanding, and for this you have been exalted as a mystic of God's grace.*Stichera from For a Confessor.**Sessional Hymns from the weekday.***February 19: St. Archippus, Apostle****Troparia****Troparion from For an Apostle.****Kontakion Tone 4** The Church has received you as a brilliant star who radiates the beams of miracles upon her. She sings to you: Save those who remember you with faith.*Stichera from For an Apostle.**Sessional Hymns from the weekday.***February 20: St. Leo of Catania, Hierarch****Troparia****Troparion from For a Hierarch.****Kontakion Tone 8** The Church sees you as a brilliant light in the heavens, more radiant by far than the sun. Preserve her unconquered and indestructible from heresy, and keep her ever spotless, O blessed saint, for we cling to your memory at all times.*Stichera from For a Hierarch.**Sessional Hymns from the weekday.***February 21: St. Timothy, Monk**

**Troparia**

**Troparion** Tone 4 Rising in the east like a radiant star, you illumine the hearts of the faithful by your miracles. O vessel of miracles; O most blessed Timothy.

**Kontakion** from *For a Monk*.

*Stichera* from *For a Monk*.

*Sessional Hymns* from the weekday.

**February 22: The Finding of the Relics of the Martyrs of Eugenia**

**Troparia**

**Troparion** from *For Several Martyrs*.

**Kontakion** Tone 8 O mighty pillars of faith! O martyrs fighting for truth! You endured a host of pains for the sake of Christ, and you lay hidden for so long. Now you have been uncovered like a hidden treasure, and you are carried into the church on the hands of the bishop. You are generous with your followers, so pray for our souls!

*Stichera* from *For Several Martyrs*.

*Sessional Hymns* from the weekday.

**February 23: St. Polycarp, Hieromartyr**

**Troparia**

**Troparion** from *For a Hieromartyr*.

**Kontakion** Tone 1 You were made an effective bishop by God through the labor of your lips. The world still rejoices in the light of your words, and we praise the Lord as we celebrate your memory.

*Stichera* from *For a Hieromartyr*.

*Sessional Hymns* from the weekday.

**February 24: The First and Second Findings of the Head of St. John the Forerunner**

**Troparia**

**Troparion** Tone 4 The Forerunner's head has dawned from the earth, and beams with the brilliance of miracles. Angels assemble together in heaven above, and the human race raises its chorus here on earth; everyone blessed Christ our God in harmony!

**Kontakion** Tone 2 Prophet of God and precursor of grace! Having discovered your head from the earth like a fragrant wild rose we are gifted by you with healing. Still you preach your message of penance to the world!

*Stichera* from *For St. John the Forerunner*.

*Sessional Hymns* from the weekday.

**February 25: St. Tharasius of Constantinople, Hierarch**

**Troparia**

**Troparion** from *For a Hierarch*.

**Kontakion** Tone 3 Having blessed the Church with orthodox dogma, and having taught us all to venerate Christ's icon, you frustrated the vicious designs of the iconoclasts. This is why we sing to you: Hail, O wise Father Tharasius!

*Stichera* from *For a Hierarch*.

*Sessional Hymns* from the weekday.

## February 26: St. Sebastian, Martyr

*Troparia and Stichera from For a Martyr.*  
*Sessional Hymns from the weekday.*

## February 27: St. Procopius, Monk

**Troparia**

**Troparion Tone 8** You irrigated the desert with your tears, and you bore fruit a hundred-fold from your heart. You were a light to the world, radiating miracles! Beg Christ to save our souls, Father Procopius!  
**Kontakion Tone 4** Today the Church finds another day-star, which disperses the fog of evil's glory. She venerates you, heavenly mystic; most glorious Procopius!

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

## February 28: St. Basil, Monk

**Troparia**

**Troparion Tone 1** A desert dweller! An angel in the flesh! You have been given to us as a wonderworker. Receiving heavenly gifts through fasting, God-Bearing Father Basil, you heal the sick by prayer and fasting, and those who come afflicted to you. Glory to Him Who gave you this power! Glory to Him Who crowned you! Glory to Him Who heals us through you!  
**Kontakion from For a Monk.**

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

## February 29: St. Cassian, Monk

**Troparia**

**Troparion from For a Monk.**  
**Kontakion Tone 4** Being a pious man, you relied on God. Illumined with good teachings, you let us share the light. We venerate you, and we ask you to implore Christ for us!

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

## March

### March 1: St. Eudoxia, Woman-Martyr

**Troparia**

**Troparion Tone 8** You bound your soul to love of Christ by purity of heart, and you spurned perishable things as a disciple of the Word. You brought your senses under control by fasting, and then you shamed the enemy by enduring martyrdom. Christ gave you a double crown for this glorious Eudoxia, so beg Him to save our souls, O venerable martyr.  
**Kontakion Tone 4** You fought a good fight by your suffering, and you sanctify us after your death by miracles. We come with joy to your heavenly church to celebrate. We beg you to deliver us from spiritual afflictions, and to grace us with your miracles, O venerable Eudoxia.

*Stichera from For a Woman-Martyr.*  
*Sessional Hymns from the weekday.*

### March 2: St. Theodotus, Hieromartyr

#### Troparia

*Troparion from For a Hieromartyr.*

**Kontakion Tone 3** You dried up the sea of false belief, and smashed the guile of the vicious idolatry by the faith of orthodoxy. Having become a heavenly holocaust, you feed the whole world on miracles. O sanctifying Father theodotus, beg Christ our God to have mercy on us!

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

### March 3: Sts. Eutropius, Cleonicus and Basiliscus, Martyrs

#### Troparia

*Troparion from For Several Martyrs.*

**Kontakion Tone 1** This trinity of martyrs confessed the + Holy Trinity before many nations. Undergoing their suffering martyrdom, they have been presented to the angels. Today we are honoring them, celebrating their sacred and salvific memory.

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### March 4: St. Gerasimus, Monk

#### Troparia

**Troparion Tone 8** Living a life angelic in fasting, powerful in prayer; a life unwavering in trials and unceasing in vigil, temperate in all things; you astonished the angels and vanquished the legions of devils, Father Gerasimus. You gladden the hearts of the faithful, O blessed saint. The beasts were obedient to you for all of this. Since you have achieved a place of honor before the Lord, pray for the salvation of our souls.

**Kontakion Tone 4** Inflamed with exalted ideal, you preferred Jordan severity to worldly delights. Until the day you died the wild animals listened to you, and they died of sorrow upon your grave, O Father. Certainly they praised you before God. Pray to Him, O Father Gerasimus, for us. Do not forget us!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### March 5: St. Conon, Martyr

#### Troparia

**Troparion Tone 4** Let us praise Conon as a hard worker and a great martyr with our hymns. He is a blessed sufferer who received authority over devils. So let us cry to him: Beg Christ to save our souls!

**Kontakion Tone 3** Having lived an angelic life on earth in your purity, you were admitted to their company in heaven. You brought your parents to a knowledge of Christ, and shed your blood to profess the one God in the + Trinity. Pray without ceasing for us all, O martyr Conon.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### March 6: The Forty-Two Martyrs of Ammoriis

#### Troparia

*Troparion from For Several Martyrs.*

**Kontakion Tone 2** We bring crowns of glory to these newly appeared stars, who manifest their faith by suffering for Christ. As real pillars and proclaimers of Christ's reign, they pray to Him in behalf of us all.

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

**March 7: Sts. Basil, Ephrem, Capito, Eugene, Everius and their Companions, Hieromartyrs**

**Troparia**

*Troparion from For Several Hieromartyrs.*

**Kontation Tone 2** The day of splendor of those brilliant bishops of Chersonia has come today. We are singing for the feast of those shepherds who died for Christ's sheep. O princes of shepherds and martyred priests, beg Christ to put us with the sheep on His right hand, so that we may sing to you: Hail, priestly fathers who poured out your blood for Christ!

*Stichera from For Several Hieromartyrs.  
Sessional Hymns from the weekday.*

**March 8: St. Theophylact of Nicomedia, Hierarch**

**Troparia**

**Troparion Tone 6** You tried to live a hidden life, praiseworthy Father, but Christ made you a lamp upon the cradle of thought. He handed you the tablets of spiritual knowledge. Enlighten us by them, holy Theophylact!

**Kontakion Tone 2** You became a lamp for the whole world, Father, and by preaching that the Word had the nature common to the Father and the Spirit, you enlightened the Council of heavenly fathers. You became a defender of the + Trinity. As you stand before It, pray without ceasing for us all!

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

**March 9: The Forty Martyrs of Sebastia**

**Troparia**

**Troparion Tone 1** O forty soldiers of Christ, most honorable martyrs! You went through fire and water, O mighty warriors, and have come to live with the angels. Join them in praying to Christ for those who praise you. Glory to Him Who strengthened you! Glory to Him Who crowned you! Glory to Him Who heals us through you!

**Kontakion Tone 6** You left the crowds of this world, and joined the Master in heaven, your forty martyrs. Passing through fire and water, you reaped glory and honor in heaven, O blessed saints.

**Stichera**

Bravely enduring the present happenings and rejoicing in things hoped for, the holy martyrs said to each other: We have not stripped ourselves of a garment, but we have put off the old person. The winter is bitter but Paradise is sweet. Although the chill is painful, it becomes sweet enjoyment. Let us not bow down, O captains. We suffer a little at present that we may receive the crowns of victory from Christ, since He is God and the Savior of our souls.

Glory be...now and ever...*Repeat above.*

**Sessional Hymns**

O forty holy Martyrs of Christ, as great stars you illumine the firmament of the Church and enlighten the faithful.

Glory be...now and ever...O Virgin, accept a prayer from us who take refuge under your protection. Never cease to intercede with your Son that He may save your servants.

**March 10: Sts. Codratus, Cyprian, Anectus and Criscent, Martyrs**

**Troparia*****Troparion from For Several Martyrs.******Kontakion Tone 4*** By enduring violence you slew the proud foe, as you and your companions felt the pains of the sword. We celebrate your memory, holy Codratus, and sing: All you unconquerable martyrs, remember us to the Lord!*Stichera from For Several Martyrs.**Sessional Hymns from the weekday.***March 11: St. Sophronius, Patriarch of Jerusalem, Confessor****Troparia*****Troparion from For a Confessor(s).******Kontakion Tone 8*** You advanced by heavenly fervor, and spread orthodox dogma by your lips. You ruled your church well, and you reformed the monks attached to it. You preached clearly words of instruction for us, and so we sing to you, blessed patriarch: Hail, luminous glory of orthodox people!*Stichera from For a Confessor(s).**Sessional Hymns from the weekday.***March 12: St. Gregory the Great, Pope of Rome, Hierarch****Troparia*****Troparion Tone 4*** You received divine grace from heaven, blessed Gregory, and strength from His divine power. You sought to go the way of the Gospel, and your journey's end brought you Christ's reward. Blessed saint, beg Him to save us!***Kontakion Tone 4*** You became very much like the shepherds of Christ. You led flocks of monks into the heavenly sheepfold. There you taught your flock Christ's law, O Father, and now you sing in the heavenly shelters, and you are made happy in their company.*Stichera from For a Hierarch.**Sessional Hymns from the weekday.***March 13: The Translation of the Relics of St. Nicephor, Hierarch****Troparia*****Troparion Tone 8*** You reaped your reward from your patience, unceasing in prayer, always loving the poor, and constantly comforting the needy. O blessed and merciful Nicephor, pray to Christ to save our souls!***Kontakion Tone 1*** The patriarchal choir honors your memory with chants and hymns of praise, O Nicephor. Transferring your relics, it inherits your spirit. So the Church glorifies Christ the King, the only true Lover of Mankind.*Stichera from For a Hierarch.**Sessional Hymns from the weekday.***March 14: St. Benedict, Monk****Troparia*****Troparion from For a Monk.******Kontakion Tone 6*** You were made wealthy by God's grace, and your deeds proved the worth of it. You became a person truly pleasing to Christ, full of the Spirit's gifts from prayer and fasting. You healed the sick and banished devils, and you are certainly and vigilant guardian of our souls!*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

**March 15: Sts. Agapius, Alexander, Timolaus, Alexander, Dionisi, Romel and Dionisi, Martyrs**

**Troparia**

***Troparion from For Several Martyrs.***

***Kontakion Tone 8*** These seven martyrs endured much for the + Trinity, and by grace they destroyed many scheming devils. By their spirit they have been joined to the holy ones. By their prayers, O Lord, be generous to us.

***Stichera from For Several Martyrs.***

*Sessional Hymns from the weekday.*

**March 16: Sts. Sabinus and Papas, Martyrs**

**Troparia**

***Troparion from For Several Martyrs.***

***Kontakion Tone 2*** O God-Bearing Sabinus, strong vine of heaven, deified flower and fruitful branch, fill those who venerate your memory with joy, and pray without ceasing for us all!

***Stichera from For Several Martyrs.***

*Sessional Hymns from the weekday.*

**March 17: St. Alexis, Confessor**

**Troparia**

***Troparion Tone 4*** Rich in poverty and clean of heart by virtue, you adorned your life by partaking in the Passion. With a clean conscience you took up fasting, and persevered in prayer like an angel. You glowed like the sun on the world, most blessed Alexis!

***Kontakion Tone 2*** You made your parents' home that of a stranger, and you lived in its shelter as a beggar. When you passed this life you were crowned in glory, and your reputation has become magnificent on earth. Hail, Alexis, Man of God and joy of angels!

***Stichera from For a Confessor(s).***

*Sessional Hymns from the weekday.*

**March 18: St. Cyril of Jerusalem, Hierarch**

**Troparia**

***Troparion from For a Hierarch.***

***Kontakion Tone 1*** You enlightened your people by your words, which came from divine inspiration. YOU honored the indivisible nature of the + Trinity, which embraces three Persons. We rejoice that you are an advocate of God, and celebrate your all holy memory!

***Stichera from For a Hierarch.***

*Sessional Hymns from the weekday.*

**March 19: Sts. Chrysantus and Darias, Martyrs**

**Troparia**

***Troparion from For Several Martyrs.***

***Kontakion Tone 2*** In your desire for the perfect Good, you raced after the good you saw. By your golden words, Chrysantus, you led the glorious Darias to Christ. She endured many torments and shamed the enemy. Along with her, remember us who keep your memory.



*Stichera from For Several Martyrs.*  
*Sessional Hymns from the weekday.*

**March 20: The Venerable Fathers of the Monastery of St. Sabbas, Martyrs**

**Troparia**

***Troparion from For Several Martyrs.***

***Kontakion Tone 4*** Having truly spumed worldly and passing pleasures, you preferred the desert life, O blessed saints. Truly, in turning aside from beauty and comfort, you received heavenly crowns. You rejoice in the company of martyrs and ascetics, and we too keep your precious memory as we sing: Deliver us, O Fathers, from all affliction!

*Stichera from For Several Martyrs.*  
*Sessional Hymns from the weekday.*

**March 21: St. James of Catania, Confessor**

**Troparia**

***Troparion from For a Confessor(s).***

***Kontakion Tone 4*** You abandoned the world and followed Christ by mortifying your body, O blessed James. You were given the anointing of the priesthood, and have been admitted to angelic choirs. Pray there for us all who bless you!

*Stichera from For a Confessor(s).*  
*Sessional Hymns from the weekday.*

**March 22: St. Basil, Hieromartyr**

**Troparia**

***Troparion from For a Hieromartyr.***

***Kontakion Tone 8*** You ran the course and you kept the faith, O Basil! For this you were crowned with glory in martyrdom, and hailed as an unmovable pillar of the Church. YOU confessed the Son to be coeternal in the + Trinity to the Father and the Spirit. Now beg the Holy + Trinity to save us all who honor you.

*Stichera from For a Hieromartyr.*  
*Sessional Hymns from the weekday.*

**March 23: St. Nicon and His Two-Hundred Companions, Martyrs**

**Troparia**

***Troparion from For Several Martyrs.***

***Kontakion Tone 4*** By your holy life you assembled a choir from those who had lived humbly and had followed you before the throne of God on high. YOUR radiance spans the heavens like the very sun, and by the rays of your pains you dispers darkness, and wash out lies by the torrent of your blood.

*Stichera from For Several Martyrs.*  
*Sessional Hymns from the weekday.*

**March 24: The Prefestive of the Annunciation; St. Zachary, Confessor**

**Troparia**

***Troparion of the Prefestive Tone 4*** Today is the prelude of the joy for the whole world. Let us then anticipate the feast and celebrate, for - behold - Gabriel is on his way with the glad tidings for the Virgin. He is about to cry out in fear and amazement: Rejoice, o woman full of grace, the Lord is with you!

***Troparion of St. Zachary from For a Confessor(s).***

***Kontakion of the Prefestive Tone 8*** You are the start of salvation for all earth-born men, O Virgin Theotokos. The prince of heaven's legions has been sent to stand before you with a message of joy. We sing the chorus and call to you: Hail, Virgin Mother!

***Kontation of St. Zachary from For a Confessor(s).***

### **Stichera**

The archangel Gabriel affirms the mystery which was hidden and unknown to the angels; he now comes to you, the most pure and beautiful Dove, the Chosen One of the human race. He cries out to you: Rejoice, O most Holy One, prepare yourself to receive, by my word, the Word of God in your womb.

Glory be...now and ever...Today Gabriel announces the good news to the woman full of grace: Rejoice, O Virgin who has not known wedlock; do not fear the strangeness of my appearance, for I am an archangel. Formerly, the serpent was the cause of grief to Eve, but now it is great joy that I announce: You shall remain a virgin, and yet you shall give birth to the Lord.

*Sessional Hymns from the weekday.*

## **March 25: The Annunciation of the Theotokos of Our Lord God and Savior Jesus Christ**

### **Troparia**

***Troparion Tone 4*** Today is the fountain-head of our salvation and the revelation of an eternal mystery: the Son of God becomes a virgin's Son, and Gabriel announces this grace. Therefore, let us exclaim with him to the Mother of God: Hail, O Woman Full of Grace, the Lord is with you.

***Kontakion Tone 8*** O Mother of God, we, your servants, sing a hymn of thanks to you; a hymn of triumph to a valiant leader, for you have delivered us from all peril. We now exclaim to you: Hail, O Bride and Virgin Ever-Pure.

### **Stichera**

Gabriel stood in your presence, O holy Virgin, and revealed the eternal plan to you. He greeted you and announced: Rejoice, O earth that had not been sown! Rejoice, O burning bush that was not consumed! Rejoice, O unsearchable depth! Rejoice, O bridge which leads to heaven; O high ladder which Jacob saw! Rejoice, O vessel of divine manna! Rejoice, O invocation of Adam! The Lord is with you.

Glory be...now and ever...The archangel Gabriel was sent from heaven to bring to the Virgin glad tidings of her conception. When he came to Nazareth, he marveled at the miracle and thought to himself: How is it that He Whom the heavens cannot comprehend is now being born of a virgin? The One Who has heaven for a throne and earth for a footstool is being enclosed within a virgin's womb. He, upon Whom the six-winged Seraphim and the many-eyed Cherubim cannot gaze, wills to become incarnate of her by a single word. The Word of God is at hand. Then why do I stand by and not say to the Virgin: Rejoice, O Full of Grace, the Lord is with you! Rejoice, O pure Virgin and maiden bride! Rejoice, O Mother of the Life! Blessed is the Fruit of your womb!

### **Sessional Hymns**

The great leader of the bodiless armies descended to Nazareth and standing before you, O most pure One, announced the King, the infinite Lord of the ages to you. He said to you: Rejoice, O blessed Mary, incomprehensible and untold marvel, for you are the renewal of the human race.

Glory be...now and ever...*Repeat above.*

## **March 26: The Leave-Taking of the Annunciation; The Synaxis of St. Gabriel the Archangel**

### **Troparia**

***Troparion of the Leave-Taking from the Annunciation.***

***Troparion of St. Gabriel Tone 4*** O leaders of the heavenly armies, although we are always unworthy, we beseech you that with your prayers you may encircle us with the protection of the wings of your

angelic glory. Watch over us as we bow low and earnestly cry out to you: Deliver us from danger, O princes of the heavenly armies.

***Kontakion of the Leave-Taking from the Annunciation.***

***Kontakion of St. Gabriel Tone 8*** O leader of angels, minister of holy glory, and enjoyment of God Himself, you have come from the most radiant, almighty, all mysterious and exalted + Trinity of might. Pray that we be delivered from trials and sorrows, so that we might sing: Hail to you who protect your servants!

#### **Stichera**

In the sixth month, the archangel was sent to the pure Virgin. Telling her to rejoice, he announced the good tidings that the Savior would be born of her. Having accepted his greeting, she conceived the eternal God Who ineffably deigned to become incarnate for the salvation of our souls.

Glory be...now and ever...The archangel Gabriel was sent from heaven to bring to the Virgin glad tidings of her conception. When he came to Nazareth, he marveled at the miracle and thought to himself: How is it that He Whom the heavens cannot comprehend is now being born of a virgin? The One Who has heaven for a throne and earth for a footstool is being enclosed within a virgin's womb. He, upon Whom the six-winged Seraphim and the many-eyed Cherubim cannot gaze, wills to become incarnate of her by a single word. The Word of God is at hand. Then why do I stand by and not say to the Virgin: Rejoice, O Full of Grace, the Lord is with you! Rejoice, O pure Virgin and maiden bride! Rejoice, O Mother of the Life! Blessed is the Fruit of your womb!

*Sessional Hymns from the Annunciation or from the weekday.*

#### **March 27: St. Matrona, Nun-Martyr**

#### **Troparia**

***Troparion from For a Nun-Martyr.***

***Kontakion Tone 5*** You worked with honor for the Master and steadfastly refused to dishonor Him. You endured imprisonment and wounds for Him, and went as far as to give your life for Him. O Mother Matrona, so wise in God, pray for those who honor your memory!

*Stichera from For a Nun-Martyr.*

*Sessional Hymns from the weekday.*

#### **March 28: Sts. Hilary and Stephen, Monks**

#### **Troparia**

***Troparion from For Several Monks.***

***Kontakion Tone 5*** Having glowed like the sun, your memory gives joy to the faithful. It disperses the darkness and casts out passion. Shelter and guard us who honor this precious memory from all of life's trials, O honorable Hilary, O blessed Stephen!

*Stichera from For Several Monks.*

*Sessional Hymns from the weekday.*

#### **March 29: Sts. Mark and Cyril, Hieromartyrs**

#### **Troparia**

***Troparion from For Several Hieromartyrs.***

***Kontakion Tone 4*** Having become a splendor of truth, you have illumined the very ends of the earth. For this we bless you, O martyred priests!

*Stichera from For Several Hieromartyrs.*

*Sessional Hymns from the weekday.*

### March 30: St. John Climacus, Monk

#### Troparia

**Troparion Tone 4** We find your virtues to be a ladder leading us to heaven, venerable Father John. You have become virtue personified, O glorious saint!

**Kontakion Tone 4** The Lord has placed you on the pinnacle of chastity, O Father John our Guide. Like a brilliant star you shed light on the earth!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### March 31: St. Hypatius, Hierarch

#### Troparia

**Troparion from For a Hierarch.**

**Kontakion Tone 1** You shine over the earth, O sanctifying Father Hypatius, and you enlighten those who come to you by miracles. Having poured out your blood, you became like Christ. You sing with the angels as you pray for us. Glory to God Who strengthened you! Glory to Him Who befriended you! Glory to Him Who heals us through you!

*Stichera from For a Hierarch.*

*Sessional Hymns from the weekday.*

## April

### April 1: St. Mary of Egypt, Confessor

#### Troparia

**Troparion Tone 3** While you had been a vessel of immorality, repentance made you a Bride of Christ. By imitating the life of an angel, you destroyed the devil by the power of the cross. This is why you became a bride for the King, O glorious Mary!

**Kontakion Tone 8** You walked through a deep dark mist of sin, but then you enlightened your heart by repentance. You came to repentance under the patronage of the holy and immaculate Theotokos, and you found full absolution from your sins. Now you rejoice with the angels, O glorious saint!

*Stichera from For a Confessor(s).*

*Sessional Hymns from the weekday.*

### April 2: St. Titus the Wonderworker, Monk

#### Troparia

**Troparion from For a Monk.**

**Kontakion Tone 4** You passed your life in silence, and drew near to God, O venerable and wonderworking Father Titus!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### April 3: St. Nicetas of Medikia, Monk

#### Troparia

**Troparion from For a Monk.**

**Kontakion Tone 2** Acquiring a heavenly life and mind, you out-shined the sun. By the light of your works you illumined those in darkness. You lead everyone to God, O Father Nicetas, and so we ask you to pray unceasingly to God for us.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

#### **April 4: Sts. Joseph and George the Hymnographers, Monks**

**Troparia**

**Troparion from For Several Monks.**

**Kontakion of St. Joseph Tone 4** You are a never-ending fountain of lasting penance, an unending river of comfort, and a well of goodness, O Joseph. Give us tears of celestial repentance, by which we might cry in seeking your help, and ultimately find comfort from God by your help, O saint!

**Kontakion of St. George Tone 3** You sought to be a friend of Christ and so you turned from worldly distraction. You lived like an angel on earth, George, and so we are in awe of your holy passing. Beg Christ our God to have mercy on us!

*Stichera from For Several Monks.*

*Sessional Hymns from the weekday.*

#### **April 5: Sts. Theodulus and Agathopodus, Martyrs**

**Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 8** Brother to each other by the spirit, and united together in a bond of faith, you passed through life in prayer and fasting, and attracted many people to knowledge of the holy. By your bravery you imprisoned guile, and suffering under the law you received crowns. O truly great saints, beg God to forgive the sins of those who honor your sacred memory.

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

#### **April 6: The Falling-Asleep of St. Methodius, Equal to the Apostles and Teacher of the Slavs**

**Troparia**

**Troparion Tone 4** Send Your mercy from heaven, O Christ, to those who keep the feast of Your pastor's death. Open the gates of Your kingdom, and break the chains of our many sins, through the intercession of Your holy disciple, who is truly our father in the faith.

**Kontakion Tone 2** Let us sing of the heavenly and faithful Methodius! Let us praise this great pastor of the Slavs with love! Truly he was a good servant of the + Trinity! Truly he banished the wiles of heresy! He prays for us all! Rejoice!

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

#### **April 7: St. George of Meletia, Hierarch**

**Troparia**

**Troparion from For a Hierarch.**

**Kontakion Tone 4** By the force of your meekness you were a source of light. You beat down the revolt of devils quite thoroughly, showing a spiritual bravery, O venerable Father. In your great love you gave alms to the poor, and gave the hungry their fill. Upon your death you inherited an ageless reward, rejoicing until the end of time, O blessed hierarch George. Beg Christ to forgive our sins, for we celebrate your holy memory with love!

*Stichera from For a Hierarch.*  
*Sessional Hymns from the weekday.*

**April 8: Sts. Herodion, Agavus, Ruphus, Asyncritus, Phlegon, Hermas and their Companions, Apostles**

**Troparia**

*Troparion from For Several Apostles.*

**Kontakion Tone 2** You have become disciples and true apostles of Christ, O glorious Herodion, Agavus, Ruphus, Asyncritus, Phlegon and Hermas! Pray to the Lord to forgive the sins of those who honor you.

*Stichera from For Several Apostles.*  
*Sessional Hymns from the weekday.*

**April 9: St. Euppsychius, Martyr**

**Troparia**

*Troparion from For a Martyr.*

**Kontakion Tone 1** Having accomplished heroic feats with a good spirit, you vanquished the enemy, O martyr. You received honor and miracles from God, and so the whole Church of the faithful praises you, venerating you as is right from age to age!

*Stichera from For a Martyr.*  
*Sessional Hymns from the weekday.*

**April 10: Sts. Terence, Africanus, Maximus, Pompilius and their Thirty-Six Companions, Martyrs**

**Troparia**

*Troparion from For Several Martyrs.*

**Kontakion Tone 2** The memory of Terence's martyrdom has come again today, and it fills us all with joy. Let us assemble together to receive cures from him and those who suffered with him, for they received the grace of the Holy Spirit to heal the afflictions of our souls.

*Stichera from For Several Martyrs.*  
*Sessional Hymns from the weekday.*

**April 11: St. Antipas, Hieromartyr**

**Troparia**

**Troparion Tone 4** You wiped out the lies of the idols, O Antipas, and you smashed the hold of the devil. You bravely professed Christ before evil men. Now you have taken your place among angels and offer up prayers to the Master, uttering thanks on our behalf and granting cures. For this we venerate you, O martyred priest Antipas. Beg Christ our God to save our souls.

**Kontakion Tone 4** You sat on the apostles' throne and adorned pastors. Having been raised up in martyrdom, O blessed saint, you shine like the sun in the sky. You chase away the deep night of godlessness, Antipas, with the radiance of your beams. For this we praise you as a heavenly martyred priest, and a source of health for us.

*Stichera from For a Hieromartyr.*  
*Sessional Hymns from the weekday.*

**April 12: St. Basil of Paris, Hierarch**

**Troparia*****Troparion from For a Hierarch.******Kontakion Tone 2*** Having been illumined by the light from on high, you enlighten all who honor your trials with love. O Father and martyred priest Basil, O blessed saint, pray without ceasing for us all to Christ our God.***Stichera from For a Hierarch.******Sessional Hymns from the weekday.*****April 13: St. Artemon, Hieromartyr****Troparia*****Troparion from For a Hieromartyr.******Kontakion Tone 4*** You set out solidly by priestly devotion, and completed your course in martyrdom. You passed into heaven, wise Artemon, and received laurels which will never wilt. Now we have come to celebrate your holy memory, crying, as you stand before Christ, remember us, O martyr!***Stichera from For a Hieromartyr.******Sessional Hymns from the weekday.*****April 14: St. Martin, Pope of Rome, Confessor****Troparia*****Troparion from For a Confessor(s).******Kontakion Tone 4*** You set out solidly by priestly devotion, and completed your course in martyrdom. You passed into heaven, wise Martin, and received laurels which will never wilt. Now we have come to celebrate your holy memory, crying, as you stand before Christ, remember us, O priest!***Stichera from For a Confessor(s).******Sessional Hymns from the weekday.*****April 15: Sts. Aristarchus, Pudus and Trophimus, Apostles****Troparia*****Troparion from For Several Apostles.******Kontakion Tone 4*** This precious feast is so apostolic, for it enlightens us and dispels the fog of sin for those who sing: the Light has been shown to us! Deliverance is at hand!***Stichera from For Several Apostles.******Sessional Hymns from the weekday.*****April 16: Sts. Agapia, Irene and Chionia, Women-Martyrs****Troparia*****Troparion Tone 4*** O lambs, you were led to Christ, the Lamb and Shepherd. You finished your life in martyrdom, and kept the faith. Today we praise Christ as we keep your holy and miracle-working memory, O holy martyrs!***Kontakion Tone 4*** Having pledged yourselves to the Lord so gracefully, you made an offering of your blood at your martyrdom. You have been admitted to heaven's banquet hall, O holy Agapia, Irene and Chionia, and to the splendid brilliance of the Light Himself. As we celebrate your holy memory, we bless the Savior, and we cry to you, pray to the Lord for us!***Stichera from For Several Women-Martyrs.******Sessional Hymns from the weekday.***

**April 17: St. Simeon of Persia, Martyr**

*Troparia and Stichera from For a Martyr.  
Sessional Hymns from the weekday.*

**April 18: St. John, Monk**

**Troparia**

**Troparion from For a Monk.**

**Kontakion Tone 4** Bedecking your life with chastity, O Father, you disciplined your body. You overcame the attacks of the fire, blessed saint, and you presented yourself before God to enjoy the life of unending bliss as you so richly deserve, O John. Pray for our salvation to the Lord.

**Stichera from For a Monk.**

*Sessional Hymns from the weekday.*

**April 19: St. John the Hermit, Monk**

**Troparia**

**Troparion from For a Monk.**

**Kontakion Tone 8** You gave up food, wealth and fame, and you lived as a nomad in the desert. You mortified your body by fasting, and with courage you passed your life in silence. For this we sing to you, venerable example of virtue: Beg Christ our God to forgive the sins of those who lovingly cherish your memory!

**Stichera from For a Monk.**

*Sessional Hymns from the weekday.*

**April 20: St. Theodore the Trichinas, Monk**

**Troparion Tone 8** You irrigated the desert with your tears, and you bore fruit a hundred-fold from your heart. You were a light to the world, radiating miracles! Beg Christ to save our souls, Father Theodore!

**Kontakion Tone 4** You became famous for your life, O wise Father Theodore, for dressed in a habit of a hair shirt you won heaven's treasures which surpass those of any king. Now you have traded your laborer's garb for heaven's robes. Pray without ceasing for us all, O venerable Father!

**Stichera from For a Monk.**

*Sessional Hymns from the weekday.*

**April 21: Sts. Januarius, Proculus, Sosius, Faustus, Desiderius, Eutyches and Aukutionus,  
Hieromartyrs**

**Troparia**

**Troparion Tone 3** Anointed with the grace of the priesthood, you became good shepherds for God's people. You were snatched and eaten like sheep, but you were offered like a sacrifice to God. How like your Master Who was slaughtered like a lamb! Pray for us who hold fast to your cherished memory.

**Kontakion Tone 3** You were anointed with the chrism of the priesthood, and washed in the blood of martyrdom. O Januarius! O Theodore! O, all you saints! You are radiant as you sing praises in heaven's halls. Guard those who come to your temple and sing: Preserve us who supplicate God our benefactor!

**Stichera from For Several Hieromartyrs.**

*Sessional Hymns from the weekday.*

**April 22: St. Theodore the Sykeot, Confessor**



**Troparia**

**Troparion Tone 2** Having followed the path of holiness from your youth, you became a vessel full of graces. You graced the world with miracles, O priestly Theodore, and you cast out myriads of devils. Pray to the Lord for us!

**Kontakion Tone 3** Ascending by virtue as if in a chariot of fire, you took up your abode in heaven, O God-Bearer! You lived among men like an angel in the flesh, and now you sing praises with angels in heaven. You became a heavenly font of miracles, O Theodore.

*Stichera from For a Confessor(s).*

*Sessional Hymns from the weekday.*

### **April 23: St. George the Great Wonderworker, Martyr**

**Troparia**

**Troparion Tone 4** You fought the good fight with faith, O Martyr of Christ, George. You exposed the perversion of the persecutors and offered an acceptable sacrifice to God. Therefore, you also received a crown of victory and through your prayers, O Holy One, obtained the forgiveness of sins for all.

**Kontakion Tone 4** Reared by God, you were a noble sower of piety, harvesting sheaves of virtue. You sowed in tears but reaped in joy, and having honorably fought and given your blood, you were received by Christ. Through your prayers, O Holy One, obtain the forgiveness of sins for all.

**Stichera**

Having gathered together today, we praise you, O George, as a valiant martyr. You kept the faith and completed the course and received from God the crown of victory. Entreat Him to deliver from tribulations and corruption those who faithfully observe your precious memory.

Glory be...now and ever...You were true to your name, O warrior George, for you took the cross of Christ upon your shoulders. You ploughed well the land made barren by the deceits of the devil; you rooted out the weeds of idol worship and planted the vine of orthodoxy. Therefore, your healing overflows to the faithful throughout the whole world, and you have shown yourself to be the righteous gardener of the + Trinity. Pray for peace in the world and salvation for our souls.

**Sessional Hymns**

Behold, the spring of grace has shone forth. The Resurrection of Christ has glistened for all, and at this time George the martyr is radiant with Him. It is a very festive and light-bearing day. Wrapped in splendor in a divine manner, let us carry candles and celebrate with joy.

Glory be...now and ever...Rejecting earthly warfare, O Martyr, you yearned for the glory that is in heaven; and you suffered pains and a wretched death. Therefore, we celebrate your holy memory today and offer praise to Christ, O most blessed George.

### **April 24: St. Sabbas, Martyr**

**Troparia**

**Troparion Tone 5** Casting off the robes of dignity and honor, O martyr, you confessed Christ before the torturer, the evil king. For this you were subjected to great suffering, glorious one, and you obtained a crown of victory from the King of all. You have been placed among heaven's legions, so pray for the salvation of our souls, O Sabbas.

**Kontakion Tone 4** Showing yourself as an invincible Goth, you struck down the barbarians. Enduring a martyrdom of extreme cruelty, you crushed legions of unseen devils. You assumed a crown of victory laurels, O blessed Sabbas, and we ask you to intercede with Christ for us.

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### **April 25: St. Mark the Evangelist, Apostle**

**Troparia**

**Troparion** *Tone 3* You became an apostle of Christ through Peter's teaching, and you traveled like the sun over foreign lands. You fathered the Alexandrians in Christ, blessed saint, and Egypt was set free from her errors by you. You guide us all like a beacon, O Mark, voice of God! You are a pillar of the Church by your gospel teaching. We are made happy from all of this, and keep your memory. Intercede with God Who proclaims the Gospel through you to forgive us our many sins!

**Kontakion** *Tone 2* Receiving the grace of the Spirit from heaven, you silenced the babble of the orators, O apostle. You attracted the pagans by the preaching of the gospel, and led them to your Master, O blessed Mark.

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

**April 26: St. Basil, Hieromartyr****Troparia**

**Troparion** *from For a Hieromartyr.*

**Kontakion** *Tone 4* You disobeyed the king's edict and you gained heaven. As you raise your song there, remember us who remember you, O hieromartyr Basil!

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

**April 27: St. Simeon, Hieromartyr****Troparia**

**Troparion** *Tone 1* We praise you as a model for priests and a relative of the Lord, O Simeon. You kept the faith, and as a martyr you smashed the webs of lies. Celebrating your all holy memory, we see forgiveness of our sins through you.

**Kontakion** *Tone 4* Having Simeon the inspired preacher as a star over her, the Church is guided by his light and sings: Hail, rich crown of martyrs!

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

**April 28: Sts. Jason and Sosipater, Apostles****Troparia**

**Troparion** *from For Several Apostles.*

**Kontakion** *Tone 4* By your message you became lights for the world, O holy Jason and Sosipater! Save those who cherish your memory!

*Stichera from For Several Apostles.*

*Sessional Hymns from the weekday.*

**April 29: The Nine Martyrs of Cyzice****Troparia**

**Troparion** *from For Several Martyrs.*

**Kontakion** *Tone 2* See the strong and glorious choir of nine martyrs, the men who professed the + Trinity of triple glory! As their trial began they exclaimed: We offer You our bodies and souls as a sacrifice, poured out in our blood, O Master. Since You are merciful, Master, number us among the saints.

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

**April 30: St. James the Greater, Apostle**

**Troparia**

**Troparion Tone 3** You were Christ's apostle and beloved John's brother. O praiseworthy James, obtain absolution for those who sing the praises of your memory. Find mercy for our souls!

**Kontakion Tone 2** Listening to the divine voice of invitation, you left your father and hurried after Jesus. With your brother, O glorious James, you followed, and the two of you saw the Lord's transfiguration!

*Stichera from For an Apostle.  
Sessional Hymns from the weekday.*

**May**

**May 1: St. Jeremiah, Prophet**

**Troparia**

**Troparion from For a Prophet**

**Kontakion Tone 3** O great prophet and martyr, you received the gift of prophecy, after you purified your heart by the fire of the Spirit. How loudly you proclaimed the message, O Jeremiah. This is our God and you shall have none other before Him; He has taken flesh, and has appeared on earth!

*Stichera from For a Prophet.  
Sessional Hymns from the weekday.*

**May 2: St. Athanasius the Great, Hierarch**

**Troparia**

**Troparion Tone 3** You were a pillar of orthodoxy supporting the Church. You preached that the Son was of one nature with the Father, O venerable Athanasius. You made Arius blush with shame. Beg Christ our God to have mercy on us!

**Kontakion Tone 2** Blaring trumpet of the Lord! Flute of the spirit! O great Athanasius, O fiery mind! It is fitting to sing your praises with hymns, for you taught us to honor the + Trinity of one essence.

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

**May 3: The Falling-Asleep of St. Theodosius of the Caves, Monk**

**Troparia**

**Troparion Tone 8** Loving the monastic life from your youth, you climbed the summit of virtue. Achieving your goal, you took up life in a cave. Perfecting your life by fasting, you became like an angel. You have enlightened all the Slavic lands like a star. Father Theodosius, beg Christ our God to save our souls!

**Kontakion Tone 3** We venerate the star of all the Slavic lands today, rising in the east and traveling to the west. He has radiated miracles and holiness by his goodness and monastic piety. This is the blessed Theodosius.

*Stichera from For a Monk.  
Sessional Hymns from the weekday.*

#### May 4: St. Pelagia, Woman-Martyr

##### Troparia

*Troparion from For a Woman-Martyr.*

**Kontakion Tone 1** Having inflamed your soul with love for Christ, you entered the boiling pot with courage. You became a sacrifice of pleasing perfume to the Lord. Today we remember you, wise Pelagia, and we sing to you.

*Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

#### May 5: St. Irene, Woman-Martyr

##### Troparia

*Troparion from For a Woman-Martyr.*

**Kontakion Tone 4** Anointed with the sweetness of virginity, you were beautiful in your martyrdom, O virgin Irene. Robed in crimson from your blood, you exposed the lies of the godless. For this the Creator crowned you in triumph.

*Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

#### May 6: St. Job, Confessor

##### Troparia

**Troparion Tone 1** The enemy saw Job's treasure of virtue, and he responded with cruelty. He planned to rob him and, afflicting his body, failed to find access to his soul. He found that holy man's soul to be well armed, but he finds me so vulnerable. O Savior, as I see my death before me so plainly, I cry to You for help.

**Kontakion Tone 8** Proving the authenticity of your holiness, you illumined the world by your suffering, O glorious and truly pious Job. We sing to your memory, for you are wise in God.

*Stichera from For a Confessor(s).*

*Sessional Hymns from the weekday.*

#### May 7: The Apparition of the Holy Cross over Jerusalem

##### Troparia

**Troparion Tone 8** Today the image of the cross is brighter than the sun. You have stretched it from the holy mountain of Olivet to Calvary. You show us Your might in it, O Savior, and by it You strengthen our authorities. By the prayers of the Theotokos, You preserve them and us in peace, O Christ our God.

**Kontakion Tone 4** Opening the heavens, the precious cross shines on earth, radiating brilliant beams in the heavens. Accepting its guidance, we come to the perfect Light, and holding it for an armor of peace in battle, we possess a trophy of victory.

*Stichera from For Feasts of the Holy Cross.*

*Sessional Hymns from the weekday.*

#### May 8: St. John the Evangelist, Apostle

##### Troparia

**Troparion Tone 2** Beloved disciple of Christ, quickly deliver those in despair. Falling down before you, they lie prostrate on the ground. Implore the Lord to scatter the mist of the pagans, and obtain peace and mercy for us, O Theologian.

**Kontakion Tone 2** Who can recount your greatness, O virginal disciple? You scatter miracles and pour cures everywhere. As a friend of Christ you pray for us, O Theologian.

#### **Stichera**

As witness of revelations beyond words and interpreter of the sublime mysteries of God, O son of Zebedee, you have written the gospel of Christ for us. You taught us to glorify the Father +, Son and Holy Spirit.

Glory be...now and ever...Let all the human race give the praise that is due to John, the son of thunder, the virgin apostle and the bearer of God's message, the chief theologian and the first to proclaim the truths which are contained in the teachings of divine Wisdom. For always being filled with that which is divine, he said: In the beginning was the Word, not separated from the Father but equal to the Father according to His nature, thereby showing us the right worship of the Holy + Trinity. He has also shown us that the Word was with the Father, the Creator of all, and that He bears life and has shown us the true light. O awesome marvel! O Wisdom! John was filled with love for God; he was also filled with glory, honor and faith; he was the preacher of our pure faith. Because of this, we shall obtain eternal blessing on the day of judgment.

#### **Sessional Hymns**

Having been the disciple of Christ, you have taught all the people concerning the Master. You have enlightened the world by instructing them in this knowledge O Apostle. Therefore, we call you in truth: preacher; theologian, and beloved friend of Christ.

Glory be...now and ever...*Repeat above.*

### **May 9: The Translation of the Relics of St. Nicholas the Wonderworker from Myra to Bari**

#### **Troparia**

**Troparion Tone 4** A day of festal joy has come! The city of Bari leaps for joy, and the world sing with it. Today, we celebrate the transfer of the relics of the wonderworking and holy Nicholas. Just as the perfect Light has shined in glory, so does Nicholas disperse the darkness of temptation for those who sing out: Save us as a patron, O Nicholas!

**Kontakion Tone 3** Like a star rising in the east, your relics have risen and come to the west. The waters of the sea have been hallowed by your passage, and the city of Bari has received grace from you. You are truly a most wonderful miracle worker, a merciful bishop, and we praise you.

*Stichera from For a Hierarch.*

*Sessional Hymns from the weekday.*

### **May 10: St. Simeon the Zealot, Apostle**

#### **Troparia**

**Troparion from For an Apostle.**

**Kontakion Tone 2** With holy hymns we bless Simeon as a preacher of God, who rooted wisdom deeply in the hearts of the pious. Now he stands before the throne of Glory and rejoices in the company of angels. He prays unceasingly for us all!

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

### **May 11: Sts. Cyril and Methodius, Equals to the Apostles, Teachers of the Slavs**

#### **Troparia**

**Troparion Tone 4** As equals of the apostles and teachers of the Slavs, beg the Master of all to confirm our people in the faith, and in unity of heart, O Cyril and Methodius. Beg Him for peace in the world and mercy on our souls.

**Kontakion Tone 3** We honor those priests who gave us the Light, who opened the fountain of theology for us by translating the Holy Scriptures, and by starting a river from them that runs today still! We glorify you, Cyril and Methodius, who stand in heaven, before the throne of the Lord on high, and who pray so fervently for us all.

#### **Stichera**

With what crowns of praise shall we crown the most holy ones, who, by the light of the Gospel, illumined the Slav nations sitting in the darkness of ignorance and in the shadow of death? They were powerful preachers of the consubstantial + Trinity. Through them we also, like a wild olive tree, have been added on to the fertile root of orthodoxy. Therefore, we have received peace and great mercy from Christ.

Glory be...now and ever...Come, O feast lovers, let us sing hymns of praise to those who are equal to the apostles, the fruitfulness of hierarchs, the luminaries, and fervent defenders of the Slav nations. Let us cry out: Rejoice, O Cyril, golden trumpet of theology, who - like a sun - made clear the mystery of the Holy + Trinity to muzzle the foul mouths of the Khazar. Rejoice, O Methodius, who struggled together with him and supported him by testimonies and prayers. Now, O all-blessed Fathers, do not cease to pray to Christ our God for us, who faithfully and lovingly extol you.

#### **Sessional Hymns**

O Cyril and Methodius, you are now standing in the inaccessible light before the life-creating + Trinity Whom the angelic powers extol unceasingly and Whom you preached with a loud voice among the Gentiles. Please pray for the + Trinity to grant forgiveness of sins and deliverance from eternal damnation to all who lovingly venerate your memory.

Glory be...now and ever...O ever-glorious Virgin, Mother of Christ God, Mary, Bride of God and most pure help of the faithful, deliver from every danger and misery all those who lovingly seek your protection; for you are the only Betrothed of God.

### **May 12: Sts. Epiphanius of Cyprus and Germanus of Constantinople, Hierarchs**

#### **Troparia**

**Troparion from For Several Hierarchs.**

**Kontakion Tone 4** Come faithful people, let us praise the heavenly Epiphanius and Germanus. These two princes of the choir of priests scorched the tongues of the godless. They preached the purest dogma for Orthodox people, and so we take up a hymn in honor of sanctity.

*Stichera from For Several Hierarchs.*

*Sessional Hymns from the weekday.*

### **May 13: St. Glyceria, Woman-Martyr**

#### **Troparia**

**Troparion from For a Woman-Martyr.**

**Kontakion Tone 3** Loving the holy Virgin Theotokos Mary, you kept your virginity. Your love filled you with zeal for the Lord, and you bravely endured pain and death. For this, O martyred virgin, Christ has given you a double crown.

*Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

### **May 14: St. Isidore, Martyr**

#### **Troparia**

**Troparion from For a Martyr.**

**Kontakion Tone 4** By your prayers you became God's steward, O saint. Therefore, we sing to you today, O martyr Isidore!

*Stichera from For a Martyr.*  
*Sessional Hymns from the weekday.*

**May 15: St. Pachomius the Great, Monk**

**Troparia**

**Troparion Tone 4** You irrigated the desert with your tears, and you bore fruit a hundred-fold from your heart. You were a light to the world, radiating miracles! Beg Christ to save our souls, Father Pachomius!

**Kontakion Tone 2** You became a light for the ends of the earth. You populated the desert with monks like a city. You weakened your body by your abstinence. You took up your cross and crucified yourself. Pray without ceasing for us all!

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

**May 16: St. Theodore, Monk**

**Troparia**

**Troparion Tone 1** A desert dweller and an angel in the flesh: you have been given to us as a wonderworker. Receiving heavenly gifts through fasting, God-Bearing Father Theodore, you heal the sick by prayer and fasting, and those who come afflicted to you. Glory to Him Who gave you this power! Glory to Him Who crowned you! Glory to Him Who heals us through you!

**Kontakion from For a Monk.**

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

**May 17: St. Andronicus and His Companions, Apostles**

**Troparia**

**Troparion from For Several Apostles.**

**Kontakion Tone 8** We praise Andronicus the apostle of Christ, the bright star who enlightened the pagans with understanding of God. We also praise Junius who labored along with him in bringing the Gospel to the pagans. We cry: implore God for us without ceasing.

*Stichera from For Several Apostles.*  
*Sessional Hymns from the weekday.*

**May 18: St. Theodotus, Hieromartyr**

**Troparia**

**Troparion from For a Hieromartyr.**

**Kontakion Tone 2** You fought well by your martyrdom, O Theodotus, as did those who were martyred with you. You were crowned along with those martyred virgins. Implore Christ our God without ceasing for us all!

*Stichera from For a Hieromartyr.*  
*Sessional Hymns from the weekday.*

**May 19: St. Patritius, Hieromartyr, and His Companions**

**Troparia**

**Troparion from For a Hieromartyr.**

**Kontakion Tone 4** As a beacon fed by the virtue of the priesthood, you were emblazoned with the blood of martyrdom. Standing before Christ with those who died with you, remember us, O precious martyr Patritius!

*Stichera from For a Hieromartyr.*  
*Sessional Hymns from the weekday.*

#### May 20: St. Thalaleus, Martyr

##### Troparia

**Troparion from For a Martyr.**

**Kontakion Tone 3** Becoming a colleague of martyrs and a good warrior, you were a pleasing soldier to Christ, the King of Glory. You wiped out the glory of idols by endurance and pain, and so we sing for the memory of you, O wise Thalaleus.

*Stichera from For a Martyr.*  
*Sessional Hymns from the weekday.*

#### May 21: Sts. Constantine and Helen, Confessors

##### Troparia

**Troparion Tone 8** Seeing the cross in the sky like Paul, you answered a call from the divine like him. You committed the royal city into the Lord's hands, and it is kept in peace by the prayers of the Theotokos.

**Kontakion Tone 3** Today Constantine and his mother Helen reveal the cross, that most precious tree which puzzles the Jews. It is the armor of Christian authorities against enemies. It has proved itself formidable in war by its many miracles.

*Stichera from For a Confessor(s).*  
*Sessional Hymns from the weekday.*

#### May 22: St. Basiliscus, Martyr

##### Troparia

**Troparion from For a Martyr.**

**Kontakion Tone 8** You stood staunchly with fortitude in your sufferings. You astonish us with your wonderful miracles, which promote the name of Christ among us. You shamed the devil, and so we venerate you, calling: Hail, dearest and most brilliant of martyrs, O Basiliscus!

*Stichera from For a Martyr.*  
*Sessional Hymns from the weekday.*

#### May 23: St. Michael, Hierarch

##### Troparia

**Troparion from For a Hierarch.**

**Kontakion Tone 8** As a dear bishop and a holy martyred priest, you did not fear the threats of the evil one. You fought heretical forces by your declarations: I reverence the icon of Christ and that of His most pure Mother! We honor you for this, O Michael.

*Stichera from For a Hierarch.*  
*Sessional Hymns from the weekday.*



### May 24: St. Simeon the Stylite, Monk

#### Troparia

**Troparion Tone 1** A desert dweller and an angel in the flesh! You have been given to us as a wonderworker. Receiving heavenly gifts through fasting, God-Bearing Father Simeon, you heal the sick by prayer and fasting, and those who come afflicted to you. Glory to Him Who gave you this power! Glory to Him Who crowned you! Glory to Him Who heals us through you!

**Kontakion Tone 2** You turned from the things of earth to search for the things of heaven. You turned your pillar into heaven, and you covered the earth with miracles. O venerable Father, pray without ceasing for us all to Christ our God.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### May 25: The Third Finding of the Head of St. John the Forerunner

#### Troparia

**Troparion Tone 4** Like a heavenly treasure hidden in a field, Christ has revealed your head for us, O Prophet. Having gathered together at its discovery, we sing hymns to the Savior Who delivers us by your prayers.

**Kontakion Tone 6** Heavenly and brilliant is this pillar of the world! This light from the Sun! The Precursor has shown his head on earth. He saves those who reverence it and pray: Most Wise Baptist, save us all!

*Stichera from For St. John the Forerunner.*

*Sessional Hymns from the weekday.*

### May 26: St. Carpus, Apostle

#### Troparia

**Troparion from For an Apostle.**

**Kontakion Tone 4** The Church has cherished you as a shining star and she has rejoiced in your light, O Carpus. She is illumined by the light of your miracles, so save those who cling with faith to your memory.

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

### May 27: St. Therapontus, Hieromartyr

#### Troparia

**Troparion from For a Hieromartyr.**

**Kontakion Tone 1** Having suffered under the law, O Therapontus, you became a true pastor and martyr. You were a champion for God, and so we come to you for favor. Cleanse our souls of uncontrollable passion, and beseech Christ as our Merciful Lover.

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

### May 28: St. Nicetas of Chalcedon, Hierarch

#### Troparia

**Troparion from For a Hierarch.**

**Kontakion Tone 8** You were resplendent from your good works, O Nicetas, and you inherited the apostolic chair, O venerable Father. You shined like the sun over your flock, radiating all of the divine dogmas. That is why we sing to you: Hail, inspiration of Chalcedon!

*Stichera from For a Hierarch.*  
*Sessional Hymns from the weekday.*

### May 29: St. Theodosia, Nun-Martyr

#### Troparia

**Troparion Tone 4** You were a friend of Christ and a house of the Spirit, and you embraced the blessing of martyrdom. You shamed the enemy who battles against the human race. You slew Copronymus by your patient endurance. You entered the halls of heaven by the sword of faith. Seek mercy and peace for those who honor you.

**Kontakion Tone 2** By your labors you obtained a life of rest and peace. By spilling your blood you drowned Copronymus, that infamous enemy of Christ's Church. Amid angel ranks you rejoice in heaven, Theodosia, and shelter those who hold fast to your memory.

*Stichera from For a Nun-Martyr.*  
*Sessional Hymns from the weekday.*

### May 30: St. Isaac, Monk

*The Apostles' Fast begins today.*

#### Troparia

**Troparion from For a Monk.**

**Kontakion Tone 8** As a champion of God, you were inflamed with zeal for the Church of Christ. Taking Valentius' bridle, you warned him of a horrible death, and you prophesied about the closing of the Church. We venerate you for this, O venerable Isaac, and ask you to pray for us in turn.

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

### May 31: St. Hermas, Apostle

#### Troparia

**Troparion from For an Apostle.**

**Kontakion Tone 3** You glimmered over the earth like a star, supporting that light from the divine Light, Paul, who enlightens the whole world. We venerate you for this Hermas.

*Stichera from For an Apostle.*  
*Sessional Hymns from the weekday.*

## June

### June 1: St. Justin and His Companions, Martyrs

#### Troparia

**Troparion from For Several Martyrs.**

**Kontakion Tone 2** Embellished by the wisdom of your heavenly words, all of God's Church tells the world of your holy life. Receiving a crown in return for your blood, you stand before Christ in the company of angels, and pray unceasingly for us all.

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

### June 2: St. Nicephorus, Hierarch

#### **Troparia**

**Troparion Tone 8** The grace of your deep words and lofty teaching has become a ladder to virtue for us. You possessed a trumpet of the spirit, Father, and by it you announce spiritual teaching. You have taken up your abode in paradise, but still chase enemies with the sling of your words. O blessed Nicephorus, beg Christ to forgive the sins of those who honor you.

**Kontakion Tone 4** Since you have received the laurels of triumph from God, save those who appeal to you in faith, glorious Nicephorus, for you are a prince of Christ's priests and a teacher for us.

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

### June 3: St. Lucillian and His Companions, Martyrs

#### **Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 1** You approached the fire but were not burnt, O courageous and wise martyr Lucillian. You possessed the cooling dew of God. You and your companions surpassed nature, and we ask you and them to remember us!

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

### June 4: St. Metrophanes, Hierarch

#### **Troparia**

**Troparion Tone 1** Preaching the great mystery of the + Trintiy, you spread the economy in Christ everywhere. As the shepherd of the spiritual flock, you drove off the spiritual wolves in their attack. You save those who call on you from perdition. Glory to Him Who gave you this might! Glory to Him Who chose you! Glory to Him Who defends the orthodox faith through you!

**Kontakion Tone 2** You preached the faith of Christ clearly. You increased the numbers in His flock. You now rejoice with angels as a reward, and we ask you to pray for us, blessed Metrophanes.

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

### June 5: St. Dorotheus, Hieromartyr

#### **Troparia**

**Troparion Tone 3** Resplendent with heavenly belief, you made a sacrifice of yourself to God. Suffering martyrdom for the immortal King, you have inherited the heavenly palace. O venerable Father Dorotheus, in your joy pray to Christ to have mercy on us.

**Kontakion Tone 5** More radiant than the sun because of your good works, your heavenly reaching and your suffering, you shed light on the world, O blessed Dorotheus. You have burnt off the groggy mist of polytheism and the fog of every trace of heresy. For all of this we are happy to remember you!

*Stichera from For a Hieromartyr.  
Sessional Hymns from the weekday.*

### June 6: Sts. Bessarion and Hilarion, Wonderworkers

#### Troparia

**Troparion from For Charitable and Wonderworkers.**

**Kontakion of St. Bessarion Tone 2** Imitating the powers of heaven, venerable Father, you lived a soaring life like a bird, flying upward with unquenchable desire to Christ the King until you reached Him, O Bessarion. Pray without ceasing for us all!

**Kontakion of St. Hilarion Tone 2** You guarded your flock inviolate by the fences of your spiritual pasture. You were proven by the grandeur of your work. So much labor! So much suffering! O Hilarion, for this you have inherited the kingdom. Pray for us!

**Stichera from For Charitable and Wonderworkers.**

*Sessional Hymns from the weekday.*

### June 7: St. Theodotus, Hieromartyr

#### Troparia

**Troparion from For a Hieromartyr.**

**Kontakion Tone 1** Illumining creation with miracles and suffering, you were truly a star of light, O blessed Theodotus. Celebrating your famous memory today, we praise Christ with a happy heart!

**Stichera from For a Hieromartyr.**

*Sessional Hymns from the weekday.*

### June 8: The Translation of the Relics of St. Theodore the Great, Martyr

#### Troparia

**Troparion Tone 4** Waging a war of words you proved yourself a strong general. Arming yourself with faith, you vanquished legions of evil. You became a victorious martyr, and so we bless you: O blessed and long-suffering Theodore!

**Kontakion Tone 2** Asserting your manliness by faith within your soul, you took the word of God like a spear in your hand and you slew the enemy, O Theodore. With all the martyrs, of whom you are supreme, pray without ceasing to Christ for us all!

**Stichera from For a Martyr.**

*Sessional Hymns from the weekday.*

### June 9: St. Cyril, Hierarch

#### Troparia

**Troparion Tone 3** Your words reveal a treasure of theology for the world, and they squelched the blasphemy of Nestor. You defended the true glory of the Theotokos, O Father Cyril. Now pray to Christ to have mercy on us!

**Kontakion Tone 6** From the fountain of dogma you poured knowledge on us! With this same water from the Savior you drowned heresy. You also protected your flock from terrible storms, and you are a beacon for everyone, O blessed Cyril. You reveal divine things to us!

**Stichera from For a Martyr.**

*Sessional Hymns from the weekday.*

### June 10: St. Timothy, Hieromartyr

#### Troparia

**Troparion Tone 1** How happy the world is in singing your praise! How joyful is this assembly of the faithful for you! We are celebrating your memory and sing: Save us from all misfortune, Timothy by your prayers!

**Kontakion Tone 5** Irrigated by the rivers of your own blood, O martyred priest, you offered the fruit of your heart to Christ from the earth. You received in return an unending abundance from God. Beg Him to save those who venerate you from misfortune.

*Stichera from For a Hieromartyr.  
Sessional Hymns from the weekday.*

### June 11: Sts. Bartholemew and Barnabas, Apostles

#### Troparia

**Troparion Tone 1** Receiving the Spirit as He came in fiery tongues, you preached the coming of the Word in the flesh. While one of you gave his head to his mission, the other endured stoning for the sake of the faith. You have been sent to adorn the choirs of heaven, O Bartholemew, O Barnabas! We honor your memory and seek this favor: Beg Christ our God to forgive our sins!

**Kontakion of St. Bartholemew Tone 4** You became sunshine to the world by your awesome miracle and glowing teaching. You lead to the Light those who venerate you, O apostle of the Lord, Bartholemew.

**Kontakion of St. Barnabas Tone 3** You were a true minister of the Lord, and preeminent among the seventy disciples. You aided Paul in his work, proclaiming Christ the Savior to all. For this we celebrate your memory by singing hymns, O Barnabas!

*Stichera from For Several Apostles.  
Sessional Hymns from the weekday.*

### June 12: St. Onufrius, Monk

#### Troparia

**Troparion Tone 1** You entered the desert driven by spiritual yearning, and you fought in it for many years like an angel. You are the equal of Elias the Forerunner, and you were delighted by the Sacred Mysteries ministered to you by angelic hands. Now you have gone to them in the + Trinity's light. Pray for us who venerate your memory.

**Kontakion Tone 3** Illumined by the light of the most Holy Spirit, you turned your back on the distractions of this life. Taking up your life in the desert, venerable Father, you pleased God our Creator very much. Christ exalts you for this, O blessed saint!

*Stichera from For a Monk.  
Sessional Hymns from the weekday.*

### June 13: St. Aquilina, Woman-Martyr

#### Troparia

*Troparion from For a Woman-Martyr.*

**Kontakion Tone 2** Purifying your soul by the balm of virginity, you soared to heaven in a flight of martyrdom. You languished with love of Christ, O precious saint, and now you can stand before him, Aquilina. Join the angels in ceaseless prayer for us on earth!

*Stichera from For a Woman-Martyr.  
Sessional Hymns from the weekday.*

### June 14: St. Elisseus, Prophet

#### Troparia

**Troparion Tone 4** An angel in the flesh! A foundation of prophets! That other precursor of Christ's advent, the glorious prophet, Elias, sends grace from heaven to Elisseus to heal and clean. He works these marvels of healing for those who honor him.

**Kontakion Tone 2** You were manifested as a prophet of God, receiving two graces so worthy of you, blessed Elisseus. You were a companion to the great Elias.

*Stichera from For a Prophet.*

*Sessional Hymns from the weekday.*

### June 15: St. Amos, Prophet

**Troparia**

**Troparion from For a Prophet.**

**Kontakion Tone 4** Purifying your heart by the spirit, you accepted the gift of prophecy. You stood up and shouted your message: This is our God, and you shall have none before Him!

*Stichera from For a Prophet.*

*Sessional Hymns from the weekday.*

### June 16: St. Tychon, Hierarch

**Troparia**

**Troparion Tone 4** You crucified yourself to the world at first by becoming poor among the living. Then like a true shepherd, you put your life at the disposal of your flock. Enriching your sheep with miracles, you became a bright light for the church of Amathunsa. By shedding light on it, you saved it from the fog of deceit, Father Tychon. By your prayers enlighten us today as we praise you.

**Kontakion Tone 3** You persevered in fasting through your love for God, and heaven sent you the power to expose the lies of idols, to save the people and cast out devils, to heal illness by the power of the Comforter. For all of this we honor you as a friend of God, blessed Tychon.

*Stichera from For a Hierarch.*

*Sessional Hymns from the weekday.*

### June 17: St. Manuel and His Companions, Martyrs

**Troparia**

**Troparion from For Several Martyrs.**

**Kontakion Tone 2** Wounded for your faith in Christ, you drank His chalice to the dregs, O blessed saint. You flaunted the Persian audacity on earth, and laughed at their pagan servitude. O trinity of martyrs, pray for us at all times!

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### June 18: St. Leontius, Martyr

**Troparia**

**Troparion from For a Martyr.**

**Kontakion Tone 3** You shamed the evil treachery of the torturers, and you prevailed against the false worship of the Greeks. You presented mankind with knowledge of God in piety, and for this we honor you with love, wise Leontius.

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### June 19: St. Jude, Apostle

#### Troparia

**Troparion Tone 1** We recognize that you are one of the Lord's relatives, and a strong martyr who trampled on lies for the faith. We have come to praise you in a sacred manner, O Jude, as we celebrate your holy memory and make our plea: forgive our sins by the might of your prayers!

**Kontakion Tone 2** You were a chosen disciple with a firm purpose, an invincible pillar of Christ's Church. You preached the word to the pagans about Christ, telling them to believe in the one God. You have been exalted by Him in turn, and graced with the gift of healing. You cure the ills of those who hasten to you, O praiseworthy apostle Jude.

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

### June 20: St. Methodius, Hieromartyr

#### Troparia

**Troparion Tone 1** Your blood cries out from the earth like Abel's, wise saint, for you preached the Incarnation with fearsome boldness. You shamed the lies of Origen, Father Methodius, and now you have been admitted to heaven's halls. Beg Christ our God to save our souls!

**Kontakion Tone 4** You were a priest and a mystic of the holy + Trinity. You preached divine decrees which surpass comprehension. You are strength for the orthodox, O Methodius. You prevailed against infamous intrigues, becoming a martyred priest in your blood for the faith. As you stand before Christ, pray for our salvation!

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

### June 21: St. Julian, Martyr

#### Troparia

**Troparion from For a Martyr.**

**Kontakion Tone 2** Let us praise Julian today, that invincible warrior in holiness, the herald and soldier of truth. Let us cry out to him: Beseech Christ our God for our welfare!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

### June 22: St. Eusebius, Hieromartyr

#### Troparia

**Troparion from For a Hieromartyr.**

**Kontakion Tone 4** You lived your life in holiness, and completed it with martyrdom. You have extinguished the sacrificial fires of the idols, and now you have sway before the Lord our God. Pray for our salvation, Father Eusebius.

*Stichera from For a Hieromartyr.*

*Sessional Hymns from the weekday.*

### June 23: St. Agrippina, Martyr

#### Troparia

**Troparion Tone 1** You were overcome with love of the heavenly Lord, and turned from the world and the care of the flesh. You endured the afflictions imposed on you, saying: Receive me into your love, O

Christ, King of Ages, for I am being consumed for you! Make those who revere you happy in His mercy, most praiseworthy martyr Agrippina!

**Kontakion from For a Martyr.**

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

## **June 24: The Nativity of the Honorable, Glorious, Prophet, Forerunner and Baptist John**

### **Troparia**

**Troparion Tone 4** O Prophet and Forerunner of the Coming of Christ, in spite of our honor and devotion, we are unable to give you worthy praise. Through your glorious and noble birth your mother's childlessness was ended; your father's tongue was freed, and the Incarnation of the Son of God was proclaimed to the world.

**Kontakion Tone 3** Today, she who was once barren gives birth to the Forerunner of Christ, the Fulfillment of all prophecy. In the Jordan, John laid his hand upon Him Whom the prophets foretold showing himself to be the Prophet, the Herald and Forerunner of the Word of God.

### **Stichera**

When John was born, the silence of Zechariah was broken. For when the Voice appeared, it was not proper that his father remain silent. Just as disbelief bound the tongue of the father, so now the appearance of John frees him. Having revealed himself, he preaches good tidings to all. The Forerunner of Light and the Voice of the Word is born, and he prays for the salvation of our our souls.

Glory be...now and ever...Today, like a shining star, the Lamp prepares the way for the coming of the Word of God. Today Zechariah speaks clearly, ending the silence imposed by the angel, for it was not right that the father of the Voice be kept silent once John was born from a barren womb. He comes to announce with great boldness the good news of salvation for all the world.

### **Sessional Hymns**

The adornment of the desert and the support of the prophets, the fruit of Zechariah, has sprouted forth for us, and he understandingly gladdens the hearts of the faithful. The Forerunner of Christ and the true witness of His coming has appeared. Therefore, let us cry aloud to the Baptizer with spiritual hymns: O prophet and preacher of the truth, intercede for the salvation of our souls.

Glory be...now and ever...Joseph was amazed when he saw that which is beyond nature. In your seedless conception, O Theotokos, he thought of the dew which remained on the fleece, the bush unconsumed by fire, and the rod of Aaron which sprouted. Your betrothed and guardian testified by calling out to the priests: A Virgin bears a child and still remains a virgin after giving birth.

## **June 25: St. Febronia, Nun-Martyr**

### **Troparia**

**Troparion from For a Nun-Martyr.**

**Kontakion Tone 6** It was not hard for me to follow You, my beloved Lord, for the sweetness of Your love filled my soul with yearning, and the beauty of Your mercy drew me to drink Your chalice that You might admit me to the marriage feast in heaven, along with the wise virgins, where I might sing to you, said the nun Febronia. O martyr, we celebrate the feast of your martyrdom, and we make this petition to you: Pray that the door to the feast remains opened for us!

*Stichera from For a Nun-Martyr.*

*Sessional Hymns from the weekday.*

## **June 26: St. David, Monk**

### **Troparia**



**Troparion Tone 4** Drowning out the noises of the world with hymns, you took up your abode in an orchard's tree, Father. Having left the world in your heart, you flew up to heaven and heaven's Lord by good works. There you have taken up your abode with angels. Look down on us who keep your memory, O David!

**Kontakion Tone 1** You were like a perpetually blossoming orchard, continually bearing the fruit of good works. You were like a bird with a beautiful song, O David. You found the tree of life in the Lord within your heart even more surely than on paradise's fields. You tended it carefully and nourished it with grace. Pray for us always, blessed David!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### June 27: St. Sampson, Confessor

**Troparia**

**Troparion Tone 8** By your patience you reaped your reward. Your prayers were without end, venerable Father, as was your love and solicitude for the poor. Pray to Christ for our salvation, blessed and merciful Sampson.

**Kontakion Tone 8** You come quickly bearing heaven's cures like some skillful doctor, O wise Sampson. We have assembled together with songs and chants, bent on glorifying Christ Who works these marvels through you.

*Stichera from For a Confessor(s).*

*Sessional Hymns from the weekday.*

### June 28: The Translation of the Relics of Sts. Cyrus and John, Wonderworkers

**Troparia**

**Troparion Tone 5** Giving us a rampart wall in the miracles of your saints, cast down the plots of the foe by their prayers, Christ. Strengthen the authorities as the Lover of Mankind.

**Kontakion Tone 3** You received the gift of miracles from divine grace, and you bestow them generously on the world, O saints. You heal all the ills of our souls by your spiritual help. You are truly heavenly physicians, O John and Cyrus!

*Stichera from For Charitable and Wonderworkers.*

*Sessional Hymns from the weekday.*

### June 29: The Commemoration of the Holy, Glorious and Illustrious Apostles, Sts. Peter and Paul

**Troparia**

**Troparion Tone 4** O Leaders of the Apostles and Teachers of the world, pray to the Lord of All to grant peace to the world and abundant mercy to our souls.

**Kontakion Tone 2** O Lord, You have received the steadfast Preachers of the good news, the Leaders of Your Apostles, into the enjoyment of Your goodness and repose. You have accepted their labors and death before any other sacrifice, for only You know the secrets of our heart.

**Stichera**

What crowns of praise shall we weave for Peter and Paul? They were separated in the body but united in spirit, and outstanding as the preachers of God. The one indeed led the apostles, while the other labored more than all the rest. Christ our God, showing great mercy, fittingly crowns them with immortal glory.

Glory be...now and ever...Christ asked three times: Peter, do you love Me? Thereby He satisfied the three-fold denial, and Simon, understanding the mystery, cried to the Lord: You know all things; You

know that I love You. After this, Christ said to him: Feed my sheep, feed my lambs; feed those sheep which I have fashioned for salvation with My own blood. Therefore, O blessed Apostle of God, beseech Him to grant us great mercy.

### **Sessional Hymns**

Having put aside fishing in the deep, you received from the Father Himself the revelation of the Incarnation of the Word. Thus you confidently cried out in faith to your Creator: I know that You are the Son of God, consubstantial with Him. Therefore, you were truly revealed as the rock of faith and a trustee of the keys of grace. Intercede, therefore, O apostle Peter, with Christ our God to grant forgiveness of sins to those who lovingly celebrate your holy memory.

Glory be...now and ever...We worthily exalt the all-praiseworthy Peter and Paul, the defender of the rock of the Church and the net of the world. They have the keys to heaven because they have illumined the world in the belief of the + Trinity. Glory to Him Who glorified you! Glory to Him Who strengthened you! Glory to Him Who gave you gifts for eternal life!

### **June 30: The Synaxis of the Twelve Apostles**

#### **Troparia**

**Troparion Tone 8** Your preaching has spread over the whole world, since you have received the Spirit in flaming tongues. You burned down the lies of idolatry, and you have caught the mistaken people with the nets of faith. The heavens declare your glory for this, and the firmament proclaims your works. We join them in a song to your memory, through the prayers of your twelve apostles, save us, O Lord!

**Kontakion Tone 3** Christ our Rock has exalted the foundation stones of faith, the chosen twelve from the disciples and Paul. As we observe their memory with faith, let us praise the One Who glorifies them.

#### **Stichera**

What crowns of praise shall we weave for Peter and Paul? They were separated in the body but united in spirit, and outstanding as the preachers of God? The one indeed led the apostles, while the other labored more than all the rest. Christ our God, showing great mercy, fittingly crowns them with immortal glory.

Glory be...now and ever...The most honorable feast has arrived, the feast of the Church of Christ, the feast of the intercessors of our salvation. Therefore, let us mystically rejoice, saying to them: Rejoice, for you have become the light of those in darkness, shining splendors of the Spiritual Sun. Rejoice, O Peter and Paul, unshakable foundations of divine teachings, friends of Christ and chosen vessels. Be present among us in an invisible manner and grant spiritual gifts to those who praise your feast with hymns.

*Sessional Hymns from the weekday.*

## **July**

### **July 1: Sts. Cosmas and Damian, Wonderworkers**

#### **Troparia**

**Troparion Tone 4** Today the people sing to God on high, because He gave us doctors who practiced without fee. Let us sing to them: holy Cosmas and Damian. Since you have been given the grace to cure so freely, distribute it freely among those who venerate you!

**Kontakion Tone 2** Receiving the grace to heal from the source of miracles, you generously used it for those who approached you. Visit us in our spiritual and physical needs, holy doctors Cosmas and Damian, and seek mercy from Christ our God for us!

*Stichera from For Charitable and Wonderworkers.*

*Sessional Hymns from the weekday.*

## July 2: The Deposition of the Robe of the Theotokos

### Troparia

**Troparion Tone 8** O perfect Virgin Theotokos! O Protection of mankind! By giving this city your robe and belt, you have given it a lasting treasure. Both nature and time were regenerated through you. For this we ask peace for the city and mercy for our souls from you, who gave birth without seed to God.

**Kontakion Tone 4** You have given us your sacred robe, a vestment of incorruption for all the faithful. It once covered your pure body, O pure Lady of God's grace. Now it is a tent-cloth to protect all mankind! We celebrate the placing of these relics in the church, and we lovingly sing with awe to you, pure Lady: Rejoice, Virgin! O praise of Christians!

*Stichera from For the Holy Theotokos and Ever-Virgin Mary.  
Sessional Hymns from the weekday.*

## July 3: St. Hyacinthus, Martyr

### Troparia

**Troparion from For a Martyr.**

**Kontakion Tone 6** Your martyr possessed the tree of life, Christ, which is the faith in his soul, more precious than Eden's garden. By the Spirit, he chopped down the tree of lies and was given a crown of glory for this from You, the supremely merciful Lord.

*Stichera from For a Martyr.  
Sessional Hymns from the weekday.*

## July 4: St. Andrew of Crete, Archbishop

### Troparia

**Troparion Tone 4** You elated Christ's Church with your beautiful hymns, showing the glory of the Holy + Trinity to all in theology. For this we sing of you as a man of insight, Andrew, and glorify your memory, O shepherd of Crete. We praise Christ's friend among the saints!

**Kontakion Tone 2** Having sounded sublime praise with your spirit's trumpet, you were shown to the world as a beacon of the + Trinity. We call to you, venerable Andrew: Pray without ceasing for us all.

*Stichera from For a Hierarch.  
Sessional Hymns from the weekday.*

## July 5: St. Athanasius of Mount Athos, Monk

### Troparia

**Troparion Tone 4** The angels in heaven were marvelling at your life on earth, for you occupied your flesh as a spirit from on high. You unarmed legions of demons, O glorious saint, and Christ rewarded you with bountiful gifts. In view of this, Father, pray for the salvation of us all.

**Kontakion Tone 8** Your flock invokes you as a man of special insight, and a zealous preacher of God, O inspired saint. Do not forget praying for your servants, that they may be delivered from attacks and assaults. We cry to you: Hail, Father Athanasius!

*Stichera from For a Monk.  
Sessional Hymns from the weekday.*

## July 6: St. Sisoies the Great, Monk

### Troparia

**Troparion Tone 2** Having overcome carnal desires by abstinence, you crucified yourself to the world. You leveled all lust by living in the desert, and became like an angel on earth. This is why we acclaim you a guide for monks, Father Sisoës, and beg you, implore Christ our God to save our souls!

**Kontakion Tone 4** You fought like an angel on earth, venerable Father, enlightening the faithful by signs from God. We venerate you for this with faith, O Sisoës.

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

#### July 7: Sts. Thomas and Acacius, Monks

##### **Troparia**

**Troparion Tone 1** Thomas is radiant in his miracles, and Acacius has become famous for his obedience. They shine as light for the world, and guiding stars for monks. We have recourse to you as favorites of God to defend us in battle by your prayers, so that we might ask Christ to forgive our sins on account of our cherishing your memory.

**Kontakion of St. Thomas Tone 4** With courage you pushed on to victory, having been inflamed with divine love. You offended the mortal king, and spurned the beauties of this earth. Ending your days on the mountain of Malem, you stepped up from it into heaven itself. O Thomas, pray without ceasing for us all.

**Kontakion of St. Acacius Tone 2** From childhood you followed after Christ, forsaking the world, most wise and venerable Acacius. Imitating His willing meekness, you overcame the proud torturer. Pray without ceasing for us all.

*Stichera from For Several Monks.*

*Sessional Hymns from the weekday.*

#### July 8: St. Procopius the Great, Martyr

##### **Troparia**

**Troparion Tone 8** Receiving heaven's invitation, O saint, you turned from ancestral infamy and traditional homage, being zealous like Paul for Christ. You endured many tortures and wounds, and you have been repaid with a crown of glory, so pray to Christ to save us, O great martyr Procopius.

**Kontakion Tone 2** Inflamed with a heavenly zeal for Christ, and protected by the might of the Cross, you leveled the rages and the gall of the fire. You raised up the Church, O Procopius, by the strength of your faith. You enlighten us!

*Stichera from For a Martyr.*

*Sessional Hymns from the weekday.*

#### July 9: St. Pancratius, Hieromartyr

##### **Troparia**

**Troparion Tone 8** Like an arrow on fire, you were aimed at Tauromeno to kill the godless and to bring light to the faithful of that place. You strengthened them in the faith by your preaching, and you finished your work by spilling your blood. O martyred priest, Pancratius, pray for your flock and for all who cherish your memory.

**Kontakion Tone 4** You appeared to the people of Tauromeno as a star, and you became a martyr-priest for Christ, Pancratius. As you stand before Him, pray for us who love you.

*Stichera from for a Hieromartyr.*

*Sessional Hymns from the weekday.*

### July 10: St. Anthony of the Caves of Kiev, Monk

#### Troparia

**Troparion Tone 4** You renounced and left the world, following Christ in the spirit of the Gospel. Living a life of an angel, you settled in the peaceful shelter of Mount Athos. You came after that to the mountains of Kiev with the blessing of the fathers. You ended your life of labor there, casting light over all your fatherland. Showing the path of the kingdom to all monks, you lead them on to Christ. Beg Him to save our souls, venerable Anthony.

**Kontakion Tone 8** You loved God from your childhood with all your heart, and lovingly followed him, venerable Father. Scorning this passing world as a trifle, you took up residence in a cave. There you fought the army of invisible goats, and you shined like the sun over the world. Now you stand before the throne amid angelic ranks, so remember us who remember you that we may sing: Hail, Father Anthony!

*Stichera from For a Monk.*

*Sessional Hymns from the weekday.*

### July 11: St. Euphemia, Woman-Martyr

#### Troparia

**Troparion Tone 4** Lighting your lamp, you loved your Spouse. You were radiant from your virtues, praiseworthy one, and because of this you pledged yourself to Him. You received a crown of suffering from Him, but deliver us from troubles who venerate your memory in faith, O Euphemia.

**Kontakion Tone 6** You did wonders in suffering and feats in faith! The assembly of fathers saw you as a sign: divided and undivided. Beg the Theotokos to subdue every heresy, and every wile of the enemy beneath the feet of orthodox authorities, O Saint.

*Stichera from For a Woman-Martyr.*

*Sessional Hymns from the weekday.*

### July 12: Sts. Procius and Hilarion, Martyrs

#### Troparia

**Troparion Tone 2** The angels looked down and were amazed by your sufferings! By your flesh you vanquished the spirit foe, O saints, and speared him by the power of the Cross. Pray for us in our need, O Procius, O Hilarion, that we too may conquer the enemy and save our souls.

**Kontakion Tone 4** Like morning stars does the sufferings of these martyrs shine with the brilliance of miracles. Therefore, we celebrate the memory of Procius and Hilarion, and beg Christ to save our souls.

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### The Sunday between July 13 - 19: The Sunday of the Holy Fathers of the First Six Ecumenical Councils

#### Troparia

**Troparion Tone 8** O Christ our God, You are above all praise, for You established our Fathers as light to all the earth. You led us to the true faith through them. O Most Bountiful Lord, glory be to You.

**Kontakion Tone 8** The preaching of the Apostles and the decisions of the Fathers have established the true faith of the Church which she wears as the garment of truth fashioned from the theology on high. She justly governs and glorifies the great mystery of worship.

#### Stichera

O Word of God and Lover of Mankind, infinite and beyond description in Your taking flesh for our sake, the noble assembly of Fathers proclaimed that You are both perfect man and perfect God, one person in

two perfect natures with two perfect wills. Therefore, we profess that You are one God with the Father + and the Holy Spirit. We sing a hymn of praise to the Father, and we adore You. Glory be...now and ever...Let us honor today those mystical trumpets of the Spirit, namely the God-mantled Fathers, who speaking of divine things, sang in the midst of the Church a hymn in unison, teaching that the + Trinity is one, not differing in substance of Godhead, refuting Arius and defending orthodoxy. They always intercede with the Lord to have mercy on our souls.

*Sessional Hymns from the Sunday Resurrectional tone.*

### **July 13: The Synaxis of St. Gabriel the Archangel**

#### **Troparia**

**Troparion Tone 4** With a candle-light assembly, let us sing the praise of the leader of heaven's hosts, O people. He is the servant light sent from the Light divine to enlighten all who sing with love: O great leader of angels, Gabriel, rejoice with all the powers of heaven!

**Kontakion Tone 2** Having beheld the glory of God in heaven, and having brought grace to earth from on high, save and protect those who sing to you: O prince of angels and wise Gabriel, minister of God's glory and heavenly defender of the world, always take our part and never abandon us!

*Stichera from For the Holy Angels and Archangels.*

*Sessional Hymns from the weekday.*

### **July 14: St. Aquila, Apostle**

#### **Troparia**

**Troparion from For an Apostle.**

**Kontakion Tone 4** The Church possesses you like a brilliant star, and is illumined by your teaching, glorious Aquila. We are enlightened as we venerate you.

*Stichera from For an Apostle.*

*Sessional Hymns from the weekday.*

### **July 15: St. Vladimir, Equal to the Apostles, Confessor**

#### **Troparia**

**Troparion Tone 4** You were like a merchant seeking a fine pearl, as you sat on the throne of the Mother of Cities, the God-redeemed Kiev. Sending envoys to the capitol in your search for the faith, you discovered the priceless pearl: Christ, Who chose you in turn as a second Paul. You submitted to the rites of Baptism, and the scales of spiritual blindness fell from your eyes and now your people have come to celebrate your death. Pray for the authorities in the Rusin lands to be saved.

**Kontakion Tone 8** You were like the great apostle Paul. Late in life you gave up the foolish philosophy of idols, and became a perfect man through the water of Baptism. Now you stand in Christ's court with joy, and we ask you to pray for the Rusin lands, and for the salvation of its authorities.

*Stichera from For a Confessor(s).*

*Sessional Hymns from the weekday.*

### **July 16: St. Athenogenes, Hieromartyr, and His Companions**

#### **Troparia**

**Troparion Tone 8** The holy Athenogenes offered his ten disciples like a sacrifice to the Lord. The shepherd and his sheep entered the heavenly fold. By their work they vanquished the lies of the pagans. O Christ God: save your flock from the wolves by the prayers of your martyrs.

**Kontakion Tone 4** You heeded the word of the Master, and laid down your life for your sheep like a good shepherd. This is why we bless you, Hieromartyr Athenogenes, and we praise your ten disciples

who were guided by fear of God and your teachings. The Master has crowned you as a friend, and set you at His right side in glory. Pray to Him for all of us.

*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

#### July 17: St. Marina the Great, Woman-Martyr

##### **Troparia**

*Troparion from For a Woman-Martyr.*

**Kontakion Tone 3** Anointed with the balm of virginity, O virgin, you were crowned with unwilting laurels, Marina. You were stained scarlet with martyr's blood, and now you are brilliant with miracles of healing! You have received the honors of a martyr's triumph.

*Stichera from For a Woman-Martyr.  
Sessional Hymns from the weekday.*

#### July 18: Sts. Hyacinth and Aemilian, Martyrs

*Troparia and Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

#### July 19: St. Macrina, Nun

##### **Troparia**

**Troparion Tone 2** You saw your bridegroom die, and were struck by the vanity of this world and its perishable life. Taking purpose in your life, you were betrothed to the immortal Fiance. You drew His love with fasting and humility. Now your spirit rejoices with the angels, venerable Macrina.

**Kontakion Tone 4** You loved the good God with all your heart, Macrina. You shouldered your cross and followed Him sincerely. You found the total remission of your sins in Him.

*Stichera from For a Nun.  
Sessional Hymns from the weekday.*

#### July 20: St. Elias, Prophet

##### **Troparia**

**Troparion Tone 4** The glorious Elias, incarnate messenger of God, pillar of Prophets, and second Forerunner of the Coming of Christ, sent grace from on high to Eliseus that he might cleanse lepers and heal sickness for all those who honor him.

**Kontakion Tone 2** O Prophet, who foresaw the mighty deeds of our God, O great Elias, who through your prayers stopped rain, intercede for us with the only One Who loves mankind.

##### **Stichera**

O All-Compassionate Word, You carried Elias the Tishbite away from the earth in a chariot of fire. Through his intercession save us who faithfully glorify You and who joyously commemorate his feast. Glory be...now and ever...Come, let us assemble, all you people of God, in this holy place where we are to honor the two God-inspired prophets. Let us sing a special hymn of praise to the glory of Christ God Who chose them. Let us cry out in joy, saying: Rejoice, O earthly angel and heavenly man, Elias the Great. Rejoice, O precious Elisha whom God has filled with the graces of heaven. Rejoice, O fervent intercessors and mediators, healers of the souls and bodies of the faithful who love Christ. Deliver from the attacks of the enemy and from every danger all those who celebrate your memory with honor.

**Sessional Hymns**

O heavenly Prophet, today you are taken up into heaven upon a fiery chariot, ascending as upon the wings of the wind. From above you sent back to Elisha the two-fold grace and the mantle.

Glory be...now and ever...We all entreat you, O Theotokos, who was revealed as truly a virgin even after your birthgiving. We sinners lovingly hasten to your kindness because you are our intercessor. You are our salvation in temptations, O all-Immaculate One.

**July 21: Sts. Simeon and John, Monks****Troparia**

**Troparion from For Several Monks.**

**Kontakion Tone 2** Let us praise with love and faith the angelic Simeon, acting like an angel in the flesh, he glows with virtue. let us remember John along with him, since they pray together unceasingly for us to the Lord.

**Stichera from For Several Monks.**

*Sessional Hymns from the weekday.*

**July 22: St. Mary Magdalene, Equal to the Apostles, Confessor****Troparia**

**Troparion Tone 1** You followed Christ who was born of a virgin for us, keeping His laws and observing His decrees, Mary. In return we observe your holy memory, that our sins might be forgiven through your prayers.

**Kontakion Tone 3** You stood before the cross with the others, glorious Mary, and you cried as you suffered there with the Theotokos. You opened your mouth in praise, saying: How strange this is! He Who upholds all creation has deigned to suffer! Glory to Your power!

**Stichera from For a Confessor(s).**

*Sessional Hymns from the weekday.*

**July 23: St. Trophimius and His Companions, Martyrs****Troparia**

**Troparion Tone 4** You entered the tribunal of the unbelievers like true soldiers on a grave mission, O martyrs. You suffered many torments for the sake of the faith, professing Christ with fortitude. O Trophimius, O Theophilus, beg Him with your companions for what we need.

**Kontakion Tone 1** You embraced your suffering with heroic stance, and you were decked with glory, blessed saint. You turned a wolf into a lamb by divine grace, and inspired him to join you in martyrdom. For this we praise you, glorious Trophimius.

**Stichera from For Several Martyrs.**

*Sessional Hymns from the weekday.*

**July 24: Sts. Boris and Gleb, Martyrs****Troparia**

**Troparion Tone 2** Just martyrs for the Gospel and sharers in the Passion, you did not oppose the violence of the enemy. As your brother tried to kill your bodies, he still could not touch your souls. Let the evil lover of power groan with depression! You are filled with joy among the angels, however, standing before the holy + Trinity. O chaste Boris! O gentle Gleb! Please pray for your homeland and its sanctification, and for the salvation of the Rusin children.

**Kontakion Tone 3** Noble martyrs, today the memory of your suffering gleams! It compels us to praise Christ our God, Boris and Gleb. Rushing to gather around your holy relics, we seek gifts of health by your prayers. You are heavenly healers, O holy ones!



*Stichera from For Several Martyrs.  
Sessional Hymns from the weekday.*

#### July 25: The Dormition of St. Anne

##### **Troparia**

**Troparion Tone 4** You carried the pure Theotokos in your womb, Anne, and she gave birth to Life itself. You passed into heavenly glory, rejoicing with those who are rapt in joy. Pray for the remission of the sins of those who keep your memory with faith.

**Kontakion Tone 2** Today we celebrate the memory of Christ's grandparents, begging them to help us, and to deliver us from every tribulation. We cry out to them: Our God is with us, glorifying them as it pleases Him!

*Stichera from For a Confessor(s).  
Sessional Hymns from the weekday.*

#### July 26: St. Hermolaus and His Companion, Hieromartyrs

##### **Troparia**

**Troparion from For Several Hieromartyrs.**

**Kontakion Tone 4** Living like a good pastor, you received a martyr's crown. You scattered the idols' sacrifices, and proved yourself a good shepherd to your flock. You were an honest teacher for Panteleimon, wise saint. We venerate you on this account, Father Hermolaus, and cry: Deliver us from misfortunes by your prayers!

*Stichera from For Several Hieromartyrs.  
Sessional Hymns from the weekday.*

#### July 27: St. Panteleimon the Great, Martyr

##### **Troparia**

**Troparion Tone 8** You received an invitation through the lips of Hermolaus which came from heaven itself. You embraced the faith of your mother, and you rejoiced when you were killed for it. In return you received the grace to heal ills, so heal our infirmities that we may honor you, O great martyr Panteleimon!

**Kontakion Tone 5** You imitated the merciful Lord, and by the grace to heal which He gave you, heal our souls through your effective prayers, O martyr of Christ our God, Panteleimon. Chase away the seducer from those who honor you, and who sing in their faith: Save us, O Lord!

*Stichera from For a Martyr.  
Sessional Hymns from the weekday.*

#### July 28: St. Prochorus and His Companions, Apostles

##### **Troparia**

**Troparion from For Several Apostles.**

**Kontakion Tone 2** You were deacons and eye-witnesses of the Word, chosen vessels of the faith and glorious saints: O Nicanor and Prochorus, Timon and Parmenas. Today we take up the celebration of your memory, and glorify you with a light and happy heart.

*Stichera from For Several Apostles.  
Sessional Hymns from the weekday.*

**July 29: St. Callinicus, Martyr****Troparia*****Troparion from For a Martyr.******Kontakion Tone 2*** You were burnt to ashes because you loved Christ. In heaven you have inherited eternal goods. How courageously you endured your pains, Callinicus! Now that you are in heaven, do not forget us here below.***Stichera from For a Martyr.******Sessional Hymns from the weekday.*****July 30: St. Silas and His Companions, Apostles****Troparia*****Troparion Tone 3*** Let us praise the quintet of apostles: Silas; Silvanus, Criscentus, Hepenetus, and Adronicus. They overcame the deceits of idolatry, and caught the pagans for the faith. They pray unceasingly for those who keep their memory.***Kontakion Tone 4*** You were vines in Christ's vineyard, producing clusters of virtue like grapes. You press the wine of salvation for us. We drink it and it makes us very happy, and so we have assembled to honor your memory. Seek the remission of our sins, O apostles!***Stichera from For Several Apostles.******Sessional Hymns from the weekday.*****July 31: St. Eudocimus, Confessor****Troparia*****Troparion Tone 4*** Calling you from earth to heaven, holy Eudocimus, the Lord preserved your body intact after your death. You lived a life of chastity and purity, and your flesh was undefiled. Implore Christ with fervor to save us!***Kontakion Tone 2*** You yearned for the things of heaven, and you achieved union with them. You perfected your soul like a fiery chariot by means of the ladder of good works. O most blessed Eudocimus, since you lived your life on earth like an angel, now you have received the Creator's seal!***Stichera from For a Confessor(s).******Sessional Hymns from the weekday.*****August****August 1: The Procession of the Venerable Cross*****The Dormition Fast begins today.*****Troparia*****Troparia from the Exaltation of the Holy Cross, September 14.*****Stichera**

Today all the faithful rejoice, for the glorious Cross appears throughout the world. It brightens the universe with an indescribable radiance, illuminates the skies, and encompasses the whole earth. The Church of Christ sings spiritual songs and ministers in faith and venerates the divine and most wondrous Cross which preserves her from on high. Strengthened now by this heavenly power, let us approach the Master, crying: Give peace to the world and enlighten our souls.

Glory be...now and ever...Your cross, O Christ our God, which we sinners venerate today with unworthy lips, was prefigured by Moses when he cast down Amalek whom he defeated, and when David the

Psalmist and Your footstool cried out. You have been pleased to be nailed upon it. We beg You, Lord, together with the thief, make us worthy of Your kingdom.

### **Sessional Hymns**

All people come together today as they mystically feast and dance, for the wood of the Cross is laid before us. It is the healer which expects nothing from those who seek Christ with reverence and love, but who give glory to Him Who loves all and Who was crucified upon it.

Glory be...now and ever...*Repeat above.*

### **August 2: The Translation of the Relics of St. Stephen the Protomartyr**

*Troparia from For a Martyr.*

*Sessional Hymns from the weekday.*

### **August 3: Sts. Issacius and His Companions, Monks**

#### **Troparia**

*Troparion from For Several Monks.*

**Kontakion Tone 2** You crushed heresy with your faith, and glowed brilliantly by your fasting. let us praise Issacius, Dalmatius and Faustus as men who pleased God, for they intercede with Him on our behalf.

*Stichera from For Several Monks.*

*Sessional Hymns from the weekday.*

### **August 4: The Seven Youths of Ephesus, Martyrs**

#### **Troparia**

**Troparion Tone 4** What a marvel of faith! The seven holy youths lived in a cave as in a palace, and they passed on without corruption. After time had marched on they came out as if from sleep, and are fitting signs of the resurrection of all men. Have mercy on us through their prayers, O Christ!

**Kontakion Tone 4** Despising the corruptible things of this world, they received gifts which know no corruption. They died but did not decay. Coming out after many years they bury unbelief. Come, faithful people, to praise them today, and let us raise a hymn to Christ.

*Stichera from For Several Martyrs.*

*Sessional Hymns from the weekday.*

### **August 5: The Prefestive of the Transfiguration; St. Eusignius, Martyr**

#### **Troparia**

**Troparion of the Prefestive Tone 4** Let us look ahead to the Transfiguration of Christ. Let us celebrate this preparation day of the feast, and let us sing the anthem, O faithful people: The day of heavenly happiness has come! The Master ascends Mount Tabor, to radiate the beauty of His divinity!

**Troparion of St. Eusignius from For a Martyr.**

**Kontakion of the Prefestive Tone 4** Let us praise Eusignius the martyr who conquered evil by the power of Christ. He clearly proclaimed his faith, and was subjected to vicious torments. But he vanquished the harshness of the torturer, and received a victor's crown from God Himself.

#### **Stichera**

Let us ascend the holy mountain with Jesus; we shall hear the voice of God the Father Who without beginning gives witness to the consubstantial Son through the + Divine Spirit. Being enlightened, we shall see the divine brightness.

Glory be...now and ever...Come, let us ascend the mountain of the Lord and go into the house of our God. Let us contemplate the glory of His Transfiguration, the glory of the only-begotten Son of God the

Father. From His light, let us receive light, and raised up by the Holy Spirit, let us sing the praises of the consubstantial + Trinity forever.

*Sessional Hymns from the weekday.*

## **August 6: The Transfiguration of Our Lord God and Savior Jesus Christ**

### **Troparia**

**Troparion Tone 7** You were transfigured on the mountain, O Christ our God, revealing as much of Your glory to Your Disciples as they could behold. Through the prayers of the Mother of God, let Your everlasting light also shine upon us sinners. O Giver of Light, glory be to You.

**Kontakion Tone 7** You were transfigured on the mountain, O Christ our God, and Your Disciples beheld as much as they could of Your glory, so that when they would see You crucified, they would understand that You suffered willingly; and they would preach to the world that You are truly the reflection of the Father.

### **Stichera**

O Lord, when You were transfigured before being crucified, Mount Tabor was made to resemble heaven; for a cloud was extended as a canopy, and the Father bore witness to You. Peter, James and John were present there, the same three apostles who were to be with You at the time of the betrayal of Judas, so that, having seen You in glory, they would not be dismayed at the time of Your suffering. Likewise, O Lord, make us worthy to recognize You as our God in the same sufferings You endured in Your great mercy, and to adore You.

Glory be...now and ever...O Christ our God, when You willed to prefigure Your resurrection, You chose three disciples, Peter, James and John, and You went up with them to Mount Tabor. At the moment of Your Transfiguration, O Savior, the mountain was flooded with light, and Your disciples fell with their faces to the ground; for they could not bear the sight of Your countenance upon which no one may gaze, O Word. Angels attended with trembling and awe; the heavens were afraid; and the earth shook to its very foundations when they saw the Lord of glory come upon the earth.

### **Sessional Hymns**

Showing the change that mortals will undergo, O Lord, when they enter Your glory at Your second and awesome coming. You were transfigured on Mount Tabor. Elias and Moses conversed with You, and seeing Your glory, the three disciples whom You had chosen were struck with Your splendor, O Lord. As You covered them with Your brightness, also send Your light upon our souls.

Glory be...now and ever...*Repeat above.*

## **August 7: The Postfestive of the Transfiguration of Our Lord; St. Domitius, Martyr**

### **Troparia**

**Troparion of the Postfestive from the Transfiguration.**

**Troparion of St. Domitius Tone 4** Having struggled to the mountain top by fasting, you destroyed the enemy's ramparts by the Cross. You girded yourself with martyrdom like a man, and you became a friend of God by all your work, O blessed and ever-memorable martyr Domitius!

**Kontakion of the Postfestive from the Transfiguration.**

**Kontakion of St. Domitius Tone 6** You once turned from perishable goods and the rationalizations which destroy. You became an inspiration for monks, Father Domitius, and you did not shake before the anger of the king who tried to turn you away from honoring Christ. You were killed for your valiant stand, and we sing an anthem to your honor, remembering your death song: God is with me and no one can prevail against me!

### **Stichera**

Putting aside superstition, Persian corruption and evil worship, you wisely ran to God, O Domitius, Who in the wisdom of His providence rules the heavens. As an apostle, you healed the illnesses of the

animals as well as the infirmities of those who came to you in His name. O Mediator of Christ, pray with confidence that He may save our souls.

Glory be...now and ever...O Christ our God, when You willed to prefigure Your resurrection, You chose three disciples, Peter, James and John, and You went up with them to Mount Tabor. At the moment of Your Transfiguration, O Savior, the mountain was flooded with light, and Your disciples fell with their faces to the ground; for they could not bear the sight of Your countenance upon which no one may gaze, O Word. Angels attended with trembling and awe; the heavens were afraid; and the earth shook to its very foundations when they saw the Lord of glory come upon the earth.

*Sessional Hymns from either the Transfiguration of Our Lord or from the weekday.*

### **August 8: The Postfestive of the Transfiguration of Our Lord; St. Aemilian, Hierarch**

#### **Troparia**

*Troparion of the Postfestive from the Transfiguration.*

*Troparion of St. Aemilian from For a Hierarch.*

*Kontakion of the Postfestive from the Transfiguration.*

*Kontakion of St. Aemilian Tone 3* The Church recognizes that you are an advocate of the most holy + Trinity, O Father Aemilian, and she glorifies you with hymns of praise. You even laid down your life as proof of your devotion. For all of this we honor your memory; deliver your servants from pagan invasions!

#### **Stichera**

You publicly venerated the icon of Christ, O Aemilian, when the violent cruelty of Leo terrified the people. You rejected the godless heresy of Copronymous. O all-wise one, with courage you publicly rebuked him in the whole assembly of bishops. Thereby, you showed yourself as a brave soldier of Christ, O all-blessed one. Entreat Him to enlighten and save our souls.

Glory be...now and ever...He Who mysteriously spoke to Moses on Mount Sinai and said: I Am Who Am, today manifests Himself to His disciples on Mount Tabor and reveals through His Person that human nature is reestablished in its original splendor. As witnesses to this grace and partakers of this joy, He raised up Moses and Elias, the forerunners of the glorious and saving resurrection made possible by the cross of Christ.

*Sessional Hymns from either the Transfiguration of Our Lord or from the weekday.*

### **August 9: The Postfestive of the Transfiguration of Our Lord; St. Matthias, Apostle**

#### **Troparia**

*Troparion of the Postfestive from the Transfiguration.*

*Troparion of St. Matthias from For an Apostle.*

*Kontakion of the Postfestive from the Transfiguration.*

*Kontakion of St. Matthias Tone 4* Your good tidings were more brilliant than the sun, and they have spread all over the world; they illumine the church of the gentiles with grace. Hail, miracle-working apostle Matthias!

#### **Stichera**

Come, let us faithfully celebrate the brilliant, divine Transfiguration. Having been renewed in spirit, we shall climb to the summit of virtue, and having learned with the apostles the revelation of the strange mysteries, we shall glorify the Lord and Savior.

Glory be...now and ever...Grace was poured out through your lips, O glorious apostle Matthias. You were a luminary in the Church of Christ. You taught the disciples to believe in the consubstantial + Trinity, in the One divinity.

*Sessional Hymns from either the Transfiguration of Our Lord or from the weekday.*

**August 10: The Postfestive of the Transfiguration of Our Lord; St. Lawrence, Hieromartyr**

**Troparia**

*Troparion of the Postfestive from the Transfiguration.*

*Troparion of St. Lawrence from For a Hieromartyr.*

*Kontakion of the Postfestive from the Transfiguration.*

**Kontakion of St. Lawrence Tone 2** Inflaming your heart with heavenly fire, you turned the fires of passion into cold ashes, O God-bearing martyr Lawrence, strength of martyrs. Amid all your sufferings you cried out: Nothing shall separate me from the love of Christ!

**Stichera**

O precious one, you served the Word spotlessly by the material fire of an aromatic offering to the Lord. It was worthy of heavenly joy. O Lawrence, pray for us who venerate you.

Glory be...now and ever...O Lord, when You were transfigured before being crucified, Mount Tabor was made to resemble heaven; for a cloud was extended as a canopy, and the Father bore witness to You. Peter, James and John were present there, the same three apostles we were to be with You at the time of the betrayal of Judas, so that, having seen You in glory, they would not be dismayed at the time of Your suffering. Likewise, O Lord, make us worthy to recognize You as our God in the same sufferings You endured in Your great mercy, and to adore You.

*Sessional Hymns from either the Transfiguration of Our Lord or from the weekday.*

**August 11: The Postfestive of the Transfiguration of Our Lord; St. Euplus, Martyr**

**Troparia**

*Troparion of the Postfestive from the Transfiguration.*

*Troparion of St. Euplus from For a Martyr.*

*Kontakion of the Postfestive from the Transfiguration.*

**Kontakion of St. Euplus Tone 1** Carrying the law of Christ in your hands, you bravely confronted the enemy in a heroic act. I am ready and willing to be martyred, you cried, and bending your neck, they beheaded you. You have completed your course.

**Stichera**

You passed through the depth of suffering; you were engulfed with the breath of the Spirit, O most rich one; you reached the calm haven of God's kingdom. There you received a bountiful reward for your pains. Now you stand with the angels before the Master of creation, O blessed crown-bearer Euplus.

Glory be...now and ever...O Lord, when You were transfigured on a high mountain in the presence of your foremost disciples, You radiated with glory, showing how those who lead an outstanding life of virtue will be made worthy of the glory of heaven. Elias and Moses, conversing with the Lord, showed Him to be the Lord of the living and the dead, God Who spoke through the Law and the Prophets, the same to Whom the Father's voice bore witness out of the bright cloud saying: Hear Him for it is He, Who through His cross despoiled Hades and granted eternal life to the dead.

*Sessional Hymns from either the Transfiguration of Our Lord or from the weekday.*

**August 12: The Postfestive of the Transfiguration of Our Lord; Sts. Photius and Anicetus, Martyrs**

**Troparia**

*Troparion of the Postfestive from the Transfiguration.*

*Troparion of the Saints from For Several Martyrs.*

*Kontakion of the Postfestive from the Transfiguration.*

**Kontakion of the Saints Tone 4** You squelched the rage of the vicious torturers by your brave endurance of their torments. Now you rejoice in heaven's halls, blessed martyrs Photius and Anicetus! You are blessed for ages of ages, praying for those who honor you!

**Stichera**

O brave sufferers of the passion, you feared neither fire nor the ax, nor the evil wrath of the shameless one, nor the roarings of lions, the boiling cauldrons, nor the beheading, nor the bitter death inflicted by the one who condemned you and who gloriously sent you to the immortal God.

Glory be...now and ever...The darkness of the law has received the bright cloud of the Transfiguration. Moses and Elias witnessed the miracle. Beholding the dazzling glory, they said to God: You are our God, the King of ages.

*Sessional Hymns from either the Transfiguration of Our Lord or from the weekday.*

**August 13: The Leave-Taking of the Transfiguration of Our Lord; St. Maximus, Confessor**

**Troparia**

***Troparion of the Leave-Taking from the Transfiguration.***

***Troparion of St. Maximus from For a Confessor(s).***

***Kontakion of the Leave-Taking from the Transfiguration.***

***Kontakion of St. Maximus Tone 6*** Taking its abode within your heart, the thrice brilliant light made you a chosen vessel. It has revealed heavenly things in you, blessed saint. You made deep and complicated ideas clear to us, and preached the eternal + Trinity to everyone, O Maximus.

*Stichera and Sessional Hymns from the Transfiguration.*

**August 14: The Prefestive of the Dormition of the Theotokos; St. Michael, Prophet**

**Troparia**

***Troparion of the Prefestive Tone 4*** Anticipate your celebration, people, and clap your hands in an assembly of love. Rejoice! Give yourself over to uninhibited joy! The Theotokos is going to pass gloriously from earth to the halls of heaven. We praise her as the God-Bearer!

***Troparion of St. Michael from For a Prophet.***

***Kontakion of the Prefestive Tone 4*** The universe has been bathed with the Spirit and clings to the treasure of your memory, singing: Rejoice, Virgin and Praise of Christians!

***Kontakion of St. Michael from For a Prophet.***

**Stichera**

At the sound of the cymbals, let us sing resounding hymns, anticipating the feast of her departure. Let us lift our voices in a brilliant chorus before her sepulchre. For the Theotokos and the golden Tabernacle now prepares to pass from earth to heaven, to the new life and the divine splendor.

Glory be...now and ever...O pure and most holy Virgin, the choirs of angels in heaven and the assembly of people on earth sing the praise of your glorious Dormition; for you have become the Mother of the Creator of all, Christ our God. We beg you to intercede constantly for us; for, next to God, we have placed our hope in you, O most glorious and ever-virgin Theotokos.

*Sessional Hymns from the weekday.*

**August 15: The Dormition of the Theotokos and Ever-Virgin Mary**

**Troparia**

***Troparion Tone 1*** O Mother of God, in giving birth you still preserved virginity, and in your falling-asleep you did not forsake the world. You are the Mother of Life and have been transferred to life, and through your prayers have delivered our souls from death.

***Kontakion Tone 2*** The grave and death did not detain the Mother of God. She prays perpetually and is our unailing hope of intercession; for he Who dwelt in the womb of the Ever-Virgin, transferred to life the Mother of Life.

**Stichera**

O what a wonder! The Source of life is placed in a tomb; the grave becomes a ladder to heaven. Rejoice, Gethsemane, holy chamber of the Theotokos! As for us, O faithful, let us cry out with Gabriel, the prince of angels: Rejoice, O woman full of grace, the Lord is with you, the Lord, who because of you, bestows great mercy upon the world.

Glory be...now and ever...The holy apostles were taken up from every corner of the world and carried upon clouds by the command of God. They gathered around your pure body, O Source of Life, and kissed it with reverence. As for the most sublime powers of heaven, they came with their own leader to escort and to pay their last respects to the most honorable body that had contained Life itself. Filled with awe, they marched together with the apostles in silent majesty, professing to the princes of heaven in a hushed voice: Lift up your gates and receive, with becoming majesty, the Mother of the Light that never fades, because, through her, salvation was made possible for our human race. She is the one upon whom no one may gaze, and to whom no one is able to render sufficient glory; for the special honor that made her sublime is beyond understanding. Therefore, O most pure Theotokos, forever alive with your Son, the Source of Life, do not cease to intercede with Him, that He may guard and save your people from every trouble; for you are our intercessor. To you we sing a hymn of glory with loud and joyful voices, now and forever.

**Sessional Hymns**

The venerable choir of the divine apostles was reunited in a marvelous manner to bury your most pure body, O glorious Theotokos. With them the multitude of angels also sang in honor of your passage to heaven which we now celebrate in faith.

Glory be...now and ever...*Repeat above.*

**August 16: The Postfestive of the Dormition of the Theotokos; The Translation of the Icon of Our Lord Not Made By Human Hands**

**Troparia**

*Troparion of the Postfestive from the Dormition.*

*Troparion of the Translation Tone 2* We reverence your holy icon, gracious Lord, and petition for the remission of our sins, Christ our God. You willingly mounted the cross in the flesh that You might redeem us from slavery to the foe. We cry thankfully to You: Coming to save the world, You have perfected all joy!

*Kontakion of the Postfestive from the Dormition.*

*Kontakion of the Translation Tone 2* We have come to realize the extent of your victory; the inexpressible plan of Your perfect Incarnation, and to recognize this miraculous and unpainted icon as a banner of that divine triumph. With hearts full of love we kiss it in homage and piety!

**Stichera**

With unworthy lips we praise the Theotokos, who is more venerable than all creation and more holy than the Cherubim and all the angels in heaven. She is the unshakable throne of the King. She is the house in which the Eternal One made His abode. She is the salvation of the world and the sanctuary of God. In her holy memory He richly gives great mercy to the faithful.

Glory be...now and ever...O Master and Lover of Mankind, Your creation has been blessed for generations of generations through the great depth of Your providence. You sent to Abgar the icon of Your most venerable face which had been fashioned by You Who are invisible to the Cherubim in Your divinity. May we who gaze upon the icon be inflamed with your love; for You became incarnate, suffered the passion willingly for our sake, and poured out great mercy upon us.

*Sessional Hymns from either the Dormition of the Theotokos or from the weekday.*

**August 17: The Postfestive of the Dormition of the Theotokos; St. Myron, Martyr**

**Troparia**

*Troparion of the Postfestive from the Dormition.*



***Troparion of St. Myron from For a Martyr.***

***Kontakion of the Postfestive from the Dormition.***

***Kontakion of St. Myron Tone 4*** From your tenderest years you loved Christ, and kept all His commandments, most glorious Myron. You followed Him quickly with your innocence, and it is fitting that you keep company with the angels. Seek the remission of sins for those who honor you.

***Stichera***

O most blessed Myron, when a godless controversy incited the whole land, you preached that the Word, out of goodness, clothed Himself in flesh from the Virgin, the Maiden of God. Strengthened by the power of grace, you endured cruel tortures of fire and torments until death.

Glory be...now and ever...She is higher than the heavens, more glorious than the Cherubim, and more honorable than all creation. Her outstanding purity became the dwelling place of the Eternal Divinity. Today she places her all-pure soul into the hands of her Son. With her, the universe is filled with joy, and the grace of salvation is given to us.

*Sessional Hymns from either the Dormition of the Theotokos or from the weekday.*

**August 18: The Postfestive of the Dormition of the Theotokos; Sts. Florus and Laurus, Martyrs**

***Troparia***

***Troparion of the Postfestive from the Dormition.***

***Kontakion of the Saints Tone 4*** Let us praise the blessed Florus and Laurus, O faithful, for they preached the + Trinity without hesitation. Spilling their blood as a sign of their conviction, they have received laurels as God's seal of approval. Pray to Christ our God to save our souls!

***Kontakion of the Postfestive from the Dormition.***

***Kontakion of the Saints Tone 8*** The world glorifies Florus and Laurus today as holy and long-suffering martyrs for God. We hope to find grace and mercy from their prayers, and freedom from temptations and afflictions, and from anger and pain on Judgment Day!

***Stichera***

With unworthy lips we praise the Theotokos who is more venerable than all creation and more holy than the Cherubim and all the angels in heaven. She is the unshakable throne of the King. She is the house in which the Eternal One made His abode. She is the salvation of the world and the sanctuary of God. In her holy memory He richly gives great mercy to the faithful.

Glory be...now and ever...O holy zealots and brothers of Christ, you are venerated with worthy praises, O Florus and Laurus, for you struggled mightily in confessing the Lord. You suffered severely and gained the crown of victory. Therefore, you sing with the angels on high, praying to the + Holy Trinity for peace on earth and for the salvation of our souls.

*Sessional Hymns from either the Dormition of the Theotokos or from the weekday.*

**August 19: St. Andrew and His Companions, Martyrs**

***Troparia***

***Troparion of the Postfestive from the Dormition.***

***Troparion of the Saints Tone 5*** You forsook the glory of earthly prestige, and inherited the kingdom of heaven. Drops of your blood glitter like rubies in the everlasting crowns which Christ gave you. You led a whole company of martyrs to Christ, and found Him in the company of angelic hosts. There you join Him in the never-fading light, Andrew, true leader and soldier. Along with all your men, pray without ceasing for us all!

***Kontakion of the Postfestive from the Dormition.***

***Kontakion of the Saints Tone 2*** Standing at prayer before the Lord, like some star which heralds the sun, you see the treasure of the kingdom before you. You sing a never-ending hymn to the immortal King, filled with joy no one can describe, in the chorus of chanting angels, O general Andrew. Beg Him to save our souls!

**Stichera**

O most blessed martyr Andrew, you appeared as a model of courage. O tribune, you dared to hand yourself over to the sentence of martyrdom, and like an army general you led the way. Now you shower healings upon the faithful because you received grace from heaven.

Glory be...now and ever...O virgin Theotokos, at the time you were carried up to the One born of you in a manner beyond understanding, James and Peter were present; James, the brother of the Lord and first bishop, and Peter, the honorable head of the apostles and prince of theologians. The whole college of apostles was also there, all in one accord proclaiming things divine, praising the astounding mystery of Christ, and with joy, preparing your body, O most glorious One, source of Life and the temple of God. The most holy angelic powers were rapt in wonder at the sight of this miracle, and they said to each other: Lift up your gates to receive the Mother of the Creator of heaven and earth. Come, let us all sing hymns to her noble and holy body that has contained the invisible Lord. Therefore, we also celebrate your feast, and, O woman worthy of all praise, we cry out: O glorious Lady, exalt the Christian peoples and intercede with Christ God that He may save our souls.

*Sessional Hymns from either the **Dormition of the Theotokos** or from the weekday.*

**August 20: The Postfestive of the Dormition of the Theotokos; St. Samuel, Prophet**

**Troparia**

***Troparion of the Postfestive from the Dormition.***

***Troparion of St. Samuel Tone 2*** You were sent like an expensive gift to a barren woman, and later you were consecrated like some pleasing and sweet-smelling sacrifice to God. You served Him with reverence and justice, and we honor you as a prophet, Samuel. You are an intercessor for our souls!

***Kontakion of the Postfestive from the Dormition.***

***Kontakion of St. Samuel Tone 8*** Like a precious gift you were given to God before your birth and you served Him like an angel from your youth. You were made worthy to look into the future, blessed one, and so we sing to you: Hail, prophet and servant of God, Samuel!

**Stichera**

Your mother offered you up from her maternal arms as an acceptable gift. O Samuel, through prayers she received you, a worthy offspring, and she returned you to God, the Benefactor, as she had promised. For this reason the grace of the Spirit dwelt in you, O glorious one. You were adorned with wisdom and grew up in virtue.

Glory be...now and ever...For your holy Dormition, O Mother of God and Mother of Life, the clouds carried the apostles through the air. Those who had been scattered throughout the world were brought together in a single choir, and, burying your most pure body with respect, they sang the words of Gabriel: Rejoice, O full of grace, O unwedded Virgin, the Lord is with you! Intercede with your Son and our God to save our souls.

*Sessional Hymns from either the **Dormition of the Theotokos** or from the weekday.*

**August 21: The Postfestive of the Dormition of the Theotokos; St. Thaddeus, Apostle**

**Troparia**

***Troparion of the Postfestive from the Dormition.***

***Troparion of St. Thaddeus Tone 3*** Edessa rejoices today at its baptism through you. Abgar has been freed from passion and praises you. We join him in his hymn and sing: Fill our lives with spiritual happiness and heal our passions by your prayers, O apostle Thaddeus.

***Kontakion of the Postfestive from the Dormition.***

***Kontakion of St. Thaddeus from For an Apostle.***

**Stichera**

O blessed apostle Thaddeus, having drawn close to the heavenly light, you became a light because of your divine communion, and you dispersed the night of idolatry. Because you led souls to the Almighty, we glorify Christ and venerate your illustrious memory.

Glory be...now and ever...Come, let us celebrate the universal Dormition of the Immaculate Theotokos. Today the angels glorify the passage of the Mother of God with joy. They summon us to sing out: Rejoice, for you have passed from earth and inhabit the heavenly abode. Rejoice, since the choir of disciples was gathered into one group by means of a swift cloud. Rejoice, our hope and salvation. The Christian people bless you unceasingly.

*Sessional Hymns from either the **Dormition of the Theotokos** or from the weekday.*

**August 22: The Postfestive of the Dormition of the Theotokos; St. Agathonicus and His Companions, Martyrs**

**Troparia**

*Troparion of the Postfestive from the Dormition.*

*Troparion of the Saints from For Several Martyrs.*

*Kontakion of the Postfestive from the Dormition.*

**Kontakion of the Saints Tone 1** Heeding the call, you denounced the beliefs of evil men, laughing at their threats of torment, wise saint. You became an heir to better things, glorious Agathonicus, and received crowns of glory with your companions.

**Stichera**

Seeking to regain the original beauty and the splendor that surpasses all understanding, you went joyously to the noble combat, O Agathonicus, Having fought the enemy, you bravely crushed him into the ground. You wove a brilliant crown of victory. Entreat the Lover of Mankind for those who honor you.

Glory be...now and ever...Because the disciples had been both the eye-witnesses and servants of the Word, it was also fitting that they should witness the final mystery, the Dormition of His Mother according to the flesh. They not only saw the ascension of the Savior from earth to heaven, but they also were witnesses of the translation of the Mother who bore Him. They came to Zion to escort the Virgin, who surpasses the Cherubim, as she hastened in her journey to heaven. With them let us also bow low before the one who intercedes for our souls.

*Sessional Hymns from either the **Dormition of the Theotokos** or from the weekday.*

**August 23: The Leave-Taking of the Dormition of the Theotokos; St. Lupus, Martyr**

**Troparia**

*Troparion of the Leave-Taking from the Dormition.*

*Troparion of St. Lupus from For a Martyr.*

*Kontakion of the Leave-Taking from the Dormition.*

*Kontakion of St. Lupus from For a Martyr.*

*Stichera and Sessional Hymns from the Dormition.*

**August 24: St. Eutyches, Hieromartyr**

**Troparia**

*Troparion from For a Hieromartyr.*

**Kontakion Tone 3** You sat on the chair of the apostles, and you were the honor of pastors. You decorated all your labors with martyrs' blood, and you shine with solar brilliance. You disperse the night of godlessness and enlighten all mankind. For all of this we honor you as a truly magnificent priest.

*Stichera from For a Hieromartyr.*  
*Sessional Hymns from the weekday.*

**August 25: The Return of the Relics of St. Batholemew, Apostle**

**Troparia**

*Troparion from For an Apostle.*

**Kontakion tone 4** You were a brilliant light for the Church, illumining those who venerate you, Bartholemew, by the rays of miracles and true dogma.

*Stichera from For an Apostle.*  
*Sessional Hymns from the weekday.*

**August 26: Sts. Adrian and Natalie, Martyrs**

**Troparia**

**Troparion Tone 3** You saved a treasure of inestimable wealth, the divine and orthodox faith! Turning away from the follies of your ancestors, you followed in the Master's steps. You were enriched with divine gifts, glorious Adrian, and so we ask you to be generous with us.

**Kontakion Tone 4** Taking to heart the words of your holy wife, Adrian, you desired to give your life for Christ. You and your wife both received the crown, O martyr!

*Stichera from For Several Martyrs.*  
*Sessional Hymns from the weekday.*

**August 27: St. Poeman, Monk**

**Troparia**

**Troparion Tone 8** You irrigated the desert with your tears, and you bore fruit a hundred-fold from your heart. You were a light to the world, radiating miracles! Beg Christ to save our souls, Father Poeman!

**Kontakion Tone 4** Today we celebrate the memory of your glorious deeds, and the feast fills our hearts with joy, venerable Father.

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

**August 28: St. Moses, Monk**

**Troparia**

**Troparion Tone 1** A desert dweller! An angel in the flesh! You have been give to us as a wonderworker. Receiving heavenly gifts through fasting, God-Bearing Father Moses, you heal the sick by prayer and fasting, and those who come afflicted to you. Glory to Him Who gave you this power! Glory to Him Who crowned you! Glory to Him Who heals us through you!

**Kontakion Tone 4** You upbraided your people and spat on the devil, and brought them light brighter than the sun. You guide our souls by the light of your life and thought.

*Stichera from For a Monk.*  
*Sessional Hymns from the weekday.*

**August 29: The Beheading of St. John the Forerunner**

**Troparia**

**Troparion Tone 2** The remembrance of the Just is worthy of praise, but the Lord's testimony is sufficient for you, O Forerunner; for it has shown that you are indeed more worthy of honor than the Prophets. You

were found worthy to baptize the Lord Whom you foretold. Thereafter, you suffered for the truth and, rejoicing, also announced the good news to those in the Abyss that God had appeared as man taking away the sins of the world and granting to all of us the abundance of mercy.

**Kontakion Tone 5** The glorious beheading of the Forerunner was part of God's saving plan that the Coming of the Savior might be announced even to those in the Abyss. Weep then, Herodias, that you asked for a wicked murder, because you loved neither God's law nor eternal life, but only the passing pleasure of life.

#### **Stichera**

While the birthday of the shameless Herod was being celebrated, the oath made to the lustful dancer was fulfilled; the head of the Forerunner was cut off and offered on a platter to those at table. What a loathsome banquet, filled with wickedness and horrible murder. As for us, let us worthily venerate and bless the Baptizer, for he is the greatest man born of woman.

Glory be...now and ever...*Repeat above.*

#### **Sessional Hymns**

Let us gather together, O believers, and in unison praise him who was the mediator between law and grace; for he came and preached repentance to us, and with courage he openly denounced Herod, and thus he was beheaded. Now dwelling with the angels, he intercedes with Christ for our salvation.

Glory be...now and ever...We are celebrating today your splendid memory. We entreat you, O Forerunner, to fittingly beseech the Savior and Lord to grant forgiveness to everyone.

#### **August 30: Sts. Alexander, John and Paul, Patriarchs**

#### **Troparia**

**Troparion from For Several Hierarchs.**

**Kontakion Tone 8** These glorious saints were inflamed with love for Christ, and shouldered His cross with zeal and fervor. They imitated His life and entered His glory. Standing before His throne, Alexander, John and Paul, pray for the salvation of our souls!

*Stichera from For Several Hierarchs.*

*Sessional Hymns from the weekday.*

#### **August 31: The Deposition of the Belt of the Theotokos**

#### **Troparia**

**Troparion Tone 8** O perfect virgin Theotokos! O Protection of mankind! By giving this city your sacred belt, you have given it a lasting treasure. Both nature and time were regenerated through you. For this we ask peace for the city and mercy for our souls from you, who gave birth to God without seed.

**Kontakion Tone 2** Your sacred belt once encircled the womb which held God. Now it has become a wall of protection around the city. It is a lasting treasure for the saints, O Theotokos!

*Stichera from For the Holy Theotokos and Ever-Virgin Mary.*

*Sessional Hymns from the weekday.*

### **Addendum: Additional Feastdays**

*All Sessional Hymns from the weekdays, unless otherwise indicated.*

#### **September**

##### **September 1**

**Synaxis of the Theotokos in Missina** *Troparia and Stichera from For the Holy Theotokos and Ever-Virgin Mary.*

**Sts. Aithelas and His Companions, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**Sts. Callistus, Evodius and Hermogenes, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**St. Joshua, Prophet** *Troparia and Stichera from For a Prophet.*

#### **September 2**

**St. John of the Fast, Patriarch** *Troparia and Stichera from For a Hierarch.*

#### **September 3**

**St. Theoktistus, Monk** *Troparia and Stichera from For a Monk.*

#### **September 4**

**St. Babilas, Hieromartyr, and His Companions** *Troparia and Stichera from For a Hieromartyr.*

**Sts. Hermione and Eutychia, Martyrs** *Troparia and Stichera from For Several Martyrs.*

#### **September 6**

**Sts. Eudoxiua and His Companions, Martyrs** *Troparia and Stichera from For Several Martyrs.*

#### **September 9**

**St. Severianus, Martyr** *Troparia and Stichera from For a Martyr.*

#### **September 13**

**St. Cornelius, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

#### **September 22**

**St. Jonas, Prophet** *Troparia and Stichera from For a Prophet.*

### **October**

#### **October 1**

**St. Ananias, Apostle** *Troparia and Stichera from For an Apostle.*

**St. Roman the Hymnographer, Confessor** *Troparia and Stichera from For a Confessor(s).*

#### **October 2**

**St. Justina, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**St. Andreas, Fool-for-Christ, Confessor** *Troparia and Stichera from For a Confessor(s).*

#### **October 3**

**St. Dionysius, Hieromartyr, and His Companions** *Troparia and Stichera from For a Hieromartyr.*

**October 4**

**St. Hierotheus, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**October 9**

**Sts. Andronicus and Athanasia, Confessors** *Troparia and Stichera from For a Confessor(s).*

**October 11**

**St. Theophan, Confessor** *Troparia and Stichera from For a Confessor(s).*

**October 12**

**St. Comas, Hierarch** *Troparia and Stichera from For a Hierarch.*

**October 14**

**Sts. Nazarius, Gervase, Protase and Celsus, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**St. Vitalis, Martyr** *Troparia and Stichera from For a Martyr.*

**October 15**

**St. Lucian, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**St. Teresa of Avila, Nun** *Troparia and Stichera from For a Nun.*

**October 17**

**St. Osee, Prophet** *Troparia and Stichera from For a Prophet.*

**October 19**

**St. Varus, Martyr** *Troparia and Stichera from For a Martyr.*

**St. Sadoth, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**October 23**

**St. Ignatius, Confessor** *Troparia and Stichera from For a Confessor(s).*

**October 27**

**Sts. Capitolina and Erotheides, Woman-Martyrs** *Troparia and Stichera from For Several Woman-Martyrs.*

**October 28**

**Sts. Terentius and Neonila and their Children, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**St. Stephen of Sabbas, Hierarch** *Troparia and Stichera from For a Hierarch.*

**October 29**

**Sts. Abram and Mary, Confessors** *Troparia and Stichera from For a Confessor(s).*

### October 30

**St. Peter, Hierarch** *Troparia and Stichera from For a Hierarch.*

**Sts. Asterius, Claudius, Neon and Theonilla, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**Sts. Terentius, Mark, Justus and Artem, Apostles** *Troparia and Stichera from For Several Apostles.*

### October 31

**St. Epimachus, Martyr** *Troparia and Stichera from For a Martyr.*

## November

### November 3

**The Renovation of the Church of St. George** *Troparia and Stichera from For a Martyr.*

### November 4

**Sts. Nicander and Hermas, Hieromartyrs** *Troparia and Stichera from For Several Hieromartyrs.*

### November 7

**St. Lazarus, Monk** *Troparia and Stichera from For a Monk.*

### November 9

**Sts. Onesiphorus and Porphyrius, Martyrs** *Troparia and Stichera from For Several Martyrs.*

### November 11

**St. Stephenida, Martyr** *Troparia and Stichera from For a Martyr.*

**St. Theodore the Studite, Monk** *Troparia and Stichera from For a Monk.*

### November 12

**St. John the Almoner, Confessor** *Troparia and Stichera from For a Confessor(s).*

**St. Nilus, Monk** *Troparia and Stichera from For a Monk.*

### November 19

**St. Barlam, Martyr** *Troparia and Stichera from For a Martyr.*

### November 20

**St. Proclus, Hierarch** *Troparia and Stichera from For a Hierarch.*

### November 22

**St. Caecilia, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*



**November 24**

**St. Mercurius the Great, Martyr** *Troparia and Stichera from For a Martyr.*

**November 25**

**St. Peter, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**November 27**

**St. Palladius, Confessor** *Troparia and Stichera from For a Confessor(s).*

**November 29**

**St. Bessarion, Confessor** *Troparia and Stichera from For a Confessor(s).*

**St. Acacius, Confessor** *Troparia and Stichera from For a Confessor(s).*

**December****December 1**

**St. Filaret the Almsgiver, Confessor** *Troparia and Stichera from For a Confessor(s).*

**St. Ananias, Martyr** *Troparia and Stichera from For a Martyr.*

**December 3**

**St. Theodulus, Hierarch** *Troparia and Stichera from For a Hierarch.*

**December 4**

**St. John Damascene, Doctor of the Church** *Troparia and Stichera from For a Monk.*

**December 12**

**The Mother of God of Guadalupe** *Troparia and Stichera from For the Holy Theotokos and Ever-Virgin Mary*

**December 13**

**Sts. Eustratius, Auxentius, Eugene, Mardarius and Orestes, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**December 14**

**St. John of the Cross, Monk** *Troparia and Stichera from For a Monk.*

**December 15**

**St. Paul of Latra, Monk** *Troparia and Stichera from For a Monk.*

**St. Stephen, Monk** *Troparia and Stichera from For a Monk.*

**December 26**

**St. Euthymius, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**December 27**

**St. Theodore, Confessor** *Troparia and Stichera from For a Confessor(s).*

**December 28**

**St. Domna, Martyr** *Troparia and Stichera from For a Martyr.*

**December 29**

**St. Marcellus, Monk** *Troparia and Stichera from For a Monk.*

**December 30**

**St. Zoticus, Presbyter** *Troparia and Stichera from For a Hierarch.*

**January****January 3**

**St. Gordius, Martyr** *Troparia and Stichera from For a Martyr.*

**January 4**

**St. Theoktistus, Monk** *Troparia and Stichera from For a Monk.*

**January 8**

**St. Dominika, Confessor** *Troparia and Stichera from For a Confessor(s).*

**Sts. Juliana and Basilissa, Woman-Martyrs** *Troparia and Stichera from For Several Woman-Martyrs.*

**January 9**

**St. Eustratius, Martyr** *Troparia and Stichera from For a Martyr.*

**January 10**

**St. Dometian, Hierarch** *Troparia and Stichera from For a Hierarch.*

**St. Marcian, Presbyter** *Troparia and Stichera from For a Hierarch.*

**January 21**

**St. Neophitus, Martyr** *Troparia and Stichera from For a Martyr.*

**Sts. Eugene, Canidius, Valerian and Aquilas, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**January 22**

**St. Anastasius, Martyr** *Troparia and Stichera from For a Martyr.*

**January 23**

**St. Agathangel, Martyr** *Troparia and Stichera from For a Martyr.*

**January 26**

**Sts. Theodore and Joseph, Monks** *Troparia and Stichera from For Several Monks.*

**January 29**

**Sts. Roman, James, Philotheus and Aphraates, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**January 30**

**St. Hippolytus, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**February****February 4**

**St. Jador, Martyr** *Troparia and Stichera from For a Martyr.*

**February 8**

**St. Zacharias, Prophet** *Troparia and Stichera from For a Prophet.*

**February 10**

**St. Scholastica, Nun** *Troparia and Stichera from For a Nun.*

**February 14**

**St. Auxentius, Monk** *Troparia and Stichera from For a Monk.*

**February 16**

**St. Flavianus, Hierarch** *Troparia and Stichera from For a Hierarch.*

**February 17**

**St. Mariamna, Confessor** *Troparia and Stichera from For a Confessor(s).*

**February 20**

**St. Sadok, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*  
**St. Agatho, Pope of Rome** *Troparia and Stichera from For a Hierarch.*

**February 21**

**St. Eustacius, Hierarch** *Troparia and Stichera from For a Hierarch.*

**February 22**

**Sts. Peter and Athanasius, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**February 26**

**St. Porphyrius, Hierarch** *Troparia and Stichera from For a Hierarch.*

**St. Photina, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**March****March 4**

**Sts. Paul and Juliana, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**March 7**

**St. Paul the Simple, Monk** *Troparia and Stichera from For a Monk.*

**March 12**

**St. Theophan, Martyr** *Troparia and Stichera from For a Martyr.*

**March 14**

**St. Alexander, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**March 16**

**St. Julian, Martyr** *Troparia and Stichera from For a Martyr.*

**St. Alexander, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**March 18**

**Sts. Alexandra, Claudia and Evphrasia, Woman-Martyrs** *Troparia and Stichera from For Several Woman-Martyrs.*

**March 19**

**St. Thomas, Hierarch** *Troparia and Stichera from For a Hierarch.*

**March 24**

**St. Artemius, Hierarch** *Troparia and Stichera from For a Hierarch.*

**St. Artemon, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**March 28**

**Sts. Jonas and Barachisius, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**March 30**

**St. John the Silent, Hierarch** *Troparia and Stichera from For a Hierarch.*

## April

### April 3

**St. Theodosia, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr*

### April 4

**St. Platon, Monk** *Troparia and Stichera from For a Monk.*

### April 6

**St. Eutyches, Hierarch** *Troparia and Stichera from For a Hierarch.*

### April 8

**St. Celestine, Pope of Rome** *Troparia and Stichera from For a Hierarch.*

### April 14

**Sts. Anthony, John and Eustathius, Martyrs** *Troparia and Stichera from For Several Martyrs.*

### April 15

**St. Sabbas Gothinus, Martyr** *Troparia and Stichera from For a Martyr.*

**Sts. Basilissa and Anastasia, Woman-Martyrs** *Troparia and Stichera from For Several Woman-Martyrs.*

### April 17

**St. Acacius, Hierarch** *Troparia and Stichera from For a Hierarch.*

**St. Agapitus, Pope of Rome** *Troparia and Stichera from For a Hierarch.*

### April 18

**St. Comas, Hierarch** *Troparia and Stichera from For a Hierarch.*

**St. John, Hierarch** *Troparia and Stichera from For a Hierarch.*

### April 19

**St. Paphnutius, Martyr** *Troparia and Stichera from For a Martyr.*

### April 21

**St. Theodore, Martyr** *Troparia and Stichera from For a Martyr.*

### April 22

**Sts. nathanael, Luke and Clement, Apostles** *Troparia and Stichera from For Several Apostles.*

**St. Vitalius, Confessor** *Troparia and Stichera from For a Confessor(s).*

### April 23

**St. Alexandra, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**April 26**

**St. Graphyra, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**April 27**

**St. Stephen, Hierarch** *Troparia and Stichera from For a Hierarch.*

**April 28**

**Sts. Maximus, Dadas and Quinctillianus, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**April 29**

**St. Memnon, Wonderworker** *Troparia and Stichera from For Charitable and Wonderworkers.*

**May****May 3**

**Sts. Timothy and Maurus, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**May 5**

**St. Nicephorus, Monk** *Troparia and Stichera from For a Monk.*

**May 7**

**St. Acacius, Martyr** *Troparia and Stichera from For a Martyr.*

**May 8**

**St. Arsenius the Great, Monk** *Troparia and Stichera from For a Monk.*

**May 9**

**St. Isaias, Prophet** *Troparia and Stichera from For a Prophet.*

**St. Christopher, Martyr** *Troparia and Stichera from For a Martyr.*

**May 13**

**St. Alexander, Martyr** *Troparia and Stichera from For a Martyr.*

**May 15**

**St. Isaiah, Hierarch** *Troparia and Stichera from For a Hierarch.*

**May 16**

**Sts. Vitus, Modestus and Crescentia, Martyrs** *Troparia and Stichera from For Several Martyrs.*

## June

### June 2

**St. Alexander, Hierarch** *Troparia and Stichera from For a Hierarch.*

### June 3

**St. Paula, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

### June 6

**St. Hilalrion the Newer, Monk** *Troparia and Stichera from For a Monk.*

### June 8

**St. Ephrem, Hierarch** *Troparia and Stichera from For a Hierarch.*

### June 9

**Sts. Thecla, Martha and Mary, Woman-Martyrs** *Troparia and Stichera from For Several Woman-Martyrs.*

### June 13

**St. Trephilius, Hierarch** *Troparia and Stichera from For a Hierarch.*

### June 14

**St. Methodius, Hierarch** *Troparia and Stichera from For a Hierarch.*

### June 17

**Sts. Isaurus, Basil, Innocent, Jeremias and their Companions, Martyrs** *Troparia and Stichera from For Several Martyrs.*

### June 19

**St. Zosimus, Martyr** *Troparia and Stichera from For a Martyr.*

## July

### July 2

**St. Juvenal, Hierarch** *Troparia and Stichera from For a Hierarch.*

### July 3

**St. Anatolius, Hierarch** *Troparia and Stichera from For a Hierarch.*

### July 4

**St. Martha, Confessor** *Troparia and Stichera from For a Confessor(s).*

**July 7**

**St. Cyriaca, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**July 21**

**St. Ezechiel, Prophet** *Troparia and Stichera from For a Prophet.*

**July 23**

**St. Apollynaria, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**July 24**

**St. Christina, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**July 26**

**St. Parasceva, Woman-Martyr** *Troparia and Stichera from For a Woman-Martyr.*

**July 28**

**St. Innocentius, Pope of Rome** *Troparia and Stichera from For a Hierarch.*

**July 29**

**Sts. Seraphina, Theodotia and Her Children, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**August****August 1**

**Sts. Abim, Antonin, Gurius, Eliazar, Evseon, Alim, Marcell, Solomonina and Eleazar, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**August 2**

**St. Stephen, Pope of Rome, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**August 7**

**St. Pulcheria the Empress, Confessor** *Troparia and Stichera from For a Confessor(s).*

**August 12**

**St. Clare, Nun** *Troparia and Stichera from For a Nun.*

**August 16**

**St. Diomidius, Martyr** *Troparia and Stichera from For a Martyr.*



**August 17**

**Sts. Paul and Juliana, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**August 19**

**Sts. Timothy, Agapius and Thecla, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**August 20**

**St. Stephen, King of Hungary** *Troparia and Stichera from For a Confessor(s).*

**August 21**

**Sts. Bassa, Theogonius, Agapius, and Fidelis, Martyrs** *Troparia and Stichera from For Several Martyrs.*

**August 23**

**St. Iraeneus, Hieromartyr** *Troparia and Stichera from For a Hieromartyr.*

**August 25**

**St. Titus, Apostle** *Troparia and Stichera from For an Apostle.*

**August 28**

**St. Augustine of Hyppo, Hierarch** *Troparia and Stichera from For a Hierarch.*



# Divine Liturgy of St John Chrysostom

## LITURGY OF PREPARATION

*The priest who is about to celebrate the divine mystery must be reconciled with all men and have nothing against any one. As much as possible, he must have kept his heart free from all evil thoughts; he must have fasted according to ecclesiastical law.*

*When the time is come, the priest bows in the usual manner before the superior or, in his absence before his throne, and goes into the body (solea) of the church. He makes three reverences towards the east before the holy doors.*

*When the priest celebrates the Liturgy without a deacon, all the parts printed in italics are omitted.*

*If several priests concelebrate, only one of them performs the office of preparation, the others saying nothing of it, except prayers of offering, O God, our God.*

## PRAYERS BEFORE THE HOLY DOORS

O God, be propitious to me a sinner and have mercy on me (Three times).

Deacon: Give the blessing, Father.

Priest: Blessed is our God at all times, now and always and for ever and ever.

HEAVENLY KING, Consoler, the Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life, come and dwell in us, cleanse us of all stain, and save our souls, O Good One.

Deacon: Holy is God! Holy the Mighty One! Holy the Immortal One! Have mercy on us (Three times))

-- Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

-- All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for your name's sake.

-- Lord, have mercy. (Three times).

-- Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

OUR FATHER, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

Priest: For thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and always and for ever and ever.

Deacon: Amen.

Deacon: Have mercy on us, Lord. Have mercy on us. At a loss for any defense, we sinners offer this prayer to You, the Master: have mercy on us.

Priest: Glory be to the Father and to the Son and to the Holy Spirit.

Deacon: Lord, have mercy on us, for we have put our trust in You: Rise not in anger against us, remember not our transgressions, but in the depth of your mercy look upon us even now and save us from our enemies: for You are our God and we are your people, we are all the work of your hands and we constantly call upon your name.

Priest: Now and always and for ever and ever. Amen.

Deacon: Blessed Mother of God, open the portal of your deep mercy to us who put our trust in you, so that we may not be brought to confusion, but through you may be delivered from adversity, for you are the salvation of the Christian fold.

*They go before the icon of Christ, and bowing in worship, they say:*

Priest: Before your most pure image we bow in worship, O good One, begging forgiveness for our stumblings, Christ God: because You chose of your own free will to ascend upon the cross in the flesh in order to deliver from the enemy's yoke those You had created. For this reason we cry out to You in thanksgiving: "You, our Savior have filled all things with joy when You came to save the world."

*And they kiss the icon of Christ. Then they go before the icon of the Mother of God and say the troparion:*

Priest: Mother of God, since you became a fountain of mercy, count us worthy of your compassion; look upon a people that has sinned, show forth your power as you always do. Because we have put our trust in you, we hail you as once did Gabriel, the captain of the angels.

*And they kiss the icon of the Theotokos, then bow their heads.*

Priest: Lord, stretch forth your hand from your dwelling place on high, and strengthen me for your ministry now forthcoming, so that I may stand without condemnation before your awesome judgment seat and complete the unbloody sacrifice. For yours is the power and the glory for ever and ever. Amen.

Both priest and deacon make three reverences before the holy doors, then bow to the two choirs, and so they go into the sanctuary, the priest through the north door and the deacon through the south door, saying as they go:

I SHALL ENTER into your dwelling place;  
before your holy temple I shall bow  
in fear of You.

O Lord, be my guide in your justice  
because of those who oppress me:  
make my way level before your sight.

Indeed, in their mouth there is no truth;  
in their heart, there is nothing but decay.

Their throat is but a gaping tomb,  
while their tongue is honeyed.

Be You their judge, O God:  
may they founder in their evil plots.

Cast them Out, for their crimes are countless,  
and they have risen against You, Lord.

But as for those who put their trust in You,  
they shall rejoice and feast forevermore

You will dwell among them,  
and all who love your name shall rejoice,

For You, Lord, do bless the just  
and do cover him as with a shield of grace.

Once in the sanctuary, they make three reverences before the holy table and the holy Gospel book, saying:

O God, be propitious to me a sinner and have mercy on me (Three times).

### **VESTING OF THE DEACON**

*The deacon, holding his liturgical vestments on the palm of his right hand. comes to the priest and, bowing his head, says:*

Deacon: Bless the sticharion and the orarion, Father.

Priest: Blessed is our God + at all times, now and always and for ever and ever.

Deacon: Amen.

*The deacon kisses the right hand of the priest. Then he withdraws to another part of the sanctuary and puts on his vestments saying the Proper Prayers.*

My soul shall rejoice in the Lord, for He has clothed me with a robe of salvation and covered me with a tunic of happiness; He has crowned me as a bridegroom and as a bride, adorned me with jewels.

*And he kisses the orarion (prayer stole and puts it on his left shoulder, saying nothing. Then he slips the epimanikia (cull's) over his hands. For the right hand he says:*

Your right hand, Lord, is made glorious in might; your right hand, Lord, has crushed the enemies; and in the fullness of your glory, You have routed the adversary.

*And for the left:*

Your hands have made me and fashioned me: give me understanding and I shall learn your commandments.

*Then, going to the prothesis (altar of offering), he arranges the holy objects, each in its proper place.*

## **VESTING OF THE PRIEST**

*The priest likewise, vests. Taking In his right hand the tunic and making three reverences toward the east, as above, he blesses it:*

Blessed is our God + at all times, now and always arid for ever and ever. Amen.

*Then he puts it on, saying:*

My soul shall rejoice in the Lord, for He has clothed me with a robe of salvation arid covered me with a tunic of happiness; He has crowned me as a bridegroom arid adorned me with jewels as a bride.

*Then, taking the epitachelion, (stole), he blesses and kisses it and puts it on saying:*

Blessed is God + who pours out grace upon his priests: as the chrism upon the head, which ran down unto the beard, the beard of Aaron, ran down even to the hem of his garment, at all times, now arid always and for ever and ever. Amen.

*Then, taking the zone (cincture), he blesses it and girds himself. saying:*

Blessed is God + who girds me with strength arid makes my way blameless arid strengthens my feet like the hart's, at all times, now and always and for ever and ever. Amen.

*He blesses and kisses the epimanikia, then pulls them on, saying for the right hand:*

Your right hand, + Lord, is made glorious in might; your right hand, Lord, has crushed the enemies; and in the fullness of your glory, You have routed the adversary.

*And for the left:*

Your hands + have made me and fashioned me: give me understanding and I shall learn your commandments.

*Then, taking the epigonation (genua) if he has the proper ecclesiastical title, he blesses and kisses it and puts it on, saying:*

Gird your sword + at your side, Mighty One, in your splendor and beauty. String your bow; go forth, reign for the sake of truth, meekness arid righteousness. Your right hand shall lead You wonderfully, at all times, now arid always and for ever and ever. Amen.

*Finally, taking the phelonion (chasuble), he blesses and kisses it and puts it on saying:*

Your priests +, Lord, shall clothe themselves with righteousness, and your saints shall rejoice in joy, at all times, now and always and for ever and ever. Amen.

### **WASHING OF THE HANDS**

*After that priest and deacon go to the basin and wash their hands, saying:*

I SHALL WASH MY HANDS in innocence, Lord,  
and go around your altar;  
I shall listen to the sound of your praise  
and declare all your wonderful works.  
Lord, I love this house, your dwelling place  
and the tent where your glory abides.

Link not my souls with the lost ones,  
nor my life with men of blood

They carry shame within their hands  
and their right hand is filled with bribes.

As for me, I have walked in my innocence:  
redeem me and have mercy on me.

My foot is set upon the rightful road:  
in the assemblies, I will bless You, Lord.

### **CEREMONY OF PREPARATION OF THE OBLATIONS OR PROTHESIS**

*And thus they go to the altar of offering and make three reverences before it, saying:*

O God, be propitious to me a sinner and have mercy on me (Three times).

*The deacon wipes the diskos and chalices.*

Priest: You have redeemed us from the curse of the law by your precious blood: by being nailed to the cross and wounded with the lance, You have become for men the fountain of immortality : glory to You, our Savior.

Deacon: Bless, Master.

Blessed is our God + at all times, now and always and for ever and ever. Amen.

*The deacon, standing at the right hand of the priest and holding his orarion with the three fingers of his right hand, points to the bread. The priest takes in his left hand the prosphora, and in his right the holy lance, and blessing the bread three times over the seal. He says:*

In remembrance of our Lord and God and Savior Jesus Christ (Three times)



*Then he thrusts the holy lance into the right side of the seal and makes an incision, saving:*

As a sheep, He was led to the slaughter.

Deacon: Let us pray to the Lord.

*And into the left side, saying:*

As a spotless lamb silent before its shearer, He opens not his mouth.

Deacon: Let us pray to the Lord.

*Into the top of the seal, saying:*

In his humiliation, his judgment was taken away.

Deacon: Let us pray to the Lord.

*And into the bottom, saying:*

And who shall declare his generation?

Deacon: Let us pray to the Lord.

*And the priest, thrusting the holy lance obliquely into the right side of the bread, lifts out the amnos (lamb).*

Deacon: Lift up, Master.

For his life was taken away from the earth.

*And he puts it upside down on the diskos (paten).*

Deacon: Immolate, Master.

*The priest immolates by cutting it crosswise and says:*

The Lamb of God who takes away the sins of the world is immolated for the life and salvation of the world.

Deacon: Pierce, Master.

*And he turns it over, with the side bearing the cross upwards, and pierces it on the right side, below the letters I C, and says:*

One of the soldiers pierced his side with a lance, and at once there came forth blood and water; and he who saw it bore witness, and his witness is true.

*The deacon pours wine into the poterion (chalice), together with a few drops of water, and says to the priest:*



Deacon: Bless this holy union, Father.

*And the priest blesses it and says:*

Blessed + is the union of your holy things, at all times, now and always and for ever and ever. Amen.

*Then the priest takes a second prosphora and says:*

In honor and memory of our most highly blessed and glorious Lady the Mother of God and ever-virgin Mary, through whose prayers do You, Lord, receive this sacrifice upon your altar in heaven.

*He removes a particle and places it at the right hand of the lamb, near the center of it and says:*

At your right stood the Queen, clothed in an embroidered mantle of gold.

*Note also that if a bishop is celebrating the Liturgy, the priest does not complete the rite of preparation, but after removing the particles of the Mother of God and those of the saints, he covers the paten and the chalice with the aer, saying nothing. The celebrating bishop says the remainder, completing the rite of preparation. The cherubic hymn is then sung before the great entrance.*

*Then, taking a third prosphora, he removes from it a first particle and says:*

In honor and memory of the great captains of the angelic armies, Michael and Gabriel, and of all the heavenly bodiless powers.

*And he places it to the left of the lamb, close to it and opposite the particle of the Mother of God, thus beginning the first row.*

Of the honorable and glorious prophet and forerunner John the Baptist. Of the holy glorious prophets Moses and Aaron, Elias and Eliseus, David son of Jesse; of the Three Holy Youths and the prophet Daniel, and of all the holy prophets.

*And he places it just below the first. Then he removes a third particle and says:*

Of the holy, glorious and illustrious apostles Peter and Paul and of all the holy apostles.

*And he places it just below the second, thus completing the first row. Then he removes a fourth particle and says:*

Of our fathers among the saints the great pontiffs and universal doctors Basil the great, Gregory the Theologian and John Chrysostom; Athanasius and Cyril, Nicholas of Myra, The holy hieromartyr Josaphat, Nikita, Bishop of Novgorod and Leontius, Bishop of Rostov. Cyril and Methodius, the Teachers of the Slavs, and of all holy pontiffs.

*And he places it next to the first, thus beginning the second row. Then he removes a fifth particle and says:*

Of the holy first martyr and archdeacon Stephen; of the holy great martyrs Demetrius, George and Theodore of Tyre, and of all holy martyrs. Of the holy women martyrs Thecla, Barbara, Cyriaca. Euphemia, Parasceva and Catherine, and of all holy women martyrs.

*And he places it below the first of the second row. Then he removes a sixth particle and says:*

Of our saintly fathers the God-bearers Anthony, Euthymius, Sabbas, Onupbrius, Athanasius of Athos, Anthony and Theodore of the Caves, Sergius of Radonets and Barlaam of Khutintk and of all the saintly fathers. Of our venerable mothers in God Pelagia, Theodosia, Anastasia, Eupraxia, Febronia, Theodulia, Euphrosyne, Mary of Egypt and of all holy and venerable mothers.

*And he places it below the second of the second row, thus completing this row. Then he removes a seventh particle and says:*

Of the holy wonderworkers laboring without pay Cosmas and Damian, Cyrus and John, Pantaleimon and Hermolaus, and of all the holy ones laboring without pay.

*And he places it next to the fourth, thus beginning the third row. Then he removes an eighth particle and says:*

Of the holy and righteous ancestors of God Joachim and Anne, (of the patron saint of the church or monastery, and of the saint of the day) of the holy grand duke Vladimir, the Equal of the Apostles and of all the saints, through whose prayers visit us, O God.

*And he places it below the first of the third row. Having done this, he removes a ninth particle and says:*

Of our father among the saints John Chrysostom, Archbishop of Constantinople.

*And he places it at the bottom of the third row, thus completing it. Then, taking a fourth prosphora and removing a particle from it, he says:*

Remember, Master who love mankind, all Orthodox Bishops, our Patriarch N., our Most Reverend Bishop N., the reverend priests, the deacons in Christ and all the clergy, (in monasteries, our Superior N.,) our brothers and fellow ministers, priests, deacons, and all our brethren whom in the depth of your compassion You have called to communion with You, all-good Master.

*And he places it beneath the lamb, thus beginning the first of the bottom rows. Then he commemorates by name those of the living whom he will, first the bishop who ordained him. if still alive. For each name he removes a particle and says:*

Remember, Lord, N.

*And he places it at the left of the preceding particle of the bottom row, and so on, until this row is completed. Finally, taking a fifth prosphora and removing a particle from it. he says:*



In memory and for the remission of sins of the blessed founders of this holy church (or monastery).

*And he places it beneath the first particle of the preceding row. Then he commemorates by name those of the dead whom he will, first the bishop who ordained him, if no longer all i.e. For each name, he removes a particle and says:*

Remember, Lord, N.

*And he places it at the left of the preceding one. Then, removing another particle, he says:*

Remember all our Orthodox Fathers and brethren who have fallen asleep in the hope of resurrection to eternal life and in communion with You, O Lord who love mankind.

*And he places it at the left (if the preceding one. The deacon likewise remembers whom he will of the living and the dead. Then the priest removes a final particle and says:*

Remember also, Lord, my unworthiness and pardon my transgressions, deliberate and indeliberate.

*And he places it at the left of the preceding one, thus completing the final row. The priest, blessing the censer recites the Prayer of Incensing:*

Deacon: Bless the incense, Master. Let us pray to the Lord.

WE OFFER YOU incense, Christ our God, for an odor of spiritual fragrance: receive it on your altar in heaven, and send down on us in return the grace of your All-Holy Spirit.

Deacon: Let us pray to the Lord.

*And having incensed the asteriskos (star cover), the priest places it over the holy bread and says:*

And the star came and stood over the place where the child was.

Deacon: Let us pray to the Lord. Adorn, Master.

*And having incensed the first veil, the priest covers the holy bread with it and says:*

THE LORD IS KING, He has put on splendor;  
the Lord has put on might and has girded Himself,  
For He has strengthened the universe  
so that it cannot be moved.

Deacon: Let us pray to the Lord. Veil, Master.

*And having incensed the second veil. the priest covers the holy chalice and says:*

Your power, O Christ, has covered the heavens and the earth is filled with your praise.

Deacon: Let us pray to the Lord. Cover, Master.

*Having incensed the third veil, called the aer, the priest places it over both and says:*

Cover us over with the cover of your wings; drive away from us every alien and enemy; make life peaceful for us. Lord, have mercy on us and on your world, and save our souls, O Good One who love mankind.

*Then the priest, taking the censer, incenses the offering three times, saying:*

Priest: Blessed are You, our God, who were pleased so to do. Glory to You.

Deacon: Now and always and for ever and ever. Amen. (Three times).

*And he bows respectfully three times, and says:*

With a view to the offering of the precious gifts, let us pray to the Lord.

### **BLESSING OF THE HOLY GIFTS**

*And the priest says the Prayer of Offering:*

O GOD, OUR GOD, who sent forth the heavenly bread, food for the whole world, our Lord and God Jesus Christ as a Savior, Redeemer and Benefactor to bless and hallow us: be pleased to bless this offering and to accept it on your altar in heaven. In your goodness and love for mankind, remember both those who offer it and those for whom it is offered; hold us uncondemned in the celebration of your divine mysteries, for hallowed and glorified is your most noble and magnificent name, of the Father and the Son and the Holy Spirit, now and always and for ever and ever. Amen.

*Then he makes the dismissal, saying:*

Glory to You, Christ God, our hope, glory to You.

*If it is Sunday:*

Priest: He who is risen from the dead, Christ our true God...

*Otherwise:*

Christ our true God, through the prayers of his all-pure Mother, of our father among the saints John Chrysostom, Archbishop of Constantinople, (If the Liturgy of Basil the Great is being celebrated, he remembers him instead: of our father among the Saints Basil the Great, Archbishop of Caesarea in Cappadocia,) and of all the saints, have mercy on us and save us, for He is the Good One and loves mankind.

Deacon: Amen.

*The deacon censes the prothesis three times, then the holy table cross-wise in a circle, saying:*

BEING GOD, You were present in the tomb by your body, and yet in Hades by your soul, in Paradise with the thief, and on the throne, O Christ, with the Father and the Holy Spirit, filling all things but encompassed by none.





*Then the deacon incenses the sanctuary, the holy icons and the whole nave, he recites Psalm 50. Then he puts back the censer in its place.*

## **LITURGY OF THE WORD**

*Standing before the holy table, the deacon extends his hands in prayer while the priest says:*

HEAVENLY KING, Consoler, the Spirit of Truth, present in all places and filling all things, the Treasury of blessings and the Giver of life, come and dwell in us, cleanse us of all stain, and save our souls, O Good One.

*Then, making three reverences they say:*

Glory to God in the highest, on earth peace, good will to men (Twice).  
Lord, You shall open my lips, and my mouth will declare your praise

*Then the priest kisses the holy Gospel book and the holy table and the deacon kisses the holy table. They say to each other:*

Deacon: It is time to sacrifice to the Lord. Master, give the blessing.

Priest: Blessed is our God at all times now and always and forever and ever. Amen.

Deacon: Master, pray for me.

Priest: May the Lord direct your steps to every good deed.

Deacon: Master, remember me.

Priest: May the Lord God remember you in his kingdom at all times, now and always and for ever and ever.

Deacon: Amen

## **LITANY OF PEACE**

*The deacon leaves the sanctuary through the north door and, standing in the solea before the holy doors, he makes three reverences saying with each: O Lord, you will open my lips and my mouth will proclaim your praise. Raising the orarion he says:*

Deacon: Give the blessing, Father.

*The deacon removes his kamelavkion. The priest lifting the holy Gospel book and making with it the sign of the cross, answers aloud:*

BLESSED IS THE KINGDOM + of the Father and the Son and the Holy Spirit, now and always and for ever and ever

All. Amen.

*The deacon puts on his kamelavkion. On Pascha he goes in the south door, presents the censer for blessing and gives it to the priest. He then takes the paschal candle and stands to the right of the priest. The clergy sing Christ is risen... once, the people sing it twice. The priest, preceded by the deacon, makes the great incensation intoning the Easter verses. After they return the deacon replaces the Paschal candle and goes to his normal place.*

*On other Sundays of the Pascal season the deacon remains on the solea while the clergy sing Christ is risen... once.  
Then the deacon intones the litany of peace*

IN PEACE let us  
pray to the Lord  
All: Lord, have mercy.

– For peace from on high and the salvation of our souls, let us pray to the Lord.  
All: Lord, have mercy.

– For peace in the whole world, the well being of the holy Churches of God and the union of all, let us pray to the Lord.

All: Lord, have mercy.

– For this holy place and for those who enter it with faith, reverence and fear of God, let us pray to the Lord.

All: Lord, have mercy.

– For our most reverend Bishop N., the reverend priests, the deacons in Christ and for all the clergy, and the people, let us pray to the Lord.

All: Lord, have mercy.

– For our public servants, for the government and for all who protect us, that they may be upheld and strengthened in every good deed, let us pray to the Lord.

All: Lord, have mercy.

– For this city, for every city and country, place and the faithful dwelling in them, let us pray to the Lord.

All: Lord, have mercy.

– For favorable weather, an abundance of the fruits of the earth and for peaceful times, let us pray to the Lord.

All: Lord, have mercy.

– For the travelers by sea, air and land, for the sick, the suffering, for those in prison, and for their salvation, let us pray to the Lord.

All: Lord, have mercy.

– For our deliverance from all affliction, wrath, danger, and need, let us pray to the Lord.  
All: Lord, have mercy.

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– Let us remember our all-holy, spotless, most highly blessed and glorious Lady the Mother of God and ever-virgin Mary with all the saints, and commend ourselves and one



another and our whole life to Christ God.  
All: To You, O Lord.

*Then the Prayer of the First Antiphon*

O LORD OUR GOD whose power is without compare, whose glory is incomprehensible, whose mercy is beyond measure and whose love for mankind is beyond word: be pleased, Master, in the depth of your compassion, to look down on us and on this holy place, and make us and those praying with us obtain the riches of your mercies and your tender pity. (Aloud:) For all glory, honor and worship, are your due, Father, Son and Holy Spirit, now and always and for ever and ever.  
All: Amen.

*And the singers intone the first antiphon or the first psalm of the typica. As soon as the singing begins, the deacon makes a reverence and, leaving his place, goes and stands before the icon of Christ, looking towards the icon of the Mother of God and holding the orarion with three fingers of the right hand.*

**FIRST ANTIPHON**

Sunday (Ordinary)  
(in Slavic Churches)

Reader: Shout joyfully to the Lord, all the earth, sing praise to his name.

Weekdays (Ordinary)  
(Ps. 91: 2, 3, 16)

Reader: It is good to give thanks to the Lord, and to sing praises to your name, O Most High.

All: Through the prayers of the Mother of God, O Savior, save us!

2. Say to God: "How awesome are your deeds! So great is your power that your enemies cringe before You.

2. To proclaim your mercy in the morning, and your faithfulness throughout the night.

All: Through the prayers of the Mother of God, O Savior, save us!

3. Let all the earth worship You and sing praises to You; let it sing praises to your name, O Most High!

3. For the Lord our God is upright, and there is no wrong in Him.

All: Through the prayers of the Mother of God, O Savior, save us!

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

All: Through the prayers of the Mother of God, O Savior, save us!

*Upon completion of the first antiphon, the deacon goes to his usual place, makes a reverence and says aloud:*

– Again and again in peace let us pray to the Lord.

All: Lord, have mercy.

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– Let us remember our all-holy, spotless, most highly blessed and glorious Lady the Mother of God and ever-virgin Mary with all the saints, and commend ourselves and one another and our whole life to Christ God.

All: To You, O Lord.

*Prayer of the Second Antiphon:*

O LORD OUR GOD, save your people and bless your inheritance, safeguard the fullness of your Church in peace, sanctify those who love the beauty of your house; m return, raise them to glory by your divine power and do not forsake us who put our hope in You, O God. (Aloud:) For yours is the dominion, and yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

*And in like manner, the singers intone the second antiphon or the second psalm of the typica. And the deacon does the same as with the first antiphon.*

## **SECOND ANTIPHON**

Sunday (Ordinary)

(in Slavic Churches)

Reader: Be gracious to us, O God, and bless us; let your face shine upon us, and have mercy on us.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

2. That your name may be known upon earth, among all nations your salvation.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

3. Let the peoples praise You, O God, let all the peoples praise You.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

Weekdays (Ordinary)

(Ps. 92: 1, 5)

Reader: The Lord reigns. He is clothed in majesty; robed is the Lord and girt about with strength.

All: Through the prayers of your saints, O Savior, save us!

2. For He has made the world firm, which shall not be moved.

All: Through the prayers of your saints, O Savior, save us!

3. Your decrees are worthy of trust indeed; holiness befits your house, O Lord, for length of days.

All: Through the prayers of your saints, O Savior, save us!

ONLY BEGOTTEN SON and Word of God, immortal as you are, You condescended for our salvation to take flesh from the Holy Mother of God and ever-virgin Mary, and without undergoing change, You became Man; You were crucified, O Christ God, and crushed death by your death; You are One of the Holy Trinity, equal in glory with the Father and the Holy Spirit: save us!

*At the words One of the Holy Trinity, the deacon bows to the icon of Christ and, returning to his customary place, makes a reverence before the holy doors.*

Deacon: Again and again in peace let us pray to the Lord.

All: Lord, have mercy.

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– Let us remember our all-holy, spotless, most highly blessed and glorious Lady the Mother of God and ever-virgin Mary with all the saints, and commend ourselves and one another and our whole life to Christ God.

All: To You, O Lord.

The deacon bows before the holy doors and enters the sanctuary through the south door.

### *Prayer of the Third Antiphon*

O YOU WHO HAVE GRANTED US to pray together in harmony, and who promised that when two or three are gathered to call upon your name You will give what they ask do You now fulfill what your servants ask, so far as is good, granting us in this world the knowledge of your truth, and in the world to come, eternal life. (Aloud:) For You are good, O our God, and You love mankind and we send up glory to You, to the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

### **THIRD ANTIPHON**

Sunday (Ordinary)  
(in Slavic Churches)

Weekdays (Ordinary)  
(Ps. 94: 1,2,3)

Reader: Come, let us sing joyfully to the Lord; let us shout with joy to God our Savior.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

All: O Son of God whom we admire in your saints, save us who sing to You: Alleluia!

2. Let us come into his presence with thanksgiving, and let us joyfully sing psalms to Him.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

All: O Son of God whom we admire in your saints, save us who sing to You: Alleluia!

3. For God is a great Lord, and a great King over all the earth.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

All: O Son of God whom we admire in your saints, save us who sing to You: Alleluia!

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

All: O Son of God who are risen from the dead, save us who sing to You: Alleluia!

All: O Son of God whom we admire in your saints, save us who sing to You: Alleluia!

*After the singing of the psalm of the third antiphon, or of the beatitudes if it is Sunday, at the Glory be, priest and deacon stand before the holy doors and make three reverences and uncover. And the holy doors are opened.*

Deacon: Let us pray to the Lord.

## **LITTLE ENTRANCE**

*Then the priest, taking the holy Gospel book, gives it to the deacon who kisses his hand. The priest lets down his phelonion. And they go from the south side behind the holy table and come alit through the north side, candle bearers going before them, thus making the little entrance. And standing at the customary place, they both bow their heads.*

*And the priest recites the Prayer of Entrance:*

MASTER AND LORD, our God, who have established in heaven the ranks and armies of angels and archangels to minister to your glory: at our entrance, make the holy angels enter also, to minister with us and with us to glorify your goodness For all glory, honor and worship are your due, Father, Son and Holy Spirit, now and always and for ever and ever. Amen.

*The prayer being finished, the deacon steps a little to the south, faces north and takes the orarion off the gospel book. Holding the gospel in his left hand he holds the orarion with three fingers of the right hand, points to the east and says to the priest:*

Deacon: Bless the holy entering, Father.

Priest: Blessed is the entering + into your holy places, at all times, now and always and for ever and ever. Amen.

*The deacon steps in front of the priest facing east. He gives the holy Gospel book to the priest to kiss. The deacon in turn kisses the right hand of the priest. After the singing of the beatitudes or the third antiphon, the deacon goes to the center and, standing before the priest, he raises his arms slightly, shows the holy Gospel book, making with it the sign of the cross, and says in a loud voice:*

Wisdom. + Let us stand.

*And the Entrance Hymn is sung. On weekdays:*

Come, let us worship and bow down before Christ. O Son of God, wonderful among the saints, save us who sing to You alleluia.

*On Sundays:*

Come, let us worship and bow down before Christ. O Son of God who are risen from the dead, save us who sing to You: Alleluia!

*On major feasts, the proper Entrance Hymn is sang.*

*The deacon makes a reverence, and the priest behind him, and both enter the sanctuary through the holy doors, and the deacon places the holy Gospel book upon the holy table.*

*The singers intone the fitting troparia.*

## **PRAYER OF THE THRICE-HOLY HYMN**

*The priest prays as follows:*

GOD THE HOLY who abide in the saints, whom the seraphim praise with the thrice-holy hymn, whom the cherubim glorify, whom all the heavenly powers worship; who brought all things into being out of nothingness; who created man to your own image and likeness and adorned him with all your favors; who give wisdom and understanding to anyone asking for them; who do not turn away from the sinner but have set up penance for salvation; who have rendered us, your lowly and worthless servants, worthy to stand at this time before the glory of your holy altar and to offer You due worship and praise: do You, Master, receive from the mouth of us sinners the thrice-holy hymn, and visit us in your kindness. Forgive us every transgression, deliberate and indeliberate; sanctify our souls and bodies; and grant that we may serve You in holiness all the days of our life, through the prayers of the holy Mother of God and of all the saints who have pleased You since the world began.

*When the singers come to the last troparion, the deacon holds the orarion with three fingers of the right hand, bows to the priest and says to him*

Deacon: Bless the time of the thrice-holy hymn, Father.

Priest: For You are holy, + O our God, and we send up glory to You, to the Father and the Son and the Holy Spirit, now and always,

*The deacon comes close to the holy doors, and pointing to those standing without, he says in a loud voice:*

And for ever and ever.

All: Amen.

## **TRISAGION**

HOLY is God! Holy the Mighty One! Holy the Immortal One! Have mercy on us (Three times).

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

– Holy the Immortal One! Have mercy on us.

– Holy is God! Holy the Mighty One! Holy the Immortal One! Have mercy on us.

Deacon: Dynamis! or, With Strength!

*During the singing of the thrice-holy hymn both priest and deacon recite this same hymn. and make together three reverences before the holy table.*

## **PRAYERS OF THE THRONE**

Deacon: Give the order, Father.  
*and they proceed toward the throne.*

Priest: Blessed is he who comes in the name of the Lord.

Deacon: Bless this high throne, Father.

Priest: Blessed are You on the throne of glory of your kingdom, seated upon the cherubim, at all times, now and always and for ever and ever. Amen.

*Note that it is not fitting for the priest to go up on the throne: he should sit to the side of it.*

## **EPISTLE**

*When the Thrice-Holy Hymn is ended:*

Deacon: Let us be attentive.  
*And the reader announces the verses of the prokimenon.*

Deacon: Wisdom.  
*And the reader reads the title of the epistle.*

Deacon: Let us be attentive.  
*When the epistle is finished:*

Priest. Peace to you, reader.

*While the alleluia is being sung the deacon takes the censer, puts incense into it, goes to the priest, and after obtaining from him a blessing, incenses the holy table crosswise all around, the whole sanctuary, the icons of the iconostasis, the priest, both choirs and the people.*

## **GOSPEL**

*Meanwhile the priest, standing before the holy table, recites the Prayer Before the Gospel:*

SHINE IN OUR HEARTS, Master who love mankind, the pure light of your divine knowledge and open the eyes of our mind that we may understand the announcing of your Good News, set in us the fear of your blessed commandments, so that, trampling all carnal desires, we may begin to live according to the spirit, both willing and doing everything for your pleasure. For You are the light of our souls and bodies, Christ God, and we send up glory to You and to your eternal Father and to your all-holy, good and life-giving Spirit, now and always and for ever and ever. Amen.

*The deacon puts back the censer in its place and goes to the priest. Bowing his head to him, he takes from his hands the holy Gospel book, and holding both the orarion and the holy Gospel book with the tips of his fingers and pointing to the holy Gospel book, he*

says:

Bless, Father, the herald of the Gospel of the holy apostle and evangelist N.  
*And the priest blesses him and says*

God grant + through the prayers of the holy and glorious apostle and evangelist N. that  
you give out the Good News with great power for the fulfillment of the Gospel of his  
beloved Son, our Lord Jesus Christ.  
*And he gives to him the holy Gospel book.*

Deacon: Amen.

*And making a reverence towards the holy Gospel book, he takes it up. And going out  
through the holy doors, escorted by candle bearers, he proceeds to the ambo or to the  
customary place.*

*The Deacon, standing before the holy table and facing the west, says aloud:*

Wisdom. Let us stand and listen to the holy Gospel.

Priest: Peace to all.

All: And to your spirit.

Deacon: The holy Gospel according to N.

All: Glory to You, O Lord, glory to You!

The priest : Let us be attentive.

*After the reading of the Gospel:*

All: Glory to You, O Lord, glory to You!

*The deacon then returns to the holy doors and gives the closed Gospel book to the  
priest, and the priest receiving it says to the deacon:*

Peace to you, herald of the Gospel

*He kisses the holy Gospel book, makes with it the sign of the cross over the people, and  
places it on the holy table.*

*And the holy doors are closed.*

## **ECUMENIC PRAYER**

*The deacon, standing in his usual place, intones the litany and the choirs alternate  
answering with great reverence.*

LET US ALL SAY, with our whole soul and our whole  
mind, let us all say:

All: Lord, have mercy (Three times).

– Lord Almighty, God of our fathers, we pray to You, hear us and have mercy.

All: Lord, have mercy (Three times).

– Have mercy on us, O God, in your great mercy: we pray to You, hear us and have  
mercy.

All: Lord, have mercy (Three times).

– Again we pray for our Most Reverend Bishop N., and for the reverend clergy, let us pray to the Lord.

All: Lord, have mercy (Three times).

– Again we pray for our brothers the priests, the deacons, the monks and nuns, and for all our brothers in Christ.

All: Lord, have mercy (Three times).

– Again, we pray for mercy, life, peace, health, salvation, protection, forgiveness and remission of sins for the servants of God who live in this city (or village, or for the brethren of this holy monastery).

All: Lord, have mercy (Three times).

– Again, we pray for the blessed and ever to be remembered founders of this holy church (or monastery,) and for our Orthodox Fathers and brethren who have gone before us and who here or elsewhere have been laid to pious rest.

All: Lord, have mercy (Three times).

*Here, a special petition for the dead may be added in Slavic Churches.*

– Again, we pray for those who bear offerings, those who do good works in this holy and most venerable church, those who toil, those who sing and all the people here present who await from You great and abundant mercy.

All: Lord, have mercy (Three times)

– Wisdom.

*And the priest recites the prayer of the Ecumenic Supplication:*

LORD OUR GOD, receive from your servants this insistent supplication, have mercy on us in the fullness of your mercy, and incline your compassion towards us and all your people who await from You abundant mercy. (Aloud:) For You are merciful, O God, and you love mankind, and to You we send up glory, to the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

## **PRAYERS FOR THE CATECHUMENS**

Deacon: Catechumens, pray to the Lord.

All: Lord, have mercy.

– Let us faithful pray for the catechumens.

All: Lord, have mercy.

– That the Lord may have mercy on them.

All: Lord, have mercy.

– That He instruct them in the word of truth.

All: Lord, have mercy.

– That He open to them the Gospel of righteousness.

All: Lord, have mercy.

– That He join them to his holy, catholic and apostolic Church.

All: Lord, have mercy.

– Save them, have mercy on them, help them and protect them, O God, by your grace.

All: Lord, have mercy.

– Catechumens, bow your heads to the Lord.

All: To You, O Lord.



*Prayer for the catechumens.*

Lord our God dwelling on high and watching over the lowly, who sent forth Salvation to the human race your Only-begotten Son, God, our Lord Jesus Christ look upon your servants the catechumens who have bowed their heads to you, and in due time make them worthy of the bath of regeneration the remission of sins and the robe of incorruption. Join them to your holy catholic and apostolic Church and number them among your chosen flock. (Aloud:) That with us they too may glorify your most noble and magnificent name, of the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

*And the priest spreads out the iliton.*

Deacon All catechumens, depart. Catechumens, depart. All catechumens, depart. Let no catechumen remain.

## **PRAYERS FOR THE FAITHFUL**

ALL we faithful, again and again in peace let us pray to the Lord.

All: Lord, have mercy.

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– Wisdom.

### **First Prayer for the Faithful.**

WE THANK YOU, Lord God of Hosts, for having made us worthy to stand at this moment before your holy altar, and throw ourselves on your mercies for our sins and the faults of the people. Accept, O God, our entreaty; make us worthy to offer You prayers and supplications and unbloody sacrifices for all your people; and by the power of your Holy Spirit strengthen us whom You have appointed to this your ministry: so that at all times and places, without blame or offense, with the testimony of a clear conscience, we may call upon You; and that hearing us You may have mercy on us in the plenitude of your goodness. (Aloud:) For all glory, honor and worship are your due, Father, Son and Holy Spirit, now and always and for ever and ever.

All: Amen.

Deacon: Again and again in peace let us pray to the Lord.

All: Lord, have mercy.

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– Wisdom.

### **Second Prayer for the Faithful.**

AGAIN AND MANY TIMES we fall down before You and pray You in your goodness and love for mankind to regard our supplications and cleanse our souls and bodies from all defilement of flesh and spirit, and grant that we may stand without guilt or condemnation before your holy altar. And upon these also who pray with us, O God, bestow increase of

life and faith and spiritual insight. Give them ever to minister to You in fear and love, to share without guilt or condemnation in your holy mysteries and to be made worthy of your heavenly kingdom. (Aloud:) That being ever protected by your power, we may send up glory to You, to the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

*Then the deacon goes into the sanctuary through the south door and the holy doors are opened.*

## **LITURGY OF OFFERING**

### **CHERUBIC HYMN**

*The choir begins to sing the Cherubic Hymn with piety and harmony.*

WE who mystically represent the cherubim, who sing to the life-giving Trinity the thrice-holy hymn, let us now lay aside all earthly care...

*While the Cherubic Hymn is being sung, the priest recites the Prayer of the Cherubic Hymn.*

NO ONE GIVEN to carnal lusts and pleasures is worthy, O King of Glory, to meet or approach You or to celebrate your Liturgy for to minister unto You is great and awesome even for the very powers of heaven. Yet, because of your ineffable and boundless love for mankind, You became man without undergoing change or alteration, and became our High Priest, and as Master of all, conferred upon us the priestly function of this Liturgy and unbloody sacrifice. Indeed, You alone, O Lord our God, are Master of all in heaven and on earth, You who are seated upon the throne of the cherubim, Lord of the seraphim and King of Israel, You the Holy One who abide with the holy. It is You, then, I pray who alone are good and ready to listen. Look down upon me, your sinful and unprofitable servant; cleanse my soul and heart from evil thinking, and fit me with the power of your Holy Spirit, so that clothed with the grace of the priesthood, I may stand before this your holy table and consecrate your holy and spotless body and precious blood. Before You I come; I bow down and pray You: do not turn your face away from me, do not reject me from among your children, but make it right that these gifts be offered to You by me, your sinful and unworthy servant. For You are the One who offer and are offered, who receive and are distributed, Christ our God, and we send up glory to You and also to your eternal Father and your all-holy, good and life-giving Spirit, now and always and for ever and ever. Amen.

*The priest, standing with the deacon in front of the holy table recites the Cherubic Hymn.*

*While the Cherubic Hymn is being song by the priest, the deacon takes the takes the candle and stands opposite the priest as the priest incenses the holy table, the iconostasis and the whole sanctuary.*

O GOD, have mercy on me  
in the greatness of your love;  
– In the abundance of your tender mercies,  
wipe out my offense.

– Wash me thoroughly from my malice  
and cleanse me from my sin,  
– For I am well aware of my malice  
and my sin is before me always.

– It is You alone I have offended,  
I have done what is evil in your sight,  
– Wherefore You are just in your deeds  
and triumphant in your judgment.

– Behold, I was born in iniquities  
and in sins my mother conceived me,  
– But You are the Lover of Truth,  
You have shown me the depths and secrets of your wisdom.

– Wash me with hyssop and I shall be pure,  
cleanse me and I shall be whiter than snow;  
– Let me hear sounds of joy and feasting  
the bones that were afflicted shall rejoice

– Turn your face away from my offenses  
and wipe off all my sins.  
– A spotless heart create in me, O God;  
renew a steadfast spirit in my breast.

– Cast me not afar from your face,  
take not your blessed Spirit out of me.  
– Restore to me the joy of your salvation  
and let your guiding Spirit dwell in me.

– I will teach your ways to the sinners  
and the wicked shall return to You.  
– Deliver me from blood guilt, O God, my saving God,  
and my tongue will joyfully sing your justice.

– O Lord, You shall open my lips,  
and my mouth will declare your praise.  
– Had You desired a sacrifice, I would have offered it,  
but You will not be satisfied with whole-burnt offerings.

– Sacrifice to God is a contrite spirit;  
a crushed and humbled heart God will not spurn.  
– In your kindness, O Lord, be bountiful to Sion;  
may the walls of Jerusalem be restored.

– Then will You delight in just oblation,  
in sacrifices and whole-burnt offerings.  
– Then shall they offer calves upon your altar.

*After the incensing, priest and deacon proceed to the prothesis. They make three  
reverences, saying each other:*

O God, be propitious to me a sinner and have mercy on me (Three times).

Deacon: Lift up, Father.

*The priest, placing the outer veil on the deacon's shoulder, says:*

Lift up your hands to the holy places and bless the Lord.

## **GREAT ENTRANCE**

*Then, taking the covered paten, he places it on the deacon's head with all attention and reverence. The priest himself takes the holy chalice in his hands. Then they both go out through the north door, preceded by candle bearers, and they make the procession of the great entrance in the body of the church, saying:*

May the Lord God remember us all in his kingdom, at all times, now and always and for ever and ever.

All: Amen.

*The deacon and priest alternate, each one making the commemoration he pleases. If there are several priests, each takes one commemoration with the senior priest making the final one.*

*And the choir completes the Cherubic Hymn*

That we may welcome the King of All invisibly escorted by angel hosts. Alleluia! Alleluia! Alleluia!

*And the priest puts down the holy chalice upon the holy table, and taking the holy paten from the deacon's hand, he places it on the holy table.*

*And again the holy doors and the curtain are closed. Then the priest taking the veils from the holy paten and the holy chalice, sets them aside on the holy table. He takes the outer veil from the deacon's shoulder, incenses it, and covers the holy things with it, saying:*

THE NOBLE JOSEPH, taking down your spotless body from the wood and wrapping it in a clean shroud with aromatic spices, carefully laid it in a new tomb.

*And taking the censer from the deacon's hands, he incenses the holy things three times and says (in Slavic Churches)*

In your kindness, O Lord, be bountiful to Sion;  
may the walls of Jerusalem's defenses be restored  
Then will You rejoice in just oblation,  
in sacrifices and whole-burnt offerings.  
Then shall they offer calves upon your altar (Three times).

## **OFFERTORY LITANY**

Priest: Remember me, brother and fellow-celebrant.

Deacon: May the Lord remember your priesthood in his kingdom.

Priest: Pray for me, fellow-celebrant.

Deacon: The Holy Spirit shall come upon you and the power of the Most High shall overshadow you.

Priest: May the Spirit Himself join with us in our celebration all the days of our life.

Deacon: Remember me, Master.

Priest: May the Lord God remember you in his kingdom at all time now and always and for ever and ever.

Deacon: Amen.

*The deacon kisses the right hand of the priest and goes out through the north door. Standing in his usual place, he says:*

Let us complete our prayer to the Lord.

All: Lord, have mercy.

– For the precious gifts here offered, let us pray to the Lord.

All: Lord, have mercy.

– For this holy church and those who enter it with faith, reverence and fear of God, let us pray to the Lord.

All: Lord, have mercy.

– For our deliverance from all affliction, wrath, danger and need, let us pray to the Lord.

All: Lord, have mercy.

## **PRAYER FOR THE SANCTIFICATION OF OUR LIFE-AITESIS**

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– That this whole day may be perfect, holy, peaceful and with-out sin, let us ask the Lord.

All: Grant this, O Lord!

– For an angel of peace, a faithful guide and guardian of our souls and bodies, let us ask the Lord.

All: Grant this, O Lord!

– For the forgiveness and remission of our sins and offenses, let us ask the Lord.

All: Grant this, O Lord!

– For what is good and profitable to our souls and for peace in the world, let us ask the Lord.

All: Grant this, O Lord!

– That the rest of our life may be spent in peace and repentance, let us ask the Lord.

All: Grant this, O Lord!

– That the end of our life may be Christian, painless, unashamed and peaceful, and for a good defense before the awesome judgment seat of Christ, let us ask.

All: Grant this, O Lord!

– Let us remember our all-holy, spotless, most highly blessed and glorious the Mother of God and ever-virgin Mary with all the saints, and commend ourselves and one another and our whole life to Christ God.

All: To you, O Lord!

## **OFFERTORY PRAYER**

*Meanwhile the priest recites the Offertory Prayer:*

LORD GOD ALMIGHTY who alone are holy, who accept the sacrifice of praise from those who call upon You with their whole heart, accept also the prayer of us sinners and carry it to your holy altar; make us fit to offer You spiritual gifts and sacrifices for our sins and the faults of the people. Make us worthy to find grace in your eyes, that our sacrifice may become acceptable to You, and that the good Spirit of your grace may abide with us and with the gifts here laid out and with all your people. (Aloud:) Though the mercies of your only-begotten Son, with whom You are blessed, together with your all-holy, good and life-giving Spirit, now and always and for ever and ever.

All: Amen.

The priest: Peace + to all

All: And to your spirit.

## **THE KISS OF PEACE**

The deacon: Let us love one another that with one mind we may confess.

All: The Father; the Son and the Holy Spirit, Trinity one in substance and undivided.

*The priest and deacon make three reverences, saying each time:*

I will love You, Lord, my strength; the Lord is my fortress, my refuge and my deliverance.

*And in the following manner he kisses the holy things which are covered: first the top of the holy paten, then the top of the holy chalice and the edge of the holy table before him. If there are two priests or more, they all kiss the holy things and each other in order. The senior says: Christ is in our midst. And the one being kissed answers He both is and will always be. At the same time, the deacon bows at the place where he stands and kisses the orarion where it has a cross.*

## **PROCLAMATION OF FAITH**

The deacon: [The doors, the doors.] In wisdom, let us be attentive.

*And the curtain is opened. The priest lifting the outer veil from the gifts holds it over them waving it and reciting the Creed along with the people, or, if customary, the leader. If there are several priests, all take part.*

I BELIEVE IN ONE GOD, Father almighty, Creator of heaven and earth and of all things visible and invisible. And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages: Light of light, true God of true God, begotten, not made, of one substance with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; who was crucified for us under Pontius Pilate, and suffered, and was buried; who rose again on the third day in accordance with the Scriptures, and ascended into heaven, and is enthroned at the right hand of the Father; who will come again with glory to judge the living and the dead; and of whose kingdom there shall be no end. And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshiped and glorified, who spoke through the prophets. In one, holy, catholic and apostolic Church. I profess one baptism for the remission of sins. I look forward to the resurrection of the dead and

the life of the world to come. Amen.

*The priest lifts the outer veil from the holy things, kisses it and lays it aside. Then he turns to the people:*

## **LITURGY OF SACRIFICE**

### **ANAPHORA (CANON)**

The deacon. Let us stand well, let us stand in awe, let us be attentive to offer the holy oblation in peace.

All: A mercy of peace, a sacrifice of praise.

*The deacon makes a reverence and goes into the sanctuary through the south door.*

The priest. The grace of our Lord + Jesus Christ and the love of God the Father and the fellowship of the Holy Spirit be with you all.

All: And with your spirit.

*And the priest, lifting both hands:*

Let us lift up our hearts.

All: We have them lifted up to the Lord.

The priest turns towards the icon of the Lord:

Let us give thanks to the Lord.

All: It is fitting and right [to worship the Father, the Son and the Holy Spirit, Trinity one in substance and undivided.]

### **PRAYER TO GOD THE FATHER**

While the deacon fans the holy things with devotion, the priest prays :

IT IS FITTING AND RIGHT to sing to You, to bless You, to praise You, to give thanks to You, to worship You in every place of your dominion: for You are God, beyond description, beyond understanding, invisible, incomprehensible, always existing, always the same; You and your only-begotten Son and your Holy Spirit. Out of nothing, You brought us into being, and when we had fallen, raised us up again; and You have not ceased doing everything until You brought us to heaven and graciously gave us your future kingdom. For all these things, we thank You and your only-begotten Son and your Holy Spirit; for all these blessings, both known and unknown, manifest and hidden, that were lavished upon us. We thank You also for this Liturgy which You are pleased to accept from our hands, though there stand before You thousands of arch-angels and myriads of angels, cherubim and seraphim, six-winged, many-eyed, soaring on their pinions; (Aloud:) Singing, proclaiming, shouting the hymn of victory and saying:

*The deacon takes the star-cover from the holy paten, makes the sign of the cross over it; then he kisses the star-cover and lays it aside.*

All: Holy, Holy, Holy, Lord of Hosts : heaven and earth are filled with your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

*Then the deacon comes to stand on the right side, and there, taking the fan in his hands, waves it gently with utmost care and awe over the holy gifts.*

## **PRAYER TO GOD THE SON**

*And the priest prays:*

WITH THESE BLESSED POWERS, O Master who love mankind, we too cry out and say: holy are You and all holy, You and your only-begotten Son and your Holy Spirit. Holy are you and all-holy and magnificent is your glory: who so loved your world as to give your only-begotten Son, that every one who believes in Him shall not perish but may have eternal life. When He had come and fulfilled all that was appointed Him to do for our sake, on the night on which He was delivered up, or rather delivered Himself up for the life of the world, taking bread in his holy, spotless and blameless hands, giving thanks and blessing, + consecrating and breaking it, gave it to his holy disciples and apostles and said:

*The priest bows his head and raises his right hand reverently and says aloud:*

TAKE, EAT: this is my body, which is broken for you for the remission of sins.

*All concelebrating priests say together the words of consecration. Both priest and deacon make a deep reverence.*

All: Amen.

*While this is being said, the deacon holds the prayer-stole with three fingers of the right hand and indicates to the priest the holy paten. When the priest says Drink of this, the deacon likewise indicates the holy chalice. Then the priest blesses the holy chalice and says:*

– Likewise, the chalice + after He had supped, saying:

*The priest bows his head and raises his right hand reverently and says aloud:*

DRINK OF THIS, all of you, this is my blood of the new testament, which is shed for you and for many, for the remission of sins.

*Both priest and deacon make a deep reverence*

All: Amen.

## **ANAMNESIS**

*And the priest prays:*

REMEMBERING, THEREFORE, this precept of salvation and everything that was done for our sake, the cross, the tomb, the resurrection on the third day, the ascension into heaven, the enthronement at the right hand, the second and glorious coming again (Aloud:) We offer You your own, from what is your own, in all and for the sake of all.

*While this is being said, the deacon crosses his arms, raises up the holy paten and the holy chalice and makes a devout reverence.*

All: We praise You, we bless You, we give thanks to You, Lord, and we pray to You, our God.

*The priest prays:*



MOREOVER, WE OFFER YOU this spiritual and unbloody worship, and we ask and pray and entreat: send down your Holy Spirit upon us and upon these gifts here offered. *The deacon puts down the fan and conies closer to the priest, and both make three reverences before the holy table.*

## **PRAYER TO GOD THE HOLY SPIRIT**

### **EPICLESIS**

*Then the deacon, bowing his head and indicating the bread with the orarion, says:*

Deacon: Bless the holy bread, Father.

Priest: And make this bread + the precious body of your Christ.

Deacon: Amen.

Deacon: Bless the holy chalice, Father.

Priest: And that which is in this chalice + the precious blood of your Christ.

Deacon: Amen.

Deacon: Bless both, Father.

Priest: Changing them by your Holy Spirit. Amen, amen, amen.

*And they both bow profoundly to the floor.*

– So that, to those who partake of them, they may be for the cleansing of the soul, for the remission of sins, for the fellowship of your Holy Spirit, for the fullness of the kingdom of heaven, for intimate confidence in You, and not for judgment or condemnation.

### **COMMEMORATIONS**

AGAIN, we offer You this spiritual worship for those resting in the faith, the forefathers, fathers, patriarchs, prophets, apostles, preachers, evangelists, martyrs, confessors, ascetics, and for every holy soul who has run the course in the faith.

*The priest takes the censer and incenses three times the holy table before him and says aloud:*

– Especially for our all-holy, spotless, most highly blessed and glorious Lady the Mother of God and ever-virgin Mary.

*And he hands the censer to the deacon who incenses the holy table all around, and he remembers by name those whom he will while the choir sings the Hirmos:*

It is fitting and right to call you blessed, O Theotokos: you are ever-blessed and all-blameless and the Mother of our God Higher in honor than the Cherubim and more glorious without compare than the Seraphim, you gave birth to God the Word in virginity. You are truly Mother of God: you do we exalt.

*On the feast days of the Lord and of the Mother of God and on their leave-taking, the proper stanza of the ninth ode is sung.*

– For the holy prophet and forerunner John the Baptist, for the holy glorious and

illustrious apostles, for holy N. whose memory we honor today and for all your saints at whose supplication do You visit us, O God.

– And remember all those who have fallen asleep before in the hope of resurrection to eternal life

*And the priest remembers by name those of the dead whom he will.*

– And give them rest where the light of your face keeps watch.

– Again, we pray You: remember, Lord all the Orthodox Bishops rightly dispensing the word of your truth, all the priests, the deacons in Christ and all the ranks of the clergy.

– Again, we offer You this spiritual worship for the whole world, for the holy. catholic and apostolic Church, for those who lead pure and honorable lives, for our public servants, for the government and for all who protect us. O Lord. grant them peaceful rule that we too in their tranquility may lead a calm and quiet life in all virtue and honor.

(Aloud:) First. Lord, remember His Holiness N., Pope of Rome, His Beatitude our Holy Patriarch N., our Most Reverend Bishop N. preserve them as a blessing over your holy Churches in peace, safety, honor, health, long life, rightly dispensing the word of your truth.

*And the deacon prays:*

And for the reverend priest N. who offers these holy gifts: for the salvation and help of the people here present and for those whom each of us has in mind and for all men and women.

All: Remember all men and women.

*And the priest prays:*

REMEMBER. LORD, this city (or country-place, or monastery) in which we dwell, and every city and country-place and those who live in them in the faith; remember. Lord the travelers by sea, air and land, the sick, the suffering, those in prison, and their salvation. Remember, Lord, those who bring offerings and those who support your holy Churches, and those who are mindful of the poor: and upon us all send down your mercies.

(Aloud:) And grant that with one mouth and one heart we may glorify and extol your most noble and magnificent name, of the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen

*The priest turns towards the people, blesses them, and says aloud:*

And may the mercies of our great God and Savior Jesus Christ + be with you all.

All: And with your spirit.

*The deacon receives a blessing from the priest, goes out to his customary place and says:*

NOW THAT we have remembered all the saints, again and again in peace let, us pray to the Lord.

All: Lord, have mercy.

– For the precious gifts here offered and consecrated, let us pray to the Lord.

All: Lord, have mercy.

– That our God who loves mankind, having received them on his holy and mystical altar in heaven as a sweet spiritual fragrance, may send down upon us in return his divine

grace and the gift of the Holy Spirit, let us pray.

All: Lord, have mercy.

– For our deliverance from all affliction, wrath, danger, and need, let us pray to the Lord.

All: Lord, have mercy.

- Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– That this whole day may be perfect, holy, peaceful and without sin, let us ask the Lord.

All: Grant this O Lord!

– For an angel of peace, a faithful guide and guardian of our souls and bodies, let us ask the Lord.

All: Grant this, O Lord!

– For the forgiveness and remission of our sins and offenses, let us ask the Lord.

All: Grant this, O Lord!

– For what is good and profitable to our souls and for peace in the world, let us ask the Lord.

All: Grant this, O Lord!

– That the rest of our life may be spent in peace and repentance, let us ask the Lord.

All: Grant this, O Lord!

– That the end of our life may be Christian, painless, unashamed and peaceful, and for a good defense before the awesome judgment seat of Christ, let us ask.

All: Grant this, O Lord!

## **PRAYER FOR UNITY IN FAITH**

*And the deacon prays:*

– Let us pray for unity of faith and the fellowship of the Holy Spirit, and let us commend ourselves and one another and our whole life to Christ God.

All: To You, O Lord!

TO YOU, MASTER WHO LOVE MANKIND, we commend our whole life and hope. We ask You, we pray You, we entreat You: make us worthy to partake of your heavenly and awesome mysteries of this sacred and spiritual table, with a pure conscience, for the remission of sins, for indulgence towards failures, for the communion of the Holy Spirit, the inheritance of the kingdom of heaven and intimate confidence in You, and not for judgment or condemnation. (Aloud:) And make us worthy, Master, to dare with confidence and without condemnation to call You Father, O God of heaven, and to say:

## **THE LORD'S PRAYER**

OUR FATHER, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our dally bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not in to temptation, but deliver us from evil.

The priest: For thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

The priest. Peace + to all.

All: And to your spirit.

Deacon: Bow your heads to the Lord.

All: To You, O Lord!

*And the priest prays:*

WE THANK YOU, invisible King who in your measureless power have fashioned all things, and in the abundance of your mercy have brought all things out of nothing into being do You, Master, look down from heaven upon those who bow their heads to You, for they bow them not to flesh and blood, but to You the awesome God. Be pleased, then, Master, to distribute these offerings to all of us, for our good, according to the need of each one; sail with those on the sea, travel with the wayfarers, heal the sick, O Physician of our souls and bodies. (Aloud:) Through the grace and mercies and love for mankind of your only-begotten Son, with whom You are blessed, together with your all-holy, good and life-giving Spirit, now and always and for ever and ever.

All: Amen.

*And the priest prays:*

LORD JESUS CHRIST OUR GOD, give heed from your holy dwelling place and from the throne of glory of your kingdom, and come to make us holy, O You who are enthroned on high with the Father and yet are present here though unseen to us And accord by the might of your hand to give us a share of your spotless body and precious blood, and through us to all the people.

*Then the priest, and the deacon also from where he stands, make three reverences, saying each time:*

O God, be propitious to me a sinner, and have mercy on me.

*Then the deacon crosses the orarion on his breast.*

## **ELEVATION**

*When he sees the priest stretching out his hands and touching the holy bread before making the elevation, he says aloud:*

Deacon: Let us be attentive.

*And the priest raises up the holy bread and says aloud:*

HOLY THINGS for the Holy.

All: One is Holy, one is Lord, Jesus Christ, to the glory of God the Father Amen.

## **KINONIKON**

SUNDAY (In honor of the Resurrection)

Praise the Lord from the highest. Alleluia!

MONDAY (In honor of the angels)

You make your angels like winds, and your ministers like blazing fires. Alleluia!

TUESDAY (In honor of John the Baptist)  
The just shall be remembered forever. Alleluia!

WEDNESDAY (In honor of the Mother of God)  
I will take the chalice of salvation and call upon the name of the Lord. Alleluia!

THURSDAY (In honor of the apostles)  
Their voice has gone forth over the whole world, and their words to the limits of the universe. Alleluia!

FRIDAY (In honor of the precious cross)  
O Christ God, You brought about salvation in the midst of the earth. Alleluia!

SATURDAY (In honor of the faithful departed)  
O Lord, blessed are those You chose and adopted. Alleluia!

*And the curtain is closed.*

*Then the deacon enters the holy sanctuary through the south door, stands at the right side of the priest who is holding the holy bread.*

*The priest breaks it into four parts with care and reverence and says:*

Broken and distributed is the Lamb of God, broken and not dismembered, always eaten and never expended, but making holy those who receive it.

*And he places the portions on the holy paten in this manner:*

IC  
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*The priest takes the upper portion, makes with it the sign of the cross over the holy chalice and says:*

The fullness + of faith of the Holy Spirit. Amen.

*And he drops it in the holy chalice. The priest blesses the zeon or warm water and says:*

Blessed is the fervor + of your saints, at all times, now and always and for ever and ever. Amen.

*The deacon pours a sufficient quantity of the warm water crosswise into the holy chalice and says:*

Deacon: The fervor + of faith, full of the Holy Spirit.

## LITURGY OF HOLY COMMUNION

### COMMUNION OF THE CELEBRANTS

*At this point in some Slavic churches the deacon is summoned by the priest and receives the species of bread. He receives from the holy chalice, however, after all the priests have received.*

*Also, if there is concelebration of several priests each priest makes a deep reverence, saying : Behold! I am approaching my King and my God!! He then takes a particle Of the holy bread and puts it in the palm of his hand and says The precious and holy and spotless body etc. before reciting privately the prayer I believe Lord. etc.*

*The priest bows his head and prays:*

I BELIEVE, LORD, and profess that You are the Christ, the Son of the Living God, come to this world to save sinners, of whom I am the greatest. I believe also that this is really your spotless body and that this is really your precious blood Wherefore I pray to You: have mercy on me and pardon my offenses, the deliberate and the indeliberate, those committed in word and in deed whether knowingly or inadvertently; and count me worthy to share without condemnation your spotless mysteries, for the remission of sins and for eternal life. Amen.

RECEIVE ME NOW, O Son of God, as a participant in your mystical supper : for I will not betray your mystery to your enemies, nor give You a kiss like Judas, but like the thief, I confess You: remember me, Lord, in your kingdom.

*And if he wishes:*

Lord, I am not worthy that You should enter under the stained roof of my soul, but as You accepted to be laid down in a cave and a manger for dumb animals, and to enter the house of Simon the Leper, and to receive, when she approached You, the sinful woman who resembled me: deign to enter both into the manger of my senseless soul and into my rubbish-filled body (which is that) of a dead and leprous (man). And as You did not recoil when the filthy mouth of the sinful woman kissed your spotless feet, likewise, my Master and God, do not shun the sinner that I am, but in your goodness and love for mankind grant that I may become a communicant of your all-holy body and blood.

O our God, remit, forgive, excuse my transgressions by which I sinned against You, knowingly or inadvertently, in word or in deed. In your goodness and love for mankind, hold me excused for all of them. Through the prayers of your all-pure and ever-virgin Mother, grant that I may partake without condemnation of your precious and spotless body, for the healing of (my) soul and body. For yours is the kingdom and the power and the glory, for ever and ever. Amen.

*And finally:*

May the reception of your holy mysteries, Lord, be for me not to judgment or condemnation, but to the healing of (my) soul and body. Amen.

*Then he takes a portion of the holy bread and says:*

The precious and holy body of our Lord and God and Savior Jesus Christ is given to me N., priest, for the remission of my sins and for eternal life. Amen.

*And thus he partakes of the holy bread with awe and with great care.*

*Then the priest takes the holy chalice with the veil and says:*

Now the precious and holy blood of our Lord and God and Savior Jesus Christ is given to me N., priest, for the remission of my sins and for eternal life.

*And he partakes three times of it. With the veil he is holding, he wipes his lips and the holy chalice, which he then kisses, saying:*

This has touched my lips and will remove my transgressions and wash away my sins.

*The deacon approaches on command, right hand over left and prays: Behold I approach my King and my God. Master, give me the precious and holy Body of our Lord and God and Savior, Jesus Christ, for the remission of my sins and for eternal life, amen. The deacon kisses the priest's right hand. For the chalice the deacon again approaches on command praying: Behold I approach my King and my God. Master, give me the precious and holy Blood of our Lord and God and Savior, Jesus Christ, for the remission of my sins and for eternal life, amen. The deacon wipes his lips and the rim of the chalice, kisses the chalice and the priest's hand then steps back.*

## **COMMUNION OF THE FAITHFUL**

*And so, the door of the holy sanctuary is opened. The priest makes a single reverence, takes up the chalice and paten with great care, goes to the door and lifts up the holy chalice to show it to the people:*

Deacon: Approach with fear of God, with faith and with love.

All: Amen, amen. Blessed is he who comes in the name of the Lord. The Lord is God and He has appeared to us.

*And the faithful approach to receive communion. They come one by one and bow with great reverence with their arms crossed on their breast. Saying: Behold, I come to my King and my God! they receive the divine mysteries. As the priest gives communion to each one, he says:*

The servant of God N. receives the precious and holy body and blood of our Lord and God and Savior Jesus Christ, for the remission of his (her) sins and for eternal life.

*During the communion of the faithful, the choirs sing melodiously, once or several times according to the number of communicants.*

RECEIVE ME now, O Son of God, as a participant in your mystical supper: for I will not betray your mystery to your enemies, nor give You a kiss like Judas, but like the thief, I confess You remember me, Lord, in your kingdom.

*After the divine partaking, the priest blesses the people, saying:*

O God, save your people and bless + your inheritance. We have seen the true light, we have received the Heavenly Spirit, we have found the true faith, worshiping the undivided Trinity who has saved us.

*On the feasts of the Lord, the troparion of the feast is sung instead.*

*Both priest and deacon return to the holy table, and the priest incenses it three times, saying:*

May You be raised up above the heavens, O God, and your glory above all the earth.

*Then he takes the holy paten and places it on the deacon's head. The deacon holds it with reverence and goes to the door in silence, then to the altar of offering where he puts it down. The priest makes a reverence, takes the holy chalice, turns to the door and, facing the people, says:*

Blessed is our God at all times, now and always and for ever and ever.

*And he goes to the altar of offering and puts down the chalice.*

All: Amen. Let our mouth be filled with your praise, O Lord, for You have counted us worthy to share your holy, immortal and spotless mysteries; keep us in sanctification that we may sing your glory, meditating on your holiness all the day. Alleluia, alleluia, alleluia.

## **LITURGY OF THANKSGIVING**

*Then the deacon goes out and stands in his customary place and says:*

Let us stand. Now that we have received the divine, holy, spotless, immortal, heavenly, life-giving, awesome mysteries of Christ, let us give worthy thanks to the Lord.

All: Lord, have mercy.

– Help us, save us, have mercy on us and protect us, O God, by your grace.

All: Lord, have mercy.

– Now that we have asked that this whole day may be perfect, holy, peaceful and without sin, let us commend ourselves and one another and our whole life to Christ God.

All: To You, O Lord.

*Meanwhile the priest folds the antimimension. Holding up the holy Gospel book he makes with it the sign of the cross over the antimimension, places the book on it, and recites the Prayer of Thanksgiving:*

WE THANK YOU, Master who love mankind, Benefactor of our souls, for having today made us worthy of your heavenly and immortal mysteries. Make straight our paths, establish us in your fear, guard our life, steady our footsteps, through the prayers and supplications of the glorious Mother of God and ever-virgin Mary and of all your saints. (Aloud:) For You are our sanctification, and we send up glory to You, to the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen.

Priest: Let us go forth in peace.

All: In the name of the Lord.



Deacon: Let us pray to the Lord.

All: Lord, have mercy.

*Prayer before the ambo, said aloud by the priest outside the bema while the deacon indicates the icon of Christ with his orarion.*

O LORD WHO BLESS THOSE WHO BLESS YOU, and sanctify those who trust in You, save your people and bless your inheritance; safeguard the fullness of your Church; sanctify those who love the beauty of your house; in return, raise them to glory by your divine power and do not forsake us who put our hope in You. Give peace to your world, to your Churches, to your priests, to our public servants, to the government and to all who protect us, and to all your people: for every good gift and every perfect grace is from above, coming down from You, the Father of Lights; and to You we send up glory and thanksgiving and worship, to the Father and the Son and the Holy Spirit, now and always and for ever and ever.

All: Amen Blessed be the name of the Lord henceforth and for ever (Three times)

*After this is completed, the priest returns to the sanctuary through the holy doors, turns towards the altar of offering and says the following prayer.*

O YOU WHO ARE THE FULFILLMENT of the law and the prophets, Christ our God, who fulfilled the whole providential plan of the Father, fill our hearts with joy and gladness, at all times, now and always and for ever and ever. Amen.

*The deacon faces the people from the Holy Doors and says aloud:*

Let us pray to the Lord.

All: Lord, have mercy.

The priest blesses the people and says:

May the blessing + of the Lord and his mercy be upon you through his grace and love for mankind, at all times, now and always and for ever and ever.

All: Amen.

*Then the priest turns to the east and says:*

Glory to You, Christ God, our hope, glory to You.

All: Glory be to the Father and to the Son and to the Holy spirit, now and always and for ever and ever. Amen.

– Lord, have mercy (Three times).

– Give the blessing, reverend Father.

*The prayer turns toward the people and makes the dismissal.*

*If it is Sunday:*

He who is risen from the dead, Christ our true God...

*Otherwise:*

Christ our true God, through the prayers of his all-spotless and all-pure Mother, (and the rest according to the day) of our father among the Saints John Chrysostom, Archbishop of Constantinople, (of the saints of the church and of the day) of the holy and just Ancestors of Christ Joachim and Anne and of all the saints, may this same Lord Jesus

Christ have mercy on us and save us, for He is good and loves mankind.

*Priest and deacon make a final reverence and they say together:*

Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

*The priest goes out and distributes the antidoron to the people, saying to each one:*

– May the Lord protect your soul and your body for eternal life.

*Or:*

– May the blessing of the Lord and his mercy come upon you.

### **PRAYER OF THANKSGIVING**

*The priest returns to the sanctuary and takes of his vestments, saying:*

Now You shall dismiss your servant, O Lord, according to your word in peace: because my eyes have seen your salvation, which You have prepared before the face of all peoples, a light to the revelation of the Gentiles and the glory of your people Israel.

HOLY IS GOD! Holy the Mighty One! Holy the Immortal one! Have mercy on us (Three times).

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

– All-Holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, look upon us and heal our infirmities for your name's sake.

– Lord, have mercy (Three times).

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

OUR FATHER, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and always and for ever and ever. Amen.

### **The Apolitikion of the day.**

The grace that shines forth from your mouth like a torch has enlightened the universe, bestowed treasures of generosity upon the world and shown us the depth of your humility. While you teach us by your words, Father John Chrysostom, pray to the Word, Christ God, that He may save our souls.

– Lord, have mercy (Twelve times).

– Glory be to the Father and to the Son and to the Holy Spirit, now and always and for ever and ever. Amen.

– Higher in honor than the Cherubim and more glorious without compare than the Seraphim, you gave birth to God the Word in virginity. You are truly Mother of God: you do we exalt.

*And he makes the dismissal, and having made a reverence and giving thanks to God for everything, he goes out.*



