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The Service of Matins

for Sunday, July 5, 2020

**Octoechos - Mode 3.
on Sunday Morning**

Eothinon 4

**Menaion - July 5
Memory of our Devout and God-bearing Father Athanasios of
Athos**

Katavasia of Theotokos

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Βιβλία - Πηγαί

Ὀκτώηχος - Ἦχος γ'.

Τῆ Κυριακῆ Πρωῆ

Μηναῖον - ΤΗ Ε' ΙΟΥΛΙΟΥ

Μνήμη τοῦ Ὁσίου καί Θεοφόρου Πατρὸς
ἡμῶν Ἀθανασίου τοῦ ἐν τῷ Ἄθῳ

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος γ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

*ἦ· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.*

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με,
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος γ'.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιásthω
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι
αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ
τὸν θάνατον, πρωτότοκος τῶν νεκρῶν
ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς,
καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα. **Τοῦ Ὁσίου.**

Τοῦ Μηναίου ---

Ἦχος γ'. Τὴν ὠραιότητα.

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν,
Ἀγγέλων τάγματα, πῶς μετὰ σώματος,
πρὸς ἀοράτους συμπλοκάς, ἐχώρησας

Books - Sources

Octoechos - Mode 3.

On Sunday Morning

Menaion - July 5

Memory of our Devout and God-bearing
Father Athanasios of Athos

MATINS

CHOIR

Mode 3.

God is the Lord, and He revealed Himself
to us. Blessed is he who comes in the name of
the Lord. [SAAS]

Verse 1: Give thanks to the Lord and call
upon His holy name.

*or: Give thanks to the Lord, for He is good; for
His mercy endures forever.*

Verse 2: All the nations surrounded me, but
in the name of the Lord I defended myself against
them.

Verse 3: And this came about from the Lord,
and it is wonderful in our eyes.

From Octoechos ---

Resurrectional Apolytikion.

Mode 3.

Let the heavens sing for joy, and let
everything on earth be glad. For with
His Arm the Lord has worked power. He
trampled death under foot by means of death;
and He became the firstborn from the dead.
From the maw of Hades He delivered us; and
He granted the world His great mercy. [SD]

Glory. **For the Devout Man.**

From Menaion ---

Mode 3. Seeing how beautiful.

Angelic hosts on high were filled with
wonderment, seeing your life in the flesh:
how with your body you courageously went

πανεύφημε, καὶ κατετραυμάτισας, τῶν
δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε,
ὁ Χριστὸς σε ἠμείψατο, πλουσίαις δωρεαῖς·
Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Οκτωήχου ---

Ἦχος γ'.

Σὲ τὴν μεσιτεύσασαν τὴν σωτηρίαν
τοῦ γένους ἡμῶν, ἀνυμνοῦμεν Θεοτόκε
Παρθένε· ἐν τῇ σαρκὶ γὰρ τῇ ἐκ σοῦ
προσληφθείσῃ, ὁ Υἱὸς σου καὶ Θεὸς
ἡμῶν τὸ διὰ Σταυροῦ καταδεξάμενος
πάθος, ἐλυτρώσατο ἡμᾶς, ἐκ φθορᾶς ὡς
φιλάνθρωπος.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν
ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα,
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου
Πνεύματος, νῦν καὶ αἰεὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων.

(Ἀμήν.)

out to wrestle with invisible foes; and to the
demonic hordes you inflicted serious wounds.
Therefore, Athanasios, you received from the
Master Christ, a wealth of gifts. Holy Father,
intercede on our behalf with Christ our God,
to save our souls. [SD]

Both now. **Theotokion.**

From Octoechos ---

Mode 3.

Unto you who mediated the salvation of
our race we sing praises, O Virgin Theotokos.
For your Son and our God in the flesh that
He assumed from you accepted suffering by
means of crucifixion and has thereby set us
free from corruption, in His love for man. [SD]

PRIEST

Again and again, in peace, let us pray to
the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and
protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure,
blessed, and glorious Lady, the Theotokos
and ever-virgin Mary, with all the saints, let
us commend ourselves and one another and
our whole life to Christ our God.

(To You, O Lord.)

For Yours is the dominion, and Yours is
the kingdom and the power and the glory,
of the Father and of the Son and of the Holy
Spirit, now and forever and to the ages of
ages.

(Amen.)

ΧΟΡΟΣ

Τῆς Οκτωήχου ---

Κάθισμα Α'.

Ἦχος γ'.

Χριστὸς ἐκ νεκρῶν ἐγήγερται, ἡ ἀπαρχὴ τῶν κεκοιμημένων. Ὁ Πρωτότοκος τῆς κτίσεως, καὶ Δημιουργὸς πάντων τῶν γεγονότων, τὴν καταφθαρεῖσαν φύσιν τοῦ γένους ἡμῶν, ἐν ἑαυτῷ ἀνεκαίνισεν. Οὐκ ἔτι θάνατε κυριεύεις· ὁ γὰρ τῶν ὅλων Δεσπότης, τὸ κράτος σου κατέλυσε.

Δόξα.

Σαρκὶ τοῦ θανάτου γευσάμενος Κύριε, τὸ πικρὸν τοῦ θανάτου ἐξέτεμες τῇ Ἐγέρσει σου, καὶ τὸν ἄνθρωπον κατ' αὐτοῦ ἐνισχύσας, τῆς ἀρχαίας κατάρας τὴν ἤτταν ἀνακαλούμενος, ὁ ὑπερασπιστὴς τῆς ζωῆς ἡμῶν, Κύριε δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Ἀυτόμελον.

Τὴν ὠραιότητα, τῆς παρθενίας σου, καὶ τὸ ὑπέρλαμπρον, τὸ τῆς ἀγνείας σου, ὁ Γαβριὴλ καταπλαγεῖς, ἐβόα σοι Θεοτόκε. Ποῖόν σοι ἐγκώμιον, προσαγάγω ἐπάξιον, τί δὲ ὀνομάσω σε; ἀπορῶ καὶ ἐξίσταμαι· διὸ ὡς προσετάγην βοῶ σοι· Χαῖρε ἡ Κεχαριτωμένη.

Τῆς Οκτωήχου ---

Κάθισμα Β'.

Ἦχος γ'. Τὴν ὠραιότητα.

Τὸ ἀναλλοίωτον τὸ τῆς Θεότητος, καὶ τὸ ἐκούσιον πάθος σου Κύριε, εἰς ἑαυτὸν καταπλαγεῖς, ὁ Ἄιδης ἐπωδύρετο. Τρέμω τὴν τοῦ σώματος, μὴ φθαρεῖσαν ὑπόστασιν, βλέπω τὸν ἀόρατον, μυστικῶς πολεμοῦντά

CHOIR

From Octoechos ---

Kathisma I.

Mode 3.

Christ has risen from the dead, the first of those who have fallen asleep. The Artificer of all things that were made was first born before all creation; now He has renewed the corrupted nature of our human race in himself. O Death, you no longer have dominion, for the Master of all has destroyed your power. ^[SD]

Glory.

When You had physically tasted death, O Lord, You curtailed its bitterness by Your resurrection, and You strengthened humanity against it, by reversing the failure related to the primal curse, O Defender of our life. Glory to You, O Lord. ^[SD]

Both now. **Theotokion.**

Automelon.

Seeing how beautiful was your virginity, * and how your purity shone forth resplendently, * amazed was Gabriel who cried to you thus, O Theotokos: * "What shall I present to you * as a worthy encomium? * What shall I address you as? * At a loss and perplexed am I. * And therefore I, as ordered, cry out to you: * Rejoice, O Maiden full of grace!" ^[SD]

From Octoechos ---

Kathisma II.

Mode 3. Seeing how beautiful.

At Your Divinity's immutability, * and at Your suffering's intentionality, * amazed was Hades, Lord, and thus lamented to itself and said: * I tremble at this human frame's uncorrupted hypostasis. * I see the invisible One waging war on me secretly. * Hence

με· διὸ καὶ οὖς κατέχω κραυγάζουσι· Δόξα
Χριστὲ τῇ Ἀναστάσει σου.

Δόξα.

Τὴν ὠραιότητα.

Τὸ ἀκατάληπτον τὸ τῆς Σταυρώσεως,
καὶ ἀνερμήνευτον τὸ τῆς Ἐγέρσεως,
θεολογοῦμεν οἱ πιστοί, ἀπόρρητον
Μυστήριον· σήμερον γὰρ θάνατος, καὶ ὁ
Ἄιδης ἐσκύλευται, γένος δὲ ἀνθρώπινον
ἀφθαρσίαν ἐνδέδεται· διὸ καὶ εὐχαρίστως
κραυγάζομεν· Δόξα Χριστὲ τῇ Ἀναστάσει
σου.

Καὶ νῦν. **Θεοτοκίον.**

Τὴν ὠραιότητα.

Τὸν ἀκατάληπτον καὶ ἀπερίγραπτον,
τὸν ὁμοούσιον Πατρὶ καὶ Πνεύματι, ἐν τῇ
γαστρὶ σου μυστικῶς, ἐχώρησας Θεομητορ,
μίαν καὶ ἀσύγχυτον, τῆς Τριάδος ἐνέργειαν,
ἔγνωμεν τῷ Τόκῳ σου, ἐν τῷ κόσμῳ,
δοξάζεσθαι· διὸ καὶ εὐχαρίστως βοῶμέν σοι·
Χαῖρε ἡ Κεχαριτωμένη.

Εὐλογητάρια Ἀναστάσιμα.

Ἦχος πλ. α'.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὀρῶν
σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου
δὲ Σωτήρ, τὴν ἰσχὺν καθελόντα, καὶ σὺν
ἑαυτῷ τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ Ἄιδου
πάντας ἐλευθερώσαντα.

those whom I am holding are crying out: *
Glory to Your resurrection, O Christ. [SD]

Glory.

Seeing how beautiful.

We the believers now theologize about
* the inexplicable, incomprehensible *
unspoken mystery of Your crucifixion and
resurrection. * For today the realm of death
and of Hades has been despoiled, * and vested
is the human race with incorruptibility. * And
therefore in thanksgiving we cry aloud: *
Glory to Your resurrection, O Christ. [SD]

Both now. **Theotokion.**

Seeing how beautiful.

You carried mystically within your
womb the One * incomprehensible,
uncircumscribable, * and coessential with the
Father and the Spirit, O Mother of God. * By
your giving birth, we know that the Trinity's
energy, * singular and unconfused, in the
world should be glorified. * And therefore in
thanksgiving we cry to you: * Rejoice, O Lady
full of grace. [SD]

Resurrectional Evlogetaria.

Mode pl. 1.

*Blessed are You, O Lord, teach me Your
statutes.*

When the hosts of the Angels saw how
You were accounted among the dead, they
all marveled. You, O Savior, are the One who
destroyed the might of death; and when You
arose You raised Adam with yourself and
from Hades liberated everyone. [SD]

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.*

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν,
ὦ Μαθήτριαι κιωνᾶτε; ὁ ἀστράπτων ἐν
τῷ τάφῳ Ἄγγελος, προσεφθέγγετο ταῖς
Μυροφόροις· Ἴδετε ὑμεῖς τὸν τάφον
καὶ ἦσθητε· ὁ Σωτὴρ γὰρ ἐξανέστη τοῦ
μνήματος.

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.*

Λίαν πρῶϊ, Μυροφόροι ἔδραμον,
πρὸς τὸ μνήμά σου θρηνολογοῦσαι· ἀλλ'
ἐπέστη, πρὸς αὐτὰς ὁ Ἄγγελος, καὶ εἶπε·
θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν
Ἀνάστασιν δέ, Ἀποστόλοις εἶπατε.

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.*

Μυροφόροι γυναῖκες, μετὰ μύρων
ἐλθοῦσαι, πρὸς τὸ μνήμά σου, Σῶτερ
ἐνηχοῦντο. Ἀγγέλου τρανῶς, πρὸς αὐτὰς
φθεγγομένου· Τί μετὰ νεκρῶν, τὸν ζῶντα
λογίζεσθε; ὡς Θεὸς γὰρ, ἐξανέστη τοῦ
μνήματος.

Δόξα.

Προσκυνοῦμεν Πατέρα, καὶ τὸν τούτου
Υἱόν τε, καὶ τὸ Ἅγιον Πνεῦμα, τὴν Ἁγίαν
Τριάδα, ἐν μιᾷ τῇ οὐσίᾳ, σὺν τοῖς Σεραφεῖμ,
κράζοντες τό· Ἅγιος, Ἅγιος, Ἅγιος εἶ, Κύριε.

Καὶ νῦν.

Ζωοδότην τεκοῦσα, ἐλυτρώσω Παρθένε,
τὸν Ἀδὰμ ἀμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ,
ἀντὶ λύπης παρέσχες, ῥεύσαντα ζωῆς, ἴθυνε

*Blessed are You, O Lord, teach me Your
statutes.*

"Why do you mingle the ointments with
your tears full of pity, O women disciples?"
Thus the Angel who was shining in the tomb
cried to the myrrh-bearing women. "See for
yourselves the empty tomb and understand,
that the Savior has risen from the sepulcher."

[SD]

*Blessed are You, O Lord, teach me Your
statutes.*

Very early in the morning, the myrrh-
bearing women were hastening to Your tomb
lamenting. But the Angel appeared to them
and uttered, "The time for lamentation has
ended; weep no more. Go announce the
Resurrection to the Apostles." [SD]

*Blessed are You, O Lord, teach me Your
statutes.*

When the myrrh-bearing women had
come with their spices to Your sepulcher,
O Savior, they heard the voice of an Angel
clearly speaking to them, "Why do you
account among the dead the One who lives?
For as God, He has risen from the sepulcher."

[SD]

Glory.

We bow down in worship to the Father
and His Son and the Holy Spirit, the Holy
Trinity, one in essence; and we cry aloud with
the Seraphim: Holy, Holy, Holy are You, O
Lord. [SD]

Both now.

Giving birth to the Giver of life, O Virgin,
you delivered Adam from sin, and to Eve you
have rendered joy in place of sorrow. He who

πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθεὶς Θεὸς
καὶ ἄνθρωπος.

Ἀλληλοῦῖα. Ἀλληλοῦῖα. Ἀλληλοῦῖα.
Δόξα σοι, ὁ Θεός. (ἐκ γ')

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι ἠυλόγηταί σου τὸ ὄνομα, καὶ
δεδόξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Οκτωήχου ---

Ἦπακοή. Ἦχος γ'.

Ἐκπλήττων τῆ ὀράσει, δροσίζων
τοῖς ῥήμασιν, ὁ ἀστράπτων Ἄγγελος,
ταῖς μυροφόροις ἔλεγε· Τὸν ζῶντα τί
ζητεῖτε ἐν μνήματι; ἠγέρθη κενώσας τὰ
μνήματα τῆς φθορᾶς ἀλλοιωτὴν, γνῶτε τὸν
ἀναλλοιώτον, εἶπατε τῷ Θεῷ· Ὡς φοβερὰ
τὰ ἔργα σου! ὅτι τὸ γένος ἔσωσας τῶν
ἀνθρώπων.

from you became incarnate, God and man,
has directed to life him who fell from it. [SD]

Alleluia. Alleluia. Alleluia. Glory to You,
O God. (3)

DEACON

Again and again, in peace, let us pray to
the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and
protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure,
blessed, and glorious Lady, the Theotokos
and ever-virgin Mary, with all the saints, let
us commend ourselves and one another and
our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For blessed is your name, and glorified is
your kingdom, of the Father and the Son and
the Holy Spirit, now and forever and to the
ages of ages.

(Amen.)

READER

From Octoechos ---

Hypakoe. Mode 3.

Astounding in appearance, refreshing by
the words he spoke, the flashing Angel said
to the myrrh-bearing women: Why do you
look in a tomb for the Living One? He is risen
and has emptied the tombs. Know Him, the
unchanging Changer of corruption. Say to
God: How awesome are Your works! For You
have saved the human race. [SD]

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α΄. Ἦχος γ΄.

Τὴν αἰχμαλωσίαν Σιών, σὺ ἐξείλου ἐκ Βαβυλῶνος καὶ ἐκ τῶν παθῶν, πρὸς ζωὴν ἔλκυσον Λόγε.

Ἐν τῷ Νότῳ οἱ σπείροντες δάκρυσιν ἐνθέοις, θεριοῦσι στάχυας, ἐν χαρᾷ ἀειζωΐας.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πᾶσα ἀγαθοδωρία, ὡς Πατρὶ καὶ Υἱῷ συναστράπτει, ἐν ᾧ τὰ πάντα ζῆ καὶ κινεῖται.

Ἀντίφωνον Β΄.

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τῶν ἀρετῶν, μάτην κοπιῶμεν, τὴν δὲ ψυχὴν σκέποντος, οὐδεὶς ἡμῶν πορθεῖται τὴν πόλιν.

Τοῦ καρποῦ τῆς γαστροῦς, τῷ Πνεύματι υἰοποιητῶς σοὶ τῷ Χριστῷ, ὡς Πατρὶ οἱ Ἅγιοι πάντοτε εἰσί.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνθεωρεῖται πᾶσα ἀγιότης σοφία· οὐσιοῖ πᾶσαν γὰρ κτίσιν· αὐτῷ λατρεύσωμεν· Θεὸς γάρ, ὡς Πατρὶ τε καὶ Λόγῳ.

Ἀντίφωνον Γ΄.

Οἱ φοβούμενοι τὸν Κύριον, μακάριοι τρίβους βαδιοῦνται, τῶν ἐντολῶν φάγονται· ζωηρὰν γὰρ παγκαρπίαν.

Κύκλω τῆς τραπέζης σου εὐφράνθητι, καθορῶν σου Ποιμενάρχα, τὰ ἔκγονα φέροντα, κλάδους ἀγαθοεργίας.

CHOIR

Anavathmoi.

Antiphon I. Mode 3.

You rescued the captivity of Zion out of Babylon, O Logos; do also draw me up from the passions to life. [SD]

Those who sow shedding godly tears when the south wind is blowing, joyously will harvest ears of life everlasting. [SD]

Glory. Both now.

In the Holy Spirit, as in the Father and the Son, radiates intrinsically every gift of goodness. And in Him all things both live and move. [SD]

Antiphon II.

Unless the Lord build the house of the virtues, in vain do we labor. But if He protect the soul, no one can conquer our city. [SD]

O Christ the Fruit of the womb, by the Spirit are the saints forever as adopted sons to You as to a father. [SD]

Glory. Both now.

In the Holy Spirit are perceived all holiness and wisdom, for He gives substance to all creation. Since He is God, let us worship Him, as we do the Father and Logos. [SD]

Antiphon III.

Those who fear the Lord are blessed: they will walk in the ways of the commandments; for they will eat every kind of vivifying produce. [SD]

Gazing on your offspring round about your table bearing branches of good works, be glad, O arch-pastor. [SD]

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ὁ πᾶς πλοῦτος τῆς
δόξης, ἐξ οὗ χάρις καὶ ζωὴ πάση τῇ κτίσει·
σὺν Πατρὶ γάρ, ἀνυμνεῖται καὶ τῷ Λόγῳ.

Προκείμενον.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὅτι Κύριος
ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν
οἰκουμένην, ἣτις οὐ σαλευθήσεται. (δίς)

Στίχ. Ἄσατε τῷ Κυρίῳ ἄσμα καινόν.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὅτι Κύριος
ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν
οἰκουμένην, ἣτις οὐ σαλευθήσεται.

Τῆς Οκτωήχου ---

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιμον.

Ἐξανέστης σήμερον, ἀπὸ τοῦ τάφου
Οἰκτίρμον, καὶ ἡμᾶς ἐξήγαγες, ἐκ τῶν
πυλῶν τοῦ θανάτου, σήμερον Ἀδὰμ
χορεύει, καὶ χαίρει Εὐα, ἅμα δέ, καὶ οἱ
Προφῆται, σὺν Πατριάρχαις, ἀνυμνοῦσιν
ἀκαταπαύστως, τὸ θεῖον κράτος τῆς
ἐξουσίας σου.

Ὁ Οἶκος.

Ὁ οὐρανὸς καὶ ἡ γῆ σήμερον
χορευέτωσαν, καὶ Χριστὸν τὸν Θεὸν
ὁμοφρόνως ὑμνεῖτωσαν, ὅτι τοὺς δεσμίους
ἐκ τῶν τάφων ἀνέστησε. Συγχαίρει πᾶσα
ἡ κτίσις, προσφέρουσα ἐπάξια ἄσματα, τῷ
πάντων Κτίστη καὶ Λυτρωτῇ ἡμῶν, ὅτι τοὺς
βροτοὺς ἐξ ἄδου σήμερον, ὡς Ζωοδότης
συνανελκύσας, πρὸς οὐρανοὺς συνανυψοῖ,
καὶ καταράσσει τοῦ ἐχθροῦ τὰς ἐπάρσεις,
καὶ πύλας τοῦ ἄδου διαθλάττει, τῷ θείῳ
κράτει τῆς ἐξουσίας αὐτοῦ.

Glory. Both now.

With the Holy Spirit is all the wealth of
glory. From Him issue grace and life to all
creation, for He is extolled with the Father
and the Logos. [SD]

Prokeimenon.

Say among the Gentiles, "The Lord is
King, for He established the world, which
shall not be shaken." (2)

Verse: *Oh, sing a new song to the Lord.*

Say among the Gentiles, "The Lord is
King, for He established the world, which
shall not be shaken." [SAAS]

From Octoechos ---

READER

Resurrectional Kontakion.

From the tomb You rose today, O Lord
of tender compassion, also from the gates
of death You led us out, O our Savior. On
this day is Adam dancing and Eve rejoices,
and with them together Patriarchs and the
Prophets are unceasingly extolling the divine
power of Your authority. [SD]

Oikos.

Let heaven and earth dance for joy today,
and in oneness of mind extol Christ God,
for He resurrected the prisoners from their
tombs. All creation rejoices together, offering
worthy songs to the Creator of all and our
Redeemer, for today as the Giver of Life,
having drawn mortals up from Hades, He
exalts them to heaven together, and lays
a curse on the enemy's haughtiness, and
smashes the gates of Hades, by the divine
power of His authority. [GKD]

Κοντάκιον. Τοῦ Ὁσίου.

Κοντάκιον.

Τοῦ Μηναιίου ---

Ἦχος πλ. δ'. Τῆ ὑπερμάχῳ.

Ὡς τῶν ἀϋλων οὐσιῶν θεωρὸν ἄριστον,
καὶ πρακτικὸν ὑφηγητὴν παναληθέστατον,
εὐφημοῦμέν σε ἡ ποιμνη σου, καὶ βοῶμεν·
Μὴ ἐλλίπης ἰκετεύειν πρὸς τὸν Κύριον,
λυτρωθῆναι πειρασμῶν καὶ περιστάσεων,
τοὺς βοῶντάς σοι· Χαίροις Πάτερ,
Ἀθανάσιε.

Ὁ Οἶκος.

Ἄνωθέν σου τὴν κλησιν, εἰληφῶς
παραδόξως, ἀθάνατον ζωὴν ἐκληρώσω·
μετὰ σώματος γὰρ ἐπὶ γῆς, ἀσωμάτων βίον
μετελθὼν, γέγονας τοῖς πάθεσιν ἀνάλωτος·
διὸ σε εὐφημοῦμεν Πάτερ.

Χαίροις, φαιδρὸν μοναζόντων κλέος,
χαίροις, λαμπρὰ σωφροσύνης στήλη.

Χαίροις, τῆς ἀνδρείας ἀρίδηλον
γνώρισμα, χαίροις, τῆς πανσόφου
φρονήσεως ἔνδειξις.

Χαίροις, στάθμη ἰσοστάσιος
δικαιοσύνης ἀκριβοῦς, χαίροις, λόγῳ
καταρτίσας σου τῶν πρακτέων τὰς ὁρμάς.

Χαίροις, νοῦς ἀπολαύων ἐννοιῶν
ἀπορρήτων, χαίροις, πᾶσαν τὴν κτίσιν
εὐσεβῶς διαθρήσας.

Χαίροις, δι' οὗ ἡσχύνθησαν δαίμονες,
χαίροις, δι' οὗ πᾶν πάθος νενέκρωται.

Χαίροις, λιμὴν τῶν ἐν ζάλῃ τοῦ βίου,
χαίροις, σωτὴρ τῶν πιστῶς σοι βοώντων.

Χαίροις, Πάτερ Ἀθανάσιε.

Kontakion. For the Devout Man.

Kontakion.

From Menaion ---

Mode pl. 4. N/M (O Champion General.)

As noblest contemplator of the immaterial
beings and truest ascetic teacher we your
flock praise you and we cry: Do not cease
to intercede with the Lord that they may be
delivered from trials and dangers those who
cry out to you: Hail Father Athanasios! [EL]

Oikos.

Accepting your call from above you have
inherited immortal life; for with a body upon
earth you shared the life of the Bodiless Ones
and became impregnable to the passions; and
so we praise you Father: [EL]

Hail, bright glory of monks; hail, radiant
monument of sobriety.

Hail, far seen token of courage; hail, proof
of all-wise prudence.

Hail, balanced line of accurate justice;
hail, who by reason order the impulses of
duties.

Hail, mind who enjoy ineffable thoughts;
hail, who devoutly perceive all creation.

Hail, through whom the demons are
shamed; hail through whom every passion is
slain.

Hail, haven of those in the tempest of life;
hail saviour of those who faithfully cry to you:

Hail, Father Athanasios!

Συναξάριον.

Τοῦ Μηναίου.

Τῇ Ε' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου καὶ θεοφόρου Πατρὸς ἡμῶν Ἀθανασίου τοῦ ἐν τῷ Ἄθῳ.

Τῇ αὐτῇ ἡμέρᾳ, Μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Λαμπαδοῦ.

Ὁ Ἅγιος Ὁσιομάρτυρος Κυπριανὸς ὁ νέος, ὁ ἐν Κωνσταντινουπόλει μαρτυρήσας ἐν ἔτει ἀχοθ' (1679), ξίφει τελειοῦται.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεός, ἐλέησον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου

Ὦδὴ α'. Ἦχος δ'.

Ἀνοιξω τὸ στόμα μου, καὶ πληρωθήσεται Πνεύματος, καὶ λόγον ἐρεῦξομαι, τῇ Βασιλίδι Μητρὶ, καὶ ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω γηθόμενος, ταύτης τὰ θαύματα.

Ὦδὴ γ'.

Τοὺς σοὺς ὑμνολόγους Θεοτόκε, ὡς ζῶσα καὶ ἄφθονος πηγὴ, θίασον συγκροτήσαντας πνευματικόν, στερέωσον· καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης ἀξίωσον.

Ὦδὴ δ'.

Τὴν ἀνεξιχνίαστον θείαν βουλήν, τῆς ἐκ τῆς Παρθένου σαρκώσεως, σοῦ τοῦ Ὑψίστου, ὁ Προφήτης, Ἀββακούμ, κατανοῶν ἐκραύγαζε· Δόξα τῇ δυνάμει σου Κύριε.

Ὦδὴ ε'.

Ἐξέστη τὰ σύμπαντα, ἐπὶ τῇ θείᾳ δόξῃ σου· σὺ γὰρ ἀπειρογάμη Παρθένε,

Synaxarion.

From the Menaion.

On July 5 we commemorate our devout and God-bearing Father Athanasius of Athos.

On this day we also commemorate our devout Father Lampadus.

We also commemorate the devout monastic Martyr Cyprian the New who witnessed in Constantinople in the year 1679.

By their holy intercessions, O God, have mercy on us. Amen.

CHOIR

Katavasias of Theotokos

Ode i. Mode 4.

I open my mouth and pray the Spirit fill it, like David said, * to pour out a good word to the Queen and Mother of God. * I will celebrate * her feast with joy and gladness * and sing to her merrily, lauding her miracles.

[SD]

Ode iii.

Establish your servants who extol you, * O Mother of God, for they have formed * a spiritual choir for you * the living and abundant fount; * and graciously in your divine glory give glorious crowns to them. [SD]

Ode iv.

When the Prophet Habakkuk heard the divine * and incomprehensible counsel of Your Incarnation * from the Virgin, O Most High, * considering, he cried aloud: * Glory to Your power, O Lord my God. [SD]

Ode v.

Amazed was the universe by your divine magnificence. * You who were perpetually

ἔσχεσ ἐν μήτρᾳ, τὸν ἐπὶ πάντων Θεόν, καὶ τέτοκας ἄχρονον Υἱόν, πᾶσι τοῖς ὑμνουσί σε, σωτηρίαν βραβεύοντα.

Ὦδὴ ζ΄.

Τὴν θείαν ταύτην καὶ πάντιμον, τελοῦντες ἑορτὴν οἱ θεόφρονες, τῆς Θεομήτορος, δεῦτε τὰς χεῖρας κροτήσωμεν, τὸν ἐξ αὐτῆς τεχθέντα Θεὸν δοξάζοντες.

Ὦδὴ ζϛ΄.

Οὐκ ἐλάτρευσαν τῇ κτίσει οἱ θεόφρονες, παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν, ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον. Ὑπερύμνητε, ὁ τῶν Πατέρων Κύριος, καὶ Θεὸς εὐλογητὸς εἶ.

Ὦδὴ η΄.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Παιδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ τόκος τῆς Θεοτόκου διεσώσατο, τότε μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος, τὴν οἰκουμένην ἅπασαν, ἀγείρει ψάλλουσαν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν Ἁγίοις ἐπαναπαύη, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ

virgin * carried the heavenly God of all in your womb * and gave birth to the eternal Son, * who awards salvation to all who sing hymns of praise to you. [SD]

Ode vi.

O godly-minded believers, come * and celebrate this sacred and venerable feast and thus extol * the Theotokos, and clap our hands, * and glorify our God who was truly born of her. [SD]

Ode vii.

Godly-minded three * did not adore created things in the Creator's stead; * rather, disdain the threat * of fire, they trampled it, and joyfully they sang: * "O supremely praised * and most exalted Lord and God * of the fathers, You are blessed." [SD]

Ode viii.

We praise and we bless and we worship the Lord.

Guiltless were those Servants in the furnace. * The Son of the Theotokos went and rescued them. * He who was prefigured then, * having been incarnate now, * is gathering the whole wide world into His Church to sing: * "O all you works of the Lord, to all ages * sing praises to the Lord and exalt Him beyond measure." [SD]

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

For you are holy, our God, who rest among the Saints, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

Ἄγιω Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

Ἦχος β'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δίς)
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

ΔΙΑΚΟΝΟΣ

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

Ἐωθινὸν Δ'
Λουκᾶν ΚΔ' 1-12

Τῇ μιᾷ τῶν Σαββάτων, ὄρθρου βαθέος ἦλθον ἐπὶ τὸ μνημα, φέρουσαι ἃ ἠτοίμασαν ἀρώματα, καὶ τινες σὺν αὐταῖς. Εὔρον δὲ τὸν λίθον ἀποκεκλισμένον ἀπὸ τοῦ μνημείου, καὶ εἰσελθοῦσαι οὐχ εὔρον τὸ σῶμα τοῦ Κυρίου Ἰησοῦ. Καὶ ἐγένετο ἐν τῷ διαπορεῖσθαι αὐτὰς περὶ τούτου, καὶ Ἰδού, δύο ἄνδρες ἐπέστησαν αὐταῖς

CHOIR

Amen.

Mode 2.

Let everything that breathes praise the Lord. (2) Let everything that breathes praise the Lord. [SAAS]

DEACON

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to Luke.

DEACON

Let us be attentive.

(Glory to You, O Lord, glory to You.)

PRIEST (from the altar table)

Eothinon 4
Luke. 24:1-12

On the first day of the week at early dawn, the women went to the tomb, taking spices, which they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they

ἐν ἐσθήσεσιν ἀστραπτούσαις· ἐμφόβων δὲ γενομένων αὐτῶν καὶ κλινουσῶν τὰ πρόσωπον εἰς τὴν γῆν, εἶπον πρὸς αὐτάς· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν; οὐκ ἔστιν ὧδε, ἀλλ' ἠγέρθη. Μνήσθητε ὡς ἐλάλησεν ὑμῖν, ἔτι ὧν ἐν τῇ Γαλιλαίᾳ, λέγων, ὅτι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου παραδοθῆναι εἰς χεῖρας ἀνθρώπων ἁμαρτωλῶν, καὶ σταυρωθῆναι, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστῆναι. Καὶ ἐμνήσθησαν τῶν ῥημάτων αὐτοῦ, καὶ ὑποστρέψασαι ἀπὸ τοῦ μνημείου, ἀπήγγειλαν ταῦτα πάντα τοῖς ἔνδεκα καὶ πᾶσι τοῖς λοιποῖς. Ἦσαν δὲ ἡ Μαγδαληνὴ Μαρία καὶ Ἰωάννα καὶ Μαρία Ἰακώβου, καὶ αἱ λοιπαὶ σὺν αὐταῖς, αἱ ἔλεγον πρὸς τοὺς ἀποστόλους ταῦτα. Καὶ ἐφάνησαν ἐνώπιον αὐτῶν ὡσεὶ λῆρος τὰ ῥήματα αὐτῶν, καὶ ἠπίστουν αὐταῖς, ὁ δὲ Πέτρος ἀναστὰς ἔδραμεν ἐπὶ τὸ μνημεῖον, καὶ παρακύψας βλέπει τὰ ὀθόνια κείμενα μόνα, καὶ ἀπῆλθε, πρὸς ἑαυτὸν θαυμάζων τὸ γεγονός.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν, τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἁγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ·

were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? He is not here, but has risen. Remember how He told you, while He was still in Galilee, that the Son of Man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." And they remembered His words and returning from the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the Apostles; but these words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home wondering at what had happened. [RSV]

(Glory to You, O Lord, glory to You.)

READER

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death.

[G0A]

Σταυρόν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ
θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν' (50).

Ἦχος β'. (ἡ τῆς ἐβδομάδος.)

[Ἐλεήμων,] Ἐλέησόν με, ὁ Θεός, κατὰ
τὸ μέγα ἔλεός σου καὶ κατὰ τὸ πλῆθος τῶν
οἰκτιρισμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας
μου καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν
με.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ
ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διαπαντός.

Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν
ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς
ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ
κρίνεσθαί σε.

Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ
ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα
καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς
μοι.

ῤαντιεῖς με ὑσσώπῳ, καὶ
καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ
χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ
εὐφροσύνην, ἀγαλλιάσονται ὅστέα
τεταπεινωμένα.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν
ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου
ἐξάλειψον.

CHOIR

Psalm 50 (51).

Mode 2. (or the Mode of the week)

[Merciful,] Have mercy on me, O God,
according to Your great mercy; and according
to the abundance of Your compassion, blot
out my transgression.

Wash me thoroughly from my
lawlessness and cleanse me from my sin.

For I know my lawlessness, and my sin is
always before me.

Against You only have I sinned and done
evil in Your sight; that You may be justified
in Your words, and overcome when You are
judged.

For behold, I was conceived in
transgressions, and in sins my mother bore
me.

Behold, You love truth; You showed
me the unknown and secret things of Your
wisdom.

You shall sprinkle me with hyssop, and
I will be cleansed; You shall wash me, and I
will be made whiter than snow.

You shall make me hear joy and gladness;
my bones that were humbled shall greatly
rejoice.

Turn Your face from my sins, and blot out
all my transgressions.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με.

Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῦσαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου.

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν' ὀλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους. Καὶ ἐλέησόν με, ὁ Θεός.

Δόξα.

Ταῖς τῶν Ἀποστόλων πρεσβείαις, Ἐλεῆμον, ἐξάλειψον τὰ πλήθη τῶν ἐμῶν ἐγκλημάτων.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit.

I will teach transgressors Your ways, and the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness.

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

For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings.

A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise.

Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings.

Then shall they offer young bulls on Your altar. And have mercy on me, O God. [SAAS]

Glory.

At the intercession of the Apostles, O Lord of mercy, blot out my many offences. [SD]

Καὶ νῦν.

Ταῖς τῆς Θεοτόκου πρεσβείαις,
Ἐλεῆμον, ἐξάλειψον τὰ πλήθη τῶν ἐμῶν
ἐγκλημάτων.

Στίχ. Ἐλέησόν με, ὁ Θεός, κατὰ τὸ
μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν
οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Ἀναστὰς ὁ Ἰησοῦς ἀπὸ τοῦ τάφου,
καθὼς προεῖπεν, ἔδωκεν ἡμῖν τὴν αἰώνιον
ζωὴν, καὶ μέγα ἔλεος.

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·
ὑψωσον κέρας Χριστιανῶν Ὁρθοδόξων
καὶ κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ
πλούσια· πρεσβείαις τῆς παναχράντου
Δεσποίνης ἡμῶν Θεοτόκου καὶ
ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου
καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν
τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων,
ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου
Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου,
τῶν ἁγίων ἐνδόξων καὶ πανευφήμων
Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν
μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν
Διδασκάλων, Βασιλείου τοῦ Μεγάλου,
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου
τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου
καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν
Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,
Σπυριδῶνος Τριμυθοῦντος καὶ Νεκταρίου
Πενταπόλεως τῶν θαυματουργῶν·
τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων
Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου
τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,
Θεοδώρου τοῦ Στρατηλάτου, Μηναῖ
τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων
Χαραλάμπους καὶ Ἐλευθερίου, τῆς
ἁγίας ἐνδόξου Μεγαλομαρτύρος καὶ

Both now.

At the intercession of the Theotokos, O
Lord of mercy, blot out my many offences. [SD]

Verse: *Have mercy on me, O God, according
to Your great mercy; and according to the
abundance of Your compassion, blot out my
transgression.*

Jesus, having risen from the grave as He
foretold, has granted us eternal life and great
mercy. [SD]

DEACON

O God, save your people and bless
your inheritance. Look upon your world
with mercy and compassion. Raise the
Orthodox Christians in glory, and send
down upon us your rich mercies, through
the intercessions of our most pure Lady
the Theotokos and ever-Virgin Mary, the
power of the precious and life giving Cross,
the protection of the honorable, bodiless
Powers of heaven, the supplications of
the honorable and glorious prophet, and
forerunner John the Baptist, the holy, glorious,
and praiseworthy Apostles, our Fathers
among the Saints, the great hierarchs and
ecumenical teachers, Basil the Great, Gregory
the Theologian and John Chrysostom,
Athanasios, Cyril, and John the Merciful,
patriarchs of Alexandria; Nicholas, bishop
of Myra, Spyridon, bishop of Trimythous,
Nektarios of Pentapolis, the wonder-workers;
the holy, glorious great Martyrs George
the Victorious, Demetrios the Myrobletes,
Theodore the Teron, and Theodore the
General, Menas the Wonderworker, the
Hieromartyrs Haralambos and Eleftherios;
the holy, glorious, and victorious martyrs;
the glorious great Martyr and all-laudable
Euphemia; the holy and glorious Martyrs
Thecla, Barbara, Anastasia, Katherine,

πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων
Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,
Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,
Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ
Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ
Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων
Ἰωακεῖμ καὶ Ἄννης, καὶ τοῦ Ὁσίου καὶ
Θεοφόρου Πατρὸς ἡμῶν Ἀθανασίου τοῦ ἐν
τῷ Ἄθῳ, οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν·
καὶ πάντων σου τῶν Ἁγίων. Ἰκετεύομέν
σε, μόνη πολυέλεε Κύριε, ἐπάκουσον ἡμῶν
τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον
ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία
τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ
εὐλογητὸς εἶ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ
καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ αἰεὶ καὶ
εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὦδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,
καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ
σωτῆρί μου.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Kyriake, Fotene, Marina, Paraskeve and Irene;
of our holy God-bearing Fathers; (local patron
saint); the holy and righteous ancestors of
God Joachim and Anna, our devout and God-
bearing father Athanasios of Athos, whose
memory we celebrate, and of all your Saints.
We beseech you, only merciful Lord, hear us
sinners who pray to you and have mercy on
us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love
of mankind of your only-begotten Son, with
whom you are blessed, together with your
all-holy, good and life-giving Spirit, now and
forever and to the ages of ages.

(Amen.)

DEACON

Let us honor and magnify in song the
Theotokos and the Mother of the light.

CHOIR

Ode ix.

Megalynarion. Mode 4.

Verse: *My soul magnifies the Lord, and my
spirit has rejoiced in God my Savior.* [NKJV]

Greater in honor than the Cherubim, and
in glory greater beyond compare than the
Seraphim; you without corruption gave birth
to God the Word, and are truly Theotokos.
You do we magnify. [SD]

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινῶσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοία καρδίας αὐτῶν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὑψώσε ταπεινοὺς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Verse: For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed. [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation. [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: He has shown strength with His arm; He has scattered the proud in the imagination of their hearts. [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty. [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Στίχ. Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ὦδὴ θ'. Καταβασία. Ἦχος δ'.

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι λαμπαδουχούμενος, πανηγυρίζετω δέ, ἀῦλων Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυμάσια τῆς Θεομήτορος, καὶ βοάτω Χαίροις παμμακάριστε, Θεοτόκε Ἄγνη ἀειπάρθενε.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Verse: *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Ode ix. Katavasia. Mode 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * and all you the heavenly angelic orders, join in and celebrate; * and honoring the sacred wonders of the Mother of God, * sing the joyful salutation, "O rejoice, * Theotokos, all-blest, ever-virgin pure!" [SD]

DEACON

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

ΧΟΡΟΣ

Ἦχος β'.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Οκτωήχου ---

Ἐξαποστειλάριον.

Τὸ Δ' Ἑωθινόν.

Ἦχος β'. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ταῖς ἀρεταῖς ἀστράψαντες, ἴδωμεν ἐπιστάντες, ἐν ζωφόρῳ μνήματι, ἀνδρας ἐν ἀστραπτούσαις, ἐσθήσεσι Μυροφόροις, κλινούσαις εἰς γῆν ὄψιν, τοῦ οὐρανοῦ δεσπόζοντος, ἔγερσιν διδαχθῶμεν, καὶ πρὸς ζωὴν, ἐν μνημείῳ δράμωμεν σὺν τῷ Πέτρῳ, καὶ τὸ πραχθὲν θαυμάσαντες, μείνωμεν Χριστὸν βλέψαι.

Τοῦ Ὁσίου.

Τοῦ Μηναίου ---

Ἦχος β'. *Τῶν Μαθητῶν ὁρώντων σε.*

Ὡς τηλαυγῆς ἀνέτειλας ἐκ κλιμάτων, Ἐφᾶς φαεσφόρος καὶ Ἐσπερίων, μέρη, Ἀθανάσιε ἐφώτισας, σῶν ἀρετῶν λαμπρότησιν, ἀλλὰ μὴ παύση πρεσβεύων, ὑπὲρ τοῦ κόσμου Κυρίῳ.

Θεοτοκίον.

Ἦχος β'. *Τῶν Μαθητῶν ὁρώντων σε.*

Πανευαγῆς Παντάνασσα ἰκεσίαις, τοῦ σοῦ τιμιωτάτου Ἀθανασίου, φύλαττε τὴν ποιμνὴν σου ἀπρόσψαστον, πάσης ἐναντιότητος, διαπαντὸς σε ὑμνοῦσαν, τὴν προστασίαν τοῦ κόσμου.

Οἱ Αἶνοι. Ἦχος γ'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε

CHOIR

Mode 2.

Holy is the Lord our God. (2) [SAAS]

Exalt the Lord our God, and worship at the footstool of His feet.

For He is holy.

From Octoechos ---

Exaposteilarion.

The Fourth Eothinon.

Mode 2. *On the mountain.*

Let us with virtues dazzling bright * envision two men standing * in the life-bearing sepulcher * wearing dazzling apparel * beside the myrrh-bearing women * who bow their faces to the earth. * Let us be taught the rising of * Him who rules over heaven. And let us run * unto life within the tomb, joining Peter. * Marveling at what has occurred, * let us abide to see Christ. [SD]

For the Devout Man.

From Menaion ---

Mode 2. *N/M (With the disciples.)*

You dawned resplendent, bearing light, from the regions of the East and enlightened the regions of the West, Athanasios, by the radiance of your virtues; but do not cease to intercede for the world to the Lord. [EL]

Theotokion.

Mode 2. *N/M (With the disciples.)*

All-shining universal Queen, at the supplications of honoured Athanasios guard untouched by any hostility your flock which ever sings your praise, the protection of the world. [EL]

Lauds. Mode 3.

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise

αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρόπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ πρόπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν.

Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταγίδος, τὰ ποιῶντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου.

Ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρασ λαοῦ αὐτοῦ.

Ἕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῷ ἐγγίζοντι αὐτῷ.

Ἄσατε τῷ Κυρίῳ ἄσμα καινόν, ἢ αἴνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιᾶσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῶ, ἐν
τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῶ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει
πραεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται
ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ
ὄμοφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς
ἐν τοῖς λαοῖς.

Τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ
τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Οκτωήχου ---

Στιχηρὰ Ἀναστάσιμα.

Στιχηρὸν Α'. Ἦχος γ'.

Τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον·
δόξα αὐτῇ ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Δεῦτε πάντα τὰ ἔθνη, γνῶτε τοῦ
φορικτοῦ μυστηρίου τὴν δύναμιν· Χριστὸς
γὰρ ὁ Σωτὴρ ἡμῶν, ὁ ἐν ἀρχῇ Λόγος,
ἐσταυρώθη δι' ἡμᾶς, καὶ ἐκὼν ἐτάφη, καὶ
ἀνέστη ἐκ νεκρῶν, τοῦ σῶσαι τὰ σύμπαντα.
Αὐτὸν προσκυνήσωμεν.

Στιχηρὸν Β'. Ἦχος γ'.

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως
αὐτοῦ.

Διηγῆσαντο πάντα τὰ θαυμάσια, οἱ
φύλακές σου Κύριε, ἀλλὰ τὸ συνέδριον τῆς
ματαιότητος, πληρῶσαν δώρων τὴν δεξιὰν
αὐτῶν, κρύπτειν ἐνόμιζον τὴν ἀνάστασίν
σου, ἦν ὁ κόσμος δοξάζει. Ἐλέησον ἡμᾶς.

Let them praise His name with dance; with
tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He
shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall
greatly rejoice on their beds.

The high praise of God shall be in their mouth and
a two-edged sword in their hand.

To deal retribution to the nations, reprovng
among the peoples.

To shackle their kings with chains and their nobles
with fetters of iron.

From Octoechos ---

Resurrectional Stichera.

Sticheron 1. Mode 3.

*To fulfill among them the written judgment:
this glory have all His holy ones. [SAAS]*

O come, all you nations. Know the
power of the awe-inspiring mystery. For
Christ our Savior, the Logos who was in the
beginning, voluntarily for us was crucified
and buried, and He rose from the dead to save
the universe. Let us worship Him. [SD]

Sticheron 2. Mode 3.

*Praise God in His saints; praise Him in the
firmament of His power. [SAAS]*

Those who guarded You reported all
the marvelous events, O Lord. However the
Sanhedrin of futility filled their hands with
gifts, thinking that in this way they could hide
Your resurrection, which the world glorifies.
Have mercy on us. [SD]

Στιχηρὸν Γ'. Ἦχος γ'.

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Χαρᾶς τὰ πάντα πεπλήρωται, τῆς Ἀναστάσεως τὴν πείραν εἰληφότα. Μαρία γὰρ ἡ Μαγδαληνή, ἐπὶ τὸ μνήμα ἦλθεν, εὗρεν Ἄγγελον ἐπὶ τὸν λίθον καθήμενον, τοῖς ἱματίοις ἐξαστραπτοντα καὶ λέγοντα· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν, οὐκ ἔστιν ὧδε, ἀλλ' ἐγήγερται, καθὼς εἶπε, προάγων ἐν τῇ Γαλιλαίᾳ.

Στιχηρὸν Δ'. Ἦχος γ'.

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρα.

Ἐν τῷ φωτί σου Δέσποτα, ὁψόμεθα φῶς φιλάνθρωπε· ἀνέστης γὰρ ἐκ τῶν νεκρῶν, σωτηρίαν τῷ γένει τῶν ἀνθρώπων δωρούμενος, ἵνα σε πᾶσα κτίσις δοξολογῇ, τὸν μόνον ἀναμάρτητον. Ἐλέησον ἡμᾶς.

Τοῦ Ὁσίου.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Ὁ τοῦ παραδόξου.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Τίμιος ὄντως ὁ θάνατος, τοῦ σοῦ Ὁσίου Χριστέ, ἐναντίον σου πέφυκεν· ἰδοὺ γὰρ ἀνέβλυσεν, ἐκ ποδὸς ὁ θεράπων σου, πηγὴν αἱμάτων καὶ μετὰ θάνατον, παντοίας νόσους ἀποδιώκουσαν, καὶ φυγαδεύουσιν, πονηρίας πνεύματα, οἷς ἔτι ζῶν, ἀντιπαρετάξατο, καὶ μέχρις αἵματος.

Sticheron 3. Mode 3.

Praise Him for His mighty acts; praise Him according to the abundance of His greatness. [SAAS]

The universe was filled with joy in the experience of Your resurrection. Mary Magdalene came unto the tomb and found an Angel sitting upon the stone. With his garments flashing like lightning, he said to her, "Why do you seek among the dead the One who is alive? He is not here, but has risen as He said, and is going before you to Galilee." [SD]

Sticheron 4. Mode 3.

Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]

In Your light we will see light, O Master who loves humanity; for You have risen from the dead, and You granted salvation to the human race, so that all creation may glorify You, only sinless One. Have mercy on us. [SD]

For the Devout Man.

From Menaion ---

Mode pl. 4. N/M (What a paradoxal.)

Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]

Truly the death of your Saint was precious in your sight, O Christ; for see, from his foot your servant made a spring of blood gush out and after death it drives out every kind of sickness and puts to flight the spirits of wickedness with which, while still alive, he had battled to shedding of blood. [EL]

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις,
αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ.
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Τίμιος ὄντως ὁ θάνατος, τοῦ σοῦ
Ὁσίου Χριστέ, ἐναντίον σου πέφυκεν·
ἰδοὺ γὰρ ἀνέβλυσεν, ἐκ ποδός ὁ θεράπων
σου, πηγὴν αἱμάτων καὶ μετὰ θάνατον,
παντοίας νόσους ἀποδιώκουσαν, καὶ
φυγαδεύουσιν, πονηρίας πνεύματα, οἷς ἔτι
ζῶν, ἀντιπαρετάξατο, καὶ μέχρῃς αἵματος.

Στίχ. Τίμιος ἐναντίον Κυρίου ὁ θάνατος
τοῦ ὁσίου αὐτοῦ.

Πηγὴν θαυμάτων ἀνέδειξε, καὶ
ποταμὸν δωρεῶν, τὴν σορὸν τῶν λειψάνων
σου, τοῖς βροτοῖς ὁ Κύριος, Ἀθανάσιε
πάνσοφε· τυφλοῖς τὸ βλέπειν αὕτη
δεδώρηται· ἐλεφαντίδα λέπραν ἐκάθηρε,
συνεχομένους τε ἀκαθάρτοις πνεύμασιν,
ἐκ τῆς αὐτῶν, ἐξουσίας ῥύεται, καὶ
σωφρονοῦντας ποιεῖ.

Στίχ. Μακάριος ἀνὴρ ὁ φοβούμενος
τὸν Κύριον, ἐν ταῖς ἐντολαῖς αὐτοῦ θελήσει
σφόδρα.

Χαίροις ἀσκητῶν ἀγλαΐσμα, τῶν
μοναζόντων ἀστήρ, τῶν ποιμένων, τὸ
καύχημα, Πάτερ Ἀθανάσιε, τῶν Ὁσίων
ὁμόσκηνε, χαῖρε ἀγάπης καὶ σωφροσύνης
πηγὴ, χαῖρε Τριάδος τὸ καταγώγιον,
χαῖρε λαμπρότατε, λύχνη διακρίσεως,
χαῖρε κανών, ἀρετῶν εὐθύτατε, καὶ στήλη
ἔμψυχε.

Τῆς Ὀκτωήχου ---

Δόξα. **Ἦχος δ'.**
Τὸ Δ' Ἑωθινόν.

Ὁρθρος ἦν βαθύς, καὶ αἱ Γυναῖκες
ἦλθον ἐπὶ τὸ μνημῆμά σου Χριστέ, ἀλλὰ τὸ
σῶμα οὐχ εὐρέθη, τὸ ποθοῦμενον αὐταῖς·

Praise Him with resounding cymbals; praise
Him with triumphant cymbals; let everything that
breathes praise the Lord. [SAAS]

Truly the death of your Saint was
precious in your sight, O Christ; for see, from
his foot your servant made a spring of blood
gush out and after death it drives out every
kind of sickness and puts to flight the spirits
of wickedness with which, while still alive, he
had battled to shedding of blood. [EL]

Verse: Precious in the sight of the Lord is the
death of His holy one. [SAAS]

All-wise Athanasios, the Lord has
revealed the casket of your relics as a source
of wonders and a river of gifts for mortals; it
grants sight to the blind, cures leprosy, and
elephantiasis; delivers those possessed by
unclean spirits from their power and makes
them sane. [EL]

Verse: Blessed is the man who fears the Lord;
he will delight exceedingly in His commandments.

[SAAS]

Hail, glory of ascetics, star of monks,
boast of shepherds, Father Athanasios,
companion of the Saints; hail, source of
love and soberness; hail, dwelling of the
Trinity; hail, radiant lamp of discernment,
hail straightest rule of virtues, and living
boundary-stone. [EL]

From Octoechos ---

Glory. **Mode 4.**
The Fourth Eothinon.

It was early dawn, and the women came
to Your tomb, O Christ. But Your body, which
they longed for, was nowhere to be found.

διὸ ἀπορουμέναις, οἱ ταῖς ἀστραπτούσαις ἐσθήσεσιν ἐπιστάντες. Τί τὸν ζῶντα μετὰ τῶν νεκρῶν ζητεῖτε; ἔλεγον. Ἠγέρθη ὡς προεῖπε, τί ἀμνημονεῖτε τῶν ῥημάτων αὐτοῦ; Οἷς πεισθεῖσαι, τὰ ὄραθέντα ἐκήρυττον, ἀλλ' ἐδόκει λῆρος τὰ εὐαγγέλια, οὕτως ἦσαν ἔτι νωθεῖς οἱ Μαθηταί· ἀλλ' ὁ Πέτρος ἔδραμε, καὶ ἰδὼν ἐδόξασέ σου, πρὸς ἑαυτὸν τὰ θαυμάσια.

Καὶ νῦν. **Θεοτοκίον.**

Ἵπερευλογημένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται, ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται, ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν· Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως εὐδοκήσας δόξα σοι.

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ἵμνουμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἁμαρτίαν

While they were perplexed about this, the men in dazzling apparel stood by and said to them, "Why do you look among the dead for the One who is alive? He has risen, as He told you. Why do you not remember His words?" And they believed them, and proclaimed what they had seen. But the good news seemed to the Disciples an idle tale; this is how slow they still were to understand. But Peter ran and saw, and going home he glorified Your wonders. ^[SD]

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You! ^[SD]

Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. ^[SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world,

τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἀμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος, σὺ εἶ ὁ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ κατέφυγον. Δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὁψόμεθα φῶς.

have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You. Teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Παράτεινον τὸ ἔλεός σου τοῖς
γινώσκουσί σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς.

*Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν
Τροπάριον Ἀναστάσιμον.*

Ἦχος δ'. (ἡ τῆς ἑβδομάδος.)

Σήμερον σωτηρία τῷ κόσμῳ γέγονεν.
Ἄισωμεν τῷ ἀναστάντι ἐκ τάφου καὶ
ἀρχηγῷ τῆς ζωῆς ἡμῶν· καθελὼν γὰρ τῷ
θανάτῳ τὸν θάνατον, τὸ νίκος ἔδωκεν ἡμῖν,
καὶ τὸ μέγα ἔλεος.

Continue Your mercy to those who know
You.

Holy God, Holy Mighty, Holy Immortal,
have mercy on us. (3)

Glory to the Father and the Son and the
Holy Spirit.

Both now and ever and to the ages of
ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal,
have mercy on us.

*After the Doxology, sing the following Resurrectional
Troparion.*

Mode 4. (or the Mode of the week)

Today has salvation come to pass in the
world. Let us sing to Him who resurrected
from the tomb and is the Author of our life.
For, destroying death by death, He gave us
the victory and the great mercy. [SD]