

Octoechos - Mode 1.

On Sunday Morning

Menaion Supplement

October 20

Memory of our devout father Gerasimos
of Kephallenia

LITURGY

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Antiphon I. Mode 2.

Verse 1: *Bless the Lord, O my soul, and everything within me, bless His holy name.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 2: *Bless the Lord, O my soul, and forget not all His rewards.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

Verse 3: *The Lord prepared His throne in heaven, and His Kingdom rules over all.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

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

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

Through the intercessions of the
Theotokos, Savior, save us.

Antiphon II. Mode 2.

Verse 1: *Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.* [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

Verse 2: *Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.* [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia.

Verse 3: *The Lord shall reign forever; your God, O Zion, to all generations.* [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia.

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

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

Only begotten Son and Logos of God,
being immortal, You condescended for
our salvation to take flesh from the holy
Theotokos and ever-virgin Mary and, without
change, became man. Christ, our God, You
were crucified and conquered death by death.
Being one of the Holy Trinity, glorified with
the Father and the Holy Spirit: Save us. [GOA]

Antiphon III.

Mode 1.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Resurrectional Apolytikion.

Mode 1. Automelon.

The stone had been secured with a seal
by the Judeans, * and a guard of soldiers
was watching Your immaculate body. * You

rose on the third day, O Lord * and Savior,
granting life unto the world. * For this reason
were the powers of heaven crying out to You,
O Life-giver: * Glory to Your resurrection,
O Christ; * glory to Your kingdom; * glory
to Your dispensation, only One who loves
mankind. [SD]

Verse 2: *Let heaven and earth praise Him.*

[SAAS]

The stone had been secured with a seal
by the Judeans, * and a guard of soldiers
was watching Your immaculate body. * You
rose on the third day, O Lord * and Savior,
granting life unto the world. * For this reason
were the powers of heaven crying out to You,
O Life-giver: * Glory to Your resurrection,
O Christ; * glory to Your kingdom; * glory
to Your dispensation, only One who loves
mankind. [SD]

An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 1.

Resurrectional.

From Octoechos ---

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

[RSV]

Then the foe used eating from the tree * to get Adam banished from Paradise. * Now crucified upon a tree, * Christ allowed the Robber enter it, * when he said: Remember me * when You come in Your kingdom, O Lord.

[SD]

Blessed are those who mourn, for they shall be comforted. [RSV]

I revere and honor and extol * Your holy Passion, and I glorify * Your resurrection, and I sing * joining Adam and the Robber and say * joyfully: Remember me * when You come in Your kingdom, O Lord. [SD]

Blessed are the meek, for they shall inherit the earth. [RSV]

Sinless Savior, You were crucified * and laid in a tomb voluntarily. * But then, as God, You arose, * resurrecting Adam with yourself. * He cried out: Remember me * when You come in Your kingdom, O Lord. [SD]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. [RSV]

Theotokion.

O Christ, your people now invoke the name * of Your holy Mother, O Good One, and pray: * By her entreaties for us, * will You give us Your tender love, * so that we may glorify You, who rose like the sun from the tomb. [SD]

Canon 1 for the Devout Man.

Menaion Supplement ---

Ode iii. Mode pl. 4. In the beginning.

Blessed are the merciful, for they shall obtain mercy. [RSV]

You bore the cross of Jesus Christ * upon your shoulders, O wise one, * and from place to place you traveled, O father saint Gerasimos, and learned * the secrets of divine ascents * of holy men of virtue * whose emulator did you become. [SD]

Blessed are the pure in heart, for they shall see God. [RSV]

Receiving spiritual might * from God on donning the habit * of the angels on the mountain of Athos, * you discarded from your soul * all things that are corruptible, * in everything appearing * a peer of angels, O Gerasimos. [SD]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

Through virtue, withering the flesh * with its desires, O father, * you received incorruptible bestowals, * and your clearly incorrupt * body, O saint Gerasimos, * is kept as a great treasure * on Cephalónia reverently.

[SD]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

of the knowledge of God * He shone, O most pure Virgin, upon the human race. [SD]

Theotokion.

Just as the prophet once foretold, * you have appeared as a mountain * overshadowed with the gifts of the Spirit, * Mary Mother of our God, * for Christ indeed came forth from you * to save the world, O Lady, * by His own sufferings in the flesh. [SD]

Canon 2 for the Devout Man.

Menaion Supplement - - -

Ode vi. Mode 4. O godly-minded believers.

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

Unto God-bearing Gerasimos, * the ever-flowing fountain of miracles, the firm foundation of * Kefallinia, the treasure of * the virtues, let us cry out in praise and honor him [SD]

Rejoice and be glad, for your reward is great in heaven. [RSV]

We have the casket of your remains * as if another Ark of the Holiness, father Gerasimos. * Therefore we ever enjoy from it * the fruits of grace and holiness, glorifying Christ. [SD]

Glory.

Become a bulwark unshakable * unto the Island of Cephalonia, which God allotted you, * O holy father Gerasimos, * and to your Monastery impart your blessings all. [SD]

Both now. **Theotokion.**

The Son of God as a man appeared, * indeed from you He rose as the never-setting Sun of Righteousness. * And with the light

Entrance Hymn. Mode 2.

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos - - -

Resurrectional Apolytikion.

Mode 1. Automelon.

The stone had been secured with a seal by the Judeans, * and a guard of soldiers was watching Your immaculate body. * You rose on the third day, O Lord * and Savior, granting life unto the world. * For this reason were the powers of heaven crying out to You, O Life-giver: * Glory to Your resurrection, O Christ; * glory to Your kingdom; * glory to Your dispensation, only One who loves mankind. [SD]

For the Devout Man.

Menaion Supplement - - -

Mode 1.

O believers, let us praise the protector of the Orthodox, the God-bearing miracle-worker lately appearing to us, the incarnate angel, divine Gerasimos. For he has rightly received from God the ever-flowing grace of performing healings. He strengthens those with diseases and he heals those with demons. And therefore he pours out healings to those who honor him. [SD]

Apolytikion of the Parish Church

(The text of the Apolytikion of the local church goes here.)

Kontakion. Mode 2.

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices

of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. [SD]

THE TRISAGION HYMN

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

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.

The Epistle

For the Devout Man.

Prokeimenon. Grave Mode. Psalm 149.

The holy ones shall boast in glory. [SAAS]

Verse: *Sing to the Lord a new song.* [SAAS]

Gal. 5:22-26; 6:1-2

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ. [RSV]

Alleluia. Mode 1. Psalm 17.

Alleluia. Alleluia. Alleluia.

Verse 1: *The God who vindicates me, and who subdued the peoples under me.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *He who magnifies the salvation of His king and shows mercy to His anointed.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Sixth Sunday of Luke

Lk. 8:26-39

At that time, as Jesus arrived at the country of the Gadarenes, there met him a man from the city who had demons; for a long time he had worn no clothes and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned. When the herdsmen saw what happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man

from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him. [RSV]

Hymn to the Theotokos.

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos. [GOA]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise Him in the highest. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He Who rose from the dead, Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint); of the holy and righteous ancestors of God Joachim and Anna, our devout and God-bearing father Gerasimos the New Ascetic, whose memory we celebrate, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

Fasting Rule

Fast Free: All foods allowed.