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# The Service of Matins

**for Friday, July 5, 2019**

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

**Katavasias of Theotokos**

**Texts in Greek and English**

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vol Orthodox Monastery of the Veil of our Lady

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**Μηνναῖον - ΤΗ Ε' ΙΟΥΛΙΟΥ**

Μνήμη τοῦ Ὁσίου καὶ 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.

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

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

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

**Ἀπολυτίκιον.**

Τοῦ Μηνναίου ---

**Ἦχος γ'. Τὴν ωραιότητα.**

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν,  
Ἀγγέλων τάγματα, πῶς μετὰ σώματος,  
πρὸς ἀοράτους συμπλοκάς, ἐχώρησας  
πανεύφημε, καὶ κατετραυμάτισας, τῶν  
δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε,  
ὁ Χριστὸς σε ἡμεΐψατο, πλουσίαις δωρεαῖς·  
Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

**Δόξα. Τὸ αὐτό.**

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν,  
Ἀγγέλων τάγματα, πῶς μετὰ σώματος,  
πρὸς ἀοράτους συμπλοκάς, ἐχώρησας  
πανεύφημε, καὶ κατετραυμάτισας, τῶν  
δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε,  
ὁ Χριστὸς σε ἡμεΐψατο, πλουσίαις δωρεαῖς·

**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 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.

**Apolytikion.**

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  
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]

**Glory. Repeat.**

Angelic hosts on high were filled with  
wonderment, seeing your life in the flesh:  
how with your body you courageously went  
out to wrestle with invisible foes; and to the  
demonic hordes you inflicted serious wounds.  
Therefore, Athanasios, you received from the

Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ'.**

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

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου Δεσποίνης  
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας  
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,  
ἐαυτοὺς 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 ἀεὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων.

(Ἀμήν.)

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Ἦχος δ'. Κατεπλάγη Ἰωσήφ.**

Ἐπὶ τῶν ὤμων τὸν Σταυρόν, ἀναλαβὼν  
τὸν τοῦ Χριστοῦ, ἠκολούθησας αὐτῷ, διὰ

Master Christ, a wealth of gifts. Holy Father,  
intercede on our behalf with Christ our God,  
to save our souls. [SD]

From Octoechos ---

Both now. **Theotokion.**

**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.)

From Menaion ---

**CHOIR**

**Kathisma I.**

**Mode 4. N/M (Joseph marveled.)**

Taking up his Cross on your shoulders,  
you devoutly followed Christ by ascetic

τῶν ἔργων εὐσεβῶς, τῶν τῆς ἀσκήσεως  
ὅσιε Ἀθανάσιε, καὶ πᾶσι μονασταῖς,  
ἐνασκουμενοὶς σεμνῶς, γεγένησαι  
κανῶν, καὶ τύπος ἔνδοξε. Ἀλλὰ τοῖς θείοις  
σκάμμασι, τὰ ἄνω ἀπολαβὼν νῦν βασιλεία,  
μὴ διαλίπης, καθικετεύων, τοῦ σῶζεσθαι  
τὰς ψυχὰς ἡμῶν.

Δόξα· καὶ νῦν.

**Θεοτοκίον. Ὅμοιον.**

Μὴ εἰσέλθης μέτ' ἐμοῦ, ὡς ὁ Προφήτης  
σοι βοῶ εἰς κριτήριον Χριστέ· ἐγὼ γὰρ  
οἶδα τὰ ἐμά, κατηγοροῦντά με πταίσματα,  
καὶ σοὶ κραυγάζω· Ἐλέησον εὐχαῖς τῆς  
τεκούσης σε, ἐμὲ τὸν ταπεινὸν καὶ ἀνάξιον,  
ὡς τὸν Ληστήν καὶ Πόρνην καὶ τόν,  
Ἄσωτον, καὶ τὸν Τελώνην φιλάνθρωπε·  
οὐ γὰρ δικαίους, ἦλθες τοῦ σῶσαι, ἀλλὰ  
μᾶλλον τοὺς πταίσαντας.

**Κάθισμα Β'.**

**Ἦχος δ'. Ἐπεφάνης σήμερον.**

Τῷ Κυρίῳ Ὅσιε, εὐαρεστήσας, διὰ  
θείων πράξεων, καὶ πολιτείας καθαρᾶς, τῆς  
κληρουχίας ἡξίωσαι, τῶν ἀσωμάτων, σοφὲ  
Ἀθανάσιε.

Δόξα· καὶ νῦν.

**Θεοτοκίον. Ὅμοιον.**

Προστασία ἄμαχε, τῶν ἐν ἀνάγκαις, καὶ  
πρεσβεία ἔτοιμος, τῶν ἐλπίζόντων ἐπὶ σέ,  
ἀπὸ κινδύνων με λύτρωσαι, καὶ μὴ παρίδης,  
ἡ πάντων βοήθεια.

**ΑΝΑΓΝΩΣΤΗΣ**

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
πλὺνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ

deeds, venerable Athanasios; and you have  
become a model for all monastics who in  
holiness live the ascetic life, glorious Father.  
But now that by godly trials you have  
attained the palaces above do not cease to  
intercede for the salvation of our souls. [EL]

Glory. Both now.

**Theotokion. Same Melody.**

Like the Prophet I cry out to you: Do not  
enter into judgement with me, O Christ; for I  
know that my faults accuse me, and I cry out  
to you: Have mercy at the prayers of her who  
bore on me, humble and unworthy, as you  
did on the Thief and the Harlot, the Prodigal  
and the Publican, O Lover of mankind; for  
you did not come to save the just, but rather  
those who had fallen. [EL]

**Kathisma II.**

**Mode 4. N/M (You appeared.)**

Through godly deeds and a pure life you  
were well pleasing to the Lord, Venerable  
Father; and you have been found worthy of  
the inheritance of the Bodiless Powers, wise  
Athanasios. [EL]

Glory. Both now.

**Theotokion. Same Melody.**

Invincible protection of those in need and  
ready intercession of those who hope in you,  
deliver me from dangers and do not despise  
me, O help of all. [EL]

**READER**

**Psalms 50 (51).**

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

τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν ἁνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἁνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὕσσῳ, 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 ἁνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἄσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἰμάτων, ὁ Θεός, 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 ἅν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῇ τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα.

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. 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. [SAAS]



Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
μόσχους.

**Κοντάκιον.**

Τοῦ Μηναίου ---

**Ἦχος πλ. δ'. Τῇ ὑπερμάχῳ.**

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

**Ὁ Οἶκος.**

Ἄνωθέν σου τὴν κλῆσιν, εἰληφὼς  
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.**

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! <sup>[EL]</sup>

**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: <sup>[EL]</sup>

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'.**

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

**Ὦδὴ γ'.**

Τοὺς σοὺς ὑμνολόγους Θεοτόκε,  
ὡς ζῶσα καὶ ἄφθονος πηγή, 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 ὕμνουσί 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 ζ'.

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.

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

### ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

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, disdaining 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 honor and magnify in song the Theotokos and the Mother of the light.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

**Στίχ.** Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,  
καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ  
σωτηρί μου.

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

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

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

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

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

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]

**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]

**Στίχ.** Καθεῖλε δυνάστας ἀπὸ θρόνων,  
καὶ ὑψωσε ταπεινούς, πεινῶντας ἐνέπλησεν  
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε  
κενούς.

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

**Στίχ.** Ἀντελάβετο Ἰσραὴλ παίδος 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 Σεραφείμ,  
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### **Ὦδὴ θ'. Καταβασία. Ἦχος δ'.**

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

### **ΔΙΑΚΟΝΟΣ**

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ  
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου Δεσποίνης  
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας  
μετὰ πάντων τῶν Ἀγίων μνημονεύσαντες,

**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]

**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

ἐαυτοὺς 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 ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

### ΧΟΡΟΣ

#### Ἐξαποστειλᾶριον.

Τοῦ Μηναίου ---

**Ἦχος β΄.** *Τῶν Μαθητῶν ὁρώντων σε.*

Ὡς τηλαυγὴς ἀνέτειλας ἐκ κλιμάτων,  
Ἐφ᾽ αὖ φασφόρος καὶ Ἐσπερίων, μέρη,  
Ἀθανάσιε ἐφώτισας, σὼν ἀρετῶν  
λαμπρότησιν, ἀλλὰ μὴ παύση πρεσβεύων,  
ὑπὲρ τοῦ κόσμου Κυρίῳ.

#### Θεοτοκίον.

**Ἦχος β΄.** *Τῶν Μαθητῶν ὁρώντων σε.*

Πανευαγὴς Παντάνασσα ἱκεσίαις,  
τοῦ σοῦ τιμιωτάτου Ἀθανασίου, φύλαττε  
τὴν ποιμνὴν σου ἀπρόσψαυστον, πάσης  
ἐναντιότητος, διαπαντὸς σε ὕμνουσαν, τὴν  
προστασίαν τοῦ κόσμου.

#### Οἱ Αἱνοί. Ἦχος πλ. δ΄.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.  
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε  
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ  
Θεῷ.

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

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

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.)

### CHOIR

#### Exaposteilarion.

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 pl. 4.

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

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.

Ὑμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

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

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

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

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 ὁρμφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

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.

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.

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

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

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

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

### Στιχηρά. Τοῦ Ὁσίου.

Τοῦ Μηναίου - -

**Ἦχος πλ. δ'.** Ὡ τοῦ παραδόξου.

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

Τίμιος ὄντως ὁ θάνατος, τοῦ σου 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.

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

Τίμιος ὄντως ὁ θάνατος, τοῦ σου 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.

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

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,

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

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

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

Praise God in His saints; praise Him in the firmament of His power.

### Stichera. For the Devout Man.

From Menaion - -

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

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

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

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



συνεχομένους τε ἀκαθάρτοις πνεύμασιν,  
ἐκ τῆς αὐτῶν, ἐξουσίας ῥύεται, καὶ  
σωφρονοῦντας ποιεῖ.

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

Χαίροις ἀσκητῶν ἀγλαῖσμα, 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 κανὼν, ἀρετῶν εὐθύτατε, καὶ στήλη  
ἔμψυχε.

Δόξα.

Τοῦ Μηναίου ---

**Ἦχος πλ. β'.**

Τὸν τῆς ἀθανασίας ἐπώνυμον, ἅπαντες  
εὐφημήσωμεν, τὸν ἐν τῷ Ἄθῳ, ἀνδρικῶς καὶ  
γενναίως ἀσκήσαντα, ὃς καὶ τὴν ποίμνην  
συνήγαγε ταύτην, καὶ οἶκον Κυρίῳ ἀνήγειρε  
πόθῳ, καὶ τῇ Μητρί του Θεοῦ ἀνέθετο·  
ἣ πρεσβεύει ὑπὲρ ἡμῶν, τῶν ἐν πίστει  
τελούντων τὴν μνήμην αὐτοῦ.

Τῆς Οὐκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Δέσποινα πρόσδεξαι, τὰς δεήσεις τῶν  
δούλων σου, καὶ λύτρωσαι ἡμᾶς, ἀπὸ πάσης  
ἀνάγκης καὶ θλίψεως.

**Ἡ Μεγάλῃ Δοξολογία**

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

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

unclean spirits from their power and makes  
them sane. [EL]

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

Glory.

From Menaion ---

**Mode pl. 2.**

Let us all praise the one whose name  
means Immortality, who lived as an ascetic  
bravely and nobly on Athos; who gathered  
this flock and with love raised up a house to  
the Lord and dedicated it to the Mother of  
God; with her he intercedes for us who with  
faith celebrate his memory. [EL]

From Octoechos ---

Both now. **Theotokion.**

Lady, receive the supplications of your  
servants, and rescue us from all necessity and  
affliction. [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.

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

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

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

Καθ' ἐκάστην ἡμέραν εὐλογῇσώ 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.

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, 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.

Κύριε, πρὸς σὲ 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.

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 ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

**Ἀπολυτίκιον.**

Τοῦ Μηναίου ---

**Ἦχος γ'. Τὴν ὡραιότητα.**

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν, Ἀγγέλων τάγματα, πῶς μετὰ σώματος, πρὸς ἀοράτους συμπλοκάς, ἐχώρησας πανεύφημε, καὶ κατετραυμάτισας, τῶν δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε, ὁ Χριστὸς σε ἡμεῖψατο, πλουσίαις δωρεαῖς· Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

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.

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.

**Apolytikion.**

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 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]