

**Menaion - December 23**

Memory of the Holy Ten Martyrs in Crete

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** *It is good to give thanks to the Lord and to sing to Your name, O Most High.* [SAAS]

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

**Verse 2:** *To proclaim Your mercy in the morning and Your truth at night.* [SAAS]

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

**Verse 3:** *The Lord my God is upright, and there is no wrongdoing in Him.* [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:** *The Lord reigns; He clothed Himself with majesty; the Lord clothed and girded Himself with power.* [SAAS]

*or:*

*Verse 1: Come, let us greatly rejoice in the Lord; let us shout aloud to God our savior.* [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia. [GOA]

**Verse 2:** *And He established the world, which shall not be moved.* [SAAS]

*or:*

*Verse 2: Let us come before His face with thanksgiving, and let us shout aloud to Him with psalms. For the Lord is a great God, a great King over all the earth.* [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia.

**Verse 3:** *Holiness is proper to Your house, O Lord, unto length of days.* [SAAS]

*or:*

*Verse 3: For in His hand are the ends of the earth, and the heights of the mountains are His. For the sea is His, and He made it, and His hands formed the dry land.* [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. 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.**

**Apolytikion. For the Forefeast.**

From Menaion - - -

**Mode 4.**

O Bethlehem, prepare, Eden is opened  
unto all. \* And be ready, Ephrata, for the Tree  
of life \* has in the grotto blossomed forth from  
the Virgin. \* Indeed her womb is shown to be  
spiritually \* a Paradise, in which is found the  
God-planted Tree. \* And if we eat from it we  
shall live, and shall not die, as did Adam of  
old. \* Christ is born, so that He might raise up  
\* the formerly fallen image. [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 2.**

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]

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

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

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

**Canon for the Forefeast.**

**Ode iii. Mode 2. N/M ()**

From Menaion - - -

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

Come now, with a purified mind, let us gaily sing for the fore-feast of the Birth of Christ. [SD]

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

Come now, with a purified mind, let us gaily sing for the fore-feast of the Birth of Christ. [SD]

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

O King Jesus, You are coming to lodge in a narrow cave, in order to enrich me by Your profound poverty. [SD]

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

Christ is coming to be born in the flesh as a man, to remove us from the darkness of wickedness. [SD]

**Another Canon of the Forefeast.**

From Menaion - - -

**Ode vi. Mode pl. 2. N/  
M (Perceiving the open sea.)**

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

Behold, Christ is coming to His own. O believers, let us through divine virtues become His by grace; and thus illumined in soul and heart, let us receive Him. [SD]

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

The root of Jesse has blossomed, and from it, our God, who came as the hope of the Gentiles, repose and honor, like Isaiah prophesied of old, being divinely illumined. [SD]

Glory.

O my Jesus, You become poor and took on a body. You are wrapped with swaddling clothes, breaking the chains of my many sins; and you make me rich, when I was tragically made poor because of wickedness. [SD]

Both now. **Theotokion.**

As I am assaulted by evil spirits, the swelling of negative thoughts tosses my poor heart to and fro. O good and loving Lady, intervene and make it calm. [SD]

**Entrance Hymn. Mode 2.**

Come, let us worship and bow down  
before Christ. Save us, O Son of God, Who  
are wondrous in Your saints. We sing to You,  
Alleluia. [GOA]

**Hymns After the Small Entrance.**

**Apolytikion. For the Forefeast.**

From Menaion - - -

**Mode 4.**

O Bethlehem, prepare, Eden is opened  
unto all. \* And be ready, Ephrata, for the Tree  
of life \* has in the grotto blossomed forth from  
the Virgin. \* Indeed her womb is shown to be  
spiritually \* a Paradise, in which is found the  
God-planted Tree. \* And if we eat from it we  
shall live, and shall not die, as did Adam of  
old. \* Christ is born, so that He might raise up  
\* the formerly fallen image. [SD]

**For the Martyrs.**

From Menaion - - -

**Mode 3. N/M (Seeing how beautiful.)**

Let us show forth our great praise of  
Crete/ which brought forth these precious  
Christians: the pearls of Christ!/ And these  
blessed ten, the offspring of martyrs,/ who  
few in number, yet overcame all the deceits of  
powerful demons.// Therefore these martyrs of  
Christ have been crowned with victory! [OCA]

**Apolytikion of the Parish Church**

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

From Menaion - - -

**Kontakion.**

**Mode 3. Automelon.**

On this day the Virgin Maid \* goes to the  
grotto to give birth \* to the pre-eternal Word  
\* in an ineffable manner. \* Dance for joy, all  
the inhabited earth, on hearing. \* Glorify along

with Angels and with the shepherds \* Him  
who willed that He appear as \* a newborn  
Child, \* the pre-eternal God. [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**

MONDAY OF THE TWENTY-EIGHTH WEEK

**Prokeimenon. Mode 4. Psalm 103.**

He makes His angels spirits and His  
ministers a flame of fire. [SAAS]

**Verse:** *Bless the Lord, O my soul. O Lord my  
God, You are magnified exceedingly.* [SAAS]

2 Tim. 2:20-26

Timothy, my son, in a great house there  
are not only vessels of gold and silver but  
also of wood and earthenware, and some for  
noble use, some for ignoble. If any one purifies  
himself from what is ignoble, then he will be  
a vessel for noble use, consecrated and useful  
to the master of the house, ready for any good  
work. So shun youthful passions and aim at  
righteousness, faith, love, and peace, along  
with those who call upon the Lord from a  
pure heart. Have nothing to do with stupid,  
senseless controversies; you know that they  
breed quarrels. And the Lord's servant must  
not be quarrelsome but kindly to every one,  
an apt teacher, forbearing, correcting his  
opponents with gentleness. God may perhaps  
grant that they will repent and come to know

the truth, and they may escape from the snare of the devil, after being captured by him to do his will. [RSV]

**Alleluia. Mode 2. Psalm 148.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Praise the Lord from the heavens, praise Him in the highest.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *Praise Him, all you His angels; praise Him, all you His hosts.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

Monday of the Fifteenth Week of Luke

**Mk. 10:46-52**

At that time, as Jesus was leaving Jericho with his disciples and a great multitude, Bartimaios, a blind beggar, the son of Timaios, was sitting by the roadside. And when he heard that it was Jesus of Nazareth, he began to cry out and say, "Jesus, Son of David, have mercy on me!" And many rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped and said, "Call him." And they called the blind man, saying to him, "Take heart; rise, he is calling you." And throwing off his mantle he sprang up and came to Jesus. And Jesus said to him, "What do you want me to do for you?" And the blind man said to him, "Master, let me receive my sight." And Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and followed him on the way. [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 103.**

He makes His angels spirits and His ministers a flame of fire. 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 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, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

**Fasting Rule**

*Strict: Refrain from meat, fish, oil, dairy, and eggs.*

*It is the Christmas fast.*