

Menaion - November 11

Memory of the Holy Martyrs Menas, Victor and Vincent; and the Holy Martyr Stephanie; and our Devout Father and Confessor Theodore the Studite.

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, Who are wondrous in Your saints. 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, Who are wondrous in Your saints. 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, 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 Martyrs.

Mode 4. Come quickly.

Your Martyrs, O Lord, were worthily awarded by You * the crowns of incorruption, in that they contested for You our immortal God. * Since they possessed Your power, they defeated the tyrants, * dashing the demons' powerless displays of defiance. * O Christ

God, at their fervent entreaties, save our souls.

[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 4.

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 Saint.

Ode iii. Mode 4. N/M (Not in our wisdom.)

From Menaion - - -

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

The tyrant, having been agitated by your all-wise words, flogs you unsparingly with cords of raw ox tendons, thinking by these to bend you down, O Menas. [VPA]

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

While keeping your noetic eyes towards the Lord, you bore the grievous and heavy tortures of the flesh with braveness of mind, wondrous Menas. [VPA]

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

Not fearing the great pain of the tortures, breathing divine zeal, you went towards the contests crying: Not being sought, I came self-called. [VPA]

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

Theotokion.

The one who took flesh from you, all-blameless one, lifted me up from the gates of Hades, who had been put to death by the evil eating of the tree, as he willingly received death. [VPA]

Canon for the Devout Man.

From Menaion - - -

Ode vi. Mode pl. 4. N/M (Be gracious to me.)

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

O blessed Theodore, you lived your life soberly, O devout and godly-minded Saint, and with righteousness, valor, and prudence, you assemble for yourself a most luxurious carriage of virtues. [SD]

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

O all-wise Theodore, the divine words of your doctrines are magnificently fragrant, and they extract all people from the pit of wicked heresies, and they lift them to Orthodoxy's exalted summit. [SD]

Glory.

O admirable Father, now light and its partner joy have risen and shined on you. O

all-blessed Theodore, you flourished like a
palm tree and were multiplied like a cedar. [SD]

Both now. **Theotokion.**

O immaculate Theotokos and all-
blameless Mother of God, may we be saved
through you, and truly obtain the divine
illumination of the Son of God, who was
ineffably incarnate of you. [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 Martyrs.

Mode 4. Come quickly.

Your Martyrs, O Lord, were worthily
awarded by You * the crowns of incorruption,
in that they contested for You our immortal
God. * Since they possessed Your power, they
defeated the tyrants, * dashing the demons'
powerless displays of defiance. * O Christ
God, at their fervent entreaties, save our souls.
[SD]

For the Devout Man.

Mode pl. 4.

Guide of Orthodoxy and a sacred teacher
of piety and dignity, luminary of the world,
and God-inspired jewel of monastics, O wise
Theodore, the Spirit's instrument: by your
teachings you enlightened all. Intercede with
Christ our God for the salvation of our souls.
[SD]

Apolytikion of the Parish Church

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

From Menaion - - -

Kontakion.

Mode 4. You who were lifted.

The Savior's most pure and immaculate
temple, the very precious bridal chamber and
Virgin, who is the sacred treasure of the glory
of God, on this day is introduced into the
House of the Lord, and with herself she brings

the grace in the divine Spirit. She is extolled
by the Angels of God. A heavenly tabernacle
is she. [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 Martyrs.

Prokeimenon. Mode 4. Psalm 67.

God is wondrous in His saints. [SAAS]

Verse: Bless God in the churches. [SAAS]

2 Cor. 4:6-15

Brethren, it is the God who said, "Let light
shine out of darkness," who has shone in our
hearts to give the light of the knowledge of
the glory of God in the face of Christ. But we
have this treasure in earthen vessels, to show
that the transcendent power belongs to God
and not to us. We are afflicted in every way,
but not crushed; perplexed, but not driven to
despair; persecuted, but not forsaken; struck
down, but not destroyed; always carrying in
the body the death of Jesus, so that the life of
Jesus may also be manifested in our bodies.
For while we live we are always being given
up to death for Jesus' sake, so that the life of
Jesus may be manifested in our mortal flesh.
So death is at work in us, but life in you. Since
we have the same spirit of faith as he had who
wrote, "I believed, and so I spoke," we too
believed, and so we speak, knowing that He

who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. [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 Ninth Week of Luke

Lk. 14:1, 12-15

At that time, Jesus entered the home of a certain ruler of the Pharisees on the Sabbath to eat bread. He said also to the man who had invited him, "When you give a dinner or a banquet, do not invite your friends or your brothers or your kinsmen or rich neighbors, lest they also invite you in return, and you be repaid. But when you give a feast, invite the poor, the maimed, the lame, the blind, and you will be blessed, because they cannot repay you. You will be repaid at the resurrection of the just." When one of those who sat at table with him heard this, he said to him, "Blessed is he who shall eat bread in the kingdom of God!" [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 111/112.

The righteous will be remembered for ever. Alleluia. [RSV]

**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, the holy martyrs Menas, Victor and Vincent, the holy martyr Stephanie, whose memory we observe, 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.