

Menaion - April 13

Triodion

Saturday of the Fifth Week of Lent

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. Mode pl. 4. Psalm 44.

Verse 1: Listen, O daughter, behold and incline your ear, and forget your people and your father's house. [SAAS]

Verse 2: The rich among the people shall entreat your favor. [SAAS]

Verse 3: I will remember your name from generation to generation. [SAAS]

Apolytikion. For the Theotokos. Mode pl. 4. Automelon.

When he perceived what had secretly been ordered, * to the abode of Joseph urgently reported * the unbodied one saying unto the Unwedded: * "The Lord who has bowed the heavens in His descent, * in you is

contained completely and without change; *
and beholding Him in your womb * taking the
form of a slave, * astounded I cry out to you: *
Rejoice, O unwedded Bride." [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]

The Canon of the Akathist

Ode iii. Mode 4. Establish your servants.

From Triodion - - -

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

Rejoice, blessed Virgin! You have borne Christ, * the Wheat that came forth from land unploughed. * The Table symbolizes you, * who held the Lord, the Bread of life. * Rejoice, O never empty well * of living water, O Bride of God! [SD]

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

For us the believers you have mothered * the unblemished Bull, the Lamb of God, * who takes away the sins of the world; * we therefore call you Heifer and Ewe. *

Rejoice! You are the Mercy Seat, * from which forgiveness has come to us. [SD]

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

Christ the Sun of Righteousness has risen * from you, Bride of God and shining Dawn. * Rejoice, for as the dwelling place * of Him who is the Light of the world, * you drove away the night of sin, * and darkest demons now fade away. [SD]

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

The East Gate, through which the Prince alone went, * prefigured your body; for the Lord * alone came forth from you. Rejoice! * Your Son has shattered Hades' gates. * Rejoice, all-lauded and divine * gateway of those who are being saved! [SD]

The Canon of the Akathist

From Triodion - - -

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]

O bridal chamber of God the Word, * we credit the theosis of all to you. O Virgin pure, rejoice! * The Prophets' echoing prophecies, * fulfilled in you, adorned what Apostles then proclaimed. [SD]

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

The fleece upon which alone the dew * for Gideon dripped down once prefigured you, to whom we sing: Rejoice! * From you,

O Virgin, did Christ come forth * as healing
Dew, extinguishing pagan passions all. [SD]

Glory.

Behold, we greet you and sing: Rejoice!
* As we are tossed about on the stormy sea
of life's adversities * and all the snares of our
enemy, * become for us the port and Fair
Haven we desire. [SD]

Both now.

O cause of joy, you inspire us * to call you
unconsumed burning bush and shining pillar
of a cloud, * because the Lord was in you as
well. * You always guard the faithful, who
sing to you: Rejoice! [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.

From Triodion - - -

Mode pl. 4. Automelon.

When he perceived what had secretly
been ordered, * to the abode of Joseph
urgently reported * the unbodied one saying
unto the Unwedded: * "The Lord who has
bowed the heavens in His descent, * in you is
contained completely and without change; *
and beholding Him in your womb * taking the
form of a slave, * astounded I cry out to you: *
Rejoice, O unwedded Bride." [SD]

Kontakion.

Mode pl. 4. Automelon.

O Champion General, I your City now
inscribe to you
Triumphant anthems as the tokens of my
gratitude,
Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto
you
I may cry aloud: Rejoice, O unwedded Bride.
[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 Theotokos.

Prokeimenon. Mode 3. Ode ix.

My soul magnifies the Lord, and my spirit
rejoices in God my Savior. [RSV]

Verse: *For he has regarded the low estate of
his handmaiden.* [RSV]

The reading is from Paul's Letter to the
Hebrews.

9:1-7

Brethren, the first covenant had
regulations for worship and an earthly
sanctuary. For a tent was prepared, the outer
one, in which were the lamp stand and the
table and the bread of the Presence; it is called
the Holy Place. Behind the second curtain
stood a tent called the Holy of Holies, having
the golden altar of incense and the ark of
the covenant covered on all sides with gold,
which contained a golden urn holding the
manna, and Aaron's rod that budded, and
the tables of the covenant; above it were the
cherubim of glory overshadowing the mercy
seat. Of these things we cannot now speak in
detail. These preparations having thus been
made, the priests go continually into the outer
tent, performing their ritual duties; but into
the second only the high priest goes, and he
but once a year, and not without taking blood
which he offers for himself and for the errors
of the people. [RSV]

Alleluia. Mode pl. 4. Psalm 131.

Alleluia. Alleluia. Alleluia.

Verse 1: *Arise, O Lord, into Your rest.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *The Lord swore to David this truth, and He shall not reject it.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Theotokos.

The reading is from the Holy Gospel according to Luke.

1:39-49, 56

In those days, Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zacharias and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name." And Mary remained with her about three months, and returned to her home. [RSV]

Hymn to the Theotokos.

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]

Communion Hymn. Psalm 115.

I will take up the cup of salvation, and call upon the name of the Lord. 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

Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

It is Saturday or Sunday in Lent.