

Menaion Supplement
July 12

Memory of our Devout Father Paisios of
the Holy Mountain Athos

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.

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Mode pl. 1. Let us worship the Word.

Once the fire of love for the Lord was
lit in you, * through ascetical rigor you gave
yourself to God. * O God-bearing St. Paisios,
for many you became * consolation, giving
counsel with God-inspired words, * and by
your prayers working wonders. * And now,

devout one, you intercede for the whole world
unceasingly. [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 pl. 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 1 for the Saint.

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

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

Father Paisios, the words that St. Arsenios uttered, * prophesying that your lifestyle would truly * imitate his own, behold, have manifestly come to pass. * And now you both, like bright stars, splendidly shine in the Church of Christ. [SD]

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

Zealously entering the ring of the cenobitic contest, * every day you added fire to fire, * and you labored in your sweat, and prayed with tears unceasingly. * And

therefore you were washed in the grace of God coming from on high. [SD]

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

The mighty yearning for the life of sacred stillness consumed you, * and it prompted you to run to the deserts. * There, O Father, you imbibed dispassion's clean and sparkling drink, * and you became a well-spring of living water for everyone. [SD]

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

Theotokion.

O purest Mother of our God, blessed Paisios' heart was * by your holy love completely enraptured. * He would ardently bow down before you and would rev'rently say, * "There is nothing sweeter than you, the Mother of Christ my Lord." [SD]

Canon 2 for the Saint.

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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]

Since you removed all impurity * of passion, you became a clean mirror; and when you received the light * of the tri-solar Divinity, * O Father, you flashed forth its reflections onto us. [SD]

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

O Father, God rested in your soul, * for you renounced all comfort and rest for Him and labored day and night, * expending all of

your energy, * to give your neighbor rest, O
devout Paisios. [SD]

Glory.

O Saint, you did many miracles * through
your unceasing prayers to Christ our God
who loves humanity. * And at the door of
His tender love * and mercy you persistently
knocked with heart-felt sighs. [SD]

Both now. **Theotokion.**

All-holy treasure of chastity, * all-blessed
Maiden, you are the wholly fragrant dwelling
place of God. * By your entreaties to Him, I
pray, * make me into a house of the Spirit's
gifts of grace. [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.

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Mode pl. 1. *Let us worship the Word.*

Once the fire of love for the Lord was
lit in you, * through ascetical rigor you gave
yourself to God. * O God-bearing St. Paisios,
for many you became * consolation, giving
counsel with God-inspired words, * and by
your prayers working wonders. * And now,
devout one, you intercede for the whole world
unceasingly. [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]

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

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 111.

Alleluia. Alleluia. Alleluia.

Verse 1: *Blessed is the man who fears the
Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *His righteousness continues unto
ages of ages.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Devout Man.

The reading is from the Holy Gospel
according to Luke.

Lk. 6:17-23

At that time, Jesus stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all the crowd sought to touch him, for power came forth from him and healed them all. And he lifted up his eyes on His disciples, and said: "Blessed are you poor, for yours is the Kingdom of God. Blessed are you that hunger now, for you shall be satisfied. Blessed are you that weep now, for you shall laugh. Blessed are you when men hate you, and when they exclude you and revile you, and cast out your name as evil, on account of the Son of man! Rejoice in that day, and leap for joy, for behold, your reward is great in heaven." [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, and our devout and God-bearing father Paisios of the Holy Mountain Athos, 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

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

It is a Wednesday or Friday.