

Menaion - December 21

Memory of the Holy Martyr Julianna of
Nicomedia

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 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 Forefeast.

Ode iii. Mode 4. Because the barren (NM).

From Menaion - - -

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

Daniel sees you, O Word, as a stone cut from a virgin mountain, levelling the altars of idols by your might; and so in fear we glorify you. [EL]

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

Daniel sees you, O Word, as a stone cut from a virgin mountain, levelling the altars of idols by your might; and so in fear we glorify you. [EL]

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

Magi from the East, having journeyed with a star to the King of all, offer you gifts, O Christ, myrrh, gold and incense, amazed at your condescension. [EL]

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

Mary, an unploughed land, carries a lifebearing ear to give birth in the city of Bethlehem to the one who nourishes the souls of all who cry: Holy are you, O Lord. [EL]

Canon for the Forefeast.

From Menaion - - -

Ode vi. Mode 4. I entered the depths. (NM)

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

A little Child is born for us on earth, he who shone ineffably from the Father before the ages; he has freed us all from the ancient transgression as he is compassionate. [EL]

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

A little Child is born for us on earth, he who shone ineffably from the Father before the ages; he has freed us all from the ancient transgression as he is compassionate. [EL]

Glory.

Strange and marvellous things were heard in the city of Bethlehem when you were born, O Word without beginning; for Shepherds with Angels brought you a hymn as their Master. [EL]

Both now.

The Star reveals to Magi the Sun of justice
who is brought to birth ineffably; rejoicing let
us now celebrate the Forefeast of his Nativity.

[EL]

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 Holy Woman.

Mode 4.

Your own ewe-lamb cries to You loudly,
O Jesus, and she says, * "For my Bridegroom
do I long, and seeking You I now contend;
* and I am crucified and buried with You
in Your baptism. * I suffer for Your sake,
that I may reign with You. * I die for You
that I may also live in You. * Accept me as
an unblemished sacrifice * as I offer myself
to You with love." * At her entreaties and
intercessions, * save our souls, O Merciful
Lord. [SD]

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

Saturday Before Christmas

Prokeimenon. Mode pl. 2. Psalm 31.

Be glad in the Lord and rejoice greatly.

[SAAS]

Verse: *Blessed are those whose transgressions
are forgiven, and whose sins are covered.* [SAAS]

Gal. 3:8-12

Brethren, the scripture, foreseeing that
God would justify the Gentiles by faith,
preached the gospel beforehand to Abraham,
saying, "in you shall all the nations be
blessed." So then, those who are men of faith
are blessed with Abraham who had faith. For
all who rely on works of the law are under a
curse; for it is written, "Cursed be every one
who does not abide by all things written in
the book of the law, and do them." Now it is
evident that no man is justified before God by

the law; for "the righteous shall live by faith"; but the law does not rest on faith, for "He who does them shall live by them." [RSV]

Alleluia. Mode pl. 2. Psalms 64, 101.

Alleluia. Alleluia. Alleluia.

Verse 1: *Blessed are they whom You have chosen and received, O Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *And their memorial abides from generation to generation.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Saturday Before Christmas

Lk. 13:19-29

The Lord said this parable, "The kingdom of God is like a grain of mustard seed which a man took and sowed in his garden; and it grew and became a tree, and the birds of the air made nests in its branches." And again he said, "To what shall I compare the kingdom of God? It is like leaven which a woman took and hid in three measures of flour, till it was all leavened." He went on his way through towns and villages, teaching, and journeying toward Jerusalem. And some one said to him, "Lord, will those who are saved be few?" And he said to them, "Strive to enter by the narrow door; for many, I tell you, will seek to enter and will not be able. When once the householder has risen up and shut the door, you will begin to stand outside and to knock at the door, saying, 'Lord, open to us.' He will answer you, 'I do not know where you come from.' Then you will begin to say, 'We ate and drank in your presence, and you taught in our streets.' But he will say, 'I tell you, I

do not know where you come from; depart from me, all you workers of iniquity!' There you will weep and gnash your teeth when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God and you yourselves thrust out. And men will come from east and west, and from north and south, and sit at table 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. Psalms 64, 101.

Blessed are they whom You have chosen and received, O Lord. Their memorial abides from generation to generation. 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 the Christmas fast.