

Μηναῖον - ΤΗ ΚΣ' ΙΟΥΛΙΟΥ

Μνήμη τοῦ Ἁγίου Ἱερομάρτυρος
Ἑρμολάου, καὶ τῶν σὺν αὐτῷ Ἑρμίππου καὶ
Ἑρμοκράτους, καὶ τῆς Ἁγίας Ὁσιομάρτυρος
Παρασκευῆς

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ
ἅγιον αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς
ἀνταποδόσεις αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ
πάντων δεσπόζει.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Menaion - July 26

Memory of the Holy Hieromartyrs
Hermolaus, Hermippus, and Hermocrates;
and the Devout Martyr St. Paraskevi

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.

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ
μου ἕως ὑπάρχω.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Μακάριος οὗ ὁ Θεὸς Ἰακώβ
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν
Θεὸν αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Βασιλεύσει Κύριος εἰς τὸν
αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ
γενεάν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἁγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

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]

Ἀντίφωνον Γ'.

Ἀπολυτίκιον.

Τοῦ Μηναίου ---

Ἦχος α'.

Τὴν σπουδὴν σου τῇ κλήσει
κατάλληλον, ἐργασαμένη φερώνυμε,
τὴν ὁμώνυμόν σου πίστιν, εἰς κατοικίαν
κεκλήρωσαι, Παρασκευὴ ἀθληφόρε· ὅθεν
προχέεις ἰάματα, καὶ πρεσβεύεις ὑπὲρ τῶν
ψυχῶν ἡμῶν.

Antiphon III.

Apolytikion.

From Menaion ---

Mode 1.

Your diligence corresponded to
your name, Paraskevi, which denotes
preparedness. Through faith you inherited the
promised dwelling that was prepared for you,
O prize-winning Martyr. Therefore you pour
out cures and healings, and you intercede on
behalf of our souls. ^[SD]

*Ἡ, ἀντὶ τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος δ'.

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.
Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν
ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Κανὼν τῆς Ἀγίας.

Ὦδὴ γ'. Ἦχος δ'. Ἐνφραίνεται ἐπὶ σοί.

Τοῦ Μηναίου - - -

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Ἐνεύρου τὸ ἀσθενές, τὸ θεῖον Πνεῦμα
καὶ φαιδρὸν δέδειχεν, ἐξεικονίζον ἄριστα,
τῆς σῆς ἀκραιφνοῦς ψυχῆς ἔλλαμψιν.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ
τὸν Θεὸν ὄψονται.

Ῥωσθεῖσα σθένει Χριστοῦ, τὰς τῶν
βουνέυρων ἀφειδῶς μάστιγας, Μάρτυς
Χριστοῦ ὑπέφερες, οἷά τις ἀδάμας
στερρότατος.

*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 Holy Woman.

Ode iii. Mode 4. N/M (Your Church rejoices.)

From Menaion - - -

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

The Holy Spirit strengthened your
infirmity and made you radiant, O Paraskeve,
and excellently displayed the illumination of
your spotless soul. [SD]

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

Strengthened by the might of Christ,
you endured like a very hard diamond when
you were mercilessly whipped, O Martyr of
Christ. [SD]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ Θεοῦ κληθήσονται.

Αγάπη τῇ πρὸς Θεόν, ἐν τῷ σταδίῳ καρτερῶς ἤνεγκας, τὸν σκορπισμὸν τοῦ σώματος, καὶ τοὺς ἀνυποίστους πικροὺς αἰκισμούς.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Θεοτοκίον.

Σὺ μόνη τοῖς ἐπὶ γῆς, τῶν ὑπὲρ φύσιν ἀγαθῶν πρόξενος, Μήτηρ Θεοῦ γέγονας· ὅθεν σοὶ τὸ Χαῖρε κραυγάζομεν.

Κανὼν τῆς Ἀγίας.

Τοῦ Μηναιίου - -

Ὡδὴ Γ΄. Ἦχος δ΄. Θύσω σοὶ μετὰ φωνῆς.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς, καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα καθ’ ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Αγγέλου, παρουσία τὴν στέρνοις τεθεῖσάν σοι, μεγίστην πάνσεμνε πλάκα, καὶ χειρῶν τοὺς ἥλους ἐνδοξε Μάρτυς, ὁ Δεσπότης, ῥοπῇ θεία θᾶπτον ἠφάνισε.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Νέαν σε, πρωτομάρτυρα Θέκλαν δοξάζομεν, οἷα κηρύξασαν πᾶσι, καὶ πολλοὺς φωτίσασαν θείῳ λόγῳ, καὶ ἀπίστους, πρὸς τὴν ἐνθεον πίστιν ῥυθμίσασαν.

Δόξα.

Ἐρῶρει σου, τῶν ἐνθέων δογμάτων ὁ σύλλογος, μελισταγῶν ἐκ χειλέων, καὶ

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

During your contest, you patiently endured the ripping up of your body and the unbearably bitter tortures, in your love for God. [SD]

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

Theotokion.

O Mother of God, you alone became the provider of supernatural blessings for those on the earth; therefore, we cry to you the salutation: Rejoice. [SD]

Canon for the Holy Woman.

From Menaion - -

Ode vi. Mode 4. N/M (The Church cries out.)

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

By the coming of an Angel, the Master, with one divine stroke, swiftly removed the great stone that was set on your breast and the nails piercing your hands, O all-venerable Paraskeve, glorious Martyr. [SD]

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

You were like another Proto-Martyr Thecla, preaching to all, and enlightening many with the divine doctrine, and bringing unbelievers to the godly Faith. And for this we glorify you. [SD]

Glory.

The words of your divine doctrines flowed from your lips, dripping with sweetness, and with boldness you taught

τὴν γνῶσιν πάντων ἐδίδασκες, παρῳήσια
Παρασκευὴ Μαρτύρων ἀγλαΐσμα.

Καὶ νῦν. **Θεοτοκίον.**

ὦ θαῦμα, τῶν ἀπάντων θαυμάτων
καινότερον! ὅτι Παρθένος ἐν μήτρᾳ, τὸν
τὰ σύμπαντα περιέποντα, ἀπειράνδρως,
συλλαβοῦσα οὐκ ἐστενοχώρησεν.

knowledge of all things, O Paraskeve,
adornment of Martyrs. [SD]

Both now. **Theotokion.**

Miracle, more novel than all other
miracles! that a Virgin, without knowing a
man, in her womb conceived the One who has
the care of the whole universe, and yet she
did not constrain Him in any way. [SD]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ
Θεοῦ, ὁ ἐν ἁγίοις θαυμαστός, ψάλλοντάς
σοι, Ἀλληλούϊα.

**Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον
Ἀπολυτίκιον. Τῆς Ἀγίας.**

Τοῦ Μηναίου ---

Ἦχος α'.

Τὴν σπουδὴν σου τῇ κλήσει
κατάλληλον, ἐργασαμένη φερώνυμε,
τὴν ὁμώνυμόν σου πίστιν, εἰς κατοικίαν
κεκλήρωσαι, Παρασκευὴ ἀθληφόρε· ὅθεν
προχέεις ἰάματα, καὶ πρεσβεύεις ὑπὲρ τῶν
ψυχῶν ἡμῶν.

**Ἀπολυτίκιον. Τῶν Ἀγίων.
Ἦχος δ'. Ταχὺ προκατάλαβε.**

Οἱ Μάρτυρές σου Κύριε, ἐν τῇ ἀθλήσει
αὐτῶν, στεφάνους ἐκομίσαντο τῆς
ἀφθαρσίας, ἐκ σοῦ τοῦ Θεοῦ ἡμῶν· σχόντες
γὰρ τὴν ἰσχύν σου, τοὺς τυράννους
καθεῖλον, ἔθραυσαν καὶ δαιμόνων, τὰ
ἀνίσχυρα θράση. Αὐτῶν ταῖς ἰκεσίαις,
Χριστέ ὁ Θεός, σῶσον τὰς ψυχὰς ἡμῶν.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Κοντάκιον. Ἦχος β'.

Προστασία τῶν Χριστιανῶν
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν
ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν
δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς
ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς
κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν,

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 Holy Woman.**

From Menaion ---

Mode 1.

Your diligence corresponded to
your name, Paraskevi, which denotes
preparedness. Through faith you inherited the
promised dwelling that was prepared for you,
O prize-winning Martyr. Therefore you pour
out cures and healings, and you intercede on
behalf of our souls. [SD]

**Apolytikion. For the Saints.
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]

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 falls,
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,

καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα
ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

Τῆς Ἀγίας.

Προκείμενον. Ἦχος δ'. Ψαλμὸς 67.

Θαυμαστός ὁ Θεὸς ἐν τοῖς ἁγίοις αὐτοῦ.

Στίχ. Ἐν ἐκκλησίαις εὐλογεῖτε τὸν Θεόν.

Πρὸς Τιμόθεον Α' Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

Γα 3:23-29; 4:1-5

Ἀδελφοί, πρὸ τοῦ ἐλθεῖν τὴν πίστιν ὑπὸ
νόμον ἐφρουρούμεθα συγκεκλεισμένοι εἰς
τὴν μέλλουσαν πίστιν ἀποκαλυφθῆναι.
Ὡστε ὁ νόμος παιδαγωγὸς ἡμῶν γέγονεν
εἰς Χριστόν, ἵνα ἐκ πίστεως δικαιωθῶμεν·
ἐλθούσης δὲ τῆς πίστεως οὐκ ἔτι ὑπὸ
παιδαγωγὸν ἔσμεν. Πάντες γὰρ υἱοὶ Θεοῦ
ἐστε διὰ τῆς πίστεως ἐν Χριστῷ Ἰησοῦ.
Ὅσοι γὰρ εἰς Χριστὸν ἐβαπτίσθητε, Χριστὸν
ἐνεδύσασθε· οὐκ ἐνὶ Ἰουδαῖος οὐδὲ Ἕλλην,
οὐκ ἐνὶ δοῦλος οὐδὲ ἐλεύθερος, οὐκ ἐνὶ
ἄρσεν καὶ θῆλυ· πάντες γὰρ ὑμεῖς εἰς
ἐστε ἐν Χριστῷ Ἰησοῦ. Εἰ δὲ ὑμεῖς Χριστοῦ,
ἄρα τοῦ Ἀβραὰμ σπέρμα ἐστέ, καὶ κατ'
ἐπαγγελίαν κληρονόμοι. Λέγω δέ, ἐφ' ὅσον
χρόνον ὁ κληρονόμος νήπιός ἐστιν, οὐδὲν
διαφέρει δούλου, κύριος πάντων ὢν, ἀλλὰ

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 Holy Woman.

Prokeimenon. Mode 4. Psalm 67.

God is wondrous in His saints. [SAAS]

Verse: Bless God in the churches. [SAAS]

The reading is from Paul's First Letter to
Timothy.

3:23-29; 4:1-5

Brethren, before faith came, we were
confined under the law, kept under restraint
until faith should be revealed. So that the law
was our custodian until Christ came, that we
might be justified by faith. But now that faith
has come, we are no longer under a custodian;
for in Christ Jesus you are all sons of God,
through faith. For as many of you as were
baptized into Christ have put on Christ. There
is neither Jew nor Greek, there is neither slave
nor free, there is neither male nor female; for
you are all one in Christ Jesus. And if you are
Christ's, then you are Abraham's offspring,
heirs according to promise. I mean that the
heir, as long as he is a child, is no better than
a slave, though he is the owner of all the
estate; but he is under guardians and trustees

ὑπὸ ἐπιτρόπους ἐστὶ καὶ οἰκονόμους ἄχρι τῆς προθεσμίας τοῦ πατρὸς. Οὕτω καὶ ἡμεῖς, ὅτε ἤμεν νήπιοι, ὑπὸ τὰ στοιχεῖα τοῦ κόσμου ἤμεν δεδουλωμένοι· ὅτε δὲ ἦλθεν τὸ πλήρωμα τοῦ χρόνου, ἐξαπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ, γενόμενον ἐκ γυναικός, γενόμενον ὑπὸ νόμον, ἵνα τοὺς ὑπὸ νόμον ἐξαγοράσῃ, ἵνα τὴν υἰοθεσίαν ἀπολάβωμεν.

Ἀλληλούϊα. Ἦχος α΄. Ψαλμὸς 39.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α΄. Ὑπομένωνν ὑπέμεινα τὸν Κύριον.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β΄. Καὶ ἔστησεν ἐπὶ πέτρᾳ τοὺς πόδας μου.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Τῆς Ἀγίας.

Ἐκ τοῦ κατὰ Μάρκον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Μαρκ ε΄ 24 - 34

Τῷ καιρῷ ἐκείνῳ, ἠκολούθει τῷ Ἰησοῦ ὄχλος πολὺς, καὶ συνέθλιβον αὐτόν. Καὶ γυνὴ τις οὖσα ἐν ῥύσει αἵματος ἔτη δώδεκα, καὶ πολλὰ παθοῦσα ὑπὸ πολλῶν ἰατρῶν καὶ δαπανήσασα τὰ παρ' ἑαυτῆς πάντα, καὶ μηδὲν ὠφεληθεῖσα, ἀλλὰ μᾶλλον εἰς τὸ χεῖρον ἐλθοῦσα, ἀκούσασα περὶ τοῦ Ἰησοῦ, ἐλθοῦσα ἐν τῷ ὄχλῳ ὀπισθεν ἤψατο τοῦ ἱματίου αὐτοῦ· ἔλεγεν γὰρ ἐν ἑαυτῇ ὅτι Ἐὰν ἅψωμαι καὶ τῶν ἱματίων αὐτοῦ, σωθήσομαι. καὶ εὐθέως ἐξηράνθη ἡ πηγὴ τοῦ αἵματος αὐτῆς, καὶ ἔγνω τῷ σώματι ὅτι ἴαται ἀπὸ τῆς μάστιγος. καὶ εὐθέως ὁ Ἰησοῦς ἐπιγνοὺς ἐν ἑαυτῷ τὴν ἐξ αὐτοῦ δύναμιν ἐξελθοῦσαν, ἐπιστραφεὶς ἐν τῷ ὄχλῳ ἔλεγε· Τίς μου ἥψατο τῶν ἱματίων;

until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

Alleluia. Mode 1. Psalm 39.

Alleluia. Alleluia. Alleluia.

Verse 1: *I waited patiently for the Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *He established my feet on a rock.*

[SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Holy Woman.

The reading is from the Holy Gospel according to Mark.

Mk. 5:24-34

At that time, a great crowd followed him and thronged about him. And there was a woman who had had a flow of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. She had heard the reports about Jesus, and came up behind him in the crowd and touched his garment. For she said, "If I touch even his garments, I shall be made well." And immediately the hemorrhage ceased; and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had gone forth from him, immediately turned about in the crowd, and said, "Who touched my garments?" And his disciples said

καὶ ἔλεγον αὐτῷ οἱ μαθηταὶ αὐτοῦ· Βλέπεις τὸν ὄχλον συνθλίβοντά σε, καὶ λέγεις· τίς μου ἤψατο; καὶ περιεβλέπετο ἰδεῖν τὴν τοῦτο ποιήσασαν. ἡ δὲ γυνὴ φοβηθεῖσα καὶ τρέμουσα, εἰδυῖα ὃ γέγονεν ἐπ' αὐτῇ, ἦλθε καὶ προσέπεσεν αὐτῷ καὶ εἶπεν αὐτῷ πᾶσαν τὴν ἀλήθειαν. ὁ δὲ εἶπεν αὐτῇ· Θύγατερ, ἡ πίστις σου σέσωκέ σε· ὑπάγε εἰς εἰρήνην, καὶ ἴσθι ὑγιὴς ἀπὸ τῆς μᾶστιγός σου.

Ὑμνος εἰς τὴν Θεοτόκον.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφεὶμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Κοινωνικόν. Ψαλμὸς 111.

Εἰς μνημόσυνον αἰώνιον ἔσται δίκαιος. Ἀλληλουῖα.

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν. Ἦχος β'.

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ, ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου καὶ

to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?' " And he looked around to see who had done it. But the woman, knowing what had been done to her, came in fear and trembling and fell down before him, and told him the whole truth. And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." [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, worshipping 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,

βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ τοῦ
Ἁγίου Ἱερομάρτυρος Ἑρμολάου, καὶ τῶν
σὺν αὐτῷ Ἑρμίππου καὶ Ἑρμοκράτους, καὶ
τῆς Ἁγίας Ὁσιομάρτυρος Παρασκευῆς, ὧν
καὶ τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων
τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς
ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις οἴνου καὶ ἐλαίου.

Εἶναι ἐορτάσιμος ἡμέρα.

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, Saints Hermolaus, Hermippus,
and Hermocrates, the hieromartyrs, and
St. Paraskevi, the monastic martyr, 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

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

It is a minor feast.