

**Menaion - July 5**

Memory of our Devout and God-bearing  
Father Athanasios of 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.**

From Menaion - - -

**Mode 3. Seeing how beautiful.**

Angelic hosts on high were filled with  
wonderment, seeing your life in the flesh:  
how with your body you courageously went  
out to wrestle with invisible foes; and to the  
demonic hordes you inflicted serious wounds.  
Therefore, Athanasios, you received from the  
Master Christ, a wealth of gifts. Holy Father,  
intercede on our behalf with Christ our God,  
to 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 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 for St. Athanasios.**

**Ode iii. Mode pl. 4. O Christ, who in the beginning. (NM)**

From Menaion - - -

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

From a child you were seized with love for God, collecting round you children of your own age and forming them into a band you trained them spiritually, most wisely weaning them from childish ways. [EL]

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

Smitten with love of wisdom, you reached the fair city of Constantine, O God-inspired; and like a wise, melodious bee you gathered seasonable words and abandoned what was superfluous. [EL]

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

Piloting your spiritual ship, blest Father, with the sail of the Cross you accomplished shrewdly and nimbly the difficult voyage of life and you were brought to the divine havens of calm. [EL]

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

**Theotokion.**

He who was ineffably begotten of the Father before the ages, in the last times came forth from your womb and made our nature divine, O Virgin Mother, conspicuously bringing to himself the companies of the ascetics. [EL]

**Canon for St. Athanasios.**

From Menaion - - -

**Ode vi. Mode pl. 4. Have mercy on me. (NM)**

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

By your toils you slew the desires of the flesh, you crucified yourself to the world and the passions, as by fasts and tears, prayers and hymns you waited on God. [EL]

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

Prince of monks on Mount Athos, type and model of virtuous deeds, you adorned all the dwellings there of the unwedded. [EL]

Glory.

Pleasant, upright and good, fair and moderate, accessible, gentle, merciful, sympathetic and compassionate and cheerful

you were in your ways, and by your conduct  
an imitator of Christ. [EL]

Both now. **Theotokion.**

Revealed as a new Moses, you made  
ready another tabernacle, a sheepfold, All-  
honoured Father; and you increased it by toils  
and sweat and dedicated it to the Mother of  
God. [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.**

From Menaion ---

**Mode 3. *Seeing how beautiful.***

Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasios, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to 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 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 Matthew.

**Mt. 11:27-30**

The Lord said to his disciples, "All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." [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, our devout and God-bearing father Athanasios of 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.*