

**Μηνναῖον - ΤΗΙ ΛΑ΄ ΑΥΤΟΥΣΤΟΥ**

Μνήμη τῆς Καταθέσεως τῆς Τιμίας  
Ζώνης τῆς Ὑπεραγίας Θεοτόκου

**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 - August 31**

Commemoration of the Placement of the  
Holy Belt of the Most Holy Theotokos

**LITURGY**

*Unless otherwise indicated, the texts of the prayers and  
hymns of the Divine Liturgy are from: The Divine Liturgy  
of St. John Chrysostom (© 2016), used with permission from  
the Greek Orthodox Archdiocese of America. This text was  
produced by the Greek Orthodox Archdiocese of America and  
approved by the Ecumenical Patriarchate.*

**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 πλ. δ'.**

Θεοτόκε ἀειπάρθενε, τῶν ἀνθρώπων  
ἡ σκέπη, Ἑσθῆτα καὶ Ζώνην τοῦ ἀχράντου  
σου σώματος, κραταιὰν τῇ πόλει σου  
περιβολὴν ἐδωρήσω, τῷ ἀσπόρῳ τόκῳ  
σου ἄφθαρτα διαμείναντα· ἐπὶ σοὶ γὰρ  
καὶ φύσις καινοτομεῖται καὶ χρόνος· διὸ  
δυσωποῦμέν σε, εἰρήνην τῇ οἰκουμένῃ  
δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα  
ἔλεος.

**Antiphon III.**

**Apolytikion.**

From Menaion - - -

**Mode pl. 4.**

Ever-virgin Theotokos, the shelter of  
mankind, you have given to your City as  
a protective wall the clothing and garment  
that you wore on your immaculate body. By  
your seedless childbirth, they have remained  
incorrupt. For in you both nature and time  
are made novel. Therefore we implore you,  
grant peace to your commonwealth, and great  
mercy to our souls. <sup>[SD]</sup>

*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 Α' τῆς Ἑορτῆς.**

**Ὦδὴ γ'. Ἦχος δ'. Ἐνφραίνεται ἐπὶ σοί.**

Τοῦ Μηναίου - - -

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ  
ἐλεηθήσονται.

Τιμήσωμεν οἱ πιστοί, ὡς συναφείας  
πρὸς Θεὸν σύνδεσμον, τὴν τῆς  
Ἀγνῆς σήμερον Ζώνην, καὶ πιστῶς  
προσκυνήσωμεν.

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

Αἰνάοι ὀχετοί, ἐκ τῆς ἀχράντου σου  
σοροῦ ῥέοντες, τῶν χαρισμάτων Ἀγνή,  
πάντας τοὺς πιστοὺς καταρδεύουσιν.

*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 1 of the Feast.**

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

From Menaion - - -

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

O believers, today let us honor and  
faithfully venerate the Belt of our pure Lady,  
for it is a bond of union with God. [SD]

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

O pure Virgin, ever-flowing streams of  
spiritual gifts flow from your immaculate  
case, and they water all the faithful. [SD]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ  
Θεοῦ κληθήσονται.

Ἰάματα τοῖς πιστοῖς, ἡ πολυύμνητος  
ἡμῖν σήμερον, τῆς ὑπερτίμου Ἀγνῆς, Ζώνη  
ἀναβρύει ἐν χάριτι.

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

### Θεοτοκίον.

Ὡς δρόσος ἐωθινή, ἡ εὐφροσύνη σου  
Ἀγνή ῥέουσα, τὴν τῶν παθῶν κάμινον, τῶν  
σὲ ἀνυμνούντων κοιμίζει αἰεί.

### Κανὼν Β' τῆς Ἑορτῆς.

Τοῦ Μηναίου - -

**Ὡδὴ Γ'. Ἦχος πλ. δ'. Ἀβυσσος ἀμαρτιῶν.**

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

Νέον τέτοκας ἡμῖν, ὡς παιδίον τὸν πρὸ  
πάντων αἰώνων, καὶ καινουργεῖς καρδίας,  
ἀμαρτίας παλαίωσιν, δεξαμένας καινισμῶ,  
τῆς καταθέσεως τῆς τιμίας, Ζώνης σου  
Κόρη ἀειπάρθενε.

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

Ἅγιός σου ὁ ναός, θαυμαστός  
δικαιοσύνη ὑπάρχει· ὅστις τὴν θαυμαστήν  
σου Ζώνην, θαύματα βρύουσιν,  
κεκτημένος τοῖς πιστοῖς, πέλαγος δείκνυται  
ἰαμάτων, Θεοκυῆτορ Μητροπάρθενε.

Δόξα.

Γέγηθε πᾶσα ψυχὴ, συνιούσα ἐν Ἀγίῳ  
ναῷ σου, καὶ ἐν αὐτῷ ὀρώσα, Θεοτόκε  
τὴν Ζώνην σου, ὥσπερ ἥλιον φαιδρόν,

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

The Belt of the most honorable and pure  
Virgin by grace gushes forth healings to us the  
faithful today. Therefore it is highly extolled.

[SD]

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

### Theotokion.

The happiness that you evoke flows  
like morning dew, O pure Virgin, and it  
extinguishes the flames of the passions in  
those who extol you. [SD]

### Canon 2 of the Feast.

From Menaion - -

**Ode vi. Mode pl. 4. N/M (My transgressions)**

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

O ever-virgin Maiden, for us you gave  
birth to an infant, and He exists before all  
ages. You renew hearts that have grown old  
in sin, when they receive the renewal that  
come from this feast of the Placement of your  
precious Belt. [SD]

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

O Virgin Mother Theotokos, your temple  
is holy and wonderful in righteousness, for  
it has your wonderful Belt, which pours out  
miracles for the believers and is an ocean of  
cures and healings. [SD]

Glory.

O Theotokos, everyone here in your  
holy temple rejoices, when they look at your  
Belt, for like a shining sun it flashes with the

φέγγος ἀστράπτουσαν χαρισμάτων, τοῦ  
παντοῦ καὶ θεοῦ Πνεύματος.

Καὶ νῦν.

Νεύρωσον ἡμῶν Ἀγνή, τὰς καρδίας  
παρεθείσας, παντοίων ἁμαρτιῶν ἰδέαις, καὶ  
περίζωσον δύναμιν, τοὺς τὴν Ζώνην σου  
πιστῶς, ὡς πολυτίμητον κεκτημένους, καὶ  
ἀναφαίρετον θησαύρισμα.

splendor of the gifts of the divine and omnific  
Spirit. [SD]

Both now.

O Pure Lady, strengthen our hearts, for  
they are beset with every kind of sin. Gird  
with power all those who faithfully hold your  
Belt as precious treasure that cannot be taken  
away. [SD]

**Εἰσοδικόν. Ἦχος β'.**

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

**Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον  
Ἀπολυτίκιον.**

Τοῦ Μηναίου ---

**Ἦχος πλ. δ'.**

Θεοτόκε ἀειπάρθενε, τῶν ἀνθρώπων  
ἡ σκέπη, Ἑσθῆτα καὶ Ζώνην τοῦ ἀχράντου  
σου σώματος, κραταῖαν τῇ πόλει σου  
περιβολὴν ἐδωρήσω, τῷ ἀσπόρῳ τόκῳ  
σου ἄφθαρτα διαμείναντα· ἐπὶ σοὶ γὰρ  
καὶ φύσις καινοτομεῖται καὶ χρόνος· διό  
δυσωποῦμέν σε, εἰρήνην τῇ οἰκουμένη  
δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα  
ἔλεος.

**Τοῦ Ναοῦ.**

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Τοῦ Μηναίου ---

**Κοντάκιον.**

**Ἦχος πλ. β'. Τὴν ἐν πρεσβείαις.**

Τὴν θεοδόχον γαστέρα σου Θεοτόκε,  
περιλαβοῦσα ἡ Ζώνη σου ἡ τιμία, κράτος  
τῇ πόλει σου ἀπροσμάχητον, καὶ θησαυρὸς  
ὑπάρχει, τῶν ἀγαθῶν ἀνέκλειπτος, ἡ μόνη  
τεκοῦσα ἀειπάρθενος.

**Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ**

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

**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 pl. 4.**

Ever-virgin Theotokos, the shelter of  
mankind, you have given to your City as  
a protective wall the clothing and garment  
that you wore on your immaculate body. By  
your seedless childbirth, they have remained  
incorrupt. For in you both nature and time  
are made novel. Therefore we implore you,  
grant peace to your commonwealth, and great  
mercy to our souls. [SD]

**Apolytikion of the Parish Church**

(The text of the Apolytikion of the local  
church goes here.)

From Menaion ---

**Kontakion.**

**Mode pl. 2. The Theotokos, unsleeping.**

The precious garment that you wore  
about your body \* that hosted God, O  
all-blessed Theotokos, \* truly is power  
unassailable \* for your City and a treasure  
whose blessings are perpetual, \* O only Ever-  
virgin who bore a child. [SD]

**THE TRISAGION HYMN**

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3) [GOA]

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

### Ὁ Ἀπόστολος

τῆς Θεοτόκου.

Προκείμενον. Ἦχος γ'. Ὡδὴ Ἑνάτη.

Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ  
ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ  
σωτῆρί μου.

**Στίχ.** Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν  
τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν  
μακαριοῦσί με πᾶσαι αἱ γενεαί.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

Εβρ 9:1-7

Ἀδελφοί, εἶχεν ἡ πρώτη σκηνὴ  
δικαιώματα λατρείας τό τε Ἅγιον  
κοσμικόν. Σκηνὴ γὰρ κατεσκευάσθη ἡ  
πρώτη ἐν ἣ ἦ τε λυχνία καὶ ἡ τράπεζα  
καὶ ἡ πρόθεσις τῶν ἄρτων, ἣτις λέγεται  
Ἅγια. Μετὰ δὲ τὸ δεύτερον καταπέτασμα  
σκηνὴ ἡ λεγομένη Ἅγια Ἁγίων, χρυσοῦν  
ἔχουσα θυμιατήριον καὶ τὴν κιβωτὸν τῆς  
διαθήκης περικεκαλυμμένην πάντοθεν  
χρυσίῳ, ἐν ἣ στάμνος χρυσεῖ ἔχουσα τὸ  
μάννα καὶ ἡ ῥάβδος Ἀαρὼν ἡ βλαστήσασα  
καὶ αἱ πλάκες τῆς διαθήκης, ὑπεράνω δὲ  
αὐτῆς Χερουβὶμ δόξης κατασκιάζοντα  
τὸ ἱλαστήριον· περὶ ὧν οὐκ ἔστι νῦν  
λέγειν κατὰ μέρος. Τούτων δὲ οὕτω  
κατεσκευασμένων εἰς μὲν τὴν πρώτην  
σκηνὴν διὰ παντὸς εἰσίσιασιν οἱ ἱερεῖς τὰς  
λατρείας ἐπιτελοῦντες, εἰς δὲ τὴν δευτέραν  
ἅπαξ τοῦ ἐνιαυτοῦ μόνος ὁ ἀρχιερεὺς, οὐ

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. For behold, henceforth all  
generations will call me blessed. [RSV]

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

Heb. 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



χωρὶς αἵματος, ὃ προσφέρει ὑπὲρ ἑαυτοῦ  
καὶ τῶν τοῦ λαοῦ ἀγνοημάτων.

**Ἀλληλούϊα. Ἦχος πλ. β'. Ψαλμοὶ 131, 44.**

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. α'.** Ἀνάστηθι, Κύριε, εἰς τὴν  
ἀνάπαυσίν σου, σὺ καὶ ἡ κιβωτὸς τοῦ  
ἁγιάσματος σου.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β'.** Ἀκουσον, θύγατερ, καὶ ἴδε καὶ  
κλῖνον τὸ οὖς σου καὶ ἐπιλάθου τοῦ λαοῦ σου  
καὶ τοῦ οἴκου τοῦ πατρὸς σου.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

### **Τὸ Εὐαγγέλιον**

Τῆς Θεοτόκου.

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου  
τὸ ἀνάγνωσμα.

**Λου ι' 38-42, ια' 27-28**

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς  
εἰς κώμην τινά· γυνὴ δέ τις ὀνόματι Μάρθα  
ὑπεδέξατο αὐτὸν εἰς τὸν οἶκον αὐτῆς.  
Καὶ τῇδε ἦν ἀδελφὴ καλουμένη Μαρία,  
ἡ καὶ παρακαθίσασα παρὰ τοὺς πόδας  
τοῦ Ἰησοῦ ἤκουε τὸν λόγον αὐτοῦ. Ἡ δὲ  
Μάρθα περιεσπᾶτο περὶ πολλὴν διακονίαν·  
ἐπιστᾶσα δὲ εἶπε· Κύριε, οὐ μέλει σοι ὅτι ἡ  
ἀδελφὴ μου μόνην με κατέλιπε διακονεῖν;  
εἰπὲ οὖν αὐτῇ ἵνα μοι συναντιλάβηται.  
Ἀποκριθεὶς δὲ εἶπεν αὐτῇ ὁ Ἰησοῦς·  
Μάρθα Μάρθα, μεριμνᾷς καὶ τυρβάζῃ  
περὶ πολλά· ἑνὸς δὲ ἐστὶ χρεία· Μαρία δὲ  
τὴν ἀγαθὴν μερίδα ἐξελέξατο, ἣτις οὐκ  
ἀφαιρεθήσεται ἀπ' αὐτῆς. Ἐγένετο δὲ ἐν  
τῷ λέγειν αὐτὸν ταῦτα ἐπάρασά τις γυνὴ  
φωνήν ἐκ τοῦ ὄχλου εἶπεν αὐτῷ· μακαρία  
ἡ κοιλία ἡ βαστάσασά σε καὶ μαστοὶ  
οὓς ἐθήλασας. αὐτὸς δὲ εἶπε· μενοῦνγε

which he offers for himself and for the errors  
of the people. [RSV]

**Alleluia. Mode pl. 2. Psalms 131, 44.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** Arise, O Lord, into Your rest, You  
and the ark of Your holiness. [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** Listen, O daughter, behold and  
incline your ear, and forget your people and your  
father's house. [SAAS]

Alleluia. Alleluia. Alleluia.

### **The Gospel**

For the Theotokos.

The reading is from the Holy Gospel  
according to Luke.

**Lk. 10:38-42; 11:27-28**

At that time, Jesus entered a village; and  
a woman called Martha received him into  
her house. And she had a sister called Mary,  
who sat at the Lord's feet and listened to his  
teaching. But Martha was distracted with  
much serving; and she went to him and said,  
"Lord, do you not care that my sister has left  
me to serve you alone? Tell her then to help  
me." But the Lord answered her, "Martha,  
Martha, you are anxious and troubled about  
many things; one thing is needful. Mary has  
chosen the good portion, which shall not  
be taken away from her." As he said this, a  
woman in the crowd raised her voice and said  
to him, "Blessed is the womb that bore you,  
and the breasts that you sucked!" But he said,  
"Blessed rather are those who hear the word  
of God and keep it!" [RSV]

μακάριοι οἱ ἀκούοντες τὸν λόγον τοῦ Θεοῦ  
καὶ φυλάσσοντες αὐτόν.

### Ὑμνος εἰς τὴν Θεοτόκον.

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

### Κοινωνικόν. Ψαλμὸς 115.

Ποτήριον σωτηρίου λήψομαι καὶ τὸ  
ὄνομα Κυρίου ἐπικαλέσομαι. Ἀλληλουϊά.

### 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, ἧς  
καὶ τῆς τιμίας Ζώνης τὴν κατάθεσιν  
ἐορτάζομεν· δυνάμει τοῦ τιμίου καὶ  
ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων  
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις  
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου  
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφύμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
οσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

### 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 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, 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 Placing of  
whose venerable Belt we commemorate, 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.

**Κανόνας Νηστείας**

*Κατάλυσις εἰς πάντα.*

**Fasting Rule**

*Fast Free: All foods allowed.*