

Octoechos

Mode 2.

On Monday Morning

Menaion - January 28

Memory of our Devout Father Ephrem the Syrian

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. For the Devout Man.

Mode pl. 4.

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O Ephrem, our devout father. Intercede with

Christ our God, for the salvation of 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. 2.

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]

Ode iii. Mode pl. 2. None is holy as you. (NM)

From Menaion - - -

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

You cleansed yourself of all the slime of passion, showed yourself to be truly a vessel of virtues and a container of the gifts of grace of the Holy Spirit. ^[EL]

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

In no way did you give sleep to your eyes, you appeared as a dwelling of the Holy Trinity and a treasure house of wisdom, enriching the world with the bright gold of your teachings, blessed Father. ^[EL]

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

The holy Church of Christ sees in you a second Euphrates, flooding with golden streams of wise teachings and watering all creation. ^[EL]

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

Theotokion.

One of the Holy Trinity in two natures incarnate in a manner fitting God from your pure blood came forth and saves Adam's descendants, All-pure, by his goodness. ^[EL]

From Menaion - - -

Ode vi. Mode pl. 2. Watching life's sea. (NM)

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

The God bearing Father, established not on a foundation of sand but on unbreakable faith, remained unshaken by every assault of the foe, for he was governed by invincible power. ^[EL]

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

Your tongue, Father, was truly the pen of a scribe swiftly writing, teaching a knowledge wholly devout, engraving on the tablets of hearts the law of the Spirit. ^[EL]

Glory.

Those who sail the calm sea of your teachings, godly Ephrem, are delivered from soul destroying waves and rising above the storm of heresies they are saved by faith. ^[EL]

Both now. **Theotokion.**

He who as God is above all visible and invisible creation took flesh and came from your womb, keeping you incorrupt as you were before your bearing child, O Bride 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. For the Devout Man.
Mode pl. 4.**

With the rivers of your tears you made
the barren desert bloom; and with your sighs
from deep within, you made your labors bear
their fruits a hundredfold; and you became a
star, illuminating the world by your miracles,
O Ephrem, our devout father. Intercede with
Christ our God, for the salvation of our souls.
[SD]

(Apolytikion of the Parish Church)

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

**Kontakion. For the Angels.
Mode 2.**

As God's Chief Commanders and
ministers of His divine glory, guides of
humanity and leaders of the Angels, pray for
what will benefit us and for great mercy, as
Chief Commanders of the Bodiless Hosts. [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. Mode 4. Psalm 103.

He makes His angels spirits and His
ministers a flame of fire. [SAAS]

Verse: *Bless the Lord, O my soul. O Lord my
God, You are magnified exceedingly.* [SAAS]

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

(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 2. Psalm 148.

Alleluia. Alleluia. Alleluia.

Verse 1: *Praise the Lord from the heavens,
praise Him in the highest.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *Praise Him, all you His angels;
praise Him, all you His hosts.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Devout Man.

The reading is from the Holy Gospel
according to Luke.

(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 103.

He makes His angels spirits and His ministers a flame of fire. 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, our devout and God-bearing father Ephrem the Syrian, whose memory we observe; and of all the saints, have mercy on us and save us, for He is good and loves mankind.

Fasting Rule

Fast Free: All foods allowed.