

**Pentecostarion**

Tuesday of the Fourth Week

**Menaion - May 21**

Memory of Sts. Constantine and Helen

**LITURGY**

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**Antiphon I. Mode 2. Psalm 65.**

**Verse 1:** *Shout to God, all the earth.* [SAAS]

Through the intercessions of the  
Theotokos, Savior, save us. [GOA]

**Verse 2:** *Sing now to His name; give glory to His praise.* [SAAS]

Through the intercessions of the  
Theotokos, Savior, save us. [GOA]

**Verse 3:** *Say to God, "How fearful are Your works.* [SAAS]

Through the intercessions of the  
Theotokos, Savior, save us. [GOA]

**Verse 4:** *Let all the earth worship You and sing to You.* [SAAS]

Through the intercessions of the  
Theotokos, Savior, save us. [GOA]

Glory. Both now.

Through the intercessions of the  
Theotokos, Savior, save us. [GOA]

**Antiphon II. Mode 2. Psalm 66.**

**Verse 1:** *May God be gracious to us, and bless us.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 2:** *May He cause His face to shine upon us, and have mercy on us.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 3:** *That we may know His way on the earth, Your salvation among all the Gentiles.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 4:** *Let the peoples give thanks to You, O God; let all the peoples praise You.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

*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. Mode pl. 1. Psalm 67.**

**Verse 1:** *Let God arise, and let His enemies be scattered, and let those who hate Him flee from before His face.* [SAAS]

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life. [GOA]

**Verse 2:** *As smoke vanishes, so let them vanish, as wax melts before the fire.* [SAAS]

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life. [GOA]

**Verse 3:** *So shall the sinners perish from the face of God. And let the righteous be glad.* [SAAS]

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life. [GOA]

**Verse 4:** *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life. [GOA]

*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 3.**

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 Paralytic.**

**Ode iii. Mode 3. Sterile and barren soul. (NM)**

From Pentecostarion - -

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

The sun of old seeing you hanging upon the tree, O Word, withdrew its light, the whole earth was shaken; when you died the dead arose, O all-powerful. [EL]

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

O most Good, heal my soul which for many many years has been grievously sick; that I may tread the paths which you have marked out for those who long for you. [EL]

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

With the ranks on high make intercession, O Archangel of God, for those who hymn you in faith, guarding and protecting us who fall into the snares of life's passions. [EL]

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

**Theotokion.**

Your conceiving was without seed, your child-bearing beyond understanding, O immaculate Virgin-mother; an awesome thing, greatest marvel, feared by Angels, glorified by mortals, O Maiden, Sovereign Lady . [EL]

**Canon for the Saints.**

From Menaion - -

**Ode vi. Mode pl. 4. N/  
M (I pour out my supplication.)**

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

O Constantine, you gathered the blessed chorus of the God-bearing Fathers in an extraordinary council, and through them you confirmed the troubled hearts of all, to worship and glorify the Logos as sharing honor and throne with the Father. [SD]

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

O Helen, once you believed in the living Lord, who gives being to everything that is, you discarded the deadening religion of contemptible and useless idols; and you received the kingdom of heaven with joy. [SD]

Glory.

Governed by Your hand, O Logos, the emperors who ruled through You left the profound darkness of ignorance as well as the confusion of terrible godlessness; and they were guided to calm havens of Orthodoxy, where they rejoiced. [SD]

Both now. **Theotokion.**

Heal my heart, O Maiden, for it is incurably sick and seriously wounded by the poison sting of the evil one. Grant me the cure that you have, O immaculate one; and save me, by your intercessions, for I have put my hope in you. [SD]

**Entrance Hymn. Mode 2.**

Bless God in the churches, the Lord from the fountains of Israel. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

[GOA]

**Hymns After the Small Entrance.**

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode 3.**

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy. [SD]

**For the Equals-to-the-Apostles.**

From Menaion - - -

**Mode pl. 4.**

Your Apostle among the Rulers, St. Constantine, who once beheld in the sky the image of Your Cross, and who like Paul received his calling not from man, once entrusted the Ruling City into Your hand. We entreat You to restore it in peace forever, at the intercession of the Theotokos, O Lord who loves humanity. [SD]

**(Apolytikion of the Parish Church)**

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

From Pentecostarion - - -

**Kontakion of Pascha.**

**Mode pl. 4.**

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and

gave peace to Your Apostles, O Lord who to the fallen grant resurrection. [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 Equals-to-the-Apostles.

**Prokeimenon. Mode pl. 4. Psalm 18.**

His proclamation went forth into all the earth. [SAAS]

**Verse:** *The heavens declare the glory of God.*

[SAAS]

The reading is from the Acts of the Apostles.

26:1, 12-20

In those days, King Agrippa said to Paul, "You have permission to speak for yourself." Then Paul stretched out his hand and made his defense: "I journeyed to Damascus with the authority and commission of the chief priests. At midday, O king, I saw on the way a light from heaven, brighter than the sun, shining round me and those who journeyed with me. And when we had all fallen to the ground, I heard a voice saying to me in the Hebrew language, 'Saul, Saul, why do you persecute me? It hurts you to kick against the goads.' And I said, 'Who are you, Lord?' And the Lord said, 'I am Jesus whom you are persecuting. But rise and stand upon your feet; for I have appeared to you for this

purpose, to appoint you to serve and bear witness to the things in which you have seen me and to those in which I will appear to you, delivering you from the people and from the Gentiles - to whom I send you to open their eyes, that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.' Wherefore, O King Agrippa, I was not disobedient to the heavenly vision, but declared first to those at Damascus, then at Jerusalem and throughout all the country of Judea, and also to the Gentiles, that they should repent and turn to God and perform deeds worthy of their repentance." [RSV]

**Alleluia. Mode 1. Psalm 88.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *I raised up a chosen one from My people.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *For My hand shall support him.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

*For the Equals-to-the-Apostles.*

The reading is from the Holy Gospel according to John.

10:1-9

The Lord said to the Jews who had come to him, "Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber; but he who enters by the door is the shepherd of the sheep. To him the gatekeeper opens; the sheep hear his voice, and he calls his own sheep by name and leads them out.

When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they do not know the voice of strangers." This figure Jesus used with them, but they did not understand what he was saying to them. So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture." [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 18.**

Their proclamation went forth into all the earth, and their words to the ends of the world. Alleluia. [SAAS]

**Hymn after Holy Communion.**

**Instead of "We have seen."**

**Mode pl. 1.**

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life. [GOA]

**THE DISMISSAL**

May He who rose from the dead, 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, the holy, glorious, great, God-crowned Sovereigns Constantine and Helen, the Equals to the Apostles, whose memory we are celebrating; 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.*