

**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.

**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 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]

*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]

*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

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]

**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 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 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 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 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, 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, 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.*