

**Μηναῖον - ΤΗ Ε' ΙΟΥΛΙΟΥ**

Μνήμη τοῦ Ὁσίου καὶ Θεοφόρου  
Πατρὸς ἡμῶν Ἀθανασίου τοῦ ἐν τῷ Ἀθῶ

**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 - 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.

**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 γ'. Τὴν ὠραιότητα.**

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν,  
Ἀγγέλων τάγματα, πῶς μετὰ σώματος,  
πρὸς ἀοράτους συμπλοκάς, ἐχώρησας  
πανεύφημε, καὶ κατετραυμάτισας, τῶν  
δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε,  
ὁ Χριστὸς σε ἡμεΐψατο, πλουσίαις δωρεαῖς·  
Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

**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]

*Ἡ, ἀντὶ τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν, ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

**Ψαλμὸς 102.**

**Ψαλμὸς 145.**

**Οἱ Μακαρισμοί.**

**Ἦχος πλ. 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 τοῦ Ὁσίου Ἀθανασίου.**

**Ὦδὴ γ'. Ἦχος πλ. δ'. Ὁ  
στερεώσας κατ' ἀρχάς.**

Τοῦ Μηναίου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ  
ἐλεηθήσονται.

Ἀπὸ παιδὸς τῇ πρὸς Θεόν, ἀγάπῃ  
συνειλημμένος, τοὺς ὁμήλικας τῶν  
παίδων ἀθροίζων, καὶ χορείαν συνιστῶν,  
πνευματικῶς ἐρρύθμιζες, τῶν παιδικῶν  
πανσόφως, τούτους ἐθῶν ἐξαιρούμενος.

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

Σοφίας ἔρωτι βληθεὶς, πρὸς τὴν  
εὐδαίμονα πόλιν, Κωνσταντίνου  
παραγίνῃ Θεόφρον· καὶ ὡς μέλιττα σοφῇ,  
καὶ μελουργὸς τὰ καίρια τῶν λόγων  
συναθροίσας, τὰ περιττὰ καταλέλοιπας.

*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]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ Θεοῦ κληθήσονται.

Ἰστίῳ Πάτερ τοῦ Σταυροῦ, τὴν ψυχικὴν σου ὁλκάδα, κυβερνήσας εὐσταλῶς τε καὶ κούφως, τὴν τοῦ βίου χαλεπὴν ποντοπορίαν ἤνυσας, καὶ πρὸς γαλήνης θείου, ἤχθης λιμένας μακάριε.

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

### Θεοτοκίον.

Ὁ πρὸ αἰώνων γεννηθεὶς, ἐκ τοῦ Πατρὸς ἀπορρήτως, ἐπ' ἐσχάτων ἐκ γαστρός σου προήλθε, καὶ ἐθέωσεν ἡμῶν, τὴν φύσιν Μητροπάρθενε, τοὺς τῶν Ὁσίων δήμους, περιφανῶς ἐπαγόμενος.

### Κανὼν τοῦ Ὁσίου Ἀθανασίου.

Τοῦ Μηναίου ---

**Ὡδὴ Γ'. Ἦχος πλ. δ'. Ἰλάσθητί μοι Σωτήρ.**

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

Ἐνέκρωσας σαρκικάς, ἐπιθυμίας τοῖς πόνοις σου, ἐσταύρωσας σεαυτόν, κόσμῳ καὶ τοῖς πάθεσι, νηστείαις καὶ δάκρυσι, προσευχαῖς καὶ ὕμνοις, ἀνενδότοις προσεδρεύων Θεῷ.

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

Τῶν μοναστῶν ἀρχηγὸς τῶν ἐν τῷ ὄρει τοῦ Ἀθωνος, καὶ τύπος καὶ χαρακτηρ, ἐναρέτων πράξεων, ὑπάρχων ἐκόσμησας, τὰ ἐκεῖσε πάντα, τῶν ἀζύγων καταγῶγια.

Δόξα.

Ἠδύς, εὐθύς καὶ χρηστός, ἐπιεικής τε καὶ μέτριος, εὐπρόσιτος προσηγής, ἐλεήμων

*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,

πέφυκας, συμπαθῆς καὶ εὐσπλαγχνος,  
ίλαρὸς τοῖς τρόποις, χριστομίμητος τοῖς  
ἡθεσι.

Καὶ νῦν. **Θεοτοκίον.**

Νέος καθάπερ Μωσῆς, ἀναφανείς  
κατεσκεύασας, οἷά περ ἄλλην σκηνήν,  
μάνδραν Πανσεβάσμιε, ἦν καὶ  
ὑπερηύξησας, πόνοις καὶ ἰδρῶσι, καὶ  
ἀνέθου τῇ Μητρὶ τοῦ Θεοῦ.

sympathetic and compassionate and cheerful  
you were in your ways, and by your conduct  
an imitator of Christ. <sup>[EL]</sup>

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. <sup>[EL]</sup>

**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 γ'. Τὴν ωραιότητα.**

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν,  
Ἀγγέλων τάγματα, πῶς μετὰ σώματος,  
πρὸς ἀοράτους συμπλοκάς, ἐχώρησας  
πανεύφημε, καὶ κατετραυμάτισας, τῶν  
δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε,  
ὁ Χριστὸς σε ἡμεῖψατο, πλουσίαις δωρεαῖς·  
Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

**Τοῦ Ναοῦ.**

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

**Κοντάκιον. Ἦχος β'.**

Προστασία τῶν Χριστιανῶν  
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν  
ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν  
δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς  
ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς  
κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν,  
καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα  
ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

**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 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 falls,  
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]



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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

### Ὁ Ἀπόστολος

Τοῦ Ὁσίου.

Προκείμενον. Ἦχος βαρὺς. Ψαλμὸς 149.

Καυχῆσονται ὅσοι ἐν δόξῃ.

**Στίχ.** Ἀσατε τῷ Κυρίῳ ᾄσμα καινόν.

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

Γα 5:22-26; 6:1-2

Ἀδελφοί, ὁ καρπὸς τοῦ Πνεύματός  
ἐστὶν ἀγάπη, χαρὰ, εἰρήνη, μακροθυμία,  
χρηστότης, ἀγαθωσύνη, πίστις, πραότης,  
ἐγκράτεια· κατὰ τῶν τοιούτων οὐκ ἔστι  
νόμος. Οἱ δὲ τοῦ Χριστοῦ τὴν σάρκα  
ἐσταύρωσαν σὺν τοῖς παθήμασι καὶ ταῖς  
ἐπιθυμίαις. Εἰ ζῶμεν πνεύματι, πνεύματι  
καὶ στοιχῶμεν. Μὴ γινώμεθα κενόδοξοι,  
ἀλλήλους προκαλούμενοι, ἀλλήλοις  
φθοноῦντες. Ἀδελφοί, ἐὰν καὶ προληφθῇ  
ἄνθρωπος ἐν τινὶ παραπτώματι, ὑμεῖς οἱ  
πνευματικοὶ καταρτίζετε τὸν τοιοῦτον ἐν  
πνεύματι πραότητος· σκοπῶν σεαυτόν,  
μὴ καὶ σὺ πειρασθῇς. Ἀλλήλων τὰ βάρη  
βαστάζετε, καὶ οὕτως ἀναπληρώσατε τὸν  
νόμον τοῦ Χριστοῦ.

**Ἀλληλούϊα. Ἦχος α΄. Ψαλμὸς 111.**

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. α΄.** Μακάριος ἀνὴρ ὁ φοβούμενος  
τὸν Κύριον.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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.



**Στίχ. β'.** Ἡ δικαιοσύνη αὐτοῦ μένει εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

### **Τὸ Εὐαγγέλιον**

Τοῦ Ὁσίου.

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου  
Εὐαγγελίου τὸ ἀνάγνωσμα.

Ματ ια' 27 - 30

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ Μαθηταῖς·  
Πάντα μοι παρεδόθη ὑπὸ τοῦ πατρός μου·  
καὶ οὐδεὶς ἐπιγινώσκει τὸν υἱὸν εἰ μὴ ὁ  
πατήρ, οὐδὲ τὸν πατέρα τις ἐπιγινώσκει  
εἰ μὴ ὁ υἱὸς καὶ ὃ ἔαν βούληται ὁ υἱὸς  
ἀποκαλύψαι. Δεῦτε πρὸς με πάντες οἱ  
κοπιῶντες καὶ πεφορτισμένοι, καὶ γὰρ  
ἀναπαύσω ὑμᾶς. ἄρατε τὸν ζυγὸν μου  
ἐφ' ὑμᾶς καὶ μάθετε ἀπ' ἐμοῦ, ὅτι πραῖός  
εἰμι καὶ ταπεινὸς τῇ καρδίᾳ, καὶ εὐρήσετε  
ἀνάπαυσιν ταῖς ψυχαῖς ὑμῶν· ὁ γὰρ ζυγός  
μου χρηστός καὶ τὸ φορτίον μου ἐλαφρόν  
ἐστιν.

### **Ὑμνος εἰς τὴν Θεοτόκον.**

Ἄξιόν 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 111.**

Εἰς μνημόσυνον αἰώνιον ἔσται δίκαιος.  
Ἀλληλουῖα.

**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]

**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,  
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 πανευφήμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ  
Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἀννης, καὶ  
τοῦ Ὁσίου καὶ Θεοφόρου Πατρὸς ἡμῶν  
Ἀθανασίου τοῦ ἐν τῷ Ἄθῳ, οὗ καὶ τὴν  
μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν  
Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς  
καὶ φιλόανθρωπος.

**Κανόνας Νηστείας**

*Νηστεία.*

*Εἶναι Τετάρτη ἢ Παρασκευή.*

**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 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.*