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# The Service of Matins

**for Friday, July 5, 2019**

**Menaion - July 5**  
**Memory of our Devout and God-bearing Father Athanasios of**  
**Athos**

**Katavasias of Theotokos**

**Text in English**

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vol Orthodox Monastery of the Veil of our Lady

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**Menaion - July 5**

Memory of our Devout and God-bearing  
Father Athanasios of Athos

**MATINS**

**CHOIR**

**Mode 3.**

God is the Lord, and He revealed Himself  
to us. Blessed is he who comes in the name of  
the Lord. [SAAS]

**Verse 1:** *Give thanks to the Lord and call  
upon His name.*

*or: Give thanks to the Lord, for He is good; for  
His mercy endures forever.*

**Verse 2:** *All the nations surrounded me, but  
in the name of the Lord I defended myself against  
them.*

**Verse 3:** *And this came about from the Lord,  
and it is wonderful in our eyes.*

**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]

Glory. **Repeat.**

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]

From Octoechos ---

Both now. **Theotokion.**

**Mode 3.**

Unto you who mediated the salvation of  
our race we sing praises, O Virgin Theotokos.  
For your Son and our God in the flesh that  
He assumed from you accepted suffering by  
means of crucifixion and has thereby set us  
free from corruption, in His love for man. [SD]

**PRIEST**

Again and again, in peace, let us pray to  
the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and  
protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure,  
blessed, and glorious Lady, the Theotokos and  
ever-virgin Mary, with all the saints, let us  
commend ourselves and one another and our  
whole life to Christ our God.

*(To You, O Lord.)*

For Yours is the dominion, and Yours is  
the kingdom and the power and the glory,  
of the Father and of the Son and of the Holy  
Spirit, now and forever and to the ages of  
ages.

*(Amen.)*

From Menaion ---

**CHOIR**

**Kathisma I.**

**Mode 4.** *N/M (Joseph marveled.)*

Taking up his Cross on your shoulders,  
you devoutly followed Christ by ascetic deeds,  
venerable Athanasios; and you have become  
a model for all monastics who in holiness

live the ascetic life, glorious Father. But now that by godly trials you have attained the palaces above do not cease to intercede for the salvation of our souls. [EL]

Glory. Both now.

**Theotokion. Same Melody.**

Like the Prophet I cry out to you: Do not enter into judgement with me, O Christ; for I know that my faults accuse me, and I cry out to you: Have mercy at the prayers of her who bore on me, humble and unworthy, as you did on the Thief and the Harlot, the Prodigal and the Publican, O Lover of mankind; for you did not come to save the just, but rather those who had fallen. [EL]

**Kathisma II.**

**Mode 4. N/M (You appeared.)**

Through godly deeds and a pure life you were well pleasing to the Lord, Venerable Father; and you have been found worthy of the inheritance of the Bodiless Powers, wise Athanasios. [EL]

Glory. Both now.

**Theotokion. Same Melody.**

Invincible protection of those in need and ready intercession of those who hope in you, deliver me from dangers and do not despise me, O help of all. [EL]

**READER**

**Psalms 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned

and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

**Kontakion.**

From Menaion - - -

**Mode pl. 4. N/M (O Champion General.)**

As noblest contemplator of the immaterial beings and truest ascetic teacher we your flock praise you and we cry: Do not cease to intercede with the Lord that they may be delivered from trials and dangers those who cry out to you: Hail Father Athanasios! [EL]

**Oikos.**

Accepting your call from above you have inherited immortal life; for with a body upon earth you shared the life of the Bodiless Ones and became impregnable to the passions; and so we praise you Father: [EL]

Hail, bright glory of monks; hail, radiant monument of sobriety.

Hail, far seen token of courage; hail, proof of all-wise prudence.

Hail, balanced line of accurate justice; hail, who by reason order the impulses of duties.

Hail, mind who enjoy ineffable thoughts; hail, who devoutly perceive all creation.

Hail, through whom the demons are shamed; hail through whom every passion is slain.

Hail, haven of those in the tempest of life; hail saviour of those who faithfully cry to you:

Hail, Father Athanasios!

**Synaxarion.**

From the Menaion.

On July 5 we commemorate our devout and God-bearing Father Athanasius of Athos.

On this day we also commemorate our devout Father Lampadus.

We also commemorate the devout monastic Martyr Cyprian the New who witnessed in Constantinople in the year 1679.

By their holy intercessions, O God, have mercy on us. Amen.

**CHOIR**

**Katavasias of Theotokos**

**Ode i. Mode 4.**

I open my mouth and pray the Spirit fill it, like David said, \* to pour out a good word to the Queen and Mother of God. \* I will celebrate \* her feast with joy and gladness \* and sing to her merrily, lauding her miracles.

[SD]

**Ode iii.**

Establish your servants who extol you, \* O Mother of God, for they have formed \* a spiritual choir for you \* the living and abundant fount; \* and graciously in your divine glory give glorious crowns to them. [SD]

**Ode iv.**

When the Prophet Habakkuk heard the divine \* and incomprehensible counsel of Your Incarnation \* from the Virgin, O Most High, \* considering, he cried aloud: \* Glory to Your power, O Lord my God. [SD]

**Ode v.**

Amazed was the universe by your divine magnificence. \* You who were perpetually virgin \* carried the heavenly God of all in your womb \* and gave birth to the eternal Son, \* who awards salvation to all who sing hymns of praise to you. [SD]

**Ode vi.**

O godly-minded believers, come \* and celebrate this sacred and venerable feast

and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [SD]

**Ode vii.**

Godly-minded three \* did not adore created things in the Creator's stead; \* rather, disdaining the threat \* of fire, they trampled it, and joyfully they sang: \* "O supremely praised \* and most exalted Lord and God \* of the fathers, You are blessed." [SD]

**Ode viii.**

*We praise and we bless and we worship the Lord.*

Guiltless were those Servants in the furnace. \* The Son of the Theotokos went and rescued them. \* He who was prefigured then, \* having been incarnate now, \* is gathering the whole wide world into His Church to sing: \* "O all you works of the Lord, to all ages \* sing praises to the Lord and exalt Him beyond measure." [SD]

**DEACON**

Let us honor and magnify in song the Theotokos and the Mother of the light.

**CHOIR**

**Ode ix.**

**Megalynarion. Mode 4.**

**Verse:** *My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Verse:** *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**Ode ix. Katavasia. Mode 4.**

All you born on earth, \* with festival lamps in hand, in spirit leap for joy; \* and all you the heavenly angelic orders, join in and celebrate; \* and honoring the sacred wonders of the Mother of God, \* sing the joyful salutation, "O rejoice, \* Theotokos, all-blest, ever-virgin pure!" [SD]

**DEACON**

Again and again, in peace, let us pray to the Lord.

*(Lord, have mercy.)*

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

*(Lord, have mercy.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

*(To You, O Lord.)*

**PRIEST**

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

**CHOIR**

**Exaposteilarion.**

From Menaion - - -

**Mode 2. N/M (With the disciples.)**

You dawned resplendent, bearing light, from the regions of the East and enlightened the regions of the West, Athanasios, by the radiance of your virtues; but do not cease to intercede for the world to the Lord. [EL]

**Theotokion.**

**Mode 2. N/M (With the disciples.)**

All-shining universal Queen, at the supplications of honoured Athanasios guard untouched by any hostility your flock which ever sings your praise, the protection of the world. [EL]

**Lauds. Mode pl. 4.**

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.



Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

To fulfill among them the written judgment: this glory have all His holy ones.

Praise God in His saints; praise Him in the firmament of His power.

### **Stichera. For the Devout Man.**

From Menaion - - -

#### **Mode pl. 4. N/M (What a paradoxal.)**

*Praise Him for His mighty acts; praise Him according to the abundance of His greatness. [SAAS]*

Truly the death of your Saint was precious in your sight, O Christ; for see, from his foot your servant made a spring of blood gush out and after death it drives out every kind of sickness and puts to flight the spirits of wickedness with which, while still alive, he had battled to shedding of blood. [EL]

*Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]*

Truly the death of your Saint was precious in your sight, O Christ; for see, from his foot your servant made a spring of blood gush out and after death it drives out every kind of sickness and puts to flight the spirits of wickedness with which, while still alive, he had battled to shedding of blood. [EL]

*Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]*

All-wise Athanasios, the Lord has revealed the casket of your relics as a source of wonders and a river of gifts for mortals; it grants sight to the blind, cures leprosy, and elephantiasis; delivers those possessed by unclean spirits from their power and makes them sane. [EL]

*Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. [SAAS]*

Hail, glory of ascetics, star of monks, boast of shepherds, Father Athanasios, companion of the Saints; hail, source of love and soberness; hail, dwelling of the



Trinity; hail, radiant lamp of discernment,  
hail straightest rule of virtues, and living  
boundary-stone. [EL]

Glory.

From Menaion - - -

**Mode pl. 2.**

Let us all praise the one whose name  
means Immortality, who lived as an ascetic  
bravely and nobly on Athos; who gathered  
this flock and with love raised up a house to  
the Lord and dedicated it to the Mother of  
God; with her he intercedes for us who with  
faith celebrate his memory. [EL]

From Octoechos - - -

Both now. **Theotokion.**

Lady, receive the supplications of your  
servants, and rescue us from all necessity and  
affliction. [SD]

**Great Doxology**

Glory be to You who showed the light.  
Glory in the highest to God. His peace is on  
earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship  
You, we glorify You, we give thanks to You  
for Your great glory.

Lord King, heavenly God, Father, Ruler  
over all; Lord, only-begotten Son, Jesus Christ;  
and You, O Holy Spirit.

Lord God, Lamb of God, Son of the  
Father, who take away the sin of the world,  
have mercy on us, You who take away the sins  
of the world.

Accept our supplication, You who sit at  
the right hand of the Father, and have mercy  
on us.

For You alone are holy, You alone are  
Lord, Jesus Christ, to the glory of God the  
Father. Amen.

Every day I will bless You, and Your name  
will I praise to eternity, and to the ages of  
ages.

Vouchsafe, O Lord, this day, that we be  
kept without sin.

Blessed are You, O Lord, the God of our  
fathers, and praised and glorified is Your  
name to the ages. Amen.

Let Your mercy be on us, O Lord, as we  
have set our hope on You.

Blessed are You, O Lord. Teach me Your  
statutes.

Blessed are You, O Lord. Teach me Your  
statutes.

Blessed are You, O Lord. Teach me Your  
statutes.

Lord, You have been our refuge from  
generation to generation. I said: Lord, have  
mercy on me. Heal my soul, for I have sinned  
against You.

Lord, I have fled to You. Teach me to do  
Your will, for You are my God.

For with You is the fountain of life; in  
Your light we shall see light.

Continue Your mercy to those who know  
You.

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

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.

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us.

**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]