

Ὁκτώηχος
Ἦχος β'.

Τῇ Δευτέρᾳ Πρωΐ

Μηναιον - ΤΗ ΚΗ' ΙΑΝΟΥΑΡΙΟΥ

Μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἐφραίμ
τοῦ Σύρου

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.

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.

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 Ὁσίου.
Ἦχος πλ. δ'.

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ
οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἐφραίμ
πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

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]

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

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος πλ. β'.

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.

Ὡδὴ γ'. Ἦχος πλ. β'. Οὐκ ἐστὶν ἅγιος.

Τοῦ Μηναίου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Ἰλύος πάσης ἐμπαθοῦς, σεαυτὸν
ἐκκαθάρας, ἀνεδείχθης δοχεῖον ἀρετῶν
ὡς ἀληθῶς, καὶ σκεῦος χωρητικόν,
χαρισμάτων, τοῦ Ἁγίου Πνεύματος.

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

Μηδόλως ὕπνον ὀφθαλμοῖς, δεδωκώς
οἶκος ὥφθης, τῆς Ἁγίας Τριάδος, καὶ σοφίας
θησαυρός, τὸν κόσμον καταπλουτῶν,
χρυσauγέσι, δόγμασι Μακάριε.

*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]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.

Γνωρίζει ἄλλον σε Χριστοῦ, ἢ σεπτὴ
Ἐκκλησία, χρυσοῤῥόαν Εὐφράτην,
πελαγίζοντα σοφῶν, δογμάτων ἐπιροαῖς,
καὶ τὴν κτίσιν, πᾶσαν καταρδεύοντα.

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

Θεοτοκίον.

Ἐν δύο φύσεσιν ὁ εἷς, τῆς Ἀγίας
Τριάδος, ἐξ ἀγνῶν σου αἱμάτων, σαρκωθεὶς
θεοπρεπῶς, προῆλθε τοὺς ἐξ Ἀδάμ,
διασφύζων, Πάναγνε χρηστότητι.

Τοῦ Μηναίου - -

Ὡιδὴ Γ'. Ἦχος πλ. β'.
Τοῦ βίου τὴν θάλασσαν.

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

Οὐ ψάμμον θεμέλιον, ἀλλὰ πίστιν
ἀρῥαγῇ, ὁ Θεοφόρος θέμενος, ταῖς τοῦ
ἐχθροῦ παντοίαις ἐπιβουλαῖς, ἀκλόνητος
ἔμεινεν, ἀηττήτῳ δυνάμει κυβερνώμενος.

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

Ἡ γλῶσσά σου κάλαμος, ὀξυγράφου
ἀληθῶς, ὡς γραμματέως γέγονεν,
ύφηγουμένη γνῶσιν πανευσεβῇ, πλαξὶν
ἐγχαράττουσα, καρδιῶν Πάτερ νόμον τὸν
τοῦ Πνεύματος.

Δόξα.

Τὸ σὸν οἱ ἐκπλέοντες, τῶν δογμάτων
γαληνόν, Ἐφραίμ θεόφρον πέλαγος,
τρικυμιῶν λυτροῦνται ψυχοβλαβῶν, καὶ

*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

ζάλης αἱρέσεων, ἀνανεύοντες πίστει
διασώζονται.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ πάσης ἐπέκεινα, νοουμένης ὡς
Θεός, καὶ ὁρωμένης κτίσεως, σωματωθεὶς
προῆλθεν ἐκ σῆς γαστρός, τηρήσας σε
ἄφθορον, ὥσπερ ἦς πρὸ τοῦ τόκου σου
Θεονύμφευτε.

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]

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 Ὁσίου.**

Ἦχος πλ. δ'.

Ταῖς τῶν δακρῦν σου ῥοαῖς, τῆς
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ
οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἐφραίμ
πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Κοντάκιον. Τῶν Ἀσωμάτων.

Ἦχος β'.

Ἀρχιστράτηγοι Θεοῦ, λειτουργοὶ θείας
δόξης, τῶν ἀνθρώπων ὁδηγοί, καὶ ἀρχηγοὶ
Ἀσωμάτων, τὸ συμφέρον ἡμῖν αἰτήσασθε,
καὶ τὸ μέγα ἔλεος, ὡς τῶν Ἀσωμάτων
Ἀρχιστράτηγοι.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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.

Ὁ Ἀπόστολος

Τοῦ Ὁσίου.

Προκείμενον. Ἦχος δ'. Ψαλμὸς 103.

Ὁ ποιῶν τοὺς ἀγγέλους αὐτοῦ
πνεύματα καὶ τοὺς λειτουργοὺς αὐτοῦ
πυρὸς φλόγα.

Στίχ. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου, ἐμεγαλύνθης σφόδρα.

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

(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
φθοноοῦντες. 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 β'. Ψαλμὸς 148.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Αἰνεῖτε τὸν Κύριον ἐκ τῶν
οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Αἰνεῖτε αὐτόν, πάντες οἱ
ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ
δυνάμεις αὐτοῦ.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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.

Τὸ Εὐαγγέλιον

Τοῦ Ὁσίου.

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

(# 17 - 23)

Τῷ καιρῷ ἐκείνῳ, ἔστη ὁ Ἰησοῦς ἐπὶ
τόπου πεδινοῦ, καὶ ὄχλος μαθητῶν αὐτοῦ,
καὶ πλῆθος πολὺ τοῦ λαοῦ ἀπὸ πάσης
τῆς Ἰουδαίας καὶ Ἱερουσαλὴμ καὶ τῆς
παραλίου Τύρου καὶ Σιδῶνος, οἱ ἦλθον
ἀκοῦσαι αὐτοῦ καὶ ἰαθῆναι ἀπὸ τῶν νόσων
αὐτῶν, καὶ οἱ ὀχλούμενοι ἀπὸ πνευμάτων
ἀκαθάρτων, καὶ ἐθεραπεύοντο· καὶ πᾶς ὁ
ὄχλος ἐζήτει ἅπτεσθαι αὐτοῦ, ὅτι δύναμις
παρ' αὐτοῦ ἐξήρχετο καὶ ἰᾶτο πάντα.
Καὶ αὐτὸς ἐπάρας τοὺς ὀφθαλμοὺς αὐτοῦ
εἰς τοὺς μαθητὰς αὐτοῦ ἔλεγε· Μακάριοι
οἱ πτωχοί, ὅτι ὑμετέρα ἐστὶν ἡ βασιλεία
τοῦ Θεοῦ. μακάριοι οἱ πεινῶντες νῦν, ὅτι
χορτασθήσεσθε. μακάριοι οἱ κλαίοντες
νῦν, ὅτι γελάσετε. μακάριοί ἐστε ὅταν
μισήσωσιν ὑμᾶς οἱ ἄνθρωποι, καὶ ὅταν
ἀφορίσωσιν ὑμᾶς καὶ ὀνειδίσωσι καὶ
ἐκβάλωσι τὸ ὄνομα ὑμῶν ὡς πονηρὸν ἕνεκα
τοῦ υἱοῦ τοῦ ἀνθρώπου. χαίrete ἐν ἐκείνῃ
τῇ ἡμέρᾳ καὶ σκιρτήσατε· ἰδοὺ γὰρ ὁ μισθὸς
ὑμῶν πολὺς ἐν τῷ οὐρανῷ.

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.

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]

Κοινωνικόν. Ψαλμός 103.

Ὁ ποιῶν τοὺς ἀγγέλους αὐτοῦ
πνεύματα καὶ τοὺς λειτουργοὺς αὐτοῦ
πυρὸς φλόγα. Ἀλληλούϊα.

**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
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ
Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ τοῦ
Ὁσίου Πατρὸς ἡμῶν Ἐφραίμ τοῦ Σύρου, οὗ
καὶ τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων
τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς
ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς πάντα.

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.