

Μηναῖον - ΤΗΙ ΚΕ' ΔΕΚΕΜΒΡΙΟΥ

Ἡ κατὰ Σάρκα Γέννησις τοῦ Κυρίου καὶ
Θεοῦ καὶ Σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'. Ψαλμοὶ 9, 110.

Στίχ. α'. Ἐξομολογήσομαί σοι, Κύριε,
ἐν ὅλῃ καρδίᾳ μου, διηγῆσομαι πάντα τὰ
θαυμάσιά σου.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Ἐν βουλῇ εὐθέων καὶ συναγωγῇ,
μεγάλα τὰ ἔργα Κυρίου.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Ἐξεζητημένα εἰς πάντα τὰ
θελήματα αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. δ'. Ἐξομολόγησις καὶ
μεγαλοπρέπεια τὸ ἔργον αὐτοῦ, καὶ ἡ
δικαιοσύνη αὐτοῦ μένει εἰς τὸν αἰῶνα τοῦ
αἰῶνος.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Menaion - December 25

The Nativity in the Flesh of our Lord God
and Savior Jesus Christ

LITURGY

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Antiphon I. Mode 2. Psalms 9, 110.

Verse 1: *I will give thanks to You, O Lord, with my whole heart; I will tell of all Your wondrous things.* [SAAS]

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

Verse 2: *In the council of the upright and in the assembly. Great are the works of the Lord.* [SAAS]

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

Verse 3: *Sought out in all things with regard to His will.* [SAAS]

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

Verse 4: *Thanksgiving and majesty are His work, and His righteousness continues unto ages of ages.* [SAAS]

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

Glory. Both now.

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

Ἀντίφωνον Β'. Ἦχος β'. Ψαλμὸς 111.

Στίχ. α'. Μακάριος ἀνὴρ ὁ φοβούμενος
τὸν Κύριον, ἐν ταῖς ἐντολαῖς αὐτοῦ θελήσει
σφόδρα.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐκ Παρθένου
τεχθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Δυνατὸν ἐν τῇ γῇ ἔσται τὸ
σπέρμα αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐκ Παρθένου
τεχθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Δόξα καὶ πλοῦτος ἐν τῷ οἴκῳ
αὐτοῦ, καὶ ἡ δικαιοσύνη αὐτοῦ μένει εἰς τὸν
αἰῶνα τοῦ αἰῶνος.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐκ Παρθένου
τεχθεὶς, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. δ'. Ἐξανέτειλεν ἐν σκότει φῶς τοῖς
εὐθέσιν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐκ Παρθένου
τεχθεὶς, 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
ἀγίας 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. Psalm 111.

Verse 1: Blessed is the man who fears
the Lord; he will delight exceedingly in His
commandments. [SAAS]

Save us, O Son of God, who were born of
a Virgin. We sing to You, Alleluia. [GOA]

Verse 2: His seed shall be mighty on earth.
[SAAS]

Save us, O Son of God, who were born of
a Virgin. We sing to You, Alleluia. [GOA]

Verse 3: Glory and riches shall be in his
house, and his righteousness continues unto ages
of ages. [SAAS]

Save us, O Son of God, who were born of
a Virgin. We sing to You, Alleluia. [GOA]

Verse 4: For the upright, light springs up in
darkness. [SAAS]

Save us, O Son of God, who were born of
a Virgin. We sing to You, Alleluia. [GOA]

Glory to the Father and the Son and the Holy
Spirit. [HC]

Both now and ever and to the ages of ages.
Amen. [HC]

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'. Ἦχος δ'. Ψαλμὸς 109.

Στίχ. α'. Εἶπεν ὁ Κύριος τῷ Κυρίῳ
μου· Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς
ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου.

Στίχ. β'. Ράβδον δυνάμεως ἐξαποστελεῖ
σοι Κύριος ἐκ Σιών.

Στίχ. γ'. Μετὰ σοῦ ἡ ἀρχὴ ἐν ἡμέρᾳ
τῆς δυνάμεώς σου, ἐν ταῖς λαμπρότησι τῶν
ἀγίων σου.

Ἀπολυτίκιον τῆς Ἑορτῆς. Ἦχος δ'.

Ἡ Γέννησίς σου Χριστέ ὁ Θεὸς ἡμῶν,
ἀνέτειλε τῷ κόσμῳ τὸ φῶς τὸ τῆς γνώσεως·
ἐν αὐτῇ γὰρ οἱ τοῖς ἄστροις λατρεύοντες,
ὑπὸ ἀστέρος ἐδιδάσκοντο, σὲ προσκυνεῖν,
τὸν ἥλιον τῆς δικαιοσύνης, καὶ σὲ
γινώσκειν ἐξ ὕψους ἀνατολήν. Κύριε δόξα
σοι.

Εἰσοδικόν. Ἦχος β'.

Ἐκ γαστρὸς πρὸ Ἑωσφόρου ἐγέννησά
σε. Ὡμοσε Κύριος καὶ οὐ μεταμεληθήσεται·
σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν
Μελχισεδέκ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ
ἐκ Παρθένου τεχθεὶς, ψάλλοντάς σοι,
Ἀλληλουῖα.

Ὕμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τοῦ Μηναίου - - -

Ἀπολυτίκιον τῆς Ἑορτῆς.

Ἦχος δ'.

Ἡ Γέννησίς σου Χριστέ ὁ Θεὸς ἡμῶν,
ἀνέτειλε τῷ κόσμῳ τὸ φῶς τὸ τῆς γνώσεως·
ἐν αὐτῇ γὰρ οἱ τοῖς ἄστροις λατρεύοντες,
ὑπὸ ἀστέρος ἐδιδάσκοντο, σὲ προσκυνεῖν,
τὸν ἥλιον τῆς δικαιοσύνης, καὶ σὲ
γινώσκειν ἐξ ὕψους ἀνατολήν. Κύριε δόξα
σοι. (ἐκ γ')

Antiphon III. Mode 4. Psalm 109.

Verse 1: The Lord said to my Lord: "Sit at
My right hand, until I make your enemies the
footstool of Your feet." [SAAS]

Verse 2: The Lord shall send forth the rod of
Your power from Zion. [SAAS]

Verse 3: With You is the beginning in the
day of Your power, in the brightness of Your
saints. [SAAS]

Apolytikion of the Feast. Mode 4.

Your nativity, O Christ our God, has
caused the light of knowledge to rise upon
the world. For therein the worshippers of the
stars were by a star instructed to worship
You, the Sun of Righteousness, and to know
You as Orient from on high. Glory to You, O
Lord. [SD]

Entrance Hymn. Mode 2.

"I have begotten You from the womb
before the morning star." The Lord swore
and will not repent, "You are a priest forever
according to the order of Melchizedek." Save
us, O Son of God, who were born of a Virgin.
We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Menaion - - -

Apolytikion of the Feast.

Mode 4.

Your nativity, O Christ our God, has
caused the light of knowledge to rise upon
the world. For therein the worshippers of the
stars were by a star instructed to worship
You, the Sun of Righteousness, and to know
You as Orient from on high. Glory to You, O
Lord. (3) [SD]

Κοντάκιον.

Ἦχος γ'. Αὐτόμελον.

Ἡ Παρθένος σήμερον, τὸν ὑπερούσιον
τίκτει, καὶ ἡ γῆ τὸ Σπήλαιον, τῷ ἀπροσίτῳ
προσάγει. Ἄγγελοι μετὰ Ποιμένων
δοξολογοῦσι. Μάγοι δὲ μετὰ ἀστέρος
ὁδοιποροῦσι· δι' ἡμᾶς γὰρ ἐγεννήθη,
Παῖδιον νέον, ὁ πρὸ αἰώνων Θεός.

ΑΝΤΙ ΤΟΥ ΤΡΙΣΑΓΙΟΥ

Ὅσοι εἰς Χριστὸν ἐβαπτίσθητε, Χριστὸν
ἐνεδύσασθε. Ἀλληλούϊα. (ἐκ γ')

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

Χριστὸν ἐνεδύσασθε. Ἀλληλούϊα.

Ὁ Ἀπόστολος

Τῆς Ἑορτῆς.

Προκείμενον. Ἦχος πλ. δ'. Ψαλμὸς 65.

Πᾶσα ἡ γῆ προσκυνησάτωσάν σοι καὶ
ψαλάτωσάν σοι, ψαλάτωσαν τῷ ὀνόματί
σου.

Στίχ. Ἀλαλάξατε τῷ Κυρίῳ πᾶσα ἡ γῆ.

Γα 4:4-7

Ἀδελφοί, ὅτε ἦλθεν τὸ πλήρωμα τοῦ
χρόνου, ἐξαπέστειλεν ὁ θεὸς τὸν υἱὸν
αὐτοῦ, γενόμενον ἐκ γυναικός, γενόμενον
ὑπὸ νόμον, ἵνα τοὺς ὑπὸ νόμον ἐξαγοράσῃ,
ἵνα τὴν υἰοθεσίαν ἀπολάβωμεν. Ὅτι δέ ἐστε
υἱοί, ἐξαπέστειλεν ὁ θεὸς τὸ πνεῦμα τοῦ
υἱοῦ αὐτοῦ εἰς τὰς καρδίας ὑμῶν, κρᾶζον,
Ἀββᾶ, ὁ πατήρ. Ὡστε οὐκέτι εἰ δοῦλος, ἀλλ'
υἱός· εἰ δὲ υἱός, καὶ κληρονόμος θεοῦ διὰ
Χριστοῦ.

Kontakion.

Mode 3. Automelon.

On this day the Virgin gives * birth to the
Super-essential. * To the Unapproachable, *
earth is providing the grotto. * Angels sing
and with the shepherds offer up glory. *
Following a star the Magi are still proceeding.
* He was born for our salvation, a newborn
Child, the pre-eternal God. [SD]

INSTEAD OF HOLY GOD

You who have been baptized into Christ
have put on Christ, Alleluia. (3) [GOA]

Glory to the Father and the Son and the
Holy Spirit. Both now and ever and to the
ages of ages. Amen.

Have put on Christ. Alleluia.

The Epistle

For the Feast.

Prokeimenon. Mode pl. 4. Psalm 65.

Let all the earth worship You and sing to
You; let them sing to Your name. [SAAS]

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

Gal. 4:4-7

Brethren, when the time had fully come,
God sent forth his Son, born of woman, born
under the law, to redeem those who were
under the law, so that we might receive
adoption as sons. And because you are sons,
God has sent the Spirit of his Son into our
hearts, crying, "Abba! Father!" So you are no
longer a slave but a son, and if a son then also
an heir of God through Christ. [RSV]

Ἀλληλούϊα. Ἦχος α΄. Ψαλμὸς 18.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α΄. Οἱ οὐρανοὶ διηγοῦνται δόξαν Θεοῦ, ποίησιν δὲ χειρῶν αὐτοῦ ἀναγγέλλει τὸ στερέωμα.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β΄. Ἡμέρα τῇ ἡμέρᾳ ἐρεῦγεται ῥῆμα, καὶ νύξ νυκτὶ ἀναγγέλλει γινῶσιν.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Τῆς Ἑορτῆς.

Ματ 2:1-12

Τοῦ δὲ Ἰησοῦ γεννηθέντος ἐν Βηθλεὲμ τῆς Ἰουδαίας ἐν ἡμέραις Ἡρώδου τοῦ βασιλέως, ἰδοὺ μάγοι ἀπὸ ἀνατολῶν παρεγένοντο εἰς Ἱεροσόλυμα λέγοντες· ποῦ ἐστὶν ὁ τεχθεὶς βασιλεὺς τῶν Ἰουδαίων; εἶδομεν γὰρ αὐτοῦ τὸν ἀστέρα ἐν τῇ ἀνατολῇ καὶ ἦλθομεν προσκυνῆσαι αὐτῷ. Ἀκούσας δὲ Ἡρώδης ὁ βασιλεὺς ἐταράχθη καὶ πᾶσα Ἱεροσόλυμα μετ' αὐτοῦ, καὶ συναγαγὼν πάντας τοὺς ἀρχιερεῖς καὶ γραμματεῖς τοῦ λαοῦ ἐπυνθάνετο παρ' αὐτῶν ποῦ ὁ Χριστὸς γεννᾶται. οἱ δὲ εἶπον αὐτῷ· ἐν Βηθλεὲμ τῆς Ἰουδαίας· οὕτω γὰρ γέγραπται διὰ τοῦ προφήτου· καὶ σὺ Βηθλεὲμ, γῆ Ἰούδα, οὐδαμῶς ἐλαχίστη εἶ ἐν τοῖς ἡγεμόσιν Ἰούδα· ἐκ σοῦ γὰρ ἐξελεύσεται ἡγούμενος, ὅστις ποιμανεῖ τὸν λαόν μου τὸν Ἰσραήλ. Τότε Ἡρώδης λάθρα καλέσας τοὺς μάγους ἠκρίβωσε παρ' αὐτῶν τὸν χρόνον τοῦ φαινομένου ἀστέρος, καὶ πέμψας αὐτοὺς εἰς Βηθλεὲμ εἶπε· πορευθέντες ἀκριβῶς ἐξετάσατε περὶ τοῦ παιδίου, ἐπὶ ᾧ δὲ εὗρητε, ἀπαγγείλατέ μοι, ὅπως κἀγὼ ἐλθὼν προσκυνήσω αὐτῷ. οἱ δὲ ἀκούσαντες

Alleluia. Mode 1. Psalm 18.

Alleluia. Alleluia. Alleluia.

Verse 1: *The heavens declare the glory of God; the firmament shows the creation of His hands.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *Day to day utters speech, and night to night reveals knowledge.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Feast.

Mt. 2:1-12

Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, wise men from the East came to Jerusalem, saying, "Where is he who has been born king of the Jews? For we have seen his star in the East, and have come to worship him." When Herod the king heard this, he was troubled, and all Jerusalem with him; and assembling all the chief priests and scribes of the people, he inquired of them where the Christ was to be born. They told him, "In Bethlehem of Judea; for so it is written by the prophet: 'And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will govern my people Israel.'" Then Herod summoned the wise men secretly and ascertained from them what time the star appeared; and he sent them to Bethlehem, saying, "Go and search diligently for the child, and when you have found him bring me word, that I too may come and worship him." When they had heard the king they went their way; and lo the star which they had seen in the East went before them, till it came to rest

τοῦ βασιλέως ἐπορεύθησαν· καὶ ἰδοὺ ὁ ἀστήρ ὃν εἶδον ἐν τῇ ἀνατολῇ προῆγεν αὐτοὺς, ἕως ἐλθὼν ἔστη ἐπάνω οὗ ἦν τὸ παιδίον· ἰδόντες δὲ τὸν ἀστέρα ἐχάρησαν χαρὰν μεγάλην σφόδρα, καὶ ἐλθόντες εἰς τὴν οἰκίαν εἶδον τὸ παιδίον μετὰ Μαρίας τῆς μητρὸς αὐτοῦ, καὶ πεσόντες προσεκύνησαν αὐτῷ, καὶ ἀνοίξαντες τοὺς θησαυροὺς αὐτῶν προσήνεγκαν αὐτῷ δῶρα, χρυσὸν καὶ λίβανον καὶ σμύρναν· καὶ χρηματισθέντες κατ' ὄναρ μὴ ἀνακάμψαι πρὸς Ἡρώδην, δι' ἄλλης ὁδοῦ ἀνεχώρησαν εἰς τὴν χώραν αὐτῶν.

Ὑμνος εἰς τὴν Θεοτόκον.

Ὡδὴ θ'. Ὁ Εἰρμός.

Ἦχος α'.

Μεγάλυνον ψυχὴ μου, τὴν τιμιωτέραν καὶ ἐνδοξοτέραν, τῶν ἄνω στρατευμάτων.

Μυστήριον ξένον, ὁρῶ καὶ παράδοξον! οὐρανὸν τὸ Σπήλαιον, θρόνον Χερουβικόν, τὴν Παρθένον, τὴν φάτνην χωρίον, ἐν ᾧ ἀνεκλήθη ὁ ἀχώρητος, Χριστὸς ὁ Θεός, ὃν ἀνυμνοῦντες μεγαλύνομεν.

Κοινωνικόν. Ψαλμὸς 110.

Λύτρωσιν ἀπέστειλε Κύριος τῷ λαῷ αὐτοῦ. Ἀλληλουῖα.

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἀντὶ τοῦ Εἶδομεν τὸ φῶς.

Ἦχος δ'.

Ἡ Γέννησίς σου Χριστέ ὁ Θεὸς ἡμῶν, ἀνέτειλε τῷ κόσμῳ τὸ φῶς τὸ τῆς γνώσεως· ἐν αὐτῇ γὰρ οἱ τοῖς ἀστροῖς λατρεύοντες, ὑπὸ ἀστέρος ἐδιδάσκοντο, σὲ προσκυνεῖν, τὸν ἥλιον τῆς δικαιοσύνης, καὶ σὲ

over the place where the child was. When they saw the star, they rejoiced exceedingly with great joy; and going into the house they saw the child with Mary his mother, and they fell down and worshiped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way. [RSV]

Hymn to the Theotokos.

Ode ix. Heirmos.

Mode 1.

O my soul, magnify her who is greater in honor and in glory than the armies of heaven. [SD]

I see here a strange and paradoxical mystery. * For, behold, the grotto is heaven; * cherubic throne is the Virgin; * the manger a grand space * in which Christ our God the uncontainable reclined as a babe; * Whom in extolling do we magnify. [SD]

Communion Hymn. Psalm 110.

The Lord sent redemption to His people. Alleluia. [SAAS]

Hymn after Holy Communion.

Instead of "We have seen."

Mode 4.

Your nativity, O Christ our God, has caused the light of knowledge to rise upon the world. For therein the worshippers of the stars were by a star instructed to worship You, the Sun of Righteousness, and to know

γινώσκειν ἐξ ὕψους ἀνατολήν. Κύριε δόξα σοι.

ΑΠΟΛΥΣΙΣ

Ὁ ἐν σπηλαίῳ γεννηθεὶς, καὶ ἐν φάτνῃ ἀνακλιθεὶς, διὰ τὴν ἡμῶν σωτηρίαν, 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 πανευφήμεων Ἀποστόλων, τῶν ἁγίων ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις εἰς πάντα.

Εἶναι μεγάλη ἑορτή.

You as Orient from on high. Glory to You, O Lord. ^[SD]

THE DISMISSAL

May He who was born in a cave and lay in a manger for our salvation, 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, 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.

It is a major feast.