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The Service of Matins

for Friday, January 18, 2019

Menaion - January 18

Memory of Saints Athanasius and Cyril, Patriarchs of Alexandria

Katavasias of the Meeting

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Menaion - January 18

Memory of our Fathers among the saints, Athanasius and Cyril, Patriarchs of Alexandria

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. Your confession.

Having shone with deeds of Orthodoxy * and extinguished all impious doctrines, * you have rightly won the trophies and victory. * Since you enriched all the world with correct belief, * greatly adorning the Church with your words and deeds, * you therefore have worthily found Christ God, * who by your prayers grants to all the great mercy. [SD]

Glory. **Repeat.**

Having shone with deeds of Orthodoxy * and extinguished all impious doctrines, * you have rightly won the trophies and victory. * Since you enriched all the world with correct belief, * greatly adorning the Church with your words and deeds, * you therefore have

worthily found Christ God, * who by your prayers grants to all the great mercy. [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.)

CHOIR

Kathisma I.

From Menaion - - -

Mode pl. 1. Let us worship the Word.

Let us worthily honor Saint Athanasius, * O believers, for we have been taught by him indeed. * He is the meadow of the words of the divinely inspired * holy Scriptures, and he leads us to the Orthodox Faith. * And he

endured many trials. * And now he intercedes with the Master * to have mercy on our souls.

[SD]

Glory. Both now. **Theotokion.**

Mode pl. 1.

O impassable gateway of God the Lord, rejoice. * Wall and shelter of those who in you take refuge, rejoice. * Stormless haven, rejoice, O Maid who knew not man * and yet physically gave birth to your Creator and God. * Never cease interceding * on behalf of those extolling and worshiping the Son you bore. [SD]

Kathisma II.

From Menaion - - -

Mode 3. Your confession.

You were shown to be the Church's pillar * and divine support, O Father Cyril. * And when you published your Twelve Chapters you reprov'd * the wrong intent and ill-will of Nestorius, * and you proclaimed the Virgin "Theotokos" literally. * Foremost orator, pray now to Christ our God, * entreating Him to grant us His great mercy. [SD]

Glory. Both now. **Theotokion.**

Mode 3. Your confession.

You were shown to be the wholly golden * throne of Christ the King, and holy Garden * full of flowers, all-immaculate Mother of God. * For like a fragrance you shower us with gifts divine, * O Theotokos, since in your womb you carried God. * Therefore we proclaim that you, Virgin Mary, are indeed * the Mother of our God, and we magnify you. [SD]

Kathisma III.

From Menaion - - -

Mode 1. The soldiers keeping watch.

Let all of us extol Athanasius and Cyril * with worthy hymns of praise, as divine faithful servants * of the Holy Trinity and as champions of the Faith. * In the depths of their correct and pious perceptions * they prodigiously submerged the gibbering army * of obstinate heretics. [SD]

Glory. Both now. **Theotokion.**

Mode 1. The soldiers keeping watch.

O Mary, who became the Master's hallowed vessel, * now raise us up, for we have fallen into the chasm * of awful despondency, and transgressions and suffering. * For you have indeed become salvation for sinners, * and their help in need and their prevailing protection; * and you save your servants. [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 blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Antiphon I.

Mode 4.

Since my youth have many passions
waged war against me. O my Savior,
nonetheless help me and save me. (2) [SD]

You, the haters of Zion, be put to shame
by the Lord, for like thatch in fire you will be
completely dried up. (2) [SD]

Glory.

From the Holy Spirit every soul receives
life, and through cleansing is lifted and
brightened, in a hidden, sacred manner, by the
trinal Monad. [SD]

Both now.

From the Holy Spirit do the streams of
grace well forth; they irrigate everything
created, so that life be engendered. [SD]

Prokeimenon. Psalms 131, 48.

O Lord, Your priests shall clothe
themselves in righteousness; Your saints shall
greatly rejoice. (2)

Verse: *My mouth shall speak wisdom, and
the meditation of my heart, understanding.*

O Lord, Your priests shall clothe
themselves in righteousness; Your saints shall
greatly rejoice. [SAAS]

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

For you are holy, our God, who rest
among the Saints, and to you we give glory,

to the Father and the Son and the Holy Spirit,
now and forever and to the ages of ages.

CHOIR

Amen.

Mode 2.

Let everything that breathes praise the
Lord. (2) Let everything that breathes. praise
the Lord. [SAAS]

DEACON

Let us pray to the Lord our God that we
may be made worthy to hear the holy Gospel.

(Lord, have mercy. Lord, have mercy. Lord,
have mercy.)

DEACON

Wisdom. Arise. Let us hear the Holy
Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel
according to John.

DEACON

Let us be attentive.

(Glory to You, O Lord. Glory to You.)

PRIEST (from the gate)

(10:9-16)

The Lord said, "I am the door; if any one
enters by me, he will be saved, and will go
in and out and find pasture. The thief comes
only to steal and kill and destroy; I came that
they may have life, and have it abundantly.
I am the good shepherd. The good shepherd
lays down his life for the sheep. He who is a
hireling and not a shepherd, whose own the
sheep are not, sees the wolf coming and leaves

the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd." [RSV]

(Glory to You, O Lord. Glory to You.)

READER

Psalm 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]

From Menaion - - -

CHOIR

Glory. **Mode 2.**

At the intercession of the holy Teachers, O Lord of mercy, blot out my many offences. [SD]

Both now.

At the intercession of the Theotokos, O Lord of mercy, blot out my many offences. [SD]

Idiomelon. Mode pl. 2.

Verse: *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.* [SAAS]

Grace was poured upon your lips, O devout Fathers, and you became shepherds of the Church of Christ, teaching the reasonable sheep to believe in the Trinity, coessential, in one Divinity. [SD]

DEACON

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, John the Merciful, patriarch of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, and our Fathers among the saints, Athanasius and Cyril, Patriarchs of Alexandria, whose memory we celebrate; and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

From Menaion - - -

READER

Kontakion.

Mode 4. *You appeared today.*

Great and noble Hierarchs of Orthodoxy and courageous champions of the all-holy Church of Christ, watch over all those who sing to Him, "Save us, O Good One, who faithfully honor You." [SD]

Oikos.

With Your incomprehensible hand and Your ineffable might, now making the Church heavenly, You showed the two lights, grand and resplendent, indeed to be bright, illumining the world, the all-wise Athanasios and Cyril the divine. So at their entreaty, lift the darkness and dispel all the enemies' gloom, O Savior, and illumine the multitude of believers with Your awesome light, so that they cry and shout to You; "Save us, O Good One, who faithfully honor You." [SD]

Synaxarion.

From the Menaion.

On January 18, we commemorate our fathers among the saints Athanasios and Cyril, Patriarchs of Alexandria.

On this day we also commemorate the holy Martyr Theodoula.

On this day the holy Martyr Xenia died by fire.

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

CHOIR

Katavasia of the Meeting

Ode i. Mode 3.

Once did the sun look down upon the surface of the dry abysm-bearing plain; * for the water like a wall on either side was congealed, * for a people walking crossed the sea, making God-appealing melody. * Sing to the Lord for He has been gloriously glorified.

[SD]

Ode iii.

As the firm support of those who hope in You firmly, * O Lord, now confirm the Church that You established, * which You purchased for yourself with Your precious Blood. [SD]

Ode iv.

The heavens were covered by Your virtue, O Christ. * For coming forth from the Ark of Your holiness, Your Mother who sustained no corruption, * You appeared today in Your glorious Temple, as an infant held in arms. * And the entire creation was filled with Your praise. [SD]

Ode v.

Isaiah once symbolically saw God * seated on an elevated throne * with a host of glorious Angels standing with Him. * He cried, "Woe is me; I am lost! * With my eyes I have foreseen incarnate God, * and He is the Master of never-setting light and peace." [SD]

Ode vi.

The Elder cried out * when with his own eyes * he clearly saw Your salvation, O Lord,

* which is for all peoples,* "God from God are You, Christ my Savior." [SD]

Ode vii.

In the fire You refreshed with dew the three Youths as they theologized; * and You dwelt within the Virgin who was undefiled. * God the Logos, we hymn You, * and we chant devoutly, * saying, "Blessed are You, the God of our Fathers." [SD]

Ode viii.

We praise and we bless and we worship the Lord.

The Youths, being piety's defenders, * as if joining battle with the unbearable fire, * and uninjured by the flame, sang a divine hymn exultantly, * "All you works of the Lord, bless the Lord, * and exalt supremely unto all the ages." [SD]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 3.

Verse: *My soul magnifies the Lord, and my spirit rejoices in God my Savior.* [RSV]

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 low estate of his handmaiden. For behold, henceforth all generations will call me blessed.* [RSV]

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.* [RSV]

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.* [RSV]

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 those of low degree; he has filled the hungry with good things, and the rich he has sent empty away.* [RSV]

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 posterity for ever.*

[RSV]

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 3.

*Theotokos, as the hope * of us Christians, one and all, * guard and shelter and protect * those who put their hope in you.*

O believers, come let us perceive * a type in the law, and the shadow and the letter. * Every male that opens the womb shall be holy to God. * So the unoriginate Father's firstborn Logos and Son, * who is the firstborn of the Mother who knew not man, we magnify. [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. On the mountain.

O blessed Athanasios * and God-revealer Cyril, * you proved yourselves to be all-wise

* mystics and mighty champions * of the most holy Trinity, * for you brought down impious * Arius and Sabellius * and Nestorius also in what he erred, * and along with them every other error * of the impious heresies, * O Hierarchs of the Master. [SD]

Theotokion.

Mode 2. *On the mountain.*

Let us with minds on God extol * the pure and holy Virgin. * She has become the antitype * of God's all-holy mountain, * the table, the Ark and lampstand * and the jar with the manna, * the rod, the holy throne and gate, * temple and bridal chamber. From her our God * immutably, past nature, became incarnate * and deified what He assumed, * through ineffable union. [SD]

Lauds. Mode 1.

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 Saints.

From Menaion - - -

Mode 1. For the celestial orders.

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

Come, all you lovers of feast days, and let us celebrate * and honor thus the mem'ry of the glorious Teachers. * For in the Holy Spirit they brought down the pride * of intractable heresies; * and with the teachings they uttered inspired by God, * they both fortified the Church of Christ. [SD]

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

As the noetical stars were being illumined themselves * with rays of Orthodoxy, they shone brightly through discourse. * The former silenced Arius' loquacity, * which was hateful to God above; * the latter struck down Nestorius and with him * all the ravings of Sabellius. [SD]

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

That sacred duo of Teachers and zealots of the Lord, * let us with hymns extol now, O believers, and praise them: * Cyril that divine man, a flame of fire, * and the firm Athanasios. * They are in heaven together and evermore * intercede with God on our behalf. [SD]

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

O Christ, we pray You to visit this your selected flock, * which in the pasture grazes among wolves that are vicious. * Humble their audacity at the appeals * of Your two holy

Hierarchs; * for You can see that the scandals of heresies * even now continue ceaselessly. [SD]

Glory.

From Menaion - - -

Mode pl. 1.

Come all, O company of feast-lovers, come, O congregation of Believers, come, O chorus of the Orthodox: and with songs of praise let us crown our Teachers, that ever-venerable duo. They were the ones who vigorously brought down all the darkness of offensive heresy and all the deception of their opponents, by the invincible might of the Spirit, and they brightened the world with the illuminations of the knowledge of God. Now they intercede for us who in faith observe their memory. [SD]

From Octoechos - - -

Both now. **Theotokion.**

Now we call you blessed, O Virgin Theotokos, and we glorify you, duty-bound as believers; the city unshakable, the wall indestructible, the firm and steadfast protection, and the place of refuge for our souls. [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. *Your confession.*

Having shone with deeds of Orthodoxy * and extinguished all impious doctrines, * you have rightly won the trophies and victory. * Since you enriched all the world with correct belief, * greatly adorning the Church with your words and deeds, * you therefore have worthily found Christ God, * who by your prayers grants to all the great mercy. [SD]