

Menaion - January 18

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

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.

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]

Antiphon III.

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]

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. N/M (In the beginning.)

From Menaion - - -

Blessed are the merciful, for they shall obtain mercy. [RSV]

O all-blessed Athanasios, initiate of sacred mysteries, you purified your soul and body of every defilement, and thus you became a temple worthy of God. Therefore, the fullness of the Trinity reposed in you. [SD]

Blessed are the pure in heart, for they shall see God. [RSV]

Holy father, the grace of the Paraclete found, as it wished, your soul purified of the passions, and it made its actions evident in it, and made you a bright star to shine on the world. [SD]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

O wise Saint, your life was an example of diligence, your speech was clearly a mark of divine contemplation, and your teaching was genuine theology. Thus as a hierarch you became a rule for the episcopacy. [SD]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

Theotokion.

O pure Theotokos, Virgin undefiled, you became higher than the Cherubim and Seraphim, for you alone received the uncontainable God in your womb. Therefore, all we the faithful call you blessed. [SD]

Canon for St. Cyril.

From Menaion - - -

Ode vi. Mode 4. N/M (The Church cries out.)

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

O Cyril, the initiate of sacred mysteries, the Seraphim gave the live coal to the Prophet with tongs, but you with your hands give the Church of Christ the cleansing kindled with the divine fire, [SD]

Rejoice and be glad, for your reward is great in heaven. [RSV]

O Cyril, you did not smite foreign tribes on your borders, like Samson did of old, but rather all the foreign doctrines of the heterodox, and to the Orthodox you gave predominance. [SD]

Glory.

O Father, you presided at the God-chosen Council, and being filled with zeal for the true

Mother of God, you brought down the ill-disposed audacity of Nestorios, which was opposed to Christ. [SD]

Both now. **Theotokion.**

O Virgin Theotokos, you alone from the beginning of the time were so purified as to bear the Sun of Righteousness. By your childbirth you illumine all the ends of the earth. [SD]

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. 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]

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

From Menaion - - -

Kontakion.

Mode 1.

You sanctified the virginal womb by
Your birth, O Lord, and blessed the hands of
Symeon fittingly, O Christ God; and even now
You came and saved us. Now, give peace to
our Nation in time of war, and empower our
Leaders, so loved by You, the only one who
loves humanity. [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.

The Epistle

For the Saints.

Prokeimenon. Mode 4. The Prayer of Azariah.

Blessed are You, O Lord God of our
fathers. [SAAS]

Verse: *For You are righteous in all You did
for us.* [SAAS]

The reading is from Paul's Letter to the
Hebrews.

(13:7-16)

Brethren, remember your leaders, those
who spoke to you the word of God; consider
the outcome of their lives, and imitate their
faith. Jesus Christ is the same yesterday and
today and for ever. Do not be led away by
diverse and strange teachings; for it is well
that the heart be strengthened by grace, not
by foods, which have not benefited their
adherents. We have an altar from which those
who serve the tent have no right to eat. For
the bodies of those animals whose blood
is brought into the sanctuary by the high
priest as a sacrifice for sin are burned outside
the camp. So Jesus also suffered outside the
gate in order to sanctify the people through
his own blood. Therefore let us go forth to
him outside the camp and bear the abuse he
endured. For here we have no lasting city, but
we seek the city which is to come. Through
him then let us continually offer up a sacrifice
of praise to God, that is, the fruit of lips that
acknowledge his name. Do not neglect to do

good and to share what you have, for such sacrifices are pleasing to God. [RSV]

Alleluia. Mode 4.

Alleluia. Alleluia. Alleluia.

Verse 1: *O God, we heard with our ears.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *The righteous cried, and the Lord heard them.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Saints.

The reading is from the Holy Gospel according to Matthew.

(5:14-19)

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of 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]

Communion Hymn. Psalm 111/112.

The righteous will be remembered for ever. Alleluia. [RSV]

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

Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

It is a minor feast.