

Ὁκτώηχος - Ἦχος πλ. α'.

Τῷ Σαββάτῳ Πρωῖ

Μηναῖον - ΤΗ ΚΗ' ΣΕΠΤΕΜΒΡΙΟΥ

Μνήμη τοῦ Ὁσίου Χαρίτωνος τοῦ

Ὁμολογητοῦ

## ΛΕΙΤΟΥΡΓΙΑ

**Ἀντίφωνον Α'. Ἦχος β'.**

**Στίχ. α'.** Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ  
Κυρίῳ, καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. β'.** Τοῦ ἀναγγέλλειν τῷ πρωῖ τὸ  
ἔλεός σου, καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

**Στίχ. γ'.** Ὅτι εὐθὺς Κύριος ὁ Θεὸς ἡμῶν,  
καὶ οὐκ ἔστιν ἀδικία ἐν αὐτῷ.

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 pl. 1.**

On Saturday Morning

**Menaion - September 28**

Memory of St. Chariton the Confessor

## LITURGY

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**Antiphon I. Mode 2.**

**Verse 1:** *It is good to give thanks to the Lord and to sing to Your name, O Most High.* [SAAS]

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

**Verse 2:** *To proclaim Your mercy in the morning and Your truth at night.* [SAAS]

Through the intercessions of the  
Theotokos, Savior, save us.

**Verse 3:** *The Lord my God is upright, and there is no wrongdoing in Him.* [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'.** Ὁ Κύριος ἐβασίλευσεν,  
εὐπρέπειαν ἐνεδύσατο, ἐνεδύσατο Κύριος  
δύναμιν καὶ περιεζώσατο.

ἤ·

**Στίχ. α'.** Δεῦτε ἀγαλλιασώμεθα τῷ Κυρίῳ,  
ἀλαλάζωμεν τῷ Θεῷ τῷ Σωτῆρι ἡμῶν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις  
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. β'.** Καὶ γὰρ ἐστερέωσε τὴν  
οἰκουμένην, ἣτις οὐ σαλευθήσεται.

ἤ·

**Στίχ. β'.** Προφθάσωμεν τὸ πρόσωπον  
αὐτοῦ ἐν ἐξομολογήσει, καὶ ἐν ψαλμοῖς  
ἀλαλάζωμεν αὐτῷ, ὅτι Θεὸς μέγας, Κύριος καὶ  
Βασιλεὺς μέγας ἐπὶ πᾶσαν τὴν γῆν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις  
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. γ'.** Τῷ οἴκῳ σου πρέπει ἁγίασμα,  
Κύριε, εἰς μακρότητα ἡμερῶν.

ἤ·

**Στίχ. γ'.** Ὅτι ἐν τῇ χειρὶ αὐτοῦ τὰ πέρατα  
τῆς γῆς, καὶ τὰ ὕψη τῶν ὀρέων αὐτοῦ εἰσιν· ὅτι  
αὐτοῦ ἐστὶν ἡ θάλασσα, καὶ αὐτὸς ἐποίησεν  
αὐτήν, καὶ τὴν ξηρὰν αἱ χεῖρες αὐτοῦ ἔπλασαν.

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

**Antiphon II. Mode 2.**

**Verse 1:** *The Lord reigns; He clothed Himself  
with majesty; the Lord clothed and girded Himself  
with power. [SAAS]*

or:

**Verse 1:** *Come, let us greatly rejoice in the Lord;  
let us shout aloud to God our savior. [SAAS]*

Save us, O Son of God, Who are  
wondrous in Your saints. We sing to You,  
Alleluia. [GOA]

**Verse 2:** *And He established the world,  
which shall not be moved. [SAAS]*

or:

**Verse 2:** *Let us come before His face with  
thanksgiving, and let us shout aloud to Him with  
psalms. For the Lord is a great God, a great King over  
all the earth. [SAAS]*

Save us, O Son of God, Who are  
wondrous in Your saints. We sing to You,  
Alleluia.

**Verse 3:** *Holiness is proper to Your house, O  
Lord, unto length of days. [SAAS]*

or:

**Verse 3:** *For in His hand are the ends of the  
earth, and the heights of the mountains are His. For  
the sea is His, and He made it, and His hands formed  
the dry land. [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

τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς  
ἀγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,  
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,  
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,  
εἰς ὧν τῆς Ἀγίας Τριάδος, συνδοξαζόμενος  
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον  
ἡμᾶς.

**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, Χαρίτων  
Πατὴρ ἡμῶν Ὅσιε, πρέσβευε Χριστῷ τῷ  
Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

**Εἰσοδικόν. Ἦχος β'.**

Δεῦτε προσκυνήσωμεν καὶ  
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ  
Θεοῦ, ὁ ἐν ἀγίοις θαυμαστός, ψάλλοντάς  
σοι, Ἀλληλουῖα.

**Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον**

**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, Χαρίτων  
Πατὴρ ἡμῶν Ὅσιε, πρέσβευε Χριστῷ τῷ  
Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

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. 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 Chariton our devout father. our devout  
father. Intercede with Christ our God, for the  
salvation of our souls. [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. 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 Chariton our devout father. our devout  
father. Intercede with Christ our God, for the  
salvation of our souls. [SD]

## Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

### Κοντάκιον. Τῶν Μαρτύρων.

**Ἦχος πλ. δ΄. Αὐτόμελον.**

Ὡς ἀπαρχὰς τῆς φύσεως, τῷ φυτουργῶ  
τῆς κτίσεως, ἡ οἰκουμένη προσφέρει  
σοι Κύριε, τοὺς θεοφόρους Μάρτυρας·  
ταῖς αὐτῶν ἱκεσίαις, ἐν εἰρήνῃ βαθείᾳ,  
τὴν Ἐκκλησίαν σου, διὰ τῆς Θεοτόκου  
συντήρησον, πολυέλεε.

### 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.

### Ὁ Ἀπόστολος

Τοῦ Ὁσίου.

**Προκείμενον. Ἦχος βαρὺς. Ψαλμὸς 149.**

Καυχῆσονται ὅσοι ἐν δόξῃ.

**Στίχ.** Ἀσατε τῷ Κυρίῳ ᾄσμα καινόν.

2Κορ 4:6-15

Ἀδελφοί, ὁ Θεὸς ὁ εἰπών, ἐκ σκότους  
φῶς λάμπει, ὃ ἐλάμψεν ἐν ταῖς καρδίαις  
ἡμῶν πρὸς φωτισμὸν τῆς γνώσεως τῆς  
δόξης τοῦ Θεοῦ ἐν προσώπῳ Χριστοῦ.  
ἔχομεν δὲ τὸν θησαυρὸν τοῦτον ἐν  
ὀστροκίνοις σκεύεσιν, ἵνα ἡ ὑπερβολὴ τῆς  
δυνάμεως ἡ τοῦ Θεοῦ καὶ μὴ ἐξ ἡμῶν· ἐν  
παντὶ θλιβόμενοι ἀλλ' οὐ στενοχωρούμενοι,  
ἀπορούμενοι ἀλλ' οὐκ ἐξαπορούμενοι,

## Apolytikion of the Parish Church

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

### Kontakion. For the Martyrs.

**Mode pl. 4. Automelon.**

O Planter of creation, Lord, to You does  
the entire world bring as an offering the  
God-bearing martyr Saints, as being nature's  
first fruits. At their earnest entreaties, keep  
Your Church in a state of profoundest peace,  
through the Theotokos, O Lord abundantly  
merciful. [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 Devout Man.

**Prokeimenon. Grave Mode. Psalm 149.**

The holy ones shall boast in glory. [SAAS]

**Verse:** Sing to the Lord a new song. [SAAS]

2 Cor. 4:6-15

Brethren, it is the God who said, "Let light  
shine out of darkness," who has shone in our  
hearts to give the light of the knowledge of  
the glory of God in the face of Christ. But we  
have this treasure in earthen vessels, to show  
that the transcendent power belongs to God  
and not to us. We are afflicted in every way,  
but not crushed; perplexed, but not driven to  
despair; persecuted, but not forsaken; struck

διωκόμενοι ἀλλ' οὐκ ἐγκαταλειπόμενοι, καταβαλλόμενοι ἀλλ' οὐκ ἀπολλύμενοι, πάντοτε τὴν νέκρωσιν τοῦ Ἰησοῦ ἐν τῷ σώματι περιφέροντες, ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ ἐν τῷ σώματι ἡμῶν φανερωθῇ. Αἰεὶ γὰρ ἡμεῖς οἱ ζῶντες εἰς θάνατον παραδιδόμεθα διὰ Ἰησοῦν, ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ φανερωθῇ ἐν τῇ θνητῇ σαρκὶ ἡμῶν. Ὡστε ὁ θάνατος ἐν ἡμῖν ἐνεργεῖται, ἡ δὲ ζωὴ ἐν ὑμῖν. Ἐχοντες δὲ τὸ αὐτὸ πνεῦμα τῆς πίστεως, κατὰ τὸ γεγραμμένον, Ἐπίστευσα, διὸ ἐλάλησα, καὶ ἡμεῖς πιστεύομεν, διὸ καὶ λαλοῦμεν, εἰδότες ὅτι ὁ ἐγείρας τὸν Κύριον Ἰησοῦν καὶ ἡμᾶς σὺν Ἰησοῦ ἐγερεῖ καὶ παραστήσει σὺν ὑμῖν. Τὰ γὰρ πάντα δι' ὑμᾶς, ἵνα ἡ χάρις πλεονάσῃ διὰ τῶν πλειόνων τὴν εὐχαριστίαν περισσεύσῃ εἰς τὴν δόξαν τοῦ Θεοῦ.

**Ἀλληλούϊα. Ἦχος πλ. β'. Ψαλμὸς 111.**

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. α'.** Μακάριος ἀνὴρ ὁ φοβούμενος τὸν Κύριον.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. α'.** Ἡ δικαιοσύνη αὐτοῦ μένει εἰς τὸν αἰῶνα.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Τὸ Εὐαγγέλιον**

Τοῦ Ὁσίου.

Λου Γ' 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

down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believed, and so we speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. [RSV]

**Alleluia. Mode pl. 2. Psalm 111.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *Blessed is the man who fears the Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 1:** *His righteousness continues unto ages of ages.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

For the Devout Man.

Lk. 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

αὐτῶν, καὶ οἱ ὀχλούμενοι ἀπὸ πνευμάτων ἀκαθάρτων, καὶ ἐθεραπεύοντο· καὶ πᾶς ὁ ὄχλος ἐζήτει ἅπτεσθαι αὐτοῦ, ὅτι δύναμις παρ' αὐτοῦ ἐξήρχετο καὶ ἴατο πάντας. 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. χαίρετε ἐν ἐκείνῃ τῇ ἡμέρᾳ καὶ σκιρτήσατε· ἰδοὺ γὰρ ὁ μισθὸς ὑμῶν πολὺς ἐν τῷ οὐρανῷ.

### **Ὕμνος 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.

### **Κοινωνικόν. Ψαλμὸς 111.**

Εἰς μνημόσυνον αἰώνιον ἔσται δίκαιος. Ἀλληλούϊα.

### **Ὕμνος μετὰ τὴν Θ. Κοινωνίαν. Ἦχος β'.**

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ, ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

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]

### **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, worshipping the undivided Trinity, for the Trinity has saved us. [GOA]



## 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 Χαρίτωνος  
τοῦ Ὁμολογητοῦ, οὗ καὶ τὴν μνήμην  
ἐπιτελοῦμεν· καὶ πάντων τῶν Ἀγίων,  
ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς καὶ  
φιλόανθρωπος.

### Κανόνας Νηστείας

*Κατάλυσις εἰς πάντα.*

## 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 Chariton the  
Confessor, 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.*