

Menaion - December 4

Memory of the Holy Great Martyr
Barbara, and our Devout Father John of
Damascus.

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. For the Holy Woman.

From Menaion - - -

Mode pl. 4.

Let us honor the all-virtuous Saint
Barbara; for she broke the snares of the enemy,
and she escaped from them like a bird, with
the Cross as her help and shield. [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 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]

Canon for the Saints.

Ode iii. Mode 2. N/M (The wilderness.)

From Menaion - - -

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

O Master, the medalist Barbara was smitten with Your love as with a bridegroom's sweetest arrow, and she detested all the impiety of her father. [SD]

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

O glorious Barbara, beautiful virgin, betrothed as you were to Christ, neither the delight of luxury, nor the bloom of beauty, nor wealth, nor the pleasures of youth, were attractive to you. [SD]

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

O Christ, nothing can impede perfect contests: not feminine infirmity, nor youth, since it is empowered by Your immortal might. [SD]

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

Theotokion.

O all-pure Virgin, the orders of Angels were amazed, and the hearts of men trembled at your childbirth. Therefore, with faith we honor you as Theotokos. [SD]

Canon for the Saints.

From Menaion - - -

Ode vi. Mode 2. N/M (In the sea now.)

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

O John, you were illumined with the Spirit's grace, and you were notably enriched with divine and human knowledge, and you shared it abundantly with those who would use it. [SD]

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

O John, you were illumined with the Spirit's grace, and you were notably enriched with divine and human knowledge, and you shared it abundantly with those who would use it. [SD]

Glory.

O wise father, you emulated the choirs of heaven, and set in good order the choirs of the

Orthodox churches, singing divinely inspired hymns to the Trinity. ^[SD]

Both now. **Theotokion.**

O Virgin, you conceived without the agency of a man, and you remain forever a virgin, displaying signs of the true divinity of your Son and God. ^[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 Holy Woman.

From Menaion ---

Mode pl. 4.

Let us honor the all-virtuous Saint
Barbara; for she broke the snares of the enemy,
and she escaped from them like a bird, with
the Cross as her help and shield. [SD]

For the Devout Man.

Mode pl. 4.

Guide of Orthodoxy and a sacred teacher
of piety and dignity, luminary of the world,
and God-inspired jewel of monastics, O
wise John, the Spirit's instrument: by your
teachings you enlightened all. 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.)

From Menaion ---

Kontakion.

Mode 3. Automelon.

On this day the Virgin Maid * goes to the
grotto to give birth * to the pre-eternal Word
* in an ineffable manner. * Dance for joy, all
the inhabited earth, on hearing. * Glorify along
with Angels and with the shepherds * Him
who willed that He appear as * a newborn
Child, * the pre-eternal God. [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 Holy Woman.

Prokeimenon. Mode 4. Psalm 67.

God is wondrous in His saints. [SAAS]

Verse: *Bless God in the churches.* [SAAS]

Gal. 3:23-29; 4:1-5

Brethren, before faith came, we were
confined under the law, kept under restraint
until faith should be revealed. So that the law
was our custodian until Christ came, that we
might be justified by faith. But now that faith
has come, we are no longer under a custodian;
for in Christ Jesus you are all sons of God,
through faith. For as many of you as were
baptized into Christ have put on Christ. There
is neither Jew nor Greek, there is neither slave
nor free, there is neither male nor female; for
you are all one in Christ Jesus. And if you are
Christ's, then you are Abraham's offspring,
heirs according to promise. I mean that the
heir, as long as he is a child, is no better than a
slave, though he is the owner of all the estate;
but he is under guardians and trustees until
the date set by the father. So with us; when we
were children, we were slaves to the elemental
spirits of the universe. But when the time had
fully come, God sent forth his Son, born of a
woman, born under the law, to redeem those

who were under the law, so that we might receive adoption as sons. [RSV]

Alleluia. Mode 1. Psalm 39.

Alleluia. Alleluia. Alleluia.

Verse 1: *I waited patiently for the Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *He brought me up out of a miserable pit.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Holy Woman.

Mk. 5:24-34

At that time, a great crowd followed him and thronged about him. And there was a woman who had had a flow of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. She had heard the reports about Jesus, and came up behind him in the crowd and touched his garment. For she said, "If I touch even his garments, I shall be made well." And immediately the hemorrhage ceased; and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had gone forth from him, immediately turned about in the crowd, and said, "Who touched my garments?" And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?' " And he looked around to see who had done it. But the woman, knowing what had been done to her, came in fear and trembling and fell down before him, and told him the whole truth. And he said to her, "Daughter, your

faith has made you well; go in peace, and be healed of your disease." [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, the holy and glorious Great Martyr Barbara, and our devout and God-bearing father John of Damascus, 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.