

**Πεντηκοστάριον**

Τρίτη τῆς Δ' Ἑβδομάδος

**Μηναιον - ΤΗ ΚΑ' ΜΑΪΟΥ**

Μνήμη τῶν Ἀγίων Κωνσταντίνου καὶ Ἑλένης

**ΛΕΙΤΟΥΡΓΙΑ**

**Ἀντίφωνον Α'. Ἦχος β'. Ψαλμὸς 65.**

**Στίχ. α'.** Ἀλαλάξατε τῷ Κυρίῳ πᾶσα ἡ γῆ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

**Στίχ. β'.** Ψάλατε δὴ τῷ ὀνόματι αὐτοῦ·  
δότε δόξαν αἰνέσει αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

**Στίχ. γ'.** Εἶπατε τῷ Θεῷ· ὥς φοβερὰ τὰ ἔργα σου.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

**Στίχ. δ'.** Πᾶσα ἡ γῆ προσκυνησάτωσάν σοι καὶ ψαλάτωσάν σοι.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

**Pentecostarion**

Tuesday of the Fourth Week

**Menaion - May 21**

Memory of Sts. Constantine and Helen

**LITURGY**

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**Antiphon I. Mode 2. Psalm 65.**

**Verse 1:** Shout to God, all the earth. [SAAS]

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

**Verse 2:** Sing now to His name; give glory to His praise. [SAAS]

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

**Verse 3:** Say to God, "How fearful are Your works. [SAAS]

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

**Verse 4:** Let all the earth worship You and sing to You. [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 66.**

**Στίχ. α'.** Ὁ Θεὸς οἰκτειρήσαι ἡμᾶς καὶ εὐλογήσαι ἡμᾶς.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. β'.** Ἐπιφάναι τὸ πρόσωπον αὐτοῦ ἐφ' ἡμᾶς, καὶ ἐλεῆσαι ἡμᾶς.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. γ'.** Τοῦ γνῶναι ἐν τῇ γῇ τὴν ὁδόν σου, ἐν πᾶσιν ἔθνεσι τὸ σωτήριόν σου.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

**Στίχ. δ'.** Ἐξομολογησάσθωσάν σοι λαοί, ὁ Θεός, ἐξομολογησάσθωσάν σοι λαοὶ πάντες.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ αἰεὶ, 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 ἁγίας 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 66.**

**Verse 1:** *May God be gracious to us, and bless us.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 2:** *May He cause His face to shine upon us, and have mercy on us.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 3:** *That we may know His way on the earth, Your salvation among all the Gentiles.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

**Verse 4:** *Let the peoples give thanks to You, O God; let all the peoples praise You.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

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]

**Ἀντίφωνον Γ'. Ἦχος πλ. α'. Ψαλμός 67.**

**Στίχ. α'.** Ἀναστήτω ὁ Θεός, καὶ  
διασκορπισθήτωσαν οἱ ἐχθροὶ αὐτοῦ,  
καὶ φυγέτωσαν ἀπὸ προσώπου αὐτοῦ οἱ  
μισοῦντες αὐτόν.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

**Στίχ. β'.** Ὡς ἐκλείπει καπνός,  
ἐκλιπέτωσαν ὡς τήκεται κηρὸς ἀπὸ  
προσώπου πυρός.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

**Στίχ. γ'.** Οὕτως ἀπολοῦνται οἱ  
ἁμαρτωλοὶ ἀπὸ προσώπου τοῦ Θεοῦ. Καὶ οἱ  
δίκαιοι εὐφρανθήτωσαν.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

**Στίχ. δ'.** Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ  
Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν  
ἐν αὐτῇ.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

**Antiphon III. Mode pl. 1. Psalm 67.**

**Verse 1:** *Let God arise, and let His enemies  
be scattered, and let those who hate Him flee from  
before His face.* [SAAS]

Christ is risen from the dead, by death  
trampling down upon death, and to those in  
the tombs He has granted life. [GOA]

**Verse 2:** *As smoke vanishes, so let them  
vanish, as wax melts before the fire.* [SAAS]

Christ is risen from the dead, by death  
trampling down upon death, and to those in  
the tombs He has granted life. [GOA]

**Verse 3:** *So shall the sinners perish from the  
face of God. And let the righteous be glad.* [SAAS]

Christ is risen from the dead, by death  
trampling down upon death, and to those in  
the tombs He has granted life. [GOA]

**Verse 4:** *This is the day the Lord made; let us  
greatly rejoice and be glad therein.* [SAAS]

Christ is risen from the dead, by death  
trampling down upon death, and to those in  
the tombs He has granted life. [GOA]

*Ἡ, ἀντί τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,  
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

**Ψαλμὸς 102.**

**Ψαλμὸς 145.**

**Οἱ Μακαρισμοί.**

**Ἦχος γ'.**

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν  
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.  
Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν  
ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ  
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ  
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν  
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

**Κανὼν τοῦ Παραλύτου.**

**Ὡιδὴ γ'. Ἦχος γ'. Στεῖρα ψυχὴ**

Τοῦ Πεντηκοσταρίου - - -

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ  
ἐλεηθήσονται.

Ὅρων σε πάλαι ἥλιος, ξύλω  
κρεμάμενον, Λόγε τὸ φῶς συνέστειλε, καὶ  
ἐδονεῖτο ἡ γῆ ἅπασα, νεκροὶ ἐξανίσταντο,  
νεκροῦ γενομένου σου, παντοδύναμε.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ  
τὸν Θεὸν ὄψονται.

Τὴν ἐπὶ χρόνους πλείονας,  
ἐξασθενοῦσαν δεινῶς, ψυχὴν μου  
ὑπεράγαθε, ὡς τὸν Παράλυτον πρίν,  
ύγιωσον, ὡς ἂν βηματίζω σου, τὰς τρίβους,  
ἃς ἔδειξας τοῖς ποθοῦσί σε.

*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 3.**

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 Paralytic.**

**Ode iii. Mode 3. Sterile and barren soul. (NM)**

From Pentecostarion - - -

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

The sun of old seeing you hanging upon  
the tree, O Word, withdrew its light, the  
whole earth was shaken; when you died the  
dead arose, O all-powerful. [EL]

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

O most Good, heal my soul which for  
many many years has been grievously sick;  
that I may tread the paths which you have  
marked out for those who long for you. [EL]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ  
Θεοῦ κληθήσονται.

Μετὰ τῶν ἄνω τάξεων, Θεοῦ  
Ἀρχάγγελε, ἱκετηρίαν ποιήσον, ὑπὲρ τῶν  
πίστει ἀνυμνούντων σε φρουρῶν, συντηρῶν  
ἡμᾶς τοῦ βίου τοῖς πάθεσι περιπίπτοντας.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν  
δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν  
οὐρανῶν.

### **Θεοτοκίον.**

Ἄσπορον ἔσχες σύλληψιν, καὶ ὑπὲρ  
νοῦν τοκετόν, Παρθενομήτορ ἄχραντε,  
ἔργον φρικῶδες, θαῦμα μέγιστον, Ἀγγέλοις  
τιμώμενον, βροτοῖς δοξαζόμενον, Κόρη  
Δέσποινα.

### **Κανὼν τῶν Ἀγίων.**

Τοῦ Μηναίου ---

**Ὡδιὴ Γ'. Ἦχος πλ. δ'. Τὴν δέησιν ἐκχεῶ.**

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς,  
καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα  
καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Συνήθροισας θεοφόρων Πατέρων, τὸν  
μακάριον χορὸν παραδόξως, καὶ δι' αὐτῶν,  
Κωνσταντῖνε τὰς πάντων, κυμαινομένας  
καρδίας ἐστήριξας, ὁμότιμον δοξολογεῖν,  
τῷ τεκόντι τὸν Λόγον καὶ σύνθρονον.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς  
ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Πιστεύσασα ἐπὶ Κύριον ζῶντα, τὸν τὸ  
εἶναι παρεχόμενον πᾶσι, τῶν βδελυκτῶν,  
καὶ ματαίων εἰδώλων νεκροποιᾷ ἀπεβάλου  
θηρσκευάματα καὶ εἴληφας περιχαρῶς,  
βασιλείαν Ἑλένη οὐράνιον.

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

With the ranks on high make intercession,  
O Archangel of God, for those who hymn you  
in faith, guarding and protecting us who fall  
into the snares of life's passions. [EL]

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

### **Theotokion.**

Your conceiving was without seed, your  
child-bearing beyond understanding, O  
immaculate Virgin-mother; an awesome  
thing, greatest marvel, feared by Angels,  
glorified by mortals, O Maiden, Sovereign  
Lady. [EL]

### **Canon for the Saints.**

From Menaion ---

**Ode vi. Mode pl. 4. N/  
M (I pour out my supplication.)**

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

O Constantine, you gathered the blessed  
chorus of the God-bearing Fathers in an  
extraordinary council, and through them  
you confirmed the troubled hearts of all, to  
worship and glorify the Logos as sharing  
honor and throne with the Father. [SD]

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

O Helen, once you believed in the living  
Lord, who gives being to everything that  
is, you discarded the deadening religion  
of contemptible and useless idols; and you  
received the kingdom of heaven with joy. [SD]

Δόξα.

Παλάμη σου κυβερνώμενοι Λόγε,  
ἀγνωσίας τὸ βαθύτατον σκότος, καὶ  
τῆς δεινῆς ἀθεΐας τὸν σάλον, οἱ διὰ σου  
βασιλεύοντες ἔλιπον, καὶ ἤχθησαν πρὸς  
γαληνοὺς, εὐσεβείας λιμένας γηθόμενοι.

Καὶ νῦν. **Θεοτοκίον.**

Ίάτρευσον ἀνιάτως νοσοῦσαν, καὶ τῷ  
δήγματι δεινῶς πληγωθεῖσαν, τοῦ πονηροῦ,  
τὴν καρδίαν μου Κόρη, καὶ τῆς ἐν σοὶ  
θεραπείας ἀξιώσον, καὶ σῶσόν με τὸν ἐπὶ  
σοί, πεποιθότα πρεσβείαις σου ἄχραντε.

Glory.

Governed by Your hand, O Logos, the  
emperors who ruled through You left the  
profound darkness of ignorance as well as the  
confusion of terrible godlessness; and they  
were guided to calm havens of Orthodoxy,  
where they rejoiced. [SD]

Both now. **Theotokion.**

Heal my heart, O Maiden, for it is  
incurably sick and seriously wounded by the  
poison sting of the evil one. Grant me the cure  
that you have, O immaculate one; and save  
me, by your intercessions, for I have put my  
hope in you. [SD]

**Εἰσοδικόν. Ἦχος β'.**

Ἐν ἐκκλησίαις εὐλογεῖτε τὸν Θεόν,  
Κύριον ἐκ πηγῶν Ἰσραὴλ. Σῶσον ἡμᾶς Υἱὲ  
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι,  
Ἀλληλουῖα.

**Ὑμνοὶ μετὰ τὴν Μικρὰν Εἴσοδον**  
Τῆς Ὀκτωήχου ---  
**Ἀπολυτίκιον Ἀναστάσιμον.**

**Ἦχος γ'.**

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιášθω  
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι  
αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ  
τὸν θάνατον, πρωτότοκος τῶν νεκρῶν  
ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς,  
καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

**Τῶν Ἰσαποστόλων.**  
Τοῦ Μηναίου ---

**Ἦχος πλ. δ'.**

Τοῦ Σταυροῦ σου τὸν τύπον ἐν  
οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος  
τὴν κλῆσιν οὐκ ἐξ ἀνθρώπων δεξάμενος,  
ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε,  
Βασιλεύουσιν πόλιν τῇ χειρὶ σου  
παρέθετο ἦν περισφύζε διὰ παντὸς ἐν  
εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε  
Φιλάνθρωπε.

**Τοῦ Ναοῦ.**

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Τοῦ Πεντηκοσταρίου ---  
**Κοντάκιον τοῦ Πάσχα.**  
**Ἦχος πλ. δ'.**

Εἰ καὶ ἐν τάφῳ κατήλθες Ἀθάνατε,  
ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν· καὶ  
ἀνέστης ὡς νικητής, Χριστέ ὁ Θεός, γυναιξὶ  
Μυροφόροις φθεγξάμενος, Χαίρετε, καὶ τοῖς

**Entrance Hymn. Mode 2.**

Bless God in the churches, the Lord from  
the fountains of Israel. Save us, O Son of God,  
risen from the dead. We sing to You, Alleluia.

[GOA]

**Hymns After the Small Entrance.**  
From Octoechos ---  
**Resurrectional Apolytikion.**

**Mode 3.**

Let the heavens sing for joy, and let  
everything on earth be glad. For with  
His Arm the Lord has worked power. He  
trampled death under foot by means of death;  
and He became the firstborn from the dead.  
From the maw of Hades He delivered us; and  
He granted the world His great mercy. [SD]

**For the Equals-to-the-Apostles.**  
From Menaion ---

**Mode pl. 4.**

Your Apostle among the Rulers, St.  
Constantine, who once beheld in the sky  
the image of Your Cross, and who like Paul  
received his calling not from man, once  
entrusted the Ruling City into Your hand. We  
entreat You to restore it in peace forever, at  
the intercession of the Theotokos, O Lord who  
loves humanity. [SD]

**(Apolytikion of the Parish Church)**

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

From Pentecostarion ---  
**Kontakion of Pascha.**  
**Mode pl. 4.**

Though You went down into the tomb,  
O Immortal One, yet You brought down  
the dominion of Hades; and You rose as the  
victor, O Christ our God; and You called out  
"Rejoice" to the Myrrh-bearing women, and



σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ  
τοῖς πεσοῦσι παρέχων ἀνάστασιν.

### 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

Τῶν Ἰσαποστόλων.

Προκείμενον. Ἦχος πλ. δ'. Ψαλμὸς 18.

Εἰς πᾶσαν τὴν γῆν ἐξῆλθεν ὁ φθόγγος  
αὐτοῦ.

**Στίχ.** Οἱ οὐρανοὶ διηγοῦνται δόξαν Θεοῦ.

Πράξεων τῶν Ἀποστόλων τὸ  
ἀνάγνωσμα.

26:1, 12-20

Ἐν ταῖς ἡμέραις ἐκείναις, Ἀγρίππας  
ὁ βασιλεὺς πρὸς τὸν Παῦλον ἔφη·  
Ἐπιτρέπεται σοι ὑπὲρ σεαυτοῦ λέγειν. Τότε  
ὁ Παῦλος ἀπελογεῖτο, ἐκτείνας τὴν χεῖρα.  
Ἐν οἷς καὶ πορευόμενος εἰς τὴν Δαμασκὸν  
μετ' ἐξουσίας καὶ ἐπιτροπῆς τῆς παρὰ  
τῶν ἀρχιερέων, ἡμέρας μέσης κατὰ τὴν  
ὁδὸν εἶδον, Βασιλεῦ, οὐρανόθεν ὑπὲρ τὴν  
λαμπρότητα τοῦ ἡλίου περιλάμψαν με φῶς  
καὶ τοὺς σὺν ἐμοὶ πορευομένους. Πάντων  
δὲ καταπεσόντων ἡμῶν εἰς τὴν γῆν, ἤκουσα  
φωνὴν λαλοῦσαν πρὸς με καὶ λέγουσαν  
τῇ Ἑβραϊδὶ διαλέκτῳ· Σαοὺλ Σαοὺλ, τί  
με διώκεις; σκληρόν σοι πρὸς κέντρα  
λακτίζειν. Ἐγὼ δὲ εἶπον· τίς εἶ, Κύριε; ὁ δὲ  
εἶπεν· ἐγὼ εἰμι Ἰησοῦς ὃν σὺ διώκεις. Ἀλλὰ

gave peace to Your Apostles, O Lord who to  
the fallen grant resurrection. [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 Equals-to-the-Apostles.

Prokeimenon. Mode pl. 4. Psalm 18.

His proclamation went forth into all the  
earth. [SAAS]

**Verse:** *The heavens declare the glory of God.*  
[SAAS]

The reading is from the Acts of the  
Apostles.

26:1, 12-20

In those days, King Agrippa said to Paul,  
"You have permission to speak for yourself."  
Then Paul stretched out his hand and made  
his defense: "I journeyed to Damascus with  
the authority and commission of the chief  
priests. At midday, O king, I saw on the way  
a light from heaven, brighter than the sun,  
shining round me and those who journeyed  
with me. And when we had all fallen to the  
ground, I heard a voice saying to me in the  
Hebrew language, 'Saul, Saul, why do you  
persecute me? It hurts you to kick against  
the goads.' And I said, 'Who are you, Lord?'  
And the Lord said, 'I am Jesus whom you  
are persecuting. But rise and stand upon  
your feet; for I have appeared to you for this



ἀνάστηθι καὶ στήθι ἐπὶ τοὺς πόδας σου· εἰς τοῦτο γὰρ ὥφθην σοι, προχειρίσασθαί σε ὑπηρετήν καὶ μάρτυρα ὧν τε εἶδες ὧν τε ὀφθήσομαί σοι· ἐξαιρούμενός σε ἐκ τοῦ λαοῦ καὶ τῶν ἐθνῶν, εἰς οὓς ἐγὼ σε ἀποστέλλω ἀνοίξαι ὀφθαλμοὺς αὐτῶν, τοῦ ἐπιστρέψαι ἀπὸ σκοτῶν εἰς φῶς καὶ τῆς ἐξουσίας τοῦ Σατανᾶ ἐπὶ τὸν Θεόν, τοῦ λαβεῖν αὐτοὺς ἄφεσιν ἁμαρτιῶν καὶ κληρὸν ἐν τοῖς ἡγιασμένοις πίστει τῇ εἰς ἐμέ. Ὅθεν, βασιλεῦ Ἀγρίππα, οὐκ ἐγενόμην ἀπειθὴς τῇ οὐρανίῳ ὀπτασίᾳ· ἀλλὰ τοῖς ἐν Δαμασκῷ πρῶτον καὶ Ἱεροσολύμοις, εἰς πᾶσαν τὴν χώραν τῆς Ἰουδαίας καὶ τοῖς ἔθνεσιν ἀπαγγέλλω μετανοεῖν καὶ ἐπιστρέφειν ἐπὶ τὸν Θεόν, ἅξια τῆς μετανοίας ἔργα πράσσοντας.

**Ἀλληλούϊα. Ἦχος α΄. Ψαλμὸς 88.**

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. α΄.** Ὑψωσα ἐκλεκτὸν ἐκ τοῦ λαοῦ μου.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β΄.** Ἡ γὰρ χεὶρ μου συναντιλήφεται αὐτῷ.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Τὸ Εὐαγγέλιον**

Τῶν Ἰσαποστόλων.

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ἰ' 1-9

Εἶπεν ὁ Κύριος πρὸς τοὺς ἐληλυθότας πρὸς αὐτὸν Ἰουδαίους· Ἀμὴν ἀμὴν λέγω ὑμῖν, ὁ μὴ εἰσερχόμενος διὰ τῆς θύρας εἰς τὴν αὐλὴν τῶν προβάτων ἀλλὰ ἀναβαίνων ἀλλαχόθεν ἐκεῖνος κλέπτης ἐστὶν καὶ ληστής· ὁ δὲ εἰσερχόμενος διὰ τῆς θύρας

purpose, to appoint you to serve and bear witness to the things in which you have seen me and to those in which I will appear to you, delivering you from the people and from the Gentiles - to whom I send you to open their eyes, that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.' Wherefore, O King Agrippa, I was not disobedient to the heavenly vision, but declared first to those at Damascus, then at Jerusalem and throughout all the country of Judea, and also to the Gentiles, that they should repent and turn to God and perform deeds worthy of their repentance." [RSV]

**Alleluia. Mode 1. Psalm 88.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** I raised up a chosen one from My people. [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** For My hand shall support him. [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

For the Equals-to-the-Apostles.

The reading is from the Holy Gospel according to John.

10:1-9

The Lord said to the Jews who had come to him, "Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber; but he who enters by the door is the shepherd of the sheep. To

ποιμήν ἐστὶν τῶν προβάτων. Τούτῳ ὁ θυρωρὸς ἀνοίγει, καὶ τὰ πρόβατα τῆς φωνῆς αὐτοῦ ἀκούει, καὶ τὰ ἴδια πρόβατα φωνεῖ κατ' ὄνομα καὶ ἐξάγει αὐτά. Ὅταν τὰ ἴδια πάντα ἐκβάλῃ, ἔμπροσθεν αὐτῶν πορεύεται, καὶ τὰ πρόβατα αὐτῷ ἀκολουθεῖ, ὅτι οἶδασιν τὴν φωνὴν αὐτοῦ· ἀλλοτρίῳ δὲ οὐ μὴ ἀκολουθήσουσιν ἀλλὰ φεύξονται ἀπ' αὐτοῦ, ὅτι οὐκ οἶδασιν τῶν ἀλλοτρίων τὴν φωνήν. Ταύτην τὴν παροιμίαν εἶπεν αὐτοῖς ὁ Ἰησοῦς· ἐκεῖνοι δὲ οὐκ ἔγνωσαν τίνα ἦν ἃ ἐλάλει αὐτοῖς. Εἶπεν οὖν πάλιν ὁ Ἰησοῦς, Ἀμὴν ἀμὴν λέγω ὑμῖν ὅτι ἐγὼ εἰμι ἡ θύρα τῶν προβάτων. Πάντες ὅσοι ἤλθον πρὸ ἐμοῦ κλέπται εἰσὶν καὶ λησταί· ἀλλ' οὐκ ἤκουσαν αὐτῶν τὰ πρόβατα. Ἐγὼ εἰμι ἡ θύρα· δι' ἐμοῦ ἐάν τις εἰσέλθῃ σωθήσεται καὶ εἰσελεύσεται καὶ ἐξελεύσεται καὶ νομὴν εὕρήσει.

### **Ὑμνος 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 Σεραφεὶμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### **Κοινωνικόν. Ψαλμὸς 18.**

Εἰς πᾶσαν τὴν γῆν ἐξῆλθεν ὁ φόγγος αὐτῶν καὶ εἰς τὰ πέρατα τῆς οἰκουμένης τὰ ῥήματα αὐτῶν. Ἀλληλούϊα.

him the gatekeeper opens; the sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they do not know the voice of strangers." This figure Jesus used with them, but they did not understand what he was saying to them. So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture." [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 18.**

Their proclamation went forth into all the earth, and their words to the ends of the world. Alleluia. [SAAS]

**Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.**

**Ἀντὶ τό· Εἶδομεν τὸ φῶς.**

**Ἦχος πλ. α'.**

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ  
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,  
ζωὴν χαρισάμενος.

### **ΑΠΟΛΥΣΙΣ**

Ὁ ἀναστὰς ἐκ νεκρῶν, 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 Ἰωακεῖμ καὶ Ἄννης, καὶ τῶν  
Ἁγίων ἐνδόξων, μεγάλων, θεοστέπτων καὶ  
Ἰσαποστόλων Βασιλέων, Κωνσταντίνου καὶ  
Ἑλένης, ὧν καὶ τὴν μνήμην ἐπιτελοῦμεν·  
καὶ πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

**Κανόνας Νηστείας**

*Κατάλυσις εἰς πάντα.*

**Hymn after Holy Communion.**

**Instead of "We have seen."**

**Mode pl. 1.**

Christ is risen from the dead, by death  
trampling down upon death, and to those in  
the tombs He has granted life. [GOA]

### **THE DISMISSAL**

May He who rose from the dead, 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, glorious, great,  
God-crowned Sovereigns Constantine and  
Helen, the Equals to the Apostles, whose  
memory we are celebrating; 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.*