

Menaion Supplement
February 19

Memory of St. Philothea the Athenian

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.

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Mode pl. 1. *Let us worship the Word.*

The illustrious city of Athens now extols * Philothea, the woman monastic martyr saint, * and salutes her most divine holy relic with a kiss; * for in holiness she lived, and exchanged her death for life * through martyrdom and her contests. * And now she intercedes with

the Savior, * that He grant to all His 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 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 the Devout Woman.

Ode iii. Mode 4. N/

M (Establish your servants.)

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

O devout Saint, you distributed to the needy your passing wealth, about which you chose not to boast; but in its place you have received a crown of glory on your head. [SD]

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

By your prayers to the Master, defend your city, which honors you, as a divine dwelling in the house of our God, O all-honorable and devout Martyr. [SD]

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

You found the way that leads to heaven, and your honorably traveled it. Then you came to that heavenly commonwealth, and you are numbered with the rest of the devout saints, being one yourself. [SD]

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

Theotokion.

To those who lovingly honor your Son, whom you conceived by the Holy Spirit, you grant all kinds of cures and healings. So also grant your servants a pardon for their offences. [SD]

Canon for the Devout Woman.

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Ode vi. Mode 4. N/M

(O godly-minded believers.)

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

O devout Saint, like Paul said, you were God's field, and to Christ who cultivated you, you returned a hundredfold from the labor of your virtues and your contests. [SD]

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

The miracles you now perform dazzle the mind of all people. By your life, O devout Saint, you draw towards divine light the souls of those who have been darkened by their sins. [SD]

Glory.

O devout Saint, when you were here you taught about the heavenly life that you have

found. Earnestly pray that we your servants,
who celebrate your sacred memory, may be
counted worthy of that life. [SD]

Both now. **Theotokion.**

O immaculate Lady, we extol your Son
who shined forth from you without seed,
O Bride of God; and we honor you with
unending song, O only immaculate Virgin. [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.

Menaion Supplement - - -

Mode pl. 1. *Let us worship the Word.*

The illustrious city of Athens now extols *
Philothea, the woman monastic martyr saint,
* and salutes her most divine holy relic with a
kiss; * for in holiness she lived, and exchanged
her death for life * through martyrdom and
her contests. * And now she intercedes with
the Savior, * that He grant to all His great
mercy. [SD]

(Apolytikion of the Parish Church)

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

Kontakion. Mode 2.

O Protection of Christians that never fails,
intercession with the Creator that never fails,
we sinners beg you, do not ignore the voices
of our prayers. O good Lady, we implore
you, quickly come unto our aid, when we cry
out to you with faith. Hurry to intercession,
and hasten to supplication, O Theotokos who
protect now and ever those who honor you. [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 Martyr.

Prokeimenon. Mode 4. Psalm 67.

God is wondrous in His saints. [SAAS]

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

The reading is from the Acts of the
Apostles.

(9:32-42)

In those days, as Peter went here and
there among them all, he came down also
to the saints that lived at Lydda. There he
found a man named Aeneas, who had been
bedridden for eight years and was paralyzed.
And Peter said to him, "Aeneas, Jesus Christ
heals you; rise and make your bed." And
immediately he rose. And all the residents of
Lydda and Sharon saw him, and they turned
to the Lord. Now there was at Joppa a disciple
named Tabitha, which means Dorcas. She was
full of good works and acts of charity. In those
days she fell sick and died; and when they had
washed her, they laid her in an upper room.
Since Lydda was near Joppa, the disciples,
hearing that Peter was there, sent two men
to him entreating him, "Please come to us
without delay." So Peter rose and went with
them. And when he had come, they took him
to the upper room. All the widows stood
beside him weeping, and showing tunics and
other garments which Dorcas made while she
was with them. But Peter put them all outside
and knelt down and prayed; then turning
to the body he said, "Tabitha, rise." And she

opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord. [RSV]

Alleluia. Mode 1. Psalm 39.

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

The Gospel

For the Devout Martyr.

The reading is from the Holy Gospel according to John.

(15:12-13, 18-19)

The Lord said to His Disciples, "This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you." [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 glorious devout martyr Philothea the Athenian, 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

Fast Free: All foods allowed.

It is the first week of the Triodion.