

Πεντηκοστάριον

Πέμπτη τῆς Διακαινησίμου

Μηναῖον - ΤΗ Β' ΜΑΪΟΥ

Μνήμη τοῦ Ἀγίου Ἀθανασίου τοῦ
Μεγάλου

ΛΕΙΤΟΥΡΓΙΑ

ΙΕΡΕΥΣ

Ἦχος πλ. α'.

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

ΧΟΡΟΣ

...ζωὴν χαρισάμενος.

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Pentecostarion

Bright Thursday

Menaion - May 2

Memory of St. Athanasios the Great

LITURGY

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PRIEST

Mode pl. 1.

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

CHOIR

...He has granted life.

PRIEST

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

CHOIR

...He has granted life.

PRIEST

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

CHOIR

...He has granted life.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

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

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

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

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

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

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

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

PRIEST

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

CHOIR

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

PRIEST

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

CHOIR

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

PRIEST

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

CHOIR

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

PRIEST

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

CHOIR

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

ΙΕΡΕΥΣ

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

ΧΟΡΟΣ

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

ΙΕΡΕΥΣ

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

ΧΟΡΟΣ

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

ΙΕΡΕΥΣ

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ
θάνατον πατήσας...

ΧΟΡΟΣ

...καὶ τοῖς ἐν τοῖς μνήμασι, ζωὴν
χαρισάμενος.

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.

PRIEST

*Glory to the Father and the Son and the Holy
Spirit.*

CHOIR

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

PRIEST

*Both now and ever and to the ages of ages.
Amen.*

CHOIR

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

PRIEST

Christ is risen from the dead, by death
trampling down upon death... [GOA]

CHOIR

...and to those in the tombs He has granted
life.

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]

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.

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 γινῶναι 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 ἀεὶ, 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,

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]

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.

εἷς ὢν τῆς Ἀγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Ἀντίφωνον Γ'. Ἦχος πλ. α'. Ψαλμὸς 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.

Εἰσοδικόν. Ἦχος β'.

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

Being one of the Holy Trinity, glorified with
the Father and the Holy Spirit: Save us. [GOA]

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]

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]

Ὑμνοι μετὰ τὴν Μικρὰν Εἵσοδον

Τοῦ Πεντηκοσταρίου ---

Ἦχος πλ. α'.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,
ζωὴν χαρισάμενος. (ἐκ γ')

Τοῦ Πεντηκοσταρίου ---

Ὑπακοή. Ἦχος δ'.

Προλαβοῦσαι τὸν ὄρθρον αἱ περὶ
Μαριάμ, καὶ εὐροῦσαι τὸν λίθον
ἀποκυλισθέντα τοῦ μνήματος, ἤκουον ἐκ
τοῦ Ἀγγέλου· Τὸν ἐν φωτὶ αἰδίδω ὑπάρχοντα,
μετὰ νεκρῶν τί ζητεῖτε ὡς ἄνθρωπον;
βλέπετε τὰ ἐντάφια σπάργανα· δράμετε,
καὶ τῷ κόσμῳ κηρύξατε, ὡς ἠγέρθη ὁ
Κύριος, θανατώσας τὸν θάνατον· ὅτι
ὑπάρχει Θεοῦ Υἱός, τοῦ σώζοντος τὸ γένος
τῶν ἀνθρώπων.

Τοῦ Ἁγίου.

Τοῦ Μηναίου ---

Ἦχος γ'. Θείας πίστεως.

Στυλὸς γέγονας ὀρθοδοξίας, θείοις
δόγμασιν ὑποστηρίζων, τὴν Ἐκκλησίαν
Ἱεράρχα Ἀθανάσιε· τῷ γὰρ Πατρὶ τὸν
Υἱὸν ὁμοούσιον, ἀνακηρύξας κατήσχυνας
Ἄρειον· Πάτερ Ὅσιε, Χριστὸν τὸν Θεὸν
ἱκέτευε, δωρήσασθαι ἡμῖν, τὸ μέγα ἔλεος.

Τοῦ Πεντηκοσταρίου ---

Κοντάκιον τοῦ Πάσχα.

Ἦχος πλ. δ'.

Εἰ καὶ ἐν τάφῳ κατήλθες Ἀθάνατε,
ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν· καὶ
ἀνέστης ὡς νικητής, Χριστὲ ὁ Θεός, γυναιξὶ
Μυροφόροις φθεγξάμενος, Χαίρετε, καὶ τοῖς
σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ
τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Hymns After the Small Entrance.

From Pentecostarion ---

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. (3) [GOA]

From Pentecostarion ---

Hypakoe. Mode 4.

When the women with Mary had come
before dawn, and they found that the stone
had been rolled away from the sepulcher,
they heard from the Angel, "Why do you seek
among the dead, as a mortal man, the One
who exists in everlasting light? See the grave
clothes in the sepulcher. Run and proclaim
to the world that the Lord has risen and put
death to death; for He is the Son of God who
saves the human race." [SD]

For the Saint.

From Menaion ---

Mode 3. Your confession.

You were Orthodoxy's upright pillar; *
you held up the Church with godly dogmas,
* holy hierarch, divine Athanasios. * For
by preaching that the Son is coessential *
with the Father you humiliated Arius. * O
devout Father, pray to Christ God fervently,
* entreating that He grant us His great mercy.

[SD]

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
gave peace to Your Apostles, O Lord who to
the fallen grant resurrection. [SD]

ANTI ΤΟΥ ΤΡΙΣΑΓΙΟΥ

Ὅσοι εἰς Χριστὸν ἐβαπτίσθητε, Χριστὸν ἐνεδύσασθε. Ἀλληλούϊα. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Χριστὸν ἐνεδύσασθε. Ἀλληλούϊα.

Ὁ Ἀπόστολος

Τοῦ Ἁγίου.

Προκείμενον. Ἦχος δ'. Προσευχὴ
τῶν Ἁγίων Τριῶν Παίδων.

Εὐλογητὸς εἶ Κύριε ὁ Θεὸς τῶν πατέρων
ἡμῶν.

Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς
ἐποίησας ἡμῖν.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

13:7-16

Ἀδελφοί, μνημονεύετε τῶν ἡγουμένων
ὑμῶν, οἵτινες ἐλάλησαν ὑμῖν τὸν λόγον τοῦ
θεοῦ· ὧν ἀναθεωροῦντες τὴν ἔκβασιν τῆς
ἀναστροφῆς, μιμεῖσθε τὴν πίστιν. Ἰησοῦς
Χριστὸς χθὲς καὶ σήμερον ὁ αὐτός, καὶ
εἰς τοὺς αἰῶνας. Διδαχαῖς ποικίλαις καὶ
ξέναις μὴ παραφέρεσθε· καλὸν γὰρ χάριτι
βεβαιοῦσθαι τὴν καρδίαν, οὐ βρώμασιν, ἐν
οἷς οὐκ ὠφελήθησαν οἱ περιπατήσαντες.
Ἔχομεν θυσιαστήριον, ἐξ οὗ φαγεῖν οὐκ
ἔχουσιν ἐξουσίαν οἱ τῇ σκηνῇ λατρεύοντες.
Ὡν γὰρ εἰσφέρεται ζώων τὸ αἷμα περὶ
ἁμαρτίας εἰς τὰ ἅγια διὰ τοῦ ἀρχιερέως,
τούτων τὰ σώματα κατακαίεται ἔξω τῆς
παρεμβολῆς. Διὸ καὶ Ἰησοῦς, ἵνα ἁγιάσῃ
διὰ τοῦ ἰδίου αἵματος τὸν λαόν, ἔξω τῆς
πύλης ἔπαθεν. Τοίνυν ἐξερχώμεθα πρὸς
αὐτὸν ἔξω τῆς παρεμβολῆς, τὸν ὀνειδισμόν

INSTEAD OF HOLY GOD

You who have been baptized into Christ
have put on Christ, Alleluia. (3) [GOA]

Glory to the Father and the Son and the
Holy Spirit. Both now and ever and to the
ages of ages. Amen.

Have put on Christ. Alleluia.

The Epistle

For the Saint.

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

αὐτοῦ φέροντες. Οὐ γὰρ ἔχομεν ὧδε μένουσαν πόλιν, ἀλλὰ τὴν μέλλουσαν ἐπιζητοῦμεν. Διὰ αὐτοῦ οὖν ἀναφέρωμεν θυσίαν αἰνέσεως διὰ παντὸς τῷ θεῷ, τοῦτ' ἔστιν, καρπὸν χειλέων ὁμολογούντων τῷ ὀνόματι αὐτοῦ. Τῆς δὲ εὐποΐας καὶ κοινωνίας μὴ ἐπιλανθάνεσθε· τοιαύταις γὰρ θυσίαις εὐαρεστεῖται ὁ θεός.

Ἀλληλουΐα. Ἦχος δ'. Ψαλμὸς 44.

Ἀλληλουΐα. Ἀλληλουΐα. Ἀλληλουΐα.

Στίχ. α'. Ἐντεινε καὶ κατενοδοῦ καὶ βασίλευε, ἕνεκεν ἀληθείας καὶ πραότητος καὶ δικαιοσύνης.

Ἀλληλουΐα. Ἀλληλουΐα. Ἀλληλουΐα.

Στίχ. β'. Ἠγάπησας δικαιοσύνην καὶ ἐμίσησας ἀνομίαν.

Ἀλληλουΐα. Ἀλληλουΐα. Ἀλληλουΐα.

Τὸ Εὐαγγέλιον

Τῇ ΠΕΜΠΤῃ ΤΗΣ ΔΙΑΚΑΙΝΗΣΙΜΟΥ

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

γ' 1 - 15

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις ἦν ἐκ τῶν Φαρισαίων, Νικόδημος ὄνομα αὐτῷ, ἄρχων τῶν Ἰουδαίων· οὗτος ἦλθε πρὸς τὸν Ἰησοῦν νυκτὸς καὶ εἶπεν αὐτῷ· Ραββί, οἶδαμεν ὅτι ἀπὸ Θεοῦ ἐλήλυθας διδάσκαλος· οὐδεὶς γὰρ ταῦτα τὰ σημεῖα δύναται ποιεῖν ἃ σὺ ποιεῖς, ἐὰν μὴ ἡ ὁ Θεὸς μετ' αὐτοῦ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· Ἀμὴν ἀμὴν λέγω σοι, ἐὰν μὴ τις γεννηθῇ ἄνωθεν, οὐ δύναται ἰδεῖν τὴν βασιλείαν τοῦ Θεοῦ. λέγει πρὸς αὐτὸν ὁ Νικόδημος· Πῶς δύναται ἄνθρωπος γεννηθῆναι γέροντος ὧν; μὴ δύναται εἰς τὴν κοιλίαν τῆς μητρὸς αὐτοῦ δεύτερον

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. Psalm 44.

Alleluia. Alleluia. Alleluia.

Verse 1: Stretch Your bow, and grant prosperity, and reign, because of truth and goodness. [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: You loved righteousness and hated lawlessness. [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Renewal Thursday

The reading is from the Holy Gospel according to John.

3:1-15

At that time, there was a man of the Pharisees, named Nikodemos, a ruler of the Jews. This man came to Jesus by night and said to him, "Rabbi, we know that you are a teacher come from God; for no one can do these signs that you do, unless God is with him." Jesus answered him, "Truly, truly, I say to you, unless one is born from above, he cannot see the kingdom of God." Nikodemos said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit,

εἰσελθεῖν καὶ γεννηθῆναι; ἀπεκρίθη Ἰησοῦς· Ἀμὴν ἀμὴν λέγω σοι, ἐὰν μὴ τις γεννηθῇ ἐξ ὕδατος καὶ Πνεύματος, οὐ δύναται εἰσελθεῖν εἰς τὴν βασιλείαν τοῦ Θεοῦ. τὸ γεγεννημένον ἐκ τῆς σαρκὸς σὰρξ ἐστίν, καὶ τὸ γεγεννημένον ἐκ τοῦ Πνεύματος πνεῦμά ἐστι. μὴ θαυμάσης ὅτι εἰπόν σοι, δεῖ ὑμᾶς γεννηθῆναι ἄνωθεν. τὸ πνεῦμα ὅπου θέλει πνεῖ, καὶ τὴν φωνὴν αὐτοῦ ἀκούεις, ἀλλ' οὐκ οἶδας πόθεν ἔρχεται καὶ ποῦ ὑπάγει· οὕτως ἐστὶ πᾶς ὁ γεγεννημένος ἐκ τοῦ Πνεύματος. ἀπεκρίθη Νικόδημος καὶ εἶπεν αὐτῷ· Πῶς δύναται ταῦτα γενέσθαι; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· Σὺ εἰ ὁ διδάσκαλος τοῦ Ἰσραὴλ καὶ ταῦτα οὐ γινώσκεις; ἀμὴν ἀμὴν λέγω σοι ὅτι ὁ οἶδαμεν λαλοῦμεν καὶ ὁ ἐωράκαμεν μαρτυροῦμεν, καὶ τὴν μαρτυρίαν ἡμῶν οὐ λαμβάνετε. εἰ τὰ ἐπίγεια εἶπον ὑμῖν καὶ οὐ πιστεύετε, πῶς ἐὰν εἴπω ὑμῖν τὰ ἐπουράνια πιστεύετε; καὶ οὐδεὶς ἀναβέβηκεν εἰς τὸν οὐρανὸν εἰ μὴ ὁ ἐκ τοῦ οὐρανοῦ καταβάς, ὁ υἱὸς τοῦ ἀνθρώπου ὁ ὢν ἐν τῷ οὐρανῷ. καὶ καθὼς Μωϋσῆς ὕψωσε τὸν ὄφιν ἐν τῇ ἐρήμῳ, οὕτως ὕψωθῆναι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχῃ ζωὴν αἰώνιον.

**Ὕμνος εἰς τὴν Θεοτόκον.
Ἦχος α'.**

Ὁ Ἀγγελος ἐβόα τῇ κεχαριτωμένῃ, Ἀγνή Παρθένε, χαῖρε, καὶ πάλιν ἐρῶ, χαῖρε, ὁ σὸς Υἱὸς ἀνέστη τριήμερος ἐκ τάφου.

Φωτίζου, φωτίζου ἡ νέα Ἱερουσαλήμ· ἡ γὰρ δόξα Κυρίου ἐπὶ σὲ ἀνέτειλε. Χόρευε

he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, 'You must be born from above.' The Spirit blows where it wills, and you hear the sound of it, and you do not know whence it comes or whither it goes; so it is with everyone who is born of the Spirit." Nikodemos said to him, "How can this be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand this? Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen; but you do not receive our testimony. If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life." [RSV]

**Hymn to the Theotokos.
Mode 1.**

The Angel cried aloud to the Lady full of grace: Rejoice, O pure Virgin; and again I say Rejoice. Your Son has truly risen from the grave on the third day. [SD]

Be illumined, illumined, O New Jerusalem; * for the glory of the Lord has arisen over you. * Dance now for joy, O Zion, and exult. * And you be merry, O pure

νῦν, καὶ ἀγάλλου Σιών, σὺ δὲ ἀγνή, τέρπου
Θεοτόκε, ἐν τῇ ἐγέρσει τοῦ τόκου σου.

Κοινωνικόν.

Σῶμα Χριστοῦ μεταλάβετε, πηγῆς
ἀθανάτου γεύσασθε.

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἀντὶ τοῦ Εἶδομεν τὸ φῶς.

Ἦχος πλ. α'.

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

Ἀντὶ τοῦ Εἶη τὸ ὄνομα.

Ἦχος πλ. α'.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ
θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι,
ζωὴν χαρισάμενος. (ἐκ γ')

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 πανευφύμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
οσίων καὶ θεοφόρων Πατέρων ἡμῶν (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἀννης, καὶ του
ἐν Ἀγίοις Πατρὸς ἡμῶν Ἀθανασίου τοῦ
μεγάλου, Πατριάρχου Ἀλεξανδρείας, οὗ καὶ
τῆς ἀνακομιδῆς τοῦ λειψάνου τὴν μνήμην
ἐπιτελοῦμεν· καὶ πάντων τῶν Ἁγίων,
ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς καὶ
φιλόανθρωπος.

Κανόνας Νηστείας

Theotokos, * at the arising of the One you
bore. [SD]

Communion Hymn.

Receive the Body of Christ; taste from the
immortal fount. [SD]

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]

Instead of "Blessed be the name."

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. (3)

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, and our father among the
saints Athanasios, Patriarch of Alexandria, the
memory of the transfer of whose holy relics
we celebrate, and of all the saints, have mercy
on us and save us, for He is good and loves
mankind.

Fasting Rule

Κατάλυσις εἰς πάντα.

Εἶναι Πάσχα καὶ Διακαινήσιμος Ἑβδομάδα.

Fast Free: All foods allowed.

It is Pascha and Bright Week.