

Octoechos - Mode pl. 2.

On Friday Morning

Menaion - November 29

Memory of the Holy Martyrs Paramonos
and Philoumenos

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.

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
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 Martyrs.

Mode 4. *Come quickly.*

Your Martyrs, O Lord, were worthily
awarded by You * the crowns of incorruption,
in that they contested for You our immortal
God. * Since they possessed Your power, they
defeated the tyrants, * dashing the demons'
powerless displays of defiance. * O Christ
God, at their fervent entreaties, save our souls.

[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 pl. 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]

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

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

Troparia.

From Octoechos - - -

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

Like the robber I entreat You, O my Savior, * when You come in Your kingdom, remember me, * O Lord, and save me, O only God who loves mankind. [SD]

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

Being crucified, O Lord, You spread Your arms out * and embraced all the nations, that

now extol * Your tender mercy, O Christ our Savior and God. [SD]

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

You were nailed upon the Cross of Your own will, Lord. * Being crucified, You, by Your might, O Christ, * obliterated the stingers of the evil one. [SD]

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

For the Martyrs.

Holy Martyrs, having reveled in the tortures, * you were granted the pleasures of Paradise; * and you unceasingly pray on behalf of the world. [SD]

Glory.

Father, Son, and Spirit, reigning as the one God, * we Your servants entreat You, our single Lord, * to extricate us from torments and punishment. [SD]

Both now. **Stavrotheotokion.**

Then the Virgin saw You crucified, O Savior, * and she wept, heaving sighs of maternal grief. * She intercedes now for us, that You save us, O Lord. [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 Martyrs.

Mode 4. Come quickly.

Your Martyrs, O Lord, were worthily
awarded by You * the crowns of incorruption,
in that they contested for You our immortal
God. * Since they possessed Your power, they
defeated the tyrants, * dashing the demons'
powerless displays of defiance. * O Christ
God, at their fervent entreaties, save our souls.
[SD]

Apolytikion of the Parish Church

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

Kontakion. For the Cross.

Mode 4. Automelon.

You who were lifted on the cross
voluntarily, * O Christ our God, bestow
Your tender compassions * upon Your new
community to which You gave Your name. *
Cause our faithful emperors to be glad in Your
power, * granting them the victories against
their adversaries. * And for an ally, Lord, may
they have You, * peace as their armor, the
trophy invincible. [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

FRIDAY OF THE TWENTY-FOURTH WEEK

Prokeimenon. Grave Mode. Psalm 98.

Exalt the Lord our God and worship at
His holy mountain. [SAAS]

Verse: *The Lord reigns; let the peoples be
angry.* [SAAS]

1 Th. 5:9-13; 5:24-28

Brethren, God has not destined us for
wrath, but to obtain salvation through our
Lord Jesus Christ, who died for us so that
whether we wake or sleep we might live with
him. Therefore encourage one another and
build one another up, just as you are doing.
But we beseech you, brethren, to respect those
who labor among you and are over you in the
Lord and admonish you, and to esteem them
very highly in love because of their work. Be
at peace among yourselves. He who calls you
is faithful, and he will do it. Brethren, pray for
us. Greet all the brethren with a holy kiss. I
adjure you by the Lord that this letter be read
to all the brethren. The grace of our Lord Jesus
Christ be with you. Amen. [RSV]

Alleluia. Mode pl. 2. Psalm 73.

Alleluia. Alleluia. Alleluia.

Verse 1: *Remember Your congregation You
acquired from the beginning.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *God is our King before the ages; He worked salvation in the midst of the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Friday of the Eleventh Week of Luke

Lk. 20:19-26

At that time, the scribes and the chief priests tried to lay hands on him at that very hour, but they feared the people; for they perceived that he had told this parable against them. So they watched him, and sent spies, who pretended to be sincere, that they might take hold of what he said, so as to deliver him up to the authority and jurisdiction of the governor. They asked him, "Teacher, we know that you speak and teach rightly, and show no partiality, but truly teach the way of God. Is it lawful for us to give tribute to Caesar, or not?" But he perceived their craftiness, and said to them, "Show me a coin. Whose likeness and inscription has it?" They said, "Caesar's." He said to them, "Then render to Caesar the things that are Caesar's, and to God the things that are God's." And they were not able in the presence of the people to catch him by what he said; but marveling at his answer they were silent. [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 73.

You worked salvation in the midst of the earth, O Christ our God. Alleluia. [SAAS]

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, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

Fasting Rule

Strict: Refrain from meat, fish, oil, dairy, and eggs.

It is the Christmas fast.