Additional Troparia
Athonite Hymn to the Panagia*

Grave Mode (Diatonic)
Triple Meter

adapted from oral tradition
as recorded by Hieromonk Hierotheos of Philotheou

Duration: 1:45
Intonation: #22

* This paraliturgical hymn may be chanted during the distribution of the antidoron after liturgy. In some monasteries on the Holy Mountain, it is chanted after the procession back into church following the meal after a vigil on feast days of the Mother of God.
Athonite Hymn to the Panagia

Our God,] ten to de-liv-er all of us from ev-ery dan-ger and ne-
ces-si-ty and from a sud-den death, which de-stroy-eth
ut-ter-ly and fi-nal-ly. We know that thou art ca-
-pa-ble to con-sum-mate all things that thou dost want_
_ to do. Lady of the uni-verse, the hope and the_
pro-tec-tion of the world, O Maid-en full of grace, come heark-
en un-to us who pray to thee.
O Protection of Christians

Kontakion

Second Mode

Intonation: #4

Prostasiva twn Christanow

Protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our
O Protection of Christians

aid, who in faith cry unto thee: Hasten to intercession,

and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honour thee.
Office of Supplication
For our Environment

September 1

Apolytikion

Fourth Mode

Lord and Saviour, who as God brought all things into being by a word, establishing laws and governing them unerringly to your glory, at the prayers of the Mother of God, Thy

* Patriarch Demetrios of Constantinople made September 1st a day of special prayer for the Environment and commissioned the hymnographer Monk Gerasimos of the Holy Mountain to compose a special office for it. This service was translated by Archimandrite Efrem (Lash) and is available online at: http://www.anastasis.org.uk/environm.htm
keep secure and unharm all the elements which hold the earth together, and save the universe.
The Consecration of the Church of the Holy Resurrection

September 13

Kontakion

Fourth Mode (modified)
"On this day Thou hast appeared"

Ὁ ἡγοὺ Ἰησοῦς Χριστός Αὐτῆς

Ὁ οὐρανὸς πολύφωτος

Ὁ οὐρανὸς πολύφωτος

The Church is shown to be a many-lighted heaven that doth shine a guiding light upon all them that do believe; where in while standing, we cry aloud: Do Thou Thyself now establish this house, O Lord.
Saint Theodore of Tarsus
Archbishop of Canterbury

September 19

Apolytikion

First Mode
"While Gabriel was saying"

\[ \text{Δοξάσα τὸν Θεόν μετὰ τοῦ Παύλου καὶ τοῦ Πέτρου} \]

Eng-land did re-ceive thee with glad-ness to u-nite its di-

vid-ed church. Thy words, O Holy The-odore, brought peace, while

bear-ing in thy heart the gift of God. Thou pro-claim-est the true
Person of Christ to all: both God and Man, the world's Saviour.

Glory to Him Who did choose thee as His friend; Glory to Him Who hath glorified thee; Glory to Him Who through thy prayers be-

stoweth His mercy on us.
Saint Etheldreda* of Ely
Queen and Abbess
Protectress of Cambridge

October 17

Apolytikion

Third Mode
"Thy confession"

'Hχος γ'. Γα

et us praise the virgin Etheldreda, flame
of above the church of Ely, Mother Abbess, intercessor and protector for all. In her the image of

* Pronounced "Ef-ol-DREE-dah"
God was restored to shine, and she was crowned with great glory by our Saviour Christ, ever praying in the Spirit before the Father's throne that His great mercy may be granted unto us.
Saint Tabitha
the Almsgiver

October 25

Apolytikion

First Mode

\[ \text{with the flow of the many-streamed river of almsgiving, thou didst water the dry earth of the needy and shower alms on the widows and poor; thou didst shine forth with the light of thy works and wast radiant with grace, O Tabitha.} \]

Glory to...
Christ Who loveth thee; A glory to Christ Who hath blessed thee; A glory to Christ Whom thou didst follow as a true disciple and a spotless lamb.
Apolytikion of the Resurrection

First Mode

Ἡχός Ὁ Πα

Τοῦ λίθου σφαγισθέντος

hen the stone was sealed by the Jews and the soldiers

were guarding Thine immaculate body, Thou didst arise

on the third day, O Saviour, granting life unto the world. For which

cause the powers of heaven cried out to Thee, O Life-giver:

Glory to Thy resurrection, O Christ. Glory to Thy Kingdom.
Glo-ry to Thy dis- pen- sa- tion, O on- ly Friend of man.

Glory...

Both now...
Resurrectional Theotokion

hile Ga-briel was say-ing Re-joice to thee, O Vir-gin, at his voice the Mas-ter of all things took flesh with-in thy pure womb. He dwelt in thee as His ho-ly ark as spake the right-eous Da-vid in the psalms. Thou wast seen to be more spa-cious than all the Heav-ens since thou didst bear thy Cre-a-tor. Glo-ry to Him that willed to dwell in thee. Glo-ry to Him that came forth from thee. Glo-ry to Him that, through thy giv-ing birth, hath de-liv-ered us.
Resurrectional Hypakoë

The repentance of the thief hath plundered Paradise,
and the lamentation of the myrrh-bearers hath proclaimed joy;
for Thou art risen, O Christ God, granting great mercy
unto the world.
Apolytikion of the Resurrection

Second Mode

"Ὅτε κατῆλθες"

hen Thou didst descend unto death, O Life Immortal,

then didst Thou slay Hades with the lightning of Thy Divinity.

And when Thou also raisest the dead out of the netherworld, all

the powers of the heavens were crying out: O Giver of life,

Christ our God, glory be to Thee.
Glory...

Δόξα Πατρί

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

Both now...

Καὶ νῦν

Both now and ever, and unto the ages of ages.

Resurrectional Theotokion

Πάντα ὑπὲρ ἐννοιαν

All the mysteries are beyond comprehension; all are exceedingly glorious, O Theotokos. Sealed with purity and preserved by virgin...
i-ty, thou wast known to be a true moth-er, giv-ing birth un-to
the true God. Do thou en-treat Him that our souls be saved.

Resurrectional Hypakoē
Μετὰ τὸ πάθος Ἀ

f-ter the Pas-sion, the wom-en came un-to the
tomb to a-noint Thy Bod- y, O Christ God; they
saw An-gels in the grave and stood in awe; for they heard their
voice, pro-claim-ing that the Lord is ris-en, grant-ing great mer-
acy un-to the world.
Apolytikion of the Resurrection

Third Mode

Τήχςς ἑκάστου  Ἰησοῦς

Εὐφραίνεσθω τὰ οὐράνια

et the heavens rejoice, and let things on earth be glad,

for the Lord hath wrought might with His arm; He hath trampled

upon death by death; He hath become the first-born of the dead.

From the bowels of Hades hath He delivered us, and hath granted

ed great mercy to the world.
Glory...

Δόξα Πατρὶ

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

Both now...

Καὶ νῦν

Both now and ever, and unto the ages of ages. Amen.

Resurrectional Theotokion

Σὲ τὴν μεσιτεύσασαν

Praise thee, the Mediatoress for the salvation of our race, O Virgin Theotokos; for in the flesh taken from thee, thy Son and our God hath deigned to endure the pas-
Resurrectional Hypakoë

Ekplēttov tī órōsēi

...through the Cross, and hath redeemed us from corruption, since He is the Friend of man.

...a-ston-ish-ment by his ap-pear-ance and re-

...fresh-ment by his speech, the ra-diant An-gel said un-to the myrrh-

...bear-ers: Why seek ye the Liv-ing One in the tomb? Ren

...en is He that hath emp-tied the tombs. Know Him as the im-

...mu-ta-ble Chang-er of cor-rup-tion; say un-to God: How awe-

...some are Thy works! For Thou hast saved the race of man.
Apolytikion of the Resurrection

Fourth Mode

"Ἡχῶς Λ ἀναθετήσας τῷ φαϊδρόν"  

To φαιδρόν

aving learned the joyful proclamation of the Resurrection from the angel, and having cast off the ancestral condemnation, the women disciples spake to the Apostles triumphantly: Death is spoiled and Christ God is risen, granting great mercy unto the world.
Glory...

Δόξα Πατρι

lo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir-

- - it.

Both now...

Καὶ νῦν

Both now and ev-er, and un-to the ages of ages.

A-men.

Resurrectional Theotokion

Τὸ ἀπ’ αἰῶνος

The mys-ter-y hid-den from e-ter-ni-ty and un-known

to the an-gels is made man-i-fest through thee, O The-o-

to-kos, to those on earth. God be-came in-car-nate in an un-


www.stanthonyssmonastery.org/music/Menaion.htm
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gled un-ion and for our sake hath submitted willingly to the Cross, whereby He hath raised up the first-fashioned man and hath saved our souls___from death.

Resurrectional Hypakoë

Τὰ τῆς σῆς

he myrrh-bearing women ran forth and declared to the Apostles the tidings of Thy wondrous arising, O Christ; for Thou as God art risen, granting great mercy unto the world.
He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.

Let us worship the Word, Who is unoriginate with the Father and the Spirit, and from a virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.

{Ton sunanarchon Logon}
Glory...

Both now...

rec- - - - tion.

lo- ry to the Fa- ther, and to the Son, and to the Ho- ly Spir- it.

both now and ev- - - er, and un- to the ag- es of ag- es. A- men.
Resurrectional Theotokion

Χαίρε πύλη Κυρίου

When the day is over, the vendor sits down and counts his profits;
but the worker of virtue does so when the psalmody is over.

—St. John of the Ladder
Resurrectional Hypakoë

stonished in mind at the vision of the Angel,

and enlightened in soul by Thy divine arising, the myrrh-bearers proclaimed the good tidings unto the Apostles:

Proclaim among the nations the Resurrection of the Lord, Who worketh with you in wonders, and granteth us great mercy.
When the angelic powers were at Thy tomb, then they that guarded Thee became as dead. And Mary stood beside the grave seeking Thine immaculate body. Thou hast spoiled Hades and wast not tried there-by. Thou didst meet the Virgin and didst grant life to us.

O Thou Who art risen from the dead, Lord, glory be
Glory...

Δόξα Πατρι

Both now...

Καί νῦν

www.stanthonsmonastery.org/music/Menaion.htm
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When you stand in church, be careful not to look here and there
or curiously examine how each one of the brethren stands
or sings. Rather, pay attention only to yourself
and to the chanting and to your sins.

—St. Symeon the New Theologian
Resurrectional Hypakoë

Γένοις Σωτήριον

Thou, as God, hast broken the gates of Hades and hast opened the ancient Paradise to us. And arising from the dead, Thou hast delivered our life from corruption.
Θ ἈΠΟΛΥΤΙΚΙΟΝ ΟΥ ΤΗΣ ΡΕΣΗΡΑΣΟΥΝΣΕΩΣ

Grave Mode

Ἡχός βαρύς γά

Κατέλυσας τῷ σταυρῷ σου

Thou didst abolish death; to the thief Thou didst open Paradise; Thou didst transform the myrrh-bearers' lamentation, and didst order Thine Apostles to preach that Thou art risen, O Christ our God, bestowing great mercy upon the world.
Glory...

Δόξα Πατρι

G

 Gloria to the Father, and to the Son, and to the Holy Spirit.

Both now...

Kαι νῦν

B

Both now and ever, and unto the ages of ages. Amen.

Resurrectional Theotokion

Ὡς τῆς ἡμῶν ἀναστάσεως

A

O the treasury of our salvation, O all-hymned one,

do thou lead up from the pit and abyss of offenses them that
hope in thee; for them liable because of sin

hast thou saved by giving birth to salvation, O thou who before childbirth wast virgin, and in childbirth wast virgin, and after childbirth again remainest virgin.

Resurrectional Hypakoë

O ἡμετέραν μορφήν

hou Who didst take on our form and didst bodily endure the Cross, save me by Thy Resurrection, O Christ God, since Thou art the Friend of man.
APOLYTIKION OF THE
Resurrection

Plagal Fourth Mode

Exousiaste

Ἐξ ύψους κατηλθές
from the heights didst Thou come down, O Compassionate One. And Thou didst submit to three-day burial that from the passions Thou might deliver us. O our Life and Resurrection, O Lord, glory be to Thee.
Glory...

Δόξα Πατρι

G

lo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Both now...

Καὶ νῦν

B

oth now and ev - er, and un - to the a - ges of a - ges

A - men.

Resurrectional Theotokion

Ὁ δι’ ἡμᾶς γεννηθεὶς

Thou Who for our sakes wast born of a Vir - gin,

and didst suf - fer cruc - i - fix - ion, O Good One, and didst de -
spoil death by death, and as God, didst re - veal the Res - ur - rec -
No one in such chanting with a ready
and eager mind will be blamed if he be weakened by old age,
or young, or have a rough voice, or is altogether ignorant of rhythm. What is
here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a
clear conscience. If having these you have entered into God's sacred choir, you may
stand beside David himself. There is no need of zithers, nor of taut strings, nor
of a plectrum, nor skill, nor any instruments. But if you will, you can make
yourself into a zither, mortifying the limbs of the flesh, and forming
full harmony between body and soul. For when the flesh does not
lust against the spirit, but yields to its commands, and
perseveres along the path that is noble and
admirable, you thus produce
a spiritual melody.

—St. John Chrysostom
Standing at the tomb of the Life-giver, the myrrh-bearers sought the immortal Master among the dead; and receiving the good tidings of joy from the Angel, they announced to the Apostles that the Lord is risen, granting great mercy unto the world.