Apolytikia and Kontakia
For the Entire Year

Music in Western Notation
St. Anthony’s Greek Orthodox Monastery
Apolytikia
and Kontakia

For the Entire Year
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One of the reasons why Byzantine music is not in wide use by choirs outside of Greece, especially in the lands where English is the predominant language, is the lack of resources that faithfully reproduce and reflect the original melodies and accents in Greek. That was until recently: The Divine Music Project undertaken by St. Anthony’s Greek Orthodox Monastery in Arizona, USA, and more specifically by the tireless Father Ephraim, is a firm response to this challenge. The breadth of the project is huge. The talented Father Ephraim has succeeded along many lines. It is no easy task to assemble, translate and meter even one service, let alone an entire book.

The latest project, the *Apolytikia and Kontakia for the Entire Year* demonstrates that Byzantine music in the English language is now a mature reality. There are no excuses left for any choir to not consider and adopt what is inherently one of the building blocks of Orthodox Christianity. For those unfamiliar with the Byzantine neumatology, Fr. Ephraim has gone to great lengths to transcribe the melodies into Western notation in settings that any competent choir can offer to the congregation.

The project succeeds at many other levels including the strict metering according to the original Greek text and melody, the accentuation and traditionally accurate rhythm and cadence, the motivation to be all-inclusive and comprehensive given the additional hymns to modern-day and "New World" Orthodox saints, and the coverage of hymns and apolytikia for every day of the ecclesiastic year. The Western notation is also useful for the laity especially those with some degree of musical knowledge. It will assist them in coming together with family and friends to celebrate, on a personal level, saints and services outside the communal setting of the church. Last, on an aesthetic level, the book offers rare artwork that heightens the devotional experience of the dedicated church musician as well as the laity.
From the perspective of a classically trained chanter by Greece’s most eminent and legendary teachers and practitioners, I find this resource to be a timely and additional element that serves to strengthen the reason for American Orthodox communities to return to the roots of our faith in the musical and poetic context. There can be no more excuses for excluding the millennial-old traditional Byzantine music from our services given the comprehensive coverage of our services in the English language and in Western notation by St. Anthony’s Monastery. Concurrently this, among all other resources offered by the Divine Music Project at St. Anthony’s Monastery in Arizona, simplifies the task of the few truly traditional chanters and teachers of Byzantine Music in America to transmit the beautiful art and science to our brothers and sisters who yearn to learn it and to practice it in the very strict and unadulterated manner practiced in the monastic community of Mt. Athos in Greece, and also transmitted to the West through the musicians and chanters who came from Asia Minor and Constantinople.

I pray that our Lord Jesus Christ keep Fr. Ephraim and the brothers at St. Anthony's Monastery healthy and strong in body, mind and spirit to continue to offer us this unparalleled and historically grand opportunity and resource as an additional tool to keep the Orthodox faith traditional to its roots and to resurrect it and establish it as a living art here in America and elsewhere where the English language is the *lingua franca* of the people and the Orthodox ecclesiastic community.

—Dr. Nick Giannoukakis,

Associate Professor of Pathology and Immunology,
University of Pittsburgh School of Medicine

Director of the Byzantine Choir of the Greek Orthodox Metropolis of Pittsburgh,
the Byzantine Music Workshop of the Metropolis, and Protopsaltis.
Rubrics for the Troparia
After the Small Entrance

After the Small Entrance of the Divine Liturgy, several troparia are chanted. To determine which troparia should be chanted on a given day, one may consult the typicon in the Ecumenical Patriarchate's yearly publication Ἡμερολόγιον τοῦ Οἰκουμενικοῦ Πατριαρχείου. An abbreviated version of this in English is published every year by the National Forum of Church Musicians, entitled The Liturgical Guide Book.

On the Holy Mountain, however, the monasteries follow an older typicon that calls for chanting more troparia after the Small Entrance. In particular, the following troparia are chanted after the Small Entrance in a weekday liturgy:

1. The apolytikion of the feast day (only if during a post-feast period, i.e., between a major feast day and its apodosis) or the pre-feast apolytikion (on the eve of a major feast day).
2. The apolytikion of the saint(s) of the day. (When there is more than one saint of the day, only the apolytikia of celebrated saints are chanted, i.e., saints whose canon was chanted in Orthros.)
3. The apolytikion of the church
4. The apolytikion of the monastery
5. The kontakion of the saint of the day. (As with the apolytikia, only kontakia of celebrated saints are chanted.)
6. On Saturdays, "With the Saints give rest" is chanted (see page 1365).
7. The final kontakion "O Protection of Christians." However, on days that the Menaion appoints the Great Doxology to be chanted in Orthros, this final kontakion is replaced by the kontakion of the feast day during post-feast periods (and, of course, on the feast day itself). When not in a post-feast period, the final kontakion is replaced by the kontakion of the Annunciation: "To thee the Champion Leader." Likewise, during pre-feast periods, this final kontakion is replaced by the pre-feast kontakion.
On Sundays, the Athonite typicon dictates that the following troparia be chanted:

1. The apolytikion of the resurrection in the mode of the week is chanted twice. (When there is a co-celebration of the liturgy by more than one priest, the priests chant this apolytikion the first time. Otherwise, the first choir chants it the first time.)
2. The apolytikion of the feast day (only if during a post-feast period, i.e., between a major feast day and its apodosis) or the pre-feast apolytikion (only on the eve of a major feast day).
3. The apolytikion of the saint(s) of the day. (When there is more than one saint of the day, only the apolytikia of celebrated saints are chanted, i.e., saints whose canon was chanted in Orthros.)
4. The apolytikion of the church
5. The apolytikion of the monastery
6. The hypakoë of the mode of the week
7. The kontakion of the saint of the day. (As with the apolytikia, only kontakia of celebrated saints are chanted.)
8. The final kontakion "To thee, the Champion Leader." However, during post-feast periods and on a feast day itself, this final kontakion is replaced by the kontakion of the feast day. Likewise, during pre-feast periods, this final kontakion is replaced by the pre-feast kontakion.

Since it can be difficult to keep track of when the pre-feast and post-feast periods begin and end (which determines what the final kontakion after the Small Entrance will be), we have compiled the chart on the following three pages that gives the final kontakion for every day of the year.
The Final Kontakion
After the Small Entrance

<table>
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<th>Final Kontakion</th>
<th>Page*</th>
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<td>O God of all...</td>
<td>5</td>
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<tr>
<td>September 2 - 5</td>
<td>Protection of Christians...</td>
<td>1454</td>
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<tr>
<td></td>
<td>(but on Sundays: Joachim and Anna were freed...)</td>
<td>37</td>
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<tr>
<td>September 6</td>
<td>Joachim and Anna were freed...</td>
<td>37</td>
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<td>September 7</td>
<td>In the Immaterial Spirit...</td>
<td>29</td>
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<tr>
<td>September 8 - 12</td>
<td>Joachim and Anna were freed...</td>
<td>37</td>
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<td>September 13</td>
<td>The Church is shown to be...</td>
<td>1458</td>
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<td>September 14 - 21</td>
<td>Thou Who wast raised up...</td>
<td>50</td>
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<td>September 22 - November 7</td>
<td>Protection of Christians...</td>
<td>1454</td>
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<tr>
<td></td>
<td>(but on Sundays and feast days**: To Thee, the Champion Leader...)</td>
<td>729</td>
</tr>
<tr>
<td>November 8 - 9</td>
<td>The sacred treasury...</td>
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* The numbers in this chart refer to the page numbers in our book in Western notation. To download the chart with page numbers for the same book in Byzantine notation, go to: http://www.stanthonysmonastery.org/music/KontakiaB.pdf

** A “feast day” is a day on which the Menaion appoints the Great Doxology to be chanted in Orthros.
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<td>1454, 395</td>
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<td>December 20 - 24</td>
<td>On this day the Virgin cometh...</td>
<td>395</td>
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<tr>
<td>December 25 - 31</td>
<td>On this day the Virgin beareth...</td>
<td>405</td>
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<td>January 1</td>
<td>Now the Lord of all...</td>
<td>453</td>
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<tr>
<td>January 2 - 5</td>
<td>In the running waters...</td>
<td>459</td>
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<td>January 6 - 14</td>
<td>On this day Thou hast appeared...</td>
<td>483</td>
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<td>January 15 - 31</td>
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<td>1454, 590</td>
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<td>February 1</td>
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<td>Lazarus Saturday</td>
<td>To those on the earth...</td>
<td>1296</td>
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<td>Sunday of Pascha until Wednesday of the 6th Week</td>
<td>Though Thou didst descend...</td>
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<td>Weekdays of Thomas Week</td>
<td>With his searching right hand...</td>
<td>1335</td>
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<td>Weekdays of the Week of the Myrrh-Bearing Women</td>
<td>When Thou didst cry, Rejoice...</td>
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<td>Weekdays of the Paralytic until Mid-Pentecost</td>
<td>As of old Thou didst raise up...</td>
<td>1343</td>
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<td>Mid-Pentecost until Wednesday of the 5th Week</td>
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<td>Ascension Thursday until Friday of the 7th Week</td>
<td>When Thou hadst fulfilled...</td>
<td>1357</td>
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<td>Saturday of the 7th Week</td>
<td>With the Saints grant rest...</td>
<td>1365</td>
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<td>Sunday of Pentecost until its apodosis</td>
<td>Once, when He descended...</td>
<td>1368</td>
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<td>As first-fruits of our nature...</td>
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<td>To Thee, the Champion Leader...</td>
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<td>July 2</td>
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<td>1002</td>
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<td>July 3 - 24</td>
<td>Protection of Christians...</td>
<td>1454</td>
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<tr>
<td>(but on Sundays and feast days: To Thee, the Champion Leader...)</td>
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<td>July 25</td>
<td>We celebrate now...</td>
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<td>July 26</td>
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<td>1454</td>
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<tr>
<td>(but on Sundays: To Thee, the Champion Leader...)</td>
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<td></td>
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<td>July 27</td>
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<td>July 28 - 31</td>
<td>Protection of Christians...</td>
<td>1454</td>
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<tr>
<td>(but on Sundays: On the mount Thou wast transfigured...)</td>
<td>1154</td>
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<td>August 1</td>
<td>Thou Who wast raised up... (This is chanted even if it falls on a Sunday)</td>
<td>1154</td>
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<td>August 2 - 4</td>
<td>Protection of Christians...</td>
<td>1454</td>
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<td>(but on Sundays: On the mount Thou wast transfigured...)</td>
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<td></td>
</tr>
<tr>
<td>August 5</td>
<td>All of mortal nature now...</td>
<td>1143</td>
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<tr>
<td>(but on Sundays: On the mount Thou wast transfigured...)</td>
<td>1154</td>
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<tr>
<td>August 6 - 13</td>
<td>On the mount Thou wast transfigured...</td>
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<td>August 14</td>
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<td>August 29</td>
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<td>August 30</td>
<td>Protection of Christians...</td>
<td>1454</td>
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<td>(but on Sundays: To Thee, the Champion Leader...)</td>
<td>729</td>
<td></td>
</tr>
<tr>
<td>August 31</td>
<td>Thy precious sash...</td>
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Concerning Notation

The ison, or tonic note, of the melody is indicated by a capital letter written above the staff. This note is to be held until another letter above the staff changes the pitch of the ison. If there is more than one person holding the ison, they should take breaths at different times so that there are no breaks, even if there is a rest in the melody. Those who hold the ison may do so in octaves, but they need to be careful not to sing louder than those performing the melody. Ideally, ison holders should pronounce the words simultaneously with those singing the melody. However, the prevailing practice today is to hold a sustained schwa sound [ə] instead, since this neutral vowel does not clash with the vowels in the sung text. The abbreviation “Un.” means that the ison singers should join in unison with the melody. The ison is almost always chanted at a pitch lower than or equal to the pitch of the melody. An ellipsis following the ison note (for example, C…) means that the ison should be held without stopping at the upcoming rest in the melody. Since Byzantine music is not based on absolute pitches but on the pitches of Νη-Πα-Βού (Do-Re-Mi) etc., which are relative, the entire melody may (and should) be transposed to a pitch that fits the tessitura of the singers. The tone Νη (Do) is always fixed at C throughout this anthology. Although this convention facilitates sight-reading, it makes several melodies too high for some people (especially for baritones and female voices) unless these melodies are transposed.

Since there are no bar lines to signal measure breaks, each staff is treated as a separate measure. For this reason, an accidental placed somewhere in a staff will apply for the remainder of that staff but not for the following staff. Courtesy accidentals are placed in parentheses wherever clarification is deemed necessary.

The Byzantine music symbols that apply stress to a note (the “psefiston” and the “vareia”) are usually transcribed by placing an accent (>) above the note affected. However, these stresses in Byzantine music are usually not chanted with a significant increase in volume. Therefore, when encountering notes with accents in this book, one must be careful not to emphasize them unduly.
Sources

The troparia in this book are original compositions based on the melodies and melodic formulae found in the following books:


Εἱρμολόγιον Καταβασιῶν, Ἰωάννου Πρωτοψάλτου, Ἐκδοτικὸς Ὑικος Βασ. Δημοπούλου, Θεσσαλονίκη, 1998 (ἀναύπωσις τῆς ἐν Κωνσταντινούπολι ἐκδόσεως τῷ 1903).

Μουσικὴ Κύψελη, Τόμος Α’, Β’ καὶ Γ’, Στεφάνου Λαμπαδαρίου, Ἐκδόσεις «Ὁ Μιχ. Ι. Πολυχρονάκης», Κρήτη (ἀναύπωσις τῆς ἐν Κωνσταντινούπολι ἐκδόσεως τῷ 1883).

Μουσικὸν Ἐγκόλπιον Παρακλητικῆς, Τόμος Α´ καὶ Β´, Ἱερομονάχου Ἰεροθέου, Ἐκδόσεις Ἰ.Μ. Φιλοθέου, Ἀγιον’Ορος, 2003.
Credits

Almost all the texts used for the hymns in this publication are from the Holy Transfiguration Monastery in Brookline, Massachusetts. These copyrighted texts are used with their kind permission. These texts may be found in The Great Horologion and the Menaion. We chose their translation because many people throughout the world hold their liturgical translations in high regard due to their precision, meter, and elegance.

The apolytikion for the environment was composed by the "Hymnwriter of the Great Church of Christ," Fr. Gerasimos of Little St. Anne's Skete on the Holy Mountain, and was translated by Archimandrite Ephrem Lash.

The texts for the troparia to St. Paisius Velichkovsky are copyrighted by the St. John of Kronstadt Press. We are grateful to Fr. Gregory Williams for allowing us to use these texts.

The text for the troparion of St. Alban, the First Martyr of Britain, was kindly provided to us by Fr. Stephen Platt on behalf of the Fellowship of St. Alban and St. Sergius.
The apolytikion and kontakion of St. Herman of Alaska were taken from the *Orthodox Word*, with permission of the St. Herman Brotherhood in Platina, California. They also graciously gave us permission to use their icons of St. Sushanik and St. Nino that were published in their book *Georgian Saints*, the photo of St. Anatole the Younger of Optina from their book *St. Ambrose of Optina*, and the icon of Sts. Barsanuphius and John from the cover of their book *Guidance Toward Spiritual Life*.

The photo of St. Joseph of Optina was taken with permission from the book *The Elder Joseph of Optina*, published by the Holy Transfiguration Monastery in Brookline, Massachusetts.

The apolytikion of St. Nicholas of Japan was taken from [http://orthodoxwiki.org/Nicholas_of_Japan](http://orthodoxwiki.org/Nicholas_of_Japan).

The apolytikia of St. Etheldreda of Ely and St. Theodore of Tarsus were originally composed by Krastu Banev, and with his permission we altered a few words to improve the meter of his work.

The apolytikion of St. Tabitha was taken from David Bryant's collection of troparia and kontakia at: [http://users.netmatters.co.uk/davidbryant/C/TropKon/TP.htm](http://users.netmatters.co.uk/davidbryant/C/TropKon/TP.htm) The icon of St. Tabitha, painted at the Holy Monastery of the Dormition of the Theotokos in Parnethos, was used with the kind permission of Aperges & Co. (www.aperges.com) in Athens who print the icon.

We ourselves translated the troparia to St. Stylianos of Pamphlagonia and St. Nicodemus of the Holy Mountain, as well as the Athonite hymn to the Panagia "Παναγία Δέσποινα."

The icon of St. Botolph was painted by the Holy Transfiguration Monastery in Brookline, Massachusetts, and is used with their permission.

Several other icons were downloaded from websites that did not specify the icons' authorship and copyright status. We apologize if we have unintentionally reproduced copyrighted material. If their owners would like us to include their names on this page or remove their icons from this book, we shall gladly comply.
September
The Beginning of the Indiction

September 1

Apolytikion

Intonation: #4
Second Mode

O Maker of all creation, Who hast established the times and the seasons in Thine own power:

Bless the crown of this year with Thy goodness, O Lord, and keep our rulers and Thy flock in peace, by the inter-

www.stanthonymonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
cessions of the The- o- to- kos, and save us.
St. Symeon the Stylite

September 1

Apolytikion

Intonation: #1

First Mode

Thou becamest a pillar of patience and didst emulate the Fathers, O righteous one: Job

in his sufferings, Joseph in temptations,

and the life of the bodiless while in the bod —
O Symeon, our righteous Father, intercede with Christ God that our souls be saved.
The Beginning of the Indiction

September 1

Kontakion

Fourth Mode

"Thou Who wast raised up"

O God of all, Thou Who hast made all the ages, O Sovereign Lord, truly transcendent in essence, bestow Thy grace and blessing on the year to come; and, O Most Compassionate, in Thine

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September 1 - Beginning of the Indiction

in - fi - nite mer - cy save all them that wor - ship Thee,

Who a - lone art our Mas - - - ter, and that with fear, O

Sav - iour, cry to Thee: Grant un - to all men a

fruit - ful and god - ly year.

Let the word of Christ dwell in you richly in all wisdom;
teaching and admonishing one another in psalms and hymns and spiritual songs,
singing with grace in your hearts to the Lord.

Col. 3:16
St. Symeon the Stylite

September 1

Kontakion

Intonation: #4
Second Mode

Allegro \( \frac{4}{4} \) 150

Thou soughtest the heights, though parted not from things below.

Thy pillar became a chariot of fire for thee. Thou becamest thereby a true companion of the angelic host; and together with them, O Saint, thou
In the churches
there are vigils, and David
is first and middle and last. In the
singing of early morning hymns David
is first and middle and last. In the tents at
funeral processions David is first and middle and
last. In the houses of virgins there is weaving, and David
is first and middle and last. What a thing of wonder! Many
who have not even made their first attempt at reading know all
of David by heart and recite him in order. Yet it is not only in the
cities and the churches that he is so prominent on every occasion and
with people of all ages; even in the fields and deserts and stretching into
uninhabited wasteland, he rouses sacred choirs to God with greater zeal.
In the monasteries there is a holy chorus of angelic hosts, and David is
first and middle and last. In the convents there are bands of virgins
who imitate Mary, and David is first and middle and last. In the
deserts men crucified to this world hold converse with God,
and David is first and middle and last. And at night all
men are dominated by physical sleep and drawn into
the depths, and David alone stands by, arousing
all the servants of God to angelic vigils,
turning earth into heaven and
making angels of men.

- St. John Chrysostom
The Synaxis of the Theotokos of Miasenae

September 1

Apolytikion

Grave Mode

Rejoice, thou who art full of grace, O Virgin Theotokos, haven and protection of the race of man; for the Redeemer of the world became incarnate of thee; for thou alone art both mother and vir...
September 1 - Synaxis of the Theotokos of Miasenae

gin, ev - er bless - ed and glo - ri - fied. In - ter -

cede with Christ_ God that peace be grant - ed un - to all_

the_ world.
The Righteous Jesus of Navi (Joshua, Son of Nun)

September 1

Apolytikion

Second Mode

Intonation: #4

Allegro \( \text{\textbullet}\text{.}\text{.}\text{.} \text{.50} \)

As we celebrate the memory of Thy

Prophet Jesus of Navi O Lord, through him we beseech

Thee to save our souls.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Martyr
Mamas

September 2

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
The truth of things hath revealed thee to thy flock as a rule

of faith, an icon of meekness, and a teacher of

temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Old men ignore the stiffness of age
to sing [a psalm], and melancholy veterans
echo it in the joy of their hearts; young men sing
one without the bane of lust, as do adolescents without
threat from their insecure age or the temptation of sensual
pleasure; even young women sing psalms with no loss of wifely
decency, and girls sing a hymn to God with sweet and supple voice
while maintaining decorum and suffering no lapse of modesty.
Youth is eager to understand [a psalm], and the child who
refuses to learn other things takes pleasure in contemplating it; it is a kind of play, productive of more
learning that that which is dispensed
with stern discipline.

- St. Ambrose of Milan
The Holy Hieromartyr Anthimus
Bishop of Nicomedia

September 3

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided...
ed the word of truth, thou didst also contest for the Faith,

even unto blood, O Hieromartyr Anthimus.

Intercede with Christ our God that our souls be saved.
Saint Theoctistus,
Fellow Ascetic of
St. Euthymius the Great

September 3

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Un. G

In holiness consecrated unto God from thy youth,

O wise Theoctistus, thou didst hate attachment to all things
vain and corruptible. Hence, while shining brightly

in divine prayer and stillness, thou wast a strict trainer

www.stanthonyssmonastery.org/music/Menaion.htm
of God-bearing monastics. And now, O blessed Father, do thou guide us who come to thee.
The Holy Prophets
Moses and Aaron

September 4

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy

Prophets Moses and Aaron, O Lord, through them we beseech

Thee to save our souls.
The Holy Hieromartyr Babylas
Bishop of Antioch

September 4

Apolytikion

Intonation: #10

Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent

to divine vision. Wherefore, having rightly divid-
ed the word of truth, thou didst also contest for the Faith.

even unto blood, O Hieromartyr Babylas.

Intercede with Christ our God that our souls be saved.

Our psalmody should be angelic, not unspiritual and secular.

For to psalmodize with clamour and a loud voice

is a sign of inner turbulence.

- St. Gregory of Sinai
The Holy Prophet Zacharias
Father of the Venerable Forerunner

September 5

Apolytikion

Intonation: #19

"Joseph was amazed"

In the vesture of a priest, according to the Law of God, thou didst offer unto Him well-pleasing whole-burnt offerings, as it befitted a priest, O wise Zacharias. Thou wast a
shining light, a seer of mysteries,
bearing in thyself clearly the signs of grace; and in God's temple, O wise Prophet of Christ God, thou wast slain with the sword. Hence, with the Forerunner, make en-treaty that our souls find salvation.

September 5 - Prophet Zacharias
The Commemoration of the Miracle
by the Archangel Michael in Chonae

September 6

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Supreme Commander of the Hosts of the Heavens, we, the unworthy, importune and beseech thee that by thy supplications thou dost circle us in the shelter of the wings of thine
immaterial glory, guarding us who now fall down and cry to thee with fervour: Deliver us from dangers of all kinds, as the great marshal of the heavenly hosts on high.
The Forefeast of the Birth of the Theotokos

September 7

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

From the root of Jesse and the loins of David, the great king, Maryam, the child of God, is born for our sake on this day. Hence, all creation exulteth on its renewal. Both Heaven
and the earth Rejoice together now.

Praise her, O ye tribes of nations here below. The righteous Joachim rejoiceth, and

Anna keepeth feast, crying out: The barren bear eth the Theotokos, the nourisher of our life.
The Forefeast of the Birth of the Theotokos

September 7

Kontakion

Fourth Mode
"On this day Thou hast appeared"

Intonation: #8

Allegro \( \frac{1}{4} = 150 \)

In the Immaterial Spirit, the whole world hath been mystically adorned on thine august Nativity; and it doth cry joyously: Rejoice, O Virgin, thou...
boast    of the Christian race.
The Holy Martyr
Sozon

September 7

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonysmonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ciful.
Saint Macarius of Optina

September 7

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Though a perfect man in years and wisdom, thou didst put thyself under submission in thy love for the life of obedience; and when the Most High beheld thy humility, He gave thee
wisdom and holiness greater still. O divinely blessed Father, all wise Macarius, entreat Christ God to grant great mercy unto us.
The Birth of the Theotokos

September 8

Apolytikion

Fourth Mode

Thy Nativity, O Theotokos, hath proclaimed joy to the whole world; for from thee hath dawned the Sun of Righteousness, Christ our God, annulling the curse and be stowing the blessing, abolishing death and granting us

Un. E

www.stanthonyssmonastery.org/music/Menaion.htm
Final cadence:

Life everlasting.
The Birth of the Theotokos

September 8

Kontakion

Intonation: #10  
Fourth Mode

Allegro \( \text{\textcopyright } 150 \)

Joachim and Anna were freed from the reproach of childlessness, and Adam and Eve from the corruption of death, O immaculate one, by thy holy Nativity, which thy people, redeemed from the guilt of offences,
celebrate by crying to thee: The barren woman giveth birth to the Theotokos, the nourisher of our life.
The Holy and Righteous Ancestors of God Joachim and Anna

September 9

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy righteous Ancestors, O Lord, through them we beseech Thee to save our souls.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Martyrs
Menodora, Metrodora, and Nymphodora

September 10

Apolytikion

Intonation: #10
"Be quick to anticipate"

Oι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
When, indeed, the Holy Spirit saw that the human race was guided only with difficulty toward virtue, and that, because of our inclination toward pleasure, we were neglectful of an upright life, what did He do? The delight of melody He mingled with the doctrines so that by the pleasantness and softness of the sound heard we might receive without perceiving it the benefit of the words, just as wise physicians who, when giving the fastidious rather bitter drugs to drink, frequently smear the cup with honey. Therefore, He devised for us these harmonious melodies of the psalms, that they who are children in age, or even those who are youthful in disposition, might to all appearances chant, but in reality, become trained in soul.

- St. Basil the Great
In thee the image was preserved with exactness,
O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other never look the flesh, for it passeth away, but
to attend to the soul since it is immortal. Wherefore, O righteous Theodora thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Autonomus

September 12

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent

to divine vision. Wherefore, having rightly di-

www.stanthonyssmonastery.org/music/Menaion.htm
Let the servant of God sing in such a manner
that the words of the text rather than the voice
of the singer cause delight.

- St. Jerome
The Consecration of the Church of the Holy Resurrection

September 13

Apolytikion

Fourth Mode

Un. GE

Thou hast shown the earth-ly beau-ty of the ho-ly tab-er-

na-cle of Thy glo-ry to be like un-to the

spen-dour of the heav-en-ly fir-ma-ment, O Lord. Strength-en

it for ev-er and ev-er, and ac-cept our prayers which
we unceasingly offer therein unto Thee,

through the Theotokos, O Thou Who art the Life and Resurrection of all.
The Forefeast of the Exaltation of the Cross

September 13

Apolytikion

Second Mode

We offer Thee in mediation the life-giving Cross which, of Thy goodness, Thou hast given unto us, the unworthy, O Lord. Save Thy hierarchs and Thy flock, and grant Thou peace through the Theotokos, O only Friend of man.
The Universal Exaltation
of the Venerable and
Life-giving Cross

September 14

Apolytikion

Intonation: #1
First Mode

Allegro ♩=150

Save, O Lord, Thy people and bless Thine inheritance;
grant Thou unto the faithful victory over adversaries. And by the power

of Thy Cross do Thou preserve Thy commonwealth.

Σώσον Κύριε τὸν λαὸν σου

www.stanthonyssmonastery.org/music/Menaion.htm
The Universal Exaltation of the Venerable and Life-giving Cross

September 14

Kontakion

Fourth Mode

Intonation: #10

Allegro \( \frac{3}{4} \) 150

Thou Who wast raised up on the Cross of Thine own will, O Christ our God, do Thou bestow

Thy compassions upon this, Thy new commonwealth named after Thee. Glad den with Thy sov reign might our most

\[ \text{www.stanthonyismonastery.org/music/Menaion.htm} \]
Orthodox hierarchs, and vouch-safe them victory over every false teaching; and as Thy help in war may they possess the weapon of peace, the trophy invincible.
The Holy Martyr
Nicetas

September 15

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons’ strength-less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.
The Holy Great Martyr
Euphemia the All-Famed

September 16

Apolytikon

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

D G

Diatonic

www.stanthonyssmonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee; for Thy sake I die, that I may live

in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since Thou art great in mercy.
Saint Ninian
Enlightener of Scotland

September 16

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

As the equal of the Lord's Apostles, thou didst bring the grace of the good tidings to the lands of the Scots, O wise Ninian. Thou art a lamp to our feet, who enlightenest our souls to
walk in the path of our God's commands. Hence, we
honour thee and cry unto thee with fervent faith: En-
treat Christ God to grant great mercy unto us.

SAINT NINIAN OF SCOTLAND
Allegro

The Holy Martyr Sophia
and Her Three Daughters
Faith, Hope, and Love

September 17

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Oι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
Un.

O Christ God, by their prayers, save our souls, since Thou art merciful.

de-mons’ strength-less pre-summ-tion.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty.

Saint Eumenius the Wonderworker
Bishop of Gortynia

September 18

Apolytikion

Intonation: #10

Fourth Mode

www.stanthonymonastery.org/music/Menaion.htm
Fa - ther and Hier - arch Eu - men - i - us, in - ter - cede with

Christ God that our souls be saved.

For to sing the Psalms
demands such concentration
of a man's whole being on them
that, in doing it, his usual disharmony
of mind and corresponding bodily confusion
is resolved, just as the notes of several flutes are
brought by harmony to one effect; and he is thus no
longer to be found thinking good and doing evil, ...so he
who sings well puts his soul in tune, correcting by degrees its
faulty rhythm so that at last, being truly natural and integrated,
it has fear of nothing, but in peaceful freedom from all
vain imaginings may apply itself with greater long-
ing to the good things to come. For a soul
rightly ordered by chanting the sacred
words forgets its own afflictions
and contemplates with joy
the things of Christ
alone.

- St. Athanasius the Great
The Holy Martyrs
Trophimus, Sabbatius, and Dorymedon

September 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

O ι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Great Martyr Eustathius
and Theopiste, His Spouse,
and Their Two Sons Agapius and Theopistus

September 20

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-summ-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Prophet Jonas

September 21

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Σάλπιγξ εὐήχος

To the Ninevites, thou wast a trumpet, blaring fearful threats of Heaven's judgments, at the which they repented with all their hearts; and from the sea-monster's belly didst thou fore-show the Lord's di-

www.stanthonyssmonastery.org/music/Menaion.htm
Even though the meaning of the words [of psalmody] be unknown to you,
teach your mouth to utter them meanwhile. For the tongue
is made holy by the words when they are
uttered with a ready and
eager mind.

- St. John Chrysostom
The Holy Apostle Quadratus

September 21

Apolytikion

Intonation: #8

Third Mode

'Απόστολε ἁγιε

O ho·ly A·pos·tle Qua·dra·tus, in·ter·cede with the mer·ci·ful God that He grant un·to our souls for·give·ness of of·fenc·es.
We bring before Thee in prayer, O Christ, the great Anthony together with the whole assembly of the God-bearing Fathers as a fiery pillar and brilliant sun which hath shone forth from the mountain of the Kiev Caves.

* Their memory is celebrated on the first Saturday after the Apodosis of the Feast of the Exaltation of the Cross.
We entreat Thee, by their prayers, grant grace unto our monastery, and to our souls great mercy.
The Holy Hieromartyr Phocas
Bishop of Sinope

September 22

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided...

www.stanthonymonastery.org/music/Menaion.htm
ed the word of truth, thou didst also con-test for the Faith

e - ven un - to blood, O Hier - o - mar - tyr Pho - cas.

In - ter - cede with Christ our God that our souls be saved.

SAINT PHOCAS
Re-joice, O thou bar-ren one who hadst not borne un-til now;

for lo, in all truth thou hast con-ceived the lamp of the Sun, and

he shall send forth his light o-ver all the earth, which

is af-flict-ed with blind-ness. Dance, O Zach-a-ri-as,
and cry out with great boldness: The one to be born is the blest Prophet of God Most High.
The Conception of St. John the Forerunner

September 23

Kontakion

First Mode (soft chromatic)
"The soldiers standing guard"

Great Zachari as now doth rejoice with re-

splendence; E liz a beth his glori ous yoke -

mate ex ul t eth; for she hath con ceived di vine__

John the Fore run ner wor thi ly, whom the

www.stanthonyssmonastery.org/music/Menaion.htm
great Archangel had announced with rejoicing,

whom, as it is meet, we men revere as a sacred initiate of grace divine.
The Holy First Martyr Thecla
the Equal to the Apostles

September 24

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

www.stanthonysonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
By prayer thou didst receive Christ as thy Master on the path of humility; and in thy heart the Holy Spirit witnessed unto thy salvation. For this cause all people called to live in hope are now rejoicing,
and celebrating thy memory. O holy father

Silouan, pray to Christ to save our souls.

SAINT SILOUAN PRAYING IN HIS CELL
Saint Silouan the Athonite

September 24

Kontakion

Intonation: #10
Plagal Fourth Mode

During thy life on earth thou didst serve Christ, following His path, and now in Heaven thou dost contemplate Him Whom thou hast loved; dwelling with Him as He promised to His elect, O
Holy Father Silouan, instruct us in the way that thou hast gone.
Saint Euphroysseyne

September 25

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth a - way, but

www.stanthonyssmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Euphrosyne, thy spirit rejoiceth with the Angels.
As an athlete in virtue, and as a true soldier of Christ our God, thou didst struggle mightily against the passions in this temporal life, and thou wast a model for thy disciples in psalmody, vigils, and fasts.
Wherefore, the Most Holy Spirit dwelt in thee, and thou wast radiantly adorned by His grace. But since thou hast boldness with the Holy Trinity, remember the flock which thou didst gather, O wise one; and forget not to visit thy children as thou didst promise, O Sergius our holy Father.

SAINT SERGIUS OF RADONEZH
The Translation of the Holy Apostle and Evangelist John the Theologian

September 26

Apolytikion

Intonation: #4
Second Mode

Allegro

Ω Α - pοs - tle, be - lov - ed of Christ our God,

Has - ten to de - liv - er a de - fence-less peo - ple. He that al - lowed thee to re - cline on His breast,

receiv - eth thee bow - ing in in - ter - ces - sion.
Im-plore Him, O The-o-logian, to dis-pel the per-sis-ent
cloud of the hea-then, and ask for us His peace and great
mer-cy.
The Translation of the Holy Apostle and Evangelist
John the Theologian

September 26

Kontakion

Intonation: #4
Second Mode

Who can tell thy mighty works, O virgin Saint?

For thou pour-est forth mirac-cles, and art a source of heal-ings, and thou dost in-ter-cede for our souls, as the

The-o-lo-gian and the friend of Christ.

www.stanthonymonastery.org/music/Menaion.htm
The Holy Martyr Callistratus
and the Forty-Nine Martyrs with Him

September 27

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Oι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

www.stanthonymonastery.org/music/Menaion.htm
O Christ God, by their prayers, save our souls, since Thou art merciful.

demons' strengthless presumption. O Christ God, by their
The Holy Prophet Baruch

September 28

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

The Holy Prophet Baruch

Allegro 150

Thou didst foretell the Lord’s divine Incarnation when thou didst cry out to the whole world, O Prophet: This is our God, there shall be none compared to Him; He was seen upon the earth, being

www.stanthonymonastery.org/music/Menaion.htm
born of a Virgin: He hath shone upon our souls the divine light of knowledge. And He doth grant salvation unto all who sing thy praise.

O divinely inspired Baruch.
Saint Chariton the Confessor

September 28

Apolytikion

Intonation: #25

Plagal Fourth Mode

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminary.
It was explained to the blessed Epiphanios, bishop of Cyprus, by the abbot of the monastery he had in Palestine: "In accordance with your instructions we have not neglected our rule, but diligently discharge Terce, Sext, and None." However, Epiphanios corrected them and made it clear to them, saying: "You obviously neglect the other hours of the day when you refrain from prayer, for the true monk must have prayer and psalmody in his heart without ceasing."

- *Apophthegmata Patrum*
Saint Cyriacus the Anchorite

September 29

Apolytikion

Intonation: #1
First Mode

By fasting, vigil, and prayer thou didst obtain...
heavenly gifts, and thou healest the sick

and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to

Him that worketh healings for all through thee.
The Holy Hieromartyr Gregory
Bishop of Greater Armenia

September 30

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided

www.stanthonyssmonastery.org/music/Menaion.htm
ed the word of truth, thou didst also contest for the Faith.

even unto blood, O Hieromartyr Gregory.

Intercede with Christ our God that our souls be saved.

To recite the psalms with melody
is not done from a desire for pleasing
sound, but it is a manifestation of harmony
among the thoughts of the soul. And melodious
reading is a sign of the well-ordered and
tranquil condition of the mind.

- St. Athansius the Great
October
Holy Protection of the Theotokos

October 1 or 28

Apolytikion

First Mode

"While Gabriel was saying"

Intonation: #1

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Since we have thee as our shelter and certain help, we cry to thee with our whole soul: Glory to thy great deeds, O most pure Maid. Glory to thy shelter most divine. Glory to thy care and providence for us, O spotless one.

Psalm 70: 23

My lips shall rejoice when I chant unto Thee, yea, even my soul which Thou hast redeemed.
**Holy Protection of the Theotokos**

**October 1 or 28**

Kontakion

Plagal Fourth Mode

"To Thee, the Champion Leader"

Intonation: #24

Let us the faithful hasten to the Theotokos now and venerate her sacred veil, as we chant unto her, singing hymns to praise and honour her, as is fitting; for she

[Music notation]

www.stanthonyssmonastery.org/music/Menaion.htm
shelt - 'reth with her shel - ter all her faith - ful
flock and pre - serv - eth them un - harmed from all ca - lam - i -
ties, as they cry to her: Re - joice, Pro -
tec - tion most ra - di - ant.
The Holy Apostle Ananias

October 1

Apolytikion

Intonation: #8

Third Mode

Allegro ♩=150

O holy Apostle Ananias, intercede with the merciful God that He grant unto our souls forgiveness of offenses.

www.stanthonyssmonastery.org/music/Menaion.htm
Saint Romanus the Melodist

October 1

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth a - way, but

www.stanthonyssmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Romanus, thy spirit rejoiceth with the Angels.
As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided...
October 2 - Sts. Cyprian and Justina

Reading, keeping vigil and prayer focus the wandering mind. Hunger, toil and solitude quell inflamed desire. Psalmody, patience and pity arrest seething anger.

And these are to be practiced at the appropriate time and in good measure, for what is excessive and ill-timed is not lasting, and what does not last is harmful rather than beneficial.

Evagrius the Solitary
The Holy Hieromartyr
Dionysius the Areopagite

October 3

Apolytikion

Fourth Mode

Intonation: #10

Allegro  \( \frac{1}{4} \)\text{\texttt{150}}

\[ \text{\texttt{Un.}} \]

Since thou hadst been in-struct-ed in up-right-ness thor-ough-ly

and wast vig-i-lant in all things, thou wast clothed with a good

con-science as be-fit-teth one ho-ly. Thou didst
draw from the Cho-sen Ves-sel in-ef-fa-ble mys-ter-ies;

\[ \text{\texttt{F}} \]

\[ \text{\texttt{G}} \]

www.stanthonyssmonastery.org/music/Menaion.htm
Un. and having kept the Faith, thou didst finish a like course, O Hieromartyr Dionysius. Intercede with Christ God that our souls be saved.
Saint Hierotheus  
Bishop of Athens  

October 4  

Apolytikion  

Intonation: #10  
Fourth Mode  

Allegro  \( \text{\textit{\textbullet\textbullet\textbullet\textbullet}} \)  

Since thou hadst been in-struct-ed in up-right-ness thor-ough-ly  

And wast vig-i-lant in all things, thou wast clothed with a good con-science as be-fit-teth one ho-ly. Thou didst  

draw from the Cho-sen Ves-sel in-ef-fa-ble mys-ter-ies;
and having kept the Faith, thou didst finish a like course, O Hieromartyr Hierotheus. Intercede with Christ God that our souls be saved.
Saint Charitina

October 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Allegro $\frac{1}{2} 150$

\[ \text{H ἁμνάς σου Ἰησοῦ} \]

\[ \text{D} \]

Diatonic

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

www.stanthonymonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Holy Hierarchs of Moscow
Peter, Alexis, Jonas, Philip, Hermogenes, and Tikhon

October 5

Apolytikion

Intonation: #10
Fourth Mode
(soft chromatic)

Allegro  \( \frac{1}{2} \) 150

Pre-lates of Russia, true keepers of the apostolic traditions, un-shake-able pillars, teachers of Orthodoxy, O Peter, Alexis, Jonas, Philip, Hermogenes, and Tikhon.

www.stanthonysonastery.org/music/Menaion.htm
When you approach a king,
you stand before him bodily, entreat him orally,
and fix your eyes upon him, thus drawing to yourself his royal favour.

Act in the same manner, whether in church or in the solitude of your cell. When in God's name you gather together with the brethren, present yourself bodily to God and offer Him psalms chanted orally; and likewise keep your intellect attentive to the words and to God Himself, aware of who it is that your intellect addresses and entreats. For when the mind devotes itself to prayer actively and with purity, the heart is granted inexpressible peace and a joy which cannot be taken away.

Theoliptos, Metropolitan of Philadelphia
The Holy Apostle Thomas

October 6

Apolytikion

Intonation: #8
Third Mode

Allegro

O holy Apostle Thomas, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Martyrs
Sergius and Bacchus

October 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
It was explained to the blessed Epiphanius, bishop of Cyprus, by the abbot of the monastery he had in Palestine: "In accordance with your instructions we have not neglected our rule, but diligently discharge Terce, Sext, and None." However, Epiphanius corrected them and made it clear to them, saying: "You obviously neglect the other hours of the day when you refrain from prayer, for the true monk must have prayer and psalmody in his heart without ceasing."

- *Apophthegmata Patrum*
**Saint Pelagia**  
**the Former Courtesan**

**October 8**

**Apolytikion**

Intonation: #25  
Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o-

verlook the flesh, for it passeth away, but
to attend to the soul since it is immortal. Wherefore, O righteous Pelagia thy spirit rejoiceth with the Angels.
The Holy Apostle James
the Son of Alphæus

October 9

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{1}{4} \) 150

O ho - ly A - pos - tle James, in - ter - cede with the

mer - ci - ful God that He grant un - to our souls for -

give - ness of of - fenc - es.
Saints Andronicus and Athanasia

October 9

Apolytikion

Intonation: #13
Plagal First Mode
"Let us worship the Word"

Ye adorned your divinely wrought robe of chastity with the sublime varied colours of sacred virtues in God, when with one accord ye strove in the ascetic life. Therefore, your silence on the earth was re-

www.stanthonysonastery.org/music/Menaion.htm
When you have children, teach them music.

But, of course, real music--angelic, not dances and songs.

Music assists the development of the perception of spiritual life.

The soul becomes refined. It begins to understand

spiritual music as well.

- St. Barsanuphius of Optina
The Righteous Patriarch Abraham

October 9

Apolytikion

Intonation: #13

Plagal First Mode

"Let us worship the Word"

Allegro \( \frac{1}{4} \) 150

In the night universal of ignorance towards God, and in that starless, profound gloom bereft of heavenly light, thou, O Abraham, wast kindled in the firmament, burning with bright farshining faith in the
Everlasting Light, Who shone forth to us from thy seed. Do thou entreat Him with fervour, that He enlighten us and save our souls.
The Holy Martyrs
Eulampius and Eulampia, His Sister

October 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the

www.stanthonysmonastery.org/music/Menaion.htm
A religious hymn is a great blessing for everyone.

It constitutes praise to the Most High,
honor for His holy people, worldwide harmony,
an eloquent proof of the Church's unity. It expresses the voice of the Church, its confession. It brings about a complete spiritual uplifting and absolute peace and joy in redeemed hearts, with the triumphal hymn and song of happiness. It drives away hardness of heart. It chases away disturbance. It dissolves and dissipates despondency.

The voice sings the soul's joy, while the spirit delves into the mysteries of the faith.

- St. Ambrose of Milan
The Synaxis of the Righteous and God-bearing Fathers of Optina

October 10

Apolytikion

Intonation: #13
Plagal First Mode
"Let us worship the Word"

Allegro  \-150

For your greatness in prayer and humility and love, for your ascetical firmness and Orthodoxy of faith, God hath given His exceeding wondrous gifts to you as unto Prophets of His will, as to

www.stanthonymonastery.org/music/Menaion.htm
G

angels on the earth, and stewards of men's salvation.

A

Wherefore enlighten us also, Universal lights of Optina.

Un.

ver-sal lights of Opti-na.
Sunday of the Holy Fathers
of the Seventh Ecumenical Council

October 11-17

Apolytikion

Intonation: #25
Plagal Fourth Mode

Most glorified art Thou, O Christ our God,
Who hast established our Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful

www.stanthonyssmonastery.org/music/Menaion.htm
One, glory be to Thee.
Sunday of the Holy Fathers of the Seventh Ecumenical Council

October 11-17

Kontakion

Plagal Fourth Mode

Intonation: #25

Allegro \( \text{\textbullet}\text{-}150 \)

The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth, woven from the theology on high, she

www.stanthonyssmonastery.org/music/Menaion.htm
right - ly di - vid - eth and glo - ri - fi - eth the great
myster - y of pi - e - ty.
Saint Theophanes the Branded

October 11

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro 150

F C

Guide of Orthodoxy, teacher of piety

Un. F D

and holiness, luminary of the

Un. C

world, God-inspired adornment of hierarchs, O wise Theophanes, by thy teachings thou
A psalm is a city of refuge from the demons; a means of inducing help from the angels, a weapon in fears by night, a rest from the toils of the day, a safeguard for infants, an adornment for those at the height of their vigor, a consolation for the elders, a most fitting ornament for women. It peoples the solitudes; it rids the market places of excesses; it is the elementary exposition of beginners, the improvement of those advancing, the solid support of the perfect, the voice of the Church. It brightens feast day; it creates a sorrow which is in accordance with God.

For, a psalm calls forth a tear even from a heart of stone. A psalm is the work of angels, a heavenly institution, the spiritual incense.

- St. Basil the Great
The Holy Apostle Philip

October 11

Apolytikion

Intonation: #8

Allegro

O holy Apostle Philip, intercede with the merciful God that He grant unto our souls forgiveness of offences.

www.stanthonyssmonastery.org/music/Menaion.htm
Since thou hadst received within thy pure soul God's enlightenment, O righteous Father, thou wast shown to the world as a blazing light which drive away its thick darkness and moved all men to seek the
grace of the Spirit which they had lost. O all-
ho-ly Fa-ther Sym-e-on, in-ter-cede with Him to
grant great mer-cy un-to us who hon-our thee.

St. Symeon the New Theologian  St. Symeon the Pious
All the powers of Heaven were awe-struck and amazed at the achievement and deeds of the holy Martyrs of Christ; for contending well in mortal bodies clothed with flesh, they overcame the fleshless foe by the
When it happens to me that the song moves me more than the thing which is sung, I confess that I have sinned blamefully and then prefer not to hear the singer.

- Blessed Augustine
The Holy Martyrs
Carpus, Papylius,
Agathodorus, and Agathonica

October 13

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ciful.
The Holy Martyrs
Nazarius, Gervasius, Protasius, and Celsus

October14

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
I think it is useful
to have diversity and variety
in the prayer and psalmody at these
appointed times, because somehow the soul is
frequently bored and distracted by routine, while by
change and variety of the psalmody and prayer at each
hour its desire is renewed and its concentration restored.

- St. Basil the Great
Saint Cosmas
the Hymnographer

October 14

Apolytikion

Intonation: #25
Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety
and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Cosmas, by thy teachings thou
hast enlightened all, O harp of the Spirit.

Intercede with Christ God that our souls be saved.
The Holy Martyr Lucian

October 15

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
For since human nature rejects
and avoids what is difficult, even if beneficial,
and accepts virtually nothing unless it seems to offer pleasure,

through David the Lord prepares from men this potion which is sweet
by reason of its melody and effective in the cure of disease by reason of its
strength. For a psalm is sweet to the ear, it penetrates the soul when it gives pleasure,
it is easily remembered when sung often, and what the harshness of the Law cannot
force from the minds of man it excludes by the suavity of song. For whatever
the Law, the Prophets and even the Gospels teach is contained as a
remedy in the sweetness of these songs.

- St. Niceta of Remesiana
The Holy Martyr
Longinus the Centurion

October 16

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Prophet Hosea

October 17

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy

Prophet Hosea, O Lord, through him we beseech Thee to

save our souls.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Righteous Martyr
Andrew in "The Judgment"

October 17

Apolytikion

Intonation: #10

Fourth Mode
"Thou Who wast raised up"

Allegro \( \frac{3}{4} \) 150

Trained on the moun - tain in as - cet - ic - al

la - bours, with the whole ar - mour of the Cross

thou didst van - quish the spir - i - tual ar - rays of un - seen

en - e - mies; and when thou hadst stripped thy - self with great

www.stanthonymonastery.org/music/Menaion.htm
cour - age for con - test, thou didst slay Cop - ro - nym -
us with the sword of the true Faith. For
both these things hast thou been crowned by God, O right-eous Mar -
tyr, blest An - drew of great re - nown.
Saint Susanna
Queen of Georgia

October 17

Apolytikion

Intonation: #13
Plagal First Mode
"Let us worship the Word"

Allegro

Let us honour Susanna, the wise hand-maid of God, the

godly boast of Liberia, the bright lamp of the

Faith, the far-shining and great beacon of true piety. For, by her confession of the Truth, she hath
shown forth unto all the path leading to salvation; and she maketh fervent entreaty that we be granted life and mercy from God.

Sometimes singing in moderation successfully relieves the temper.
But sometimes, if untimely and immoderate, it lends itself to the lure of pleasure.
Let us then appoint definite times for this, and so make good use of it.

- St. John of the Ladder
The Holy Apostle and Evangelist Luke

October 18

Apolytikion

Third Mode

Intonation: #8

Allegro 150

O holy Apostle and Evangelist Luke,

intercede with the merciful God that He

grant unto our souls forgiveness of offenses.

www.stanthonysonastery.org/music/Menaion.htm
The Holy Prophet Joel

October 19

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy Holy Prophet Joel, O Lord, through him we beseech Thee to save our souls.
The Holy Martyr
Varus

October 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.

THE PROPHET JOEL
AND SAINT VARUS
Saint John of Rila

October 19

Apolytikion

Intonation: #1
First Mode

Allegro  \( \ \frac{\text{B}}{150} \)

Thy life was a foundation of repentance, a model of compunction, an image of consolation and spiritual perfection equal to the

Angels, O Saint; for thou didst persevere in prayer,
fast - ing, and tears. O Fa - ther John,
in - ter - cede with Christ our God for our souls.
Saint John of Kronstadt

October 19

Apolytikion
(text composed by St. John Maximovitch)

Intonation: #10

Fourth Mode

Allegro \( \dot{\cdot}150 \)

O wonder-work-er liv-ing in Christ for ev-er, with
love have mer-cy on them that are in dan-ger; hear thy
chil-dren who call up-on thee with faith; be thou com-

sion-ate un-to them that hope for aid from thee, O Fa-
ther

www.stanthonyssmonastery.org/music/Menaion.htm
John of Kronstadt, our beloved shepherd.
Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength- less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.

SAINT ARTEMIUS
Let us the faithful praise the divine Gerasimus, who

hath been newly revealed to us as a protector

of the Orthodox, an angel in the flesh, and a

God-bearing wonderworker. For he worthi-
ly received from God the un-failing gift of healing;

he restor-eth the ail-ing and heal-eth de-moni-

acs. Where-fore, he pour-eth forth heal-ings up-

on them that hon-our him.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-
While your tongue sings,
let your mind search out the meaning of the words,
so that you might sing in spirit and sing also in understanding.

- St. Basil the Great
Saint Abercius
Bishop of Hieropolis

October 22

Apolytikion

Intonation: #10
Fourth Mode

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Abercius, intercede with Christ God that our souls be saved.
The Holy Seven Youths of Ephesus
Maximilian, Jamblichus, Martinian, Dionysius, Anthony, Exacustodian, and Constantine

October 22

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-ump-tion. O Christ God, by their
prayers, save our souls, since Thou art mer-ci-ful.
St. James
the Brother of God

October 23

Apolytikion

Intonation: #10
Fourth Mode

Ως τοῦ Κυρίου μαθητής

As a disciple of the Lord, O righteous one,
thou hast received the Gospel. As a Martyr thou art never turned away. As the Brother of God thou hast boldness. As a hierarch thou canst intercede. Do thou

www.stanthonymonastery.org/music/Menaion.htm
in - ter - cede with Christ God that He save our souls.
Saint Arethas
and His Fellow Martyrs

October 24

Apolytikion

Intonation: #1

First Mode

Tás ἀληθόνας

Allegro 1/150

Be Thou entreated for the sake of the sufferings

of Thy Saints which they endured for Thee, O Lord, and

do Thou heal all our pains, we pray, O Friend of man.
The Holy Martyrs
Marcian and Martyrius

October 25

Apolytikion

Intonation: #10
"Be quick to anticipate"

The Holy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the

www.stanthonyismonastery.org/music/Menaion.htm
Sing to God,
not with the voice, but with the heart;
not, after the fashion of tragedians, in smearing the throat
with a sweet drug, so that theatrical melodies and songs are heard
in the church, but in fear, in work, and in knowledge of the
Scriptures. And although a man be cacophonous, if
he have good works, he is a sweet
singer before God.

- St. Jerome
A great champion hath the whole world found thee to be when in grave perils; for thou dost put to flight the heathen, O victorious one.

As thou didst humble Lyaeus’s arrogance and...
gav-est bold-ness to Nes-tor in the sta-dium,

thus, O ho-ly Great Mar-tyr De-me-tri-us, do thou en-treat Christ God that we be grant-ed great mer-cy.
Commemoration of the Great Earthquake in Constantinople

October 26

Apolytikion

Intonation: #25
Plagal Fourth Mode

O Thou Who look-est up-on the earth and make-est it trem-ble, de-liver us from the fear-ful men-ace of earth-quake, O Christ-our God, and by the in-ter-ces-sions of the The-o-to-kos, send down up-

www.stanthonysonastery.org/music/Menaion.htm
on us Thy mercies in abundance, O only

Friend of man.
Saint Demetrius
the Myrrh-streamer

October 26

Kontakion

Second Mode

Intonation: #4

Allegro \( \frac{1}{4} \)

God, Who hath given thee invincible strength, O Demetrius, hath adorned the Church with the royal purple of the streams of thy blood and hath kept thy city unharmmed, for thou art the support thereof.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Martyr
Nestor

October 27

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy
strength, he cast down the tyrants and wholly destroyed the
He who is not alone, but is with others,
cannot derive so much benefit from psalmody
as from internal prayer; for the confusion
of voices renders the psalms indistinct.

- St. John of the Ladder
HOLY PROTECTION
OF THE THEOTOKOS

October 1 or 28

Apolytikion

First Mode
"While Gabriel was saying"

Intonation: #1

Allegro \( \frac{1}{4} \) 150

O Virgin, we exalt the great grace of thy Protection,
which thou didst spread out like a bright cloud beyond all understanding;
for thou dost invisibly protect thy people from the foe's every assault.
Since we have thee as our shelter and certain help,
we cry to thee with our whole soul: Glory to thy great deeds, O most pure Maid. Glory to thy shelter most divine. Glory to thy care and providence for us, O spotless one.

My lips shall rejoice when I chant unto Thee,
yea, even my soul which Thou hast redeemed.

Psalm 70: 23
**Holy Protection of the Theotokos**

October 1 or 28

Kontakion

Plagal Fourth Mode

"To Thee, the Champion Leader"

Intonation: #24

Allegro 150

Let us the faithful hasten to the Theotokos now and venerate her sacred veil, as we chant unto her, singing hymns to praise and honour her, as is fitting; for she

www.stanthonysonastery.org/music/Menaion.htm
shelt - 'reth with her shel - ter all her faith - ful

flock and pre - serv - eth them un - harmed from all ca - lam - i - ties, as they cry to her: Re - joice, Pro -

tec - tion most ra - di - ant.
The Holy Martyrs
Terence, His Wife Neonilla,
and Their Seven Children

October 28

Apolytikion

Intonation: #10
"Be quick to anticipate"

Oi martyrēs sou Kúrie

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the
de-mons’ strength-less pre-summ-tion. O Christ God, by their
prayers, save our souls, since Thou art mer-ci-ful.
Saint Stephen
of Mar Sabbas Monastery

October 28

Apolytikion

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Stephen, by thy teachings thou

www.stanthonyssmonastery.org/music/Menaion.htm
October 28 - St. Stephen

hast en-light-ened all, O harp of the Spir-it.

In-ter-cede with Christ God that our souls be saved.
Saint Anastasia of Rome

October 29

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

D G
O Lord Je - sus, un - to Thee Thy lamb doth cry with a great voice: O my Bride - groom, Thee I love; and
seek - ing Thee, I now con - test, and with Thy bap - tism am

D G

www.stanthonyssmonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
Saint Abramius

October 29

Apolytikion

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other,

ver - look the flesh, for it pass - eth a - way, but

www.stanthonyismonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Abramius, thy spirit rejoiceth with the Angels.

When we are weighed down by deep despondency, we should for a while sing psalms out loud, raising our voice with joyful expectation until the thick mist is dissolved by the warmth of song.

- St. Diadochos of Photiki
The Holy Martyrs
Zenobius and His Sister Zenobia

October 30

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

Oι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Holy Apostles of the Seventy:
Stachys, Apelles, Amplias, Urban, Narcissus, and Aristobulus

October 31

Apolytikion

Intonation: #8

Third Mode

Allegro \( \uparrow \begin{matrix} & C & > & F & D \end{matrix} \)

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Martyr
Epimachus of Egypt

October 31

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee,

received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the
Pray gently and calmly, sing with understanding and rhythm; then you will soar like a young eagle high in the heavens. Psalmody calms the passions and curbs the uncontrolled impulses in the body.

- Evagrios the Solitary
November
The Holy and Wonderworking Unmercenarys Cosmas and Damian

November 1

Apolytikion

Intonation: #25
Plagal Fourth Mode

"Αγιοι 'Ανάργυροι

F C Un.

O ho-ly Un-mer-cen-aries and won-der-work-

ers, vis-it our in-fir-mi-ties; free-ly ye re-

ceived, free-ly give to us.
The Holy and Wonderworking Unmercenary Cosmas and Damian

November 1

Kontakion

Intonation: #4
Second Mode

Allegro   \( \frac{1}{4} \) 150

Having received the grace of healing, ye extend health to those in need, O glorious and wonder-working physicians. Hence, by your visitation, cast down the audacity of our ene-

Oî tîn χάριν λαβόντες
November 1 - Sts. Cosmas and Damian

E Un.

mies, and by your mir-a-cles, heal the world.

SAINTS COSMAS AND DAMIANOS
Blessed is the earth that drank your blood, O prize winners of the Lord, and holy are the tabernacles that received your spirits; for in the stadium ye triumphed over the enemy, and ye pro-
claimed Christ with boldness. Beseech Him, we pray, since He is good, to save our souls.
The Holy Martyrs
Acephimasa, Joseph, Aethalas

November 3

Apoloikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
Let us examine during psalmody
what kind of sweetness comes to us
from the demon of fornication and, on
the other hand, what kind of sweetness
come to us from the words of the
Spirit and from the grace and
power contained in them.

- St. John of the Ladder
The Consecration of the Church of Saint George in Lydda

November 3

Apolytikion

Intonation: #10

Fourth Mode

Allegro

Liberator of captives, defender of the poor, physician of the sick, and champion of kings, O trophy-bearer, Great Martyr George, intercede with Christ God that our souls be saved.

Ως τῶν αἰχμαλώτων
Saint Joannicius the Great

November 4

Apolytikion

Intonation: #25

Plagal Fourth Mode

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-

www.stanthonyssmonastery.org/music/Menaion.htm
y, shining with miracles upon the world, O Joannicius our righteous Father. Intercede with Christ God that our souls be saved.
The Holy Hieromartyr Nicander  
Bishop of Myra  

November 4  

Apolytikion  

Intonation: #10  
Fourth Mode  

As a sharer of the ways and a successor to  
the throne of the Apostles, O inspired of  
God, thou foundest discipline to be a means of ascent  
to divine vision. Wherefore, having rightly divid -
I will sing unto the Lord throughout my life,
I will chant to my God for as long as I have my being.

Psalm 103: 35
Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-summ-ation. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Saint Paul the Confessor
Archbishop of Constantinople

November 6

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Thy confession of the one divine Faith showed thee

to the Church to be a new Paul and a zeal

ot among priests, O holy one. The righteous

blood both of Abel and Zachary with thee doth

www.stanthonyssmonastery.org/music/Menaion.htm
Recite the words of psalmody as your very own,
that you may utter the words of your supplication with insight
and with discriminating compunction, like a man who truly understands his work.

-St. Isaac the Syrian
The Holy Thirty-Three Martyrs of Melitene

November 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Intonation: #10

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the

www.stanthonymonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Saint Lazarus of Mount Galesion
the Wonderworker

November 7

Apolytikion

Plagal Fourth Mode

Intonation: #25

In thy vigilant prayers, thou didst drench thy pillar
with streams of tears; by thy sighings from the
depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a shepherd, granting for...
We should offer our prayers to God with fear and trembling, tears and sighs,
and our voices when we chant should be sober,
contrite, measured, and humble.

- St. Palladius
The Synaxis of the Archangel Michael and of the Other Bodiless Hosts

November 8

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Supreme Commanders of the Hosts of the Heavens, we, the unworthy, importune

and beseech you that by your supplications ye encircle us in the shelter of the wings of your imm...
Oh, that blessed alleluia of heaven
that the angels chant where God dwells!
There, the harmony of those who hymn God
with words and deeds is perfect! So let us take care
to chant the alleluia with perseverance now,
so that we will be counted worthy of
chanting it with stillness then.

- Blessed Augustine
The Synaxis of the Archangel Michael and of the Other Bodiless Hosts

November 8

Kontakion

Intonation: #4
Second Mode

Allegro \- 130

Un. G

Supreme Commanders of God and ministers of the Divine Glory, guides of men and leaders of the bodiless hosts: Ask for what is to our profit and for great mercy, since ye are Supreme Commanders

'Αρχιστράτηγοι Θεοῦ

www.stanthonysonastery.org/music/Menaion.htm
of the bodiless hosts.
Saint Nectarius the Wonderworker
Metropolitan of Pentapolis

November 9

Apolytikion

Intonation: #1
First Mode

The offspring of Se-li-vri-a and the guardian of

Aegina, the true friend of virtue who didst appear in the last years, O Nectarius, we

faithfully honour thee as a godly servant of
Christ, for thou pour-est forth heal-ings of eve-ry kind for those who pi-ously cry out: Glo-ry to Christ Who hath glo-ri-fied thee. Glo-ry to Him Who hath made thee won-drous. Glo-ry to Him Who work-eth heal-ings for all through thee.
Saint Nectarius the Wonderworker
Metropolitan of Pentapolis

November 9

Kontakion

Intonation: #24

Plagal Fourth Mode

"To thee, the Champion Leader"

Come, let us all laud Orthodoxy's newly shining star and the divine and newly built bulwark of the Church; and in joyfulness of heart, let us sing his praises. By the
work - ing of the Spirit was he glorified, and doth pour forth the abundant grace of wondrous cures upon them that cry: Rejoice, O Father Nectarius.
The Holy Martyrs
Onesiphorus and Porphyrius

November 9

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Oι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
E Un.

de-mons' strength-less pre-sump-tion. O Christ God, by their

prayers, save our souls, since Thou art mer-ci-ful.

No one in 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
Saint Matrona

November 9

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it passeth a - way, but

www.stanthonymonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Therefore, O righteous Matrona, thy spirit rejoiceth with the Angels.
The Holy Apostles of the Seventy
Olympas, Rodion, Erastus,
Sosipater, and Quartus

November 10

Apolytikion

Intonation: #8
Third Mode

Allegro  \( \frac{\text{-}}{150} \)

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offences.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Martyr
Orestes

November 10

Apolytikion

Intonation: #10

Allegro \( \frac{4}{4} \)

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
demons' strength-less presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
With great valour of soul, thou didst strive in martyrdom, and having fought the good fight, O divine Great Martyr Menas, thou from Heaven hast received the gift of miracles; for God hath shown thee to the world as a
worker of great signs, and He made thee our protector.

or and a swift help in afflictions and ever-vigilant defence from harm.

SAINT MENAS
Saints Menas, Victor, and Vincent

November 11

Apolytikion

Intonation: #10

"Be quick to anticipate"

With songs of praise, let us hymn the steadfast athletes of Christ:

divine Victor, Vincent, and the noble Stephanie, with Menas the glorious. Having crushed the foe in sundry ages and countries, they rejoice together,

www.stanthonyssmonastery.org/music/Menaion.htm
November 11 - Sts. Menas, Victor, and Vincent

Saints Victor, Stephanie, Menas, Theodore the Studite, and Vincent
Saint Theodore the Studite

November 11

Apolytikion

Intonation: #25  
Plagal Fourth Mode

Guido of Or-tho-doxy, teach-er of pi-e-ty

and ho-li-ness, lu-mi-nar-y of the

world, God-in-spired ad-or-nment of mo-nas-tics, O wise The-o-dore, by thy teach-ings thou
I think it is useful to have diversity and variety in the prayer and psalmody at these appointed times, because somehow the soul is frequently bored and distracted by routine, while by change and variety of the psalmody and prayer at each hour its desire is renewed and its concentration restored.

- St. Basil the Great
Saint John the Almsgiver
Archbishop of Alexandria

November 12

Apolytikion

Intonation: #25
Plagal Fourth Mode

F Un.

In thy patience thou hast won thy reward, O righteous Father. Thou didst persevere unceasingly in prayer; thou didst love the poor, and didst provide for them in all things. Wherefore, intercede with Christ, our

www.stanthonyssmonastery.org/music/Menaion.htm
God, O blessed John the Almsgiver, that our souls be saved.
Saint Martin
Bishop of Tours

November 12

Apolytikion

Intonation: #10
"Be quick to anticipate"

Allegro  \(-\frac{3}{4}\)  \(-150\)

In signs and in miracles thou wast renowned throughout Gaul;

by grace and adoption now thou art a light for the world, O

Martin, most blest of God. Alms-deeds and compassion

filled thy life with their splendour; teaching and wise counsel
were thy riches and treasures, which thou dost dispense freely unto all them that honour thee.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminary.
November 12 - St. Nilus

y, shining with miracles upon the world,

O Nilus our righteous Father. Intercede with Christ God that our souls be saved.
Grace shining forth from thy mouth like a beacon hath illumined
the universe, and disclosed to the world

treasures of uncovetousness, and shown us the heights of

humility; but whilst instructing us
This I say,
not only that you
may yourselves sing praises,
but also that you may teach your
wives and children to do so, not merely
to lighten the work while weaving, but especially
at the table. For since Satan is wont to lie in wait at feasts,
and to employ as allies drunkenness, gluttony, immoderate
laughter, and an inactive mind; on these occasions, both
before and after table, it is especially necessary to
fortify oneself with the protection of the
psalms and, rising from the feast
together with one's wife and
children, to sing sacred hymns to God.

- St. John Chrysostom
From the Heavens hast thou received divine grace,
and by thy lips thou dost teach all to worship the One God in

Trinity, O John Chrysostom, all-blessed righteous

one. Rightly do we acclaim thee, for thou art a
teacher revealing things divine.
The Holy Apostle Philip

November 14

Apolytikion

Intonation: #8

Third Mode

O holy Apostle Philip, intercede with the merciful God that He grant unto our souls forgiveness of offenses.

www.stanthonyssmonastery.org/music/Menaion.htm
Saint Gregory Palamas
the Wonderworker
Archbishop of Thessalonica

November 14

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \text{\textbf{\textit{d}}-150} \)

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessal-
lon - i - ca, her - ald of grace: ev - er pray that

our souls be saved.
Saint Gregory Palamas  
the Wonderworker  
Archbishop of Thessalonica  

November 14  

Kontakion  

With one accord, we praise thee as the sacred and divine vessel of wisdom and clear trumpet of theology, O our righteous Father Gregory of divine speech. As a

Intonation: #24  
Plagal Fourth Mode  
"To thee, the Champion Leader"  

www.stanthonysmonastery.org/music/Menaion.htm
While your tongue sings,
let your mind search out the meaning of the words,
so that you might sing in spirit and sing also in understanding.

- St. Basil the Great
Saints Guria, Shamuna, and Habib the Deacon

November 15

Apolytikion

Plagal First Mode

Since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heathen, O Christ our God, and strengthen the faith of Orthodox

www.stanthonymonastery.org/music/Menaion.htm
Christians, since Thou alone art good and the Friend of man.
A sojourn er upon the earth, thou didst reach the heaven ly homeland, O vener able Fa ther Paisi us, ascet ic of god ly love, and didst teach the faithful to lift up their minds unto God and cry out to

Saint Paisius Velichkovsky

November 15

Apolytikion

Intonation: #4

Second Mode

Allegro \( \frac{3}{4} \)}
Him with all their heart: O Lord Jesus Christ, Son of God, have mercy on me, a sinner!
Saint Paisius Velichkovsky

November 15

Kontakion

Intonation: #4

Second Mode

Allegro $\frac{\text{150}}{\text{4}}$

Emulating the chaste Joseph and the desert-loving Forerunner, thou didst forsake all the allurements of this world, O venerable one; falling the evil and crafty serpent with the spear of patience,
thou didst fill the mountains and hills with thy virtues; and putting to shame the wickedness of heresies, thou didst show thyself to be a teacher equal with the apostles. Wherefore, we cry to thee: Rejoice, O Paisius our father, radiant beacon of the Orthodox Church!
Saint Herman of Alaska

November 15
(or December 12)

Apolytikion

Intonation: #10
Fourth Mode

Allegro \( \frac{\text{150}}{\text{160}} \)

Blessed ascetic of the northern wilds and gracious intercessor for the whole world, teacher of the Orthodox Faith, good instructor of piety, adornment of Alaska and joy of all America,
November 15 - St. Herman of Alaska

Holy Father Herman, pray to Christ God that He save our souls.

SAINT HERMAN OF ALASKA
Saint Herman of Alaska

November 15
(or December 12)

Kontakion

Intonation: #24
Plagal Fourth Mode
"To thee, the Champion Leader"

Allegro \( \frac{3}{4} \)

To thee, the Champion Leader

Monk of Va-alam, who through ascetic labours didst

become an emulator of the
desert-dwelling Saints of old, O beloved

of the Mother of God and Virgin, having

www.stanthonyssmonastery.org/music/Menaion.htm
When you worship God with hymns,
you should be worshipping Him with your
entire being; your voice should sing; your heart
should also sing; and your life should also
sing. Everything should sing!

- Blessed Augustine
The Holy Apostle
and Evangelist Matthew

November 16

Apolytikion

Intonation: #8
Third Mode

Allegro 150

O holy Apostle and Evangelist Matthew,
intercede with the merciful God that He
grant unto our souls forgiveness of offenses.

www.stanthonysonastery.org/music/Menaion.htm
By vigilance in prayer, and continuance in the working of wonders, thou didst acquire thine achievement as a surname; wherefore, intercede with Christ our God, O Father Gregory, to enlighten our
souls, lest we sleep in sin unto death.
Saint Hilda of Whitby

November 17

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it passeth away, but

www.stanthonyssimonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Therefore, O righteous Hilda, thy spirit rejoiceth with the Angels.

O sleepless nights, with the singing of psalms,
and with standing which lasts from one day to the next!
O David, only for these faithful souls [the nuns], have you not sung too long!

- St. Gregory of Nazianzus
The Holy Martyrs
Plato and Romanus

November 18

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

www.stanthonyismonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Holy Prophet Abdias (Obadiah)

November 19

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy

Prophet Abdias, O Lord, through him we beseech Thee to

save our souls.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Martyr
Barlaam

November 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by his
prayers, save our souls, since Thou art merciful.

THE TRANSFIGURATION
The Forefeit of the Entry
of the Theotokos into the Temple

November 20

Apolytikion

Intonation: #10

"Be quick to anticipate"

By blossoming forth the only Ever-virgin as fruit,

Today holy Anna doth betroth us all unto joy, instead of our former grief; on this day she doth fulfill her vows to the Most High, leading her with joy in-

www.stanthonyssmonastery.org/music/Menaion.htm
to the Lord’s holy temple, who truly is the temple and pure Mother of God the Word.
The Forefeast of the Entry of the Theotokos into the Temple

November 20

Kontakion

Intonation: #8
Fourth Mode (modified)
"On this day Thou hast appeared"

The whole world is filled today with joy and gladness on the Theotokos's auspicious and resplendent feast, whereupon with great voice it crieth out: The heavenly taber -
C Un.

nacle is she in truth.
Saints Gregory of Decapolis
and Proclus, Archbishop of Constantinople

November 20

Apolytikion

Intonation: #10
Fourth Mode

Allegro \( \frac{4}{4} \) 160

Un.

O God of our Fathers, ever dealing with us according
to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.
The Entry Into the Temple of the Theotokos

November 21

Apolytikion

Intonation: #10

Fourth Mode

Today is the prelude of God's good will and the heralding of the salvation of mankind. In the temple of God, the Virgin is presented openly, and she proclaims Christ unto all. To her, then, with a great voice

www.stanthonyssmonastery.org/music/Menaion.htm
let us cry aloud: Rejoice, O thou fulfillment of the Creator's dispensation.

For final cadence:
The Entry Into the Temple of the Theotokos

November 21

Kontakion

Fourth Mode

"Thou Who wast raised up"

The sacred treasury of God's holy glory, the greatly precious bridal chamber and Virgin, the Saviour's most pure temple, free of stain and undeleted, into the House of the Lord on this
Those who chant in the churches
should refrain from forcing their nature to yell,
but also from saying anything else that is unsuitable for the church.

- Canon LXXV of the Sixth Ecumenical Synod
The Holy Apostles of the Seventy
Philemon, Apphia, Archippus, and Onesimus

November 22

Apolytikion

Intonation: #8
Third Mode

Allegro \( \text{C} 150 \)

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.

www.stanthonymsmonastery.org/music/Menaion.htm
The Holy Martyrs
Cecilia, Valerian, and Tiburtius

November 22

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy
strength, they cast down the tyrants and wholly destroyed the

www.stanthonysmonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Saints Amphilochois, Bishop of Iconium
and Gregory, Bishop of Agrigentum

November 23

Apolytikion

Intonation: #10
Fourth Mode

Allegro \( \frac{1}{4} \)

O God of our Fathers, ever dealing with us according

to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.
Saints Clement of Rome and Peter of Alexandria

November 24

Apolytikion

Intonation: #10
Fourth Mode

Allegro \( \frac{3}{4} \) 160

Un. G

O God of our Fathers, ever dealing with us according

to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.

www.stanthonymsmonastery.org/music/Menaion.htm
Saint Catherine the Great Martyr

November 25

Apolytikion

Intonation: #13

Plagal First Mode

"Let us worship the Word"

November 25

Let us praise the all-lauded and noble bride of Christ, the godly Catherine, the guardian of Sinai and its defense, who is also our support and succour and our help; for with the Holy Spirit's sword she hath
silenced brilliantly the clever among the godless; and being crowned as a Martyr, she now doth ask great mercy for us all.
Saint Mercurius the Great Martyr

November 25

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-summ-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.
Saint Catherine the Great Martyr

November 25

Kontakion

Intonation: #4

Second Mode

"Thou soughtest the heights"

Rouse up now a choir, O ye that love the martyred

Saints, august and inspired, acclaiming the supremely

wise Martyr Catherine, who hath proclaimed and preached of Christ in the

stadium and hath trampled the serpent down and

www.stanthonyssmonastery.org/music/Menaion.htm
spat on the knowledge of the eloquent.
Saint Alypius the Stylite

November 26

Apolytikion

Intonation: #1

First Mode

Allegro \( \frac{\text{d}^2}{150} \)

\( \text{D} \)

Thou be-cam-est a pil lar of pa-tience and didst

em - u - late the Fore - fa - thers, O right - eous one: Job

in his suf - fer - ings, Jo - seph in temp - ta - tions,

and the life of the bod - i - less while in the bod -

www.stanthonyssmonastery.org/music/Menaion.htm
O Alypius, our righteous Father, intercede with Christ God that our souls be saved.
Saint Nicon "Repent Ye"

November 26

Apolytikion

Intonation: #8

Third Mode

"Thy confession"

Χαίρετε ἐχουσα

Allegro ♩=150

Lac - e - dae - mon doth re - joice with glad - ness in the

god - ly shrine of thy blest rel - ics, which doth make_

streams of heal - ings to o - ver - flow and doth pre -

serve from af - flic - tions and sore dis - tress all them that
November 26 - St. Nicon "Repent Ye"

A holy hymn gives
birth to piety of soul,
creates a good conscience,
and is accepted by God in
the treasuries of the heavens.

- St. John Chrysostom
Saint Stylianos
of Paphlagonia

November 26

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Thou hast proved to be a living pillar and the Church's firm unshaken tower blessed Stylianos through thine abstinence. For from thy youth thou becamest a dwelling-place and conse-
crated abode of the Paraclete. Righteous Father intercede with Christ our long-suffering God and pray to Him to grant great mercy unto us.

SAINT STYLIANOS
The Holy Great Martyr
James the Persian

November 27

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Righteous Martyr
Stephen the New

November 28

Apolytikion

Intonation: #10

Fourth Mode
"Thou Who wast raised up"

Allegro 130

Trained on the mountain in ascetic labours, with the whole armour of the Cross thou didst vanquish the spiritual arrays of unseen enemies; and when thou hadst stripped thyself with great

www.stanthonysonastery.org/music/Menaion.htm
courage for contest, thou didst slay Coronym-
us with the sword of the true Faith. For
both these things hast been crowned by God, O righteous Mar-
tyr, blest Stephen of great reknown.
The Holy Martyr
Irenarchus

November 28

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.
The Holy Martyrs
Paramonus and Philumenus

November 29

Apolytikion

Fourth Mode
"Be quick to anticipate"

Intonation: #10

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
Not if someone utters the words the psalm with his mouth, does that one sing to the Lord; but, all who send up the psalmody from a clean heart, and who are holy, maintaining righteousness toward God, these are able to sing to God, harmoniously guided by the spiritual rhythms.

- St. Basil the Great
The Holy Apostle Andrew
the First-Called

November 30

Apolytikion

Intonation: #10
Fourth Mode

As the first-called of the Apostles, and brother of their leader, O Andrew, en-treat the Master of all that peace be granted unto the world and great mercy to our souls.

www.stanthonymonastery.org/music/Menaion.htm
The Holy Apostle Andrew
the First-Called

November 30

Kontakion

Intonation: #4

Second Mode

Allegro \( \frac{4}{4} \)

Let us acclaim the name-sake of courage, that herald of things divine, the first-called of the Saviour's disciples, and the kinsman of Peter; for as he formerly cried out to him, so doth he
now to us: Come, we have found the Desired

One.

SAINT ANDREW THE FIRST-CALLED
December
The Holy Prophet Nahum

December 1

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy Holy Prophet Nahum, O Lord, through him we beseech Thee to save our souls.
Saint Philaret
the Almsgiver

December 1

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

From the inner wealth of a divine faith, thou didst
deal thy riches to the needy; and thy works of compassion have glorified Christ, the Bester of mercy, O Philaret; for thy whole

www.stanthonyssmonastery.org/music/Menaion.htm
If Paul--imprisoned, made fast in the stocks, and threatened with intolerable scourges--
praised God along with Silas continually throughout the night (when sleep is most
pleasant to everyone); and if neither the place, nor the hour, nor his anxieties,
nor the tyrant's slumbers, nor the pain of his labors, nor anything else
could bring him to interrupt his singing, so much the more
ought we, who live pleasantly and enjoy God's
blessings, to give forth hymns that
express thanks to Him.

- St. John Chrysostom
As we celebrate the memory of Thy Holy Prophet Abbacum, O Lord, through him we beseech Thee to save our souls.
As we celebrate the memory of Thy Prophet Sophonias, O Lord, through him we beseech Thee to save our souls.
Let us honour Saint Barbara, for she hath broken the
snares of the enemy; and like a sparrow, she, the all-modest maiden, was delivered out of them by the help and weapon of...
December 4 - St. Barbara

the Cross.

SAINT BARBARA
Saint John of Damascus

December 4

Apolytikion

Intonation: #25

Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the

world, God-inspired adornment of monastics, O wise John, by thy teachings thou

www.stanthonysonastery.org/music/Menaion.htm
hast enlightened all, O harp of the Spirit.

Intercede with Christ God that our souls be saved.
The Holy Great Martyr Barbara

December 4

Kontakion

Intonation: #10

Fourth Mode

Allegro $\frac{1}{4} \text{ 150}$

O modest trophy-bearer, as thou didst follow Him that in Trinity is hymned,

with true rev'rence, thou didst forsake devotion to idolatry; nor didst thou shrink back in fear from the

www.stanthonyssmonastery.org/music/Menaion.htm
Lovers of God are moved to spiritual joy, to divine love, and to tears both by worldly and by religious songs; but lovers of pleasure are moved to the opposite.

- St. John of the Ladder
Saint John of Damascus

December 4

Kontakion

Intonation: #10

Fourth Mode

Come, O ye faithful, let us praise the hymn-writer, the Church's luminary and wise instructor, the halLOWed John, who cast down all her enemies; for since he took up the Cross of the

www.stanthonyssimonastery.org/music/Menaion.htm
GF

Lord as a weapon, he drove off the heresies, with their every delusion. And

as our fervent champion with God, he granteth all

the forgiveness of trespasses.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminary.
y, shining with miracles upon the world,

O Sabbas our righteous Father. Intercede with Christ God that our souls be saved.
Saint Sabbas the Sanctified

December 5

Kontakion

Intonation: #24
Plagal Fourth Mode

Allegro \( \frac{1}{2} \) 150

\[ \text{C} \text{D} \text{C} \text{D} \text{C} \]

O blessed Sabbas, thou wast offered from thine in-

fan-cy through thy great vir-tue as a

pure and spot-less sac-rif-ice un-to God, Who

ere thy birth, ver-i-ly fore-knew thee; where-fore

www.stanthonyssmonastery.org/music/Menaion.htm
thou wast an adornment of the righteous

Saints, an all-praised founder of cities in the wilderness. Hence, I cry to thee: Rejoice, O

Father of great renown.
Saint Nicholas the Wonderworker
Bishop of Myra of Lycia

December 6

Apolytikion

Intonation: #10

Fourth Mode

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Nicholas, intercede with Christ God that our souls be saved.
Saint Nicholas the Wonderworker
Bishop of Myra of Lycia

December 6

Kontakion

Third Mode
"On this day the Virgin"

Thou, O righteous Nicholas, in Myra truly wast
shown forth as a sacred minister

for thou didst lay down thy life

for thy
flock and people and, O Saint, didst save the innocent from unjust death. Wherefore, thou wast sanctified as a great initiate of the divine grace of God.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Ambrose, intercede with Christ God that our souls be saved.

SAINT AMBROSE OF MILAN

(A mosaic of him from his church in Milan that might have been made when he was alive)
In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

never look the flesh, for it passeth away, but

Saint Patapius

December 8

Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro \( \frac{3}{4} \) 150
to attend to the soul since it is immortal. Wherefore, O righteous Patapius, thy spirit rejoiceth with the Angels.
The Conception of Saint Anna
the Mother of the Theotokos

December 9

Apolytikion

Intonation: #10

Fourth Mode

Today the bonds of childlessness are loosed; for God hearkened to Joachim and Anna. And though it was beyond hope, He clearly promised them that they should bear a divine child, from whom was born the Un-circumscript...
able One Himself Who became mortal, and

through an Angel commanded them to cry unto her: Re-

joyce, thou who art full of grace; the Lord is with thee.

Final Ending:

grace; the Lord is with thee.
The Consecration of the Church
of the Holy Resurrection

December 9

Apolytikion

Intonation: #10

Fourth Mode

Allegro  \( \frac{1}{4} \cdot 150 \)

\[ 'Ως τοῦ ἁνω στερεώματος \]

Thou hast shown the earthly beauty of the holy tabernacle of Thy glory to be like unto the splendour of the heavenly firmament, O Lord. Strengthen it for ever and ever, and accept our prayers which

www.stanthonymonastery.org/music/Menaion.htm
we unceasingly offer thereunto Thee,

through the Theotokos, O Thou Who art the Life and Resurrection of all.
All the world doth celebrate Anna's conception on this day with festive joy, because it came to pass through God; for by divine grace she hath conceived her that beyond words.

The Conception of Saint Anna
the Mother of the Theotokos

December 9

Kontakion

Intonation: #8
"On this day Thou hast appeared"

Fourth Mode (modified)

On this day Thou hast appeared

@Eortazeto symeron

www.stanthonysmonastery.org/music/Menaion.htm
con-ceiv-eth the Word of God.
Allegro

Since they had slain through their abstinence and struggles

the fiery ragings and fierce motions of the passions, the staunch Martyrs of Christ

God laid hold on the graces to drive off the

The Holy Martyrs
Menas, Hermogenes, and Eugraphus

December 10

Apolytikion

Intonation: #24

Plagal Fourth Mode

Δι' ἔγκρατείας

www.stanthonysmonastery.org/music/Menaion.htm
pains and illnesses of the sick and work_

wonders both while living and after death. Strange in_

deed is the miracle! That these bare bones should pour

forth such overflowing streams of cures. Glory

be to our only God.
The Sunday of the Holy Forefathers

December 11-17

Apolytikion

Intonation: #4

Second Mode

Allegro

By faith didst Thou justify the Forefathers,

when through them Thou didst betroth Thyself aforetime to the Church from among the nations. The Saints boast in glory that from their seed there is a glorious fruit,

Un. G

E

Un. G

Un.
December 11-17 - Sunday of the Forefathers

Even she that bare Thee seedlessly. By their prayers, O Christ God, save our souls.
A hand-wrought image ye would not worship, O thrice-blessed ones; but armed by the Undeapsible Essence, ye were glorified in your ordeal by fire. Standing in the midst of the irresistible flame, ye called upon

The Sunday of the Holy Forefathers

December 11-17

Kontakion

Intonation: #4
Second Mode

www.stanthonyssmonastery.org/music/Menaion.htm
God: Speed Thou, O Compassionate One, and Hasten, since
Thou art merciful, to come unto our aid; for
Thou art able, if it be Thy will.
Saint Daniel the Stylite

December 11

Apolytikion

Intonation: #1

First Mode

Allegro \( \frac{\text{b}}{4} \) 150

D

Thou becamest a pillar of patience and didst emulate the Fore-fathers, O righteous one: Job in his sufferings, Joseph in temptations, and the life of the bodiless while in the bod -

www.stanthonyssmonastery.org/music/Menaion.htm
y. O Daniel, our righteous Father, intercede with Christ, God that our souls be saved.
Saint Spyridon the Wonderworker  
Bishop of Trimythus in Cyprus

December 12

Apolytikion

Intonation: #1  
First Mode

Allegro  \( \text{d} \)\text{-}\text{150}

You were shown forth as a champion of the First Council and a wonderworker, O Spyridon, our God-bearing Father. Wherefore, thou didst speak unto one dead in the grave, and didst change a ser-

www.stanthonyssmonastery.org/music/Menaion.htm
pent to gold. And while chanting, thy holy prayers,
thou hadst Angels serving with thee, O most sacred one. Glory to Him that hath glorified thee.
Glory to Him that hath crowned thee. Glory to Him that worketh healings for all through thee.
Saint Spyridon the Wonderworker
Bishop of Trimythus in Cyprus

December 12

Kontakion

Intonation: #4
Second Mode
"Thou soughtest the heights"

Pierced through with the love of Christ, O sacred Spyridon, thou gavest thy mind divine wings with the Spirit's light; in the active vision of God were all thy labours, O inspired of God, whereby thou becamest the Lord's

www.stanthonyssmonastery.org/music/Menaion.htm
di-vine al-tar, ask-ing di-vine light for all.
Saint Herman of Alaska

December 12

Apolytikion

Intonation: #10
Fourth Mode

Allegro  \( \frac{1}{4} \) 150

Blessed ascetic of the northern wilds and gracious intercessor for the whole world, teacher of the

Orthodox Faith, good instructor of piety, adornment of Alaska and joy of all America,
Holy Father Herman, pray to Christ God that He save our souls.
Saint Herman of Alaska

December 12

Kontakion

Intonation: #24

Plagal Fourth Mode

"To thee, the Champion Leader"

Allegro  \( \frac{\text{b}}{150} \)

Monk of Va - laam, who through ascetic labours didst become an emula - tor of the desert-dwelling Saints of old, O be - loved of the Moth - er of God and Vir - gin, hav - ing

www.stanthonyssmonastery.org/music/Menaion.htm
taken prayer as sword and shield, thou wast revealed as the scourge of pagan darkness and the demons' hosts. Hence we cry to thee: O Saint Herman, pray that we be saved.

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
Saint Peter the Aleut

December 12

Apolytikion

First Mode

O Peter, upon the rock of thy faith hath Christ built His Church, and in the streams of thy blood hath He allowed our land. In thee thy people hath been sanctified, O Aleut; from the farthest islands of the west
hath He raised thee, a light unto all. Glory to Him that hath glorified thee. Glory to Him that hath crowned thee. Glory to Him that worketh healings for all through thee.
Saint Peter the Aleut

December 12

Kontakion

Intonation: #8

Fourth Mode (modified)

"On this day Thou hast appeared"

As a skillful fisherman, the Martyr

Peter was not harmed when he was

caught by adversaries of the Faith; but in a

sea of martyr's blood, he gained the Kingdom

www.stanthonyssmonastery.org/music/Menaion.htm
and drowned, bitter heresy.
The Holy Martyrs
Eustatius, Auxentius, Eugene, Mardarius, and Orestes

December 13

Apolytikion

Intonation: #10

"Be quick to anticipate"

www.stanthonysmonastery.org/music/Menaion.htm
de-mons’ strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Saint Lucia

December 13

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism I suffered crucified and buried. I suffer

www.stanthonyssmonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;

for Thy sake, I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Holy Martyrs
Thyrsus, Leucius, Callinicus, Philemon, Apollonius, and Arian

December 14

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
The demon of fornication, in the manner of a licking puppy, is wont to cling to the one he tempts, so as not to be cast out. But it is possible for you--it is a matter of your prerogative and intention--either to nourish him with the work of dishonor or vigorously to put him to flight with prayer and psalmody, with fasting and vigils, and with sleeping on the ground.

- Nilus of Ancyra
Being comely adorned in thy sacred priestly robes and newly drenched with the streams of thy pure and sanctified blood, thou didst soar aloft to stand before thy Master, Christ; hence never cease to intercede for those
honouring with faith thy mighty and blessed contest, thou over thrower of Satan, O wise and blessed Eleutherius.
As we celebrate the memory of Thy Holy Prophet Aggaeus, O Lord, through him we beseech Thee to save our souls.

Toû Προφήτου σου
The Holy Empress Theophano
the Wonderworker

December 16

Apolytikion

Intonation: #10

Fourth Mode
"Thou Who wast raised up"

Allegro  \-150

Prefering heavenly things unto the earthly, thou while on earth didst live the life of the Angels, raised up on godly longing, O Theophano. Wherefore, thou hast been vouchsafed Heaven's
graces and visions, Standing with the Angels'
hosts and the Saints' fair assemblies before the King of all, Whom thou didst love; pray Him to grant us His mercy and blessedness.

December 16 - St. Theophano the Empress

SAINT THEOPHANO
The Holy Prophet Daniel
and the Holy Three Children
Ananias, Azarias, and Misael

December 17

Apolytikion

Intonation: #4
Second Mode

Allegro ~150

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the
Three Holy Children rejoiced. And the Prophet Daniel
proved a shepherd of lions as of sheep. By their

Megála tû tîs písteos
prayers, O Christ God, save our souls.
The Holy Prophet Daniel
and the Holy Three Children
Ananias, Azarias, and Misael

December 17

Kontakion

Second Mode

Intonation: #4

Allegro \( \frac{4}{4} \) 150

A hand-wrought image ye would not worship, O thrice-blessed
ones; but armed by the Undescribable Essence,
ye were glorified in your ordeal by fire. Standing
in the midst of the irresistible flame, ye called upon

www.stanthonymonastery.org/music/Menaion.htm
God: Speed Thou, O Compassionate One, and Hasten, since

Thou art merciful, to come unto our aid; for

Thou art able, if it be Thy will.
Saint Dionysius of Zakynthos

December 17

Apolytikion

First Mode

"While Gabriel was saying"

The faithful son of Zakynthos, Aegina's wise prelate, the protector of the august Monastery of Strophada, O wise Dionysius, with one voice, all we the faithful honour thee and cry: By thy

www.stanthonyssmonastery.org/music/Menaion.htm
prayers, save them that keep thy memorial and

cry unto thee sincerely: Glory to

Christ Who hath glorified thee. Glory to

Him Who hath made thee wondrous. Glory to Him Who

made thee our unsleeping intercessor.
Great are the achievements of faith! In the fountain of flame, as by the water of rest, the Three Holy Children rejoiced. And the Prophet Daniel proved a shepherd of lions as of sheep. By their
prayers, O Christ God, save our souls.
The Sunday Before the Nativity of Christ

December 18-24

Kontakion

Intonation: #4

Second Mode

A hand-wrought image ye would not worship, O thrice-blessed ones; but armed by the Unde-pict-a-ble Essence, ye were glo-ri-fied in your or-deal by fire. Standing in the midst of the ir-re-sis-ti-ble flame, ye called up-on

www.stanthonyssmonastery.org/music/Menaion.htm
God: Speed Thou, O Compassionate One, and Hasten, since Thou art merciful, to come unto our aid; for Thou art able, if it be Thy will.
The Sunday Before
the Nativity of Christ

December 18-24

Kontakion of the Forefeast

Intonation: #4
First Mode (soft chromatic)
"The soldiers standing guard"

G

O Bethlehem, rejoice; Ephratha, make thou ready;
for in her womb the Ewe-lamb doth bear

the Great Shepherd, and lo, she now urgently

make eth haste to give birth to Him. On

www.stanthonymonastery.org/music/Menaion.htm
holding Him, the righteous God-bearing Fathers

all rejoice, and with the shepherds sing hymns in praise of the Virgin that nursed a child.
The Holy Martyr Sebastian and Those With Him

December 18

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

[Music notation provided]

www.stanthonyssmonastery.org/music/Menaion.htm
O the wise invention
of the teacher who contrives
that in our singing we learn what
is profitable, and that thereby doctrine
is somehow more deeply impressed upon
our souls! What is learned under duress tends
not to be retained, but what suavely ingratiates it-
self somehow abides within our souls more steadfastly.

- St. Basil the Great
The Holy Martyr
Boniface

December 19

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
The Forefeast of the Nativity of Christ

December 20

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Be thou ready, Bethlehem, Eden hath opened

Be thou ready, Bethlehem, Eden hath opened

unto all. Ephraitha, prepare thyself, for

now, behold, the Tree of life hath blossomed forth in the cave from

the holy Virgin.

The Forefeast of the Nativity of Christ

www.stanthonysonastery.org/music/Menaion.htm
proved a true spiritual Paradise,
wherein the divine and saving Tree,
is found, and as we eat thereof we shall all live,
and shall not die as did Adam. For
Christ is born now to raise the image
that had fallen aforetime.
The Forefeast of the Nativity of Christ

December 20

Kontakion

Intonation: #8
Third Mode
"On this day the Virgin"

On this day the Virgin cometh to the cave to give birth to God the Word, ineffably, Who was before all the ages.

Dance for joy, O earth, on hearing the
glad-some tid - ings; with the An-gels and the
shep-herds now glo - ri - fy______ Him Who is will - ing
to be gazed on as a young Child Who be - fore the
ag - es is God._________
The Holy Hieromartyr
Ignatius the God-bearer

December 20

Apolytikion

Intonation: #10

Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided
ed the word of truth, thou didst also contest for the Faith

even unto blood, O Hieromartyr Ignatius.

Intercede with Christ our God that our souls be saved.

SAINT IGNATIUS THE GOD-BEARER
Saint Juliana

December 21

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

D G

www.stanthonyssmonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;
for Thy sake I die, that I may live
in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since Thou art great in mercy.
Now the formerly fruitless land rejoiceth; for behold, Christ hath revealed a light in thee that shineth forth clearly in the world, and healeth our infirmities and sicknesses. Wherefore, dance and be merry with bold —
ness; he is a hier-arch in-deed of the Most — High,

Who was his fel-low-work-er in these things.
The Holy Great Martyr Anastasia
the Deliverer from Potions

December 22

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

www.stanthonyssmonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;
for Thy sake I die, that I may live
in Thee: accept me offered out of longing to
Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since
Thou art great in mercy.
The Holy Ten Martyrs of Crete

December 23

Apolytikion

Third Mode
"Awed by the beauty"

F C

Let us now hon - our Crete, _ that land most mar - vel -

F

lous, which sprout - ed forth _ the ten _ flow - ers re -

C F

vered _ by all, those good - ly pearls of Christ _ our God, those

D F

ver - dant boughs of the Mar - tyrs; for al - though they
were but ten, the most blessed men put to shame the ten thousand armoured host of the
wick - ed de - mon - ic ranks. And hence, they have re - ceived
crowns of glo - ry as stout-heart - ed Mar - tyrs of Christ
Sav - iour.

A holy hymn gives birth to piety of soul,
creates a good conscience, and is accepted by God in the treasuries of the heavens.

- St. John Chrysostom
The Holy Righteous Martyr Eugenia

December 24

Apolytikion

Intonation: #8

Third Mode

"Thy confession"

Be ing mys ti c'ly moved by the Spir it, thou didst sing God's praise, there by receiv ing the clear light of di vine knowl edge in thy heart; and sh in ing bright as the sun with a right eous life, thou o ver -
cam-est the dev-il in-mar-tyr-dom. O Eu-
ge-nia, thou most glo-ri-ous Mar-tyr of the Lord, en-
treat Christ God to grant mer-cy un-to us.

SAINT EUGENIA
The Eve of the Nativity of Christ

December 24

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

As the fruit of David's seed, Mary was registered of old with the Elder Joseph in the little town of Bethlehem, when she conceived with a seedless and pure conception. Behold, the
time was come that she should bear her Child,

but no place was found within the inn,

for them; yet the cave proved a delightful palace

for the pure Lady and Queen of all. For

Christ is born now to raise the image

that had fallen a foretime.

December 24 - The Eve of the Nativity
The Eve of the Nativity of Christ

December 24

Kontakion

Intonation: #8

Third Mode
"On this day the Virgin"

Dance for joy, O earth, on hearing the
December 24 - The Eve of the Nativity

glad-some tid - - - ings; with_ the An - gels and the

shep-herds now glo - ri - fy_ Him Who is will - ing
to be gazed_ on as a young Child_ Who be - fore the

ag - es is God._
The Nativity of Christ

December 25

Apolytikion

Fourth Mode

Thy Nativity, O Christ our God, hath shined the light of knowledge upon the world; for thereby they that worshipped the stars were instructed by a star to worship Thee, the Sun of Righteousness, and to know Thee, the Day-spring.
from on high. O Lord, glory be to Thee.

Final Cadence:

O Lord, glory be to Thee.
The Nativity of Christ

December 25

Kontakion

Intonation: #8

Third Mode

"On this day the Virgin"

On this day, the Virgin beareth the Transcendent in

Essence; to the Unapproachable,

the earth doth offer a small cave;

Angels join in choir with shepherds in

www.stanthonyssmonastery.org/music/Menaion.htm
giving glory; with a star the Magi travel upon their journey; for our sakes is born a young Child, He that existed before the ages as God.
The Sunday After the Nativity

December 26-31

Apolytikion

Intonation: #4
Second Mode

Allegro  \( \text{Allegro} \)

Un. G

\begin{align*}
O \ Joseph, \ proclaim \ the \ wonders \ to \ David, \ the \\
\text{an-ces-tor} \ of \ God. \ Thou \ hast \ seen \ a \ \text{Vir-gin} \ \text{great} \ with \\
\text{child;} \ \text{thou} \ \text{has} \ \text{given} \ \text{glo-ry} \ \text{with} \ \text{the} \ \text{shep} \ \text{herds;} \\
\text{thou} \ \text{has} \ \text{wor-shipped} \ \text{with} \ \text{the} \ \text{Ma} \ \text{gi;} \ \text{and} \ \text{thou} \ \text{has} 
\end{align*}
been instructed through an Angel. Entreat Christ God to save our souls.
The Sunday After the Nativity

December 26-31

Kontakion

Intonation: #8

Third Mode

"On this day the Virgin"

God-ly Da-vid on this day is filled with glad-ness of spir-it; Jo-seph also join-eth

James in of-f'ring glo-ry and prais-es.

They re-joice, for as Christ's kins-men, they

Un. FG

www.stanthonyssmonastery.org/music/Menaion.htm
have received crowns: and they praise the One ineffably born upon earth as they cry out with a great voice: O Lord of mercy, save them that honour Thy Name.

A religious hymn is a great blessing for everyone.
It constitutes praise to the Most High, honor for His holy people, worldwide harmony, an eloquent proof of the Church's unity. It expresses the voice of the Church, its confession. It brings about a complete spiritual uplifting and absolute peace and joy in redeemed hearts, with the triumphal hymn and song of happiness. It drives away hardness of heart. It chases away disturbance. It dissolves and dissipates despondency. . .
The voice sings the soul's joy, while the spirit delves into the mysteries of the faith.

- St. Ambrose of Milan
The Holy First Martyr and Archdeacon Stephen

December 27

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

The crown of the Kingdom hath adorned the brow of thy head because of the contests that thou hast endured for Christ God, thou first of the martyred Saints; for when thou hadst censured the Jews' madness, thou sawest Christ thy Saviour standing
at the right hand of the Father. O Stephen, ever pray Him for us, that He would save our souls.
Saint Theodore the Branded

December 27

Apolytikion

Intonation: #25

Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the

world, God-inspired adornment of monastics, O wise Theodore, by thy teachings thou
hast en - light - ened all, O harp of the Spir -

it. In - ter - cede with Christ God that our souls be saved.
The Holy First Martyr and Archdeacon Stephen

December 27

Kontakion

Third Mode
"On this day the Virgin"

Un. FG

Yes-ter-day the Mas-ter came, to be with us in the bod- - - - y; and to-day His faith-ful

slave de-part-eth out of the bod- - - - y;

yes-ter-day the King was born in the
flesh for our _ sake; and_ to - day the ser - vant

suffereth death by ston - ing; and for His sake

is per - fect - ed the first of Mar - tyrs, Ste - phen the

tru - ly di - vine.

I will sing unto the Lord throughout my life,

I will chant to my God for as long

as I have my being.

Psalm 103: 35
The Holy Twenty-Thousand Martyrs Burned in Nicomedia

December 28

Apolytikion

Intonation: #4

Second Mode

Blessed is the earth that drank your blood, O prize winners of the Lord, and holy are the tabernacles that received your spirits; for in the stadium

um ye triumphed over the enemy, and ye pro-

www.stanthonysonastery.org/music/Menaion.htm
claimed Christ with boldness. Be-seech Him, we pray, since He is good, to save our souls.
The Holy Infants Killed for Christ's sake by Herod

December 29

Apolytikion

Intonation: #1

First Mode

Allegro \( \text{\texttt{\textbackslash |\texttt{150}}} \)

Be Thou entreated for the sake of the sufferings of Thy Saints which they endured for Thee, O Lord, and do Thou heal all our pains, we pray, O Friend of man.
Saint Marcellus

December 29

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O__ Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o -

ver - look__ the__ flesh, for it pass - eth a - way, but

www.st anthony smonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Therefore, O righteous Marcellus, thy spirit rejoiceth with the Angels.

December 29 - St. Marcellus
Allegro

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

D G

Diatonic

The Holy Righteous Martyr Anysia

December 30

Apolytikion

Fourth Mode (hard chromatic) "Joseph was amazed"

Intonation: #19

D G

Diatonic

H ἡμιᾶς σου Ίησοῦ

December 30

www.stanthonyssmonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
Saint Melania
the Younger of Rome

December 31

Apolytikion

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

verlook the flesh, for it passeth away, but

www.stanthonyssmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Melania, thy spirit rejoiceth with the Angels.
January
Our human form hast Thou taken on Thyself without change, O greatly compassionate Master, though being God by nature; fulfilling the Law, Thou willingly receivest circumcision in the flesh.
that Thou might - est end the shad - ow and roll a - way
the veil _ of our sin - ful pas - sions. Glo - ry be
to Thy good - ness un - to us. Glo - ry be to Thy com - pas - sion. Glo - ry, O Word, to Thine in - ex - press - i - ble con - de - scen - sion.

O chant unto our God, chant ye;
chant unto our King, chant ye. . .
O chant ye with understanding.

Psalm 46:6-7
Thy sound hath gone forth into all the earth, which hath received thy word. Thereby thou hast divinely taught the Faith; thou

hast made manifest the nature of all things that be; thou

hast adorned the ways of man. O namesake of the royal
priesthood, our righteous Father Basil, intercede with Christ God that our souls be saved.
Now the Lord of all that is doth undergo circumcision, in His goodness cutting off the sins and failings of mortals.

He this day doth give salvation unt...
to the whole world; and the hier-arch and bright

day-star of the Cre-ator now re-joic-eth

in the high-est, Bas-il the wise and di-vine ini-

tiate of Christ.
Saint Basil the Great
Archbishop of Caesarea of Cappadocia

January 1

Kontakion

Intonation: #8

Fourth Mode (modified)

"On this day Thou hast appeared"

"Ὡθης βάσις ἁσείστος"

For the Church...art thou... in truth a firm foun...

dation, granting an... invio-

late lordship unto all mortal men and sealing...

it... with what thou hast taught, O righteous Bas...

www.stanthonyssmonastery.org/music/Menaion.htm
reveal - er of heav - en - ly things.
The Forefeast of Theophany

January 2

Apolytikion

Intonation: #19

"Joseph was amazed"

Be thou ready, Zabu-lon; prepare thyself, O Neph-tha-lim. River Jordan, stay thy course and skip for gladness to receive the Sov’reign Master, Who cometh now to be baptized. O Adam,
be thou glad with our first mother, Eve;
hide not as ye did of old in Paradise. Seeing you naked, He hath appeared now
to clothe you in the first robe again. Christ hath appeared, for He truly willeth
to renew all creation.
The Forefeit of Theophany

January 2

Kontakion

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

In the running waters of the Jordan

Riv - - - - er, on this day the Lord of all cri - eth to John: Be not a - fraid and hesi -

tate not to bap - tize Me, for I am come - to

www.stanthonyssmonastery.org/music/Menaion.htm
save Adam, the first-formed man.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty.
Father and Hierarch Sylvester, intercede with Christ God that our souls be saved.
Saint Seraphim of Sarov

January 2

Apolytikion

Intonation: #10

Fourth Mode

Allegro  \-150

Thou didst love Christ from thy youth, O blessed one, and ardently desiring to work for Him alone, thou didst struggle in the wilderness with constant prayer and labour; and having acquired love for Christ with compunction of heart,
thou didst prove to be the beloved favourite of the Mother of God. Wherefore, we cry to thee: Save us by thy prayers, O Seraphim, our holy Father.
Saint Seraphim of Sarov

January 2

Kontakion

Intonation: #4
Second Mode

Allegro \(_\frac{1}{2}150\)

Having left the beauty of the world and what is corrupt therein, O Saint, thou didst settle in the Monastery of Sarov. And having lived there an angelic life, thou wast for man-

www.stanthonyssmonastery.org/music/Menaion.htm
y the way unto salvation. Therefore,

Christ hath glorified thee, O Father Seraphim, and hath enriched thee with the gift of healing and miracles. And so we cry to thee: Rejoice, O Seraphim, our holy Father.
The Holy Prophet Malachias

January 3

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy
Prophets Malachias, O Lord, through him we beseech
Thee to save our souls.
The Holy Martyr
Gordius

January 3

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
January 3 - St. Gordius

De-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.
The Synaxis of the Holy Seventy Apostles

January 4

Apolytikion

Intonation: #8

Third Mode

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundredfold in labours; and thou becamest a luminar -

www.stanthonymonastery.org/music/Menaion.htm
Psalmody in a crowded congregation
is accompanied by captivity and wandering
of the thoughts; but in solitude, this does not happen.
However, those in solitude are liable to be assailed by despondency,
whereas in congregation the brethren help each other by their zeal.

- St. John of the Ladder
The Holy Martyrs
Theopemptus and Theonas

January 5

Apolytikion

Intonation: #10
"Be quick to anticipate"

Allegro  \( \frac{4}{4} \) 150

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

www.stanthonyismonastery.org/music/Menaion.htm
de-mons’ strength-less pre-sump-tion. O Christ God, by their
prayers, save our souls, since Thou art mer-ci-ful.
In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other,

ver - look _ the _ flesh, for it pass - eth a - way, but
to attend to the soul since it is immortal. Wherefore, O righteous Synclietike, thy spirit rejoiceth with the Angels.
The Eve of Theophany

January 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

Allegro $\frac{1}{4} 150$

'Απεστρέφετο ποτέ

River Jordan was turned back by Elisseus's mantle once, when the fiery man of zeal Ellias had been taken up; then were its waters divided hither and thither. The running

www.stanthonyssimonastery.org/music/Menaion.htm
streams became dry passage unto him,

truly as a sign and type of Baptism, whereby we pass to the other side of the shifting stream of this fleeting life. Christ hath appeared in the Jordan River, to sanctify the waters.
The Eve of Theophany

January 5

Kontakion

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

In the running waters of the Jordan

Riv - - - - er, on this day _ the Lord _ of

all cri - eth to John: Be not a - fraid and hes - i -

tate _ not to bap - tize Me, for I am come _ to

www.stanthonysonastery.org/music/Menaion.htm
save Adam, the first-formed man.
When Thou wast baptized in the Jordan, O Lord, the worship of the Trinity was made manifest; for the voice of the Father bare witness to Thee, calling Thee His beloved Son. And the Spirit
in the form of a dove confirmed the certainty of the word. O Christ our God, Who hast appeared and hast enlightened the world, glory be to Thee.

Finale:
be to Thee.
The Holy Theophany of Christ

January 6

Kontakion

Intonation: #8

"On this day Thou hast appeared"

F

On this day Thou hast appeared unto the whole world, and Thy light, O Sovereign

G

Lord, is signed on us who sing Thy praise and chant with knowledge: Thou hast now come, Thou hast appeared, O Thou Light
un-approachable.
The Synaxis of Saint John the Forerunner

January 7

Apolytikion

Second Mode

The memory of the just is celebrated with hymns of praise, but the Lord's testimony is sufficient for thee, O Forerunner; for thou hast proved to be truly even more venerable than the Prophets, since

un. 150

www.stanthonyssmonastery.org/music/Menaion.htm
thou wast granted to baptize in the running waters Him Whom

they proclaimed. Wherefore, having contested for the

truth, thou didst rejoice to announce the good tidings even to

those in Hades: that God hath appeared in the flesh,

taking away the sin of the world and granting us great

mercy.
The Synaxis of
Saint John the Forerunner

January 7

Kontakion

Intonation: #4
Plagal Second Mode

Ter - ri - fied at Thy bod - i - ly pres - ence, Jor - dan turned
back in fear; and hav - ing ful - filled his pro - phet - ic
min - is - try, John drew back in trem - - - bling. The

orders of An - gels were a - mazed to see Thee in the streams

www.stanthonysonastery.org/music/Menaion.htm
baptized in the flesh, and all those in darkness were illuminated and praised Thee, Who hadst appeared and hadst enlightened all things.
Saint Domnica

January 8

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look_ the_ flesh, for it pass - eth a - way, but

www.stanthonymsmonastery.org/music/Menaion.htm
Sometimes singing in moderation successfully relieves the temper.

But sometimes, if untimely and immoderate, it lends itself to the lure of pleasure. Let us then appoint definite times for this, and so make good use of it.

- St. John of the Ladder
Saint George of Hozeva

January 8

Apolytikion

Intonation: #25
Plagal Fourth Mode

[Music notation with Allegro and Allegro 150]

In thee the image was preserved with exactness,

O__ Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o-

ver__ look__ the__ flesh, for it passeth away, but

www.st anthonymonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous George thy spirit rejoiceth with the Angels.
The Holy Martyr Polyeuctus

January 9

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.
Saint Philip
Metropolitan of Moscow

January 9

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro  \( \frac{1}{4} 150 \)

O successor of first prelates, pillar of Orthodoxy, champion of truth, new confessor, Saint Philip, thou didst lay down thy life for thy flock. Wherefore, since thou hast boldness with
Christ, pray for the suffering Russian land and

them that worthily honour thy holy memory.
O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -

Saint Theodosius the Cenobiarch

January 11

Apolytikion

Intonation: #25
Plagal Fourth Mode

F C

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -

www.stanthonyssmonastery.org/music/Menaion.htm
O Theodosius our righteous Father. Intercede with Christ God that our souls be saved.

y, shining with miracles upon the world,
Saint Tatiana

January 12

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

www.stanthonysonymonastery.org/music/Menaion.htm
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Holy Martyrs
Hermylus and Stratonicus

January 13

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
In all places
and at all seasons
you may sing with the mind.
For whether you walk in the market place,
or begin a journey, or sit down with your friends
you may rouse up your mind or call out silently. So also
Moses called out, and God heard him. If you are an artisan,
you may sing sitting and working in your shop. If you are a soldier,
or if you sit in judgment, you may do the very same. One may
also sing without voice, the mind resounding inwardly.
For we sing, not to men, but to God, who can
hear our hearts and enter into the silences of our minds.

- St. John Chrysostom
Saint Hilary of Poitiers

January 13

Apolytikion

Intonation: #25

Plagal Fourth Mode

F C

Guide of Orthodoxy, teacher of piety

Un. F D

and holiness, luminary of the

world, God-inspired adornment of hier-

archs, O wise Hilary, by thy teachings thou

www.stanthonysonastery.org/music/Menaion.htm
hast en-light-ened all, O harp of the Spirit.

Intercede with Christ God that our souls be saved.
The Righteous Martyrs
of Sinai and Raithu

January 14

Apolytikion

Intonation: #10
Fourth Mode

Allegro \( \frac{4}{4} \) 160

\( \text{Un.}
\)

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us,

\( \text{Un.}
\)

but by their entreaties guide our life in peace.

www.stanthonysmonastery.org/music/Menaion.htm
Saint Nina (Nino)
Enlightener of Georgia

January 14

Apolytikion

Intonation: #10
Fourth Mode

G Allegro \( \frac{3}{4} \) 150

O hand-maid of the Word of God, who in preaching hast

equalled the first-called Apostle Andrew, and hast emulated the other Apostles; O enlightener

of Iberia and reed-pipe of the Holy Spirit

www.stanthonyssmonastery.org/music/Menaion.htm
it, holy Nina, equal to the Apostles:

Pray to Christ God to save our souls.
Saint Sabbas
Archbishop of Serbia

January 14

Apolytikion

Intonation: #8
Third Mode

A allegro \( \frac{1}{3} \) 50

Thou wast a guide of the way that leadeth to life,

and a first prelate and teacher; for thou wast the

first to enlighten thy fatherland, O Saint Sabbas,

having given it re-birth in the Holy

www.stanthonyssize.org/music/Menaion.htm
Spir - it. Thou didst plant thy sanc - ti - fied chil -

dren like ol - ive trees in the spir - i - tu - al Par -
a - dise. Where-fore, as we hon - our thee as an
e - qual of the A - pos - tles and ho - ly hier - archs,

we im - plore thee: Pray to Christ God to grant us great

mer - cy.
With the streams of thy tears, thou didst cultivate the barrenness

of the desert; and by thy sighings

from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -
y, shining with miracles upon the world,

O Paul our righteous Father. Intercede with Christ God that our souls be saved.
Since thou hadst with fervour longed after the Lord from thy youth,
thou leftest the world with its delights and nobly didst strive in
valiant ascetic deeds. Thou didst pitch thy hut before the gates of thy parents; thou didst break the demons'
snares, O all-blessed Father. And therefore, as is meet, hath Christ God glorified thee, O John.
The Veneration of the Precious Chains of the Holy Apostle Peter

January 16

Apolytikion

Intonation: #10

Fourth Mode

Tēn Ρώμην μὴ λιπῶν

With-out leav-ing Rome, thou didst come to us by the pre-cious
chains which thou didst wear, O fore-most of the A-pos-tles.

And wor-ship-ping them with faith, we pray: By thine in-ter-
ces-sions with God, grant us great mer-cy.
Saint Anthony the Great

January 17

Apolytikion

Intonation: #10
Fourth Mode

Emulating the ways of Elia the zealot, and following the straight paths of the Baptist, O Father Anthony,
you madest of the wilderness a city; and didst support the world by thy prayers. Wherefore inter-

www.stanthonymonastery.org/music/Menaion.htm
cede with Christ our God that our souls be saved.
Saint Anthony the Great

January 17

Kontakion

Intonation: #4

"Thou soughtest the heights"

Second Mode

Thou leftest behind all earthly cares and turbulence, and leddest a life of stillness and tranquility, emulating John the Baptist in every way, O most righteous one. Wherefore, we acclaim thee with him, O
Father of Fathers, righteous Anthony.
Saints Athanasius and Cyril
Archbishops of Alexandria

January 18

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

"Εργοις λάμψαντες

Shining forth with works of Orthodoxy, ye quenched every false belief and teaching and became trophy-bearing conquerors. And since ye

made all things rich with true piety, greatly a-

www.stanthonyssmonastery.org/music/Menaion.htm
dorn-ing the Church with mag-nif-i-cence, Ath-a-
na-sius and wise Cyril, ye just-ly found Christ God, Who
through your prayers doth grant great mer-cy un-to all.

When chanters chant with the tongue and
also with the mind, they greatly benefit
not only themselves but also those
who want to hear them.

- St. Athanasius the Great
Saints Athanasius and Cyril  
Archbishops of Alexandria

January 18

Kontakion

Intonation: #8

"On this day Thou hast appeared"

Great high priests of piety and noble champions of the holy Church of Christ, keep and preserve all those who chant: O most compassionate Lord, do Thou graciously save those

www.stanthonyssmonastery.org/music/Menaion.htm
who faithfully honour Thee.
Saint Macarius the Great
of Egypt

January 19

Apolytikion

Intonation: #1
First Mode

Allegro \( \frac{4}{4} \)

\[ \begin{align*}
\text{Tēs ēρήμου πολίτης} \\
\text{D}
\end{align*} \]

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

O Macarius, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain
heavenly gifts, and thou healest the sick

and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to

Him that worketh healings for all through thee.
Saint Arsenius of Corfu

January 19

Apolytikion

Fourth Mode

Intonation: #10

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Arsenius, intercede with Christ God that our souls be saved.
Saint Mark Eugenicus
Metropolitan of Ephesus

January 19

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

F C F

Allegro 150

O all-laud-a-ble and most di-vine Mark, in

thee the Church found a great zeal-ot by thy con-fes-sion

of the ho-ly and sa-cred Faith; for thou didst

cham-pion the doc-trines which the Fa-thers taught, and thou didst

www.stanthonyssmonastery.org/music/Menaion.htm
cast down darkness’s boastful pride. Wherefore,

pray thou to Christ God for them that honour thee, that He may

grant us the forgiveness of sins.
Saint Euthymius the Great

January 20

Apolytikion

Fourth Mode

Intonation: #10

Allegro \( \cdot \cdot \cdot \)

Un. E

...Eujfrainou etremos...

Be glad, O barren one, that hast not given birth; be of good cheer, thou that hast not travailed; for a man of des-
sires hath multiplied thy children of the Spirit,

...having planted them in piety and reared them in...
continence to the perfection of the virtues.

By his prayers, O Christ our God, make our life peaceful.
Saint Euthymius the Great

January 20

Kontakion

Intonation: #25

"As first-fruits of our nature"

Plagal Fourth Mode

As first-fruits of our nature

Creation found delight and joy in thine august nativity and the good cheer of thy numberless miracles on thy divine memorial. Now bestow there-of rich-ly on our souls and wash clean the stain of our

www.stanthonysmonastery.org/music/Menaion.htm
every sin, Euthymius most righteous, that
we may chant: Alleluia.
Saint Maximus the Confessor

January 21

Apolytikion

Intonation: #25

Plagal Fourth Mode

F C

Guide of Orthodoxy, teacher of piety

Un. F D

and holiness, luminary of the

world, God-inspired adornment of monastics, O wise Maximus, by thy teachings thou
hast enlight-ened all, O harp of the Spir-it. Intercede with Christ God that our souls be saved.
The Holy Martyr
Neophytus

January 21

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
demons’ strength less presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Apostle Timothy

January 22

Apolytikion

Intonation: #10

Fourth Mode

Since thou hadst been instructed in upright-ness thor-ough-ly

and wast vig-i-lant in all things, thou wast clothed with a good con-science as be-fit-teth one ho-ly. Thou didst

draw from the Chosen Ves-sel in-effa-ble mys-ter-ies;

www.stanthonyssmonastery.org/music/Menaion.htm
and having kept the Faith, thou didst finish a like course, O Hieromartyr and Apostle Timothy. Intercede with Christ God that our souls be saved.
The Righteous Martyr
Anastasius of Persia

January 22

Apolytikion

Fourth Mode
"Be quick to anticipate"

Intonation: #10
Allegro ¼=150

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
For prayer and psalmody,
as for many other things, every time is suitable;
so that we praise God with psalms and hymns and spiritual songs,
while we move our hands in work, chanting with our tongue
if this is possible and conducive to the edification
of the faith, but if not, then in the heart.

- St. Basil the Great
The Synaxis of All the Holy New Martyrs of Russia

January 22-28

Apolytikion

Intonation: #8

Third Mode

"Thy confession"

In these later times, a host of Martyrs, newly crowned with grace, rejoice in Heaven, glorified with diverse forms of martyrdom; for having censured the madness of godless foes, they gained the
laur-els of tri-umph and vic-to-ry. Hence, they

fer-vent-ly en-treat Christ for us un-ceas-ing-ly, to

grant great mer-cy un-to us who sing their praise.
The Holy Hieromartyr Clement
Bishop of Ancyra

January 23

Apolytikion

Intonation: #10
Fourth Mode

Kλήμα ὁσιότητος

Thou didst blossom forth for the faithful, O most sacred Clement,
as a branch of holiness, a staff of consolation,
est, a most sacred flower, and a sweet God-given fruit. But as a fellow-sufferer of Martyrs

www.stanthonyssmonastery.org/music/Menaion.htm
and a fellow-prelate of hierarchs, intercede with Christ our God that our souls be saved.

Just as swine run to a place where there is mire and bees dwell where there are fragrances and incense, likewise demons gather where there are carnal songs and the grace of the Holy Spirit settles where there are spiritual melodies, sanctifying both mouth and soul.

- St. John Chrysostom
The Holy Martyr
Agathangelus

January 23

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crowns of incorruption and life from
Thee, our immortal God. For since he possessed Thy
strength, he cast down the tyrants and wholly destroyed the

www.stanthonysmonastery.org/music/Menaion.htm
O Christ God, by his prayers, save our souls, since Thou art merciful.

demons' strengthless presumption.
Saint Neophytus
the Recluse of Cyprus

January 24

Apolytikion

First Mode
"While Gabriel was saying"

Intonation: #1

Alegro $130$

Thou glory of Leucara and blessed boast of Cyprus and protector of the divine Monastery of the Cloistered, through fasting and vigil and prayer while living in reclusion in a cave, there didst
thou receive divine grace, which is bestowed on all
through thy holy relics. Glory to Him that granted them to us. Glory to Him that hath
glorified thee. Glory to Him that worketh healings for all through thee, O God-bearing Father Ne-
o phy tus.
Saint Xenia of Rome

January 24

Apolytikion

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

In soi Mhter akribos

verlook the flesh, for it passeth away, but

www.stanthonyssmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Xenia, thy spirit rejoiceth with the Angels.
Saint Xenia
of St. Petersburg

January 24

Apolytikion

Intonation: #25

Plagal Fourth Mode

Allegro \( \text{\textit{\textbullet} 150} \)

In thee, O wandering stranger, Christ the Lord hath given us an ardent intercessor for our kind. For having received in thy life sufferings and grief and served God and men with love, thou didst ac-

www.stanthonyssmonastery.org/music/Menaion.htm
quire great boldness. Wherefore, we fervently hasten to thee in temptations and grief, crying out from the depths of our hearts: Put not our hope to shame, O Blessed Xenia.
Saint Gregory the Theologian
Archbishop of Constantinople

January 25

Apolytikion

First Mode

Intonation: #1

Allegro \( \frac{1}{150} \)

\[
D
\]

The shep-herd's pipe of thy the - ol - o - gy con - quered the

trum - pets_ of the phi - los - o - phers; for since thou didst

search_ out_ the depths_ of the Spir - it, beau -

ty of speech was add - ed to thee. But in - ter - cede with
Christ God, O Father Gregory, that our souls be saved.
Saint Gregory the Theologian
Archbishop of Constantinople

January 25

Kontakion

Intonation: #8
Third Mode
"On this day the Virgin"

Allegro \( \frac{\mathbf{1}50}{\mathbf{1}} \)

\[ \begin{align*}
\text{Un.} & \quad F \quad G \\
\text{With thy theolo - gian's speech thou didst de - stroy} & \quad F \\
\text{the en - tan - gled webs of vain phi - los - o -} & \quad G \\
\text{phers, while beauti - fy - ing the whole} & \quad G \\
\text{Church} & \quad \text{with the robe of Orthodox - - y} \end{align*} \]

www.stanthonyssmonastery.org/music/Menaion.htm
ven in Heaven; and the Church, clothed in it,
crieth with us, thy children: O wise Gregory most glorious, rejoice, O Father, great theological mind.

The value of prayer can be inferred from the way the demons attack us during services in church.

- St. John of the Ladder
Saint Anatolius of Optina

January 25

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

When the stony blows of tribulations struck against the flint of thy divine faith, mighty prayer was enkindled within thy heart, and thou didst burn with the Comforter's holy fire, to light the

www.stanthonyssmonastery.org/music/Menaion.htm
way of salvation for many souls. Righteous Father Anatolius, intercede with Christ that His great mercy may be granted unto us.
Saint Xenophon
and Those With Him

January 26

Apolytikion

Intonation: #10

Fourth Mode

Allegro $ \downarrow \! 160$

O Θεός τῶν Πατέρων ἡμῶν

O God of our Fathers, ever dealing with us according

to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.

www.stanthonysmonastery.org/music/Menaion.htm
The Translation of the Holy Relics of Saint John Chrysostom Archbishop of Constantinople

January 27

Apolytikion

Intonation: #25
Plagal Fourth Mode

Grace shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of uncovetousness, and shown us the heights of humility; but whilst instructing us
by thy words, O Father John Chrysostom, intercede with the Word, Christ our God, to save our souls.
The Translation of the Holy Relics
of Saint John Chrysostom
Archbishop of Constantinople

January 27

Kontakion

Intonation: #4
"The soldiers standing guard"

The holy and august Church is mystically
glad-dened today on the translation of thy__

ho-ly relics. And though she had kept them hid____
in concealment like precious gold, by thine

The Translation of the Holy Relics
of Saint John Chrysostom
Archbishop of Constantinople

January 27

Kontakion

Intonation: #4
"The soldiers standing guard"

The holy and august Church is mystically
glad-dened today on the translation of thy__

ho-ly relics. And though she had kept them hid____
in concealment like precious gold, by thine

The Translation of the Holy Relics
of Saint John Chrysostom
Archbishop of Constantinople

January 27

Kontakion

Intonation: #4
"The soldiers standing guard"

The holy and august Church is mystically
glad-dened today on the translation of thy__

ho-ly relics. And though she had kept them hid____
in concealment like precious gold, by thine
In intercessions she unceasingly granteth,
unto them that praise thee, the divine grace of
healing, O Father John Chrysostom.
Out of Paradise, a river floweth, flooding all the earth with joy unending, cheering souls

with compunction and saving fear: Ephraim, the wine-bowl of gladness inspired of God, from all e-
ternity chosen to light the Church with his sacred hymns, his sermons, his shining canticles, where-

by he filleth faithful souls with godli ness.
He that thun-dered on Si - nai with sav - ing laws for man hath
al - so giv - en thy writ - ings as guides in prayer un - to
monks, O re - veal - er of un - fath - om - a - ble mys - ter -
ies; for hav - ing gone up in the mount of the
Vision of the Lord, thou wast shown the many mansions. Wherefore, O God-bearing Isaac, entreat the Saviour for all praising thee.

SAINT ISAAC THE SYRIAN
The Translation of the Sacred Relics of Saint Ignatius the God-bearer

January 29

Apolytikion

Fourth Mode

Intonation: #10

As a shar - er of the ways and a suc - ces - sor to the throne of the A - pos - tles, O in - spired of God, thou found - est dis - ci - pline to be a means of as - cent to di - vine vi - sion. Where - fore, hav - ing right - ly di - vid -
ed the word of truth, thou didst also contest for the Faith
even unto blood, O Hieromartyr Ignatius.

Intercede with Christ our God that our souls be saved.
Saints Basil the Great, Gregory the Theologian, and John Chrysostom

January 30

Apolytikion

Intonation: #1

First Mode

The three most great luminaries of the Three-Sun Divinity have illumined all of the world with the rays of doctrines divine and true; they are the sweetly-flowing rivers of wisdom, who with godly knowledge have
wa-tered all cre-a-tion in clear and might-y streams: The
great and sa-cred Ba-sil, and the the-o-lo-gian, wise Greg-ory,
to-gether with the re-nowned John, the famed
Chrys-os-tom of gold-en speech. Let us all who love their di-
vine-ly wise words come to-gether, hon-our-ing them with
hymns; for cease-lessly they of-fer en-treat-y
for us to the Trin-i-ty.
Saints Basil the Great, Gregory the Theologian, and John Chrysostom

January 30

Kontakion

Intonation: #4

Second Mode

Allegro \( \frac{\text{\textfrac{1}{4}}}{\text{\textfrac{1}{8}}} \)

Thou hast taken to Thyself, O Lord, the sacred and God-proclaiming heralds, the crown of Thy teachers, for the enjoyment of Thy blessings and

for rest; for Thou hast accepted their sufferings and

www.stanthonyssmonastery.org/music/Menaion.htm
labours above all sacrifice, O Thou Who alone dost glorify Thy Saints.
The Holy and Wonderworking Unmercenaries Cyrus and John

January 31

Apolytikion

Intonation: #13
Plagal First Mode

Since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heathen, O Christ our God, and strengthen the faith of Orthodox
In the churches there are vigils, and David is first and middle and last. In the singing of early morning hymns David is first and middle and last. In the tents at funeral processions David is first and middle and last. In the houses of virgins there is weaving, and David is first and middle and last. What a thing of wonder! Many who have not even made their first attempt at reading know all of David by heart and recite him in order. Yet it is not only in the cities and the churches that he is so prominent on every occasion and with people of all ages; even in the fields and deserts and stretching into uninhabited wasteland, he rouses sacred choirs to God with greater zeal. In the monasteries there is a holy chorus of angelic hosts, and David is first and middle and last. In the convents there are bands of virgins who imitate Mary, and David is first and middle and last. In the deserts men crucified to this world hold converse with God, and David is first and middle and last. And at night all men are dominated by physical sleep and drawn into the depths, and David alone stands by, arousing all the servants of God to angelic vigils, turning earth into heaven and making angels of men.

- St. John Chrysostom
February
The Forefeast of the Meeting in the Temple

February 1

Apolytikion

First Mode
"The soldiers standing guard"

Oúránios χορός

Intonation: #10

The Heavens' choir looked down from the vaults of the Heavens, and gazing on the earth, they beheld with amazement the First-born of all creation brought forth as a suckling babe to the

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Tem - ple by a pure and vir - gin - al moth - er;

and _ with us, _ they now do sing a hymn, for _ the

Fore-feast, a - ston - ished and full _ of awe.

A psalm consoles the sad, restrains the joyful, tempers the angry, refreshes the poor and chides the rich man to know himself. To absolutely all who take it, the psalm offers an appropriate medicine; nor does it despise the sinner, but presses upon him the wholesome remedy of penitential tears.

- St. Niceta of Remesiana
The Forefeast of the Meeting in the Temple

February 1

Konatakion

Intonation: #8

"On this day Thou hast appeared"

On this day doth Symeon receive with gladness God, the Giver of the Law; and he doth cry to Him in fear: Let me depart now, O Master Christ, for I have seen Thee,
February 1 - Forefeast of the Meeting in the Temple

the Glory of Israel.
The Holy Martyr
Trypho

February 1

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crown of incorruption and life from
Thee, our immortal God. For since he possessed Thy
strength, he cast down the tyrants and wholly destroyed the

www.stanthonyssmonastery.org/music/Menaion.htm
de-mons' strength-less pre-summ-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.
Let us ven - er - ate the ho - ly Mar - tyrs, Saints Per - 
pet - u - a and Sat - urn - i - nus, with Se - cund - u - 
lus and bless - ed Fe - lic - i - ty, who shed their 
blood for our Lord with Saint Sa - tu - rus and Rev - o -
ca·tus, with whom they are crowned on high. Wherefore having found much boldness and grace to pray for all, they ever ask the Lord God that He save our souls.
**Saint Brigid of Kildare**

**February 1**

**Apolytikion**

Intonation: #10

Fourth Mode

**Allegro**

Having learned of things divine by the words of Patrick,

thou hast proclaimed in the West the good tidings of Christ.

Wherefore, we venerate thee, O Brigid, and entreat thee
to intercede with God that our souls be saved.
The Meeting of Our Lord Jesus Christ in the Temple

February 2

Apolytikion

Intonation: #1
First Mode

Rejoice, thou who art full of grace, O Virgin Theotokos, for from thee hath risen the Sun of Righteousness, Christ our God, enlightening those in darkness.

Rejoice thou also, O righteous Elder, as

www.stanthonyssmonastery.org/music/Menaion.htm
thou receivest in thine arms the Redeemer of our souls, Who also granteth unto us the Resurrection.

The psalms ought not to be sung one after the other in the assemblies, but a reading should be interpolated after each psalm.

- Canon XVII of the Council of Laodicea
The Meeting of Our Lord Jesus Christ in the Temple

February 2

Kontakion

Intonation: #1

First Mode

Allegro \( \frac{1}{150} \)

Thou Who didst sanctify the Virgin's womb by Thy birth, and didst bless Symeon's hands as was meet, by anticipation hast even now saved us, O Christ God. But grant peace in the midst of wars unto Thy common-
wealth and strengthen the hierarchs, whom Thou hast loved, O

only Friend of man.
O holy Saint Nicholas, the Enlightener of Japan,
thou dost share the dignity and the throne of the Apostles:
thou art a wise and faithful servant of Christ, a temple chosen by the Divine Spirit,
a vessel overflowing with the love of Christ. O

hierarch equal to the Apostles, pray to the

life-giving Trinity, for all thy flock and for the whole world.

SAINT NICHOLAS OF JAPAN
**Saint Isidore of Mount Pelusium**

**February 4**

**Apolytikion**

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to otherwise,

Never look the flesh, for it passeth away, but

F C

www.stanthonyssmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Isidore, thy spirit rejoiceth with the Angels.
The Holy Martyr Agatha

February 5

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer.
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
One who jubilates [iubilat] does not speak words, but it is rather a sort of sound of joy without words, since it is the voice of a soul poured out in joy and expressing, as best it can, the feeling, though not grasping the sense. A man delighting in his joy, from some words which cannot be spoken or understood, bursts forth in a certain voice of exultation without words, so that it seems he does indeed rejoice with his own voice, but as if, because filled with too much joy, he cannot explain in words what it is in which he delights. You observe this even in those who sing improperly. Now our jubilation will not be such as theirs, for we ought to jubilate in justification, while they jubilate in iniquity; we, then, in confession, they in confusion. Yet that you might understand what I say, call to mind what you well know, that it is especially those who perform some task in the fields who jubilate. Mowers and vintagers and those who gather other products, happy in the abundance of harvest and gladdened by the very richness and fecundity of the earth, sing in joy. And between the songs which they express in words, they insert certain sounds without words in the elevation of an exultant spirit, and this is called jubilation.

- Blessed Augustine
Saints Barsanuphius
and John of Gaza

February 6

Apolytikion

First Mode
"While Gabriel was saying"

Intonation: #1

Alegro \( \text{\textbf{150}} \)

Di-vine and tune-ful harps of the Holy Spirit's mys-
t'ries, sound-ing forth sweet hymns of dis-cern-
ment which soothe all

those in sor-
rows: ye moved, men to cast off pas-sion's

yoke and tram-ple up-on Satan's loath-some head.

www.stanthonymonastery.org/music/Menaion.htm
Wherefore, God-like Barsanuphius and wise John,
deliver us who now cry out: Glory to Him that hath given you grace. Glory to Him that hath blessed you. Glory to Him that hath saved many through your sacred words of counsel.
Saint Photius the Great
Patriarch of Constantinople

February 6

Apolytikion

Intonation: #13

Plagal First Mode
"Let us worship the Word"

As a radiant beacon of wisdom hid in God, and

a defender of Orthodoxy revealed from on high, O great Photius, blest adornment of the patriarchs, thou didst refute the innovations of

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boast-ful her-e-sy, O light of the ho-ly church-
es, which do thou keep from all er-ror, O lu-mi-
nar-y of the Day-spring on high.
Saints Parthenius Bishop of Lampsacus
and Luke of Mount Stirion

February 7

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{3}{4} \) 150

O God of our Fathers, ever dealing with us according
to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.
The Holy Great Martyr
Theodore the Commander

February 8

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Allegro \( \frac{1}{4} \)-150

The o - dore. With the weap-on - ry of faith didst thou

In truth en-list-ed with the King of the Heav-ens, thou didst be-come for Him a no-

ble com-mand-er, O tro-phy-bear-er and Great Mar-tyr
arm_ thy - self wise - ly and didst ut - ter - ly de - stroy all the hordes of the de - - - - mons, as a tri - um - phant ath - lete of the Lord; where-fore we ev - er do faith - ful - ly call thee blest.

February 8 - St. Theodore the Commander
The Holy Prophet Zacharias

February 8

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy

Prophet Zacharias, O Lord, through him we beseech

Thee to save our souls.
The Holy Martyr
Nicephorus

February 9

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

www.stanthonysmonastery.org/music/Menaion.htm
We must think of what we sing
rather than allow our mind, seized by extraneous thoughts
as is often the case, to lose the fruit of our labor. One must sing with a manner
and melody befitting holy religion; it must not proclaim theatrical
distress but rather exhibit Christian simplicity in its very
musical movement; it must not remind one of
anything theatrical, but rather create
compunction in the listeners.

- St. Niceta of Remesiana
The Holy Hieromartyr
Haralampus

February 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ως στύλος άκλόνητος

An un-shak-en pil-lar of the Church of Christ God art thou,

an ever-re-splen-dent lamp, O Ha-ra-lam-pus most wise, which

shin-eth through-out the earth; in mar-tyr-ic con-test

thou hast shined on the whole world, and thou hast dis-pelled the
moon-less night of the i-dols. Now boldly inter-
cede thou with Christ that we may all be saved.
The Holy Hieromartyr
Haralampus

February 10

Kontakion

Intonation: #8
Fourth Mode (modified)
"On this day Thou hast appeared"

Ως φωστήρ ἀνέτειλας

Thou didst rise up in the East, a luminar...
The virtue of silence, especially in church, is very great. . .

Is anything more unbecoming than the divine words should be so drowned by talking, as not to be heard, believed, or made known, that the sacraments should be indistinctly heard through the sound of voices, that prayer should be hindered when offered for the salvation of all?...

- St. Ambrose of Milan
The Holy Hieromartyr Blaise

February 11

Apolytikion

Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided...
ed the word of truth, thou didst also contest for the

Faith even unto blood, O Hieromartyr Blaise.

Intercede with Christ our God that our souls be saved.
Saint Theodora the Empress

February 11

Apolytikion

Intonation: #13  
Plagal First Mode  
"Let us worship the Word"

As a right worthy name-sake of gifts bestowed of God, and a divinely wrought image of holy wisdom and faith, thou didst make the Church to shine with godly piety; for thou didst demonstrate to all that the
Saints in every age have shown honour to the icons, O Theodora, thou righteous and fair adornment of the Orthodox.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Melietius, intercede with Christ God that our souls be saved.

SAINT MELETIUS OF ANTIOCH
Saint Martinian of Palestine

February 13

Apolytikion

Intonation: #25
Plagal Fourth Mode

Thou didst quench the flame of temptation with the streams of thy tears, O blessed Martinian; and having checked the waves of the sea and the attacks of wild beasts, thou didst cry out: Most glorious art
Thou, O Almighty One, Who hast saved me from fire and tempest.
Saint Symeon 
the Myrrh-streamer 

February 13

Apolytikion

Intonation: #8
Third Mode

Allegro  \( \frac{1}{4} \)\text{150}

Il - lu - mined by di - vine grace, e - ven af - ter death thou
dost make man - i - fest the ra - diance of thy life; for thou
pour - est forth fra - grant myrrh for them that have re - course
to the shrine of thy rel - ics. Thou didst al - so
guide thy people to the light of the knowledge of God. O our Father Symeon, entreat Christ God that we be granted great mercy.
Saint Æuxentius

February 14

Apolytikion

Intonation: #1
First Mode

Allegro †150

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

O Auxentius, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain_
heavenly gifts, and thou healest the sick
and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.
Glory to Him that hath crowned thee.
Glory to Him that worketh healings for all through thee.
The Holy Apostle Onesimus

February 15

Apolytikion

Intonation: #8

Third Mode

Allegro $\frac{1}{2}$-150

O holy Apostle Onesimus, intercede with the merciful God that He grant unto our souls forgiveness of offences.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Martyr Pamphilus
and Those With Him

February 16

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Great Martyr
Theodore the Tyro

February 17

Apolytikion

Second Mode

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the

www.stanthonymsmonastery.org/music/Menaion.htm
February 17 - St. Theodore the Tyro

Trinity. By his prayers, O Christ God, save our souls.

THE TWO SAINT THEODORES
Saint Hermogenes
Patriarch of Moscow

February 17

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{150}{\text{Un.}} \)

O first hier-arch of the Rus-sian land and un-sleep-ing man of prayer for her, hav-ing laid down thy life for the Faith of Christ and for thy flock, thou didst make firm the do-min-ion of its sov-reigns and didst de-liv-er thy coun-try from

www.stanthonymonastery.org/music/Menaion.htm
Many times, as I offer praise,
I am found committing sin; for with my tongue
I pronounce songs of praise, yet in my soul I think unseemly things;
but do Thou correct them both through repentance,
O Christ God, and save me.

- Aposticha of the Praises
Third Mode, Monday morning
Let us praise our protector, the godly Nicholas; as one endowed with blest virtue, he shone forth as a true priest of the Most High God, and was His fervent worshipper. For, by his holy life on earth, he hath
left us most sublime, divine and unfailling teachings of long-suffering, meekness, patience, unfeigned humility and God-like love.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Leo, intercede with Christ God that our souls be saved.
The Holy Apostle Archippus

February 19

Apolytikion

Intonation: #8
Third Mode

Allegro

O holy Apostle Archippus, intercede with the merciful God that He grant unto our souls forgiveness of offences.

www.stanthonysmonastery.org/music/Menaion.htm
Saint Philothei of Athens

February 19

Apolytikion

Intonation: #13
Plagal First Mode
"Let us worship the Word"

The famed city of Athens doth honour Philothei, the
Right-eous Martyr, whose relics it now revereth with joy; for while living in sobriety and holiness, she hath exchanged all earthly things for the

www.stanthonysonastery.org/music/Menaion.htm
everlasting life through great contests as a Martyr; and she entreateth the Saviour to grant His mercy unto all of us.
Saint Leo
Bishop of Catania in Sicily

February 20

Apolytikion

Intonation: #10
Fourth Mode

Allegro

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O

Kanóna písteos

www.stanthonyssmonastery.org/music/Menaion.htm
Father and Hierarch Leo, intercede with Christ God that our souls be saved.

O the wise invention of the teacher who contrives that in our singing we learn what is profitable, and that thereby doctrine is somehow more deeply impressed upon our souls! What is learned under duress tends not to be retained, but what suavely ingratiates itself somehow adibes within our souls more steadfastly.

- St. Basil the Great
Saints Timothy of Symbola and Eustathius Bishop of Antioch the Great

February 21

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{1}{160} \)

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.

\( \text{O Θεός τῶν Πατέρων ἡμῶν} \)
The Finding of the Precious Relics  
of the Holy Martyrs  
in the Quarter of Eugenius  

February 22  

Apolytikion  

Intonation: #10  
"Be quick to anticipate"  

Thy Martyrs, O Lord, in their courageous contest for Thee  
received as the prize the crowns of incorruption and life from  
Thee, our immortal God. For since they possessed Thy  
strength, they cast down the tyrants and wholly destroyed the  

www.stanthonyssmonastery.org/music/Menaion.htm
To recite the psalms with melody is not done from a desire for pleasing sound,
but it is a manifestation of harmony among the thoughts of the soul.
And melodious reading is a sign of the well-ordered
and tranquil condition of the mind.

- St. Athansius the Great
The Holy Hieromartyr Polycarp
Bishop of Smyrna

February 23

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly division...
ed the word of truth, thou didst also contest for the Faith

even unto blood, O Hieromartyr Polycarp.

Intercede with Christ our God that our souls be saved.

SAINT POLycarp
The First and Second Finding of the Venerable Head of the Forerunner

February 24

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

The Forerunner's sacred head, having dawned forth from the earth,
doeth send incorruption's rays unto the faithful, whereby they
find healings of their ills. From on high he gathereth the choirs of the Angels and on earth he summoneth
Euth the whole race of mankind, that they with one voice might send up glory to Christ our God.
The First and Second Finding
of the Venerable Head
of the Forerunner

February 24

Kontakion

Intonation: #4
Second Mode
"Thou soughtest the heights"

Allegro  $\frac{1}{150}$

Since we have obtained thy head as a most sacred

rose from out of the earth, O Fore-runner of grace di-

vine, we receive sure heal-ings in eve-ry hour, O Proph-et of

God the Lord; for a-gain, now as for-mer-ly, thou
February 24 - Finding of the Head of the Forerunner

preach-est re-pen-tance un-to all the world.
Saint Tarasius
Archbishop of Constantinople

February 25

Apolytikion

Fourth Mode

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty.

www.stanthonyssmonastery.org/music/Menaion.htm
Fa- ther and Hier- arch Ta- ra- si- us, in- ter- cede with Christ God that our souls be saved.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Porphyrius, intercede with Christ God that our souls be saved.
All il - lu - mined by the Ho - ly Spir - it, thou didst
drink with great and ar - dent long - ing of the wa -
ters Christ Sav - iour gave un - to thee; and with the
streams of sal - va - tion wast thou re - freshed, which thou a -
bundantly gav-est to those a-thirst. O Great

Mar-tyr and true peer of A-pos-tles, Pho-ti-ne, en-

treat Christ God to grant great mer-cy un-to us.

February 26 - St. Photine
SAINT PROCOPIUS OF DECAPOLIS
THE CONFESSOR

February 27

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \%130

With the streams of thy tears, thou didst cultivate the barrenness

of the desert; and by thy sighings

from the depths, thou didst bear fruit a hundred-fold in

labours; and thou becamest a luminar -
February 27 - St. Procopius

O sleepless nights, with the singing of psalms,
and with standing which lasts from one day to the next!

O David, only for these faithful souls [the nuns],
have you not sung too long!

-St. Gregory of Nazianzus
Saint Basil
Fellow Ascetic of St. Procopius

February 28

Apolytikion

Intonation: #1
First Mode

Allegro \( \cdot 150 \)

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker, O Basil, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain__
heav - en - ly gifts, and thou heal - est the sick

and the souls of them that have re - course to thee with faith.

Glo - ry to Him_ that hath giv - en thee strength.

Glo - ry to Him_ that hath crowned_ thee. Glo - ry to

Him that work - eth heal - ings_ for all_ through_ thee.
Saint John Cassian

February 29

Apolytikion

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth away, but
When, therefore, they [the monks of Egypt] come together to conduct the aforementioned services, which they call *synaxes*, all maintain such silence that even though so great a number of brethren assemble, one would believe no man to be present except he who rises in their midst to sing the psalm.

- St. John Cassian
March
In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

never look the flesh, for it passeth away, but

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Quality in psalmody and prayer consists in praying with the spirit and the nous. One prays with the spirit only when, as he prays and chants, he is attentive to the content of the holy writings, and thus raises his heart to divine thoughts.

- Nikitas Stithatos
The Holy Martyr

Hesychius

March 2

Apolytikion

Fourth Mode

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by his

prayers, save our souls, since Thou art mer-ci-ful.

SAINT HESYCHIUS
The Holy Martyrs Eutropius, Cleonicus, and Basiliscus

March 3

Apolytikion

Fourth Mode
"Be quick to anticipate"

Oι μάρτυρες σου Κύριε

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
Recite the words of psalmody as your very own,
that you may utter the words of your supplication
with insight and with discriminating compunction,
like a man who truly understands his work.

- St. Isaac the Syrian
Saint Gerasimus of the Jordan

March 4

Apolytikion

Intonation: #1
First Mode

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

O Gerasimus, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain...
heavenly gifts, and thou healest the sick

and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to Him that worketh healings for all through thee.
The Holy Martyr
Conon

March 5

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee
received as the prize the crown of incorruption and life from
Thee, our immortal God. For since he possessed Thy
strength, he cast down the tyrants and wholly destroyed the

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If one were to put
all of the world's most precious
things on one side of a scale, and the
Divine Liturgy on the other, the scales
would tip completely in favor of the Liturgy.

-St. John of Kronstadt
The Holy Forty-Two Martyrs of Amorion

March 6

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Holy Martyred Bishops of Cherson
Basileus, Ephraim, Eugene, Capito,
Aetherius, Agathodorus, and Elpidius

March 7

Apolytikion

Intonation: #13
Plagal First Mode

Since Thou hast given us the miracles of Thy holy
Martys as an invincible battlement, by
their entreaties scatter the counsels of the heathen,
then, O Christ our God, and strengthen the faith of Orthodox
Christians, since Thou alone art good and the Friend of man.

CHrist heAling the son of the centurion
Thou didst live a life hidden in God, O all-famed Theophylact, but Christ revealed thee unto all as a shining light set upon the spiritual lampstand, and He placed in thy hands the tablets.
Be not drunk with wine, wherein is debauchery, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

Ephesians 5:18-19
The Holy Forty
Martyrs of Sebastia

March 9

Apolytikion

Intonation: #1
First Mode

Allegro $\frac{1}{150}$

Be Thou entreated for the sake of the sufferings of Thy Saints which they endured for Thee, O Lord, and do Thou heal all our pains, we pray, O Friend of man.

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The Holy Forty
Martyrs of Sebastia

March 9

Kontakion

Intonation: #17
Plagal Second Mode

Having left every military array of the world,

ye cleaved unto the Master Who is in the Heavens,

O Forty Prize-winners of the Lord; for having passed through

fire and water, O blessed ones, ye rightly received

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March 9 - The Holy 40 Martyrs

Un.

glo - ry from Heav - en and a mul - ti - tude

of crowns.
The Holy Martyr Quadratus
and Those With Him

March 10

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee
received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

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de-mons’ strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Fa- ther and Hier- arch So- phro- ni- us, in- ter- cede with

Christ God that our souls be saved.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O

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Father and Hierarch Gregory, intercede with Christ God that our souls be saved.

ST. GREGORY THE GREAT
SENDING ST. AUGUSTINE TO ENGLAND
Saint Theophanes
the Confessor

March 12

Apolytikion

Intonation: #25
Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the

world, God-inspired adornment of monastics, O wise Theophanes, by thy teachings thou
March 12 - St. Theophanes

un. hast en - light - ened all, O harp of the _Spir -

F C Un. F

it. In - ter - cede with Christ God that our _ souls_

be _ saved.
The truth of things hath revealed thee to thy flock as a rule
of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty.
Father and Hierarch Nicephorus, intercede with Christ God that our souls be saved.
In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ever look the flesh, for it passeth away, but
We believe that God is present everywhere and that "the eyes of the Lord look upon good men and evil in every place"; but we must believe without a shadow of doubt that this is especially so when we assist at the Divine Office. Therefore, let us always be mindful of what the prophet says: "Serve the Lord in fear"; and again, "Sing psalms wisely"; and, "I will sing to Thee in the sight of the angels". Hence we must consider how we are to behave ourselves in the sight of the Divinity and of His angels, and let us so stand to sing, that our mind may be in harmony with our voice.

Rule XIX of St. Benedict (d. ca. 547)
The Holy Apostle Aristobulus of the Seventy

March 15

Apolytikion

Intonation: #8

Third Mode

Allegro \।-150

O holy Apostle Aristobulus, intercede with the merciful God that He grant unto our souls forgiveness of offences.
Let all of us entreat Christ the Lord's holy Martyrs, for they make supplication for our souls' salvation; with faith and with longing, therefore, let us draw nigh unto them, for they
Just as swine run to a place where there is mire
and bees dwell where there are fragrances and incense,
likewise demons gather where there are carnal songs and the
grace of the Holy Spirit settles where there are
spiritual melodies, sanctifying
both mouth and soul.

- St. John Chrysostom
The Holy Martyr
Sabine of Egypt

March 16

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

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In all places and at all seasons you may sing with the mind.

For whether you walk in the market place, or begin a journey,
or sit down with your friends you may rouse up your mind or call
out silently. So also Moses called out, and God heard him. If you are
an artisan, you may sing sitting and working in your shop. If you are
a soldier, or if you sit in judgment, you may do the very same.

One may also sing without voice, the mind resounding
inwardly. For we sing, not to men, but to God,
who can hear our hearts and enter into
the silences of our minds.

- St. John Chrysostom
Saint Christodulus of Patmos

March 16

Apolytikion

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

never look the flesh, for it passeth away, but

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to attend to the soul since it is immortal. Wherefore, O righteous Christodulus, thy spirit rejoiceth with the Angels.
Though thou didst bud forth from a renowned and notable root,
and though thou didst blossom from a city famed for her great imperial dignity, yet didst thou scorn all things as corruptible and fleeting, striving to be joined to

Saint Alexis
the Man of God

March 17

Apolytikion

Intonation: #10

"Be quick to anticipate"

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www.stanthonyssmonastery.org/music/Menaion.htm
Christ thy Master for ever. Entreat him, O Alexis most wise, fervently for our souls.
Saint Patrick
the Enlightener of Ireland

March 17

Apolytikion

Intonation: #8

Third Mode

Allegro $\frac{4}{4} 150$

O Holy Hierarch, equal of the Apostles,

Saint Patrick, wonder-work-er and enlight-en-er of

Ire-land: Inter-cede with the mer-ci-ful

God, that He grant un-to our souls for-give-ness of of-
fences.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Fa- ther and Hier - arch Cyril, in- ter- cede with

Christ____ God that our souls____ be saved.
The Holy Martyrs
Chrysanthus and Daria

March 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Fathers of the Monastery of Saint Sabba Who Were Killed by the Saracens

March 20

Apolytikion

Intonation: #4

Second Mode

'Αθλοφόροι Κυρίου

Blessed is the earth that drank your blood, O prize-winners of the Lord, and holy are the tabernacles that received your spirits; for in the stadium ye triumphed over the enemy, and ye pro-

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What state can be more blessed
than to imitate on earth the choirs of angels?
to begin the day with prayer, and honor our Maker with
hymns and songs? As the day brightens, to betake ourselves, with
prayer attending on it throughout, to our labors, and to
season our work with hymns, as food with salt?
The consolation from hymns produces a
state of soul that is cheerful
and free of sorrow.

- St. Basil the Great
While still in thy youth thou didst lay aside all worldly care
and didst take up the sweet yoke of Christ, O godly minded
Cuthbert, and thou wast shown forth in truth to be
nobly radiant in the grace of the Holy

C

F

D
Therefore, God established thee as a rule of faith and shepherd of His rational flock,

O converser with Angels and intercessor for men.
O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.
The Holy Hieromartyr Basil
Presbyter of the Church of Ancyra

March 22

Apolytikion

Intonation: #10
Fourth Mode

Allegro

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided
When you worship God with hymns,
you should be worshipping Him with your entire
being: your voice should sing; your heart should also
sing; and your life should also sing. Everything should sing!

- Blessed Augustine
Saint Nicon and His 199 Disciples

March 23

Apolytikion

Intonation: #10

Fourth Mode

Alegro  \( \frac{\text{Un.}}{150} \)

\( \text{O } \) Θεός τῶν Πατέρων ἡμῶν

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.
The Forefeast
of the Annunciation

March 24

Apolytikion

Fourth Mode

Σήμερον τῆς παγκοσμίου

Intonation: #10

Today the preludes of universal joy move us to sing the prefestal hymn; for behold, Gabriel cometh, bringing the good tidings to the Virgin, and shall cry to her: Rejoice, thou who art full of

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grace; the Lord is with thee.

Finale:

grace; the Lord is with thee.
The Forefeast of the Annunciation

March 24

Kontakion

Intonation: #8

Fourth Mode (modified)

"On this day Thou hast appeared"

At the great Archangel’s voice, O Theotokos, the All-holy Spirit came upon thee and thou didst conceive Him that is one in essence and throne with God the Father,
March 24 - Forefeast of the Annunciation

O Adam's recovery.
To the new world sent forth as a shepherd of the flock, thou wast called back to the old, to take up the Cross as a staff and from wolves and faithless shepherds to defend the Church; and after thee, the sheep of Christ knew no
shepherd to be true who kept not thy good confession, where-in, O Tikhon, preserve us unharmed throughout our earthly pilgrimage.
The Annunciation of the Theotokos

March 25

Apolytikion

Intonation: #10

Allegro ë150

Today is the fountain-head of our salvation

and the manifestation of the mystery which was

from eternity. The Son of God becometh the Virgin's Son and Gabriel announcth the good
ti - dings of grace; for this cause, let us cry to the

Moth - er of God with him: Re - joice, thou who art full of grace; the Lord is with thee.

Final Cadence:
When the bod-i-less one learned the secret command, in haste he came and stood before Joseph's dwelling, and spake unto the Maiden who knew not wedlock: The One
Who hath bowed the Heavens by His descent is held and contained unchanging wholly in thee.

Seeing Him receiving the form of a servant in thy womb, I stand in awe and cry to thee: Rejoice, thou Bride unwedded.

Rejoice, thou Bride unwedded.
To thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanks giving, as ones rescued out of sufferings, O Theotokos. But as thou art one with...
might which is invincible, from all dangers

that can be do thou deliver us, that we may cry_

[to thee: Rejoice, thou Bride unwedded.

Rejoice, thou Bride unwedded.

Un.
The Synaxis of the Archangel Gabriel

March 26

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Supreme Commander of the Hosts of the Heavens, we, the unworthy, importune

and beseech thee that by thy supplications thou encircle us in the shelter of the wings of thine immaterial

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It is a great accomplishment to pray without distraction,
but it is even greater to chant without distraction.

- Evagrios the Solitary
The Synaxis of the Archangel Gabriel

March 26

Kontakion

Intonation: #4
Second Mode

Un. G

Supreme Commander of God and minister of the Divine glory, guide of men and leader of the bodiless hosts: Ask for what is to our profit and for great mercy, since thou art Supreme Commander
of the bod-i-less hosts.
The Holy Martyr Matrona of Thessalonica

March 27

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer
for Thy sake, that I may reign with Thee;
for Thy sake I die, that I may live
in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since
Thou art great in mercy.
Saint Hilarion the New

March 28

Apolytikion

F C

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver look the flesh, for it passeth away, but
to attend to the soul since it is immortal. Wherefore, O righteous Hilarion, thy spirit rejoiceth with the Angels.
Saint Mark, Bishop of Arethusa, and Cyril the Deacon, and Others Martyred During the Reign of Julian

March 29

Apolytikion

Intonation: #24

Plagal Fourth Mode

Δί' ἐγκρατείας

Allegro  \( \frac{4}{\text{bar}} \)

Since they had slain through their abstinence and struggles

the fiery ragings and fierce motions of the passions, the staunch Martyrs of Christ

God laid hold on the graces to drive off the
pains and ill - ness - es of the sick and work

won-ders both while liv-ing and af-ter death. Strange in-

deed is the mir-a-cle! That these bare bones should pour

forth such o-ver-flow-ing streams of cures. Glo-ry

be to our on-ly God.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -
y, shining with miracles upon the world,

O John our righteous Father. Intercede with Christ God that our souls be saved.
Saint John of Sinai
Author of the Ladder

March 30

Kontakion

As ever-blooming fruits, thou dost offer the teachings of thy God-given book, O wise John,

thou most blessed, while sweet-n'ing the hearts of all

them that heed it with vig-i-lance; for it
Un. is a ladder from the earth unto Heaven.

G Un. G that conferreth glory on the souls that ascend it and honour thee faithfully.
The Holy Hieromartyr Hypatius
Bishop of Gangra

March 31

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent
to divine vision. Wherefore, having rightly divided

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ed the word of truth, thou didst also contest for the Faith
even unto blood, O Hieromartyr Hypatius.

Intercede with Christ our God that our souls be saved.
Saint Mary of Egypt

April 1

Apolytikion

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O_ Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o-

ver-look the flesh, for it pass-eth a-way, but
to attend to the soul since it is immortal. Wherefore, O righteous Mary, thy spirit rejoiceth with the Angels.
Saint Titus

April 2

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \frac{1}{4} \text{b} \)

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -
y, shining with miracles upon the world,

O Titus our righteous Father. Intercede with Christ God that our souls be saved.
In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth a - way, but
to attend to the soul since it is immortal. Wherefore, O righteous Nicetas, thy spirit rejoiceth with the Angels.
Saint Joseph
the Hymnographer

April 3

Apolytikion

Intonation: #25
Plagal Fourth Mode

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-

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y, shining with miracles up on the world,

O Joseph our righteous Father. Intercede with Christ God that our souls be saved.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -

**Saint George of Mount Maleon**

**April 4**

**Apolytikion**

**Intonation: #25**

**Plagal Fourth Mode**

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
My lips shall rejoice when I chant unto Thee,
yea, even my soul which Thou hast redeemed.

Psalm 70: 23
The Holy Martyrs
Claudius, Diodore, Victor, Victorinus, Pappias, Serapion, and Nicephorus

April 5

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty.
Fa- ther and Hier- arch Eu- tych - i- us, in - ter - cede_ with

Christ___ God that our souls___ be saved.
The Holy Martyr
Calliopius

April 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
demons' strength-less presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
As a garden planted by the Spirit, thou didst yield as fruit the soul's salvation, teaching men the ineffable mysteries of Him that fell as a grain of wheat in the earth and by His
dy-ing hath made all the world to live. Right-eous

Fa-ther George, en-treat Christ our God in our be-half, that

His great mer-cy may be grant-ed un-to us.

He who is not alone, but is with others,
cannot derive so much benefit from psalmody
as from internal prayer; for the confusion of voices
renders the psalms indistinct.

- St. John of the Ladder
The Holy Apostles of the Seventy
Herodion, Agabus, Rufus,
Asyncritus, Phlegon, and Hermes

April 8

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{1}{4} \) 150

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Martyr
Eupsychius of Caesarea

April 9

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
O Christ God, by his prayers, save our souls, since Thou art merciful.

de-mons' strengthless presumption.

Saint Eupsycheus
Saint Gregory the Fifth
Patriarch of Constantinople

April 10

Apolytikion

Intonation: #10
"Be quick to anticipate"

Fourth Mode

As hier-arch, thou right-eous-ly didst serve the Sav-iour of all;
in con-test, thou brought-est thy-self un-to Christ as a pure and
well-pleas-ing sac-ri-fice. On a bish-op's throne thou
wast ex-alt-ed by wis-dom; by the hang-man's noose thou
wast raised up to the Heavens, where thou dost pray for all, O divine Patriarch Gregory.
All the powers of Heaven were awe-struck and amazed at the achievement and deeds of the holy Martyrs of Christ; for contending well in mortal bodies clothed with flesh, they overcame the fleshless foe by the
Psalmody--bringing about choral singing, a bond, as it were, toward unity, and joining people into a harmonious union of one choir--produces also the greatest of blessings: love.

- St. Basil the Great
Saint Antipas
Bishop of Pergamum

April 11

Apolytikion

First Mode
"While Gabriel was saying"

Intonation: #1

The celebrated hierarch and Pergamum's first prelate, the fellow-contestant of Martyrs and most divine myrrh-streamer, ye faithful, come let us honour now wise Antipas, who truly is a great

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and swift healer of severely afflicted teeth,

and cry to him with our whole soul: Glory to Him that hath glorified thee. Glory to Him that hath crowned thee. Glory to Him that worketh healings for all through thee.

April 11 - St. Antipas
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O

Saint Basil the Confessor
Bishop of Patrium

April 12

Apolytikion

Fourth Mode

Intonation: #10

Kanóna písteos

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A psalm

is a city of refuge

from the demons; a means

of inducing help from the angels,

a weapon in fears by night, a rest from

toils of the day, a safeguard for infants,

an adornment for those at the height of their vigor,

a consolation for the elders, a most fitting ornament for women.

It peoples the solitudes; it rids the market places of excesses; it is the

elementary exposition of beginners, the improvement of those advancing,

the solid support of the perfect, the voice of the Church. It brightens

feast day; it creates a sorrow which is in accordance with God.

For, a psalm calls forth a tear even from a heart of stone.

A psalm is the work of angels, a heavenly

institution, the spiritual incense.

- St. Basil the Great
Saint Martin the Confessor
Pope of Rome

April 13

Apolytikion

Intonation: #10
Fourth Mode

Alegro 150

O Θεός τῶν Πατέρων ἡμῶν

O God of our Fathers, ever dealing with us according
to Thy gentleness: take not Thy mercy from us,
but by their entreaties guide our life in peace.
The Holy Apostles of the Seventy
Aristarchus, Pudens, and Trophimus

April 14

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{3}{4} \) 150

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.

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The Holy Martyr Crescens

April 15

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons’ strength-less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.
Since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heathen, O Christ our God, and strengthen the faith of Orthodox.
The Apostle admonishes women to be silent in church, yet they do well to join in a psalm; this is gratifying for all ages and fitting for both sexes. Old men ignore the stiffness of age to sing [a psalm], and melancholy veterans echo it in the joy of their hearts; young men sing one without the bane of lust, as do adolescents without threat from their insecure age or the temptation of sensual pleasure; even young women sing psalms with no loss of wifely decency, and girls sing a hymn to God with sweet and supple voice while maintaining decorum and suffering no lapse of modesty. Youth is eager to understand [a psalm], and the child who refuses to learn other things takes pleasure in contemplating it; it is a kind of play, productive of more learning that that which is dispensed with stern discipline.

- St. Ambrose
All the powers of Heaven were awe-struck and amazed at the achievement and deeds of the holy Martyrs of Christ; for contending well in mortal bodies clothed with flesh, they overcame the fleshless foe by the
A psalm consoles the sad, restrains the joyful, tempers the angry, refreshes the poor and chides the rich man to know himself. To absolutely all who take it, the psalm offers an appropriate medicine; nor does it despise the sinner, but presses upon him the wholesome remedy of penitential tears.

- St. Niceta of Remesiana
Ye faith-ful, let us praise the di-vine shep-herd of Cor-
th, whom God’s won-drous prov-i-dence made the ad-
orn-men-
of all Chi-os, who shone forth in words and deeds and
prayers, Mac-car-i-us most bless-ed in all truth,
who received from God the grace to heal every ill
and cast out the unclean spirits. Glory to God the Father, Who foreordained him.

Glory to God the Son, Who hath exalted him.
Glory to God the Holy Spirit, Who worketh healings for all through him.
Allegro

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o-

verlook the flesh, for it passeth away, but

Saint John
Disciple of St. Gregory of Decapolis

April 18

Apolytikion

Intonation: #25

Plagal Fourth Mode

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to attend to the soul since it is immortal. Therefore, O righteous John thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Paphnutius

April 19

Apolytikion

Intonation: #10

Fourth Mode

As a shar-er of the ways and a suc-ces-sor to

the throne of the A-pos-tles, O in-spired of

God, thou found-est dis-ci-pline to be a means of as-cent

to di-vine vi-sion. Where-fore, hav-ing right-ly di-

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vide the word of truth, thou didst also contest for the Faith even unto blood, O Hieromartyr Paphnutius. Intercede with Christ our God that our souls be saved.
Saint Theodore of the Hair Shirt

April 20

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro $\frac{\text{F}}{150}$

In thee the image was preserved with exactness,

Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth a - way, but

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to attend to the soul since it is immortal. Wherefore, O righteous Theodore, thy spirit rejoiceth with the Angels.
The Holy Apostle
Zacchaeus

April 20

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Allegro  \( \frac{1}{150} \)

Having just ly hated unjust riches, thou didst lay up treasures of salvation; for, receiving the Saviour within thy house, thou, O Zacchaeus, wast truly made marvelous with all the
fruits of re-pen-tance thou_brought, - est_forth: deeds of
mer-cy, the cor-rec-tion of wrongs, and god-ly life, be-
cause of which we hon_our thee and call_thee_ blest.

Sing to God,
not with the voice,
but with the heart; not,
after the fashion of tragedians,
in smearing the throat with a sweet
drug, so that theatrical melodies and songs
are heard in the church, but in fear, in work, and
in knowledge of the Scriptures. And although a man be
cacophonous, if he have good works, he is a sweet singer before God.

- St. Jerome
The Holy Hieromartyr Januarius and Those With Him

April 21

Apolytikion

Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly di-

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ved the word of truth, thou didst also contest for the Faith even unto blood, O Hieromartyr Januarius. Intercede with Christ our God that our souls be saved.
Saint Theodore of Sykeon

April 22

Apolytikion

Intonation: #10

Fourth Mode

Allegro – 150

Since thou hadst been known from thy swaddling bands to be sanctified, and hadst been shown to be filled with graces,

thou didst illuminate the world with miracles, and didst drive off the swarms of demons, O sacred minister Theodore.

Γνωρισθείς ἐκ σπαργάνων
dore; where-fore do thou be-seech the Lord in our be-half.
The Holy and Glorious Great Martyr George the Trophy-bearer

April 23

Apolytikion

Intonation: #10
Fourth Mode


Lib-er-a-tor of cap-tives, de-fend-er of the poor, phy-

si-cian of the sick, and cham-pion of kings, O tro-phy-

bear-er, Great Mar-tyr George, in-ter-cede with Christ God

that our souls be saved.

Ως τῶν αἰχμαλώτων

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Having been cultivated well by the Lord God, as the most honoured cultivator of piety thou hast now gathered sheaves of virtues for thyself; for, as thou didst sow with tears, thou dost...
reap with rejoicing; with thy blood didst thou contest and thou now hast received Christ. And by thine intercessions, O Saint George, thou grantest all the forgiveness of trespasses.
Saint Elizabeth
the Wonderworker

April 24

Apolytikion
Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other.

ver - look  the  flesh, for it pass - eth a - way, but

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to attend the soul since it is immortal. Wherefore, O righteous Elizabeth, thy spirit rejoiceth with the Angels.
The Holy Apostle and Evangelist Mark

April 25

Apolytikion

Intonation: #8
Third Mode

Allegro \("-150\)

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\(\text{www.stanthonyssmonastery.org/music/Menaion.htm}\)

O holy Apostle and Evangelist Mark,

intercede with the merciful God that He

grant unto our souls forgiveness of offenses.

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The Holy Hieromartyr Basileus
Bishop of Amasia

April 26

Apolytikion

Intonation: #10
Fourth Mode

As a shar - er of the ways and a suc - ces - sor to
the throne of the A - pos - tles, O in - spired_ of
God, thou found - est dis - ci - pline to be a means of_ as - cent
to di - vine vi - sion. Where-fore, hav - ing right - ly di -
vid - ed the word of truth, thou didst al - so con - test for the
Faith - e - ven un - to blood, O Hier - o - mar - tyr Bas - si - le - us. In - ter - cede with Christ our God that our
souls _ be saved.
The Holy Hieromartyr Symeon
Kinsman of the Lord

April 27

Apolytikion

Intonation: #10
"The soldiers standing guard"

We sacredly acclaim thee as Jesus Christ’s kinsman, and as His steadfast Martyr, O all-lauded Hierarch. For bravely hast thou destroyed all deception and kept the Faith. Hence, O

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Symeon, we keep thy holy remembrance on this festive day; and by thy prayers, we are granted the pardon of grievous sins.
The Holy Nine Martyrs
of Cyzicus

April 28

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

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One who jubilates does not speak words, but it is rather a sort of sound of joy without words, since it is the voice of a soul poured out in joy and expressing, as best it can, the feeling, though not grasping the sense. A man delighting in his joy, from some words which cannot be spoken or understood, bursts forth in a certain voice of exultation without words, so that it seems he does indeed rejoice with his own voice, but as if, because filled with too much joy, he cannot explain in words what it is in which he delights. You observe this even in those who sing improperly. Now our jubilation will not be such as theirs, for we ought to jubilate in justification, while they jubilate in iniquity; we, then, in confession, they in confusion. Yet that you might understand what I say, call to mind what you well know, that it is especially those who perform some task in the fields who jubilate. Mowers and vintagers and those who gather other products, happy in the abundance of harvest and gladdened by the very richness and fecundity of the earth, sing in joy. And between the songs which they express in words, they insert certain sounds without words in the elevation of an exultant spirit, and this is called jubilation.

- Blessed Augustine
The Holy Apostles
Jason and Sosipater

April 29

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{\text{B}}{\text{P}} \) 150

'Απόστολοι ἁγίοι

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Apostle James
Brother of John the Theologian

April 30

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{\text{150}}{} \)

O holy Apostle James, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
May
As we celebrate the memory of Thy Prophet Jeremias, O Lord, through him we beseech Thee to save our souls.
Saint Tamara (Tamar)
Queen of Georgia

May 1

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Let the mountain-tops and vales of Georgia sound with songs of praise to laud Tamara as the vessel of wisdom, the smiling sun, the sword of truth, the conversion of infidels, the most har-
moni - ous reed - pipe of Je - sus Christ, and our

fer - vent in - ter - ces - sor be - fore the King of Kings, en -
treat - ing Him to grant great mer - cy un - to us.

SAINT TAMARA
QUEEN OF GEORGIA
The Synaxis of the Three
Martyrs of the Holy Mountain
Euthymius, Ignatius, and Acacius

May 1

Apolytikion

Intonation: #1
First Mode
"The three most great luminaries"

Ye who are equal in number to the unoriginate

Trinity stand now with the choirs of the Angels and

hosts of Martyrs in boundless joy before the thrice-re-

splendid throne of the Godhead; wherefore, O most wise ones,
ye par-take of beams, from that awe-some maj-es-ty, and

grant un-to the faith-ful the di-vine en-light-en-ment from on

high, un-end-ing well-springs of heal-ings, and the

par-don of our griev-ous sins. O di-vine Eu-thy-mi-us,

Mar-tyr of Christ, with the wise Ig-na-tius, and God-in-

spired A-ca-ci-us, ye ev-er en-treat the

Lord God in be-half of all.
The Translation of the Holy Relics of Saint Athanasius the Great

May 2

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Thou wast Orthodoxy's steadfast pillar, holding up the Church with godly dogmas, O great Hierarch, for thou didst preach unto all that God the Son is one essence in very truth with God the
Fa-ther; thus thou didst shame A - ri - us. Right-eous

Fa-ther Ath-a-na-sius, do thou en-treat Christ God that

His great mer-cy may be grant-ed un-to us.
The Holy Martyrs
Timothy and Maura

May 3

Apolytikion

Intonation: #10
"Be quick to anticipate"

To Timothy let us faithful render homage today

together with Maura, his fellow contestant and wife, that

most faithful bride of Christ, lauding their brave steadfastness; for by crucifixion they followed with longing
Let us examine during psalmody
what kind of sweetness comes to us from the
demon of fornication and, on the other hand, what kind of sweetness
comes to us from the words of the Spirit and from
the grace and power contained in them.

- St. John of the Ladder
Saint Theodosius
Abbot of the Kiev Caves Lavra
Founder of Monasticism in Russia

May 3

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro  \( \frac{\text{\textbullet}}{\text{\textbullet}} \) 130

Raising thyself aloft upon virtue and having

loved the monastic life from thy youth, thou didst valiantly attain to thy desire. Thou didst

settle in a cave, and while adorning thy life with
fast - ing and pu - ri - ty, thou didst per - se - vere in

prayers like one of the bod - i - less. And

since thou hast shone forth in the Rus - sian land_ as a bril - liant lamp, O Fa - ther The - o - do - sius, pray Christ God that

our souls be saved.
The Holy Martyr Pelacia

May 4

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer
for Thy sake, that I may reign with Thee;
for Thy sake I die, that I may live
in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since Thou art great in mercy.

May 4 - St. Pelagia

831
The Holy and Glorious
Great Martyr Irene

May 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Holy and Righteous Job the Much-suffering

May 6

Apolytikion

Intonation: #1

First Mode

On behold-ing the rich- es of Job’s vir - tues, the en - e - my of the right - eous con - trived to de - spoil - them; and though he cast down the tow - er of the Saint’s bod - y, he could not plun - der the wealth of his
spir - it, for he found the soul_ of that blame-less

one to be_ ful - ly armed; but as for me, he hath

stripped_ me and led me cap - tive a - way. Has - ten,

then, be - fore the end, res - cue_ me from the

wi - ly one, O Sav - iour, and save_ me.
The Commemoration of the Appearance of the Sign of the Cross

May 7

Apolytikion

Intonation: #1
First Mode

The image of Thy Cross at this time shone brighter than the sun, when Thou didst spread it out from the holy Mount of Olives to Calvary; and in making plain Thy might which is there-in, O Saviour, Thou didst
also thereby strengthen the faithful. Keep us always in peace, by the intercessions of the Theotokos, O Christ our God, and save us.
The Holy Apostle and Evangelist
John the Theologian
the Beloved Disciple and Virgin

May 8

Apolytikon

Intonation: #4
Second Mode

\[\text{Un. G} \]
\[\text{E} \]
\[\text{Un. G} \]

O Apostle, beloved of Christ our God,
Has ten to deliver a defenceless people.
He that allowed thee to recline on His breast,
receiveth thee bowing in intercession.
Im-plore Him, O The-o-logian, to dis-pel the per-sist-ent
cloud of the hea-then, and ask for us His peace and great
mer-cy.
The Holy Apostle and Evangelist
John the Theologian
the Beloved Disciple and Virgin

May 8

Kontakion

Intonation: #4
Second Mode

Allegro \( \frac{1}{4} \) 150

Who can tell thy mighty works, O virgin Saint?

For thou pourest forth miracles, and art a source of healings, and thou dost intercede for our souls, as the Theologian and the friend of Christ.
Saint Arsenius
the Great

May 8

Apolytikion

Intonation: #25
Plagal Fourth Mode

With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-
y, shining with miracles upon the world,

O Arsenius our righteous Father. Intercede with Christ God that our souls be saved.
As we celebrate the memory of Thy Holy Prophet Esaias (Isaiah), O Lord, through him we beseech Thee to save our souls.
Saint Joseph
of Optina

May 9

Apolytikion

Third Mode
"Awed by the beauty"

Intonation: #8

Bright with the gentleness and meekness of the
Lamb, thou wast a shining light in dark and troubled storms, and little ships of souls found thee a

haven, O Father Joseph. Anger never

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stirred the sea of thy deep and un-clouded heart, which reflected unobscured the divine myst'ries from above. Now, since the Lord will do what thou askest, entreat Him to save us who reverence thee.
The Holy Martyr
Christopher

May 9

Apolytikion

Intonation: #10
"Be quick to anticipate"

Made come-ly with garments woven from thy venerable blood,

thou standest before the Lord, the King of Heaven and earth, O

famed Martyr Christopher. With the choirs of the Angels

and the Martyrs thou chantest, singing the thrice-holy
hymn and most awesome praises. Thus, by thine intercessions with God, save us, thy worthless slaves.
The Holy Apostle
Simon the Zealot

May 10

Apolytikion

Intonation: #8

Third Mode

Allegro

O holy Apostle Simon, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
Saints Cyril and Methodius
Apostles to the Slavic Lands

May 11

Apolytikion

Intonation: #10
Fourth Mode

Allegro  \( \text{♩} - \text{♩} - \text{♩} - \text{♩} \)

Since ye were equal in character to the Apostles, and teachers of the Slavic lands, O divinely wise Cyril and Methodius, pray to the Lord of all to strengthen all nations in Orthodoxy and
unity of thought, to convert and reconcile the world to God, and to save our souls.
In serving Christ our King as a priest of His mysteries, thou wentest forth self-called unto contest, O Mocius, to offer thyself to Him through the pains of a willing death. Therefore,
crowned by Christ both as a priest and a martyr,

thou dost heal the ills of all who fervently

honour thy holy memorial.

For prayer and psalmody,
as for many other things, every
time is suitable; so that we praise God
with psalms and hymns and spiritual songs,
while we move our hands in work, chanting with
our tongue if this is possible and conducive to the
edification of the faith, but if not, then in the heart.

- St. Basil the Great
O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.

---

Saints Epiphanius, Bishop of Cyprus and Germanus, Archbishop of Constantinople

May 12

Apolytikion

Intonation: #10

Fourth Mode
The Holy Martyr Glyceria

May 13

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice:

O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.

May 13 - St. Glyceria

855
The Holy Great Martyr
Isidore of Chios

May 14

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

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de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.
Saint Pachomius the Great

May 15

Apolytikion

Plagal First Mode
"Let us worship the Word"

Intonation: #13

Thou didst prove a chief pastor of the Chief Shepherd, Christ, guiding the flocks of monastics unto the heavenly fold, whence thou learntest of the habit and the way of life that doth befit ascetic ranks; having

A

Allegro \( \frac{3}{4} \) 150

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taught this to thy monks, thou now dancest and rejoicest with them in heavenly dwellings, O great Pachomius, our Father and guide.

Virtually all know the words of this psalm and they continue to sing it at every age, without knowing, however, the sense of what has been said. This is not a small charge, to sing something every day, putting forth words from the mouth, without searching out the meaning of the thoughts residing in the words.

- St. John Chrysostom
Saint Achillius the Wonderworker
Archbishop of Larissa

May 15

Apolytikion

Intonation: #10
Fourth Mode

Allegro  \( \frac{3}{4} \) 150

The truth of things hath revealed thee to thy flock as a rule

of faith, an icon of meekness, and a teacher of

temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Oh, that blessed alleluia of heaven that the angels chant where God dwells!

There, the harmony of those who hymn God with words and deeds is perfect! So let us take care to chant the alleluia with perseverance now, so that we will be counted worthy of chanting it with stillness then.

- Blessed Augustine
Saint Theodore the Sanctified
Disciple of St. Pachomius

May 16

Apolytikion

Intonation: #1
First Mode

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

O Theodore, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain...
heavenly gifts, and thou healest the sick

and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to

Him that worketh healings for all through thee.
The Holy Apostles
Andronicus and Junia

May 17

Apolytikion

Intonation: #8
Third Mode

保密守

O holy Apostles, intercede with the
merci-ful God that He grant unto our souls for-
giveness of of-fences.
The Holy Martyrs Peter, Dionysius, Christina, Andrew, Paul, Benedimus, Paulinus, and Heraclius

May 18

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
demons’ strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Hieromartyr Patrick Bishop of Prusa and His Fellow Martyrs Acacius, Menander, and Polyaenus

May 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
Pray gently and calmly,
sing with understanding and rhythm;
then you will soar like a young eagle high in the heavens.
Psalmody calms the passions and curbs the uncontrolled impulses in the body.

- Evagrios the Solitary
The Holy Martyr
Thalleleus

May 20

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.
Like a most precious treasure hidden many years

in the earth, thy venerable and miracle-flowing

relics were found, O most blessed Father and Hierarch A-

lex-is; and receiving healing from them,
we are enriched and we glorify Christ, saying:

Glory to Him Who glorifieth His Saints.

There is nothing upon earth holier, higher, grander, more solemn, more life-giving than the Liturgy. The temple, at this particular time, becomes an earthly heaven; those who officiate represent Christ Himself, the angels, the cherubim, seraphim and apostles.

- St. John of Kronstadt
The Holy Great Sovereigns and Equals to the Apostles
Constantine and Helen

May 21

Apolytikion

Intonation: #10
Fourth Mode

Allegro

Having seen the image of Thy Cross in Heaven,
and, like Paul, having received the call not from men, Thine apostle among kings entrusted the commonwealth to Thy hand, O Lord. Keep us always in peace, by the inter-

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cessions of the Theotokos, O only Friend of man.
The Holy Great Sovereigns and Equals to the Apostles Constantine and Helen

May 21

Kontakion

Intonation: #8

Third Mode 

"On this day the Virgin"

On this day, Saint Constantine and blessed Helen, his mother, have revealed the Cross, the Wood worthy of all veneration.

For the Jews, it is dishonour; but
faithful rulers have it as a weapon
vanquishing their opponents. For our sakes hath it been shown forth as a great ensign, dread and most awesome in war.
The Holy Martyr
Basiliscus

May 22

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee,

received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the...
demons’ strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Michael the Confessor
Bishop of Synnada

May 23

Apolytikion

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Michael, by thy teachings thou

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Un.

hast en-light-ened all, O harp of the Spir-it.

In-ter-cede with Christ God that our souls be

saved.

SAINT MICHAEL THE CONFOESSOR
Thou be - cam - est a pil - lar of pa - tience and didst

em - u - late the Fore - fa - thers, O right - eous one: Job

in his suf - fer - ings, Jo - seph in temp - ta - tions,

and the life of the bod - i - less while in the bod -
We should offer our prayers to God with fear and trembling, tears and sighs, and our voices when we chant should be sober, contrite, measured, and humble.

- St. Palladius
Saint Vincent of Lerins

May 24

Apolytikion

Intonation: #10

"Be quick to anticipate"

With wisdom hast thou made plain to all the Orthodox Faith

as that which alone hath been believed and honoured by all men,

al-ways and eve-ry-where, also show-ing her-e-

esy to be in-no-va-tion, ground-less and un-sta-ble
as a gust in a tempest. O Vincent, thine invincible prayers shelter the Church of God.
The Third Finding
of the Venerable Head
of the Holy Forerunner

May 25

Apolytikion

Intonation: #10
"Be quick to anticipate"

Christ God hath re-vealed to us thy tru-ly ven-ra-ble head
as a di-vine treas-ure that had been con-cealed in the earth, O
Proph-et and For-erun-ner. Where-fore, as we gath-er

on the feast of its find-ing, with our hymns in-spired of

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God, we praise Christ the Saviour, Who by thy mighty prayers saveth us from every kind of harm.
The Third Finding
of the Venerable Head
of the Holy Forerunner

May 25

Kontakion

Second Mode

"Thou soughtest the heights"

Un. G

Since we have obtained thy head as a most sacred

E

rose from out of the earth, O Forerunner of grace divine,

Un.

vine, we receive sure healings in every hour, O Prophet of

Un.

God—the Lord; for again, now as formerly, thou
preach-est re-pen-tance un-to all the world.
The Holy Apostle Carpus
of the Seventy

May 26

Apolytikion

Third Mode

Intonation: #8

Allegro \( \text{\textcopyright 150} \)

\[ \text{O holy Apostle Carpus, intercede with the merciful God that He grant unto our souls forgiveness of offenses.} \]
The Holy Hieromartyr Helladius

May 27

Apolytikion

Intonation: #10
Fourth Mode

Allegro

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly di-

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vid - ed the word of truth, thou didst al - so con - test for the
Faith_ e - ven un - to blood, O Hier - o - mar - tyr Hel -
lad - i - us. In - ter - cede with Christ our God that our
souls_ be saved.

O chant unto our God, chant ye;
chant unto our King, chant ye. . .
O chant ye with understanding.

Psalm 46:6-7
Saint John the Russian
the New Confessor

May 27

Apolytikion

Intonation: #10
Fourth Mode

Allegro  \( \frac{1}{4} \)-\( \frac{3}{4} \)

He that hath called thee from earth unto the heavenly abodes doth even after thy death keep thy body
harmed, O righteous one; for thou wast carried off as a prisoner to Asia, where also, O John, thou

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didst win Christ as thy friend. Wherefore, do thou beseech Him that our souls be saved.
The Holy Hieromartyr Eutychius
Bishop of Melitene

May 28

Apolytikion

Intonation: #10
Fourth Mode

As a shar - er of the ways and a suc - ces - sor to
the throne of the A - pos - tles, O in - spired _of
God, thou found - est dis - ci - pline to be a means of _as - cent
to di - vine vi - sion. Where-fore, hav - ing right - ly di -
Psalmody is the weapon of a monk,
by which he chases away grief.

- St. John of the Ladder
The Holy Martyr
Theodosia of Tyre

May 29

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
Saint Isaacius
Abbot of the Monastery of Dalmatus

May 30

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \frac{\text{dotted}}{\text{150}} \)

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look_ the_ flesh, for it pass - eth a - way, but

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to attend to the soul since it is immortal. Wherefore, O righteous Isaacius, thy spirit rejoiceth with the Angels.
The Holy Martyr
Hermias

May 31

Apolytikion

Fourth Mode
"Be quick to anticipate"

Un. GE

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
June
Thou didst empty the cup of the wisdom of the Greeks, and

thou didst thirst yet again, till thou cam'st unto the

well where thou found'est water springing to eternal

life. And having drunk deeply there-of, thou didst

Saint Justin
the Philosopher

June 1

Apolytikion

Intonation: #13

Plagal First Mode

"Let us worship the Word"

Allegro ♩=150

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also drink the cup that Christ gave to His disciples. Therefore, O Justin, we praise thee as a philosopher and Martyr of Christ.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Nicephorus, intercede with Christ God that our souls be saved.
Allegro

Let all of us entreat Christ the Lord's holy Martyrs, for they make supplication for our souls' salvation; with faith and with longing, therefore, let us draw nigh unto them, for they

The Holy Martyr Lucillian and Those with Him

June 3

Apolytikion

First Mode

"The soldiers standing guard"

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The demon of fornication, in the manner of a licking puppy, is wont to cling to the one he tempts, so as not to be cast out. But it is possible for you - it is a matter of your prerogative and intention - either to nourish him with the work of dishonor or vigorously to put him to flight with prayer and psalmody, with fasting and vigils, and with sleeping on the ground.

- Nilus of Ancyra
Since ye believed in Christ with strong and ardent faith, and ever worshipped His divine and mighty deeds, ye both adorned yourselves with all the splendour of sacred virtues. With your holy
brother now, ye are also vouch-safed to dwell with the ranks of Saints on high, O ye sisters of Lazarus; and with him, O wise Mary and Martha, ye pray for us all unto the Master.
Saint Metrophanes  
Archbishop of Constantinople  

June 4  

Apolytikion  

First Mode  
"While Gabriel was saying"  

Intonation: #1  

Allegro  \( \text{\textbackslash -\textbackslash \textbackslash -\textbackslash -150} \)
and didst save from their destruction and savagery the lambs of Christ God, who cried out: Glory to Him that hath given thee strength. Glory to Him that hath crowned thee. Glory to Him that confirmed the pure Orthodox Faith through thee.

Psalmody is the weapon of a monk, by which he chases away grief.

- St. John of the Ladder
The Holy Hieromartyr Dorotheus  
Bishop of Tyre

June 5

Apolytikion

Intonation: #10

Fourth Mode

As a shar - er of the ways and a suc - ces - sor to

the throne of the A - pos - tles, O in - spired of

God, thou found - est dis - ci - pline to be a means of as - cent

to di - vine vi - sion. Where - fore, hav - ing right - ly di -
G
vid - ed the word of truth, thou didst al - so con - test for the

E
Faith - e - ven un - to blood, O Hier - o - mar - tyr Do - ro - the - us. In - ter - cede with Christ our God that our

E
souls - be saved.


Saint Hilarion

June 6

Apolytikion

In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but

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to attend to the soul since it is immortal. Wherefore, O righteous Hilarion, thy spirit rejoiceth with the Angels.
The Holy Martyr
Theodotus of Ancyra

June 7

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
When, indeed, the Holy Spirit
saw that the human race was guided
only with difficulty toward virtue, and that,
because of our inclination toward pleasure, we
were neglectful of an upright life, what did He do?
The delight of melody He mingled with the doctrines
so that by the pleasantness and softness of the sound heard
we might receive without perceiving it the benefit of the words,
just as wise physicians who, when giving the fastidious rather bitter
drugs to drink, frequently smear the cup with honey. Therefore,
He devised for us these harmonious melodies of the psalms,
that they who are children in age, or even those who
are youthful in disposition, might to all
appearances chant, but in reality,
become trained in soul.

-St. Basil the Great
The Translation of the Sacred Relics of Saint Theodore the Commander

June 8

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

\textbf{Theodore. With the weaponry of faith didst thou}
Arm thyself wisely and didst utterly destroy all the hordes of the demons, as a triumphant athlete of the Lord; wherefore we ever do faithfully call thee blest.
Scorning riches that perish and worldly dignity, thou soughtest heavenly glory through self-denial and toils, making noble rank more noble by humility; and thou didst build a holy house in Je-
Gru - sa - lem, where thou didst guide souls un - to sal - va -

tion. And now, O Moth - er Mel - a - nia, grant us the

alms of thy rich prayers to God.
Saint Cyril
Archbishop of Alexandria

June 9

Apolytikion

Intonation: #25
Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Cyril, by thy teachings thou

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Un. hast en-light-ened all, O harp of the Spir-it.

In - ter-cede with Christ God that our souls be saved.
Saint Columba of Iona

June 9

Apolytikion

Third Mode

Intonation: #8

Allegro \( \frac{\text{C}}{150} \)

A fearless accuser of sin and avenger of the injured, thou in repentance didst accept exile

in distant land, keeping the strait and afflicted path of obedience in the monas
Tic rule. Thou didst cast the cloak of love over the failings of the feeble. A lover of chant, thou didst rejoice in the creation, whilst hymning the Creator, and didst command thy followers to be at peace and have love among themselves, O gracious Columba.
Allegro

Up-rooting the thorns of the wicked passions,

thou didst blossom like the lily in David's wilderness, O Father Cyril. Thou didst gather therein a multitude of disciples, who were guided
by the fear of God and thine instructions. As a child-loving father, thou didst never abandon them, and so we cry: Glory to Him that hath given thee strength. Glory to Him that hath crowned thee. Glory to Him that worketh healings for all through thee.

June 9 - St. Cyril of Belozersk
The Holy Martyrs
Alexander and Antonina

June 10

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
The virtue of silence, especially in church, is very great. . .

Is anything more unbecoming than the divine words should be
so drown’d by talking, as not to be heard, believed, or made known,
that the sacraments should be indistinctly heard through the sound of
voices, that prayer should be hindered when offered for the salvation of all?

- St. Ambrose of Milan
The Holy Martyrs of China

June 10

Apolytikion

Third Mode

"Awed by the beauty"

Let us the flock of Christ with love and piety now glorify with hymns and truly joyous odes the faithful Martyrs of the truth who suffered for Christ in China. For having con-
fessed the Faith, they all bravely went unto

dead as lambs which were sacrificed for our

Shepherd and Master Christ. And therefore to the Martyrs we cry out: Remember us all, who sing your praises.
The Holy Apostles
Bartholomew and Barnabas

June 11

Apolytikion

Third Mode

Intonation: #8

Alegro \( \frac{\text{m}}{150} \)

O ho - ly A - pos - tles, in - ter - cede with the _

mer - ci - ful God that He grant un - to our souls for -

give - ness of of - fenc - es.
The Synaxis of the Icon
of the Theotokos
"It is Truly Meet"

June 11

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

Ye hosts of the Fathers of Mount Athos, gather today,

and shout with a voice of jubilation, leaping for joy, and

faithfully keeping feast: For, behold, the praise of

the most pure Theotokos wondrously and awesome-

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ly is sung by the Angel; and therefore, as the

Mother of God, we glorify her name.
Saints Onuphrius of Egypt and Peter of Athos

June 12

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{3}{4} \)

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.
The Holy Martyr Aquilina

June 13

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

D G

Intonation: #19

O Lord Je - sus, un - to Thee Thy lamb doth cry with a great voice: O my Bride - groom, Thee I love; and seek - ing Thee, I now con - test, and with Thy bap - tism am cru - ci - fied and bur - - ied. I suf - fer

The Holy Martyr Aquilina

June 13

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

D G

Intonation: #19

O Lord Je - sus, un - to Thee Thy lamb doth cry with a great voice: O my Bride - groom, Thee I love; and seek - ing Thee, I now con - test, and with Thy bap - tism am cru - ci - fied and bur - - ied. I suf - fer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live;
in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since

Thou art great in mercy.
The Holy Prophet
Elisseus (Elisha)

June 14

Apolytikion

Intonation: #10
"Be quick to anticipate"

The Incarnate Angel, and the Prophets' summit and boast,

Elias, the glorious, from above sent down his grace upon Elisseus; he doth cast out sickness
and doth also cleanse lepers; and unto all that honour him, he poureth forth streams of cures.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O

Saint Methodius the Confessor
Archbishop of Constantinople

June 14

Apolytikion

Intonation: #10
Fourth Mode
Fa-ther and Hier-arch Metho-di-us, in-ter-cede with Christ God that our souls be saved.
As we celebrate the memory of Thy Prophet Amos, O Lord, through him we beseech Thee to save our souls.

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Saint Jonas
Metropolitan of Kiev

June 15

Apolytikion

Intonation: #10
Fourth Mode

Allegro

Cast- ing thy- self whol- ly up- on the Lord from thy youth, in
prayers and la- bours and fast- ing thou wast an im- age of
vir- tue. Hence, hav- ing be- held thy good vo- li-
tion, God es- tab- lished thee as a hier- arch and shep- herd
There is nothing upon earth holier, higher, grander, more solemn, more life-giving than the Liturgy. The temple, at this particular time, becomes an earthly heaven; those who officiate represent Christ Himself, the angels, the cherubim, seraphim and apostles.

-St. John of Kronstadt
Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker, O Tikhon, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain...
heavenly gifts, and thou healest the sick

and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to

Him that worketh healings for all through thee.
The Holy Martyr Isaurus and Those With Him

June 17

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
Sing to God in love and humility of spirit,
for the Lord rejoiceth therein.

- St. Silouan the Athonite
Saint Botolph
Abbot of the Monastery of Ikanhoe

June 17

Apolytikion

Plagal First Mode

Intonation: #13

Neither the desolation of the fens, nor the
depth of thy humility could hide the light of thy
virtues, whereby thou becamest a lamp unto

to the faithful, O Botolph our righteous Fa-
ther. Wherefore, we entreat thee: do thou al-
so enlighten us who venerate thy blessed mem-
ory.

June 17 - St. Botolph
The Holy Martyr
Leontius

June 18

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
E Un.
de-mons' strength-less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.

Quality in psalmody and prayer consists in praying with the spirit and the nous.
One prays with the spirit only when, as he prays and chants, he is
tentive to the content of the holy writings, and thus
raises his heart to divine thoughts.

- Nikitas Stithatos
The Holy Apostle Jude

June 19

Apolytikion

First Mode
"The soldiers standing guard"

We know thee as a kinsman of Christ and we laud thee with sacred hymns and songs as a most steadfast Martyr who trampled on error and who courageously kept the Faith. As we
Un.  

Un.  

G

Un.  

G

Un.  

Un.  

Un.  

June 19 - Apostle Jude

celebrate today thy holy remembrance,

we receive forgiveness of our sins and transgressions, O Jude, through thy holy prayers.

SAINT JUDE
Saint Paísios the Great of Egypt

June 19

Apolytikion

Fourth Mode

"Be quick to anticipate"

Un. GE

The incarnate Angel, and the boast and summit of monks,

the bodiless man, the citizen of Heaven, the great God-

bearing Paisios celebrateth with us

in divine jubilation, granting grace to all them
that ex-tol-__ him with re-v'-rence. With fer-vour let us
hon-our this day, of-fering him songs__ of praise.
SAINT JOHN MAXIMOVITCH
ARCHBISHOP OF SAN FRANCISCO

June 19

Apolytikion

Intonation: #13

Plagal First Mode

"Let us worship the Word"

Like a spiritual day-star in heaven's firmament, thou
didst encompass the whole world and didst enlighten men's souls. Hence, thy name is glorified throughout the East and

West, for thou didst shine forth with the grace of the
Sun of Righteousness, O John, our beloved shepherd. Wherefore, cease not to entreat Christ, that He show mercy and redeem our souls.
The Holy Hieromartyr
Methodius of Patara
Bishop of Olympus

June 20

Apolytikion

Intonation: #10
Fourth Mode

As a shar - er of the ways and a suc - ces - sor to
the throne of the A - pos - tles, O in - spired_ of
God, thou found - est dis - ci - pline to be a means of_ as - cent
to di - vine vi - sion. Where-fore, hav - ing right - ly di -

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vid - ed the word of truth, thou didst al - so con - test for the

Faith_ e - ven un - to blood, O Hier - o - mar - tyr Me _

Un.

tho - di - us. In - ter - cede with Christ our God that our

souls_ be saved.

Wherever there are spiritual melodies,
there does the grace of the Spirit come,
sanctifying the mouth and the soul.

- St. Nicodemus of the Holy Mountain
Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.
The Holy Hieromartyr Eusebius
Bishop of Samosata

June 22

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to
the throne of the Apostles, O inspired of
God, thou foundest discipline to be a means of ascent
to divine vision. Wherefore, having rightly di-

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Our psalmody should be angelic, not unspiritual and secular.

For to psalmode with clamour and a loud voice

is a sign of inner turbulence.

- St. Gregory of Sinai
Saint Alban
the First Martyr of Britain

June 22

Apolytikion

Intonation: #10

Fourth Mode

Allegro  \( \frac{4}{4} \)

Thou didst defend the persecuted priest, and thyself
didst receive the message of salvation. Fearless before the judge thou didst proclaim: "My name is Alban and I
serve the true and living God." Thou didst become the first-fruit
of our land; O holy martyr Alban pray unceasingly to God for the salvation of the world.
The Holy Martyr Agrippina

June 23

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

Intonation: #19

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism I suffered

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Nativity of
Saint John the Baptist

June 24

Apolytikion

Intonation: #10
"Be quick to anticipate"

O Prophet and Forerunner of Christ God’s coming to us,
all we who with longing now exalt thee are at a loss to

honour thee worthily. For thy mother’s barrenness and father’s long silence, by thine all-renowned and


hal - lowed birth, were both end - ed, and the in - car - na - tion of the Son of God is preached un - to all the world.
The Nativity of
Saint John the Baptist

June 24

Kontakion

Third Mode
"On this day the Virgin"

She that once was barren doth today bring forth

Christ's Forerunner, John, the culmination

and the crown of all of the Prophets.

For when he, in River Jordan, laid
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
The Holy Martyr Febronius

June 25

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

D G

O Lord Je - sus, un - to Thee Thy lamb doth cry with

Diatonic

a great voice: O my Bride - groom, Thee _ I love; and

seek - ing Thee, I now con - test, and with Thy bap - tism _ am

cru - ci - fied _ and bur - - - ied. I suf - fer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

thee as a spotless sacrifice. Lord,

Thou art great in mercy.

for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thou art great in mercy.
The Appearance of the Icon of the Theotokos of Tikhvin

June 26

Apolytikion

Intonation: #10
Fourth Mode

Allegro  \( \frac{1}{4} \) 150

Today thy most venerable icon, O Lady, hath shone in Heaven upon us like a most brilliant sun, enlightening the world with rays of mercy, which great Russia and America received from on high most rev-

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Un. 'rent-ly as a di-vine gift, and they glo-ri-fy thee, O Moth-er of God, as the Queen of all, and joy-ful-ly mag-ni-fy Christ our God Who was born of thee.

Pray to Christ, O our La-dy and Queen, O The-o-tokos, that He keep all Chris-tians un-harmed by all as-saults of the en-e-my, and that He save them that ven-er-ate His di-vine im-age and thy pure i- con with faith, O Vir-gin who knew-est not wed-lock.
Saint David of Thessalonica

June 26

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

O__ Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o -

ver - look__ the__ flesh, for it pass - eth a - way, but

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to attend to the soul since it is immortal. Therefore, O righteous David, thy spirit rejoiceth with the Angels.
Saint Samson the Hospitable

June 27

Apolytikion

Intonation: #25
Plagal Fourth Mode

`En tî ὑπομονή σου

In thy patience thou hast won thy reward, O righteous Father. Thou didst persevere unceasingly in prayer; thou didst love the poor, and didst provide for them in all things. Wherefore, intercede with Christ our
God, O blessed and godly minded Samson, that our souls be saved.
The Translation of the Relics of the Holy Unmercenaries Cyrus and John

June 28

Apolytikion

Intonation: #13

Plagal First Mode

Since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heathen, O Christ our God, and strengthen the faith of Orthodox

http://www.stanthonymonastery.org/music/Menaion.htm
Christians, since Thou alone art good and the Friend of man.
The Synaxis of the Icon
of the Theotokos
"Of the Three Hands"

June 28

Apolytikion

Intonation: #10
Fourth Mode
"Be quick to anticipate"

Allegro \(-150\)

From Pal - es - tine, god - ly mind - ed Sab - bas brought un - to us
thy ven - 'ra - ble i - con, which is known as Of the Three Hands, O
all - ho - ly Bride of God. Where - fore, since the monks of
Hil - an - dar now pos - sess it as their boast, they send up
hymns of praise and thanks-giving, while crying out with fervour: Rejoice, thou who art full of grace.
Ye appeared as true fulfillers of the Gospel of Christ,
living for the sake of Christ as though the world and all therein
did not exist. Ye settled on an island in the
sea, whereon ye struggled assiduously against the in-
visible foe; by fasts, vigils, and all-night standing ye
wisely subjected your bodies to the spirit;
for this cause did ye receive worthy crowns from the right hand
of the Almighty One. And now as ye stand before the
All holy Trinity, O all-blessed Fathers
Sergius and Herman, pray that we be preserved in
peace and that our souls be saved.
The Holy, Glorious, and All-famed Chiefs of the Apostles
Peter and Paul

June 29

Apolytikion

Fourth Mode

Intonation: #10

Allegro  \( \frac{4}{4} \) 150

Un.

\( \text{Oi tôn 'Apóstolôn protóthronoi} \)

Un.

\( \text{O for-est of the A-pos-tles and teach-ers of the world,} \)

Un.

\( \text{in-ter-cede ye with the Mas-ter of all that He grant} \)

Un.

\( \text{peace to the world and great mer-cy} \) to our souls.
The Holy, Glorious, and All-famed Chiefs of the Apostles Peter and Paul

June 29

Kontakion

Second Mode

Intonation: #4

Allegro \( \downarrow \text{150} \)

Thou hast taken to Thyself, O Lord, the firm and God-proclaiming heralds, the chief Apostles, for the enjoyment of Thy blessings and for repose; for Thou hast accepted their labours and death as a -

Un. G

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above all sacrifice, O Thou Who alone know-est the secrets of our hearts.
The Synaxis of the Holy Glorious, and All-famed Twelve Apostles

June 30

Apolytikion

Intonation: #8

Third Mode

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
July
The Holy and Wonderworking Unmercenaries Cosmas and Damian of Rome

July 1

Apolytikion

Intonation: #25
Plagal Fourth Mode

O Holy Unmercenaries and wonderworkers, visit our infirmities; freely ye received, freely give to us.
The Holy and Wonderworking
Unmercenaryes Cosmas and
Damian of Rome

July 1

Kontakion

Intonation: #4
Second Mode

Having received the grace of healing, ye extend health to those in need, O glorious and wonder-working physicians. Hence, by your visitation, cast down the audacity of our enemies, and by your
miracles, heal the world.
The Deposition of the Raiment of the Theotokos in Blachernae

July 2

Apolytikion

Intonation: #25

Plagal Fourth Mode

O Ever-virgin Theotokos, shelter of mankind, thou hast bestowed upon thy people a mighty investiture, even thine immaculate body's raiment and sash, which by thy seedless
child-birth have remained incorrupt; for in thee nature

and time are made new. Wherefore, we implore thee

to grant peace to the world, and great mercy to our souls.
The Deposition of the Raiment of the Theotokos in Blachernae

July 2

Kontakion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

"Περιβολὴν πᾶσι"

"O godly shelter that dost cover all man-kind, the sacred robe that covered thy sacred body hast thou bestowed on all the faithful graciously, O pure Virgin, as a robe of di-"

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At all times, but most of all while chanting,
let us be still and undistracted. For through
distractions, the demons aim to ruin our prayer.

- St. John of the Ladder
**The Holy Hieromartyr Juvenal**

**Enlightener of America**

**July 2**

**Apolytikion**

Intonation: #10

*Fourth Mode*

"Thou Who wast raised up"

**Allegro ¼ 150**

Words:

Striving to free men from the darkness of... i-dols, thou didst break forth bright as the sun... as a Martyr when thou wast slaughtered for professing Christ, O Juvenal. Wherefore, as thou lookest down like a...
star out of Heaven, shine on us with beams of joy,
for thick gloom doth surround us, thou who art
splendid with the light of Christ, the Sun of Righteousness, Whom thou didst preach to all.
The Holy Martyr
Hyacinth the Chamberlain

July 3

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
O Christ God, by his prayers, save our souls, since Thou art merciful.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty."
Father and Hierarch Anatolius, intercede with Christ, God that our souls be saved.
Saint Philip
Metropolitan of Moscow

July 3

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \frac{\text{F}}{150} \)

O successor of first prelates, pillar of Orthodoxy, champion of truth, new confessor, Saint Philip, thou didst lay down thy life for thy flock. Wherefore, since thou hast boldness with
Christ, pray for the suffering Russian land and
them that worthily honour thy holy memory.
Saint Andrew the Hymnographer
Archbishop of Crete

July 4

Apolytikion

Intonation: #10

Fourth Mode

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Father and Hierarch Andrew, intercede with Christ God that our souls be saved.
The Holy Royal Martyrs of Russia

July 4

Apolytikion

Intonation: #10
"The soldiers standing guard"

Most noble and sublime was your life and death, O

Sov'reigns; wise Nicholas and blest Alexan-

dra, we praise you, acclaiming your piety,

meekness, faith, and humility, whereby

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ye attained to crowns of glory in Christ God,

with your five renowned and godly children of

blest fame. O Martyrs decked in purple, intercede

for us.
The Angels' ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly
smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. En treats Him that our souls find salvation, O most renowned Father Athanasius.
The Uncovering of the Relics of Saint Sergius of Radonezh

July 5

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \frac{\text{L}}{\text{4} \cdot \text{50}} \)

Thou didst receive Christ in thy soul from thy youth, O Saint,

and above all didst desire to be quit of the turmoil of the world. Thou didst courageously settle in the wilds, and there thou didst raise children.
of obedience, fruits of humility.

Thus, as an abode of the Trinity,

thou didst enlighten with thy miracles all who came to thee with faith, and didst grant healings abundantly to all. O our Father Sergius, pray to Christ our God that He save our souls.
The Holy New Martyrs
Elizabeth the Grand Duchess
and the Novice Barbara

July 5

Apolytikion

Intonation: #13

Plagal First Mode

"Let us worship the Word"

Emulating the Lord's self-abasement on the earth, thou

didst forsake royal mansions to serve the poor... and dis-

dained, overflowing with compassion for the suffer-

ing. And taking up a martyr's cross, thou in

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meek-ness didst per-fect the Sav-iour's im-age with-in thee. Where-fore, with Bar-b'ra, en-treat Him to save us all, O wise El-iz-a-beth.
Saint Sisoës the Great

July 6

Apolytikion

Intonation: #1
First Mode

Allegro \( \frac{1}{4} \) 150

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

O Sisoës, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain__

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heavenly gifts, and thou healest the sick
and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.
Glory to Him that hath crowned thee. Glory to
Him that worketh healings for all through thee.

July 6 - St. Sisoës the Great 1023
In thee the image was preserved with exactness,

O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

ver - look the flesh, for it pass - eth a way, but
Nothing so arouses the soul,  
gives it wing, sets it free from the earth,  
releases it from the prison of the body, teaches it  
to love wisdom and to despise all the things  
of this life, as concordant melody  
and sacred song composed  
in rhythm.

- St. John Chrysostom
The Holy Great Martyr
Kyriake

July 7

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Appearance of the Icon of the Theotokos of Kazan

July 8

Apolytikion

Intonation: #10

Fourth Mode

Allegro  \( \frac{4}{4} \)

O fervent intercessor, Mother of the Lord Most High,

thou prayest for all to thy Son, Christ our God, and thou

causest all to be saved who have recourse to thy powerful protection. O Sov’reign Lady and Queen,
help and defend all of us who in troubles and trials,
in pain and burdened with many sins, stand before thy
most pure icon in thy presence, and pray to thee with com-
punction of soul, contrition of heart, and with tears, and who
have unflagging hope in thee. Grant to all what is good for
us, deliverance from all evil, and save us all, O Virgin Theoto-
kos, for thou art a divine protection to thy servants.
Allegro

Un. GE

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

G Un. G

re - ceived as the prize the crown of in - cor -rup -tion and life from

Un. G

Thee, our im - mor - tal God. For since he pos - sessed Thy

Un. G

strength, he cast down the ty - rants and whol - ly de - stroyed the

Apolytikion

Fourth Mode

"Be quick to anticipate"

The Holy Great Martyr
Procopius

July 8

Intonation: #10

The Holy Great Martyr
Procopius

July 8

Apolytikion

Fourth Mode

"Be quick to anticipate"

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

re - ceived as the prize the crown of in - cor -rup -tion and life from

Thee, our im - mor - tal God. For since he pos - sessed Thy

strength, he cast down the ty - rants and whol - ly de - stroyed the

The Holy Great Martyr
Procopius

July 8

Apolytikion

Fourth Mode

"Be quick to anticipate"

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

re - ceived as the prize the crown of in - cor -rup -tion and life from

Thee, our im - mor - tal God. For since he pos - sessed Thy

strength, he cast down the ty - rants and whol - ly de - stroyed the

The Holy Great Martyr
Procopius

July 8

Apolytikion

Fourth Mode

"Be quick to anticipate"

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

re - ceived as the prize the crown of in - cor -rup -tion and life from

Thee, our im - mor - tal God. For since he pos - sessed Thy

strength, he cast down the ty - rants and whol - ly de - stroyed the

The Holy Great Martyr
Procopius

July 8

Apolytikion

Fourth Mode

"Be quick to anticipate"

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

re - ceived as the prize the crown of in - cor -rup -tion and life from

Thee, our im - mor - tal God. For since he pos - sessed Thy

strength, he cast down the ty - rants and whol - ly de - stroyed the

The Holy Great Martyr
Procopius

July 8

Apolytikion

Fourth Mode

"Be quick to anticipate"

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

re - ceived as the prize the crown of in - cor -rup -tion and life from

Thee, our im - mor - tal God. For since he pos - sessed Thy

strength, he cast down the ty - rants and whol - ly de - stroyed the
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Hieromartyr Pancratius
Bishop of Tauromenium in Sicily

July 9

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent

to divine vision. Wherefore, having rightly di-

Kαί τρόπον μέτοχος

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G

vod - ed the word of truth, thou didst al - so con - test for the

E

Faith _ e - ven un - to blood, O Hier - o - mar - tyr Pan -

Un.

crat - i - us. In - ter - cede with Christ our God that our

E

souls _ be saved.
The Deposition of the Precious Robe of Our Lord Jesus Christ in Moscow

July 10

Apolytikion

Fourth Mode

Intonation: #10

On this day let us the faithful run to the divine and healing robe of our Saviour and God, Who was pleased to wear our flesh and pour out His holy Blood on the Cross, whereby He hath redeemed us from slavery to the end...
my. Where-fore, we thank-ful-ly cry to Him: By Thy
pre-cious robe save and de-fend Or-tho-do x Chris-
tians, and
bish-ops, and cit-ies, and all men eve-ry-where, and
save our souls, for Thou art the Friend of man.

July 10 - The Deposition of the Robe 1035
The Holy Forty-five Martyrs of Nicopolis in Armenia

July 10

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
This I say, not only that you may yourselves sing praises, but also that you may teach your wives and children to do so, not merely to lighten the work while weaving, but especially at the table. For since Satan is wont to lie in wait at feasts, and to employ as allies drunkenness, gluttony, immoderate laughter, and an inactive mind; on these occasions, both before and after table, it is especially necessary to fortify oneself with the protection of the psalms and, rising from the feast together with one's wife and children, to sing sacred hymns to God.

-St. John Chrysostom
Saint Anthony
of the Kiev Caves

July 10

Apolytikion

Intonation: #10

Fourth Mode

Having left the turmoil of the world, thou didst follow Christ according to the Gospel by renouncing the world; and having lived a life equal to the Angels, thou didst attain to the quiet haven of Hos...
ly Mount Athos. Thence, with the blessing of the fathers, thou camest to the mountain of Kiev, and living there an arduous life, thou didst illumine thy fatherland. And showing a multitude of monastics the path that leadeth to the Heavenly Kingdom, thou didst bring them to Christ. Pray to Him, O Saint Anthony, that He save our souls.
The Holy Great Martyr and All-famed Euphemia

July 11

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Allegro \150

The Holy Great Martyr and All-famed Euphemia

O Euphemia, Christ's comely virgin, thou didst fill the Orthodox with gladness and didst cover with shame all the heretics; for at the holy Fourth Council in Chalcedon, thou didst con-
firm what the Fathers decreed a right. O all-
glorious Great Martyr, do thou entreat Christ God that
His great mercy may be granted unto us.
Saint Olga
Princess of Kiev
Equal to the Apostles

July 11

Apolytikion

Intonation: #1
First Mode

Allegro  \( \frac{1}{150} \)

\begin{align*}
\text{G} & \quad \text{D} \\
\text{G} & \quad \text{D}
\end{align*}

Giving thy mind wings\_ with the knowledge of God,

thou didst soar beyond\_ visible creatures,

seeking the God and Creator\_ of all\_ things; and having

found\_ Him, thou didst receive rebirth by baptism.

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Since thou dost enjoy the Tree of Life, thou remainest incorrupt for all eternity, O ever-glorious Olga.
The Holy Martyrs
Proclus and Hilary

July 12

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

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July 12 - Sts. Proclus and Hilary

O sleepless nights, with the singing of psalms,
and with standing which lasts from one day to the next!
O David, only for these faithful souls [the nuns], have you not sung too long!

- St. Gregory of Nazianzus
Sunday of the Holy Fathers
of the Seven Ecumenical Councils

July 13-19

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \frac{\text{F}}{150} \)

Most glorified art Thou, O Christ our God,

Who hast established our Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful
One, glory be to Thee.
The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth, woven from the theology on high, she...
right - ly di - vid - eth and glo - ri - fi - eth the great mys - ter - y of pi - e - ty.
The Synaxis of the Archangel Gabriel

July 13

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Allegro \( \text{♩=} 150 \)

Supreme Commander of the Hosts of the Heavens, we, the unworthy, impertinent and beseech thee that by thy supplications thou en-
circle us in the shelter of the wings of thine
Un. GF
im - ma - te - ri - al glo - ry, guard - ing us who now fall

down and cry to thee with fer - - - - vou: De -

liv - er us from dan - gers of all kinds, as the great mar -

shal of the heav - en - ly hosts on high.
Saint Stephen of Mar Sabbas Monastery

July 13

Apolytikion

Intonation: #25

Plagal Fourth Mode

Allegro \( \frac{\cdot}{150} \)

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the world, God-inspired adornment of monastics

O wise Stephen, by thy teachings thou
Un.
hast en - light - ened all, O harp of the Spir -
it. In - ter - cede with Christ God that our souls -
be - saved.

The book of psalms uproots the passions
with a certain melodic enjoyment
and a delight that instills
pure thoughts.

- St. Basil the Great
The Holy Martyr
Golinduc

July 13

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism I suffer
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Holy Apostle Aquila

July 14

Apolytikion

Intonation: #8

Third Mode

O holy Apostle Aquila, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided...
ed the word of truth, thou didst also contest for the Faith

even unto blood, O Hieromartyr Joseph.

Intercede with Christ our God that our souls be saved.

Psalmody in a crowded congregation is accompanied by captivity and wandering of the thoughts; but in solitude, this does not happen. However, those in solitude are liable to be assailed by despondency, whereas in congregation the brethren help each other by their zeal.

- St. John of the Ladder
Saint Nicodemus of the Holy Mountain

July 14

Apolytikion

Third Mode
"Awed by the beauty"

Thou hast been shown to be a godly clarion of holy oracles, teaching us righteousness. Thou wast adorned with wisdom's grace, O Father, Saint Nicodemus For thou didst pre-

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sent to all thy pure life as a paradigm, pouring forth enlightenment by the wealth of thy godly words. Thy teachings of salvation illumined as light the whole world, O righteous Father.

July 14 - St. Nicodemus of the Holy Mountain
The Holy Martyrs Cyricus and His Mother Julitta

July 15

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Blessed Julitta, Christ God’s rational

Ewe-lamb, with holy Cyricus, her three-year-old offspring, stood at the judgment seat and with authority and great boldness they proclaimed the true

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Faith of the Christians. In no wise were they afraid of the threats of the tyrants; and now in Heaven, wearing precious crowns, they both rejoice as they stand before Christ our God.
Allegro

Thou wast like a merchant who seek-eth a good-ly pearl,

O glo-ri-ous Sov'-reign Vlad-imir, sitting on the height of the throne of the moth-er of cit-ies, God-pro-
tect-ed Ki-ev. Search-ing and send-ing to the im-

Saint Vladimir
Great Prince of Kiev
Equal to the Apostles

July 15

Apolytikion

Intonation: #10

Fourth Mode
pe - ri - al cit - y to know the Or - tho - dox Faith, thou didst find

Christ, the price - less Pearl, Who chose thee as a sec - ond Paul,

and_ Who did shake off thy spir - i - tu - al and bod - i - ly

blind - ness in the ho - ly font. Where - fore, we who are thy

peo - ple cel - e - brate thy fall - ing a - sleep. Pray that thy

land of Rus - sia_ be saved, and that Or - tho - dox peo - ple be

grant - ed peace_ and great mer - cy.
Saint Matrona of Chios

July 15

Apolytikion

Third Mode
"Awed by the beauty"

Intonation: #8

Allegro

Following in the steps of Christ with ardent faith, thou didst forsake the world with all its fleeting joys and in the flesh thou yet didst live the life of the holy Angels. Wherefore thou hast
filled with joy all of Chi-o-s, thy native

isle, with the Spr-it's man- y gifts, right-eous

Mother ac-claimed of all. And all with joy cry out

to thee, say-ing, Re-joice, O all-ven-'ra-ble Ma-

tro-na.
The Holy Hieromartyr Athenogenes

July 16

Apolytikion

Intonation: #10

Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

God, thou foundest discipline to be a means of ascent
to divine vision. Wherefore, having rightly di-

Allegro 1/150

Kαι τρόπον μέτοχος
Chanting is the work of the Bodiless Powers,
who stand beside God and praise Him unceasingly.

- Antiochos
The Holy Great Martyr
Marina (Margaret)

July 17

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism I suffer.
for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
**The Holy Martyr**

**Emilian**

**July 18**

**Apolytikion**

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crown of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to o-

verlook the flesh, for it passeth away, but
to attend to the soul since it is immortal. Therefore, O righteous Macrina, thy spirit rejoiceth with the Angels.
Saint Dius

July 19

Apolytikion

Intonation: #1

First Mode

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

By fasting, vigour, and prayer thou didst obtain—
heavenly gifts, and thou healest the sick
and the souls of them that have recourse to thee with faith.
Glory to Him that hath given thee strength.
Glory to Him that hath crowned thee. Glory to
Him that worketh healings for all through thee.
Saint Theodore
Bishop of Edessa

July 19

Apolytikion

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Theodore, by thy teachings thou
And even if you do not understand the meaning of the words, for the time being teach your mouth to say them, for the tongue is sanctified by the words alone whenever it says them with good will.

- St. John Chrysostom
Saint Seraphim of Sarov

July 19

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Thou didst love Christ from thy youth, O blessed one, and ardently desiring to work for Him alone, thou didst struggle in the wilderness with constant prayer and labour; and having acquired love for Christ with compunction of heart,
Un. E

thou didst prove to be the beloved favourite of the Mother of God. Wherefore, we cry to thee: Save us by thy

prayers, O Seraphim, our holy Father.
Saint Seraphim of Sarov

July 19

Kontakion

Intonation: #4

Second Mode

Allegro \( \frac{1}{150} \)

Having left the beauty of the world and what is corrupt therein, O Saint, thou didst settle in the Monastery of Sarov. And having lived there an angelic life, thou wast for man...
y the way unto salvation. Wherefore,

Christ hath glorified thee, O Father Seraphim, and hath enriched thee with the gift of healing and miracles. And so we cry to thee: Rejoice, O Seraphim, our holy Father.
The Holy and Glorious Prophet
Elias the Thesbite
(Elijah the Tishbite)

July 20

Apolytikion

Intonation: #10
"Be quick to anticipate"

The Incarnate Angel, and the Prophets' summit and boast,

The second forerunner of the coming of Christ our God, Elias, the glorious, from above sent down his grace upon Elias; he doth cast out sickness
and doth also cleanse lepers; and unto all that honour him, he poureth forth streams of cures.
The Holy and Glorious Prophet
Elias the Thesbite
(Elijah the Tishbite)

July 20

Kontakion

Intonation: #4
Second Mode

O renowned Elias, Prophet and seer of the mighty works of God, who by thy word didst check the rain clouds: Intercede in our behalf with the only Friend of man.

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Saints John and Symeon the Fool for Christ’s Sake

July 21

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{4}{4} \)

O God of our Fathers, ever dealing with us according
to Thy gentleness: take not Thy mercy from us,
but by their entreaties guide our life in peace.

Ω Θεός τῶν Πατέρων ἡμῶν
The Holy Myrrh-bearer and Equal to the Apostles
Mary Magdalene

July 22

Apolytikion

First Mode
"The soldiers standing guard"

When Christ God had been born for our sakes from the

Virgin, thou faithfully didst follow Him, keeping

His statutes and heed-ing His sacred laws,

O august Mary Mag-dalene. Hence,
Un. we to-day observe thy holy remembrance,

G we receive the loosing of our sins and trans-

Un. gress-sions through thy ho-ly prayers for us.
Saint Marcella of Chios

July 22

Apolytikion

First Mode

“While Gabriel was saying”

Intonation: #1

Allegro  \( \frac{1}{4} \)

\[
\text{Obeying the Lord’s saving commandments and divine laws, thou with zeal didst blamelessly keep them, O venerable Marcella; and fearing thy father’s violence, O pure and uncorrupt bride of Christ,}
\]

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thou didst flee into the mountains, where in pursuit

he found thee and seized and slew thee. Glory to

Christ that hath given thee strength. Glory to

Him that hath crowned thee. Glory to Him that worketh

healings for all through thee.
The Synaxis of the Icon of the Theotokos of Pochaev

July 23

Apolytikion

Plagal First Mode

Intonation: #13

They that pray before thy holy icon, O sovereign Lady, are made worthy of healing, receive the gift of understanding of the true Faith, and repel the attacks of the Hagarenes; likewise for
us who fall down before thee, do thou ask for forgiveness of sins. Enlighten our hearts with devout purpose and raise thy prayer to thy Son for the salvation of our souls.
Synaxis of the Icon of the Theotokos
the "Joy of All That Sorrow"

July 23

Apolytikion

Intonation: #10

Fourth Mode
"Thou Who wast raised up"

To God's Birth-giver let us run now most
earnestly, we sinners all and wretched
ones, and fall prostrate in repentance, calling from the
depths of our souls: Lady, come unto our aid,

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have compassion upon us; hasten thou, for we are

lost in a throng of transgressions; turn

not thy servants away with empty hands, for thee alone do we have as our only hope.
Synaxis of the Icon of the Theotokos
the "Joy of All That Sorrow"

July 23

Kontakion

Intonation: #17
Plagal Second Mode

We have no other help, we have no other hope, but
thee, O sovereign Lady; do thou help us. In

thee do we hope, and of thee do we boast, for we are thy
ser-vants. Let us not be put to shame.
As we celebrate the memory of Thy Prophet Ezekiel, O Lord, through him we beseech Thee to save our souls.
The Translation of the Holy Relics of the Holy Hieromartyr Phocas

July 23

Apolytikion

Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided

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ed the word of truth, thou didst also contest for the Faith
even unto blood, O Hieromartyr Phocas.

Intercede with Christ our God that our souls be saved.
The Holy Great Martyr
Christina

July 24

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord, save our souls through her intercessions, since

Thou art great in mercy.
The Holy Passion-bearers
Boris and Gleb

July 24

Apolytikion

Intonation: #4
Second Mode

Allegro $\frac{\text{♩}}{\text{♩}} \text{150}$

O righteous Passion-bearers and true fulfillers

of the Gospel of Christ, chaste Boris and guileless

Gleb, ye did not oppose the onslaughts of your enemy, your brother, who though killing your bodies was un-
able to touch your souls. Let the evil lover of power mourn therefore, while ye rejoice with the angelic choirs; and as ye stand before the Holy Trinity, pray for the souls of them that honour your memory, that they may be pleasing to God; and by your intercessions, pray that all Orthodox people may be saved.
The Dormition of Saint Anna
the Mother of the Theotokos

July 25

Apolytikion

Intonation: #10
Fourth Mode

Allegro \( \frac{1}{4} \) \( \mathbf{150} \)

O godly minded Anna, thou didst give birth unto God's pure

Mother who conceived Him Who is our Life.

Wherefore, thou hast now passed with joy to thy heavenly

rest, wherein is the abode of them that re-

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Un. E

joice in glo - ry; and thou ask - est for - give - ness of

sins for them that hon - our thee with love, O ev - er -

bless - ed one.
We celebrate now the memory of Christ’s ancestors, while asking their help with faith, that we may all be saved from all manner of tribulation as we fervently cry aloud: Be Thou with us, O Lord our...
God, Whose pleasure it was to glorify them both.

THE PRAYER OF SAINT ANNA
The Holy Hieromartyrs
Hermolaus, Hermippus, and Hermocrates

July 26

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.

SAINTS EUBULA, PANTELEIMON, AND HERMOLAUS
The Holy Righteous Martyr
Paraskeve

July 26

Apolytikion

Intonation: #1
First Mode

Allegro \( \frac{4}{4} \)

Show-ing a dil-i-gence be-fit-ting thy call-ing, O name-sake of pre-par-ed-ness, thou hast gained, as thy dwell-ing, a faith-wor-thy of thy name, O prize-win-ning Par-ra-ske-ve. Hence, thou pour-est forth heal-ingS and in-ter-
ced - est for our souls.
The Holy Great Martyr and Healer Panteleimon

July 27

Apolytikion

Third Mode

Intonation: #8

Allegro ♩150

'Oclothorë ãgië

Carmen

O holy prize-winner and healer Panteleimon,

intercede with the merciful God that He grant unto our souls forgiveness of offences.

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The Holy Great Martyr
and Healer Panteleimon

July 27

Kontakion

Intonation: #13

Plagal First Mode

Since thou art an imitator of the Merciful

One, and hast received from Him the grace of healing, O

prize-winner and Martyr of Christ our God, by thy

prayers, heal the diseases of our souls, and ever dis-
pel the stumbling-blocks of the enemy from them that cry unceasingly: Save us, O Lord.
The Holy Apostles of the Seventy and Deacons Prochorus, Nicanor, Timon, and Parmenas

July 28

Apolytikion

Intonation: #8

Third Mode

Allegro $\frac{1}{4}$150

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
Not a temporal kingdom on earth didst thou obtain, but
Christ, thy most come-ly Bride-groom, vouchsafed thee heav-en-ly
crowns, and thou reign-est as a queen with Him e-ter-nal-
ly; for thou didst ded-i-cate thy-self un-to
Him with all thy soul, O Irene, our righteous Mother,

thou boast of Chrysovalantou, and mighty

help of all the Orthodox.
The Holy Martyr
Callinicus

July 29

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the

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demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Virgin Martyr
Theodota

July 29

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bride-groom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer

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for Thy sake, that I may reign with Thee;

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
The Holy Apostles of the Seventy
Silas, Silvan, Crescens, Epenetus, and Andronicus

July 30

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{1}{2} \) 150

O holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy and Just
Eudocimus

July 31

Apolytikion

Intonation: #10
"Be quick to anticipate"

The One that hath called thee from the earth to Heaven to dwell

preserveth thy body uncorrupted after thy death, O

saintly Eudocimus; for in living modestly and chastely, O blest one, thou didst keep thy flesh free
of all stain and defilement; with boldness, therefore,

pray unto Christ that we may all be saved.
Saint Joseph of Arimathea

July 31

Apolytikion

Intonation: #13
Plagal First Mode
"Let us worship the Word"

Let us honour the man that gave burial to God and showed compassion to Him by Whose mercy all things exist: Christ the Angel of Great Counsel's Noble Counselor: who gave his narrow grave to Christ and re-

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G

ceived as recom pense the vast spaciousness of Heav -

A

en, where he entreat eth the Sav iour to show His

mer cy to those prais ing him.
Saint Germanus of Auxerre

July 31

Apolytikion

Intonation: #10
"Be quick to anticipate"

Allegro  \( \mathbf{\frac{1}{3} 150} \)

In Gaul and in Britain thy good name is truly renowned,

for thou didst strive steadfastly against the doctrines of foul Pelagius of evil fame. Wherefore, O Germanus,

we entreat thee with fervour: drive all evil teaching

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from thy land and re-kindle the flame of Orthodoxy anew by thine unceasing prayers.

July 31 - St. Germanus of Auxerre

1127
August
The Procession of the Life-giving Cross

August 1

Apolytikion

Intonation: #1
First Mode

Allegro \( \text{\textbf{D}} \) 150

Save, O Lord, Thy people and bless Thine inheritance; grant Thou unto the faithful victory over adversaries. And by the power of Thy Cross do Thou preserve Thy commonwealth.

Σώσον Κύριε τὸν λαὸν σου

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The Procession of the Life-giving Cross

August 1

Kontakion

Fourth Mode

Intonation: #10

Allegro \( \frac{4}{4} \)

\'Ο υψωθείς ἐν τῷ Σταυρῷ

Thou Who wast raised up on the Cross of Thine own will, O Christ our God, do Thou bestow

Thy compassions upon this, Thy new commonwealth named after Thee. Glad-den with Thy sov-reign might our most
Orthodox hierarchs, and vouchsafe them victory over every false teaching; and as Thy help in war, may they possess the weapon of peace,

the trophy invincible.
Let us acclaim the seven Maccabees children
with their mother, the holy Solomone, and their teacher Eleazar; for they excelled in lawful contest as guardians and keepers of the teachings of the
Law. And now, as gloriously triumphant Martyrs of Christ, they intercede unceasingly for the world.
The Translation of the Relics of Saint Stephen the First Martyr and Archdeacon

August 2

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

The crown of the Kingdom hath adorned the brow of thy head,
because of the contests that thou hast endured for Christ God, thou
first of the martyred Saints; for when thou hadst censured
the Jews' madness, thou sawest Christ thy Saviour standing

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at the right hand of the Father. O Stephen, ever
pray Him for us, that He would save our souls.
Saints Isaacius, Dalmatus, and Faustus

August 3

Apolytikion

Intonation: #10

Fourth Mode

Alegro \( \frac{1}{4} \)

\( \text{G} \)

\( \text{E} \)

\( \text{Un.} \)

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.
The Holy Seven Youths of Ephesus

August 4

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the

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E Un.

demons' strength less presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.
Come, let us all welcome the Transfiguration of Christ,
and joyously celebrate the bright prefestive, O ye faithful, and let us cry: Nigh at hand now is the day of God-given gladness, as the Sovereign Master.
go-eth up on Mount Tabor to flash forth with the beautiful light of His Divinity.
The Forefeast of the Transfiguration

August 5

Kontakion

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

All of mortal nature now divine ly

shin eth on this day with the di

vine Transfiguration ere the time; and in great

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and saveth the race of man.
The Holy Martyr
EUSIGNIUS

August 5

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crown of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.

Psalmody--bringing about choral singing, a bond, as it were, toward unity, and joining people into a hamonious union of one choir--produces also the greatest of blessings: love.

- St. Basil the Great
Saint Oswald
King of Northumbria

August 5

Apolytikion

Third Mode

Intonation: #8

Allegro  \( \frac{4}{4} \)

By the power of the precious Cross, thou didst gain a mighty victory over the heathen foe, O noble sov'reign. By thy faith and zeal for piety, thou didst lead thy people unto the truth of Christ, the King.
of all. O all-famed Os-wald, do thou en-treat Christ

God that we be grant-ed great mer - cy.
Saint John the Romanian
of Hozeva Monastery

August 5

Apolytikion

Intonation: #8
Third Mode

Allegro \( \frac{\text{L}}{150} \)

Fleeing the clamour of the godless authority

and embracing the peaceful solitude of the desert,

thou didst strive with fasting and ceaseless tears to

cleanse thy heart. By thy prayers the earth shook and the

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mountain moved to cover the holy bones of the cave-dwelling Fathers. Having acquired unceasing prayer in a pure heart, thou didst intelligently speak of the many woes of the last times. By the gift of thine incorrupt relics, our Saviour hath taught us to flee unto thee. Wherefore, we cry out: Purify our hearts and keep us faithful unto death, O our God-bearing Father John the Romanian.
The Transfiguration of Our Lord Jesus Christ

August 6

Apolytikion

Intonation: #21
Grave Mode

Thou wast transfigured on the mountain, O Christ our God, showing to Thy disciples Thy glory as each one could endure. Shine forth Thou on us, who are sinners all, Thy light everlasting,

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through the prayers of the The-o-to-kos. Light-be-stow-er,
glo-ry to Thee.

Finale:
The Transfiguration
of Our Lord Jesus Christ

August 6

Kontakion

Intonation: #21

Grave Mode

On the mount Thou wast transfigured, and Thy disciples, as much as they could bear, beheld Thy glory, O Christ our God; that when they should see Thee crucified, they would know Thy Passion to be willing, and would preach.
August 6 - The Transfiguration

to the world that Thou, in truth, art the Efulgence of the Father.
The Holy Righteous Martyr
Dometius

August 7

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
Q: Many times, when I chant, I feel myself being puffed up.

When this happens, how should I confront the thoughts?

A: When the heart becomes puffed up during psalmody, remember that it is written:

"Let not them who embitter Him be exalted in themselves." (Ps. 65:7) Embittering Him is when we sing without understanding (Ps. 47:7) and without the fear of God. If you examine yourself to see if your thoughts are wandering during psalmody, you will definitely find that they have been wandering and you are angering God.

- Sts. Barsanuphius and John
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
The chanting that is done in churches is an entreaty towards God to be appeased for our sins. Whoever begs and prayerfully supplicates must have a humble and contrite manner; but to cry out manifests a manner that is audacious and irreverent.

Canon LXXV of the Sixth Ecumenical Synod
The Holy Apostle Matthias

August 9

Apolytikion

Intonation: #8

Third Mode

Allegro  150

O holy Apostle Matthias, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Martyr Laurence
Archdeacon of Rome

August 10

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee

received as the prize the crown of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the
demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Martyr
Euplus the Deacon

August 11

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
For to sing the Psalms demands such concentration
of a man's whole being on them that, in doing it, his usual
disharmony of mind and corresponding bodily confusion is resolved,
just as the notes of several flutes are brought by harmony to one effect; and he
is thus no longer to be found thinking good and doing evil, ...so he who sings well
puts his soul in tune, correcting by degrees its faulty rhythm so that at last, being truly
natural and integrated, it has fear of nothing, but in peaceful freedom from all vain
imaginings may apply itself with greater longing to the good things to come.

For a soul rightly ordered by chanting the sacred words forgets its own
afflictions and contemplates with joy the things of Christ alone.

- St. Athanasios the Great
The Holy Martyrs
Photius and Anicetus

August 12

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
E Un.

demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint Maximus the Confessor

August 13

Apolytikion

Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the

world, God-inspired adornment of monastics, O wise Maximi

mus, by thy teachings thou
hast enlightened all, O harp of the Spirit.

Intercede with Christ God that our souls be saved.
Saint Tikhon of Zadonsk

August 13

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \text{♩} \text{♩50} \)

From thy youth thou didst love Christ, O blessed one, and thou wast a model to all in word, life, love, spirit, faith, purity, and humility.

Wherefore, thou hast now taken up thy dwell-
In the heavenly mansions where, as thou standest before the throne of the Most Holy Trinity, do thou pray, O Saint Tikhon, that our souls be saved.

SAINT TIKHON
OF ZADONSK
The Forefeast of the Dormition of the Most Holy Theotokos

August 14

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

Un. G > E

In faith, O ye people, leap for joy while clapping your hands;

G Un. G

and gather in gladness on this day with longing and shout in

G Un. E

radiant jubilance. For the Theotokos

Un. G

cometh nigh to departing from the earth unto the
heights; and we glorify her with glory as the
Mother of God in our unceasing hymns.
In the Immaterial Spirit, the whole world hath been mysteriously adorned upon thy glorious memory; and it doth cry joyously: Rejoice, O Virgin, thou
boast of the Christian race.
The Holy Prophet
Michaias (Micah)

August 14

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy

Prophet Michaias, O Lord, through him we beseech Thee to

save our souls.
The Dormition of Our Lady
the Theotokos and Ever-virgin Mary

August 15

Apolytikion

Intonation: #1
First Mode

In giving birth, thou didst preserve thy virginity; in thy dormition, thou didst not forsake the world, O Theotokos. Thou wast translated unto life, since thou art the Mother of Life; and by thine inter-
cessions dost thou redeem our souls from death.

Finale:

our souls from death.
The Dormition of Our Lady
the Theotokos and Ever-virgin Mary

August 15

Kontakion

Intonation: #4

Second Mode

Allegro $\frac{1}{1.50}$

The grave and death could not hold the Theotokos, who is un-sleeping in her intercessions and an un-failing hope in her meditations. For as the Mother of Life she was translated to

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life by Him Who dwelt in her ever-virgin womb.
We worship Thine Immaculate Icon, O Good One, asking the forgiveness of our failings, O Christ our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from
slavery to the enemy those whom Thou hadst fashioned. Wherefore, we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.
The Holy Martyr
Myron

August 17

Apolytikion

Fourth Mode
"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.

SAINT MYRON
The Holy Martyrs
Florus and Laurus

August 18

Apolytikion

Fourth Mode
"Be quick to anticipate"

Intonation: #10

Allegro \( \frac{\text{quarter}}{150} \)

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

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de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Holy Martyr
Andrew the Commander
and the 2,593 Martyred With Him

August 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

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Now [in 1911] theatrical tunes and melodies have even penetrated into the Church, forcing out ancient chant. Meanwhile, the latter is more highly artistic, but people don't understand this.

- St. Barsanuphius of Optina
As we celebrate the memory of Thy Holy Prophet Samuel, O Lord, through him we beseech Thee to save our souls.
The Holy Apostle Thaddaeus

August 21

Apolytikion

Third Mode

O holy Apostle Thaddaeus, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Martyr
Bassa and Her Sons
Theognius, Agapius, and Pistus

August 21

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
Those who chant should offer their psalmodies with great care to God, Who looks into the hidden recesses of the heart, i.e., into the psalmody and prayer that are done mentally in the heart rather than uttered in external cries.

- Canon LXXV of the Sixth Ecumenical Synod
The Synaxis of the Icon of the Mother of God of Prusa

August 22

Apolytikion

First Mode

“While Gabriel was saying”

Intonation: #1

Allegro \( \frac{3}{4} \) 130

While Gabriel was saying

O Lady, by thine icon of Prusa thou art shown

forth as the great protectorress of Greece and a worker

of dread wonders; for thou grantest sight unto the

blind, O thou all-spotless Mariam; thou dost
cast out wicked demons and heal est all that flee
unto thee while crying: Glory unto thy
child-birth without seed. Glory to Him that hath
made thee wondrous. Glory to Him that worketh such manner of marvels through thee.
The Holy Martyrs
Agathonicus and Lupus

August 22 and 23*

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

* The hymns of Saint Lupus (who would celebrate on August 23rd) are transferred to August 22nd because of the Apodosis of the Feast of the Dormition of the Theotokos.
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Let us praise Irenaeus, the hierarch of the Lord, the Holy Spirit’s pure vessel and radiant star of Lyons; for he kept the holy Faith free from all heresy by his divinely written books, which still
guide the Church of Christ into that most peaceful haven. Wherefore, now crowned as a Martyr, he intercedeth that our souls be saved.
The Holy Hieromartyr Eutyches
Disciple of St. John the Theologian

August 24

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided...
Even though the meaning of the words [of psalmody] be unknown to you,
teach your mouth to utter them meanwhile. For the tongue is made
holy by the words when they are uttered with
a ready and eager mind.

- St. John Chrysostom
The Translation of the Relics of Saint Peter Metropolitan of Moscow

August 24

Apolytikion

Intonation: #10

Fourth Mode

Allegro

On this day hath come the glorious feast of the translation of thy precious relics, O Saint Peter, which doth exceedingly gladden thy flock and all Christian people. Fail not to pray for them to Christ our God Who en-

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trusted His flock to thee, that it be kept unharmed from enemies, and that our souls be saved.
Saint Cosmas of Aetolia
Equal to the Apostles

August 24

Apolytikion

Intonation: #10

Fourth Mode

Allegro  \( \frac{1}{150} \)

With odes let us acclaim the renowned Cosmas, who gloriously excelled among the choirs of the martyrs, priests, and ascetics, and let us gather in his honour, for he dispenseth healing to them that
have recourse to him with faith, since, as an equal of the Apostles, he hath boldness before Christ.
Saint Cosmas of Aetolia
Equal to the Apostles

August 24

Kontakion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Come from Aetolia, O God-bearing Father, thou didst become a righteous monk on Mount Athos; and as a true initiate of the glory of God, thou didst preach the word of truth

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to all men, O most blest one, and didst bring them all to Christ as a true emulator of the Apostles’ choir, and thou didst prove a hieromartyr in shedding thy sacred blood.

No one should seek their own good, but the good of others.

I Corinthians 10:24
The Holy Apostles
Bartholomew and Titus

August 25

Apolytikion

Third Mode

Intonation: #8

Apoloúoi ágyoi

O ho - ly A - pos - tles, in - ter - cede -

mer - ci - ful God that He grant un - to our souls for -

give - ness of of - fenc - es.
The Meeting of the Icon
of the Mother of God of Vladimir

August 26

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{1}{\text{4}} \) 150

To-day the most glorious city of Moscow rejoiceth

radiantly, for it receiveth as a ray of the

sun thy wonder-working icon, O Lady; and as we

now have recourse there-to, we pray to thee and cry:
O most wonderful Lady Theotokos, pray to Christ our God, Who was incarnate of thee, that this city and all Christian cities and countries be kept unharmed from all assaults of the enemy, and that our souls be saved, for He is merciful.
Thou didst deem that Faith which hath salvation to be riches never lost or plundered. Thou forsook est thy fathers’ impiety, and thou didst follow thy Master, becoming rich in His di -
vile gifts, O glorious Adrian. With the

godly minded Natalie, who emboldened thee, en-
treat Christ God, O Martyr, that our souls be saved.
The Holy Martyr Phanurius

August 27

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

A heavenly song of praise is brightly sung on the earth;

the hosts of the Angels keep an earthly festival now in splendour and radiant joy; from on high, they praise with hymns thy sufferings and struggles; and below, the Church doth
laud the heavenly glory thou foundest by thy

 contests and pains, O glorious Phanu - ri - us.
With the streams of thy tears, thou didst cultivate the barrenness of the desert; and by thy sighings from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar -
y, shining with miracles upon the world,

O Pimen our righteous Father. Intercede with Christ God that our souls be saved.
Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker,

By fasting, vigil, and prayer thou didst obtain,
heavenly gifts, and thou healest the sick

and the souls of them that have recourse to thee with faith.

Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to

Him that worketh healings for all through thee.

The value of prayer can be inferred from the way the demons attack us during services in church.

- St. John of the Ladder
The Synaxis of the Fathers of the Far Caves in Kiev

August 28

Apolytikion

Intonation: #10

Fourth Mode

Allegro ♩=130

Together with the whole assembly of the monastic

Saints, we honour today the noetic sun and brilliant

moon of the founding Fathers of the Kiev Caves. For

these illumine the firmament of the Church and en-

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light-en them that toil in the darkness of the passions. By their prayers, they grant help from Christ God in the time of all tribulations and they make entreaty for the deliverance of our souls.

What state can be more blessed than to imitate on earth the choirs of angels? to begin the day with prayer, and honor our Maker with hymns and songs? As the day brightens, to betake ourselves, with prayer attending on it throughout, to our labors, and to season our work with hymns, as food with salt? The consolation from hymns produces a state of soul that is cheerful and free of sorrow.

- St. Basil the Great
Saint Job of Pochaev

August 28

Apolytikion

Intonation: #10

Fourth Mode

Allegro

Having acquired the patience of the long-suffering

forefather, having resembled the Baptist in abstinence, and sharing the divine zeal of both, thou wast

grant ed to receive their names, and wast a fearless preacher
of the true Faith. In this way thou didst bring a multitude of monks to Christ, and thou didst strengthen all the people in Orthodoxy, O Job, our holy Father. Pray that our souls be saved.
Saint Susanna
Queen of Georgia

August 28

Apolytikion

Intonation: #13
Plagal First Mode
"Let us worship the Word"

Let us honour Susanna, the wise hand-maid of God, the

godly boast of Iberia, the bright lamp of the

Faith, the far-shining and great beacon of true piety. For, by her confession of the Truth, she hath
shown forth unto all the path leading to salvation; and she maketh fervent entreaty that we be granted life and mercy from God.
The Beheading of
Saint John the Forerunner

August 29

Apolytikion

Second Mode

The memory of the just is celebrated with hymns of praise, but the Lord's testimony is sufficient for thee, O Forerunner; for thou hast proved to be truly even more venerable than the Prophets, since

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thou wast granted to baptize in the running waters Him Whom

they proclaimed. Wherefore, having contested for the

truth, thou didst rejoice to announce the good tidings even to

those in Hades: that God hath appeared in the flesh,

taking away the sin of the world and granting us great

mercy.
The Beheading of
Saint John the Forerunner

August 29

Kontakion

Intonation: #13

Plagal First Mode

Allegro \( \text{\texttt{\textbf{\textasteriskcentered}}} \text{\texttt{\textasteriskcentered}}} \) 150

The glorious beheading of the Forerunner was a


certain divine dispensation, that the coming

of the Saviour might also be preached to those in Had

des. Let Herodias lament, then, that she de-
mand ed a wick ed mur der; for she loved

not the Law of God, nor eternal life, but one

false and fleet ing.
Saints Alexander, John, and Paul the New, Archbishops of Constantinople

August 30

Apolytikion

Intonation: #10

Fourth Mode

Allegro \( \frac{3}{4} \) 150

O God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.

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The Synaxis of the Holy Hierarchs of Serbia

August 30

Apolytikion

Intonation: #10

Fourth Mode

Allegro

O our first Hierarchs and God-bearing Fathers, as enlighteners of Serbia, her holy chief shepherds and patriarchs, true guardians of the apostolic traditions, unshakeable pillars and teachers of
Orthodoxy, entreat Christ, the Master of all,

for the peace of the world and great mercy for our souls.
The Synaxis of the Holy New Martyrs of Serbia

August 30

Apolytikion

Intonation: #10
"The soldiers standing guard"

Allegro \( \frac{4}{4} \) \(-150\)

The scar - let of your blood, shed for Christ’s sake, O

Mar - tyrs, doth or - na - ment the Church like fine lin -

en and pur - ple. The crim - son seed of the Faith__

is a - gain sown with gen - 'rous hand. Lo, the

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When chanters chant with the tongue and also with the mind, 
they greatly benefit not only themselves but 
also those who want to hear them.

- St. Athanasius the Great
The Deposition of the Precious Sash of the Theotokos

August 31

Apolytikion

Intonation: #25

Plagal Fourth Mode

Allegro \( \perade \)

\( \text{Θεοτόκε ἀειπάρθενε} \)

O Ever-virgin Theotokos, shelter of mankind, thou hast bestowed upon thy people a mighty investiture, even thine immaculate body's raiment and sash, which by thy seedless
child-birth have remained incorrupt; for in thee nature

and time are made new. Wherefore, we implore thee
to grant peace to the world, and great mercy to our souls.
The Deposition of the Precious Sash of the Theotokos

August 31

Kontakion

Second Mode

Thy precious sash, O Theotokos, which encompassed thy God-receiving womb, is an invincible force for thy flock, and an unfailing treasury of every good, O only Ever-virgin Mother.
August 31 - Deposition of the Sash

F G

er.
The Holy Hieromartyr
Cyprian of Carthage

August 31

Apolytikion

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the world, God-inspired adornment of confessors, O wise Cyprian, by thy teachings thou
Un. hast en-light-ened all, O harp of the Spir-it. Intercede with Christ God that our souls be saved.
Triodion
Sunday of the Publican and Pharisee

Kontakion

Intonation: #8

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

Let us flee the Phar - isees con - ceit - ed

Let us learn the Pub - li - can's hu - mil - i - ty, and cry with groans un - to the

Sav - iour: Thou Who a - lone art swift - ly rec - on - ciled, be

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gracious unto us.

THE PARABLE OF THE PUBLICAN AND PHARISEE
Sunday of the Prodigal Son

Kontakion

Third Mode
"On this day the Virgin"

Un. FG

Foolishly I sprang away from Thy great fatherly glory, and dispersed in wicked deeds the riches that Thou didst give me.

With the Prodigal I therefore cry

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unto Thee now: I have sinned against Thee,

O compassionate Father. But receive me

in repentance; make me as one of Thy hired

servants, O Lord.
Allegro

O Thou Who by the depth of Thy wisdom dost provide all things out of love for man, and grantest unto all that which is profitable, O only Creator: Grant rest, O Lord, to the souls of Thy servants;

Saturday Before Meat-Fare Sunday:
Saturday of the Souls

Apolytikion

Intonation: #25
Plagal Fourth Mode

www.stanthonysmonastery.org/music/Triodion.htm
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for in Thee have they placed their hope, O our Creator and Fashioner and God.

Theotokion
Plagal Fourth Mode

Thee do we have as a wall and a haven, and an acceptable intercessor with God, Whom thou didst bear, O unwedded Theotokos, thou salvation of the faithful.
Saturday Before Meat-Fare Sunday: Saturday of the Souls

Kontakion

Plagal Fourth Mode

Allegro \( \frac{3}{4} \)

With the Saints grant rest, O Christ, to the souls of Thy servants, where there is neither pain, nor sorrow, nor sighing, but life unending.

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www.stanthonyssmonastery.org/music/Triodion.htm
Meat-Fare Sunday: The Sunday of the Last Judgment

Kontakion

First Mode

When Thou, O God, wilt come to earth with glory, and all things tremble, and the river of fire floweth before the Judgment Seat, and the books are opened and the hidden things made public, then deliver

Intonation: #1

Allegro \( \frac{1}{4} \) 150

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
me from the un-quench-a-ble fire, and
deem me wor-thy to stand at Thy right hand, O most
right-eous Judge.
Cheese-Fare Saturday:
The Commemoration of All Our Righteous and God-bear ing Ascetical Fathers and Mothers

Apolytikion

Intonation: #10

Fourth Mode

O God of our Fathers, ever dealing with us according

to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.
Cheese-Fare Saturday:
The Commemoration of All Our
Righteous and God-bearing
Ascetical Fathers and Mothers

Kontakion

Plagal Fourth Mode
"As first-fruits of our nature"

Intonation: #25

F C

As preach-ers of true pi-e-ty who si-lenced all im-pi-e-

As proceeders of true pi-e-ty who si-lenced all im-pi-e-
ty, Lord, Thou hast made the whole host of God-bear-ing Saints shine

forth with splen-dour on the world. By their

prayers and en-treat-ies, keep all them that ex-tol and sin-cere-ly
Magnify Thee in perfect peace, to chant and to sing to Thee: Alleluia.
Cheese-Fare Sunday: 
The Commemoration of Adam's Exile from Paradise

Kontakion

Intonation: #17
Plagal Second Mode

Allegro \( \frac{4}{4} \) 150

O Thou Guide unto wisdom, Bestower of prudence, Instructor of the foolish, and Defender of the poor: establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the

www.stanthonymonastery.org/music/Triodion.htm
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Father; for behold, I shall not keep my lips from crying unto Thee: Have mercy, O Merciful One, on me who have fallen.
The First Saturday of the Fast:  
The Commemoration of the Miracle of the Kollyva  
by Saint Theodore the Tyro

Apolytikion

Second Mode

Great are the achievements of faith! In the fountain of

flame, as by the water of rest, the holy Martyr

Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the
First Saturday of the Fast

Trinity. By his prayers, O Christ God, save our souls.
The First Saturday of the Fast:
The Commemoration of the Miracle of the Kollyva
by Saint Theodore the Tyro

Kontakion

Intonation: #25

Plagal Fourth Mode

Allegro \( \frac{1}{4} \)80

Having received the Faith of Christ in thy heart as a breastplate, thou didst trample upon the enemy hosts,

O much-suffering champion; and thou hast been crowned eternally with a heavenly crown,
since thou art invincible.
The First Sunday of the Fast: The Sunday of Orthodoxy

Apolytikion

Second Mode

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ, our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from
We should offer up doxologies to God with fear and a contrite heart, in order that they may be accepted like fragrant incense.

-St. John Chrysostom
The First Sunday of the Fast:  
The Sunday of Orthodoxy

Kontakion

Intonation: #25

Plagal Fourth Mode

Allegro \( \cdot 150 \)

The un-de-pict-a-ble Word of the Fa-ther be-came de-
pict-a-ble when He took flesh of thee, O The-
un. o-to-kos; and when He had re-stored the de-
filed im-age to its an- cient state, He suf-fused it

\( \text{www.stanthonysmonastery.org/music/Triodion.htm} \)

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Un. with divine beauty. As for us, confessing our salvation, we record it in deed and word.
The Second Saturday  
of the Fast

Apolytikion

Intonation: #4

Second Mode

\textit{\textsuperscript{3}Απόστολοι, μάρτυρες}

O apostles, martyrs, prophets, hierarchs, righteous, and just ones, who have finished your course well and have kept the Faith: seeing ye have boldness with the Saviour, beseech Him for us, since He is good, that our
souls be saved, we pray.

Apolytikion for the Reposed

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive their every sin in this life; for no man is without sin, except for Thee Who art able to grant rest even unto those that have departed hence.
O holy Mother of the Ineffable Light,

with reverence we magnify thee, honouring thee with angelic hymns.
With the Saints grant rest, O Christ, to the souls of Thy servants, where there is neither pain, nor sorrow, nor sighing, but life unending.
The Second Sunday of the Fast:  
Saint Gregory Palamas  
Archbishop of Thessalonica  

Apolytikion

Intonation: #25  
Plagal Fourth Mode

Allegro \( \frac{1}{150} \)

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonder-worker, boast of Thessal...
lon - i - ca, her - ald of grace: ev - er pray that

our souls be saved.
The Second Sunday of the Fast: Saint Gregory Palamas Archbishop of Thessalonica

Kontakion

Plagal Fourth Mode
"To thee, the Champion Leader"

Intonation: #24
Allegro \( \frac{3}{4} \) \( \frac{150}{\text{mm}} \)

With one accord, we praise thee as the sacred and_

divine vessel of wisdom and clear_

trumpet of theology, O our righteous_

Father Gregory of divine speech. As a
mind that standeth now before the Primal

Mind, do thou ever guide a - right and lead our mind to

Him, that we all may cry: Re - joice, O

herald of grace di - vine.

While your tongue sings,
let your mind search out the meaning of the words,
so that you might sing in spirit and sing also in understanding.

- St. Basil the Great
The Third Saturday of the Fast

Apolytikion

Intonation: #4
Second Mode

Allegro $\downarrow 150$

Un. — G
O apostoles, martyrs, prophets, hierarchs, righteous, and just__ones, who have finished your course__ well and have kept__ the Faith: seeing ye have boldness with the Saviour, be-seech Him for us, since He is good, that our
souls be saved, we pray.

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive their every sin in this life;

for no man is without sin, except for Thee Who art able to grant even unto those that have departed hence.
Un. G

O ho - ly Moth - er of the In - ef - fa - ble Light,

E G

with rev - er - ence we mag - ni - fy thee, hon - our - ing thee with an -

E F G

gel - ic hymns.
The Third Saturday of the Fast

Kontakion

Intonation: #25

Second Mode

Metà tòv ágion

With the Saints grant rest, O Christ, to the souls of Thy

servants, where there is neither pain, nor sorrow, nor

sighing, but life unending.
Save, O Lord, Thy people and bless Thine inheritance; grant Thou unto the faithful victory over adversaries. And by the power of Thy Cross do Thou preserve Thy commonwealth.
No long-er doth the flam-ing sword guard the gate of E-
den, for a mar-vel-lous quench-ing is come up-on_-
it, e-ven the Tree_ of the Cross. The sting

hath been tak-en from death, and the vic-to-ry from
Ha - des. And Thou, my Sav - iour, hast ap - peared
un - to those in Ha - des, say - ing: En - ter ye a -

gain in - to Par - a - dise.
The Fourth Saturday of the Fast

Apolytikion

Intonation: #4
Second Mode

Allegro \( \rightarrow \) 150

\( \text{O apostoles, martyrs, prophets, hierarchs, righteous, and just ones, who have finished your course well and have kept the Faith: seeing ye have boldness with the Savior, beseech Him for us, since He is good, that our} \)

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souls be saved, we pray.

Apolytikion for the Reposed

Keep Thy servants in remembrance, O Lord, since Thou art good; and do Thou forgive their every sin in this life; for no man is without sin, except for Thee Who art able to grant rest even unto those that have departed hence.
Theotokion

**Un.**

O holy Mother of the Ineffable Light,

with reverence we magnify thee, honouring thee with angelic hymns.
The Fourth Saturday
of the Fast

Kontakion

Intonation: #25
Second Mode
Metà tôn ágyon

Allegro 1-150

C

With the Saints grant rest, O Christ, to the souls of Thy_

C

servants, where there is neither pain, nor sorrow, nor

Un.
sighing, but life unending.
With the streams of thy tears, thou didst cultivate the barrenness
of the desert; and by thy sighings
from the depths, thou didst bear fruit a hundred-fold in labours; and thou becamest a luminar-

The Fourth Sunday of the Fast:
Saint John of the Ladder

Apolytikion

Intonation: #25

Plagal Fourth Mode
y, shining with miracles upon the world,

O John our righteous Father. Intercede with Christ God that our souls be saved.
The Fourth Sunday of the Fast: 
Saint John of the Ladder

Kontakion

As ever-blooming fruits, thou dost offer the teachings of thy God-given book, O wise John,

thou most blessed, while sweetening the hearts of all them that heed it with vigilance; for it
Un. is a ladder from the earth unto Heaven

that conferreth glory on the souls that ascend it and honour thee faithfully.
The Thursday of the Fifth Week: 
The Great Canon 
of Saint Andrew of Crete

Kontakion

Plagal Second Mode (Soft Chromatic)

adapted from Gregory the Protopsaltis (+1822)

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My soul, my soul, arise!

Wherefore dost thou slumber? The end is drawing nigh, and thou shalt be troubled. Arouse

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thy - self, therefore, that Christ

God may spare thee; for He is everywhere present and fill -
eth all things.

Just as the angels stand with great fear
and chant their hymns to the Creator,
likewise should we stand in psalmody.

- St. Ephraim the Syrian
The Saturday of the Akathist Hymn

Apolytikion

Intonation: #24
Plagal Fourth Mode

Allegro \( \frac{3}{4} \) 150

When the bod - i - less one learned the se - cret com-
mand, in haste he came and stood be - fore

Joseph's dwell - - ing, and spake un - to the Maid -
en who knew not wed - lock: The One_
Who hath bowed the Heavens by His descent is held and contained unchanging wholly in thee.

Seeing Him receiving the form of a servant in thy womb, I stand in awe and cry to thee:

Rejoice, thou Bride unwedded.
The Saturday of the Akathist Hymn

Kontakion

Intonation: #24

Plagal Fourth Mode

To thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theootokos. But as thou art one with
might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou Bride unwedded.

Rejoice, thou Bride unwedded.
The Fifth Sunday of the Fast:
Saint Mary of Egypt

Apolytikion

Intonation: #25

Plagal Fourth Mode

Allegro

In thee the image was preserved with exactness,

O__ Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to other

never look the flesh, for it passeth away, but
to attend to the soul since it is immortal. Therefore, O righteous Mary, thy spirit rejoiceth with the Angels.
The Fifth Sunday of the Fast:
Saint Mary of Egypt

Kontakion

Fourth Mode
"Thou Who wast raised up"

Having escaped the gloom of sin, O blest Mary, and shining brightly with the light of repentance, thou didst present thy heart to Christ, O glorious one, bringing Him His holy and all-im-
mac - u - late Moth - er as a great - ly mer - ci - ful and most bold in - ter - ces - - - - sor. Hence,

thou hast found the par - don of thy sins and with the An - gels re - joic - est for ev - er - more.
In confirming the common Resurrection, O Christ,

God, Thou didst raise up Lazarus from the dead before Thy Passion. Wherefore, we also, like the children, bearing the symbols of victory,
and cry to Thee, the Vanquisher of death: Hosanna in the highest; blessed is He that cometh in the Name of the Lord.
Lazarus Saturday

Kontakion

Second Mode
"Thou soughtest the heights"

To those on the earth, the Joy of all, Christ God, the

Truth, the Light and the Life, the Resurrection of the

world, in His goodness hath now appeared and is become the true

archetype of the Resurrection of all, be-

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Lazarus Saturday

stowing divine forgiveness on all men.
Palm Sunday

Apolytikion

First Mode

In confirming the common Resurrection, O Christ,

God, Thou didst raise up Lazarus from the dead before Thy Passion. Wherefore, we also, like the children, bearing the symbols of victory,

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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
Palm Sunday

Another Apolytikion

Fourth Mode

Intonation: #10

As by baptism we were buried with Thee, O Christ our God, so by Thy Resurrection we were deemed worthy of immortal life; and praising Thee, we cry: Hosanna in the highest; blessed is He that cometh.
Palm Sunday

in the Name of the Lord.
Palm Sunday

Kontakion

Plagal Second Mode

Intonation: #17

Allegro \( \frac{4}{4} \) 130

Being borne upon a throne in Heaven, and upon a colt on the earth, O Christ God, Thou didst accept the praise of the Angels and the laudation of the children as they cried to Thee: Blessed art
Thou Who comest to recall Adam.
Holy and Great Monday

Troparion

Intonation: #25

Plagal Fourth Mode

Transcription:

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www.stanthonymonastery.org/music/Triodion.htm
less. Be - ware, there - fore, O my soul, lest thou be
borne down with sleep, lest thou be giv - en up to death,
and be shut out from the_ King - dom. But rath - er
rouse thy - self_ and_ cry: Ho - ly, Ho -
ly, Ho - ly art_ Thou, O_ our_ God;
by the pro - tec - tion of the Bod - i - less Hosts, have
mer - - - cy on_ us.
through the The - o - to - kos, have mer - - - cy

First and Second Ending:

Third Ending:
Holy Monday

\begin{music}
\begin{center}
\begin{music}
\begin{Staff}
\begin{ScriptStaff}
\begin{Music}\begin{Fret}
\begin{Notes}
\end{Music}\end{Fret}
\end{Notes}
\end{ScriptStaff}
\end{Staff}
\end{center}
\end{music}
\end{music}
Holy and Great Tuesday

Troparion

Intonation: #25
Plagal Fourth Mode

Andante

Andante

Holy and Great Tuesday

Troparion

Intonation: #25
Plagal Fourth Mode

Andante

Holy and Great Tuesday

Troparion

Intonation: #25
Plagal Fourth Mode

Andante

Holy and Great Tuesday

Troparion

Intonation: #25
Plagal Fourth Mode

Andante

Holy and Great Tuesday

Troparion

Intonation: #25
Plagal Fourth Mode

Andante

Holy and Great Tuesday

Troparion

Intonation: #25
Plagal Fourth Mode

Andante
less. Be - ware, there - fore, O my soul, lest thou be
borne down with sleep, lest thou be giv - en up to death,
and be shut out from the King - dom. But rath - er
rouse thy - self and cry: Ho - ly, Ho - ly, Ho - ly, Ho - ly art Thou, O our God;
by the in - ter - ces - sions of the Fore - run - ner, have
mer - - - - cy on us.
through the The - o - to - kos, have mer - - - - cy
First and Second Ending:

by the in - ter - ces - sions of the Fore - run - ner, have
mer - - - - cy on us.

Third Ending:
Holy Tuesday

C Un.

on us.

1311
Holy and Great Wednesday

Troparion

Intonation: #25

Plagal Fourth Mode

Andante | 108

Idou o Numfios

F C

Behold, the Bride-groom cometh in the middle of the night, and blessed is that servant

F C

whom He shall find watching; and again un-

C D

worthy is he whom He shall find heed-
less. Be - ware, there - fore, O my soul, lest thou be
borne down with sleep, lest thou be giv - en up to death,
and be shut out from the_ King - dom. But rath - er
rouse thy - self_ and_ cry: Ho - ly, Ho - ly, Ho - ly, Ho - ly art_ Thou, _O_ our_ God;
by the pow - er of the Cross, have mer - - - - -
cy on_ us.
through the The - o - to - kos, have mer - - - cy
Holy Wednesday
Holy and Great Thursday

Troparion

Intonation: #25

Andante ♩.108

Plagal Fourth Mode

When the glorious disciples were enlightened

at the washing of the feet, then Judas

the ungodly one was stricken and darkened with the love

of silver. And unto the lawless judg -
Un. F
es did he deliv-er Thee, the right-eous
Judge. O thou lover of mon-e-y, be-hold thou
him that for the sake there-of did hang him-self;
flee from that insatia-ble soul that dared such things a-
against the Mas-ter. O Thou Who art good un-to

First and Second Ending:

all, Lord, glo-ry be to Thee.

Third Ending:

Lord, glo-ry be to Thee.
Holy and Great Friday

Apolytikion
(for the end of Orthros)

Intonation: #10

Fourth Mode

Thou didst ransom us from the curse of the Law by Thy precious Blood. Nailed to the Cross and pierced with the lance, Thou didst pour forth immortality for men. O our Saviour, glory be to Thee.
Holy and Great Saturday

Apolytikia

Intonation: #4

Second Mode

Un. G

The noble Joseph, taking Thine immaculate

E

Body down from the Tree, and having wrapped It in pure

Un. G Un.

linen and spic es, laid It for burial in a

G

new tomb.

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Δόξα Πατρί

Glo·ry to the Fa·ther, and to the Son, and to the Ho·ly

Spir·i·vit.

Ότε κατήλθες

When Thou didst de·scend un·to death, O Life Im·mor·tal, then didst Thou slay Ha·des with the light·ning of Thy Di·vin·i·ty. And when Thou didst also raise the dead out of the neth·er world, all the pow·ers of the heav·ens were cry·ing out: O Giv·er of life, Christ our God, glo·ry

www.stanthonyssmonastery.org/music/Triodion.htm
be to Thee.

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

Unto the myrrh-bearing women did the Angel cry out as he stood by the grave: Myrrh-oils are meet for the dead, but Christ hath proved to be a stranger to corruption.
Pentecostarion
The Holy and Great Sunday of Pascha

Troparion

Intonation: #14

Plagal First Mode

Andante ♩-96

Christ is risen from the dead, by death hath He trampled down death, and upon those in the tombs He hath bestowed life

www.stanthonyssmonastery.org/music/Pascha.htm
When *Christ is Risen* is chanted for the last time, it may be begun as follows:

Christ is risen
The Holy and Great Sunday of Pascha

Kontakion

Plagal Fourth Mode

Intonation: #25

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice,

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and giving peace unto Thine Apostles, O
Thou Who dost grant resurrection to the fallen.
When they who were with Mary came, anticipating the dawn, and found the stone rolled away from the sepulchre, they heard from the Angel: Why seek ye among the dead, as though He were mortal man, Him Who a -

The Holy and Great Sunday of Pascha

Hypakoë

Fourth Mode

Intonation: #10

Allegro †150

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O death, where is thy sting?
O Hades, where is thy victory?

I Cor. 15:55
On Lesbos, ye strove in contest for the sake of Christ God;
ye also have hallowed her with the discovery of your relics, O blessed ones. O God-bearer Raphael,
el, with thee, we all honour Nicholas the deacon.
and Irene the chaste virgin, as our divine protectors, who now intercede with the Lord.
The Feast of the
Life-giving Spring

Bright Friday

Apolytikion

Third Mode
"Awed by the beauty"

As a life-giving fount, thou didst conceive the
Dew that is transcendent in essence, O
Virgin Maid, and thou hast welled forth for our sakes the
nectar of joy eternal, which doth pour forth
from thy fount with the water that springeth

up unto everlasting life in unending and mighty streams; wherein, taking delight,

we all cry out: Rejoice, O thou Spring of life for all men.

At all times, but most of all while chanting,
let us be still and undistracted. For through
distractions, the demons aim to ruin our prayer.

- St. John of the Ladder
The Feast of the Life-giving Spring

Bright Friday

Kontakion

Plagal Fourth Mode
"To thee, the Champion Leader"

From thine un-failing fount, O Maid supremely graced of God, thou dost reward me by the flow of the un-ending streams of thy grace that doth surpass human understanding. And since

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thou didst bear the Word incomprehensibly,

bly, I entreat thee to refresh me with thy grace di-

tvine, that I may cry to thee: Rejoice, O

ater of salvation.
Whilst the tomb was sealed, Thou, O Life, didst shine forth from the grave, O Christ God; and whilst the doors were shut, Thou didst come unto Thy disciples, O Resurrection of all, renewing through them an upright Spirit in
us according to Thy great mercy.

according to Thy great mercy.
With his search-ing right hand, Thom-as did probe Thy life-be-

stow-ing side, O Christ God; for when Thou didst

en-ter whilst the doors were shut, he cried out un-to Thee

with the rest of the A-pos-tles: Thou art my_
Un. F

Lord and my God.

C Un.

Thou art my Lord and my God.
The Sunday of the Myrrh-Bearing Women

Apolytikia

Intonation: #4
Second Mode

When Thou didst descend un to death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou also raise the dead out of the nether world, all the powers of the heavens were
Un. crying out: O Giver of life, Christ our God, glory be to Thee.

(Note: The verses Glory... Both now... are used for the Apolytikia in Vespers and Orthros but never after the Small Entrance of the Divine Liturgy.)

Δόξα Πατρί

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

Ο εὐσχήμων Ἰωσήφ

Un. The noble Joseph, taking Thine immaculate Body down from the Tree, and having wrapped It in pure linen and spices, laid It for burial in a

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E Un.
new tomb. But on the third day Thou didst arise, O Lord, granting great mercy to the world.

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

D Un.
Un-to the myrrh-bearing women did the Angel cry

E Un.
out as he stood by the grave: Myrrh-oils are meet for the

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dead, but Christ hath proved to be a strang-er to cor-

rup-tion. But cry out: The Lord is ris-
en, grant-ing great mer-cy to the world.

mer-cy to the world.
The Sunday of the Myrrh-Bearing Women

Kontakion

Intonation: #4

Second Mode

Allegro \( \frac{\text{Bv}}{150} \)

When Thou didst cry, Rejoice, unto the Myrrh-bearers, Thou didst make the lamentation of Eve the first mother to cease by Thy Resurrection, O Christ.

God. And Thou didst bid Thine Apostles to preach: The
Un. Sav - iour is ris - en from the grave.

Intermediate Ending

Un. F G

ris - en from the grave.

Final Ending

Un.
The Sunday of the Paralytic

Kontakion

Third Mode
"On this day the Virgin"

As of old__ Thou didst__ raise up the par-a-lyt-
ic, O Lord____ God, by Thy God-like care and

might, raise up my soul which is pal-sied

by di-verse sins and trans-gres-sions and

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by unseemly deeds and acts, that being saved, I may also cry out: O Compassionate Redeemer, O Christ God, glory to Thy dominion and might.
The Wednesday of Mid-Pentecost

Apolytikion

Intonation: #25

Allegro  \( \frac{1}{1.50} \)

At Mid-feast give Thou my thirst-y soul to drink of the waters of pi-e-ty; for Thou, O Sav-iour, didst cry out to all: Who-so-ev-er is thirst-y, let him come to Me and drink. Where-

www.stanthonysonastery.org/music/Pascha.htm
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fore, O Well-spring of life, Christ our God, glor-

Un. F

ry be to Thee.

F

be to Thee.
The Wednesday of Mid-Pentecost

Kontakion

Fourth Mode

"Thou Who wast raised up"

Thine eortis tis nomikis

O sovereign Master and Creator of all things, O Christ our God, Thou didst cry un-

to those present at the Judaic Mid-feast and ad-
dress them thus: Come and draw the wa-
ter of immor-

www.stanthonymsmonastery.org/music/Pascha.htm
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tal - i - ty free - ly. Where-fore, we fall down be -
fore Thee and faith - ful - ly cry out: Grant
Thy com - pas - sions un - to us, O Lord, for Thou art tru -
ly the Well-spring of life for all.

Intermediate Ending

Final Ending

the Well-spring of life for all.
The Sunday of the Samaritan Woman

Kontakion

Plagal Fourth Mode

Intonation: #25

Allegro  \( \text{-} 150 \)

Having come to the well in faith, the Samaritan woman beheld Thee, the Water of Wisdom, whereof having drunk abundantly, she, the renowned one, inherited the Kingdom on high forever.

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Sunday of the Samaritan Woman

Final Ending

Kingdom on high for ever.
The Sunday of the Hierarchs of Byzantium*

Apolytikion

Intonation: #1

First Mode

D

O illustrious leaders and shepherds of Byzantium, ye have been revered as wise hierarchs throughout many ages. And therefore now the holy Church of Christ doth praise with hymns your pious way of life. O dis-

* In some traditions, the hierarchs of Byzantium are commemorated on the Sunday of the Samaritan Woman.
tint - guished lu - mi - nar - ies, by your pure lives ye
kindle zeal in those who cry out: Glo - ry to
Him that hath giv - en you strength. Glo - ry to
Him that hath crowned you. Glo - ry to Him that hath af -
firmed the Or - tho - dox faith through you.
The Sunday of the Blind Man

Kontakion

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

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Sunday of the Blind Man

Intermediate Ending

art Thou the most radiant Light.

Final Ending

art Thou the most radiant Light.
Thou hast ascended in glory, O Christ our God, and glad-dened

Thy disciples with the promise of the Holy Spirit;

and they were assured by the blessing that Thou art the Son of God and Redeemer of the world.
Final Ending

G Un. F G

and Redeemer of the world.
When Thou hadst fulfilled Thy dispensation for our sakes, uniting things on earth with the Heavens, Thou didst ascend in glory, O Christ our God, departing not hence, but remaining inseparable from us and
1360 Holy Ascension

cry - ing un - to them that love Thee: I am

with you, and no one can be against you.
The Sunday of the
318 God-bearing Fathers
of the First Ecumenical Council

Apolytikion

Intonation: #25
Plagal Fourth Mode

Alegro \( \frac{\text{F}}{150} \)

Most glorified art Thou, O Christ our God,
Who hast established our Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful
One, glory be to Thee.
The Sunday of the 318 God-bearing Fathers of the First Ecumenical Council

Kontakion

Plagal Fourth Mode

Intonation: #25

The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth, woven from the theology on high, she...
right - ly di - vid - eth and glo - ri - fi - eth the great

myst - ter - y of pi - e - ty.
The Saturday Before Pentecost
The Saturday of the Souls

Apolytikion

Intonation: #25
Plagal Fourth Mode

`O báthei sòfías

O Thou Who by the depth of Thy wisdom dost provide all things out of love for man, and grantest unto all that which is profitable, O only Creator: Grant rest, O Lord, to the souls of Thy servants;

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for in Thee have they placed their hope, O our Creator

and Fashioner and God.

Theotokion

Plagal Fourth Mode

Thee do we have as a wall and a haven, and an acceptable intercessor with God, Whom thou didst bear, O unwedded Theotokos, thou salvation of the faithful.
The Saturday Before Pentecost
The Saturday of the Souls

Kontakion

Intonation: #25
Plagal Fourth Mode

Metâ tōn áγιων

With the Saints grant rest, O Christ, to the souls of Thy servânts, where there is nei-ther pain, nor sor-row, nor sigh-ing, but life un-end-ing.

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Holy Pentecost

Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro  \( \frac{1}{4} \) 150

Blessed art Thou, O Christ our God, Who hast shown forth the fisher-men as supremely wise by sending down upon them the Holy Spirit, and through them didst draw the world into Thy net. O Be-friend-er of

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man, glory be to Thee.

Final Ending

glory be to Thee.
Holy Pentecost

Kontakion

Plagal Fourth Mode

Intonation: #25

Once, when He descended and confounded the tongues, the Most High divided the nations; and when He divided the tongues of fire, He called all men into unity; and with one ac-

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Pentecost

cord we glorify the All-holy Spirit.

C Un.
The Sunday of All Saints

Apolytikion

Fourth Mode

Intonation: #10

Allegro

Un. E

A-dorned in the blood of Thy Martyrs throughout all the world

Un. G

as in purple and fine linen, Thy Church, through them, doth

Un.

cry unto Thee, O Christ God: Send down Thy compassions

Un.

upon Thy people; grant peace to Thy common-wealth,

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and great mercy to our souls.
The Sunday of All Saints

Kontakion

Plagal Fourth Mode

Intonation: #25

As first-fruits of our nature to the Planter of created things, the world presenteth the God-bearing martyred Saints in offering unto Thee, O Lord. Through their earnest entreaties, keep Thy Church in deep peace and divine tranquility.

Ως ἀπαρχάς

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quil-li-ty, through the pure The-o-to-kos, O
Thou Who art great-ly mer-ci-ful.

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 meldoy.

- St. John Chrysostom
The Sunday of the Athonite Fathers*

Apolytikion

First Mode

D

Let us honour the fathers of Mount Athos with hymns and

songs, those who were confessors and righteous ones, with the

hierarchs and martyred monks. And let us emulate their noble deeds and cry out saying with

* Celebrated on the Sunday following the Sunday of All Saints
one voice: Gloria to Him that hath crowned you. Gloria to Him that hath sanctified you. Gloria to Him that hath shown you forth as our protectors in every peril.
Weekday Theotokia
Rubrics for the Weekday Theotokia

The weekday theotokia (pronounced "theh-o-to-KEE-ah") in the following section are chanted after the apolytikia if the saint(s) of the day are not celebrated. "Celebrated saints" are saints for whom the Menaion appoints that the Great Doxology be chanted in Orthros. These weekday theotokia are chanted at three times in the daily services: 1) after the apolytikia at the end of Vespers, 2) after the apolytikia in the beginning of Orthros, and 3) after the apolytikia at the end of Orthros. Theotokia are never chanted after the apolytikia in the Divine Liturgy. The order for chanting the apolytikia and theotokia at those three times in the services is as follows:

When there is only one saint of the day in the Menaion, the apolytikion of that saint is chanted once, followed by the verses *Glory to the Father... Both now and ever...*, and then the theotokion is chanted in the same mode in which the apolytikion was chanted. For example, if it is Tuesday, October 4th, the apolytikion of the day for St. Hierotheos is in fourth mode. Therefore, the theotokion chanted after it in the beginning of Orthros will be *To God's Birthgiver...* on page 1406.

When there are two saints of the day in the Menaion, the apolytikion of the first saint is chanted once. Then, the verse *Glory to the Father...* is chanted, followed by the apolytikion of the second saint. Thereafter, the verse *Both now and ever...* is chanted, followed by the weekday theotokion in the same mode as the apolytikion of the second saint. For example, if it is Wednesday, November 19th, the apolytikion for the Prophet Abdias is chanted in second mode, followed by the verse *Glory to the Father...* and the
apolytikion of St. Barlaam in fourth mode. Then, the verse Both now and ever... is chanted, followed by the weekday theotokion in fourth mode for Wednesday: O Mother of Christ our God... on page 1408.

Weekday theotokia are not chanted in the post-feast periods after feast days of the Lord and the Mother of God. They are replaced by the apolytikion of that feast day.

When the saint of the day is "celebrated," i.e., when the Menaion appoints that the Great Doxology be chanted in Orthros, then the resurrectional theotokion in the previous section in the same mode as the apolytikion of the saint of the day is chanted instead of a weekday theotokion in the following section.

Bear in mind that verses such as Glory to the Father... and Both now and ever... are always chanted in the same mode as the troparion immediately following that verse. In Appendix II we have provided heirmologic (brief) melodies for the verses to the Father... and Both now and ever... in all eight modes.
Weekday Theotokia

First Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

Allegro  \( \frac{3}{4} \)

\( D \)

\[ \text{Bombastika} \]

Be-holding a wonder of wonders in thee, O Full of Grace,

creation rejoiceth; for thou didst conceive without seed and gavest birth in-

efficably unto Him upon Whom the or-

\[ \text{Thyma thamatos} \]

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Orders of Angels cannot gaze. Entreat Him in behalf of our souls.

For the end of Monday Orthros

"Ἀχράντε Θεοτόκε"

O Immaculate Theotokos, who art blessed in the Heavens and glorified upon the earth,

rejoice, thou Bride unwedded.

For Monday Vespers and Tuesday Orthros at "God is the Lord"

Συλλαβούσα ἀφλέκτως

Since thou hast conceived in thy womb the fire of the
God-head without being consumed, and hast without seed given birth unto the Lord, the Well-spring of life, O Theotokos who art full of grace, preserve them that magnify thee.

For the end of Tuesday Orthros

In a manner surpassing understanding and speech,

thou hast given birth unto Him that was without mother ever in Heaven and without father on earth.

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treat Him, O Theotokos, in behalf of our souls.

For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

Oi tīn σὴν προστασίαν

Having thy protection, O immaculate one, and being delivered from afflictions by thy prayers, we who are in every way guarded by the Cross of thy Son do all magnify thee reverently as is due.
For the end of Wednesday Orthros

See "O immaculate Theotokos..." on page 1384.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

See "Since thou hast conceived..." on page 1384.

For the end of Thursday Orthros

See "In a manner surpassing..." on page 1385.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "Having thy protection..." on page 1386.

For the end of Friday Orthros

See "O immaculate Theotokos..." on page 1384.
While Ga-bri-el 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. Glory to Him that,

through thy giving birth, hath delivered us.

For the end of Saturday Orthros

See "In a manner surpassing..." on page 1385.
Weekday Theotokia

Second Mode
(Soft Chromatic)

For Sunday Vespers and
Monday Orthros at "God is the Lord"

Un. G
Since thou art a well-spring of pity, count us
worthy of compassion, O Theotokos.

Un. G
Look upon a sinful people; show forth, as
always, thy power. For hoping in thee, we cry Re-
joice unto thee, as once did Gabriel, the Supreme Commander of the bodiless hosts.

For the end of Monday Orthros

Μήτηρ ἁγία

O Holy Mother of the Ineffable Light, with reverence we magnify thee, honouring thee with angelic hymns.
We have become partakers of the Divine nature through thee, O ever-virgin Theotokos; for thou hast borne the Incarnate God for us. Wherefore, as is due, we all magnify thee reverently.

For the end of Tuesday Orthros

We magnify thee, O Theotokos, and cry...
E out: Rejoice, O cloud of the Unwaning Light; for

thou hast borne the Incarnate God for us. Wherefore,

as is due, we all magnify thee reverently.

For Tuesday Vespers and
Wednesday Orthros at "God is the Lord"

Most gloriously art Thou, O Virgin Theotokos. We praise thee, for through the Cross of thy Son,

Hades was cast down and death was slain. Having been

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put to death, we were raised up and were deemed worthy of life. We received Paradise, the ancient bliss.

Therefore, in thanks-giving, we glorify Christ our God, since He is mighty and alone abundant in mercy.

For the end of Wednesday Orthros

We magnify thee, O Theotokos, and cry out:

Rejoice, O rod from whom God blossomed forth seedlessly
and destroyed death by the Tree.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

See "We have become partakers..." on page 1393.

For the end of Thursday Orthros

See "We magnify thee... Rejoice, O cloud..." on page 1393.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "Most glorified art thou..." on page 1394.

For the end of Friday Orthros

See "We magnify thee... Rejoice, O rod..." on page 1395.
All thy mysteries are beyond comprehension; all are exceedingly glorious, O Theotokos. Sealed with purity and preserved by virginity, thou wast known to be a true mother, giving birth unto the true God. Do thou entreat Him that our souls be saved.

For the end of Saturday Orthros

See "O holy Mother..." on page 1392.
Awed by the beauty of thy virginity and the exceeding radiance of thy purity, Gabriel called out unto thee,

O Theotokos: What worthy hymn of
praise can I offer unto thee? And
what shall I name thee? I am in doubt and
stand in awe. Wherefore, as commanded, I cry to thee: Re-
joyce, O Full of Grace.

For the end of Monday Orthros

Everybody rightly runneth for refuge there where he
can be saved: and what other refuge is there like_
unto thee, O Theotokos, who shelterest

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Our souls?

For Monday Vespers and Tuesday Orthros at "God is the Lord"

O Theotokos, our refuge and strength, and mighty succour of the world: By thine intercessions,

shelter thy servants from every necessity, O only blessed one.

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For the end of Tuesday Orthros

See "Every man rightly runneth..." on page 1399.

For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

We who unceasingly magnify thee with love possess the Cross of thy Son as a scepter of power, O Theotokos, and we humble there with the insolvency of our enemies.

{Music notation}
The prophets foretold, the apostles taught, the martyrs confessed and we have believed that thou art truly the Theotokos. Wherefore, we also magnify thine ineffable childbirth.

For the end of Wednesday Orthros

See "O Theotokos, our refuge..." on page 1400.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"
We praise thee, the Mediatrix for the salvation of our race, O Virgin Theotokos; for in the

For the end of Thursday Orthros
See "Every man rightly runneth..." on page 1399.

For Thursday Vespers and Friday Orthros at "God is the Lord"
See "We who unceasingly magnify..." on page 1401.

For the end of Friday Orthros
See "O Theotokos, our refuge..." on page 1400.

For Friday Vespers and Saturday Orthros at "God is the Lord"

Σε την μεσιτεύσασαν

We praise thee, the Mediatrix 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 passion through the Cross, and hath re-
deemed us from corruption, since He is the Friend of man.

For the end of Saturday Orthros

See "The prophets foretold..." on page 1401.
Weekday Theotokia

Fourth Mode
(Soft Chromatic)

For Sunday Vespers and
Monday Orthros at "God is the Lord"

Un - to her that was reared in the Temple, in the Ho - ly of Hol - ies, and who was ad - dorned with faith and wis - dom and blame - less vir - gin - i - ty, did the Su - preme Com - mand - er Ga - bri - el bring the sal - u - ta - tion from Heav - en
and the greeting: Rejoice. Rejoice, O blessed one. Rejoice, thou who art glorified; the Lord is with thee.

Since thou art higher than all creation, we are not able to praise thee worthily, O Theotokos; but we, the undeserving, entreat thee: Have mercy on us.

For the end of Monday Orthros

"Οτι πάντων ύπάρχεις"
To God's Birth-giver let us run now most earnestly, we sinners all and wretched ones, and fall prostrate in repentance, calling from the depths of our souls: Lady, come unto our aid, have compassion upon us; hasten thou, for we are lost in a throng of transgressions; turn not thy servants away with empty hands, for thee a-
lone__ do we have as our on__ ly hope.

We mag__ ni__ fy thee, O The__ o__ to__ kos, and cry__ out: Thou
art the bush where__ in Mo__ ses__ be__ held, without be__ ing
burned, the fire__ of the God__ head as__ a flame.
O Mother of Christ our God, O Virgin blameless and pure,
a sword pierced thy spotless and all-holy soul when thou didst be -
hold thine own Son and God willingly enduring

crucifixion, O Maiden. O most blessed Lady,
do not cease to beseech Him to grant us the forgive - ness of our fail - ings and man - y sins.
We magnify thee, O Theotokos, and cry out: Thou art the mountain from which the Stone was ineffably hewn that crushed the gates of Hades.

We know the Word of the Father, even Christ our God, to be incarnate of thee, O Virgin Theotokos, O

Weekday Theotokia - Fourth Mode

For the end of Wednesday Orthros

Σὲ μεγαλύνομεν Θεότοκε

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

Τὸν Λόγον τοῦ Πατρὸς
on - ly pure one, O on - ly bless - ed one. Where - fore, we
mag - ni - fy thee, prais - ing thee un - ceas - ing - ly.

For the end of Thursday Orthros

See "Since thou art higher..." on page 1406.

For Thursday Vespers and
Friday Orthros at "God is the Lord"

See "O Mother of Christ our God..." on page 1409.

For the end of Friday Orthros

See "We magnify thee... Thou art the mountain..." on page 1410.
The mystery hidden from eternity and unknown to the angels is made manifest through thee, O Theotokos, to those on earth. God became incarnate in an unmingled union 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.
For the end of Saturday Orthros

See "We magnify thee... Thou art the bush..." on page 1408.
Weekday Theotokia

Plagal First Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

Allegro  \( \frac{4}{4} \)

With the Angels, the heavens, and with mankind, earthly things cry out to thee with a jubilant voice: Rejoice, thou portal that art more spacious than the heavens; rejoice, only salvation of the earth-born;

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re-joice, O mod-est one, who art full of grace, who gav-est
birth to God in-car-nate.

For the end of Monday Orthros

O Christ God, Who from the Vir-gin hast dawnd up-on the
world, mak-ing us sons of light through her: have mer-
cy on us.

For Monday Vespers and
Tuesday Orthros at "God is the Lord"

"Let us worship the Word"

Do thou show thy pro-tec-tion and speed-y help to us,
and thy mercy upon all thy faithful servants, O Maid. And be calm, O most pure one, every stormy wave of all vain and futile thoughts, and do thou resurrect my fallen soul, O blest Theotokos.

For I know, yea, I know, O blest Virgin, that thou canst do whatsoever thou dost will.
All-Holy Mother of God, thou rampart of Christians, as is thy wont, rescue thy people who cry to thee fervently. Do thou array thyself against our shameful and audacious thoughts, that we may cry unto thee: Rejoice, O Ever-virgin.
A By the Cross of thy Son, O pure Maid most graced of God, all
the delusion of idols hath been completely destroyed; and the power of the
demons hath been trampled down. And for this reason, as is meet, we the
faithful ever hymn and bless thee and sing thy praises,

A, and in professing thee rightly as God’s
Birth-giver, we all magnify thee.

For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

"Let us worship the Word"
The strange mystery concerning the Virgin proved to be the world's salvation; for Thou wast born seedlessly, and didst appear in the flesh without her having suffered corruption. O thou Joy of
For the end of Thursday Orthros

See "O All-Holy Mother of God..." on page 1417.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "By the Cross of thy Son..." on page 1418.

For the end of Friday Orthros

See "O Christ God..." on page 1415.
AG A
O impassable gate of the Lord, do thou rejoice. Re-
joice, O rampart and shelter for them that has-
ten to thee. Tranquil haven and pure Maiden who didst not know man
and who barrest in the flesh thy Creator and thy God, re-
joyce; and cease not to pray Him, making entreaty for them that worship and praise Him that was born of thee.

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For the end of Saturday Orthros

See "O Christ God..." on page 1415.
Weekday Theotokia

Plagal Second Mode
(Soft Chromatic)

For Sunday Vespers and Monday Orthros at "God is the Lord"

Un. G E G E

Gabriel's salutation to the Virgin was the beginning of our salvation; for she heard: rejoice, and turned not away from the greeting. She did not doubt as did Sarah in her tent, but said: Be-

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hold, the hand-maid of the Lord; be it unto me according to thy word.

Thou didst accept the word of the Archangel, O Theotokos, and thou becamest a cherubic throne, for thou heldest in thine arms the hope of our souls.

For the end of Monday Orthros

'Arxaggeleikon logos
For Monday Vespers and
Tuesday Orthros at "God is the Lord"

O good hope of the world, O Virgin Theotokos, thy mighty protection, and thine alone, we seek.

Take compassion upon a people bereft of protection; entreat the merciful God that our souls be delivered from every threat, O only blessed one.
From thee is no one turned away ashamed and empty who doth
run to thee for refuge, O pure Virgin Theotokos; but he asketh the favour and receiveth the gift from thee, unto the profit of his own request.

O Virgin Theotokos, en-treat thy Son, Who was
willingly nailed to the Cross, and Who hath freed the world from error, even Christ our God, that He have mercy on our souls.

For the end of Wednesday Orthros

Without a man thou hast conceived the Son and Word of God, Who without a mother was begotten of the Father before the ages, and Who in these latter times became incarnate of thy pure blood, O Birthgiv-
Un. of God. Do thou entreat Him that He
grant us the forgiveness of sins before the end.

For Wednesday Vespers and
Thursday Orthros at "God is the Lord"

'Αγία Δέσποινα

Holy Lady, pure Mother of our God, who ineffably
gavest birth to the Creator of all: With the sacred
Apostles, ever entreat His goodness that
He deliver us from passions and grant us the for-
Weekday Theotokia - Plagal Fourth Mode

For the end of Thursday Orthros

Μεγάλον χαρισμάτων

O only Virgin Mother of God, thou wast vouch-
safed the greatest of gifts; for, O pure

Maid, to One of the Trin-i-ty, Christ God, the Life-
stower, thou bod-i-ly didst give birth for the sal-

va-tion of our low-ly souls.
Un. GE G
Gideon telleth afore-time of thy conception, and
E
David expoundeth thy child-birth, O Theotokos.
G
For the Word came down into thy womb like dew upon the
fleece, and thou, O holy earth that art full of grace,

Weekday Theotokia - Plagal Fourth Mode

For Thursday Vespers and
Friday Orthros at "God is the Lord"

See "O Virgin Theotokos..." on page 1425.

For the end of Friday Orthros

See "Without a man..." on page 1426.

For Friday Vespers and
Saturday Orthros at "God is the Lord"

For Friday Vespers and
Saturday Orthros at "God is the Lord"

Weekday Theotokia - Plagal Fourth Mode

For Thursday Vespers and
Friday Orthros at "God is the Lord"

See "O Virgin Theotokos..." on page 1425.

For the end of Friday Orthros

See "Without a man..." on page 1426.

For Friday Vespers and
Saturday Orthros at "God is the Lord"
Un G
didst without seed blossom forth the Salvation of the

Un. FG
world, even Christ our God.

For the end of Saturday Orthros

See "Without a man..." on page 1426.
Weekday Theotokia

Grave Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

Allegro  \( \frac{\text{b}150}{\frac{\text{b}150}} \)

O Unde-filed Virgin Theotokia, with the hosts on high, entreat thy Son that we who glorify thee with faith be granted forgiveness of offences before the end.

Text © 2005, Holy Transfiguration Monastery, Brookline, MA

www.stanthonyssmonastery.org/music/Theotokia.htm
For the end of Monday Orthros

Thou hast sur-passed the hosts of the Heav - ens, O bless - ed

The - o - to - kos; for thou be - cam - est a di - vine

tem - ple, since thou gav - est birth to Christ, the Sav - iour

of our souls.

For Monday Vespers and
Tuesday Orthros at "God is the Lord"

To thee we say Re - joice, O The - o - to - kos; for

by con - ceiv - ing God in thy womb thou wast shown.
to be higher than the Angels.

By the intercessions of the Theotokos, make peaceful the lives of us who cry to Thee: O merciful Lord, glory be to Thee.

For the end of Tuesday Orthros

Εἰρήνευσον πρεσβείας

www.stantonymonastery.org/music/Theotokia.htm
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For Tuesday Vespers and
Wednesday Orthros at "God is the Lord"

Without ceasing en treat Christ God, Who was crucified for us and hath destroyed the dominion of death, O Virgin Theotokos, that He save our souls.

For the end of Wednesday Orthros

Deliver us, O Theotokos, from the sins that oppress us; for we the faithful have none other
Weekday Theotokia - Grave Mode

hope but thee and the God Who was born of thee.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

"Ο καρπὸς τῆς κοιλίας σου"

The fruit of thy womb, O immaculate one,

is the fulfillment of the prophets and the Law. Therefore, in glorifying thee with knowledge as the Theotokos, we rently magnify thee.

www.stanthonymonastery.org/music/Theotokia.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
The fruit of thy womb, O Bride of God, hath proved to be the cause of salvation for man. Wherefore, as we glorify thee with mind and tongue as the Theotokos, we the faithful magnify thee.

---

"Ο καρπὸς τῆς γαστρός σου"

For the end of Thursday Orthros

www.stanthonysmonastery.org/music/Theotokia.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
As the treasury of our salvation, O all-hymned one, do thou lead up from the pit and abyss of offences them that hope in thee; for them that were liable because of sin hast thou saved by giving
Un. C

birth to Salvation, O thou who before

child - birth wast vir - gin, and in child-birth wast vir -

gin, and af - ter child - birth a - gain re - main - est vir -

Un.

For the end of Saturday Orthros

Xαίρε ἡ τῶν ἄχωρτον

Re - joice, thou who hast con - tained in thy womb Him Whom the

heav - ens can - not con - tain. Re - joice, O Vir - gin, thou

preach - ing of the Proph - ets, from thee Em - ma - nu - el shone
forth. Re-joice, O Moth-er of Christ, God.
Weekday Theotokia

Plagal Fourth Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

Allegro 150

Rejoice, thou who through an Angel didst receive the Joy of the world. Rejoice, thou who didst bear thy Creator and Lord. Rejoice, thou who wast counted worthy to become the Mother of God.

www.stanthony.monastery.org/music/Theotokia.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Re-joice, O gate of the King of Glory, through which the Most High alone hath passed and which alone He kept sealed, for the salvation of our souls.

For the end of Monday Orthros

For Monday Vespers and Tuesday Orthros at "God is the Lord"
Faith, and the hallowed gift to our souls. Rejoice, thou who in thy womb didst contain the Rock of life. Rejoice, O hope of the ends of the world, and succour of the afflicted. Rejoice, O Bride unwedded.

For the end of Tuesday Orthros

O Immaculate Virgin, save us by thine intercessions, stirring up thy motherly compassion.
pas-sions be-fore thy Son and our God.

When she who bare the Lamb and Shep-herd and Sav-iour of the world be-held Him on the Cross, she said with tears: The world re-joic-eth at re-ceiv-ing re-dem-p-tion, but my bow-els burn as I see Thy cru-ci-fix-ion, which Thou en-dur-est for all, O my
For the end of Wednesday Orthros

"Ο καρπὸς τῆς κοιλίας σου

The fruit of thy womb, O immaculate one,
is the fulfillment of the Prophets and the Law. Wherefore, in glorifying thee with knowledge as the Theotokos, we reverently magnify thee.

www.stanthonysonastery.org/music/Theotokia.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
For Wednesday Vespers and Thursday Orthros at "God is the Lord"

'H νοητή πύλη

O spiritual gate of life, O immaculate Theotokos, deliver from perils them that have recourse to thee with faith, that we may glorify thine all-holy Child, for the salvation of our souls.

www.stanthonysmonastery.org/music/Theotokia.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
For the end of Thursday Orthros

See "O Immaculate Virgin..." on page 1442.

For Thursday Vespers and
Friday Orthros at "God is the Lord"

See "When she who bare the Lamb..." on page 1443.

For the end of Friday Orthros

See "The fruit of thy womb..." on page 1444.

For Friday Vespers and
Saturday Orthros at "God is the Lord"

'Ο δι’ ἡμᾶς γεννηθεῖς

O Thou Who for our sakes wast born of a Virgin,

and didst suffer crucifixion, O Good One, and

didst depose death by death, and as God, didst reveal the
Resurrection: Disdain them not which Thou hast fashioned with Thy hand; show us Thy love for mankind, O Merciful One; accept the Theotokos that gave Thee birth, who intercedeth for us; and do Thou, our Saviour, save a despairing people.

For the end of Saturday Orthros

See "O Immaculate Virgin..." on page 1442.
Additional Troparia
Athonite Hymn

to the Panagia*

Grave Mode (Diatonic)
Triple Meter

adapted from oral tradition
as recorded by Hieromonk Hierotheos of Philotheou

Intonation: #22

Moderato  \( \frac{1}{4} \text{ and } \frac{3}{4} \) 120

Under thy protection, O Panagia,

Under our Lady, do all thy servants unworthy,

Under the protection, O Panagia,

Under our Lady, do all thy servants unworthy,

Under the protection, O Panagia,

Under our Lady, do all thy servants unworthy,

* 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.

www.stanthonysmonastery.org/music/Menaion.htm
pure one. Hasten to deliver all of us from every danger and necessity and from a sudden death, which destroyeth utterly and finally. We know that thou art capable to consummate all things that thou dost want to do. Lady of the universe, the hope and the protection of the world, O Maid'en full of grace, come hearken unto us who pray to
Athonite Hymn to the Panagia

thee.
O Protection of Christians

Kontakion

Second Mode

Intonation: #4

Allegro \( \frac{1}{4} \) 150

\[ \text{Un.} \quad \text{G} \]

O protection of Christians that cannot be put to shame,

\[ \text{Un.} \quad \text{E} \]

mediation unto the Creator most constant:

\[ \text{Un.} \quad \text{G} \]

sinned; but be thou quick, O good one, to come unto our aid,
O Protection of Christians 1455

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

Intonation: #10

Allegro ♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♩♫

Lord and Saviour, who as God brought all things into being

by a word, establishing laws and governing them un-

erringly to your glory, at the prayers of the Mother of 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/environment.htm
God, keep secure and unharmed all the elements which hold the earth together, and save the universe.
The Consecration of the Church of the Holy Resurrection

September 13

Kontakion

Intonation: #8

Fourth Mode (modified)

"On this day Thou hast appeared"

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

September 19

Apolytikion

First Mode
"While Gabriel was saying"

Intonation: #1

Allegro \(150\)

Son of Tarsus like Paul and a teacher of Peter's faith England did receive thee with gladness to unite its divided church. Thy words, O Holy Theodore, brought peace, while bearing in thy heart the gift of God.
Thou proclaimest 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 bestoweth His mercy on us.
Saint Etheldreda* of Ely
Queen and Abbess
Protectress of Cambridge

October 17

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Allegro  \( \frac{4}{4} \times 150 \)

Let us praise the virgin Etheldreda, flame of

faith above the church of Ely, Mother Abbess,

intercessor and protector for all. In her the

* Pronounced "Ef-ol-DREE-dah"

www.stanthonyssmonastery.org/music/Menaion.htm
The image of 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

With the flow of the many-streamed river of almsgiving

thou didst water the dry earth of the needy and

showed alms on the widows and poor; thou didst

shine forth with the light of thy works and wast radi-
ant with grace, O Tabitha. Glory to Christ Who loveth thee; glory to Christ Who hath blessed thee; glory to Christ Whom thou didst follow as a true disciple and a spotless lamb.

October 25 - St. Tabitha

1465
When 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.
Recollection, O Christ. Glory to Thy Kingdom. Glory to Thy Dispensation, O only Friend of man.

**Glory...**

Δόξα Πατρί

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

**Both now...**

Καὶ ὁι̇ν

Both now and ever, and unto the ages of ages. Amen.
While 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 giving - birth, hath deliv - ered us.
The repentance of the thief hath plundered Paradise,
and the lamentation of the myrrh-bearers hath claimed joy; for Thou art risen, O Christ God,
granting great mercy unto the world.
When 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 nether world, all the powers of the heavens were crying out: O Giver of life, Christ our God, glory
be to Thee.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Spir - it.

Both now...

Kai νῦν

Both now and ev - er, and un - to the ag - es of

All thy mysteries are beyond comprehension; all are exceedingly glorious, O Theotokos. Sealed with purity and preserved by virginity, thou wast known to be a true mother, giving birth unto the true God. Do thou entreat Him that our souls be saved.
After the Passion, the women came unto the tomb
to anoint Thy Body, O Christ God; they saw

Angels in the grave and stood in awe; for they heard their

voice, proclaiming that the Lord is risen, granting great

mercy unto the world.
Let 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 great mercy to the world.
Glory...

Δόξα Πατρί

Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spirit.

Both now...

Καὶ ύψ

Both now and ev-er, and un-to the ag- es of ag- es. A-men.

Resurrectional Theotokion

Σὲ τὴν μεσιτεύσασαν

We praise thee, the Me-di-a-tress for the sal-va-tion
Sometimes singing in moderation successfully relieves the temper. But sometimes, if untimely and immoderate, it lends itself to the lure of pleasure. Let us then appoint definite times for this, and so make good use of it.

-St. John of the Ladder
Resurrectional Hypakoe

Caus-ing a-ston-ish-ment by his ap-pear-ance and re-fresh-ment by his speech, the ra-di-ant An-gel said un-to the

myrrh-bear-ers: Why seek ye the Liv-ing One in the tomb? Ris-en is He that hath emp-tied the tombs. Know Him as the im-mu-ta-ble Chang-er of corrup- tion; say un-to God: How awe-some are Thy

works! For Thou hast saved the race of man.
Hav-ing learned the joy-ful proclama-tion of the Resur-
rec-tion from the an-gel, and hav-ing cast off
the an-ces-tral con-dem-na-tion, the wom-en dis-ci-ples spake to
the A-pos-tles tri-um-phant-ly: Death is de-spoiled, and
Christ God is ris-en, grant-ing great mer-cy un-to the world.

To ἡσυχαστήρ

Apolytikion of the Resurrection
Fourth Mode
(soft chromatic)
Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Both now...

Καὶ νῦν

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

A - men.

Resurrectional Theotokion

Τὸ ἀπὸ αἰῶνος

The mys - ter - y hid - den from e - ter - ni - ty and un - known,
Let the word of Christ dwell
in you richly in all wisdom; teaching
and admonishing one another in psalms and hymns
and spiritual songs, singing with grace
in your hearts to the Lord.

Col. 3:16
The 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.
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.

Glory...

Δόξα Πατρί

Both now...

Καὶ νῦν

Both now and ever, and unto the ages of ages. Amen.
AG A
im - pass - a - ble gate of
the Lord, do thou re - joice. Re -
joice, O ram - part and shel - ter for them that has - ten to
thee. Tran - quil ha - ven and pure Maid - en who didst not know man
and who bar - est in the flesh___ thy Cre - a - tor and thy God, re -
joyce; and cease not to pray Him, mak - ing en - trea - ty for
them that wor - ship and praise___ Him____ that was born of
thee.
Astonished 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.

Resurrectional Hypakoe

'Aggelikẖ orásei
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 de-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 to Thee.

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

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

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www.stanthonyssmonastery.org/music/Additional.htm
Thou, Who didst call Thy Mother blessed, cam'est of Thine own free will unto the passion, shining forth upon the Cross, wishing to seek out Adam, and saying unto the angels: Rejoice with Me, for the drachma that was lost is found. Thou Who hast wisely ordered all things, glory be to Thee.
Un. G
By Thy vol - un - tar - y and life - cre - at - ing death, O Christ,

E & G
Thou, as God, hast bro - ken the gates of Ha - des

Un.
and hast o - pened the an - cient Par - a - dise to us. And a -

E
ris - - - ing from the dead, Thou hast de - liv - ered our

Un.
life from cor - rup - tion.
Apolytikion of the Resurrection

Grave Mode

Allegro $\frac{4}{4}$ 160

By Thy Cross 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.

www.stanthonysmonastery.org/music/Additional.htm

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Glory...

Δόξα Πατρί

Glo - 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 ag - es of


Resurrectional Theotokion

Ὡς τῆς ἡμῶν ἀναστάσεως

As the treas - ur - y of our sal - va - tion, O all - hymned one,
do thou lead up from the pit and abyss of offences

them that hope in thee; for them that were 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.
Thou 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.

Resurrectional Hypakoe

Ω ἡμετέραν μορφήν

Sunday Troparia - Grave Mode

1494
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 Πατρί

Glo - 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 ag - es of ag - es. A - men.

Resurrectional Theotokion

Ὁ δ’ ἡμᾶς γεννηθείς

O Thou Who for our sakes wast born of a Vir - gin,
and didst suffer crucifixion, O Good One, and
didst despise death by death, and as God, didst reveal the
Resurrection: Disdain them not which Thou hast fashioned with Thy hand; show us Thy love for mankind, O Merciful One; accept the Theotokos that gave Thee birth, who intercedeth for us; and do Thou, our Saviour, save a despairing people.
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.
Aaron, Prophet 20
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Glory be to God for all things.
Amen