Apolytikia and Kontakia
For the Entire Year

Music in Byzantine 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 Ἑμερολόγιον τοῦ Οἰκουμενικὸν 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>
<thead>
<tr>
<th>Day(s) Chanted</th>
<th>Final Kontakion</th>
<th>Page*</th>
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<td>O God of all...</td>
<td>5</td>
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<td>September 2 - 5</td>
<td>Protection of Christians...</td>
<td>1403</td>
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<tr>
<td></td>
<td>(but on Sundays: Joachim and Anna were freed...)</td>
<td>36</td>
</tr>
<tr>
<td>September 6</td>
<td>Joachim and Anna were freed...</td>
<td>36</td>
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<tr>
<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>36</td>
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<td>September 13</td>
<td>The Church is shown to be...</td>
<td>1407</td>
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<td>September 14 - 21</td>
<td>Thou Who wast raised up...</td>
<td>49</td>
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<td>September 22 - November 7</td>
<td>Protection of Christians... (but on Sundays and feast days** : To Thee, the Champion Leader...)</td>
<td>1403</td>
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<tr>
<td>November 8 - 9</td>
<td>The sacred treasury...</td>
<td>289</td>
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* The numbers in this chart refer to the page numbers in our book in Byzantine notation. To download the chart with page numbers for the same book in Western notation, go to: [http://www.stanthonyssmonastery.org/music/Kontakia.pdf](http://www.stanthonyssmonastery.org/music/Kontakia.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>Protection of Christians... (but on Sundays and feast days: On this day the Virgin cometh...)</td>
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<td>December 20 - 24</td>
<td>On this day the Virgin cometh...</td>
<td>396</td>
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<td>December 25 - 31</td>
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<td>Now the Lord of all...</td>
<td>443</td>
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<td>January 2 - 5</td>
<td>In the running waters...</td>
<td>467</td>
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<td>January 6 - 14</td>
<td>On this day Thou hast appeared...</td>
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<td>January 15 - 31</td>
<td>Protection of Christians... (but on Sundays and feast days: Thou Who didst sanctify...)</td>
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<td>the Fifth Sunday of Lent</td>
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<td>Lazarus Saturday</td>
<td>To those on the earth...</td>
<td>1269</td>
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<td>Though Thou didst descend...</td>
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<td>As of old Thou didst raise up...</td>
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<td>Protection of Christians... (but on Sundays and feast days: To Thee, the Champion Leader...)</td>
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<td>Protection of Christians... (but on Sundays: To Thee, the Champion Leader...)</td>
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<td>On the mount Thou wast transfigured...</td>
<td>1132</td>
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<td>August 6-13</td>
<td>On the mount Thou wast transfigured...</td>
<td>1132</td>
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<td>August 14</td>
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<td>August 15 - 28</td>
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<td>1155</td>
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<td>August 29</td>
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<td>Protection of Christians... (but on Sundays: To Thee, the Champion Leader)</td>
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<td>August 31</td>
<td>Thy precious sash...</td>
<td>1211</td>
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The troparia in this book are original compositions based on the melodies and melodic formulae found in the following books:


Εἱρμολόγιον Καταβασιῶν, Ιωάννου Πρωτοψάλτου, Ἐκδοτικὸς Οἶκος Βασ. Ρηγοπούλου, Θεσσαλονίκη, 1998 (ἀναύπωσις τῆς ἐν Κωνσταντινούπολει ἐκδόσεως τῷ 1903).

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

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

Second Mode

Ὡς ἁμαρτίας Δήμιουργός

Μακαρισμός τῆς Ζωής Θεοτόκου Αναμνησθήσοντάςς

Mak- - - er of all cre- a- tion, Who hast es- tab-
lished the times and the sea-sons in Thine own pow-
- - - er: Bless

the crown of this year with Thy good-ness, O Lord, and keep our

rul- ers and Thy flock in peace, by the in- ter- ces- sions of the The- o-
to - kos, and save ______ us.
Saint Symeon the Stylite

September 1

Apolytikion

First Mode

Ὑχος Πα

Intonation: #1

Ὑπομονῆς στύλος

hou 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, Joseph in temp-ta-tions, and the life___ of the bod-i-less
while in the bod- y. O Sym-e-on, our right-eous Fa-ther, in-
ter-

www.stanthonyssmonastery.org/music/Menaion.htm
cede with Christ God that our souls be saved.

SAINT SYMEON THE STYLITE
The Beginning of the Indiction

September 1

Kontakion

Fourth Mode

"Thou Who wast raised up"

"HΧΩΞ Α Δι

Ω τῶν αἰώνων ποιητῆς

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 Com-

pasionate, in Thine infinite mercy save all them that
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.

Colossians 3:16
Saint Symeon the Stylite

September 1

Kontakion

Second Mode

\[ \text{H} \text{XO}\zeta \Delta \]

Intonation: #4

Thou sought-est 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 ceaselessly pray-est
Christ God for all.
The Synaxis of the Theotokos of Miasenae

September 1

Apolytikion

Grave Mode

Ἡχος βαρύς Γα

Χαίρε κεχαριτωμένη

e-joice, 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 virgin, ever blessed and glorious...
fied. Intercede with Christ that peace be granted unto all the world.
The Righteous Jesus of Navi  
(Joshua Son of Nun)

September 1

Apolytikion

Second Mode

As we celebrate the memory of Thy Prophet Jesus of Navi, O Lord, through him we beseech Thee to save________ our souls.
The Holy Martyr
Mamas

September 2

Apolytikion

Fourth Mode
"Be quick to anticipate"

"\text{H}χ\text{o}s \text{L} \Delta:\"

$\text{O \text{M}\text{\acute{a}rt\acute{u}s s\text{o}u K\text{\'y}r\text{e}}}$

Intonation: #10

\begin{verbatim}
hy Mar- tyr, O Lord, in his cou-ra-geous con-test for Thee
re-ceived as the prize the crowns 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 de-mons' strength-less pre-sump-
\end{verbatim}
tion. O Christ God, by his prayers, save our souls, since Thou art mer-
ful.

SAINT MAMAS
Saint John the Faster
Patriarch of Constantinople

September 2

Apolytikion

Fourth Mode

\( \chi 150 \)

Intonation: #10

\'Ηχος \( \Delta \)

\πάσης πίστεως

\( \text{(M) (Δ)} \)

he truth of things hath revealed thee to thy flock as a rule

\( \text{(Δ)} \)

of faith, an icon of meek-ness, and a teacher of tem-per-ance; for

\( \text{(Δ)} \)

this cause thou hast achieved the heights by hu-mil-i-ty, riches by pov-er-ty. O Fa-ther and Hier-arch John, inter-cede_
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

Fourth Mode

\[ \text{vHχος γὰρ Δ} \]

Intonation: #10

 Koĩ τρόπων μέτοχος

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-cipline 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 Anthimus. Intercede with Christ our God that our souls be saved.

SAINT ANTHIMUS
Saint Theoctistus,
Fellow Ascetic of St. Euthymius the Great

September 3

Apolytikion

Fourth Mode
"Be quick to anticipate"

\( \text{Θεω ἐκ νεότητος} \)

\( \text{n ho-li-ness con-se-crated un-to God from thy youth,} \)

\( \text{O wise The-o-tis-tus, thou didst hate at-tach-ment to all} \)

\( \text{things vain and cor-rupt-i-ble. Hence, while shin-ing bright-ly in di-vine} \)

\( \text{prayer and still-ness, thou wast a strict train-er of God-bear-ing mo-nas-} \)
tics. And now, O blessed Father, do thou guide us who come to thee.
The Holy Prophets
Moses and Aaron

September 4

Apolytikion

Second Mode

Ἡχως Δι "

To Προφήτου σου

as we cele brate the mem ory of Thy
Prophets Moses and Aaron__O Lord, through them we be seech Thee
to save________ our souls.
The Holy Hieromartyr Babylas
Bishop of Antioch

September 4

Apolytikion

Fourth Mode

*Ἡχος Δι

Koĩ trópon métochος

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 Babylas. Intercede with Christ our God

that our souls be saved.

THE MARTYRDOM OF THE
HOLY HIEROMARTYR BABYLAS
The Holy Prophet Zacharias
Father of the Venerable Forerunner

September 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

\[ \text{Hierosynis stoilismon} \]

Intonation: #19

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.
ies, bearing in thy self 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 every treaty that our souls find salvation.
The Commemoration of the Miracle by the Archangel Michael in Chonae

September 6

Apolytikion

Fourth Mode

"Thou Who wast raised up"

''ΗΧΩΣ Λ Ἀ Δι

Tὸν οὐρανίων στρατιῶν

u - preme Com - mand - er___ of the Hosts of the Heav-ens,

we, the un - wor - thy,___ im - por - tune and be - seech thee that by

thy sup - pli - ca - tions thou en - cir - cle us in the shel - ter

of_____ the wings of thine im - ma - te - ri - al glo - ry, guard - ing
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"

"Hexos Δ:"

from the root of Jesse and the loins of David the great king, Mary, 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..."
Praise her, O ye tribes of nations here below. The righteous Joachim rejoiceth, and Anna keepeth feast, crying out: The barren beareth the Theotokos, the nourisher of our life.
The Forefeast of the Birth of the Theotokos

September 7

Kontakion

Fourth Mode (modified)

"On this day Thou hast appeared"

\[ \text{Th' septh' gennhvsei sou} \]

Thy septim geneisai sou

\[ \text{On this day Thou hast appeared} \]

\[ \text{Rejoice, O Virgin, thou boast of the Christian race.} \]

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

September 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hχος Λ Δ:

O Μάρτυς σου Κύριε

Intonation: #10

hy 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Macarius of Optina

September 7

Apolytikion

Third Mode
"Thy confession"

\[ \chi \]

Intonation: #8

hough a perfect man in years and wisdom, thou didst

put thyself under subjection in thy love for the

life of obedience; and when the Most High beheld

thy humility, He gave thee wisdom and holiness
great-er still. O di-vine-ly bless-ed Fa- ther, all-wise Ma-car-i-
us, en-treat Christ God to grant great mer-cy un-to us.
The Birth of the Theotokos

September 8

Apolytikion

Fourth Mode

Ἡ γέννησίς σου Θεοτόκε

The Birth of the Theotokos

Hy Nativ-ity, O The-o-to-kos, hath pro-claimed joy

to the whole world; for from thee hath dawned the Sun of Right-eous-ness,

Christ our God, an-nul-ling the curse and be-stow-ing the bless-ing,

abol-ish-ing death and grant-ing us life ev-er-last-ing.
* Finale:

\[ \text{grant-ing us life ever-lasting.} \]
The Birth of the Theotokos

September 8

Kontakion

Fourth Mode

Intonation: #10

Ioakeim kai Anna
brate 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

Ἡχῶς Αὐτοῖς

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

Intonation: #4

Τὸν δικαίων Θεοπατόρων
The Holy Martyrs
Menodora, Metrodora and Nymphodora

September 10

Apolytikon

Fourth Mode
"Be quick to anticipate"

\[ \text{Hy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immaterial God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons' strengthless presum-} \]

\[ \text{Intonation: #10} \]

Oι Μάρτυρες σου Κύριε

\[ \text{150} \]
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
Saint Theodora
of Alexandria

September 11

Apolytikion

Plagal Fourth Mode

'Ηχος λ' Ἀ' Γα


n 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 overlook the___ flesh, for

it passeth away, but to attend___ to the soul since it

Intonation: #25

'Εν σοι Μήτερ άκριβος
is immortal. Therefore, O righteous Theodora, thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Autonomus

September 12

Apolytikion

Fourth Mode

The Hieromartyr Autonomus

s 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-cend to di-vine vi-

- sion. Where-fore, hav-ing right-ly di-vid-ed the word of

Kai τρόπων μέτοχος

Intonation: #10

www.stanthonyssmonastery.org/music/Menaion.htm
truth, thou didst also contest for the Faith even unto blood,

O Hier - o - mar - tyr Au - ton - o - mus. Intercede with Christ our God

that our souls be saved.
The Consecration of the Church of the Holy Resurrection

September 13

Apolytikion

Fourth Mode

Intonation: #10

Ως τοῦ ἄνω στερεώματος

hou hast shown the earthly beauty of the holy tabernacle of Thy glory to be like unto the splendor of the heavenly firmament, O Lord. Strengthen it for ever and ever, and accept our prayers which we unceasingly offer.
there-in unto Thee, through the The-o-to-kos, O Thou Who art the Life and Res-ur-rec-tion of all.
The Forefeast of the Exaltation of the Cross

September 13

Apolytikion

Second Mode

Ἡχος Δι

Intonation: #26

Τὸν Ἰωαννίδον Σταυρόν

(H) e of - fer Thee in me - di - a - tion the life - giv -

ing Cross which, of Thy good - ness, Thou hast giv - en un - to us,

the un - wor - thy, O Lord. Save Thy hier - archs and Thy flock, and grant

Thou peace through the The - o - to - kos, O on - ly Friend of man.
The Universal Exaltation
Of the Venerable and
Life-giving Cross

September 14

Apolytikion

First Mode

Ave, O Lord, Thy people and bless Thine inheritance;
grant Thou unto the faithful victory over adversities. And
by the power of Thy Cross do Thou preserve Thy commonwealth.

Intonation: #1

Σώσον Κύριε τόν λαόν σου
The Universal Exaltation
Of the Venerable and
Life-giving Cross

September 14

Kontakion

Fourth Mode
"Thou Who wast raised up"

"Hχος Ἄνω τὸν σταυρόν"

Intonation: #10

O Christ our God, do Thou bestow Thy compassions upon this, Thy new common-wealth named after Thee. Glad den with Thy sover reign might our most Ortho-doxy 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

Fourth Mode
"Be quick to anticipate"

Ἅχος Ὁ Διό

Ὁ Μάρτυς σου Κύριε

"O 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 pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Great Martyr
Euphemia the All-famed

September 16

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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 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 spot-

less sacrifice. Lord, save ____ our souls through her intercessions,

since Thou art great ___ in mercy.
Saint Ninian
Enlightener of Scotland

September 16

Apolytikion

Third Mode
"Thy confession"

Third Mode
"Thy confession"

'HΧος γ'. Γα

Intonation: #8

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 enlighten our souls to walk in the path of our...
God's command. Hence, we honor thee and cry unto thee with fervent faith:

Treat Christ God to grant great mercy unto us.
The Holy Martyr Sophia
and Her Three Daughters
Faith, Hope, and Love

September 17

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Ἡχος Λ Ἅ:"

Ὁ Μάρτυρες σου Κύριε

hy Mar - tyrs, O Lord, in their cou - ra - geous con - test for Thee

received as the prize the crowns of in - cor -rup - tion and life

from Thee, our im - mor - tal God. For since they pos-sessed Thy strength, they cast

don down the ty - rants and whol - ly de-stroyed the de - mons' strength-less pre-sump-
O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint Eumenius the Wonderworker
Bishop of Gortynia

September 18

Apolytikion

Fourth Mode

\( \nu \chi \sigma \zeta \overset{\Delta}{\chi} 150 \)

Intonation: #10

Канона пістевос

he truth of things hath revealed thee to thy flock as a rule

of faith, an icon of meek-ness, and a teach-er of tem-per-ance; for

this cause thou hast achieved the heights by hu-mil-i-ty, riches by pov-er-ty. O Fa-ther and Hier-arch Eu-men-i-us, in-
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

Fourth Mode
"Be quick to anticipate"

O Μάρτυρες σου Κύριε

be quick to anticipate

Be quick to anticipate

Be quick to anticipate

Be quick to anticipate

Be quick to anticipate

Be quick to anticipate

Be quick to anticipate

Be quick to anticipate
tion. 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

Fourth Mode

"Be quick to anticipate"

"Hχος Ἑλπιδοφόρε, 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' strength-less pre-sump-
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.

SAINT EUSTATHIUS
The Prophet Jonas

September 21

Apolytikion

Third Mode
"Thy confession"

'Hχος γ'. Γα

Sάλπιγξ εὐχος

o the Nin-e-vites, thou wast a trum-pet, blar-ing

fear-ful threats of Heav-en's judg-ments, at the which__ they re-

pent-ed with all their hearts; and from the sea-mon-ster's bel-

ly didst thou fore-show the Lord's di-vine Res-ur-rec-tion to__

Intonation: #8
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

Third Mode

'Ἡχος γ'. Γα

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.
O

Synaxis of the Righteous Fathers of the Near Kiev Caves

September 22-28*

Apolytikon

Fourth Mode

\H\zeta \Delta!

Intonation: #10

* Their memory is celebrated on the first Saturday after the Apodosis of the Feast of the Exaltation of the Cross.
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

Fourth Mode

\( \text{\textbullet HXos L } \Delta \)

Intonation: #10

Koi tropo mon métouchos

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 ascent 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 Phocas. Intercede with Christ our God that our souls be saved.
The Conception of St. John the Forerunner

September 23

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ἰχθύς Ὁ Δί

Ὑψίστας Λαμπράς, καὶ ἐκτόσιον ἄλοχον χαίρει ὁ φυλακτός, ὁ ἐν τῇ μαρτυρίᾳ οὐκ ἔχειν ἀλήθειαν ἢ ἐν τῇ ἀληθείᾳ ἐχθέσει τοὺς ἀλλούμονας ἐν πᾶσιν τοῖς ἔδαφοις τῆς γῆς, ἵπτε ὡς μεγάλη καρδίᾳ ἐντολήν.
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"

Eυφραίνεται λαμπρός

Great Zacharias now doth rejoice with resplendence;

Elizabeth his glorious yoke-mate exulteth; for

she hath conceived divine John the Forerunner worthily,

whom the great Archangel had announced with rejoic-
ing, 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”

\[ \text{Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bride-groom, Thee I love; and seek-ing Thee, I now con-test, and with Thy bap-tism am cru-ci-fied and burried. I suf-fer for Thy sake, that I may reign with} \]

www.stanthonysmonastery.org/music/Menaion.htm
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 THECLA
Saint Silouan the Athonite

September 24

Apolytikion

Fourth Mode

Intonation: #10

y 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 celebrate...
ing thy mem-o-ry. O ho-ly fa-ther Sil-ou-an, pray to

Christ to save our souls.
Saint Silouan the Athonite

September 24

Kontakion

Plagal Fourth Mode

\[ \hat{\text{H}}\varepsilon\omicron\varsigma \hat{\text{p}} \hat{\text{a}} \Gamma\alpha \]

Intonation: #10

ur-ing thy life on earth thou didst serve Christ, fol-low-

ing His path, and now in Heaven thou dost con-template Him Whom

thou hast loved; dwell-ing with Him as He prom-ised to His elect, O ho-ly Fa-ther Sil-ou-an, in-struct us in the way

www.stanthonyssmonastery.org/music/Menaion.htm
that thou hast gone.
Saint Euphrosyne

September 25

Apolytikion

Plagal Fourth Mode

In the thy 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 overlook the flesh, for it passeth away, but to attend to the soul since it...
is immortal. Wherefore, O righteous Euphrosyne, thy spirit rejoiceth with the Angels.
Saint Sergius of Radonezh

September 25

Apolytikion

Fourth Mode

\[ \text{Intonation: #10} \]

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 Ho-
ly 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.
The Translation of the Holy Apostle and Evangelist John the Theologian

September 26

Apolytikion

Second Mode

Ὑχος Ἀδωνι

Apostle, beloved of Christ our God,

Has ten to deliver a defence-less people. He that

allowed thee to recline on His breast, receiveth thee bowing in intercession.

Implore Him, O The-
o-logy, to dis- pel the persist- ent cloud of the heaven, 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

Second Mode

ʼΗχος Α

For thou pour-est forth mir-a-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.

Intonation: #4

150
The Holy Martyr Callistratus
and the Forty-nine Martyrs with Him

September 27

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Χριστός Ἰησοῦς Ἰδαίων Ἐλπίδων Ἐκκλησίας

Intonation: #10

O Μάρτυρες σου Κύριε

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 demons' strength-less pre-sump-
O Christ God, by their prayers, save our souls, since Thou art merciful.
Three Holy Prophet Baruch

September 28

Apolytikion

Fourth Mode
"Thou Who wast raised up"

150

Intonation: #10

Professor's Ομοθέσεις

A (Δ) Α Β Β
hou didst foretell the Lord's divine Incarnation

Α (Β) Α Β Β
when thou didst cry out to the whole world, O Prophet: This is

(Δ) Α (Μ) Α
our God, there shall be none compared to Him; He was seen up-

(A) Α (Δ) Α (Γ)
on the earth, being born of a Virgin: He hath shone up-
on our souls the divine light of knowledge. And He doth

grant salvation unto all who sing thy praise, O divine-

ly inspired Baruch.
Saint Chariton
the Confessor

September 28

Apolytikion

Plagal Fourth Mode

Ἡχος λ ἅ ἀ Γα

Ἰτὴν

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, shining with miracles upon

Intonation: #25
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 Cyriacus the Anchorite

September 29

Apolytikion

First Mode

"Ἡχος Ἡ πα"
that have re-course to thee with faith. Glory to Him that hath given thee strength.

Glory to Him that hath crowned thee. Glory to Him that work-eth heal-ings for all through thee.
The Holy Hieromartyr Gregory
Bishop of Greater Armenia

September 30

Apolytikion

Fourth Mode

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

October 1 or 28

Apolytikion

First Mode

"While Gabriel was saying"

Vir- gin, we extol 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 cer-

150

Intonation: #1

Τῆς σκέπης σου

ʻΗχος Λ Πα

www.stanthonsmonastery.org/music/Menaion.htm
tain 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.
Holy Protection of the Theotokos

October 1 or 28

Kontakion

Plagal Fourth Mode

"To Thee, the Champion Leader"

\[ \text{\Htrp \plagal \fourth \mode} \]

Intonation: #24

\[ \text{Tē Theotókō o̱i pístoi} \]

Let us the faithful hasten to the Theotokos now and venerate her sacred veil, as we chant unto her, singing hymns to praise and honor her, as is fitting, for she shelt-reth with her shelter all her faithful flock and

www.stanthonsymonastery.org/music/Menaion.htm
October 1 - Protection of the Theotokos

preserveth them un-harmed from all calamities, as they cry to her: rejoice, protection most radiant.
The Holy Apostle Ananias

October 1

Apolytikion

Third Mode

'Ἡχος γ'. Γα

Intonation: #8

'Ἀπόστολε ἁγίε

Holy Apostle Ananias, intercede with the merciful God that He grant unto our souls forgiveness of ofences.
Saint Romanus the Melodist

October 1

Apolytikion

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἀκριβῶς

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 to attend to the soul since it...
is immortal.

Wherefore, O righteous Romanus, thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Cyprian
and the Virgin Martyr Justina

October 2

Apolytikion

Fourth Mode

\[ \text{Hora} \]

Intonation: #10

Кои τρόπον μέτοχος

s 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 ascent to di-vine vi-

-sion. Where-fore, hav-ing right-ly di-vid-ed the word of
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

\[ \text{\begin{scriptsize}\(\text{Ἡχος} \frac{L}{\Delta} \end{scriptsize}\)}\]

since thou hadst been instructed in uprightness thoroughly and wast vigilant in all________ things, thou wast clothed

with a good conscience as befiteth one holy. Thou didst draw

from the Chosen Vessel ineffable mysteries; and hav-
-ing 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

Fourth Mode

Intonation: #10

Χρηστότητα ἐκδίδαχθεὶς

since thou hadst been instructed in upright-ness thor-
ough-ly and wast vigilant in all things, thou wast clothed
with a good conscience as befit-eth one holy. Thou didst draw
from the Chosen Vessel ineffa-ble mys-ter-ies; and hav-
-ing kept the Faith, thou didst finish a like course, O Hierο- 

tyr Hierο-the-us. Intercede with Christ God that our souls be 
saved.
Saint Charitina

October 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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 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

Fourth Mode
(soft chromatic)

Intonation: #10

re-lates of Russia, true keep-ers of the ap-os-tol-ic tra-di-
tions, un-shake-a-ble pil-lars, teach-ers of Or-tho-doxy,
O Pe-ter, A-lex-is, Jo-nas, Phil-

gen-es, and Tik-hon, pray to the Lord of all to grant peace to the
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

Third Mode

'Ἡχος γ', Γα

'Ἄποστολε ἅγιε'

Intonation: #8

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"

"Ηχος Ἰ Δι

O Μάρτυρες σου Κύριε

hy 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' strength-less pre-sump-
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 Pelagia
the Former Courtesan

October 8

Apolytikion

Plagal Fourth Mode

Intonation: #25

‘Ηχος ι/λ η Γα

Ἐν σοὶ Μήτερ ἄκριβος

n thee the image was preserved with exactness, O___

Moth-er; 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 to attend__ to the soul since it

www.stanthonyssmonastery.org/music/Menaion.htm
is immortal. Therefore, O righteous Theodora, thy spirit rejoiceth with the angels.
The Holy Apostle James
the Son of Alphæus

October 9

Apolytikion

Third Mode

'Ἡχος γ'. Γα

'Απόστολε ἅγιε

Intonation: #8

Holy Apostle James, intercede

with the merciful God that He grant unto our souls forgiveness of

of offenses.
Saint Andronicus
and Athanasia

October 9

Apolytikion

Plagal First Mode
"Let us worship the Word"

Ἡχος ἡ ἁ ἐν Κε

Σωφροσύνης τήν χίλανναν

e a - dorned your di - vine - ly wrought robe of chas - ti - ty with
the sub - lime var - ied col - ours of sa - cred vir - tues in God, when
with one ac - cord ye strove in the as - cet - ic life. Where - fore, your si - lence
on the earth was re - ceived e - qual - ly with the thrice - ho - ly hymn in
Heaven; O wise Andronicus, pray God, with Athanasia, that we all be saved.

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

Plagal First Mode

"Let us worship the Word"

\( \text{H\chi\upsilon\omicron\sigma} \ \lambda \ \dot{\eta} \ \dot{\kappa} \ \dot{\chi} \ \dot{e} \)

Intonation: #13

in the night universal of ignorance towards God, and in that star-less, profound gloom bereft of heavenly light, thou,

O Abraham, wast kindled in the firmament, burning with bright

far-shining faith in the Ever-lasting Light, Who shone forth to us
from thy seed. Do thou entreat Him with favour, that He en-
lighten us and save our souls.
The Holy Martyrs
Eulampius and Eulampia, His Sister

October 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hy 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' strength-less pre-sump-

Oι Μάρτυρες σου Κύριε

150

Intonation: #10

www.stanthonysonastery.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
October 10

Apolytikion

Plagal First Mode

"Let us worship the Word"

$\chi\zeta\lambda\eta\kappa\varepsilon$

Intonation: #13

or your great-ness in prayer and hu-mil-i-ty and love, for

your as-cet-ic-al firm-ness and Or-tho-doxy of faith, God

hath giv-en His ex-ceed-ing won-drous gifts to you as un-to Proph-

ets of His will, as to an-gels on the earth, and stew-ar ds of men's
October 10 - Synaxis of the Optina Fathers

SUNDAY OF THE HOLY FATHERS
OF THE SEVENTH ECUMENICAL COUNCIL

October 11-17

Apolytikion

Plagal Fourth Mode

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.

Intonation: #25

150
Sunday of the Holy Fathers of the Seventh Ecumenical Council

October 11-17

Kontakion

Plagal Fourth Mode

'Ἡχος χι α' Γα

Intensity: #25

Τῶν Ἀποστόλων

he 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, she rightly divides and glorifies the great mystery...
THE FIRST ECUMENICAL COUNCIL
Saint Theophanes the Branded

October 11

Apolytikion

Plagal Fourth Mode

Ὅριον ὁ Ἐκκοσμίων Ἅγιος Ἄγαλμα

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

Third Mode

'Ἡχος γ'. Γα

Intonation: #8

'Απόστολε ἁγιε

ho - ly A - pos - tle Phil - ip, in - ter - cede___

with the___ mer - ci - ful God that He grant un - to our souls for - give - ness of

of - fenc - es.
October 12

Apolytikion

Third Mode
"Thy confession"

"Εχος γ'. Γα

ince thou hast received with in thy pure soul God's enlightenment, O righteous Father, thou wast shown to the world as a blazing light which drove away its thick darkness and moved all men to seek the grace of the Spirit which

Intonation: #8

Θείαν ἐλλαμψιν
they had lost. O all-holy Father Symeon, intercede with Him to grant great mercy unto us who honor our thee.
Saints Probus, Tarachus, and Andronicus

October 12

Apolytikion

Plagal First Mode
"Let us worship the Word"

Προβούς, Ταραχός, καὶ Ανδρόνικος

October 12

Apolytikion

Plagal First Mode
"Let us worship the Word"

Προβούς, Ταραχός, καὶ Ανδρόνικος

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 power of the Cross and invisibly sub-

"Let us worship the Word"

Προβούς, Ταραχός, καὶ Ανδρόνικος

October 12

Apolytikion

Plagal First Mode
"Let us worship the Word"

Προβούς, Ταραχός, καὶ Ανδρόνικος

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 power of the Cross and invisibly sub-

"Let us worship the Word"
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"

Jeff H. Mavrtur Chevrie

Intonation: #10

Oι Μάρτυρες σου Κύριε

Hy 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 pos-sessed Thy strength, they cast
down the tyrants and wholly destroyed the demons' strength-less pre-sump-
O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Martyrs
Nazarius, Gervasius,
Protasius, and Celsus

October 14

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Χριστος ἐλπιδοφόρος

Oi Μάρτυρες σου Κύριε

hy Mar-tyrs, O Lord, in their coura-geous con-test for Thee
received as the prize the crowns of in-corrup-tion and life
from Thee, our im-mor-tal God. For since they pos-sessed Thy strength, they cast
down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-

Intonation: #10

chanting

150

www.stanthonyssmonastery.org/music/Menaion.htm
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
October 14

Apolytikion

Plagal Fourth Mode

Ἡχος \( \frac{\lambda}{\pi} \), Γά

Intonation: #25

Ὅρθοδόξιας οδηγή

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.
October 15

Apolytikion

Fourth Mode
"Be quick to anticipate"

"*Hzs Δi"

"Ο Μάρτυς σου Κύριε"

"He Mar-tyr, O Lord, in his cou-ra-geous con-test for Thee
re-ceived as the prize the crowns of in-corrup-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 de-mons' strength-less pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Martyr
Longinus the Centurion

October 16

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

(Base: 10)

"Hy 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 pre-sump-"
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Prophet Hosea

October 17

Apolytikion

Second Mode

συνεδρίαν ὁσµῶν Ἀγίων ἔδωκεν ὁ Προφήτης Ὀσώμενος, μέσαν τῆς θεοτητὸς ἔθεσεν ἀρνητικὴν θυσίαν τῆς ἀνθρώπου παράκλησιν, ἵνα ἐπισκέψηται ἡ θεοτήτως καὶ διασέσῃ τῆς γεγονότος, ἵνα ἐκεῖνον προσεύχῃ τῷ Θεῷ, ἵνα ἀποτελθήσῃ τῇ καθαρωτάτῃ σοι προσκυνήσει καὶ διαπέρνησῃ ἀνθρώπους πεπερασμένους μετὰ τοῦ ἐκπαίδευσεν αὐτῶν προφήτης Οσώμενος. Ἡσύχια ἡ προσκυνήσεις, ἐν παντὶ ἱνατομπελίᾳ ἐπιτεύχθηκεν ἡ σωτηρία, ἡ ἀγάπη διὰ ἡμῶν ἐγέρθη ἐν πάσῃ ἀγάπῃ καὶ ἡ ἀνθρώπους ἐπελάτηκεν καὶ ἐκκλησίαν ἐστήκεν ἐν καθαρωτάτῃ πίστει, ἐν καθαρωτάτῃ λατρείᾳ καὶ ἐν καθαρωτάτῃ σωτηρίᾳ ἐπελάτηκεν ἡ ἀνθρώπους ἐκεῖνος προφήτης Ὀσώμενος.
The Holy Righteous Martyr
Andrew in "The Judgment"

October 17

Apolytikion

Fourth Mode
"Thou Who wast raised up"

\[ \text{\textcopyright} \text{ο} \text{Δι} \]

Intonation: #10

"Ασκητικός προγυμνασθείς

rained on the mountain in ascetical 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 courage for contest, thou didst slay Cop-
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
Saint Susanna
Queen of Georgia

October 17 (and August 28)

Apolytikion

Plagal First Mode
"Let us worship the Word"

Let us worship the Word

Saint 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 Holy Apostle and Evangelist Luke

October 18

Apolytikion

Third Mode

'Ἡχος γʹ. Γα

Intonation: #8

'Απόστολε ἁγιε

Holy Apostle and Evangelist Luke, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
October 19

Apolytikion

Second Mode

프로필트루 소우

The Holy Prophet Joel

October 19

Apolytikion

Second Mode

프로필트루 소우

Toú Proφíttou sôu

s we cel­­e­­brate the mem­­o­­ry of Thy

Proph­­et Jo­­el, O Lord, through him we be­­seech Thee to save____

____ our souls.
The Holy Martyr
Varus

October 19

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[ \text{"O M\'rt\'s sou K\'r\'e} \]

Intonation: #10

H\(\chi\)\(\zeta\) L \(\Delta\)

"h\(\chi\)\(\zeta\) sou Kuvrie"

hy 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 pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.

THE PROPHET JOEL
AND SAINT VARUS
Saint John of Rila

October 19

Apolytikion

First Mode

Ὑχος Λ Πα

Intonation: #1

Hymn: Life was a foundation of repentance, a model of compassion, an image of consolation and spiritual perfection equal to the Angels, O Saint; for thou didst persevere in prayer, fasting, and tears. O Father John, intercede
with Christ our God for our souls.
Saint John of Kronstadt

October 19

Apolytikion
(text composed by St. John Maximovitch)

Fourth Mode

\(\text{Hχος} \ \Delta:\)

Intonation: #10

won - der - 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 - pas - sion - ate un - to

them that hope for aid from thee, O Fa - ther John of Kron - stadt, our be - lov -
ed shep - herd.
The Holy Great Martyr
Artemius

October 20

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Be quick to anticipate"

O Μάρτυς σου Κύριε

The Holy Great 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.

SAINT ARTEMIIUS
October 20

Apolytikion

First Mode

'Ἡχος Ἐ προστάτην

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 wonder-worker. For he worthily received from God the un-
fail-ing gift of heal-ing; he re-stor-eth the ail-ing and heal-eth de-mo-ni-acs. Where-fore, he pour-eth forth heal-ings up-on them that hon-our him.

SAINT GERASIMUS THE NEW
Saint Hilarion the Great

October 21

Apolytikion

Plagal Fourth Mode

150

Intonation: #25

"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, shining with miracles upon..."
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

Fourth Mode

ηχος Δι

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, in...
ter - cede 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

Fourth Mode
"Be quick to anticipate"

Οἱ Μάρτυρες σου Κύριε

Hy Mar-tyrs, O Lord, in their cou-ra-geous con-test for Thee
received as the prize the crowns of in-corrup-tion and life
from Thee, our im-mor-tal God. For since they pos-sessed Thy strength, they cast
down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-
O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint James
the Brother of God

October 23

Apolytikion

Fourth Mode

Intonation: #10

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 intercede with

Ως τοῦ Κυρίου μαθητής
Christ God that He save our souls.
Saint Arethas
and His Fellow Martyrs

October 24

Apolytikion

First Mode

*Ἡχος 踯 Πα

Thou didst treat the pains 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

Fourth Mode
"Be quick to anticipate"

\( \text{"HM} \)  

\( 150 \)

Intonation: #10

Oι Μάρτυρες σου Κύριε

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 pre-sump-
Believe in God, by their prayers, save our souls, since Thou art merciful.

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
Saint Demetrius
the Myrrh-Streamer

October 26

Apolytikion

Third Mode

Ἡχος ἰ.α. Φ

Μέγαν εὐρατο

Inscription: #8

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 gavest boldness to Nestor in the...
Thus, O holy Great Martyr Demetrius, do thou en-treat Christ God that we be granted great mercy.
The Commemoration of the Great Earthquake in Constantinople

October 26

Apolytikion

Plagal Fourth Mode

Thou Who look-est up-on the earth and mak-est it trem-ble, de-liv-er 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-on us Thy mer-cies in a-bun-dance, O

www.stanthonysonastery.org/music/Menaion.htm
* Finale:

only Friend of man.

to
abundance, O only Friend of man.
**Saint Demetrius**  
**the Myrrh-Streamer**

October 26

Kontakion  
Second Mode  

\[\text{Toiς τῶν σιμάτων σου} \]

\[\text{od, Who hath given thee invincible strength,} \]

\[\text{O Demetrius, hath adorned the Church with the royal purple of} \]

\[\text{the streams of thy blood and hath kept thy city unharmed, for} \]

\[\text{thou art the support there-of.} \]
The Commemoration of the Great Earthquake in Constantinople

October 26

Kontakion

Plagal Second Mode

\[ \text{Intonation: } \#17 \]

\[ \nu\nu\nu\nu \]

from wounds un-bear-a-ble on ac-count of our sins, and spare Thy peo-
ple whom Thou hast pur-chased with Thy Blood, O Mas-
ter; and de-
liv-er not Thy cit-y to de-struc-tion by ter-
ri-ble earth-
quakes, for we know none other God besides Thee. And to those who chant do Thou respond: I am with you, and no one shall prevail against you.
The Holy Martyr

Nestor

October 27

Apolytikion

Fourth Mode

"Be quick to anticipate"

Ὅχει ἐκ μέτρου

Ὁ Μάρτυς σου Κύριε

O Mártyς σου Κύριe

The Holy 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...
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

Apolytikon

First Mode

"While Gabriel was saying"

150

Intonation: #1

Vir- gin, we ex- tol the great grace of thy Pro- tec- tion,

which thou didst spread out like a bright cloud be- yond all un- der- stand-

ing; for thou dost in- vis- ibly pro- tect thy peo- ple from

the foe’s eve- ry as-sault. Since we have thee as our shel- ter and cer-
Obtain 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.
Holy Protection of the Theotokos

October 1 or 28

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

Ὑχος ἡ Νῆ

ʼΗχος Ὄη Υη

Tη Θεοτόκω οί πιστοί

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 sheltered with her shelter all her faithful flock and
October 28 – Protection of the Theotokos

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 Three Holy Martyrs
Terence, His Wife Neonilla, and Their Seven Children

October 28

Apolytikion

Fourth Mode
"Be quick to anticipate"

Oi Μάρτυρες σου Κύριε

Hy Mar-tyrs, O Lord, in their cou-ra-geous con-test for Thee
re-ceived as the prize the crowns of in-cor-rup-tion and life
from Thee, our im-mor-tal God. For since they pos-sessed Thy strength, they cast
down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint Stephen
of Mar Sabbas Monastery

October 28

Apolytikion

Plagal Fourth Mode

'Ηχος \(\frac{\lambda}{\chi} \ joining \) \(\Gamma\alpha\)

Intonation: #25

Ὅρθοδοξίας ὀδηγεί

guide of Orthodoxy, teacher of piety and_

holiness, luminar-y of the world, God-inspired_

a-dorn-ment of hierarchs, O wise Stephen, by thy teachings_

thou hast en-light-en- ed all, O harp of the Spirit. Intercede
with Christ God that our souls be saved.
Saint Anastasia of Rome

October 29

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Ἡ ὡμνάς σου Ἰησοῦ

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 for Thy sake, that I may reign with...
October 29 - St. Anastasia of Rome

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 ANASTASIA OF ROME
Saint Abramius

October 29

Apolytikion

Plagal Fourth Mode

'Ηχος λ ά Γ "α

Intonation: #25

Ἰν σοι Πάτερ ἁκριβός

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 to attend____ to____ the soul since it

www.stanthonyssmonastery.org/music/Menaion.htm
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

Fourth Mode
"Be quick to anticipate"

Intonation: #10

Oi Μάρτυρες σου Κύριε

hy 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' strength-less pre-sump-
October 30 - Sts. Zenobius and Zenobia

tion. O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Apostles of the Seventy: Stachys, Apeles, Amplias, Urban, Narcissus, and Aristobulus

October 31

Apolytikion

Third Mode

'Ἡχος γ', Γα

'Απόστολοι ἅγιοι

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

Fourth Mode
"Be quick to anticipate"

"Be quick to anticipate"

Hy 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 pre-sump-
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

Plagal Fourth Mode

Intonation: #25

"Αγιοι Ἀνάργυροι

Holy Unmercenaries and wonderworkers, visit our infirmities; freely ye received, freely give to us.
The Holy and Wonderworking
Unmercenarys Cosmas and Damian

November 1

Kontakion

Second Mode

Intonation: #4

Oi τὴν χάριν λαβόντες

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 mira-
cles, heal__________ the world.
Saints Acindynus, Pegasius, Aphthonius, Elpidephorus, and Anempodistus

November 2

Apolytikion

Second Mode

Ὁ Ἁθλοφόροι Κυρίου

Intonation: #4

Less-ed is the earth that drank your blood, O prize-winners of the Lord, and ho-ly are the tab-er-na-cles that re-ceived your spir-
its; for in the sta-di-um ye tri-umphed o-ver the en-e-my, and ye pro-claimed Christ with bold-
November 2 - Sts. Acindynus and Pegasius

- - - - - - - ness. Be-seech Him, we pray, since He is good, to

(M)

save________ our souls.
The Holy Martyrs
Acepsimas, Joseph, and Aëthallas

November 3

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hy 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 presum-
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

Fourth Mode

Ως τῶν αἰχμαλώτων

Omega 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.

Intonation: #10

150
Saint Joannicius
the Great

November 4

Apolytikion

Plagal Fourth Mode

Intonation: #25

\

ith the streams of thy tears, thou didst culti - vate the

bar - ren ness of the_ des - ert; and by thy sigh - ings from

the depths, thou didst bear fruit a hun - dred - fold in___ la - bours; and

 thou be - cam - est a lu - mi - nar - y, shin-ing with mir - a - cles up - on
the world, O Joannicius the Great, our righteous Father. Intercede with Christ God that our souls be saved.
The Holy Hieromartyr Nicander
Bishop of Myra

November 4

Apolytikion

Fourth Mode

\[ \text{Intonation: #10} \]

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 the word of
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 Martyrs
Galaction and Episteme

November 5

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hy Mar - tyrs, O Lord, in their cou - ra - geous con - test for Thee re - ceived as the prize the crowns of in - cor -rup - tion and life
from Thee, our im - mor - tal God. For since they pos-sessed Thy strength, they cast down the ty - rants and whol - ly de-stroyed the de - mons' strength-less pre-sump-"
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.

THE SECOND COMING OF CHRIST
Saint Paul the Confessor
Archbishop of Constantinople

November 6

Apolytikion

Third Mode
"Thy confession"

ʼΗχως γ’. Γα

Thou didst show the Church to be a new Paul and a zealous of a holy one.

The righteous blood both of Abel and Zachary with thee doth cry out together unto...
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"

Oι Μαντυρής σου Κύριέ

Intonation: #10

HY ὁ Μαντυρής, Ο Ὅρατο, εἰς τὴν Μυαλὴν τὴν περίποτιν γιὰ τὸν Θεόν, οὐρίν τοῦ ἄνεμου τῆς ζωῆς καὶ καὶ τῆς ἀκροβατείας τῶν ἁμαρτιῶν.

For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons' strengthless presumption.

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

THE SHIP OF THE CHURCH
Saint Lazarus of Mount Galesion
the Wonderworker

November 7

Apolytikion

Plagal Fourth Mode

Intonation: #25

n 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 forgiveness to them that came to thee, O our
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. Palladios
The Synaxis of the Archangel Michael and of the Other Bodiless Hosts

November 8

Apolytikion

Fourth Mode

"Thou Who wast raised up"

Ὑχος Δ: Τὸν οὐρανίων στρατιῶν

u-preme Command-ers of the Hosts of the Heav-ens,
we, the un-wor-thy, im-por-tune and be-seech you that by
your sup-pli-ca-tions ye en-cir-cle us in the shel-ter of
the wings of your im-ma-te-ri-al glo-ry, guard-ing us who now
fall down and cry to you with fervour: Deliver us from dangers of all kinds, as the great marshals of the heavenly hosts on high.
The Synaxis of the Archangel Michael and of the Other Bodiless Hosts

November 8

Kontakion

Second Mode

\[\text{Ἡχῶς} \quad \text{Δι}^{\Theta}\]

'Αρχιστράτηγοι Θεοῦ

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 of the bodiless hosts.
Saint Nectarius the Wonderworker
Metropolitan of Pentapolis

November 9

Apolytikion

First Mode

Ἡχός Ἡ αποστόλου Σελυφρίου Ἐδεσσαίου ἁγίου Παύλου

Intonation: #1

Συλήβριας τὸν γόνον

The offspring of Selephoria and the guardian of Aegeania, 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 pourest forth healings of
every kind for those who piously cry out: glory to Christ

Saint Nectarius the Wonderworker
Metropolitan of Pentapolis

November 9

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

Ὁ ἅγιος Νεκταριος ο Λάτρης Πεντάπολις
Ὅρθοδοξίας τῶν ἁστέρα

Come, let us all laud Orthodox's newly-shining star and the divine and newly-built bulwark of the Church; and in joyful-ness of heart, let us sing his praises.

By the working of the Spirit it was he glorified, and
doth pour forth the abundant grace of won-drous cures up-on them

that cry: Re-joice, O Fa-ther Nect-ar-i-us.
The Holy Martyrs
Onesiphorus and Porphyrius

November 9

Apolytikion

Fourth Mode
"Be quick to anticipate"

Oἱ Μάρτυρες σου Κύριε

"Be quick to anticipate"

Ὁχιζ Δι

Intonation: #10

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 demons' strength-less pre-sump-
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

Plagal Fourth Mode

Intonation: #25

ἡχος \(\frac{5}{4} \) α Γα

Ἐν σοί Μήτερ ἁκριβῶς

Mother; 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 to attend to the soul since it

www.stanthonysonastery.org/music/Menaion.htm
is immortal. Wherefore, O righteous Matrona, thy spirit rejoiceth with the Angels.
The Holy Apostles of the Seventy:
Olympas, Rodion, Erastus
Sosipater, and Quartus

November 10

Apolytikion

Third Mode

'Hχος γ'. Γα

'Απόστολοι ἅγιοι

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

November 10

Apolytikon

Fourth Mode
"Be quick to anticipate"

"Ἡχος Ἀρτου Δι"

"Ὁ Μάρτυς σου Κύριε"

"Hym Mar-tyr, O Lord, in his cou-ra-geous con-test for Thee received as the prize the crowns of in-corrup-tion and life from Thee, our im-mor-tal God. For since he pos-essed Thy strength, he cast down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-"
tion. O Christ God, by his prayers, save our souls, since Thou art mer-
ful.

THE LADDER OF DIVINE ASCENT
Saint Menas

November 11

Apolytikion

Plagal First Mode

"Let us worship the Word"

\[\text{Intonation: #13}\]

\[\text{\'Ηχος \(\frac{\chi}{\tau}\) \(\dot{\eta}\) Kε}\]

Toùς μεγίστους ἁγώνας

ith great val- our of soul, thou didst strive in mar- tyr-dom,

and hav- ing fought the good fight, O di- vine Great Mar- tyr Me- nas,

thou from Heav-en hast re- ceived the gift of mir- a- cles; for God hath

shown thee to the world as a work- er of great signs, and He__made thee
our protector and a swift help in afflictions and ever-vigilant defence from harm.
Saints Menas,
Victor, and Vincent

November 11

Apolytikion

Fourth Mode
"Be quick to anticipate"

"ΙΧΘΩΣ ΛΔΙ"

Intonation: #10

Τρισάρθημον σύνταγμα

with songs of praise, let us hymn the steadfast athletes of Christ: divine Victor, Vincent, and the noble Stephanie,

with Menas the all-glorious. Having crushed the foe in sun-dry ages and countries, they rejoice together, glorified in
Have mercy, O Christ Saviour, on all, by Thy Great Martyrs' prayers.
Saint Theodore the Studite

November 11

Apolytikion

Plagal Fourth Mode

Ὑχσος α Γα

Orthodoxia odige

uide of Orthodoxy, teacher of pi-ety and
holiness, luminary of the world, God-inspired
a-dornment of monastics, O wise_ The-odore, by thy
teachings thou hast en-lightened all, O harp of the_ Spirit.

Intonation: #25
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

Plagal Fourth Mode

In thy patience thou hast won thy re-ward, O right- eous Fa-
ther. Thou didst per-se-vere un-ceas-ing-ly in prayer; thou didst love
the poor, and didst pro-vide for them in all things. Where-fore, in-
ter-ce-de with Christ, our God, O bless-ed John the Alms-giv-er, that our souls

Intonation: #25
be__ saved.
Saint Martin
Bishop of Tours

November 12

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[\text{Intonation: #10}\]

150

n 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 treas-


www.stanthonyssmonastery.org/music/Menaion.htm
ures, which thou dost dispense freely unto all them that honour thee.
Saint Nilus the Ascetic of Sinai

November 12

Apolytikion

Plagal Fourth Mode

\[150\]

Intonation: #25

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, shining with miracles upon

www.stanthonyssimonastery.org/music/Menaion.htm
O Nilus our righteous Father. Intercede with Christ God that our souls be saved.
Saint John Chrysostom
Archbishop of Constantinople

November 13

Apolytikion

Plagal Fourth Mode

\[ \text{\textit{H} τού στόματός σου} \]

race shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of unceasing, and shown us the heights of humility; but whilst instructing us by thy words, O Father John Chrysost-
tom, intercede with the Word, Christ our God, to save our souls.
November 13

Kontakion

Plagal Second Mode

`Ec tôn ouranôn

from the Heav-ens hast thou re-ceived di-vine grace,

and by thy lips thou dost teach all to wor-ship the One God in

Trin-ity, O John Chrys-os-tom, all-bless-ed right-eous one. Right-ly do

we ac-claim thee, for thou art a teach-er re-veal-ing things_
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.
The Holy Apostle Philip

November 14

Apolytikion

Third Mode

Ἡχος ᾿. Γα

‘Απόστολε ἁγιε

Intonation: #8

Holy Apostle Philip, intercede

with the merciful God that He grant unto our souls forgiveness of

of offenses.
November 14

Apolytikion

Plagal Fourth Mode

Intonation: #25

Oρθοδοξίας ὁ φωστήρ

οἱ Ἰστορίας τῆς Θεοκράτης Ἐκκλησίας, ἡράλδος τῆς γρατιός: Ἐχεῖ ἐνεργείαν ἀμφότερα ἡμέραν.
November 14 - St. Gregory Palamas

souls be saved.

SAINT GREGORY PALAMAS
Saint Gregory Palamas
the Wonderworker
Archbishop of Thessalonica

November 14

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

"To Thee, the Champion Leader"

In the 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 Prime Mind, do

Intonation: #24

Tό τής σοφίας
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
Saints Guria, Shamuna, and Habib the Deacon

November 15

Apolytikion

Plagal First Mode

\[\text{Intonation: } \#13\]

\[\text{Tà θαύματα τῶν ἁγίων σου}\]

\[\text{ince Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heavenly then, O Christ our God, and}\]

\[\text{strength en the faith of Orthodox Christians, since Thou alone}\]
art good and the Friend of man.

THE PARABLE OF THE TREASURE
Saint Paisius Velichkovsky

November 15

Apolytikion

Second Mode

\( \text{Ἡχος Α} \) 150

Intonation: #4

so - journ - er up - on the earth, thou didst reach

the Heav - en - ly home - land, O ven - er - able Fa - ther Pa - i - si - us, as - cet - ic of god - ly love, and didst teach the faith - ful to lift up their minds un - to God and cry out to Him with all
their heart: O Lord Jesus Christ, Son of God, have mercy on me._ a sinner!
Saint Paisius Velichkovsky

November 15

Kontakion

Second Mode

\[ \text{Intonation: #4} \]

\[ \text{Hχoς ΕΔί} \]

mutating 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 her
e-sies, 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

Fourth Mode

Intonation: #10

less - ed as - cet - ic of the north - ern wilds and gra - cious
in - ter - ces - sor for the whole world, teach - er of the Or - tho - dox Faith,
good in - struc - tor of pi - e - ty, a - dorn - ment of Alas - ka and joy
of all Amer - i - ca, ho - ly Fa - ther Her - man, pray to Christ
God that He save our souls.
Saint Herman of Alaska

November 15
(or December 12)

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

Intonation: #24

www.st anthony s monas tery.org/music/ Menaion.htm
as the scourge of pagan darkness and the demons' hosts. Hence we cry to thee: O Saint Herman, pray that we be saved.

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

Third Mode

‘Ἡχος γ’. Γά

Intonation: #8

ho-ly A-pos-tle and E-van-gel-ist Mat-thew, in-

ter-cede with the mer-ci-ful God that He grant un-to our souls for-give-

ness of of-fen-ces.
Saint Gregory the Wonderworker
Bishop of Neocaesarea

November 17

Apolytikion

Plagal Fourth Mode

\[ \text{H召\textgreek{\textalpha\textepsilon\textomicron\textomicron\textnu}} \]

Intonation: #25

Eν προσευχής γρηγορών

y vig-i-lance in prayer, and con-tin- u-ance in the work-
ing of won-ders, thou didst ac-quire thine a-chieve-ment as a sur-
name; where-fore, in-ter-cede with Christ our God, O Fa-ther Greg-
ory, to en-light-en our souls, lest we sleep in sin un-to death.
Saint Hilda
of Whitby

November 17

Apolytikion

Plagal Fourth Mode

In the image was preserved with exactness, O...
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

Fourth Mode
"Be quick to anticipate"

Ὑχος $\Delta$

Oἱ Μάρτυρές σου Κύριε

ött Mar - tyrs, O Lord, in their cou - ra - geous con - test for Thee

received as the prize the crowns of in - cor - ru - p - tion and life

from Thee, our im - mor - tal God. For since they pos - sessed Thy strength, they cast

down the ty - rants and whol - ly de - stroyed the de - mons' strength-less pre-sump-
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.

THE PARABLE OF THE TALENTS
The Holy Prophet Abdias (obadiah)

November 19

Apolytikion

Second Mode

As we celebrate the memory of Thy Prophet Abdias, O Lord, through him we beseech Thee to save our souls.

Intonation: #4

150

Τοῦ Προφήτου σου

s       ƒƒwe     cel -     -     -  ƒƒƒe -  ƒƒƒƒbrate    ƒthe    mem -    o -     ƒƒry       ƒof   ƒƒThy

Proph-et    Ab -    di- as,    O    Lord, through him we    be - seech    Thee to    save    —

—— — | — —

—— — | — —

_____ our souls.
The Holy Martyr
Barlaam

November 19

Apolytikion

Fourth Mode
"Be quick to anticipate"

"*Hχος* Λ Δι

*Ο Μάρτυς σου Κύριε*

"*Hy Μα - tyr, O Lord, in his cour - ra - geous con - test for Thee*

"re - ceived as the prize the crowns 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 de - mons' strength-less pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
The Forefeast of the Entry of the Theotokos into the Temple

November 20

Apolytikion

Fourth Mode
"Be quick to anticipate"

Χαράν προμηθεύεται

y blos-som-ing forth the on-ly Ever-vir-gin as fruit,

to-day ho-ly An-na doth be-troth us all un-to joy,
in-stead of our for-mer grief; on this day she doth ful-fill her vows
to the Most High, lead-ing her with joy in-to the Lord’s ho-ly tem-
ple, 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

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

᾿Ἡχῶς Λ Δι


he whole world is filled to-day with joy and gladness

εύφροσύνης σήμερον

heavenly tabernacle is she in truth.

Eujfrosuvnh shvmeron
Saints Gregory of Decapolis
and Proclus, Archbishop of Constantinople

November 20

Apolytikion

Fourth Mode

Ὁ Θεός τῶν Πατέρων ἡμῶν

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

Fourth Mode

Ἡχός Δι

Intonation: #10

Σήμερον τῆς εὐδοκίας

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 let us cry aloud:

www.stanthony_monastery.org/music/Menaion.htm
Rejoice, O thou fulfillment of the Creator's dispensation.

* Finale:
The Entry Into the Temple
of the Theotokos

November 21

Kontakion

Fourth Mode

"Thou Who wast raised up"

ʻHχος Δ: Α;

he sacred treasury of God's holy glory,

the greatly precious bridal chamber and Virgin, the Saviour's most pure temple, free of stain and undefiled, into the House of the Lord on this day is brought forward and bringeth
with her-self the grace of the Most Divine Spirit; her do

God's Angels hymn with songs of praise, for she is truly the

heavenly tabernacle.
The Holy Apostles of the Seventy
Philemon, Apphia, Archippus, and Onesimus

November 22

Apolytikion

Third Mode

'Ἡχως γ'. Γα

'Απόστολοι ἅγιοι

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

Intonation: #8

150
The Holy Martyrs
Cecilia, Valerian, and Tiburtius

November 22

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hχος πάντων" Intonation: #10

Oi Μάρτυρες σου Κύριε

hy 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' strength-less pre-sump-
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
Saints Amphilochios, Bishop of Iconium
and Gregory, Bishop of Agrigentum

November 23

Apolytikion

Fourth Mode

Apology

Intonation: #10

Ὁ Θεὸς τῶν Πατέρων ἡμῶν

God of our Fa-Thers, ev-er deal-ing with us ac-cord-ing to Thy gen-tle-ness: take not Thy mer-cy from us, but by their en-treat-ies guide our life in peace.
Saints Clement of Rome
and Peter of Alexandria

November 24

Apolytikion

Fourth Mode

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.
Saint Catherine the Great Martyr

November 25

Apolytikion

Plagal First Mode

"Let us worship the Word"

$\text{Χχος } \lambda \text{ ἦ } \text{Κε} \\
\text{Tην πανεύφημον νύμφην} \\
\text{πανευφήμου νυμφην}

Let us praise the all-laud-ed and no-ble bride of Christ, the
god-ly Cath-erine, the guard-ian of Si-nai and its de-fence, who
is al-so our sup-port and suc-cour and our help; for with the Ho-
ly Spir-it’s sword she hath si-lenced bril-liant-ly the clev-er a-mong
the god-less; and being crowned as a Martyr, she now doth ask great mercy for us all.
Saint Mercurius
the Great Martyr

November 25

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὦ Ἡγος Δει

Ὁ Μάρτυς σου Κύριε

hy 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 pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Catherine
the Great Martyr

November 25

Kontakion

Second Mode

"Ἡχος Διαμ

Intonation: #4

Saints, august and inspired, acclaiming the supremely wise Martyr Catherine, who hath proclaimed and preached of Christ in the stadium and hath tram-pled the serpent down and spat on the knowl-
edge of the eloquent.
Saint Alypius the Stylite

November 26

Apolytikion

First Mode

Ὑπομονής στύλος

hou be-cam-est a pil-lar of pa-tience and didst
em-u-late the Fore-fa-thers, O right-eous one: Α Job__ in his suf-
fer-
ings, Α Jo-seph in temp-ta-tions, and the life___ of the bod-i-less
while in the bod-y. Α O Aly-pi-us, our right-eous Fa-ther, Πα in-

Intonation: #1

χ 150

www.stanthonyssmonastery.org/music/Menaion.htm
cede with Christ that our souls be saved.
Saint Nicon
"Repent Ye"

November 26

Apolytikion

Third Mode
"Thy confession"

'Hχος γ'. Γα

Χαίρει ἕχουσα

ac - 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 over - flow and doth pre - serve from af - flic -
tions and sore dis - tress all them that has - ten, O Fa - ther, to ___
thee with faith. Right-eous Nicon, intercede with Christ God in our behalf that His great mercy may be granted unto us.

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
November 26

Apolytikion

Third Mode
"Thy confession"

"Ἡχως γ’. Γα

hou 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 consecrated abode of the
Par-a-clete. Right-eous Fa-ther in-ter-cede with Christ our long-suf-f’ring God and pray to Him to grant great mer-cy unto us.
The Holy Great Martyr
James the Persian

November 27

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[ \text{"O Mártyς σου Κύριε} \]

Intonation: #10

"Hy Mar-tyr, O Lord, in his cou-ra-geous con-test for Thee received as the prize the crowns of in-cor-rup-tion and life from Thee, our im-mor-tal God. For since he pos-essed Thy strength, he cast down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Righteous Martyr
Stephen the New

November 28

Apolytikion

Fourth Mode
"Thou Who wast raised up"

Thou Who wast raised up

150

Intonation: #10

Askepikos proymnastheis

rained 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 courage for contest, 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 righteous Martyr, blest Stephen of great renown.
The Holy Martyr
Irenarchus

November 28

Apolytikion

Fourth Mode
"Be quick to anticipate"

′Ἡχος Ἀπολυτίκιον

hy 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Martyrs
Paramonus and Philumenus

November 29

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hy 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' strength-less pre-sump-
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

Fourth Mode

Ως τῶν Ἀποστόλων

Yesterday's first-called of the Ἀpostles, and brother of their leader, O Andrew, entreat the Master of all that peace be granted unto the world and great mercy to our souls.
The Holy Apostle Andrew
the First-Called

November 30

Kontakion

Second Mode

Ἡχός Ἀρμ. Δία

Let us acclaim the name-sake of courage,
that herald of things divine, the first-called of
the Saviour's disciples, and the kins-man of Peter;

for as he formerly cried out to him, so doth he now__
Come, we have found the Desired One.
The Holy Prophet Nahum

December 1

Apolytikion

Second Mode

ὢ Ἱχσος ὶ Δι

as we cel- e-brate the mem- o- ry of Thy

Proph-et Na-hum, _ O Lord, through him we be- seech Thee to save____

___ our souls.

www.stanthonyssmonastery.org/music/Menaion.htm
Saint Philaret
the Almsgiver

December 1

Apolytikion

Third Mode
"Thy confession"

"Ἡχὸς γ'. Γα

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 Bestower of mercy, O Philaret; for thy whole life was adorned with a
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
The Holy Prophet Abbacum

December 2

Apolytikion

Second Mode

\[ \text{Hys} \quad \text{Δικαίως} \]

October 150

Intonation: #4

Toû Προφήτου σου

As we celebrate the memory of Thy Prophet Abba-cum, O Lord, through him we beseech Thee to save____

____ our souls.
The Holy Prophet
Sophonias

December 3

Apolytikion
Second Mode

Ὑχος Δι

To Prophitis sou

as we celebrate the memory of Thy Prophet Sophonias, O Lord, through him we beseech Thee to

save our souls.

Intonation: #4

150

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Great Martyr Barbara

December 4

Apolytikion

Plagal Fourth Mode

'Ἡχος λὰ ἀν

150

Intonation: #25

αββάραν τὴν ἁγίαν

et us hon- our Saint Bar-b'ra, for she hath bro- ken the
snares of the en-e-my; and like a spar-row, she, the
all-mod-est maid-en, was de-liv-ered out of them by the help and weap-

- on of the Cross.
Saint John of Damascus

December 4

Apolytikion

Plagal Fourth Mode

Ἡχος Ἁ Γα

ガイド of Orthodoxy, teacher of piety and holiness, luminary of the world, God-inspired adornment of monastics, O wise John, by thy teachings thou hast enlightened all, O harp of the Spirit. Intercede

www.stanthonyshospit.com/music/Menaion.htm
with Christ God that our souls be saved.
The Holy Great Martyr Barbara

December 4

Kontakion

Fourth Mode

"Thou Who wast raised up"

mod-est tro-phy-bearer, as thou didst fol-
low Him that in Tri-

thou didst for-

thou shrink back____ in fear from the threats of the ty-

Intonation: #10

Τῷ ἐν Τριάδι
con-testing man-fully in the bat-tle, O Bar-bra,

while ever loud-ly sing-ing: I ad-ore the Ho-ly Tri-ni-ty, the One Di-vine-i-ty.
Saint John of Damascus

December 4

Kontakion

Fourth Mode

"Thou Who wast raised up"

ομε, Ὠ γε πιστεὺς, ῥήσοντες τὸ τεκτόνων τοῦ Θεοῦ καὶ τὸν δικαίαν Ἰωάννην ὃς ἐκκενώσας ὑπὸ τοῦ θανάτου καὶ τὸν σταυρὸν ἔλαβε, ὅτι ἀπὸ τῆς σιωπῆς τοῦ Θεοῦ ἐκέχρισεν τὸν θανάτον ἔλαβεν καὶ ἀποκτείνετο εἰς ἡμᾶς.
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 Sabbas
the Sanctified

December 5

Apolytikion

Plagal Fourth Mode

ʻΗχος λ/μ ᾄ Γα

Ἰτίς τῶν δακρύων σου ῥοαῖς

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, shin-ing with mir-a-cles up-on
the world, O Sab-bas our right-eous Fa-ther. In-ter-cede with
Christ God that our souls be saved.
Saint Sabbas  

the Sanctified  

December 5  

Kontakion  

Plagal Fourth Mode  

"To Thee, the Champion Leader"  

\[ \text{Ως από βρέφους} \]  

\[ \text{Ἡχος} \]  

Intonation: #24  

bless-ed Sab-bas, thou wast of-fered from thine in-fan-cy through thy great vir-tue as a pure and spot-less sac-ri-fice un-to God, Who ere thy birth, ver-ily fore-knew thee;  

where-fore thou wast an a-dorn-ment of the right-eous Saints, an
all-praised found-er of cit-ies in the wild-er-ness. Hence, I cry to

4

thee: Re-joice, O Fa-ther of great re-nown.
Saint Nicholas the Wonderworker
Bishop of Myra of Lycia

December 6

Apolytikion

Fourth Mode

he truth of things hath revealed thee to thy flock as a rule of faith, an icon of meek-ness, and a teacher of temper-ance; for this cause thou hast achieved the heights by hu-mil-i-ty, riches by pov-er-ty. O Fa-ther and Hier-arch Nich-o-las, in-

Kanóna písteos

Intonation: #10
ter - cede 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"

Ἐν τοῖς Μύροις

 För 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.
Saint Ambrose
Bishop of Milan

December 7

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. O Father and Hierarch Ambrose, in

www.stanthonyssmonastery.org/music/Menaion.htm
December 7 - St. Ambrose of Milan

SAINT AMBROSE
OF MILAN

(A mosaic of him from his church in Milan
that might have been made when he was alive)
Saint Patapius

December 8

Apolytikion

Plagal Fourth Mode

Intonation: #25

Ἐν σοὶ Πάτερ ἀκριβῶς

The image contains musical notation and text in Greek, which is related to the feast of Saint Patapius. The text appears to be a liturgical reading or prayer associated with the feast day.
is immortal. Wherefore, O righteous Patapius, thy spirit rejoiceth with the Angels.

The book of psalms uproots the passions with a certain melodic enjoyment and a delight that instills pure thoughts.

- St. Basil the Great
The Conception of Saint Anna
the Mother of the Theotokos

December 9

Apolytikion

Fourth Mode

$
\chi$

150

Intonation: #10

Σήμερον τῆς ἄτεκνίας

ο - day the bonds of childless are loosed; for God

hearkened to Jo-achim and An-anna. And though it was

be-yond_______ hope, He clearly prom-ised them that they should bear a

di-vine____ child, from whom was born the Un-cir-cum-scrib-a-ble One
December 9 - Conception of St. Anna

Himself Who became a mortal, and through an Angel commanded them to cry unto her: Rejoice, thou who art full of grace; the Lord is with thee.

* Final Ending:

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

December 9

Apolytikion

Fourth Mode

\[ \text{Fourth Mode} \]

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\[ \text{Fourth Mode} \]
there-un-to Thee, through the The- o- to-kos, O Thou Who art the Life and Res- ur-rec-tion of all.
The Conception of Saint Anna
the Mother of the Theotokos

December 9

Kontakion

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

Ἐορτάζει σήμερον

Il 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
be-yond words conceiv-eth the Word of God.
The Holy Martyrs
Menas, Hermogenes, and Eugraphus

December 10

Apolytikion

Plagal Fourth Mode
"When the bodiless one"

\[ \text{\textit{H}χ\textit{c} ζ \textit{λ} \textit{ν} ᾱ Νη} \]

\[ \text{Δι' έγκρατείας} \]

\text{Intonation: #24}

\[ \chi \text{ 150} \]

since they had slain through their abstinence and struggles the fiery rages and fierce motions of the passions, the staunch Martyrs of Christ God laid hold on the graces to drive off the pains and illnesses of the
sick and work wonders both while living and after death. Strange indeed 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

Second Mode

\[ \text{En pístei tous Prospátoras} \]

\[ \text{y faith didst Thou justify the Fore-fathers,} \]

when through them Thou didst betroth Thyself a-fore-time to the Church from a-mong the na-tions. The Saints boast in glory that from their seed there is a glorious fruit, even she that bare
Thee seed-less-ly. By their prayers, O Christ God, save________ our souls.
The Sunday of the Holy Forefathers

December 11-17

Kontakion

Second Mode

Hand-wrought image ye would not worship, O thrice-blessed ones; but armed by the un-de-pict-able Es-sence,

ye were glo-ri-fied in your or-deal by fire. Stand-ing in the

midst of the ir-re-sis-ti-ble flame, ye called up-on 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

First Mode

Ὑπομονήσις στύλος

(Job in his sufferings, Joseph in temptations, and the life of the bodiless while in the body. O Daniel, our right-eous Fa-ther, in ter-

hou 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-

nings, Joseph in temptations, and the life of the bodiless

while in the body. O Daniel, our right-eous Fa-ther, inter-

www.stanthonymonastery.org/music/Menaion.htm
cede with Christ that our souls be saved.
Saint Spyridon the Wonderworker
Bishop of Trimythus in Cyprus

December 12

Apolytikion

First Mode

Τῆς Συνόδου τῆς πρώτης

intonation: #1

hou wast shown forth as a champion of the First Council and a wonder-worker, O Spyridon, our God-bearing Father. Wherefore, thou didst speak unto one dead in the grave, and didst change a serpent 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
Second Mode

Could not render musical notation.

Intonation: #4

ierced through with the love of Christ, O sacred Spyridon, thou gav-est 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 be-cam-est the Lord’s divine altar,
asking divine light for all.

SAINT SPYRIDON THE WONDERWORKER
Saint Herman of Alaska

December 12

Apolytikion

Fourth Mode

Intonation: #10

less-ed 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

Plagal Fourth Mode
"To Thee, the Champion Leader"

\[ \text{\textasciitilde H\chi\circ \dot}\ \lambda \text{\ddot\iota} \text{\ddot\eta} \]

Intonation: #24

onk of Va- laam, who through ascetic labours
didst become an em- ula- tor of the desert-dwell-ing

Saints of old, O be- lov- ed of the Moth-er of God and Vir-gin,
hav- ing tak- en prayer as sword and shield, thou wast re- vealed
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

Intonation: #1

Πη χρος της Πιας

Peter, upon the rock of thy faith hast
Christ built His Church, and in the streams of thy blood hast He
allowed our land. In thee thy people hath been sanctified, O Aleut;
from the farthest lands of the west hath He raised thee, a light un-

www.stanthonyssmonastery.org/music/Menaion.htm
to 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

Fourth Mode (modified)

"On this day Thou hast appeared"

Intonation: #8

was a skillful fisherman, the Martyr Peter
was not harmed when he was caught by adversarities
of the Faith; but in a sea of martyr-ic blood, he gained the
Kingdom and drowned bitterly. 
December 13

Apolytikion

Fourth Mode
“Be quick to anticipate”

O Μάρτυρες σου Κύριε

Apolytikion

Intonation: #10

O Ἃγιοι Μάρτυρες, ὁ Κύριε, ἐν τῷ συνεισφόρῳ τῆς σοι ἐνεργείας τῆς σοι σιγάτης εἰσήλθατε καὶ ἐκκεντροφόρησατε τὰ τοίχα τοῦ εἰμικριστοῦ ά μετατάξατο βοήθειαν. Καὶ ἔλαβατε τὸ στίχωμα τῆς ἀθάνατης ἀνομίας καὶ τῆς ἀξίωσεως. Ἐστάθητεν πρό τοι, πρό τοι, ἐστάθητεν σοι τὸ στίχωμα τῆς ἀνομίας, ἐστάθητεν πρό τοι τῷ Κυρίῳ τῷ θεοτόκῳ.
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.

SAINT EUSTRATIUS
Saint Lucia

December 13

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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 long-ing to Thee as a spot-
less sac-ri-fice. Lord, save our souls through her in-
ter-ces-sions, since Thou art great in mer-
cy.
The Holy Martyrs
Thyrsus, Leucius, Calliniccus, Philemon, Apollonius, and Arian

December 14

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hy 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' strength-less pre-sump-

Intonation: #10

Oi Martyres sou Kure
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
Saint Eleutherius
Bishop of Illyricum

December 15

Apolytikion

Plagal First Mode

"Let us worship the Word"

\[ \begin{align*}
\text{heiro} & \text{ podhvrei} \\
\text{e} & \text{ ing come} & \text{- ly ad} & \text{orned in thy sa} & \text{cred priest} & \text{- ly robes and}
\end{align*} \]

\[ \begin{align*}
\text{new} & \text{- ly drenched with the streams of thy pure and sanc} & \text{- ti} & \text{fied blood,}
\end{align*} \]

\[ \begin{align*}
\text{thou didst soar a} & \text{- loft to stand be} & \text{fore thy Mas} & \text{- ter, Christ; hence nev} & \text{- er}
\end{align*} \]

\[ \begin{align*}
\text{cease to in} & \text{- ter} & \text{- cede for those hon} & \text{- our} & \text{- ing with faith thy might} & \text{- y and}
\end{align*} \]
bless-ed con-test, thou o-ver-throw-er of Sa-tan, O wise
and bless-ed El-eu-ther-i-us.
The Holy Prophet Aggaeus (Haggaï)

December 16

Apolytikion

Second Mode

As we celebrate the memory of Thy Prophet Aggaeus, O Lord, through him we beseech Thee to save our souls.

Intonation: #4

Τοῦ Προφήτου σου
The Holy Empress Theophano
the Wonderworker

December 16

Apolytikion

Fourth Mode
"Thou Who wast raised up"

Προελομένη τά σύράνια

referring 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

www.stanthonymonastery.org/music/Menaion.htm
December 16 - St. Theophano the Empress

An- gels' hosts and the Saints' fair as- sem- blies be- fore
the King of all, Whom thou didst love; pray Him to grant us His
mer- cy and bless- ed- ness.
The Holy Prophet Daniel
and the Holy Three Children
Ananias, Azarius, and Misael

December 17

Apolytikion

Second Mode

Μεγάλα τά τῆς πίστεως

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.

Intonation: #4

megavla ta; th' pivstew
The Holy Prophet Daniel
and the Holy Three Children
Ananias, Azarius, and Misael

December 17

Kontakion

Second Mode

Hand-wrought im-age ye would not wor-ship, O thrice-bless-ed ones; but armed by the Un-de-pict-able Es-sence,

ye were glo-ri-fied in your or-deal by fire. Stand-ing in the

midst of the ir-re-sis-tible flame, ye called up-on 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"

He faith-ful son of Zakynthos, Ae- gia's wise prelate, the pro-tect-or of the au-gust Mon-as-ter-y of Stro-

O wise Di-o-ny-sius, with one voice, all we the faith-ful hon-our thee and cry: By thy prayers, save them that
keep thy memory 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 unceasing intercessor.
The Sunday Before the Nativity of Christ

December 18 - 24

Apolytikion

Second Mode

Mεγάλα τὰ τῆς πίστεως

Intonation: #4

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

Second Mode

Χειρόγραφον έικόνα

Hand-wrought im-age ye would not wor-ship, O thrice-bless-ed ones; but armed by thē Un-de-pict-able Es-ence,
ye were glo-ri-fied in your or-deal by fire. Stand-ing in the
midst of thē ir-re-sis-ti-ble flame, ye called up-on 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

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

ELY Κ

Beth-le-hem, re-joice; Eph- ra-tha, make thou read-y;
for in her womb the Ewe-lamb doth bear the Great Shep-herd, and
lo, she now ur-gent-ly mak-eth haste to give birth to Him.
On be-hold-ing Him, the right-eous God-bear-ing Fa-
thers all re-joice, and with the shep-herds sing hymns in praise of the

Virgin that nursed a child.
The Holy Martyr Sebastian
and Those With Him

December 18

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Δικαίως ἔκτενον"  
Οι Μάρτυρες σου Κύριε

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 demons' strengthless presumpt-
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

Fourth Mode
"Be quick to anticipate"

* Ὑχος ἸΑ Δι

O Μάρτυς σου Κύριε

"Be quick to anticipate"

* Ὑχος ἸΑ Δι

O Μάρτυς σου Κύριε

Apolytikion

Fourth Mode
"Be quick to anticipate"

* Ὑχος ἸΑ Δι

O Μάρτυς σου Κύριε

Apolytikion

Fourth Mode
"Be quick to anticipate"

* Ὑχος ἸΑ Δι

O Μάρτυς σου Κύριε

Apolytikion

Fourth Mode
"Be quick to anticipate"

* Ὑχος ἸΑ Δι

O Μάρτυς σου Κύριε
tion. 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"

\[ \text{Intonation: #19} \]

\[ \text{150} \]

The Forefeast of the Nativity of Christ

December 20

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

\[ \text{Intonation: #19} \]

\[ \text{150} \]

The Forefeast of the Nativity of Christ

December 20

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

\[ \text{Intonation: #19} \]

\[ \text{150} \]
dise, where in 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 a foretime.
The Forefeast of the Nativity of Christ

December 20

Kontakion

Third Mode

"On this day the Virgin"

"Ἐν τούτῳ τῇ ἡμέρᾳ τῆς Παρθένου προσήλυσε τὸν καταπόθεσμον γενέσθαι
οὐχ ἐν παντί πάση κοιμήσει, ἀλλὰ εἰς τὸ τεπόμενον νυκτὸς τὴν σίμηνον ὁ θεοτόκος
ἐκ τῆς θαλάσσης."
and the shepherds now glorify Him, Who is willing to be gazed on as a young Child Who before the ages is God.
The Holy Hieromartyr
Ignatius the God-bearer

December 20

Apolytikion

Fourth Mode

اس 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-cend 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 Hier-ma-tyr Ign-ate-us. In-ter-cede with Christ our God

that our souls be saved.
Saint Juliana

December 21

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

\[ \text{Lord Jesus, unto Thee Thy lamb doth cry with a} \]

\[ \text{great voice: O my Bride-groom, Thee I love; and seeking Thee, I} \]

\[ \text{now contest, and with Thy baptism am crucified and buried. I suffer for} \]

\[ \text{Thy sake, that I may reign with} \]

\[ \text{H όμνας σου Ιησου} \]

\[ \text{Hχος Λ Δ} \]

Intonation: #19

www.stanthonyssmonastery.org/music/Menaion.htm
Thee; for Thy sake I die, that I may live in Thee:
ac-cept me of-fered out of long-ing to Thee as a spot-
less sac-ri-fice. Lord, save our souls through her inter-
cessions, since Thou art great in mer-
- - - - cy.
Saint Peter
Metropolitan of Moscow

December 21

Apolytikion

Fourth Mode

'Ἡχος $\Delta$

Intonation: #10

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 boldness; he is a
hierarch indeed of the Most High, Who was his fellow-

work in these things.
The Holy Great Martyr Anastasia
the Deliverer from Potions

December 22

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

ʼἩ ἡμινὰς σου Ἰησοῦ

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

Intonation: #19

\[ \text{\textcopyright www.stanthonyssmonastery.org/music/Menaion.htm} \]
Thee; for Thy sake I die, that I may live in Thee:

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"

Ἡχος γ'. Γα

Την πολυθαύμαστον

Let us now honour Crete, that land most marvelous,

which sprouted forth the ten flow'ers re-vered by all, those good-

ly pearls of Christ, our God, those verdant boughs of the Mar - - tyr;

for al - though they were but ten, the most bless - ed men put to
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

Third Mode
"Thy confession"

"Ὑχος γ'. Γα

Qeivou Pneuvmato"
mar-tyr-dom. O Eugenia, thou most glorious Mar-tyr of the Lord, en-treat Christ God to grant mercy unto us.
The Eve of the Nativity of Christ

December 24

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

'Ἡχος Λ Δι

Intonation: #19

'Απεγράφετο ποτέ

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 long time.
The Eve of the Nativity of Christ

December 24

Kontakion

Third Mode

"On this day the Virgin"

"Ἡ Παρθένος σήμερον"

Intonation: #8

n this day the Vir-gin com-eth to the cave to
give birth to God the Word in-ef-fably, Who was
be-fore all the ag-ges.

Dance for joy, O earth, on

hear-ing the glad-some tid-ings; with the An-gels
and the shep-herds now glory Him Who is willing to be gazed on as a young Child Who be-fore the ages is God.
The Nativity of Christ

December 25

Apolytikion

Fourth Mode

Ἡ γέννησίς σου
* (B)

 Gloria be to Thee.

* Finale:

(B) (Γ) (Δ)

 Gloria be to Thee.
The Nativity of Christ

December 25

Kontakion

Third Mode

Intonation: #8

in this day the Virgin bear eth the Trans cendent in Essence; to the Un approach able, the earth doth offer a small____ cave; Angels join in choir with shep herds in giving glo r y; with___ a star the

n     this      ƒƒVir -   ƒƒ-   ƒgin  bearƒƒ- eth    ƒƒƒƒthe     Tran - ƒscen-dent

150

'Η Παρθένος σήμερον

@H Parqevno' shvmeron

www.stanthonyssmonastery.org/music/Menaion.htm
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

Second Mode

Ἑχός ἄν

iefs

Joseph, proclaim the wonders to Daniel, the ancestor of God. Thou hast seen a Virgin great with child; thou hast given glory with the shepherds; thou hast worshipped with the Magi; and thou hast been instructed through an
An - - - gel. En - treat Christ God to save________ our souls.
The Sunday After the Nativity

December 26-31

Kontakion

Third Mode
"On this day the Virgin"

"H Xoś Φτοι Γαι"  Η Παρθένος σήμερον

Holy David on this day is filled with gladness of spirit; Joseph also joineth James in offering glory and praises. They rejoice, for as Christ's kinsmen, they have received crowns: and they praise the
One inefably born upon earth as they cry out with a great voice: O Lord of mercy, save them that honor 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

Fourth Mode
"Be quick to anticipate"

 hac τοι ο Κίτ ο το ανθρωποσφαίριστον διάδημα
he 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

Plagal Fourth Mode

Ὅχους Ἀχιλλος ἔδωκεν

Ordo doxiaς ὁδηγέ

uide of Orthodoxy, teacher of piety and
holiness, luminary of the world, God-inspired
a-dornment of monastics, O wise Theodore, by thy
teachings thou hast enlightened all, O harp of the Spirit.

Intonation: #25

Orthodoxia othevge
Ater - 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"

"Ἡ Παρθένος σήμερον

Yesterday the Master came, to be with us in the body; and today His faithful slave departs out of the body; yes - ter - day the King was born in the flesh for our sakes; and today the
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

Second Mode

Ὁχος Δι

Ἄθλοφόροι Κυρίου

B (M) (Δ)
less-ed is the earth that drank your blood, O prize-win-ners

of the Lord, and ho-ly are the tab-er-na-cles that re-ceived your spir-

its; for in the sta-di-um ye tri-umphed o-ver

the en-e-my, and ye pro-claimed Christ with bold-

www.stanthonyssimonastery.org/music/Menaion.htm
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

First Mode

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

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἀκριβῶς

Intonation: #25

Ἐν σοὶ Πάτερ ἀκριβῶς

Ἐν σοὶ Πάτερ ἀκριβῶς
is immortal. Therefore, O righteous Marcellus, thy spirit rejoiceth with the Angels.
December 30

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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.

The Holy Righteous Martyr Anysia

Intonation: #19
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

Intonation: #25

n 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 overlook the flesh, for

it passeth away, but to attend to the soul since it

www.stanthonyssmonastery.org/music/Menaion.htm
is immortal. Therefore, O righteous Melania, thy spirit rejoiceth with the Angels.
January
The Circumcision of Christ

January 1

Apolytikion

First Mode

"While Gabriel was saying"

Μορφήν ἀναλοιώτος

ur 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 mightest end the shadow and
O chant unto our God, chant ye;
chant unto our King, chant ye. . .
O chant ye with understanding.

Psalm 46:6-7
Saint Basil the Great
Archbishop of Caesarea of Cappadocia

January 1

Apolytikion

First Mode

Eις πᾶσαν τὴν γῆν

thy sound hath gone forth in to all the earth, which hath received thy word. There by thou hast di vine ly taught the Faith; thou hast made man i fest the nature of all things that be; thou hast a dorned the ways of man. O name sake of the roy al priest hood, our right-eous
Father Basil, intercede with Christ God that our souls be saved.
The Circumcision of Christ

January 1

Apolytikion

Third Mode
"On this day the Virgin"

Ὁ τῶν ὅλων Κύριος

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 unto the whole world; and the hier-arch
and bright day-star of the Creator now rejoiceth in the highest, Basil the wise and divine initiate of Christ.
Saint Basil the Great
Archbishop of Caesarea of Cappadocia

January 1

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

"Ωθης βάσις ἃσειστος"

For the Church art thou in truth a firm foundation, granting an inviolate lordship unto all mortal men and sealing it with what thou hast taught, O right-eous Bas...
The Fore feast of Theophany

January 2

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

第一节 150

Intonation: #19

Θυμάστε ραχιά Δια ήχος με άλλη χρώματινή "Θεόφατος ἔμαθεν Ζαβουλόν"

ε θεοτάτη, Ζαβουλόν; προσταίρετε τους νεφθαλίμους, ὁ Νεφθαλίμος, ῾Ριβουργός ὁ Ἰορδάνης, παρακατέχετε τη διαταγή και παρακάτω για τη γλυκοπνευμόνια
tο χρηματίζοντα, ο Σουρουμάρ στον Μάστερ, ο οποίος αναφέρεται τον υπολογισμό του να είναι βαπτισμένος. Ο Αδριανός, είναι ευτυχής με την πρώτη μάθηση, είναι
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 will to renew all creation.
The Forefeast of Theophany

January 2

Kontakion

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

Ἐν τοῖς ρεῖθροις σήμερον

Ἐν τοῖς ρεῖθροις σήμερον

Ἐν τοῖς ρεῖθροις σήμερον
Saint Sylvester
Pope of Rome

January 2

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. O Father and Hierarch Sylvester, in -
ter - cede with Christ God that our souls be saved.
Saint Seraphim of Sarov

January 2

Apolytikion

Fourth Mode

Intonation: #10

hou 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

Second Mode

Second Mode

Intonation: #4

'Hχος $\Delta$η

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 many 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 Prophet Malachias

January 3

Apolytikion

Second Mode

Διὸ �因地

Intonation: #4

Toú Προφήτου σου

As we celebrate the memory of Thy Prophet Malachi-as, O Lord, through him we beseech Thee to save our souls.
The Holy Martyr
Gordius

January 3

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὅχος Ἰωάννης Δί

Ὁ Μάρτυς σου Κύριε

hy 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 pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Synaxis of the Holy Seventy Apostles

January 4

Apolytikion

Third Mode

ʼΗχος γʹ. Γα

ʼΑπόστολοι ἄγιοι

Intonation: #8

Holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
Saint Theoctistus
Abbot of Cucomo in Sicily

January 4

Apolytikion

Plagal Fourth Mode

Intonation: #25

'Ἡχος λ π ᾱ Γα

Ταῖς τῶν δακρύων σου ῥοΐς

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, shining with miracles upon
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

Fourth Mode
"Be quick to anticipate"

Ψηλός

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 demons' strengthless presum-
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint Syncletike

January 5

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 overlook the flesh, for

it passeth away, but to attend to the soul since it

intonation: #25
is immortal. Wherefore, O righteous Syncliteke, thy spirit rejoiceth with the Angels.
The Eve of Theophany

January 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

\[ \text{Intonation: \#19} \]

\[ \text{'Απεστρέφετο ποτή} \]

iv-er Jor-dan was___ turned back by El-is-se-us' man-tle once, when the fier-__y man__ of zeal E-li-as had been tak-en up; then were its wa-ters di-vid-ed hith-er and thith-

\[ \text{The running streams be-came dry pas-sage un-to} \]
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"

En tois peithrois sympereon

\[ \text{In the running waters of the Jordan River, on this day the Lord} \]

\[ \text{of all creation to John: Be not afraid and hesitate not to baptize Me, for I am come} \]

\[ \text{to save Adam, the first formed man.} \]
The Holy Theophany of Christ

January 6

Apolytikion

First Mode

\[ \text{When Thou wast baptized in the Jordan, O Lord,} \]

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 cer-

\[ \text{En Iorðánη} \]

\[ \text{150} \]

Intonation: #1

\[ \text{\textit{\textit{Iordavnh}}} \]

www.stanthonyssmonastery.org/music/Menaion.htm
January 6 - Theophany

- tain-ty of the word. O Christ our God, Who hast ap-peared and hast

en-light-ened the world, glory be to Thee.

* Finale:

be to Thee.
The Holy Theophany of Christ

January 6

Kontakion

Fourth Mode (modified)

"On this day Thou hast appeared"

Ἐν τοῖς χειμερίους σήμερον

On this day Thou hast appeared unto the whole world, and Thy light, O Sovereign Lord, is signed on us who sing Thy praise and chant with knowledge: Thou hast now come, O Thou Light unapproachable.
The Synaxis of Saint John the Forerunner

January 7

Apolytikion

Second Mode

Ἡχος ∆ι

he 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 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

Plagal Second Mode

\[ \text{Intonation: #4} \]

\[ \text{Tη̃ν σωματικήν σου} \]

John drew back in trembling. The orders of Angels were a-mazed to see Thee in the streams bap-tized in the flesh, and all...
those in darkness were illumined and praised Thee, Who had appeared and hadst enlightened all things.
Saint Domnica

January 8

Apolytikion

Plagal Fourth Mode

Ἐν σοὶ Μήτερ ἀκριβῶς

'THΣζ λ Γα

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 overlook the flesh, for

it passeth away, but to attend to the soul since it
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

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἁκριβῶς

Intonation: #25

In 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 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

Fourth Mode
"Be quick to anticipate"

‘Ἡχος ΩΔ

O Mark, your 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Philip Metropolitan of Moscow

January 9

Apolytikion

Plagal Fourth Mode

Intonation: #25

Suc-ces-sor of first prelates, pil-lar of Or-tho-
dox-y, cham-pion of truth, new con-fes-sor, Saint Phil-ip,
thou didst lay down thy life for thy flock. Where-fore, since thou hast bold-
ness with Christ, pray for the suf-fer-ing Rus-sian land and them that
January 9 - St. Philip of Moscow

worthy honor thy holy memory.
Saints Gregory, Bishop of Nyssa
and Saint Dometian

January 10

Apolytikion

Fourth Mode

Γονιμοί τε Πατέρεις, ἐνωθήσατο ἑμῖν καὶ ἡμῖν ποιήσεν ἁγιασμόν.

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.
Saint Theodosius the Cenobiarch

January 11

Apolytikion

Plagal Fourth Mode

Intonation: #25

Thou becamest a luminary, shining with miracles upon

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 Taizis ton dakryon sou roaiz
the world, O Theodosius our righteous Father. Intercede with Christ God that our souls be saved.
Saint Tatiana

January 12

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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 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

Fourth Mode
"Be quick to anticipate"

"Hχοσ Δι Ανάφω

HY Mar - tyrs, O Lord, in their cou - ra - geous con - test for Thee
re - ceived as the prize the crowns of in - cor - rup - tion and life
from Thee, our im - mor - tal God. For since they pos-sessed Thy strength, they cast
down the ty - rants and whol - ly de-stroyed the de - mons' strength-less pre-sump-
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

Plagal Fourth Mode

`Hχς λ ι Γα

uide of Orthodoxy, teacher of piety and_
holiness, luminary of the world, God-inspired_
a-dornment of hierarchs, O wise Hilary, by thy_
teachings thou hast enlightened all, O harp of the Spirit.

Intonation: #25

Orthodoxy όδηγε

www.stanthonyssmonastery.org/music/Menaion.htm
ter - cede with Christ God that our souls be saved.
The Righteous Martyrs of Sinai and Raithu

January 14

Apolytikion

Fourth Mode

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.

Intonation: #10
Saint Nina (Nino)  
Enlightener of Georgia

January 14

Apolytikion

Fourth Mode  

\[ \text{\textcopyright{\textcircled{1}} \textcopyright{\textcircled{2}}} \]

Intonation: #10

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 believing

and reed-pipe of the Holy Spirit, holy
Nina, equal to the Apostles: Pray to Christ God to save our souls.
Saint Sabbas
Archbishop of Serbia

January 14

Apolytikion

Third Mode

Thou wast a guide of the way that lead-eth to life, and a first prelate and teacher; for thou wast the first to en-light-en thy father-land, O Saint Sab-bas, having given it__re-birth in the Holy Spir-it. Thou didst plant thy sancti-
fied children like olive trees in the spiritual Paradise. Wherefore, as we honour thee as an equal of the Apostles and holy hierarchs, we implore thee: Pray to Christ God to grant us great mercy.
Saint Paul of Thebes

January 15

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: } \#25 \]

\( \text{Ὑχος } \lambda \alpha \Gamma \alpha \)  

\( \text{Ταίς τῶν δακρύων σου ῥοαίς} \)

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, shining with miracles upon
the world, O Paul our righteous Father. Intercede with Christ God that our souls be saved.
Saint John the Hut-Dweller

January 15

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[\text{Διδότε τάχυν πρόκατάλαβη} \]

\[\text{since thou hadst with fervour longed after the Lord from thy youth, thou leftest the world with its delights and nobly didst strive in valiant ascetic deeds. Thou didst pitch thy hut before the gates of thy parents; thou didst break the demons' snares, O all-blessed} \]

www.stanthonyssmonastery.org/music/Menaion.htm
Fa-ther. And there-fore, as is meet, hath Christ God glo-ri-fied thee, O John.
The Veneration of the Precious Chains of the Holy Apostle Peter

January 16

Apolytikion

Fourth Mode

'Ηχος Λ Δι

without leaving Rome, thou didst come to us by the precious chains which thou didst wear, O foremost of the Apostles.

And worshipping them with faith, we pray: By thine intercessions with God, grant us great mercy.
Saint Anthony the Great

January 17

Apolytikion

Fourth Mode

Τὸν ξηλωτὴν Ἡλίαν

Intonation: #10

and didst support the world by thy prayers. Wherefore intercede with Christ
our God that our souls be saved.

SAINT ANTHONY THE GREAT
Saint Anthony the Great

January 17

Kontakion

Second Mode
"Thou soughtest the heights"

Thou soughtest the heights

Τούς βιωτικούς

Intonation: #4

houl est behind all earthly cares and turmoil,

and leddest a life of stillness and tranquility, emitting

ulating John the Baptist in every way, O most righteous one. Wherefore, we acclaim thee with him, O Father of Fathers,
right-eous Anthony.
Saints Athanasius and Cyril
Archbishops of Alexandria

January 18

Apolytikion

Third Mode
"Thy confession"

"Ἡχὸς γʹ. Γα

Εργος λάμψαντες

ιδίγ-ιδίγ with works of Orthodoxy, ye quenched ever every false belief and teaching and became trophy-bearers and conquerors. And since ye made all things rich with true piety, greatly adorning the Church with mag-

Intonation: #8

150
nificance, Athanasius and wise Cyril, ye just-ly found Christ

God, Who through your prayers doth grant great mer-
cy unto all.
Saints Athanasius and Cyril
Archbishops of Alexandria

January 18

Kontakion

Fourth Mode (modified)
"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 who faithfully honor Thee.
Saint Macarius the Great of Egypt

January 19

Apolytikion

First Mode

\[ \text{Intonation: #1} \]

\[ \text{ς Ἑχος Λ Πα} \]

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 heallest 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.

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
SAINT ARSENIUS
OF CORFU

January 19

Apolytikion

Fourth Mode

Io

Intonation: #10

καὶ εἰς τὸ λόγον καὶ τὴν ὁμοίωσιν τῆς σοῦ προστασίας ἐπικαλοῦνται ἡμῖν πάσης ἄσπρης ἁγίας λαλήσεως.
January 19 - St. Arsenius of Corfu

... with Christ God that our souls be saved.
Saint Mark Eugenicus
Metropolitan of Ephesus

January 19

Apolytikion

Third Mode
"Thy confession"

ʼΗχος γ’. Γα

'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 cast down dark - - ness -'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

Third Mode

Hχος Δι 

Eὐφραίνου ἔρημος

be glad, O barren one, that hast not given birth; be of good cheer, thou that hast not travailed; for a man of desires_

hath multiplied thy children of the Spirit, having planted

ed them in piety and reared them in continence to the per-
fec-tion of the vir-tues. By his prayers, O Christ our God,

make our life peace-ful.
Saint Euthymius the Great

January 20

Kontakion

Plagal Fourth Mode
"As first-fruits of our nature"

As first-fruits of our nature

re- a- tion found de- light and joy in thine au- gust na- tiv-

i- ty and the good cheer of thy num- ber-less mir- a- cles on thy di- vine

me- mo- ri- al. Now be- stow there- of rich- ly on our souls

and wash clean the stain of our eve- ry sin, Eu- thy- mi- us most

intonation: #25

‘En tê sēptê γεννήσει
right-eous, that we may chant: Alleluia.
Saint Maximus the Confessor

January 21

Apolytikion

Plagal Fourth Mode

Ὁ Χριστὸς ἡμῶν Ἰησοῦς Χριστός ἐστιν ἀληθής θεός καὶ ἐνθρόνιος

 인간 of Or-tho-doxy, teach-er of pi-e-ty and

ho-li-ness, lu-mi-nar-y of the world, God-in-spired

a-dorn-ment of mo-nas-tics, O wise Max-i-mus, by thy

teach-ings thou hast en-light-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"

'Ἡχος Λ ᾭ Δι

'O Μάρτυς σου Κύριε

Intonation: #10

The Holy 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art mer - ci - ful.
The Holy Apostle Timothy

January 22

Apolytikion

Fourth Mode

\[ \chi \]

Intonation: #10

Christovthta ejkdidacqeiv"

since thou hadst been instructed in upright-ness thoroughly and wast vigilant in all things, thou wast clothed with a good conscience as befiteth one holy. Thou didst draw from the Chosen Vessel ineffa-ble mysteries; and hav-
- ing 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"

‘Ηχος Δι
Ω Μάρτυς σου Κύριε

hy Mar-tyr, O Lord, in his cou-ra-geous con-test for Thee
re-ceived as the prize the crowns 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 de-mons' strength-less pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.

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

Third Mode
"Thy confession"

‘Ἡχως γ’. Γα

Intonation: #8

In these latter times, a host of Martyrs, newly crowned with grace, rejoice in Heaven, glorified with divine verse forms of martyrdom; for having censured the madness of godless foes, they gained the laurels of triumph and...
Hence, they fervently entreat Christ for us unceasingly, to grant great mercy unto us who sing Their praise.
The Holy Hieromartyr Clement
Bishop of Ankyra

January 23

Apolytikion

Fourth Mode

\(\chi\) 150

Intonation: #10

Κλήμα οσιότητος

hou didst blossom forth for the faithful, O most sacred Clement,
as a branch of holiness, a staff of contest, a
most sacred flower, and a sweet God-given fruit. But as a fellow-
lower sufferer of Martyrs and a fellow Prelate of hier-

www.stanthonymonastery.org/music/Menaion.htm
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

Fourth Mode
"Be quick to anticipate"

"He quick to anticipate"

Ὑχος Δι

Ο Μάρτυς σου Κύριε

O Mártyς σου Κύριε

hy 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Neophytus
the Recluse of Cyprus

January 24

Apolytikion

First Mode
"While Gabriel was saying"

โ hypocot Πα Τόν Λευκάρων τόν γόνον

hou 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 Neophytus.
Saint Xenia of Rome

January 24

Apolytikion

Plagal Fourth Mode

ʻΗχος λ ḫ Γα

En soi Mēter úkriboz

Moth- er; for tak- ing up thy cross, thou didst fol- low Christ, and by thy deeds thou didst teach us to o- ver- -look the flesh, for it pass- eth a- way, but to at- tend to the soul since it

Intonation: #25

www.stanthonysonastery.org/music/Menaion.htm
is immortal. Wherefore, O righteous Xenia, thy spirit rejoiceth with the Angels.
Saint Xenia of St. Petersburg

January 24

Apolytikion

Plagal Fourth Mode

\H\o\z \u \d \t

Intonation: #25

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 acquire 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

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

trum-pets of the phi-los-o-pher-s; 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 Fa- ther Greg-o-ry, that our
souls be saved.
Saint Gregory the Theologian  
Archbishop of Constantinople

January 25

Kontakion

Third Mode

"On this day the Virgin"

"Ἡχος Γάντα σου"

 doesnt destroy the entangled webs of vain philosophers, while beautifying the whole Church with the robe of Orthodoxy woven in Heaven; and the Church, clothed
in it, cri-eth with us, thy chil-
dren: O wise Greg-
ory most glo-
rious, re-
joyce, O Fa-
ther, great the-o-
logical 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

Third Mode
"Thy confession"

'Ἡχος γʹ. Γα

Intonation: #8

hen 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 way of salvation for...
man-y souls. Right-eous Fa-ther An-a-to-li-us, in-ter-cede with Christ that His great mer-cy may be grant-ed un-to us.
Saint Xenophon
and Those With Him

January 26

Apolytikion

Fourth Mode

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

January 27

Apolytikion

Plagal Fourth Mode

'Η τοῦ στόματός σου

race shining forth from thy mouth like a beacon hath illumined the universe, and disclosed to the world treasures of uncevrousness, and shown us the heights of humility; but whilst instructing us by thy words, O Father John Chrys-o-
tom, 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

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

Ἐυφράνθη μυστικῶς

---

he holy and august Church is mystically glad-dened to-
day on the translation of thy holy relics. And though
she had kept them hid in concealment like precious gold,
by thine intercessions she unceasingly grant-eth,

---

www.stanthonyssmonastery.org/music/Menaion.htm
unto them that praise thee, the divine grace of healing, O Father John Chrysostom.
Saint Ephraim the Syrian

January 28

Apolytikion

Third Mode
"Thy confession"

"Thy confession"

ut of Paradise, a river flow-eth, flooding

all the earth with joy un-ending, cheering souls with com-

punction and saving fear: Ephraim, the wine-bowl of glad-

ness inspired of God, from all eternity chosen to__

150

Intonation: #8

'Ρεθρον ἄουλον

www.stanthonyssmonastery.org/music/Menaion.htm
light the Church with his sacred hymns, his sermons, his shining candles, whereby he filleth faithful souls with godliness.
Saint Isaac the Syrian

January 28

Apolytikion

Plagal First Mode
"Let us worship the Word"

Hχος Ἰακουβ Κε

Intonation: #13

O reveler of un-fathom-a-ble mys-ter-ies; for hav-ing
gone up in the mount of the vi-sion of the Lord, thou wast__shown the
man-sions. Wherefore, O God-bearing Isaac, entreat the Saviour for all praising thee.
The Translation of the Sacred Relics
of Saint Ignatius the God-bearer

January 29

Apolytikion

Fourth Mode

as a sharer of the ways and a successor to

the throne of the Apostles, O inspired__ of God, thou found-
est discipline to be a means of ascent to divine vi-

sion. Wherefore, having rightly divided the word of

Koî trópou mônèthochos

Intonation: #10

www.stanthonyssmonastery.org/music/Menaion.htm
truth, thou didst also contest for the Faith even unto blood,

O Hier-bom-tyr Ig-na-tius. Intercede with Christ our God that our souls be saved.
Saints Basil the Great, Gregory the Theologian, and John Chrysostom

January 30

Apolytikion

First Mode

Intonation: #1

He three most great luminaries of the Three-Sun Divinity have illumined all of the world with the rays of doc-trines divine and true; they are the sweetly-flowing rivers of wisdom, who with godly knowledge have wa-tered all creation in...
clear and might-y streams: The great and sac-cred Basil, and the the-ol-o-gian, wise Greg-ory, to-geth-er 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-geth-er, hon-our-ing them with hymns; for cease-less-ly they of-fer en-treat-y for us to the Trin-i-ty.

Nothing elevates the soul, nothing gives it wings as a liturgical hymn does.

— St. John Chrysostom
Saints Basil the Great, Gregory the Theologian, and John Chrysostom

January 30

Kontakion

Second Mode

τοὺς ἱερούς καὶ θεοφθόγγους

Intonation: #4

hound hast ten en to Thy self, O Lord, the sacred

and God pro-claim-ing her- - - alds, the crown of Thy teach-

ers, for the en joy-ment of Thy bless- - - ings and for re-pose;

for Thou hast ac cept-ed their suf fer-ings and la - - bours a-
bove all sacrifice, O Thou Who alone dost glorify Thy Saints.
The Holy and Wonderworking Unmercenaries Cyrus and John

January 31

Apolytikion

Plagal First Mode

\[ \text{Intonation: #13} \]

since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heaven then, O Christ our God, and strengthen the faith of Orthodox Christians, since Thou alone
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 (soft chromatic)
"The soldiers standing guard"

Heav-ens’ choir looked down from the vaults of the Heav-ens,

and gaz- ing on the earth, they be - held with a - maze-ment the First-
born of all cre - a - tion brought forth as a suck - ling babe
to the Temple by a pure and vir - gin - al moth-er;
and with us, they now do sing a hymn for the Fore-feast, astonished and full of awe.
The Forefeast of the Meeting in the Temple

February 1

Kontakion

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

'Ἡχος LabelText

Ἐν ἀγκάλαις δέξασθαι

In this day doth Sym- e- on re- ceive with glad-

ness God, the Giv- er of the Law; and he doth cry to Him_

in fear: Let me de- part now, O Mas- ter Christ, for I have seen_

Thee, the Glo- ry of Is- ra- el.
The Holy Martyr
Trypho

February 1

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hχος ᾿Δι

Ὁ Μάρτυς σου Κύριε

hy 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 pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Martyrs Perpetua and Felicity of Carthage and those with them

February 1

Apolytikion

Third Mode
"Thy confession"

'Ἡχῶς γ'. Γα

Intonation: #8

et us venerate the holy Martyrs, Saints Perpetua and Saturninus, with Secondus and blessed Felicity, who shed their blood for our Lord with Saint Saturnus and Revocalus, 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

Fourth Mode

\[ \text{Intonation: } \#10 \]

having learned of things divine by the words of Patrick,

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

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

First Mode

Ὑχος Πα

Χαίρε κεχαριτωμένη

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 thou receivest in thine arms the Redeemer.
of our souls, Who also granteth unto us the resurrection.

* Finale:

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

First Mode

#3>

7 g f g L g 1 g f 1

faYW fg

hou 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 hier-

intonation: #1

Ο μήτραν παρθενικήν

150
archs whom Thou hast loved, O only Friend of man.
Saint Nicholas
The Enlightener of Japan

February 3

Apolytikion

Fourth Mode

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 Isidore
of Mount Pelusium

February 4

Apolytikion

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἀκριβῶς

Ἡχῶς Λ ἐλα ᾿Γά

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 to attend to the soul since it

Intonation: #25
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"

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 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 BUCOLUS
BISHOP OF SMYRNA

February 6

Apolytikion

Fourth Mode

Hχος Λ α Δι

Intonation: #10

Κανόνα πίστεως

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 Bucolus, in...
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"

\[\text{While Gabriel was saying}\]

Intonation: #1
nu-phi-us 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

Plagal First Mode

"Let us worship the Word"

Ἑχος Αντικεραυν

Thε Sophia ekfanta

150

Intonation: #13

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 boastful heresy, O light of the ho-

www.stanthonymonastery.org/music/Menaion.htm
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ly church-es, which do thou keep from all error, O luminary of the Day-spring on high.
Saints Parthenius Bishop of Lampsacus and Luke of Mount Stirion

February 7

Apolytikion

Fourth Mode

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

Fourth Mode

"Thou Who wast raised up"

"Hχος Δ:

Στρατολογία ἀληθεία

n truth enlisted with the King of the Heavens,

thou didst become for Him a noble commander, O tro-

phy-bearer and Great Martyr Theodore. With the wea-

mony of faith didst thou arm thyself wisely and didst ut-

ter-

150

Intonation: #10

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fly de-stroy all the hordes of the de-mon-s, as a tri-

um-phant a-th-le of the Lord; where-fore we ev-er do

faith-ful-ly call thee blest.
The Holy Prophet
Zacharias

February 8

Apolytikion

Second Mode

Ἡχος Ἑλπιδοφόρῳ

Intonation: #4

Τοῦ Προφήτου σου

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"

Ὁ Μάρτυς σου Κύριε

Θεοί Βασιλεία τοῦ Κυρίου μου Χριστοῦ τοῦ Σωτῆρος Θεοῦ του Ιερου Κυριου

Be quick to anticipate

Intonation: #10

Ὁ Μάρτυς σου Κύριε

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 pre-sump-
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"

'ΗΧος ἈΦ Δι

Ως στύλος ἀκλόνητος

n un-shak-en pil-lar of the Church of Christ God art

thou, an ev-ver-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 bold-ly in-ter-cede thou with Christ that we may all
be saved.
The Holy Hieromartyr
Haralampus

February 10

Kontakion

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

Ως φωστήρ άνέτειλας

150

Intonation: #8

&fhsth;r ajnevteila

hou didst rise up in the East, a luminar-

y that enlightened faithful men with thy bright shafts of mir-

cles, O Haralampus; hence we revere thy godly con-

test, O Martyr of sacred fame.
The Holy Hieromartyr Blaise

February 11

Apolytikion

Fourth Mode

\[ \text{\textgrk{\'H\chi\omicron\omicron\omicron\upsilon\varsigma} \Delta} \]

Intonation: #10

Koî trepônon métochôs

as a shar'er of the ways and a successor to the throne of the Apos'tles, O in'spired of God, thou found'est dis-ci-pline to be a means of ascent to di-vine vi-sion. Wherefore, hav-ing right-ly di-vid-ed the word of
truth, thou didst also contest for the Faith even unto blood,

O Hier-om-tyr Blaise. Intercede with Christ our God that our souls be saved.
Saint Theodora
the Empress

February 11

Apolytikion

Plagal First Mode
"Let us worship the Word"

\[ \text{Δωρεών τῶν ἐνθέων} \]

\[ \text{as a right worthy name-sake of gifts bestowed of God, and} \]

\[ \text{a divinely wrought image of holy wisdom and faith, thou} \]

\[ \text{didst make the Church to shine with godly piety; for thou didst dem-} \]

\[ \text{onstrate to all that the Saints in every age have shown honour to} \]
the icons, O Theodora, thou righteous and fair adornment of the Orthodox.
Saint Meletius
Archbishop of Antioch the Great

February 12

Apolytikion

Fourth Mode

 Hurt of things hath revealed thee to thy flock as a rule

of faith, an  icon of meek-ness, and a  teach-er of tem-per-ance; for

this cause thou hast a-chieved the heights by hu- mil-i- ty, riches by pov-er- ty.

O Fa-ther and Hier-arch Mel-et-ius, in-
February 12 - St. Meletius

†

ter - cede with Christ God that our souls be saved.
Saint Martinian of Palestine

February 13

Apolytikion

Plagal Fourth Mode

‟Ηχος ης ᾿Α γ

Τὴν φλόγα τῶν πειρασμῶν

hōu didst quench the flame of temptation with the streams of thy tears, O bless-ed Mar-tin-ian; and hav-ing checked the waves of the sea and the at-tacks of wild beasts, thou didst cry out:

Most glo-ri-ous art Thou, O Al-might-y One, Who hast saved me
from fire and pest.
Saint Symeon
the Myrrh-streamer

February 13

Apolytikion

Third Mode

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Intonation: #8

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l -       ƒluƒƒ- mined by     ƒdi -   ƒvine grace,          ƒe - ven  ƒdeath 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 reli -

ics. Thou didst al - so guide thy peo - ple to the light of the knowl-
edge of God. O our Father Symeon, entreat Christ God that we be granted great mercy.
Saint Auxentius

February 14

Apolytikion

First Mode

Ὑχος Λ Πα


hou 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.

SAINT AUXENTIUS
The Holy Apostle Onesimus

February 15

Apolytikion

Third Mode

ʼΗχος γ’, Γα

Intonation: #8

ho-ly A-pos-tle O-nes-i-mus, in-ter-cede_

_ with the__ mer-ci-ful God that He grant un-to our souls for-give-ness of

of-fenc-es.
The Holy Martyr Pamphilus and Those With Him

February 16

Apolystikion

Fourth Mode

"Be quick to anticipate"

\( \text{'Hxos} \Delta \)

Oι Μάρτυρες σου Κύριε

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 demons' strengthless pre-sump-
tion. 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 Trinity.
By his prayers, O Christ God, save our souls.
Saint Hermogenes  
Patriarch of Moscow  

February 17  

Apolytikion  

Fourth Mode  

\[ 
\text{first hier-arch of the Russian land and un-sleep-ing man}  
\]

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 god-less-ness.
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
Saint Nicholas Planas of Athens

February 17

Apolytikion

Plagal First Mode

"Let us worship the Word"

\( \text{Intonation: } \#13 \)

Let us praise our protector, the holy 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 un-
fail - ing teach - ings of long - suf - fer - ing, meek - ness, pa - tience, un - feigned hu - mil - i - ty and God - like love.
Saint Leo the Great
Pope of Rome

February 18

Apolytikion

Fourth Mode

\[\chi\] 150

Intonation: #10

κανόνα πίστεως

Translation:

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, in
ter - cede__with Christ________ God that our souls be saved.
The Holy Apostle Archippus

February 19

Apolytikion

Third Mode

'Ἡχός γ'. Γα

'Απόστολε ἁγιε

Intonation: #8

with the merciful God that He grant unto our souls forgiveness of

of fences.
Saint Philothei of Athens

February 19

Apolytikion

Plagal First Mode

"Let us worship the Word"

\[ \text{Intonation: #13} \]

\[ \text{`Αθηναίων ἡ πόλις} \]

\[ \text{Ηχος} \text{ ᾄ ὄ Κε} \]

he famed city of Athens doth honour our Philothei, the Righteous Martyr, whose relics it now revereth with joy; for while living in sobriety and holiness, she hath exchanged all earthly things for the everlasting life through great contests as
February 19 - St. Philothei

and she entreateth the Saviour to grant His mercy unto all of us.

SAINT PHILOTHEI
Saint Leo
Bishop of Catania in Sicily

February 20

Apolytikion

Fourth Mode

he 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, in...
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 adhes within our souls more steadfastly.

- St. Basil the Great
Saints Timothy of Symbola and Eustathius Bishop of Antioch the Great

February 21

Apolytikion

Fourth Mode

Intonation: #10

Ὁ Θεὸς τῶν Πατέρων ἡμῶν

God of our Fa-thers, ev-er deal-ing with us ac-cord-ing to Thy gen-tle-ness: take not Thy mer-cy from us, but by their en-treat-ies guide our life in peace.
The Finding of the Precious Relics
of the Holy Martyrs
in the Quarter of Eugenius

February 22

Apolytikion

Fourth Mode

"Be quick to anticipate"

\[\chi \text{ 150}\]

Intonation: #10

Oi Μάρτυρες σου Κύριε

hy Mar-tyrs, O Lord, in their cou-ra-geous con-test for Thee

re-ceived as the prize the crowns of in-corrup-tion and life

from Thee, our im-mor-tal God. For since they pos-sessed Thy strength, they cast

down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-
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

Fourth Mode

Koî tṓpòn méthkos

Intonation: #10

as a shar-er of the ways and a suc-ces-sor to
the throne of the Ἀ-πόστολοι, Ο ἐν-σπιρεῖ ὧν, ὁ ποιητής, θεοῦ, ἐντάξεις
en-er-gie τῆς ὁ-μολογίας, ἀνθρώπινη καταδεικνύουσιν. οἱ δὲ ἑνίοιν ἐν τῇ ἁγίᾳ

Where-fore, hav-ing right-ly di-vid-ed the word of

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truth, thou didst also contest for the Faith even unto blood,

O Hier-om-tyr Pol-y-carp. Inter-cede 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

Fourth Mode

"Be quick to anticipate"

Ἐκ γῆς ἀνατείλασα

The Forerunner's sacred head, having dawned forth from the earth, doth send corruption's rays unto the faithful, whereby they find healings of their ills. From on high he gath-er-eth the choirs of the Angels and on earth he sum-mon-eth the whole race of
man-kind, 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

Second Mode

\[ \text{Ἡχος} \quad \Delta \]

since we have obtained thy head as a most sacred rose

from out of the earth, O Forerunner of grace divine, we

receive sure healings in every hour, O Prophet of God the

Lord; for again, now as formerly, thou preachest repentance

Intonation: #4

Προφήτα Θεού
unto all the world.
Saint Tarasius
Archbishop of Constantinople

February 25

Apolytikion

Fourth Mode

  

he 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 Tar-asisus, in-

Intonation: #10

Κανόνα πίστεως
eter - cede with Christ God that our souls be saved.
Saint Porphyrius
Bishop of Gaza

February 26

Apolytikion

Fourth Mode

\( \nu \) 150

Intonation: #10

\( \text{Κανόνα πίστεως} \)

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, in-
ter - cede with Christ God that our souls be saved.
Saint Photine

the Samaritan Woman

February 26

Apolytikion

Third Mode

"Thy confession"

Ἡχος γ'. Γα

Il illumined by the Holy Spirit, thou

didst drink with great and ardent longing of the waters Christ

Saviour gave unto thee; and with the streams of salvation wast thou refreshed, which thou abundantly gaveest to
those a - thirst. O Great Mar - tyr and true peer of A - pos - tles, Pho -
ne, en - treat Christ God to grant great mer - cy un - to us.
Saint Procopius of Decapolis
the Confessor

February 27

Apolytikion

Plagal Fourth Mode

Hχος Λ ἦ Γα

Ταῖς τῶν δακρύων σου ῥοαῖς

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, shining with acclamations up on
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

First Mode

ἡχος Ἡ μαρτυρία

Τῆς ἐρήμου πολίτης

houl 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 heavenly gifts, and thou heallest 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 John Cassian

February 29

Apolytikion

Plagal Fourth Mode

Intonation: #25

En soi Pater akribos

n thee thee 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 to attend__ to__ the soul since it
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
The Holy Righteous Martyr
Eudocia the Samaritan

March 1

Apolytikion

Plagal Fourth Mode

'Ἡχος ὡς Ἐδουκία

إن أسي مَحَتَر صَرِيفَة

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 overlook the flesh, for it passeth away, but to attend to the soul since it
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

Apoloptykion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

Intonation: #10

Ὁ Μάρτυς σου Κύριε

Ὁ Μάρτυς σου Κύριε

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tion. O Christ God, by his prayers, save our souls, since Thou art mer - ciful.

SAINT HESYCHIUS
The Holy Martyrs Eutropius, Cleonicus, and Basiliscus

March 3

Apolytikion

Fourth Mode

"Be quick to anticipate"

\[\text{Oi Μάρτυρες σου Κύριε}\]

\[\text{Hχος Α Δι}\]

\[\text{Hy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the demons' strength-less pre-sum-}\]
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

First Mode

Saint Gerasimus, our God-bearing Father. By fasting, vigil, and prayer thou didst obtain heavenly gifts, and thou heal-est 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 Gerasimus
The Holy Martyr
Conon

March 5

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hχος Διό Τῷ Διόνυσῳ Ἐν Αὐτῷ τῆς ἐνεργείας τοῦ Θεοῦ ἔπεσεν τῶν τίτων τῆς ἁμαρτίας καὶ τῆς ζωῆς πρὸς Θεόν ἡμῶν Ἰησοῦ Χριστόν.

Ὁ Μάρτυς σοῦ Κύριε

Hy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee
re - ceived as the prize the crowns 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 de - mons' strength-less pre-
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
March 6

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hy 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 pre-sump-
March 6 - The 42 Martyrs of Amorion

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

THE HOLY FORTY-TWO MARTYRS OF AMORION
The Holy Martyred Bishops of Cherson
Basileus, Ephraim, Eugene, Capito,
Aetherius, Acathodorus, and Elpidius

March 7

Apolytikion

Plagal First Mode

\[ \text{Intonation: #13} \]

\[ \text{Tù θαύματα τῶν ἁγίων σου} \]

\[ \text{since Thou hast given us the miracles of Thy holy Martyrs} \]

\[ \text{as an invincible battlement, by their entreaties scatter the counsels of the heaventhen, O Christ our God, and} \]

\[ \text{strengthen the faith of Orthodox Christians, since Thou alone} \]
art good__ and the Friend of____ man.
Saint Theophylact the Confessor
Bishop of Nicomedia

March 8

Apolytikion

Plagal Second Mode

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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

First Mode

Thou bestowed 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.

Intonation: #1

Τὰς ἁληθείας

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The Holy Forty Martyrs of Sebastia

March 9

Kontakion

Plagal Second Mode

\[\text{Plagal Second Mode}\]

\[\chi 150\]

Intonation: #17

Πάσαν στρατιάν

"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 glory_"
from Heaven and a multitude of crowns.
The Holy Martyr Quadratus and Those With Him

March 10

Apolytikion

Fourth Mode

"Be quick to anticipate"

φξος Α Δι

O Μάρτυρες σου Κύριε

hy Mar - tyr, O Lord, in their cou - ra - geous con - test for Thee

re - ceived as the prize the crowns of in - cor - ru - p - tion and life

from Thee, our im - mor - tal God. For since they pos - sessed Thy strength, they cast

down the ty - rants and whol - ly de - stroyed the de - mons' strength-less pre-sump-
March 10 - St. Quadratus

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

SAINT QUADRATUS
Saint Sophronius
Archbishop of Jerusalem

March 11

Apolytikion

Fourth Mode

he 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 Sophronius,
March 11 - St. Sophronius


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

SAINT SOPHRONIUS
Saint Gregory the Great
Pope of Rome

March 12

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.

O Father and Archbishop Nicholas, in-
March 11 - St. Gregory the Great

Sendin St. Augustine to England

St. Gregory the Great
SENDING ST. AUGUSTINE TO ENGLAND
Saint Theophanes
the Confessor

March 12

Apolytikion

Plagal Fourth Mode

\[ \text{Orqodoxiva" oJdhgev} \]

 GUIDE OF ORTHODOXY, TEACHER OF PIETY AND__

holiness, luminar-y of the world, God-inspired__

adorment of monastics, O wise Theophanes, by

thy teachings thou hast enlightened all, O harp of the____ Spirit.
Intercede with Christ God that our souls be saved.
March 12

Apolytikion

Third Mode
"Thy confession"

'Hχος γ'. Γα

Intonation: #8

'Θείαν ἔλλαμψιν'
they had lost. O all-holy Father Symeon, intercede with Him to grant great mercy unto us who honour thee.
The Translation of the Relics of Saint Nicephorus Archbishop of Constantinople

March 13

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. O Father and Hierarch Nicephorus, in...
ter - cede with Christ God that our souls be saved.
Saint Benedict

March 14

Apolytikion

Plagal Fourth Mode

 Homer α Γα

n thee the image was preserved with exactness, O

Fa- ther; for taking up thy cross, thou didst fol- low Christ, and

by thy deeds thou didst teach us to o- ver- look the flesh, for

it pass- eth a- way, but to at- tend to the soul since it

\[\text{Intonation: #25} \]

150

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www.stanthonyssmonastery.org/music/Menaion.htm
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

Third Mode

Ἡχος γ'. Γά

'Απόστολε åγιε

Intonation: #8

Holy Apostle Aristobulus, intercede

with the merciful God that He grant unto our souls for-give-ness of

of- fenses.
Saint Agapius
and Those With Him

March 15

Apolytikion

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

et all of us en-treat Christ the Lord’s holy Martyrs,

for they make supplica-tion for our souls’ salvation; with

faith and with long-ing, there-fore, let us draw-nigh un-to

them, for they over-flow with the di-vine grace of heal-
ings, and they drive away the ranks of demons in terror, as guardians of the Faith.

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"

Ὅ Ὕ ς Λ Α Δ

Ὁ Μάρτυς σου Κύριε

Hy 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 pre-sump-
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

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἁκριβῶς

n 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 to attend to the soul since it
is immortal. Wherefore, O righteous Christodulus, thy spirit rejoiceth with the Angels.
Saint Alexis
the Man of God

March 17

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hχος ΑΔ.

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 Christ thy Master
for ever. En-treat him, O Alexis most wise, fervently for our souls.
Saint Patrick
The Enlightener of Ireland

March 17

Apolytikion
Third Mode

Holy Hierarch, equal of the Apostles, Saint Patrick, wonder-worker and enlightener of Ireland:

Intercede with the merciful God, that He grant unto our souls forgiveness of offenses.
Saint Cyril
Archbishop of Jerusalem

March 18

Apolytikion

Fourth Mode

TRANSLATION

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 Cyril, in -
ter - cede_with Christ_________ God that our souls be saved.

SAINT CYRIL OF JERUSALEM
The Holy Martyrs
Chrysanthus and Daria

March 19

Apolystikon

Fourth Mode
"Be quick to anticipate"

Ὑχοζ Δι

INTONATION: #10

Oi Mártyres sòu Kúrie

hy 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' strength-less pre-sump-
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.
The Fathers of the Monastery of Saint Sabba Who Were Killed by the Saracens

March 20

Apolytikion

Second Mode

\[ 150 \]

\[ \text{Ἁχος} \quad \Delta : \]

\[ \text{Ἄθλοφόροι Κυρίου} \]

less-ed is the earth that drank your blood, O prize-win-ners of the Lord, and holy are the tab-er-na-cles that re-ceived your spir-
its; for in the sta-di-um ye tri-umphed o-ver the en-e-my, and ye pro-claimed Christ with bold-

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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
Saint Cuthbert the Wonderworker  
Bishop of Lindisfarne

March 20

Apolytikion

Third Mode

Hχος Γα

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 Spirit. Wherefore, God es -
flock, O comforter with angels and intercessor for men.
Saint James
the Confessor

March 21

Apolytikion

Fourth Mode

Intonation: #10

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.

Ο Θεὸς τῶν Πατέρων ἡμῶν

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The Holy Hieromartyr Basil
Presbyter of the Church of Ancyra

March 22

Apolytikion

Fourth Mode

'Ἡχος ΑΔ

Koι τρόπων μέτοχος

as a shar-er of the ways and a suc-ces-sor to
the throne of the Apos-tles, O in-spired__ of God, thou found-
est dis-ci-pline to be a means of__ as-cend to di-vine vi-
-sion. Where-fore, hav-ing right-ly di-vid-ed the word of
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

Fourth Mode

Intonation: #10

Ὁ Θεός τῶν Πατέρων ἡμῶν

God of our Fa-thers, ev-er deal-ing with us ac-
cord-ing to Thy gen-tle-ness: take not Thy mer-
cy from us, but by their en-treat-ies guide our life in peace.
The Forefeast Of the Annunciation

March 24

Apolytikion

Fourth Mode

ο - day the prel-udes of u- ni-ver-sal joy move us to

ing the pre-fes-tal hymn; for be- hold, Ga- bri-el com-

eth, bring-ing the good tid- ings to the Vir-gin, and shall cry____ to her:

Re- joice, thou who art full of grace; the Lord is with________ thee.

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* Finale:

grace; the Lord is with_________ thee.
The Forefeast
Of the Annunciation

March 24

Kontakion

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

Ἡχος Δι

Ἐπελέυσει Πνεύματος

t the great Arch-angel's voice, O The-otho-
-kos, the All-holy Spirit it came up.on thee and thou
didst_conceive Him that is one in es-sence and throne with
God the Fa-ther, O Ad-am's re-cov- er-y.
March 24

Apolytikion

Plagal First Mode

"Let us worship the Word"

Saint Tikhon
Patriarch of Moscow

Let us worship the Word

o the new world sent forth as a shep- herd of the flock, thou
wast called back to the old, to take up the Cross_ as a staff and
from wolves and faith-less shep- herds to de- fend the Church; and af- ter
thee, the sheep of Christ knew no shep- herd to be true who kept__ not thy
good confession, wherein, O Tikhon, preserve us unharmed through-out our earthly pilgrimage.
The Annunciation of the Theotokos

March 25

Apolytikion

Fourth Mode

Intonation: #10

ο -    ƒday       ƒ is       the    founƒƒ-ƒƒtainƒ-ƒƒhead  ƒƒof    ƒour    salƒƒ-ƒƒva -    -    -ƒƒtion
and the man - i - fes - ta - tion of the mys - ter - y which was from e -
ter - ni - ty. The Son of God be - com - eth the Vir - gin’s Son and
Ga - bri - el an - nounc - eth the good ti - dings of grace; for this cause, let
us cry to the Mother of God with him: Rejoice, thou who art full of grace; the Lord is with thee.

* Finale:

grace; the Lord is with thee.
The Annunciation of the Theotokos

March 25

Kontakion

Plagal Fourth Mode

\( \text{'I} \chi_\zeta \lambda \varsigma \ \stackrel{\pi}{\varnothing} \ \eta \)

Intonation: #24

\( \text{Tò προσταχθέν} \)

hen 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 wed-lock: The One Who hath bowed the Heav-ens by His des-cent is held_
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 Annunciation
of the Theotokos

March 25

Another Kontakion

Plagal Fourth Mode

Ἡχος η α η Νη

ο thee, the Champion Leader, we thy flock dedicate

a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as thou art one

with might which is invincible, from all dangers that can
March 25 - The Annunciation

* Finale:

Rejoice, thou Bride unwedded.
The Synaxis of the Archangel Gabriel

March 26

Apolytikion

Fourth Mode

"Thou Who wast raised up"

\[ \text{'H} \chi \omega \zeta \text{ ΛΔ} \]

150

Intonation: #10

Tw'n oujranivwn stratiw'n

u - preme Com - mand - er___ of the Hosts of the Heav - ens,

we, the un - wor - thy,___ im - por - tune and be - seech thee that by

thy sup - pli - ca - tions thou en - cir - cle us in the shel - ter of

the wings____ of thine im - ma - te - ri - al glo - ry, guard - ing 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 Synaxis of the Archangel Gabriel

March 26

Kontakion

Second Mode

Ἡχος Ἄμι

Ἀρχιστράτηγε Θεοῦ

u-preme Com-mand-er of God and min-is-ter of the Di-vine glo-ry, guide of men and lead-er of the bod-i-

since thou art Su-preme Com-mand-er of the bod-i-less hosts.
The Holy Martyr Matrona of Thessalonica

March 27

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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 for Thy sake, that I may reign with...
It is a great accomplishment to pray without distraction,
but it is even greater to chant without distraction.

- Evagrios the Solitary
Saint Hilarion the New

March 28

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: } \#25 \]

\[ \text{Ἐν σοὶ Πάτερ ἀκριβῶς} \]

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 to attend to the soul since it
is immortal. Wherefore, O righteous Hilarion, thy spirit re-joiceth with the Angels.
Saint Mark, Bishop of Arethusa,  
and Cyril the Deacon, and Others  
Martyred During the Reign of Julian  

March 29  

Apolytikion  

Plagal Fourth Mode  
"When the bodiless one"  

\[ \text{"When the bodiless one"} \]  

\[ \text{In tonation: #24} \]  

\[ \text{Δι’ ἐγκρατείας} \]  

In these, they had slain through their abstinence and struggles the fiery rages and fierce motions of the passions, the staunch Martyrs of Christ God laid hold on the graces to drive off the pains and illnesses of the
sick and work wonders both while living and after death. Strange indeed is the miracle! That these bare bones should pour forth such overflowing streams of cures. Glory be to our only God.
Saint John of Sinai
Author of the Ladder

March 30

Apolytikion

Plagal Fourth Mode

Ἄντε τῶν δακρύων σου ῥοαῖς

in 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, shin-ing with mir-a-cles up-on
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

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

\[ \text{H} \text{y}^\circ z \quad \text{K} \varepsilon \]

Karpouς άειθαλείς

sever-bloom-ing fruits, thou dost of- fer the teach-ings

of thy God-giv-en book, O wise John, thou most bless-ed, while sweet-

'ning the hearts of all them that heed it with vig-i-lance;

for it is a lad-der from the earth un- to Heav-en
that conferreth glory on the souls that ascend it and honor thee faithfully.
The Holy Hieromartyr Hypatius
Bishop of Gangra

March 31

Apolytikion

Fourth Mode

He truth of things hath revealed thee to thy flock as a rule
of faith, an icon of meek-ness, and a teach-er of tem-per-ance; for
this cause thou hast achieved the heights by hu-mil-i-ty, rich-
es by pov-er-ty. O Fa-ther and Hier-arch Hy-pa-tius, in-

Intonation: #10

Κανόνα πίστεως
March 31 - St. Hypatius

Let us cede with Christ our God that our souls be saved.

SAINT HYPATIUS
April
Saint Mary of Egypt

April 1

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 overlook the____ flesh, for it passeth away, but to attend____ to the soul since it

n 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 overlook the____ flesh, for it passeth away, but to attend____ to the soul since it

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is immortal. Wherefore, O righteous Mary, thy spirit rejoiceth with the Angels.

SAINT MARY OF EGYPT
Saint Titus

April 2

Apolytikion

Plagal Fourth Mode

Intonation: #25

Hxos ١٠ ١٠ ٠ ٠

ith the streams of thy tears, thou didst cul-

(Γ)  (Ν)  

i-vate the

bar-ren-ness of the\_\_u\_\_\_\_ desert; ١٠ ٠ ٠ ٠ ٠

and by thy sigh-

(M)   (Μ) (Μ) (Μ)

ings from

the depths, thou didst bear fruit a hun-

(Ν)  (Ν)  (Ν)  (Ν)

dred-fold in\_\_ la-

bour;

and

thou be-

(Ν)  (Ν)  (Ν)  (Ν)

cam-est a lu-

mi-

nar-y, ٠ ٠ ٠ ٠ ٠ ٠ ٠ ٠ ٠

shin-ing with mir-

a-

cles up-

on
the world, O Titus our righteous Father. Intercede with Christ God that our souls be saved.
Saint Nicetas
Abbot of the Monastery of Medicium

April 3

Apolytikion

Plagal Fourth Mode

intonation: #25

*n 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 to attend to the soul since it
is immortal. Therefore, O righteous Nicetas, thy spirit rejoiceth with the Angels.
Saint Joseph
the Hymnographer

April 3

Apolytikion

Plagal Fourth Mode

Intonation: #25


ITH 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, shin-ing with miracles upon
O Joseph our righteous Father. Intercede with Christ God that our souls be saved.
Saint George of Mount Maleon

April 4

Apolytikion

Plagal Fourth Mode

.btnSaveImage.png

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, shining with miracles upon

Intonation: #25
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

Fifth Mode
"Be quick to anticipate"

"Ηχος Δ:"

O υ Μαρτυρες σου Κυριε

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 demons' strengthless presumption...
O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint Eutychius
Archbishop of Constantinople

April 6

Apolytikion

Fourth Mode

Hχος Δ:

Intonation: #10

Kaνόνα πίστεως

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 Eutychius, in-
ter - cede with Christ God that our souls be saved.
The Holy Martyr
Calliopius

April 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὑχος Ἰ Δ
Ο Μάρτυς σου Κύριε

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 pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint George
Bishop of Mytilene

April 7

Apolytikion

Third Mode
"Thy confession"

’Ἡχος γ’. Γα

기술

Qeivou Pneuvmato”

Intonation: #8

Θείου Πνεύματος

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 dying hath made all the
world to live. Right-eous Father George, en-treat Christ our God in our behalf, that His great mercy may be granted unto 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

Third Mode

Ἡχὸς γ'. Γα

'Απόστολοι ἅγιοι

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

Fourth Mode
"Be quick to anticipate"

\[ \begin{align*}
\text{\textcopyright 2005, Holy Transfiguration Monastery, Brookline, MA}
\end{align*} \]
tion. O Christ God, by his prayers, save our souls, since Thou art mer - ci - ful.
Saint Gregory the Fifth
Patriarch of Constantinople

April 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

s 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

Intonation: #10

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to the Heav-ens, where thou dost pray for all, O di- vine Pa-tri-
arch Greg- o- ry.
April 10

Apolytikion

Plagal First Mode
"Let us worship the Word"

*Ἡχος ἡμέρας Κρήνης

Τῶν ἁγίων Μαρτύρων

“At the powers of Heaven were awestruck 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 power of the Cross and invisibly sub-

Intonation: #13

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died him. And now they pray to the Lord, that He might bestow His mercy on our souls.

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"

While Gabriel was saying

he celebrated hierarch and Pergamum's first prelate, the fellow contestant of Martyrs and most divine myrrh-streamer, ye faithful, come let us honor our now wise Antipas, who truly is a great and swift healer of severely

μυροβλύτην τὸν θείον

Intonation: #1

he cel-e-brat-ed hier-arch and Per-ga-mum's first prel-
ate, the fel-low-con-test-ant of Mar-tyrs and most di-vine myrrh-
stream-er, ye faith-ful, come let us hon-our now wise An-
ti-pas, who tru-ly is a great and swift heal-er of se-vere-ly

150
afflicted teeth, and cry to him with our whole soul: Glorify to Christ that hath glorified thee. Glorify to Him that hath crowned thee. Glorify to Him that worketh healings for all through thee.
Saint Basil the Confessor
Bishop of Patrium

April 12

Apolytikion

Fourth Mode

\textcolor{red}{\textit{Hχις Δι}}

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 Basil, in-
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
Saint Martin the Confessor
Pope of Rome

April 13

Apolytikion

Fourth Mode

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 Tropheus

April 14

Apolytikion

Third Mode

'Ἡχος γ΄. Γα

'Απόστολοι ἅγιοι

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

April 15

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

hυ Μαρτυρ, Ο Λορδ, in his coυ ra - geous con - test for Thee
re - ceived as the prize the crowns 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 de - mons' strength - less pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Virgin Martyrs
Agape, Irene, and Chionia
the Sisters

April 16

Apolytikion

Plagal First Mode

Intonation: #13

since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heaven then, O Christ our God, and strengthen the faith of Orthodox Christians, since Thou alone
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
The Holy Hieromartyr
Symeon of Persia

April 17

Apolytikion

Plagal First Mode
"Let us worship the Word"

"Ηχος λ ὡς ἱερομαρτυριον Των ἁγίων Μαρτυρων"

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 flesh-less foe by the power of the Cross and invisibly sub-

Intonation: #13

150
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
Saint Macarius
Archbishop of Corinth

April 17

Apolytikion

First Mode

"While Gabriel was saying"

Toú Κορίνθου ποιμένα

 те faith-ful, let us praise the di-vine shep-herd of Cor-inth,

whom God's won-drous prov-i-dence made the a-dorn-ment of all

Chi-os, who shone forth in words and deeds and prayers, Mα-

car-i-us most bless-ed in all truth, who re-ceived from God the
grace to heal every ill and cast out the unclean spirits. Glory to God the Father, Who ordained him. Glory to God the Son, Who hath exalted him. Glory to God the Holy Spirit, Who worketh healings for all through him.
Saint John
Disciple of St. Gregory of Decapolis

April 18

Apolytikion

Plagal Fourth Mode

Intonation: #25

Ἡχος τὶς τὰς Γά

Ἐν σοὶ Πάτερ ἀκριβῶς

n 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 to attend to the soul since it

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is immortal. Therefore, O righteous John, thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Paphnutius

April 19

Apolytikion

Fourth Mode

150

Intonation: #10

Koî τρόπον μέτοχος

as a sharer of the ways and a successor to

the throne of the Apostles, O inspired of God, thou found-
est discipline to be a means of ascent to divine vi-

- sion. Wherefore, having rightly divided 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

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἀκριβῶς

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 to attend to the soul since it

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is immortal. Therefore, O righteous Theodore, thy spirit rejoiceth with the Angels.

SAINT THEODORE OF THE HAIR SHIRT
The Holy Apostle
Zacchaeus

April 20

Apolytikion

Third Mode
"Thy confession"

’Ἡχος γ’. Γα

Intonation: #8

av- ing just- ly hat- ed un- just rich- es, thou

didst lay up treas- ures of sal- va- tion; for, re- ceiv- ing the

Sav- iour with- in thy house, thou, O Zac- chae- us, wast tru-

ly made mar- vel- lous with all the fruits of re- pen- tance thou
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

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 ascent 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 Januarius. Intercede with Christ our God that our souls be saved.
Saint Theodore of Sykeon

April 22

Apolytikion

Fourth Mode

\[ \text{Gnōristheis èk spargánōn} \]

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; wherefore do thou
be-seech the Lord in our be-half.
The Holy and Glorious Great Martyr
George the Trophy-bearer

April 23

Apolytikion

Fourth Mode

†Χος Ἡ Δια

Ως τῶν αἰχμαλώτων

ib-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.
The Holy and Glorious Great Martyr
George the Trophy-bearer

April 23

Kontakion

Fourth Mode

"Thou Who wast raised up"

\( \text{av - ing been cul - ti - vat - ed well by the Lord} \)

\( \text{God, as the most hon - oured_ cul - ti - va - tor of pi - e - ty} \)

\( \text{thou hast now gath - ered sheaves of vir - tues for thy - self; for, as} \)

\( \text{thou didst sow with tears, thou dost reap with re - joic - ing;} \)
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

Plagal Fourth Mode

Intonation: #25

Ἐν σοὶ Μήτερ ἀκριβῶς

n      ƒƒthee    ƒƒƒƒthē    im - age was pre - served with ex - act - ness, O____

Mo   -   th - er; for tak - ing up thy cross, thou didst fol - low Christ, and

by thy deeds thou didst teach us to o - ver - look the_ flesh, for

it pass - eth a - way, but to at - tend_ to_ 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

Third Mode

'Ἡχῶς χ’. Γα

Intonation: #8

'Απόστολε ἅγιε

Holy Apostle and Evangelist Mark, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Hieromartyr Basileus
Bishop of Amasia

April 26

Apolytikion

Fourth Mode

The Holy Hieromartyr Basileus
Bishop of Amasia

April 26

Apolytikion

Fourth Mode

The Hieromartyr Basileus of Amasia was 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 the word of
truth, thou didst also contest for the Faith even unto blood,

O Hieromartyr Basileus. Intercede with Christ our God that our souls be saved.
The Holy Hieromartyr Symeon
Kinsman of the Lord

April 27

Apolytikion

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

Eυφραίνεται λαμπρός

E η χος ἂν Κε

The soldiers standing guard

and as His steadfast Martyr, O all-lauded Hierarch. For

bravely hast thou destroyed all deception and kept the

Faith. Hence, O Symeon, we keep thy holy remem-
brance on this festive day; and by thy prayers, we are granted the

par-don of griev-ous sins.

SAINT SYMEON
The Holy Nine Martyrs
of Cyzicus

April 28

Apolytikion

Fourth Mode
"Be quick to anticipate"

O Μάρτυρες σου Κύριε

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 demons' strength-less pre-sump-
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

Third Mode

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Intonation: #8

\[\text{\H\kappa\omicron\varsigma \gamma'. \Gamma\alpha}\]

\[\text{\'Απόστολοι άγιοι}\]

\[\text{ho - ly A - pos - tles, inter - cede\textunderscore with the}\]

\[\text{mer - ci - ful God that He grant un - to our souls for - give - ness of of - fenc - es.}\]
The Holy Apostle James
Brother of John the Theologian

April 30

Apolytikion

Third Mode

'Ἡχὸς γ'. Γα

150

Intonation: #8

'Απόστολε ἁγίε

Holy Apostle James, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
May
The Holy Prophet
Jeremiah

May 1

Apolytikion

Second Mode

Ὑχος Δι

Τοῦ Προφήτου σου

As we celebrate the memory of Thy Prophet Jeremiah, O Lord, through him we beseech Thee to save our souls.

Intonation: #4

s we cel - - - e - brate the mem - o - ry of Thy Proph - et Je - re - mi - as, O Lord, through him we be - seech Thee to save our souls.
Saint Tamara (Tamar)
Queen of Georgia

May 1

Apolytikion

Third Mode
"Thy confession"

\[\text{Text: Thy confession} \]

et 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 harmonious reed-pipe of

Intonation: #8
Jesus Christ, and our fervent intercessor before the King of Kings, entreat Him to grant great mercy unto us.

SAINT TAMARA
QUEEN OF GEORGIA
The Synaxis of the Three Martyrs of the Holy Mountain Euthymius, Ignatius, and Acacius

May 1

Apolytikion

First Mode

CHANT: #1

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-splendent throne of the God-head; therefore, O most wise ones, ye partake of
beams__ from that awesome 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.

Is anyone cheerful?

Let him chant.

James 5:13
The Translation of the Holy Relics of Saint Athanasius the Great

May 2

Apolytikion

Third Mode

"Thy confession"

" Hvou γ'. Γα

Στυλος γεγονας

Intonation: #8

F foufou'fou wasted Or - tho - dox - y's steadfast pillar, hold ing

up_____ the Church with god - ly dog - mas, O great Hier - arch, for

thou____ didst preach__ unto___ all that God the Son is one es -

sence in ver - y truth with God the Fa - ther; thus thou___ didst shame_
May 2 - St. Athanasius the Great

Saint Athanasius the Great

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

Fourth Mode
"Be quick to anticipate"

{o Tim-o-thy let us faith-ful ren-der hom-age to-day
  to-geth-er with Mau-ra, his fel-low con-test-ant and wife,
  that most faith-ful bride of Christ, laud- ing their brave stead-fast-ness; for
  by cru-ci-fix-ion they fol-lowed with long-ing in the steps of
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

Plagal Fourth Mode

Intonation: #25

θ

asz-ing thy-self a-loft up-on vir-tue and hav-
ing loved the mo-nas-tic life from thy youth, thou didst val-iant-ly

at-tain to thy de-sire. Thou didst set-tle in a cave,

and while adorns-ing thy life with fast-ing and pu-rity,
thou didst per-severe in prayers like one of the__ bodily__ less.

And since thou hast shone forth in the Russian land__ as a brilliant lamp, O Father Theodosius, pray Christ God that our__ souls be__ saved.
The Holy Martyr Pelagia

May 4

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"



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 for Thy sake, that I may reign with

Intonation: #19

‘Η ὁμνάς σου Ιησοῦ
Thee; for___ Thy___ sake___ I die, that I may live___ in__

Thee: ac - cept me of - fered out of long - ing to Thee as a spot - 

less sac - ri - fice. Lord, save_____ our souls through her in - ter - ces - sions,

since Thou art great___ in mer - cy.
The Holy and Glorious
Great Martyr Irene

May 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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 I am crucified and buried. I suffer for Thy sake, that I may reign with

Intonation: #19

Ἑ ὁμνάς σου Ἰησοῦν
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

First Mode

\[ \begin{align*}
\text{In holding the riches of Job's virtues, the enemy of the righteous contrived to despoil them; and though he}
\text{cast down the tower of the Saint's body, he could not}
\text{plunder the wealth of his spirit, for he found the soul of}
\end{align*} \]

Intonation: #1

\[ \begin{align*}
\text{Ton plouton theortisa} \\
\text{150}
\end{align*} \]
that blame-less one to be fully armed; but as for me, he hath stripped me and led me captive away. Has-ten, then, be-fore the end, rescue 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

First Mode


hē im-age of Thy Cross at this time shone bright-er than
the sun, when Thou didst spread it out from the ho-ly Mount of Ol-
ives to Cal-va-ry; and in mak-ing plain Thy might which
is there-in, O Sav-iour, Thou didst also there-by strength-en the
faith-ful. Keep us always in peace, by the intercessions of the The-o-to-kos, O Christ our God, and save us.
The Holy Apostle and Evangelist
John the Theologian
the Beloved Disciple and Virgin

May 8

Apolytikion

Second Mode

Ὑχος Δι

'Απόστολε Χριστῷ τῷ Θεῷ

Apostle, beloved of Christ our God,

Has ten to deliver a defenseless people. He that

allowed thee to recline on His breast, receiveth thee bowing

ing in intercession. Implore Him, O The-
o-logy, to dispel the persistent cloud of the heavens, and ask for us His peace and great mercy.
The Holy Apostle and Evangelist
John the Theologian
the Beloved Disciple and Virgin

May 8

Kontakion

Second Mode

$\Xi \chi \omicron \zeta$ $\Delta$

$\nu \gamma \rho \omicron \nu \omicron \sigma \tau \iota$

For thou pour-est forth mir-a-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.

Intonation: #4

150

ho can tell thy might-y works, O vir-gin Saint?
Saint Arsenius the Great

May 8

Apolytikion

Plagal Fourth Mode

Ὑχος ἁ Γα

150

Intonation: #25

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, shining with miracles upon
the world, O Arsenius our righteous Father. Intercede with Christ God that our souls be saved.
The Holy Prophet Esaias (Isaiah)

May 9

Apolytikion

Second Mode

Ὑχος Δι

Through him we beseech Thee to save our souls.

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Saint Joseph of Optina

May 9

Apolytikion

Third Mode
"Awed by the beauty"

’Ηχος γ’. Γα

Intonation: #8

right 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 stirred the sea of thy deep and un-
clouded heart, which reflected unobscured the divine mysteries from above. Now, since the Lord will do what thou askest, entreat Him to save us who revere thee.
The Holy Martyr
Christopher

May 9

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὑχος Άι Δι
Στολαίς ταίς εγξ αἰματος

ade come - ly with gar - ments wo - ven from thy ven - 'ra -
ble blood, thou stand - est be - fore the Lord, the King of Heav - en

and earth, O famed Mar - tyr Chris - to - pher. With the choirs of the An -
gels and the Mar - tyrs thou chant - est, sing - ing the thrice-ho - ly hymn

Intonation: #10

150

www.stanthonymonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
and most awe-some prais-es. Thus, by thine in-ter-ces-sions with God,

save us, thy worth-less slaves.
The Holy Apostle
Simon the Zealot

May 10

Apolytikion

Third Mode

Ἡχος γʹ. Γα

'Απόστολε ἅγιε

ho - ly A- pos - tle Si - mon, in - ter - cede__

with the__ mer - ci - ful God π that He grant un - to our souls for - give - ness of

of - fens - es.
Saints Cyril and Methodius
Apostles to the Slavic Lands

May 11

Apolytikion

Fourth Mode

Intonation: #10

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.
The Holy Hieromartyr
Mocius

May 11

Kontakion

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

"The soldiers standing guard"

#3>

Y g f

\( \text{#4}\)

150

Intonation: #4

Χριστῷ ἱερουργῷν

Wherefore, crowned by Christ both as a priest and a martyr,
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
Saints Epiphanius, Bishop of Cyprus and Germanus, Archbishop of Constantinople

May 12

Apolytikion

Fourth Mode

:\[\text{God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.}\]

\[\text{Ο Θεός τῶν Πατέρων ἡμῶν}\]

Intonation: #10
The Holy Martyr Glyceria

May 13

Apolytikion

Fourth Mode (hard chromatic) "Joseph was amazed"

\[ \text{Lord Jesus, unto Thee Thy lamb doth cry with a great voice: } \]

\[ \text{O my Bride-groom, Thee I love; and seeking Thee, I now contest, } \]

\[ \text{and with Thy baptism am crucified and buried. I suffer for Thy sake, that I may reign with } \]
Thee; for Thy sake I die, that I may live in Thee:

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 GLYCERIA
The Holy Great Martyr
Isidore of Chios

May 14

Apolytikon

Fourth Mode
"Be quick to anticipate"

Ὁ Ἅγιος Ἰσιδώρος Χίου

Ὑξος Ἰδιώτης

Ὁ Μάρτυς σου Κύριε

...
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Pachomius the Great

May 15

Apolytikion

Plagal First Mode
"Let us worship the Word"

"Hxos λ ḵ Kε

(Κ)
hou didst prove a chief pastor of the Chief Shepherd, Christ, guiding the flocks of monastics unto the heavenly fold, whence thou learnt-est of the habit and the way of life that doth be-fit ascetic ranks; having taught this to thy monks, thou now dancest and
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

Fourth Mode

He 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 Achillius, in
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
May 16

Apolytikion

First Mode

Ὑχος Ἡ παντοτικός

Τῆς ἐρήμου πόλιτῆς

Apolytikion

First Mode

Ὑχος Ἡ παντοτικός

Τῆς ἐρήμου πόλιτῆς

you 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, vigour, and prayer thou didst obtain_

heavenly gifts, and thou heal-est the sick and the souls of them

Intonation: #1

Th’ ejrhvmou polivth”
that have re-course 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

Third Mode

'Ἡχὸς γ'. Γα'

'Απόστολοι ἅγιοι

Holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Martyrs Peter, Dionysius, Christina, Andrew, Paul, Benedimus, Paulinus, and Heraclius

May 18

Apolytikion

Fourth Mode

"Be quick to anticipate"

\[ \text{"Oi Mârtriès sou Kýrie"} \]

(M) (Δ) (B)

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

(Δ) (M) (Δ)

received as the prize the crowns of incorruption and life

(Δ) (B) (M)

from Thee, our im-mortal God. For since they possessed Thy strength, they cast

(B)

down the tyrants and wholly destroyed the demons' strength-less pre-sump-
May 18 - Sts. Peter, Dionysius, and Christina

...tion. 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

Fourth Mode
"Be quick to anticipate"

Δ Υχος Δι

Oi Martyres sou Kyrie

hy 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.

Intonation: #10

150
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

Apoloptykion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

O Lord, in his courageous contest for Thee re-ceived as the prize the crowns of in-corruption and life from Thee, our im-mortal God. For since he pos-sessed Thy strength, he cast down the ty-rants and wholly de-stroyed the de-mons' strength-less pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Alexis
Metropolitan of Moscow

May 20

Apolytikion

Second Mode

\( \text{\'H} \chi \varsigma \ \Delta \iota \)

Intonation: #4

ike most precious treasure hidden many years in the earth, thy venerable and miracle-flowing relics were found, O most blessed Father and Hierarch Alexis; and receiving healing from them, we are enriched and
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
May 21

Apolytikion

Fourth Mode

Τοῦ σταυροῦ τὸν τύπον

The Holy Great Sovereigns and Equals to the Apostles Constantine and Helen

Intonation: #10

having seen the image of Thy Cross in Heaven,

and, like Paul, having received the call not from men,

among kings entrusted the common-wealth to Thy hand, O Lord. Keep us

always in peace, by the intercessions of the Theo toukos,
O only Friend of man.
The Holy Great Sovereigns
and Equals to the Apostles
Constantine and Helen

May 21

Kontakion

Third Mode

Intonation: #8

n this day Saint Con- -stan-tine and bless- ed Hel-en, his
moth- -er, have re- vealed the Cross, the Wood wor- thy of all
ven- er- a- -tion. For______the Jews, it is dis- hon- - -
our; but faith- ful rul- -ers have__ it as a weap-on van-quish-ing
their opponents. For our sakes hath it been shown forth as a great sign, dread and most awe-some in war.
The Holy Martyr
Basiliscus

May 22

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὡς λογίζεσθαι ἡμών Ἱεράρχη, ὁ λαμπρότατος ἱεροσολυμικός ἐν μιᾷ ὑπόκεισθαι πεισμοῖς, σκληρεῖται ἤπειρον ὃς τις ἀναστερεύει τὸν δικούς αὐτοῦ προσεύχοντα εἰς τὸν Θεόν μαρτυρεῖν τὸν θεραπευτήν σας.

Ὁ Μάρτυς σου Κύριε

Intonation: #10

The Holy Martyr, 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 presum-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Michael the Confessor
Bishop of Synnada

May 23

Apolytikion

Plagal Fourth Mode

Ὅχει ἡ ὀδηγή

Holy transliteration:

Ἡχει ἡ ὀδηγή

GUIDE of Orthodoxy, teacher of piety and holiness,

luminar-y of the world, God-inspired

a-dorn-ment of hier-archs, O wise Michael, by thy teachings

thou hast en-lightened all, O harp of the Spirit. Intercede
with Christ God that our souls be saved.
Saint Symeon of the Wondrous Mountain

May 24

Apolytikion

First Mode

Ὑπομονής στύλος

hou 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-y. O Sym-e-on, our right-eous Fa-ther, in-

Intonation: #1

150
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. Palladios
Saint Vincent of Lerins

May 24

Apolytikion

Fourth Mode
"Be quick to anticipate"

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gust in a temp-est. O Vin-cent, thine in-vincible prayers shel-
ter the Church of God.
The Third Finding of the Venerable Head of the Holy Forerunner

May 25

Apolytikion

Fourth Mode
“Be quick to anticipate”

Christ God hath revealed to us thy truly venerable head as a divine treasure that had been concealed in the earth, O Prophet and Forerunner. Wherefore, as we gather on the feast of its finding, with our hymns inspired of 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

since we have obtained thy head as a most sacred rose
from out of the earth, O Forerunner of grace divine, we
receive sure healings in every hour, O Prophet of God the
Lord; for again, now as formerly, thou preachest repentance

Intonation: #4

Προφήτα Θεοῦ

150
unto all the world.
The Holy Apostle Carpus of the Seventy

May 26

Apolytikion

Third Mode

Ἅχος γ’. Γά

'Απόστολε ἅγιε

150

Intonation: #8

Holy Apostle Carpus, intercede

with the merciful God that He grant unto our souls forgiveness of

offences.
The Holy Hieromartyr
Helladius

May 27

Apolytikion

Fourth Mode

'Ηχος Λ Δι

Koĩ tró̂s δiò̂ĉĥos

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-cend 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 Hier - o - mar - tyr Hel - lad - i - us. Intercede 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

Fourth Mode

That hath called thee from earth unto the heavenly abodes doth even after thy death keep thy body unharmed,

O righteous one; for thou wast carried off as a prisoner to Assyria, where in also, O John, thou 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

Fourth Mode

Ἡχος ἸΑ Δι

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of God, thou found-est discipline to be a means of ascent to divine vision.

Wherefore, having rightly divided the word of
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"

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

150
Intonation: #19
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  

Plagal Fourth Mode  

Ἐν σοὶ Πάτερ ἁκριβῶς  

Interpretation: #25  

n thee the image was preserved with exactness, O  

Fa- ther; for taking up thy cross, thou didst fol- low Christ, and  

by thy deeds thou didst teach us to o-ver-look the flesh,  

it pass-eth a-way, but to at-tend to the soul since it  

(Γ) (Ν) (Μ)  

(Ν)  

(Μ) (Γ) (Ν)  

(Γ) (Ν)
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"

"Hχος Ἰ Δι'

Hy 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
June
Saint Justin
the Philosopher

June 1

Apolytikion

Plagal First Mode
"Let us worship the Word"

\[ \text{Intonation: } \#13 \]

\[ \text{"H} \text{X} \text{c} \text{z} \text{ } \frac{3}{5} \text{ } \text{K} \text{C} \]

hou didst empty the cup of the wisdom of the Greeks, and

thou didst thirst yet again, till thou camest unto the well where

thou foundest water springing to eternal life. And having drunk

deeply thereof, thou didst also drink the cup that Christ gave to
His disciples. Wherefore, O Justin, we praise thee as a philosopher and martyr of Christ.
Saint Nicephorus the Confessor
Archbishop of Constantinople

June 2

Apolytikion

Fourth Mode

ュー

’intonation: #10

κανόνα πίστεως

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, in-
ter - cede with Christ God that our souls be saved.
The Holy Martyr Lucillian
and Those with Him

June 3

Apolytikion

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

The soldiers standing guard

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 overflow with the divine grace of heal-
ings, and they drive away the ranks of demons in terror, as guardians of the Faith.

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
Saints Mary and Martha  
Sisters of Saint Lazarus  

June 4  

Apolytikion  

Third Mode  
"Awed by the beauty"  

'Hχαγ Ἐλληνικά: Γάμα

Intonation: #8

since ye believed in Christ with strong and ardent faith,

and ever worshipped His divine and mighty deeds, ye

both adorned your-selves with all the splendor 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"

Ἡχως Πα

Intonation: #1

ro - claim - ing the great mys - t'ry, the God - head in Three Per -
sions, thou didst make most clear un - to all men Christ's sav - ing dis -
pen - sa - tion. A shep - herd to sheep en - dowed with speech,
thou drav - est off the spir - i - tu - al wolves, and didst save from their
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

Fourth Mode

Intonation: #10

Phil. 150

Koī τρόπον μέτοχος

s 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
June 5 - St. Dorotheus

truth, thou didst also contest for the Faith even unto blood,

O Hier - mar - tyr Do - ro - the-us. Intercede with Christ our God

that our souls be saved.
Saint Hilarion

June 6

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: \#25} \]

\( \text{Ἐν σοὶ Πάτερ ἁληθιός} \)

n 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 to attend____ to the soul since it
is immortal. Wherefore, O righteous Abramius, thy spirit rejoiceth with the angels.
The Holy Martyr
Theodotus of Ancyra

June 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

'O Mārtys sou Kýrie

H̱ẕ Δ̱

Ὁ Μάρτυς σου Κύριε

hy Martyr, O Lord, in his courageous contést for Thee

re-ceived as the prize the crowns 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 de-mons' strength-less pre-sump-
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

Fourth Mode

"Thou Who wast raised up"

{\textit{Hχος \Delta:}}

Intonation: #10

n truth enlisted with the King of the Heav-ens,

thou didst become for Him a noble command-er, O trophy-bear-er and Great Mar-tyr The-o-dore. With the weap-on-

ry of faith didst thou arm thy-self wise-ly and didst ut-
ter-ly de-stroy all the horde of the de-*mons, as a triumphant ath-lete of the Lord; where-fore we ev-er do faith-ful-ly call thee blest.

SAINT THEODORE THE COMMANDER
Saint Melania the Elder

June 8

Apolytikion

Plagal First Mode

"Let us worship the Word"

\[ \text{Intonation: } \#13 \]

\[ \text{Hχς } \\text{λ } \text{γ } \text{Κε} \]

\[ \text{Intonation: } \#13 \]

\[ \text{Corn- ing rich- es that per- ish and world- ly dig- ni- ty, thou} \]

\[ \text{sought- est heav- en- ly glo- ry through self- de- ni- al and toils, mak-} \]

\[ \text{ing no- ble rank more no- ble by hu- mil- i- ty; and thou didst build} \]

\[ \text{a ho- ly house in Je- ru- sa- lem, where thou didst guide souls un-} \]

\[ \text{www.stanthonymonastery.org/music/Menaion.htm} \]

\[ \text{Text © 2005, Holy Transfiguration Monastery, Brookline, MA} \]
to salvation. And now, O Mother Melania, grant us the alms of thy rich prayers to God.
Saint Cyril
Archbishop of Alexandria

June 9

Apolytikion

Plagal Fourth Mode

\( \overline{\text{Ὑχος} \overline{\lambda} \overline{\alpha} \Gamma} \)

\( \text{Ὁρθοδοξίας ὁδηγέ} \)

uide of Orthodoxy, teacher of piety and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Cyril, by thy teachings thou hast enlightened all, O harp of the Spirit. Intercede
with Christ God that our souls be saved.
Saint Columba of Iona

June 9

Apolytikion

Third Mode

```
�    
  

γ 150
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Intonation: #8

fear-less acc-user of sin and a-venger of the in-jured, thou in re-pen-tance didst ac-cept ex-ile in a dis-tant land, keep-ing the strait and af-flict-ed path of o-be-di-ence in the mo-nas-tic rule.

Thou didst cast the cloak of love
o- ver the fail- ings of the fee- ble. A lov- er of chant, thou
didst re- joice in the cre- a- tion, whilst hymn- ing the Cre- a-
tor, and didst com- mand thy fol- low- ers to be at peace and have
love a- mong them- selves, O gra- cious Co- lum- ba.
Saint Cyril of Belozersk

June 9

Apolytikion

First Mode

\[ \text{Intonation: #1} \]

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\( \)
struc-tions. As a child-lov-ing fa-ther, thou didst nev-
er a-ban-don them, and so we cry: 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.
The Holy Martyrs
Alexander and Antonina

June 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Ἄκουζ Δι" 150
Intonation: #10

Oi Mártires σου Κύριε

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 demons' strengthless pre-sump-
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
June 10

Apolytikion

Third Mode
"Awed by the beauty"

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\[\text{www.stanthonyssmonastery.org/music/Menaion.htm}\]

\[\text{Text © 2005, Holy Transfiguration Monastery, Brookline, MA}\]
June 10 - The Martyrs of China

death 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

Apolytikon

Third Mode

\[\begin{align*}
\text{Intonation: } \#8
\end{align*}\]

\[\begin{align*}
\text{Holy Apostles, intercede with the_}
\end{align*}\]

\[\begin{align*}
\text{merciiful God that He grant unto our souls forgiveness of of-}
\end{align*}\]
The Synaxis of the Icon of the Theotokos
"It is Truly Meet"

June 11

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[ \text{Intonation: \#10} \]

The hosts of the Fathers of Mount Athos, gather to-day,
and shout with a voice of jubilation, leaping for joy,
and faithfully keeping feast: For, behold, the praise of the most
pure Theotokos wonderfully and awe-somely is sung by the
Angel; and therefore, as the Mother of God, we glorify her name.

THE "IT IS TRULY MEET" ICON OF THE PANAGIA
Saints Onuphrius of Egypt
and Peter of Athos

June 12

Apolytikion

Fourth Mode

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"

"H Christos λαμματισμένος Ἀγάλματισμένος Διαφανεύσας"

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 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

Fourth Mode

"Be quick to anticipate"

Hχος Λ Δι

'Ο ἑσαρκός ἄγγελος

he incarnate Angel, and the Prophets’ summit and boast,

the second foreunner of the coming of Christ our God,

Elias, the glorious, from above sent down his grace upon

Elisseus; he doth cast out sickness and doth also cleanse lep-

Intonation: #10

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ers; and unto all that honour him, he pour-eth forth streams of cures.

THE PROPHET ELIAS
Saint Methodius the Confessor
Archbishop of Constantinople

June 14

Apolytikion

Fourth Mode

\[ \text{he truth of things hath revealed thee to thy flock as a rule} \]

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 Hier-arch Metho-di-us, in-

Intonation: #10

Канон пістес
ter - cede with Christ God that our souls be saved.
The Holy Prophet Amos

June 15

Apolytikion

Second Mode

\[\text{Intonation: } \#4\]

\[\text{Tou Prophetou sou,}\]

\[\text{as we celebrate the memory of Thy Prophet Amos, O Lord, through him we beseech Thee to save}\]

\[\text{our souls.}\]
Saint Jonas
Metropolitan of Kiev

June 15

Apolytikion

Fourth Mode

\[ \text{Intonation: #10} \]

\[ \Delta \]

Ast - 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 of His Church. Where - fore,
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
Saint Tikhon
Bishop of Amathus in Cyprus

June 16

Apolytikion

First Mode

Ἅχος Ἡ παναχῶν

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonderworker, O Tikhon, our God-bearer Father. By fasting, vigil, and prayer thou didst obtain heavenly gifts, and thou healrest the sick and the souls of them.
that have re-course to thee with faith. Glory to Him that hath given thee strength. Glory to Him that hath crowned thee. Glory to Him that work-eth heal-ings for all through thee.
The Holy Martyr Isaurus and Those With Him

June 17

Apolytikion

Fourth Mode

"Be quick to anticipate"

O Ηχος Α Δι

Oį Μάρτυρες σου Κύριε

hy 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 pre-sump-
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 Ikanhor

June 17

Apolytikion

Plagal First Mode

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\[ \text{Intonation: #13} \]
thou also enlighten us who venerate thy blessed memory.

(M)
The Holy Martyr
Leontius

June 18

Apolytikon

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

Amy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee
received as the prize the crowns 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 de - mons' strength-less pre-sump-
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 Apostle Jude

June 19

Kontakion

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

\[ \begin{align*}
\text{e know thee as a kins-man of Christ and we laud thee} \\
\text{with sacred hymns and songs as a most steadfast Martyr who} \\
\text{trampled on error and who courageously kept the} \\
\text{Faith. As we celebrate today thy holy remem-} \\
\end{align*} \]

\[ \begin{align*}
\text{Χριστοῦ σε συγγενή} \\
\end{align*} \]
brance, we receive for-giveness of our sins and trans-gressions,

O Jude, through thy holy prayers.
Saint Paisius the Great
of Egypt

June 19

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[ \text{H} \chi \text{o} \zeta \quad \Delta \]

he in-car-nate An-gel, and the boast and sum-mit of monks,

the bod-i-less man, the cit-i-zen of Heav-en, the great

God-bear-ing Pa-i-si-us cel-e-brat-eth with us in di-vine

ju-bi-la-tion, grant-ing grace to all them that ex-tol him with rev-

\[ \text{O } \text{en-sarko} \text{A} \text{gelos} \]

Intonation: #10

\[ \chi \quad 150 \]
June 19 - St. Paisius the Great

With fervour let us honour this day, offering him songs of praise.
Saint John Maximovitch
Archbishop of San Francisco

June 19

Apolytikion

Plagal First Mode
"Let us worship the Word"

Like a spiritual day-star in heaven's firmament, thou

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

Fourth Mode

Koî trōpon métochoz

s 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 Hier - o - mar - tyr Me- tho - di - us. Inter - 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
The Holy Martyr
Julian of Tarsus

June 21

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Hy Mar-tyr, O Lord, in his cou-ra-geous con-test for Thee
re-ceived as the prize the crowns of in-cor-rupt-ion 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 de-mons' strength-less pre-ump-

150

Intonation: #10

'Ο Μάρτυς σου Κύριε
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.

SAINT JULIAN OF TARSUS
The Holy Hieromartyr Eusebius
Bishop of Samosata

June 22

Apolytikion

Fourth Mode

\[\text{Intonation: #10}\]

\(\text{Koi tropon metochos}\)

as a shar'er of the ways and a successor to
the throne of the Apostles, O inspired of God, thou found-
est discipline to be a means of ascent to divine vi-
sion. Wherefore, having rightly divided the word of
truth, thou didst also contest for the Faith even unto blood,

O Hier-om-tyr Eu-se-bius. Intercede with Christ our God that our souls be saved.

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

Fourth Mode

\[\frac{H}{\Delta}\]

Intonation: #10

hou 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
ture 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"

Ἄ Χ Ο ζ Ἐ Λ Δ.

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 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 long ing to Thee as a spot less sacrifice. Lord, save our souls through her intercessions, since Thou art great in mercy.
The Nativity of Saint John the Baptist

June 24

Apolytikion

Fourth Mode
"Be quick to anticipate"

Προφήτα και Πρόδρομε

150

Intonation: #10

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 hallowed birth, were
both ended, and the Incarnation of the Son of God is preached unto all the world.
The Nativity of
Saint John the Baptist

June 24

Kontakion

Third Mode
"On this day the Virgin"

\"H\'ux\'os  \(\Gamma\alpha\  \)\n
he that once was barren doth today bring forth Christ's

\(\text{Fore-}\)\(\text{-run-}\)\(\text{-}n\)\(\text{er,}\) John, the culmination and the crown

of all of the Prophets. \(\text{For}\\) when he, in River

\(\text{Jor-}\)\(\text{-}d\)\(\text{an, laid his hand on}\) Him \(\text{Whom}\) the Prophets
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 Febronia

June 25

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

"Η ὁμνάς σου Ἰησοῦ"

Lord Jesus, unto 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-
ed. I suf-fer for Thy sake, that I may reign with__

Intonation: #19

150
Thee;  for____ Thy___ sake___ I die, that I may live___ in__

Thee:  ac - cept me of - fered out of long - ing to Thee as a spot - 

less sac - ri - fice.  Lord, save____ our souls through her in - ter - ces - sions,

since Thou art great___ in mer - - - - - cy.
The Appearance of the Icon of the Theotokos of Tikhvin

June 26

Apolytikion

Fourth Mode

ο χος ά Δι

Intonation: #10

ο - day thy most ven - 'ra - ble i - con, O La - dy, hath shone in Heav - en up - on us like a most bril - liant sun,

en - light - en - ing the world with rays of mer - cy, which great Rus - sia and A - mer - i - ca re - ceived from on high most rev - 'rent - ly as a di -
vine gift, and they glorify thee, O Mother of God, as the Queen of all, and joyfully magnify Christ our God Who was born of thee. Pray to Christ, O our Lady and Queen, O Theotokos, that He keep all Christians unharmed by all assaults of the enemy, and that He save them that venerate His divine image and thy pure icon with faith, O Virgin who knewest not wedlock.
Saint David
of Thessalonica

June 26

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: \#25} \]

\[ \text{Ἐν σοὶ Πάτερ ἄκριβὸς} \]

n 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 to attend to the soul since it
June 26 - St. David of Thessalonica

is immortal. Therefore, O righteous David, thy spirit rejoiceth with the Angels.

SAINT DAVID
OF THESSALONICA
Saint Samson the Hospitable

June 27

Apolytikion

Plagal Fourth Mode

\[\text{En тη ύπομοιη σου}\]

n thy patience thou hast won thy_ reward, O right-eous__

Fa- ther. Thou didst per- se- vere un- ceas- ing- ly in prayer; thou
didst love the poor, and didst pro- vide for them in_ all things. Where-

-fore, in- ter- cede with Christ our God, O bless- ed and god- ly
mind-ed Sam-son, that our souls be saved.
The Translation of the Relics of the Holy Unmercenaries Cyrus and John

June 28

Apolytikion

Plagal First Mode

\[ \begin{align*}
\text{since Thou hast given us the miracles of Thy holy Martyrs as an invincible battlement, by their entreaties scatter the counsels of the heavens then, O Christ our God, and strengthen the faith of Orthodox Christians, since Thou alone} \\
\text{intonation: #13} \\
\text{Tà θαύματα τῶν ἁγίων σου} \\
\end{align*} \]
art good and the Friend of man.
The Synaxis of the Icon of the Theotokos
"Of the Three Hands"

June 28

Apolytikion

Fourth Mode
"Be quick to anticipate"

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
giving, while crying out with fervour: Rejoice, thou who art full of grace.
Saints Sergius and Herman
Founders of Valaam Monastery

June 28

Apolytikion

Fourth Mode

Hχοζ Δι

Intonation: #10

They appeared as true fulfillers of the Gospel of Christ, living for the sake of Christ as though the world and all there-in did not exist. Ye settled on an island in the sea, where-on ye struggled assiduously against the
in-visible foe; by fasts, vigils, and all-night standing ye
wise-ly subject-ed your bodies to the spirit; for this cause did
ye receive worthy crowns from the right hand of the Al-might-y One.

And now as ye stand before the All-ho-ly Tri-ni-ty, O all-
bless-ed Fa-thers Ser-gius and Her-man, pray that we be
pre-served 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

Ὅ Χ ος Δ: Οἱ τῶν Ἀποστόλων πρωτόθρονοι

fore-most of the Apostles and teachers of the world, intercede ye with the Master of all that He grant peace to the world and great mercy to our souls.

Intonation: #10

150
The Holy, Glorious, and All-famed Chiefs of the Apostles Peter and Paul

June 29

Kontakion

Second Mode

Ἡχος Δι

Through taking 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 above all sacrifice, O

Intonation: #4

www.stanthonysonastery.org/music/Menaion.htm

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Thou Who alone knowest the secrets of our hearts.
The Synaxis of the Holy Glorious, and All-famed Twelve Apostles

June 30

Apolytikion

Third Mode

Ἄγιοι Απόστολοι Ἄγιοι

Ὑάς Ἰδί, Γά

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

Plagal Fourth Mode

"The Holy Unmercenaries and wonderworkers, visit our infirmities; freely ye received, freely give to us."
The Holy and Wonderworking Unmercenaries Cosmas and Damian of Rome

July 1

Kontakion

Second Mode

Ὅχος Δι: Οἱ τὴν χάριν λαβόντες

Intonation: #4

Hearing 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

Plagal Fourth Mode

Ev - er - vir - gin The - o - to - kos, shel - ter of man - kind, thou hast be - stowed up - on thy peo - ple a might - y in - ves - ture, even thine im - mac - u - late bod - y's rai - ment and sash, which by thy seed - less child - birth have re - mained in - cor-

Qeotovke ajeipavrqene
rupt; 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

Fourth Mode

"Thou Who wast raised up"

'Hχος Δι Θεοτοκε

'Ἡχος Δι Θεοτοκε

Peribolh'n πασι

150

Intonation: #10

god-ly shel-ter__ that dost cov-er all man-kind, the sac-cred robe__ that cov-ered thy sac-cred bod-y hast thou be-stowed on all the faith-ful gra-cious-ly, O pure Vir-gin, as____ a robe of di-vine in-cor-rup-tion. As we cel-e-
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

Fourth Mode
"Thou Who wast raised up"

\[ \text{triv- ing to free \ men \ from the dark- ness of i- ods,} \]

\[ \text{thou didst break forth \ bright \ as the sun as a M a - tyr when thou} \]

\[ \text{wast slaught- ered for pro- fess- ing Christ, O Ju- ve- nal. Where-} \]

\[ \text{fore, as thou look- - est down like a star out of Heav-en,} \]
shine on us with beams of joy, for thick gloom doth sur-round

us, thou who art splen-did with the light of Christ, the Sun of

Right- - eous-ness, Whom thou didst preach to all.
The Holy Martyr
Hyacinth the Chamberlain

July 3

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

Ὑ χος Λ Δι

Ὁ Μάρτυς σου Κύριε

Μαρτυρισμός, ὁ Κύριε, ἐν τῇ θαρρασίᾳ τοῦ δίκαιου ζητήσας θείαν οἰκονομίαν καὶ ζωήν ἀνακομοῦντα αὐτῷ ἡγομένος, σιδεροδότης τῶν ἀντιπάρων καὶ τελείως ὄλλης τῆς διάβολος ἐνεομένης ὑποκομπίαν τοῖς εἰρήνησιν τοῦ Διότι οὓς ἅμα ἀνακόμισε καὶ ἐκτάφθη.
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
s 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 Anatolius. Intercede with Christ our God that our souls be saved.
Saint Philip
Metropolitan of Moscow

July 3

Apolytikion

Plagal Fourth Mode

\[\text{Plagal Fourth Mode}\]

\[\text{Intonation: \#25}\]

\[\text{Suc-ces-sor of first prelates, pillar of Or-tho-

dox-y, champion of truth, new con-fes-sor, Saint Phil-ip,}\]

\[\text{thou didst lay down thy life for thy flock. Wherefore, since thou hast bold-

ness with Christ, pray for the suffer-ing Rus-sian land and them that}\]
July 3 - St. Philip of Moscow
Saint Andrew the Hymnographer
Archbishop of Crete

July 4

Apolytikion

Fourth Mode

Ἄγιος Ἄνδρεως ὁ Ἐπισκόπος

.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 Archbishop Andrew, in-
ter - cede with Christ God that our souls be saved.
The Holy Royal Martyrs of Russia

July 4

Apolytikion

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

ost no- ble and sub- lime was your life and death, O
Sov-reigns; wise Nich-olas and bles-Al-ex-dra, we praise
you, ac-claim-ing your pi-e-ty, meek-ness, faith, and hu-mil-
- i-ty, where-by ye at-tained to crowns of glo-ry_
in Christ God, with your five renowned and godly children of blest fame. O Martyrs decked in purple, intercede for us.
Saint Athanasius of Athos

July 5

Apolytikion

Third Mode

"Awed by the beauty"

"Ἡχος γ’. Γα

he Angels’ ranks were awed by thy life in the flesh,

how, though corporeal, and clad with earthly clay,

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. Entreat Him that our souls find salvation, O most renowned Father Athanasius.
The Uncovering of the Relics of Saint Sergius of Radonezh

July 5

Apolytikion

Plagal Fourth Mode

Intonation: #25

Hχος ζ πι ουδέν

hou 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 hu-
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**

Plagal First Mode

"Let us worship the Word"

\[ \text{\textcopyright 2005, Holy Transfiguration Monastery, Brookline, MA} \]

\[ \text{Intonation: #13} \]

\[ \text{\textcopyright www.stanthonymsmonastery.org music Menaion.htm} \]

Thou didst forsake royal mansions to serve the poor and disdainéd,

\[ \text{over-flowing with compassion for the suffer-ing. And tak-} \]

\[ \text{ing up a martyr's cross, thou in meek-ness didst per-fect the Sav-iour's} \]
Image within thee. Wherefore, with Barbra, en-treat Him to save us all, O wise Elizabeth.
Saint Sisoes the Great

July 6

Apolytikion

First Mode

阶段性 7 7

ηθός τον Πά

Τῆς ἐρήμου πολίτης

150

Intonation: #1

hou didst prove to be a citizen of the desert, an
angel in the flesh, and a wonder-worker, O Sisoes,
our God-bearing Father. By fasting, vigil, and prayer thou
didst obtain heavenly gifts, and thou heallest 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 SISOES THE GREAT AND ALEXANDER THE GREAT
Saint Thomas of Mount Maleon

July 7

Apolytikion

Plagal Fourth Mode

Ἐν σοὶ Πάτερ ἀκριβῶς

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 to attend to the soul since it
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"

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: ac-cept me of-fered out of long-ing to Thee as a spot-

less sac-ri-fice. Lord, save____ our souls through her in-
ter-ces-sions, since Thou art great__ in mer-

cy.
The Appearance of the Icon of the Theotokos of Kazan

July 8

Apolytikion

Fourth Mode

\[H\chi\nu\sigma\tau\varsigma\Delta\]

Intonation: #10

fer-vent in-ter-ces-sor, Mother of the Lord Most
High, thou pray-est for all to thy Son, Christ our God, and thou
caus-est all to be saved who have re-course to thy pow-er-ful pro-
tec-

O Sov-reign Lady and Queen, help and de-
fend 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 compassion 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 Theotokos, for thou art a divine protection to thy servants.
The Holy Great Martyr
Procopius

July 8

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Ἅγιος Μάρτυς οὗτος

'Ἡχὸς ἸΑ Δι

Ὦ Μάρτυς σου Κύριε

Aphtharis, 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 pre-sump-
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

Fourth Mode

Κοί τρόπων μέτοχος

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 ascent 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 Pancretius. Intercede with Christ our God

that our souls be saved.
The Deposition of the Precious Robe
of Our Lord Jesus Christ
in Moscow

July 10

Apolytikion

Fourth Mode

\[ \text{In this day let us the faithful run to the divine and healing robe of our Saviour and God, Who was pleased to wear our flesh and pour out His holy Blood on the Cross, whereby He hath redeemed us from slavery to the enemy. Wherefore,} \]

Intonation: #10
we thankfully cry to Him: By Thy precious robe save and defend Orthodox Christians, and bishops, and cities, and all men everywhere, and save our souls, for Thou art the Friend of man.
The Holy Forty-five Martyrs of Nicopolis in Armenia

July 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hy 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 presum-
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

Fourth Mode

Intonation: #10

av - ing left the tur - moil of the world, thou didst fol -

low Christ ac - cord - ing to the Gos - pel by re-nounc - ing the world;

and hav - ing lived a life e - qual to the An - - gels, thou didst

at - tain to the qui - et ha - ven of Ho - ly Mount Ath - - os. Thence,
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 Holy Great Martyr and All-famed Euphemia

July 11

Apolytikion

Third Mode
"Thy confession"

Ἦχος γʹ. Γά

Eu· phosphemia, 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 confirm what the Fa·
thers de- creed a - right. O all- glo - ri- ous Great Mar- tyr, do thou en -
treat Christ God that His great mer - cy may be grant - ed un - to___

us.
Saint Olga  
Princess of Kiev  
Equal to the Apostles  

July 11  

Apolytikion  

First Mode  

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\textcopyright\ 2005,\ Holy\ Transfiguration\ Monastery,\ Brookline,\ MA
Life, thou remainest incorrupt for all eternity,

O ever-glorious Olga.
The Holy Martyrs
Proclus and Hilary

July 12

Apolytikion

Fourth Mode
"Be quick to anticipate"

"Ὑ χος Α Δ†

Intonation: #10

Oι Μάρτυρες σου Κύριε

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' strength-less pre-sump-
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

Plagal Fourth Mode

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.

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www.stanthonsmonastery.org/music/Menaion.htm
Sunday of the Holy Fathers
of the Seventh Ecumenical Council

July 13-19

Kontakion

Plagal Fourth Mode

'Ἡχος λ Α Γα

Τῶν Ἀποστόλων

he preaching of the Apostles and the doc-trines of the Faith in the Church. And wearing the garment of truth, woven from the theology on high, she rightly divid-eth and glor-i-fi-eth the great mys-ter-y
of piety.
The Synaxis of the Archangel Gabriel

July 13

Apolytikion

Fourth Mode

"Thou Who wast raised up"

Intonation: #10

Thou Who wast raised up

...(Greek text in musical notation)...
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.
Saint Stephen
of Mar Sabbas Monastery

July 13

Apolytikion

Plagal Fourth Mode

\[ \text{Orqodoxiva" oJdhgev} \]

Intonation: #25

Θεός ἡμῶν Ἰησοῦς Χριστός, δόξα τῷ Θεῷ

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

In -
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"

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

Intonation: #19

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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

Third Mode

Ἀγίος Ακύλα. Γά

'Απόστολε ἅγιε

Holy Apostle Aquila,
in the name of the merciful God that He grant unto our souls forgiveness of offenses.
The Holy Hieromartyr Joseph
Archbishop of Thessalonica

July 14

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
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"

"Ἄκος γ'. Γα

 Thou hast been shown to be a godly clarification

of holy oracles, teaching us righteousness. Thou wast

adorned with wisdom's grace, O Father, Saint Nicodemus

For thou didst present to all thy pure life as a par-

www.stanthonymonastery.org/music/Menaion.htm
a-digm, pouring forth enlightenment by the wealth of thy godly words. Thy teachings of salvation illumined as light the whole world, O righteous Father.

SAINT NICODEMUS OF THE HOLY MOUNTAIN
The Holy Martyrs Cyricus and His Mother Julitta

July 15

Apolytikion

Fourth Mode

"Thou Who wast raised up"

Intonation: #10

Ἡ καλλιμάρτυς

The Holy Martyrs Cyricus and His Mother Julitta

July 15

Apolytikion

Fourth Mode

"Thou Who wast raised up"

Ἡ καλλιμάρτυς

The Holy Martyrs Cyricus and His Mother Julitta

July 15

Apolytikion

Fourth Mode

"Thou Who wast raised up"

Ἡ καλλιμάρτυς
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.
Saint Vladimir
Great Prince of Kiev
Equal to the Apostles

July 15

Apolytikion

Fourth Mode

Intonation: #10

O glo·ri·ous Sov'-reign Vlad·i·mir, sit·ting 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·pe·ri·al cit·y to know the Or-

hou wast like a mer·chant who seek·eth a good·ly pearl,
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 cele - 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"

'Hχος γ'. Γα

Intonation: #8

Wherefore thou hast filled with joy all of Chios, thy narrative...
isle, with the Spirit's many gifts, righteous Mother acclaimed of all. And all with joy cry out to thee, saying,

Rejoice, O all venerable Matrona.
The Holy Hieromartyr Athenogenes

July 16

Apolytikion

Fourth Mode

The Holy Hieromartyr Athenogenes

Intonation: #10

s 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-cend 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 Athenogenes. Intercede with Christ our God that our souls be saved.

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"

\[\text{Lord Jesus, unto Thee Thy lamb doth cry with a} \]

\[\text{great voice: O my Bride-groom, Thee I love; and seeking Thee, I} \]

\[\text{now contest, and with Thy baptism am crucified and buried. I suffer for Thy sake, that I may reign with} \]

\[\text{I} \]

\[\text{H} \]

\[\text{Intonation: #19} \]
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

Fourth Mode
"Be quick to anticipate"

"Hχος ὜Δι

Ὁ Μάρτυς σου Κύριε

hy 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 pre-sump-
tion. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Macrina
the Sister of St. Basil the Great

July 19

Apolohtikion

Plagal Fourth Mode

Ἐν σοί Μήτερ ἄκριβὸς

n thee the image was preserved with exactness, O____
Mothe- er; for taking up thy cross, thou didst fol- low Christ, and
by thy deeds thou didst teach us to over- look the flesh, for
it pass- eth a- way, but to at- tend____ to the soul since it

Intonation: #25
is immortal. Therefore, O righteous Macrina, thy spirit rejoiceth with the Angels.
July 19

Apolytikion

First Mode

\[\text{Ὑχῶς Ἡ Πα} \]

\[\text{Tῆς ἐρήμου πολίτης} \]

hou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker, O Di-us, 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 Theodore  
Bishop of Edessa  

July 19  

Apolytikion  
Plagal Fourth Mode  

Ἱχος Ἄ δε Γα  

Ὅρθωδοξία όδηγε  

GUIDE OF ORTHODOXY, TEACHER OF PIETY AND___  
HOLINESS, LUMINARITY OF THE WORLD, GOD-Inspired___  
A-DORNMENT OF____ HIERARCHS, O WISE____ THEODORE, BY THY  
TEACHINGS THOU HASHT EN-LIGHT-ENED ALL, O HARPO OF THE___ SPIRIT.  

Intonation: #25
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

\[ \text{Intonation: #10} \]

You 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

July 19

Kontakion

Second Mode

Intonation: #4

av - ing left____ the beau - ty of the world and what is
cor - rupt there - in, O Saint, thou didst set - tle in the Mon - as - ter -
y of Sar - - - ov. And hav - ing lived there an an - gel -
ic life, thou wast for man - y the way un - to sal - va - - -
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 Tishbite
(Elijah the Tishbite)

July 20

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ ἐνσαρκος ἅγγελος

Ὁ ἐνσαρκος ἅγγελος

he incarnate Angel, and the Prophets' summit and boast,

the second forerunner of the coming of Christ our God,

Eli as, the glorious, from above sent down his grace upon

El is se us; he doth cast out sickness and doth also cleanse lep-
ers; and unto all that honour him, he poureth forth streams of cures.
The Holy and Glorious Prophet
Elias the Tishbite
(Elijah the Tishbite)

July 20

Kontakion

Second Mode

Intonation: #4

re-nowned E-li-as, 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.
Saints John and Symeon the Fool for Christ's Sake

July 21

Apolytikion

Fourth Mode

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 Myrrh-bearer and Equal to the Apostles Mary Magdalene

July 22

Apolytikion

First Mode (soft chromatic)

"The soldiers standing guard"

χριστὸς τῷ δι’ ἡμᾶς

hen 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 Magdalene. Hence, as we to-day observe thy holy remem-
brance, we receive the loosing of our sins and transgressions through thy holy prayers for us.
Saint Marcella of Chios

July 22

Apolytikion

First Mode
"While Gabriel was saying"

While Gabriel was saying

Intonation: #1

- b e y - i n g the Lord’s s a v - i n g c o m - m a n d - m e n t s and di - vine

l a w s, th o u w i t h z e a l d i s t b l a m e - l e s s - l y k e e p _ _ t h e m, O v e n - ' r a - b l e

M a r - c e l - l a; a n d f e a r - - i n g thy f a - t h e r ' s v i - o - l e n c e, O

p u r e a n d u n - c o r - r u p t - e d b r i d e o f C h r i s t, th o u d i s t f l e e _ _ i n - t o 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

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www.stanthonymonastery.org/music/Menaion.htm
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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

Fourth Mode
"Thou Who wast raised up"

*Ηχος ΛΔ

Intonation: #10

O 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; has-
ten 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
Plagal Second Mode

'Ηχος Ῥ Ἡ Ἰ Δ

We have no other help, we have no other hope, but thee, O sov-'reign La-dy; 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.
The Holy Prophet
Ezekiel

July 23

Apolytikion

Second Mode

Hχος Ἀπολύτηκεν

s we cel- e- brate the mem- o- ry of Thy

Proph-et E- ze- ki- el, O Lord, through him we be- seech Thee to

save our souls.

Intonation: #4

Τοῦ Προφήτου σου
The Translation of the Holy Relics of the Holy Hieromartyr Phocas

July 23

Apolytikion

Fourth Mode

\[ \text{°} \]

Κοίτρος μέτοχος

...as a shar er of the ways and a success sor to the throne of the A pos tles, O in spired of God, thou found est discipline to be a means of ascent to divine vi sion. Where fore, hav ing right ly divid 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"

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 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 Holy Passion-bearers
Boris and Gleb

July 24

Apolytikion

Second Mode

Intonation: #4
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

Fourth Mode

Fourth Mode

omap

god-ly mind-ed An- na, thou didst give birth un-
to God’s pure Moth-er who con-ceived Him Who is our Life. Where-
fore, thou hast now passed with joy to thy heav-en-ly rest, where-in is the a-bode of them that re-joice in glo-

www.stanthonyssmonastery.org/music/Menaion.htm
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thou askest forgiveness of sins for them that honour thee with love, O ever-blessed one.
The Dormition of Saint Anna
the Mother of the Theotokos

July 25

Kontakion
Second Mode

'Ἡχος Δι αυτήν

Προγόνων Χριστοῦ

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 Holy Hieromartyrs
Hermolaus, Hermippus, and Hermocrates

July 26

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hχος Δι

Oι Μάρτυρες σου Κύριε

Hy 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 presum-
tion. O Christ God, by their prayers, save our souls, since Thou art mer - ci - ful.
The Holy Righteous Martyr
Paraskeve

July 26

Apolytikion

First Mode

Thou showest a diligence befitting thy calling,

O name-sake of preparedness, thou hast gained, as thy dwelling,
a faith worthy of thy name, O prize-winning Paraskeve.

Hence, thou pour-est forth heal-ings and intercedest for our souls.
The Holy and Great Martyr
and Healer Panteleimon

July 27

Apolytikion

Third Mode

Ἡχρος ἠλατοιοφόρος ἄγιος

 Gesture

Holy prize-winner and healer Panteleimon,
intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy and Great Martyr
and Healer Panteleimon

July 27

Kontakion

Plagal First Mode

\[ \text{Mimhth; } \mu\pi\alpha\nu\rho\alpha\nu\delta \]

Intonation: #13

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 dispel the stumbling-
blocks of the enemy from them that cry ceaselessly:

Save us, O Lord.
The Holy Apostles of the Seventy and Deacons Prochorus, Nicanor, Timon, and Parmenas

July 28

Apolytikion

Third Mode

'Ἡχὸς γ'. Γα

'Απόστολοι ἁγίοι

Holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
Saint Irene
Abbess of the Convent
of Chrysovalantou

July 28

Apolytikion

Plagal First Mode
"Let us worship the Word"

\[ \text{Hχος} \quad \text{λ} \quad \text{Ν} \quad \text{Κε} \]

Intonation: #13

not a temporal kingdom on earth didst thou obtain,
but Christ, thy most come-ly Bride-groom, vouch-safed 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 I-rene, our
right-eous Moth-er, thou boast of Chrys-o-va-lan-tou, and might-

thy help of all the Or-tho-do-x.
The Holy Martyr
Callinicus

July 29

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὑχος Ἰ Δι

Ὁ Μάρτυς σου Κύριε

hy 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 pre-sump-
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"

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 am crucified and buried.
I suffer for Thy sake, that I may reign with Thee.
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

Third Mode

Ἡχὸς γ΄. Γά

Ἡ ἁγία Άγιοι

Holy Apostles, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
The Holy and Just Eudocimus

July 31

Apolytikion

Fourth Mode

"Be quick to anticipate"

ἡχος Ἰούλιος

Intonation: #10

Ταχύ προκατάλαβε

The One that hath called thee from the earth to Heaven to dwell preserved thy body uncorrupted after thy death, O saintly Eudocius; for in living modestly and chastely, O blest one, thou didst keep thy flesh free of all stain and...
de-file-ment; with bold-ness, there-fore, pray un-to Christ that we may
call be saved.
Saint Joseph of Arimathea

July 31

Apolytikion

Plagal First Mode

"Let us worship the Word"

Intonation: #13

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 received as recompense the vast...
cious-ness of Heav-en, where he entreateth the Saviour to show His mercy to those praising him.
Saint Germanus of Auxerre

July 31

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[ \text{\small \textit{Tachû prokatálabe}} \]

\[ \text{\small \textit{Be quick to anticipate}} \]

Intonation: #10

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 from thy land and re-
kindle the flame of Orthodoxy anew by thine unceasing prayers.
August
The Procession of the Life-giving Cross

August 1

Apolytikion

First Mode

\( \text{Σώσων Κύριε τὸν λαόν σου} \)

Intonation: #1

Hχος Λ Πα

Ave, 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.
The Procession of the Life-giving Cross

August 1

Kontakion

Fourth Mode

"Thou Who wast raised up"

Ὁ υψωθεὶς ἐν τῷ σταυρῷ

Intonation: #10

Thou Who wast raised up on the Cross of Thine own will,
O Christ our God, do Thou bestow Thy compassion upon this, Thy new common-wealth named after Thee. Glad den with Thy sovereign reign might our most Or-tho-doxy 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 Seven Maccabbee Children, Solomone Their Mother, and Eleazar their Teacher

August 1

Apolytikon

Fourth Mode

Intonation: #10

et us ac-claim the sev-en Mac-ca-bee chil-dren

with their moth-er, the ho-ly So-lo-mo-ne, and their teach-er

El-e-a-zar; for they ex-celled in law-ful con-test as

guard-i-ans and keep-ers of the teach-ings of the Law. And now, as
glorious triumphantly of Christ, they intercede unceasingly for the world.
The Translation of the Relics of Saint Stephen the First Martyr
and Archdeacon

August 2

Apolytikion

Fourth Mode
"Be quick to anticipate"

Hχοζ Διάδημα

he 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

Intonation: #10
of the Father. O Stephen, ever pray Him for us, that He would save our souls.
Saints Isaacius, Dalmatus, and Faustus

August 3

Apolytikion

Fourth Mode

God of our Fa-thers, ev-er deal-ing with us ac-
cord-ing to Thy gen-tle-ness: take not Thy mer-
cy from us, but

by their en-treat-ies guide our life in peace.
The Holy Seven Youths of Ephesus
Maximian, Jamblichus, Martinian, Dionysius, Anthony, Exacustodian, and Constantine

August 4

Apolytikion

Fourth Mode
"Be quick to anticipate"

’Ηχος Λ Α

Oi Μάρτυρες σου Κύριε

hy Mar-tyrs, O Lord, in their coura-geous con-test for Thee

re-ceived as the prize the crowns of in-corrup-tion and life

from Thee, our im-mor-tal God. For since they pos-sessed Thy strength, they cast
down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-
O Christ God, by their prayers, save our souls, since Thou art merciful.
The Forefeast of the Transfiguration

August 5

Apolytikion

Fourth Mode

"Be quick to anticipate"

χριστοῦ τὴν μεταμόρφωσιν

Come, let us all welcome the Transfiguration of Christ, and joyously celebrate the bright festival,

O ye faithful, and let us cry:  Nigh at hand now is the day of God-given gladness, as the Sovereign Master goeth 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"

Ἐν τῇ θείᾳ σήμερον

Intonation: #8

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
The Holy Martyr
EUSIGNIUS

August 5

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

HY     Mar -    ƒtyr,     ƒƒƒO    ƒLord,  in ƒƒ  ƒƒgeous  ƒƒcon ƒƒ-ƒƒtest  ƒfor Thee
re -  ƒceived    ƒƒas     ƒƒƒthe  ƒƒƒprize  ƒƒthe crowns of      ƒin -    cor -   ƒrup - ƒƒƒƒtion   ƒand    ƒƒfrom  Thee, our imƒƒ-ƒƒmorƒ-ƒtal ƒGod.     ƒƒƒFor   ƒsince  he  ƒƒpos-sessed Thy strength,  ƒhe    ƒƒcast
down the ty - rants and whol - ly de-stroyed the de - mons' strength-less pre-sump-
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 OSWALD  
KING OF NORTHUMBRIA

August 5

Apolytikion

Third Mode

Intonation: #8

The power of the precious Cross, thou didst gain a mighty victory over the heathen foe, O noble sovereign. 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

Third Mode

Third Mode

Intonation: #8

By thy prayers the earth shook and the mountain moved to cover...
the holy bones of the cave-dwelling Fathers. Having acquired un-ceasing prayer in a pure heart, thou didst intellectually 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-bear- ing Father John the Romanian.
The Transfiguration of Our Lord Jesus Christ

August 6

Apolytikion

Grave Mode

Metemorphosis en to oreti

Hors barus Γα

Intonation: #21

hou wast trans-fig-ured on the moun-tain, O Christ our God,
show-ing to Thy dis-ci-ples Thy glo-ry as each one could en-dure. Shine
forth Thou on us, who are sin-ners all, Thy light ev-er-un-end-ing,
through the prayers of the The-o-to-kos. Light-be-stow-er, glo-

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ry to Thee.

* Finale:

Light-be-stower, glory to Thee.
The Transfiguration
of Our Lord Jesus Christ

August 6

Kontakion

Grave Mode

The Transfiguration

Kontakion

Grave Mode

in the mount Thou wast trans-fig-ured, and Thy dis-ci-ples,
as much as they could bear, be-held Thy glo-ry, O Christ our God;
that when they should see Thee cru-ci-fied, they would know Thy Pas-sion
to be will-ing, and would preach to the world that Thou, in truth,
art the Efulgence of the Father.
The Holy Righteous Martyr Dometius

August 7

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὑχος Δι

Ὁ Μάρτυς σου Κύριε

The Holy Righteous 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 pre-sump-
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
Saint Emilian the Confessor  
Bishop of Cyzicus  

August 8  

Apolytikion  

\[ \text{Fourth Mode} \]

\[ \text{\'Hχος} \left( \alpha \right) \text{Δι} \]

\[ \text{\he truth of things hath re-vealed thee to thy flock as a rule} \]

\[ \text{of faith, an i-con of meek-ness, and a teach-er of tem-per-ance; for} \]

\[ \text{this cause thou hast a-chieved the heights by hu-mil-i-ty, rich-} \]

\[ \text{es by pov-er-ty. O Fa-ther and Hier-arch Em-i-li-an, in-} \]

\[ \text{\intonation: \#10} \]

\[ \text{Kανόνα πίστεως} \]
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

Third Mode

’Ηχος γ’. Γα

\textsuperscript{150} Intonation: \#8

’Απόστολε ἁγίε

ho - ly  A - pos - tle Mat - thi - as,  inter - cede

_ with the__ mer - ci - ful God that He grant un - to our souls for - give - ness of

of - fenc - es.
The Holy Martyr Laurence  
Archdeacon of Rome  

August 10

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

Hy 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 pre-sump-
tion. 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"

odash ΑΔ

Ὁ Μάρτυς σοῦ Κύριε

晦 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 pre-sump-
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

Fourth Mode
"Be quick to anticipate"

HY ΧΩΣ ΔΗ

Oι Μάρτυρες σου Κύριε

by 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' strength-less pre-sump-
tion. O Christ God, by their prayers, save our souls, since Thou art meri-
ful.
Saint Maximus the Confessor

August 13

Apolytikion

Plagal Fourth Mode

Ἡχριός λπ α Γα

uide of Orthodoxy, teacher of piety and

holiness, luminary of the world, God-inspired_

a-dornment of monastics, O wise Maximus, by thy

teachings thou hast enlightened all, O harp of the Spirit. In-
ter - cede with Christ God that our___ souls be___ saved.
Saint Tikhon of Zadonsk

August 13

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: #25} \]

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 dwelling 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.
The Forefeast of the Dormition of the Most Holy Theotokos

August 14

Apolytikion

Fourth Mode

"Be quick to anticipate"

\[ \text{\Laoi proskurtetate} \]

in faith, O ye people, leap for joy while clapping your hands; and gather in gladness on this day with longing and shouting in radiant jubilation. For the Theotokos 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.
The Forefeast of the Dormition of the Most Holy Theotokos

August 14

Kontakion

Fourth Mode (modified)

"On this day Thou hast appeared"

Ἱχος ̀ Δι

Ἡ ἐνδόξω μνήμη σου

n the Immaterial Spirit, the whole___

world hath been mystically adorned up on thy glorious memory; and it doth cry to thee joyously: Rejoice, O Virgin, thou boast of the Christian race.______
The Holy Prophet
Michaías (Micah)

August 14

Apolytikion
Second Mode

Ἡχος Δι

笑着说 we celebrate the memory of Thy
Prophet Michaías, 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

First Mode

\[ \text{Intonation: #1} \]

\[ \text{En τῇ γεννήσει} \]

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 intercessions dost thou redeem
* Finale:

*
The Dormition of Our Lady
the Theotokos and Ever-virgin Mary

August 15

Kontakion

Second Mode

\( \text{Ὑχος \ Α} \)

Intonation: #4

\( \text{Tην \ εν \ πρεσβείας} \)

he grave and death could not hold the The- o- to-
-kos, who is un-sleep-ing in her in- ter- ces-
sions

and an un-fail-ing hope in her me-di-a-
tions. For

as the Moth-er of Life she was trans-lat-ed to life by
Him Who dwelt in her virgin womb.
The Translation of the Holy Icon of Jesus Christ Not Made by Hands

August 16

Apolytikion

Second Mode

Ὅχιος Δι

Ἱχνος Δι

Ὑχνος Δι

Thine 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 mightiest deliver from slavery to the...
en - e - my those whom Thou hadst fash - - - - ioned. Where-fore, we cry
to Thee thank - - ful-ly: Thou didst fill all things with joy, O our Sav-
iour, when Thou cam - est to save________ the world.
The Holy Martyr
Myron

August 17

Apolytikion

Fourth Mode
"Be quick to anticipate"

Ὁ Μάρτυς σου Κύριε

'Hy Mar-tyr, O Lord, in his cou-ra-geous con-test for Thee re-ceived as the prize the crowns 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 de-mons' strength-less pre-sump-
O Christ God, by his prayers, save our souls, since Thou art merciful.
The Holy Martyrs
Florus and Laurus

August 18

Apolytikion

Fourth Mode
"Be quick to anticipate"

Be quick to anticipate

O Μάρτυρες σου Κύριε

(M) (Δ)

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

(M) (Δ)

received as the prize the crowns of incorruption and life

(M) (Δ)

from Thee, our immortal God. For since they possessed Thy strength, they cast

(B) (Δ) (M) (Δ)

down the tyrants and wholly destroyed the demons' strength-less pre-sump-
O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Martyr
Andrew the Commander
and the 2,593 Martyred With Him

August 19

Apolytikion

Fourth Mode
"Be quick to anticipate"

ο Χρυσού Δι: Oi Mártyréz sou Kúrie

hy Mar-tyrs, O Lord, in their cou-ra-geous con-test for Thee
received as the prize the crowns of in-cor-rup-tion and life
from Thee, our im-mor-tal God. For since they pos-sessed Thy strength, they cast
down the ty-rants and whol-ly de-stroyed the de-mons' strength-less pre-sump-
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
The Holy Prophet Samuel

August 20

Apolytikion

Second Mode

Ὑχος Δι

Τοῦ Προφήτου σου

s as we cel- e- brate the mem- o- ry of Thy
Proph- et Sam- u- el, O Lord, through him we be- seech Thee to save
____ our souls.

Intonation: #4

150

www.stanthonyssmonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
The Holy Apostle Thaddaeus

August 21

Apolytikion

Third Mode

'Ἡχος γ΄. Γα

'Απόστολε ἁγιε

Intonation: #8

ho - ly A-pos-tle Thad - dae - us, in - ter - cede_

with the mer - ci - ful God that He grant un - to our souls for - give - ness of

of - fenc - es.

www.stanthonyssmonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
The Holy Martyr
Bassa and Her Sons
Theognius, Agapius, and Pistus

August 21

Apolytikion

Fourth Mode
"Be quick to anticipate"

ΘΗΧΟ΢ ΑΔ

Oi Μάρτυρες σου Κύριε

(Μ) (Δ) (Β)

hy Mar - tyrs, O Lord, in their cou - ra - geous con - test for Thee

(Δ) (Μ) (Δ)

re - ceived as the prize the crowns of in - cor -rup - tion and life

(Β) (Δ) (Μ) (Δ)

from Thee, our im - mor -tal God. For since they pos - sessed Thy strength, they cast

(Β) (Δ) (Μ) (Δ)

down the ty - rants and whol - ly de - stroyed the de - mons' strength-less pre-sump-
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"

\[\text{La - dy, by thine i - con of Pru - sa thou art shown}_1\]

\[\text{forth as the great pro - tect - ress of Greece}_1 \text{ and a work - er of dread}_1\]

\[\text{won - ders; for thou grant - est sight un - to the blind, O}_1\]

\[\text{thou all - spot - less Mar - i - am; thou dost cast out wick - ed de - mons}_1\]
and heal-est all that flee unto thee while cry-ing: Glory
unto thy child-birth without seed. Glory to Him that hath
made thee won-drous. Glory to Him that work-eth such man-
ner of mar-vels through thee.
**The Holy Martyrs**

**Agathonicus and Lupus**

August 22 and 23*

Apolytikion

"Be quick to anticipate"

"Ἡχος Δα ᾿Αιφίνατον."

Oι Μάρτυρες σου Κύριε

* 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.
tion. O Christ God, by their prayers, save our souls, since Thou art merciful.
Saint Irenaeus
Bishop of Lyons

August 23

Apolytikion

Plagal First Mode
"Let us worship the Word"

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
peace-ful 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

Fourth Mode

Ἀγίου Εὐτύχης Διδάσκαλος τοῦ Ἰωάννου Θεολόγου

As a sharer of the ways and a successor to
the throne of the Apos-tless, O in-spired of God, thou found-
est dis-ci-pline to be a means of ascent to di-vine vi-
-
sion. Where-fore, hav-ing right-ly di-vid-ed the word of

Intonation: #10

Κοί τρόπων μέτοχος

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
truth, thou didst also contest for the Faith even unto blood,

O Hier- o- mar- tyr Eu- ty- ches. Inter- cede with Christ our God

that our souls be saved.

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

Fourth Mode

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that it be kept un-harmed from en-e-mies, and that our souls be saved.
Saint Cosmas of Aetolia
Equal to the Apostles

August 24

Apolytikion

Fourth Mode

\textit{'HΧος \overset{\text{Δ.}}{\sigma}}

Intonation: #10

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 dispenses 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

Fourth Mode
"Thou Who wast raised up"

\H\coz \LA \Delta;

Intonation: #10

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 to all men, O most blest one, and
didst bring them all to Christ as a true em-l-a-tor

of the Apostles’ choir, and thou didst prove a hier-o-mar-

tyr 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

\[ \text{'Ηχος γ'. Γα} \]

\[ \text{'Απόστολοι ἁγιοι} \]

\[ \text{Intonation: #8} \]

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

\[ 150 \]
The Meeting of the Icon of the Mother of God of Vladimir

August 26

Apolytikion

Fourth Mode

ο - day the most glo - ri - ous cit - y of Mos - cow re - joic - eth

ra - diant - ly, for it re - ceiv - eth as a ray of the sun

thy won - der - work - ing i - con, O La - dy; and as we now

have re - course there - to, we pray to thee and cry: O most won
der-ful Lady The-o-to-kos, pray to Christ our God,
Who was in-car-nate of thee, that this cit-y and all Chris-tian
cit-ies and coun-tries be kept un-harmed from all as-saults of the en-
e-my, and that our souls be saved, for He is mer-ci-ful.
Saints Adrian and Natalie

August 26

Apolytikion

Third Mode
"Thy confession"

Ὑχος γ'. Γα

Intonation: #8

hou didst deem that Faith which hath salvation to be rich - es nev - er lost or plun - dered. Thou for - sook - est thy fa - thers' im - pi - e - ty, and thou didst fol - low thy Mas - ter, be - com - ing rich in His di - vine gifts, O glo - ri - ous__
August 26 - Sts. Adrian and Natalie

With the godly minded Natalie, who en boldened thee, entertain Christ God, O Martyr, that our souls be saved.
The Holy Martyr Phanurius

August 27

Apolytikion

Fourth Mode

"Be quick to anticipate"

heirochópl Δι.

Intonation: #10

heav- en- ly song of praise is bright- ly sung on the
earth; the hosts of the An- gels keep an earth- ly fes- ti- val
now in splen- dour and ra- diant joy; from on high, they praise with
hymns thy suf- f'rings and strug- gles; and be- low, the Church doth laud
the heavenly glory thou foundest by thy contests and pains,

O glorious Phanurius.
Saint Pimen

August 27

Apolytikion

Plagal Fourth Mode

\[ \text{150} \quad \text{Intonation: \#25} \]

\[ \text{Ὑς \lambda \alpha \Gamma} \]

\[ \text{Ὑς τῶν δακρύων σου ῥοώς} \]

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, shining with miracles upon
August 27 - St. Pimen

The world, O Pimen our righteous Father. Intercede with Christ God that our souls be saved.
Saint Moses
the Ethiopian

August 28

Apolytikion

First Mode

ἤχος λ Πα

|h 150

Intonation: #1

Τῆς ἐρήμου πολίτης

hou didst prove to be a citizen of the desert, an angel in the flesh, and a wonder-worker, O Moses, our God-bearing Father. By fasting, vigil, and prayer thou didst obtain heavenly gifts, and thou heal-est 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 Synaxis of the Fathers of the Far Caves in Kiev

August 28

Apolytikion

Fourth Mode

&Hχοζ

Intonation: #10

o - geth - er with the whole as - sem - bly of the mo - nas - tic

Saints, we hon - our to - day the no - et - ic sun and bril - liant

moon of the found - ing Fa - thers of the Ki - ev Caves. For these

il - lu - mine the fir - ma - ment of the Church and en - 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 delivery 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

Fourth Mode

Av - ing ac - quired_ the pa - tience of the long - suf - fer - ing fore - fa - ther, hav - ing re - sem - bled the Bap - tist in ab - sti - nence, and shar - ing the di - vine zeal of both, thou wast grant - ed to re - ceive their names, and wast a fear - less preach - er 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 (and October 17)

Apolytikion

Plagal First Mode
"Let us worship the Word"

\[ \text{Intonation: #13} \]

\[ \text{\'Hxos} \ \lambda \ \eta \ \kappa \varepsilon \]

\[ \text{150} \]

Let us honor Susanna, the wise handmaid 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
sal - va - tion; (K) and she mak - eth fer - vent en - treat - - y that we
(M) be grant - ed life and mer - cy from God.
The Beheading of Saint John the Forerunner

August 29

Apolytikion

Second Mode

Ἀγιος Ιωάννης τοῦ Ἐξώτητος

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 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

Plagal First Mode

Ἡ θοῦ Προδρόμου

he glorious be-heading of the Forerunner was a certain divine dispensation, that the coming of the Saviour might also be preached to those in Hades. Let Herodi-as lament, then, that she demanded a wicked mur-
for she loved not the Law of God, nor eternal life, but one false and fleeting.
SAINTS ALEXANDER, JOHN, and PAUL THE NEW, ARCHBISHOPS OF CONSTANTINOPLE

August 30

Apolytikion

Fourth Mode

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 Synaxis of the Holy Hierarchs of Serbia

August 30

Apolytikion

Fourth Mode

\[ \text{our first Hierarchs and God-bearing Fathers, as en-} \]

light-en-ers of Serbia, her holy chief shepherds and patriarchs, true guardians of the apostolic traditions,

un-shake-able pillars and teachers of Orthodoxy, en-
treat 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

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

Intonation: #4

he scar-let of your blood, shed for Christ’s sake, O Martyrs,
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-er-ous
hand. Lo, the rush-ings of this riv-er make glad God’s Cit-
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

Plagal Fourth Mode

Ev- er- vir- gin The- o- to- kos, shel- - ter of man- - kind, thou hast be- stowed up- on thy peo- ple a might- y in- ves- ture, e- ven thine im- mac- u- late bod- y’s rai- ment and sash, which by thy seed- less child- birth have re- mained in- cor-
rupt; 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

Ἦχος Ἄι

Tήν θεοδόχον γαστέρα

Intonation: #4

hy precious sash, O Theotokos, which encompassed thy God-receiving womb, is an invincible force for thy flock, and an unfailling treasury of every good,

O only Ever-virgin Mother.
The Holy Hieromartyr
Cyprian of Carthage

August 31

Apolytikion

Plagal Fourth Mode

Ἅιχος Λ χ Γα

Ὄρθοδοξίας ὁδηγεῖ

uide of Orthodoxy, teacher of piety and
holiness, luminary of the world, God-inspired
a-dornment of confessors, O wise Cyprian, by thy
teachings thou hast enlightened all, O harp of the Spirit.

Intonation: #25
August 31 - St. Cyprian of Carthage

...ter - cede with Christ God that our ___ souls be ___ saved.
Triodion
Sunday of the Publican and Pharisee

Kontakion

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

"Φαρισαίου φύγομεν"

Let us flee the Pharisee's conceited vaunting;
let us learn the Publican's humility, and cry with groans unto the Saviour:
Thou Who alone art swiftly rec
on-ciled, be gracious unto us.

Intonation: #8
Sunday of the Prodigal Son

Kontakion

Third Mode
"On this day the Virgin"

οολ-ισχ-λί ι α-ωγάολ-ι με η με την πατριάδα, δώξης σου

Th' patrwv/a dovxh' sou

ool-lish-ly I sprang away from Thy great father-ly

glo-ry, and dispersed in wicked deeds the riches

that Thou didst give me. With the Prodi-gal I

there-fore cry un-to Thee now: I have sinned

150

Intonation: #8

www.stanthonysmonastery.org/music/Triodion.htm
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against Thee, O compassionate Father. But receive me in repentance; make me as one of Thy hired servants, O Lord.
Saturday Before Meat-Fare Sunday: Saturday of the Souls

Apolytikion

Plagal Fourth Mode

\[ \text{Thou Who by the depth of Thy wisdom dost provide all things out of love for man, and grantest unto all that which is profitable, O only Creator: Grant rest, O Lord, to the souls of Thy servants; for in Thee have they placed their hope,} \]

Intonation: #25
Saturday of the Souls

Theotokion

Plagal Fourth Mode

O our Cre- a- tor and Fash- ion- er and God.

Theotokion

Plagal Fourth Mode

Σὲ καὶ τείχος

hee do we have as a wall and a ha- ven, and an accept- a- ble in- ter- ces- sor with God, Whom thou didst bear, O un- wed- ded The- o- to- -kos, thou sal- va- tion of the faith- ful.
Saturday Before Meat-Fare Sunday:
Saturday of the Souls

Kontakion

Plagal Fourth Mode

Plagal Fourth Mode

Intonation: #25

Metà tôn ἁγίων

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.
Meat-Fare Sunday: 
The Sunday of the Last Judgment

Kontakion

First Mode

\textit{\textit{\'H}x\textit{\'o}z \textit{\'e} \textit{\'i}a}

\textit{\textit{\'O}tan \textit{\'e}l\textit{\'o}z \textit{\'o} \textit{\'e}w\textit{\'o}z}

\textit{\textit{\'H}x\textit{\'o}z \textit{\'o} \textit{\'e} \textit{\'i}a}

\textit{\textit{\'O}tan \textit{\'e}l\textit{\'o}z \textit{\'o} \textit{\'e}w\textit{\'o}z}

\textit{\textit{\'H}x\textit{\'o}z \textit{\'o} \textit{\'e} \textit{\'i}a}

\textit{\textit{\'O}tan \textit{\'e}l\textit{\'o}z \textit{\'o} \textit{\'e}w\textit{\'o}z}

when Thou, O God, wilt come to earth with glory, and all things trem - ble, and the riv - er of fire flow - eth be - fore the Judg - ment Seat, and the books are op - ened and the hid - den things made pub - lic, then de - liv - er me from the un - quench - a - ble fire, and
deem me worthy to stand at Thy right hand, O most righteous Judge.
Cheese-Fare Saturday:
The Commemoration of All Our
Righteous and God-bearing
Ascetical Fathers and Mothers

Apolytikion

Fourth Mode

\[ \text{Intonation: } \#10 \]

\[ \text{God of our Fathers, ever dealing with us according to Thy gentleness: take not Thy mercy from us, but by their entreaties guide our life in peace.} \]
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"

Ως εὐσεβείας κήρυκας

s preach-ers 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 mag-ni fy Thee in per-fect
peace, to chant and to sing to Thee: Alleluia.
Cheese-Fare Sunday: The Commemoration of Adam's Exile from Paradise

Kontakion

Plagal Second Mode

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 Father;
for behold, I shall not keep my lips from crying un-to 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

'Ἡχος Ἀ: 
Μεγάλα τὰ τῆς πίστεως

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 Trinity.
By his prayers, O Christ God, save________ our souls.

SAINT THEODORE THE TYRO
The First Saturday of the Fast:
The Commemoration of the Miracle of the Kollyva by Saint Theodore the Tyro

Kontakion

Plagal Fourth Mode

Intonation: #25

The Faith received in thy heart as a breast-plate, 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.

www.stanthonsmonastery.org/music/Triodion.htm
Text © 1997, Holy Transfiguration Monastery, Brookline, MA
The First Sunday of the Fast: The Sunday of Orthodoxy

Apolytikion

Second Mode

Ὅχες Δι

Τῇν ἄχραντον εἰκόνα σου

e wor - - ship Thine im - mac - u - late i - con, O Good

One, ask - ing the for - give - ness of our fail - ings, O Christ our God;

for of Thine own will Thou wast well-pleased to as - cend the Cross in

the flesh, that Thou might-est de - liv - er from slav - er - y to the
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

Plagal Fourth Mode

150

Intonation: #25

Ὁ ἀπεριγραπτὸς Λόγος

hē un-de-pict-a-ble Word of the Fa-ther be-came de-pict-a-ble when He took flesh of thee, O The-o-to-kos;

and when He had re-stored the de-filed im-age to its an-cient state,

He suf-fused it with di-vine beau-ty. As for us, con-fes-
sing our sal-va-tion, we record it in deed and word.
The Second Saturday of the Fast

Apolytikion

Second Mode

Ἐν δὲ ἧς ἡμέρας ἰδιαίτερας

And just__________ ones, who have fin-ished your course well and have kept the Faith: see-ing ye have bold-ness with the Sav-iour, be-seech 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.

Theotokion

Holy Mother of the Ineffable Light, with reverence we magnify thee, honouring thee with angelic hymns.
The Second Saturday of the Fast

Kontakion

Plagal Fourth Mode

Plagal Intonation: #25

faith, 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

Plagal Fourth Mode

Orqodoxiva oJ fwsthvr

Intonation: #25
souls be saved.
The Second Sunday of the Fast:
Saint Gregory Palamas
Archbishop of Thessalonica

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

ἡχος λὰ ἀνὴρ

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 divine.

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

Second Mode

\n
\n
Apostoloi, martyres

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.

Theotokion

Holy Mother of the Ineffable Light, with reverence we magnify thee, honouring thee with angelic hymns.
The Third Saturday of the Fast

Kontakion

Plagal Fourth Mode

\[ \text{Metà tôn ágiōn} \]

Intonation: #25

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 Third Sunday of the Fast:  
The Worship of the Precious  
and Life-giving Cross

Apolytikion

First Mode

Ἡχως Πα
Σώσον Κύριε τον λαόν σου

Intonation: #1

Have, O Lord, Thy people and bless Thine inheritance;
grant Thou unto the faithful victory over adversities. And by the power of Thy Cross do Thou preserve Thy commonwealth.
The Third Sunday of the Fast: The Worship of the Precious and Life-giving Cross

Kontakion

Grave Mode

Intonation: #21

The sting hath been taken from death, and the victory from Hades. And Thou, my Saviour,

Oúk éti φλογίνη
hast appeared unto those in Hades, saying: Enter ye again into Paradise.
The Fourth Saturday of the Fast

Apolytikion

Second Mode

Ἀπόστολοι, μάρτυρες

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.

Theotokion

Holy Mother of the Ineffable Light, with reverence we magnify thee, honouring thee with angelic hymns.
The Fourth Saturday of the Fast

Kontakion

Plagal Fourth Mode

\[ \text{Intonation: #25} \]

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 Fourth Sunday of the Fast: Saint John of the Ladder

Apolytikion

Plagal Fourth Mode

\[ \text{Intonation: #25} \]

\[ \text{Ichōς ἀνὴρ Γά} \]

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, shining with miracles upon

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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

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

\[ \text{The soldiers standing guard}\]

\[ 150 \]

Intonation: #4

Kαρπούς ἀειθαλείς
that conferreth glory on the souls that ascend it and honor thee faithfully.
Thursday of the Fifth Week
The Great Canon of
Saint Andrew of Crete

Kontakion

adapted from Gregory the Protopsaltis (+1822)

Plagal Second Mode (Soft Chromatic)

ψυχή μου, ψυχή μου

chant:

\[ \text{ψυχή μου, ψυχή μου} \]

Intonation: #17 or #18

chant:

\[ \text{ψυχή μου, ψυχή μου} \]

chant:

\[ \text{ψυχή μου, ψυχή μου} \]
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

Plagal Fourth Mode

\[ \text{\textit{The Saturday of the Akathist Hymn}} \]

\[ \text{Apolytikion} \]

\[ \text{Plagal Fourth Mode} \]

\[ \text{Intonation: \#24} \]

\[ \text{Tò προσταχθέν} \]

\[ \text{hen the bod-i-less one learned the secret command, in haste he came and stood before Joseph's dwelling, and spake unto the Maiden who knew not wed-lock: The One Who hath bowed the Heavens by His descent is held_} \]
I will pray with the spirit,
and I will pray with the understanding also:
I will sing with the spirit, and I will sing with the understanding also.

- I Cor. 14:15
The Saturday of the Akathist Hymn

Kontakion

Plagal Fourth Mode

'Hχος ᾄ ᾧ Νη

o thee, the Champion Leader, we thy flock dedicate a feast of victory and of thanksgiving, 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.

* Finale:

Rejoice, thou Bride unwedded.
The Fifth Sunday of the Fast:
Saint Mary of Egypt

Apolytikion

Plagal Fourth Mode

Intonation: #25

Ἐν σοὶ Μήτερ ἁμαρτίαν ἐνθέεσθαι ἀκριβῶς

n the 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 overlook the__ flesh, for

it passeth away, but to attend__ to__ the soul since it
is immortal. Wherefore, 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"

\[ \text{Thou Who wast raised up} \]

Intonation: #10

av - ing es - caped_ the_ gloom of sin, O blest Mar - y,
and shin - ing bright - ly_ with the light of re - pen - tance, thou

didst pre - sent thy heart to Christ, O glo - rious one, bring - ing Him
His ho - ly and all - im - mac - u - late Moth - er as a great - ly
mer-ciful and most bold inter-ces-sor. Hence, thou hast
found the par-don of thy sins and with the Angels re-joic-
est for ev-er-more.
Lazarus Saturday

Apolytikion

First Mode

Ἅν κοινήν ἀνάστασιν

In confirmation 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, cry to Thee, the Vanquisher of death: Hosanna in the
high-est; bless-ed is He that com-eth in the Name of the Lord.
Lazarus Saturday

Kontakion

Second Mode

Hχος Δι

H panton chara

Intonation: #4

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, bestowing divine...
for-giveness on all men.
Palm Sunday

Apolytikion

First Mode

\[ \text{Ἡχος} \frac{7}{9} \Pi \alpha \]

Tήν κοινήν ἀνάστασιν

Intonation: #1

\[ \text{n con-firm-ing the com-mon Res-ur-rec-tion, O Christ God, Thou} \]
\[ \text{didst raise up Laz-a-rus from the dead be-fore__Thy Pas-sion. Where-} \]
\[ \text{fore, we al-so, like the chil-dren, bear-ing the sym-bols of} \]
\[ \text{vic-to-ry, cry to Thee, the Van-quish-er of death:} \]
\[ \text{Ho-san-na in the} \]

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high-est; blessed is He that com-eth in the Name of the Lord.
Palm Sunday

Another Apolytikion

Fourth Mode

\hspace{150}

Intonation: #10

\textit{Συνταφέντες}

\textit{\textit{Ηχος} \textit{Δ}}

s by baptism we were buried with Thee, O Christ

our God, so by Thy Resurrection we were deemed worthy of

im-mortal life; and praising Thee, we cry: Hosanna in the highest;

bless-ed is He that com-eth in the Name of the Lord. \textit{Χριστός Ανεμόφιλος}
Palm Sunday

Kontakion

Plagal Second Mode

\( \text{Plagal Second Mode} \)

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Holy and Great Monday

Troparion

Plagal Fourth Mode

Ὑψώτατο Νυμφίον

e-hold, the Bride-groom com-eth in the mid-dle of the

_ night, and bless-ed is that serv-ant whom He shall find

_ watch-ing; and a-gain un-wor-thy 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 given up to death, and be shut out from the Kingdom. But rather rouse thyself and cry: Holy, Holy, Holy art Thou, O our God; by the protection of the Bodiless Hosts, have mercy on us.

* Finale:

through the Theotokos, have mercy on us.
Holy and Great Tuesday

Troparion

Plagal Fourth Mode

'Hχος λ Α Ε Τ

ε - hold, the Bride-groom com - eth in the mid - dle of the
_

_ night, and bless - ed is that ser - vant whom He shall find watch - ing; and a - gain un - wor - thy is he whom He shall find


heed - less. Be - ware, there - fore, O my soul, lest thou be borne down

Intonation: #8
with sleep, lest thou be given up to death, and be shut out from the Kingdom. But rather rouse thyself and cry: Holy, Holy, Holy art Thou, O our God; by the intercessions of the Fore-runner, have mercy on us.

* Finale:

through the Theotokos, have mercy on us.
Holy and Great Wednesday

Troparion

Plagal Fourth Mode

\[ \text{Idou o Nymfios} \]

\[ \text{E- hold, the Bride-groom com-eth in the mid- dle of the} \]

\[ \text{night, and bless-ed is that ser- vant whom He shall find watch-} \]

\[ \text{ing; and a-gain un-wor- thy is he whom He shall find} \]

\[ \text{heed-less. Be- ware, there-fore, O my soul, lest thou be borne down} \]
with sleep, lest thou be given up to death, and be shut out from the Kingdom. But rather rouse thyself and cry: "Holy, holy, holy art Thou, O our God; by the power of Thy Cross, have mercy on us."

* Finale:

through the Theotokos, have mercy on us._
Holy and Great Thursday

Troparion

Plagal Fourth Mode

Ὅτε οἱ ἐνδοξοὶ μαθηταί

 hen the glorious disciples were lightened at the washing of the feet, then Judas the ungodly one was stricken and darkened with the love of silver. And unto the lawless judges did he deliver Thee, the righteous Judge.
O thou lover of money, behold thou him that for the sake there-
of did hang himself; flee from that insatiable soul that dared such things against the Master.

O Thou Who art good unto all, Lord, glory be to Thee.

* Finale:
Holy and Great Friday

Apolytikion
(for the end of Orthros)

Fourth Mode

Fourth Mode

Intonation: #10

Ἐξηγώρασας ἡμᾶς

hou 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

Second Mode

Ὁ Ἱοσήφ Ἰωσήφ

Ὁ εὐσχήμων Ἰωσήφ

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Glory...

Δόξα Πατρι

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

Ὅτε κατήλθες

hen 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 al-so 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 be___________ to Thee.
Both now...

**Kai vûn**

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

Amen.

**Taîs μυροφόροις γυναιξὶ**

To 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

Plagal First Mode

\( \chi \quad 96 \)

Intonation: #14

Χριστὸς Ανέστη

Christ is risen from the dead, by death He hath trampled down death, and upon those in the tombs He hath bestowed life.
* Whenever *Christ is Risen* is chanted for the last time, it may be begun as follows:

\[ \text{\(\text{\(\pi\)}\) Christ\(\text{\(\pi\)}\) is \(\text{\(\pi\)}\) ris\(\text{\(\pi\)}\) en\(\text{\(\pi\)}\) } \]

** Finale:

\[ \text{\(\text{\(\pi\)}\) be\(\text{\(\pi\)}\) stowed\(\text{\(\pi\)}\) life.\(\text{\(\pi\)}\) } \]
The Holy and Great Sunday of Pascha

Kontakion

Plagal Fourth Mode

\[ \text{Eij kai \ ein tâfô} \]

Intonation: #25

though Thou didst descend into the grave, O Im- mortal One, yet didst Thou destroy the pow-er of Hades, and didst a-
rise as vic-tor, O Christ_ God, call-ing to the myrrh-bear-ing wom-
en, Re-joice, and giv-ing peace un-to Thine A- pos-tles, O Thou Who
dost grant resurrection to the fallen.
The Holy and Great Sunday of Pascha

Hypakoe

Fourth Mode

\[\text{Intonation: \#10} \]

Hen 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 abideth in ever-last-
light? Be - hold the grave - clothes. Go quick - ly and pro - claim to the
world that the Lord is ris - en, and hath put death to death. For He
is the Son of God, Who sav - eth the race of man.
The Newly Revealed Martyrs
Raphael, Nicholas, and Irene

Bright Tuesday

Apolytikion

Fourth Mode
"Be quick to anticipate"

\[ \text{Hχος} \]

Intonation: #10

n 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, 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"

‘Ἡχὸς ᾿Γά’

Intonation: #8

s 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 fountain 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.
The Feast of the Life-giving Spring

Bright Friday

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

Eroticos λ Νη

from thine un-failing fount, O Maid supremely graced

of God, thou dost reward me by the flow of the un-end-ing streams of thy grace that doth surpass human understanding.

And since thou didst bear the Word incomprehensibly,
en-treat thee to refresh me with thy grace di-vine, that I may
cry to thee: Re-joice, O Wa-ter of sal-va-tion.
Thomas Sunday

Apolytikion

Grave Mode

'Ηχος βαρύς Γ' Χ' Εσφραγισμένον τοῦ μνήματος

hilst 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

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Thy great mercy.

* Finale:

According to Thy great mercy.
Thomas Sunday

Kontakion

Plagal Fourth Mode

Tη φιλοπράγμονι δεξιά

with his searching 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__ Lord__ and my__ God.
* Finale:

Thou art my Lord and my God.
The Sunday of the Myrrh-Bearing Women

Apolytikia

Second Mode

\[ \text{150} \]

Intonation: #8

\[ \text{Ὅτε κατῆλθες} \]

when Thou didst descend unto 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 crying out:

\[ \text{Ὅτε κατῆλθες} \]
Giver of life, Christ our God, glory be to Thee.

**Glory...**

Δόξα Πατρί

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

Ο εὐσχήμων Ισσήφ

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 new tomb. But on the third day Thou didst arise, O Lord, granting great mercy to the world.
Both now...

KAİ VŮN

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

Amen.

Ταὶς μυροφόροις γυναιξὶ

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. But cry out: The Lord is risen, granting great mercy to the world.

* Finale:

granting great mercy to the world.
The Sunday of the Myrrh-Bearing Women

Kontakion

Second Mode

\[\text{Second Mode}\]

\[\text{Intonation: #4}\]

The Sunday of the Myrrh-Bearing Women

Kontakion

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 Saviour is ris-
en from__________ the grave.

* Finale:

The Saviour is risen from__________ the grave.
The Sunday of the Paralytic

Kontakion

Third Mode
"On this day the Virgin"

"...as of old Thou didst raise up the paralytic,
O Lord, by Thy God-like care and might, raise up
my soul which is palsied by diverse sins and transgressions and by unseemly deeds and acts, that..."
becoming saved, I may also cry out: O Compassionate Redeemer, O Christ God, glory to Thy dominion and might.

* Finale:

O Christ God, glory to Thy dominion and might.
The Wednesday of Mid-Pentecost

Apolytikion

Plagal Fourth Mode

Intonation: #25

*Μεσούσης τῆς ἑορτῆς

150

Mid-fest give Thou my thirsty soul to drink of the waters of piety; for Thou, O Saviour, didst cry out to all: Whoever is thirsty, let him come to Me and drink. Wherefore, O Well-spring of life, Christ our God, glory...
Wednesday of Mid-Pentecost

* Finale:

\[ \begin{align*}
\text{be to Thee.} \\
\text{glo-ry be to Thee.}
\end{align*} \]
The Wednesday of Mid-Pentecost

Kontakion

Fourth Mode
"Thou Who wast raised up"

Th'eJorth'nomikh'

sov-'reign Mas-ter_ and Cre-a-tor of all things,

O Christ our God, Thou didst cry unto those present at the

Ju-da-ic Mid-feast and address them thus: Come and draw the

wa-ter of im-mor-tal-i-ty free-ly. Wherefore, we fall
down before Thee and faithfully cry out: Grant Thy compassions unto us, O Lord, for Thou art truly the Well-spring of life for all.

* Finale:

the Well-spring of life for all.
The Sunday of the Samaritan Woman

Kontakion

Plagal Fourth Mode

\[\text{Intonation: #25}\]

πίστει ἐλθοῦσα

av - ing come to the well in faith, the Sa - mar - i - tan wom - an be - held Thee, the Wa - ter of Wis - dom, where - of hav - ing drunk ab - bun - dant - ly, she, the re - nowned one, in - her - it - ed the

King - dom on high for ever.
* Finale:

Kingdom on high for ever.

---

Sunday of the Samaritan Woman
The Sunday of the Blind Man

Kontakion

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

"On this day Thou hast appeared"

"On this day Thou hast appeared"

Thou hast appeared in the eyes of my soul,  O Saviour, I come unto Thee,  O Christ, as did the man who was born blind. And in repentance I cry to Thee: Of those in darkness art Thou the most radiant Light.

Thou hast appeared in the eyes of my soul,  O Saviour, I come unto Thee,  O Christ, as did the man who was born blind. And in repentance I cry to Thee: Of those in darkness art Thou the most radiant Light.
* Finale:

Thou art the most radiant Light.
Holy Ascension

Apolytikion

Fourth Mode

\[\text{Intonation: } \#10\]

Aνελήφθη ἐν δόξῃ

hou hast ascended in glory, O Christ our God, and
glad-denied 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.
* Finale:

and Redeemer of the world.
Holy Ascension

Kontakion

Plagal Second Mode

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 crying unto 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

Plagal Fourth Mode

'Ἡχὸς ἁ. Ἑ. Γα

Ὑπερδεδοξασμένος εἰ

Who hast es-tab-lished our Fa-thers as lu-mi-nous stars up-on the__ earth, and through them didst guide us all__ to the true__ Faith. O

Most Mer-ciful One, ἄμ. glo-ry__ be to__ Thee.
The Sunday of the 318 God-bearing Fathers of the First Ecumenical Council

Kontakion

Plagal Fourth Mode

Tw'n Ἀποστόλων

150

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 rightly divides and glorifies the great mystery.
THE FIRST ECUMENICAL COUNCIL
The Saturday Before Pentecost: 
Saturday of the Souls

Apolytikion

Plagal Fourth Mode

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; for in Thee have they placed their hope.

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www.stanthonysonastery.org/music/Pascha.htm
Theotokion

Plagal Fourth Mode

O our Creator and Fashioner and God.

Se kai teixos

hee 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

Plagal Fourth Mode

Ἄρκος ἀδιάθα, Ἄγιοι,

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.

Metà tôn ἁγίων

Intonation: #25

www.stanthonymsmonastery.org/music/Pascha.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Holy Pentecost

Apolytikion

Plagal Fourth Mode

Plagal Fourth Mode

Intonation: #25

Eὐλογητὸς εἶ

Thou, O Christ our God, Who hast shown forth the fish-er-men as supreme-ly wise by send-ing down up-on them the Holy Spirit, and through them didst draw the world in-to Thy net. O Be-friend-er of man, glo-ry____
**Finale:**

```
be to__ Thee.
```

```
glo- ry__ be to__ Thee.______
```
Holy Pentecost

Kontakion

Plagal Fourth Mode

\textsuperscript{150} Οστε καταβάς

Intonation: #25

nce, 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 accord we glorify the All-holy Spirit,
The Sunday of All Saints

Apolytikion

Fourth Mode

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- dorned in the blood of Thy Martyrs throughout all the world as in purple and fine linen, Thy Church, through them, doth cry unto Thee, O Christ God: Send down Thy compassions upon Thy people; grant peace to Thy common-wealth, and great mercy to
our souls.
The Sunday of All Saints

Kontakion

Plagal Fourth Mode

"As first-fruits of our nature"

 Headquarters

s first-fruits of our na-ture to the Plan-t-er of cre-at-
ed things, the world pre-
sent-eth the God-bear-ing mar-tyred Saints in of-

un-to____Thee, O____Lord. Through their ear-
est en-
treat-ies, keep

Thy Church in deep peace and di-
vine tran-
quil-

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

- St. John Chrysostom
The Sunday of the Athonite Fathers*

Apolytikion

First Mode

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 one voice: Glory to Him that

* Celebrated on the Sunday following the Sunday of All Saints
hath crowned you. Glory to Him that hath sanctified you. Glory 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 1366.

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 1368.

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"

E - hold - ing a won - der of won - ders in thee, O Full of Grace, cre - a - tion re - joic - eth; for thou didst con - ceive with - out

seed and gav - est birth in - ef - fa - bly un - to Him up -
on Whom the or - ders of An - gels can - not gaze. En - treat Him in
be - half of our souls.

For the end of Monday Orthros

```
Alexa Theotóke

Im - mac - u - late The - o - to - kos, who art bless - ed

in the Heav - ens and glo - ri - fied up - on the earth, re - joice, thou Bride un -

wed - ded.
```

For Monday Vespers and
Tuesday Orthros at "God is the Lord"

```
Sullabóysa áphléktos

ince thou hast con - ceived in thy womb the fire of

the God - head with - out be - ing con - sumed, and hast with - out seed giv -
```
en birth unto the Lord, the Well-spring of life, O The-otokos who art full of grace, pre-serve them that mag-ni fy thee.

For the end of Tuesday Orthros

Tόν άμητορα

in a manner sur-passing un-der-stand-ing and speech, thou hast giv-en birth unto Him that was without moth er in Heavenly and without fa-ther on earth. En-treat Him, O The-otokos, in be-half of our souls.
For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

Oí tìn sìn pòstasiàv

av-ing thy pro-tec-tion, O im-mac-u-late one,

and be-ing de-liv-ered from af-flic-tions by thy prayers, we who

are in eve-ry way guard-ed by the Cross of thy Son do all

mag-ni fy thee rev- lent ly as is due.

For the end of Wednesday Orthros

See "O immaculate Theotokos..." on page 1348.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

See "Since thou hast conceived..." on page 1348.
For the end of Thursday Orthros

See "In a manner surpassing..." on page 1349.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "Having thy protection..." on page 1350.

For the end of Friday Orthros

See "O immaculate Theotokos..." on page 1348.

For Friday Vespers and Saturday Orthros at "God is the Lord"

While Gabriel was saying Rejoice to thee, O Virgin, at his voice the Master of all things took flesh within thy pure womb. He dwelt in thee as His holy Ark as spake the righteous
For the end of Saturday Orthros

See "In a manner surpassing..." on page 1349.
Weekday Theotokia

Second Mode
(Soft Chromatic)

For Sunday Vespers and
Monday Orthros at "God is the Lord"

ince thou art a well-spring of pity,
count us worthy of compassion, O Theotokos.

Look up on a sinful people; show forth, as always, thy power.

For hoping in thee, we cry Rejoice
un-to thee, as once did Ga-bri-el, the Su-preme Com-mand-er of the bod-i-less hosts.

For the end of Monday Orthros

Holy Moth-er of the In-eff-a-ble Light,

with rev-‘rence we mag-ni-fy thee, hon-our-ing thee with an-
gel-ic hymns.

For Monday Vespers and
Tuesday Orthros at "God is the Lord"

Theiaς γεγόναμεν
na-ture through thee, O ev-er-vir-gin The-o-to-kos;

for thou hast borne the In-car-nate God for us. Where-fore, as

is due, we all mag-ni-fy thee rev-ret-ly.

For the end of Tuesday Orthros

Σὲ μεγαλύνομεν

e mag-ni-fy thee, O The-o-to-kos, and
cry out: Re-joice, O cloud of the Un-wan-ing Light;

for thou hast borne the In-car-nate God for us. Where-fore, as

is due, we all mag-ni-fy thee rev-ret-ly.
For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

Θαρτονομισμον ὑπάρχεις

&ost glo- - - ri- fied art Thou, O Vir- gin The- o- to-

- - - - kos. We praise thee, for through the Cross of thy Son,

Ha- des was cast down and death was slain. Hav- ing been put to death,

we were raised up and were deemed wor- thy_ of life. We re-

ceived Par- a- dise, the an-cient bliss. There-fore, in thanks- giv- ing, we

glo- ri- fy Christ_____ our God, since He is might- y and a- lone

a- bun-dant in mer- - - - cy._________
For the end of Wednesday Orthros

Σὲ μεγαλύνωμεν  

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

See "We have become partakers..." on page 1354.

For the end of Thursday Orthros

See "We magnify thee... Rejoice, O cloud..." on page 1355.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "Most glorified art thou..." on page 1356.
For the end of Friday Orthros

See "We magnify thee... Rejoice, O rod..." on page 1357.

For Friday Vespers and Saturday Orthros at "God is the Lord"

For the end of Saturday Orthros

See "O holy Mother..." on page 1354.
Weekday Theotokia

Third Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

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

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I name thee? I am in doubt and stand in awe.

Wherefore, as commanded, I cry to thee: Rejoice, O Full

of Grace.

For the end of Monday Orthros

"Ἐκαστὸς ὅπου σώζεται µὴ ἔχει 

very man rightly runneth for refuge there where he can be saved: and what other refuge is there like unto thee,

O Theotokos, who shelterest our souls?
For Monday Vespers and Tuesday Orthros at "God is the Lord"

For the end of Tuesday Orthros

See "Every man rightly runneth..." on page 1360.

For Tuesday Vespers and Wednesday Orthros at "God is the Lord"
For the end of Wednesday Orthros

See "O Theotokos, our refuge..." on page 1361.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

Προφήται προεκήρυξαν

he prophets fore-told, the apostles taught, the martyrs confessed and we have believed that thou art truly the Theotokos. Wherefore, we also magnify thine ineffable...
For the end of Thursday Orthros

See "Every man rightly runneth..." on page 1360.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "We who unceasingly magnify..." on page 1361.

For the end of Friday Orthros

See "O Theotokos, our refuge..." on page 1361.

For Friday Vespers and Saturday Orthros at "God is the Lord"

Σὲ τὴν μεσημβρίαν πί ήμε ημίημερον

Πλαστές ελπίδες τοῦ θρήσκουν την αγάπην καὶ σημαδεύουν την ζωήν

For the end of Saturday Orthros

See "For the end of Saturday Orthros" on page 1363.
For the end of Saturday Orthros

See "The prophets foretold..." on page 1362.
Weekday Theotokia

Fourth Mode
(Soft Chromatic)

For Sunday Vespers and
Monday Orthros at "God is the Lord"

\[ \text{Translation:} \]

\[ \text{U} \]

\[ \text{Translation:} \]

\[ \text{n-to her that was reared in the Temple, in the Holy of Holies, and who was adorned with faith and wisdom and blameless virginity, did the Supreme Commander Gabriel bring the salutation from Heaven and the greeting: Re-} \]

the Lord is with thee.

For the end of Monday Orthros

since thou art high-er than all cre-a-tion, we are not a-

ble to praise thee wor-thi-ly, O The-o-to-kos; but we, the un-de-
serv-ing, en-treat thee: Have mer-cy on us.

For Monday Vespers and Tuesday Orthros at "God is the Lord"

o God’s Birth-giv-er let us run now most ear-nest-

ly, we sin-ners all and wretch-ed ones, and fall pros-trate
For the end of Tuesday Orthros

Σὲ μεγαλύνομεν

ε ἐπεμφάσιζες, Ο Θεοτόκος, και σήκουν:

Thou art the bush wherein Moses beheld, without being burned, the fire of the God-head as a flame.
For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

"Be quick to anticipate"

Матерь Христа наше Бога, О Мадонна нетленная и безгрешная и святая Сфера пронзена была, когда ты взглянула на Нашего Сына и Бога, вечно страдающего для нас и многих грехов.

Παρθένε πανάμωμεν

Паряне панамоме
For the end of Wednesday Orthros

Σὲ μεγαλύνομεν Θεότοκε

e mag-ni fy thee, O The-o-tos, and cry out:

Thou art the moun-tain from which the Stone was in ef fably

hewn that crushed the gates of Ha - des.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

Τὸν Λόγον τοῦ Πατρὸς

e know the Word of the Fa ther, e ven Christ our God,

to be in car nate of thee, O Vir gin The o to kos, O

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 1366.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "O Mother of Christ..." on page 1368.

For the end of Friday Orthros

See "We magnify thee... Thou art the mountain..." on page 1369.

For Friday Vespers and Saturday Orthros at "God is the Lord"

Τὸ ἀνεύρητον

he 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 un

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For the end of Saturday Orthros

See "We magnify thee... Thou art the bush..." on page 1367.
Weekday Theotokia

Plagal First Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

Ἄγγελοι, οἱ οὐρανοί, καὶ ἡ μέση γένους, ἐκ τοῦ ἱπτικοῦ φωνής: Ρεγίηθε, σατανά. Ρεγίηθε, θάνατος εὐγενικός, ὃς γενέσθης τὸν θεόν εἰς καρπὸν. Ἐκ τοῦ γενέσθης τὸν θεόν εἰς καρπὸν.

Metá ággélwv

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; rejoice, O modest one, who art full of grace, who gavest birth to God incarnate.________
For the end of Monday Orthros

\[ \text{O ἐκ Παρθένου} \]

Christ God, Who from the Virgin hast dawned upon the world, making us sons of light through her: have mercy on us.

For Monday Vespers and Tuesday Orthros at "God is the Lord"

"Let us worship the Word"

\[ \text{Τὴν ταχείαν σου σκέπην} \]

O thou show thy protection and speed-y help to us, and thy mercy upon all thy faithful servants, O Maid. And be-calm, O most pure one, every storm-y wave of all vain and futile thoughts, and do thou res-ur-rect my fall-en soul, O blest__
For the end of Tuesday Orthros

Μήτηρ Θεού παναγία

All - Ho - ly Moth - er of God, thou ram - part of

Chris - tians, as is thy wont, res - cue thy peo - ple who cry____

___ to thee fer - vent - ly. Do thou ar - ray thy - self a - gainst our

shame - ful and au - da - cious thoughts, that we may cry un - to thee: Re -

joice, O Ev - er - vir - gin.
For Tuesday Vespers and
Wednesday Orthros at "God is the Lord"
"Let us worship the Word"

γ Τῷ Ἁγίῳ τοῦ Υἱοῦ σου

γ 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, and in professing thee righteously as God's
Birth-giver, we all magnify thee.

For the end of Wednesday Orthros

See "O Christ God..." on page 1373.
For Wednesday Vespers and Thursday Orthros at "God is the Lord"

For the end of Thursday Orthros

See "O All-Holy Mother of God..." on page 1374.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "By the Cross of thy Son..." on page 1375.
For the end of Friday Orthros

See "O Christ God..." on page 1373.

For Friday Vespers and Saturday Orthros at "God is the Lord"

"Let us worship the Word"

Χαίρε πάλιν Κυρίου

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 - joice; and cease not to

pray Him, mak - ing en - trea - ty for them that wor - - ship and praise_

Him that was born of thee.

For the end of Saturday Orthros

See "O Christ God..." on page 1373.
Weekday Theotokia

Plagal Second Mode
(soft Chromatic)

For Sunday Vespers and Monday Orthros at "God is the Lord"

"Hχζς λ Βθ"

'Αρχή σωτηρίας

Abriel's salvation 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: Behold, the hand-maid of the
For the end of Monday Orthros

'Αρχαγγελικόν λόγον

hou didst ac- cept the word of the Arch-an-gel, O The-o-to-kos, and thou be-cam-est a che-rubic throne, for thou held- est in thine arms the hope of our souls.

For Monday Vespers and Tuesday Orthros at "God is the Lord"

'Ελπίς τοῦ κόσμου

good hope of the world, O Vir-gin The-o-to-kos, thy might-y pro-tec-tion, and thine a-lone, do we seek.
Weekday Theotokia - Plagal Second Mode

(M) (Δ)
Take compassion upon a people bereft of protection; en-treat the merciful God that our souls be delivered from every threat, O only blessed one.

(F) Οὐδεὶς προστέχων

(M) (Δ)
Rom thee is no one turned away ashamed and empty who doth run to thee for refuge, O pure Virgin Theotokos; but he ask-eth the favour and receiv-eth the gift from thee, unto the profit of his own request.
For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

Vir- gin The-o- to-kos, 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

With- out a man thou hast con- ceived the Son and Word of God, Who without a moth- er was be- got- ten of the Fa-
ther be- fore the ages, and Who in these lat- ter
For Wednesday Vespers and Thursday Orthros at "God is the Lord"

'Αγία Δέσποινα

O - ly La - dy, pure Moth - er of our God, who
in - ef - a - bly gav - est birth to the Cre - a - tor of all: With the
sa - cred A - pos - - tles, ev - er en - treat__ His good - ness
that He de - liv - er us____ from pas - sions and grant us the for -
give - ness of sins.________
For the end of Thursday Orthros

Meγάλων χαρισμάτων

οn-ly Vir-gin Moth-er of God, thou wast vouch-safed

the great-est of gifts; for, O pure____Maid, to One of the Trin-

i-ty, Christ God, the Life-stow-er, thou bod-i-ly____didst

give birth for the sal-va-tion of our low-ly souls.____

For Thursday Vespers and
Friday Orthros at "God is the Lord"

See "O Virgin Theotokos..." on page 1381.

For the end of Friday Orthros

See "Without a man..." on page 1381.
For Friday Vespers and Saturday Orthros at "God is the Lord"

Προϊστορεὶ ὁ Γεδεὼν

(M) (Δ)

id-e-on tell-eth a-fore-time of thy con-cep-tion,

(B) (Δ)

and Da-vid ex-pound-eth thy child-birth, O The-o-to-kos. For

(B) (Δ)

the Word came down in-to thy womb like dew up-on the fleece,

(M) (Δ)

and thou, O ho-ly earth that art full of grace, didst with-

(M)

out seed blos-som forth the Sal-va-tion of the world, e-ven

(Δ) (Δ)

Christ our God.

For the end of Saturday Orthros

See "Without a man..." on page 1381.
Weekday Theotokia

Grave Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

προσωπικός ἱερός θησαυρός

Un - de - filed____ Vir- gin The- o- to- - kos,

with the hosts on high, en - treat thy Son άρη that we who glo- ri - fy

thee with faith ζή be grant - ed for - give - ness of of - fenc - es__ be -

fore the end.________
For the end of Monday Orthros

γυμνάσθης τάς Δυνάμεις

hou 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"

Τὸ Χαῖρε σοι

o 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 An-gels.
For the end of Tuesday Orthros

Εἰρήνευσον πρεσβείας Ἰησοῦ Χριστοῦ

y the intercessions of the Theotokos, make

peaceful the lives of us who cry to Thee: O merciful Lord, glory be to Thee.

For Tuesday Vespers and Wednesday Orthros at "God is the Lord"

Τὸν σταυρωθέντα

ithout 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

Δύνασαι Θεότηκε

e-liv-er us, O The-o-to-kos, from the sins that
op-press us; for we the faith-ful have none oth-er hope
but thee and the God Who was born of thee.

For Wednesday Vespers and Thursday Orthros at "God is the Lord"

Ο καρπός τῆς κοιλίας σου

the fruit of thy womb, O im-mac-u-late one, is
the ful-fill-ment of the proph-ets and the Law. Where-
fore,
in glo-ri-fy-ing thee with knowl-edge as the The-o-
kos, we rev-ren-tly mag-ni-fy thee.
For the end of Thursday Orthros

he 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.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "Without ceasing..." on page 1387.

For the end of Friday Orthros

See "Deliver us, O Theotokos..." on page 1388.
For Friday Vespers and Saturday Orthros at "God is the Lord"

Ως τῆς ἐμὸν ἀναστάσεως

s the treas-ur-y of our sal-va-tion, O all-hymned one,

do thou lead up from the pit and a- byss of of- fen-ces them that

hope in thee; for them that were li-a-ble be-cause of sin

hast thou saved by giv-ing birth to Sal-va-tion, O thou who be-

fore child-birth wast vir-gin, and in child-birth wast vir-gin, and

af-ter child-birth a-gain re-main-est vir-gin.
For the end of Saturday Orthros

χαίρε ἡ τον ἁχώρητον

εὐφραίνε, ἡ προσέδωσεν ἐν τοῖς νυμφίοις Ἰησοῦν Χριστὸν, τὸν θεοῦ λογόν, τὸν υἱὸν οὐρανοῦ, τὸν κυρίον. Εὐφραίνε, Αμαρία, τὸ πρόφητῶν σόλομος, αὕτη τῇ γυναϊκῇ ἐμανελ, που ἦτο ἐν τῷ νυμφιώτητί Ἰησοῦν. Εὐφραίνε, Μητέρα του Χριστοῦ, Θεοῦ.
Weekday Theotokia

Plagal Fourth Mode

For Sunday Vespers and Monday Orthros at "God is the Lord"

Χαίρε, ἡ δι` Ἁγγέλου

Re-joice, thou who through an Angel didst receive the Joy of the world. Re-joice, thou who didst bear thy Creator and Lord. Re-joice, thou who wast counted worthy to become the Mother of God.
For the end of Monday Orthros

χαίρε ἡ πύλη

χαίρε ἡ πύλη

ε-joyce, Ο gate of the King of Glory, through

which the Most High a- lone hath passed and which a- lone He

kept sealed, for the sal- va- tion of our souls.

For Monday Vespers and
Tuesday Orthros at "God is the Lord"

τὸ ἁσάλευτον στήριγμα

τὸ ἁσάλευτον στήριγμα

with hymns let us the faith- ful mag- ni- fy the The-

o- to- kos, the un- sha- ken foun- da- tion of the Faith, and

the hal- lowed gift to our souls. Re- joice, thou who in thy womb didst

con- tain the Rock of life. Re- joice, O hope of the ends of the world,
Weekday Theotokia - Plagal Fourth Mode

For the end of Tuesday Orthros

Πορθένε ἀχραντε

Im - mac - u - late Vir - gin, save us by thine in -
ter - ces - sions, stir - ring up thy moth - er - ly com - pas - sions be -
fore thy Son and our God.

For Tuesday Vespers and
Wednesday Orthros at "God is the Lord"

Τὸν ὁμόν καὶ ποιμένα

hen she who bare the Lamb and Shep - herd and Sav - iour_ _ of the_ _ world be - held Him on the Cross, she said with_
Weekday Theotokia - Plagal Fourth Mode

For the end of Wednesday Orthros

The world rejoiceth at receiving redemption, but my bowels burn as I see Thy crucifixion, which Thou endurest for all, O my Son and my God.

The fruit of thy womb, O immaculate one, is the fulfilment of the Prophets and the Law. Wherefore, in glorifying thee with knowledge as the Theotokos, we reverently magnify thee.
For Wednesday Vespers and Thursday Orthros at "God is the Lord"

spir-itu-al gate of life, O immaculate Theotokos, deliverer from perils them that have recovered to thee with faith, that we may glorify thine all-holy Child, for the salvation of our souls.

For the end of Thursday Orthros

See "O immaculate Virgin..." on page 1394.

For Thursday Vespers and Friday Orthros at "God is the Lord"

See "When she who bare the Lamb..." on page 1394.

For the end of Friday Orthros

See "The fruit of thy womb..." on page 1395.
For Friday Vespers and Saturday Orthros at "God is the Lord"

Θεότοκε, Μητέρα Θεογόνου, Μητέρα Ιεροσόλυμου.

Thou Who for our sakes wast born of a Virgin,
and didst suffer crucifixion, O Good One,
and didst destroy 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 1394.
Additional Troparia
Athonite Hymn
to the Panagia*

Grave Mode (Diatonic)
Triple Meter

adapted from oral tradition
as recorded by Hieromonk Hierotheos of Philotheou

\[ \text{H} \text{χ} \text{o} \text{s} \text{ b} \text{α} \text{ρ} \text{ό} \text{s} \quad Z \text{o} \]

\[ \text{Παναγία Δέσποινα} \]

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


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

Kontakion

Second Mode

"Ἡχιζ ὶ Δι" Προστασία τῶν Χριστιανῶν

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

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

September 1

Apolytikion

Fourth Mode

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

* Patriarch Demetrios of Constantinople made September 1st a day of special prayer for the Environment and commissioned the hymnographer Monk Gerasimos of the Holy Mountain to compose a special office for it. This service was translated by Archimandrite Efrem (Lash) and is available online at: http://www.anastasis.org.uk/environm.htm
keep secure and 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

Fourth Mode (modified)

"On this day Thou hast appeared"

\[ \overset{\text{Fourth Mode (modified)}}{\text{"On this day Thou hast appeared"}} \]

\[ \overset{\text{Hχος}}{\text{Δ}} \]

\[ \overset{\text{Oυρανός πολύφωτος}}{\text{Oυρανός πολύφωτος}} \]

\[ \overset{\text{Kontakion}}{\text{Kontakion}} \]

\[ \overset{\text{Intonation: #8}}{\text{Intonation: #8}} \]

\[ \overset{\text{150}}{\text{150}} \]

\[ \overset{\text{he Church is shown to be a man - y - light - ed heav -}}{\text{he Church is shown to be a man - y - light - ed heav -}} \]

\[ \overset{\text{en that doth shine a guid - ing light up - on all them that}}{\text{en that doth shine a guid - ing light up - on all them that}} \]

\[ \overset{\text{do__ be - lieve; where - in while stand - ing, we cry a - loud: Do Thou Thy -}}{\text{do__ be - lieve; where - in while stand - ing, we cry a - loud: Do Thou Thy -}} \]

\[ \overset{\text{self__ now es - tab - lish this house, O Lord.________}}{\text{self__ now es - tab - lish this house, O Lord.________}} \]
Saint Theodore of Tarsus
Archbishop of Canterbury

September 19

Apolytikion

First Mode
"While Gabriel was saying"

\[\text{Intonation: #1}\]

on 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 proclaim est the true
Per-son of Christ to all: both God and Man, the world’s Sav-iour.

Glo-ry to Him Who did choose thee as His friend; Glo-ry to Him Who hath glo-ri-fied thee; Glo-ry to Him Who through thy prayers be-
stow-eth His mer-cy on us.
Saint Etheldreda* of Ely  
Queen and Abbess  
Protectress of Cambridge  

October 17  

Apolytikion  

Third Mode  
"Thy confession"  

'Hχος γ'. Γα
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.
With the flow of the many-streamed river of almsgiving

thou didst water the dry earth of the needy and shower

alms on the widows and poor; thou didst shine forth with the light of

thy works and wast radiant with grace, O Tabitha. Glory to
Christ Who loveth thee; a glory to Christ Who hath blessed thee; a glory to Christ Whom thou didst follow as a true disciple and a spotless lamb.
łe thē stōnē wās sēlēdē by thē Jēws an d thē sōldiērs

were guard-ing Thīnē im-mac-u-late bōd-y, Thō didst a-rise_

on thē thirddē dāy, O Sā-vīour, gran-t-intg līf un-to thē wōrld. Fōr wē thē pow-ers of hēav-en cried outhō Tē-hē, O Līf-giv-er: Gło-

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

Glory...

Both now...

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

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

A-men.
Resurrectional Theotokion

while Gabriel was saying Rejoice to thee, O Virgin, at his voice the Master of all things took flesh within thy pure womb. He dwelt in thee as His holy ark as spake the right-eous David in the psalms. Thou wast seen to be more spacious than all the Heavens since thou didst bear thy Creator. Glory to Him that willed to dwell in thee. Glory to Him that came forth from thee. Glory to Him that, through thy giving birth, hath delivered us.
Resurrectional Hypakoë

'Η τοῦ ληστοῦ

The repentance of the thief hath plundered Paradise,

and the lamentation of the myrrh-bearers hath proclaimed joy;

for Thou art risen, O Christ God, granting great mercy unto the world.
Διαλυτικά της Ανάσης

Second Mode

'Hχος Δι

Ότε κατῆλθες

hen 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 al-so 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 be to Thee.
Glory...

Δόξα Πατρι

G

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

Both now...

Καὶ νῦν

B

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

Resurrectional Theotokion

Πάντα ὑπὲρ ἐννοιαν

A

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

Resurrectional Hypakoë

f-ter the Pas-sion, the wom-en came un-to the tomb to a-noint Thy Bod-y, O Christ God; they saw An-gels in the grave and stood in awe; for they heard their voice, pro-claim-ing that the Lord is ris-en, grant-ing great mer-
cy un-to the world.
Let the heavens rejoice, and let things on earth be glad,
for the Lord hath wrought might with His arm; He hath tram-pled
up-on death by death; He hath be-come the first-born of the dead.
From the bowels of Hades hath He de-liv-ered us, and hath grant-
ed great mer-cy to the world.
Glory...

Δόξα Πατρί

G

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

Spir-it.

Both now...

Kαὶ νῦν

B

both now and ev-er, and un-to the ag-es of ag-

es. A-men.

Resurrectional Theotokion

Σὲ τὴν μεσιτεύσασαν

W

e praise thee, the Me-di-a-tress for the sal-va-tion of_

our race, O Vir-gin The-o-to-kos; for in the flesh tak-

en from thee, thy Son and our God hath deigned to en-dure the pas-
sion through the Cross, and hath re-deemed us from corruption, since He is _the Friend of man._

Resurrectional Hypakoë

'Εκπλήττων τῇ ὀράσει

auling astonishment by his appearance and refreshing by his speech, the radiant Angel said unto the myrrh-bearers: Why seek ye the Living One in the tomb? Risen is He that hath emptied the tombs. Know Him as the immutable Change of corruption; say unto God: How awesome are Thy works! For Thou hast saved the race of man.
The apolytikion of the Resurrection

Fourth Mode

Ἡχῶς Λ. Δ.: 160

To φαίδρον

av- ing learned the joy- ful proc- la- ma- tion of the Res- ur- 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.
Glory...

Δόξα Πατρί

Both now...

Kαὶ νῦν

Resurrectional Theotokion

Τὸ ἀπεικόνισθαν ἡμῖν ἡ μυστηρία ἡ κρυβόμενη ἀπὸ τοῦ αἰωνότοτο καὶ τοῦ αἰωνικοῦ αἰωνικοῦ, τῷ τιμώματι τῶν αγγέλων ἐκκοσμηθεὶς παρακολουθήσας σε, Ὠ Θεοτόκε, κατεστάθη εἰς τὸν κόσμον.
gled un-ion and for our sake hath sub-mitted will-
ing-ly to the Cross, where-by He hath raised up the first-fash-ioned

man and hath saved our souls from death.

Resurrectional Hypakoë

he myrrh-bear-ing wom-en ran forth and de-clared to the A-

pos-tles the tid-ings of Thy won-drous a-ris-ing, O Christ; for Thou

as God art ris-en, grant-ing great mer-cy un-to 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

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

Spirit.

Both now...  

Καὶ ὕψος

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

Χαίρε πύλη Κυρίου

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-joice; and cease not to pray Him, mak-ing en-trea-ty for them that wor-ship and praise_

Him that was born of thee.

When the day is over, the vendor sits down and counts his profits;

but the worker of virtue does so when the psalmody is over.

—St. John of the Ladder
Resurrectional Hypakoë

stonished in mind at the vision of the Angel,

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

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

O Thou Who art risen from the dead, Lord, glory be
Sunday Troparia - Plagal Second Mode

Glory...

Δόξα Πατρί

Both now...

Καὶ νῦν
Resurrectional Theotokion  Ὁ τὴν εὐλογημένην

hou, Who didst call Thy Moth-er bless-ed, cam-est of Thine

own free will un-to the pas-sion, shin-ing forth up-on the Cross, wish-
ing to seek__out Ad-am, and say-ing un-to the an-gels: Re-joice with

Me, for the drach-ma that was lost is found. Thou Who hast wise-ly or-
dered all______ things, glo-ry be____ to Thee._____

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

—St. Symeon the New Theologian
Resurrectional Hypakoë

Τῷ ἐκουσίῳ

Thou, as God, hast broken the gates of Hades and hast opened the ancient Paradise to us. And arising from the dead, Thou hast delivered our life from corruption.
Apolytikion of the Resurrection

Grave Mode

"Hxor barus "

Katelwzsa to staurw sou

B

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.stanthonymsmonastery.org/music/Menaion.htm
Text © 2007, Holy Transfiguration Monastery, Brookline, MA
Glory... 

Δόξα Πατρι

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

Both now...

Και νῦν

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

Resurrectional Theotokion

Άγια Θεοτόκι

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

Do thou lead up from the pit and abyss of offenses them that
hope in thee; for them 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.

Resurrectional Hypakoë

O ἡμετέραν μορφήν

hast 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.
Apolytikion of the Resurrection

Plagal Fourth Mode

Ἑξ ύψους κατῆλθες

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

- tion, O Lord, glory be to Thee.
Glory...

Δόξα Πατρι

G (Γ) (N) (Μ)
lo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Both now...

Καί νῦν

B (Μ) (N)
both now and ev - er, and un - to the ages of ages

A - men.

Resurrectional Theotokion

Ὁ δι’ ἡμᾶς γεννηθεὶς

Thou Who for our sakes wast born of a Virgin,

and didst suf - fer cru - ci - fix - ion, O Good One, and didst de -

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

—St. John Chrysostom
Resurrectional Hypakoë

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
Abbacum, Prophet 324
Abdias (Obadiah), Prophet 280
Abercius, Bishop of Hieropolis 171
Abraham, Patriarch 126
Abramius of the Kiev Caves, the Recluse 199
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<td>245</td>
</tr>
<tr>
<td>Vladimir, Great Prince of Kiev Equal to the Apostles</td>
<td>1044</td>
</tr>
<tr>
<td>Xenia of Rome</td>
<td>535</td>
</tr>
<tr>
<td>Xenia of St. Petersburg</td>
<td>537</td>
</tr>
<tr>
<td>Xenophon of Robeika</td>
<td>545</td>
</tr>
<tr>
<td>Zacchaeus, Apostle</td>
<td>778</td>
</tr>
<tr>
<td>Zacharias, Prophet, Father</td>
<td>23, 592</td>
</tr>
</tbody>
</table>
Glory be to God for all things.

Amen