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

Intonation: #4

Second Mode

The Holy Prophet Jeremias

May 1

Apolytikion

www.stanthonysmonastery.org/music/Menaion.htm

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Saint Tamara (Tamar)
Queen of Georgia

May 1

Apolytikion

Intonation: #8
Third Mode
"Thy confession"

Allegro \( \text{\textbf{L}:} 150 \)

Let the mountain-tops and vales of Georgia sound with
songs of praise to laud Tamara as the vessel of wisdom, the smiling sun, the sword of truth, the conversion of infi‐dels, the most har‐

Text © 2005, Holy Transfiguration Monastery, Brookline, MA

www.stanthonymonastery.org/music/Menaion.htm
mo-ni-ous reed-pipe of Je-sus Christ, and our fer-vent in-ter-ces-sor be-fore the King of Kings, en-
treat-ing Him to grant great mer-cy un-to us.
The Synaxis of the Three Martyrs of the Holy Mountain Euthymius, Ignatius, and Acacius

May 1

Apolytikion

Intonation: #1

First Mode

"The three most great luminaries"

Ye who are equal in number to the unoriginate Trinity stand now with the choirs of the Angels and hosts of Martyrs in boundless joy before the thrice-re-
splendid throne of the Godhead; wherefore, O most wise ones,
ye par-take of beams, from that awe-some maj-es-ty, and
grant un-to the faith-ful the di-vine en-light-en-ment from on
high, un-end-ing well-springs of heal-ings, and the
par-don of our griev-ous sins. O di- vine Eu-thy-mi-us,
Mar-tyr of Christ, with the wise Ig-na-tius, and God-in-
spired A-ca-ci-us, ye ev-er en-treat the
Lord God in be-half of all.
The Translation of the Holy Relics of Saint Athanasius the Great

May 2

Apolytikion

Intonation: #8

Third Mode

"Thy confession"

Thou wast Orthodoxy's steadfast pillar, holding up the Church with godly dogmas, O great Hierarch, for thou didst preach unto all that God the Son is one essence in very truth with God the
Fa- ther; thus thou didst shame A - ri - us. Right-eous

Fa- ther Ath-a-na-sius, do thou en-treat Christ God that

His great mer-cy may be grant-ed un-to us.
The Holy Martyrs
Timothy and Maura

May 3

Apolytikion

Intonation: #10

"Be quick to anticipate"

To Timothy let us faithful render homage today
together with Maura, his fellow contestant and wife, that
most faithful bride of Christ, lauding their brave steadfastness; for by crucifixion they followed with longing

www.stanthonyssmonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Let us examine during psalmody what kind of sweetness comes to us from the
demon of fornication and, on the other hand, what kind of sweetness comes to us from the words of the Spirit and from the grace and power contained in them.

- St. John of the Ladder
Saint Theodosius
Abbot of the Kiev Caves Lavra
Founder of Monasticism in Russia

May 3

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro  \( \frac{1}{\text{quarter notes}} \)

Raising thyself aloft upon virtue and having loved the monastic life from thy youth, thou didst valiantly attain to thy desire. Thou didst settle in a cave, and while adorning thy life with
fast - ing and pu - ri - ty, thou didst per - se - vere in
prayers like one of the bod - i - less. And
since thou hast shone forth in the Rus - sian land as a bril - liant lamp, O Fa - ther The - o - do - sius, pray Christ God that
our souls be saved.

May 3 - St. Theodosius of the Kiev Caves
The Holy Martyr Pelacia

May 4

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

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

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

Text © 2005, Holy Transfiguration Monastery, Brookline, MA

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

for Thy sake I die, that I may live

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

save our souls through her intercessions, since

Thou art great in mercy.
The Holy and Glorious
Great Martyr Irene

May 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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

&D G

Intonation: #19

Text © 2005, Holy Transfiguration Monastery, Brookline, MA

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

for Thy sake I die, that I may live

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

save our souls through her intercessions, since

Thou art great in mercy.
The Holy and Righteous
Job the Much-suffering

May 6

Apolytikion

Intonation: #1
First Mode

On behold-ing the rich- es of Job’s vir - tues, the en - e - my of the right -eous con-trived to de - spoil them; and though he cast down the tow - er of the Saint’s bod - y, he could not plun - der the wealth of his

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
spirit, for he found the soul of that blameless
one to be fully armed; but as for me, he hath
stripped me and led me captive away. Hasten,
then, before the end, rescue me from the
wily one, O Saviour, and save me.
The Commemoration of the Appearance of the Sign of the Cross

May 7

Apolytikion

Intonation: #1
First Mode

Allegro $\frac{1}{150}$

The image of Thy Cross at this time shone brighter than the sun, when Thou didst spread it out from the holy Mount of Olives to Calvary; and in making plain Thy might which is there-in, O Saviour, Thou didst
also by strength the faithful. Keep us always in peace, by the intercessions of the Theotokos, O Christ our God, and save us.
The Holy Apostle and Evangelist
John the Theologian
the Beloved Disciple and Virgin

May 8

Apolytikion
Second Mode

Intonation: #4

Apolostole Christou to Theou

O Apostle, beloved of Christ our God,

Has ten to deliver a defenceless people. He that allowed thee to recline on His breast, receivest thee bowing in intercession.
May 8 - St. John the Theologian

Im-plore Him, O The-o-logian, to dis-pel the per-sist-ent

cloud of the hea-then, and ask for us His peace and great

mer-cy.
The Holy Apostle and Evangelist
John the Theologian
the Beloved Disciple and Virgin

May 8

Kontakion

Intonation: #4
Second Mode

Allegro  \( \frac{\text{b} - 150}{\text{Un.}} \)

Who can tell ______ thy might-y works, O vir-gin Saint?

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.

Un.

Un.

Un.

Tά μεγαλεία σου

www.stanthonymonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
Saint Arsenius
the Great

May 8

Apolytikion

Intonation: #25

Plagal Fourth Mode

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

O Arsenius our righteous Father. Intercede with Christ God that our souls be saved.
The Holy Prophet
Esaías (Isaiah)

May 9

Apolytikion

Second Mode

Intonation: #4

As we cel - ebrate the mem - o - ry of Thy

Proph - et E - sai - as, O Lord, through him we be - seech Thee to

save our souls.
Bright with the gentleness and meekness of the Lamb, thou wast a shining light in dark and troubled storms, and little ships of souls found thee a haven, O Father Joseph. Anger never

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
stirred the sea of thy deep and unclouded heart, which reflected unobscured the divine mysteries from above. Now, since the Lord will do what thou askest, entreat Him to save us who reverence thee.
**The Holy Martyr Christopher**

**May 9**

**Apolytikion**

Intonation: #10

"Be quick to anticipate"

Made comely with garments woven from thy venerable blood,

thou standest before the Lord, the King of Heaven and earth, O famed Martyr Christopher. With the choirs of the Angels

and the Martyrs thou chantest, singing the thrice-holy
hymn and most awesome praises. Thus, by thine inter-
cessions with God, save us, thy worthless slaves.

SAINT CHRISTOPHER
The Holy Apostle
Simon the Zealot

May 10

Apolytikion

Third Mode

Intonation: #8

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

O holy Apostle Simon, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
Saints Cyril and Methodius
Apostles to the Slavic Lands

May 11

Apolytikion

Intonation: #10
Fourth Mode

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

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

www.stanthonymonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
unity of thought, to convert and reconcile the world to God, and to save our souls.
The Holy Hieromartyr
Mocius

May 11

Apolytikion

Intonation: #10
"The soldiers standing guard"

In serving Christ our King as a priest of His Myst'ries, thou wentest forth self-called unto contest, O Mocius, to offer thyself to Him through the pains of a willing death. Wherefore,
May 11 - St. Mocius

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

Intonation: #10

Fourth Mode

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

O God of our Fathers, ever dealing with us according

to Thy gentleness: take not Thy mercy from us,

but by their entreaties guide our life in peace.

\( \text{Un.} \)

\( \text{G} \)

\( \text{E} \)

\( \text{Un.} \)

\( \text{G} \)

\( \text{E} \)
The Holy Martyr Glyceria

May 13

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

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

D G

Diatonic

D

D G
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 Great Martyr
Isidore of Chios

May 14

Apolytikion

Intonation: #10

"Be quick to anticipate"

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

www.stanthonysonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
demons' strengthless presumption. 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"

Thou didst prove a chief pastor of the Chief Shepherd, Christ, guiding the flocks of monks unto the heavenly fold, whence thou learnt-est of the habit and the way of life that doth befit ascetic ranks; having

www.stanthonymonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
taught this to thy monks, thou now dancest and rejoicest with them in heavenly dwellings, O great Pachomius, our Father and guide.

Virtually all know the words of this psalm and they continue to sing it at every age, without knowing, however, the sense of what has been said. This is not a small charge, to sing something every day, putting forth words from the mouth, without searching out the meaning of the thoughts residing in the words.

- St. John Chrysostom
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Oh, that blessed alleluia of heaven that the angels chant where God dwells!

There, the harmony of those who hymn God with words and deeds is perfect! So let us take care to chant the alleluia with perseverance now, so that we will be counted worthy of chanting it with stillness then.

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

O Theodore, our God-bearing Father.

By fasting, vigil, and prayer thou didst obtain_
heavenly gifts, and thou healest the sick
and the souls of them that have recourse to thee with faith.
Glory to Him that hath given thee strength.
Glory to Him that hath crowned thee. Glory to Him that work-eth heal-ings for all through thee.
The Holy Apostles
Andronicus and Junia

May 17

Apolytikion

Intonation: #8

Third Mode

Allegro \( \text{\textit{C} \text{\textit{F} \text{\textit{D}}} \text{\textit{F}}} \)

O 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"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
demons’ strengthless presumption. O Christ God, by their
prayers, save our souls, since Thou art merciful.
The Holy Hieromartyr Patrick Bishop of Prusa and His Fellow Martyrs Acacius, Menander, and Polyaenus

May 19

Apolytikion

Intonation: #10
"Be quick to anticipate"

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
Pray gently and calmly,
sing with understanding and rhythm;
then you will soar like a young eagle high in the heavens.
Psalmody calms the passions and curbs the uncontrolled impulses in the body.

- Evagrios the Solitary
The Holy Martyr

Thalleleus

May 20

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crown of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.
Like a most precious treasure hidden many years

in the earth, thy venerable and miracle-flowing

relics were found, O most blessed Father and Hierarch Alexis; and receiving healing from them,
we are enriched and we glorify Christ, saying:

Glo - ry to Him Who glo - ri - fi - eth His Saints.

There is nothing upon earth holier, higher, grander, more solemn, more life-giving than the Liturgy. The temple, at this particular time, becomes an earthly heaven; those who officiate represent Christ Himself, the angels, the cherubim, seraphim and apostles.

- St. John of Kronstadt
Hav - ing seen the im - age of Thy Cross in Heav - en,

and, like Paul, hav - ing re - ceived the call not from men, Thine a - pos - tle a - mong kings en - trust - ed the com - mon-wealth to Thy hand, O Lord. Keep us al - ways in peace, by the in - ter -
cessions of the Theotokos, O only Friend of man.
The Holy Great Sovereigns
and Equals to the Apostles
Constantine and Helen

May 21

Kontakion

"On this day the Virgin"

On this day Saint Constantine and blessed Helen, his mother, have revealed the Cross, the Wood worthy of all veneration.

For the Jews, it is dishonour; but
faithful rulers have it as a weapon.

vanquishing their opponents. For our sakes hath it been shown forth as a great ensign, dread and most awesome in war.
The Holy Martyr
Basiliscus

May 22

Apolytikion

Intonation: #10

"Be quick to anticipate"

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

www.stanthonysonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
de-mons' strength-less pre-sump-tion. O Christ God, by his

prayers, save our souls, since Thou art mer-ci-ful.
Saint Michael the Confessor  
Bishop of Synnada  

May 23  

Apolytikion  

Guide of Orthodoxy, teacher of piety  

and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Michael, by thy teachings thou
hast enlight'en all, O harp of the Spirit.

Intercede with Christ God that our souls be saved.

May 23 - St. Michael the Confessor

SAINT MICHAEL THE CONFESSION

ΜΙΧΑΗΛ

†

ἡγίστῳ Σάλατος Ματθαίου

†

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

in his sufferings, Joseph in temptations,

and the life of the bodiless while in the bodiess
We should offer our prayers to God with fear and trembling, tears and sighs, and our voices when we chant should be sober, contrite, measured, and humble.

- St. Palladius
With wisdom hast thou made plain to all the Orthodox Faith

as that which alone hath been believed and honoured by all men,

always and everywhere, also showing heresy to be innovation, groundless and unstable
as a gust in a tempest. O Vincent, thine invincible prayers shelter the Church of God.
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
"Thou soughtest the heights"

Since we have obtained thy head as a most sacred
rose from out of the earth, O Fore-runner of grace, di-
vine, we receive sure heal-ings in eve-ry hour, O Proph-et of
God, the Lord; for a-gain, now as for-mer-ly, thou
preach-est re-pen-tance un-to all the world.
The Holy Apostle Carpus
of the Seventy

May 26

Apolytikion

Intonation: #8
Third Mode

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

\[ \text{O holy Apostle Carpus, intercede with the merciful God that He grant unto our souls forgiveness of offences.} \]
As a sharer of the ways and a successor to

the throne of the Apostles, O inspired

God, thou foundest discipline to be a means of ascent
to divine vision. Wherefore, having rightly di-
O chant unto our God, chant ye;
chant unto our King, chant ye. . .
O chant ye with understanding.

Psalm 46:6-7
Saint John the Russian  
The New Confessor

May 27

Apolytikion

Intonation: #10

Fourth Mode

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

He 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 Asia, 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

Intonation: #10
Fourth Mode

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

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

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

for Thy sake I die, that I may live

in Thee: accept me offered out of longing to

Thee as a spotless sacrifice. Lord,

save our souls through her intercessions, since

Thou art great in mercy.
In thee the image was preserved with exactness,

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

never look the flesh, for it passeth away, but
to attend to the soul since it is immortal. Wherefore, O righteous Isaacius, thy spirit rejoiceth with the Angels.
The Holy Martyr
Hermias

May 31

Apolytikion

Fourth Mode
"Be quick to anticipate"

May 31

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

www.stanthonymonastery.org/music/Menaion.htm
Text © 2005, Holy Transfiguration Monastery, Brookline, MA
de-mons' strength-less pre-summ-tion. O Christ God, by his
prayers, save our souls, since Thou art mer-ci-ful.