October
Holy Protection of the Theotokos

October 1 or 28

Apolytikion

First Mode

"While Gabriel was saying"

Tής σκέψης σου

Intonation: #1

D

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

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

Psalm 70: 23
Holy Protection of the Theotokos

October 1 or 28

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

Intonation: #24

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

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

shelt - 'reth with her shel - ter all her faith - ful

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

tec - tion most ra - di - ant.
The Holy Apostle Ananias

October 1

Apolytikion

Intonation: #8
Third Mode

Allegro \-\-150

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

October 1

Apolytikion

Intonation: #25
Plagal Fourth Mode

In thee the image was preserved with exactness,

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

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

www.stanthonyssmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Romanus, thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Cyprian
and the Virgin Martyr Justina

October 2

Apolytikion

Intonation: #10
Fourth Mode

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

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

even unto blood, O Hieromartyr Cyprian.

Intercede with Christ our God that our souls be saved.

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
Since thou hadst been instructed in uprightness thoroughly,
and wast vigilant in all things, thou wast clothed with a good conscience as befitting one holy. Thou didst draw from the Chosen Vessel inefable mysteries;
Un. and having kept the Faith, thou didst finish a like course, O Hieromartyr Dionysius. Intercede with Christ God that our souls be saved.
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 inefable mysteries;

Saint Hierotheus
Bishop of Athens

October 4

Apolytikion

Intonation: #10
Fourth Mode

Allegro $\frac{\text{b} \text{-} 150}{\text{b} \text{-} 150}$
and having kept the Faith, thou didst finish a like course, O Hieromartyr Hierotheus. Intercede with Christ God that our souls be saved.
Saint Charitina

October 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer
for Thy sake, that I may reign with Thee;
for Thy sake I die, that I may live
in Thee: accept me offered out of longing to
Thee as a spotless sacrifice. Lord,
save our souls through her intercessions, since
Thou art great in mercy.
The Holy Hierarchs of Moscow
Peter, Alexis, Jonas, Philip, Hermogenes, and Tikhon

October 5

Apolytikion

Intonation: #10
Fourth Mode
(soft chromatic)

Allegro \( \frac{\text{L}}{\text{4}} \)–150

Pre-lates of Russia, true keepers of the apostolic traditions, unshakeable pillars, teachers of Orthodoxy, O Peter, Alexis, Jonas, Philip, Hermogenes, and Tikhon,
When you approach a king,
you stand before him bodily, entreat him orally,
and fix your eyes upon him, thus drawing to yourself his royal favour.

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

Theoliptos, Metropolitan of Philadelphia
The Holy Apostle Thomas

October 6

Apolytikion

Intonation: #8
Third Mode

Allegro  \( \frac{\text{\textbf{C}}}{\text{\textbf{F}}} \)

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

www.stanthonysmonastery.org/music/Menaion.htm
The Holy Martyrs
Sergius and Bacchus

October 7

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
It was explained to the blessed Epiphanius, bishop of Cyprus, by the abbot of the monastery he had in Palestine: "In accordance with your instructions we have not neglected our rule, but diligently discharge Terce, Sext, and None." However, Epiphanius corrected them and made it clear to them, saying: "You obviously neglect the other hours of the day when you refrain from prayer, for the true monk must have prayer and psalmody in his heart without ceasing."

- *Apophthegmata Patrum*
Saint Pelagia
the Former Courtesan

October 8

Apolytikion

Intonation: #25

Plagal Fourth Mode

In thee the image was preserved with exactness,

O Mother; for taking up thy cross, thou didst

follow Christ, and by thy deeds thou didst teach us to o -

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

www.stanthonysmonastery.org/music/Menaion.htm
to attend to the soul since it is immortal. Wherefore, O righteous Pelagia thy spirit rejoiceth with the Angels.
The Holy Apostle James
the Son of Alphaeus

October 9

Apolytikion

Intonation: #8
Third Mode

Apoloúste àghie

O ho-ly A-pos-tle James, in-ter-cede with the
mer-ci-ful God that He grant un-to our souls for-
give-ness of of-fenc-es.
Saints Andronicus and Athanasia

October 9

Apolytikion

Intonation: #13

Plagal First Mode

"Let us worship the Word"

 Ye adorned your divinely wrought robe of chastity with

the sublime varied colours of sacred virtues in

God, when with one accord ye strove in the ascetic life. Wherefore, your silence on the earth was re-
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
Allegro

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 flourishing faith in the
Everlasting Light, Who shone forth to us from thy seed. Do thou entreat Him with fervour, that He enlighten us and save our souls.
The Holy Martyrs
Eulampius and Eulampia, His Sister

October 10

Apolytikion

Intonation: #10

Fourth Mode

"Be quick to anticipate"

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

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

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

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

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

October 10

Apolytikion

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

For your greatness in prayer and humility and love, for
your ascetical firmness and Orthodoxy of
faith, God hath given His exceeding wondrous gifts to
you as unto Prophets of His will, as to
October 10 - Synaxis of the Fathers of Optina

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

Wherefore enlighten us also, O universal lights of Optina.
Sunday of the Holy Fathers
of the Seventh Ecumenical Council

October 11-17

Apolytikion

Intonation: #25
Plagal Fourth Mode

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

Most glorified art Thou, O Christ our God,

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

www.stanthonyssmonastery.org/music/Menaion.htm
One, glory be to Thee.
The preaching of the Apostles and the doctrines of the Fathers confirmed the one Faith in the Church. And wearing the garment of truth, woven from the theology, on high, she...
right - ly di - vid - eth and glo - ri - fi - eth the great
myster - y of pi - e - ty.
Saint Theophanes the Branded

October 11

Apolytikion

Intonation: #25
Plagal Fourth Mode

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

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

- St. Basil the Great
The Holy Apostle Philip

October 11

Apolytikion

Intonation: #8

Third Mode

Allegro

O holy Apostle Philip, intercede with the merciful God that He grant unto our souls forgiveness of offenses.
Since thou hadst received within thy pure soul God's enlightenment, O righteous Father, thou wast shown to the world as a blazing light which drove away its thick darkness and moved all men to seek the
grace of the Spirit which they had lost. O all-holy Father Symeon, intercede with Him to grant great mercy unto us who honour thee.
All the powers of Heaven were awe-struck and amazed at the achievement and deeds of the holy Martyrs of Christ; for contending well in mortal bodies clothed with flesh, they overcame the fleshless foe by the
When it happens to me that the song moves me
more than the thing which is sung, I confess
that I have sinned blamefully and then
prefer not to hear the singer.

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

October 13

Apolytikion

Intonation: #10
"Be quick to anticipate"

October 13

www.stanthonysmonastery.org/music/Menaion.htm
O Christ God, by their prayers, save our souls, since Thou art merciful.
The Holy Martyrs
Nazarius, Gervasius, Protasius, and Celsus

October 14

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

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

- St. Basil the Great
Saint Cosmas
the Hymnographer

October 14

Apolytikion

Intonation: #25

Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety

and holiness, luminary of the

world, God-inspired adornment of hierarchs, O wise Cosmas, by thy teachings thou
hast enlightened all, O harp of the Spirit.

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

October 15

Apolytikion

Fourth Mode
"Be quick to anticipate"

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

www.stanthonyssmonastery.org/music/Menaion.htm
For since human nature rejects
and avoids what is difficult, even if beneficial,
and accepts virtually nothing unless it seems to offer pleasure,
through David the Lord prepares from men this potion which is sweet
by reason of its melody and effective in the cure of disease by reason of its strength. For a psalm is sweet to the ear, it penetrates the soul when it gives pleasure, it is easily remembered when sung often, and what the harshness of the Law cannot force from the minds of man it excludes by the suavity of song. For whatever the Law, the Prophets and even the Gospels teach is contained as a remedy in the sweetness of these songs.

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

October 16

Apolytikion

Intonation: #10
"Be quick to anticipate"

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

www.stanthonysmonastery.org/music/Menaion.htm
demon's strengthless presumption. O Christ God, by his
prayers, save our souls, since Thou art merciful.
The Holy Prophet Hosea

October 17

Apolytikion

Second Mode

Intonation: #4

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

www.stanthonyssmonastery.org/music/Menaion.htm
Trained on the mountain in ascetic labours, with the whole armour of the Cross

thou didst vanquish the spiritual arrays of unseen enemies; and when thou hadst stripped thyself with great

October 17

Apolytikion

"Thou Who wast raised up"
Courage for contest, thou didst slay Cyprian
us with the sword of the true Faith. For
both these things hast thou been crowned by God, O righteous Mar-
tyr, blest Andrew of great renown.
Saint Susanna
Queen of Georgia

October 17

Apolytikion

Plagal First Mode
"Let us worship the Word"

Intonation: #13

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

Let us honour Susanna, the wise hand-maid of God, the godly boast of Iberia, the bright lamp of the Faith, the far-shining and great beacon of true piety. For, by her confession of the Truth, she hath

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

But sometimes, if untimely and immoderate, it lends itsleff to the lure of pleasure.

Let us then appoint definite times for this, and so make good use of it.

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

October 18

Apolytikion

Intonation: #8

Third Mode

Allegro \( \downarrow 150 \)

\( \text{C} \)

O holy Apostle and Evangelist Luke,

\( \text{D} \)

intercede with the merciful God that He

\( \text{F} \)

grant unto our souls forgiveness of offenses.
As we celebrate the memory of Thy Holy Prophet Joel, O Lord, through him we beseech Thee to save our souls.

The Holy Prophet Joel

October 19

Apolytikion

Second Mode

Intonation: #4

Allegro  \( \frac{1}{150} \)
The Holy Martyr
Varus

October 19

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy 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

www.stanthonyssmonastery.org/music/Menaion.htm
October 19 - St. Varus

E

G

E

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

demons' strength - less pre - sump - tion.
Thy 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,
fast - ing, and tears. O Fa - ther John,
in - ter - cede with Christ our God for our souls.

SAINT JOHN OF RILA
Saint John of Kronstadt

October 19

Apolytikion
(text composed by St. John Maximovitch)

Intonation: #10
Fourth Mode

Allegro 150

O wonder-worker living in Christ for ever, with

love have mercy on them that are in danger; hear thy

children who call upon thee with faith; be thou compas-

sionate unto them that hope for aid from thee, O Fa-

ther
John of Kronstadt, our beloved shepherd.
The Holy Great Martyr
Artemius

October 20

Apolytikion

Intonation: #10

"Be quick to anticipate"

Thy Martyr, O Lord, in his courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the
October 20 - St. Artemius

de-mons' strength-less pre-sump-tion. O Christ God, by his prayers, save our souls, since Thou art mer-ci-ful.
Let us the faith-ful praise the di-vine Ger-as-imus, who hath been new-ly re-vealed to us as a pro-tect-or of the Or-tho-do-x, an an-gel in the flesh, and a God-bear-ing won-der-work-er. For he wor-thi-
ly received from God the un-failing gift of healing;

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

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

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

- St. Basil the Great
Saint Abercius
Bishop of Hieropolis

October 22

Apolytikion

Intonation: #10
Fourth Mode

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

October 22

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

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

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since they possessed Thy

strength, they cast down the tyrants and wholly destroyed the

www.stanthonysmonastery.org/music/Menaion.htm
October 22 - Seven Youths of Ephesus

de-mons' strength-less pre-summ-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
St. James
the Brother of God

October 23

Apolytikion

Intonation: #10

Fourth Mode

As a disciple of the Lord, O righteous one,

thou hast received the Gospel. As a Martyr thou art

never turned away. As the Brother of God thou hast

boldness. As a hierarch thou canst intercede. Do thou

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

October 24

Apolytikion

Intonation: #1
First Mode

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

October 25

Apolytikion

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
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

Mégayn eúrató

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

Intonation: #8

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

As thou didst humble Lyaeus’s arrogance and

www.stanthonyssmonastery.org/music/Menaion.htm
gav-est bold-ness to Nes-tor in the sta-di-um,

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

October 26

Apolytikion

Intonation: #25
Plagal Fourth Mode

Allegro \( \text{♩ \text{-} \text{♩ \text{-} \text{♩ \text{-} \text{♩}} \)\}

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

Friend of man.
God, Who hath given thee invincible strength, O Demetrius, hath adorned the Church with the royal purple of the streams of thy blood and hath kept thy city unharm,
Allegro

"Be quick to anticipate"

The Holy Martyr

Nestor

October 27

Apolytikion

Fourth Mode

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

strength, he cast down the tyrants and wholly destroyed the
He who is not alone, but is with others,
cannot derive so much benefit from psalmody
as from internal prayer; for the confusion
of voices renders the psalms indistinct.

- St. John of the Ladder
O Virgin, 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.

Holy Protection of the Theotokos

October 1 or 28

Apolytikion

First Mode

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

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

Psalm 70: 23
Holy Protection of the Theotokos

October 1 or 28

Kontakion

Plagal Fourth Mode
"To Thee, the Champion Leader"

Intonation: #24

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

www.stanthonyssmonastery.org/music/Menaion.htm
shelt-reth with her shelter all her faithful

flock and preserveth them unharmed from all calamities, as they cry to her: Rejoice, Protection most radiant.
The Holy Martyrs
Terence, His Wife Neonilla, and Their Seven Children

October 28

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
de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Saint Stephen
of Mar Sabbas Monastery

October 28

Apolytikion

Intonation: #25
Plagal Fourth Mode

Guide of Orthodoxy, teacher of piety
and holiness, luminary of the world, God-inspired adornment of hierarchs, O wise Stephen, by thy teachings thou
hast en - light - ened all, O harp of the Spir - it.

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

October 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

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.
In thee the image was preserved with exactness,

O____ Father; for taking up thy cross, thou didst

follow Christ, and by thy deeds thou didst teach us to o-

ver__look_ the__ flesh, for it pass-eth a-way, but

Saint Abramius

October 29

Apolytikion

Intonation: #25
Plagal Fourth Mode

www.stanthonysonastery.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

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

de-mons' strength-less pre-sump-tion. O Christ God, by their
The Holy Apostles of the Seventy:
Stachys, Apelles, Amplias, Urban,
Narcissus, and Aristobulus

October 31

Apolytikon

Intonation: #8
Third Mode

Apolytikon

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

October 31

Apolytikion

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

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

www.stanthonysonastery.org/music/Menaion.htm
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
Sunday of the Holy Fathers of the Seventh Ecumenical Council

October 11-17

Vespers Doxasticon

Intonation: #20

Plagal Second Mode

Δόξα... Τάς μυστικάς

Neh Glory to the Father, and to the Son, and to the Ho -
Let us acclaim today those mystical trumpets of the Spirit, namely the God-bearing Fathers, who, in the midst of the Church, sang a harmonious song of theolo...
October 11-17 - Sunday of the Holy Fathers

Lord that our souls find mercy.

www.stanthonysem.org/music/Menaion.htm
Entreaty Doxasticon

Intonation: #8

Andante \( \frac{\dot{4}}{\dot{8}} \)

Third Mode

Δόξα... Ἀποστολικῶν

Glo - ry ___ to ___ the Fa - ther, and

to ____ the ____ Son, __ and ______ to ___

the ____ Ho - ly Spir - it.

Ye have be - come ___ ex - act keep - ers

of the ap - os - tol - lic ___ tra -

di - tions, ___ O ____ Ho - ly Fa -

thers; ___ for when ye set forth in ___

October 11-17 - Sunday of the Holy Fathers

www.stanthonymonastery.org/music/Menaion.htm
council the dogma of the consubstantiality of

Holy Trinit ministry

in Orthodox fashion

ye cast down the blasphemy of Arius. Then, after convicting Macedonius, the enemy of the
Holy Spirit, ye condemned

Nestorius, Eutyches, Dioscorus, Sabellius, and Severius

the headless. Wherefore, make

ye entreaty that we be

delivered from their error, and that our life be pre-
served blameless in the Faith, we pray.

Entreaty Theotokion

Third Mode

Allegro \( \text{\textquotesingle}\text{\textquotesingle}160 \)

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

O Theotokos, thou protection of all thy suppliants: In thee do we trust, in thee do we boast, in thee is all our hope. For the sake of thine un-
profitable servants, intercede with Him

that was born of thee.
Vespers Aposticha Doxasticon

Intonation: #11
Fourth Mode

Δόξα... Τὴν ἐτήσιον

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly

Spir - it.

O ye as - sem-bles of the Or - tho - dox, let us

cel - e-brate to-day with faith and pi -

e - - ty the an-nu-al me-mo - ri -

al of the God-bear - ing Fa - thers
who, in the illustrious city of Nicæa, came together from the whole inhabited world.

For with pious mind they refuted the godless dogma of the grievous Arians, and by synodal decree banished him from the Catholic Church. And they instructed
all to openly confess the consubstantial and coeternal Son of God, Who existed before the ages. This, in exactness and piety, did they set forth in the Symbol of Faith. Wherefore, following their divine doctrines and believing with assurance, we worship,
in one God-head, the Fa - ther, Son, and All - - -

ho - ly__ Spir - - - - it, the Trin -

i - ty________ one in__ es - - - -

Vespers Aposticha Theotokion

Both now and ev - er, and un - to the ag - es of


In - cline to the en - trea - ty of thy sup - pli - ants, O all -
blame-less one. Make to cease the up - ris - ing of af - flic -
tions that come up - on us, and de - liv - er us
from all man - ner of grief. For thee a - lone do we
have as a se - cure and sure an - chor, and we have thy pro -
tec - tion. Let us not be put to shame, O La - dy, as we
call up - on thee. Has - ten at the en - trea - ty of
those who faith - ful - ly cry to thee: Re - joice, O La -
dy, thou help of all, thou joy and shel - ter and sal - va - tion
of our souls.
Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro \( \frac{1}{4} \) 160

Δοξα... Υπερδοξασμένος ει

Glo - ry to the Fa - ther, and to the Son, and to the Ho -

ly__ Spir - it.

Most glo - ri - fied art Thou, O____ Christ__ our__ God,

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 - ci - ful

One, glo - ry__ be__ to__ Thee.

Note: This apolytikion is preceded by Glory to the Father... when chanted in Vespers and Orthros but not when chanted in the Liturgy.

www.stanthonysmonastery.org/music/Menaion.htm
Both now and ever, and unto the ages of ages. Amen.

O Thou Who for our sakes wast born of a Virgin,
and didst suffer crucifixion, O Good One, and
didst depose death by death, and as God, didst reveal the Resurrection: Disdain them not which Thou hast fashioned with Thy hand; show us Thy love for man-
kind, O Merciful One; accept the Theotokos that gave Thee birth, who intercedeth for us; and do Thou, our Saviour, save a despairing people.

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
Kontakion

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 divideth and glorifieth the great mystery of piety.

October 11-17 - Sunday of the Holy Fathers

www.stanthomysmonastery.org/music/Menaion.htm
Doxasticon of the Praises

Intonation: #26

Plagal Fourth Mode

Δόξα... Τῶν Ἁγίων Πατέρων

When the choir of the Holy Fathers

flocked from the ends of the inhabited world, they proclaimed the

Glory to the Father, and to the

Son, and to the Holy Spirit.

October 11-17 - Sunday of the Holy Fathers

www.stanthonyssmonastery.org/music/Menaion.htm
The doctrine of the One Essence and
One Nature of the Father, Son, and Holy Spirit, thereby
delivering plainly to the Church the mystery of the
olologogy. As we ac
claim them in faith, let us
call them blessed, say

www.stanthonyssmonastery.org/music/Menaion.htm
October 11-17 - Sunday of the Holy Fathers

Intercede ye fervently October 11-17 - Sunday of the Holy Fathers

www.stanthonysonastery.org/music/Menaion.htm
in behalf of our souls.

Continue with *Both now...* and *Most blessed art thou* in the mode of the week on pages 888-898 in our Orthros book.
SAINT DEMETRIUS
THE MYRRH-STREAMER

October 26

Vespers Stichera Doxasticon

Intonation: #20  Plagal Second Mode

Δόξα... Σήμερον συγκαλεῖ

Neh______ Glo - - - - ry to the Fa - ther, and to____ the____ Son, and to the Ho -
On this day the universal festival of the prize-winner calleth us together. Come, therefore, O ye feast-lovers, let us joyously celebrate his memory and say: Rejoice, thou who by faith
rent - est in twain the gar -

ment of im - pi - e - ty,

and didst gird thy - self with the cour - age

of the Spir - it. Re - joice,

thou who didst de - stroy the de - vic - es of

the law - less through the might

giv - en thee by the on - ly

God. Re - joice, thou

www.stanthonyssmonastery.org/music/Menaion.htm
whose members were pierced with a spear, spiritually depicting

blessed Passion of Christ. Do thou entreat Him, O Demetrius, adornment of athletes, that we be delivered

ered from visible and invisible
Vespers Stichera Theotokion

Plagal Second Mode

Both now and ever, and unto the a - ges of a - ges.

A - men.

O all - ho - ly La - dy, help of the world and hope of Chris -
tians, thee do we now beseech and thee do we suppliant, O good

one, that thou make thy Son and Lord gracious unto us who

have sinned and are in despair, O

Theotokos; for thou canst do so by using thy boldness with

Him as His Mother...
Diatonic

Diatonic

has ten, O immaculate Virgin, Hasten to me - diate and rescue thy people from the peril that is come upon us; for thy tender compassion's sake, disdain not those who praise thee.
For the Entreaty

Intonation: #1

Andante \( \text{\textbf{\textdsc{\textit{D}}}} \quad \text{\textbf{\textdsc{\textit{C}}}} \quad \text{\textbf{\textdsc{\textit{D}}}} \)  

Be glad in the Lord, O City of Thessalonica; Rejoice and dance, be adorned in splendour and faith, for in thy bosom thou holdest as a treasure Demetrious, the glorious athlete and witness to the truth. Welcome his miracles, as thou be -

For the Entreaty

First Mode

Eύφραίνου ἐν Κυρίῳ

www.stanthonymonastery.org/music/Menaion.htm
hold - est the heal - ings; and
see him dash - ing down bar - bar - i - an au - dac - i - ty, and cry thou un -
to the Sav - iour thank - ful - ly: O Lord,
glo - ry be to Thee.

Entreaty #2
First Mode

Let us bright - en this pre - sent day with the cheer - ful - ness of song, and let us make the
struggles of the Martyr to

re-sound; for the great Demetrius is

brought before us to be acclaimed. For manfully driving back the

violence of the tyrants, he sprang eagerly into the contest; and having gloriously carried off the tro-
Entreaty Doxasticon

Intonation: #7

Andante ♩=88

Second Mode

Δόξα Πατρί

Glority to the Father, and

to the Son, and to the Holy

Spirit.

Eἰς τὰ ὑπερκόσμια

Christ God hath brought thy blameless spirit

[Music notation]
in to the tabernacles beyond the world, O wise

us; for thou becamest a champion of the Trini-

ty when thou didst manfully contend in

the fray steadfast as adamant. And when

thou wast pierced with a spear in thy pure side, O allven-
erable one, imitating Him Who was

stretched upon the Tree for
the salvation of all the world, thou didst receive the power to work miracles, and thou

grantest abundant healings unto men.

Therefore, as we celebrate thy falling asleep today, we rightly glorify the Lord, Who

hath glorified thee.
Entreaty Theotokion

Second Mode

Kαὶ νῦν... Ὡ τοῦ μεγίστου

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

O great mystery! Behold --

--ing the wonders, I pro-

claim the Divinity and do not deny the humanity. For as man,
Emmanuel hath opened the gates of nature, and as God He hath not broken the bars of virginity. As He entered through the hearing, thus did He come forth from the womb; as He was conceived, thus was He incar...
nate. Impassively did He enter, ineffably did He come forth, according to the Prophet who said: This gate shall be shut, and no one shall pass through it, save the Lord God of Israel, Who hath great mercy.
Apostich #1

Intonation: #7

Andante ˙ \( \text{94} \)

Second Mode

Τῆς γῆς συνταρασσομένης

When the earth is troubled for fear of thy wrath, the hills and mountains quake, O Lord. But look upon us with eyes of compassion, and be not wroth with us in Thine anger; and taking compassion on the creation of Thy hands, deliver us from the terrible

www.stanthony manslaughter.org/music/Menaion.htm
threat of earthquake, since Thou art good

and the Friend of man.

Aposticha #2

Thou madest the earth to quake and didst trouble it.

Terrible art Thou, O Lord, and who shall

withstand Thy just wrath? Or

who shall beseech Thee, or who shall

supplicate Thee, O Good
One, in behalf of a sinful and despairing people? The heavenly orders, Angels, Principalities, Authorities, Thrones, Dominions, the Cherubim, and the Seraphim cry unto Thee for us: Holy, Holy, Holy art Thou, O
Lord; disdain not the works of Thy hands, O Good One; for Thy tender compassion's sake,
save Thy flock which is in peril.

Aposticha #3

Intonation: #20

Who look-eth on the earth and maketh it tremble.

Diatonic

Plagal Second Mode

Ὁ ἐπιβλέπων... Νινεύται
The Ninevites heard the threat of burial by an earthquake, because of their transgressions; but in that meditative sign wrought in the sea-monster, repentance brought the Resurrection to their aid through Jonas.

Even as Thou tookest pity on them, and didst accept the cry of Thy people.
Diatonic

plegether with infants and

cattle, spare us also

who have been chastened, and have

mercy on us through Thy Resurrection on the third day.

Aposticha Doxasticon

Intonation: #26

Plagal Fourth Mode

Δόξα... Ἐχει μέν

Glo - ry to the Fa - ther, and

to the Son, and to the
Holy Spirit.

Thy most divine and blameless soul, O celebrated Demetrius, hath for its dwelling the heavenly Jerusalem, whose walls have been painted on the immaculate hands of the invisible God.
And thine all - ven - er - a - ble and much - suf - - fer - ing bod - - y

hath this fa - mous tem - - ple on

earth as an in - vi - o - la - ble treas - ur - y

of mir - a - cles and a rem - e -

dy of mal - l - a - dies, where-

un - to we has - ten and draw

forth heal - ings. Do thou guard from the
as assaults of adversaries thy

flock which magnifieth thee,

all famed Martyr, since thou

hast boldness with Christ, Who hath

glorified thee.

Aposticha Theotokion

Allegro ∞ 140

Both now and ever, and unto the ages of

ag es. Amen.
O unwedded Virgin, who inexpressibly conceived God in the flesh, O Mother of the Most High God: Receive the petitions of thy suppliants,

O all-blameless one. O thou who grantest unto all purification from offences, receive now our entreaties, and beseech that we all be saved.
A great champion hath the whole world found thee to be when in grave perils; for thou dost put to flight the heathen, O victorious one.

As thou didst humble Lyaeus's arrogance and gavest boldness to Nestor in the stadium,

thus, O holy Great Martyr Demetrius, do thou entreat Christ God that we be granted great mercy.
Glory to the Father, and to the Son, and to the Holy Spirit.

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

Apolytikion of the Earthquake

Plagal Fourth Mode

O Thou Who lookest upon the earth and makest it tremble, deliver us from the fearful menace of earthquake, O Christ our God, and by the
intercessions of the Theotokos, send down upon us Thy mercies in abundance, O only

Friend of man.
Orthros Prokeimenon*

Intonation: #9

Fourth Mode

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

Won - drous is God in His saints.

Canonarch:

In the saints that are in His earth hath the Lord made won - drous.

First Choir:

Won - drous is God

Second Choir:

in_ His_ saints.

* This Prokeimenon is chanted after the First Antiphon in Fourth Mode "From my youth..." Sticheraric (long) and heirmologic (brief) melodies for the First Antiphon are available online at: http://www.stanthonyssmonastery.org/music/OrthrosSpecial.htm
Pentecostaria*  

Intonation: #4  
Second Mode  

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

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By the in - ter - ces - sions of the prize-win - ner, O Mer - ci - ful One, blot out the mul - ti - tude of mine of - fen - ces.

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Both now and ev - er, and un - to the ag - es of ag - es. A - men.

* For longer versions of these Pentecostaria, go to: http://www.stanthonyssmonastery.org/music/OrthrosSpecial.htm
By the intercessions of the Theotokos, O Merciful One, blot out the multitude of mine offenses.

Orthros Idiomelon

Intonation: #7

Second Mode

Have mercy on me, O God, according to Thy great mercy, and according to the multitude of Thy compassions, blot out my transgressions.

Christ God hath brought thy blameless spirit

www.stanthonyssmonastery.org/music/Menaion.htm
in - to the tab - er - na - cles be - yond_ the_ world, O wise
Mar - - - tyr De - me - - - tri - - - us; for thou be - cam - est a cham - pi - on of the Trin -
i - ty when thou didst man - full - ly con - tend_ in
the_ fray stead - fast as ad - a - mant. And when
thou wast pierced with a spear in thy pure side, O all - ven -
er - a - ble_ one, im - i - tat - ing Him Who was
stretched_ up - on the_ Tree_ for
the salvation of all the world, thou didst receive the power to work miracles, and thou
grantest abundant healings unto men.
Wherefore, as we celebrate thy falling asleep today,
we rightly glorify the Lord, Who glorified thee.
Kontakion of St. Demetrius

God, Who hath given thee invincible strength, O Demetrius, hath adorned the Church with the royal purple of the streams of thy blood and hath kept thy city unharmed, for thou art the support there-of.
Deliver us all from earthquakes, O Lord, and from wounds unbearable on account of our sins, and spare Thy people whom Thou hast purchased with Thy Blood, O Master; and deliver not Thy city to destruction by terrible earthquakes, 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.
against you.
Andante

Doxasticon of the Praises

Intonation: #11

Fourth Mode

Δόξα Πατρι

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

Let us honour Demetrius, most wise in his teachings, and crowned among Martyrs, who by the spear inherited the grace of that
saving side pierced with a spear, from which the Saviour maketh the waters of life and incorruptible initiation to flow forth for us. Let us honour him that through blood finished the course of his contest, and shineth brightly with miracles throughout the whole world; who was zealous for the
Master, and a compassionate friend of the poor; the protector of the Thessalonians in their many lo-ni-ans in their man-y and frequent griefs and per-

As we honour his annual me-mo-ri-ri-al, we glo-

Christ God, Who through him work-eth heal-ings for all.
Theotokion of the Praises

Intonation: #9

Allegro \( \text{\textit{\textbf{\text{\textcaption{Fourth Mode}}}}} \)

\( \text{\textit{\textbf{\text{\textcaption{Kai vòv...}}} }} \)

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

O Mother of Christ our God, who gavest birth to the Creator of all, deliver us from our necessities, that we may all cry to thee:

Rejoice, O only protection of our souls.