September
The Beginning of the Indiction

September 1

Apolytikion

Second Mode

O πάσης Δημιουργός

Intonation: #4

Allegro ∙ 150

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

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

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September 1 - Beginning of the Indiction

cessions of the The-o-to-kos, and save us.

The Panagia of Arizona
St. Symeon the Stylite

September 1

Apolytikion

Intonation: #1

First Mode

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

in his sufferings, Joseph in temptations,

and the life of the bodiless while in the bod-

Allegro \( \frac{\dot{\text{d}}}{\text{d}} 150 \)

D
y. O Sym-e-on, our right-eous Fa- ther, in- ter-
cede with Christ. God that our souls be saved.
The Beginning of the Indiction

September 1

Kontakion

Fourth Mode

"Thou Who wast raised up"

O twν αιώνων ποιητής

O God of all, Thou Who hast made all the ages, O Sov' reign Lord, truly transcendent in essence, bestow Thy grace and blessing on the year to come; and, O Most Compassionate, in Thine
infinite mercy save all them that worship Thee,

Who alone art our Master, and that with fear, O

Saviour, cry to Thee: Grant unto all men a

fruitful and godly year.

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

Col. 3:16
St. Symeon the Stylite

September 1

Kontakion

Intonation: #4

Second Mode

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

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

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cease-less-ly pray-est Christ God for us all.

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

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

September 1

Apolytikion

Grave Mode

Rejoice, thou who art full of grace, O Virgin Theotokos, haven and protection of the race of man; for the Redeemer of the world became incarnate of thee; for thou alone art both mother and virg...
gin, ever blessed and glorified. Inter-

cede with Christ, God that peace be granted unto all_

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

September 1

Apolytikion

Second Mode

Intonation: #4

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

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

September 2

Apolytikion

Intonation: #10
"Be quick to anticipate"

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

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

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

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

September 3

Apolytikion

Intonation: #10
Fourth Mode

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

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

Intonation: #10

Fourth Mode
"Be quick to anticipate"

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

In holiness consecrated unto God from thy youth,

O wise Theoctistus, thou didst hate attachment to all things vain and corruptible. Hence, while shining brightly in divine prayer and stillness, thou wast a strict train-

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

ST. EUTHYMIUS THE GREAT
The Holy Prophets
Moses and Aaron

September 4

Apolytikion

Second Mode

Intonation: #4

As we celebrate the memory of Thy

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

Thee to save our souls.

www.stanthonyssmonastery.org/music/Menaion.htm
The Holy Hieromartyr Babylas
Bishop of Antioch

September 4

Apolytikion

Intonation: #10
Fourth Mode

As a sharer of the ways and a successor to

the throne of the Apostles, O inspired of

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

Intercede with Christ our God that our souls be saved.

Our psalmody should be angelic, not unspiritual and secular.
For to psalmode with clamour and a loud voice
is a sign of inner turbulence.

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

September 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

In the vesture of a priest, according to the Law of God, thou didst offer unto Him well-pleasing whole-burnt offerings, as it befitted a priest, O wise Zacharias. Thou wast a

www.stanthonymonastery.org/music/Menaion.htm
shining light, a seer of mysteries,
bearing in thyself clearly the signs of grace; and in God's temple, O wise Prophet of Christ God, thou wast slain with the sword. Hence, with the Forerunner, make entreaty that our souls find salvation.

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

September 6

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Supreme Commander of the Hosts of the Heavens, we, the unworthy, importune and beseech thee that by thy supplications thou ens

The Commemoration of the Miracle by the Archangel Michael in Chonae

September 6

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

Supreme Commander of the Heavens, we, the unworthy, importune and beseech thee that by thy supplications thou ens

www.stanthonyssmonastery.org/music/Menaion.htm
Immaterial glory, guarding us who now fall down and cry to thee with fervour: Deliver us from dangers of all kinds, as the great marshals of the heavenly hosts on high.
The Forefeast of the Birth of the Theotokos

September 7

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

From the root of Jesse and the loins of David

the great king, Mary, the child of God, is

born for our sake on this day. Hence, all creation exulteth

on its renewal. Both Heaven

[Music notation provided]
and the earth Re-joice to-geth-er now.

Praise-her, O ye tribes of na-tions here-

be-low. The right-eous Jo-a-chim re-joic-eth, and

An-na keep-eth feast, cry-ing out: The bar-ren

bear-eth the The-o-to-kos, the nour-ish-

er of our life.
The Forefeast of the Birth of the Theotokos

September 7

Kontakion

Fourth Mode

"On this day Thou hast appeared"

Intonation: #8

Allegro

F

G

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

September 7

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.stanthonyosmonastery.org/music/Menaion.htm
œmons' strength-less presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
Saint Macarius of Optina

September 7

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

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

Though a perfect man in years and wisdom, thou didst put thyself under submission in thy love for the life of obedience; and when the Most High beheld thy humility, He gave thee

www.stanthonyssmonastery.org/music/Menaion.htm
wisdom and holiness greater still. O divinely blessed Father, all wise Macarius, entreat Christ God to grant great mercy unto us.
The Birth of the Theotokos

September 8

Apolytikion

Fourth Mode

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

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

life ever-lasting.

September 8 - Birth of the Theotokos

Final cadence:

life ever-lasting.

life ever-lasting.
The Birth of the Theotokos

September 8

Kontakion

Intonation: #10

Fourth Mode

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

Joachim and Anna were freed from the reproach of childlessness, and Adam and Eve from the corruption of death, O immaculate one, by thy holy Nativity, which thy people, redeemed from the guilt of offences,
celebrate by crying to thee: The barren woman
giveth birth to the Theotokos, the nourisher
of our life.
As we celebrate the memory of Thy righteous Ancestors, O Lord, through them we beseech Thee to save our souls.
The Holy Martyrs
Menodora, Metrodora, and Nymphodora

September 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.stanthonysonastery.org/music/Menaion.htm
When, indeed, the Holy Spirit saw that the human race was guided only with difficulty toward virtue, and that, because of our inclination toward pleasure, we were neglectful of an upright life, what did He do? The delight of melody He mingled with the doctrines so that by the pleasantness and softness of the sound heard we might receive without perceiving it the benefit of the words, just as wise physicians who, when giving the fastidious rather bitter drugs to drink, frequently smear the cup with honey.

Therefore, He devised for us these harmonious melodies of the psalms, that they who are children in age, or even those who are youthful in disposition, might to all appearances chant, but in reality, become trained in soul.

- St. Basil the Great
In thee the image was preserved with exactness,

O holy 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

Saint Theodora of Alexandria

September 11

Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro \-80

Visit www.stanthonyapproved.org/music/Menaion.htm for more information.
to attend to the soul since it is immortal. Wherefore, O righteous Theodora thy spirit rejoiceth with the Angels.
The Holy Hieromartyr Autonomus

September 12

Apolytikion

Fourth Mode

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

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

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

September 13

Apolytikion

Intonation: #10

Fourth Mode

Thou hast shown the earthly beauty of the holy tabernacle of Thy glory to be like unto the splendour of the heavenly firmament, O Lord. Strengthen it for ever and ever, and accept our prayers which
we unceasingly offer therein unto Thee,
through the The-o-to-kos, O Thou Who art the Life and Resurre-

tion of all.
The Forefeast of the Exaltation of the Cross

September 13

Apolytikion

Second Mode

Intonation: #4

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

We offer Thee in mediation the life-giving Cross

which, of Thy goodness, Thou hast given unto us, the unworthy, O Lord. Save Thy hierarchs and Thy flock, and grant Thou peace through the

Theotokos, O only Friend of man.
The Universal Exaltation of the Venerable and Life-giving Cross

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

Intonation: #1
First Mode

D
The Universal Exaltation
of the Venerable and
Life-giving Cross

September 14

Kontakion

Fourth Mode

Intonation: #10

Thou Who wast raised up on the Cross of Thine
own will, O Christ our God, do Thou bestow
Thy compassions upon this, Thy new commonwealth named
af ter Thee. Glad den with Thy sov reign might our most
Orthodox hierarchs, and vouchsafe them victory over every false teaching; and as Thy help in war, may they possess the weapon of peace, the trophy invincible.
The Holy Martyr
Nicetas

September 15

Apolytikion

Intonation: #10

Fourth Mode
"Be quick to anticipate"

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

received as the prize the crowns of incorruption and life from

Thee, our immortal God. For since he possessed Thy

strength, he cast down the tyrants and wholly destroyed the

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

September 16

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

D 150

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seek ing 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.
As the equal of the Lord's Apostles, thou didst bring the grace of the good tidings to the lands of the Scots, O wise Ninian. Thou art a lamp to our feet, who enlightenest our souls to...
walk in the path of our God's commands. Hence, we honour thee and cry unto thee with fervent faith: Entreat Christ God to grant great mercy unto us.
The Holy Martyr Sophia  
and Her Three Daughters  
Faith, Hope, and Love  

September 17  

Apolytikion  

Intonation: #10  
"Be quick to anticipate"  

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

Thy Martyrs, O Lord, in their courageous contest for Thee received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly destroyed the
de-mons' strength-less pre-summ-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ciful.
The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Fa-th-er and Hier-arch Eu-men-i-us, in-ter-cede with Christ God that our souls be saved.

For to sing the Psalms

demands such concentration

of a man's whole being on them

that, in doing it, his usual disharmony

of mind and corresponding bodily confusion

is resolved, just as the notes of several flutes are

brought by harmony to one effect; and he is thus no

longer to be found thinking good and doing evil, ...so he

who sings well puts his soul in tune, correcting by degrees its

faulty rhythm so that at last, being truly natural and integrated,

it has fear of nothing, but in peaceful freedom from all

vain imaginings may apply itself with greater long-
ing to the good things to come. For a soul

dightly ordered by chanting the sacred

words forgets its own afflictions

and contemplates with joy

the things of Christ

alone.

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

September 19

Apolytikion

Intonation: #10

"Be quick to anticipate"

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-umption. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Holy Great Martyr Eustathius and Theopiste, His Spouse, and Their Two Sons Agapius and Theopistus

September 20

Apolytikion

Intonation: #10

"Be quick to anticipate"

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

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de-mons' strength-less pre-sump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
The Prophet Jonas

September 21

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Allegro

To the Ninevites, thou wast a trumpet, blaring

fearful threats of Heaven's judgments, at the which

they repented with all their hearts; and from the

sea-monster's belly didst thou foreshow the Lord's di-
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

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

Intonation: #8

Allegro 150
We bring before Thee in prayer, O Christ, the great Anthony together with the whole assembly of the God-bearing Fathers as a fiery pillar and brilliant sun which hath shone forth from the mountain of the Kiev Caves.

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

September 22

Apolytikion

Intonation: #10

Fourth Mode

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

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

for lo, in all truth thou hast conceived the lamp of the Sun, and

is afflicted with blindness. Dance, O Zacharias,
and cry out with great boldness: The one to be born is the blest Prophet of God Most High.
The Conception of
St. John the Forerunner

September 23

Kontakion

First Mode (soft chromatic)

"The soldiers standing guard"

Eυφραίνεται λαμπρός

Great Zach - a - ri - as now doth re - joice_ with re -

splendence; E - liz - a - beth his glo - ri - ous yoke -

mate_ ex - ult - eth; for she hath con - ceived_ di - vine_

John the Fore - run - ner wor - thi - ly, whom_ the

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

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

September 24

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

D G

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

for Thy sake I die, that I may live

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

save our souls through her intercessions, since

Thou art great in mercy.
Saint Silouan the Athonite

September 24

Apolytikion

Intonation: #10

Fourth Mode

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

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

www.stanthonyssmonastery.org/music/Menaion.htm
and celebrating thy memory. O holy father

Silouan, pray to Christ to save our souls.

SAINT SILOUAN PRAYING IN HIS CELL
Allegro

During thy life on earth thou didst serve Christ, following His path, and now in Heaven thou dost contemplate Him Whom thou hast loved; dwelling with Him as He promised to His elect, O

Saint Silouan the Athonite

September 24

Kontakion

Intonation: #10

Plagal Fourth Mode
Holy Father Silouan, instruct us in the way that thou hast gone.
In thee the image was preserved with exactness,

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

ver__ look__ the__ flesh, for it pass-eth a-way, but
to attend to the soul since it is immortal. Wherefore, O righteous Euphrosyne, thy spirit rejoiceth with the Angels.
As an athlete in virtue, and as a true soldier of Christ our God, thou didst struggle mightily against the passions in this temporal life, and thou wast a model for thy disciples in psalmody, vigils, and fasts.
Wherefore, the Most Holy Spirit dwelt in thee, and thou wast radiantly adorned by His grace. But since thou hast boldness with the Holy Trinity, remember the flock which thou didst gather, O wise one; and forget not to visit thy children as thou didst promise,

O Sergius our holy Father.

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

September 26

Apolytikion

Intonation: #4
Second Mode

'Απόστολε Χριστῶ τῷ Θεῷ

O 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.
Im-plore Him, O The-o-lo-gian, to dis-pel the per-sist-ent
cloud of the hea-then, and ask for us His peace and great
mer-cy.
The Translation of the Holy Apostle and Evangelist John the Theologian

September 26

Kontakion

Intonation: #4
Second Mode

Allegro \( \text{♩-150} \)

Who can tell thy mighty works, O virgin Saint?

For thou pourest forth miracles, and art a source of healings, and thou dost intercede for our souls, as the Theologian and the friend of Christ.
The Holy Martyr Callistratus
and the Forty-Nine Martyrs with Him

September 27

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 presump-tion. O Christ God, by their prayers, save our souls, since Thou art mer-ci-ful.
Thou didst foretell the Lord’s divine Incarnation when thou didst cry out to the whole world, O Prophet: This is our God, there shall be none compared to Him; He was seen upon the earth, being

The Holy Prophet Baruch

September 28

Apolytikion

Intonation: #10

Fourth Mode

"Thou Who wast raised up"

www.stanthonymonastery.org/music/Menaion.htm
September 28 - Prophet Baruch

born of a Virgin: He hath shone upon our souls the divine light of knowledge. And He doth grant salvation unto all who sing thy praise.

O divinely inspired Baruch.
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 -
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

Intonation: #1
First Mode

Allegro 150

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

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

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

Glory to Him that hath given thee strength.

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

September 30

Apolytikion

Intonation: #10
Fourth Mode

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

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ed the word of truth, thou didst also contest for the Faith

even unto blood, O Hieromartyr Gregory.

Intercede with Christ our God that our souls be saved.

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

- St. Athansius the Great
The Exaltation of the Cross

September 14

Vespers Doxasticon

Intonation: #7

Second Mode (Soft Chromatic)

Δόξα... Καί νῦν...

Deúte pánta tā ἑθνη

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

Both now and ev - er, and un -
to the a - ges of a - ges. A - men.

Come, all ye na - tions, let us wor - ship the
bless - ed Tree, through which was
wrought the ev - er - last - ing right - - -
eousness. For he that by a tree be-guiled our fore-father Adam, is him-
self en-snared by the Cross; and he that by tyranny gained dominion
over the creation of the King, is by faith over-thrown in utter ru-in. By the
Blood of God, the serpent's poison is
washed away; and the curse of a just condemnation is loosed by the un-

just judgment passed against the

Just One. For it was fit-
ting that the wood should be healed by

wood; and that the suffer-

ings of him who was con-

demned be-cause
of the tree should be done away

through the passion of Him Who is

passionless. But, O

Christ our King, glory

to thy dread dispensation toward us,

whereby Thou hast saved us all, since Thou art
good and the Friend of man.
Vespers Aposticha Doxasticon

Intonation: #26

Andante 1.88

Plagal Fourth Mode

Δόξα... Καὶ νῦν...
"Ονπερ πάλαι Μωϋσῆς

Glo - ry to the Fa - ther, and

to the Son, and

Ho - ly Spiri - lit.

Both now and ev - er, and un - to

the a - ges of a -


Thy pre - cious Cross, which Mo - ses pre - fig - ured

September 14 - The Exaltation of the Cross
in himself of old, defeated Alexander

flight; and David the sweet singer

cried out commanding that it

be worshipped as Thy footstool. As we sinners worship it

with unworthy lips today, O Christ God, we praise Thee Who didst deign
to be nailed there on and we

cry to thee: O Lord, with the

thief, count us worthy of Thy

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

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
Orthros Pentecostaria

Intonation: #7  Second Mode (Soft Chromatic)  Δόξα Πατρί

Andante ḫ-94

G  Glo - ry to the Fa - ther, and to the Son, and to the Holy Spir - it.

G  Thou art my might - y pro - tec - tion, O tri - partite Cross of Christ. Sancti - fy me by thy pow - er, that I may wor - ship and glo - ri - fy thee with faith.

Σύ μου σκέπη κραταία

www.stanthonymonastery.org/music/Menaion.htm
and ______ love.

Both now ______ and ever, and un-

to the ages of ages.

Amen.

(Repeat "Thou art my mighty protection" on previous page)

Orthros Idiomelon

Plagal Second Mode

Have mercy on me, O God, according to Thy great mercy; and

according to the multitude of Thy compassions blot

out ______ my ______ transgression.
O Cross, of Christ, thou hope of Christians, guide of them that are gone astray,

haven of the storm tossed, victory in war, saviour of the whole world, physician of the sick, and resurrection of the dead: Have mercy on us.
Kontakion

Intonation: #10
Allegró

Fourth Mode (Soft Chromatic)

Thou Who wast raised up on the Cross of Thine own will, O Christ our God, do Thou bestow
Thy compassions upon this, Thy new commonwealth named after Thee. Gladden with Thy sov'reign might our most Orthodox hierarchs, and vouchsafe them victory over every false teaching; and as Thy help in war may they possess the weapon of peace,
The trophy invincible.
Doxasticon of the Praises

Intonation: #26
Plagal Second Mode

Δόξα... Καὶ νῦν...
Σήμερον προέρχεται

September 14 - The Exaltation of the Cross

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

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Today the Cross of the Lord
goeth forth, and the faithful wel-
come it with longing, and they receive healing of soul
and body and of every mal-
aedy. Let us kiss it with joy
and fear: with fear, because of

sin, for we are unwor-
thy; with joy, because
of the salvation granted
ed to the world by Him Who was cru-
ified thereon, Christ
Christ the Lord,
Who hath great mercy.