



September





THE BEGINNING OF THE INDICTION

September 1

Apolytikion

Second Mode

Intonation: #4

Allegro ♩=150

Ὁ πάσης Δημιουργός

Un. G

O Mak - - er of all cre - a - tion, Who hast es -

E

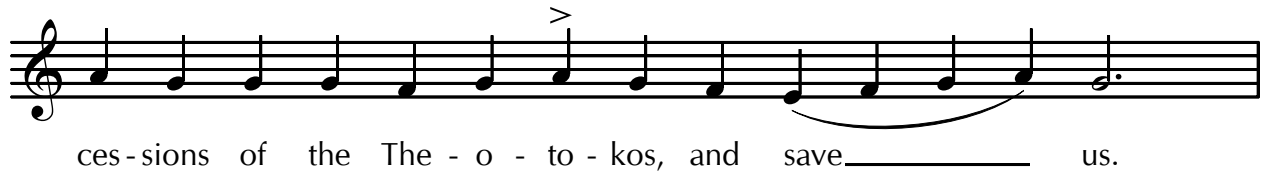
tab-lished the times and the sea - sons in Thine own pow - - -

Un. G

er: Bless the crown of this year with Thy good-ness, O Lord, and

E Un.

keep our rul - ers and Thy flock— in peace, by the in - ter -

*The Panagia of Arizona*



ST. SYMEON THE STYLITE

September 1

Apolytikion

First Mode

Intonation: #1

Allegro ♩=150

Ὑπομονῆς στύλος

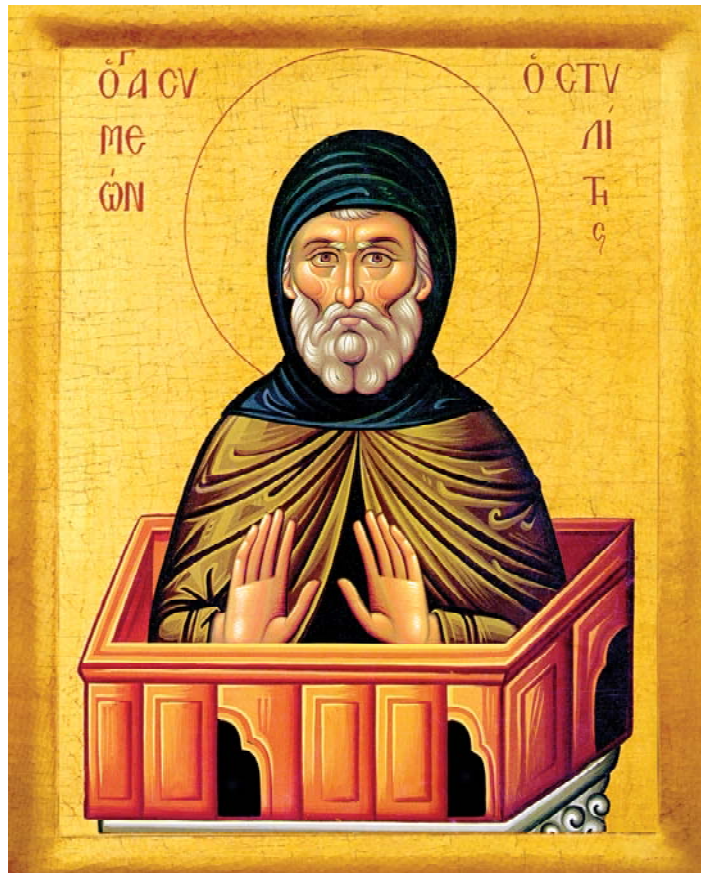
D

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

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

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

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



ST. SYMEON THE STYLITE



THE BEGINNING OF THE INDICTION

September 1

Kontakion

Fourth Mode

"Thou Who wast raised up"

Intonation: #10

Allegro ♩=150

Ὁ τῶν αἰώνων ποιητής

Music notation for the Kontakion, Fourth Mode, "Thou Who wast raised up". The notation is in treble clef and includes lyrics in English and Greek. The melody is marked with notes G, E, and Un. (Unison).

O God of all, — Thou — Who hast made — all the
ag - es, O Sov - 'reign Lord, — tru - ly tran - scen -
dent in es - sence, be - stow Thy grace and bless - ing on the
year to come; and, O Most Com - pas - sion - ate, in Thine

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

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

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

fruit - ful and god - ly year.

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



ST. SYMEON THE STYLITE

September 1

Kontakion

Second Mode

Intonation: #4

Allegro ♩=150

Τὰ ἄνω ζητῶν

Un. G

Thou sought - est the heights, though part - ed not from things — be -

E

low. Thy pil - lar be - came a char - i - ot of fire — for

Un.

thee. Thou be - cam - est there - by a true com - pan - ion of the an -

G E Un.

gel - ic host; and to - geth - er with them, — O Saint, thou



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 MIASENÆ

September 1

Apolytikion

Grave Mode

Intonation: #21

Allegro ♩=150

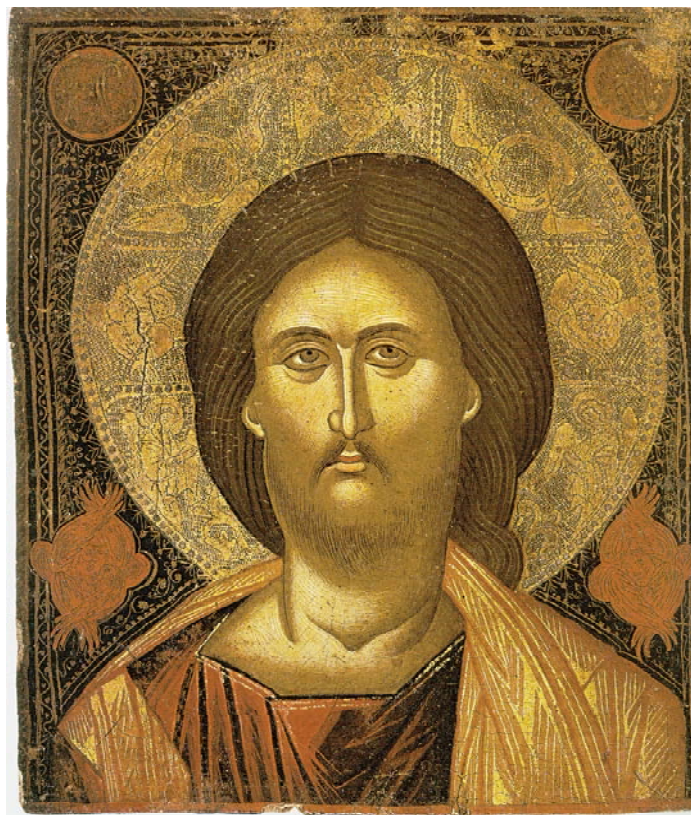
Χαῖρε κεχαριτωμένη

Re-joyce, thou who art full of grace, O Vir - gin The - o - to -
kos, ha - ven and pro - tec - tion of the race of man; for
the Re - deem - er of the world be - came in - car - nate of
thee; for thou a - lone art both moth - er and vir -

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

cede with Christ ^F God that peace be grant - ed un - to all ^F

the ^F world.





THE RIGHTEOUS JESUS OF NABI (JOSHUA, SON OF NUN)

September 1

Apolytikion

Second Mode

Intonation: #4

Allegro ♩=150

Τοῦ Προφήτου σου

Un.

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

G > E >

Proph - et Je - sus of Nav - i O Lord, through him we be - seech

Un.

Thee to save _____ our souls.



THE HOLY MARTYR MAMAS

September 2

Apolytikion

Fourth Mode

"Be quick to anticipate"

Intonation: #10

Allegro ♩=150

Ὁ μάρτυς σου Κύριε

Un. G E >

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

G Un. G

re - ceived as the prize the crowns of in - cor - rup - tion and life from


> E G

Thee, our im - mor - tal God. For since he pos - sessed Thy

Un. G >


strength, he cast — down the ty - rants and whol - ly de - stroyed the

E Un.



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

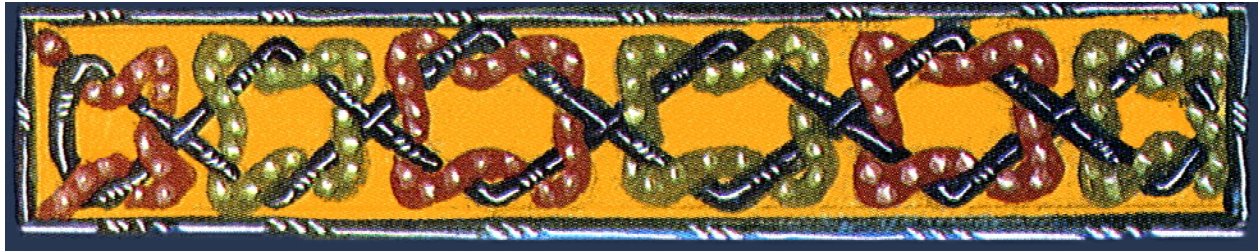
G E



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



SAINT MAMAS



SAINT JOHN THE FASTER PATRIARCH OF CONSTANTINOPLE

September 2

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Κανόνα πίστεως

Un. G E

The truth of things hath re-vealed thee to thy flock as a rule—

Un. G

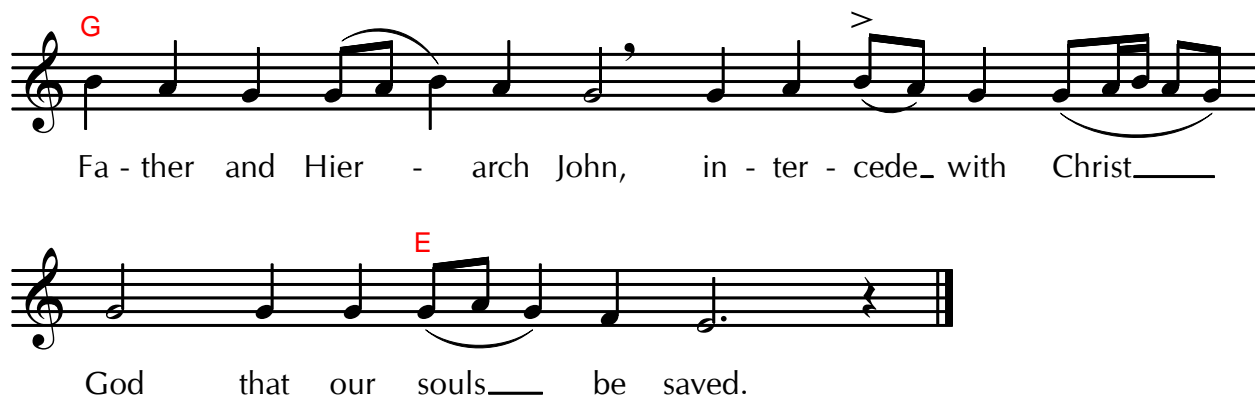
of faith, an i - con of meek-ness, and a teach - er of

E Un. G Un.

tem - per-ance; for this cause thou hast a-chieved the heights by hu -

G E

mil - i - ty, rich - es by pov - er - ty. 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

Fourth Mode

Intonation: #10

Allegro ♩=150

Καὶ τρόπων μέτοχος

Un. G

As a shar - er of the ways and a suc - ces - sor to

E Un.

the throne of the A - pos - tles, O in - spired_ of

G Un. G

God, thou found - est dis - ci - pline to be a means of_ as - cent

E Un.

to di - vine vi - sion. Where - fore, hav - ing right - ly di - vid -



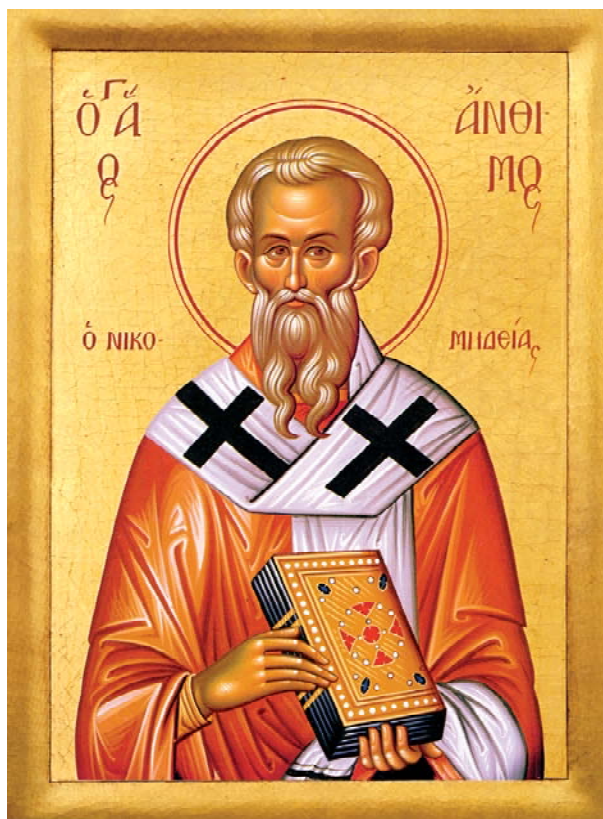
ed the word of truth, thou didst al - so con - test for the Faith_



e - ven un - to blood, O Hier - o - mar - tyr An - thi - mus.



In - ter - cede 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"

Θεῷ ἐκ νεότητος

Allegro ♩=150

Un. G E >

In ho - li - ness con - se - crat - ed un - to God from thy youth,

G Un. G

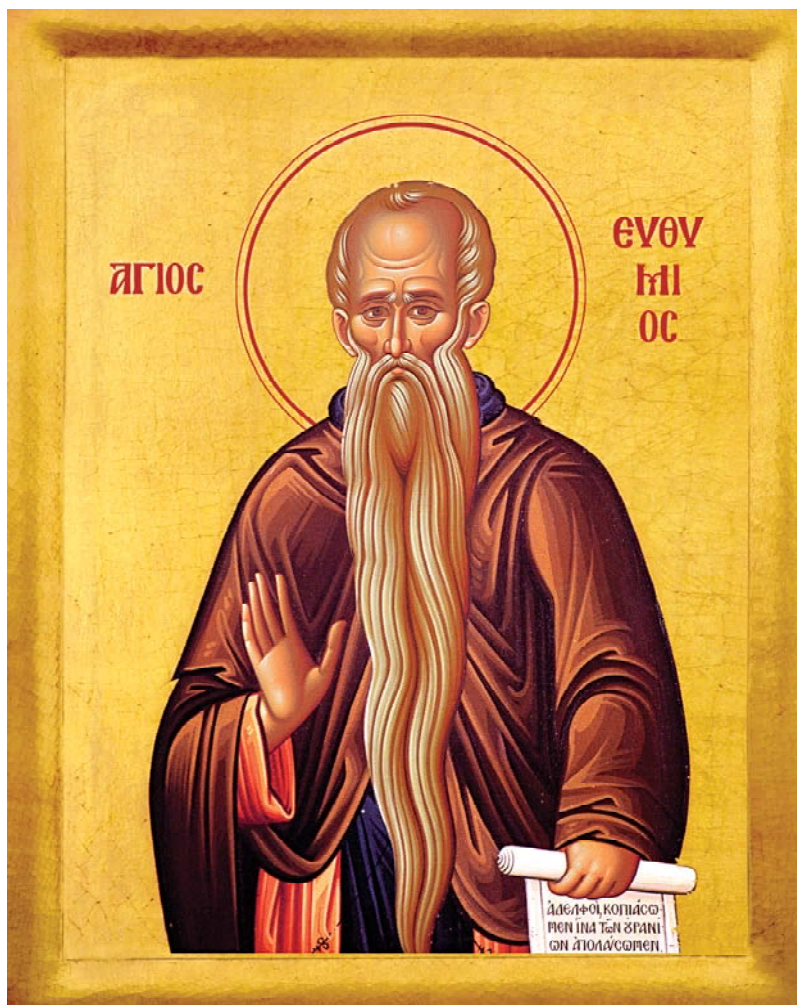
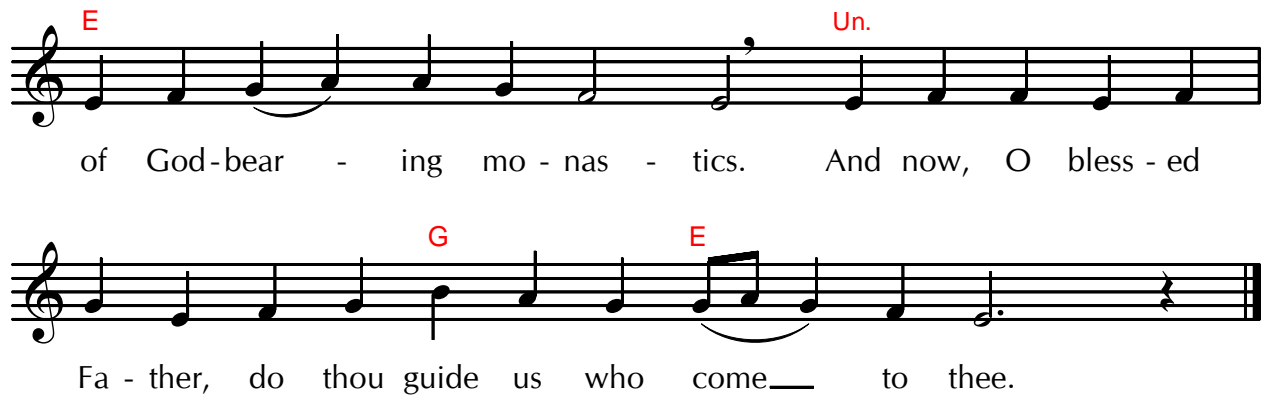
O wise The - oc - tis - tus, thou didst hate at - tach - ment to all things

> E G

vain and cor - rupt - i - ble. Hence, while shin - ing bright - ly

Un. G >

in di - vine — prayer and still - ness, thou wast a strict train - er



ST. EUTHYMIUS THE GREAT



THE HOLY PROPHETS MOSES AND AARON

September 4

Apolytikion

Second Mode

Intonation: #4

Allegro ♩=150

Τοῦ Προφήτου σου

Un.

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

G E

Proph - ets Mo - ses and Aar - on, O Lord, through them we be - seech

Un.

Thee to save our souls.



THE HOLY HIEROMARTYR BABYLAS BISHOP OF ANTIOCH

September 4

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Καὶ τρόπων μέτοχος

Un. G

As a shar - er of the ways and a suc - ces - sor to

E Un.

the throne of the A - pos - tles, O in - spired_ of

G Un. G

God, thou found - est dis - ci - pline to be a means of_ as - cent

E Un.

to di - vine vi - sion. Where - fore, hav - ing right - ly di - vid -

ed the word of truth, thou didst al - so con - test for the Faith_

e - ven un - to blood, O Hier - o - mar - tyr Bab - y - las.

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

Our psalmody should be angelic, not unspiritual and secular.

For to psalmodize with clamour and a loud voice
is a sign of inner turbulence.

- St. Gregory of Sinai



THE HOLY PROPHET ZACHARIAS FATHER OF THE VENERABLE FORERUNNER

September 5

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

Allegro ♩=150

Ἑρωσύνης στολισμόν

Music notation for the Apolytikion, featuring four staves of music with lyrics in English and Greek. The notation includes a treble clef, a key signature of one flat (B-flat), and a common time signature. The lyrics are: "In the ves - ture of a priest, ac - cord - ing to the Law of God, thou didst of - fer un - to Him well - pleas - ing whole-burnt of - fer - ings, as it be - fit - ted a priest, O wise Zach - a - ri - as. Thou wast a". The Greek text "Ἑρωσύνης στολισμόν" is written above the first staff. The notation includes various musical symbols such as notes, rests, and accidentals. A bracket labeled "Diatonic" spans the second staff. Red letters "D" and "G" are placed above certain notes. The lyrics are written below the notes, with hyphens indicating syllables across notes.

shin - ing light, a seer of mys - ter - ies,

bear - ing in thy - self clear - ly the signs

of grace; and in God's tem - ple, O wise Proph - et of

Christ God, thou wast slain with the sword. Hence, with the

Fore - - - run - ner, make en - treat - y that our souls

find sal - va - - - - tion.

Diatonic

Diatonic

Diatonic

Diatonic





THE COMMEMORATION OF THE MIRACLE BY THE ARCHANGEL MICHAEL IN CHONAE

September 6

Apolytikion

Intonation: #10

Fourth Mode
"Thou Who wast raised up"

Allegro ♩=150

Τῶν οὐρανίων

Su - preme Com - mand - er of the Hosts of the
 Heav - ens, we, the un - wor - thy, im - por - tune
 and be - seech thee that by thy sup - pli - ca - tions thou en -
 cir - cle us in the shel - ter of the wings of thine

Un. G > F

im - ma - te - ri - al glo - ry, guard - ing us who now fall

E

down and cry to thee with fer - - - - vour: De -

> Un. G

liv - er us from dan - gers of all kinds, as the great mar -

E

shal of the heav - en - ly hosts — on high.





THE FOREFEAST OF THE BIRTH OF THE THEOTOKOS

September 7

Apolytikion

Fourth Mode (hard chromatic)
"Joseph was amazed"

Intonation: #19

Allegro ♩=150

Ἐκ τῆς ρίζης Ἰεσσαί

From the root of Jes - se and the loins of Da - vid

the great king, Mar - i - am, the child of God, is

born for our sake on this day. Hence, all cre - a - tion ex - ult - eth

on its re - new - - al. Both Heav - en

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.

Notes: The score includes diatonic scale markings (Diatonic) and specific pitch accents (G, D) above the notes.





THE FOREFEAST OF THE BIRTH OF THE THEOTOKOS

September 7

Kontakion

Fourth Mode

"On this day Thou hast appeared"

Intonation: #8

Allegro ♩=150

Τῇ σепτῇ γεννήσει σου

Music notation for the Kontakion, featuring four staves of music with lyrics in English and Greek. The notation includes treble clefs, a key signature of one flat (B-flat), and various musical symbols such as notes, rests, and dynamic markings (F, G). The lyrics are written below the notes.

In the Im - ma - te - ri - al Spir - it, the
whole world hath been mys - ti - c'ly a -
dorned on thine au - gust Na - tiv - i - ty; and it doth
cry to thee joy - ous - ly: Re-joyce, O Vir - gin, thou



THE HOLY MARTYR SOZON

September 7

Apolytikion

Fourth Mode

"Be quick to anticipate"

Intonation: #10

Allegro ♩=150

Ὁ μάρτυς σου Κύριε

Un. G E >

Thy Mar - tyr, O Lord, in his cou - ra - geous con - test for Thee

G Un. G

re - ceived as the prize the crowns of in - cor - rup - tion and life from


> E G

Thee, our im - mor - tal God. For since he pos - sessed Thy

Un. G >


strength, he cast — down the ty - rants and whol - ly de - stroyed the

E Un.



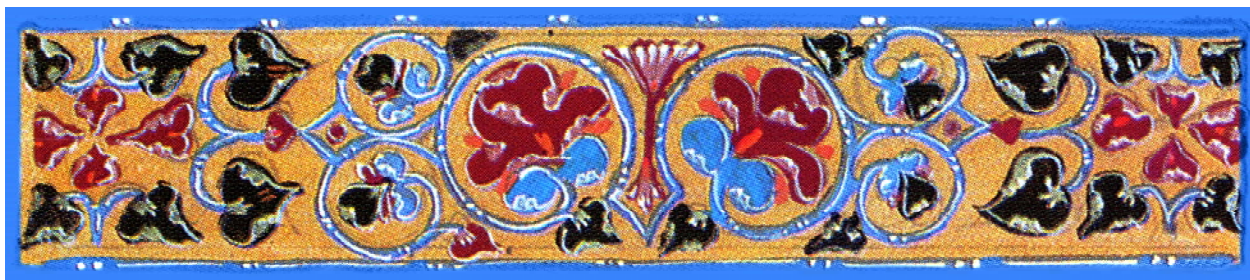
de - mons' strength - less pre - sump - tion. O Christ God, by his

G E



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





SAINT MACARIUS OF OPTINA

September 7

Apolytikion

Third Mode
"Thy confession"

Intonation: #8

Allegro ♩=150

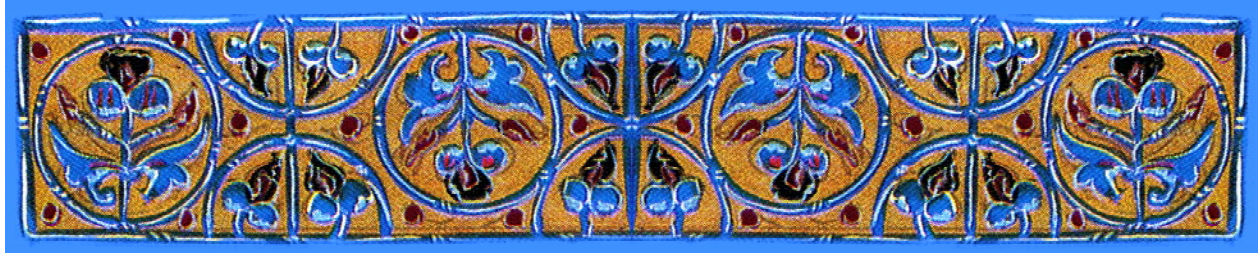
Though a per - fect man in years and wis-dom, thou didst
put___ thy - self un - der sub - jec - tion in thy love___
for the life___ of o - be - di - ence; and when the
Most High be - held___ thy hu - mil - i - ty, He gave thee

wis - dom and ho - li - ness_ great - er_ still. O di -

vine - ly bless - ed Fa - ther, all - wise Ma - car - i - us, en -

treat Christ God to grant great mer - cy un - to_ us.





THE BIRTH OF THE THEOTOKOS

September 8

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Ἡ γέννησίς σου Θεοτόκε

Un. E

Thy Na - tiv - i - ty, O The - o - to - kos, hath pro - claimed_

Un. G

joy_ to the whole_ world; for from thee hath dawned the Sun of

E G

Right-eous-ness, Christ_ our God, an - nul - ling the curse and be -

E

stow - ing the bless - ing, a - bol - ish - ing death and grant-ing us



life___ ev - er - last - ing.

Final cadence:



life___ ev - er - last - - - - ing._____





THE BIRTH OF THE THEOTOKOS

September 8

Kontakion

Fourth Mode

Intonation: #10

Allegro ♩=150

Ἰωακεῖμ καὶ Ἄννα

Un. E

Jo - a - chim and An - na were freed from the re - proach of child - less -

Un. G

ness, and Ad - am and Eve from the cor - rup - tion of death, O im -

E

mac - u - late one, by thy ho - ly Na - tiv - i - ty,

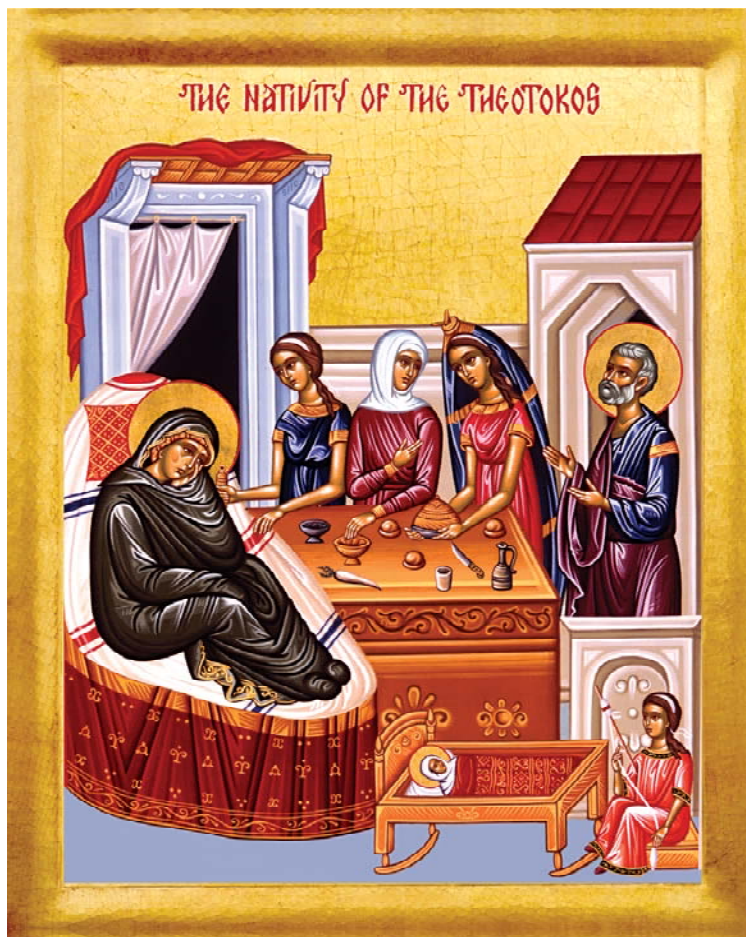
Un.

which thy peo - ple, re - deemed from the guilt of of - fenc - es,

cel - e - brate by cry - ing to thee: The bar - ren wom - an

giv - eth birth_ to the The - o - to - kos, the nour - ish - er

of_ our life._____





THE HOLY AND RIGHTEOUS ANCESTORS OF GOD JOACHIM AND ANNA

September 9

Apolytikion

Second Mode

Intonation: #4

Allegro ♩=150

Τῶν δικαίων Θεοπατόρων

Un.

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

G E

right - eous An - ces - tors, O Lord, through them we be - seech Thee to

Un.

save our souls.



THE HOLY MARTYRS MENODORA, METRODORA, AND NYMPHODORA

September 10

Apolytikion

Fourth Mode

"Be quick to anticipate"

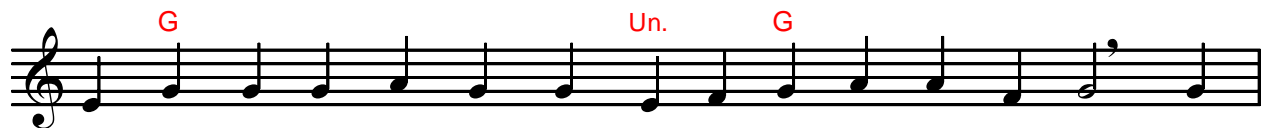
Intonation: #10

Allegro ♩=150

Οἱ μάρτυρές σου Κύριε



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



re - ceived as the prize the crowns of in - cor - rup - tion and life from



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



strength, they cast — down the ty - rants and whol - ly de - stroyed the

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

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

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

- St. Basil the Great



SAINT THEODORA OF ALEXANDRIA

September 11

Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro ♩=150

Ἐν σοὶ Μητηρ ἀκριβῶς

Music notation for the Apolytikion of Saint Theodora of Alexandria, Plagal Fourth Mode. The melody is written on a single staff in G-flat major (one flat). The lyrics are in English and Greek. The notation includes various musical symbols such as notes, rests, and dynamic markings (F, C, Un.).

In thee the im - age was pre-served with ex - act - ness,

O — Moth - er; for tak - ing up thy cross, thou didst

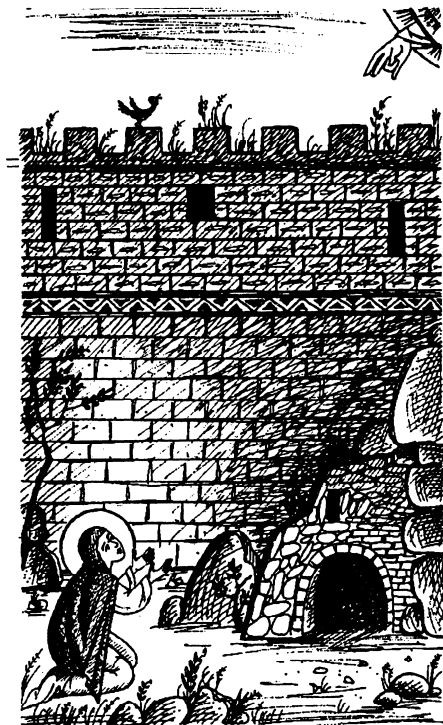
fol - low Christ, and by thy deeds thou didst teach us to o -

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

to at - tend__ to__ the soul since it is im - mor -

tal. Where-fore, O right-eous The - o - do - ra thy spir - it re -

joic - eth with the__ An - gels.





THE HOLY HIEROMARTYR AUTONOMUS

September 12

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Καὶ τρόπων μέτοχος

Un. G

As a shar - er of the ways and a suc - ces - sor to

E Un.

the throne of the A - pos - tles, O in - spired_ of

G Un. G

God, thou found - est dis - ci - pline to be a means of_ as - cent

E Un.

to di - vine vi - sion. Where - fore, hav - ing right - ly di -

vid - ed the word of truth, thou didst al - so con - test for the

Faith_ e - ven un - to blood, O Hier - o - mar - tyr Au -

ton - o - mus. In - ter - cede with Christ our God that our

souls_ be saved.

Let the servant of God sing in such a manner
that the words of the text rather than the voice
of the singer cause delight.

- St. Jerome



THE CONSECRATION OF THE CHURCH OF THE HOLY RESURRECTION

September 13

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Ὡς τοῦ ἁνω στερεώματος

Un. G E

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

Un.

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

G E Un.

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

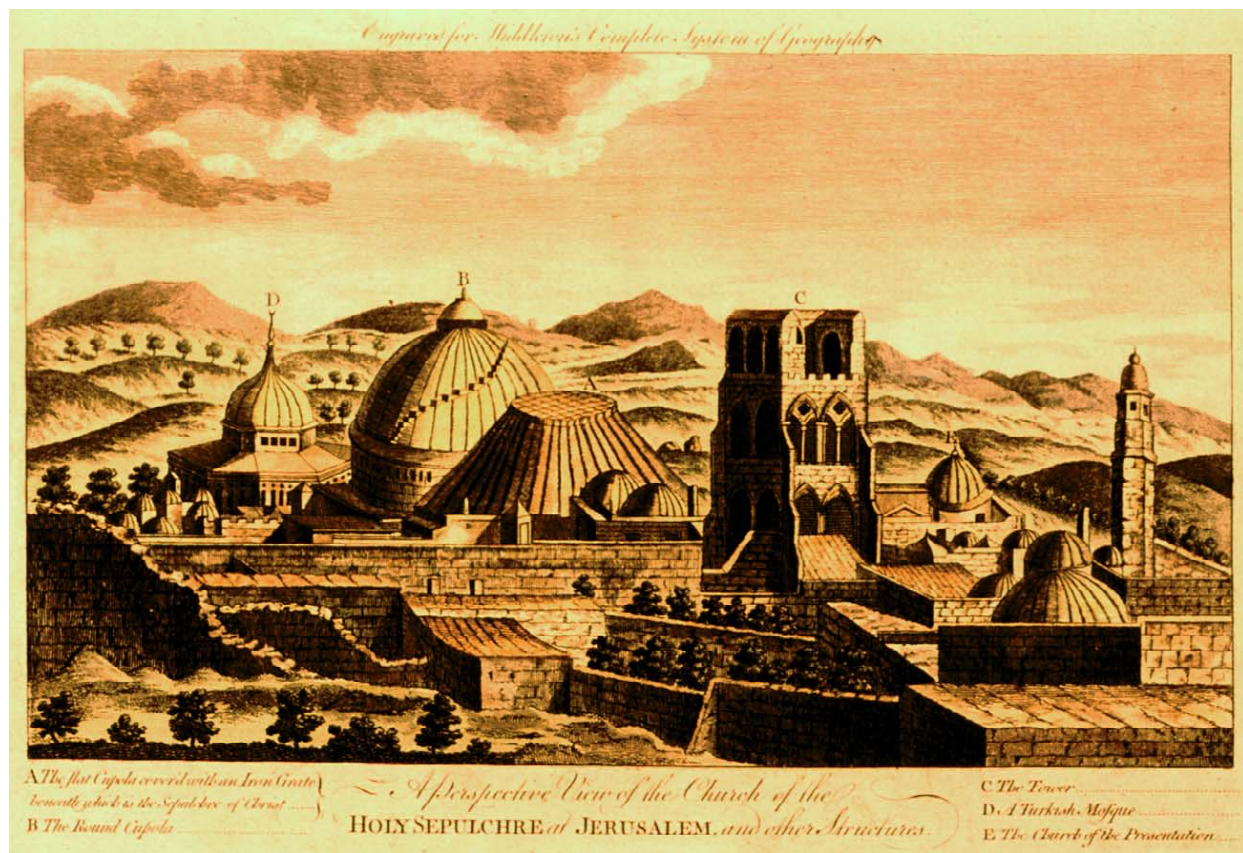
G

it for ev - er and ev - er, and ac - cept our prayers which

we un - ceas - ing - ly of - fer there - in un - to Thee,

through the The - o - to - kos, O Thou Who art the Life and Res - ur -

rec - tion of all.





THE FOREFEAST OF THE EXALTATION OF THE CROSS

September 13

Apolytikion

Second Mode

Intonation: #4

Allegro ♩=150

Τὸν ζωοποιὸν Σταυρόν

Un. G

We of - fer Thee in me - di - a - tion the life - giv - ing Cross

E

which, of Thy good-ness, Thou hast giv-en un-to us, the un-wor-thy, O

Un. G

Lord. Save Thy hier-archs and Thy flock, and grant Thou peace through the

Un.

The - o - to - kos, O on - ly Friend _____ of man.



THE UNIVERSAL EXALTATION OF THE VENERABLE AND LIFE-GIVING CROSS

September 14

Apolytikion

First Mode

Intonation: #1

Allegro ♩=150

Σῶσον Κύριε τὸν λαόν σου

Save, O Lord, Thy_ peo - ple and bless_ Thine in - her - i -
tance; grant Thou un - to the_ faith - ful vic -
to - ry o - ver ad - ver - sar - ies. And by the pow - er
of Thy Cross do Thou pre - serve Thy com - mon - wealth.



THE UNIVERSAL EXALTATION OF THE VENERABLE AND LIFE-GIVING CROSS

September 14

Kontakion

Fourth Mode

Intonation: #10

Allegro ♩=150

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ

Thou Who wast raised_ up_ on the Cross_ of Thine
own will, O Christ our God,_ do_ Thou be - stow_
Thy com - pas - sions up - on this, Thy new com - mon - wealth named
af - ter Thee. Glad - den with Thy sov - 'reign might our most

Or - tho - dox hier - archs, and vouch - safe them vic - to -

ry o - ver eve - ry false teach - - - ing; and

as Thy help in war - may they pos - sess the weap - on of peace,

the tro - phy in - vin - ci - ble.





THE HOLY MARTYR NICETAS

September 15

Apolytikion

Fourth Mode

"Be quick to anticipate"

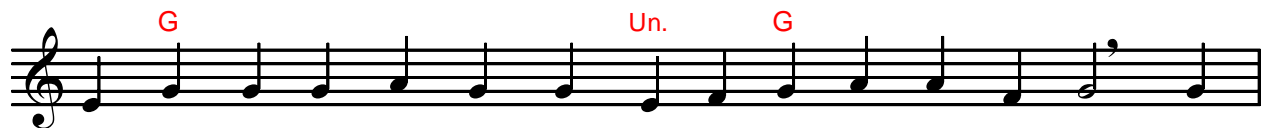
Intonation: #10

Allegro ♩=150

Ὁ μάρτυς σου Κύριε



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

E Un.

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

G E

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



SAINT NICETAS



THE HOLY GREAT MARTYR EUPHemia THE ALL-FAMED

September 16

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

Intonation: #19

Allegro ♩=150

Ἡ ᾠμὴ σου Ἰησοῦ

O Lord Je - sus, un - to Thee Thy lamb doth cry with
a great voice: O my Bride - groom, Thee_ I love; and
seek - ing Thee, I now con - test, and with Thy bap - tism_ am
cru - ci - fied_ and bur - - - ied. I suf - fer

for___ Thy sake, that I may reign___ with___ Thee;

for___ Thy___ sake___ I die, that I may live___

in___ Thee: ac - cept me of - fered out of long - ing to

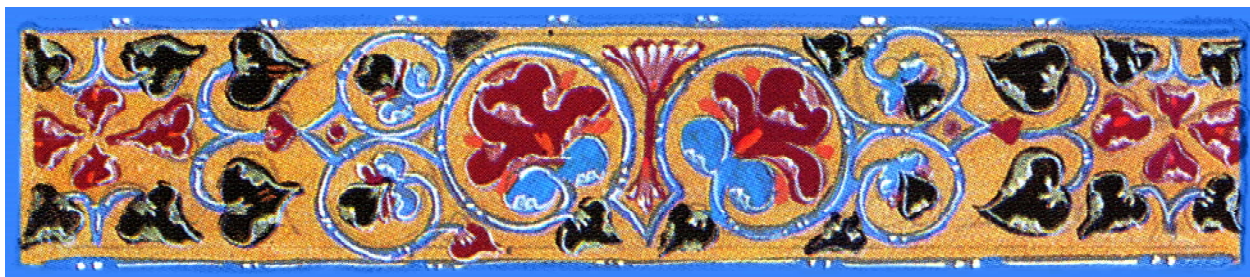
Thee as a spot - less sac - ri - fice. Lord,

save___ our souls___ through her in - ter - ces - sions, since

Thou art great___ in mer - - - - cy.

Notes: Red letters G and D indicate specific notes. Green boxes labeled "Diatonic" highlight specific intervals.





SAINT NINIAN ENLIGHTENER OF SCOTLAND

September 16

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Allegro ♩=150

As the e - qual of the Lord's A - pos - tles, thou didst
bring the grace of the good tid - ings to the lands
of the Scots, O wise. Nin - i - an. Thou art a
lamp to our feet, who en - light - en - est our souls to

walk in the path_ of our_ God's_ com - mands. Hence, we

hon - our thee and cry un - to_ thee with fer - vent faith: En -

treat Christ God to grant great mer - cy un - to_ us.



SAINT NINIAN OF SCOTLAND



THE HOLY MARTYR SOPHIA AND HER THREE DAUGHTERS FAITH, HOPE, AND LOVE

September 17

Apolytikion

Fourth Mode

"Be quick to anticipate"

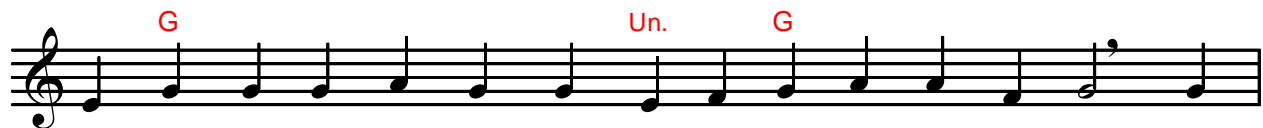
Intonation: #10

Allegro ♩=150

Οἱ μάρτυρές σου Κύριε



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



re - ceived as the prize the crowns of in - cor - rup - tion and life from




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




strength, they cast — down the ty - rants and whol - ly de - stroyed the

E Un.



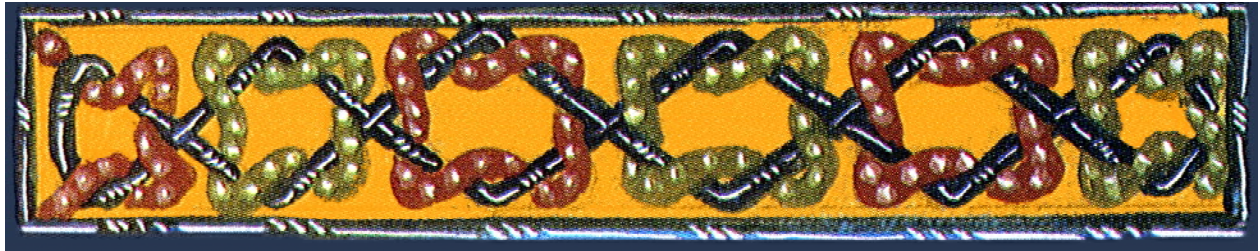
de - mons' strength - less pre - sump - tion. O Christ God, by their

G E



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





SAINT EUMENIUS THE WONDERWORKER BISHOP OF GORTYNIA

September 18

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Κανόνα πίστεως

Un. G E

The truth of things hath re-vealed thee to thy flock as a rule—

Un. G

of faith, an i - con of meek-ness, and a teach - er of

E Un. G Un.

tem - per-ance; for this cause thou hast a-chieved the heights by hu -

G E

mil - i - ty, rich - es by pov - er - ty. O



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

- St. Athanasius the Great



THE HOLY MARTYRS TROPHIMUS, SABBATIUS, AND DORYMEDON

September 19

Apolytikion

Fourth Mode

"Be quick to anticipate"

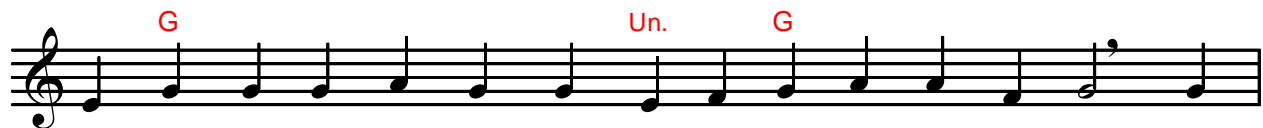
Intonation: #10

Allegro ♩=150

Οἱ μάρτυρές σου Κύριε



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



re - ceived as the prize the crowns of in - cor - rup - tion and life from




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




strength, they cast — down the ty - rants and whol - ly de - stroyed the

E Un.



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

G E



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

Fourth Mode

"Be quick to anticipate"

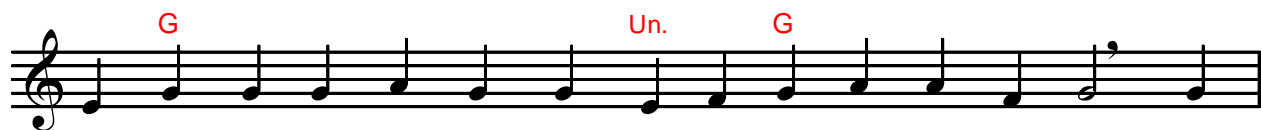
Intonation: #10

Allegro ♩=150

Οἱ μάρτυρές σου Κύριε



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



re - ceived as the prize the crowns of in - cor - rup - tion and life from



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



strength, they cast — down the ty - rants and whol - ly de - stroyed the

E Un.

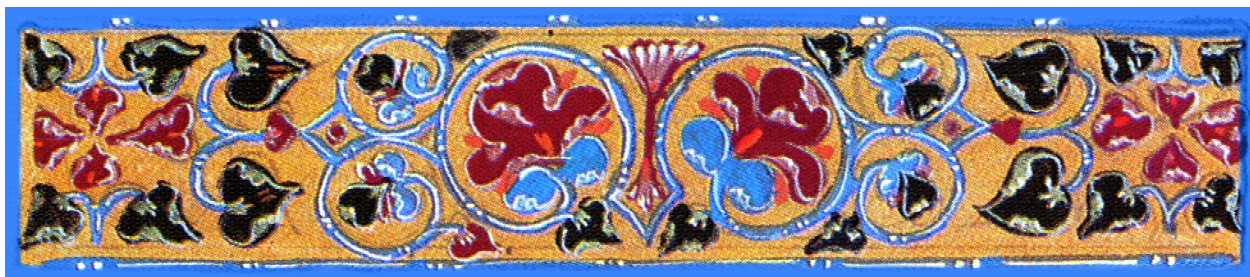
de - mons' strength - less pre - sump - tion. O Christ God, by their

G E

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



SAINT EUSTATHIUS



THE PROPHET JONAS

September 21

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Σάλπιγξ εὐηχος

Allegro ♩=150

Music notation for the Apolytikion of the Prophet Jonas, Third Mode, "Thy confession". The melody is written on a single staff in G major (one sharp) and 4/4 time. The tempo is marked Allegro (♩=150). The lyrics are in English and Greek. The melody features several accidentals (F, C, D, F) and dynamic markings (accents) above the notes.

To the Nin - e - vites, thou wast a trum - pet, blar - ing
fear - ful threats of Heav - en's judg - ments, at the which_
they re - pent - ed with. all___ their___ hearts; and from the
sea - mon - ster's bel - ly didst thou fore - show the Lord's di -

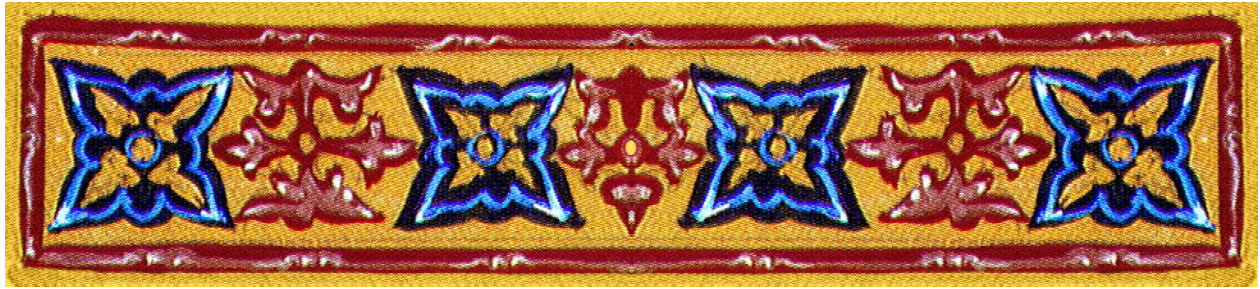
vine Res - ur - rec - tion to all the world. Hence, en -

treat Him to bring out of cor - rup - tion all of us, who

hon - our thee, O Jo - nas, as a friend of God.

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

Intonation: #8

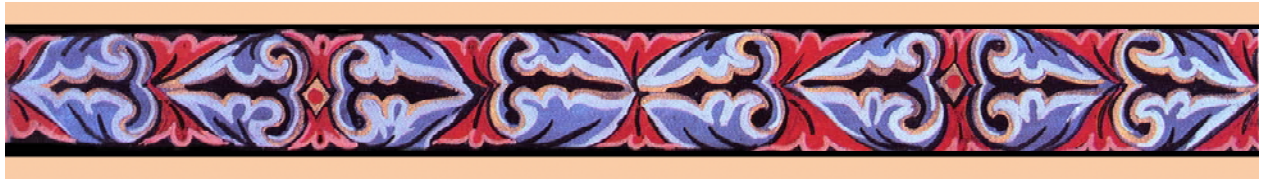
Allegro ♩=150

Ἀπόστολε ἅγιε

O ho - ly A - pos - tle Qua - dra - tus, in - ter -

cede_ with the_ mer - ci - ful God that He grant un -

to our souls for - give - ness of of - fenc - es.



SYNAXIS OF THE RIGHTEOUS FATHERS OF THE NEAR KIEV CAVES

September 22-28*

Apolytikion

Intonation: #10

Fourth Mode

Allegro ♩=150

E

We bring be - fore Thee in prayer, O Christ, the great An - thon - y to -

>

Un.

geth - er with the whole as - sem - bly of the God - bear - ing Fa -

G

thers as a fi - er - y pil - lar and bril - liant sun

E

which hath shone forth from the moun - tain of the Ki - ev Caves.

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

Un.



We en - treat Thee, by their prayers, grant grace un - to our mon - as -

ter - y, and to our souls great mer - cy.



THE FATHERS OF THE NEAR KIEV CAVES



THE HOLY HIEROMARTYR PHOCAS BISHOP OF SINOPE

September 22

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Καὶ τρόπων μέτοχος

Un. G

As a shar - er of the ways and a suc - ces - sor to

E Un.

the throne of the A - pos - tles, O in - spired_ of

G Un. G

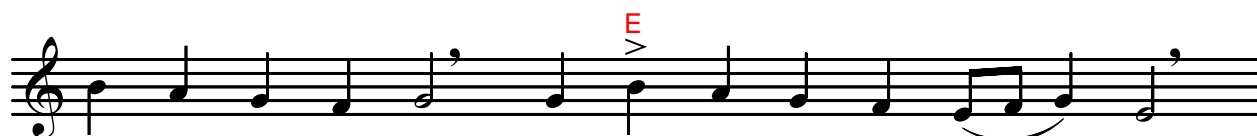
God, thou found - est dis - ci - pline to be a means of_ as - cent

E Un.

to di - vine vi - sion. Where - fore, hav - ing right - ly di - vid -



ed the word of truth, thou didst al - so con - test for the Faith_



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



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



SAINT PHOCAS



THE CONCEPTION OF ST. JOHN THE FORERUNNER

September 23

Apolytikion

Fourth Mode

"Be quick to anticipate"

Intonation: #10

Allegro ♩=150

Ἡ πρώτη οὐ τίκτουσα



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



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



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



is af - flict - ed with blind - ness. Dance, O Zach - a - ri - as,

E Un.

and cry out___ with great bold - ness: The one to be

G E

born is the blest Proph - et of God___ Most High.





THE CONCEPTION OF ST. JOHN THE FORERUNNER

September 23

Kontakion

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

Intonation: #4

Allegro ♩=150

Εὐφραίνεται λαμπρῶς

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

splend-ence; 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

great_ Arch - an - gel had an - nounced_ with_ re - joic - ing,

whom,_ as it_____ is meet, we men re - vere_ as_ a

sa - cred in - i - tiate of grace_ di - vine.





THE HOLY FIRST MARTYR THECLA THE EQUAL TO THE APOSTLES

September 24

Apolytikion

Fourth Mode (hard chromatic)

"Joseph was amazed"

Intonation: #19

Allegro ♩=150

Ἡ ἁμνάς σου Ἰησοῦ

O Lord Je - sus, un - to Thee Thy lamb doth cry with
a great voice: O my Bride - groom, Thee_ I love; and
seek - ing Thee, I now con - test, and with Thy bap - tism_ am
cru - ci - fied_ and bur - - - ied. I suf - fer

for___ Thy sake, that I may reign___ with___ Thee;

for___ Thy___ sake___ I die, that I may live___

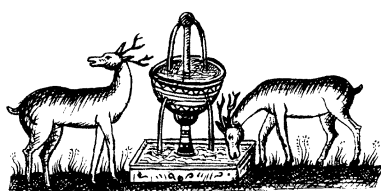
in___ Thee: ac - cept me of - fered out of long - ing to

Thee as a spot - less sac - ri - fice. Lord,

save___ our souls___ through her in - ter - ces - sions, since

Thou art great___ in mer - - - - cy.

Notes: Red letters G and D indicate specific notes. Green boxes labeled "Diatonic" highlight specific intervals.





SAINT SILOUAN THE ATHONITE

September 24

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Un. G

By prayer thou didst re - ceive Christ as thy Mas - ter on the

E

path of hu - mil - i - ty; and in thy heart the Ho - ly

Un.

Spir - it wit-nessed un - to — thy sal - va - tion. For this

>

cause all peo - ple called to live in hope are now re - joic - ing,

and cel - e - brat - ing thy mem - o - ry. O ho - ly fa - ther

Sil - ou - an, pray to Christ to save — our souls.



SAINT SILOUAN PRAYING IN HIS CELL



SAINT SILOUAN THE ATHONITE

September 24

Kontakion

Intonation: #10

Plagal Fourth Mode

Allegro ♩=150

F C

Dur - ing thy life on earth thou didst serve__ Christ, fol -

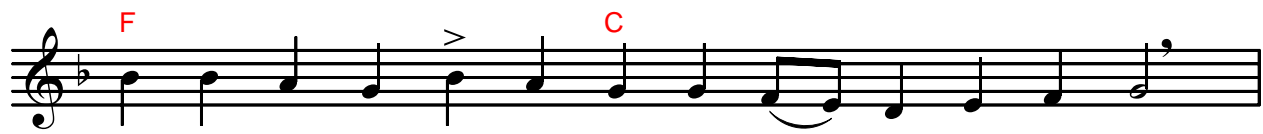
Un. C


low - ing His__ path, and now in Heav - en thou dost

con - tem - plate__ Him Whom thou hast loved; dwell - ing with

Un.

Him as He prom-ised to__ His__ e - lect, O

F

 ho - ly Fa - ther Sil - ou - an, in - struct_ us in the way

Un.

 that_ thou_ hast_ gone.





SAINT EUPHROSYNE

September 25

Apolytikion

Plagal Fourth Mode

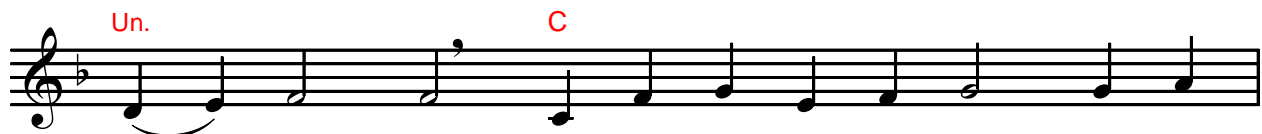
Intonation: #25

Allegro ♩=150

Ἐν σοὶ Μητηρ ἀκριβῶς



In thee the im - age was pre-served with ex - act - ness,



O — Moth - er; for tak - ing up thy cross, thou didst



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



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

to at - tend___ to___ the soul since it is im -

mor - tal. Where-fore, O right - eous Eu - phros - y - ne, thy

spir - it re - joic - eth with the___ An - gels.



SAINT EUPHROSYNÉ



SAINT SERGIUS OF RADONEZH

September 25

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Un. G

As an ath - lete in vir - tue, and as a true sol - dier of

E G

Christ— our God, thou didst strug - gle might - i - ly a - gainst the

E G E

pas - sions in this tem - po - ral life, and thou wast a mod - el— for

>

thy dis - ci - ples in psal - mo - dy, vig - ils, and fasts.

Un.

Where-fore, the Most Ho - ly Spir - it dwelt__ in thee, and

E

Un.

thou wast ra - diant - ly a - dorned by His grace. But since

G

thou hast bold - ness with the Ho - ly Trin - i - ty, re -

E

mem - ber__ the flock which thou didst gath - er, O wise one;

Un.

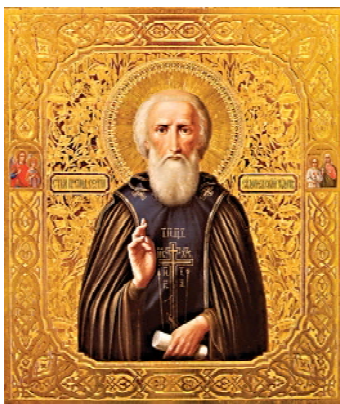
G

and for - get not to vis - it thy chil - dren as thou didst prom - ise,

E

O Ser - gius our ho - ly Fa - - ther.

SAINT SERGIUS



OF RADONEZH



THE TRANSLATION OF THE HOLY APOSTLE AND EVANGELIST JOHN THE THEOLOGIAN

September 26

Apolytikion

Intonation: #4

Second Mode

Allegro ♩=150

Ἀπόστολε Χριστῷ τῷ Θεῷ

Un. G

O A - pos - - tle, be - lov - ed of Christ— our God,

E

Has - ten to de - liv - er a de - fence - less peo - - -

Un. G

ple. He that al - lowed thee to re - cline on His breast, re -

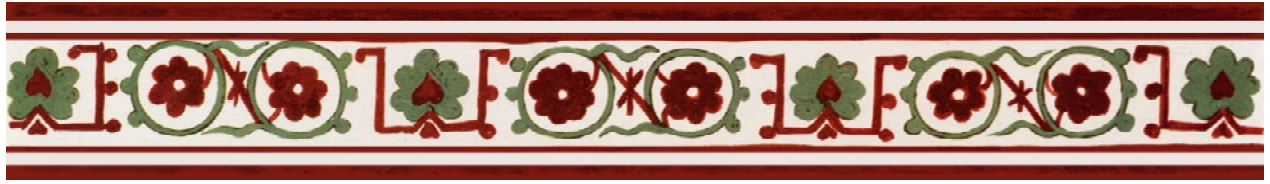
E

ceiv - eth thee bow - ing in in - ter - ces - - - sion.

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.



SAINT JOHN THE THEOLOGIAN



THE TRANSLATION OF THE HOLY APOSTLE AND EVANGELIST JOHN THE THEOLOGIAN

September 26

Kontakion

Intonation: #4

Second Mode

Allegro ♩=150

Τὰ μεγαλεῖά σου

Un. G

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

E Un.

For thou pour - est forth mir - a - cles, and art a source of

G > E

heal - ings, and thou dost in - ter - cede for _ our souls, as the

> Un.

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



THE HOLY MARTYR CALLISTRATUS AND THE FORTY-NINE MARTYRS WITH HIM

September 27

Apolytikion

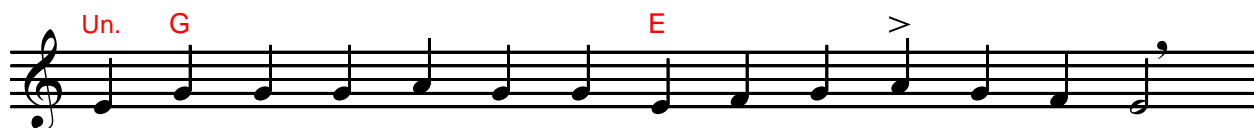
Fourth Mode

"Be quick to anticipate"

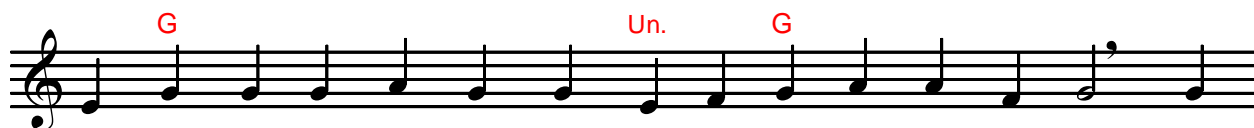
Intonation: #10

Allegro ♩=150

Οἱ μάρτυρές σου Κύριε



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



re - ceived as the prize the crowns of in - cor - rup - tion and life from




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




strength, they cast — down the ty - rants and whol - ly de - stroyed the

E Un.

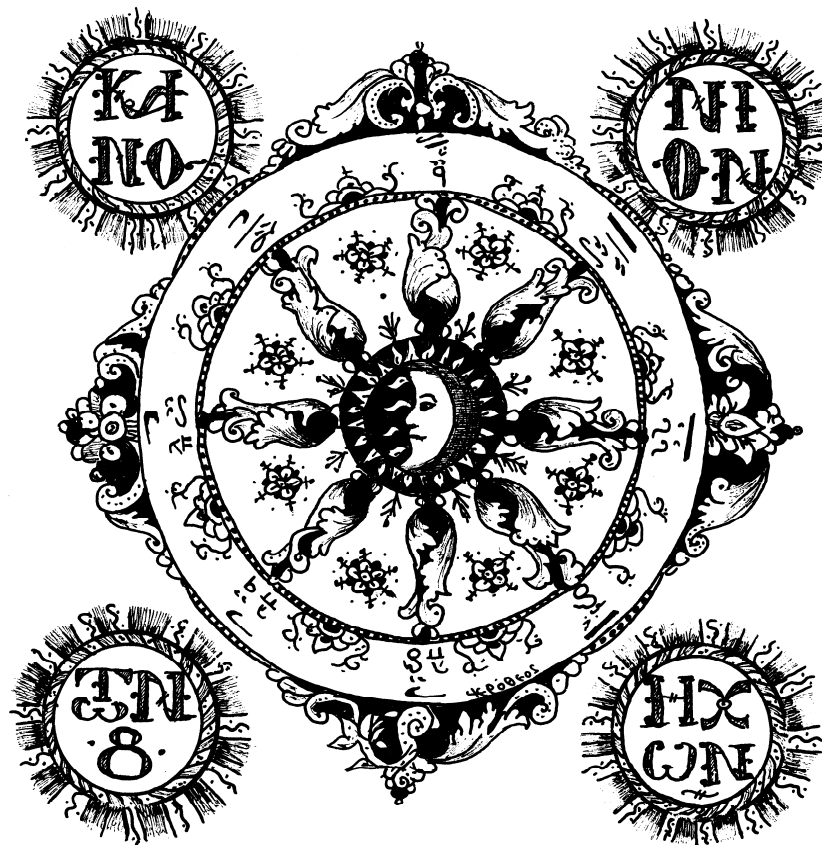


de - mons' strength - less pre - sump - tion. O Christ God, by their

G E



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





THE HOLY PROPHET BARUCH

Septebmer 28

Apolytikion

Fourth Mode

"Thou Who wast raised up"

Intonation: #10

Allegro ♩=150

Προφητικῆς ἀξιοθεΐς

Thou didst fore - tell___ the___ Lord's di - vine___ In - car -

na - tion when thou didst cry___ out___ to the whole_

world, O Proph - et: This is our God, there shall be none com -

pared to Him; He was seen up - on___ the earth, be - ing

born— of a Vir - gin: He hath shone up - on our

souls the di - vine light of knowl - - - edge. And

He doth grant sal - va - tion un - to all who sing thy praise,—

O di - vine - ly in - spired— Bar - uch.





SAINT CHARITON THE CONFESSOR

September 28

Apolytikion

Plagal Fourth Mode

Intonation: #25

Allegro ♩=150

Ταῖς τῶν δακρύων σου ροαῖς



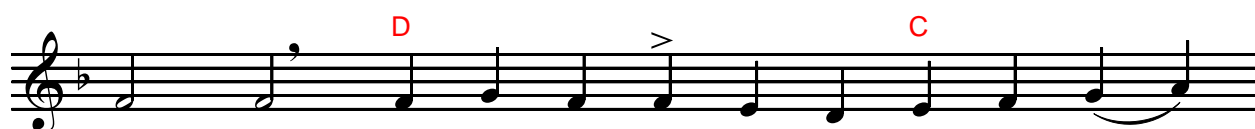
With the streams of thy tears, thou didst cul - ti - vate the bar - ren - ness



of the___ des - ert; and by thy sigh - ings



from the depths, thou didst bear fruit a hun - dred - fold in___



la - bours; and thou be - cam - est a lu - mi - nar -

y, shin - ing with mir - a - cles_ up - on___ the world,

O Cha - ri - ton our right - eous_ Fa - ther. In - ter -

cede with Christ God that our_ souls_ be_ saved.

It was explained to the blessed Epiphaneios, 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, Epiphaneios 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."



SAINT CYRIACUS THE ANCHORITE

September 29

Apolytikion

First Mode

Intonation: #1

Allegro ♩=150

Τῆς ἐρήμου πολίτης

D

Thou didst prove to be a cit - i - zen of the des -

ert, an an - gel in the flesh, and a won - der - work -

er, O Cy - ri - a - cus, our God - bear - ing Fa - ther.

By fast - ing, vig - il, and prayer thou didst ob - tain—

heav - en - ly gifts, and thou heal - est the sick

and the souls of them that have re - course to thee with faith.

Glo - ry to Him_ that hath giv - en thee strength.

Glo - ry to Him_ that hath crowned_ thee. Glo - ry to

Him that work - eth heal - ings_ for all_ through_ thee.

SAINT CYRIACUS



THE ANCHORITE



THE HOLY HIEROMARTYR GREGORY BISHOP OF GREATER ARMENIA

September 30

Apolytikion

Fourth Mode

Intonation: #10

Allegro ♩=150

Καὶ τρόπων μέτοχος

Un. G

As a shar - er of the ways and a suc - ces - sor to

E Un.

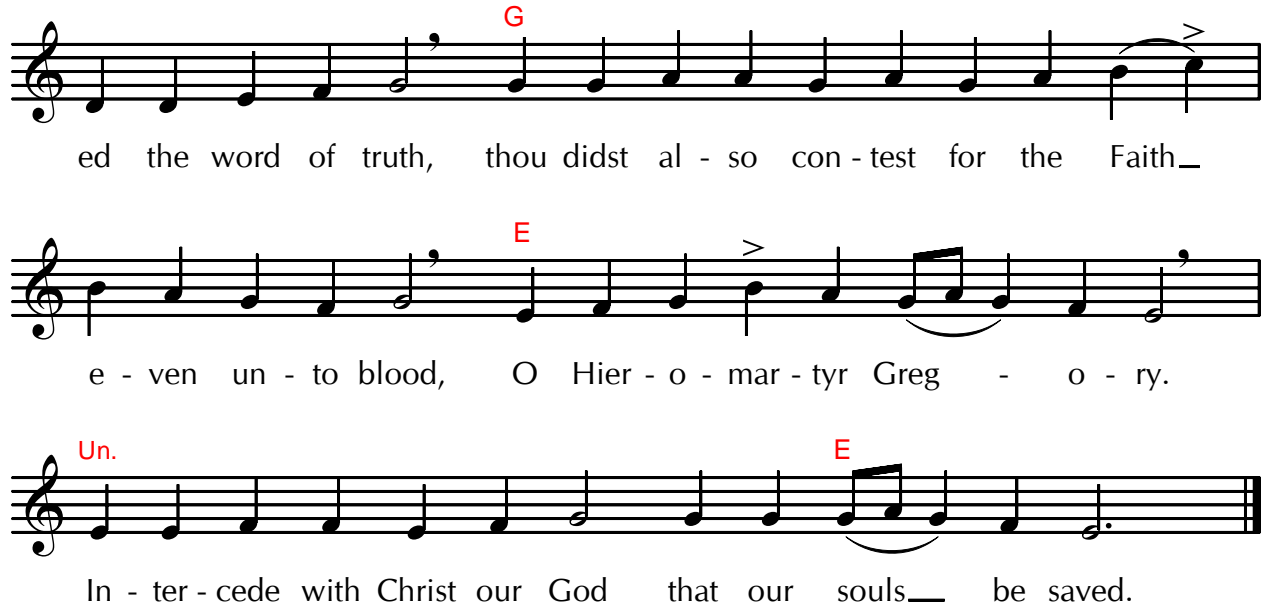
the throne of the A - pos - tles, O in - spired_ of

G Un. G

God, thou found - est dis - ci - pline to be a means of_ as - cent

E Un.

to di - vine vi - sion. Where - fore, hav - ing right - ly di - vid -



ed the word of truth, thou didst al - so con - test for the Faith_

e - ven un - to blood, O Hier - o - mar - tyr Greg - o - ry.

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

The musical score is written on three staves. The first staff begins with a treble clef and a key signature of one sharp (F#). The melody consists of eighth and quarter notes. A red 'G' is placed above the fifth note. The second staff continues the melody, with a red 'E' above the fifth note. The third staff begins with a red 'Un.' above the first note. The melody continues with a red 'E' above the eighth note. The score ends with a double bar line.

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. Athanasius the Great



THE EXALTATION OF THE CROSS

September 14

Vespers Doxasticon

Intonation: #7

Second Mode (Soft Chromatic)

Andante ♩=88

Δόξα... Καὶ νῦν...
Δεῦτε πάντα τὰ ἔθνη

Un. G > Un.

Glo - - - ry to the Fa - ther, and__ to

G E >

the__ Son,_____ and to the Ho - - - -

ly Spir - - - - - 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 - - - -

eous - - - - ness. For he that by___ a___ tree

be - guiled our fore - fa - ther___ Ad - - - - am, is him -

self___ en - snared___ by___ the___ Cross; and

he that by tyr - an - ny___ gained do - min - ion___

o - ver the cre - a - tion___ of the___ King,

is___ by___ faith o - ver - thrown___ in

ut - ter___ ru - - - - in. By the

Blood_ of___ God, the ser - pent's___ poi - son is

Un. G E Un. F Diatonic G F E Un. F Diatonic Hard Chromatic C Un. F C

washed_____ a - - - way; and the curse_____

of_____ a_____ just_____ con - dem - na -

- tion is loosed_____ by_____ the_____ un -

just judg - ment_____ passed_____ a - gainst_____ the_____

Just_____ One. For_____ it was fit - ting_____ that

the_____ wood should_ be_____ healed_____ by_____

_____ wood; and that the suf - fer - ings_____ of

him_____ who was_ con - demned be - cause_____

Intervals: Hard Chromatic, Diatonic, Un. (Unison)

Note labels: G, F, C, E

Hard Chromatic **Kliton**

of the tree should be done a way

Hard Chromatic

through the pas - - - sion of Him Who is

pas - - - sion - - - less. But, O

Christ our King, glo - ry

E **Un.** **G**

to thy dread dis - pen - sa - tion toward us,

where - by Thou hast saved us all, since Thou art

Un. **G**

good and the Friend of

F *rit.* **G**

man.

Vespers Aposticha Doxasticon

Intonation: #26

Plagal Fourth Mode

Δόξα... Καὶ νῦν...
"Ὁνπερ πάλαι Μωϋσής

Andante ♩=88

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

to the Son, and to the

Ho - ly Spir - - - it.

Both now and ev - - - er, and un - to

the a - - - ges of a - - -

ges. A - men.

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

in him - self of old, de - feat - ed Am -

a - lek and put him to

flight; and Da - vid the sweet - sing - - -

er cried out com - mand - ing that it

be wor - shipped as Thy foot - - -

stool. As we sin - ners wor - - ship it

with un - wor - thy lips to - day, O

Christ God, we praise Thee Who didst deign

Hard Chromatic

to___ be___ nailed___ there - on and we

cry___ to___ thee: O Lord,___ with the___

thief, count_ us___ wor - - - thy of Thy___

King - - - dom. ___

G *D* *C* *G* *rit.* *Un.*



Apolytikion

Intonation: #1

First Mode

Allegro ♩=150

Σῶσον Κύριε τὸν λαόν σου

Save, O Lord, Thy_ peo - ple and bless_ Thine in - her - i -

tance; grant Thou un - to the_ faith - ful vic -

to - ry o - ver ad - ver - sar - ies. And by the pow - er

of Thy Cross do Thou pre - serve Thy com - mon - wealth.

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

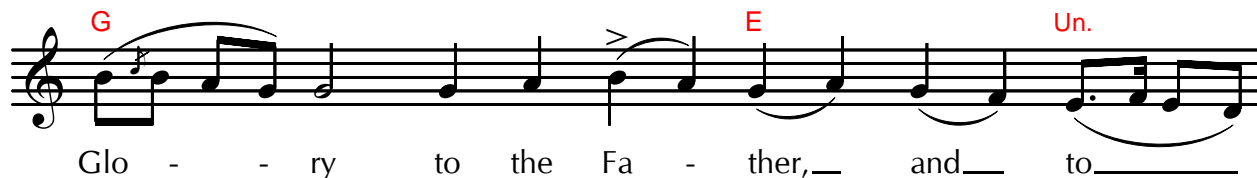
Orthros Pentecostaria

Intonation: #7

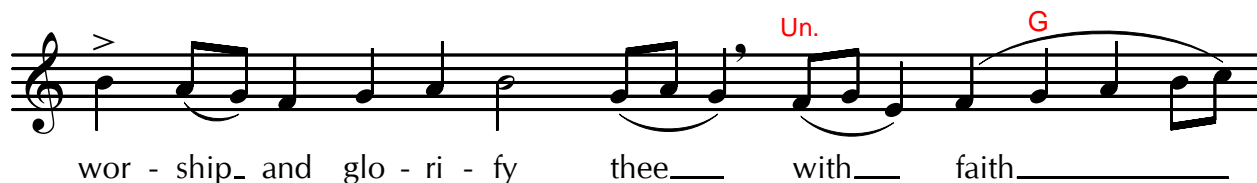
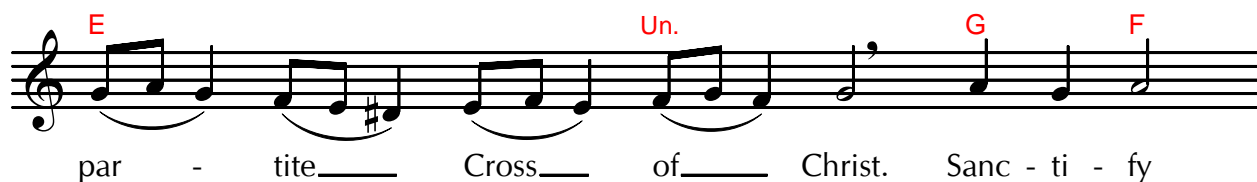
Second Mode (Soft Chromatic)

Andante ♩=94

Δόξα Πατρί



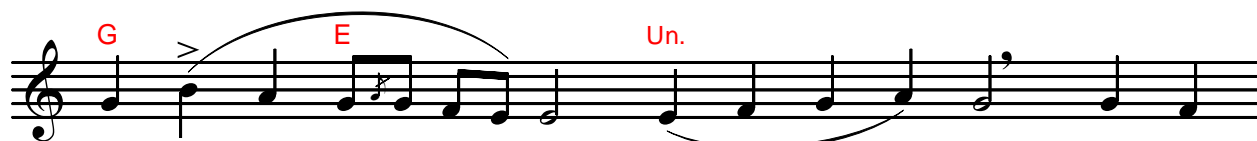
Σύ μου σκέπη κραταιά





and_____ love.

Καὶ νῦν



Both now_____ and ev - - - er, and un -



to the a - - - ges of_____ a - - -



ges. A - men.____

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

Orthros Idiomelon

Plagal Second Mode

Intonation: #20

Ἐλέησόν με ὁ Θεός...
Σταυρὲ τοῦ Χριστοῦ



Have mer-cy on me, O God, ac-cord-ing to Thy great mer-cy; and



ac-cord-ing to the mul-ti-tude of Thy com-pas-sions blot



out_____ my_____ trans - gres - - - sion.

The musical score is written in G minor (three flats) and 4/4 time. It features a diatonic scale in the key signature, marked with a green box and the word "Diatonic". The lyrics are in English and are written below the staff. The score is divided into two systems, each with four staves. The first system contains the first two staves, and the second system contains the last two staves. The lyrics are: "O Cross, of Christ, thou hope of Chris - - - tians, guide of them that are gone a - - - stray, ha - - - ven of the storm - - - - tossed, vic - to - ry in war, sur - e - ty of the whole world, phy - si - cian of the sick, and res - ur - rec - tion of the dead: Have mer - cy on us." The score includes various musical notations such as notes, rests, and accidentals. The lyrics are written in a simple, sans-serif font.

O Cross, of Christ, thou hope of Chris - - -

tians, guide of them that are gone a - - - stray,

ha - - - ven of the storm - - - -

tossed, vic - to - ry in war, sur -

e - ty of the whole world, phy -

si - cian of the sick, and res - ur - rec -

tion of the dead: Have mer - cy

on us.

Kontakion

Intonation: #10

Fourth Mode (Soft Chromatic)

Allegro ♩=150

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ

Thou Who wast raised up on the Cross of Thine

own will, O Christ our God, do Thou be - stow

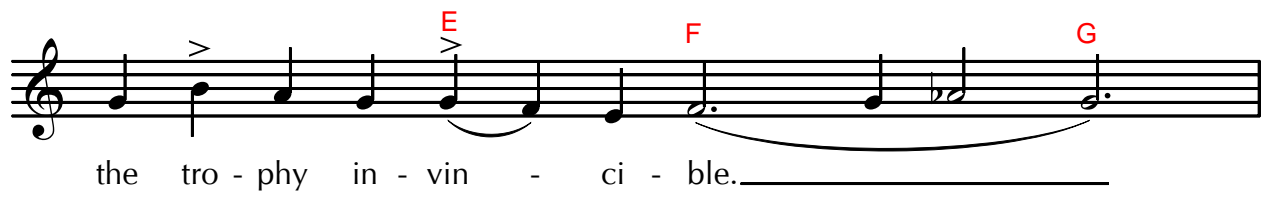
Thy com - pas - sions up - on this, Thy new com - mon - wealth named

af - ter Thee. Glad - den with Thy sov - 'reign might our most

Or - tho - dox hier - archs, and vouch - safe them vic - to -

ry o - ver eve - ry false teach - - - ing; and

as Thy help in war may they pos - sess the weap - on of peace,



THE EXALTATION OF THE PRECIOUS CROSS

Doxasticon of the Praises

Intonation: #26

Plagal Second Mode

Andante ♩=88

Δόξα... Καὶ νῦν...
Σήμερον προέρχεται

D

Neh_____ Glo - - - ry to the Fa -

C D

ther, and_____ to the Son,_____ and

to_____ the Ho - - - ly_____ Spir - - -

- - - - it.

D

Both now_____ and ev - er, and_____

G D

un - - to the_____ a - - - ges_____ of

>

a - - - ges._____ A - men.

www.stanthonysmonastery.org/music/Menaion.htm

thy; with joy, _____ be - cause_

of _____ the sal - va - - - - tion grant -

ed _____ to _____ the _____ world by Him Who was cru -

ci - fied_ there - on, Christ _____

Christ _____ the Lord, _____

Who hath _____ great mer - - - - cy. _____

Chord markings: G, A, G, D, G, D, C, D

Label: Diatonic

