Byzantine Monthly Menaion

Volume Two: October

Metropolitan Cantor Institute
Byzantine Catholic Seminary
Pittsburgh, PA
Foreword

A Menaion is a liturgical book which contains the changeable parts of Byzantine divine services for a given month. The volume in your hands is the first of a series of twelve books for use in Byzantine Catholic parishes. Each day is provided with the following material:

1. Synaxarion (brief life of the saints remembered)
2. Troparia and Kontakia
3. Prokeimena and Alleluiaria

On major feasts, the proper antiphons (when there are any) and the Magnification and Irmos (appointed to take the place of It is truly proper) are also included.

Texts which are contained in the Faithful’s Book published by the Byzantine Catholic Church are reproduced with their musical settings from that book. Those texts were translated by the Inter-Eparchial Liturgical Commission, and then set to plainchant by the Inter-Eparchial Music Commission.

Many of the Troparia contained in this volume of the Menaion are, in fact, common texts (i.e., they are used on more than one feast). These texts, too, come from the work of the IELC/IEMC, as are all the Prokeimena and Alleluiaria and Communion Hymns.

The texts of the Troparia and Kontakia that are not from the above-mentioned source are almost always taken from the Order of Matins published by the Sisters of the Order of Saint Basil the Great, and we acknowledge these texts with gratitude.

This volume is intended to be used annually. Because of this, cantors must use the Typikon of the Metropolitan Church to discern how materials from the Menaion are to be combined with the Sunday Ochtoechos. The Typikon will also explain how Prokeimena and Alleluiaria are to be combined.

May this series of volumes be a blessing for all who attend daily celebrations of the Divine Liturgy, as well as for those who, unable to be at church each day, still wish to pray with the Church and honor the Lord and his saints.

August 28, 2005
Our venerable father Moses the Ethiopian and
Our holy father Augustine, bishop of Hippo
1 THE PROTECTION OF THE MOTHER OF GOD AND EVER-VIRGIN MARY. On October 1, 911, during the reign of emperor Leo the Wise, there was an all-night vigil in the Blachernae church of the Theotokos in Constantinople. Standing near the rear of the church was St. Andrew the Fool for Christ, and his disciple Epiphanius. At four o’clock in the morning, the Theotokos appeared above the people with a veil spread over her outstretched hands, as if to protect them. She was surrounded by angels and saints. Seeing this, Andrew asked his disiciple, “Do you see the Queen and Lady of all is praying for the whole world?”


Our venerable father Romanus the Melodist, deacon, who merited the name "the Melodist" from his sublime art in composing ecclesiastical hymns in honor of the Lord and the saints.(496)

Our venerable mother Therese of the Child Jesus, who entered the Carmelite monastery of Lisieux in France while still a youth and was made a master of sanctity in Christ in innocence and simplicity. She taught a way of Christian perfection through spiritual childhood and poured herself out in the salvation of souls and in care for the mystical increase of the Church. She fell asleep in the Lord in her twenty-fifth year of life, on the thirtieth day of September. (1897)

Troparion - Tone 4:

Protected by your appearance, O Mother of God; today, we devout people solemnly celebrate. Gazing upon your most pure icon, we fervently say:

Protect us with your holy veil, and deliver us from all evil, imploring your Son, Christ our God, to save our souls.
To-day the Virgin is present in the Church, and with the choirs of saints, invisibly prays to God for us. The angels worship with the hierarchs, the apostles rejoice with the prophets; because the Theotokos prays for us to the eternal God.

Prokeimenon - Tone 3 (Luke 1:46-48):

My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Savior.

Verse: For he has looked with favor on the humility of his servant; from this day forward, all generations will call me blessed.

Alleluia - Tone 8 (Psalm 44:11,13):

Verse: Listen, O daughter, and see and incline your ear.
Verse: The rich among the people will seek your favor.
2 The holy bishop martyr Cyprian. He was originally a pagan magician, in league with evil spirits. He was converted by the words and example of St. Justina and became a bishop of the church. He was beheaded with Justina in Nicomedia. (258)

The holy martyr Justina, who was brought to faith in Christ and then brought that same faith to her whole family. She was martyred with bishop Cyprian in Nicomedia. (258)

The holy Andrew, fool for Christ. By birth a Slav, he was bought as a slave and brought to Constantinople during the reign of emperor Leo the Wise. He was a man beautiful in body and in soul, and was moved to adopt the ascesis of folly for Christ’s sake. Feigning madness in the daytime and praying all night, he became a wonderworker in Constantinople. In the year 911, he entered into the rest of the Lord. (911)

Troparion - Tone 4:

You shared in the apostles’ way of life and succeeded to their throne, di vine-ly in-spired bish - op. You found ac cess to contemplation in the active life. Therefore, you right ly taught the word of truth
and struggled for the faith to the shedding of your blood. O priest-martyr Cyriac, pray to Christ our God to save our souls.

Kontakion - Tone 4

You renounced the magic arts in order to learn of God, and you became one of the wisest men on earth, healing those who venerate you and Justina. Join her in seeking salvation for us from Christ our God.

Prokeimenon - Tone 7 (Psalm 115:6,3):

Precious in the eyes, in the eyes of the Lord is the death of his faithful, is the death of his faithful.

Verse: What can I return to the Lord for all he has given me?
Alleluia - Tone 6 (Psalm 111:1,2):

Verse: Happy the man who fears the Lord and greatly delights in his commands.
Verse: His posterity will be mighty upon the earth.

Communion Hymn (Psalm 111:6,7):

3 The holy bishop and martyr Denis the Areopagite, who was joined to Christ by the preaching of blessed Paul the Apostle on the Areopagus and was made first bishop of the Athenians.

Troparion - Tone 4
Therefore, you came to draw ineffable things from the chosen vessel, Paul.

You have completed the race, you have kept the faith. O father Denis, beg Christ our God to save our souls.

Kontakion - Tone 8

In a spiritual way you passed through the gates of heaven, and you climbed to the third heaven with the apostle Paul. You were given a deep understanding of mystical things with which you have given light to the ignorant. For all of this we invoke you, O Denis.

Rejoice, O father of all!
Let the faithful rejoice in glory, rejoice in glory, shout for joy, and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.

Alleluia - Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.

Communion Hymn (Psalm 111:6,7):

Refrain

Refrain
The holy martyr Hierotheus, bishop of Athens. He was a friend of Denis the Areopagite, and was converted by the Apostle Paul a little after his friend. Paul later made him the bishop of Athens. Tradition tells us that Hierotheus assembled in Jerusalem with the Apostles for the Dormition of the Theotokos. He was martyred in Athens.

In Franciscan and Poor Clare communities: Our venerable father Francis of Assisi, deacon and founder of the Three Orders. He was converted after an unfettered youth in Assisi in Umbria. He chose an evangelical life, serving Jesus Christ found among the poorest and most neglected. Having made himself a poor man, he gathered to himself little brothers (i.e., the Friars Minor) in a community. He preached the love of God to everyone, in a journey that reached as far as the Holy Land. Seeking to be a perfect follower of Christ in words and deeds, he wished to travel the needy earth carrying the good news. (1226)

Troparion - Tone 4

You learned goodness and practiced temperance. You robed yourself in the priesthood and girded yourself with a good conscience.

Therefore, you came to draw ineffable things from the chosen vessel, Paul.

You have completed the race, you have kept the faith. O father Hierotheus, beg Christ our God to save our souls.
We honor you, O bishop of Athens, for we have learned marvelous and
indefable mysteries from you. You are an inspired author of divine hymns.

Intercede that we may be delivered from our sins; O most venerable
Hierothesus, we cry out: Joy to you, O holy and most wise father.

Prokeimenon - Tone 7 (Psalm 149:5,1):

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.

Alleluia - Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.
Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he will not fear. Evil news he will not fear. Alleluia! Alleluia!

Refrain

Your lamb Charitina, O Jesus, cries out in a loud voice: I love you, my Bridegroom; I seek you with painful longing; I am crucified with you; in your baptism, I am buried with you; I suffer for you that I may reign with you; and I die for you that I may live with you. Receive me as a spotless sacrifice immolated with love for you. By her pray'rs, O merciful
One, save our souls.

**Kontakion - Tone 2**

You shamed the violent enemy with your deep insight, O Chariti na,
after you had strengthened your soul with faith. O blessed lady, you went
into the presence of Christ wearing a gown dyed red in your blood.

Now that you stand in the company of angels, pray for the
salvation of our souls.

**Prokeimenon - Tone 4** (Psalm 67:36,27):

God is wondrous in his saints, the God of Israel,
the God of Israel.

Verses: In the churches bless God; from Israel’s wellsprings bless the Lord.
Alleluia - Tone 1 (Psalm 39:2,3):

Verse: I have waited, waited for the Lord, and he stooped toward me and heard my cry.
Verse: He drew me out of the pit of destruction, out of the filthy clay.

Communion Hymn (Psalm 32:1):

6 The holy and glorious apostle Thomas, who did not believe the other disciples when they announced that Jesus had risen. When Jesus himself showed his pierced side, he exclaimed, "My Lord and my God." After this demonstration of faith, it is related that he evangelized India.
O Thomas, ever-worth of praise, ob-tain peace and mer-cy for us.

Kontakion - Tone 4

O Thomas, full of wis-dom and grace, you were a disci-ple and faith-ful serv-ant of Christ. You cried out in the sincer-i-ty of your love: You are my Lord and my God!

Prokeimenon - Tone 8 (Psalm 18:5,2):

Through all the earth their voice re-sounds; their mes-sage reach-es to the ends of the world.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Alleluia - Tone 1 (Psalm 88:6,8):

Al-le-lu-ia! Al-le-lu-ia!

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.

Verse: God is glorified in the council of the holy, great and awesome above all who surround him.
Communion Hymn (Psalm 18:5):

Through all the earth their voice re-sounds;
their message reaches to the ends of the world, ends of the world.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

7 The holy martyrs Sergius and Bacchus at Rosapha in the province of Augusta Euphratesia in Syria, martyrs. They were nobles at the court of the emperor Maximian, who valued them for their courage, wisdom, and zeal. They refused to offer sacrifice to the pagan gods, and the emperor turned against them, dressing them in women’s clothing and paraded them through the city of Rome. They were then sent to Asia to be tortured. Bacchus died first, and came back from the dead to urge Sergius to fidelity. He was then martyred. (303)

Troparion - Tone 5

O per-se-ver-ing Sergius and glo-ri-ous Bac-chus,
you are the staunch sup-port of those who suf-fer Christ’s pas-sion.

O eyes of the Church of Christ, o-pen the eyes of our souls.

Now pray to the Lord that we might es-cape the dark-ness of sin,
and that we come to see the Unsettling Sun by your pray'rs.

Kontakion - Tone 2

Taking arms against the enemy by understanding, you wiped out their guile and you triumphed in heaven. With one heart you praise-worthy martyrs sang this hymn: It is a good and beautiful thing to be with the Lord.

Prokeimenon - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.
Alleluia - Tone 2 (Psalm 132: 1, 3):

Verse: Behold, how good and how pleasant when brothers dwell in unity.
Verse: For there the Lord has commanded the blessing: life forever.

Communion Hymn (Psalm 32:1):

In you, O mother, the divine image was strictly preserved;
Taking up your cross, you followed Christ. You taught us
by example how to spurn the flesh, for it passes away, and how to care for the soul, which is immortal. Therefore, Venerable Pelagia, your soul rejoices with the angels.

Kontakion - Tone 2

In your love for the Lord you disdained the desire for rest, Venerable woman.

You enlightened your soul by fasting and with power you conquered beasts;

but by your prayers destroy the pride of our enemies.

Prokeimenon - Tone 4 (Psalm 67:36,27):

God is wondrous in his saints, the God of Israel, the God of Israel.

Verse: In the churches bless God; from Israel’s wellsprings bless the Lord.
Alleluia - Tone 1 (Psalm 39:2,3):

Verse: I have waited, waited for the Lord, and he stooped toward me and heard my cry.
Verse: He drew me out of the pit of destruction, out of the filthy clay.

Communion Hymn (Psalm 111:6,7):

The just woman will be remembered for ever;
Refrain
evil news she will not fear, evil news she will not fear.

The holy apostle James Alpheus was one of the Twelve, a witness of the true words and miracles of our Lord and Savior Jesus Christ, a witness of his passion, resurrection, and ascension. After the descent of the Holy Spirit at Pentecost, it fell to James to preach the Gospel in Eleutheropolis and the surrounding area. He suffered in Egypt in the town of Ostracina, being crucified by the pagans.

Our venerable father Andronicus and his wife Athanasia. Andronicus was a goldsmith in Antioch during the reign of emperor Theodosius the Great. Both he and his wife were very devout, and gave a third of all they eared to the poor. They had two children and lost both of them on the same day to death. After this, they took the monastic habit in Egypt. After many years of the monastic life, they died eight days apart; Athanasia first, and then Andronicus. (4th century)
Our righteous forefather Abraham and his nephew, Lot. Abraham is accounted patriarch and father of all believers. Calling to the Lord, he went out from the city of Ur of the Chaldees, his native land, and wandered through the land promised to him and to his descendants by God. Likewise he showed his total faith in God when, hoping against hope, he did not refuse to offer his only-begotten son Isaac to God in sacrifice. Isaac had been given to Abraham as an old man by the Lord from his sterile wife, Sarah. (cf. Genesis, chapters 12-25)

The holy martyr Denis, bishop of Paris. It is said that he was sent by the Roman Pontiff to Gaul and was made the first bishop of Paris. He died a martyr near Lutetia, together with the priest Rusticus and the deacon Eleutherius. (3rd century)

Troparion - Tone 3

Let us exalt James with praises as a herald of God, for he implanted the true faith deeply in the souls of all. Now he stands before the throne of the Master and rejoices in the company of angels, praying for all of us unceasingly.
Prokeimenon - Tone 8 (Psalm 18:5,2):

Through all the earth their voice resounds; their message reaches to the ends of the world.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Alleluia - Tone 1 (Psalm 88:6,8):

Al-le-lu-ia! Al-le-lu-ia!

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.
Verse: God is glorified in the council of the holy, great and awesome above all who surround him.

Communion Hymn (Psalm 18:5):

Through all the earth their voice resounds; their message reaches to the ends of the earth. Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

The holy martyrs Eulampius and Eulamnia at Nicomedia in Bithynia, martyrs in the persecution of Diocletian the emperor. They were brother and sister who refused to worship idols and gave their lives for the faith. (302)
Your holy martyrs, O Lord our God, in their struggles, received incorruptible crowns from you. With your strength, they brought down the tyrants and broke the cowardly valor of demons. Through their prayers, O Christ our God, save our souls.

Let us honor Euilampius and Eulampia, fearless martyrs. They were brother and sister in the flesh. Through the power of the crucified Christ, they put to shame their persecutor's guile, and they became the glory and pride of martyrs.
To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

Alleluia - Tone 4 (Psalm 33:18,20):

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.

Communion Hymn (Psalm 32:1):

Re-joice in the Lord, you right-eous ones; praise from the up-right is fit-ting.

praise from the up-right is fit-ting. Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

On the Sunday from October 11 to 17

SUNDAY OF THE FATHERS
AT THE SEVENTH ECUMENICAL COUNCIL

Troparion - Prescribed Resurrection Tone

Troparion - Tone 8:

O Christ our God, you are a-bove all praise. You have es-tab-lished
our fathers as beacons on the earth, leading us all to the true faith through them. O most merciful Lord, glory to you!

Kontakion - Tone 6

The Son shone forth from the Father indescribably. In two natures he was born of a woman. Recognizing this, we do not reject the representation of his human form; rather, we depict it with reverence and honor it with faith.

Therefore the Church holds fast to the true faith and kisses the image of the incarnation of Christ.
Prokeimenon - Tone 4 (Daniel 3:26,27):

Bless-ed are you and praise-wor-thy, O Lord, the God of our fa-thers,

and glo-ri-ous for-ev-er is your name.

Verse: For you are just in all that you have done for us.

Alleluia - Tone 1 (Psalm 49:1,5):

Al-le-lu-ia! Al-le-lu-ia!

Verse: The God of gods, the Lord, has spoken and summoned the earth
 from the rising of the sun to its setting.
Verse: Gather before him his righteous ones who have made a covenant with him by sacrifice.

Communion Hymns:

For Sunday, the usual Communion Hymn is (Psalm 148:1):
Praise the Lord from the heavens, praise him in the highest. Alleluia! Alleluia! Alleluia!

And for the Council Fathers, the Communion Hymn is (Psalm 32:1):

Re-joice in the Lord, you right-eous ones;
praise from the up-right, the up-right is fit-ting.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

24
11 The holy apostle Philip, one of the seven deacons chosen by the Apostles. He converted Samaria to the faith of Christ, baptized the eunuch of Candace the queen of the Ethiopians, and passed through cities evangelizing them all until he came to Caesarea, where it is said he rested. His stories are related in the Acts of the Apostles, 6:5; 8; and 21:8-9.

Our venerable father Theophane, the artist and hymnographer, bishop of Nicaea. He and his brother Theodore joined the monastery of Saint Sabbas the Sanctified. They were sent by the Patriarch of Jerusalem to emperor Leo the Armenian, to explain the orthodox teaching about the holy icons. He tortured them and his successor, Theophilus, had derisory words branded onto their faces. After the Iconoclastic controversy was ended, Theophane was made the bishop of Nicaea. (847)

Troparion of Philip - Tone 3

O Philip, you won apostolic favor and you astonished all Samaria.

Your divinely inspired words gave the eunuch understanding so that he was baptized and gave glory to God when he comprehended the incomprehensible. O holy apostle, obtain grace and mercy for us from God.

Troparion of Theophane - Tone 8

Guide to Orthodoxy, teacher of piety and holiness,
luminary for the world, inspired adornment of bishops, O wise Theophane, harp of the Spirit, you enlightened all by your teachings; intercede with Christ our God to save our souls.

Kontakion of Theophane - Tone 2

You proclaimed the divine Incarnation of Christ, and you exposed the spirit enemies, O wonderful Theophane. Because of this we perseveringly and piously call to you: Pray unceasingly for all of us.

Kontakion of Philip - Tone 4

Philip conversed with apostles and fished for people. He was one of the first
chosen by the apostles. Now he gives a wealth of cures to the world and protects from calamity those who honor him. Therefore we sing out to him:

O apostle, save all of us by your pray'rs.

Prokeimenon for an Apostle - Tone 8 (Psalm 18:5,2):

Through all the earth their voice resounds; their message reaches to the ends of the world.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Prokeimenon for a Venerable - Tone 7 (Psalm 149:5,1):

Let the faithful rejoice in glory, rejoice in glory, shout for joy, and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.
Alleluia for an Apostle - Tone 1 (Psalm 88:6,8):

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.
Verse: God is glorified in the council of the holy, great and awesome above all who surround him.

Alleluia for a Venerable - Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.

Communion Hymn for an Apostle (Psalm 18:5):

Through all the earth their voice resounds;
their message reaches to the ends of the world, ends of the world.

Refrain
Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!
Communion Hymn for a Venerable (Psalm 111:6,7):

The just man will be remembered forever;

evil news he will not fear, evil news he will not fear, he will not fear.

Refrain.

Alleluia! Alleluia! Alleluia!

12 The holy martyrs Probus, Tarachus, and Andronicus at Anazarbus in Cilicia, who in the persecution of Diocletian the emperor gained life for their confession of Christ. (292)

Our venerable father Cosmas, bishop of Maiuma, the hymnographer. Born in Jerusalem, he was a friend of St. John Damascene, whose parents took him in as an orphan and educated him. He helped St. John to compile the Ochtoechos, and he composed many canons to the saints. The canons of Christmas, Lazarus Saturday, Palm Sunday, and the Sunday of the Last Judgment are ascribed to him. He became bishop of the town of Maiuma, near Gaza, in Palestine and died in great old age. (8th century)

Our holy father Martin, bishop of Tours. He was born in Pannonia of pagan parents and was called to Gaul to serve in the military. While still a catechumen he covered Christ in a poor man with his own cloak. Having received baptism, he left behind his arms and followed the monastic life near Ligugé [Lat. Locogiacum] in a coenobium which he had founded. Then, ordained into the priesthood and chosen bishop of Tours, an excellent example of a good pastor, he founded other monasteries and parishes in the neighborhood, educated and reconciled the clergy, evangelized the country-dwellers, and at last went to the Lord at Candes in Gaul (397).

Troparion of the Martyrs - Tone 5

The angelic pow'rs of heaven were rapt in amazement

to see the successful accomplishments of these holy martyrs;
for even in their mortal bodies they vanquished the spiritual enemy by the power of the holy cross, and they obtained a spiritual victory. Therefore, they now intercede with the Lord that he may save our souls.

Troparion of Cosmas - Tone 8

You are an eloquent orator in the Church and a divinely inspired musician.

You were an image of life and a font of theology.

You soothed all who heard you, O father Cosmas, by your inspired words and beautiful music.
You were adorned with virtue, O blessed Cosmas, and you adorned the Church with wonderful music. Pray for our deliverance from the war-like enemy; for we appeal to you, O truly blessed father.

The soldiers of Christ, the holy martyrs Probus, Tara-chus and Androni-cus have shown us the glory of the Holy Trinity by refuting the error of their persecutors and fighting courageously for the faith.

Kontakion of Cosmas - Tone 8

Kontakion of the Martyrs - Tone 2
To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

Prokeimenon for a Venerable - Tone 7 (Psalm 149:5,1):

Let the faithful rejoice in glory, rejoice in glory, shout for joy, and take their rest.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Alleluia for the Martyrs - Tone 4 (Psalm 33:18,20):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.

Alleluia for a Venerable - Tone 2 (Psalm 131:9,13):

Al-le-lu-ia! Al-le-lu-ia!

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.
Communion Hymn (Psalm 32:1):

Re-joice in the Lord, you righ-teous ones; praise from the up-right,

Refrain

the up-right is fit-ting. Al-le-lu-ia! Al-le-lu-ia!

Al-le-lu-ia!

13 The holy martyrs Carpus, Papyrus, and Agathonica. Carpus was the bishop of Thyatira; Papyrus, a deacon; Agathonica, sister of the same Papyrus. There were many others at Pergamum in Asia, who were crowned with martyrdom for their blessed confession of Christ. (250)

Troparion - Tone 4

Your ho-ly mar-tyrs, O Lord our God, in their strug-gles, re-ceived incor-

rup-ti-ble crowns from you. With your strength, they brought down the ty-

rans and broke the cowardly val-or of de-

mons. Through their prayers, O Christ our

God, save our souls.
The Master has given us your relics as a treasure of great value and a fountain of health. This is how he removes the pain of suffering; this is how he gives grace to our souls. So all together we celebrate your feast, O martyrs.

Prokeimenon - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

Alleluia - Tone 4 (Psalm 33:18,20):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.
Rejoice in the Lord, you righteous ones; rejoice in the Lord,
you righteous ones; praise from the upright is fitting.

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

14 The holy Martyrs Nazarius, Gervase, Protase, and Celsus. Nazarius was a fearless Christian who visited Gervase and Protase in prison in Milan. The governor ordered Nazarius to be whipped and driven from the city. He eventually returned to Milan with his disciple Celsus. Gervase and Protase were still in prison, and Nero the emperor ordered that all four of them die by beheading. St. Ambrose found the relics of Gervase and Protase on this day, and had them translated with solemn rites to a new basilica built by himself. (60)

Our venerable mother Paraskevia of Trnovo. Of Serbian birth, her parents were devout Christians. She left her home and went first to Constantinople and then to Jerusalem, and then to the wilderness beyond the Jordan, where she lived to old age in asceticism. At the end of her life, she returned to her birthplace of Epibata and gave her spirit to God there, sometime in the eleventh century. (1201)

The holy priest-martyr Roman Lysko. Born in Galicia in 1914, he graduated from the L'viw Theological Academy and was ordained priest in 1941. He was arrested by the Soviets and imprisoned in L'viw, where he died. (1949)

Troparion of the Martyrs - Tone 4

This quartet of martyrs illumines the Church like a brilliant star in the sky.

By the suffering of Nazarius and the confession of the others, the Church
has been made to sing: Glory to God, the strength of martyrs.

Troparion of Paraskevia - Tone 4

You followed closely in the steps of Christ, your spouse, loving the silent desert life. As a young woman you took up his yoke and armed yourself with the cross against the enemy. By fasting and prayer, by tears and penance, you utterly quenched the fires of passion.

Now you stand with the wise virgins in Christ's presence and pray for those who honor your memory, O Paraskevia.

Kontakion of Paraskevia - Tone 6

Let us all sing of holy Paraskevia, patroness of those in peril. She spurned the crown of corruption and received the lasting one; therefore, God has given
her glory and the grace of miracles.

Kontakion of the Martyrs - Tone 2

You appeared as bright lamps, O godly martyrs. You enlightened all creation with the brilliance of your miracles. As you free us from sickness and drive away forever the depths of darkness, pray without ceasing to Christ our God for all of us.

Prokeimenon - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

 Alleluia - Tone 4 (Psalm 33:18,20):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.
Communion Hymn (Psalm 32:1):

Re-joice in the Lord, re-joice, you right-eous ones; praise from the upright,

Refrain

the up-right is fit-ting. Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

15 Our venerable father Euthymius the Younger. Born in Ancyra in 824 of Christian parents, he served in the army, married, and had one daughter. He lived for a long time in the monasteries of Olympus and then on the Holy Mountain. He entered into his rest on Mount Athos, and his wonder-working relics are preserved in the city of Salonica. (9th century)
The holy venerable martyr Lucian, priest of the Great Church of Antioch. In his youth he was given a very wide education. After giving away his goods to the poor, he fed himself with the work of his hands. He is responsible for the correction of the Hebrew text of the Holy Scriptures. In the persecution of the emperor Maximian, he was thrown into prison and died a martyr’s death. Saint John Chrysostom praised him highly for his love of the poor and of the ascetic life. (312)
In Carmelite communities: Our venerable mother Teresa of Jesus, abbess of Avila. Having joined the Carmelite Order in Avila in Spain, she was made mother and teacher of a more vigilant observance. She set forth the spiritual progress in her own heart under the appearance of an ascension of the soul by a stairway to God. She suffered many trials for the reformation of her Order, which she met with an unconquered spirit. She also wrote many books filled with the highest teaching and experience of the love of God. (1582)

Troparion of Euthymius - Tone 8

In you, O fa-ther, the di-vene im-age was strict-ly pre-served;

tak-ing up your cross, you fol-lowed Christ. You taught us
by example how to spurn the flesh, for it passes away, and how to care for the soul, which is immortal. Therefore, Venerable Euthymius, your soul rejoices with the angels.

**Troparion of Lucius - Tone 4**

You kept yourself chaste by your fasting, and you received an untarnishing crown by your martyrdom. Martyred priest, Lucian, the pride of Antioch, beg Christ to save us who keep your holy memory.

**Kontakion of Lucian - Tone 2**

We praise Lucian in song as a real light, for he was renowned first in his fasting and secondly by his martyr's blood. He prays without ceasing for all of us.
You walked through storms without getting wet, and with the arrows of your tears you slew the foe. You received the grace to work miracles, O father Euthymius, and you heal all our maladies.

Pray unceasingly for all of us.

Prokeimenon for a Venerable - Tone 7 (Psalm 115:6,3):

Precious in the eyes, in the eyes of the Lord is the death of his faithful, is the death of his faithful.

Verse: What can I return to the Lord for all he has given me?

Prokeimenon for a Venerable Martyr - Tone 7 (Psalm 149:5,1):

Let the faithful rejoice in glory, rejoice in glory, shout for joy, and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.
Alleluia for a Venerable - Tone 6 (Psalm 111:1,2):

Verse: Happy the man who fears the Lord and greatly delights in his commands.
Verse: His posterity will be mighty upon the earth.

Alleluia for a Martyr - Tone 2 (Psalm 131:9,13):

Verse: Your priests will be clothed with righteousness and your saints will rejoice.
Verse: The Lord has chosen Zion; he prefers her for his dwelling.

Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he will not fear, evil news he will not fear. Alleluia! Alleluia!
16 The holy martyr Longinus the Centurion at Jerusalem, the honored soldier who pierced with his spear the side of the Lord on the cross.

Troparion - Tone 4

Your martyr Longinus, O Lord our God, in his struggle, received an incorruptible crown from you. With your strength, he brought down the tyrants and broke the cowardly valor of demons. Through his prayers, O Christ our God, save our souls.

Kontakion - Tone 4

The Church remembers today the holy martyr Longinus and she is made truly happy. She sings this song to the Lord: You are my strength and perseverance, O Christ.
Prokeimenon - Tone 7 (Psalm 63:11,2)

The just man will rejoice in the Lord, rejoice in the Lord and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.

Alleluia - Tone 4 (Psalm 91:13,14):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.
Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he will not fear; evil news he will not fear.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!
17 The holy prophet Hosea, who not only by his words but also by his manner of life showed the unfaithful people of Israel that the Lord was an ever-faithful Spouse, moved by limitless mercy.

The holy venerable martyr Andrew of Crete was a priest who defended the cult of the holy icons with great vigor during the persecution under the emperor Copronymos. He attacked the emperor publicly in the church, saying “You would do better, O King, to look to the work of the army and the governing of the people, than to the persecuting of Christ and his servants.” He was attacked by a man with an ax and killed. (767)

Troparion of Hosea - Tone 2

As we celebrate the memory of your prophet Hosea, O Lord, we implore you to save our souls through his prayers.

Troparion of Andrew - Tone 4

On the mountain you reached the summit by fasting. You destroyed the protection of the foe by the arms of the cross. You robed yourself bravely in martyrdom, cutting Copronymos down with the sword of faith.

This is why God crowned you, O memorable Andrew, O venerable and truly blessed martyr.
Kontakion of Andrew - Tone 3

The capitol city keeps your memory to day, inviting every city and region to join the feast. It is proud to possess your martyred body. O Andrew, you are a light of true faith.

Kontakion of Hosea - Tone 2

With sure step you followed the commands of your Lord, and you were filled with the Holy Spirit, O prophet Hosea. You received the gift of prophecy, and you spoke daringly to Israel who anxiously sought the coming of the Christ.

You converted those who strayed from the path of justice, and you set them on the road to the heavenly Jerusalem.

Now you stand within that city and implore the Lord.
Pray unceasingly for all of us.

Prokeimenon for a Prophet - Tone 4 (Psalm 109:4,1):

You are a priest forever according to the order of Melchisedek.

Verse: The Lord said to my Lord: Sit at my right hand till I make your enemies your footstool.

Prokeimenon for a Venreable Martyr - Tone 8 (Psalm 149:5,1):

Let the faithful rejoice, rejoice in glory, shout for joy and take their rest.

Verse: Sing to the Lord a new song of praise in the assembly of the faithful.

Alleluia for a Prophet - Tone 5 (Psalm 98:6; 96:11):

Alleluia! Alleluia! Alleluia!

Verse: Moses and Aaron were among his priests; Samuel was among those who called upon his name.

Verse: Light dawns for the just, and gladness for the upright of heart.
Alleluia for a Venerable Martyr - Tone 6 (Psalm 111:1,2):

Verse: Happy the man who fears the Lord and greatly delights in his commands.
Verse: His posterity will be mighty upon the earth.

Communion Hymn for a Prophet (Psalm 111:6,7):

Refrain: Alleluia! Alleluia! Alleluia!

Communion Hymn for a Venerable Martyr (Psalm 32:1):

Refrain: Alleluia! Alleluia! Alleluia!

47
Let us praise the holy and glorious apostle Luke with sacred chants; for he is a living doctor who heals human weakness, the ills of souls, and the sickness of nature. He is the awesome writer of the gospel of Christ, and the story of the Acts of the Apostles. He recorded for the Church what had been unwritten.

Let us praise the heavenly Luke, a star of the Church, a preacher of...
true holiness, and one who clarified the inefable mysteries. The Word who searches all hearts chose him and Paul to be teachers of the Gentiles.

Prokeimenon - Tone 8 (Psalm 18:5,2):

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Alleluia - Tone 1 (Psalm 88:6,8):

Al - le - lu - ia! Al - le - lu - ia!
Communion Hymn (Psalm 18:5):

Through all the earth their voice resounds; their message reaches to the ends of the world! Alleluia!

Alleluia! Alleluia!

19 The holy prophet Joel, who announced the great day of the Lord and the mysterious pouring out of the Spirit on all flesh, which the divine majesty in Christ deemed fit to fulfill marvellously on the day of Pentecost.

The holy martyr Varus in Egypt. He was a soldier, who, under Maximianus the emperor, visited and refreshed six holy hermits held in a prison. When a seventh died in the wilderness, Varus wished to take his place and suffered most cruel torments with them. (307)

Our venerable father John of Rila was born in Skrino, at the time of the emperor Boris, to poor but worthy parents. After their death, he became a monk and lived in a high mountain cave for a while, and then lived in a hollow tree on the mountain of Rila in Bulgaria. Eventually he came to be known among men as one who worked wonders. Many who were seeking the spiritual life came to settle near John, and a church and monastery were built there. John died at the age of seventy, and his relics are preserved at the monastery at Rila. (946)

Troparion of Joel - Tone 2

You knew beforehand of the appearance of God in the flesh, and the descent of the Holy Spirit. You announced
the im-pend-ing judg-ment, O proph-et Joel. By your pray'rs. save from sorrow those
who ven-er-ate you.

Troparion of Varus - Tone 4
You saw the ar-my of martyrs suffer ac-cord-ing to the Law, and dis-play-ing
your your might you sought to en-dure it as well. You longed to die for Christ,
and you re-ceived the martyr's victory from him, O Va-rus.

Kontakion of Varus - Tone 4
O Var-us, you drank from the chal-ice of Christ, and you fol-lowed in his
foot-steps. You were a-dorned with the laurels of martyrs and your voice is heard
in the an-gel-ic-choir. Pray un-ceas-ing-ly for our souls.
Kontakion of Joel - *Tone 2*

O prophet, while preaching God you were filled with comforting inspiration.

You manifested the light of the nations long before he came.

For this we praise you in faith and keep your sacred memory.

We ask you to beg Christ our God to save our souls.

Prokeimenon for a Prophet - *Tone 4* (Psalm 109:4,1):

You are a priest forever according to the order of Melchizedek.

Verse: The Lord said to my Lord: Sit at my right hand till I make your enemies your footstool.

Prokeimenon for a Martyr - *Tone 7* (Psalm 63:11,2)

The just man will rejoice in the Lord, rejoice in the Lord and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.
**Alleluia for a Prophet - Tone 5** (Psalm 98:6; 96:11):

Verse: Moses and Aaron were among his priests; Samuel was among those who called upon his name.

Verse: Light dawns for the just, and gladness for the upright of heart.

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**Alleluia for a Martyr - Tone 4** (Psalm 91:13,14):

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.

Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

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**Communion Hymn** (Psalm 111:6,7):

The just man will be remembered forever;

Refrain: Evil news he will not fear, evil news he will not fear. Alleluia!

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20 **The holy great martyr Artemius.** Egyptian by birth, he was the commander-in-chief of the army of emperor St. Constantine the Great. When the cross of the Lord appeared in the sky to the emperor, Artemius also saw it and came to faith. He was eventually appointed governor in Egypt. During the reign of emperor Julian the Apostate, he was stripped of his rank and thrown into prison. The emperor had him cruelly killed. (392)
You were fortified by the true faith, O martyr, and you vanquished the torturer and his idol offerings. Because you reproached that king, the great King has bestowed on you a shining crown of victory and astonishing miracles of healing with which you heal all who call on you.

O great Artemius, beg Christ our God to save our souls.

As we all join in this procession, let us praise Artemius with fitting hymns; for he was a devout and crowned martyr who seized the victory against the foe. He is great among the martyrs and a rich source of miracles.

He prays to the Lord for all of us.
The just man will rejoice in the Lord, rejoice in the Lord and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.

Alleluia - Tone 4 (Psalm 91:13,14):

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.
Verse: Planted in the house of the Lord, he will flourish in the courts of our God.

Communion Hymn (Psalm 111:6,7):

Refrain: evil news he will not fear, evil news he will not fear. Alleluia!

21 Our venerable father Hilary the Great on the island of Cyprus, hegumen. He followed in the footsteps of St. Anthony, first near Gaza leading a solitary life. Then in this province of Cyprus, he was an outstanding founder and example of eremetical life. (372)
Like the great Anthony you were the strength of monks, a model for the desert-dwellers and a worker of miracles. You are a source of help for people troubled by passion. O father Hilary, pray for those who keep your holy memory.

As we all join in this procession today, let us praise this never-waning light of the brilliant Sun. You enlighten those in the darkness of ignorance, and you guide them on to the heavenly peaks. Therefore, we cry to you: Rejoice, O father Hilary, model of ascetics.
Precious in the eyes, in the eyes of the Lord is the death of his faithful, is the death of his faithful.

Verse: What can I return to the Lord for all he has given me?

Alleluia - Tone 6 (Psalm 111:1,2):

Al - le - lu - ia! Al - le - lu - ia!

Verse: Happy the man who fears the Lord and greatly delights in his commands.
Verse: His posterity will be mighty upon the earth.

Communion Hymn (Psalm 111:6,7):

The just man will be remembered forever; evil news he will not fear, evil news he will not fear. Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia!
The holy bishop Abercius, equal to the apostles and wonderworker, at Hierapolis in Phrygia, a disciple of Christ the good Shepherd, of whom it is said that he made a journey through different areas and nourished the faith with a mystical food. He reached throughout Syria and Mesopotamia, and went to the Lord in great old age at the end of the second century. (2nd century)

The holy seven children of Ephesus During the persecution of the emperor Decius, seven young soldiers refused to sacrifice to idols. Tradition says that their names were: Iaximilian, Iamblichus, Martinian, John, Dionysius, Exacustodianus, and Antoninus. They concealed themselves in a cave outside of Ephesus, and the emperor had them sealed into the cave to kill them. In the reign of the Christian emperor Theodosius the Younger (408-450), there arose a dispute about the veracity of the Christian teaching on the resurrection of the dead. The youths awoke, testified to the true teaching, and one week later died. (250 and 454) (Also remembered on August 4.)

Troparion of Abercius - Tone 4

You became a preacher of truth and a worker of miracles,

a father of orphans and a support of the poor, a brave shepherd of the flock and a terror to devils. Defend those who cry to you, O father Abercius, and beg Christ our God to save our souls.

Troparion of the Martyrs - Tone 8

Let us praise these blessed children in song. They are symbols of the
resurrection of the dead and preachers of holiness.

They are seven pillars of the Church, found without decay after so many years. They are truly symbols of the Resurrection, for they have come out as if from sleep.

Kontakion of the Martyrs - Tone 4

You glorified your saints on earth, O Christ, before your second and awesome coming. By raising the dead children so glorious, you proved the Resurrection to those who were ignorant of it.

Revealing flesh and clothing uncorrupted, you moved the king to cry out:

You are truly the Resurrection of the dead.
The whole Church venerates you, O Abercius, as a comrade of the apostles and a truly great priest. Since you are always in our memory, O blessed saint, preserve the purity of the Church that it remains undisturbed, unconquered, and free from all heresy.

My lips will speak words of wisdom; understanding will be the theme of my heart.

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: Hear this, all you peoples; give heed, all who dwell in the world.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.
Alleluia for a Hierarch - Tone 2 (Psalm 36:30,31):

Verse: The just man’s mouth utters wisdom and his lips speak what is right.
Verse: The law of his God is in his heart; his steps shall be saved from stumbling.

Alleluia for the martyrs - Tone 4 (Psalm 33:18,20):

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.

Communion Hymn for a Hierarch (Psalm 111:6,7):

Communion Hymn for the Martyrs (Psalm 32:1):
The holy apostle James, the brother of God, called the Just One, was the first to rule the Church in Jerusalem. Paul testifies that he was among the witnesses of the Resurrection (cf I Cor. 15:7). When a controversy about circumcision arose, he dissented from the opinion of Peter, that the old yoke not be imposed on the gentiles. Not long afterwards, he crowned his apostolate with martyrdom.

O holy James, as a disciple of the Lord, you received the gospel; as a martyr, you displayed an unyielding will. As a brother of the Lord, you have special pow’r with him; as a pontiff, you have the right of intercession. Intercede, therefore, with Christ our God that he may save our souls.
At the completion of the time, God the Word, the only-begotten Son of the Father, came down to us. He established you, O admirable James, as the first shepherd and teacher of Jerusalem, a faithful steward of the mysteries of faith. Therefore, we honor you as an apostle.

Through all the earth their voice resounds; their message reaches to the ends of the world.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Alleluia - Tone 1 (Psalm 88:6,8):

Al - le - lu - ia! Al - le - lu - ia!

Verse: The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.

Verse: God is glorified in the council of the holy, great and awesome above all who surround him.
Through all the earth their voice resounds;
their message reaches to the ends of the world, ends of the world.

Refrain

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

24 The holy martyr Arethas and his companions. He was governor of the city of Nagran in Arabia. He and 340 of his companions, at the time of Justinian the emperor, gave their lives for Christ under Dhu Nuwas or Dun'an, king of the Himayarites. (523)

Opposing the vile king and reproaching his disbelief in Christ, this martyr acted bravely and suffered torture and death. For this the angels praise you, O Arethas, and those who suffered with you, and generations of the faithful will always bless you as a sure intercessor for our souls.
To-day is the truly splendid feast of the martyrs. An intercession of happiness is ours to-day. Let us celebrate this feast and bless the Lord in heaven.

Prokeimenon - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

Alleluia - Tone 4 (Psalm 33:18,20):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.

Communion Hymn (Psalm 32:1):

Re-joice in the Lord, you righteous ones; praise from the up-right,
The holy martyrs and notaries Marcian and Martyrius. Martyrius was a subdeacon, and Marcianus was a cantor, in Constantinople. They were killed by the Arians under Constantius the emperor. (355)

The holy and just Tabitha the Merciful. She was a disciple of the apostles and lived in Joppa (now Jaffa). She was “full of good works and almsgiving” (Acts 9:36). She suddenly weakened and died at the time that St. Peter was in the city of Lydda. The grieving disciples sent to him and asked him to come and comfort the people. On his arrival, he told everyone to leave the room where the corpse was. He knelt in prayer, and called to the body, “Tabitha, arise!” She opened her eyes and arose, and many came to faith because of it.
Christ. They intercede with him to save our souls.

Kontakion - Tone 4

You lived piously since your childhood, O Marcian and Martyrius,

and you came to crush Arius. You preserved the teachings of the faith intact by following the wise teacher Paul. You have found life in his company as defenders of the Trinity.

Prokeimenon - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

Alleluia - Tone 4 (Psalm 33:18,20):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.
Communion Hymn (Psalm 32:1):

Rejoice in the Lord, you righteous ones; rejoice in the Lord,
you righteous ones; praise from the upright is fitting.

Refrain

Alleluia! Alleluia! Alleluia!

26 The holy and great martyr Demetrius. Born in Salonica of devout parents, he was a much-longed-for only child. Because of his he received an excellent education. Like his father, Demetrius became a soldier in the Roman army. The emperor Maximian appointed him to persecute the Christians in Salonica, but Demetrius confessed his faith and preached Christ. He was cruelly martyred for his witness to the Lord. Since earliest times, he has been regarded as a wonderworker and powerful intercessor. (305)

Commemoration of the great and fearful earthquake in Constantinople, 740. In the time of the emperor Leo the Armenian, there was a terrifying and long-lasting earthquake in Constantinople. The people felt that it was punishment for their sins, and entreated the most holy Mother of God and St. Demetrius to intercede for them.

Troparion - Tone 3

O martyr, the world has seen you as a defender of those
imperiled and a conqueror of the nations. In cutting
down the arrogance of Leo, you bolstered Nestor
by your courage. O holy Demetrius, pray to Christ our God to save our souls.

Kontakion - Tone 2

God endowed you with an invincible power and tinged the Church with your blood, O Demetrius. He also covers your city with love, for you are its foundation.

Prokeimenon - Tone 7 (Psalm 63:11,2)

The just man will rejoice in the Lord, and will put his trust in him.

Verse:  Hear my voice, O God, when I pray to you.

Alleluia - Tone 4 (Psalm 91:13,14):

Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia!

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.

Verse: Planted in the house of the Lord, he will flourish in the courts of our God.
Communion Hymn (Psalm 111:6,7):

The just man will be re-membered, be re-membered for ever-

Refrain

evil news he will not fear, evil news he will not fear. Alleluia!

Alleluia! Alleluia!

The holy martyr Nestor learned of Christianity from St. Demetrius the Great Martyr. Nestor was moved to defend Christians being tortured in the arena of Salonica, and defeated the brute gladiator who was killing the innocents. The emperor Maximian ordered Nestor to be beheaded. (306)
The holy martyr Capitolina and her servant Erotheides in Cappadocia (c.304)

Troparion - Tone 3

You took up the pow'r of the cross from the great Demetrius,

and you set out against the giant. His terrible

strength did not save him, for he was cut down by you. They killed you for

this, O holy martyr, but your bravery ushered
you before Christ. O Nestor, pray for our peace and for mercy on all of us.

Kontakion - Tone 2

Having perfectly endured your martyrdom, you have achieved immortal glory. You have become a perfect soldier for the Master through the pray'rs of the great Demetrius. Join him, blessed Nestor, and pray unceasingly for all of us.

Prokeimenon - Tone 7 (Psalm 63:11,2)

The just man will rejoice in the Lord, rejoice in the Lord and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.
Alleluia - Tone 4 (Psalm 91:13,14):

Verse: The just man will flourish like the palm tree and grow like a cedar of Lebanon.  
Verse: Planted in the house of the Lord, he will flourish in the courts of our God.  

Communion Hymn (Psalm 111:6,7):

28 The holy martyrs Terence and Neonila, husband and wife from Syria, who were martyred with their seven children for their witness to Christ.  
Our holy father Stephen the Sabbaite, hymnographer. The author of many beautiful Canons, he lived in the community of St. Sabbas the Sanctified, near Jerusalem. He later became a bishop, and died peacefully. (807)  
The holy martyr Paraskevia of Iconium. In the time of the persecution of Diocletian, Paraskevia continued her good works for the poor and needy in the name of Christ. She was arrested and taken before the governor. He had her flogged and then beheaded. (4th century)  

Troparion of the Martyrs - Tone 4
and broke the cowardly valor of demons. Through their prayers, O Christ our God, save our souls.

Troparion of Paraskevia - Tone 4

O all-wise and praise-worthy Paraskevia, martyr of Christ, you laid aside weakness and received might, thus vanquishing the devil and putting the tyrant to shame, while crying out and saying: Come, cut my body apart with your swords and burn me with fire; for I shall go rejoicing to Christ my Bridegroom! Through her supplications, O Christ God, save our souls.

Kontakion of Paraskevia - Tone 3

You poured out your blood like the finest wine for Christ, your Bridegroom.

You made glad the choirs of angels and foiled the wiles of the demons.
We therefore cherish you with honor and faith, O much-suffering Paraskevia.

Kontakion of the Martyrs - Tone 4

The dear memory of the martyrdom of Terence and his wife comes again today.

It fills us with such great joy that we gather in delight to receive a blessing. These two have received grace from the Holy Spirit to cure ills and to heal our wounds.

Prokeimenon for the Martyrs - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.
Prokeimenon for a Woman-Martyr - Tone 4 (Psalm 67:36,27):

Verse: In the churches bless God; from Israel’s wellsprings bless the Lord.

Alleluia for the Martyrs - Tone 4 (Psalm 33:18,20):

Verse: When the righteous cried out, the Lord heard; and from all distress he saved them.
Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.

Alleluia for a Woman-Martyr - Tone 1 (Psalm 39:2,3):

Verse: I have waited, waited for the Lord, and he stooped toward me and heard my cry.
Verse: He drew me out of the pit of destruction, out of the filthy clay.

Communion Hymn (Psalm 32:1):

Verse: Rejoice in the Lord, you righteous ones;
Verse: praise from the upright, the upright is fitting.
29 The holy venerable martyr Anastasia. Born in Rome to wealthy and upper-class parents, she was left an orphan at age three. She was taken to a women’s monastery to live, under the guidance of the Hegumena Sophia. When she was seventeen, the pagan governor summoned her to defend herself, which she did with great eloquence. She was stripped, tortured, and finally mutilated by the guards. This was during the persecution of the emperor Decius (249-251).

Our venerable father Abraham the hermit. Under pressure from his parents, Abraham married, but then fled into the desert to live as a hermit. For fifty years he did so, faithfully keeping to the ascetic life which had called him. He died at the age of seventy at Edessa in Osroene in Mesopotamia. St. Ephraem the deacon recorded the deeds of this remarkable man. (360)

The passing of our venerable father Abraham of Rostov, archimandrite and wonderworker, in the world Avercius, in his youth left his parents’ home and entered upon the path of Christian asceticism. Having assumed the monastic form, Abraham settled at Rostov on the shore of Lake Nero. In the Rostov lands there were not many pagans, and the Venerable worked intensely at spreading the true faith. Many of the pagans were persuaded and baptized by Saint Abraham. Particularly great was his influence with the children whom he taught the ability to read and write, instructing them in the law of God, and tonsured monastics from among them. Everyone who came to the monastery of the saint was accepted with love. His life was a constant work of prayer and toil for the benefit of the brethren: he chopped firewood for the oven, he laundered the monks' clothing and carried water for the kitchen. The Venerable Abraham reposed in old age and was buried in the church of the Theophany (11th century)

Troparion of Anastasia - Tone 4

Your lamb An-a-sta-sia, O Jesus, cries out in a loud voice: I love you,

my Bridegroom; I seek you with painful longing; I am cru-cified with you;

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in your baptism, I am buried with you; I suffer for you that I may reign with you; and I die for you that I may live with you. Receive me as a spotless sacrifice immolated with love for you. By her pray's, O merciful One, save our souls.

Troparion of Abraham - Tone 8

In you, O father, the divine image was strictly preserved; taking up your cross, you followed Christ. You taught us by example how to spurn the flesh, for it passes away, and how to care for the soul, which is immortal. Therefore, O venerable Abraham, your soul rejoices with the angels.
In the body you were like an angel on earth, and by your asceticism, you were like a tree well-rooted. You grew in beauty, being watered with self-renunciation. O father Abraham, you exorcised the devil by your tears; therefore, you resembled a vessel of the Holy Spirit.

Oven'iable Anastasia, you were purified by the waters of virginity and washed by the blood of your martyrdom. Therefore, you grant healing to those who suffer from sickness and salvation to those who come to you with love. It is Christ who bestows this pow'r on you,
because he is ever-gener'ous with his grace.

Prokeimenon for a Woman-Martyr - Tone 4 (Psalm 67:36,27):

God is wondrous in his saints, the God of Israel, the God of Israel.

Verse: In the churches bless God; from Israel’s wellsprings bless the Lord.

Prokeimenon for a Venerable - Tone 7 (Psalm 115:6,3):

Precious in the eyes, in the eyes of the Lord is the death of his faithful.

Verse: What can I return to the Lord for all he has given me?

Alleluia for a Woman-Martyr - Tone 1 (Psalm 39:2,3):

I have waited, waited for the Lord, and he stooped toward me and heard my cry.

Verse: He drew me out of the pit of destruction, out of the filthy clay.
Alleluia for a Venerable - Tone 6 (Psalm 111:1,2):

Verse: Happy the man who fears the Lord and greatly delights in his commands.
Verse: His posterity will be mighty upon the earth.

Communion Hymn for a Woman-Martyr (Psalm 32:1):

Communion Hymn for a Venerable (Psalm 111:6,7):

The just man will be remembered forever.
Evil news he will not fear, evil news he will not fear, he will not fear.
The holy martyr Zenobius and his sister Zenobia at Sidon in Phoenicia, priest, who, in the severity of the persecution of Diocletian the emperor, urged others to martyrdom and himself was crowned with martyrdom. His sister voluntarily joined him in his martyrdom. (285)

The holy apostle Cleopas and companions Tertius, Mark, Justus and Artemas were members of the Seventy. The risen Lord appeared to Cleopas on the road to Emmaus (Lk. 24: 13-33). Tertius wrote down Paul’s Epistle to the Romans for him (Rm. 16:22) and died a martyr as Bishop of Iconium, after the Apostle Sosipater. John Mark was the son of the devout Mary in whose house the apostles and early Christians found shelter; he was the nephew of St. Barnabas. He was bishop in the town of Apollonia. Justus was the one cast lots for, with Matthias (Acts 1: 23-26); he became bishop of Eleutheropolis. Artemas was bishop of Lystra in Lycania.

Troparion - Tone 4

Your ho - ly mar-tyrs, O Lord our God, in their strug - gles, received incor-
rup-ti-ble crowns from you. With your strength, they brought down the ty - rants
and broke the cowardly val-or of de-mons. Through their prayers, O Christ our
God, save our souls.

Kontakion - Tone 8

Let us hon-or Zenobius and Zenobia with in-spired hymns, the two mar-tyrs
for truth and preachers of the true faith, brother and sister who lived and suffered together. They received the incorruptible crown of the martyrs.

Prokeimenon - Tone 4 (Psalm 15:3,8):

To all the saints in his land, the Lord has shown all the wonders of his will.

Verse: I set the Lord ever before me; with him at my right hand I shall not be disturbed.

Alleluia - Tone 4 (Psalm 33:18,20):

When the righteous cried out, the Lord heard; and from all distress he saved them.

Verse: Many are the troubles of the righteous, but from them all the Lord will rescue them.

Communion Hymn (Psalm 32:1):

Rejoice in the Lord, you righteous ones; praise from the upright, the upright is fitting.

Refrain

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia!
31 The holy apostles Stachys, Amplius and their companions. These were members of the Seventy. Stachys was a helper of St. Andrew the First-Called, who made him bishop of Byzantium. Amplius and Urban were also fellow-workers with St. Andrew, and were made bishops of Lydda and Macedonia, respectively. Narcissus was made Bishop of Athens by the Apostle Philip, and Apelles was made Bishop of Heraklion in Trachis. Arisbobulus, brother of Apostle Barnabas, preached the Christian faith in Britain; he is also commemorated on March 16.

The holy martyr Epimachus of Alexandria and his companions. Epimachus and Alexander, under Decius the emperor, after long bondage and various tortures, were finally consumed by fire for their faith in Christ. With them suffered Saint Ammonaria, virgin, Mercuria, Dionysia and others. The judge was ashamed to be beaten by women; having inflicted unheard-of tortures on them, he hesitated lest even he be conquered by their persistence. He ordered them beheaded immediately. (250)

Troparion of the Apostles - Tone 3

O holy apostles, intercede with the merciful God

that he may grant our souls forgiveness of sins.

Troparion of Epimachus - Tone 4

Your martyr Epimachus, O Lord our God, in his struggle, received an incorruptible crown from you. With your strength, he brought down the tyrants

and broke the cowardly valor of demons. Through his prayers, O Christ our
God, save our souls.

Kontakion of Epimachus - Tone 3

You were an inspired pillar and a witness to truth. You conquered the invisible foe through physical torment. You received a crown from Christ, O most holy one; therefore we cry out to you:

Pray unceasingly that we might find mercy.

Kontakion of the Apostles - Tone 8

Let us properly praise the pure vessels of the Holy Spirit, the rays of light and glory, the wise apostles Stachys, Amplius, Urban and Narcissus whom the grace of our God has joined together.
Prokeimenon for the Apostles - Tone 8 (Psalm 18:5,2):

Through all the earth their voice resounds; their message reaches to the ends of the world.

Verse: The heavens declare the glory of God, and the firmament proclaims his handiwork.

Prokeimenon for a Martyr - Tone 7 (Psalm 63:11,2)

The just man will rejoice in the Lord, rejoice in the Lord and will put his trust in him.

Verse: Hear my voice, O God, when I pray to you.

Alleluia for the Apostles - Tone 1 (Psalm 88:6,8):

The heavens declare your wonders, O Lord, and your truth in the assembly of the holy.

Verse: God is glorified in the council of the holy, great and awesome above all who surround him.

Alleluia for a Martyr - Tone 4 (Psalm 91:13,14):

The just man will flourish like the palm tree and grow like a cedar of Lebanon.

Verse: Planted in the house of the Lord, he will flourish in the courts of our God.
Through all the earth their voice resounds; their voice resounds;

their message reaches to the ends of the world. Alleluia!

Al - le - lu - ia! Al - le - lu - ia!

Communion Hymn for the Apostles (Psalm 18:5):

The just man will be remembered forever;
evil news he will not fear, evil news he will not fear. Alleluia!

Al - le - lu - ia! Al - le - lu - ia!

Communion Hymn for a Martyr (Psalm 111:6,7):