

25th Sunday After Pentecost (Nov 29/Dec 12)
Commemoration of the Holy Martyr Paramon

VESPERS: Tone 8

P. Regular Beginning

C. Lord I have cried... (Tone 8)

1. We **offer** up to **Thee**, O Christ,/ our evening hymn and reasonable **service**/ for it hath pleased Thee to have **mercy** upon us// by Thy Resurrection.
2. Lord, **Lord**, cast us not **away** from Thy face,/ but be pleased to have mercy upon us// by Thy Resurrection.
3. **Rejoice**, O holy **Zion**,/ Mother of Churches and **dwelling**-place of God,/ for Thou hast been the first to **receive** remission of sins// by the Resurrection.
4. **Begotten** before all ages of God the **Father**,/ the Word, Who in the **latter** time/ willed to take flesh of a maid who **knew** not a man,/ endured the death of the Cross and by His own Resurrection// saved man who in the past was made **subject** to death.
5. We **glorify** Thy Resurrection from the **dead**, O Christ,/ by which Thou hast set free the line of Adam from the **torment** of hell/ and as God hast granted the world **eternal** life// and Thy great **mercy**.
6. **Glory** be unto Thee, O Christ, our **Saviour**,/ Only begotten Son of God Who wast **nailed** to the Cross// and on the third day **rose** from the tomb.
7. We **offer** Thee **glory**, O Christ/ Who of Thine own will hast endured the **Cross** for our sake,/ and we worship Thee, O Saviour almighty, Who **lovest** mankind./ Cast us not **away** from Thy face,// but hearken unto us and save us by Thy Resurrection.

Stichera for the Martyr (Tone 4)

8. **Manifestly** illumined with the effulgence of the divine Spirit, O most blessed **Paramon**,/ thou didst utterly revile the utter darkness of polytheism,/ and, **receiving** a convenient time, O most **blessed** one,/ with valiant mind thou didst approach the sufferings which lay **before** thee;/ and, shown to be **victorious**,/ thou didst cast down the prideful foe of all mortals, **magnifying** Christ.// Him do thou entreat, that He save and **enlighten** our souls.
9. **Having** witnessed a great multitude slaughtered for the King and God of all, O **Paramon**,/ thou didst burn with divine zeal and **cry** out:/ 'I am ever a true servant of Christ! Understand, ye all-iniquitous **tyrants**,/ for, summoned, lo! I have now come to be slain like an **innocent** lamb!/ Wherefore, be ye not mistaken. I am perforce become an acceptable **sacrifice**// to Him Who was slain in the flesh for my sake, of His **own** will.'

10. The honoured choir of **athletes**, three hundred seventy in **number**,/ with faith cast down the falsehood of the polytheism of the all-iniquitous;/ and **with** them thou also wast crowned, having struggled with valiant mind, O **Paramon**,/ and, rejoicing, didst join the choirs of the incorporeal ones./ With them do thou pray, that we who honour and ever **bless** thee// may be delivered from all sorrow and **perils**.

G/B... Dogmatikon (Tone 8)

In His love for mankind,/ the King of Heaven appeared upon earth and **dwelt** among men./ For He took flesh of a pure **Virgin**,/ and thus incarnate He came **forth** from her./ The only **Son** is He:/ twofold in nature, but not in **person**./ In proclaiming Him perfect man and perfect **God** indeed,/ we confess **Christ** our God.// Beseech Him, O Mother without wedlock to have mercy upon our souls.

- P. Wisdom. Aright!
- C. O Joyful Light...
- P. Prokimenon. The Lord is King...
- P. Wisdom! (And readings, if any)
- P. Augmented Litany
- R. Vouchsafe...
- P. Litany of Fervent Supplication

APOSTICHA: (Tone 8)

1. O **Jesus** Who came down from **heaven**,/ Thou didst ascend upon the Cross and didst **come** to die,/ O **Immortal** Life,/ true Light for those sitting in **darkness**:/ and the Resurrection of all the **fallen**:// Glory unto Thee, our Saviour, Who **enlightens** us.

V. The Lord is King,/ and hath put on glorious **apparel**.

2. **Let** us glorify Christ risen **from** the dead,/ Who took upon Himself **body** and soul,/ and separated them one from another by His **Passion**:/ for His most pure soul went down to hell which **He** despoiled;/ and in the tomb the Holy Body of the **Deliverer** of our souls// knew not **corruption**.

V. He hath made the world so sure/ that it **cannot** be moved.

3. We **glorify** Thy Resurrection from the **dead**, O Christ,/ in **psalms** and song,/ for by it Thou hast freed us from the **torments** of hell,/ and hast, since **Thou** art God,// granted eternal life and Thy great **mercy**.

V. Holiness becometh Thine house/ O Lord, **forever**.

4. O **Lord** of all, incomprehensible Maker of **heaven** and earth,/ through Thy passion **on** the Cross,/ Thou hast freed me from **passions**./ After enduring burial, Thou hast risen in **glory**,/ raising up Adam with Thy **mighty** arm./ Glory be to Thy Resurrection on the **third** day,/ by which Thou hast endowed us with **eternal** life/ and granted us the **cleansing** of our sins,// for Thou alone art **compassionate**.

G/B... (Tone 8)

O **Virgin** unwedded, O Mother of **God** on high,/ thou hast ineffably conceived **God** in the flesh;/ and being beyond reproach, thou hast granted us all purification of our transgressions./ Accept the supplications of thy **servants**,/ and do thou, who now receivest our **entreaties**,// pray for us **all** to be saved.

C. St. Symeon's Prayer
 R. Trisagion
 C. Rejoice, O Virgin Theotokos 3x

Blessed be the Name of the Lord... x3
 Psalm 33:1-10

MATINS: Tone 8

P. Regular Beginning
 P. Great Ectenia
 C. God is the Lord...

C. Sunday Troparia (Tone 8) 2x
 Thou didst descend from on high, O merciful one./ Thou didst endure the three day burial/ to free us from our sufferings.// O Lord, our Life and Resurrection, Glory to Thee.

Glory... Troparion for the Martyr (Tone 4)
 In his suffering, O Lord,/ Thy martyr Paramon received an imperishable crown from Thee, our God;/ for, possessed of Thy might,/ he set at naught the tormentors, and crushed the feeble audacity of the demons.// By his supplications save Thou our souls.

Both... Theotokion (Tone 4)
 The mystery hidden from all ages/ and unknown to the **angels**/ was made manifest to those on earth through Thee, O Theotokos:/ God took flesh in a union without **confusion**/ and for our sakes willingly **accepted** the Cross;/ and thereby He raised the **first** formed man// and saved our **souls** from death.

Lord Have Mercy 3x
 Glory...

R. Now...
 R. Kathisma II
 P. Small Ectenia

R. Sessional Hymns:
 Thou didst arise from the dead, O Life of all, and the radiant angel cried to the women: "Cease your weeping! Declare unto the apostles, and cry aloud, singing: Christ the Lord hath risen, Whose good pleasure, as God, it hath been to save the human race!"

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

O Thou Who didst truly rise from the dead, Thou didst command the venerable women to proclaim Thine arising to the apostles, as it is written; and speedy Peter ran quickly to Thy tomb and, beholding a light within the sepulcher, was filled with awe. Wherefore, seeing the grave-clothes lying without the divine body in them, he cried out with faith: "Glory to Thee, O Christ God our Saviour, for Thou savest all, in that Thou art the Effulgence of the Father!"

G/B... Thou, O good Lord, for our sakes wast born of a Virgin and hast endured crucifixion, despoiling death by death, and as God, Thou hast shown forth the Resurrection. Despise not the work of Thine hands. Show Thy love for man, O merciful Lord. Accept the intercession made on our behalf by the Theotokos who bore Thee, and, O our Saviour, save Thy despairing people.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Men sealed Thy tomb, O Saviour, but an angel rolled the stone away from its entry. The women beheld Thee risen from the dead, and in Sion they proclaimed to Thy disciples the glad tidings that Thou hadst arisen, O Life of all, and that the bonds of death are broken. O Lord, glory be to Thee!

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

The women who bore the burial spices heard from the tomb the voice of the angel, saying: "Cease your weeping, and receive joy instead of grief! Cry aloud, singing that Christ the Lord hath risen, Whose good pleasure it hath been, as God, to save the human race!"

G/B... All creation—the assembly of angels and the human race—rejoiceth in thee, O thou who art full of grace, O sacred temple and reason-endowed paradise, thou boast of virgins, from whom God, Who existeth from before time, was incarnate and became a child; for He made thy loins a throne, and thy womb He made more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee!

C. Polyeleos
C. Evlogitaria (Blessed art Thou, O Lord...)
P. Small Ectenia

R. Ypakoe:

Standing before the tomb of the Bestower of life, the myrrh-bearing women sought the immortal Master among the dead; and receiving the joyous announcement from the angel, they exclaimed to the apostles that Christ God is risen, granting the world great mercy.

Hymn of Degrees: (Antiphon One)

From my youth hath the enemy tempted me, causing me to burn with pleasures; but, trusting in Thee, O Lord, I vanquish him.

Let those who hate Sion be as grass before it is mowed down; for Christ will cut through their necks with the scythe of torments.

G/B... By the Holy Spirit are all things given life. Him do we praise with the Father and the Word, as Light from Light, the great God.

Hymn of Degrees: (Antiphon Two)

Let my heart, humble of mind, be covered with the fear of Thee, O most Compassionate One, and let it not, exalting itself, fall away from Thee.

May he who setteth his hope on the Lord not be terrified when all things will be tried by fire and torment.

G/B... Through the Holy Spirit doth every godly man see and prophesy, working exalted miracles, and hymning the one God in Three Persons; for though Three shine together, the Godhead ruleth as One.

Hymn of Degrees: (Antiphon Three)

I have cried unto Thee: Hearken, O Lord, and incline Thine ear to me who cry out; and before Thou takest me away from hence make me pure.

Everyone who returneth to his mother, the earth, is released to receive torments or honours for those things he did during life.

G/B... Through the Holy Spirit proceedeth the theology of the thrice-holy Unity: for the Father is unoriginate, and from Him hath the Son been begotten timelessly, and the Spirit is equally enthroned and hath the same image, shining forth from the Father.

Hymn of Degrees: (Antiphon Four)

Behold now, what is so good or so beautiful as for brethren to dwell together? For therein hath the Lord promised life eternal.

He Who adorneth the lilies of the field doth warn that it is not fitting for man to give thought to his raiment.

G/B... By the Holy Spirit, the single Cause, are all things sustained through the bestowal of peace; for He is God, Who in dominion is consubstantial with the Father and the Son.

P. Prokimenon: (Tone 8)

The Lord shall be king unto eternity;/ Thy God, O Zion, unto generation and generation.

V. Praise the Lord, O my soul. I will praise the Lord in my life.

C. Let every breath praise the Lord.

P. GOSPEL #3

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. Glory... Now... Have mercy on me... Jesus having risen...

P. Save, O God, Thy People...

Anointing.

Canticle One

Irmos: The staff of Moses, once working a wonder,/ striking the sea in the form of the Cross and dividing it,/ drowned the mounted tyrant Pharaoh,/ and saved Israel// who fled on foot, chanting a hymn unto God.

Glory to Thy Holy Resurrection, O Lord.

How shall we not wonder at the almighty divinity of Christ, Who through His sufferings sheddeth dispassion and incorruption upon all the faithful, and poureth forth a wellspring of immortality from His holy side and life ever-lasting from His tomb?

The magnificent angel hath now appeared to the women, bearing splendid tokens of natural and immaterial purity, by his appearance proclaiming the light of the resurrection, crying: The Lord is risen!

Theotokion

All-glorious things have been said of thee among generations of generations, O thou who contained God the Word in thy womb, remaining pure, O Mary Theotokos; wherefore, we all honour thee, our help after God.

Glory to Thy Precious Cross and Resurrection, O Lord.

The portals of pain have been removed, and the gate-keepers of hades were filled with fear, beholding Him descending into the nethermost parts Who in the highest transcendeth the nature of all things.

The ranks of the angels were amazed, beholding, seated upon the throne of the Father, human nature which had fallen and been imprisoned in the nethermost parts.

Theotokion

O unwedded Mother, the ranks of angels and men unceasingly praise thee; for in thine arms thou didst bear their Creator as a babe.

Most Holy Theotokos, Save us.

O all-pure Theotokos, who in manner transcending nature gavest birth to the eternal and all-divine Word incarnate: we hymn thee.

O Christ, the Virgin gave birth unto Thee, the Life-bearing Cluster of grapes which exudeth the sweetness of universal salvation.

Through thee, O Theotokos, hath the generation of Adam been exalted to blessedness, in manner past understanding, and it glorifieth thee as is meet.

Holy Martyr Paramon, pray to God for us!

With the illumining rays of the Spirit enlighten the heart of me who hymn thy luminous memory, O martyr Paramon, and strengthen me to abide in the laws of God.

Thou wast all-radiantly enriched with martyric glory, having shone forth in the beauties of martyrdom and been adorned with beautiful wounds, O Paramon. Wherefore, with faith we call thee blessed.

Glory... Full of the life-creating waters of the Spirit, thou didst shed dew upon those grievously withering under the burning heat of ungodliness, O glorious one, and didst lead them to the water of peace.

Both... Thou gavest birth in time to the Timeless One Who became man, O pure one. Him do thou earnestly beseech as thy Son and Lord, that He heal the temporal sufferings of my soul, O most immaculate one.

C. Katavasia (Tone 1)

Christ is born, glorify Him./ Christ is from heaven receive Him./ Christ is on earth, be ye lifted up./ Sing unto the Lord, all the earth./ And praise Him with joy, ye people; // For He hath glorified Himself.

Canticle Three

Irmos: O Christ Who in the beginning/ established the heavens in wisdom/ and founded the earth upon the waters,/ make me steadfast upon the rock of Thy commandments; // for none is holy as Thee, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Adam, who was condemned by his sinful tasting, didst Thou justify by the saving suffering of Thy flesh, O Christ; for Thou Thyself wast not subject to the trial of death, O Sinless One.

Jesus my God, the Light of the resurrection, shone forth upon those sitting in darkness and the shadow of death, and binding the mighty one with His divinity, He despoiled his vessels.

Theotokion

O Theotokos, thou hast been shown to be more exalted than the cherubim and seraphim; for thou alone didst receive the uncontainable God in thy womb, O undefiled one. Wherefore, all of us, the faithful, bless thee with hymns, O pure one.

Glory to Thy Precious Cross and Resurrection, O Lord.

O Lord, from Thyself Thou didst banish me who before had rejected Thy commandments; but having assumed my form and taught me obedience, Thou didst cause me to dwell with Thee through Thy crucifixion.

O Lord Who in Thy wisdom hast foreknown all things, and Who planted the nethermost parts by Thine understanding, in Thy condescension, O Word of God, Thou didst deign to resurrect that which is in Thine image.

Theotokion

Having dwelt bodily in the Virgin, O Lord, Thou didst appear unto men, as it was fitting that they behold Thee, and Thou didst show her forth as the true Theotokos, the helper of the faithful, O Thou who alone lovest mankind.

Most Holy Theotokos, Save us.

Grant us help through thy supplications, O most pure one, repelling the attacks of grievous circumstances.

Thou wast the correction of our first mother Eve, having given birth to Christ, the Author of the life of the world, O Theotokos.

Gird me about with power, O most pure one, who hast truly given birth unto God in the flesh, the hypostatic Power of the Father.

Holy Martyr Paramon, pray to God for us!

Having put down the uprising of the enemy for Christ's sake, thou didst destroy him and cut down his legions with the sword of patience.

Thou didst destroy the counsel of the evil one against our Faith, and didst suffer mightily, O martyred athlete Paramon.

Glory... As a powerful warrior thou wast strengthened by divine grace, O martyr, and didst reckon cruel tortures to be like a dream.

Both... Strengthen my mind which is beset by many passions, O all-pure Mother of God, that I may glorify thee as is meet.

C. Katavasia (Tone 1)

To the Son Who was begotten of the Father/ without change before all ages,/ and in the last times was without seed made flesh of the Virgin,/ to Christ our God let us cry aloud:// Thou hast raised up our horn, holy art Thou, O Lord.

P. Small Ectenia

C. Kontakion for the Martyr (Tone 2)

Thou hast appeared as a bright star,/ uninviting for the world but a sun announcing Christ with thy rays, O martyr Paramon./ All the enchantment hast thou extinguished// and grantest unto us light, supplicating incessantly for us all.

(There is no ikos)

R. Sessional Hymns

With the patience urged by the divine precepts thou didst cleanse thy soul of defilement and didst attain to the perfection of spiritual athletes; for thou didst renounce sacrifice to false graven images and, emulating Christ, wast slain with a spear. Him do thou earnestly entreat in behalf of the world, O most blessed Paramon.

G/B... After God, it is to thy divine protection that I, the lowly, flee, O Theotokos, and falling down I pray: Have mercy, O all-pure one, for my sins have gone over my head, and I fear torment and tremble, O Mistress. O pure one, make supplication to thy Son, that He deliver me therefrom.

Canticle Four

Irmos: Thou art my strength, O Lord,/ Thou art my power, Thou art my God,/ Thou art my joy,/ Who, without leaving the bosom of the Father,/ hast visited our lowliness./ Wherefore, with the Prophet Habakkuk I cry to Thee:// Glory to Thy power, O Thou Who lovest mankind.

Glory to Thy Holy Resurrection, O Lord.

Thou didst love me, Thine enemy, exceedingly, for in a strange abasement Thou didst descend to earth, O Saviour of loving-kindness, refusing to reject mine utter reproach; and abiding in the heights of Thine all-pure glory, Thou hast glorified that which before was dishonoured.

Who is not filled with awe, beholding death destroyed by Thy Passion, O Master? For by the divine power of Thee Who wast crucified was corruption put to flight by the Cross and hades emptied of its riches by Thy death. Wondrous are Thy works, O Thou Who lovest mankind!

Theotokion

Thou art the boast of the faithful, O thou who knewest not wedlock, and thou art also the refuge, bulwark and haven of Christians; for thou bearest entreaties to thy Son, O most immaculate one, and savest from misfortunes those who with faith and love know thee to be the pure Theotokos.

Glory to Thy Precious Cross and Resurrection, O Lord.

The children of the violators of the law nailed Thee to the Cross, O Christ God; but thereby Thou didst save those who glorify Thy sufferings, in that Thou art full of loving-kindness.

Rising from the grave, Thou didst raise up with Thyself all the dead in hades; and as Thou art full of loving-kindness Thou hast enlightened all who glorify Thy resurrection.

Theotokion

O all-pure Mary, entreat God Who was born of thee, that He grant thy servants forgiveness of offenses.

Most Holy Theotokos, Save us.

O Theotokos, thou unploughed field which gave rise to the life-creating Grain Who giveth life to the world: Save those who hymn thee.

All of us who are enlightened proclaim thee to be the Theotokos, O most pure one; for thou gavest birth to the Sun of righteousness, O Ever-virgin.

Grant that our ignorance may be washed away, in that Thou art sinless, and bring peace to Thy world, O God, through the prayers of her who gave Thee birth.

Holy Martyr Paramon, pray to God for us!

Seeing the athletes slain at the command of the tyrant, the martyr Paramon received divine zeal like unto theirs, and went forth to suffer.

O blessed Paramon, Christ, the judge of the contest, crowned thee who wast mightily lacerated, mercilessly pierced with spears, and who vanquished the wiles of the enemy.

Glory... Marveling at the endurance of the martyrs and amazed by their perfection, O glorious one, thou didst share in their zeal of faith and their all-honourable suffering.

Both... O Virgin Mary, by thy Life-bearing birthgiving thou hast brought life to all men slain by disobedience; wherefore, we glorify and in godliness call thee blessed.

C. Katavasia (Tone 1)

A rod from the root of Jesse/ and blossom therefrom, O Christ,/ Thou didst spring forth from the Virgin;/ from the mountain overshadowed and densely wooded hast Thou come,/ incarnate of her who knew not man,/ O Thou praised and immaterial God.// Glory to Thy power, O Lord!

Canticle Five

Irmos: Wherefore hast Thou turned Thy face from me,/ O Light never-waning?/ And why hath a strange darkness covered me, wretch that I am?/ But turn me, and guide my steps// to the light of Thy commandments, I pray.

Glory to Thy Holy Resurrection, O Lord.

Mocked, Thou didst deign to be clad in a purple robe before Thy sufferings, O Saviour, thus covering the ugly nakedness of the first-created man; and, naked, Thou wast nailed to the Cross in the flesh, O Christ, stripping off our robe of mortality.

Arising, Thou didst fashion anew from the dust of death my fallen essence, O Christ, and didst render it never-aging, showing it again to be a royal image, resplendent in the life of incorruption.

Theotokion

Possessed of maternal boldness before thy Son, O most pure one, dismiss not the thought of us as thy kin, we pray thee; for thee alone do we Christians set before the Master, to obtain merciful purification.

Glory to Thy Precious Cross and Resurrection, O Lord.

Guide us by the power of Thy Cross, O Christ, for through it do we fall down before Thee. Grant us peace, O Thou Who lovest mankind!

Pilot the life of us who hymn Thine arising, O our God, and grant us peace, O Thou Who lovest mankind.

Theotokion

O pure one who knewest not wedlock, beseech Thy Son and our God, that He send down upon us, the faithful, great mercy, O all-pure Mary.

Most Holy Theotokos, Save us.

Still thou the unbearable tempest of my passions, O thou who gavest birth to God, the Helmsman and Lord.

The ranks of the angels and the assembly of men minister to thine Offspring, O all-pure Theotokos.

O Mary Theotokos, who knewest not wedlock, show forth the hopes of the enemy as vain, and fill with gladness those who hymn thee.

Holy Martyr Paramon, pray to God for us!

Thou didst offer thyself to thy Creator as a precious gift, having suffered and vanquished falsehood, O thou adornment of the martyrs.

Thou didst demolish graven images and temples of the demons, O wise Paramon, having acquired a steadfast resolve on the rock of divine faith.

Glory... Thou didst manfully wound a multitude of the demons with the wounding of thy flesh, O valiant-minded athlete. Wherefore, we call thee blessed.

Both... The Lord Who is equal in honour with the Father and the Spirit was incarnate of thy pure blood, O pure one, becoming man.

C. Katavasia (Tone 1)

God of peace, the Father of mercies,/ Thou hast sent unto us an Angel of Thy great council,/ Who giveth us peace./ Therefore having been led unto the light of godly wisdom,/ waking early from the night// we do sing praises of Thee, O Lover of mankind.

Canticle Six

Irmos: Cleanse me, O Saviour,/ for many are my transgressions/ and lead me up from the abyss of evils, I pray,/ for to Thee have I cried,// and Thou hast hearkened unto me, O God of my salvation.

Glory to Thy Holy Resurrection, O Lord.

By a tree the author of evil mightily cast me down; but, having been uplifted upon the Cross, Thou, O Christ, didst with greater might cast him down, putting him to shame; and thou didst raise up him who was fallen.

Rising from the grave, Thou didst take pity on Sion, by Thy divine blood making it new instead of old, in that Thou art compassionate; and Thou now reignest therein forever, O Christ.

Theotokion

Let us be delivered from grievous transgressions through thine entreaties, O pure Theotokos, and let us receive the divine effulgence of the Son of God, Who ineffably became incarnate of thee, O all-pure one.

Glory to Thy Precious Cross and Resurrection, O Lord.

Thou didst stretch forth Thy hands upon the Cross, healing the hand of the first-created man, which in Eden was stretched forth without restraint; and having of Thine own will tasted gall, O Christ, Thou hast saved those who glorify Thy sufferings, in that Thou art powerful.

The Deliverer tasted of death, the ancient condemnation, that He might destroy the kingdom of corruption; and having descended into hades, Christ

arose and hath saved those who hymn His resurrection, in that He is powerful.

Theotokion

Cease not to make supplications for us, O all-pure Virgin Theotokos, for thou art the confirmation of the faithful. With trust in thee are we made mighty, and we glorify thee and Him Who ineffably became incarnate of thee.

Most Holy Theotokos, Save us.

O Theotokos, we, the faithful, declare thee the temple and ark of God, the animate bridal-chamber and the gate of heaven.

Thine Offspring, the Destroyer of the temples of the idols, is worshiped as God with the Father and the Spirit, O Mary Bride of God.

O Theotokos, the Word of God hath shown thee to mortals as a heavenly ladder; for through thee hath He descended unto us.

Holy Martyr Paramon, pray to God for us!

Thou wast not slothful amid thy struggles, but wast surpassing diligent and valiant during thy divine suffering; wherefore, thou hast received a crown of glory.

Thou didst join the assembly of the martyrs who reached the end of their lives with zeal before thy contest, O ever-memorable one, and with them thou hast been vouchsafed to enter the heavenly bridal-chamber.

Glory... Spears made thee an emulator of Christ, for, pierced thereby, O martyr, thou didst hasten, crowned, to Him, having slain the mindless with the sword of patience.

Both... O all-immaculate one, from the temptations of life deliver me who am stuck fast in the night of ignorance by unseemly thoughts, and am ever benighted by the malice of the enemy.

C. Katavasia (Tone 1)

The sea monster spat forth Jonah/ as it had received him, like a babe from the womb;/ while the Word, having dwelt in the Virgin and taken flesh,/ came forth from her yet kept her uncorrupt./ For being Himself not subject to decay,// He preserved His Mother free from harm.

P. Small Ectenia

C. Kontakion (Tone 8)

By rising from the tomb, Thou didst resurrect Adam./ Eve exults in Thy Resurrection,// and the world celebrates Thy rising from the dead, O greatly merciful One.

R. Ikos

O my long-suffering Saviour, Bestower of life Who lovest mankind, Who captured the kingdoms of hades and raised up the dead, Thou didst greet the myrrh-bearing women, offering them joy instead of grief, didst proclaim

signs of victory to Thine apostles, and dost enlighten creation. Wherefore, the world rejoiceth at Thine arising from the dead, O greatly Merciful One.

Canticle Seven

Irmos: Once, in Babylon,/ the fire stood in awe of the condescension of God;/ wherefore, the youths, dancing with joyous step in the furnace,/ as in a meadow, chanted:// Blessed art Thou, O God of our fathers!

Glory to Thy Holy Resurrection, O Lord.

Thy glorious abasement, the divine riches of Thy poverty, O Christ, amaze the angels who behold Thee nailed to the Cross to save those who cry out with faith: Blessed art Thou, O God of our fathers!

By Thy divine descent Thou didst fill the nether regions with light, and darkness which before reigned as tyrant was driven away. Wherefore, those held prisoner from ages past arose, crying: Blessed art Thou, O God of our fathers.

Triadicon

Theologizing in Orthodox manner concerning Thee, we declare Thee unto all as the Lord, the only Father of the only-begotten Son, acknowledging that from Thee proceedeth the one upright Spirit, Who is of the same nature and is equally eternal.

Glory to Thy Precious Cross and Resurrection, O Lord.

Fulfilling the prophecies, O God, Thou hast wrought salvation in the midst of the world; for having been lifted up upon the Tree, Thou didst summon all who cry out with faith: O God of our fathers, blessed art Thou!

Rising from the tomb as from sleep, O Compassionate One, Thou didst deliver all from corruption; and creation is assured by the apostles who preach Thine arising, saying: O God of our fathers, blessed art Thou!

Theotokion

At the good pleasure of the Father and the Spirit, the Word Who is equal in activity and power to the Father taketh form in the Virgin's womb. O God of our fathers, blessed art Thou!

Most Holy Theotokos, Save us.

Thou didst appear incarnate of the Virgin's womb for our salvation; wherefore, acknowledging Thy Mother as the Theotokos in Orthodox manner, we cry out: O God of our fathers, blessed art Thou!

O Virgin, from the root of Jesse thou didst cause the Rod to spring forth, bearing the Fruit of salvation for those who chant with faith unto thy Son: O God of our fathers, blessed art Thou!

Through the Theotokos, O hypostatic Wisdom of the Most High, with wisdom and divine power fill all who chant to Thee with faith: O God of our fathers, blessed art Thou!

Holy Martyr Paramon, pray to God for us!

Splendidly enriched by God with the grace of healings and miracles, O wise martyr, thou healest those who cry: Blessed art Thou in the temple of Thy glory, O Lord!

Placing all thy care in the heavens, O right glorious one, thou didst disdain the tortures inflicted upon thee, crying out: Blessed art Thou in the temple of Thy glory, O Lord!

Glory... With the fire of thy blood thou didst consume all the wicked tinder of ungodliness, O glorious athlete; and with the dew of thy miracles thou bedewest those who are in the burning heat of evils, crying out, O right glorious one: Blessed art Thou in the temple of Thy glory, O Lord!

Both... Rejoice, thou who alone gavest birth to the joy of men! Rejoice, O heaven and throne of the cherubim, all-glorious palace of Him Who reigneth for all ages, O most immaculate Mistress!

C. Katavasia (Tone 1)

The youths who were brought up together in godliness,/ despising the command of the unrighteous infidel,/ were not terrified by the threatening fire,/ but standing in the midst of the flames they did sing:// O God of our fathers, blessed art Thou.

Canticle Eight

Irmos: Madly did the Chaldaean tyrant/ heat the furnace sevenfold for the pious ones;/ but, beholding them saved by a higher Power,/ he cried out to the Creator and Deliverer:/ ye children, bless; ye priests, hymn;// ye people, exalt Him supremely for all ages.

Glory to Thy Holy Resurrection, O Lord.

The all-divine power of the divinity of Jesus shone forth divinely within us; for, having in the flesh tasted death on the Cross for all, He destroyed the might of hades. Him do ye unceasingly bless, O children! Ye priests, hymn; ye people, exalt Him supremely for all ages!

The Crucified hath arisen! The braggart hath fallen! He who fell and was broken hath been set aright! Corruption hath been cast away, and incorruption hath blossomed forth! For death is swallowed up by Life. Ye children bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Triadicon

The thrice-radiant Godhead which shineth forth the one Ray from Its one nature in three Hypostases—the unoriginate Father, the Word, Who shareth the Father's essence, and the equally reigning Spirit Who is one in essence with Them—ye children, bless; ye priests, hymn; ye people, exalt Him supremely for all ages!

Glory to Thy Precious Cross and Resurrection, O Lord.

Him Who stretched forth His hands unto me who am naked, and Who calleth me to warm myself through His noble nakedness, do ye bless, all ye works of the Lord! Exalt Him supremely forever!

All ye works of the Lord, bless the Lord Who hath raised me up, the fallen one, from the uttermost depths of hades and honoured me with the glory of the Father's high throne; and exalt Him supremely forever!

Theotokion

Thou wast shown to be the daughter of fallen Adam, O Virgin, and the Mother of God Who hath restored my essence. Him do all of us, His works, hymn as Lord and exalt for all ages.

Most Holy Theotokos, Save us.

Quench the burning and fiery arrows of the adversary, which are aimed at us, that we may hymn thee for all ages.

Thou didst supernaturally give birth to God the Word, the Creator and Saviour, O Virgin; wherefore, we hymn and exalt thee supremely for all ages.

The unapproachable Light which dwelt within thee, O Virgin, hath shown thee forth as a luminous golden lamp for all ages.

Holy Martyr Paramon, pray to God for us!

Having acquired thee as a vigilant guardian of our souls, O much suffering one, we are become rich, ever lulling to sleep demonic fantasies and stilling the raging waves of the flesh and the storm of evil thoughts for those who cry: Bless the Lord, all ye works of the Lord!

With the streams of thy sacred blood thou didst dye for thyself a purple robe which will never grow old; and, splendidly adorned, thou dwellest in the heavens, O blessed one, crying: Bless the Lord, all ye works of the Lord!

Let us bless Father, Son, Holy Spirit, the Lord!

As a pure lamb, as an unblemished sacrifice, as a whole-burnt offering consumed by the burning coals of suffering, O wise martyr, thou didst bring thyself to Christ, the Judge of the contest, chanting: Bless the Lord, all ye works of the Lord!

Both... The shadow of the law and the proclamations of the prophets designated thee beforehand, O pure one full of the grace of God, as her who would ineffably become the Mother of our God. To Him do we all chant: Bless the Lord, all ye works of the Lord!

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 1)

The furnace moist with dew/ was the image and figure of a wonder past nature./ For it burnt not the Children whom it had received,/ even as the

fire of the Godhead consumed not the Virgin's womb into which it had descended./ Therefore in praise let us sing:// Let the whole creation bless the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: Heaven was stricken with awe,/ and the ends of the earth were amazed,/ that God hath appeared in the flesh, / and that thy womb became more spacious than the heavens./ Wherefore, the ranks of men and angels// magnify thee as the Theotokos.

Glory to Thy Holy Resurrection, O Lord.

Being simple in Thy divine and beginningless nature, Thou didst render Thyself compound by taking on flesh, subsuming it within Thyself, O Word of God; and having suffered as a man, as God Thou didst remain beyond suffering. Wherefore, we magnify Thee in two natures, indivisible and unconfused.

O Most High, Who becamest man by nature while of the divine nature of God the Father, coming down to Thy servants Thou didst tell them of God; and having risen from the tomb, Thou didst endow mortals with the grace of the Father Who is by nature God and Master, and with Whom we all magnify Thee.

Theotokion

In manner transcending nature, O Virgin Mother of God, thou wast shown to be her who gave birth in the flesh unto God the Word, Whom the Father begot from His heart before time began, in that He is good, and Whom we now understand as transcending the human body, even though He clothed Himself in a body.

Glory to Thy Precious Cross and Resurrection, O Lord.

We know Thee as the Son of God by nature, Who was conceived in the womb of the Mother of God and becamest man for the sake of man; and beholding Thee suffering on the Cross in Thy human nature, we magnify Thee Who as God remainest dispassionate.

Sullen darkness hath been destroyed, for Christ, the Sun of righteousness, the heavenly Man and earthly God, hath shone forth from hades, enlightening all the ends of the earth, illumining all with the light of His divinity. Him do we magnify in two natures.

Theotokion

Draw Thy bow, and proceed prosperously, and be King, O Son of the Mother of God, subduing the Moslems who war against us, and granting the Cross as a spear, an invincible weapon, unto those who have recourse unto Thee.

Most Holy Theotokos, Save us.

Thy memorial is full of joy and gladness, pouring forth healings upon those who approach and piously declare thee to be the Theotokos.

We hymn thee with psalms, O thou who art full of grace, and we continually offer thee "Rejoice!;" for thou hast poured forth joy upon all.

Thy beautiful Fruit hath sprung forth, O Theotokos, resulting not in corruption for those who taste thereof, but in life for those who magnify thee with faith.

Holy Martyr Paramon, pray to God for us!

Behold! the splendid memory of the radiant passion-bearer hath shone forth, illumining with the divine Spirit the hearts of all the faithful who joyfully join chorus and bless him with faith.

Having passed through the arena of pain which is full of multifarious torments, and overcome them splendidly with Christ Who conquered the world, ye dwell in the heavens, O crowned martyrs.

Glory... Thou wast taken up from the earth and didst receive honours for thy struggles; and now thou pourest forth rivers of miracles upon us who honour thee and piously celebrate thy memory, O Paramon.

Both... Enlighten the eyes of my soul which have been darkened by the blindness of corrupting sin, O all-pure Mistress Theotokos; for thou art the help and enlightenment of the faithful, O pure one.

C. Katavasia (Tone 1)

A **strange** and most wonderful mystery do I **see**; / the cave is **heaven**; / the **Virgin** the throne of the **cherubim**; / the manger a room, in which Christ, the God Whom nothing can **contain**, is laid. // Him do we praise and **magnify**.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Three (Mark 16:12-20)

Let no man not believe that Christ has risen. For He appeared to Mary and afterwards was seen by those walking in the country, and He again appeared as they lay, to the eleven who knew the mysteries, and having sent them out to baptize, He was received up into heaven from whence He came down confirming their preaching with a multitude of signs.

Glory... Exapostilarion for the Martyr

With the wisdom of piety let us hymn the invincible multitude of warriors, the divine and unvanquished company of martyrs which hath the wondrous Paramon as its leader, who denounced the tyrant and hath received a crown of glory with all the martyrs.

Both... Theotokion

O Sun, having risen upon the tomb today as a Bridegroom from the bridal chamber, having harrowed hell and dashed death down, by the intercession of Her that bore Thee, Thou hast sent us light--light that has enlightened our hearts and our souls, light that has directed us all to walk in the paths of Thy commandments and the ways of peace.

C. Lauds: Tone 8 Stichera

Let every breath **praise** the Lord/
 Praise the Lord from the **Heavens**/
 Praise Him in the **highest**/
 To Thee is due a **hymn**, O God/
 Praise Him, all ye His **Angels**://
 Praise Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abyesses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.

Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.
 The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,
 To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to all His saints.

1. Though **Thou** hast stood for trial to be judged of **Pilate**,/ Thou hast not ceased, O Lord, to sit on the throne with the **Father**,/ and risen from the dead, Thou hast set the **world** free/ from the bondage of the **stranger**:// for Thou art compassionate and **lovest** mankind.

V. Praise ye God in His saints,/ praise Him in the firmament of His power.

2. **Though** the Jews laid Thee as dead in the **tomb**, O Lord,/ yet the guards watched Thee as a **sleeping** King,/ and they sealed Thee with seals as a **treasure** of life,// but Thou hast risen and granted our souls **incorruption**.
- V. Praise Him for His mighty acts,/ praise Him according to the multitude of His greatness.
3. **Thou** gavest us Thy Cross as a weapon against the **devil**, O Lord:/ for he **trembles** and quakes,/ unable to bear the **sight** of its strength;/ for it raised up the dead and laid **death** low:// Therefore, we venerate Thy tomb and Thy **Resurrection**.
- V. Praise Him with the sound of trumpet,/ praise Him with psaltery and harp.
4. The **angel**, having proclaimed the **Resurrection**, O Lord,/ frightened Thy guards, yet he cried to the women, **saying**:/ Why do ye seek the living **among** the dead?// God is risen, bestowing life upon the **inhabited** earth!
- V. Praise Him with timbrel and dance,/ praise Him with strings and flute.
5. **Thou**, impassible in Thy **Divinity**,/ hast suffered **through** Thy Cross/ and hast taken upon Thyself to be buried three **days** in the tomb,/ so as to set us free from the bondage of the enemy and to **give** us life,/ after making us immortal by Thy **Resurrection**,// O Christ our God, Who **lovest** mankind.
- V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.
6. We **venerate** and **glorify** and praise/ Thy **Resurrection** from the **tomb**, O Christ,/ by which Thou hast set us free from the indissoluble **bonds** of hell;/ and by which, as **Thou** art God,// Thou hast bestowed upon the world eternal life and great **mercy**.
- V. Arise, O Lord my God, let Thy hand be lifted high;/ forget not Thy paupers to the end.
7. The **lawless** people guarding Thy tomb that **held** life/ came with the watch and **sealed** it:/ but Thou, being God almighty and **immortal**,// after three days art **risen**.
- V. I will confess Thee, O Lord, with my whole heart,/ I will tell of all Thy wonders.
8. When **Thou** camest to the **gates** of hell/ and brakest them in **pieces**, O Lord,/ hell, Thy prisoner, cried: **Who** is this,/ who has not been condemned to remain in the nethermost **parts** of the earth,/ but dissolves like a shadow the **prison** of death?/ I took Him in as dead and now, as He is God, I **tremble**.// Have mercy upon us, O **Almighty**.

Glory... Gospel Sticheron (Tone 3)

When Mary Magdalene announced the good **tidings/ of** the Saviour's Resurrection from the dead and His **appearing,** / the **disciples,** not believing, were reproached for their **hardness** of heart. / **But** they were sent to preach, armed with signs and **wonders.** / And **Thou,** O Lord, hast been lifted up to the Father, the **Arch-Light,** / **while** they preached the Word in all places, made secure by **miracles.** / Therefore **we,** enlightened by them, glorify Thy Resurrection from the dead, // O Lord Who **lovest** mankind.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos, / for through Him Who became incarnate of thee is hades led **captive,** / Adam recalled, the curse annulled, Eve set free, **death** slain, / and we are given life. Wherefore, we cry **aloud** in praise: / Blessed art Thou, O **Christ** God, // Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

Dismissal Tropar:

Having risen from the tomb, and having burst the bonds of hades, Thou hast destroyed the sentence of death, O Lord, delivering all from the snares of the enemy. Manifesting Thyself to Thine apostles, Thou didst send them forth to preach; and through them hast granted Thy peace to the world, O Thou Who alone art plenteous in mercy.

P. Litanies
Dismissal

R. Hours
Tropar: Resurrection & Martyr
Kontak: Resurrection

At Liturgy:

Order of Troparia & Kontakia as per a Simple service

Prokimenon for Tone 8

Make your vows and pay them to the Lord our God.

V. In Judea is God known; His name is great in Israel.

Prokimenon for the Martyr: None

Epistle(s): Eph 4:1-6

Alleluia for Tone 8

V. Come let us rejoice in the Lord, let us shout with jubilation unto God our Saviour.

V. Let us come before His countenance with thanksgiving, and with psalms let us shout in jubilation unto Him.

Alleluia for the Martyr: None

Gospel(s): Luke 13:10-17

Communion Verse: Praise Ye only