

34th Sunday after Pentecost

Commemoration of Our Fathers Among the Saints, Athanasius & Cyril, Archbishops of Alexandria

VESPERS: Tone 1

P. Regular Beginning

C. Lord I have cried...

1. **Accept** our evening prayers, O **Holy** Lord,/ and grant us remission **of** our sins,/ for only Thou hast shown forth **unto** the world// the Resurrection.
2. **Walk** about Zion, ye **people**,/ and **encompass** her./ Give glory therein to Him Who is risen **from** the dead./ For **He** is our God// Who hath delivered us from our **iniquities**.
3. **Come** ye people, praise and **worship** Christ,/ glorifying His Resurrection **from** the dead:/ for He is Our God, Who hath **delivered** the world// from the beguiling of the **enemy**.
4. Ye **heavens** be glad, sound the **trumpets**,/ ye foundations **of** the earth./ Shout for joy ye **hills**, for lo!/ Emmanuel hath **nailed** our sins to the Cross,/ and He, the Giver of life, hath put death to death by raising **Adam** up,// because He **loveth** mankind.

Stichera for St. Athanasius (Tone 4)

5. **Thou** didst undergo persecution and didst endure tribulation,/ O divinely eloquent and venerable Athanasius,/ until thou didst drive **out** the falsehood of the ungodly **Arius**/ and save thy flock from **impiety**,/ proclaiming as Orthodox dogma that the Son and the Spirit are of the same essence as the **Father**,// O sacred and most blessed **minister**.
6. **Thou** didst illumine those in darkness with the splendors of thy **preaching**,/ and didst drive out all **falsehood**,/ steadfastly braving **danger** for the Faith as a true pastor, O Athanasius,/ as an unshakable foundation of the Church of Christ, O all-**glorious** one.// Wherefore, assembling, we honour thee, rejoicing in **hymnody**.
7. **Thou** didst gradually master every virtue, O divinely **inspired** one,/ and, anointed with the holy unction of the **Spirit**,/ thou wast **manifestly** a most sacred **minister**,/ a true pastor and a champion **of** the Faith./ Wherefore, the whole Church doth glorify thy **memory**,// celebrating in sacred manner and glorifying the **Saviour**.

Stichera for St. Cyril (Tone 4)

8. **With** the staff of thy teachings thou didst drive the spiritual wolves from the Church of Christ, O **Cyril**;/ thou didst gird it round about with the ramparts **of** thy words,/ and hast **presented** it to Christ unshaken **and** intact./ Him do thou beseech, that He deliver from corruption and tribulation// those who celebrate thy most honored memory **with** faith.

9. Illuminating thy mind with the splendors of the **Spirit**,/ thou didst become a **radiant sun**,/ **shedding** thy precepts upon the ends of the **earth**, like rays,/ and enlightening the fullness of the faithful, O most **blessed** one./ And thou hast dispelled the darkness of **heresies**// with the power of Him Who shone forth from the Virgin, O God-bearer.
10. **With** the eloquence of thy **discourses**/ the whole Church hath been adorned, O most sacred **Cyril**;/ it is **piously** bedecked with thy comely **beauties**/ and doth in sacred manner honour thy holy and right renowned memory, O **glorious** one,/ thou boast of the Orthodox, summit of the **fathers**,// champion of the all-holy one at the **Council**.

Glory... (Tone 6)

Let us all hymn Athanasius, the **hierarch** of Christ,/ for he set at naught all the opinions of **Arius**/ and clearly proclaimeth throughout the world the dominion of the Holy **Trinity**:/ the one God, indivisible, in three **Persons**./ Him doth he beseech in **behalf** of us// who celebrate his memory **with** faith.

Both... Dogmatikon (Tone 1)

Let us **praise** the Virgin **Mary**,/ glory of all the world and doorway to **heaven**,/ who begotten of man hast **borne** the Lord:/ and who, adornment of the faithful, is sung by the **angelic** hosts./ For she hath been shown forth as Heaven and Temple of the **Godhead**./ She it is, who breaking down the middle wall of **enmity**,/ ushered in peace and threw the Kingdom **open**./ Therefore with her as **anchor** of our faith,/ we, in the Lord born of her, have a **Defender**./ Make bold therefore, ye people of **God**, make bold,// for He, the Almighty will defeat your **enemies**.

- 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

C. Litya

The first sticheron is that of the temple, followed by:

Stichera for the Hierarchs (Tone 3)

In sacred manner/ let us praise with great laudation the sacred Athanasius and Cyril,/ our invincible intercessors;/ for, cutting down legions of heresies by the power of the all-holy Spirit,/ they raised up victories for Orthodoxy through all the world,/ piously reckoning the mystery of the Trinity/ in the peculiar properties of the persons thereof,/ likewise acknowledging them as united without confusion in the identity of Their essence,/ and theologizing like the cherubim;// and they ever pray for our souls.

Glory... The much-suffering Athanasius,/ the great clarion of the truth,/ today calleth the Church to a banquet./ O ye faithful, let us all meet in splendor for the solemnity of the good shepherd,/ honoring his

sacred labors with hymns,/ that, through his supplications,// we may receive great mercy from Christ God.

Both... (Tone 3)

By the will of the **Father**,/ **thou** hast conceived of the Holy **Spirit**/ without **seed** the Son of God Who, begotten of the **Father**/ had His **being** without mother before the **world** began./ He was **born** for our sakes in the flesh of thee without **father**/ and thou hast **fed** Him as an infant **with** thy milk.// Therefore, never cease to entreat Him to deliver our souls from **danger**.

P/D. *Litya prayers at the back of the Church*

APOSTICHA: (Tone 1)

1. We were set **free** by Thy **passion**, O Christ,/ and we were redeemed from corruption by Thy **Resurrection**.// Unto Thee, O Lord, be **glory**.

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

2. Let the creation exult, the **heavens** make glad,/ the nations clap their **hands** with joy:/ For Christ our Saviour, because He **loveth** mankind,/ hath **nailed** our sins to the Cross,/ put death to death and given us life by raising fallen **Adam**,// father of **all** mankind.

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

3. O **Thou** Who art beyond all **understanding**,/ King of **heaven** and earth,/ for love of mankind hast been of Thine own Will **crucified**:/ Hell was filled with bitterness when it **met** Thee below/ and the souls of the just at receiving **Thee** rejoiced./ And when he saw Thee, the Creator, in the depths, **Adam** rose up./ What a **wonder** this is:/ That the life of all men should **taste** death/ in His desire to give light to the world that **cries** and says:// Glory unto Thee, O Lord, risen **from** the dead.

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

4. The **myrrh**-bearing women bringing **spices**,/ hastened mourning **to** Thy tomb,/ and when they found Thy immaculate Body gone and learnt from the **angel**/ of the unprecedented and all-glorious **wonder**,/ they said to the Apostles: "The Lord is **risen**,// granting the world great **mercy**."

Glory... (Tone 3)

Again doth the golden Nile, the namesake of **immortality**,/ coming upon us in his annual **commemoration**,/ put **forth** golden waves of **immortality** in **goodly** ascents,/ producing sweet fruit by his lofty divine **proclamations**:/ for he **teacheth** us to worship the indivisible dominion of the **Trinity**/ and, pouring **forth** divine doctrines, he floodeth the thoughts of the **faithful**// and prayeth **for** our souls.

Both... (Tone 3)

By the will of the **Father**,/ **thou** hast conceived of the Holy **Spirit**/ without **seed** the Son of God Who, begotten of the **Father**/ had His **being**

without mother before the **world** began./ He was **born** for our sakes in the flesh of thee without **father**/ and thou hast **fed** Him as an infant **with** thy milk.// Therefore, never cease to entreat Him to deliver our souls from **danger**.

- C. St. Symeon's Prayer
 R. Trisagion
 C. Rejoice, O Virgin Theotokos x3
- P. Blessing of loaves.
 C. Amen. Blessed be the Name of the Lord... x3
 Psalm 33:1-10

MATINS: Tone 1

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

- C. Sunday Troparia (Tone 1) x2

When the stone had been sealed by the Jews;/ While the soldiers were guarding Thy most pure Body;/ Thou didst rise on the third Day, O Saviour/ granting life to the world./ The powers of heaven therefore cried to Thee, O Giver of life./ Glory to Thy Resurrection, O Christ!/ Glory to Thy kingdom!// Glory to Thy dispensation, O Thou Who lovest mankind!

USE THIS SET OR...

Glory... Troparion for the Saints (Tone 4)

O God of our fathers,/ Whoever dealest with us according to Thy gentleness,/ withdraw not Thy mercy from us,/ but by their entreaties// direct our life in peace.

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.

OR USE THIS SET

Glory... Another Troparion for the Saints (Tone 3)

Resplendent with works of Orthodoxy/ and reducing all heresy to ashes,/ ye were victors and conquerors,/ enriching all with piety;/ and, having greatly adorned the Church,/ ye have acquired Christ God,// as is meet, Who granteth us great mercy.

Both... Theotokion (Tone 3) (see Vigil Book)

We sing thy praises, O Virgin Theotokos,/ who dost intercede for the salvation of our kind;/ for thy Son and our God by taking flesh of thee/ and accepting to suffer through the Cross/ has delivered us from corruption// because He lovest mankind.

Lord Have Mercy 3x

Glory...

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

R. Sessional Hymns:

The soldiers guarding Thy tomb, O Saviour, became as dead men because of the radiance of the angel who appeared before them, proclaiming the resurrection to the women. We glorify Thee, the Destroyer of corruption, and we bow down before Thee, our one God Who hast risen from the grave.

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

Nailed to the Cross of Thine own will, and laid in the tomb as one dead, O compassionate Bestower of life, by Thy death Thou didst break the dominion of death, O Mighty One; for the gatekeepers of hades trembled before Thee, and Thou didst raise up with Thyself the dead of ages past, in that Thou alone lovest mankind.

G/B... At the sound of Gabriel's voice calling out to thee: "Hail, Virgin," the Master of all things became incarnate in thee, thou the Holy Tabernacle, as David the righteous said. In bearing thy Creator, thou hast shown thyself to surpass the vastness of the heavens. Glory unto Him Who dwelt in thee. Glory unto Him Who from thee came forth. Glory unto Him, Who by thy childbirth hath set us free.

R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Very early the women arrived at the tomb and, beholding the appearance of the angel, they trembled. The tomb shone forth life, and the miracle filled them with awe. Wherefore, going to the disciples, they proclaimed the resurrection: Christ hath made hell captive, in that He alone is mighty and powerful; and destroying the fear of damnation by the Cross, He hath raised up with Himself all who had fallen prey to corruption!

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

Thou wast nailed to the Cross, O Life of all, and wast reckoned among the dead, O immortal Lord. Thou didst rise on the third day, O Saviour, with Thee raising Adam up from corruption. Wherefore, the hosts of heaven cried out to Thee, O Christ, Bestower of life: Glory to Thy resurrection! Glory to Thy condescension, O Thou Who alone lovest mankind!

G/B... O Mary, precious receptacle of the Master, raise us up who have fallen into the chasm of grievous despondency, transgressions and sorrows; for thou art salvation, help and mighty intercession for sinners, and thou savest thy servants.

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

P. Small Ectenia

R. Ypakoe:

The repentance of the thief stole paradise, and the lamentation of the myrrh-bearers announced joy: for Thou didst arise, O Christ God, granting great mercy to the world.

Hymn of Degrees: (Antiphon One)

When I am sorrowful, hearken unto my pain, O Lord. Unto Thee do I cry. Unceasing divine desire befitteth those in the wilderness, who are beyond this vainglorious world.

G/B... Worship and glory are due the Holy Spirit, as also to the Father and the Son. Wherefore, let us hymn the single dominion of the Trinity.

Hymn of Degrees: (Antiphon Two)

Thou hast brought me up to the mountains of Thy laws, O God. Illumine me with the virtues, that I may hymn Thee.

Taking me in Thy right hand, O Word, preserve and protect me, that the fire of sin may not consume me.

G/B... By the Holy Spirit is every creature restored, returning to its primal state; for He is equal in power with the Father and the Son.

Hymn of Degrees: (Antiphon Three)

My spirit was glad and my heart rejoiceth for those who said to me: Let us enter into the courts of the Lord.

There is great fear in the house of David, for there, when the thrones are set up, all the tribes and nations of the earth will be judged.

G/B... It is meet and fitting to offer honour and worship, glory and power unto the Holy Spirit, as to the Father and the Son, for the Trinity is a unity in nature, but not in Persons.

P. Prokimenon:

Now will I arise, saith the Lord,/ I will establish them in salvation, I will be manifest therein.

V. The words of the Lord are pure words.

C. Let every breath praise the Lord.

P. GOSPEL #1

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: Thy victorious right arm/ hath in godly manner been glorified in strength;/ for as almighty, O Immortal One,/ it smote the adversary,// fashioning anew the path of the deep for the Israelites.

Glory to Thy Holy Resurrection, O Lord.

O Thou Who in the beginning didst divinely fashion me out of dust with Thine all-pure hands, Thou didst stretch out Thine arms upon the Cross, calling forth from the earth my corrupt body, which Thou hadst received from the Virgin.

Thou didst assume mortality for my sake and didst surrender Thy soul unto death, O Thou Who by Thy divine breath didst instill my soul within me; and having loosed the everlasting bonds, thou didst glorify it with incorruption, raising it up with Thee.

Theotokion

Rejoice, O wellspring of grace! Rejoice, O ladder and door of heaven! Rejoice, O lampstand and golden jar, thou unquarried mountain, who for the world gavest birth unto Christ, the Bestower of life.

Most Holy Theotokos, Save us.

What fitting hymnody can our weakness offer thee, who alone art full of grace, to whom Gabriel hath mystically taught us to chant: "Rejoice, O Virgin Theotokos, Mother unwedded!"?

With a pure heart, O ye faithful, let us spiritually cry out to the Ever-virgin Mother of the King of the hosts on high: Rejoice, O Virgin Theotokos, Mother unwedded!

Holy Father Athanasius, pray to God for us!

Offering up laudation unto Athanasius and praising his virtue, I offer yet higher praise to God, Who hath given men the praiseworthy gift of virtue, of which he was the animate image and seal.

Thou wast full of divine wisdom, O blessed and venerable one, shining now in thine angelic life more than the sun; and thou hast surpassed the laws of praise which govern us. Yet accept it from us, O father, even though we are not worthy to praise thee.

Though we are bereft of mighty works, we weave hymnody as is meet, O Athanasius, according to the dignity of thy hymns; and we ask that through thee we be granted forgiveness and the abundant grace of the Spirit.

As a youth thou didst mortify the uprisings of the carnal passions, acquiring in thy youth the right constant wisdom of an elder, O blessed Athanasius; for thou didst govern all thy senses with the desire of wisdom.

Holy Father Cyril, pray to God for us!

Receiving light-giving grace from God, and manifest as a radiant beacon, O Cyril, thou hast shone forth rays of reason upon us on the day of thy commemoration, that we may hymn thee as is meet.

Thou wast full of the effulgence of the Spirit, O wise Cyril, as a keeper of the commandments of Christ, cleansed of the passions; and thou wast truly a dwelling-place of the all-divine Trinity.

Glory... Filled with zeal and boldness, O glorious Cyril, and defending Orthodoxy, thou didst truly rebuke all those who opposed God and the endless pratings of their vile heresies.

Both... O most pure Bride of God, thou gavest birth to One of the all-divine Trinity Who through thee revealed Himself to us in the flesh, at the Father's good pleasure and with the cooperation of the most Holy Spirit.

C. Katavasia (Tone 3)

The sun once passed over dry land born of the deep,/ for the water became firm as a wall on either side/ when the people traversed the sea,/ chanting in God-pleasing manner:// Let us sing unto the Lord, for gloriously hath He been glorified!

Canticle Three

Irmos: Thou, Who alone hast known the weakness of human nature,/ having in Thy mercy formed Thyself therein:/ Thou girdest me about with power from on high,/ that I may chant to Thee:/ Holy is the living temple of Thine ineffable glory,// O Thou Who lovest mankind!

Glory to Thy Holy Resurrection, O Lord.

As God, O Good One, Thou hast taken pity on me who have fallen; and it being Thy good pleasure to come down to me, Thou hast by Thy crucifixion raised me up to cry unto Thee: Holy is the Lord of glory, immutable in goodness!

As enhypostatic Life, O Christ, clothing Thyself in me who have become corrupt, in that Thou art the God of lovingkindness, and descending to my mortal dust, O Master, Thou didst destroy the dominion of death; and having risen after three days of death, Thou hast clothed me in incorruption.

Theotokion

Conceiving God in thy womb through the all-holy Spirit, O Virgin, thou didst remain unconsumed; for the bush which burned without being consumed clearly, to Moses the Law-giver, proclaimed thee beforehand, who received the unbearable Fire.

Most Holy Theotokos, Save us.

O Virgin, following the sayings of the prophets, we truly call thee the light cloud; for the Lord came upon thee to cast down the handiworks of the falsehood of Egypt and to enlighten those who worship them.

Accounted worthy to perceive the transcendent Mind as far as he was able, Gabriel offered thee a cry of joy, O immaculate Virgin, openly announcing the conception of the Word and proclaiming His ineffable birth.

Holy Father Athanasius, pray to God for us!

Having cleansed thy soul and body of all defilement, O Athanasius, thou wast shown forth as a temple rightly divine. Wherefore, the fullness of the Trinity rested within thee, O most blessed initiate of the sacred mysteries.

The grace of the Comforter, finding thy soul purified of the passions, manifestly showed its activity therein, O father, and hath set thee forth as an all-radiant beacon for the world.

Thou wast shown forth as a standard of hierarchy for bishops the model for a life of spiritual activity. Thy discourse, the form of thy vision and the breadth of thy theology and doctrine were manifestly revealed, O all-wise one.

Theotokion

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

Holy Father Cyril, pray to God for us!

Strengthened by Christ, O Cyril, with unwavering intent thou didst rend apart the machinations of the evil serpent as though they were a spider's web.

Thou didst scrape the mire of the passions from thy soul, O Cyril, casting down every evil thought which rose up against Christ.

Glory... Like a successful athlete, O father, thou didst avoid every carnal pleasure as vainglorious and treacherous.

Both... Having been cleansed beforehand by the Spirit, O pure one, thou gavest birth to the Word of the Father, the Essence of reason, unto our benefaction.

C. Katavasia (Tone 3)

O Lord, the firm foundation of those that put their trust in Thee, / do Thou confirm the Church, // which Thou hast purchased with Thy precious blood.

P. Small Ectenia

C. Kontakion of the Holy Hierarchs (Tone 4)

O sacred primates most great, champions of the Church of Christ, preserve all who chant: Save those who honor Thee with faith, O Compassionate One!

(There is no ikos for the Holy Hierarchs)

R. Sessional Hymns

As He Who chose thee beforehand named thee, thou wast the embodiment of immortality, piously slaying all the opinions of Arius; for thou wast an unscathed champion of the truth, O father Athanasius, thou boast of the Orthodox. Wherefore, hymning thee as is meet, we celebrate thy godly memory.

Glory... Thou didst denounce the falsehood of heresies and didst elucidate the Orthodox Faith: and as one divinely eloquent and pious thou didst preach throughout the world that men should worship the one Godhead in

Trinity, consubstantial in Essence and unconfused as to Persons. Wherefore, assembling, we honour thy memory, O most glorious Cyril.

Both... The awesome mystery of God which was wrought in thee, O divinely joyous Mistress, is incomprehensible and unattainable; for, conceiving the Infinite One, thou gavest birth unto Him wrapped in flesh through thine all-pure blood. Him do thou ever entreat as thy Son, O pure one, that our souls be saved.

Canticle Four

Irmos: Gazing with the eyes of foresight upon thee, / the mountain overshadowed by the grace of God, / Habbakuk prophesied that the Holy One of Israel would come forth from thee, // for our salvation and restoration.

Glory to Thy Holy Resurrection, O Lord.

Who is this Saviour Who issueth forth from Edom, wearing a crown of thorns, His robe stained red, lifted up upon the Tree? He is the Holy One of Israel, Who is come for our salvation and restoration!

Behold, ye disobedient people, and be ashamed! For He Whom ye madly asked Pilate to lift up on the Cross as a malefactor hath destroyed the power of death and risen as God from the tomb!

Theotokion

O Virgin, we know thee to be the tree of life; for it is no fruit deadly for men to eat which thou hast put forth, but the delight of everlasting Life, for the salvation of us who hymn thee.

Most Holy Theotokos, Save us.

Hearken, O heaven, to the wonders! Pay heed, O earth! For the daughter of fallen Adam who was made of dust hath been appointed for God, to be the Mother of her own Creator, for our salvation and restoration.

O most hymned Theotokos, thou Holy of holies, expectation of the nations and salvation of the faithful: from thee hath the Deliverer, Lord and Bestower of life shone forth, Whom do thou entreat, that thy servants be saved.

Holy Father Athanasius, pray to God for us!

All the life-bearing inspiration of the Spirit of Christ, which in godly manner descended from on high into the upper chamber of old, breathed upon thee, O father, and showed thee to be a thirteenth apostle who preached the Orthodox Faith.

Burning exceedingly with divine zeal while taking part in the Council in Nicea before thou wast consecrated to the hierarchy, thou didst preach the consubstantiality of the Trinity. Wherefore, Christ made thee a chief shepherd and teacher of the Church.

Having the helm of the Church entrusted to thee by the providence of God, O Athanasius, as with a scythe thou didst mow down all the spiritually harmful pratings of the heretics, cutting them down like weeds; and, watering the seed of the Word, thou didst wisely cultivate it.

Thy fiery tongue burned up the unnatural division made by Arius and the mingling of Sabbellius, and every heretical blasphemy with them, which are boundless evil and veritable ungodliness, O Athanasius.

Holy Father Cyril, pray to God for us!

Christ, seeing thee victorious over soul-corrupting passions and mastering the flesh by thy thought, O God-bearing father Cyril, set thee as primate over His divine Church.

Having, as a beloved son, inherited the paternal virtue of Mark, thou wast an heir to his cathedra, following the steps of the godly evangelist.

Glory... Tended like a lamb by Christ, as a shepherd thou didst nurture thy flock with thy spiritually nourishing discourses, as with grace and flowers, feeding them abundantly with grace.

Both... He Who by His divine power created all things out of nothing, O Mother of God, rejoiceth in thee, illumining the world with the radiant beams of His divinity and with the effulgence of the knowledge of God.

C. Katavasia Tone 3

Thy virtue hath covered the heavens, O Christ;/ for having issued forth from Thine immaculate Mother,/ the ark of Thy holiness,/ Thou hast appeared in the Temple of Thy glory as a babe borne in arms,// and all things have been filled with Thy praise.

Canticle Five

Irmos: O Christ, Who hast enlightened the ends of the world/ with the radiance of Thy coming,/ and illumined them by Thy Cross:/ With the light of Thy divine knowledge/ enlighten the hearts of those// who hymn Thee in Orthodox manner.

Glory to Thy Holy Resurrection, O Lord.

The Jews put the great Shepherd and Lord of the sheep to death by the Tree of the Cross; but the dead buried in hades did He deliver, like sheep, from the dominion of death.

Having announced peace by Thy Cross and proclaimed remission to those held captive, O my Saviour, Thou didst put to shame him who hath dominion, as though he were naked, by Thy divine resurrection showing him to be impoverished.

Theotokion

Disdain not the requests of those who petition thee with faith, O most hymned and all-pure one, but accept and convey them to thy Son, the one God and Benefactor; for thee have we acquired as our intercessor.

Most Holy Theotokos, Save us.

The hosts of heaven are gladdened at the sight of thee, and with them the companies of men rejoice; for they have been joined together by thy birthgiving, O Virgin Theotokos, which we glorify as is meet.

Let all the tongues and thoughts of men be moved to the praise of thee who art truly the adornment of mankind, for the Virgin standeth forth, clearly raising to glory those who with faith hymn her wonders.

Holy Father Athanasius, pray to God for us!

Having Christ speaking in the eloquent instrument of thy tongue, O father Athanasius, in writing thou didst put to shame the heresy of the idols, guiding those astray and converting them to the true God.

With discourses and writings thou didst denounce all pernicious heresies, O blessed father, dispelling from the whole world diverse falsehoods with thy wise proofs, elucidating the Orthodox Faith irrefutably.

The Church of Christ calleth thee directly the truly great teacher of wise doctrines, O father Athanasius, and hath numbered with the apostles thee who revealest the unadulterated word of the Faith.

Theotokion

Having acquired maternal boldness toward thy Son, O most pure one, reject not thought of kinship with us, we pray; for we set thee before Christ as the only merciful cleansing of Christians.

Holy Father Cyril, pray to God for us!

Contemplating the countenance of Christ now face to face, no longer by reflection as in a mirror, O Cyril, thou hast been united to thy desire.

Thy discourse, O Cyril, hath been likened truly to the mighty torrent of a river in full flood, toppling the machinations of the heretics.

Glory... O Cyril, thou didst overturn the vile division of Arius and the abominable mingling of Sabbellius alike. Thou hast left to the Church of Christ thy rich discourses like treasures of gold and precious stones, O Cyril.

Both... We set thee forth as an invincible weapon against the enemy, O Bride of God, for we have acquired thee as the confirmation and hope of our salvation.

C. Katavasia Tone 3

In a vision Isaiah beheld God exalted/ upon a throne borne aloft by angels of glory,/ and he cried: Woe is me!/ for I have beheld beforehand the incarnate God,// the unwaning Light, Who reigneth with peace!

Canticle Six

Irmos: The uttermost abyss hath engulfed us,/ and there is none to deliver us./ We are accounted as lambs for the slaughter./

Save Thy people, O our God, // for Thou art the strength and correction of the weak!

Glory to Thy Holy Resurrection, O Lord.

We were grievously wounded by the offense of the first-created man, O Lord, but we have been healed by the wounds wherewith Thou wast wounded for us, O Christ; for Thou art the strength and correction of the weak.

Thou hast led us up out of hades, O Lord, having slain the all-devouring monster and set his power at naught by Thy might, O Omnipotent One; for Thou art Life, Light and Resurrection.

Theotokion

The ancestors of our race rejoice in thee, O all-pure Virgin, receiving through thee the Eden which they lost through transgression; for thou wast pure before giving birth and art so after birthgiving.

Most Holy Theotokos, Save us.

The Incorporeal One Who existeth from before time, the Word Who createth all things by His will, and as Almighty brought the armies of the incorporeal beings out of non-existence, hath become incarnate of thee, O all-pure one.

The enemy was slain by thy life-bearing Fruit, O thou who art full of the grace of God; and we who were in bonds have been freed. Wherefore, I cry: Destroy Thou the passions of my heart!

Holy Father Athanasius, pray to God for us!

Apollinarius, having shown himself to be a sower of the alien seed of earthly discourse and understanding, is mightily denounced by thee, O most blessed one, as senseless and foolish of mind, in thy work on the incarnation of Christ.

We the faithful draw forth honey most sweet, like water from a bowl, from the ever-flowing wellspring of grace which floweth in torrents of discourse pouring forth from thy lips, O venerable one.

Everyone doth marvel at the magnificence of thy wise writings, exclaiming in love, O wise father, foreseeing the heresies which would spring forth to be rejected by thee prophetically.

Theotokion

May we be delivered from grievous transgressions by thine entreaties, O pure Theotokos; and may we receive divine illumination from the Son of God Who was ineffably incarnate of thee, O most pure one.

Holy Father Cyril, pray to God for us!

The seraph bore the burning ember to the prophet with tongs, but thou, O initiate of the sacred mysteries, dost give to the Church of Christ the purifying ember of divine fire with thine own hands.

Thou didst not destroy the neighboring Philistines as did Samson, but didst cast down the aliens of heterodox doctrine and give might to the Orthodox, O Cyril.

Glory... Manifestly heading the divinely elect Council, O father, filled with zeal for the true Mother of God thou didst cast down the heresy of Nestorius, the audacity which opposeth Christ, O father.

Both... O wonder newer than all other wonders! Conceiving in her womb, without having known a man, Him Who sustaineth all things, the Virgin did not confine Him!

C. Katavasia Tone 3

The Elder, having seen with his eyes the salvation/ that was come to the peoples, cried aloud unto Thee:// 'O Christ that comest from God, Thou art my God.'

P. Small Ectenia

C. Kontakion, Tone 1

As God, Thou didst rise from the tomb in glory,/ raising the world with Thyself./ Human nature praises Thee as God, for death has vanished./ Adam exults, O Master!/ Eve rejoices, for she is free from bondage, and cries to Thee;// Thou art the Giver of Resurrection to all, O Christ.

R. Ikos

Let us hymn as God the Almighty Who rose on the third day, Who broke down the gates of hades, Who raised up from the grave those held there from ages past, and Who appeared to the myrrh-bearing women, as He was well pleased to do, telling them first to rejoice and to proclaim joy unto the apostles, in that He alone is the Bestower of life; wherefore, with faith the women proclaimed the signs of victory to the disciples. Hades groaneth and death uttereth lamentation; the world is filled with gladness, and all rejoice with it, for Thou, O Christ, didst grant resurrection unto all.

Canticle Seven

Irmos: O Theotokos, we the faithful,/ perceive thee to be a noetic furnace;// for, as the supremely Exalted One saved the three youths,/ in thy womb the praised and most glorious God of our fathers// wholly renewed the world.

Glory to Thy Holy Resurrection, O Lord.

The earth was afraid, the sun hid itself, the light grew dim, the divine veil of the temple was rent in twain, and the rocks split asunder; for the Righteous One, the praised and all-glorious God of our fathers, hung upon the Cross.

Wounded among mortals of Thine own will for our sake, as though helpless, O supremely Exalted One, Thou, the praised and all-glorious God of our fathers, hung upon the Cross.

Theotokion

Rejoice, O wellspring of the water of eternal life! Rejoice, paradise of delight! Rejoice, bulwark of the faithful! Rejoice, thou who knewest not wedlock! Rejoice, universal joy, through whom the praised and all-glorious God of our fathers hath shone forth!

Most Holy Theotokos, Save us.

O Theotokos, in prophecy Jacob perceived thee to be a ladder, for through thee did the supremely Exalted One appear on earth and dwell with men, as was His good pleasure: the praised and all-glorious God of our fathers.

Rejoice, O pure one! From thee hath the Shepherd, the supremely Exalted One, come forth, in His unapproachable compassion truly clothing Himself in the skin of Adam, in me, in all of man: the praised and all-glorious God of our fathers.

Holy Father Athanasius, pray to God for us!

Having in Orthodox manner preached that the Word is equal in honour and equally enthroned with the Father and His only-begotten Son, O father, namesake of immortality, thou dost straightway teach that the Spirit is also equally enthroned, of one essence and equally eternal.

The father of impiety, seeing that thou wast a manifestly sacred proclaimer and teacher of the light of the threefold Sun who declared the Orthodox Faith unto the ends of the earth, raised persecutions against thee.

The countless tribulations which thou didst endure, O blessed one, struggling for piety, were also splendid crowns; for thou wast like adamant to those who struck at thee, and didst draw all to thee like a magnet.

Strange doctrines foreign to the Church of Christ didst thou cast out, theologizing concerning the Trinity of Hypostases, the unity of the Godhead, Whom thou didst hymn, saying: Blessed is the God of our fathers!

Holy Father Cyril, pray to God for us!

Moses of old, entering the darkness on Mount Sinai, received the law which slayeth by the letter, O Cyril; but thou hast disclosed the hidden beauty of the Spirit.

Inspired by the grace of the prophets, O Cyril, in pure manner thou hast revealed to us that the books of the God-pleasing divine preachers are full of the Spirit.

Glory... Theologizing that there are three Hypostases in an unconfused divine Unity, unseparated by division, O father Cyril, thou hast plainly said that They are immutable in one Essence and Godhead.

Both... Rejoice, O hallowed and divine habitation of the Most High! For through thee, O Theotokos, hath joy been given to those who cry: Blessed art thou among women, O most immaculate Mistress!

We hymn Thee, God the Word/ Who bedewed the theologizing children in the fire/ and dwelt within the incorrupt Virgin,/ and piously we chant:// Blessed is the God of our fathers!

Canticle Eight

Irmos: Shining in the furnace more brightly/ than gold in a crucible in the beauty of their piety,/ the children of Israel said:/ Bless the Lord, all ye works of the Lord!// Hymn and exalt Him supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

O Word of God, Who by Thy will dost create and refashion all things, transforming the shadow of death into life everlasting by Thy sufferings: Thee do all of us, the works of the Lord, unceasingly hymn and supremely exalt for all ages.

Thou didst destroy distress and misery within the gates and strongholds of hades, O Christ, rising from the tomb on the third day. Thee do all Thy works unceasingly hymn and supremely exalt as Lord for all ages!

Theotokion

Let us hymn her who without seed supernaturally gave rise to Christ, the Pearl of great price, through the divine Effulgence; and let us say: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely for all ages!

Most Holy Theotokos, Save us.

The radiant bridal-chamber, whence Christ the Master of all issued forth like a Bridegroom, let us all hymn, crying aloud: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

O most hymned Virgin who for us gavest birth to the Lord, the Author of our salvation, pray for all who earnestly cry out: Hymn the Lord, all ye works of the Lord, and exalt Him supremely for all ages!

Holy Father Athanasius, pray to God for us!

O Athanasius, thou right glorious adornment of hierarchs, pillar of light and confirmation of the Church, champion of the Trinity, golden clarion of theology, famed recorder of the rules of the monastic life: thou dost celebrate with us, making priests and leading the faithful people to Christ forever.

Thou wast a true namesake of immortality, for thou didst surpass works with thy discourse; and, vanquishing the artifices of words with the fame of thy life, thou didst transcend the boundaries of both. Wherefore, shining with most excellent virtue, thou hast acquired an immortal memory forever.

In thy valiant struggles thou didst show forth a most splendid episcopacy, O God-pleasing initiate of the mysteries of heaven, and by thy frequent banishments for preaching the Trinity thou didst drive out

falsehood for thou didst proclaim the triune God, crying out: Worship the Father, theologize the Son and hymn the Spirit for all ages!

Theotokion

Let us hymn her who gave birth in the flesh to the One God in Trinity, and even after giving birth hath constantly remained whole, for she hath surpassed the cherubim and is more honorable than the seraphim, who cry: Ye children, bless; ye priests, hymn; ye people, exalt God supremely for all ages!

Holy Father Cyril, pray to God for us!

In thee hath a wellspring of wisdom flowed forth which is truly like a wave of the sea; and ever-flowing rivers of pious doctrines have issued forth from thy belly, as Christ foretold. For thy divinely eloquent words surpass in number the sands of the sea.

Shown forth as a wise pastor and teacher of the Church, O venerable Cyril, thou didst manifestly Interpret the two Testaments for holding thy words to be an anchor and a paternal inheritance, it crieth out: Bless the Lord, all ye works of the Lord!

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

For the sake of the Word, the Author of all things Who became incarnate for our sake, O Cyril, thou didst teach the ineffable union which is indivisible and unconfused, and didst worship each equally, crying out: Bless the Lord, all ye works of the Lord!

Both... The Word Who of old was begotten of the Father without mother was born a second time of thee, without father, O most pure one; and though before He was incorporeal, He became incarnate in His loving-kindness, desiring to save those who 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 3)

Standing together in the unbearable fire/ yet not harmed by the flame,/ the Children, champions of godliness, sang a divine hymn:/ O all ye works of the Lord, bless ye the Lord// and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: The bush which burnt with fire yet was not consumed/ showed forth an image of thy pure birthgiving./ And we pray now that the furnace of temptations/ which rageth against us may be extinguished,// that we may magnify thee unceasingly, O Theotokos.

Glory to Thy Holy Resurrection, O Lord.

How have the iniquitous and disobedient people, plotting evils, justified a proud and ungodly man, yet condemned to the Tree the Righteous One, the Lord of glory, Whom we magnify as is meet?

O Saviour, Thou unblemished Lamb Who takest away the sins of the world: Thee Who hast risen on the third day do we glorify with the Father and Thy divine Spirit; and, theologizing, we magnify the Lord of glory.

Theotokion

Save Thy people, whom Thou hast acquired by Thy precious blood, O Lord, granting peace to Thy churches through the supplications of the Theotokos, O Thou Who lovest mankind.

Most Holy Theotokos, Save us.

Thou didst spring forth from the root of David, the prophet and ancestor of God, O Virgin; and thou hast truly glorified David, giving birth to the prophesied Lord of glory, Whom we magnify as is meet.

Thy wonders are past understanding! For thou, O most pure Virgin who alone outshinest the sun, hast enabled all to understand the newest of wonders, thine incomprehensible birthgiving. Wherefore, we all magnify thee.

Holy Father Athanasius, pray to God for us!

Thy life flashed like lightning, O father, and thy proclamation hath rolled forth on all like thunder which the sun illumineth; for thou didst truly have inspiration from heaven on high. Wherefore, the grave, the state of oblivion, hath not dimmed thy memory, O Athanasius.

Illumined now with the thrice-radiant light of the threefold Sun, thou dost emit splendid effulgence upon those who hymn thee, reflecting beams from on high, like a mirror doth those of the sun, O blessed one; and thou art given the remission for which thou dost ask, which is great and of surpassing dignity.

We who hymn thee beg thee earnestly: Pray thou for the Church, grant victory over heresies to our hierarchs, giving them might to defend the Orthodox Faith against heretics; and grant salvation to us and peace to the world on the day of thy commemoration, O Athanasius.

Theotokion

Without seed or carnal desire thou didst conceive the Word of God Who hath created all things, and thou gavest birth to Him without suffering the pangs of childbirth, O Virgin. Wherefore, confessing thee to be the Theotokos with tongue and heart, we magnify thee.

Holy Father Cyril, pray to God for us!

Thou didst mightily cast down every ungodly uprising of Nestorius against Christ and His Mother, O Cyril: a duality of Sons and the confusion of essences by the Acephalites.

With the power of reason and the enlightenment of grace, O blessed one, thou didst theologize the consubstantial Trinity and the incarnate Son of God; and as a champion of the Theotokos, thou art now glorified in the highest.

Glory... From on high thou dost mercifully regard those who hymn thee, O father, granting victory to the Cross-bearers and exalting the horn of the Orthodox by thy prayers, illumining those who magnify thy memory.

Both... O most holy Virgin Theotokos who wast born of a barren woman and gavest birth to Him Who by His will and gesture hath transformed all things: My heart, which is barren of godly virtues, do thou show forth as fruitful, that I may hymn thee, the most hymned one.

C. Katavasia (Tone 3)

In the shadow and letter of the Law,/ let us, the faithful, discern a figure:/ Every male child that opens the womb shall be sanctified to God./ Therefore do we magnify the firstborn Word and Son of the Father without beginning,// the firstborn Child of a Mother who had not known man.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion One (Mt 28:16-20)

Let us go with the disciples into a mountain of Galilee to behold with faith Christ saying: Let us learn to receive power over things above and below; how to teach all the nations and to baptize them in the Name of the Father, the Son and the Holy Spirit, and as was promised I shall be even unto the end of the world with those who know the mysteries.

Glory... Exapostilarion

Ye were shown to be most wise initiates of the mysteries and champions of the all-divine Trinity, O blessed Athanasius and Cyril revealed of God, casting down Arius, and with him Sabellius and Nestorius, and every other falsehood of wicked heresies with them, O holy hierarchs of the Lord.

Both... Theotokion

Thou, O Theotokos Virgin, hast rejoiced with the disciples, at seeing Christ rising on the third day from the tomb as He clearly said; and He has appeared to them teaching and disclosing the better things, commanding them to baptize in the Father, the Son and the Spirit, for us to believe in His Rising and to glorify thee, O Maid.

C. Lauds: Tone 1 Stichera

Let **every** bre-ath **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 abysses,
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. We **praise** in song Thy saving **passion**, O Christ, // and glorify Thy Resurrection.

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

2. Give **peace** to our **lives**, / O Thou, the only **Almighty** Lord, / Who hast endured the Cross and hast **laid** death low // and risen **from** the dead.

V. Praise Him for His mighty acts, / praise Him according to the multitude of His **greatness**.

3. Vouch**safe** that we may praise and glorify Thee with a pure **heart**, O Christ, / Who hast **despoiled** death, // and raised up man through Thy Resurrection.

V. Praise Him with the sound of trumpet, / praise Him with **psaltery** and harp.

4. **Glorifying** Thy divinely fitting **condescension**, / we praise **Thee**, O Christ. / Born of the Virgin without parting from the **Father**, / Thou

hast suffered as man and willingly **endured** the Cross./ Glory be to Thee, O Lord, Who, preceding as from a **chamber**,// hast risen from the tomb to **save** the world.

V. Praise Him with timbrel and dance,/ praise Him with **strings** and flute.

5. When **Thou** wast nailed upon the **wood** of Thy Cross,/ the power of the enemy was **put** to death,/ the creation quaked with Thy fear and hell was despoiled by Thy **power**./ Glory be unto Thee, O **Christ** our Lord,/ Who hast raised up the **dead** from the tomb,// and opened paradise **to** the thief.

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath praise the Lord.

6. The **honoured** women hastened lamenting to Thy **Sepulcher**./ And they found the tomb open and learned from the **angel**/ the strange and most-glorious **wonder**,/ and they announced to the apostles that the Lord had **risen**,// bestowing upon the world His great **mercy**.

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

7. We **worship** the divine stripes of Thy Passion, O **Christ** our God,/ and the royal sacrifice in **Zion**,/ made divinely manifest at the end of the **ages**./ For Thou, O Sun of righteousness, hast enlightened those asleep in **darkness**,/ guiding them towards the light that knows no **evening**.// Glory to **Thee**, O Lord.

V. I will be glad and rejoice in Thee, I will chant unto Thy name, O Most High.

8. Give **ear**, O ye **turbulent** Jews:/ Where are those who went to **Pilate**?/ Let the soldiers of the watch say, where are the **seals** of the tomb?/ Where has the buried **corpse** been laid?/ How was He sold, Who is **not** for sale?/ How was the treasure **stolen**?/ Ye wicked Jews, why do ye speak falsely against the Resurrection of Him that was **crucified**?/ He is risen, free **among** the dead,// granting the world His great **mercy**.

Glory... Gospel Sticheron (Tone 1)

When the **disciples** had gone up into the **mountain**,/ for His ascension **from** the earth,/ the Lord stood **by** and they **worshipped** Him./ And, having been taught that power had been given to them **everywhere**,/ they were **sent** as far as heaven **covers**/ to preach the Resurrection from the dead,/ **and** the restoration to **heaven**./ And Christ, God and **Saviour** of our souls,// promised without fail to be with them **eternally**.

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:

Today is salvation come unto the world; let us sing to Him Who arose from the tomb, and is the Author of our life. For having destroyed death by death, He hath given us the victory and great mercy.

P. Litanies
Dismissal

R. Hours:
Tropar: Resurrection & Saints (alternating the two tropars)
Kontak: Resurrection

At Liturgy

Order of Troparia & Kontakia as per Double Service

Prokimenon for Tone 1

Let Thy mercy, O Lord, be upon us, according as we have hoped in Thee.

V. Rejoice in the Lord, O ye righteous; praise is meet for the upright.

Prokimenon for the Holy Hierarchs (Tone 8)

The saints shall boast in glory...

Epistle(s): I Tim 1:15-17 & Heb 13:7-16

Alleluia for Tone 1

V. The God that giveth avengement unto me hath subdued peoples under me.

V. It is He that magnifieth the salvation of His king and worketh mercy for His anointed, for David, and for his seed unto eternity.

Alleluia for the Holy Hierarchs (Tone 2)

Gospels: Luke 18:35-43 & Matt 5:14-19

Communion Hymn: Praise ye only & Rejoice in the Lord...