

5th Sunday after Pentecost (July 12/25)
Commemoration of the Holy Martyrs Proclus & Hilary
Commemoration of our Venerable Father Michael of Maleinus

VESPERS: Tone 4

P. Regular Beginning
 C. Lord I have cried...

1. **Ever** hailing Thy life-giving Cross, O **Christ** our Lord,/ we glorify Thy Resurrection on the **third** day,/ for **Thou** Who art all **powerful**/ hast thereby restored the corrupt **nature** of man/ and hast re-opened for us the upward path to **heaven**,// for Thou only art good and **lovest** mankind.
2. **Being** of Thine own Will nailed to the **wood** of the Cross,/ Thou hast abolished the penalty of disobedience **committed** through the tree/ and by **descending** into hell Thou hast broken, as Almighty, the **bonds** of death./ Therefore we worship Thy Resurrection from the dead,/ and, **rejoicing**, we cry:// Glory to Thee, O **almighty** Lord.
3. **Thou** hast broken in pieces the gates of **hell**, O Lord,/ and put an end by Thy death to the **dominion** of death,/ and **Thou** hast set **mankind** free/ by bestowing incorruption **upon** the world// together with life and Thy great **mercy**.
4. O **come** all ye **people**,/ and let us sing the praises of the Saviour's Resurrection on the **third** day,/ for **we** have been **delivered** by it/ from the unbreakable **bonds** of hell,/ and having received **incorruption** and life,/ we all of us cry: Do Thou, crucified, buried and **risen**,// save us by Thy Resurrection for only Thou **lovest** mankind.

Stichera for the Martyrs (Tone 1)

5. Having endured many and diverse torments, O Hilary and **Proclus**,/ together ye received **radiant** crowns./ Wherefore, with faith we celebrate your most festive **memorial**,// making earnest entreaty that ye **pray** for us all.
6. O blessed Proclus, thou didst endure the laceration of thy flesh,/ looking forward to everlasting **glory**,/ to an abode in paradise and to the never-**waning** light;// and dwelling therein, pray that we who hymn thee may also find **enlightenment**.
7. Like two beacons ye illumine the world with the radiance of **miracles**,/ O Hilary and Proclus, athletes **of** the Lord,/ who dispel the darkness of the **passions**./ Wherefore, we **hymn** you with joy,// celebrating your **memory**.

Stichera for St. Michael (Tone 5)

8. O venerable father, from thy youth thou didst embrace the **angelic** life,/ regarding the beauties of the world as but dung; and, ever mindful of divine **glory**,/ thou didst avoid transitory glory as an insubstantial **shadow**./ And thou sharest now in true **glory**,/ having cast

down the **bonds** of the flesh;/ and, standing before the light of the **threefold** Sun,/ thou delightest in the **effulgence** of Christ./ Him do thou beseech, to Him do thou **ever** pray,// that He grant to the Church oneness of mind, **peace** and great mercy.

9. O venerable father, splendor of compunction, beacon for those in the **darkness** of despair,/ never-setting morning-star, all-honourable ember of **repentance**,/ divine pearl of the virtues, great lamp of almsgiving and prayer, intercessor for orphans and **widows**,/ lawful standard of the Church and active luminary of **abstinence**:/ entreat Christ, ever **pray** to Christ,// that He grant to the Church oneness of mind, **peace** and great mercy.

10. O venerable father, thou wast hallowed even **before** thy birth,/ as was the most sacred **Jeremiah**;/ for to her who gave thee birth the Mother of the **Lord** foretold/ that she would be given **fruit** in thee,/ and she manifestly proclaimed that thou shouldst be given to her from thine earliest **infancy**./ And straightway, with upright intent, she received thee, O divinely **wise** one,/ who fled the tumult of life and loved the life of stillness, through which thou **didst** pass./ And thou didst plant assemblies of those **like** thee// like sand by the well-springs of the waters of the **Spirit** of God.

Glory... (Tone 6)

O venerable father **Michael**,/ the sound of thy corrections hath gone forth into **all** the earth;/ wherefore, thou hast found the reward for thy labors in the **heavens**,/ hast destroyed hordes of the demons, and attained unto the ranks of the **angels**,/ whose life thou didst blamelessly **emulate**./ As thou hast boldness before **Christ** God,// ask thou **peace** for our souls.

Both... Dogmatikon (Tone 4)

David, the **prophet**, fore**father** of God/ through Thee gave voice **beforehand** in psalms/ **concerning** the great things **done** for Thee:/ Upon Thy right hand doth **stand** the Queen./ For God Who was pleased without father to be made **man** of thee,/ has shown thee forth as Mother of life and **mediator**,/ that He might restore His image corrupted by the **passions**;/ and that when He had found the stray sheep caught in the **mountains**,/ He might lay it upon His shoulder and bring it to His **Father**,/ and by His own wish that Christ in Whom is great and bountiful **mercy**/ might gather it to the **heavenly** hosts// and save the world, O Theotokos.

- 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 4)

1. **Ascending** upon the **Cross**, O Lord,/ Thou hast abolished for us the **ancestral** curse,/ and **descending** into hell, having set free those in

bonds from all **eternity**,/ Thou hast bestowed on mankind **incorruption** and **life**./ We therefore praise and **glorify**// Thy redeeming Resurrection upon the **third** day.

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

2. **Hung** upon the wood,/ Thou Who alone art mighty, hast shaken the whole creation:/ While **laid** in the tomb, Thou hast raised up those **dwelling** therein,/ and hast bestowed life and incorruption on **mankind**;/ therefore, we praise and **glorify**// Thy redeeming Resurrection on the **third** day.

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

3. The lawless **people** who gave Thee, O Christ, to **Pilate**,/ condemned Thee to be **crucified**,/ and **showed** themselves thankless towards their **Benefactor**./ But it was Thy good pleasure to suffer **burial**,/ and of Thine own Will hast Thou **risen** again/ as God on the **third** day,// and hast bestowed on us life without end and Thy great **mercy**.

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

4. The **women** who sought Thee came in tears to Thy tomb and when they **found** Thee not,/ they lamented and **imploring** said:/ "O **Saviour** of ours and **Lord** of all,/ how comes it that Thou hast been **stolen** away?/ And what place can hold Thy life-bearing **Body**?"/ An angel then stood before them **and** replied:/ "Weep not, but proclaim the good tidings that the Lord is **risen**,// and grants us joy because He alone is **compassionate**."

Glory... (Tone 8)

We **honour** thee, O Michael our **father**,/ as the instructor of a **multitude** of monks;/ for following thy steps we have truly come to know how to **walk** aright./ Blessed art thou who, having **labored** for Christ,/ didst denounce the power of the **enemy**,/ O converser with the angels and companion of the venerable and the **righteous**.// With them entreat the Lord, that our souls find **mercy**.

Both... (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 x3

Blessed be the Name of the Lord... x3

Psalm 33:1-10

MATINS: Tone 4

- P. Regular Beginning
 P. Great Ectenia
 C. God is the Lord... (Tone 4)

C. Sunday Troparia (Tone 4) x2

When the women disciples of the Lord/ learned from the angel the joyous message of Thy Resurrection;/ They cast away the ancestral curse/ and elatedly told the apostles:/ Death is overthrown!/ Christ God is risen,// granting the world great mercy.

Glory... Troparion to St. Michael (Tone 8)

In thee, O father, that which is fashioned according to the image of God was preserved;/ for, having taken up thy cross, thou didst follow Christ,/ and by thine example didst teach that the flesh is to be disdained as transitory,/ but that the soul must be cared for as a thing immortal.// Wherefore, thy spirit doth rejoice with the angels, O venerable Michael.

Both... (Tone 8) (See music in vigil book)

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**.

Lord Have Mercy 3x
 Glory...

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

R. Sessional Hymns:

Gazing upon the entrance to the tomb, and unable to endure the angel of flame, the myrrhbearing women marveled, trembling, and said: "Hath He been stolen away Who hath opened paradise to the thief? Or hath He risen Who even before His suffering proclaimed His resurrection? Truly, Christ hath risen, granting life and resurrection unto those in hades!"

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

In Thy voluntary counsel Thou didst endure the Cross, O Saviour, and in a new tomb mortal men laid Thee Who by Thy word didst create the ends of the earth. Wherefore, the alien one was bound, death taken grievously captive; and all those in hades cried out to Thy life-bearing resurrection; Christ hath arisen, remaining the Bestower of life forever.

G/B... 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.

R. Kathisma III
 P. Small Ectenia

R. Sessional Hymns:

Thou didst arise from the tomb as One Immortal, O Saviour, and by Thy power didst raise Thy world up with Thyself, O Christ our God; in might Thou didst crush the dominion of death, O Merciful One, and hast shown forth the resurrection unto all. Wherefore, we glorify Thee, O Thou Who alone lovest mankind!

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

Having descended from the heights of heaven and approached the stone where the Stone of life had lain, Gabriel, arrayed in white, cried out to those who wept: "Cease your cries of lamentation, O ye who have mercy now with you! Be of good cheer, for He Whom ye seek, weeping, hath truly arisen! Wherefore, cry out to the apostles that the Lord hath risen! And receiving this joy, worship the Risen One! Be ye of good cheer, that Eve also may rejoice!"

G/B... All the choirs of the apostles marveled at the dread mystery of thy birthgiving, O pure one: how He Who holdeth all things in one hand is held in thine arms as a man, how the Pre-eternal One receiveth the beginning, how He Who in His ineffable goodness nurtureth every creature is fed with milk. And praising thee, they glorify thee as the true Mother of God.

R. Psalm 118
 C. Evlogitaria (Blessed art Thou, O Lord...)
 P. Small Ectenia

R. Ypakoe:

Running on before, the myrrhbearing women proclaimed Thine all-glorious arising to the apostles, O Christ: how, as God, Thou didst arise, granting great mercy to the world.

Hymn of Degrees: (Antiphon One)

From my youth have the many passions warred against me. But do Thou help and save me, O my Saviour.

O ye who hate Sion, ye shall be put to shame by the Lord; for ye shall be withered up like grass by the fire.

G/B... By the Holy Spirit is every soul given life, exalted by purity, and made radiant by the unity of the Trinity in a sacred and mystical manner.

Hymn of Degrees: (Antiphon Two)

From the depths of my soul have I cried out to Thee, O Lord. Let Thy divine ears be attentive unto me.

Everyone who hath set his hope on the Lord is higher than all who sorrow.

G/B... Through the Holy Spirit do streams of grace flow, watering all creation, unto its enlivening.

Hymn of Degrees: (Antiphon Three)

Let my heart be lifted up unto Thee, O Word, and let none of the delights of the world beguile me, unto my weakening.

We who have love for our mothers must needs be yet more ardent in our love for the Lord.

G/B... From the Holy Spirit is the richness of divine vision, sight and wisdom; for in Him doth the Word reveal all the precepts of the Father.

P. Prokimenon: (Tone 4)

Arise, O Lord, help us/ and redeem us for Thy Name's sake.

V. O God, with our ears have we heard, for our fathers have told us.

C. Let every breath praise the Lord.

P. GOSPEL #5

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: Having traversed the depths of the Red Sea with dryshod feet,/ Israel of old/ vanquished the might of Amalek/ in the wilderness// by Moses' arms stretched out in the form of the Cross.

Glory to Thy Holy Resurrection, O Lord.

Thou wast lifted up upon the Tree of the Cross, setting aright our fall, O Master, and healing the destruction wrought by the tree, in that Thou art good and almighty.

Thou wast in the tomb bodily and in hades with Thy soul, as God; Thou wast in paradise with the thief and on the throne with the Father and the Spirit, O Christ, Thou Infinite One Who fillest all things.

Theotokion

At the will of the Father, through the divine Spirit thou didst conceive the Son of God without seed and gavest birth unto Him in the flesh. He Who was begotten of the Father without mother came forth from thee without father for our sake.

Most Holy Theotokos, Save us.

The people were shaken, the nations were troubled, and mighty kingdoms bowed down out of fear of thine Offspring, O pure one. For my King came: He cast down the tyrant and hath delivered the world from corruption.

Christ, Who dwelleth in the highest and descended unto mortal man, sanctified thee as His dwelling-place, and showed thee forth as unshaken. For thou, having borne the Creator, hast remained a treasury of virginity after childbirth.

Holy Martyrs Proclus and Hilary, pray to God for us!

O blessed athletes of valor, who have been united with God and are ever illumined by divine rays, enlighten my soul, which hymneth your radiant and honourable suffering with compunction of heart.

The desire for heaven gave you wings; wherefore, ye considered all the beauties of life but dung, O athletes who have been deified by your yearning for God and have brought low all the might of the ungodly.

Set alight by the fire of the divine Trinity, O wise ones, with the outpourings of your blood ye quenched the burning of impiety. Wherefore, with the pure rains of healing wash away the defilement of our passions.

Seeking life without grief, heavenly glory, the delight of paradise, noetic light and beautiful joy, O martyrs, with valiant mind ye endured waves of cruelty.

Venerable father Michael, pray to God for us!

Sanctified by the brilliant lightning-flashes of the Spirit, filled with His inspiration and sounded like an instrument, O all-blessed one, drive away the darkness from my soul, and grant me the words to hymn thee as is meet.

Thou didst truly prefer the love of the Creator to that of thy parents, the angelic life to that which is transitory, and the incorrupt adornment of the King of all to the beauty of the world. And therein dost thou delight, rejoicing.

Glory... Thou wast a most brilliant beam of the dawning of the threefold Sun, richly illumining the face of all the earth with the thrice-radiant light of thy life, O father, and dispelling the darkness of sin with thy words.

Both... Thou wast shown to be the tongs holding the burning Coal, which Isaiah beheld from afar, O all-holy one, in that thou didst hold the burning coal of Christ's Godhead within thy womb without being consumed, and didst bear in thine arms God Who holdeth all things in His hand.

C. Katavasia (Tone 4)

I shall open my mouth/ and the Spirit will inspire it,/ and **I** shall utter the words of my song to the Queen and **Mother**:/ I shall be seen radiantly **keeping** feast// and joyfully praising her **wonders**.

Canticle Three

Irmos: Thy Church rejoiceth in Thee, O Christ,/ crying aloud://
Thou art my strength, O Lord, my refuge and my consolation!

Glory to Thy Holy Resurrection, O Lord.

The Tree of life, the true noetic Vine, hanging upon the Cross, poured forth incorruption upon all.

As One great and awesome, as the One Who cast down the arrogance of hades, and as God incorrupt, Thou hast arisen in the flesh.

Theotokion

Thou alone, who in manner transcending nature art the mediatrix of good things for those on earth, becamest the Mother of God; wherefore, we offer thee "Rejoice!"

Most Holy Theotokos, Save us.

The essence of men is purified, having been united through thee with the unbearable divine Fire, O all-pure Virgin, baked into Bread which was hid within thee, and Who preserved thee unharmed.

Who is this who is truly close to God? For, having surpassed all the ranks of the angels, she alone shineth forth as the Mother of the Almighty in the beauty of virginity.

Holy Martyrs Proclus and Hilary, pray to God for us!

Thou didst denounce the foolish with the wisdom of godly discourses, and with the might of the Spirit didst endure the rending of thy flesh, O most blessed Proclus, thou divinely inspired martyr.

When thou wast mercilessly crucified, the mindless one ordered thee lacerated, but thou didst lift the eyes of thy soul unto God and wast made beautiful by thine endurance.

Thou didst manfully endure the breaking of thy limbs, O all-wise Proclus, and with thy blood didst quench the burning of ungodliness, strengthened by divine grace.

Theotokion

O most immaculate Virgin, loose thou the bonds of my wicked deeds, binding me instead to the love of the Word Who was born of thee; and save me, O Mistress, through thy supplications.

Venerable father Michael, pray to God for us!

Having hated the bitterness of pleasures with all thy soul, and disdained earthly glory, thou didst willingly cast aside the badge of worldly rank and didst prefer the King of all to kings on earth.

Sanctified from earliest infancy, thou wast revealed as chosen from thy mother's womb; for she who gave birth to Christ told thine honourable mother that thou wouldst be given to her, and she straightway received thee as one sanctified.

Glory... Having purified thy soul and mind with noetic myrrh, and laid waste to thy body with hunger, thou didst become an abode of Christ, having Him within thee speaking, walking and emitting the perfume of peace.

Both... The Word Who is equally enthroned with the Father made His abode within thy womb, O pure one, taking flesh of thy pure blood; and

having been born, He hath cleansed creation of the madness of idolatry with the sprinkling of His blood.

C. Katavasia (Tone 4)

O **M**other of God,/ thou living and **p**lentiful fount,/ give **s**trength to those united in spiritual **f**ellowship,/ who sing hymns of **p**raise to thee:/ And in thy divine **g**lory// vouchsafe unto them crowns of **g**lory.

P. Small Ectenia

C. Kontakion for St. Michael (Tone 2)

Thou didst lighten the heaviness of the flesh by thy works/ and didst give speedy wings to thy soul by enlightenment, O Michael;/ and thou hast shown thyself to be a dwelling-place for the Trinity,// beholding Whom, O blessed one, pray thou unceasingly for us all.

R. Ikos for St. Michael

O unshakable pillar of prayer, perfection of the love of heavenly wisdom, abyss of compunction, thou wast not caught up to the third heaven, yet didst clearly behold the cherubim where the never-diminishing Godhead is; and, resplendent with these visions, thou dost render worship and receivest all-divine glory, whereby thou art deified. Wherefore, we are unable to hymn thee worthily, but beg forgiveness, crying out together: Pray thou unceasingly for us all!

C. Kontakion for the Holy MM Proclus and Hilary (Tone 4)

The honourable suffering of Proclus and Hilary/ hath shone forth like the morning-star,/ illumining us with the splendors of miracles./ Wherefore, we celebrate your memory, crying:// Entreat Christ God, that He save our souls!

(There is no ikos for the holy martyrs)

R. Sessional Hymns

O ye faithful, magnifying Christ, together let us honour Hilary and the glorious Proclus, who suffered steadfastly and cast down the enemy; for they dispel the darkness of the passions with miracles, illumining those who have recourse to them with faith.

Glory... The reason-endowed lamb of Christ, who in holiness tended the sheep of the Lord in the meadow of the virtues, hath astonished the angels and valiantly put the demons to shame, dwelling among men as an incorporeal one. Wherefore, as is meet, he standeth before the Trinity and never ceaseth to guide his flock by his supplications. To him do we cry out: Entreat Christ God, that He grant remission of sins unto those who honour thy holy memory with love.

Both... Having fallen into most cunning temptations of enemies visible and invisible, and beset by the tempest of my countless offenses, O pure one, I hasten to the haven of thy goodness as to my fervent help and protection; wherefore, O all-pure one, earnestly make supplication to Him Who became seedlessly incarnate of thee, in behalf of all thy servants, who unceasingly pray to thee, O all-pure Theotokos, and ever entreat Him to grant remission of offenses unto those who hymn thy glory as is meet.

Canticle Four

Irmos: Beholding Thee lifted up upon the Cross,/ O Sun of Righteousness,/ the Church stood rooted in place,/ crying out as is meet:// Glory to Thy power, O Lord.

Glory to Thy Holy Resurrection, O Lord.

In the suffering of Thine all-pure flesh in which Thou hadst willingly clothed Thyself, Thou didst ascend the Cross, healing my passions; wherefore, we cry out to Thee: Glory to Thy power, O Lord.

Death, having tasted Thy sinless and life-creating body, O Master, died as was meet; and we cry out to Thee: Glory to Thy power, O Lord.

Theotokion

Thou gavest birth without knowing wedlock, O Virgin, and even after giving birth thou remainest a virgin still; wherefore, with steadfast faith we cry aloud to thee, "Rejoice, O Mistress!"

Most Holy Theotokos, Save us.

The Virgin received the Immaterial One into material participation in matter, when He became a babe through her; wherefore, He alone is known in two essences: as incarnate God and transcendent man.

He Who made His abode within thee and was born of thee without seed remained God the Word and preserved thee as virgin during thy birthgiving and virgin after birthgiving, in that He is the Master and Maker of all creation.

Holy Martyrs Proclus and Hilary, pray to God for us!

The firmness of matter followed thy words; for thou didst hinder the blood-thirsty one from his advance until thou didst confess Christ to be the Lord of all, the transcendent God, O Proclus.

With invincible boldness and valiant mind thou didst stand before the tribunal, O Proclus, proclaiming aloud the incarnation of our Deliverer, Who abased Himself even to assuming the guise of a servant.

Shamelessly the persecutor displayed his methods of torture and violent death before the wise ones; but, seeing them invincible, he marveled, and perceiving himself vanquished, was confounded.

Theotokion

Taking pity on the creation of Thy hands, which had been marred by the transgression, O Word, Thou didst take up Thine abode within the womb of her who knew not wedlock and didst come in two natures, restoring the ways of incorruption unto those who acknowledge Thee.

Venerable father Michael, pray to God for us!

The stream of life gave drink to thy mind through the activity of the divine Spirit; wherefore, rejecting the bitterness of pleasures, it was

filled with divine sweetness. And receiving constant repletion thereof, it chanteth: Glory to Thy power, O Thou Who lovest mankind!

The fire of temptations and the furnace of the passions didst thou extinguish with the streams of thy tears and the rich dew of the Spirit, O father, while preserved unconsumed; for, set afire by the love of the King of all, thou didst cause material desires to wither away.

Glory... Having elevated thy mind to the life of heaven, O father, thou didst lighten the carnal burden of material passions; wherefore, thou didst unwaveringly serve the Trinity, and, emulating the character of Moses and the life of Elijah, hast beheld the Lord.

Both... "Thou art wholly beautiful, O pure one, My love!" thy Son crieth out to thee, O Mistress, finding thee to be holier than the nature of the angels; and He ineffably wove for Himself a body of thy pure blood, like a robe of royal purple, and glorifieth those who glorify Him.

C. Katavasia (Tone 4)

He Who sits in glory upon the throne of the **Godhead**,/ Jesus the **true** God,/ is **come** in a **swift** cloud,/ and with His pure hand He has saved **those** who cry:// Glory to Thy **power**, O Lord.

Canticle Five

Irmos: Thou hast come, O my Lord, as a light into the world:/ a holy light// turning from the darkness of ignorance those who hymn Thee with faith.

Glory to Thy Holy Resurrection, O Lord.

In Thy mercy Thou didst descend to earth, O Lord; and, lifted up upon the Tree, Thou didst raise up fallen human nature.

Thou, O Christ, hast taken away the condemnation of my transgressions; and Thou, O Compassionate One, hast destroyed the pangs of death by Thy divine resurrection.

Theotokion

Thee **do** we wield as an invincible sword against the enemy, O Bride of God, for we have acquired thee as our confirmation and hope of salvation.

Most Holy Theotokos, Save us.

The Son of God, making His abode within thee, made thee for us a house of glory, the holy mountain of God, His bride, bridal-chamber and temple of sanctity, a paradise of everlasting delight, O pure one.

The womb of the Virgin confounded the understanding of the tyrants; for her Babe sustained the soul-destroying sting of the serpent, cast down the proud apostate, and subdued him beneath the feet of the faithful.

Holy Martyrs Proclus and Hilary, pray to God for us!

O Lord, Thou Holy of holies, insuperable rampart of those who contend with diligence: Thou art the strength and confirmation of the martyrs.

Setting thy soul afire with divine desire, thou didst endure being set afire with torches, O right wondrous and all-blessed Proclus.

"I fear only the everlasting fire!" thou didst cry out when thou wast set afire, O martyr Proclus, and wast voluntarily slain at the command of the tyrant.

Theotokion

Who can recount the mystery of thee, O Mistress Theotokos? For thou didst ineffably give flesh to the Creator of all.

Venerable father Michael, pray to God for us!

The slumber of despondency did not cover the eyes of thy heart or thy mind; but, wounded by the sting of divine desire, by standing whole nights in prayer thou didst endure without covering the brow of thy flesh.

Glory... Having had humble-mindedness as thy companion from thy youth, thou wast not made captive by the thoughts of the deceiver, illumining instead thy mind with divine visions and instructions; and thou didst possess humility of mind.

Both... The comely Word found thee to be a palace of the virtues, beautiful in comeliness, and made His abode within thine incorrupt womb; and it was His good pleasure to be born immutably of thee, adorning the countenances of the faithful.

C. Katavasia (Tone 4)

The whole **world** was amazed at thy divine **glory**,/ for **thou**, O Virgin who hast not known **wedlock**,/ hast **held** in thy womb the **God** of all,/ and hast given birth to an **eternal** Son,// Who rewards with salvation all who sing thy **praises**.

Canticle Six

Irmos: I will sacrifice to Thee/ with a voice of praise, O Lord,/ the Church crieth unto Thee,/ cleansed of the blood of demons// by the blood which, for mercy's sake, flowed from Thy side.

Glory to Thy Holy Resurrection, O Lord.

Girded about with power, Thou didst ascend the Cross, and as God didst wrestle with the tyrant. And Thou didst cast him down from the heights and with invincible power didst raise up Adam.

Radiant and comely, Thou didst arise from the tomb, O Christ, and didst drive away all the enemies by Thy divine power; and as God Thou hast filled all with gladness.

Theotokion

O wonder newest of all wonders! For when the Virgin, without knowing man conceived in her womb, Him Who sustaineth all things, He was not confined.

Most Holy Theotokos, Save us.

Of old the serpent beguiled and slew me through my first mother Eve; but now, O pure one, He Who fashioned me hath through thee called me back from corruption.

The Abyss of compassion ineffably showed thee to be His chosen abyss of miracles, O Maiden; for from thee hath Christ the pearl shone forth through the lightning-flashes of His divinity.

Holy Martyrs Proclus and Hilary, pray to God for us!

Neither fire, nor wounds, nor wild beasts, nor mortal trials were able to separate you from the pure and immaculate love of God, O valiant ones.

The martyrs' courage even to the shedding of their blood truly doth not enslave them to the laws of praise. The Lord, Who Himself alone doth glorify, magnifieth them as His favorites.

Traversing the deep of cruel torments right safely, ye hastened to the divine haven of everlasting delight which is in Christ, O passion-bearing martyrs.

Theotokion

"Behold!" Isaiah cried out of old, "a Virgin giveth birth to the Angel of great Counsel, Emmanuel, God the Lord, the Saviour of our souls!"

Venerable father Michael, pray to God for us!

Having mortified the pleasures, thou wast enlivened by the Spirit; and having bound the mighty one, thou didst plunder his vessels, and by thy doctrines didst enlarge them as receptacles of right profitable virtues.

Having dispelled slothful shortness of speech, O father, thou becomest for them who desired it a twofold bread of life in abundance, distributing nourishment with thy hands and by thy tongue.

Glory... Having received from God the talent of teaching, with godly zeal thou didst increase it immeasurably, and thou hearest now the joyous voice of thy Master calling thee to higher things.

Both... The Most High became man within thee in manner transcending the laws of nature, and He appeared immutably in the flesh and dwelt with men, and hath shown us how to rise up to the heavenly path.

C. Katavasia (Tone 4)

As we **celebrate**/ this sacred and solemn feast of the **Mother** of God,/ **let** us come, **clapping** our hands,/ O people **of** the Lord,/ and give **glory** to God// Who was **born** of her.

P. Small Ectenia

C. Kontakion Tone 4

My Saviour and Redeemer as God/ rose from the tomb and delivered the earthborn from their chains./ He has shattered the gates of hell,/ and as Master,// He has risen on the third day.

R. Ikos

O all ye mortals, let us all hymn Christ, the Bestower of life, Who hath arisen from the dead and the grave on the third day, demolished the gates of death by His own power today, slain hades, broken the sting of death, and freed Adam and Eve; and let us earnestly cry out praise, for He alone, as the only mighty God and Master, hath arisen on the third day.

Canticle Seven

Irmos: The children of Abraham in the Persian furnace,/ afire with love of piety more than with the flame, cried out:// Blessed art Thou in the temple of Thy glory, O Lord.

Glory to Thy Holy Resurrection, O Lord.

Mankind, washed in the divine blood of Christ, hath been recalled to incorruption, and in thanksgiving it chanteth: Blessed art Thou in the temple of Thy glory, O Lord!

Thy tomb, the wellspring of our resurrection, hath been shown to be more splendid than any royal chamber, O Christ, for it bore the Life and is truly more beautiful than paradise.

Theotokion

Rejoice, divine and sanctified dwelling of the Most High! For through thee, O Theotokos, hath joy been given unto those who cry: Blessed art thou among women, O most immaculate Mistress!

Most Holy Theotokos, Save us.

The fire of love for the Virgin which is within my heart moveth me to hymnody, so that I cry out to the Mother and Virgin: O blessed one, the Lord of hosts is with thee.

Thou wast shown to transcend creation, in that thou gavest birth to the Creator and Lord; wherefore, O Theotokos, I cry out to thee: O blessed one, the Lord of hosts is with thee.

Holy Martyrs Proclus and Hilary, pray to God for us!

Having surrendered your bodies to wounds for love of the incarnate Word, O martyrs, ye have received from Him a crown of righteousness as an adornment.

Having illumined your minds with divine light, O all-praised ones, with faith ye passed through the darkness of martyrdom, crying: O God of our fathers, blessed art Thou!

With the flow of thy honeyed discourse from thy lips, O all-blessed Proclus, thou givest the drink of divine healing to those who chant: O God of our fathers, blessed art Thou!

Thy mind strengthened by divine power, thou didst endure bitter tortures, O Hilary, crying aloud: O God of our fathers, blessed art Thou!

Venerable father Michael, pray to God for us!

Receiving in thy heart the seed of God's commandments more than a hundredfold, thou didst bring forth as fruit the divine grain: a thousand monks who cry aloud: Blessed is the God of our fathers!

Glory... Thy lips were shown to be the vessel of the all-holy Spirit, and the precious teachings of thy tongue were as a flood for those who cry out together to the Trinity: Blessed is the God of our fathers!

Both... He Who created me made His abode within thy womb, and God passed through thee as a man bearing flesh: the blessed God of our fathers was not divided as to hypostasis within the Virgin, nor was He subject to confusion.

C. Katavasia (Tone 4)

The **Holy** Children bravely trampled upon the **threatening** fire,/ preferring not to worship created things rather than the Creator,/ and they **sang** in joy:/ 'Blessed art Thou and **praised** above all,// O Lord God of our **fathers**.'

Canticle Eight

Irmos: Stretching forth his hands,/ Daniel shut the lions' mouths in the pit;/ and the young lovers of piety, girded about with virtue,/ quenched the power of the fire, crying out:// Bless the Lord, all ye works of the Lord!

Glory to Thy Holy Resurrection, O Lord.

Stretching forth Thy hands, Thou didst gather in all the nations, O Master, and didst reveal the one Church which hymneth Thee, unto those in heaven and on earth, who sing together: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

The angel clad in white, resplendent in the unapproachable light of the resurrection, appeared to the women, crying: "Why seek ye the Living in the tomb as one dead? Truly Christ hath arisen!" And unto Him do we cry: All ye works, hymn the Lord and exalt Him supremely for all ages!

Theotokion

Alone among all generations, O all-pure Virgin, thou hast been shown to be the Mother of God; and thou wast the habitation of the Divinity, O most immaculate one, who wast not consumed by the fire of the unapproachable Light. Wherefore, we all bless thee, O Mary, Bride of God.

Most Holy Theotokos, Save us.

The Lord of all, Who fashioned thee of the rib of Adam, became incarnate of thy virginity. Unto Him do we cry out, chanting: Bless the Lord, all ye works, and exalt Him supremely forever!

In a shadow Abraham beheld the mystery which is in thee, the Theotokos; for he received thine incorporeal Son, chanting: Bless the Lord, all ye works! Hymn and exalt Him supremely forever!

Holy Martyrs Proclus and Hilary, pray to God for us!

After thy many torments, the savage foe gave thee over to be pierced with arrows, O most lauded Proclus; and cut apart thereby, thou didst commit thy spirit to the hands of God, rejoicing.

Thy precious body was wounded repeatedly with arrows, O holy one, yet inflicted incurable wounds upon the incorporeal foe who do not chant: Bless the Lord, all ye works of the Lord!

Illumined with the splendor of grace and rolled upon the earth like a stone, O Hilary, thou didst crush the foundation of falsehood, chanting in thy strength: Bless the Lord, all ye works of the Lord!

Shedding drops of thy blood, thou didst extinguish the fire of impiety and hast given drink to the faithful who chant unceasingly: Bless the Lord, all ye works of the Lord!

Venerable father Michael, pray to God for us!

Beholding in the flesh with brilliance of mind the all-unapproachable beauty of the Lord, which thou didst greatly desire, thou now standest before the face of the Trinity, having forsaken thy dust and utterly passed over to the heavens, crying: Ye people, exalt the Lord supremely for all ages!

When thou didst complete thy contest against the demons, O father, the Master bestowed upon thee the most precious crown of kingdom and immortality, more lustrous than gold and more beautiful than any pearl; and, shining more brightly than the sun, thou criest: Ye people, exalt the Lord supremely for all ages!

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

O thy sweet tongue, wherewith thou hast all-wisely pursued those swallowed up by the deceitful enemy and didst bring them unto divine transformation, pitching them like tents in the sand, and crying out unceasingly: Ye priests, bless; ye people, exalt the Lord supremely for all ages!

Both... Thou hast brought life to those slain by the most deadly sting of the serpent, O Virgin who gavest birth to God, the Bestower of life. Him do thou earnestly entreat, that He quell the uprisings of the passions of those who chant with love: Ye priests, bless; ye people, exalt Him supremely for all ages!

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

C. Katavasia (Tone 4)

The **Offspring** of the Theotokos/ saved the holy Children in the **furnace**./ **He** Who was then prefigured has since been **born** on earth,/ and He gathers together all the creation to sing:/ 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: Christ, the Chief Cornerstone uncut by human hands,/ Who united the two disparate natures,/ was cut from thee, the unquarried mountain, O Virgin./ Wherefore, in gladness// we magnify thee, O Theotokos.

Glory to Thy Holy Resurrection, O Lord.

Thou didst wholly receive all of me into union with Thee without confusion, O my God, through Thy suffering which Thou didst endure bodily on the Cross imparting salvation wholly unto me, for the sake of Thy great compassion.

Beholding Thy tomb open and the God-bearing grave-clothes emptied by Thy resurrection, with the angels Thy women disciples said: Truly the Lord hath risen!

Triadicon

Worshipping the Oneness of the divine Essence, the Trinity of Hypostases, and honouring rightly that which is in unconfused Hypostases, equal in power and one as to adoration, let us magnify It, all ye faithful.

Most Holy Theotokos, Save us.

The Incorrupt One, receiving corrupt human nature from thy womb, O most immaculate one, showed it to be incorrupt within Himself, in His loving-kindness; wherefore, we magnify thee as the Theotokos.

As the Mistress of all creatures, grant thy people triumphant victory, making the enemy pacific toward the Church, that we may magnify thee, the Theotokos.

Holy Martyrs Proclus and Hilary, pray to God for us!

Behold, the radiant, sacred and harmonious memorial of the martyrs hath shone forth, enlightening the whole earth, dispelling the gloom of wickedness, driving away the clouds from men's souls and pouring forth the grace of healings.

Like two spiritual breasts which exude the milk of healings, ye give drink to every heart, O martyrs, driving away the bitterness of infirmities and healing cruel sufferings. Wherefore, ye are meetly called blessed.

Having dyed your robes purple with drops of your sacred blood, O all-glorious ones, wearing them in beauty ye ever reign with Christ, our one King and God, praying for the world.

The earth hath been blessed by your blood and in receiving your relics, and the Church of the firstborn is made divinely splendid by the Spirit. Therein, as martyrs, do ye pray for the world with the martyrs.

Venerable father Michael, pray to God for us!

Today all the earth is come, proclaiming the divine name of Christ and celebrating thy godly memory; for by thy monastic instructions thou hast made it heaven and hast illumined those who emulate the angelic ranks.

The lightning-flashes of thy miracles have illumined all the ends of the earth, for thy shrine poureth forth healings for those who pray with faith. Wherefore, heaven possesseth thee, while the earth hath the earthly tabernacle of thy body, to which thou didst lay waste with thine asceticism even before the grave.

Glory... An earthly mind cannot understand the all-radiant and all-indescribable light of the Trinity, which thou hast now received and whereby thou art manifestly deified. O all-blessed one, standing before the Holy Trinity, be thou mindful of those who commemorate thee.

Both... We were shown to have fallen away from divine life because of the tree of knowledge; but thou gavest birth to Christ God, the Tree of life, Who hath led those who hymn thee forth from the dark abodes of hades and led them into life which cannot be taken away.

C. Katavasia (Tone 4)

Let every mortal **born** on earth,/ radiant with light, in spirit **leap** for joy;/ and **let** the hosts of the angelic powers **celebrate**/ and honour the holy feast of the **Mother** of God,/ and **let** them cry:// Hail! Pure and blessed ever-Virgin, who gavest **birth** to God.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Five (Luke 24:12-25)

Christ, the Life and the Way, risen from the dead, accompanied Cleopas and Luke on their way and He was made known to them at Emmaus at the breaking of the bread. And their souls and hearts were on fire when He spoke to them on the way and He interpreted to them the Scriptures and the things He had endured. Let us cry with them: "He is risen and has appeared to Peter."

Glory... Exapostilarion for St. Michael

Desiring the angelic life, thou didst withdraw thyself from all the beauties of life and madest thine abode in the courts of the commandments of the Lord; and thou rejoicest with the angels.

Both... Theotokion

I sing the praises of Thy mercy without measure, O my Maker. For Thou hast emptied Thyself to suffer and save the nature of mortal man grown evil.

And being God, Thou hast been pleased to be born from the Pure Maid of God according to my likeness, and Thou hast gone down even into hell, wishing by the intercession of her that bore Thee to save me, O Word, Thou all-merciful Master.

C. Lauds: Tone 4 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 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 **glorify** Thy **Resurrection**,/ O all-**powerful** Lord,/ Who hast **suffered** the **Cross** and death// and art **risen** from the dead.

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

2. By Thy **Cross** hast Thou set us free from the **ancient** curse/ and by Thy death hast Thou laid low the **devil**/ who tormented our **nature**,/ while all things have been filled with joy by Thy Resurrection;/ therefore, we **cry** unto Thee:// Glory be unto Thee, O Lord **risen** from the dead.

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

3. By Thy **Cross** instruct us in Thy truth, O Christ our **Saviour**,/ and deliver us from the wiles of the **adversary**;/ O **Thou**, Who art **risen** from the dead,/ raise us up, **fallen** through sin./ By the prayers of Thy saints stretch out to us Thine **arm**, O Lord, // Who **lovest** mankind.

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

4. Thou hast **taken** upon Thyself **death** in the flesh/ and hast mediated that we might be **immortal**/ and **Thou** hast **dwelt** in the tomb/ that we might be **free** from hell,/ and suffering as man, Thou hast **risen** as God,/ having raised us **with** Thyself./ Therefore, we cry **unto** Thee:/ Glory be unto Thee, O Lord, **Giver** of life,// Who alone **lovest** mankind.

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

5. Without **parting** from the bosom of the **Father**,/ O Only-begotten **Son** of God,/ Thou **hast** in Thy love for mankind descended to earth and become **man** in truth,/ and, impassible in Thy **Divinity**/ hast Thou suffered the Cross and **death** in the flesh/ and Thou hast risen **from** the dead/ and granted mankind **immortality**// because Thou alone art **Almighty**.

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

6. The **stones** fell on **Golgotha**/ when Thy Cross was set up, O **Saviour**,/ and the **gatekeepers** of hell were afraid when Thou wast laid in the **tomb** as dead./ For Thou hast destroyed the power of death by Thy Resurrection,/ and hast granted all the dead incorruption, O **Saviour**:/ Glory be **unto** Thee,// Lord and **Giver** of Life.

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

7. The **women** wished to behold Thy Resurrection, O **Christ** our God,/ and Mary Magdalene went **before** them/ and **found** the stone rolled back **from** the tomb,/ and an angel sitting **there** who said:/ Why do ye seek the living **among** the dead?/ He is **risen** as God,// so as to **save** the world.

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

8. **Where** is Jesus Whom you thought you had **under** watch?/ Tell us, O Jews, where is He Who was laid in the tomb upon which **seals** were put?/ Give

up the **dead**, O ye who **rejected** the Life./ Yield up the Body or believe in Him **risen**./ If ye keep silence about His **rising**,/ the stone rolled back from the tomb will itself **cry** aloud./ Great is Thy mercy, great the mystery of Thy dispensation:// Glory be to Thee, O **Saviour**.

Glory... Gospel Sticheron (Tone 5)

How **wise**, O Christ, are Thy **judgments**!/ How by the grave clothes lying alone, Thou hast given Peter to understand Thy Resurrection!/ And **Thou** hast conversed on the way with Luke and Cleopas,/ and while **conversing**, Thou hast not straightway made Thyself **manifest**./ Therefore hast Thou been reproached as being only a stranger in Jerusalem/ not **sharing** to the end in her **counsels**./ But dispensing all things for the expedience of the **creature**,/ Thou hast unfolded the prophesies **concerning** Thee/ and **made** Thyself known to them by the **blessing** of the bread./ And their **hearts** were set on fire by **knowledge** of Thee./ And they already plainly proclaimed Thy Resurrection to the assembled **disciples**:// Through which have **mercy** upon us.

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.

P. The Great Doxology

R. 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 & Martyrs/Saint alternating

Kontak: Resurrection

At Liturgy:

Order of Troparia & Kontakia as per Double service

Prokimenon for Tone 4

How magnified are thy works, O Lord! In wisdom hast Thou made them all!

V. Bless the Lord, O my soul; O Lord my God, Thou hast been magnified exceedingly.

Epistle(s): Rom 10:1-10

Alleluia for Tone 4

V. Bend thy bow, and proceed prosperously, and be king, because of truth and meekness and righteousness

V. Thou hast loved righteousness and hated iniquity.

Gospel(s): Matt 8:28-9:1

Communion Verse: Praise Ye only