

Athanasius of Athos

Sunday, July 5, 2026

Tone 4

GREAT VESPERS - SATURDAY EVENING

DEACON: Bless, Father.

PRIEST: Blessed is our God always now and ever and unto ages of ages.

PEOPLE: Amen.

“Come Let Us Worship...”

Psalm 104

Bless the Lord, O my soul! O Lord You are very great: / You are clothed with honor and majesty, / Who cover Yourself with light as with a garment, / Who stretch out the heavens like a curtain.

He lays the beams of His upper chambers in the waters, / Who makes the clouds His chariot, / Who walks on the wings of the wind, / Who makes His angels spirits, His ministers a flame of fire.

You Who laid the foundations of the earth, / so that it should not be moved forever, / You covered it with the deep as with a garment; / the waters stood above the mountains.

At Your rebuke they fled; / at the voice of Your thunder they hastened away. / They went up over the mountains; they went down into the valleys, / to the place which You founded for them.

You have set a boundary that they may not pass over, / that they may not return to cover the earth. / He sends the springs into the valleys, / which flow among the hills.

They give drink to every beast of the field; / the wild donkeys quench their thirst. / By them the birds of the heavens have their habitation; / they sing among the branches.

He waters the hills from His upper chambers; / the earth is satisfied with the fruit of Your works.

He causes the grass to grow for the cattle, / and vegetation for the service of man, / that he may bring forth food from the earth, / and wine that makes glad the heart of man,

oil to make his face shine, / and bread which strengthens man's heart.

The trees of the Lord are full of sap, / the cedars of Lebanon which He planted, / where the birds make their nests; / the stork has her home in the fir trees.

The high hills are for the wild goats; / the cliffs are a refuge for the rock badgers.

He appointed the moon for the seasons; / the sun know its going down. / You made darkness, and it is night, / in which all the beasts of the forest creep about.

The young lions roar after their prey, / and seek their food from God. / When the sun arises, they gather together / and lie down in their dens.

Man goes out to his work / and to his labor until the evening. / O Lord, how manifold are Your works! / In wisdom You have made them all.

The earth is full of Your possessions / – this great and wide sea, / in which are innumerable teeming things, / living things both small and great.

There the ships sail about and there is that Leviathan / which You have made to play there. / These all wait for You, / that You may give them their food in due season.

What You give them they gather in; / You open Your hand, they are filled with good. / You hide Your face, they are troubled; / You take away their breath, they die and return to their dust.

You send forth Your Spirit, they are created; / and You renew the face of the earth. / May the glory of the Lord endure forever; / may the Lord rejoice in His works.

He looks on the earth, and it trembles; / He touches the hills, and they smoke.

I will sing to the Lord as long as I live; / I will sing praise to my God while I have my being. / May my meditation be sweet to Him; / I will be glad in the Lord.

May sinners be consumed from the earth, / and the wicked be no more. / Bless the Lord, O my soul! / Praise the Lord!

The sun knows its going down. / You make darkness and it is night. / O Lord, how manifold are Your works! / In wisdom You have made them all.

READER: Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

PEOPLE: Alleluia, alleluia, alleluia. Glory to You, O God. (3x)

O our God and our hope, glory to You!

The Great Litany

DEACON: In peace let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For the peace from above, and for the salvation of our souls, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For the peace of the whole world, for the good estate of the holy churches of God, and for the union of all men, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For this holy house, and for those who enter with faith, reverence, and fear of God, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For our father, (*metropolitan, archbishop, or bishop*) N., the honorable presbytery, the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For our president, all civil authorities, and for our armed forces, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For this city, every city and countryside, and for the faithful living in them, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For healthful seasons, an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For travelers by sea, by land, and by air; the sick and the suffering; for captives and their salvation, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

PEOPLE: Lord, have mercy.

DEACON: Help us, save us, have mercy on us, and keep us, O God, by Your grace.

PEOPLE: Lord, have mercy.

DEACON: Calling to remembrance our most-holy, most-pure, most-blessed, and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

PEOPLE: To You, O Lord.

Exclamation of the Fourth Prayer

PRIEST: For unto You are due all glory, honor, and worship: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

“O Lord, I Cry...” – Tone 8

Opening Psalm Verses - Psalm 141:1, 2 (LXX 140)

O Lord, I cry out to You, hear me! Hear me, O Lord. O Lord, I cry out to You, hear me. Give ear to my voice when I cry out unto You. Hear me, O Lord.

Let my prayer be set before You as incense, and the lifting up of my hands as the evening sacrifice. Hear me, O Lord.

Set a guard, O Lord over my mouth; keep watch o'er the door of my lips.

Do not incline my heart to any evil thing, to practice wicked works with men who work iniquity; and do not let me eat of their delicacies.

Let the righteous strike me; it shall be a kindness, and let him reprove me; it shall be as excellent oil. Let not my head refuse it, for still my prayer is against the deeds of the wicked.

Their judges are overthrown by the sides of the cliff and they hear my words for they are sweet. Our bones are scattered at the mouth of the grave, as when one plows and breaks up the earth.

But my eyes are upon You, O God the Lord; in You I take refuge; do not leave my soul destitute.

Keep me from the snares which they have laid for me, and from the traps of the workers of iniquity. Let the wicked fall into their own nets, while I escape safely.

Psalm 142 (LXX 141)

I cry out to the Lord with my voice; with my voice to the Lord I make my supplication.

I pour out my complaint before Him; I declare before Him my trouble.

When my spirit was overwhelmed within me, then You knew my path. In a way in which I walk they have secretly set a snare for me.

Look on my right hand and see, for there is no one who acknowledges me; refuge has failed me; no one cares for my soul.

I cried out to You, O Lord. I said, "You are my refuge, my portion in the land of the living.

Attend to my cry, for I am brought very low; deliver me from my persecutors for they are stronger than I."

Bring my soul out of prison, that I may praise Your name.

(Tone 4) – Resurrection

We glorify Your Resurrection on the third day, O Christ God, by always honoring Your life-creating Cross. By it, You have renewed the corrupted nature of mankind, O almighty One. By it, You have renewed our entrance into heaven, for You are good and the Lover of mankind!

The righteous shall surround me, for You shall deal bountifully with me.

You loosed the tree's verdict of disobedience, O Savior, by being voluntarily nailed to the tree of the Cross. By descending to hell, O almighty God, You broke the bonds of death. Therefore, we adore Your Resurrection from the dead, singing in joy: Glory to You, O all-powerful Lord!

Psalm 130 (LXX 129)

Out of the depths I have cried to You, O Lord; Lord, hear my voice!

You smashed the gates of hell, O Lord, and by Your death You demolished the kingdom of death. You delivered the human race from corruption, granting to the world life, incorruption and great mercy.

Let Your ears be attentive to the voice of my supplications.

Come, O people! Let us sing of the Savior's Resurrection on the third day. By it, we have been freed from the unbreakable bonds of hell. By it, we have received life and incorruption. Save us by Your Resurrection, O life-creating and almighty Savior, glory to You!

If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared.

Angels and men sing of Your Resurrection on the third day, O Savior. By it, the ends of the earth have been illumined. By it, we have been delivered from bondage of the enemy. Save us by Your Resurrection, O life-creating and almighty Savior, glory to You!

I wait for the Lord, my soul waits, and in His word I do hope.

You have shattered the gates of brass and destroyed the chains of death, O Christ God. You have raised the fallen human race. O Lord, risen from the dead, glory to You!

My soul waits for the Lord more than those who watch for the morning, I say more than those who watch for the morning. O Israel, hope in the Lord;

(Tone 2) – Athanasius

What praises can we offer to you, O Athanasius? Your virtues are your true adornment. You were filled with the gifts of grace by the light flowing from God. You are a sword cutting down the rebellious passions of the flesh, and a radiant pillar of divine contemplation. Your soul was like a beacon focused on the saving commandments of God, the Lord Who gives life to all mankind.

For with the Lord there is mercy, and with Him is abundant redemption. And He shall redeem Israel from all his iniquities.

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Psalm 117 (LXX 116)

O praise the Lord, all you Gentiles! Laud Him, all you peoples!

What praises can worthily crown you, O Athanasius? You are an eagle soaring on the wings of divine contemplation. You are a stronghold of humility, an unshakable rampart of discernment, truly majestic in your nobility of soul. As an intercessor before Christ our God, pray for His compassion and the protection of your spiritual children.

For His merciful kindness is great t'ward us and the truth of the Lord endures forever.

By the radiance of your gifts, O Father Athanasius, wise in God, you are like a morning star, guiding us who are blinded by the passions leading us toward that never-setting Light. Since you increased the talent which was entrusted to you, Christ has made you a physician of souls: able to lance the mortal wounds of the passions with the scalpel of your words. You restore health to all who honor you with faith and love.

Glory to the Father and to the Son and to the Holy Spirit:

(Tone 6) – Athanasius

As your life was godly, so too was your most sacred passing, O Father Athanasius. At your repose, a multitude of monks of the Holy Mountain assembled, and as they saw you lying lifeless on your bed, emotionally they cried out: “What are your last words to us your servants, O Saint? Tell us, where are you going, as you leave your children behind, O Father? You loved us as a father, truly sympathetic and parental. And even now, though you are concealed in the tomb, we have acquired you as a defender and intercessor with God in heaven, and with longing we honor you with faith and love.”

Now and ever and unto ages of ages. Amen.

(Tone 4) – Resurrection

David the Prophet has become the ancestor of God, through you, O Theotokos, and long ago sang of you in praises, and cried unto the Lord, Who worked wonders through you, saying, “At Your right hand stands the Queen Your Mother,” for God has shown you to be a mother bringing forth life. For He willingly became a man from you without father; for He is the reigning Christ and filled with abundant mercy.

The Prayer before the Entrance

DEACON: Let us pray to the Lord. Lord, have mercy.

PRIEST: In the evening and in the morning and at noonday we praise You, we bless You, we give thanks to You, and we pray to You, O Master of all, Lord Who love mankind. Direct our prayer before You as incense, and incline not our hearts to words or thoughts of evil; but deliver us from all who seek after our souls. For unto You, Lord, O Lord, we lift up our eyes, and in You have we hoped. Put us not to shame, O our God.

For unto You are due all glory, honor, and worship: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

DEACON: Amen.

DEACON: Bless, father, the holy entrance.

PRIEST: Blessed is the entrance into Your holy place always, now and ever, and unto ages of ages.

DEACON: Amen.

DEACON: Wisdom. Let us attend.

“O Joyful Light”

PEOPLE: O joyful Light of the holy glory of the immortal, heavenly, holy, blessed Father: O Jesus Christ. Now that we have come to the setting of the sun and behold the light of evening, we praise God: the Father, Son, and Holy Spirit. For it is right at all times to worship You with voices of praise, O Son of God and Giver of life. Therefore all the world glorifies You.

The Evening Prokeimenon: Tone 7

Psalm 77 (LXX 76)

DEACON: The evening prokeimenon.

The Lord is King, He is clothed with majesty.

Verse: The Lord is robed; He is girded with strength.

Verse: For He established the world so that it shall never be moved.

Old Testament Readings - omitted

Wisdom of Solomon (3:1-9)

Wisdom of Solomon (5:15 – 6:3)

Wisdom of Solomon (4:7-15)

The Litany of Fervent Supplication / The Ektenia

DEACON: Let us say with all our soul and with all our mind, let us say.

PEOPLE: Lord, have mercy.

DEACON: O Lord Almighty, the God of our fathers, hear us we pray, and have mercy.

PEOPLE: Lord, have mercy.

DEACON: Have mercy on us, O God, according to Your great mercy, hear us we pray, and have mercy.

PEOPLE: Lord, have mercy. (3x)

DEACON: Again we pray for all pious and Orthodox Christians; for our father, (*metropolitan, archbishop, or bishop*) N.; for our brethren: the priests, deacons, and monastics and for all our brotherhood in Christ.

PEOPLE: Lord, have mercy. (3x)

DEACON: Again we pray for the blessed and ever-memorable founders of this holy church (*and for the servants of God. NN.*); and for all our fathers and brethren, the Orthodox departed this life before us, who here and in all the world lie asleep in the Lord.

PEOPLE: Lord, have mercy. (3x)

DEACON: Again we pray for mercy, life, peace, health, salvation, and visitation, and for pardon and forgiveness of sins for (*the servants of God NN., and*) all Orthodox Christians of true worship, who live and dwell in this community.

PEOPLE: Lord, have mercy. (3x)

DEACON: Again we pray for those who bear fruit and do good works in this holy and all-venerable temple; for those who serve and those who sing; and for all the people here present, who await Your great and rich mercy.

PEOPLE: Lord, have mercy. (3x)

PRIEST: [O Lord our God, receive this fervent supplication of Your servants, and have mercy on us according to the multitude of Your mercy; and send down Your compassion on us and on all Your people, who await Your great and rich mercy.]

For You are a merciful God and love mankind, and unto You we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

The Evening Prayer

PEOPLE: Grant, O Lord, to keep us this evening without sin. Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name forever. Amen. Let Your mercy be upon us, O Lord, even as we have set our hope on You. Blessed are You, O Lord; teach me Your statutes. Blessed are You, O Master; make me to understand Your statutes. Blessed are You, O holy One; enlighten me with Your statutes. Your mercy, O Lord, endures forever. Despise not the works of Your hands. To You belongs worship, to You belongs praise, to You belongs glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

The Evening Litany

DEACON: Let us complete our evening prayer to the Lord.

PEOPLE: Lord, have mercy.

DEACON: Help us, save us, have mercy on us, and keep us, O God, by Your grace.

PEOPLE: Lord, have mercy.

DEACON: That this whole evening may be perfect, holy, peaceful, and sinless, let us ask of the Lord.

PEOPLE: Grant this, O Lord.

DEACON: For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

PEOPLE: Grant this, O Lord.

DEACON: For pardon and forgiveness of our sins and transgressions, let us ask of the Lord.

PEOPLE: Grant this, O Lord.

DEACON: For all things good and profitable for our souls, and peace for the world, let us ask of the Lord.

PEOPLE: Grant this, O Lord.

DEACON: That we may complete the remaining time of our life in peace and repentance, let us ask of the Lord.

PEOPLE: Grant this, O Lord.

DEACON: For a Christian ending to our life, painless, blameless, and peaceful, and for a good defense before the fearful judgment seat of Christ, let us ask of the Lord.

PEOPLE: Grant this, O Lord.

DEACON: Calling to remembrance our most-holy, most-pure, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and each other and all our life unto Christ our God.

PEOPLE: To You, O Lord.

An Excerpt from the Seventh Prayer

PRIEST: O Master, Bestower of all good things, may we, being moved to compunction on our beds, call to remembrance Your holy name in the night, that enlightened by meditation on Your commandments, we may rise in joyfulness of soul to glorify Your goodness, offering up prayers and supplications to Your tender love for our own sins and for those of all Your people, whom You visit in mercy, through the intercessions of the holy Theotokos.

For You are a good God and love mankind, and unto You we ascribe glory: to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

PRIEST: Peace be to all.

PEOPLE: And to your spirit.

The Prayer with Heads Bowed

DEACON: Let us bow our heads to the Lord.

PEOPLE: To You, O Lord.

PRIEST: O Lord, our God, Who bowed the heavens and came down for the salvation of mankind, look upon Your servants and Your inheritance; for to You, the fearful Judge, Who love mankind, have Your servants bowed their heads, and submissively inclined their necks, not awaiting help from men, but entreating Your mercy and looking confidently for Your salvation. Guard them at all times, both during this present evening and in the approaching night, from every enemy, from all adverse powers of the devil, and from vain thoughts and evil imaginations.

Blessed and glorified be the might of Your kingdom: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

Aposticha: Tone 4

By ascending the Cross, O Lord,
You have annulled our ancestral curse!
by descending to hell, You have freed the eternal prisoners, *
granting incorruption to the human race!
Therefore, in songs we glorify *
Your life-creating and saving Resurrection!

*The Lord is King, He is clothed with majesty. The Lord is clothed with strength
and has girded Himself.*

You shook all of creation by hanging on the tree, O only-powerful Lord!
And by being laid in the tomb,
You have raised those who dwelt in the tombs, *
granting life and incorruption to the human race!
Therefore in songs we glorify *
Your rising on the third day!

For He established the world which shall not be shaken.

The lawless people, O Christ,
handed You over to Pilate
condemned to be crucified, *
thus proving themselves ungrateful before their Benefactor!
But You voluntarily endured burial,
rising by Your own power on the third day as God, *
granting us life everlasting and great mercy.

Holiness adorns Your house, O Lord, forever.

With tears the women reached Your tomb,
searching for You, but not finding You;
they wept with wailing and lamented:
“Woe to us! our Savior, King of all, how were You stolen?
What place can hold Your life-bearing body?”
An angel replied to them, “Do not weep,
but go and proclaim that the Lord is risen,
granting us joy as the only-compassionate One!”

Glory to the Father and to the Son and to the Holy Spirit

(Tone 6)

Come, O lovers of the feasts of the Church!
Let us sing our praises to wise Athanasius.
He is the jewel of the holy fathers and the glory of Christian ascetics, *
the fountain of divine miracles and fervent intercessor before God.
“Rejoice, emblem and model of monastic life!
Rejoice, flaming torch, illumining the earth with your virtues!
Rejoice, consolation of those in pain and fervent protector of the afflicted! *

Intercede before Christ on behalf of all those who honor your sacred memory in faith.

Now and ever and unto ages of ages. Amen.

(Tone 6) Resurrection

My Maker and Redeemer, Christ the Lord,
was born of you, O most pure Virgin!

By accepting my nature He freed Adam from his ancient curse. *

Unceasingly we magnify you as the Mother of God.

Rejoice, O celestial joy! *

Rejoice, O Lady, the protection, the intercessor, and salvation of our souls.

Hymn of St. Simeon

Lord, now you are letting Your servant depart in peace, according to Your word, for my eyes have seen Your salvation which You have prepared before the face of all people; a light to lighten the Gentiles, and the glory of Your people Israel.

Trisagion Prayers

PEOPLE: Holy God, Holy Mighty, Holy Immortal: have mercy on us. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Your name's sake.

Lord, have mercy. (3x)

Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

PRIEST: For Thine is the kingdom and the power and the glory: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

PEOPLE: Amen.

Resurrection Troparion: Tone 4 (Kievan)

When the women dis-ci-ples of the Lord, learned from the glo-ri-ous an-gel
of the joy-ous message of the Res-ur-rec-tion they cast a-way
the an-ces-tral curse, and pro-claimed with great joy to the a-pos-tles say-ing:
Death is o-ver-thrown! Christ our God is ris-en,
grant-ing to the world His great mer-cy!

Glory to the Father and to the Son and to the Holy Spirit




Troparion of the Athanasius: Tone 3

The angelic hosts on high were filled with amazement, at seeing your life in the flesh: how you went out to wrestle with invisible foes and crippled the ranks of demons. You are worthy of all praise, O Athanasius, and Christ rewarded you with a manifold grace. Intercede with Him that He may save our souls!

Now and ever and unto ages of ages. Amen.

Resurrection Theotokion: Tone 3 (Byzantine)



We praise you, O Vir - gin The o - to - kos, who me-di-ate for
our sal - va - tion. For your Son our God, Who took flesh from
you ac - cept - ed the Pas-sion on the Cross de - liv-er-ing us
from cor - rup tion, as the Lov - er of man - kind.

The Dismissal

Kontakion of Athanasius: Tone 8 (Byzantine)

With your heart and mind always on things of heaven and as a perfect model of ascetic discipline, we sing to you our praises, O Father Athanasius! We beseech you to never cease entreating Christ the Lord that He free us from temptations and dangers.

Ikos

Marvelously receiving your calling from heaven, you were appointed for life immortal. With your body on earth, you pursued a way of life emulating the angels, and you steadfastly overcame the passions. Therefore, we honor you, O venerable Father Athanasius.

Rejoice! Bright glory of monastics!

Rejoice! Shining pillar of chastity.

Rejoice! Magnificent model of pure courage!

Rejoice! Model of all common sense and wisdom!

Rejoice! You distributed justice with an impartial rule.

Rejoice! You faced and accomplished all the deeds set before you.

Rejoice! Your mind was fixed on the things of heaven.

Rejoice! You reverently studied all creation through the eyes of faith.

Rejoice! Through you the demons were put to shame.

Rejoice! Through you the passions were put to death.

Rejoice! haven for all those caught in the tempest of life;

Rejoice! Savior of all those who faithfully cry to you:

Rejoice! O Father Athanasius!