

# *Athanasius of Athos*

*Sunday, July 5, 2026*

*Tone 4*

MATINS – HYBRID

## *The 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.

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. Amen.

## *Troparion and Kontakion of the Cross and Theotokion*

LEADER: O Lord, save Your people, and bless Your inheritance, granting to Your people victory over all adversaries, and by Your Cross preserving Your habitation.

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

O Lord, Who of Your own good will were lifted up on the Cross, O Christ our God, bestow Your generous gifts on the new nation which is called by Your name; make glad in Your might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Your aid a weapon of peace and a trophy invincible.

Now and ever, and unto ages of ages. Amen.

O fearsome Champion, who cannot be put to confusion, despise not our petitions, O good and all-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us all to that victory which is from heaven, for you are she who gave birth to God and alone are blessed.

## *Twelve-Fold Lord Have Mercy*

LEADER: Lord, have mercy. (12x)

Through the prayer of our holy fathers, O Lord Jesus Christ, have mercy on us and save us. Amen.

Glory to God in the highest, and on earth peace, good will among men. (3x)

O Lord, open my lips, and my mouth shall declare Your praise. (2x)

### *The Six Psalms*

#### *Psalm 3*

Lord, how they have increased who trouble me! Many are they who rise up against me. Many are they who say of me, "There is no help for him in God." But You, O Lord, are a shield for me, my glory and the One Who lifts up my head. I cried to the Lord with my voice, and He heard me from His holy hill. I lay down and slept; I awoke, for the Lord sustained me. I will not be afraid of ten thousands of people who have set themselves against me all around. Arise, O Lord; save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. Salvation belongs to the Lord. Your blessing is upon Your people.

I lay down and slept; I awoke, for the Lord sustained me.

#### *Psalm 38 (LXX 37)*

O Lord, do not rebuke me in Your wrath, nor chasten me in Your hot displeasure! For Your arrows pierce me deeply, and Your hand presses me down. There is no soundness in my flesh because of Your anger, nor any health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden they are too heavy for me. My wounds are foul and festering because of my foolishness. I am troubled, I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation, and there is no soundness in my flesh. I am feeble and severely broken; I groan because of the turmoil of my heart. Lord, all my desire is before You; and my sighing is not hidden from You. My heart pants, my strength fails me; as for the light of my eyes, it also has gone from me. My loved ones and my friends stand aloof from my plague, and my relatives stand afar off. Those also who seek my life lay snares for me; those who seek my hurt speak of destruction, and plan deception all the day long. But I, like a deaf man, do not hear; and I am like a mute who does not open his mouth. Thus I am like a man who does not hear, and in whose mouth is no response. For in You, O Lord, I hope; You will hear, O Lord my God. For I said, "Hear me, lest they rejoice over me, lest, when my foot slips, they exalt themselves against me." For I am ready to fall, and my sorrow is continually before me. For I will declare my iniquity; I will be in anguish over my sin. But my enemies are vigorous, and they are strong; and those who hate me wrongfully have multiplied. Those also who render evil for good, they are my adversaries, because I follow what is good. Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

Do not forsake me, O Lord; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

#### *Psalm 63 (LXX 62)*

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked

for You in the sanctuary, to see Your power and Your glory. Because Your loving-kindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me. But those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals. But the king shall rejoice in God; everyone who swears by Him shall glory; but the mouth of those who speak lies shall be stopped. I meditate on You in the night watches. Because You have been my help, therefore in the shadow of Your wings I will rejoice.

My soul follows close behind You; Your right hand upholds me.

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

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

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.

*Psalm 88 (LXX 87)*

O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry. For my soul is full of troubles, and my life draws near to the grave. I am counted with those who go down to the pit; I am like a man who has no strength, adrift among the dead, like the slain who lie in the grave, whom You remember no more, and who are cut off from Your hand. You have laid me in the lowest pit, in darkness, in the depths. Your wrath lies heavy upon me, and You have afflicted me with all your waves. You have put away my acquaintances far from me; You have made me an abomination to them; I am shut up, and I cannot get out; my eye wastes away because of affliction. Lord, I have called daily upon You; I have stretched out my hands to You. Will You work wonders for the dead? Shall the dead arise and praise You? Shall Your loving-kindness be declared in the grave? Or Your faithfulness in the place of destruction? Shall Your wonders be known in the dark? And Your righteousness in the land of forgetfulness? But to You I have cried out, O Lord, and in the morning my prayer comes before You. Lord, why do You cast off my soul? Why do You hide Your face from me? I have been afflicted and ready to die from my youth; I suffer Your terrors; I am distraught. Your fierce wrath has gone over me; Your terrors have cut me off. They came around me all day long like water; they engulfed me altogether. Loved one and friend You have put far from me, and my acquaintances into darkness.

O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry.

*Psalm 103 (LXX 102)*

Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's. The Lord executes righteousness and justice for all who are oppressed. He made known His ways to Moses, His acts to the children of Israel. The Lord is merciful and gracious, slow to anger, and abounding in mercy. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. As a father pities his children, so the Lord pities those who fear Him. For He knows our frame; He remembers that we are but dust. As for man, his days are like grass; as a flower of the field, so he flourishes. For the wind passes over it, and it is gone, and its place remembers it no more. But the mercy of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to such as keep His covenant, and to those who remember His commandments to do them. The Lord has established His throne in heaven, and His kingdom rules over all. Bless the Lord, You His angels, who excel in strength, who do His word, heeding the voice of His word. Bless the Lord, all you His hosts, you ministers of His, who do His pleasure. Bless the Lord, all His works, in all places of His dominion. Bless the Lord, O my soul!

In all places of His dominion, bless the Lord, O my soul!

*Psalm 143 (LXX 142)*

Hear my prayer, O Lord, give ear to my supplications! In Your faithfulness answer me, and in Your righteousness. Do not enter into judgment with Your servant, for in Your sight no one living is righteous. For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, like those who have long been dead. Therefore my spirit is overwhelmed within me; my heart within me is distressed. I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. I spread out my hands to You; my soul longs for You like a thirsty land. Answer me speedily, O Lord; my spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit. Cause me to hear Your loving-kindness in the morning, for in You do I trust; cause me to know the way in which I should walk, for I lift up my soul to you. Deliver me, O Lord, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. In Your mercy cut off my enemies, and destroy all those who afflict my soul; for I am Your servant.

O Lord, give ear to my supplications and do not enter into judgment with Your servant. (2x)

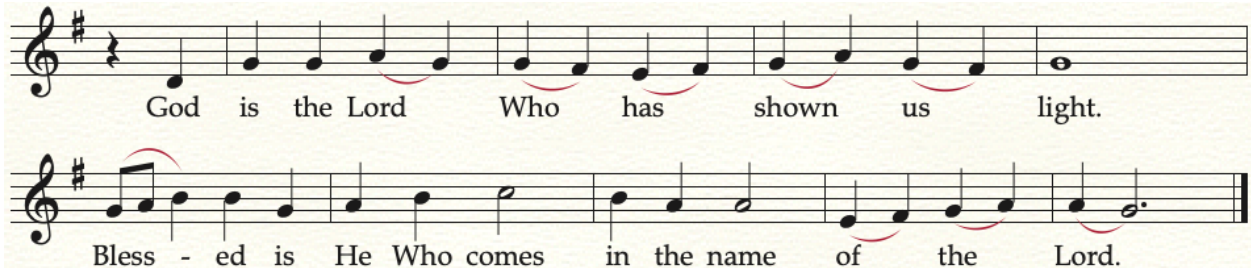
Your Spirit is good. Lead me in the land of uprightness.

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

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

O our God and our Hope, glory to You.

***“God is the Lord...” - Psalm 118 (LXX 117 Tone 8 (Byzantine))***



*Verse: O give thanks unto the Lord and call upon His holy name.*

*Verse: All nations surrounded me; but in the name of the Lord will I destroy them.*

*Verse: The stone which the builders refused has become the head cornerstone. This is the Lord's doing; it is marvelous in our eyes.*

***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!

***First Kathisma Hymn***

*Tone 4*

*Seeing the entrance to Your tomb, but unable to bear the brilliance of the radiant angel there, the holy myrrhbearing women were filled with fear and said: “Have they stolen Him Who opened Paradise to the Thief? Before His Passion, He foretold His Resurrection. Has He now risen?” Indeed, Christ our God is truly risen, granting eternal life and resurrection to those in Hades!*

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

*You freely willed to suffer crucifixion, O God our Savior, and mortal men laid You in a new tomb, although You had created the whole world with a word. By Your lifegiving Resurrection, cruel Death was captured and defeated; and those held captive in Hades cried aloud: “Christ is risen and will reign now and forever as the Giver of life!”*

*Now and ever and unto ages of ages. Amen.*

*Taking up the Cross of Christ, O venerable Father Athanasius, you followed in His footsteps with your ascetic labors. You became a perfect model for all monks who walk the way of holiness. Your accomplishments won a place for you in the Kingdom on high. Never cease to intercede for the salvation of our souls!*

***Resurrectional Evlogetaria - Tone 5 (Znamenny)***

Blessed are You, O Lord. Teach me Your statutes.

*The company of the angels was amazed, when they beheld You numbered among the dead; yet You, O Savior, were destroying the power of death and with Yourself raising up Adam and releasing all men from hell.*

Blessed are You, O Lord. Teach me Your statutes.

*Why, O women disciples, do you mingle sweet-smelling spices with your tears of pity? The radiant angel within the sepulcher cried to the myrrh-bearing women: "Behold the grave, and understand; for the Savior is risen from the tomb."*

Blessed are You, O Lord. Teach me Your statutes.

*Very early in the morning the myrrh-bearing women ran lamenting to Your tomb; but an angel came toward them, saying: "The time for lamentation is passed. Do not weep, but announce to the apostles the Resurrection."*

Blessed are You, O Lord. Teach me Your statutes.

*The myrrh-bearing women mourned as they carried ointments and drew near Your tomb, O Savior. But the angel spoke to them, saying: "Why do you number the living among the dead? Since He is God, He is risen from the grave."*

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

*We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one essence; crying with the seraphim: "Holy, holy, holy are You, O Lord."*

Now and ever, and unto ages of ages. Amen.

*Since you bore the Giver of life, O Virgin, you redeemed Adam from sin, and gave to Eve joy in place of sadness; and He Who was incarnate of you, Who is both God and man, has restored to life those who had fallen from it.*

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

O our God and our hope, glory to You.

***Hypakoe***

*Tone 4*

*The myrrhbearers ran to the Apostles and told the glad tidings of Your glorious Resurrection, O Christ, that You have risen as God, granting the world Your great mercy.*

## *Anavathmoi*

### *Antiphon 1*

*From my youth many passions fight against me; but You, O my Savior, help me and save me.*

*You, the enemies of Zion, flee in your shame before the Lord. As grass in the fire you shall be withered up.*

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

*By the Holy Spirit is every soul filled with life, and through purification it is raised and made bright by the threefold Unity in a holy mystery.*

### *Matins Prokeimenon: Tone 4 - Psalm 44*

Arise, O Lord, and help us. Deliver us for Your name's sake.

*Verse: O God, we have heard with our ears, and our fathers have told us.*

***“Let every breath...”***

### *Matins Gospel Reading: Eothinon 5 – Luke 24:12-35*

But Peter arose and ran to the tomb; and stooping down, he saw the linen cloths lying by themselves; and he departed, marveling to himself at what had happened. Now behold, two of them were traveling that same day to a village called Emmaus, which was seven miles from Jerusalem. And they talked together of all these things which had happened. So it was, while they conversed and reasoned, that Jesus Himself drew near and went with them. But their eyes were restrained, so that they did not know Him. And He said to them, “What kind of conversation is this that you have with one another as you walk and are sad?” Then the one whose name was Cleopas answered and said to Him, “Are You the only stranger in Jerusalem, and have You not known the things which happened there in these days?” And He said to them, “What things?” So they said to Him, “The things concerning Jesus of Nazareth, who was a Prophet mighty in deed and word before God and all the people, and how the chief priests and our rulers delivered Him to be condemned to death, and crucified Him. But we were hoping that it was He who was going to redeem Israel. Indeed, besides all this, today is the third day since these things happened. Yes, and certain women of our company, who arrived at the tomb early, astonished us. When they did not find His body, they came saying that they had also seen a vision of angels who said He was alive. And certain of those who were with us went to the tomb and found it just as the women had said; but Him they did not see.” Then He said to them, “O foolish ones, and slow of heart to believe in all that the prophets have spoken! Ought not the Christ to have suffered these things and to enter into His glory?” And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself. Then they drew near to the village where they were going, and He indicated that He would have gone farther. But

they constrained Him, saying, “Abide with us, for it is toward evening, and the day is far spent.” And He went in to stay with them. Now it came to pass, as He sat at the table with them, that He took bread, blessed and broke it, and gave it to them. Then their eyes were opened and they knew Him; and He vanished from their sight. And they said to one another, “Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?” So they rose up that very hour and returned to Jerusalem, and found the eleven and those who were with them gathered together, saying, “The Lord is risen indeed, and has appeared to Simon!” And they told about the things that had happened on the road, and how He was known to them in the breaking of bread.

*“Having Beheld...”*

Having beheld the Resurrection of Christ let us worship the holy Lord Jesus, the only sinless One. We venerate Your Cross, O Christ, and we praise and glorify Your holy Resurrection for You are our God, and we know no other than You. We call on Your name. Come all you faithful, let us venerate Christ’s holy Resurrection. For behold through the Cross, joy has come into all the world. Let us ever bless the Lord, praising His Resurrection; for by enduring the Cross for us He has destroyed death by death.

*Psalm 51 (LXX 50)*

Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions, and my sin is always before me. Against You, You only, have I sinned, and done this evil in Your sight — that You may be found just when You speak, and blameless when You judge. Behold, I was brought forth in iniquity, and in sins my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me hear joy and gladness, that the bones You have broken may rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise. For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart — these, O God, You will not despise. Do good in Your good pleasure to Zion; build the walls of Jerusalem. Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.

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

Through the intercession of the apostles, O merciful One, blot out the multitude of my offenses.

*Now and ever and unto ages of ages. Amen.*

Through the intercession of the Theotokos, O merciful One, blot out the multitude of my offenses.

Have mercy on me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies blot out my transgression.

Jesus, having risen from the grave as He foretold, has given us eternal life and great mercy.

***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 - omitted***

***Synaxarion of the Feast***

On July 5, in the Holy Orthodox Church, we commemorate our Venerable and God-bearing Father Athanasius of Athos, and his six disciples who died with him.

***Verses***

*Anthony the Great was the founder of monasticism,  
And divine Athanasius, their godly culmination.  
On the fifth, Angels took Athanasius and his disciples to  
the City of God.*



Born of God-fearing parents in Trebizond in modern Turkey, he was left destitute early, but by the providence of God, a high-ranking army officer took him to Constantinople and educated him there. Finishing his schooling, Athanasius eventually moved to the Holy Mountain to live in silence and strict asceticism. Many, desirous of the ascetic life, began to gather round him and he was constrained to build the famous Lavra monastery. The Byzantine Emperors gave him generous help in this. Manifold temptations came upon Athanasius, from demons and from men, but as a valiant soldier of Christ, he resisted and overcame them all by his immense humility and unceasing prayer to the living God. Filled with the grace of God, he was found worthy to behold the

most holy Mother of God, who miraculously brought forth water from a rock. Death came to him suddenly in 1003. He, together with six of his monks, had climbed up onto a newly-constructed part of the church to inspect a wall when the wall fell in and buried them all. Athanasius appeared a number of times to his brethren after his death, to console or rebuke them.

On this day, we also commemorate the Venerable hieromartyr Cyprian of St. George Kelli on Athos; Venerable Lampados of Irenopolis; the 23 martyrs of Lesvos; and Venerable Sergius the wonderworker of Radonezh. By their intercessions, O Christ God, have mercy on us. Amen.

*Canon – Akathist Theotokos: Tone 4*

*Katavasia Odes 1-8*

**Ode 1:** 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.

**Ode 3:** O Mother of God, living and plentiful fount, give strength to those untied in spiritual fellowship, who sing hymns of praise to you; and in your divine glory grant to them crowns of glory.

**Ode 4:** He Who sits in glory upon the throne of the Godhead, Jesus the true God, has come in a swift cloud, and with His pure and mighty hand He has saved those who cry: Glory to Your power, O Lord.

**Ode 5:** The whole world was amazed at your divine glory, for you, O Virgin who have not known wedlock, have held in your womb the God of all, and have given birth to an eternal Son, Who rewards with salvation all who hymn your praises.

**Ode 6:** 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 borne of her.

**Ode 7:** The holy Children bravely trampled upon the threatening fire, refusing to worship created things in place of the Creator, and they sang in joy: “Blessed are You and praised above all, O God of our Fathers.”

*We praise, bless and worship the Lord, singing and exalting Him above all forever.*

**Ode 8:** 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 creation to sing: “O all you works of the Lord, bless the Lord and exalt Him above all forever.”

**Matins Canon – 9<sup>th</sup> Ode:**

DEACON: *The Theotokos and Mother of the Light, let us honor and magnify in song.*

**Magnification**

*“My soul magnifies the Lord and my spirit rejoices in God my Savior.*

**Refrain:** More hon’rable than the cherubim and more glorious beyond compare than the seraphim, who without corruption gave birth to God the Word and are truly Theotokos, we magnify you.

*For He has regarded the lowliness of His handmaiden, for behold from this time forth all generations shall call me blessed. For He Who is mighty has magnified me, and holy is His name, and His mercy is on those who fear Him throughout all generations.*

*He has shown strength with His arm. He has scattered the proud in the imagination of their hearts. He has put down the mighty from their seat, and has exalted the humble and meek.*

*He has filled the empty with good things and the rich He has sent away empty. Remembering His mercy He has helped His servant Israel as He promised to our forefathers, Abraham and his seed forever.”*

*Cantor sings the 9<sup>th</sup> Ode Resurrection verses for the Tone of the Week while the deacon censes then concludes with the Katavasia of the Feast or Season.*

**Ode 9:** Let every mortal born on earth, radiant with light, in spirit leap for joy; and let the hosts of the angelic powers celebrate and honor the holy feast of the Mother of God, and let them cry: Rejoice! Pure and blessed ever-Virgin, who gave birth to God.

**The Little Litany**

**“Holy is the Lord our God”**

**Exapostilaria – Eothinon 5 + Athanasius + Theotokion**

*The risen Christ, the Way and the Life, walked with Luke and Cleopas and they knew Him in the breaking of the bread. Their souls and hearts burned within them while He talked with them by the way and explained the scriptures of His sufferings. Let us cry with them. The Lord has arisen and has appeared to Peter.*

*You arose from the East like a brilliant luminary, O Athanasius, and you have given light to the lands of the West by the radiant glow of your virtues. Never cease to pray to the Lord for the whole world.*

*O all-pure Queen of all, by the prayers of the venerable Athanasius, shelter from all adversity the flock which sings to you as the protectress of the world.*

*The Praises: Tone 4 - Psalms 148, 150 (Znamenny)*

Let ev - 'ry breath praise the Lord. To  
You, O God, is due a song. Praise the Lord from the heavens;  
praise Him in the high - est. To You, O God, is due a song.  
Praise Him, all His angels; praise Him all His hosts! To  
You, O God, is due a song.

*Praise God in His sanctuary; praise Him in His mighty firmament!*

Praise Him for His mighty acts; praise Him according to His excellent greatness!

*Praise Him with the sound of the trumpet; praise Him with the lute and harp.*

Praise Him with the timbrel and dance; praise Him with stringed instruments and flutes!

*(Tone 4) – Resurrection*

*O all-powerful Lord, Who endured the Cross and death, and rose from the dead, we glorify Your Resurrection.*

Praise Him with loud cymbals; praise Him with clashing cymbals! Let everything that has breath praise the Lord.

*By Your Cross, O Christ, You freed us from the ancient curse, and by Your death You frustrated the devil who had tyrannized over our nature, while by Your rising You filled all things with joy. Therefore, we cry out to You: O Lord Who rose from the dead, glory to You.*

Arise, O my God, lift up Your hand and forget not the humble.

*(Tone 6) – Athanasius*

*Precious in the sight of the Lord is the death of His saints.*

*Precious in Your eyes, O Lord, is the death of Your holy monk, Athanasius. / Behold, Your servant has brought forth a fountain of healings even after his death. / He has driven out all types of illness and has put to flight the deadly spirits / that he had resisted totally throughout his life.*

I will praise You, O Lord, with my whole heart; I will show all Your marvelous works.

*Blessed is the man who fears the Lord; he shall delight greatly in His commandments.*

*Rejoice, guiding star and jewel of ascetics and monks. / Rejoice, O Father Athanasius, companion of all the just in heaven. / Rejoice, well-spring of love and chastity. / Rejoice, abode of the Holy Trinity. / Rejoice, light of discernment, with brilliant radiance and innocence. / Rejoice, living pillar and pure model of the virtues!*

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

*(Tone 5) - Eothinon 5*

*O the wisdom of Your judgments, O Christ! By the grave clothes alone You made Peter to understand and he believed in Your Resurrection You went with Luke and Cleopas as they walked, yet without at once revealing Yourself. You were thought to be only a stranger in Jerusalem with no knowledge of what had been done there; You expounded and disclosed to them whose hearts were aflame and burned within them the prophecies concerning Yourself and You became known in the breaking of bread. And when the disciples were gathered together You plainly proclaimed Your Resurrection. O Lord and Giver of life have mercy on us.*

Now and ever, and unto ages of ages. Amen.

Most blessed are you, O Virgin Theotokos, for through Him Who was incarnate of you Hades is plundered, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are given life. Therefore, in hymns of praise, we cry aloud: "Blessed are You, O Christ our God, Who are thus well pleased. Glory to You.

### ***Great Doxology***

Glory to You, Who have shown us the light. Glory to God in the highest, and on earth peace, good will among men.

**We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.**

O Lord King, heavenly God, Father Almighty; O Lord, the only-begotten Son, Jesus Christ; and O Holy Spirit.

**O Lord God, Lamb of God, Son of the Father, Who take away the sin of the world, have mercy on us, You Who take away the sins of the world**

Receive our prayer, You Who sit at the right hand of the Father, and have mercy on us.

**For You only are holy, You only are the Lord, O Jesus Christ, to the glory of God the Father. Amen.**

Every day I will bless You, and I will praise Your name forever; yes, forever and ever.

**Grant, O Lord, to keep us this day without sin.**

Blessed are You, O Lord the God of our fathers, and praised and glorified is Your name forever. Amen.

**Let Your mercy, O Lord, be upon us, as we have set our hope on You.**

Blessed are You, O Lord; teach me Your statutes.

**Blessed are You, O Lord; teach me Your statutes.**

Blessed are You, O Lord; teach me Your statutes.

**Lord, You have been our refuge from generation to generation. I said: "Be merciful unto me; heal my soul, for I have sinned against You."**

Lord, I have fled to You; teach me to do Your will, for You are my God.

**For with You is the fountain of life; in Your light we shall see light.**

Continue Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

**Holy God, Holy Mighty, Holy Immortal: have mercy on us.**

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

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

now and ever, and unto ages of ages. Amen.

**Holy Immortal: have mercy on us.**

Holy God, **Holy Mighty, Holy Immortal: have mercy on us.**

*Troparion: Tone 4*

Today is salvation come unto the world. Let us sing praises to Him Who rose from the grave, the Author of our life; for having by death destroyed death, He has given us victory and great mercy.

*The Second Antiphon (Psalm 115)*

O Son of God, **Who** rose from the dead, save us who sing to You: Alleluia

*The Third Antiphon – The Beatitudes*

In Your Kingdom remember us, O Lord, when You come in Your Kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst after righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called the sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when men shall revile you and persecute you, and shall say all manner of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven.

*The Entrance Hymn*

Come, let us worship and fall down before Christ. O Son of God, Who rose from the dead save us who sing to You. Alleluia, Alleluia, Alleluia.

*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!

*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!

*Hymn to St. John*

O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people, powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.

*Kontakion of the Theotokos: Tone 2 (Byzantine)*

O pro - tec - tion of Chris - tians that can - not be put to shame, me - di -  
a - tion un - to the Cre - a - tor most con - stant. O de -  
spise not the sup - pli - ant voi - ces of those who have sinned; but be  
quick, O good one, to come un - to our aid, who in faith cry un - to you:  
Has - ten to in - ter - ces - sion, and speed to make sup - pli - ca - tion, you who  
ev - er pro - tect, O The - o - to - kos, those who hon - or you.

*Prokeimenon: Tone 7 - Psalm 149*

The saints will exult in glory, and they will rejoice on their beds.

*Verse: Sing to the Lord an new song! Let His praise be sung in the assembly of the saints.*

***The Epistle Reading - Galatians 5:22 – 6:2***

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. Let us not become conceited, provoking one another, envying one another. Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

***The Alleluia before the Gospel: Tone 4 - Psalm 45 (LXX 44)***

*Verse: Gird Your sword upon Your thigh, O mighty One, with Your glory and majesty and in Your majesty ride prosperously because of truth, humility and righteousness.*

*Verse: You love righteousness and hate wickedness, therefore God, Your God, has anointed You with the oil of gladness, more than Your companions.*

***The Gospel Reading – Matthew 8:28 – 9:1***

When he arrived at the other side in the region of the Gadarenes, two demon-possessed men coming from the tombs met him. They were so violent that no one could pass that way. "What do you want with us, Son of God?" they shouted. "Have you come here to torture us before the appointed time?" Some distance from them a large herd of pigs was feeding. The demons begged Jesus, "If you drive us out, send us into the herd of pigs." He said to them, "Go!" So they came out and went into the pigs, and the whole herd rushed down the steep bank into the lake and died in the water. Those tending the pigs ran off, went into the town and reported all this, including what had happened to the demon-possessed men. Then the whole town went out to meet Jesus. And when they saw him, they pleaded with him to leave their region. Jesus stepped into a boat, crossed over and came to his own town.

***Magnification Hymn – "It is truly right..."***

It is truly right to bless you, O Theotokos, who are ever blessed and all blameless and the Mother of our God. More honorable than the cherubim and more glorious beyond compare than the seraphim, who without corruption gave birth to God the Word, and are truly Theotokos, we magnify you!

***The Communion Hymn - Psalm 148***

Praise the Lord. Praise the Lord from the heavens. Praise Him, O praise Him in the highest. Alleluia, Alleluia, Alleluia.

*The Dismissal*

*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!*

*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!



*Athanasius of Athos*