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READER'S TYPIKA ON SUNDAY, JULY 5, 2026  
(5<sup>th</sup> Sunday after Pentecost)

***Our Righteous Father Athanasius of Mount Athos***

*Leader:* Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

*Reader:* Amen.

THE TRISAGION PRAYERS

*People:* Holy God, Holy Mighty, Holy Immortal: have mercy on us. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit. Both 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 One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (*Thrice*)

Glory to the Father, and to the Son, and to the Holy Spirit. Both 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 the evil one.

*Leader:* O Lord, Jesus Christ, Son of God, have mercy on us.

*All:* Amen.

*Reader:* Lord, have mercy. (*12 times*)

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

O come, let us worship and fall down before God our King.

O come, let us worship and fall down before Christ, our King and our God.

O come, let us worship and fall down before the Very Christ, our King and our God.

THE FIRST ANTIPHON: PSALM 102

*Reader:* 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 that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgement for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered, neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them

that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion.

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

*And again:* Bless the Lord, O my soul, and all that is within me bless His holy Name; blessed art Thou, O Lord.

### THE SECOND ANTIPHON: PSALM 145

*Reader:* Glory to the Father, and to the Son, and to the Holy Spirit.

Praise the Lord, O my soul. I will praise the Lord in my life, I will chant unto my God for as long as I have my being. Trust ye not in princes, in the sons of men, in whom there is no salvation. His spirit shall go forth, and he shall return unto his earth. In that day all his thoughts shall perish. Blessed is he of whom the God of Jacob is his help, whose hope is in the Lord his God, Who hath made heaven and the earth, the sea and all that is therein, Who keepeth truth unto eternity, Who executeth judgement for the wronged, Who giveth food unto the hungry. The Lord looseth the fettered; the Lord maketh wise the blind; the Lord setteth aright the fallen; the Lord loveth the righteous; the Lord preserveth the proselytes. He shall adopt for His own the orphan and widow, and the way of sinners shall He destroy. The Lord shall be king unto eternity; thy God, O Sion, unto generation and generation.

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

### THE HYMN OF JUSTINIAN

*Choir:* Only-begotten Son and Word of God, who art immortal, who for our salvation willed to be incarnate of the Holy Theotokos and ever-virgin Mary, and without change became man; and wast crucified, O Christ our God, and trampled down death by death; who art one of the Holy Trinity, glorified together with the Father and the Holy Spirit: save us.

### THE BEATITUDES IN TONE FOUR

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they that mourn, for they shall be comforted.

For the Resurrection in Tone Four

*Verse 10: Blessed are the meek, for they shall inherit the earth.*

Through a tree, Adam was deprived of his home in Paradise; while through the wood of the Cross, the thief went there to dwell. For the one by tasting set aside the commandment of the Maker, while the other, crucified with Him, confessed the hidden God crying aloud: Remember me, in Thy Kingdom.

*Verse 9: Blessed are they that hunger and thirst after righteousness, for they shall be filled.*

Lifted upon the Cross, Thou O Lord as God, hast both destroyed the power of death and blotted out the handwriting against us. Do Thou Who alone lovest mankind, grant us the repentance of the thief as we serve Thee with faith, O Christ our God, and cry to Thee: Remember us also in Thy Kingdom.

*Verse 8: Blessed are the merciful, for they shall obtain mercy.*

Crucified and rising from the tomb in power on the third day, with Thyself hast Thou, only Immortal, raised Adam, the first-formed man. Make me also worthy, O Lord, to turn to repentance from my whole heart and with warm faith ever to cry to Thee: Remember me, O Saviour, in Thy Kingdom.

*Verse 7: Blessed are the pure in heart, for they shall see God.*

Thou hast torn to pieces on the Cross, the handwriting against us and counted among the dead, Thou hast bound yonder tyrant, delivering all from the bonds of hell by Thy Resurrection. Through it we have been enlightened and cry aloud to Thee, Lord Who lovest mankind: Remember us also in Thy Kingdom.

*Verse 6: Blessed are the peacemakers, for they shall be called the sons of God.*

For our sake He Who is without passion, became a suffering man and nailed upon the Cross of His own will, He raised us with Himself. Therefore with the Cross we glorify the Passion and the Resurrection through which we have both been made anew and through which we have been saved, crying: Remember us also in Thy Kingdom.

*Verse 5: Blessed are they which are persecuted for righteousness' sake, for theirs is the kingdom of heaven.*

Let us entreat with faith Him rising from the dead despoiling the power of hell, Who was seen by the women bearing myrrh and said to them: Hail!, for our souls always to be delivered from corruption, crying at all times to Him with the gracious voice of the thief: Remember us also in Thy Kingdom.

For Athanasius<sup>1</sup> in Tone Eight

*Verse 4: Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.*

Seized with love of God from thy youth, thou didst gather children of like age to form a choir; and by spiritually setting them in order, thou most wisely drewest them away from childish ways.

*Verse 3: Rejoice, and be exceedingly glad, for great is your reward in the heavens.*

Driven by the desire of wisdom, thou earnest unto the happy city of Constantine, O godly-minded Athanasius; and like a wise bee and crafter of honey, thou didst gather the piths from the words while abandoning the rest.

*Verse 2: Glory to the Father, and to the Son, and to the Holy Spirit.*

With the sail of the Cross, O blessed Father, thou didst pilot the ship of thy soul nimbly and lightly; and finishing the rough voyage over the sea of life, thou earnest to the divine havens of calm.

*Verse 1: Both now and ever, and unto ages of ages. Amen.*

He that was ineffably begotten of the Father before the ages, came forth from thy womb in these last times and deified our nature, O Virgin Mother, manifestly leading unto Himself the companies of the righteous.

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<sup>1</sup> These troparia are from 3<sup>rd</sup> Ode of the Matins canon for St. Athanasius.

THE SUNDAY EISODIKON

*Verse:* O come, let us worship and fall down before Christ.

*Choir:* O Son of God, Who art risen from the dead; save us who sing unto Thee: Alleluia, Alleluia, Alleluia.

*Apolytikia:*

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF ST. ATHANASIUS THE ATHONITE IN TONE THREE

*(\*\*Awed by the beauty\*\*)*

The Angels' ranks were awed by thy life in the flesh, \* how, though corporeal, and clad with earthly clay, \* thou didst set forth with courage to invisible wars and wrestlings \* and didst boldly smite the hordes \* of the demons with mortal wounds. \* Wherefore, Christ rewarded thee \* with abundant gifts in return. \* Entreat Him that our souls find salvation, \* O most renowned Father Athanasius.

APOLYTIKION OF ST. MARY MAGDALENE IN TONE ONE

*(\*\*The soldiers standing guard\*\*)*

When Christ God had been born for our sakes from the Virgin, thou faith-fully didst follow Him, keeping His statutes and heeding His sacred laws, O august Mary Magdalene. Hence, as we today observe thy holy remembrance, we receive the loosing of our sins and transgressions through thy holy prayer(s) for us.

THE TRISAGION HYMN

Holy God, Holy mighty, Holy Immortal have mercy on us. *(thrice)*

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

Holy Immortal have mercy on us.

Holy God, Holy mighty, Holy Immortal have mercy on us.

THE APOSTOLOS & THE GOSPEL

PROKEIMENON, TONE 7

The saints shall boast in glory, and they shall rejoice upon their beds. *(Ps.149:5) {twice}*

*Verse:* Sing unto the Lord a new song; His praise is in the church of the saints. *(Ps.149:1)*

The saints shall boast in glory, and they shall rejoice upon their beds.

APOSTOLOS OF ST. ATHANASIOS:

*Reader:* The reading is from the Epistle of St. Paul to Galatians §213 (5:22-6:2).<sup>2</sup>

Brethren, the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, meekness, self-control; against such there is no law. And those who belong to Christ have crucified the flesh with the passions and the lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not become vainglorious, provoking one another, envying one another. Brethren, if a person is overtaken in any trespass, you who are spiritual should restore such a one in a spirit of meekness; looking to yourself, lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.

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<sup>2</sup> The Apostolos and Gospel for St. Athanasios are identical to the ones appointed for December 5 (for St. Sabbas).

ALLELUIA, TONE 6

*Choir:* Alleluia, Alleluia, Alleluia.

*Verse 1:* Blessed is the man that feareth the Lord; in His commandments shall he greatly delight.  
(Ps.111:1)

*Choir:* Alleluia, Alleluia, Alleluia.

*Verse 2:* His righteousness abideth unto ages of ages; his horn shall be exalted with glory.  
(Ps.111:8b)

*Choir:* Alleluia, Alleluia, Alleluia.

GOSPEL OF THE 5<sup>TH</sup> SUNDAY OF MATTHEW:

*Reader:* The reading is from the Holy Gospel according to St. Matthew §28 (8:28-9:1).

*Choir:* Glory the Thee O Lord, Glory to Thee.

*Reader:* At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

*Choir:* Glory the Thee O Lord, Glory to Thee.

*Then we sing the following, in tone 6*

*Choir:* Remember us, O Lord, when Thou comest in Thy kingdom.

- Remember us, O Master, when Thou comest in Thy kingdom.
- Remember us, O Holy One, when Thou comest in Thy kingdom.

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

*Verse: Come unto Him, and be enlightened and your faces shall not be ashamed.*

The heavenly choir praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

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

The choir of Holy angels and archangels, with all the heavenly hosts praiseth Thee and saith: Holy, Holy, Holy, Lord of Sabaoth; heaven and earth are full of Thy glory.

*Both now and ever, and unto the ages of ages. Amen.*

THE SYMBOL OF FAITH

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the

Father; And He shall come again with glory to judge the living and the dead, Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

*Leader:* Remit, pardon, forgive, O God, our offenses, both voluntary and involuntary, in deed and word, in knowledge and ignorance, by day and by night, in mind and thought; forgive us all things, for Thou art good and the Lover of mankind.

*All:* 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 the evil one.

*Leader:* O Lord Jesus Christ, Son of God, have mercy on us.

*All:* Amen.

*Kontakia:*

KONTAKION OF THE RESURRECTION IN TONE FOUR

*(\*\*On this day Thou hast appeared\*\*)*

Now hath my Deliverer \* and mighty Savior \* raised the earthborn from the grave \* and from their bonds, since He is God; \* and He hath crushed Hades' brazen gates \* and is arisen the third day as Sovereign Lord.

KONTAKION FOR ST. ATHANASIUS IN TONE EIGHT

*(\*\*To Thee, the Champion Leader\*\*)*

As a great seer of immaterial angelic hosts, \* and as a teacher by thine actions and in all ways true, \* we thy flock now sing thy praises while loudly crying: \* Never cease, O God-proclaimer, to entreat the Lord \* to deliver from temptations and adversities, \* them that cry to thee: Rejoice, O Father Athanasius.

KONTAKION OF THE SEASON IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

*Leader:* Lord, have mercy. *(12 times)*

O All-Holy Trinity, the consubstantial dominion, the indivisible Kingdom, and cause of every Good: Show Thy good will even unto me a sinner; make steadfast my heart and grant it understanding, and take away mine every defilement; enlighten my mind that I may glorify, hymn, worship, and say:

*Choir:* One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

PSALM 33

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

I will bless the Lord at all times, His praise shall continually be in my mouth. In the Lord shall my soul be praised; let the meek hear and be glad. O magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my tribulations. Come unto Him, and be enlightened, and your faces shall not be ashamed. This poor man cried, and the Lord heard him, and saved him out of all his tribulations. The angel of the Lord will encamp round about them that fear Him, and will deliver them. O taste and see that the Lord is good; blessed is the man that hopeth in Him. O fear the Lord, all ye His saints; for there is no want to them that fear Him. Rich men have turned poor and gone hungry; but they that seek the Lord shall not be deprived of any good thing. Come ye children, hearken unto me; I will teach you the fear of the Lord. What man is there that desireth life, who loveth to see good days? Keep thy tongue from evil, and thy lips from speaking guile. Turn away from evil, and do good; seek peace, and pursue it. The eyes of the Lord are upon the righteous, and His ears are opened unto their supplication. The face of the Lord is against them that do evil, utterly to destroy the remembrance of them from the earth. The righteous cried, and the Lord heard them, and He delivered them out of all their tribulations. The Lord is nigh unto them that are of a contrite heart, and He will save the humble of spirit. Many are the tribulations of the righteous, and the Lord shall deliver them out of them all. The Lord keepeth all their bones, not one of them shall be broken. The death of sinners is evil, and they that hate the righteous shall do wrong. The Lord will redeem the souls of His servants, and none of them will do wrong that hope in Him.

### THE HYMN TO THE THEOTOKOS

It is truly meet and right to bless thee, O Theotokos, who art ever blessed and all-blameless, and the Mother of our God. More honourable than the cherubim and more glorious beyond compare than the seraphim, thou who without corruption bearest God the Word and art truly Theotokos: We magnify thee.

### READINGS

OUR RIGHTEOUS AND GOD-BEARING FATHER ATHANASIUS OF MOUNT ATHOS,  
AND HIS SIX DISCIPLES WHO DIED WITH HIM.

Saint Athanasius of Athos, in holy Baptism named Abraham, was born in the city of Trebezond. He was orphaned at an early age, and being raised by a certain good and pious nun, he imitated his adoptive mother in the habits of monastic life, in fasting and in prayer. Doing his lessons came easily and he soon outpaced his peers in study.

After the death of his adoptive mother, Abraham was taken to Constantinople, to the court of the Byzantine emperor Romanus the Elder, and was enrolled as a student under the renowned rhetorician Athanasius. In a short while the student attained the mastery of skill of his teacher and he himself became an instructor of youths. Reckoning as the true life that of fasting and vigilance, Abraham led a strict and abstinent life, he slept little and then only sitting upon a stool, and barley bread and water were his nourishment. When his teacher Athanasius through human weakness became jealous of his student, blessed Abraham gave up his teaching position and went away.

During these days there had arrived at Constantinople Saint Michael Maleinos (July 12), igumen of the Kyminas monastery. Abraham told the igumen about his life, and revealed to him his secret desire to become a monk. The holy Elder, discerning in Abraham a chosen vessel of the Holy Spirit, became fond of him and taught him much in questions of salvation. One time during their spiritual talks Saint Michael was visited by his nephew, Nicephorus Phocas, a military officer and future emperor. Abraham's lofty spirit and profound mind impressed Nicephorus, and all his life

he regarded the saint with reverent respect and with love. Abraham was consumed by his zeal for the monastic life. Having forsaken everything, he went to the Kyminas monastery and, falling down at the feet of the holy igumen, he begged to be received into the monastic life. The igumen fulfilled his request with joy and tonsured him with the name Athanasius.

With long fasts, vigils, bending of the knees, with works night and day Athanasius soon attained such perfection, that the holy igumen blessed him for the exploit of silence in a solitary place not far from the monastery. Later on, having left Kyminas, he made the rounds of many desolate and solitary places, and guided by God, he came to a place called Melanos, at the very extremity of Athos, settling far off from the other monastic dwellings. Here the monk made himself a cell and began to live an ascetical life in works and in prayer, proceeding from exploit to exploit towards higher monastic attainment.

The enemy of mankind tried to arouse in Saint Athanasius hatred for the place chosen by him, and assaulted him with constant suggestions in thought. The ascetic decided to suffer it out for a year, and then wherever the Lord should direct him, he would go. On the last day of this year's length of time, when Saint Athanasius set about to prayer, a heavenly light suddenly shone upon him, filling him with an indescribable joy, all the thoughts dissipated, and from his eyes welled up graced tears. From that moment Saint Athanasius received the gift of tenderness, and he became as strongly fond of the place of his solitude as he had formerly loathed it.

During this time Nicephorus Phocas, having had enough of military exploits, remembered his vow to become a monk and from his means he besought Saint Athanasius to build a monastery, i.e., to build cells for him and the brethren, and a church where the brethren could commune of the Divine Mysteries of Christ on Sundays.

Tending to shun cares and worries, Saint Athanasius at first would not agree to accept the hateful gold, but seeing the fervent desire and good intent of Nicephorus, and discerning in this the will of God, he set about the building of the monastery. He built a large church in honor of the holy Prophet and Forerunner of Christ, John the Baptist, and another church at the foot of a hill, in the name of the Most Holy Theotokos. Around the church were the cells, and a wondrous monastery arose on the Holy Mountain. In it were a trapeza (dining area), a hospice for the sick and for taking in wanderers, and other necessary structures.

Brethren flocked to the monastery from everywhere, not only from Greece, but also from other lands, simple people and illustrious dignitaries, desert-dwellers having labored in asceticism for long years in the wilderness, igumens from many monasteries and hierarchs wanting to become simple monks in the Athos Lavra of Saint Athanasius.

The saint established at the monastery a cenobitic monastic Rule on the model of the old Palestinian monasteries. Divine services were served with all strictness, and no one was so bold as to talk during the services, nor to come late or leave the church without necessity.

The Heavenly Patroness of Athos, the All-Pure Mother of God Herself, was graciously disposed towards the saint. Many times he was privileged to see Her with his own eyes. By God's dispensation, there once occurred such a hunger, that the monks one after the other quit the Lavra. The saint remained all alone and, in a moment of weakness, he also considered leaving. Suddenly he beheld a Woman beneath an ethereal veil, coming to meet him. "Who are you and where are you going?" She asked quietly. Saint Athanasius from an innate deference halted. "I am a monk from here," Saint Athanasius replied, and spoke about himself and his worries.

"Would you forsake the monastery which was intended for glory from generation unto generation, just for a morsel of dry bread? Where is your faith? Turn around, and I shall help you."

“Who are you?” asked Athanasius. “I am the Mother of the Lord,” She answered, and bid Athanasius to strike his staff upon a stone. From the fissure there gushed forth a spring of water, which exists even now, in remembrance of this miraculous visitation.

The brethren grew in number, and the construction work at the Lavra continued. Saint Athanasius, foreseeing the time of his departure to the Lord, prophesied about his impending end and besought the brethren not to be troubled over what he foresaw. “For Wisdom disposes otherwise than as people judge.” The brethren were perplexed and pondered the words of the saint. After giving the brethren his final guidance and comforting all, Saint Athanasius entered his cell, put on his mantiya and holy kukolion (head covering), which he wore only on great feasts, and emerged after prolonged prayer. Alert and joyful, the holy igumen went up with six of the brethren to the top of the church to inspect the construction. Suddenly, through the imperceptible will of God, the top of the church collapsed. Five of the brethren immediately gave up their souls to God. Saint Athanasius and the architect Daniel, thrown upon the stones, remained alive. All heard the saint call out to the Lord, “Glory to Thee, O God! Lord, Jesus Christ, help me!” The brethren with great weeping began to dig out their father from the rubble, but they found him already dead. [From oca.org]

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#### OUR RIGHTEOUS FATHER LAMPADUS OF IRENOUPOLIS

Saint Lampados was from Irenopolis in Isauria and lived during the tenth century. While he was still in the world, he shone with the Christian virtues. He was distinguished for his wisdom, his exceeding goodness, controlling his tongue, his patience, his forbearance, his gentleness, and for his great love for the poor and the suffering.

Later he struggled in asceticism, and he was one of those ascetics who, by their holy life and the reputation of their virtue, are also profitable for the world. Many who came to his hermitage were led by Saint Lampados to the appropriate spiritual balsam, and they recovered their moral health, which the passions and the pleasures of the flesh had destroyed.

This monastic saint performed many miracles during his lifetime and after his repose. [From oca.org]

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#### THE HOLY NEW HIEROMARTYR CYPRIAN OF ST. GEORGE KELLI ON ATHOS (+ 1679)

Cyprian (Kyprianos) was born in the village of Kletzos in the province of Litza and Agrapha in northern Greece, from devout Christian parents. After becoming a monk at a young age he was made worthy of the holy priesthood. Upon being ordained, Father Cyprian went to the Holy Mountain and lived in the Cell of Saint George near Koutloumousiou Monastery. There he cultivated the virtues and became an exemplary monk.

Meanwhile, the heart of Cyprian was inflamed for martyrdom. For this reason he left the quietude and calm of his cell and departed for Thessaloniki, where he boldly preached Christ before the judge, urging those present to repudiate Islam and follow the path of Christ. Those present thought him to be a lunatic, so they beat him up and kicked him out of the court.

The flame in his heart for martyrdom did not diminish from this, but rather increased. Therefore Cyprian departed for Constantinople where he boldly entered the palace of the Grand Vizier Kara Mustafa, to whom he preached the Christian faith. The Grand Vizier was surprised by the words and boldness of Cyprian, so he in turn tried to persuade him to accept Islam. But he failed. Hence Cyprian was sent to the mufti, to whom he preached the same message of salvation.

At a certain point the Grand Vizier lost patience with Cyprian, so he sentenced him to death, and this sentence was gladly accepted by Cyprian. He was beheaded in the Phanar section of Constantinople, the area in which the Ecumenical Patriarchate has been located since 1601.

In this way was the deep longing of Cyprian fulfilled, giving his life for the love of Jesus Christ, in imitation of the saints, on Saturday, July 5th, in the year 1679. His martyrdom was recorded by John Karyophyllis. [From Mystagogy]

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#### UNCOVERING OF THE HOLY RELICS OF OUR RIGHTEOUS FATHER SERGIUS OF RADONEZH

Our righteous Father Sergius was born in Rostov, north of Moscow, about the year 1314. Named Bartholomew in Baptism, he was brought up in Radonezh, and at the death of his parents he withdrew to the wilderness to become a monk. It is notable that without having been trained in a monastery, he was of such a spiritual stature as to be able to take up the perilous eremitical life from the beginning, without falling into delusion or despondency. When he had endured with courage the deprivations of the solitary life, other monks began to come to him, for whom he was made abbot against his will. On the counsel of Philotheus, Patriarch of Constantinople, he organized his monks according to the cenobitic life, appointing duties to each. While Anthony and Theodosius of Kiev, and the other righteous Fathers before Sergius, had established their monasteries near to cities, Sergius was the leader and light of those who went far into the wilderness, and after his example the untrodden forests of northern Russia were settled with monks. When Grand Duke Demetrius Donskoy was about to go to battle against the invading Tartars, he first sought the blessing of Saint Sergius, through whose prayers he was triumphant.

Saint Sergius was adorned with the highest virtues of Christ-like humility and burning love for God and neighbor, and received the gift of working wonders, of casting out demons, and of discretion for leading souls to salvation. When he served the Divine Liturgy, an Angel served with him visibly; he was also vouchsafed the visitation of the most holy Theotokos with the Apostles Peter and John. He was gathered to his Fathers on September 25, 1392. At the recovery of his holy relics on July 5, 1422, his body and garments were found fragrant and incorrupt. His life was written by the monk Epiphanius, who knew him. [From tyoos.org]

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#### THE HOLY NEW MARTYRS ELIZABETH THE GRAND DUCHESS, THE NOVICE BARBARA, AND THOSE WITH THEM

Grand Duchess Elizabeth, a grand-daughter of Queen Victoria of England and elder sister of Empress Alexandra of Russia (see July 4), was one of the most illustrious women of her day, known throughout Europe not only for her high birth and graceful beauty, but also for her modesty and goodness of heart. After marrying Grand Duke Sergius Alexandrovich, she converted to Orthodoxy, although this was not required of her by her position. After the assassination of her husband in 1905, Grand Duchess Elizabeth withdrew from public life, founding the Convent of Saints Martha and Mary, of which she became the superior. There she dedicated herself to prayer, fasting, tending the sick, and caring for the poor. After the Bolsheviks seized power, she was exiled to the Urals, where she and those with her were martyred in 1918 when they were cast alive into an abandoned mine.

The Novice Barbara followed Saint Elizabeth into exile. When she was separated from the Grand Duchess, Barbara asked to be allowed to join her again; to terrify her, the Bolsheviks told her that she would be allowed to do this, but only if she were prepared for unheard-of torments

and a violent death. To their amazement, she consented, and was deemed worthy of martyrdom with the Grand Duchess. Their holy relics were recovered and taken through Russia to China, and came to rest in the Convent of Saint Mary Magdalene in Jerusalem. When their reliquaries were opened in 1981, their bodies were found to be partially incorrupt, and sweet with the odor of sanctity.

With them are also commemorated their fellow Martyrs: Grand Duke Sergius Mikhailovich; Princes John, Constantine, and Igor, the brethren; Prince Vladimir Paley; and Theodore Remez. [From tyoos.org]

### THE DISMISSAL

*The Leader bows toward the icon of Christ on the iconostasis, saying:*

*Leader:* Glory to thee, O Christ our God and our Hope, glory to thee.

*All:* Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. O Lord, bless.

*Leader:* O Thou Who rose again from the dead, Christ our true God, through the intercessions of his all-immaculate and all-blameless holy Mother; of our venerable and God-bearing fathers; of the *Holy Myrrh-Bearer and Equal to the Apostles Mary Magdalene*, protector of this community; of our Venerable and God-bearing Father Athanasius the Athonite, founder of the Great Lavra on Athos; Venerable Lampados of Irenoupolis; Venerable Hieromartyr Cyprian of St. George Kelli on Athos; Venerable Sergios the wonderworker of Radonezh, and the new Martyrs Elizabeth, Barbara and those with them, whose memory we celebrate today, and of all the saints: have mercy on us, and save us, for Thou art good and lovest mankind.

*Then, facing the icon of Christ, on the iconostasis, the Leader says:*

*Leader:* Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us, and save us.

*All:* Amen.