

ORTHROS ON SUNDAY, JULY 12, 2026; TONE 5 / EOTHINON 6
VENERABLE PAISIOS THE NEW OF MOUNT ATHOS

HOLY MARTYRS PROCLUS AND HILARY OF ANCYRA;
VERONICA, THE WOMAN WITH THE ISSUE OF BLOOD WHO WAS HEALED BY OUR LORD

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

Choir: Amen.

Priest: Glory to Thee, our God, glory to Thee.

O heavenly King, the Comforter, Spirit of Truth, Who art in all places, and fillest all things, Treasury of good things, and Giver of life, come, and dwell in us, and cleanse us from every stain; and save our souls, O good One.

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 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.

Choir: Amen.

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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

Do Thou, Who of Thine own good will wast lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

Both 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 thou art she who gavest birth to God and alone art blessed.

LITANY

Priest: Have mercy on us, O God, according to thy great mercy, we pray thee, hearken and have mercy.

The choir responds "Lord, have mercy" (thrice) in this litany until noted.

Again, we pray for all pious and Orthodox Christians.

Again we pray for our father and metropolitan, N., (our bishop, N.,) and all our brotherhood in Christ.

For thou art a merciful God and lovest mankind, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen. Bless, father, in the name of the Lord.

Priest: Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and ever, and unto ages of ages.

Choir: Amen.

Reader: Glory to God in the highest, and on earth peace, goodwill among men. (*thrice*)

O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. (*twice*)

PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people.

I laid me down and slept; I awoke, for the Lord will help me.

PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftinesses all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)

Lord, have mercy. (*thrice*)

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

PSALM 87

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

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness, and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

PSALM 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 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 judgment 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. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.

Hearken unto me, O Lord, in Thy righteousness and enter not into judgment with Thy servant. (*twice*)
Thy good Spirit shall lead me in the land of uprightness.

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

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)

O our God and our Hope, glory to Thee!

THE GREAT LITANY

Priest: In peace, let us pray to the Lord.

The choir responds "Lord, have mercy" to each petition until noted.

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

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

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

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

For our country, its president (or appropriate head of state), civil authorities and armed forces, let us pray to the Lord.

For this city and every city and countryside and the faithful who dwell therein, let us pray to the Lord.

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

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

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

Help us; save us; have mercy on us; and keep us, O God, by thy grace.

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

Choir: To Thee, O Lord.

Priest: For unto thee 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.

Choir: Amen.

"GOD IS THE LORD" IN TONE FIVE

Choir: God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord.

Verse 1. O give thanks unto the Lord and call upon His Holy Name. (*Refrain*)

Verse 2. All nations compassed me about: but in the Name of the Lord will I destroy them. (*Refrain*)

Verse 3. This is the Lord's doing; it is marvelous in our eyes. (*Refrain*)

RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION FOR ST. PAISIOS IN TONE FIVE (**Let us worship the Word**)

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

When the fire of love for the Lord was lit in thee, * by thine ascetic travails didst thou give thyself unto Christ; * and didst take up His pure Image, O Paisios. * Thereby becoming for us all * consolation and a God-inspired source of true wisdom; * and by thy ceaseless entreaties * for the whole world thou workest miracles.

RESURRECTIONAL THEOTOKION IN TONE FIVE

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

Rejoice, O uncrossed gate; rejoice, O wall and protection of those who hasten unto thee; rejoice, O quiet haven, who hast not known wedlock, O thou who hast given birth in the flesh to thy Creator and God. Thou shalt continue to intercede for the sake of those who praise and worship thy birth-giving.

THE LITTLE LITANY

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

Priest: For Thine is the might, and 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.

Choir: Amen.

FIFTH TONE RESURRECTIONAL KATHISMATA HYMNS (Plain Reading)

First Kathisma

Let us laud the honored Cross of the Lord; let us honor with song His holy Burial; let us glorify His divine Resurrection; for He hath raised the dead from the graves, since He is God, and hath led captive the might of death and the power of Diabolus, and hath shed light on those who are in Hades.

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

Thou hast been called dead, O Lord, Who hast caused death to die. And Thou wast placed in a grave, O Thou Who hast emptied the grave. Above, the soldiers guarded the tomb, but below, Thou didst raise the dead who were from eternity. Wherefore, O Lord Almighty, the Incomprehensible, glory to Thee.

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

Rejoice, O holy mountain whom the Lord crossed in passing. Rejoice, O respiring bush, unconsumed. Rejoice, O thou who alone art a bridge for the world towards God, transferring the

dead to eternal life. Rejoice, O pure one, free of corruption, who didst give birth without wedlock to the Savior of the world.

Second Kathisma

After Thy third-day Resurrection and the worship of the Disciples, O Lord, Peter cried to Thee: The women made bold to Thee, but I cowered fearing; the thief did speak of Thy Divinity, and I denied Thee ungratefully. Wouldest Thou still, I wonder, call me Disciple, or make me a fisher of the deep? Nevertheless, O God, receive me, repentant, and save me.

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

The transgressors of the law, O merciful Lord, nailed Thee between two thieves and stabbed Thy side with a spear. And Thou didst submit to burial, O Thou Who didst invade the gates of Hades, and didst rise in three days. Wherefore, the women hastened to behold Thee, and told the good tidings of Thy Resurrection to the Apostles. O most exalted Savior, Whom the angels praise, O blessed Lord, glory to Thee.

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

O Theotokos, transcendent in praise, O bride who hast not tried marriage, O thou who hast changed Eve's sorrow to joy, we worshipping believers give praise; for that thou didst lift us up from the first curse. And now intercede ceaselessly, O all-holy one, for our salvation.

Third Kathisma for St. Paisios

Who hath known the fire of thy zeal and struggles, O righteous one? Who can measure the rivers of thine ever-flowing love? Thou didst die daily to strengthen those who were suffering. If thou hadst been able, thou hadst given thy heart in imitation of the compassion of Christ who emptied himself for all.

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

Having prepared for a divine ascent from this life, O Saint, thou didst attain purity of soul and power of contemplation; hence you gave us, O father, a ladder of virtue with your Godly-wise words as rungs by which we ascend from the depths of passion to the heights of dispassion.

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

What shall we call you now, unwedded Mother pure? Queen of angels, intercessor for all the world, treasury of grace divine, alabaster flask of divine myrrh, unburning bush, jar containing manna, ladder passing from earth to heaven, cover wider than the heavens that shelters us from danger and rescues us.

EVLOGETARIA (BENEDICTIONS) IN TONE FIVE ([KAZAN](#)) ([KARAM](#))

Blessed art Thou, O Lord; teach me Thy statutes.

The company of the angels was amazed, when they beheld thee numbered among the dead, yet thyself, O Savior, destroying the power of death, and with thee raising up Adam and releasing all men from hades.

Blessed art Thou, O Lord; teach me Thy statutes.

Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand; for the Savior is risen from the tomb.

Blessed art Thou, O Lord; teach me Thy statutes.

Very early in the morning did the Myrrh-bearing Women run lamenting unto Thy tomb; but an Angel came toward them saying: The time for lamentation is passed; weep not; but announce unto the Apostles the Resurrection.

Blessed art Thou, O Lord; teach me Thy statutes.

The Myrrh-bearing Women mourned as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them saying: Why number ye the Living among the dead? In that 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 art Thou, O Lord.

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

In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He Who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (*thrice*)
O our God and our Hope, glory to Thee!

THE LITTLE LITANY

Priest: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Priest: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

Priest: For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

FIFTH TONE RESURRECTIONAL HYPAKOE (Plain Reading)

The minds of the ointment-bearing women were dazzled by the angelic scene, and their souls with the divine Resurrection. Wherefore, they spoke to the Apostles, saying: Declare in the nations the Resurrection of the Lord, Who worketh wonders with you, who bestoweth on us the Great Mercy.

FIFTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

First Antiphony

- + O my Lord, I sing to Thee like David in my sorrow. Save my soul from the deceitful tongues.
- + Verily, the life of the dwellers in the wilderness is a very happy one; for by divine passion are they ever carried up.

- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit are all creations seen and unseen preserved, the control thereof being in Himself Who is without doubt one of the Trinity.

Second Antiphony

- + Come, my soul, let us ascend the mountain yonder, whence cometh thy help.
- + O Christ, let Thy raised right hand encompass me, preserving me from all evil deceits.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + By the Holy Spirit do we speak divinely, saying, Verily, Thou art God, Life, Love, Light and Mind. Thou art goodness; Thou dost reign for ages.

Third Antiphony

- + I have been filled with great joy by those who say to me: Let us go into the courts of the Lord. Verily, I have offered a constant prayer.
- + In the house of David dread wonders take place; for there is a burning fire consuming every evil mind.
- + *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*
- + Verily, the Holy Spirit is the Element of life and its beginning; for through Him doth every living thing breathe; as is the Father and the Word.

PROKEIMENON FOR THE RESURRECTION IN TONE FIVE (**KAZAN**) (**EL MASSIH**)
 Arise, O my Lord and my God, for Thou dost reign to the end of time. (*twice*)

Stichos: *To Thee do I confess, O Lord, from my whole heart.*

Arise, O my Lord and my God, for Thou dost reign to the end of time.

LET EVERYTHING THAT HATH BREATH

Deacon: Let us pray to the Lord.

Choir: Lord, have mercy.

Priest: For Holy art Thou, O our God, Who retest in the holies, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.

Choir: Amen.

Let everything that hath breath praise the Lord. (*twice*)

Praise ye God in His saints; praise Him in the firm foundation of His power.

Let everything that hath breath praise the Lord.

THE SIXTH EOTHINON GOSPEL

Deacon: And that we may be accounted worthy to hear the Holy Gospel, let us beseech the Lord our God.

Choir: Lord, have mercy. (*thrice*)

Deacon: Wisdom! Stand upright! Let us hear the Holy Gospel.

Priest: Peace be to all.

Choir: And to thy spirit.

Priest: The reading from the Holy Gospel according to Saint Luke (24:36-53).

Choir: Glory to Thee, O Lord, glory to Thee.

Deacon: Let us attend!

Priest: At that time, Jesus, risen from the dead, stood in the midst of His disciples and said to them, "Peace be to you." But they were startled and frightened, and supposed that they saw a spirit. And He said to them, "Why are you troubled, and why do questionings rise in your hearts? See My hands and My feet, that it is I Myself; handle Me, and see; for a spirit has not flesh and bones as you see that I have." And when He had said this, He showed them His hands and His feet. And while they still disbelieved for joy, and wondered, He said to them, "Have you anything here to eat?" They gave Him a piece of broiled fish and a honeycomb, and He took it and ate before them. Then He said to them, "These are My words which I spoke to you, while I was still with you, that everything written about Me in the law of Moses and the prophets and the psalms must be fulfilled." Then He opened their minds to understand the Scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in His Name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city of Jerusalem, until you are clothed with power from on high." Then, He led them out as far as Bethany, and lifting up His hands, He blessed them. While He blessed them, He was parted from them, and was carried up into heaven. And they worshipped Him, and returned to Jerusalem with great joy, and were continually in the temple praising and blessing God. Amen.

Choir: Glory to Thee, O Lord, glory to Thee.

Reader: In that we have beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. Thy cross do we adore, O Christ, and Thy holy resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy name. O come, all ye faithful, let us adore Christ's holy resurrection. For lo, through the cross is joy come into all the world. Ever blessing the Lord, let us sing His resurrection, for in that He endured the cross for us, He hath destroyed death by death.

PSALM 50

Reader: Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy

ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

TROPARIA AFTER PSALM 50 IN TONE TWO

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

Through the intercessions of the Apostles, O Thou Who art merciful, blot out all the multitudes of our transgressions.

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

Through the intercessions of the Theotokos, O Thou Who art merciful, blot out all the multitudes of our transgressions.

Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.

Jesus, having risen from the grave as He foretold, hath given unto us life eternal and Great Mercy.

THE INTERCESSION¹

Deacon: O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady, the Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross; by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis, the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; *of Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of our Venerable and God-bearing Father Paisios the New of Athos, whose memory we celebrate today, and of all Thy saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.

Choir: Lord, have mercy. (*twelve times*)

¹ Saints of particular local veneration may be included among the Saints of their same classification at the discretion of the pastor.

Priest: Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.

Choir: Amen.

FIFTH TONE RESURRECTIONAL KONTAKION AND OIKOS (Plain Reading)

In Thy condescension, Thou didst descend into Hades, O my Savior, and having broken the gates since Thou art omnipotent, as Creator Thou didst raise up the dead together with Thyself. And Thou didst break the sting of death, O Christ, and didst deliver Adam from the curse, O Lover of mankind. Wherefore, we all cry unto Thee: Save us, O Lord.

When the women heard the angel's words, they cast off their lamentation and were filled with joy, and while trembling they beheld the Resurrection. And behold, Christ drew nigh to them, saying: Rejoice. Be of good cheer; I have overcome the world and have rescued them that were in bonds. Hasten, therefore, to the disciples, and tell them that I go My way before you into Galilee to preach. Wherefore, we all cry unto Thee: Save us, O Lord.

KONTAKION AND OIKOS FOR ST. PAISIOS (Plain Reading)

In imitation of the Angels didst thou lead thy life, brightly reflecting the exceeding love of God for man. Wherefore, thou hast been shown forth as a fiery beacon which doth guide all us believers to a life in God Who refashioneth His children when they turn to Him. Thus, we cry to thee: Rejoice, O Father Paisios.

The angels wondered, how, O father, thou in body didst ascend through love to the Heavens, and how there, filled with divine love, with the light of love thou madest the earth heavenly. And we who are in awe of thee address thee thus with utmost reverence: Rejoice, the mystic of sacred stillness; rejoice, the vessel of love for and of God. Rejoice, for you received the bread of Angels; rejoice, for you received Saints in your cabin. Rejoice, for you were granted to see the God-man Christ; rejoice, for you also had visions of the Mother of God. Rejoice, most sympathetic intercessor for all people; rejoice, O invisible benefactor of the whole world. Rejoice, distinguished champion of Orthodoxy; rejoice, mighty opponent of schism and heresy. Rejoice, the splendor of Holy Mount Athos; rejoice, protector of the Theologian's convent. Rejoice, Father known throughout the world! Rejoice, O Father Paisios.

THE SYNAXARION (Plain Reading)

On July 12 in the Holy Orthodox Church, we commemorate our venerable Father Paisios the New of Mount Athos, who was perfected in peace in 1994.

Verses

Paisios, the tree of Mount Athos: Thou wast shown to be full of fruit, O most venerable one.
On the twelfth, Paisios reposed.

This holy man was born as Arsenios Eznepidis in Farasa, Turkey in 1924. His family settled in Konitsa, Epirus, Greece. In 1950, he began his monastic life on Mount Athos. Seven years later, he was tonsured to the small schema and given the name Paisios after the famed Paisios II, Metropolitan of Caesarea. Paisios lived for a time at St. Katherine Monastery on Mount Sinai, spent many years on Mount Athos, and eventually took up residence at St. John the Theologian Monastery in Souroti, Greece. Elder Paisios drew unwanted fame for his holiness, but he welcomed, counseled and cured thousands of Orthodox Christians of their various ailments and

addictions through the power of Christ, upon which he counted for his own illnesses. After a battle with cancer, Elder Paisios reposed. Thousands of pilgrims flock to his grave at Souroti each year, seeking his intercessions before God to heal their illnesses. They continue to rely upon his counseling through his teachings in books and interviews. On January 13, 2015, the Ecumenical Patriarchate numbered Elder Paisios among the saints for his pious example and miracles, especially in recognition of the multitudes of clergy and faithful who love him.

On this day, we also commemorate the Martyrs Proclus and Hilary of Ancyra; and the righteous Veronica, the woman with the issue of blood healed by our Lord. By the intercessions of Thy saints, O Christ God, have mercy on us. Amen.

THE KATAVASIAE OF THE THEOTOKOS CANON IN TONE FOUR (KAZAN) (CROW)
Ode 1. I shall open my mouth and it will be filled with the Spirit; and I shall speak forth to the Queen and Mother. I shall be seen joyfully singing her praises, and I shall delight to sing of her wonders.

Ode 3. As a living and copious fountain, O Theotokos, do thou strengthen those who hymn thy praises, and are joined together in spiritual company for thy service; and in thy divine glory make them worthy of crowns of glory.

Ode 4. When the Prophet Habakkuk, O Thou Most High, learned of the divine and untraceable counsel of Thy pure incarnation from the womb of the blest Virgin, he cried out: Glory to Thy power, O Lord my God.²

Ode 5. All creation was amazed at thy divine glory, for thou, O unwedded Virgin, didst hold in thee the God of all, and didst bear the Eternal Son, Who rewards with salvation all those who hymn thy praises.

Ode 6. As we the Godly-minded, celebrate this sacred and all-honorable feast of the Mother of God: come, let us clap our hands together and glorify the God Whom she bore.

Ode 7. The Godly-minded children worshipped not the creature rather than the Creator, but trampling upon the threat of fire in manly fashion, they rejoiced and sang: O All-praised Lord and God of our Fathers, blessed art Thou.

We praise, we bless, and we worship the Lord.

Ode 8. The three holy children in the furnace the Child of the Theotokos saved; then was the type, now is its fulfillment, and the whole world gathers to sing: All ye works praise the Lord and magnify Him unto all ages.

Deacon: The Theotokos and Mother of the Light let us honor and magnify in song.

MAGNIFICATIONS IN TONE FOUR

Choir: My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

Refrain: More honorable than the cherubim, and more glorious beyond compare than the seraphim, thou who without corruption didst bear God the Word, and art truly Theotokos: we magnify thee. (*Repeat after each verse.*)

+ For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. (*Refrain*)

² This is the correct katavasia for the fourth ode of the Theotokos Canon. "He who sits in clouds" is for the Canon of the Akathist Hymn.

- + For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations. *(Refrain)*
- + He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. *(Refrain)*
- + He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. *(Refrain)*
- + He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. *(Refrain)*

Ode 9. ([Kazan](#)) ([Crow](#)) Let all the earth-born mortals rejoice in the Spirit, bearing their lamps. And let the nature of bodiless Minds celebrate with honor the holy festival of the Mother of God, and cry out: Hail! All-blessed, pure, and ever-virgin Theotokos!

THE LITTLE LITANY

Deacon: Again and again, in peace, let us pray to the Lord.

Choir: Lord, have mercy.

Deacon: Help us; save us; have mercy on us; and keep us, O God, by Thy grace.

Choir: Lord, have mercy.

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

Choir: To Thee, O Lord.

Priest: For all the powers of heaven praise Thee, and unto Thee do they ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages.

Choir: Amen.

Holy is the Lord our God. *(thrice)*

Exalt ye the Lord our God, and worship at His footstool, for He is holy.

THE SIXTH EOTHINON EXAPOSTEILARION IN TONE TWO

*(**Upon that mount in Galilee**)*

O Savior, clearly showing all * that Thou art man by nature, * when Thou wast risen from the tomb, * Thou didst take food and didst eat; * 'midst Thy disciples, Thou taughtest * that they must preach repentance, * then straightway Thou wast taken up * to Thy heavenly Father, * promising them * to send down Thy Comforter soon thereafter. * Transcendent God, both God and man, * glory to Thine Arising.

THE EXAPOSTEILARION & THEOTOKION FOR ST. PAISIOS IN TONE THREE

*(**O ye Apostles from afar**)*

Thou hast become a clear fountain * of Christ-like love which doth water * our withered hearts and with deep streams * doth irrigate well our parched minds, * restoring vigor to our souls, * O Paisios, our father.

Thou art the sweetness of Angels, * the gladness of afflicted ones, * and the protectress of Christians, * O Virgin Mother of our Lord; * be thou my helper, and save me * from out of eternal torments.

AINOI (PRAISES) IN TONE FIVE (KAZAN) (KARAM)

Choir: Let everything that hath breath praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God, is due our song.
Choir: Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.

For the Resurrection from the Octoechos in Tone Five

Verse 1. This glory shall be to all His saints.

The grave, O Lord, having been sealed by the transgressors of the law, Thou didst emerge from within like as Thou wast born of the Theotokos; for the incorporeal angels did not know how Thou wert incarnate. Likewise, the guardian soldiers were not aware when Thou didst rise; for these two matters were concealed from all seekers. But the wonders appeared to those who worshipped the mystery in faith. Therefore, grant us, who offer praise, joy and Great Mercy.

Verse 2. Praise God in His sanctuary; praise Him in the firmament of His power.

O Lord, Thou hast demolished the everlasting gates and broken asunder the chains. Thou didst rise from the tomb, leaving behind Thy wrappings and ointments in the grave, in testimony of Thy true three-day Burial, and didst go before into Galilee, O Thou Who wert kept in a cave. Great, therefore, are Thy mercies, O ineffable Savior; have mercy upon us.

Verse 3. Praise Him for His mighty acts; praise Him according to His excellent greatness.

The women did hasten to Thy tomb to behold Thee, O Lord, Who didst suffer for us. And when they arrived, advancing, they saw an angel sitting on the stone rolled back from fear. And he shouted to them, saying: The Lord hath risen. Go and tell the Disciples that the Savior of our souls is risen from the dead.

Verse 4. Praise Him with the sound of the trumpet; praise Him with the psalter and harp.

O Lord Savior, Thou didst enter unto Thy Disciples, the doors being closed, as Thou didst come out of the sealed tomb, showing the sufferings of the flesh which Thou didst accept in long-suffering; for Thou didst submit to pains patiently since Thou art the seed of David. But since Thou art the Son of God, Thou didst liberate the world. Great therefore, are Thy mercies, O incomprehensible Savior. Have mercy upon us.

For St. Paisios in Tone One (**O all-lauded martyrs**)

Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.

Rejoice, O ye mountains of the earth, * and with Athos leap for joy! Now let the whole world together celebrate with sacred hymns. * For the Lord hath granted * to use in these latter times * the teacher of repentance and virtue, the all-wise Paisios: * boast of all devout ascetic saints * and believers, * and the steadfast champion of truth.

Verse 6. Praise Him upon the loud cymbals; praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.

Refined in a furnace fueled by grace, * thou didst shine forth brilliantly with zeal, aflame like Elijah; like that man of great desire, * the true Prophet Daniel, * thou didst wholly love the truth. * And thou withstoodest every assault of Satan like the Maccabees, * for with ardor, thou didst love thy Lord * like Ignatius, * burning with the zeal of Paul.

Verse 7. Precious in the sight of the Lord is the death of His saint.

Nobility crowned thy head with jewels, * thus thy love for man was shown to be a treas'ry abounding with an endless wealth of cures. * Taking on thy shoulders * all the suff'rings of the sick, * with patience didst thou walk on the way of Christ and bare this cross with joy. * Thou partookest, O Paisios, * of His Rising, * giving comfort to the world.

Verse 8. Blessed is the man that feareth the Lord.

Paisios, lend thy helping hand, * be our champion in war: defend, protect, and deliver us from all adversity. * Bring the bitter warfare * of the enemy to naught, * and by thy swift incursions, drive back and route the foe's every array. * Intercede thou with the Lord our God * that He grant peace * and great mercy to our souls.

THE SIXTH EOTHINON DOXASTICON IN TONE SIX (KAZAN) (KARAM)

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

Thou Who art the true peace to men of God, O Christ, while giving Thy peace to Thy disciples after Thy Resurrection, didst cause them to be affrighted, for they supposed they beheld a spirit. But Thou didst quiet the trouble in their souls by showing them Thy hands and feet, although they yet believed not. But in partaking of food and bringing Thy teachings to remembrance, Thou didst open their understanding that they might understand the Scriptures. And after Thou hadst assured them of the Father's promise and hadst blessed them, Thou didst depart unto Heaven. Wherefore, together with them, we worship Thee; O Lord, glory be to Thee.

THEOTOKION IN TONE SIX (KAZAN) (EL MASSIH)

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

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

THE GREAT DOXOLOGY IN TONE SIX

- + Glory to Thee, Who hast shown forth the light. Glory to God in the highest, and on earth peace, good will among men.
- + We hymn Thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy 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, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.
- + Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.
- + For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the glory of God the Father. Amen.
- + Every day will I bless Thee, and I will praise Thy name forever, yea forever and ever.
- + Vouchsafe, O Lord, to keep us this day without sin.
- + Blessed art Thou, O Lord, the God of our Fathers, and praised and glorified is Thy name forever. Amen.
- + Let Thy mercy be upon us, O Lord, even as we have set our hope on thee.
- + Blessed art Thou, O Lord; teach me Thy statutes. (*thrice*)

- + Lord, thou hast been our refuge from generation to generation. I said: Lord, be merciful unto me; heal my soul, for I have sinned against Thee.
- + Lord, I have fled unto Thee; teach me to do Thy will, for Thou art my God.
- + For with Thee is the fountain of life; in thy light shall we see light.
- + O continue Thy mercy unto them that know thee.
- + 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.
- + Holy Immortal: have mercy on us.
- + Holy God, Holy Mighty, Holy Immortal: have mercy on us.

TROPARION IN TONE EIGHT ([KAZAN](#)) ([EL MASSIH](#))

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast granted Thy peace unto the civilized world, O Thou Who alone art plenteous in mercy.

The service of St. Paisios the New of Athos is the work of St. John the Theologian Monastery of Souroti, Greece. English translation by [Monastery of the Holy Archangel Michael](#) of Cañones, N.M.

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