

**2 MAY (Ascensiontide)**  
**± Relics of Athanásios of Alexandria C4**

**VESPERS**

**Lord I have cried**

Tone 4

O Lord, I have cried to you, listen to me;  
 O Lord, listen to me.  
 O Lord, I have cried to you, listen to me;  
 Note the voice of my plea when I cry to you.  
 O Lord, listen to me.

<sup>2</sup> Let my prayer be directed before you like incense,  
 the raising of my hands be an evening sacrifice.  
 O Lord, listen to me.

S6: O Lord, if you mark offences, who will stand?  
 But there is forgiveness with you.  
 S5: O Lord, I have waited for you for your name's sake;  
 my soul has waited for your word,  
 my soul has hoped in the Lord.

O venerable Athanásios, O divine preacher, you endured persecutions and withstood perils so firmly that you banished the ungodly error of Arios. You saved the Church from heresy as you proclaimed the true faith that the Son and the Spirit have the same being as the Father. X2

S4: Let Israel hope in the Lord  
 from morning watch until night,  
 from morning watch.

S3: For there is mercy with the Lord  
 and abundant redemption with *him*.  
 He will redeem Israel from all his offences.

You brought light to those in darkness through the brilliance of your teaching. O Athanásios, you banished all error with the courage of a true pastor and as an unshakeable pillar of the Church of Christ, even though you exposed yourself to danger. Therefore we glorify you with joy in our hymns when we assemble. X2

S2: Every nation, praise the Lord;  
 every people, acclaim him!

S1: For his mercy is strengthened over us  
 and the truth of the Lord remains for ever.  
 O divinely inspired *bishop*, you practised all the virtues with perseverance. You were consecrated by the anointing of the Spirit in the sight of everyone. You became a most holy hierarch, a true shepherd and a defender of the faith. Therefore the whole Church honours your sacred memory and offers glory to the Saviour on this feast. X2

Glory: Tone 6

Let us all sing hymns to Athanásios, the holy bishop of Christ. He overthrew the teaching of Arios when he declared the Son to be one in being with the Father. He proclaimed the might of the Trinity to the ends of the earth as one God in three indivisible Persons. He prays to God for those of us who celebrate his memory with faith.

Both now:

*From the Pentecostarion*

**Phos Ilarón**

P/D: Wisdom! Stand upright!

O Jesus Christ, joyful light of the holy glory  
 of the immortal, heavenly, holy, blessed Father,  
 when we come to the setting of the sun  
 and see the light of evening,  
 we praise God: Father, Son and Holy Spirit.

For it is right at all times to worship you

with voices of praise,  
 O Son of God *and* Giver of life.  
 Therefore the world glorifies you.

**Prokeímenon**  
*Of the Day*

**Ektení**

**Prayer**

O Lord, allow us this night to be guarded from sin. Blessed are you, O Lord, God of our fathers! Praised and glorified be your name for ever. Amen. O Lord, let your mercy be on us, for we have hoped in you. Blessed are you, O Lord; teach me your statutes. Blessed are you, O Master; make me understand your statutes. Blessed are you, O Holy *One*; enlighten me with your statutes. O Lord, your mercy lasts for ever; do not overlook the work of your hands. To you belongs worship, to you belongs praise, to you belongs glory, to the Father, the Son and the Holy Spirit, both now and ever, and to ages of ages. Amen.

**Plirotiká**

**Prayer**

P: Peace be with you all. R: And with your spirit  
 D: Bow down your heads to the Lord. R: To you, O Lord.

P: For blessed and glorified is the power of your Kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. *Amen*.

**Apósticha**

Tone 5

Hail, O example of virtue! You fought valiantly for the faith and crushed the heresy of Arios through the power of your sacred words. O Athanásios, you plainly taught about the one power shared by the Three Persons of the Holy Trinity, through which everything spiritual and material have been created in its unique goodness. Therefore you explained what is difficult to understand in the divine creation. Plead with Christ to send great mercy on our souls.

S1: My mouth will speak about wisdom;  
 the meditation of my heart will be about understanding. <sup>Ps 48</sup>  
 Hail, O support of patriarchs! *You are* a clear trumpet, a heavenly spirit, a precise tongue, a piercing insight, a ray of just doctrine, a true shepherd, a majestic torch, an axe to sever the weeds and heresy and burn them in the fire of the Spirit, an immovable pillar, and an invincible fortress. You preached about the supreme power of the Holy Trinity. Plead before God to send great mercy on our souls.

S2: Your priests will be clothed with justice  
*and* your holy ones will rejoice.

Hail, for your name means eternal life! Hail, for you are like a beautiful dove which flies with its mate and fledglings from earth to heaven! You rejoice there with the cloud of witnesses in the unfading light and in the unending joy. There the angelic choirs rejoice and the saints shine with splendour. There the sound of festivity echoes in the presence of God. There Christ lives who grants great mercy to our souls.

Glory: Tone 3

Again, the namesake of immortality, the river of the Nile which flows with gold, arrives for his annual commemoration. He pours out golden torrents of immortality in divine floods *and* produces a harvest for eternity. He teaches all to worship the indivisible might of the Trinity as he pours out God's teaching with exalted and divine words. He allows the thoughts of the faithful to drink and continually prays for our souls.

Both now:  
From the *Pentecostarion*

### Song of Simeon

B/P: O Master, now let your servant depart in peace according to your word,  
<sup>2</sup> for my eyes have seen your salvation, which you have prepared before all peoples,  
<sup>3</sup> a light of revelation for *the* nations and *the* glory of your people Israel.

### Triságon Prayers

#### Apolytikia

Tone 3

O holy father Athanasios, you became a stronghold of Orthodoxy. You strengthened the Church through your divine teaching and opposed the heretical opinion of Arios. You explained and taught that the Son is equal in nature to the Father. Holy father, intercede with Christ our God to grant us great mercy.

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

#### Dismissal

### ORTHROS

#### God is the Lord Ps 117

R: God is the Lord and has appeared to us.  
Blessed is the one who comes in the Lord's name. *Ps 117*  
S1: Thank the Lord, for he is good, for his mercy lasts for ever.  
S2: All the nations surrounded me, but I opposed them in the Lord's name.  
S3: This *is* the Lord's doing and it is wonderful in our eyes.

#### Apolytikia

Tone 3

O holy father Athanasios, you became a stronghold of Orthodoxy. You strengthened the Church through your divine teaching and opposed the heretical opinion of Arios. You explained and taught that the Son is equal in nature to the Father. Holy father, intercede with Christ our God to grant us great mercy.

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

#### Small Litany

P: For yours is the might, and yours is the kingdom, the power and the glory of the Father, the Son and Holy Spirit, now and ever and to the ages of ages. *Amen*

### Kathisma 1

Tone 3

O holy father, you defended the Church with the divine doctrines of Orthodoxy and ended heresy by your teaching. You ran the godly race and kept the faith until the end like Paul. Similarly a just crown was reserved to reward you for your sufferings.

Glory Both now:  
From the *Pentecostarion*

### Kathisma 2

Tone 4

O holy hierarch Athanasios, even after your death the assembly of the Orthodox benefits from the light of your radiant teaching, for you are like an unfading sun.

Glory Both now:  
From the *Pentecostarion*

#### Small Litany

P: For blessed is your name, and glorified is your kingdom, of the Father and of the Son and of the Holy Spirit. *Amen*

#### Psalm 50

O God, have mercy on me in your abundant mercy and wipe out my offence through your great compassion.  
<sup>4</sup> Wash me thoroughly from my lawless act and cleanse me from my sin.  
<sup>5</sup> For I know my lawlessness and my sin is always before me.  
<sup>6</sup> I have sinned against you alone and done this evil before you  
<sup>6b</sup> so that you might be justified in your words and overcome when you are judged.  
<sup>7</sup> For see, I was conceived in lawlessness and my mother gave birth to me in sin.  
<sup>8</sup> For see, you have loved truth and revealed to me the hidden and secret *things* of your wisdom.  
<sup>9</sup> You will sprinkle me with hyssop and I will be clean; you will wash me and I will become whiter than snow.  
<sup>10</sup> You will make me hear about joy and gladness; the humbled bones will rejoice.  
<sup>11</sup> Turn your face from my sins and wipe out all my lawlessness.  
<sup>12</sup> O God, create a pure heart within me and renew an upright spirit within me.  
<sup>13</sup> Do not banish me from your presence or remove your Holy Spirit from me.  
<sup>14</sup> Restore the joy of your salvation to me and make me firm with your directing Spirit.  
<sup>15</sup> I will teach the lawless your ways and the ungodly will return to you.  
<sup>16</sup> O God, set me free from the guilt of blood; O God of my salvation, my tongue will rejoice in your justice.  
<sup>17</sup> O Lord, you will open my lips and my mouth will proclaim your praise.  
<sup>18</sup> For if you had wanted sacrifice, I would have given it; you will not be pleased with burnt offerings.  
<sup>19</sup> Sacrifice for God is a broken spirit; God will not despise a broken and humbled heart.  
<sup>20</sup> O Lord, be good to Zion in your pleasure and let the walls of Jerusalem be built.  
<sup>21</sup> Then you will be pleased with a sacrifice of justice, with an offering and burnt sacrifices; then they will offer calves on your altar.

#### Kontáktion

Tone 2

O holy father Athanasios, you planted the doctrine of Orthodoxy and eradicated the weeds of error. You multiplied the seeds of faith which were watered by the Holy Spirit. Therefore we sing you a hymn of praise.

#### Íkos

O faithful, today let us celebrate the joyful memory of Athanasios with hymns. Through his teaching he caused the collapse of the heresies of Arios, Evnomios and Savellios. He delivered them to the eternal fire to be consumed for blasphemy against the

incarnation of Christ which was announced by all the prophets. Therefore we sing him a hymn of praise.

### Synaxáριον

Today we remember the transfer of the relics of our father among the saints Athanáσιος the Great, Patriarch of Alexandria who lived in the Fourth Century. He attended the First Council as a deacon and became a life-long fighter against the Arian Heresy. As a result he was exiled many times from his city. Although he was a giant in theological combat, he was humble, courteous and open to all. On the Second his stored remains were transferred to another tomb.

Together with him we remember:

Holy Gluvias, brother of Cadoc, of the Celtic Lands C6

Prince Boris of Bulgaria C10

Patriarch Athanáσιος of Constantinople C17

O God, have mercy on us through their holy prayers. Amen.

### Katavasías

1: *The man* who had been slow in speech proclaimed the Law written by God when he was covered with divine darkness. He shook the dust away from the eyes of the wise as they saw the Existing *Lord*. After they had attained the knowledge of the Spirit, they praised him with divine songs.

3: Hannah, the prophetess of old, was drawn with a contrite spirit to the mighty God of wisdom; she undid the bonds of an infertile womb and the rebukes of her rival, for she gave birth to a child by her prayer alone.

4: O King of kings, unique Word coming from the only Father without beginning, O Lord, as Benefactor you have sent the Holy Spirit who is equal to you in might, to the disciples who glorify your power.

5: O renowned children of the Church, receive the fiery dew of the Spirit which brings perfect purification from sin, for now the Law has come from Sion. The grace of the Spirit is like tongues of fire.

6: O Master Christ, you are our purification. You have appeared to us from the Virgin and come like the prophet Jonah from the belly of the whale. You rescue all the fallen sons of Adam.

7: Instruments once resounded in harmony in honour of the lifeless golden idol, but the life-bearing grace of the Advocate moves believers to cry, "Blessed are you, O Trinity in Unity! You are without beginning and equal in power!"

8: Let us praise, bless and worship the Lord. The three-fold radiance of the Divinity moistened the flames with dew and loosened the bonds. Therefore the youths sang to the Creator of all, "Blessed is our only Benefactor and Saviour."

### Ode 9

**M**y soul glorifies the Lord  
and my spirit has rejoiced in God my Saviour. **R**

**R:** *You are* more honourable than the Cherubim  
and beyond compare more glorious than the Seraphim.  
You gave birth to God the Word without defilement;  
O true Theotokos, we glorify you.

<sup>2</sup> For he has regarded his servant's humility;  
see, from now all generations will call me blessed. **R**

<sup>3</sup> For the Almighty has accomplished great *things* for me  
and his name is holy.

His mercy is from generation to generation  
on those who fear him. **R**

<sup>4</sup> He has accomplished strength with his arm  
and scattered the proud in the imagination of their hearts. **R**

<sup>5</sup> He has put down the mighty from *their* thrones  
and exalted the humble.

He has satisfied the hungry with good *things*  
and dismissed the rich with nothing. **R**

<sup>6</sup> He has helped his servant Israel  
in remembering his mercy,  
as he spoke to our fathers,  
to Abraham and his seed for ever. **R**

9: Hail, O Queen! You are the glory of mothers and virgins. No mouth, however sweet or fluent, is eloquent enough to praise you worthily. Every mind is overawed by your childbearing. Therefore we glorify you in unison.

### Small Litany

P: For all the powers of heaven praise you, and to you we send up glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. *Amen*

### Exaposteilária

Let us sing a hymn about the great Athanáσιος. He is the glory of bishops, the son of Egypt and a jewel of immortal life. He overthrew Arios and is the helper of the faithful.

O Christ, the disciples were watching your ascension to the throne of the Father. The angels cried, "Receive him, O gates, receive him, for the King has gone up to radiant glory!"

### Praises

Tone 4

Let everything with breath praise the Lord.

Praise the Lord from the heavens;

praise him in the heights.

To you, O God, is due a song.

Praise him, all his angels;

praise him, all his powers.

To you, O God, is due a song.

S4: Praise him with cymbal and dance;

praise him with strings and flute.

All-glorious *father*, the dead wood of heresy is consumed by the fire of your teaching. O blessed *saint*, the evil army of disobedience is drowned in the sea of your thinking. O venerable Athanáσιος, the Church of the faithful is daily adorned by your teaching and cries out in your honour.

S3: Praise him with tuneful cymbals;

praise him with joyful cymbals.

Let everything with breath praise the Lord.

All-glorious *father*, the dead wood of heresy is consumed by the fire of your teaching. O blessed *saint*, the evil army of disobedience is drowned in the sea of your thinking. O venerable Athanáσιος, the Church of the faithful is daily adorned by your teaching and cries out in your honour.

S2: My mouth will speak about wisdom;

the meditation of my heart will be about understanding. Ps 48

All-wise *father*, you drove the spiritual wolves from the Church of Christ with the staff of your teaching. You have defended it, encircled it with the strength of your words and presented it to Christ unshaken and immovable. Pray to him that those who celebrate your most honourable memory with faith may be rescued from corruption and misfortune.

S1: Your priests will be clothed with justice

and your holy ones will rejoice.

O venerable *father*, the whole Church is adorned with the splendour of your divine preaching. It is faithfully clothed with beautiful

virtue and rightly honours the feast of your memory. O Athanásios, you are the glory of priests, the great and shining preacher of the faith, and champion of the Trinity.

Glory: Tone 3

Let us reverently honour Athanásios who is the glory of priests and the invincible hierarch. When he had scattered the heretical forces through the power of the Spirit, he established the triumph of Orthodoxy throughout the world. He gave us the correct words to speak about the mystery of the Holy Trinity. These were concerned with the Persons and their various attributes and how they were joined in a unity without confusion through their identity of Being. He sings to God in company with the Cherubim and pleads for the salvation of our souls.

Both now:

*From the Pentecostarion*

### Great Doxology

Glory to you who have shown us the light!  
glory to God in the highest!  
Peace on earth and goodwill to men!  
<sup>2</sup>We praise you, we bless you, we worship you,  
we glorify you, we thank you for your great glory,  
<sup>3</sup>O Lord King, heavenly God, almighty Father,  
O Lord, only-begotten Son, Jesus Christ,  
and you, O Holy Spirit!  
<sup>4</sup>O Lord God, Lamb of God, Son of the Father,  
you take away the sin of the world;  
have mercy on us,  
*for you take away the sin of the world.*  
<sup>5</sup>Receive our prayer,  
*for you sit on the right of the Father,*  
and have mercy on us.  
<sup>6</sup>For only you are holy, only you are Lord,  
O Jesus Christ, to the glory of God the Father. Amen.  
<sup>7</sup>I will bless you every day  
and always praise your name for ever and ever. Ps 144  
<sup>8</sup>O Lord, allow us this day  
to be guarded from sin.  
<sup>9</sup>Blessed are you, O Lord God of our fathers!  
Praised and glorified be your name for ever. Amen. Daniel 3  
<sup>10</sup>O Lord, let your mercy *be* on us,  
for we have hoped in you. Ps 32.  
<sup>16</sup>Blessed are you, O Lord!  
Teach me your statutes. X3 Ps 118  
<sup>12</sup>O Lord, you have been our refuge  
from generation to generation. Ps 89  
I said, "O Lord, have mercy on me;  
heal my soul, for I have sinned against you." Ps 40  
<sup>14</sup>O Lord, I have fled to you;  
teach me to do your will, for you are my God. Ps 142  
<sup>15</sup>For with you is the source of life  
and in your light we will see light. Ps 35  
<sup>16</sup>Stretch out your mercy  
to those who know you. Ps 35

### Triságion

### Apolytícion

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

### LITURGY

#### Antiphon 1 Ps 46 Tone 2

S1: All you nations, clap your hands;

shout to God with *the* sound of rejoicing.

R: Through the prayers of the Theotokos, Saviour, save us.

S2: For the Most High Lord is terrible  
*and* a great King over all the earth.

S3: He has subdued *the* peoples under us  
and *the* nations under our feet.

S4: Glory: Both now:

#### Antiphon 2 Ps 47 Own Tone

S1: Great is the Lord and highly praised  
in the city of our God  
*and* on his holy mountain.

R: Save us, O Son of God.

You ascended in glory from us to the heavens.  
We sing to you, "Alleluia!"

S2: God is known in her great houses  
when he comes to help her.

S3: For see, the kings of the earth have been assembled;  
they came together.

S5: Glory: Both now:  
*Monogenes*

#### Antiphon 3 Ps 48 Tone 4

S1: All you nations, listen to these words;  
all who live in the world, be attentive,

R: O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

S2: My mouth will speak about wisdom;  
the meditation of my heart will be about understanding.

S3: I will incline my ear to a parable  
*and* unfold my enigma with the lute.

S5: Glory: Both now:

#### Entrance Ps 46

God has gone up with a shout,  
the Lord with the sound of *the* trumpet.

Save us, O Son of God.

You ascended to heaven in glory from us.  
We sing to you, "Alleluia!"

#### Apolytíkia

Tone 4

O Christ *our* God, you have ascended in glory and granted joy to your disciples through the promise of the Holy Spirit. They were assured through the blessing that you are the Son of God, the Redeemer of the world.

Tone 3

O holy father Athanasios, you became a stronghold of Orthodoxy. You strengthened the Church through your divine teaching and opposed the heretical opinion of Arius. You explained and taught that the Son is equal in nature to the Father. Holy father, intercede with Christ our God to grant us great mercy.

*Of the Church*

#### Kontákion

Tone 8

O Christ our God, when you had fulfilled the dispensation for our sake and united things on earth with things in heaven, you ascended in glory. You are not separated from any place, are constant

without being removed and cry to your loved ones, "I myself am with you and no one will be against you."

**Prokeimenon Dan 3 Tone 4**

R: Blessed are you, O Lord God of our fathers.

S: For you are just in everything that you have done to us.

**Apóstolos**

From the Letter of Paul to the Hebrews (13:7-16)

Brothers, remember your leaders, men who spoke to you the word of God, and considering the results of their conduct, imitate their faith. <sup>8</sup> Jesus Christ is the same yesterday, today, and forever. <sup>9</sup> Do not be carried away by various and strange teachings, for it is good that the heart be established by grace, not by food, through which those who were so occupied were not benefited. <sup>10</sup> We have an altar from which those who serve the holy tabernacle have no right to eat. <sup>11</sup> For the bodies of those animals, whose blood is brought into the holy place by the high priest as an offering for sin, are burned outside of the camp. Jesus also, that he might sanctify the people through his own blood, suffered outside of the gate. <sup>13</sup> Let us therefore go forth to him outside of the camp, bearing his reproach. <sup>14</sup> For we do not have here an enduring city, but we seek what is to come. <sup>15</sup> Through him, then, let us offer up a sacrifice of praise to God continually, that is, the fruit of lips which make confession to his name. <sup>16</sup> But do not forget to be doing good and sharing, for with such sacrifices God is well pleased.

**Alleluia Ps 131 Tone 1**

S1: Your priests, O Lord, will clothe themselves with justice

And your holy ones will rejoice.

S2: For the Lord has chosen Zion.

**Gospel**

From the Holy Gospel according to Matthew (5:14-19)

The Lord said to those who followed him: You are the light of the world. A city set on a hill cannot be hid. <sup>15</sup> Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. <sup>16</sup> Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. <sup>17</sup> "Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them. <sup>18</sup> For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. <sup>19</sup> Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the Kingdom of Heaven; but he who does them and teaches them shall be called great in the Kingdom of Heaven.

**Communion**

The just will be in everlasting remembrance. Alleluia!

**Post Communion**

Christ is risen from the dead!

He has trampled death with death  
and granted life to those in the tombs.