

**5 JULY**  
**+ God-bearing Father Athanásios of Athos C9-10**  
**Wonderworker Lampadós of Athos C10**  
**Sergios of Radonezh C15**

**VESPERS**

**Lord I have cried**

Tone 2

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.

O Athanásios, what praises are correct for you? Your virtues are your true adornment and you were filled with grace through the light emanating from God. You are a sword to chop down the rebellious passions, a brilliant pillar of divine contemplation, a flame of abstinence which kindled on the lamp-stand of your soul the divine commandments of *the Lord* who gives life to the whole human race.

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 Athanásios, what praises are correct for you? You are an eagle soaring on the wind who is supported like a heavenly being on the wings of divine contemplation. You are a stronghold of humility, an immoveable fortification of discernment, truly splendid in the nobility of your soul and an intercessor before Christ our God so that he may protect your spiritual children in his compassion.

S4: Let Israel hope in the Lord

from morning watch until night,  
from morning watch.

O father Athanásios, wise in God, you are like a morning star in the radiance of your gifts and guide those who are blinded by passions towards the unfading Light. Christ made you a physician of souls because you increased the talent entrusted to you. You are able to lance festering wounds with the scalpel of your words; you restore health to the faithful who turn to you.

Tone 8

S3: For there is mercy with the Lord  
and abundant redemption with *him*.

He will redeem Israel from all his offences.

O Lampadós, holy and blessed father, you subjugated the rebellious flesh to your spirit by self-control and prayer. You were filled with grace by the Holy Spirit and used the power to overcome and crush innumerable evil spirits which battered you.

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

O divinely-inspired father Lampadós, you were given to us as a treasure hidden in the caves where you lived. O blessed father, through your amazing miracles you anoint the souls of the faithful who come to you. Therefore we sing to you, "Plead that those who praise you may be rescued from adversity."

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.

O Lampadós, holy and blessed father, you were united to God through asceticism and devoutly enlightened by his living splendour. You became a lamp to reveal the ways of salvation to the entire human race. Therefore we who are faithful joyfully celebrate your light-bearing memorial today.

Glory: Tone 6

O father Athanásios, your life was filled with the glory of God and your passing was truly holy. Today the whole community of the Holy Mountain assembles. As it sees you lying lifeless on your bed, it cries out, "Grant one last word to your servants. Tell us how you can leave your sons whom you loved like a compassionate father? Although the grave

will cover you on earth, we who sincerely honour you will have you in heaven as a protector and intercessor before Christ our God.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure *Lady*, the uniquely-fathered Son shone timelessly from the Father, but was ineffably incarnate from you. He was God by nature, but became man for our sake. He was not divided into two persons, but known as one in two natures. O honoured and all-blessed Lady, implore him to have mercy on our souls.

*Entrance*

### **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.*

## **Lití**

### **Tone 5**

Let our hymns ring out, for the grace of the Spirit, clearer than any trumpet blast, summons us to sing about the God-bearing father Athanásios. Let kings and princes honour this renowned servant of the Great King. He smashed the prince of this world, together with his powers and principalities, when he put on the armour of the Holy Spirit. O bishops and teachers, celebrate the rule and model for true and good shepherds, the purity of his teaching, the nobility of his faith, his standing which reaches the clouds in contemplation and practice of virtue, and the delightful river of his teaching. He is a guide for those who stray, a support for the faithful when they are shaken and a treasure house of compassion for all those who suffer. As we praise the great glory of Athos, let us all say, “O Athanásios, crown of the fathers, continually protect your servants and save your flock through your prayers.”

## **Apósticha**

### **Tone 5**

Hail, O honourable father Athanásios, for you rejoice among the angels in their choirs! You lived their life on earth while you practised the virtues and demonstrated the purity of a spotless mirror receiving the beams of the Holy Spirit. Therefore you had the gift of prophecy as you foresaw everything in the divine light of Christ. Plead with him to grant us great mercy.

S1 The death of his saints is precious in the Lord's sight. Ps 115

Hail, O leader of ascetics, their invincible protector! O Athanásios, as you cut down the passions at their roots and courageously withstood demonic attack, you overcame their deadly behaviour. You plainly demonstrated the power and invincible might of the Saviour's cross. With this as your armour, you overcame all the adversaries who opposed the divine revelation of Christ in the flesh.

S2: Blessed is the man who fears the Lord;  
there is great desire in his commandments. Ps 111

Glory: Tone 8

Both now:

O unwedded Virgin, you ineffably conceived God in the flesh. O Mother of the most high God, blameless *Lady*, accept the cries of your servants and grant cleansing from offences to everyone. Receive our prayers and pray for the salvation of our souls.

### **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.

### **Triságion Prayers**

#### **Apolytikia**

Tone 3

O Athanásios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

Tone 3

O Virgin Theotokos, we praise you for mediating the Salvation of our race, for your Son and our God accepted suffering on the cross in the flesh

which he took from you. He has freed us from corruption, for he is the Lover of the human race.

## **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 Athanásios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

Tone 3

O Virgin Theotokos, we praise you for mediating the Salvation of our race, for your Son and our God accepted suffering on the cross in the flesh which he took from you. He has freed us from corruption, for he is the Lover of the human race.

## **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*

## **Kathísma 1**

Tone 4

O venerable Athanásios, you took up the cross of Christ and followed in his footsteps through your ascetic labours. O marvellous father, you

became a perfect model for every monk who walks in the path of holiness. Your achievements won you a place in the Kingdom above; continually pray for the salvation of our souls.

Glory: Both now:

I cry out like the prophet, “O Lord, do not enter into judgement with your servant, for I am only too conscious of my faults and they condemn me.” I say to you, “O Lover of the human race, through the prayers of the one who gave birth to you, have mercy on me, your humble and unworthy servant, as once you did to the thief, the adulteress, the prodigal and the tax collector, for you have come to save sinners as well as the just.”

## **Kathisma 2**

Tone 4

O venerable Athanasios, when you had repented before the Lord with your holy works and the purity of your life, you gained the lot of the bodiless angels.

Glory: Both now:

O invincible protector of the desolate, assiduous advocate of those who hope in you, you come to help everyone, so save me from every danger and do not despise my appeal.

## **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, now and ever and to the ages of ages. *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.

### **Kontákia**

#### Tone 2

O Athanásios, you have put on the yoke of Christ and carried your cross with generosity. Therefore you have become a perfect imitator of Christ in his sufferings and participate in his glory; you enjoy his divine Paradise for all time.



## **Íkos**

After you had received the marvel of your name from heaven, you inherited eternal life. You lived on earth the life of the bodiless hosts. Therefore we sing to you, “Hail, O glory of monks and their splendour! Hail, O luminous pillar of chastity! Hail, O sign of revealed bravery! Hail, O witness of knowledgeable thought! Hail, O perfect balance of composure! Hail, for you have subjugated your actions to your spirit! Hail, O spirit enjoying ineffable vision! Hail, O conscientious observer of all creation! Hail, for you have shamed the demons! Hail, for you have mortified every passion! Hail, O calm haven from the storms of life! Hail, O saviour of those who faithfully sing to you, “Hail, O holy Athanásios of Athos, for you enjoy God’s divine Paradise for all time!”

## **Synaxáron**

Today we remember our renowned and God-bearing father Athanásios of the Great Lavra who lived in the Eleventh Century. Before his time Athos was entirely the preserve of hermits, but through imperial intervention he established the first cenobitic community there. On the Fifth Athanásios was carried by the angels into the City of God. We send our praises to him.

On this day we also commemorate our renowned father Lampadós. His lamp was filled with the oil of virtues. The Bridegroom came and he went in with him to the festal choirs.

On this day we also commemorate our father among the saints Sergios of Radonezh who lived in the Fifteenth Century.

Together with them we remember:

Holy Morwenna of the Celtic Lands C6

Holy Stythian of the Celtic Lands C6

New Martyr Kyprianós of Athos C17

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

## **Katavasías**

1: I will open my mouth and be filled with the spirit. I will sing a song to the Queen and Mother. I will come, rejoice in the feast and praise all her glory.

3: O Theotokos, living and inexhaustible fountain, in your divine glory spiritually establish your choir which is assembled in chorus. Make them worthy *to receive* crowns of glory in your mercy.

3: O Theotokos, living and inexhaustible fountain, strengthen those who are united in spiritual fellowship and who sing your praises. Make them worthy *to receive* crowns of glory in your divine glory.

4: The counsel of God cannot be scrutinised. The Most High was incarnate from a Virgin. The prophet Habakkuk foresaw this and cried, “Glory to your power, O God!”

5: O Virgin, all creation was amazed at your divine glory, for you knew no man. You held thee God of all in your womb and gave birth to the eternal Son. You order salvation for all those who praise you.

6: O devout people, come and clap hands while we observe this divine and most precious feast of the Mother of God. Let us glorify God who was born from her.

7: The devout youths worshipped the Creator rather than created things. They courageously trampled on the threatening fire and joyfully sang, “Blessed are you, most praised Lord, the God of our fathers.”

8: Let us praise, bless and worship the Lord. The *Lord* who was born from the Theotokos saved the holy children in the furnace. The one who was then prefigured has now been born on earth and gathers the whole inhabited earth to sing, “All you works of the Lord, bless the Lord and exalt him above all for ever.

### 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: Let every earthborn mortal spiritually rejoice and carry lamps. be  
radiant and spiritually leap for joy. Let the ranks of angelic powers  
celebrate as they honour the sacred wonders of the Theotokos and cry,  
“Hail, O pure and blessed Ever-virgin who gave birth to God!”

### **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**

Tone 2

Today the heavenly powers descend to celebrate with those on earth. O  
Sergios, the faithful, together with the priests and monks are filled with joy  
when they see with spiritual gladness the gifts of your miracles. They  
glorify the Lord on the day when your relics were revealed.

Tone 2

O Athanásios, you rose from the east like a distant brilliant lamp and you  
have given light to the lands of the west with the radiant ray of your  
virtues. Continually pray for the whole world.

All-pure universal Queen, through the prayers of the honourable Athanásios, shelter from tribulation the flock who sing to you as the perpetual protector of the world.

## Praises

Tone 8

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.

O Lord, the death of your holy monk is precious in your eyes. See, your servant has produced a running stream of healings. After his death he has banished every kind of illness and exiled the deadly spirits whom he had totally resisted in his life.

S3: Praise him with tuneful cymbals;

praise him with joyful cymbals.

Let everything with breath praise the Lord.

O Lord, the death of your holy monk is precious in your eyes. See, your servant has produced a running stream of healings. After his death he has banished every kind of illness and exiled the deadly spirits whom he had totally resisted in his life.

S2: The death of his saints is precious in the Lord's sight. Ps 115

*O Athanásios*, the Lord made your relics a source of miracles and a surge of gifts for the human race. They give sight to the blind and cleanse lepers. They provide rescue and restoration to spiritual health for those in chains.

S1: Blessed is the man who fears the Lord;

there is great desire in his commandments. Ps 111

Hail, O jewel of ascetics, guiding star for monks and boast for pastors!  
Hail O father Athanásios, companion of all the upright in heaven! Hail, O  
source of innocence and love! Hail, O dwelling-place of the Holy Trinity!  
Hail, O light of discernment with brilliant gleam! Hail, O living pillar and  
pure example of virtue!

Glory: Tone 6

Today we the faithful assemble and rejoice; we form a choir and feast in  
spirit on the solemn day of our holy father. We sing to Christ with psalms  
and hymns, “O Christ our Master, you have revealed to us a granter of  
miracles and a great defender of the Russian people.” O holy and divine  
father Sergios, pray fervently to our God for all those who honour you  
with faith and love.

Both now:

O most pure Virgin, my Maker and Redeemer, Christ the Lord, was born  
from you. By accepting my nature he freed Adam from his ancient curse.  
We continually glorify you as the Theotokos, “Hail, O celestial joy! Hail,  
O Lady, protection, intercession and salvation of our souls!”

### **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**

### **Apolytíkion**

Tone 3

O Athanásios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

### **LITURGY**

#### **Antiphon 1 Ps 91 Tone 5**

S1: It is good to thank the Lord  
and make melody to your name, O Most High.

R: At the prayers of the Theotokos, Saviour, save us!

S2: To announce your mercy in the morning  
and your truth by night,

S3: For the Lord our God is upright  
and there is no injustice in him.

S4: Glory: Both now:

### **Antiphon 2 Ps 94 Tone 2**

S1: Come, let us rejoice in the Lord,  
*and* shout with joy to God our Saviour.

**R:** Save us, O Son of God. You are wonderful in your saints.  
We sing to you, “Alleluia!”

S2: Let us enter his presence with gratitude  
and shout with gladness to him in psalms.

For the Lord is a great God  
and an exalted king over all the earth.

S3: For the ends of the earth are in his hand  
and the summits of the mountains are his.

For the sea is his and he made it;  
his hands have formed the dry land.

*Monogenes*

### **Antiphon 3 Ps 115 & 111 Tone 3**

S1: The death of his saints is precious in the Lord’s sight. Ps 115

**R:** O Athanásios, the angels were amazed at your deeds as you faced  
spiritual struggles and overcame the devils. You are worthy of all praise  
and Christ rewarded you with abundant grace. O father, intercede with  
Christ God to save our souls.

S2: Blessed is the man who fears the Lord;  
there is great desire in his commandments. Ps 111

### **Entrance Ps 94**

Come, let us worship and fall down before Christ.

Save us, O Son of God.

You are wonderful in your saints.

We sing to you, “Alleluia!”

**Apolytikia**

### Tone 8

O just father, you accepted Christ in your soul from your youth; you served only him and despised all earthly cares. You lived courageously in the wilderness, bore sons in obedience and reaped the fruits of humility. Through this you became a home of the Trinity, enlightened all who came in faith and healed them all. Our holy father Sergios, pray to Christ our God that our souls may be saved.

### Tone 3

O Athanásios, the angels were amazed at your deeds as you faced spiritual struggles and overcame the devils. You are worthy of all praise and Christ rewarded you with abundant grace. O father, intercede with Christ God to save our souls.

### *Of the Church*

#### **Kontákion**

O unfailing protection of Christians and unchanging mediator before the Creator, do not despise the prayers of us sinners, but in your goodness extend your help to those of us who faithfully cry to you, “O Theotokos, you always protect those who honour you, so hurry to intercede for us and hasten to plead for us.”

#### **Triságion**

#### **Prokeimenon Ps 115 Tone 7**

R: The death of his saints is precious in Lord’s sight.

S: What shall we give back to the Lord  
for everything which he has given us?

#### **Apostolos**

From the Letter of Paul to the Galatians (5:22-26)

Brothers, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness *and* self-control; there is no law against such things. <sup>24</sup>And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup>If we live by the Spirit, let us also walk by the Spirit. <sup>26</sup>Let us have no self-conceit, no provocation of one another *and* no envy of one another.



### **Alleluia Ps 111 Tone 6**

<sup>1</sup> Blessed is the man who fears the Lord;  
he will take great pleasure in his commandments.  
<sup>9</sup> He has distributed *and* given to the poor;  
his justice remains from age to age.

### **Gospel**

From the Holy Gospel according to Luke (6:17-23a)

At that time Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great crowd of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to hear him and to be healed of their diseases; <sup>18</sup> and those who were troubled with unclean spirits were cured. <sup>19</sup> And all the crowd sought to touch him, for power came forth from him and healed them all. <sup>20</sup> And he lifted up his eyes on his disciples, and said: "Blessed are you poor, for yours is the kingdom of God. <sup>21</sup> "Blessed are you that hunger now, for you shall be satisfied. "Blessed are you that weep now, for you shall laugh. <sup>22</sup> "Blessed are you when men hate you, and when they exclude you and revile you, and cast out your name as evil, on account of the Son of man! <sup>23</sup> Rejoice in that day, and leap for joy, for behold, your reward is great in heaven.

### **Communion Ps 111**

The just will be in everlasting remembrance. Alleluia!