

**26 JULY**

**± Hieromartyr Ermólaos and Companions of Nikomedia C4**  
**± Great martyr Paraskeví of Rome C2**

**VESPERS**

**Lord I have cried**

Tone 8

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 martyr and athlete, Ermólaos, after you had become a priest of the all-powerful Lord, you led a holy life as a presbyter. You saved people from the darkness of irreverence through the grace of your holy words. Then, O blessed *martyr*, you left for the heavenly mansions.

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 martyr and athlete, Ermólaos, you once hid yourself in fear from the evil people. You then rejoiced to reveal the hidden mystery of devotion and understanding to the passion-bearer Panteleimon. Afterwards you revealed yourself and zealously died for Christ who was well-pleased to suffer for us in his goodness.

S4: Let Israel hope in the Lord

from morning watch until night,

from morning watch.

O martyr and athlete, Ermólaos, you desired a holy life. You became a bishop of the almighty Jesus and saved the people from the darkness of

impurity by your life-bearing sermons and grace. O blessed saint, you have passed over to the heavens after you had been washed in the blood of your suffering.

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

He will redeem Israel from all his offences.

O amazing wonder! O holy Paraskeví, you fought the good fight and courageously defeated the arrogance of Antonios. You deserved the prize and crown of your heavenly calling. Now that you stand before the Lord, remember your servants who venerate your faith *and ask* that he will be merciful to us.

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

O renowned martyr of Christ, you loved the Lord with all your soul and patiently endured the grievous beatings. You were lacerated by the whip, underwent every torture for the sake of your dear *Lord* and received the crown which you deserved. Therefore we praise you as blessed before God.

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

O renowned and famous martyr, who can speak about your sufferings or valiant miracles in your struggles? Who can speak about the patience and humility which you showed as though you were a bodiless power? Therefore, O Paraskeví, bride of the King and holy vessel of the Spirit, you became a companion of the angels in heaven.

Glory: Tone 6

O renowned Paraskeví, O virgin, O martyr in combat, ask that those who worthily celebrate your passion may be rescued from trials, affliction and future judgement through your prayers.

Both now:

Most holy Virgin, who will not bless you? Who will not sing about your most pure childbearing? O pure Lady, the only-begotten 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 united in two Natures. O honoured and all-blessed Lady plead with 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.*

### **Apósticha**

#### Tone 4

O renowned Paraskeví, you courageously came forward, submitted to painful tortures and so reduced the pagan idols to dust. Through the power of the cross, you killed the enemy who boasted about being enthroned above the stars of heaven. As you set him up for ridicule, you crushed him under your feet.

S1: I truly waited for the Lord;

he was attentive to me and listened to my plea. Ps 39

Through the will of God an angel speedily appeared to change the heavy metal plate and blazing fire into a light blanket and refreshing dew, just as he had appeared as a fourth person in the furnace with the three young men. Together with them you cried, “O compassionate Lord, your mercy is great. Therefore I gladly honour your praiseworthy name.

S2: He set my feet on a rock and guided my steps;

he put a new song in my mouth, even a hymn for our God. Ps 39

You blamelessly kept the purity of your body, and your spirit was perpetually filled with light. You loved your Bridegroom, Christ, and were attracted to follow his spreading fragrance. O holy Paraskeví, implore the Saviour of all to grant remission of sins to the faithful who celebrate your memory.

#### Glory: Tone 6

All you ends of the earth, come and form a choir spiritually to praise the martyr of Christ. Let us say, “Hail, O venerable Paraskeví, cherished by God! Hail, O companion of holy nuns! You stand among the ranks of martyrs. Together with them intercede for the salvation of our souls.

#### Both now:

O Theotokos, you are the true vine which is loaded with the Fruit of life. Therefore, O Lady, we implore you to intercede, together with the martyrs and all the saints, that we may obtain mercy for 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 4

O Lord our God, your holy martyrs have received incorruptible crowns from you because of their struggles. For since they had your strength, they laid low the tyrants and shattered the powerless audacity of demons. Save our souls through their prayers.

Tone 1

O blessed Paraskeví, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

Tone 1

O Virgin, O sacred ark, when Gabriel greeted you with “Hail!” he cried out like the just David, for the Master of all was incarnate in you. You were revealed as more spacious than the heavens, for you carried your Creator. Glory to the one who lives in you! Glory to the one who comes from you! Glory to the one who frees us through your Child!

### 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**

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### **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 4

Because you valued the splendid beauty of Christ and made your spirit shine with purity, you approached him like a pure bride through your pains and torments. O widely renowned Paraskeví, he judged you to be worthy of the heavenly homes where you intercede before him for those who venerate you.

Glory: Both now:

O Theotokos, we shall never stop praising your majesty in spite of our unworthiness, for if you do not plead for us, who would rescue us from our many dangers? You yourself preserve us in freedom. O Lady, do not let us stray far from you, for you save your servants from every danger.

## **Kathisma 2**

Tone 1

Like a pure and spotless lamb you were mystically united to the Lord by the holiness of your life. You were crowned with beauty by your passion. Therefore you received the power to heal and soothe every affliction by the power of the Spirit.

Glory: Both now:

We all acknowledge you as the Theotokos who remained a virgin after giving birth. We seek shelter in your goodness, for we sinners possess you as an advocate. All-pure Virgin, we have you for salvation.

## **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 8

O wise martyr Ermólaos, together with the God-bearing Ermippos and the venerable Ermokratis, you offered the sacrifice without blood as priests of the most high *God*. You were then washed in your own blood like sacrifices offered to Christ, the one God. Since you have confidence before him, you now intercede for the salvation of us all.

#### Tone 8

O faithful, come and sing together a song to Paraskeví who was triumphant in her faith. She stands like a brilliant star over the earth from



which she has expelled the darkness of error. She pours graces over the faithful who cry to her, "Hail, O victorious martyr!"

### **Íkos**

O renowned Paraskeví, wise in God, the Bridegroom whose voice summons you as a bride, has granted you the crown of immortality. You were counted worthy to be numbered among the triumphant martyrs. While you rejoice with them, remember the faithful who gather in your temple to observe your sacred feast. O honourable Paraskeví, we stand mystically among them, sincerely offer our hymns and chant, "Hail, O victorious martyr!"

### **Synaxáron**

Today we remember the holy hieromartyrs Ermólaos, Érmippos and Ermokrátis of Nikomedía who lived in the Fourth Century. On the Twenty Sixth the evil sword captured the head of Ermólaos and the others.

On the same day we commemorate the holy and renowned martyr Paraskeví of Rome who lived in the Second Century. She lived an ascetic life in poverty and simplicity. On the Twenty Sixth, although the iron struck loudly at your last hour, you were able to listen to the angelic choirs of heaven.

Together with them we remember:

Missionary Presbyter Iakov of the Eskimoes C19

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.*

### **Exaposteiláron**

Tone 3

O holy martyr, because you were strengthened by the cross of the Lord,  
you shattered the audacity of tyrants when you courageously fought the  
good fight. You have received the reward of victory from Christ. O  
marvellous Paraskeví, intercede with him for the faithful who truly honour  
you.

O Virgin Mary, you are indeed the golden censer and the dwelling place of  
the boundless Trinity, for the Father was well-pleased with you, the Son  
took up his home in you and you were overshadowed by the Holy Spirit as  
he made you the Theotokos.

### **Praises**

Tone 1

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 renowned martyr Paraskeví, you rejoice in the dwellings of the Lord in company with the wise virgins. You received the power to heal illnesses and banish impure spirits from the faithful who turn to you.

S3: Praise him with tuneful cymbals;  
praise him with joyful cymbals.  
Let everything with breath praise the Lord.

O renowned martyr Paraskeví, you rejoice in the dwellings of the Lord in company with the wise virgins. You received the power to heal illnesses and banish impure spirits from the faithful who turn to you.

S1: I truly waited for the Lord;

he was attentive to me and listened to my plea. Ps 39

O martyr, when you had crushed the ungodly power of tyrants and had begun your flight to God, you were not frightened of the lead-tipped whips, the tearing of your flesh, the boiling cauldrons, the fire or the sword which took away your life.

S2: He set my feet on a rock and guided my steps;

he put a new song in my mouth, even a hymn for our God. Ps 39

O resplendent virgin and martyr for Christ, you consumed your body with asceticism and prepared your heart for combat. You appeared before everyone like a sword which had been forged in heaven and like gold which had been purified in the crucible of tortures.

Glory: Tone 2

The holy woman Paraskeví stands in the city of our God on his holy mountain; she holds her burning lamp. Listen to how this virgin is praised. “Through virginity she is the temple of God, the glory of the martyrs and the companion of the angels in heaven.”

Both now:

O Theotokos, I place all my hope in you, so keep me under the wings of your protection.

### 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 1

O blessed Paraskeví, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for 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 39 Tone 1**

S1: I truly waited for the Lord;  
he was attentive to me and listened to my plea. Ps 39

R: O blessed Paraskeví, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

S2: He set my feet on a rock and guided my steps;  
he put a new song in my mouth, even a hymn for our God. Ps 39

### **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 4

O Lord our God, your holy martyrs have received incorruptible crowns from you because of their struggles. For since they had your strength, they laid low the tyrants and shattered the powerless audacity of demons. Save our souls through their prayers.

Tone 1

O blessed Paraskeví, victorious in battle, when you had justified your name *of Preparation* by your diligent life, you inherited the permanent possession of a faith which is always ready. Therefore you arrange acts of healing and pray for our souls.

*Of the Church*

### **Kontáktion**

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**

#### **Prokeímenon Ps 115 Tone 7**

R: What shall I give back to the Lord  
for everything that he has given us?

S: I will repay my dues to the Lord.

### **Apostolos**

From the Letter of Paul to the Galatians (3:23-4:5)

Brothers, before faith came, we were confined under the law and kept under restraint until faith should be revealed. <sup>24</sup> Therefore the law was our guardian until Christ came, so that we might be made just by faith. <sup>25</sup> But now that faith has come, we are no longer under a guardian; <sup>26</sup> for you are all sons of God through faith in Christ Jesus. <sup>27</sup> For as many as were baptised into Christ have put on Christ. <sup>28</sup> There is neither Jew or Greek, there is neither slave or free, there is neither male or female; for you are all one in Christ Jesus. <sup>29</sup> And if you are Christ's, then you are Abraham's offspring, heirs according to promise. <sup>1</sup> I mean that the heir, as long as he is a child, is no better than a slave, although he is the owner of the whole estate. <sup>2</sup> He is under guardians and trustees until the date set by the father. <sup>3</sup> So with us; when we were children, we were slaves to the elemental spirits of the universe. <sup>4</sup> But when the time had fully come, God sent his Son, born of woman, born under the law, <sup>5</sup> to redeem those who were under the law, so that we might receive adoption as sons.

#### **Alleluia Ps 131 Tone 1**

S1: O Lord, your priests will be clothed with justice  
*and* your holy ones will rejoice.

S2: For the Lord has chosen Zion.

### **Gospel**

From the Holy Gospel according to Mark (5:24-34)



At that time a great crowd followed Jesus and thronged about him. <sup>25</sup> And there was a woman who had had a flow of blood for twelve years, <sup>26</sup> and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. <sup>27</sup> She had heard the reports about Jesus, and came up behind him in the crowd and touched his garment. <sup>28</sup> For she said, "If I touch even his garments, I shall be made well." <sup>29</sup> And immediately the haemorrhage ceased; and she felt in her body that she was healed of her disease. <sup>30</sup> And Jesus, perceiving in himself that power had gone forth from him, immediately turned about in the crowd, and said, "Who touched my garments?" <sup>31</sup> And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" <sup>32</sup> And he looked around to see who had done it. <sup>33</sup> But the woman, knowing what had been done to her, came in fear and trembling and fell down before him, and told him the whole truth. <sup>34</sup> And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

### **Communion Ps 111**

The just will be in everlasting remembrance. Alleluia!