

**20 SEPTEMBER**  
**Afterfeast**  
**± Martyr Efstáthios with Wife and Sons of Rome C2**

**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.  
Moses, who saw God, once raised a bronze serpent on a pole in order to banish venomous snakes. O Saviour, when you were raised on the wood, you gave life to everyone through your divine and holy cross. While it is now elevated among us, it consumes the hosts of demons and causes the noisy companies of the godless to flee.

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 Saviour, after you took up my mortality when you were born from the Virgin Theotokos, you made it incorruptible. You re-directed it towards life and the eternal delights. O Christ our God, O Word and Lord, you retrieved all those who sang to you and granted the faithful emperor your divine cross as a powerful weapon in his struggles.

S4: Let Israel hope in the Lord  
from morning watch until night,  
from morning watch.  
O Christ our God, shine your unapproachable light on us, for we are all the works of your hands. O Saviour, resting in the womb of a human mother, O most high God, because they are clothed with your armour, the faithful Christians win the victory over the enemy, for you have given them your holy cross as their indestructible treasure, stronghold and rampart.

Tone 4

S3: For there is mercy with the Lord  
and abundant redemption with *him*.  
He will redeem Israel from all his offences.  
O Efstáthios, O blessed *saint*, you were called from on high and not by men, for Christ, the Lover of the human race, himself appeared to you and captured you with the net of faith. He washed away your sins and the trials of life with your baptism. As Master he extends patience to you and shows you to be a renowned conqueror.

S2: Every nation, praise the Lord;  
every people, acclaim him!  
O Efstáthios, as you rejoiced in your youth, you received instruction in the virtues. When you were bereft of your children and wife, you valiantly endured captivity and suffered humiliating slavery. O ever-memorable saint, your courage in battle made you loving and radiant.

S1: For his mercy is strengthened over us  
and the truth of the Lord remains for ever.  
You offered yourself to God as divine incense rendered most fragrant in the fire, a beautiful burnt offering, an acceptable sacrifice, a living and perfect oblation; you bore fruit with all your household. Therefore, truly marvellous Efstáthios, the mansions of heaven and the armies of the saints have now received you and your family.

Glory: Tone 2

Efstáthios sets himself before us as a second Job in his life, in his sufferings and his struggles. He is a model of the virtues and tower of patience, truly surpassing Job in that virtue together with his

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spouse and his children. He was faithful in life, unshaken in trials and a victor in the midst of sufferings. We put him forward to plead before Christ to grant enlightenment to our souls and cleansing for our sins.

Both now: Tone 2

The cross of the Giver of life, a divine treasure hidden in the ground, was shown in the heavens to the pious emperor and spiritually revealed a decree of victory over the enemy. He hurried joyfully and divinely to see it on high with faith and love. He zealously lifted it from the bosom of the earth, for the salvation of the world and the salvation of our souls.

**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 6

O long-suffering Master, you endured mockery, scourging and crucifixion. Only life-giving and all-compassionate Lover of the human race, you wished to rescue us all from the grasp of the deceiver.

S1: Exalt the Lord our God  
and worship at his footstool. Ps 98  
O good Lord, I bow before your Cross; O Saviour, I honour the nails and the spear. O life-giving Protector, only Saviour and Lover of the human race, you have ransomed all from corruption through them.

S2: God *was* our King in the past;  
he has brought about salvation in the midst of the earth. Ps 73  
My good Saviour, you were nailed to the Cross for me; O Redeemer, you were struck and outraged; you were given vinegar and gall to drink. Your side was pierced with a spear, yet, O sinless *Lord*, you endured all things.

Glory: Tone 8

How can we rightly praise you who are firm as adamant in your soul? When you were deprived of your wife, children and possessions, you transcended nature and uttered the blessed and ever-memorable cry of Job, "The Lord gave and the Lord took away; as the Lord willed, so it has been." God whom you loved and whom you fervently desired, again gave you your most cherished things; you thoughtfully cared for them as they suffered with you. O long-suffering Efstáthios, since you reached the end of many torments with them and received them as your fellow intercessors, pray that we may be rescued from our sins.

Both now:

Today the cross of the Lord goes out and the faithful welcome it with love. They receive healing of soul and body and from every weakness. Let us kiss it with joy and fear: with fear, for we are unworthy because of sin; with joy, for Christ the Lord was crucified on it in his great mercy and has granted salvation to the world.

### 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 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 Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

#### 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 4

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Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

#### 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 8

In the midst of Eden a tree yielded death; in the midst of the earth a Tree caused life to flower. The incorrupt man who tasted from the first became corruptible, but those who received the second have inherited incorruption. As God you save the human race by the cross. *X2*

### Kathisma 2

Tone 8

O my Saviour, Joshua, the son of Nun, extended his hands like a cross in the past and mystically prefigured the sign of the cross. O God, the sun stood still until he had defeated the enemy who resisted you. Now the same sun is darkened when it sees you on the cross as you destroy the power of death and plunder Hades. *X2*

#### 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 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

Tone 2

O holy Efstáthios, you were revealed as an imitator of Christ in his passion. You drank from his cup with courage; you became a

partaker and fellow-heir of his glory. The God of all gave you a divine power to work wonders.

### Íkos

O Lord, allow me to praise with song and celebrate the struggles of your martyr. Let me worthily acclaim Efstáthios, for he is a courageous passion-bearer, a victor over enemies, a giant in faith and he shines in the choirs of the martyrs. He sings to you, together with them and the angels, for he has received a divine power from you to work wonders.

### Synaxáriorion

Today we remember the holy great martyr Efstáthios, his wife Theopísti and their children, Agápinos and Theopistos of Rome. They lived in the Second Century. Efstáthios had been a pagan army officer who persecuted Christians before his conversion. On the Twentieth they were slaughtered like cattle, but triumphed and discovered salvation in the presence of the Word.

Together with them we remember:

Hieromartyr Ypátios of Ephesus C8

Archbishop Efstáthios of Antioch C12

Martyrs Michael and Theodore of Chernigov C13

New Martyr Iilaríon of Crete C19

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

### Katavasías

1: Moses inscribed the invincible weapon of the cross on the waters and marked a straight line before him with his staff. He divided the Red Sea and opened a path for Israel who went over dry shod. Then he marked a second line across the waters, united them in one and overwhelmed the chariots of Pharaoh. Therefore let us sing to Christ our God, for he has been glorified.

3: The rod of Aaron is an image of this mystery; it comes into bud to show who should be priest. So also the wood of the Cross has now flowered in the Church that once was barren. It has filled her with strength and steadfastness.

4: O Lord, I have heard the mystery of your dispensation. I have considered your works and glorified your divinity.

5: O three times blessed tree, on which Christ the King and Lord was stretched, the beguiler who tempted the human race with the tree fell because of you. He was caught in the trap set by God who was crucified on you in the flesh and grants peace to our souls.

6: Jonah stretched out his hands in the form of a cross within the belly of the whale and plainly prefigured your redeeming passion. He was cast out after three days and foreshadowed the mighty resurrection of Christ our God who was crucified in the flesh and enlightened the world by his rising on the third day.

7: The senseless decree of the wicked tyrant confused the people and breathed out threats and blasphemy hateful to God. Yet neither the fury of wild beasts nor the roaring of the fire could frighten the three children. As they stood together in the flame and were fanned by the wind which brought refreshment like the dew, they sang, "Blessed are you and praised above all, our God and the God of our fathers!"

8: Let us praise, bless and worship the Lord.

O children, equal in number to the Trinity, bless God the Father and Creator. Sing the praises of the Word who descended and changed the fire to dew and exalt above all for ever the most Holy Spirit who gives life to all.

### Ode 9

My 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: O Theotokos, you are a mystical Paradise in which Christ blossomed. Through him the life-bearing wood of the Cross was planted on earth. Now at its elevation we bow in worship before it and glorify you.

### 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*

### Exapostelária

Tone 3

*O Efstáthios*, together with your blessed wife and children, you gained immortal glory and eternal life when you left the pleasures here below. Therefore we lovingly celebrate your holy and divine memory.

O Theotokos, we place our hope in you and gain a most perfect victory from our enemies. We have the cross of your Son as our trophy, our shield, sword, spear and arrow and our weapon against the devil.

### 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.

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

O Efstáthios, who would not celebrate your blessed life? You nobly withstood the attacks of the prince of this world in his hostility. When you were separated from your wife and children you did not despair, but were thankful and said like Job, "I came naked from my mother's womb and I shall return naked to the only Creator, the Saviour of our souls. X2

Tone 6

S2: Exalt the Lord our God  
and worship at his footstool. Ps 98

O holy martyr, make us acceptable to the uncreated Trinity. You are a home for the Son of Mary and live for all time in the uncreated Light.

Tone 8

S1: God *was* our King in the past;  
he has brought about salvation in the midst of the earth. Ps 73

O blessed Efstáthios, you entered the dense cloud to be united to Christ, the Sun of Justice. You came into contact with the mystical and divine vision, which appeared to you from above through the stag, and you became a living image. You received the power which came to you through baptism in water and the Spirit. Now you are washed in the blood of martyrdom, you rejoice with hosts of angels in heaven where you pray that we also may be united to Christ who is our Saviour and God.

Glory:

You left behind the armour of the empire because you fell in love with the Saviour who appeared to you in a vision through a stag. O blessed martyr Efstáthios, together with your wife and children, you rejoice for ever with the citizens above. Therefore we implore you to intercede with Christ to save our souls.

Both now:

O Christ our God, we poor sinners bow deeply today before your precious cross. Moses himself prefigured it when he defeated Amalek. David the psalmist *referred to it* when he told us to adore your footstool. Therefore with unworthy lips we sing a hymn of praise to you who condescended to be nailed on the cross. We cry out to you with the thief, "O Lord, make us worthy of your kingdom."

### 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 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.

### LITURGY

### Antíphon 1 Ps 21 Tone 2

S1: O God, my God, be attentive to me;  
 why have you forsaken me?

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

S2: The words of my offences are far from my salvation.

S3: My God, I will cry by day, *but* you will not listen.

S4: O Praise of Israel, you will live in the sanctuary.

S5: Glory: Both now:

### Antíphon 2 Ps 73 Own Tone

S1: O God, why have you completely banished us?

R: Save us, O Son of God.

You were crucified in the flesh.

We sing to you, "Alleluia!"

S2: Remember your assembled people

whom you have purchased from the beginning.

S3: This is Mount Zion on which you have settled.

S4: God *was* our king in the past;

he has accomplished salvation in the midst of the earth.

S5: Glory: Both now:

*Monogenes*

### Antíphon 3 Ps 98 Tone 1

S1: The Lord reigns; let the peoples rage.

R: O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

S2: He sits on the cherubim; let the earth be shaken.

S3: The Lord is great in Zion and high over all the peoples.

S4: Let them acknowledge your great name  
 for *it* is terrible and holy.

### Entrance Ps 98

Exalt the Lord our God

and worship at his footstool, for he is holy.

Save us, O Son of God.

You were crucified in the flesh.

We sing to you, "Alleluia!"

### Apolytíkia

Tone 4

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Tone 1

O Lord, save your people and bless your inheritance. Grant victories to the Orthodox Christians over their adversaries and preserve your commonwealth through your cross.

*Of the Church*

### Kontákion

Tone 4

O Christ our God, since you were willingly raised on the cross, grant mercies to your new community called by your name. Make firm our faithful rulers with your power and grant them victories over their enemies. May your help be a weapon of peace and an invincible trophy.

### Triságion

### Prokeímenon Ps 15 Tone 4

R: The Lord has been wonderful in the saints on his earth.

S: I saw the Lord always before me.

### **Apostolos**

From the Letter of Paul to the Ephesians (6:10-17)

Brothers, be strong in the Lord and in the strength of his might. <sup>11</sup> Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. <sup>12</sup> For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. <sup>13</sup> Therefore take the whole armour of God, so that you may be able to withstand in the evil day, and when you have done everything, to stand. <sup>14</sup> Stand therefore, when you have clothed your loins with truth, put on the breastplate of justice <sup>15</sup> and shod your feet with the equipment of the gospel of peace. <sup>16</sup> Beside all these, take the shield of faith with which you can quench all the flaming darts of the evil one. <sup>17</sup> And take the helmet of salvation and the sword of the Spirit, which is the word of God.

### **Alleluia Ps 33 Tone 4**

S1: The just cried and the Lord heard them;  
he released them from all their afflictions.  
S2: The afflictions of the just are many,  
but the Lord will rescue them from every *hardship*.

### **Gospel**

From the Holy Gospel of Luke (21:12-19)

The Lord said to his disciples, "Beware of men. They will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors for my name's sake. <sup>13</sup> This will be a time for you to bear testimony. <sup>14</sup> Settle it therefore in your minds, not to meditate beforehand how to answer; <sup>15</sup> for I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict. <sup>16</sup> You will be delivered up even by parents and brothers and kinsmen and friends, and some of you they will put to death; <sup>17</sup> you will be hated by all for my name's sake. <sup>18</sup> But not a hair of your head will perish. <sup>19</sup> By your endurance you will gain your lives.

### **Communion Ps 111**

The just will be in everlasting remembrance. Alleluia!