


GREAT VESPERS PROPERs FOR JULY 5TH

from the Menaion

1  **Our venerable father Athanasius of Mt. Athos, hegumen, humble and peaceful,** who founded a coenobitic way of living in the Great Laura. Despite many trials, he was father to many monks who followed his ascetic model. (1003)

The First Kathisma ("Blessed is the man..") is sung.

Psalm 140 (Tone 2) – (p.11)



O Lord, I have cried to you, hear me. Hear me, O Lord!

O Lord, I have cried to you, hear me; re-ceive the voice of my pray'r when I

call up - on you. Hear me, O Lord! Let my pray'r

as-cend to you like in - cense and the lift - ing up of my hands

like an eve - ning sac - ri - fice. Hear me, O Lord!

Continue with Psalm 140: "O Lord, set a guard before my mouth..." (p.11, 2 of 4).

Stichera at the Lamplighting Psalms

Bring my soul out of this prison
and then I shall praise *your* name.

Around me the just will assemble
because of your goodness *to* me.

8 stichera of our venerable father Athanasius from the Menaion:

Cantor - (Tone 2):

(on 8)



Out of the depths I cry to you, O Lord; Lord hear my voice!

(8) (7) (6) Sticheron



What prais-es are worthy of you, O A-than-a - sius? Your vir-tues are your true



a-dorn - ment, and you were filled with grace by the light flow - ing from God.



You are a sword cutting down the re - bel - lious pas - sions, a ra-diant



pil - lar of divine con - tem - pla - tion, a flame of ab - sti - nence enkindling on the



lamp-stand of your soul the di-vine precepts of the One who gives life to all man-kind!

Cantor:

(on 7)

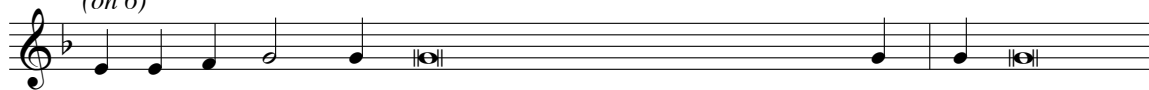


Let your ears be at - ten - tive to the voice of my plead - ing.

Repeat: "What praises are worthy of you..."

Cantor:

(on 6)



If you, O Lord, should mark our guilt, Lord, who would sur-vive? But with you is



found for - give - ness: for this we re - vere you.

Repeat: "What praises are worthy of you..."

Cantor:

(on 5)



My soul is waiting for the Lord. I count on his word. My soul is longing for the

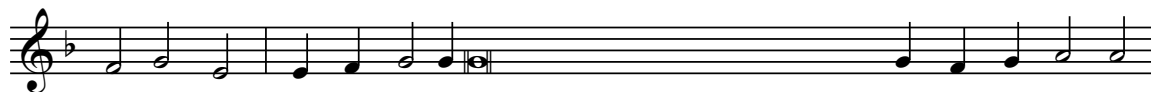


Lord, more than watch-man for day - break.

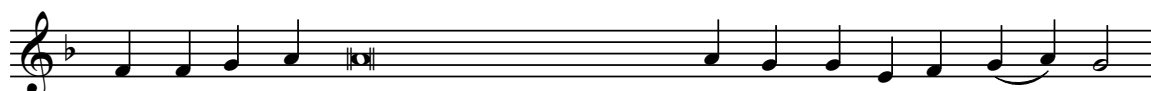
(5) (4) (3) Sticheron



What prais-es can worthily crown you, O A-than-a - sius? You are an ea-gle soar-ing



on the wind, car-ried like a heavenly being on the wings of di-vine con-tem-pla-tion.



You are a strong - hold of humility, an unshaka-ble ram - part of dis - cern - ment,



tru - ly ma-jes - tic in your no - bil - i - ty of soul, an in - ter - ces - sor be - fore



Christ our God that he pro-tect your spiritual chil-dren in his com-pas - sion.

Cantor:

(on 4)



Let the watch-man count on daybreak and Is - ra - el on the Lord.

Repeat: "What praises can worthily crown you..."

Cantor:

(on 3)



Be - cause with the Lord there is mercy and fullness of redemp-tion, Is - ra - el



in - deed he will re - deem from all its in - i - qui - ty.

Repeat: "What praises can worthily crown you..."

Cantor:

(on 2)



Praise the Lord, all you na - tions; ac-claim him all you peo - ples!

Sticheron

② ①



By the ra - diance of your gifts, you are like a morn - ing star, guid - ing those



who are blinded by the passions toward the nev - er - set - ting Light, O fa - ther



Athana - sius, wise in God. Since you in - creased the talent en - trust - ed to you,



Christ made you a phy - si - cian of souls: a - ble to lance fes - tering wounds with the



scal-pel of your words, you re-store health to the faith-ful who have re-course to you.

Cantor:

(on 1)



Strong is the love of the Lord for us; he is faith-ful for - ev - er.

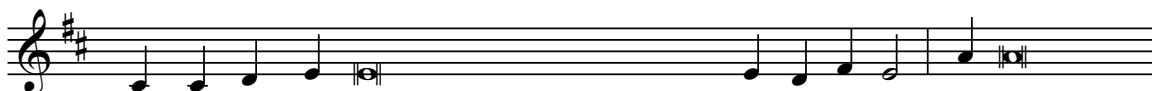
Repeat: "By the radiance of your gifts..."

Cantor - (Tone 6):



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly Spir - it.

Doxastikon



Your life was filled with the grace of God, O father A - than - a - sius, and your passing



was tru - ly ho - ly. To - day, the whole community of the Holy Moun - tain



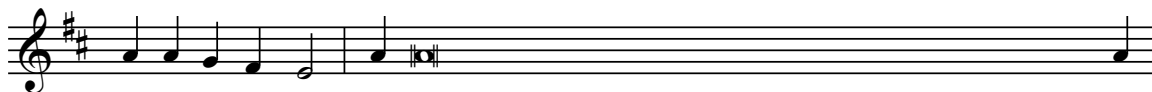
as - sem - bles. See - ing you life - less upon your bed, it cries a - loud in tears:



"Grant one last word to your ser - vants. Tell us: how can you leave your sons,



whom you have loved as a com - pas - sion - ate fa - ther? Al - though the tomb will



cov-er you on earth, we who whole-heartedly venerate you will have you in heaven as



a pro-tec - tor and in - ter - ces - sor be - fore Christ our God!"

Cantor:



Now and ev - er and for - ev - er. A - men.

Dogmatikon



Who would not extol you, most ho - ly Vir - gin? Who would not praise your giv - ing



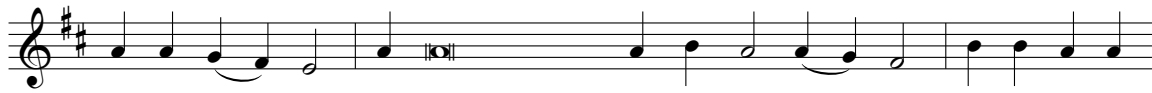
birth with - out pain? For the on - ly - be - got - ten Son, who shines



forth from the Fa - ther time - less - ly, has himself come forth from you, O pure one.



He took flesh from you in a manner be - yond un - der - stand - ing; re - tain - ing



di - vine na - ture, but assuming human na - ture for our sake; not di - vid - ed



in - to two per - sons but ex - ist - ing in two natures distinct and un - con - fused.



O honored and most blessed one, be - seech him to have mer - cy on our souls.

Continue with "Wisdom..." and the Hymn of the Evening (p. 12)

The Prokeimenon is for the Day of the Week (pp. 12, 2-4 of 4).

Readings:

- 1) Composite I (Festal Menaion 486)
- 2) Proverbs 10:31-32; 11:1-2.4.3.5-12 (EOT 312)
- 3) Wisdom 3:1-9 (EOT 315)

Aposticha – (p.19)

The aposticha are from the Menaion:

(Tone 5)

Aposticheron:

Rejoice, O venerable father Athanasius, * who exult with the angels in their choirs, * for you lived their life on earth as you practiced the virtues, * showing the purity of an unblemished mirror * which receives the radiant lights of the Holy Spirit. * Thus you had the gift of prophecy, * foreseeing all in the divine light of Christ; ** entreat him to grant our souls great mercy.

Cantor: Precious in the eyes of the Lord is the death of his faithful.

Aposticheron:

Rejoice, O leader of ascetics, * their invincible protector! * Cutting down the passions at their roots: * and valiantly withstanding the attacks of the demons, * O Athanasius, you triumphed over their deadly conduct. * You clearly showed the might and invincible power of the Cross of the Savior. * With this as your armor, * you conquered all the adversaries opposing the divine manifestation of Christ in the flesh; ** entreat him to grant our souls great mercy.

Cantor: Happy the man who fears the Lord, and greatly delights in his commands.

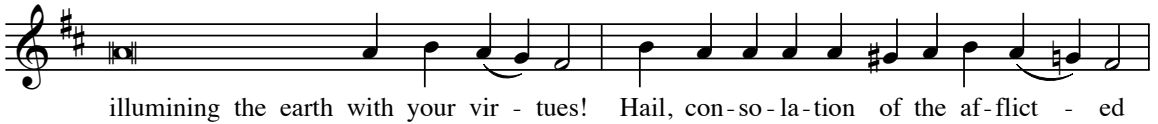
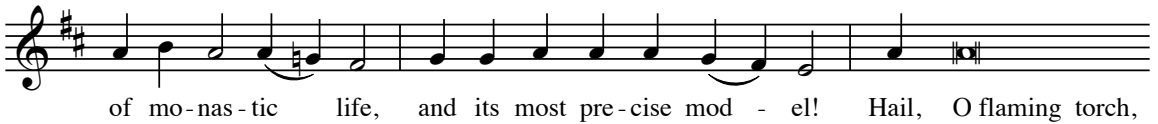
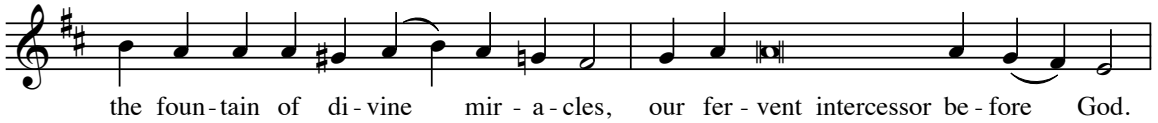
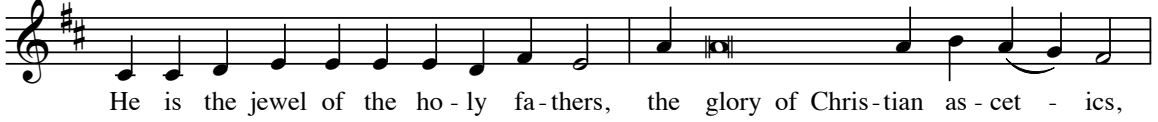
Aposticheron:

Pillar of fire supported by the virtues, * cloud overshadowing those in the desert, * you led the monks of Athos from earth to heaven. * You split the sea of the passions with the staff of the Cross. * You put the devil to flight, like another Amalek, * O blessed father. * Without hindrance, you found the heavenly mount and a never-failing inheritance, * where you rejoice with the angels before the throne of Christ; ** entreat him to grant our souls great mercy.

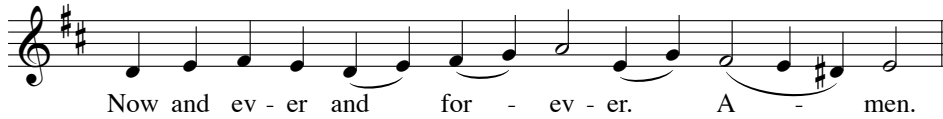
Cantor (Tone 6):



Doxastikon



Cantor:



Theotokion

Christ the Lord, our Creator and Re - deem - er, came forth from your womb, O
Vir - gin most pure. He clothed him - self in our hu - man flesh to set
us free from the original curse of Ad - am. There - fore, O Mary, we praise you
with - out ceas - ing as the true Vir - gin The - o - to - kos,
and we sing with the an - gels: Re - joice, O Lady: advo - cate, pro - tec - tor
and sal - va - - - - tion of souls.

Continue with the Prayer of the Holy Prophet Simeon (p. 19).

Troparia – (p. 20, 2 of 2)

Troparion - Tone 3

The an - gels in heav - en mar-velled at your life on earth, for you

oc - cu-pied your flesh as a spir - it from on high. You dis-armed

le - gions of de-mons, O glo-rious saint, and Christ re-ward - ed

you with boun-ti - ful gifts. Be-cause of this, O Fa-ther, we ask you now to pray

for the sal - va - tion of all.

Cantor (Tone 3):

Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spir - it,

now and ev - er and for - ev - er. A - men.

Festal Theotokion

We sing your prais - es, O Vir - gin; for, as the The - o - to-kos,

you al-ways intercede for the salvation of the hu-man race. It is from you

that our God and your Son took flesh. Then, by suf - fer-ing the Pas - sion



Continue with the Dismissal (p. 21).

¹Format 8: Polyeleos Saint on a Weekday