

## 4th Sunday after Pentecost, Venerable Athanasios of Athos

## STICHERA

*v. (10) Bring my soul out of prison, that I may give thanks to Your name! Tone 3*

By Your Cross, O Christ our Savior,  
death's dominion has been shattered;  
the devil's delusion destroyed.  
The human race, being saved by faith, //  
always offers You a song.

*v. (9) The righteous will surround me; for You will deal bountifully with me.*

All has been enlightened by Your Resurrection, O Lord.  
Paradise has been opened again.  
All creation, praising You, //  
always offers You a song.

*v. (8) Out of the depths I cry to You, O Lord. Lord, hear my voice!*

I glorify the power of the Father and the Son.  
I praise the authority of the Holy Spirit:  
the undivided, uncreated Godhead, //  
the consubstantial Trinity which reigns forever.

*v. (7) Let Your ears be attentive to the voice of my supplications!*

We bow down in worship before Your precious Cross, O Christ,  
and we glorify and praise Your Resurrection, //  
for by Your wounds we have all been healed.

*v. (6) If You, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with You.*

We praise the Savior incarnate of the Virgin,  
for He was crucified for our sake and resurrected on the third day, //  
granting us great mercy.

*v. (5) For Your name's sake I have waited for You, O Lord, my soul has waited for Your word; my soul has hoped on the Lord.*

Christ descended to Hades proclaiming the glad tidings:  
"Be bold! Now I have triumphed!  
I am the Resurrection, I will lead you out, //  
for I have shattered the gates of death!"

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord!*

Standing unworthily in Your most pure house, O Christ God,  
we offer our evening song, crying from the depths:  
"Deliver Your people from the hand of Your enemies, O Lover of mankind,  
Who enlightened the world by Your Resurrection on the third day!"

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities. **Tone 2***

What praises are worthy of you, O Athanasios?  
Your virtues are your true adornment,  
And you were filled with grace by the light flowing from God.  
You are a sword cutting down the rebellious passions,  
A radiant pillar of divine contemplation,  
A flame of abstinence enkindling on the lampstand of your soul//  
The divine precepts of the One who gives life to all mankind!

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

What praises can worthily crown you, O Athanasios?  
You are an eagle soaring on the wind,  
Carried like a heavenly being on the wings of divine contemplation.  
You are a stronghold of humility, an unshakeable rampart of discernment,  
Truly majestic in your nobility of soul,  
An intercessor before Christ our God,//  
That He protect your spiritual children in His compassion.

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

By the radiance of your gifts, you are like a morning star,  
Guiding those who are blinded by the passions toward the never-setting Light,  
O father Athanasios, wise in God.  
Since you increased the talent entrusted to you,  
Christ made you a physician of souls:  
Able to lance festering wounds with the scalpel of your words,//  
You restore health to the faithful who have recourse to you.

*Glory to the Father, and to the Son, and to the Holy Spirit; **Tone 6***

Your life was filled with the grace of God, O father Athanasios,  
And your passing was truly holy.  
Today, the whole community of the Holy Mountain assembles.  
Seeing you lifeless upon your bed it cries aloud in tears:  
Grant one last word to your servants.  
Tell us: how can you leave your sons whom you have loved as a compassionate father?  
Although the tomb will cover you on earth,  
We who wholeheartedly venerate you will have you in heaven as a protector//  
And intercessor before Christ our God!

*now and ever, and unto ages of ages. Amen. **Tone 3** (Theotokion – Dogmatikon)*

How can we not wonder  
at your mystical childbearing, O exalted Mother?  
For without receiving the touch of man,  
you gave birth to a Son in the flesh, immaculate Virgin.  
The Son born of the Father before eternity  
was born of you at the fullness of time, O honored Lady.  
He underwent no mingling, no change, no division,  
but preserved the fullness of each nature.  
Entreat Him, O Lady and Virgin, and Mother,  
to save the souls of those who, in the Orthodox manner, confess you//  
to be the Theotokos

### **APOSTICHA**

**Tone 3** The sun was darkened by your Passion, O Christ,  
but all creation was enlightened by the light of Your Resurrection//  
Accept our evening song, O Lover of mankind!

*v. The Lord is King; He is robed in majesty!*

Your life-bearing Resurrection, O Lord,  
enlightened the whole universe, recalling Your creation.  
Delivered from Adam's curse, we sing://  
"Almighty Lord, glory to You!"

*v. For He has established the world, so that it shall never be moved.*

You are the changeless God,  
Who, suffering in the flesh, were changed.  
Creation could not endure seeing You on the Cross.  
It was filled with fear while praising Your patience.  
By descending to Hades and rising on the third day,//  
You have granted to the world life and great mercy.

*v. Holiness befits Your house, O Lord, forevermore!*

You endured death, O Christ,  
to deliver the human race from death.  
You rose from the dead on the third day,  
raising with yourself those who knew You as God//  
and enlightening the world. Glory to You!

*Glory to the Father, and to the Son, and to the Holy Spirit; Tone 6*

He is the jewel of the holy fathers,  
The glory of Christian ascetics,  
The fountain of divine miracles,  
Our fervent intercessor before God.  
Come, O lovers of feasts, let us sing him our praises and say:  
Hail, emblem and rule of monastic life,  
And its most precise model!  
Hail, O flaming torch, illumining the earth with your virtues!  
Hail, consolation of the afflicted  
And fervent protector of the wretched!  
You never cease to intercede before Christ our God,  
O Athanasios, on behalf of your flock//  
And for all the faithful who venerate your sacred dormition.

*Now and ever and unto ages of ages. Amen. Tone 6*

My Maker and Redeemer, Christ the Lord,  
was born of you, O most pure Virgin.  
By accepting my nature, He freed Adam from his ancient curse.  
Unceasingly we magnify you as the Mother of God!  
Rejoice, O celestial Joy!  
Rejoice, O Lady://  
the Protection, Intercession and Salvation of our souls!

### **TROPARIA**

**Tone 3** Let the heavens rejoice!  
Let the earth be glad!  
For the Lord has shown strength with His arm.  
He has trampled down death by death.  
He has become the first born of the dead.  
He has delivered us from the depths of hell,  
and has granted to the world//  
great mercy.

*Glory to the Father, and to the Son, and to the Holy Spirit. Tone 3*

The angelic ranks were awed by your life in the flesh,  
how, though corporeal, and clad with earthly clay,  
you did set forth with courage to invisible wars and wrestlings  
and did boldly smite the hordes of the demons with mortal wounds.  
Wherefore, Christ rewarded you with abundant gifts in return.  
Entreat Him that our souls find salvation,  
O most renowned Father Athanasius.

*now and ever, and unto ages of ages. Amen. Tone 3*

We praise you as the mediatrix of our salvation,  
Virgin Theotokos.  
For your Son, our God, Who took flesh from you,  
accepted the Passion on the Cross,//  
delivering us from corruption as the Lover of Man.