

## The 29<sup>th</sup> Day of October

**Commemoration of the Holy Martyr Anastasia the Roman;  
and the Commemoration of our Venerable Father Abramius  
the Recluse.**

### Vespers

**At “Lord, I call...,” 6 stichera:**

**3 stichera for St. Anastasia, in Tone 8:** *To the melody, “What shall we call thee?...”*

**O** passion-bearing martyr Anastasia, /  
Thou didst slay the serpent of the enemy /  
By defeating the passions of the flesh; /  
Thou didst astonish the angels with thy sufferings /  
And men were amazed by the torments thou didst bear! /  
O thou vessel of virginity and adornment of monastics, ///  
Pray Christ God that He may save and enlighten our souls.

**W**hat shall we call thee, O glorious one? /  
Bride of Christ, dwelling in the spiritual bridal chamber /  
And shining with the virtues of virginity? /  
The chosen daughter of Jerusalem on high? /  
The companion and converser with the angels? /  
O long-suffering Anastasia, thou adornment of monastics, ///  
Pray Christ God that He may save and enlighten our souls.

**B**ravely didst thou endure the tormentors’ wrath: /  
The extraction of thy teeth, and the severing of thy breasts /  
The dismemberment of thy hands and the flaying of thy body.  
And yet, while enduring such unspeakable agony, /  
Thou didst lift thine eyes to behold the beauty of thy Lord. /  
O long-suffering Anastasia, thou incorrupt bride of Christ, ///  
Pray that He may save and enlighten our souls.

**And 3 stichera for St. Abramius, in the same Tone:** *To the melody, “O most glorious wonder...”*

**O** father Abramius, wise in God, /  
Spiritually didst thou emulate Abraham of old /  
By leaving thy father’s land, O blessed one; /  
And renouncing the desires of the flesh /  
Thou didst seclude thy body in a humble abode /  
From where thy soul flew on wings to heaven, ///  
Where thou didst find thy home in paradise.

**O** ven'rable father Abramius, /  
 Being like Abraham in both spirit and name, /  
 Thou didst withstand the temptations of this world /  
 Strengthened by faith and united by love to God, /  
 And being radiantly adorned with the splendor of the virtues /  
 Thou didst inherit the promised land. ///  
 Therefore, we joyfully celebrate thy holy memory.

**O** ven'rable father Abramius, /  
 By providence divine /  
 Thou didst rescue the fallen woman /  
 Who was cruelly seduced by the serpent and had been dragged to ruin in the pit, /  
 And thou didst present her pure and saved to God. /  
 And the faithful, being amazed at her repentance,  
 Are piously glorifying the All-gracious God.

**Glory..., now and ever..., Theotokion in the same Tone:**

**Rejoice**, O receptacle of the Light divine, /  
 For His Light hath risen upon us from thy most pure womb! /  
 Rejoice, O brilliant star and veil of holiness, /  
 For thy radiance illumines all the ends of the earth with thy grace! /  
 Rejoice, O pure beginning of our salvation, ///  
 For thou art an awesome mystery, beyond all words, to those who hope in thee!

**Or the Stavrotheotokion, in Tone 8: *To the melody "O most glorious wonder...."***

**"What** is this sight that I see, /  
 What do mine eyes behold, O Master? /  
 Thou, who sustainest all creation, lifted up on the Tree, /  
 Dost die granting life to all," /  
 Cried the Theotokos, weeping, when she beheld upon the Cross ///  
 The God-man Who had ineffably shone forth from her.

**Troparion of St. Anastasia, in Tone 4:**

**O** Jesus, Thy lamb Anastasia /  
 Cries out to Thee with great love: /  
 "O my Bridegroom, I long for Thee in pain, /  
 I am crucified with Thee, and in baptism buried with Thee; /  
 I suffer for Thy sake in order to reign with Thee, /  
 I die for Thee in order to live in Thee. /  
 Accept me as a spotless victim /

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Since I am put to death because of my love for Thee.” ///  
Through her prayers, O Merciful One, save our souls.

**Glory..., the Troparion of St. Abramius, in Tone 8:**

The image of God was truly preserved in thee, O father, /  
For thou didst take up thy cross and follow Christ /  
By so doing thou didst teach us to disregard the flesh, for it passes away /  
But to care instead for the soul, since it is immortal ///  
Therefore thy spirit, O holy Abramius, rejoices with the angels.

**Matins**

After the usual readings from the Psalter, One Canon from the Octoechos with 6  
Troparia (including those for a martyr); and these two Canons for the saints,  
with 8 Troparia.

**Ode 1**

**The Canon of the Martyr, in Tone 8**

*having the acrostic, “I praise the great courage, O martyr”  
the composition of Joseph.*

*Irmos: Let us sing a song unto the Lord, who led His people across the Red Sea: for He alone is glorified.*

*Refrain:* Holy Martyr Anastasia pray to God for us!

**O** holy martyr, wise in God, grant that we who honor this, thy light-bearing commemoration, may be enlightened and that all darkness may be driven from our souls

**F**rom thy childhood thou didst offer thyself wholly to thy Creator, and with the fire of abstinence thou didst completely extinguish the passions from thy body.

**T**hou didst endure the cruelest torments, O martyr, without pitying thy flesh, and thou, O virgin, wast deemed worthy of the spiritual bridal chamber.

*Theotokion:* **W**e honor thee, O holy Virgin Mary, as the ladder reaching up to heaven, where God, who hath deified our mortal nature, hath established Himself.

**The Canon of the Venerable Saint, in same Tone**

*having the acrostic, “I honor thy splendid life, O blessed one,”  
the composition of Joseph.*

*Irmos: Having crossed the water as though it were dry land and escaped from the wickedness of the Egyptians, the children of Israel cried aloud: Let us sing to our Redeemer and our God.*

*Refrain:* Venerable father Abramius pray to God for us!

**R**esplendent with divine brilliance, O all-blessed Abramius, deliver those who celebrate thy light-bearing feast from the gloominess of the passions by thy prayers.

**D**ivine desire set thy soul afire and quenched the burning of the flesh, O blessed father, and thus didst thou live like an angel on the earth.

**H**aving mortified thy body through fasting and ascetic labors on the earth, thou wast deemed worthy of attaining the pleasures of life in heaven, O our God-bearing father Abramius.

*Theotokion:* **T**he Word of God the Father became ineffably incarnate of thy sacred blood, O Virgin Theotokos. Entreat thou Him that we may quell the desires of our flesh.

*Katavasia as prescribed by the Typicon.*

### **Ode 3** **The Canon of the Martyr**

*Irmos:* **T**hou art the strength of those who flee to Thee, O Lord; Thou art the Light to those that sit in darkness; and my Spirit praises Thee.

**S**tanding before the tyrant at thy trial, thou didst preach Christ, the Word of God, the Maker and Master of all, O glorious one.

**W**hen thou wast brought into the arena, thy true goodness and beauty were beheld by all who saw thee.

**C**hrist granted to thee the inexhaustible riches of healing, for thou didst earnestly love His poverty, O maiden.

*Theotokion:* **T**hou didst consume the kindling of my sins with the fervent power of thy prayer, O Mother of the Light, bringing to me remission as a divine dew.

### **The Canon of the Venerable Saint**

*Irmos:* **O** Lord, Creator of the vault of heaven and Founder of the Church, strengthen me in Thy love, for Thou art our supreme desire and the support of the faithful, O Thou who lovest mankind.

**D**esiring that all desires of the flesh should cease, O God-bearing father, thou didst attain to a world beyond the flesh, and didst transcend to glory and everlasting delight.

**T**hou didst become a living temple of the all-accomplishing Spirit when thou didst shut thyself in a humble dwelling, O venerable father. There, thou wast clothed in

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the splendid garment of the virtues and holiness, O blessed father Abramius.

**W**ith the scythe of hardship didst thou harvest the ripened grain of the virtues a hundredfold, O father, with which thou dost now feed those who celebrate thine honored repose with reverence and love.

*Theotokion:* **O** all-holy Lady, the Creator of all made His abode in thee as He so desired in the great abundance of His tender compassion; and thus He sanctified human nature which, in the beginning, fell through its transgressions.

*Katavasia.*

**The Kontakion of the Martyr, in Tone 3: to the melody: “Today the Virgin...”**

**C**leansed by the waters of virginity, O Anastasia, /  
And crowned with the blood of martyrdom, /  
Thou grantest healing to those who suffer from sicknesses /  
And salvation to those who approach thee with their whole heart, ///  
For Christ the bountiful hath granted thee this power.

**The Sessional Hymn of the Martyr, in Tone 8: To the melody, “Today the Virgin...”**

**T**hou didst quench the flames of passion in thy youth with the dew of abstinence, /  
And with the fire of thy blood thou didst reduce all deception to ashes, /  
Bringing thy precious virginity and valiant suffering as a dowry to the Word, thy  
Bridegroom. /  
Therefore He lead thee, into the bridal chamber of His glory /  
As one who courageously trampled the serpent underfoot. /  
Entreat Christ our God now that He may grant the remission of sins ///  
To those who honor thy holy memory, O martyr Anastasia.

**Glory..., the Sessional Hymn of the Venerable Saint, in Tone 1: To the melody, “Thy tomb, O Savior...”**

**E**mulating Abraham of old, O father Abramius, /  
Thou didst depart from thy kinsmen in the flesh, /  
And submitting to the calling of our God. /  
Thou didst fast and revealed thy soul /  
To be brighter than the rays of the sun, ///  
O truly wise and divinely blessed one.

**Now and ever..., Theotokion, in Tone 1:**

**G**uide us back onto the path of repentance, /  
Who have strayed into the wastelands of evil /  
And have angered the most good God against us /  
O blessed Mary, who knew not man, ///  
For thou art the refuge of those in despair and the dwelling-place of God.

**Or this Stavrotheotokion, in the same Tone:**

**A**s she beheld her Lamb and Shepherd dead upon the Tree, /  
The unblemished Ewe-lamb, cried aloud with a mother's sorrow: /  
**H**ow can I endure Thy voluntary suffering, O my Son, /  
And Thy surpassing condescension, O Most-gracious God?

**Ode 4**

**The Canon of the Martyr**

*Irmos: I have heard the mystery of Thy dispensation, O Lord; I have considered Thy works and glorify Thy Godhead.*

**T**he evil tormentor condemned thee, who from thy youth didst bear the light and easy yoke of Christ, to bear a yoke of iron and pain, O martyr Anastasia.

**T**hou didst quench the embers of polytheism with the drops of thy blood; and with the rays of thy miracles thou didst utterly consume the kindling of the passions.

**H**aving stripped thy body naked, the wicked tormentor could not strip thee of grace; and thus, he caused thee to receive a most wonderful woven seamless garment from on high.

*Theotokion:* **T**hou didst remain a pure virgin after giving birth as thou wast before birthgiving, O Theotokos; for thou didst bear as a babe Him who is God before the ages.

**The Canon of the Venerable Saint**

*Irmos: I have heard the mystery of Thy dispensation... (same as above)*

**H**aving washed away any defilement of thy soul with the streams of thy tears, thou didst become a divine and honorable habitation of the Spirit, O all-blessed father.

**T**hou didst keep night-long vigils praying without ceasing, and avoiding any passionate attachment, with love unfeigned and perfect faith.

**A**s a true favorite of God, O venerable Abramius, thou didst receive the grace to heal sufferings and to drive unclean spirits away.

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*Theotokion:* **O** Theotokos, Mother and ever-Virgin, by thy supplications deliver me who am held fast by despondency and am now drowning in my sin.

**Ode 5**  
**The Canon of the Martyr**

*Irmos:* **R**ising early we cry to Thee, O Lord: Save us, for Thou art our God, and we know none other than Thee

**T**hou wast not consumed by the material fire, O martyr Anastasia, for the fire of the heart of divine love bedewed thee with grace.

**B**earing the blows to thy face as emblems of piety, O martyr, thou didst repel the vile arrogance of the enemy.

**S**tretched out upon the tree, O divinely wise Anastasia, thou didst emulate the divine suffering of thy Bridegroom with love.

*Theotokion:* **W**e praise thee, O all-hymned Theotokos, for thou hast given birth in the flesh to the all-praised God, O most pure Lady.

**The Canon of the Venerable Saint**

*Irmos:* **W**hy hast Thou cast me away from Thy face, O never setting Light? Why has this dismal darkness covered me, the wretched one? Guide me in return to the light of Thy commandments, I pray Thee.

**L**ike a fruitful branch thou didst put forth the grapes of the divine virtues, O father Abramius, pouring forth the wine of compunction, dispelling the drunkenness of the passions from the souls of men, and making glad the hearts of the faithful.

**T**he wicked serpent raised great temptations against thee, O God-bearing father, but thou didst slay him with the sword of the Cross; and by righteous judgment thou didst receive from God a crown of victory, O divinely wise Abramius.

**H**aving become a house of the sanctity of the divine Spirit through faith, O father, thou didst erect a sacred house; and having with thine instructions converted the unhallowed assembly, thou didst consecrate them all to God.

*Theotokion:* **E**nlightened by the divine Spirit, O most pure Lady, with sacred voices the holy prophets proclaimed thee beforehand to be the Virgin maiden from whom God the Word became incarnate in His infinite tender compassion, in a manner beyond reason and understanding.



**Ode 6**  
**The Canon of the Martyr**

*Irmos:* **Grant me a robe of light, O Thou who clothes Thyself with light as with a garment, O greatly merciful Christ our God.**

**Thy** body, wracked with painful wounds, revealed the rightness of thy conscience to Christ our God, O martyr Anastasia.

**Thou** wast suspended aloft, O right laudable martyr, yet enduring great wounds thou didst preserve the nobility of thy soul unharmed.

**Thou** didst endure the forceful removal of thy teeth and the severing of thy hands and feet, O much-suffering martyr, ever lifting thine eyes to thy Bridegroom, Christ.

*Theotokion:* **Having** given birth to God, the Lover of mankind, O loving and sovereign Lady, entreat Him, that we be delivered from the fires of Gehenna.

**The Canon of the Venerable Saint**

*Irmos:* **I** will pour out my prayer before the Lord; I will make known to Him my sorrow, for my soul has been filled with afflictions, and my life has drawn near to hell, and like Jonah I will pray: O God, raise me up from corruption.

**Those** who were in the darkness of deception found thee to be a beacon guiding them straight to the paths of life, O God-bearing Abramius, and they put away the darkness of ignorance, and were revealed to be illumined by the divine Faith.

**Having** vigilantly entreated God, thou didst send the enlightenment of salvation to those who were held fast in the night of the madness of idolatry, O divinely wise Abramius; and through grace, showed them all to be children of the light and the day.

**Having** peacefully come to the end of thy life amid a time of great tumult, O all-blessed Abramius, with godly hope thou didst pass on and attained to the calm haven of the heavenly kingdom and divine splendor.

*Theotokion:* **Through** thy mediation, O Mother of God, raise me up who am heavy with the slumber of despondency, and grant that I sleep not the sleep of death, O Virgin, for I have thee as the intercessor and guide of my life.

*Katavasia.*

**The Kontakion of the Venerable Saint, in Tone 3: to the melody: “Today the Virgin....”**

**Thou** wast revealed on earth to be an angel in the flesh /  
And through fasting thou didst show thyself to be like a tree /



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Planted near the waters of abstinence /

Washing defilement away with the torrents of thy tears. ///

Therefore, thou art revealed as a divine dwelling of the Holy Spirit, O Abramius.

***Ikos:*** **H**aving spurned the corruptible things of this earth, thou didst receive incorruptible beauty; disdaining the pleasures of the flesh, thou didst come to love purity from thy childhood, O wise one. Wherefore, fleeing a world and rejecting a noble spouse and thy parents, thou didst desire only the one, loving God, truly loving Him with all thy soul and heart, O father; for which cause thou hast been revealed as a divine dwelling place of virginity and of purity of spirit, O Abramius.

**Ode 7**

**The Canon of the Martyr**

***Irmos:*** *The Hebrew children in the furnace boldly trampled upon the flame, and they changed the fire into dew as they cried aloud: Blessèd art Thou, O Lord, God of our fathers.*

**O** holy martyr, thou dost rejoice together with the wise virgins in the place where those who keep eternal festival are singing to God the Creator: Blessèd art Thou, O Lord, God of our fathers.

**B**eholding thy limbs broken and enduring the tearing away of thy nails, thou didst offer thyself to God as a sacrifice, singing: Blessèd art Thou, O Lord, God of our fathers.

**T**hou art like a vine, thy hands and feet pruned like branches, O divinely wise one, pouring forth for us the spiritual wine, consoling our hearts and dispelling the drunkenness of the passions.

***Theotokion:*** **T**he sinless Lord, having clad Himself as man except for sin, came forth from thy womb as a mortal, O pure Lady. Entreat thou Him, that He may save those who honor thee with faith.

**The Canon of the Venerable Saint**

***Irmos:*** *The Hebrew children in the furnace boldly trampled... (same as above)*

**T**hou didst wisely despise vanity and corruptible glory that that thou mightest receive the kingdom on high and ineffable glory, O Abramius, most wise in God.

**W**hen the deceitful wolf was tearing thy ewe-lamb to pieces, O wise Abramius, thou didst break his jaws and as a skillful shepherd thou didst bring her to back to life.

**O**beying the Master's laws, thou didst seek the lamb which had gone astray, and,

having found it, like a good shepherd, thou didst take it upon thy shoulders, and brought it back into the fold of repentance.

*Theotokion:* **T**hou alone, O Virgin, hast given birth to One of the Trinity, who is seen in two natures and in one hypostasis. To Him do we sing: Blessèd art Thou, O Lord, throughout all ages!

### **Ode 8** **The Canon of the Martyr**

*Irmos:* *The Chaldean torturer became enraged; he ordered the furnace to be heated seven-fold; but seeing the godly youths saved by a great might, he sang to the Creator and Redeemer: Bless Him, O you children, praise Him, O ye priests, exalt Him, O ye people, throughout all ages.*

**T**hou didst courageously prevail, O most praised spiritual athlete, and didst win a victory over lies and deceit; for thou didst endure the severing of thy hands and feet and the removal of thy breasts and teeth, all the while singing with joy, O martyr: Bless Christ, O ye people, throughout all ages.

**R**esplendent as the sun in the beautiful radiance of virginity, throughout the ordeal of thy torture, thou didst illumine the whole world with the brilliant example of thine endurance, O holy martyr, all the while crying out: Bless Him, O you children, praise Him, O ye priests, exalt Him, O ye people, throughout all ages.

**B**y thine entreaties, O bride of God, cleanse thou my soul, which hath been defiled by the passions and darkened by the assaults of the serpent of evil, and cover me with thy radiant protective veil, O martyr Anastasia, and illumine me, that I may cry out: Bless Him, O you children, praise Him, O ye priests, exalt Him, O ye people, throughout all ages.

*Theotokion:* **T**he virgin Anastasia, desiring to be with thee, O pure and unblemished Lady, kept her body and soul untainted, and patiently reduced the burning of the passions to ashes; and having endured the ordeal of many torments, she now rejoiceth with thee in the mansions of heaven throughout all ages

### **The Canon of the Venerable Saint**

*Irmos:* *The children, by Thy grace, vanquished both the tyrant and the flames by observing Thy commandments most faithfully, and they cried out: Bless the Lord, O ye works of the Lord!*

**T**he malevolent serpent cast thy pure dove into the pit of perdition; but thou didst rescue her, O wise father, singing out: Bless the Lord, O ye works of the Lord, throughout all the ages!

**A**s when thou didst traverse the course of this life, O father Abramius, so, after thy repose, thou wast shown by the divine grace of the Spirit to be a physician and

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healer of the sick, for thou didst sing aloud: Bless the Lord, O ye works of the Lord, throughout all the ages!

**Shining** forth in innocence, righteousness, chastity and faith, O blessed and venerable father, thou art now counted among the angels, and with them thou dost sing: Bless the Lord, O ye works of the Lord, throughout all the ages!

***Let us bless the Father and the Son and the Holy Spirit, the Lord!***

***Theotokion:*** **T**hou, O Lady, art revered as the all-holy abode of the River of Life, from whence drinking, we who have been dead, inherit everlasting life, and we cry aloud: Bless the Lord, O ye works of the Lord, throughout all the ages!

***Katavasia.***

**Ode 9**  
**The Canon of the Martyr**

***Irmos:*** *The heavens were filled with fear, the ends of the earth were filled with awe, for God revealed Himself in the flesh to men; and thy womb became more spacious than the heavens, so the leaders of men and angels magnify thee, O Theotokos!*

**T**hou wast hung upon a tree, bringing to mind the blessed suffering of the Word of God, and thou didst endured the severing of thy hands and feet, the uprooting of thy teeth, and the removal of thy tongue and breasts, O pure Anastasia, glory of monastics and adornment of martyrs.

**L**ike a bride wast thou adorned with beauty having betrothed thyself to the Bridegroom by the enduring all thy sufferings; and now, as one chosen by Him, thou dost rejoice within His splendid chambers, bearing the beautiful lamp of thy virginity.

**A**nd now, thou reignest for all ages in splendor with Him. The Author of Life, O Anastasia. Thy struggles let fall a sweetness which taketh away the bitterness of sin, and thy shrine now poureth forth rivers of healings that sweep away all sufferings and cruel afflictions, unto the glory of the Savior who hast so glorified thee, O sweet and honored Anastasia.

**S**trengthened by Thy Cross, O almighty Christ, women throughout the ages have become brave and have courageously crushed the head of the exceedingly crafty foe. And having received a dwelling place of joy in paradise, they have attained a wondrous deification, and they sing their songs of praise to Thee, O Word of God.

***Theotokion:*** **T**hy martyr, Anastasia, O Lord, adorned with the rays of virginity and wearing the purple vesture of the blood of her torment, in that she knew Thee to

have taken mortal flesh from a woman, hath been gloriously brought before Thee, our God who reignest over all creation, and now stands before Thee together with Thy holy Mother.

### **The Canon of the Venerable Saint**

*Irmos:* Saved through thee, O pure Virgin, we confess thee to be truly Theotokos, and with the choirs of angels we magnify thee.

**O** God-bearing father Abramius, because of thy faith thou wast deemed worthy to behold things which have been longed for from of old, which eye hath not seen, nor ear hath heard.

**T**hou hast appeared shining and radiant with the divine rays of the virtues, O Abramius, and, rejoicing, thou standest now before the beautiful Master of all.

**T**hou hast joined thyself to the choirs of the venerable saints in heaven; and having received deification together with them, O venerable one, pray now thou that we all may be saved. And honoring thy life and thy sacred repose, O Abramius, the Church joyously celebrates this day in joy and gladness.

*Theotokion:* **O** most

O loving Virgin Mother, bless thou our feeble hearts and souls which hath been afflicted by sin, and make us worthy to become partakers of the good things of heaven.

*Katavasia.*

### **Liturgy**

#### **The Troparion of St. Anastasia, in Tone 4:**

**O** Jesus, Thy lamb Anastasia /  
Cries out to Thee with great love: /  
“O my Bridegroom, I long for Thee in pain, /  
I am crucified with Thee, and in baptism buried with Thee; /  
I suffer for Thy sake in order to reign with Thee, /  
I die for Thee in order to live in Thee. /  
Accept me as a spotless victim /  
Since I am put to death because of my love for Thee.” ///  
Through her prayers, O Merciful One, save our souls.

#### **The Troparion of St. Abramius, in Tone 8:**

**T**he image of God was truly preserved in thee, O father, /  
For thou didst take up thy cross and follow Christ /

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By so doing thou didst teach us to disregard the flesh, for it passes away /  
But to care instead for the soul, since it is immortal ///  
Therefore thy spirit, O holy Abramius, rejoices with the angels.

**Kontakion of the Martyr Anastasia, in Tone 3: to the melody: "Today the Virgin...."**

**C**leansed by the waters of virginity, O Anastasia, /  
And crowned with the blood of martyrdom, /  
Thou grantest healing to those who suffer from sicknesses /  
And salvation to those who approach thee with their whole heart, ///  
For Christ the bountiful hath granted thee this power.

**Kontakion of the Venerable Abramius, in the same Tone: (and melody)**

**T**hou wast revealed on earth to be an angel in the flesh /  
And through fasting thou didst show thyself to be like a tree /  
Planted near the waters of abstinence /  
Washing defilement away with the torrents of thy tears. ///  
Therefore, thou art revealed as a divine dwelling of the Holy Spirit, O Abramius.

**Prokeimenon, Tone 8: Precious in the sight of the Lord / is the death of His saints. Verse:** What shall I render to the Lord for all His bounty to me?

**The Epistle: (213) Galatians 5:22-6:2**

**Alleluia, in Tone 6:** Blessèd is the man who fears the Lord, who greatly delights in His commandments. **Verse:** His seed shall be mighty in the land.

**The Gospel: (43) Matthew 11:27-30**

**The Communion Hymn:** The righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings.

RLE 9/07/2017 SDA  
UPDATED 11/3/2022 SDA  
10/25/2023 SDA