

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Matins

Usual Beginning (*abbreviated*)

Six Psalms

Great Litany

God is the Lord (*tone 4*)

God is the Lord and hath revealed Himself unto us, //
Blessed is He that cometh in the Name of the Lord!

Troparion (*tone 4*) (*of St Seraphim*)

Thou didst love Christ from thy youth, O blessed saint,
Burning with desire to labor for Him alone,
Thou didst strive in unceasing prayer and effort in the wilderness!
Thou didst gain the love of Christ through the compunction of thy heart
And wast manifested as the chosen of the Mother of God.
Therefore we cry out to thee: //
‘Save us by thy prayers, O our father Seraphim!’

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen.

Thursday Theotokion (*tone 4*)

The Word of the Father,
Even Christ our God,
Was truly incarnate of thee, O Virgin Theotokos,
The only pure and blessed one. //
Therefore we ceaselessly magnify thee in song!

Psalm 50

Canon

Canticle One

Irmos (*tone 6*) (*to Seraphim*)

Crossing the deep on foot as if it were dry land,
Israel looked on the pursuing pharaoh as he drowned and cried aloud: // ↓
Let us sing a song of victory to God!

Refrain: O holy father Seraphim, pray to God for us! (*repeat before each troparion*)

O Lord, open my unworthy lips and grant me words of wisdom,
That I may worthily hymn the memory of the blessed Seraphim
Who now prays to Thee together with the angels
To deliver us from every serious circumstance.

Thou wast a great intercessor before the Theotokos, O ven'erable one,
And it was given thee to see her with the Apostles.
Now do not cease to visit thy children with thy prayers.

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

From thy youth, O ven'erable one,
Thou didst surrender thyself in mind to the Lord.
Thou didst subdue the passions of thy body through strict abstinence
And wast adorned with every virtue, O most wise one.

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. *(Theotokion)*

O most blessed Lady,
Since Thou gavest birth to the all-good God in the flesh,
Cleanse my heart which is tormented by passions
That I may magnify thee with faith and love!

Canticle Three

Irmos *(tone 6) (to Seraphim)*

None is holy but Thee, O Lord,
Our God who hath raised up the horn of Thy faithful in Thy goodness, // ⚡
Establishing us upon the rock of Thy confession!

Refrain: O holy father Seraphim, pray to God for us! *(repeat before each troparion)*

Standing with the angels before God in prayer, O ven'erable one,
Pray for the whole world, that the enemy's attacks may be overthrown
And that Orthodox Christians may be granted victory over their adversaries.

From thy youth, thou didst cling to the Master of the Hosts on high
With faith and love, O ven'erable Seraphim.
Shining like a sun from the wilderness of Sarov,
Thou wast a comfort to those who came to thee in sorrow.
Pray that we also may be saved!

Thou hast been revealed as an unshakeable pillar and refuge
For those who pray to Thee and turn to the monastery of Sarov.
There is abundant grace for them to receive healing.

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. *(Theotokion)*

Our first mother Eve didst hear: 'Thou shalt bring forth children in sorrow.'
Thou, O pure virgin, didst hear: 'Rejoice, the Lord is with thee!'
Thou didst put to flight the grief of our first mother with this cry of joy!

Little Litany *(may be omitted)*

Canticle Four

Irmos *(tone 6) (to Seraphim)*

The holy church sings in rev'rent worship:
'Christ is my strength, my God and my Lord!'
Raising her voice in purity of reason // ⚡
And keeping feast in the Lord!

Refrain: O holy father Seraphim, pray to God for us! *(repeat before each troparion)*

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Today the monastery of Sarov radiantly celebrates thy memory,
And asks thee, O ven'erable one:
Beseech the Lord to grant peace to the whole world
And great mercy to our souls.

In thy great struggles thou didst flourish like a palm tree, O ven'erable one,
Sweetening the hearts of those who turn to thee
With fruitful words and a blameless life.
Therefore, pray now that we may gain mercy from Christ our Savior!

By thy prayers entreat God for us, O ven'erable Seraphim,
And drive away the sinful darkness of our grief.
Adorn all who honor thy most glorious memory
With dispassion, faith and love!

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. *(Theotokion)*

Rejoice, O virgin Lady, beauty of the churches,
Strength and boast of the land of Russia!
Pray to Christ God without ceasing,
That through thy prayers He may preserve us from misfortunes.

Canticle Five

Irmos *(tone 6) (to Seraphim)*

In Thy goodness, enlighten with divine light
The souls of those who seek Thee early with love,
That they may know Thee to be the true God:
I entreat Thee, O Word of God, // ⇔
For Thou didst call them back from the darkness of transgressions!

Refrain: O holy father Seraphim, pray to God for us! *(repeat before each troparion)*

Thou have been a true teacher and great intercessor before the Theotokos
For all who come to thee, O ven'erable one.
Now do not cease to pray for Thy children,
For Thou hast great boldness!

Let the Christian people now enter the temple of the monastery of Sarov,
Bowing down before thy precious relics, o ven'erable Seraphim.
Glorifying Christ, let them ask thee for healing and salvation.

The invisible enemy desired to frighten thee
When Thou wast praying to God at night, O ven'erable one.
But he was put to shame by thy prayer,
And the wicked one vanished.

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. *(Theotokion)*

Most pure Mary, beseech God who was born of thee,
That He may grant remission of sins to thy servants.

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Canticle Six

Imos (tone 6) (to Seraphim)

Beholding the raging sea of life
With its rough waters of temptation,
I run towards Thy calm haven and cry aloud to Thee://↑
'Lead up my life from corruption, O greatly merciful One!'

Refrain: O holy father Seraphim, pray to God for us! (repeat before each troparion)

Thy holy soul was a dwelling of God
In which the Father, Son and Holy Spirit lived.
Therefore we pray to thee, O ven' rable one:
Dispel the slanders of the enemy from those who honor thee
And grant peace to all orthodox Christians.

O ven' rable Seraphim, we honor thy great struggles and labors in the wilderness
And the attraction of thy teaching
By which Thou didst enlighten many that came to thee,
Teaching them to hymn the consubstantial Trinity.

Following after Christ the Master in purity of life,
Thou didst complete the good race, O ven' rable one.
Thou didst ascend to the eternal mansions, where Thou dost behold what the angels see.
Therefore as we honor thy memory, we glorify Christ!

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. (Theotokion)

I now flee to thee, O all-pure One.
Save and preserve me by thy supplications,
For whatever Thou dost desire, Thou art able to do,
Since Thou art the mother of the Almighty!

Little Litany (may be omitted)
Kontakion (tone 2)(of St Seraphim)

Forsaking the beauty as well as the corruption of this world, O saint,
Thou didst go forth to Sarov where thou didst live as a monk and angel.
Thou didst become the way of salvation for many men,
Therefore Christ hath glorified thee, O father Seraphim,
Enriching thee with abundant healings and miracles;
Therefore we cry out to thee://
'Rejoice, O Seraphim, our holy *father*!'

Canticle Seven

Imos (tone 6) (to Seraphim)

An angel moistened the furnace with dew for the holy children,
But the commandment of God consumed the Chaldeans with fire,
Making the tyrant cry aloud://↑
Blessed art Thou, O God of our fathers!

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Refrain: O holy father Seraphim, pray to God for us! *(repeat before each troparion)*

Thy life was gloriously revealed to be filled with the grace of the Spirit of God!
Truly, O ven'erable one, Thou didst receive the blessed end of the righteous, rejoicing in Christ.
We cry out to Him who hath glorified thee:
Blessed art Thou, O God of our fathers!

A multitude of people, gathered together at thy holy monastery today,
Bows down before thy precious relics, O ven'erable Seraphim.
We all draw healings from them and ever cry out:
Blessed art Thou, O God of our fathers!

The report has gone out into all the world
That a most glorious wonderworker hath appeared in Sarov,
Pouring out a multitude of healings
On all who approach with faith and cry:
Blessed art Thou, O God of our fathers!
Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. *(Theotokion)*

O Virgin Theotokos, Thou didst ineffably give birth to the Word, thy Creator:
Together with the ven'erable Seraphim,
Beseech Him to have mercy on our souls!

Canticle Eight

Irmos *(tone 6) (to Seraphim)*

Thou didst pour dew from the flames upon the holy youths
And burned the water poured on the sacrifice by Thy righteous servant,
For Thou, O Christ, dost all things by the power of Thy will alone// ⤴
And we exalt Thee above all forever!

Refrain: O holy father Seraphim, pray to God for us! *(repeat before each troparion)*

Thou didst subdue the passions of the flesh and died to the world;
Thou didst receive the words of eternal life in thy heart, O blessed one.
Thou didst teach all that turned to thee to cry out:
'All works of the Lord, bless the Lord
And exalt Him above all forever!'

At the glorification of thy precious relics, O ven'erable one,
The monastery of Sarov is filled with joy.
All the people cried out to God who is wondrous in His saints:
'All works of the Lord, bless the Lord
And exalt Him above all forever!'

Filled with the grace of the divine Spirit, O ven'erable Seraphim,
Through thy prayers, beg remission of sins for the faithful people
Who keep thy holy memory and cry:
'All works of the Lord, bless the Lord
And exalt Him above all forever!'

Let us bless the Father and the Son and the Holy Spirit: the Lord,
now and ever and unto ages of ages. Amen.

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Theotokos, Thou gavest birth to the Savior and Master of all;
Thou hast been revealed to us as the mediator of salvation.
Therefore we pray to thee:
Grant salvation to all who faithfully hymn thee throughout all ages!

Choir: We praise, bless and worship the Lord,
Singing and exalting him throughout all ages!

Magnificat

Canticle Nine

Irmos (tone 6) (to Seraphim)

No man is able to see God
Upon whom the hosts of angels dare not gaze,
Yet through thee, O pure one, the Word-made-flesh was seen by men.//↑
Together with the ranks of heaven we magnify Him and call thee blessed!

Refrain: O holy father Seraphim, pray to God for us! (*repeat before each troparion*)
Accept our small tribute; do not look upon it with contempt
Although it is offered to thee from unworthy lips, O ven'erable one.
Sanctify all who glorify thee and deliver us from misfortunes, dangers and eternal torments
That we may sing hymns to thee forever!

Manfully enduring the heat of the day and the cold of the night
In the solitude of the wilderness,
Thou wast a dwelling of the wisdom of God.
Thou didst hasten toward the unfading radiance!
Pray now that we may be saved!

Today the monastery is glorified
In which thou consented to take upon thyself the yoke of Christ.
For there thou didst spend thy days in the wilderness.
Enlightening all who came to thee by thy teachings,
Thou didst teach them to be children of the Church of Christ.

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. (*Theotokion*)

Thou art our strength, thou art our boast and our joy,
Our protection, help, refuge and invincible intercessor.
O most pure Theotokos, save thy servants!

Little Litany

Hymn of Light (tone 3)

Come, O faithful!
Let us praise Saint Seraphim in holy hymns:
Great in his wonders, illumining the land of Russia!
The companion of angels and fervent intercessor before God!//↑
Let us venerate his holy memory

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Praises *(tone 8)*

The honored feast of the monastery of Saroy is at hand:
The day which commemorates the holy monk Seraphim to whom we sing!
Rejoice, O light and confirmation of ascetics!
Star among monks, showing, as to the wise men, the way to heavenly mansions!
O glor'ious boast of the priests!
Never-failing fountain of love and wisdom,
The brightest light of spiritual discernment!//↑
Rejoice, O great example of virtue! *(2x)*

O blessed father Seraphim,
Thou didst truly follow Christ,
And by thy fraternal love and lack of malice,
Thou didst draw all men to thyself,
Teaching many the way of virtue by thy meekness and humility.
Therefore, O Saint Seraphim, //↑
We bless Thy memory with love!

Thou didst go forth to dwell in the wilderness, O holy monk,
And filled with spiritual wisdom, Thou didst arise there to the height of virtue.
Therefore we cry out to thee:
'Rejoice, O adornment of the church!
Rejoice, O strength of priests, the glory and the boast of monks!
O blessed Seraphim, pray to Christ our God //↑
To give the world peace and our souls great mercy!'

Glory to the Father and to the Son and to the Holy Spirit. *(tone 6)*

Come, O assembly of monks and ascetics!
Come, all Christian people;
Let us honor the Ascetic in songs!
Let us cry aloud:
'Rejoice, for Thou didst direct thy steps
In those of Christ the Master along the narrow way!
Rejoice, O swift helper of those who run to thee in affliction and tribulation;
Rejoice, O mighty intercessor of salvation!
Rejoice, for thou wast adorned with the gift of prophecy,
Foretelling future things as though they were the present day!//↔
Pray, O holy Seraphim for those who honor thy holy memory in faith and in love!

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Now and ever and unto ages of ages. Amen. *(tone 6)(Dogmatikon/Theotokion)*

O Theotokos,
Thou art the true vine who blossomed for us the Fruit of life!
Implore Him, we pray thee, O Lady,
Together with the Apostles and all the saints, // ⇄
That he will have mercy on our souls!

Small Doxology
Morning Litany and Prayer

Matins Aposticha *(tone 6)(to the Apostles)*

Thine Apostles, O Lord,
Once went down to the bottom of the sea with their nets,
And then because of their decrees
They attained the top most height of the kingdom.
For by their knowledge of their craft
They explored the unfathomed deep,
While by their faith they reached Thine infinite bosom,
And proclaimed Thy timeless Son to the world! // ↓
By their intercessions and those of all the saints, have mercy on us!

When Thy disciples, O Christ,
Were caught by a storm in their ship
They cried out to Thee:
'Save us, O Teacher, for we perish!'
Now we too cry out:
'Deliver us from our distress, we pray Thee, //
O our Savior, the Lover of man!'

(to the martyrs)

Our God has shown marvellous things
In His chosen and saints.
Rejoice and be glad, His servants!
He has prepared crowns and His kingdom for you! // ⇄
But do not forget us, we entreat Thee!

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen. *(tone 6)(Theotokion)*

O pure virgin Mother of God,
Thou wast found worthy of great gifts,
For Thou didst bear in the flesh One of the Trinity,
Christ, the Giver of life, // ⇄
For the salvation of our souls!

Menaion: July 19
Translation of the Relics of St Seraphim (1903)
Our Venerable Mother Macrina, Sister of Ss Basil the Great and Gregory of Nyssa (380)

Trisagion

Troparion *(tone 4)(of St Seraphim)*

Thou didst love Christ from thy youth, O blessed saint,
Burning with desire to labor for Him alone,
Thou didst strive in unceasing prayer and effort in the wilderness!
Thou didst gain the love of Christ through the compunction of thy heart
And wast manifested as the chosen of the Mother of God.
Therefore we cry out to thee://
‘Save us by thy prayers, O our father Seraphim!’

Glory to the Father and to the Son and to the Holy Spirit,
Now and ever and unto ages of ages. Amen.

Thursday Matins Dismissal Theotokion *(tone 4)*

We have no way to praise thee worthily, O Theotokos,
For thou art the height of creature.//
We beseech thee to grant us thy gracious mercy.

Augmented Litany *(begins with ‘triple’ Lord have mercy)*

Dismissal

Magnification *(may be sung after the dismissal)*