

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)

Vespers

Lord I Call *(tone 1) (to Seraphim)*

When thou, O holy monk, went into the wilderness of Sarov,
Thou didst put off thine own will to the very end,
Showing steadfast obedience to all.
Thou didst rejoice to endure offense and dishonor!
Thou didst pray for those who injured thee.
Therefore we glorify Thy memory and entreat thee://↑
Pray that the Lord will grant our souls peace and great mercy!

Bles-sed is the monastery of Sarov!
It holds thee, O holy father Seraphim, as a treasure of virtues,
A vessel of purity, a guardian of chastity,
A well of grace, a spring of healing!
A physician who took no money from the sick,
A true ascetic who comforted those in affliction,
A peaceful harbor for those tossed in the storms of earthly passions!
Therefore we glorify thy memory and entreat thee://↑
Pray that the Lord will grant our souls peace and great mercy!

Today the faithful rejoice in thy memory, O holy father Seraphim
Proclaiming thee with a loud voice.
Thou didst forsake the good things of this life for love of Christ
And didst go to live in the wilderness of Sarov.
Thou wast not afraid of the struggle with invisible enemies,//↑
But didst sweep them aside as dust with thy prayers.

(tone 4)(of Macrina, to the special melody, 'Thou Hast Given a Sign')

Thou didst live in purity,
Preserving thy virginity chaste and undefiled.
Thou didst distribute thy wealth, fulfilling the commandment of Christ.
Following Him, thou didst forsake the world and all that is in it.
Therefore Jesus, the Lover of man and Savior of our souls,//↑
Hath given thee heaven and the things of heaven!

As a most fervent lover of wisdom
Thou didst display self-control and an undying quality of soul.
Thou didst seek to be pure from the stains of sin
And clear from all pollution,
That Thou mightest be free from the restraints of the *body*,
Having neither spot nor wrinkle, O God-pleasing one.//↑
Now thou dost stand pure and without blemish before the Bridegroom!
Thy face was enlightened by the brilliant rad'iance of Christ,

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O all-laudable one.

After death He glorified thee as His godly virgin,
Merciful and beaming with joy,
As one sympathetic and speaking words from God,
For thou didst live an angelic life on earth,
Pleasing God with the rad'iance of thy life!//↔
Pray that the Lord will grant our souls peace and great mercy!

Glory to the Father and to the Son and to the Holy Spirit. *(tone 8)*

Come, O assembly of the faithful!
Let us glorify today our great father in songs of praise,
Let us cry out to him:
'O holy monk, our father Seraphim
Thou wast truly granted divine life,
Receiving from God a crown of incorruptible glory!
Therefore Sarov makes its boast in thee;
Thy relics give glory to the Lord who glorified thee!//↑
Pray that He will grant our souls peace and great mercy!

Now and ever and unto ages of ages. Amen. *(tone 8)(Theotokion)*

The King of Heaven, because of His love for man,
Appeared on earth and dwelt with men.
He took flesh from the pure Virgin;
And after assuming it, He came forth from her.
The Son is One in two natures, yet one person!
Proclaiming Him as perfect God and perfect man,
We confess Christ our God!//↑
Entreat Him, O Virgin Mother, to have mercy on our souls!

Aposticha *(tone 5)(to the special melody, 'Rejoice, O Life-bearing Cross')*

Rejoice, O converser with angels,
The holy monk Seraphim!
Thou didst live with devotion upon the earth,
Teaching the fear of the Lord to many who came to thee
For thou wast enlightened by the Spirit!
Thou didst see the things of the future as though they belonged to the present day
Thou didst fill the souls of the afflicted with joy and tenderness.
Therefore we entreat thee://↑
Pray to God for those who honor thee!

Verse: Precious in the sight of the Lord is the death of His saints!

Rejoice, O most wondrous teacher, of those who have gone astray!
It has been given to thee to behold Christ our Lord

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In His church with the archangels and the angels!
Now, O holy monk, in heaven,
Thou dost ever delight in this sight.//↑
Therefore, pray to God for those who *honor* thee!

Verse: Blessed is the man who fears the Lord; who greatly delights in His commandments!

Rejoice, O holy monk, father Seraphim!
Thou didst command all to keep the true faith of Christ.
Having desired the life on high, thou didst despise all riches.
Now thou dost see the ineffable beauty of heaven
And dost delight in the sweet singing of the angels.//↑
Therefore, pray to God to grant us peace and great mercy!

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

O holy monk, Saint Seraphim,
Who can declare thy struggles and the diseases which attacked thee!
What tongue can proclaim the harsh life in the wilderness:
The vigils and the abstinence!
And again, thy solitude living as a hermit,
Thy tongue ever still and silent as thou didst stand in unceasing prayer.
Truly thou hast revealed thyself to be the adornment of those who fast;
An intercessor before God who will never be put to shame!
Therefore we cry out to thee:
'Rejoice, O example of the monastic life!
Rejoice, O comforter of those in affliction and need!
Thou hast been a fervent advocate for all of us.//↑
Pray to the Lord that our souls may be saved!

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

My Maker and Redeemer, Christ the Lord,
Was born of thee, O most pure Virgin!
By accepting my nature He freed Adam from his ancient curse!
Unceasingly we magnify thee as the Mother of God!
Rejoice, O Celestial Joy!
Rejoice, O Lady.//↓
The protection, intercession and salvation of our souls!

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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!'

Troparion *(tone 8)(of St Macrina)*

The image of God was truly preserved in thee, O mother,
For Thou didst take up the cross and followed 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 mother Macrina, rejoices with the angels!

Theotokion *(tone 8)(of the Resurrection)*

For our sake Thou wast born of the Virgin and didst endure crucifixion, O Good One,
Destroying death by death and revealing the resurrection as God,
Do not despise the work of Thy hand; reveal Thy love for man, O Merciful One, //
And accept the Theotokos praying for us, and save the despairing people, O Savior!

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*!'

Kontakion *(tone 4)(of St Macrina)*

O ven' rable Macrina,
Thou lovest the good God with all thy heart.
Taking His precious Cross upon thy shoulder,
Thou didst followed after Him with zeal.//
Therefore Thou hast found forgiveness of sins!