

## Sunday, July 5, 2020 - 5th Sunday after Pentecost; Mother of God of Perpetual Help; Venerable Father Athanasius of Athos (c. 1003)

**Troparia and Kontakia** *Troparion, Tone 4:* When the disciples of the Lord learned from the angel\* the glorious news of the resurrection\* and cast off the ancestral condemnation,\* they proudly told the apostles:\* “Death has been plundered!\* Christ our God is risen,\* granting to the world great mercy.”

*Troparion, Tone 7:* O Mother of God and Virgin,\* we magnify Your glory,\* we ask for Your help,\* we venerate Your miracle-working icon.\* You are the Mother of grace,\* You are the hope of the world;\* do not reject our prayers in our times of need,\* and free us from all dangers.

*Troparion, Tone 3:* O Athanasius ever glorious,\* the ranks of angels marvelled at your life in the flesh\* for you with your body engaged the unseen foe,\* and wounded the legions of demons.\* For this Christ rewarded you with lavish gifts.\* Therefore, pray, O Father, that our souls be saved.

+Glory be to the Father and to the Son and to the Holy Spirit.

*Kontakion, Tone 4:* My Savior and Deliverer from the grave\* as God raised out of bondage the children of the earth\* and shattered the gates of Hades;\* and as Master, He rose on the third day.

Now and for ever and ever. Amen.

*Kontakion, Tone 6:* Our Mother, O Lady of Perpetual Help,\* give us boldness in our cares, improvement in our sicknesses,\* consolation amid our very sorrows, help in our battles.\* Grant unity to Christians, zeal to ministers of the Church,\* forgiveness to sinners, steadfastness to the righteous,\* salvation to the dying,\* beseech to grant cleansing and eternal glory to the souls in purgatory.

### **Prokeimenon, Tone 4**

How great are Your works, O Lord\* You have made all things in wisdom. *verse:* Bless the Lord, O my soul: O Lord my God, You are exceedingly great. (*Psalm 103:24,1*)

**Prokeimenon, Tone 7** Precious in the sight of the Lord is the death of His venerable ones.

### **Epistle:**

**A reading of Paul to the Romans/Galatians - Romans 10:1-10; Galatians 5:22-6:2 (NRSV)**

*Brothers and sisters,* my heart's desire and prayer to God for them is that they may be saved. I can testify that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they have not submitted to God's righteousness. For Christ is the end of the law so that there may be righteousness for everyone who believes. Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say? “The word is near you, on your lips and in your heart” (that is, the word of faith

that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

**(Galatians 5:22-6:2** *Brothers and sisters*, by contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another. My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfill the law of Christ.

**Alleluia, Tone 4** *verse*: Poise yourself and advance in triumph and reign in the cause of truth, and meekness, and justice. *verse*: You have loved justice and hated iniquity. (*Psalm 44:5,8*) *verse*: Blessed is the man who fears the Lord; he shall delight exceedingly in His commandments.

**Gospel: Matthew 8:28-9:1; Luke 6:17-23 (NRSV)**

*At that time when Jesus came to the other side, to the country of the Gadarenes, two demoniacs coming out of the tombs met him. They were so fierce that no one could pass that way. Suddenly they shouted, "What have you to do with us, Son of God? Have you come here to torment us before the time?"* Now a large herd of swine was feeding at some distance from them. The demons begged him, "If you cast us out, send us into the herd of swine." And he said to them, "Go!" So they came out and entered the swine; and suddenly, the whole herd rushed down the steep bank into the sea and perished in the water. The swineherds ran off, and on going into the town, they told the whole story about what had happened to the demoniacs. Then the whole town came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And after getting into a boat he crossed the sea and came to his own town.

**(Luke 6:17-23)**

*At that time, Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them. Then he looked up at his disciples and said: "Blessed are you who are poor, for yours is the kingdom of God. "Blessed are you who are hungry now, for you will be filled. "Blessed are you who weep now, for you will laugh. "Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.*

**Communion Hymn**

Praise the Lord from the heavens;\* praise Him in the highest (*Psalm 148:1*)\* The just man shall be in everlasting remembrance;\* of evil hearsay he shall have no fear.\* Alleluia, alleluia,\* alleluia.