

May 1

HOLY PROPHET JEREMIAH  
ST PAPHNUTI OF BOROVS  
HOLY HIEROMARTYR MACARIUS, METROPOLITAN OF KIEV  
ST BRIOC

Troparion of the holy Prophet Jeremiah Tone 1  
From thy mother's womb thou wast sanctified by the Creator in His foreknowledge,/ and from thy swaddling bands thou wast filled with prophetic wisdom./ O wise Jeremiah, thou didst lovingly lament the fall of Israel./ Honouring thee as a Prophet and Athlete we cry out to thee:/ Glory to Him Who has glorified thee; glory to Him Who has crowned thee;/ glory to Him Who has given thee to us as a fervent intercessor.

Troparion of St Paphnuti of Borovsk Tone 4  
Thou didst illumine thy fatherland/ with thy radiant life of prayer and fasting,/ and wast filled with divine gifts of the Spirit./ Thou didst strive valiantly in this temporal life and show mercy to all,/ becoming an intercessor for the poor./ And so we entreat thee, O Father Paphnuti,/ pray to Christ our God that our souls may be saved.

Troparion of St Macarius Tone 8  
While presenting the divine and bloodless Sacrifice thou didst present thy blood spilled by the Hagarenes/ as a blameless offering to the Chief Shepherd thy Master./ Entreat Him to smite the warlike nations, and thyself strengthen Orthodox Christians in every combat,/ and keep thy flock unharmed from every affliction;/ for we honour thee as a strong intercessor,/ O new Hieromartyr of Russia and Hierarch blessed Macarius.

Troparion of St Brioc Tone 1  
O holy Brioc, Enlighthener of the lands of Wales and France:/ with miracles thou didst preach Christ in thy life,/ and in death thy fragrance proclaimed thy glory./ Pray to Christ our God that our souls may be saved.

Kontakion of the Holy Prophet Jeremiah Tone 3  
Thy pure heart was enlightened by the Spirit,/ O great Prophet and Martyr Jeremiah./ Thou didst receive the gift of prophecy from on high/ and cry aloud to the nations:/ This is our God and there is none other beside Him/ Who has appeared incarnate on the earth.

Kontakion of St Paphnuti of Borovsk Tone 8  
Illumined by divine Light thou didst lead an ascetic life, O righteous Father./ Thou didst excel as a guide of monks and adornment of fasters./ God, beholding thy labours, enriched thee with the gift of wonderworking so that thou dost pour forth healings./ In gladness we cry to thee: Rejoice, O Father Paphnuti.

Kontakion of St Macarius Tone 8  
O blessed Hierarch Macarius, the city of Kiev rejoices,/ having acquired the treasure of thine incorrupt body:/ for thou didst guard thy See from the wicked enemies' onslaughts even unto blood,/ and dost now stand before the heavenly throne./ In thy prayers remember us before the Creator,/ that thou mayest be our refuge in all afflictions;/ since in thee we boast as we cry: Rejoice, O Macarius, venerable adornment of Bishops.

May 2

TRANSLATION OF THE RELICS OF OUR HOLY FATHER  
ATHANASIUS THE GREAT  
TRANSLATION OF THE RELICS OF SS BORIS AND GLEB  
ST GLUVIAS, MONK

Troparion of St Athanasius the Great Tone 3  
O Hierarch Athanasius, thou wast a pillar of Orthodoxy/ supporting  
the Church with divine doctrines;/ for thou didst proclaim the Son to  
be of one essence with the Father,/ and didst put Arius to shame./ O  
righteous Father, entreat Christ our God to grant us His great mercy.

Troparion of Ss Boris and Gleb Tone 2  
O Passion-bearers and fulfillers of the Gospel of Christ,/ chaste  
Boris and guileless Gleb:/ you did not oppose the attacks of the  
enemy, your brother,/ when he killed your bodies but could not  
touch your souls./ Let him therefore mourn while you rejoice with  
the Angels/ standing before the Holy Trinity./ Pray that those who  
honour your memory may find grace with God/ and that all  
Orthodox people may be saved.

Troparion of St Gluvias Tone 2  
O glorious Father Gluvias,/ thou didst bring the light of Christ to  
Cornwall/ while thy brother holy Cadoc enlightened Wales./ As thou  
dost intercede for all mankind,/ pray to Christ our God to grant us  
His great mercy.

Kontakion of St Athanasius the Great Tone 2  
Thou didst plant the dogmas of Orthodoxy/ and cut out the thorns of  
false doctrine;/ thou didst water the seeds of Faith with the rain of  
the Spirit, O righteous Father./ Therefore we call thee blessed.

Kontakion of Ss Boris and Gleb Tone 3  
Today your memory shines forth, noble sufferers,/ and summons us  
to glorify Christ our God./ Those who come to the shrine of your  
relics/ receive healing through your prayers,/  
for you are holy physicians.

May 31

HOLY MARTYR HERMIAS OF CAPPADOCIA  
SS WINNOW, MANCUS AND MYRBAD, MONKS

Troparion of St Hermias Tone 4  
Enlisted for Christ the King of all,/ thou didst hew down the enemy  
ranks, O glorious Hermias./ After enduring many torments in thine  
old age/ thou didst contest as God's warrior./ Intercede with Him, O  
trophy-bearer, that all may be saved.

Troparion of Ss Winnow, Mancus and Myrbad Tone 6  
O three holy Saints who in honour of the Trinity/ left Ireland to  
labour in Cornwall:/ having toiled on earth you are glorified in  
heaven,/ blessed Winnow, Mancus and Myrbad.

Kontakion of St Hermas Tone 3  
Thou didst steadfastly confess the Name of Christ/ and endure  
grievous torments, O Hermias,/ and vanquish the ancient foe./ With  
an aged body,/ in thy youthful ardour thou didst attain to the joys of  
Paradise.

May 30

ST ISAAC, FIRST ABBOT OF THE MONASTERY OF  
DALMATOS IN CONSTANTINOPLE

Troparion Tone 3

Thou wast a model of abstinence and a foundation of the Church,/ O Isaac, bright light of the Fathers;/ for thy life was radiant with virtues/ and thou didst openly proclaim the Orthodox Faith./ O righteous Father, pray to Christ our God to grant us His great mercy.

Kontakion Tone 8

Thou model of observance for monks and teacher of piety,/ thy servants praise thee, O Godbearer./ As thou art the dwelling-place of divine grace,/ make us temples of the light of the Spirit,/ for we cry to thee: Rejoice, O Father Isaac.

May 3

ST THEODOSIUS ABBOT OF THE KIEVAN CAVES,  
FOUNDER OF RUSSIAN MONASTICISM  
HOLY MARTYRS TIMOTHY THE READER AND HIS WIFE  
MAURA

Troparion of St Theodosius Tone 8

From thy youth on wings of virtue thou didst speed on thy monastic way and attain to thy desire./ Thou didst settle in a cave and live radiantly fasting, persevering in prayer like the Bodiless Ones./ Thou didst illumine Russia as a shining lamp./ O Father Theodosius, pray to Christ our God that our souls may be saved.

Troparion of Ss Timothy and Maura Tone 4

Let us the faithful honour Timothy/ with Maura his faithful fellow-athlete, the bride of Christ,/ and let us praise their bold endurance;/ for being crucified they lovingly followed Him Who was slain/ and Who has nailed all our sins to the Cross.

Kontakion of St Theodosius Tone 3

Today we venerate the star of Russia, blessed Theodosius,/ who has shone from the east to the west;/ he has enriched his whole land/ with miracles and blessings/ and has established there the monastic life.

Kontakion of Ss Timothy and Maura Tone 4

Having endured many wounds and receiving crowns from God,/ O great Timothy and glorious Maura,/ pray to God for us who celebrate your memory,/ that He may grant peace to His flock and people;/ for He is the strength of the faithful.

May 4

HOLY MARTYR PELAGIA THE VIRGIN MARTYR OF ROME  
ST SCANNEL, MONK

Troparion of St Pelagia Tone 3

Thou didst abandon dark ignorance through knowledge of the Faith./  
O Pelagia, fair virgin of Christ./ Thou wast refreshed by His dew and  
didst finish thy contest by fire./ O glorious Martyr,/ entreat Christ  
our God to grant us His great mercy.

Troparion of St Scannel Tone 3

Sent by Colum Cille thou didst travel from Iona/ and spend thy life  
preaching Christ in pagan darkness./ As thou hast boldness before  
Christ in heavenly glory/, O Father Scannel,/ entreat Him that our  
souls may be saved.

Kontakion of St Pelagia Tone 2

Abandoning thy mortal betrothed/ to be wedded to the Immortal,/  
thou didst offer thy dowry of chastity and contest./ Wherefore, O  
Pelagia, we acclaim thee.

May 29

ST THEODOSIA THE VIRGIN AND MARTYR  
ST JOHN OF USTIUG, FOOL FOR CHRIST AND  
WONDERWORKER

Troparion of St Theodosia Tone 4

Through thy struggles in contest,/ O noble Theodosia,/ thou didst  
offer thy virginity as a gift to God the Word./ Now that He has  
brought thee to the heavenly bridal chamber,/ entreat Him to deliver  
us from all misfortune.

Troparion of St John of Ustiug Tone 5

By patience and nakedness/ thou didst expose the snares of the  
enemy,/ and reprove his evil work./ Thou didst suffer from heat and  
cold,/ and wast protected by God's help./ Pray for those who  
faithfully celebrate thy memory/ and who hasten to venerate thy  
relics,/ that they may be delivered from misfortunes/ and avoid  
stumbling, O most wise John.

Kontakion of St Theodosia Tone 4

Thou wast betrothed to the King of Heaven/ as a pure and trophy-  
bearing Virgin Martyr./ O praiseworthy Theodosia, entreat Him to  
save our souls.

Kontakion of St John of Ustiug Tone 8

Thou didst abstain from all sweetness below, desirous of the beauty  
of heaven./ Possessing nothing in this vain world, thou didst long for  
the life of the Angels./ After repose thou didst pass to them: with  
them entreat Christ our God for us all.

May 28

ST ANDREW THE FOOL FOR CHRIST  
HOLY HIEROMARTYR EUTYCHES OF MELITENA  
ST IGNATIUS, BISHOP OF ROSTOV

Troparion of St Andrew the Fool for Christ Tone 4  
Thou didst choose foolishness for the sake of Christ/ and didst make the crafty one foolish./ Thou didst persevere with thy struggle in the midst of turmoil,/ and Christ has brought thee to paradise./ Intercede with Him, O Andrew for those who honour thee.

Another Troparion of St Andrew Tone 1  
For thy sake, O Christ, thy servant Andrew became a fool on earth./ He heard the Apostle Paul proclaiming./ 'We are fools for the sake of Christ'./ As we now honour his memory we pray thee to save our souls.

Troparion of St Ignatius of Rostov Tone 4  
Thy doctrine was a source of enlightenment;/ thou didst receive a flock as a Hierarch and wast an heir to the Apostles./ Thou didst receive the gift of wonderworking:/ O holy Bishop Ignatius,/ entreat Christ our God to save our souls.

Troparion of St Eutyches Tone 4  
Thou didst share in the glory of the martyrs,/ having achieved the heights of virtue, O blessed Eutyches./ Thou didst serve our God in purity/ and redden thy garments in the blood of martyrdom./ Thus adorned thou art standing near Christ in His service, and dost ever intercede for our souls.

Kontakion of St Andrew Tone 1  
Thou didst finish thy life in piety, O godly-minded Andrew./ Thou wast a pure vessel of the Trinity and a companion of the Angels./ May peace and forgiveness be granted, through thine intercession,/ to those who honour thee.

Another Kontakion of St Andrew Tone 4  
Of thine own free will thou didst become a Fool, O Andrew,/ and utterly hate the lures of this world./ Thou didst deaden carnal wisdom through hunger and thirst,/ through heat and bitter frost./ By never avoiding the hardships of weather thou didst purify thyself as gold in the furnace.

Kontakion of St Ignatius of Rostov Tone 4  
Thine illustrious memory shines forth today,/ O blessed Hierarch Ignatius./ It illumines the world and reveals to all the radiance of divine glory.

Kontakion of St Eutyches Tone 2  
Thou didst steadfastly guide and guard the Church,/ and lay down thy life for her, O Father Eutyches./ Preserve her unshaken in all true doctrine,/ for thou art her pillar and foundation.

May 5

HOLY GREAT VIRGIN MARTYR IRENE  
ST HYDROC, MONK

Troparion of St Irene Tone 1  
Christ our God has called thee Irene, for thou grantest peace to those who hasten to thy church with hymns./ Thou dost intercede for all before the Light-creating Trinity./ Together we celebrate thy memory/ as we magnify God Who has glorified thee.

Troparion of St Hydroc Tone 4  
O holy Hydroc who didst witness for the Faith and shine in Cornwall:/ pray that the darkness of our present times may be dispersed by bold preachers like thyself,/ that God may be glorified in these lands.

Kontakion of St Irene Tone 3  
Adorned with the beauty of virginity/ and by martyrdom, O virgin Irene,/ reddened with the blood thou hast shed,/ thou didst overthrow the error of godlessness./ Wherefore thou didst receive the prizes of victory from the hand of thy Creator.

May 6

PROPHET AND PATRIARCH JOB THE MUCH-SUFFERING

Troparion Tone 4

As an indestructible tower of manly courage,/ thou didst repulse the attacks of Belial and remain unmoved in temptations./ Wherefore the Church sings of thee, O wise Job,/ as a model of endurance and an example of virtue;/ and she is made radiant by thine exploits.

Kontakion Tone 8

Thou wast true and just, pious, blameless and holy, O glorious servant of God./ Thou didst enlighten the world by thy perseverance, O much-afflicted Job./ Therefore we all honour and praise thy memory.

May 27

ST JOHN THE RUSSIAN, THE NEW CONFESSOR  
HOLY HIEROMARTYR HELLADIOS

Troparion of St John the Russian Tone 4

He Who called thee from earth to heaven/ keeps thy body unharmed even after death, O righteous John./ Thou wast taken to Asia as a prisoner/ and didst win Christ as thy friend./ Beseech Him that our souls may be saved.

Another Troparion of St John the Russian Tone 1

Russia thy fatherland boasts of thy birth, O John,/ and Asia rejoices in thy relics:/ carried thither as a prisoner and enduring great hardships,/ as an ascetic thou hast become God's initiate./ Glory to Christ Who has glorified thee; glory to Him Who has made thee wondrous;/ glory to Him Who has given thee to us as a protector.

Troparion of St Helladios Tone 5

The hosts of heaven,/ marvelling at thy steadfast courage,/ were astonished by thine endurance, O blessed one./ For though in a mortal body/ thou didst shame the bodiless by the power of the Cross,/ O Hierarch Helladios,/ defender of godliness and invincible soldier of Christ.

Kontakion of St John the Russian Tone 4

Today we remember thine illustrious contests,/ O righteous Father John./ They gladden the souls of those who venerate thee with reverence and faith.

Kontakion of St Helladios Tone 8

Thou didst blossom like a fruitful olive tree,/ bearing fruit of holy struggles for those who look for God's mercy./ As thou art a martyr and a glorious light of the Faith,/ guide us to divine knowledge, for we cry to thee: Rejoice, O Father Helladios.

May 26

HOLY APOSTLE CARPOS  
ST BECAN, ABBOT

Troparion of the holy Apostle Carpos Tone 3  
Thou didst share in Paul's bonds by divine grace,/ O blessed Apostle Carpos./ And those who received the light of thy preaching/ thou didst reveal as partakers of glory./ Therefore intercede with Christ our God to grant us His great mercy.

Troparion of St Becan Tone 4  
O holy Becan, kinsman of Saint Colum Cille and partaker of his sanctity,/ from thy monastery at Kill Baggan thou didst glorify Christ our God./ Entreat Him to save our souls.

Kontakion of the holy Apostle Carpos Tone 4  
The Church has thee as a shining star, O holy Apostle Carpos/ and is illuminated by thy many miracles./ Save those who faithfully venerate thy memory.

May 7

COMMEMORATION OF THE SIGN OF THE CROSS THAT APPEARED IN THE SKY IN JERUSALEM DURING THE THIRD HOUR OF THE DAY DURING THE REIGN OF THE EMPEROR CONSTANTINE  
HOLY MARTYR ACACIOS THE CENTURION OF CAPPADOCIA  
ST NIL OF SORA  
THE RIGHTEOUS MARTYR PACHOMIOS OF THE HOLY MOUNTAIN, ATHOS

Troparion of the Appearance of the Cross Tone 1  
The image of Thy Cross shone forth brighter than the sun,/ reaching from the Mount of Olives to the Place of the Skull:/ in this way Thou didst reveal Thy might, O Saviour/ thereby strengthening the faithful./ Ever keep us in Thy peace through the prayers of Thy holy Mother,/ O Christ our God and save us.

Troparion of St Acacios Tone 5  
O Martyr Acacios,/ by thy steadfast contest thou didst trample on the ancient serpent/ and receive the victor's crown from God./ By thine aid deliver us from the malice of the evil one./ O prize-winner,/ and entreat Christ our God to have mercy on our souls.

Troparion of St Nil of Sora Tone 4  
Thou didst renounce the world and flee the tumult of life,/ O righteous and Godbearing Father Nil. /Thou didst not neglect to gather paradisaical flowers from the writings of the Fathers,/ and didst pass from the wilderness to heavenly mansions,/ having blossomed as a lily of the field./ Teach us who venerate thee to tread the royal highway:/ and pray for our souls.

Troparion of St Pachomios the New Martyr Tone 3  
Thy godly life was made radiant by the trials of holy martyrdom,/ O glorious, righteous Martyr Pachomios./ Thou didst shine forth on Athos by thine ascetical deeds/ and shed thy blood as an Athlete./ Intercede with the Lord Who has glorified thee/ that He may grant us His great mercy.

Kontakion of the Appearance of the Cross Tone 4  
The holy Cross which opened the closed heavens has appeared from thence and shone upon the earth. / As we receive the glory of its power we are led to the unfading Light. / We have it in wars as an unfading trophy, Thy weapon of peace.

Another Kontakion of the Precious Cross Tone 8  
O thrice-blessed and worshipful Cross of Christ,/ all we faithful venerate and magnify thee, and we rejoice at thy manifestation./ As the trophy and unconquered weapon that thou art,/ protect, cover and shelter by thy grace those who cry to thee:/ Rejoice, O Wood most blessed.

Kontakion of St Acacios Tone 2  
Let us fittingly acclaim the godly witness and victor over the devil./ Let us call him blessed as we pray:/ Cease not to entreat the Saviour, O Acacios,/ that thy servants may be saved:/ for thou hast great boldness before the Lord.

Kontakion of St Nil of Sora Tone 1  
Beholding the blessings of Paradise and delighting in her beauties,/ thou didst bring forth fragrant fruits of God-enlightened understanding./ O chalice of divine compunction, Father Nil, pray to Christ that we thy disciples/ may rejoice eternally with thee.

Kontakion of St Pachomios the New Martyr Tone 4  
Thou didst become illustrious on Athos by thine ascetic life and didst later excel in martyrdom./ For thou wast given wings by thy love for God,/ O divinely-wise Martyr, glorious Pachomios.

May 8

THE MIRACLE OF THE MOTHER OF GOD OF CASSIOPIA  
SYNAXIS OF THE HOLY, GLORIOUS AND ALL-FAMED APOSTLE  
AND EVANGELIST JOHN THE THEOLOGIAN  
OUR HOLY FATHER ARSENIOS THE GREAT

Troparion of the Mother of God of Cassiopia Tone 2  
All thy deeds are most wondrous and worthy of praise,/ most holy Mother of God;/ for to Stephen, unjustly deprived of his eyes and blinded,/ thou didst grant eyes again and restore to him sight./ Pray to Christ our God to enlighten our souls.

Troparion of St John the Evangelist Tone 2  
Apostle beloved of Christ our God,/ hasten to deliver a defenseless people./ He Who allowed thee to recline on His breast/ receives thee bowing in prayer, O John the Theologian./ Implore Him to dispel heathen persistence/ and to grant us peace and mercy.

Troparion of St Arsenios The Great Tone 5  
Thou didst spurn fleeting delights,/ when commanded from heaven like Abraham/ and in thy life thou didst emulate the Angels;/ thou wast famous in wisdom, word and deed./ O Godbearing Arsenios,/ entreat Christ our God unceasingly that He will have mercy on our souls.

Kontakion of the Mother of God of Cassiopia Tone 8  
O Mother who knew not wedlock,/ blind Stephen came with his mother to thy church in Cassiopia, lamenting and bewailing his misfortune./ By thine intercessions with the Lord thou didst grant him eyes, O Birthgiver of the Light of the world./ When he was healed he cried out to thee: Rejoice, O Maiden of exceeding radiance.

Kontakion of St John the Evangelist Tone 2  
Who can tell of thy mighty works, O beloved Saint?/ Thou didst pour forth miracles./ Thou art a source of healing and dost intercede for our souls/ as Theologian and friend of Christ.

Kontakion of St Arsenios the Great Tone 2  
While living on earth thou didst show forth the life of the Angels, O Godbearing Arsenios,/ and thou wast granted their honour./ Now as thou art standing with them before the throne of God,/ thou dost pray for forgiveness for all.

May 25

THIRD FINDING OF THE PRECIOUS HEAD OF THE HOLY  
AND GLORIOUS PROPHET, FORERUNNER AND BAPTIST  
JOHN

Troparion Tone 4  
Christ has revealed thy head to us, O Prophet and Forerunner/ as a divine treasure hidden in the earth./ We come with hymns to honour its discovery,/ and praise the Saviour Who saves us from corruption,/ through thy intercessions.

Kontakion Tone 6  
The shining pillar on earth, the Forerunner, lamp of the spiritual Sun,/ has revealed his radiant, holy head to the world./ He sanctifies those who venerate it and who faithfully cry:/ O wise Baptist of Christ, save us all.

May 24

ST SYMEON STYLITES OF THE WONDROUS MOUNTAIN  
ST NICETAS THE STYLITE, WONDERWORKER OF  
PEREYASLAVL

Troparion of St Symeon the Stylite Tone 1

Thou didst shine from the wondrous mountain/ as a lamp of the gifts of asceticism./ Thy pillar has become a ladder from earth to heaven/ for those who hasten to thy fold, O wonderworking Symeon./ Glory to Him Who has strengthened thee; glory to Him Who has crowned thee;/ glory to Him Who through thee works healings for all.

Troparion of St Nicetas the Stylite Tone 4

O Nicetas, thou didst despise the lusts of youth with true discernment./ In thy courageous life thou didst defeat the enemy and wast pleasing to God in thy prudence./ Thou hast received the gift of wonderworking/ and dost cast out demons and healest infirmities./ Entreat Christ our God to save our souls.

Kontakion of St Symeon the Stylite Tone 8

Thou didst long for things on high and renounce things below;/ thou didst make thy pillar another heaven and shine with radiant miracles, O Symeon,/ ever interceding with Christ our God for us all.

Kontakion of St Nicetas the Stylite Tone 8

Thou didst endure death from thy servants for the sake of Christ/ and didst receive from Him the incorruptible crown./ O righteous Nicetas, who art praying for our souls,/ thou dost heal all who faithfully come to thy sepulchre.

May 9

HOLY PROPHET ISAIAH  
HOLY GREAT MARTYR CHRISTOPHER

Troparion of the Prophet Isaiah Tone 4

Thou didst proclaim the coming of Christ to the world,/ with a great voice like a trumpet,/ O most illustrious Prophet Isaiah./ Thou wast shown forth as a swiftly-writing scribe of things to come./ Wherefore we acclaim thee with hymns.

Troparion of St Christopher Tone 4

In beautiful garments woven from thy blood thou dost stand before the King of Heaven./ For thou dost chant the Thrice-holy hymn with Angels and Martyrs./ By thy supplications save thy servants.

Kontakion of the Prophet Isaiah Tone 2

O Prophet-Martyr Isaiah, herald of God,/ through thy gift of prophecy/ thou didst make God's Incarnation clear to all by proclaiming:/ Behold, the Virgin shall conceive in her womb.

Kontakion of St Christopher Tone 4

Thou wast terrifying both in might and countenance:/ thou didst willingly suffer temptation from thy persecutors;/ those men and women sought to arouse in thee fire of lust, / but they followed thee to martyrdom./ Wherefore thou art our strong protector, O Great Martyr Christopher.

May 10

HOLY APOSTLE SIMON THE ZEALOT  
ST COMGALL, ABBOT OF BANGOR

Troparion of St Simon the Zealot Tone 3

O glorious Simon, when God Incarnate revealed Himself to thee/  
thou wast kindled with divine zeal./ Thou wast a zealot among the  
Apostles and eager to emulate Christ's death./ Thou didst go forth to  
Him by crucifixion./ Entreat Him to grant us His great mercy.

Troparion of St Comgall Tone 4

O Comgall, 'Father of Monks',/ thou didst train four thousand  
monastics./ Thou didst kindle Christ's fire in Bangor/ and thy cell  
was aglow in pagan darkness./ O friend of Saint Colum Cille,/ thou  
radiancy of Ireland and Scotland/ we praise God Who has glorified  
thee.

Kontakion of St Simon the Zealot Tone 3

Let us praise Simon who preached God:/ his doctrines of wisdom  
took firm root in pious souls./ He now stands before the throne/ and  
rejoices with the Angels,/ interceding unceasingly for us all.

May 23

OUR HOLY FATHER AND CONFESSOR MICHAEL, BISHOP  
OF SYNNADE  
ST EUPHROSYNE, PRINCESS OF POLOTSK  
ST GOBAN GOBHENNA, ABBOT

Troparion of St Michael of Synnada Tone 4

From thy youth thou didst dedicate thy life to God,/ and wast  
proclaimed shepherd and Hierarch of Christ./ O holy Michael, thou  
didst endure afflictions and exile/ through honouring the icon of  
Christ,/ and dost now pour forth healings for us all.

Troparion of St Euphrosyne Tone 4

Thou didst give thy wealth to the poor,/ and despise the rank of  
princess and temporal betrothal./ Thou didst betroth thyself to Christ  
thy Bridegroom,/ and thy wreath was spiritual and bodily purity./  
Now thou dost stand before Him:/ Remember us who venerate thee,/  
O Euphrosyne.

Troparion of St Goban Gobhenna Tone 7

As once thou didst labour in thy monastery at Tascaffin/ and dost  
now rejoice in heavenly glory:/ we beseech thee to entreat Christ our  
God for the people of Ireland/ and that He may have mercy on us all.

Kontakion of St Michael of Synnada Tone 8

We venerate thee, O Michael, as a venerable hierarch and a  
champion of piety./ For not fearing the notorious tyrant, thou didst  
overcome heresies and loudly proclaim:/ "I worship the Icons of  
Christ and His Immaculate Mother."

Kontakion of St Euphrosyne Tone 8

Thou hast adorned thy virginity with almsgiving, as a lamp with oil;/  
thou hast entered Christ's bright bridal chamber with the wise  
virgins./ We bless thee, O Euphrosyne as we honour thy fragrant  
relics/ and we cry out with compunction: thou hast boldness before  
Christ;/ pray that we may be delivered from the stench of our  
passions, and that our souls may be saved.

May 22

HOLY FATHERS OF THE SECOND ECUMENICAL COUNCIL  
HOLY MARTYR BASILISCUS, NEPHEW OF ST THEODORE  
THE TYRO

Troparion of the Second Ecumenical Council Tone 8

Most glorious art Thou, O Christ our God,/ Who hast placed our  
holy Fathers like stars over the earth,/ and didst guide us all to the  
Faith through them./ O most merciful Lord, glory to Thee.

Troparion of St Basiliscus Tone 5

O glorious Saint, thou wast offered, through thy steadfast contest,/ as  
a royal sacrifice to the King of Ages,/ the Prize-bestowing God./ O  
Basiliscus,/ thou wast a valiant soldier of the Truth/ who didst  
destroy error/ and who dost pray to Christ our God for us all.

Kontakion of the Second Ecumenical Council Tone 8

The Apostles' preaching and the Father's doctrine confirmed the one  
Faith in the Church./ She wears the garment of truth woven from the  
theology on high,/ and rightly divides and glorifies the great mystery  
of holiness.

Kontakion of St Basiliscus Tone 4

Thou art heir to the Kingdom of Heaven, O glorious Martyr  
Basiliscus./ Save those who cry to thee:/ Rejoice, O holy adornment  
of Martyrs.

May 11

SS CYRIL AND METHODIOS, APOSTLES TO THE SLAVONIC  
LANDS  
ST SOPHRONI OF THE KIEVAN CAVES  
ST NICODEMOS OF SERBIA

Troparion of Ss Cyril and Methodios Tone 4

O Cyril and Methodios, Equals-to-the-Apostles/ and teachers of the  
Slavonic lands,/ pray to Christ our God to strengthen all nations in  
Orthodoxy in one spirit,/ to convert and reconcile the world to God,/  
and to save our souls.

Troparion of St Sophroni of the Kieven Caves Tone 1

Threatened by the broad way to destruction,/ thou didst dwell in a  
dark cave, O Sophroni./ Thou didst struggle in prayer, tears and  
labour,/ and attain to the joys of eternal life.

Troparion of St Nicodemos of Serbia Tone 4

The truth of things revealed thee to thy flock/ as a rule of faith, a  
model of meekness and a teacher of temperance./ Therefore thou  
hast won the heights by humility, riches by poverty./ Holy Father  
Nicodemos, intercede with Christ our God/ that our souls may be  
saved.

Kontakion of Ss Cyril and Methodios Tone 3

Let us honour our two holy enlighteners,/ who by translating the  
divine writings/ have poured forth a well-spring of knowledge from  
which we still draw today./ We call you blessed, O Cyril and  
Methodios:/ as you stand before God intercede fervently for our  
souls.

Kontakion of St Nicodemos of Serbia Tone 4

Thou didst ascend to the summit of virtue/ and draw near to God, O  
Nicodemos./ Pray for us who devotedly glorify thee as a shepherd  
and teacher.

May 12

ST EPIPHANIOS, BISHOP OF CYPROS, AND ST GERMANOS,  
PATRIARCH OF CONSTANTINOPLE

Troparion of Ss Epiphanius and Germanos Tone 1

Let us honour the Church's two divine trumpets,/ Hierarch Germanos  
and renowned Epiphanius;/ one censured Leo in defense of Christ's icon,  
the other was a scourge of heresies./ These two ever intercede for us.

Kontakion of Ss Epiphanius and Germanos Tone 4

Let us the faithful joyfully praise the two Hierarchs,/ holy Epiphanius  
and Germanos;/ they burned the tongues of the godless,/ and preached  
true doctrine for all/ who in right faith sing of the great Mysteries.

May 21

GREAT SOVEREIGN AND EQUAL-TO-THE-APOSTLES  
CONSTANTINE AND HIS MOTHER HELENA  
ST BARRFOIN, MONK

Troparion of Ss Constantine and Helena Tone 8

O Lord, thy disciple Emperor Constantine, who saw in the sky the  
Sign of Thy Cross,/ Accepted the call that came straight from Thee,  
as it happened to Paul, and not from any man./ He built his capital  
and entrusted it to Thy care./ Preserve our country in everlasting  
peace, through the intercession of the Mother of God,/ for Thou art  
the Lover of mankind.

Troparion of St Barrfoin Tone 3

O holy Barrfoin, Christ's missionary voyager/ like thy contemporary  
Saint Brendan:/ pray that we may have courage/ to venture for  
Christ, at His call,/ that we may receive His great mercy.

Kontakion of Ss Constantine and Helena Tone 3

Today Constantine and Helena his mother expose to our veneration  
the Cross,/ the awesome Cross of Christ,/ a sign of salvation to the  
Jews/ and a standard of victory:/ a great symbol of conquest and  
triumph.

May 20

HOLY MARTYR THALELAEUS AND THOSE WITH HIM  
HOLY FATHERS NICETAS, JOHN AND JOSEPH OF CHIOS

Troparion of St Thalelaeus Tone 1

O Thalelaeus, thou didst defeat idolatrous error by thy martyr's  
contest./ Thou wast a treasury of healing,/ freely curing all who run  
to thy church with faith/ and who cry out with love:/ Glory to Him  
Who has strengthened thee; glory to Him Who has made thee  
wonderful;/ glory to Him Who through thee works healings for all.

Troparion of Ss Nicetas, John and Joseph of Chios Tone 1

Come you faithful who love these blessed men of God;/ let us  
thankfully hymn the three holy Fathers, righteous Nicetas, John and  
Joseph./ They are the adornment and praise of the ascetics of Chios,/  
and they ever intercede with the Trinity for us.

Kontakion of St Thalelaeus Tone 3

Thou wast a fellow athlete with the martyrs, O Thalelaeus,/ and didst  
become a soldier of the King of glory./ Thou didst trample on the  
idolater's pride/ through thy trials and torments./ Wherefore we  
praise thy memory.

Kontakion of Ss Nicetas, John and Joseph of Chios Tone 8

Let us now bless the three holy Fathers,/ for they disdained the world  
and dwelt in mountains and caves./ As you possess heavenly gifts  
send us grace from on high,/ that we may sing: Rejoice, O righteous  
Fathers.

May 13

HOLY VIRGIN MARTYR GLYCERIA  
ST MAEL, HERMIT

Troparion of St Glyceria Tone 3

Let us honour Christ's fair virgin who excelled in the struggle of  
contest./ She trampled on the serpent although she was weak in the  
flesh./ For love of Christ she despised her torments and was  
therefore glorified by God./ Let us cry to her:/ Rejoice, O blessed  
Glyceria.

Troparion of St Mael Tone 5

O holy Mael/ worthy disciple of Bardsey's Founder Cadfan,/ and  
hermit on the Isle of Saints:/ together with thy fellow monastics who  
have attained to glory,/ pray for us to Christ our God/ that He grant  
us His great mercy.

Kontakion of St Glyceria Tone 3

Through love for Mary the Virgin Mother of God/ thou didst  
preserve thy virginity, O Glyceria./ Thou didst surrender thy heart to  
Christ thy God/ and bravely fight till death./ Therefore He has  
crowned thee with a double crown.

May 14

HOLY MARTYR ISIDORE OF CHIOS  
ST ISIDORE OF ROSTOV, FOOL FOR CHRIST  
ST CARTHAGE THE YOUNGER, ABBOT

Troparion of St Isidore of Chios Tone 4

Enlisted by the King of the Ages,/ thou didst spurn the earthly king  
with his army and boldly preach Christ our God./ Therefore thou  
didst complete thy contest and shine forth as His glorious Martyr./  
Entreat Him to save our souls,/ for we honour thee, blessed Isidore.

Troparion of St Isidore of Rostov Tone 4

Illumined by grace, O divinely-wise Isidore,/ thou didst chastely and  
patiently run the course of thy life./ And after death thy splendid life  
has made thee famous:/ for thou didst shower grace of healing on all  
who faithfully venerate thy tomb./ O blessed Isidore, pray to Christ  
our God to save our souls.

Troparion of St Carthage the Younger Tone 6

Taking the name of thy spiritual father at baptism, O holy Carthage/  
thou didst exchange a royal, but pagan, heritage for the monastic  
life./ As in this world thou didst care for those/ who suffered in their  
bodies the corruption of leprosy,/ now, we implore thee, intercede  
with Christ our God/ that He will cleanse our leprous souls and save  
us.

Kontakion of St Isidore of Chios Tone 4

Thou hast become a great guide to the world through thy prayers./  
Wherefore today we praise thee,/ O holy Martyr, glorious Isidore.

Kontakion of St Isidore of Rostov Tone 8

Let us praise him who is a champion and wonder among the  
righteous,/ and who has received the gift of wonderworking from  
Christ./ We see that thou hast boldness before the Holy Trinity./ Pray  
that we thy servants may be delivered from misfortunes/ that we may  
cry to thee: Rejoice, O divinely wise Isidore.

May 19

HOLY HIEROMARTYR PATRICK, BISHOP OF PRUSA, WITH  
HIS PRIESTS ACACIOS, MENANDER AND POLYAENOS  
ST CORNELIOS OF KOMEL

Troparion of the Hieromartyrs Tone 4

You wisely proclaimed the uncreated Trinity to the enemy/ O four  
Godbearing priests:/ Patrick the inspired shepherd of Prusa,/ and  
godly Acacios, Menander and Polyaenos/ Wherefore as noble  
Athletes you were found worthy of glory.

Troparion of St Cornelios of Komel Tone 4

Kindled from thy youth with the fire of divine love,/ thou didst  
forsake the turmoil of life, O blessed Cornelios./ As a disciple of  
Anthony the Great/ thou didst serve Christ in toil and silence, in  
vigil, prayer and fasting./ Entreat Him that our souls may be saved.

Kontakion of the Hieromartyrs Tone 8

You guided the Church from on high by your prayers to the Lord as  
godly-minded priests and invincible Athletes,/ O Patrick, proclaimer  
of the true Faith, with blessed Acacios, Menander and Polyaenos./  
We fervently praise your holy contest.

Kontakion of St Cornelios of Komel Tone 8

From thy youth thou didst serve the Lord Who was made manifest in  
the world by being born of a Virgin./ In His power thou didst make  
the wilderness a city and people it with a multitude of disciples;/  
thou didst enlighten them by thy God-inspired teachings./ Wherefore  
we cry to thee: Rejoice, O Father Cornelios, adornment of monks.

May 18

HOLY MARTYRS PETER, DIONYSIOS, CHRISTINE,  
ANDREW, PAUL, BENEDIMOS, PAULINOS AND HERACLIOS

Troparion Tone 4

Let us praise the eight-fold assembly of prize-winners:/ Paulinos,  
Dionysios, Peter, and Andrew,/ Benedimos, godly-minded Paul,/ glorious Heraclios and holy Christine:/ they ever intercede with Christ our God for the world.

Kontakion Tone 4

Having come from various cities, O holy ones,/ you proved to be citizens of the Heavenly City./ As divine Martyrs/ you formed an illustrious choir,/ you champions of the Trinity.

May 15

ST PACHOMIOS THE GREAT  
ST ACHILLIOS THE WONDERWORKER, BISHOP OF LARISSA  
ST ISAIAH, BISHOP OF ROSTOV, WONDERWORKER

Troparion of St Pachomios Tone 5

As a pastor of the Chief Shepherd/ thou didst guide flocks of monks into the heavenly sheepfold / thyself illumined, thou didst instruct others concerning the Habit and Rule./ And now thou dost rejoice with them in the heavenly mansions.

Troparion of St Achillios Tone 4

Grace has revealed thee as bishop and protector of Larissa and a wise hierarch, O blessed Achillios./ By thy words and miracles thou didst preach the might of the Consubstantial Trinity,/ Whom we pray thee to entreat for those who praise thee.

Troparion of St Isaiah of Rostov Tone 8

Guide of Orthodoxy, teacher of piety and modesty, light of Rostov,/ God-enlightened adornment of hierarchs, O wise Isaiah, thou hast enlightened Russia./ Intercede with Christ our God that our souls may be saved.

Kontakion of St Pachomios Tone 2

O Godbearing Pachomios, after living the life of Angels in thy body/ thou wast granted their glory./ Now thou art standing with them before God's throne/ and praying that we all may be forgiven.

Kontakion of St Achillios Tone 8

Let us praise Achillios, the unfading star of the world, the unsleeping shepherd of Larissa/ Let us cry: Save us from storms as thou hast boldness with God/ that we may sing: Rejoice, O Father Achillios.

May 16

ST THEODORE THE SANCTIFIED, DISCIPLE OF ST PACHOMIOS  
ST EPHRAIM OF PEREKOP  
ST CARANIOC  
ST BRENDAN THE VOYAGER

Troparion of St Theodore Tone 3

Thou wast a sanctified gift and didst glorify God the Word,/ O holy,  
godly Theodore./ Filled with divine goodness,/ thou pourest grace on  
all who cry:/ Pray to Christ our God to grant us His great mercy.

Troparion of St Ephraim of Perekop Tone 4

Serving God from thy youth, O blessed Ephraim,/ for His sake thou  
didst abandon home and family./ Thou didst live austere in the  
wilderness/ where thou didst receive the gift of wonderworking./  
Pray to Christ our God that our souls may be saved.

Troparion of St Carantoc Tone 7

Preferring to serve in the Kingdom of God/ than to rule an earthly  
kingdom, O Father Carantoc,/ thou didst convert many to Christ in  
Ireland,/ in thy native Wales and in Cornwall,/ where having cast  
out the dragon and founded many churches/ thou wast a shining  
beacon guiding many souls into the Way of Salvation./ Pray now to  
Christ our God that He will save our souls.

Troparion of St Brendan Tone 8

The Divine Likeness has been perfected in thee, O holy Father  
Brendan,/ for taking up the Cross thou hast followed Christ,/ and by  
thy deeds thou hast taught us to disdain the flesh, for it passes away,/  
but to cultivate the soul, for it is immortal:/ wherefore, O holy  
Father, thy spirit rejoices with the Angels.

Kontakion of St Theodore Tone 2

Thou didst flourish like a date palm in the house of God/ and  
produce fruits of virtue by thine asceticism, O Theodore./ Therefore  
thou art now blessed/ and art rejoicing with the Angels.

Kontakion of St Ephraim of Perekop Tone 8

Thou didst strive for the angelic life, abandoning earthly things,/ and  
hasten to Christ, O righteous father./ Thou didst guard thyself with  
His commandments and appear as an unassailable pillar./ Wherefore  
we cry to thee: Rejoice O Ephraim, thou radiant lamp.

May 17

HOLY NEW MARTYR PETER THE ALEUT  
HOLY APOSTLE ANDRONICOS OF THE SEVENTY WITH HIS  
COMPANION JUNIA  
ST MADERN, HERMIT

Troparion of St Peter the Aleut Tone 1

O Peter, on the rock of thy faith Christ has built the Church of thy  
land,/ and has hallowed it in the streams of thy blood./ O Aleut, in  
thee thy people are made holy;/ from the farthest islands of the west  
He has raised thee as a light to all./ Glory to Him Who has glorified  
thee; glory to Him Who has crowned thee;/ glory to Him Who  
through thee works healings for all.

Troparion of Ss Andronicos and Junia Tone 2

You shone forth as Apostles and heralds of Christ,/ sowing the  
preaching of grace among all men./ Therefore we praise you,  
illustrious Andronicos and Junia,/ as we exalt Christ our God.

Troparion of St Madern Tone 2

Out of pagan darkness in the land of Cornwall/ thou didst shine as a  
witness to Christ./ Holy hermit Madern,/ entreat Him that the light  
thou didst kindle/ may ever shine in our hearts.

Kontakion of Ss Andronicos and Junia Tone 2

Let us praise these two Apostles of Christ/ Andronicos the star who  
enlightened the heathen,/ and Junia his fellow labourer;/ and let us  
cry:/ Pray to Christ our God unceasingly for us all.