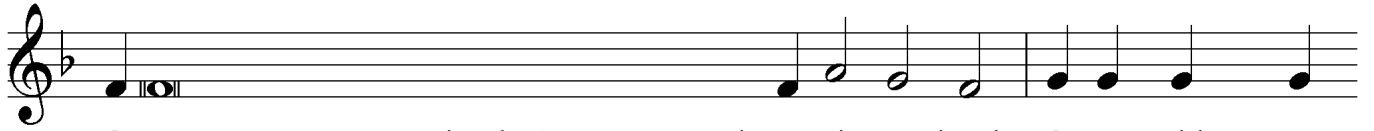


**October 29th. The Holy Martyr Anastasia the Roman
Our Venerable Father Avramios the Recluse**

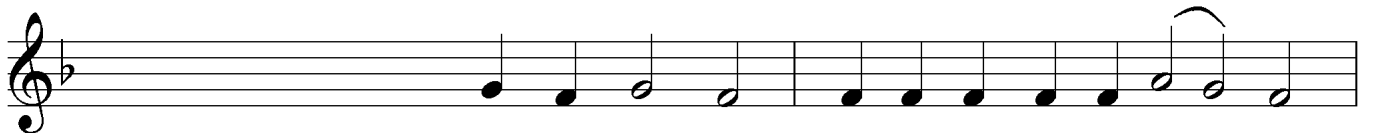
Troparion of St Anastasia, Tone 4



O Je - sus, your ewe - lamb An - a - sta - si - a cries a - loud: O my Bride - groom,



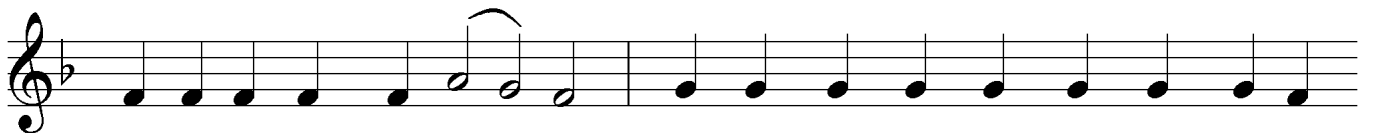
I long for you; and seek - ing you I strug - gle, and I am cru - ci - fied



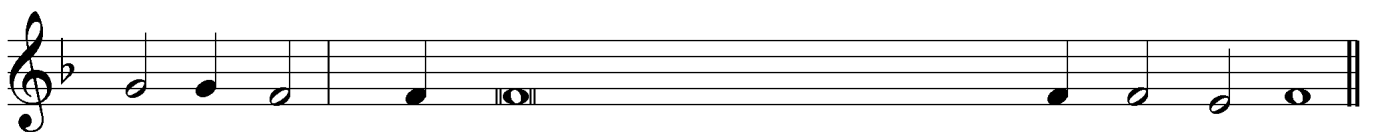
and bur - ied with you in your bap - tism; and I suf - fer for your sake,



that I may reign with you; and I die for you, that I may live in you;

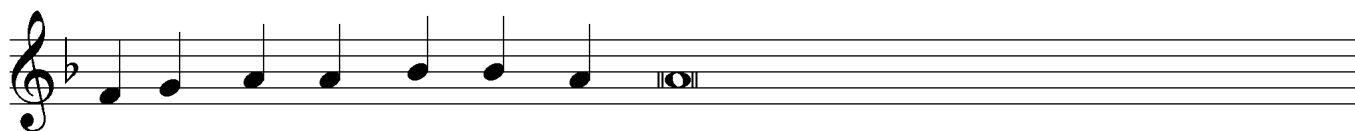


but as a spot - less vic - - tim now ac - cept one who with long - ing is



slain for you. Through her prayers, as you are mer - ci - ful, save our souls.

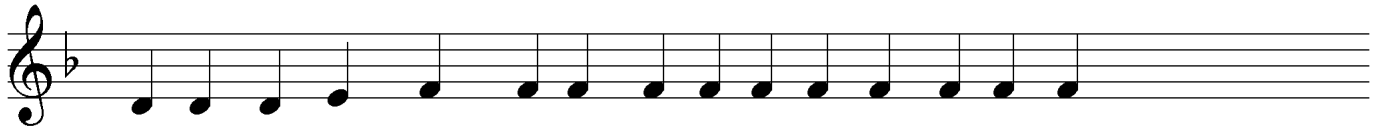
Troparion of St Avramios, Tone 8



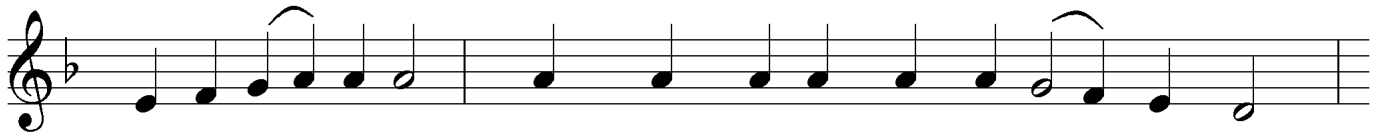
In you, Fa - ther, was pre - served un - im - paired that which is ac - cord - ing



Kontakion of St Anastasia, Tone 3



Pu - ri - fied by streams of vir - gin - i - ty, O ven - er - a - ble



Kontakion of St Avramios, Tone 3



You ap - peared on earth as an an - - gel in the flesh, and by fast - ing



you be - came like a plant - ed tree, grow - ing well by the wa - ters of



self - con - trol, and wash - ing a - way stains with the streams of your




tears; and so you have been re - vealed, O Av - ra - mi - os, as a



god - ly ves - sel of the Spir - - - - it.

Prokeimenon, Tone 7



Pre - cious in the sight of the Lord is the death of his Saints.

The musical notation is on a single staff with a treble clef and a key signature of one flat (B-flat). It consists of two measures. The first measure contains eight quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, and F4. The second measure contains seven quarter notes: E4, D4, C4, B3, A3, G3, and F3, with a fermata over the final F3 note.

Verse: What shall I give in return to the Lord for all that he has given to me?

Alleluia, Tone 6



Al - le - lu - ia, al - le - lu - - ia, al - le - - lu - - - - - ia.

The musical notation is on a single staff with a treble clef and a key signature of one flat (B-flat). It consists of two measures. The first measure contains eight quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, and F4. The second measure contains seven quarter notes: E4, D4, C4, B3, A3, G3, and F3, with a fermata over the final F3 note.

Verse 1: Blessed is the man who fears the Lord, who delights greatly in his commandments.

Verse 2: His seed will be powerful on the earth; the generation of the upright will be blessed.

Communion Chant:

The righteous will be in everlasting remembrance; he will not fear evil tidings.