

**Vesper Propers, July 12, 2026**  
**Seventh Sunday after Pentecost**

**The holy martyrs Proclus and Hilary** at Ancyra in Galatia, under the emperor Trajan and governor Maximus. Proclus was the uncle of Hilary. They were arrested for being Christians. Proclus said to the torturers, “When you are afraid to transgress the Emperor’s commands and risk falling into temporal punishment, how much more do we Christians fear to transgress against God’s commands and fall into eternal torment!”

**Our venerable father Michael of Malein**, a wealthy man of noble birth who gave away all his goods and became a hermit on Mt. Kyminas in Bithynia. He had many disciples, of whom the best-known is St. Athanasius the Athonite. (3rd century)

*Supplement for The Order of Vespers for Sundays after Pentecost, 2006*

*Lamplighting Psalms in the Tone of the Week (Tone 6, p. 82), stichera 10-7.*

**Cantor:** (Tone 1) If you, O Lord, should mark our guilt, Lord, who would survive?  
(on 6) But with you is found forgiveness; for this we revere you.

**Stichera of the holy martyrs Proclus and Hilary - Tone 1 poboden: Nebesnych činov**

Since you en-dured count-less tor - ments, you have both re-ceived shin-ing crowns,  
O Proc-lus and Hi-la-ri - on. Thus we cel-ebtrate your festive me-mo-rial with faith,  
en - treat-ing you to in-ter-cede cease-less-ly on our be - half.

**Cantor:** My soul is longing for the Lord, I count on his word.  
(on 5) My soul is longing for the Lord, more than watchman for daybreak.

Proc-lus, you were a - ble to en - dure the lac - er - a - tion of your flesh,



for you had your gaze fixed on the e - ter - nal joys of Par - a - dise



and the nev - er - setting Light, O bless - ed one. As you now



rejoice in it, intercede that those who hon - or you may one day al - so be

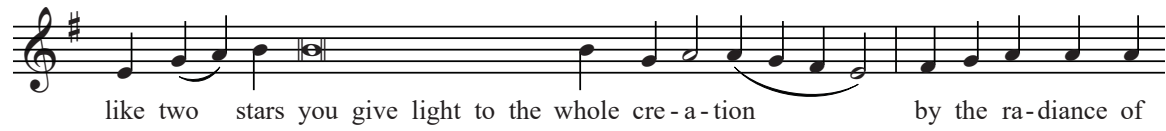


en - light - - - ened there - in.

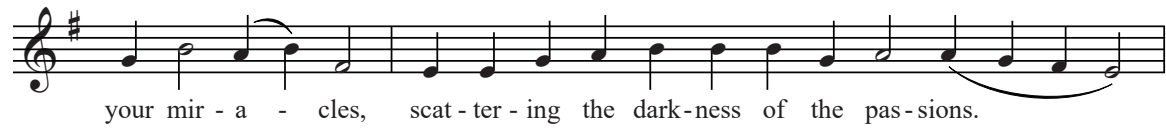
**Cantor:** Let the watchman count on daybreak  
(on 4) and Israel on the Lord.



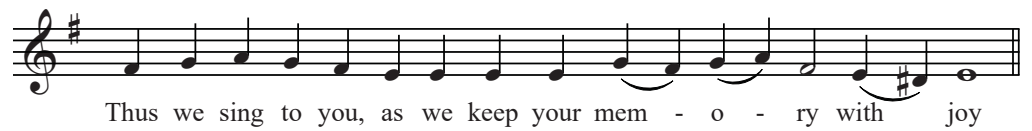
Hi - la - ri - on and Proc - lus, vic - to - ri - ous ath - letes of the Lord,



like two stars you give light to the whole cre - a - tion by the ra - dian - ce of



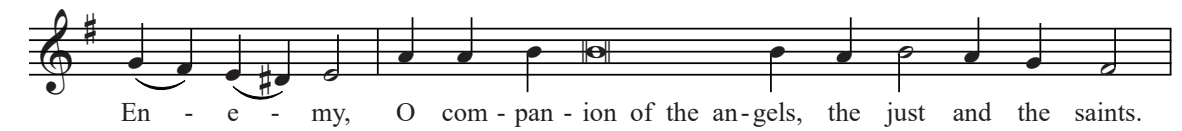
your mir - a - cles, scat - ter - ing the dark - ness of the pas - sions.



Thus we sing to you, as we keep your mem - o - ry with joy



for hav - ing served Christ and for hav - ing broken the power of the



En - e - my, O com - pan - ion of the an - gels, the just and the saints.



With them, ask the Lord to have mer - cy on our souls.

**Cantor:** Now and ever...

*Aposticha theotokion in the same tone (Tone 8, p. 110):*

O Virgin, you have never known wedlock, \* yet you conceived our God in the flesh \* in a manner which words can never describe. \* You thus became the mother of God on high. \* O Immaculate Lady, receive your servants' supplication, \* granting us the cleansing of our sins. \* Accept now our prayers and beseech God to save all of us.

*The service continues on p. 19.*

*Troparia in the Tone of the week (Tone 6, p. 91).*

in heav - en. You de-stroyed hordes of de - mons and have been united to the

choirs of an - gels, whose pure lives you im - i - tat - ed. By your bold-ness with

Christ our God, ask peace for our souls!

**Cantor:** (Tone 6) Now and ever...

*Dogmatikon in the Tone of the week (Tone 6, page 87).*

### Aposticha

*Aposticha in the Tone of the Week (Tone 6, page 88), concluding with:*

**Cantor:** (Tone 8) Glory...

**Aposticha doxastikon of our venerable father Michael - Tone 8 samohlasen**

All the monks honor you, O Michael, holy father, as a spir - it - u - al guide.

Through you, we have set out on the nar - row path; bless-ed are you

**Cantor:** (Tone 5) Because with the Lord there is mercy and fullness of redemption,  
(on 3) Israel indeed he will redeem from all its iniquity.

**Stichera of our venerable father Michael - Tone 5 samohlasen**

O ven - er - a - ble fa - ther, from your youth you em-braced the an - gel - ic life,

re - gard-ing the beauties of the world as but trash. Ev - er mind - ful of di - vine

glo - ry, you a - void - ed passing glory as a mere shad - ow. Now you share

in true glory, having cast down the bonds of the flesh; and, stand - ing before the

light of the three - fold Sun, you de - light in the ra - diance of Christ.

Be - seech him with - out ceas - ing, thatt he grant to the Church oneness of mind,

peace and great mer - - - cy.

**Cantor:** Praise the Lord, all you nations,  
(on 2) acclaim him all you peoples!

②

O ven - er - a - ble fa - ther, splen - dor of com - punc - tion, bea - con for  
those in the dark - ness of de - spair, nev - er - set - ting morning - star, all - honorable  
ember of re - pent - ance, di - vine pearl of the virtues, great lamp of alms - giv - ing  
and prayer, in - ter - ces - sor for or - phans and wid - ows, law - ful stand - ard of the Church  
and ac - tive lumi - nar - y of ab - sti - nence: en - treat Christ with - out ceas - ing,  
that He grant to the Church oneness of mind, peace and great mer - cy.

**Cantor:** Strong is the love of the Lord for us;  
(on 1) he is faithful forever.

①

O ven - er - a - ble fa - ther, you were sanc - tified e - ven be - fore your birth,  
as was the most sa - cred Jer - e - mi - ah; for to her who gave you birth

the Moth - er of the Lord foretold that she would be giv - en fruit in you, and she  
clear - ly proclaimed that you should be given to her from your ear - li - est in - fan - cy.  
Im - me - diate - ly, with upright intent, she received you, O wise in God, who fled the  
tu - mult of life and loved the life of still - ness, through which you passed. And you  
plant - ed communi - ties of those like you, as sand by the well - springs of the wa - ters  
of the Spir - it of God.

**Cantor:** (Tone 6) Glory...

**Doxastikon of our venerable father Michael - Tone 6 samohlasen**

O ven - erable fa - ther Mi - chael, the whole world is filled with the fame of your  
ho - ly deeds; through them, you have received the recompense of your la - bors