

AKATHIST TO THE ICON OF
THE ALL-HOLY THEOTOKOS
CALLED “THE ABBESS OF MOUNT ATHOS”



For gathering Orthodox Christians into one fold
For Salvation

Kontakion 1

Let us offer hymns of praise to the All Holy Virgin Mary, the Theotokos, who was chosen from the foundation of the world, and truly gave birth in the flesh to Jesus Christ, our Savior and God. She is the Mistress of the universe, who loved Christ exceedingly and has taken these holy monasteries under her mighty protection. O, our most honored Mother Abbess, preserve and save us from all enemies, visible and invisible, that we may cry to you:

**Rejoice, O All Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Ikos 1

Angels in the flesh were all the venerable fathers and mothers, young men and virgins, who in ages past shone forth among the saints and sojourned in Orthodox manner to the habitations of heaven under the radiance of the precious and life-creating Cross of Christ, during their earthly course, amid the vale of tears and sorrows, under the mighty protection of the Mother of Christ our God, the most honorable Abbess of Orthodox monastic life. And to Her merciful aid let us joyfully cry out:

Rejoice, our most honorable Mother Abbess!
Rejoice, our hope of salvation!
Rejoice, preserver of Mount Athos!

Rejoice, you save the monks that dwell there!
Rejoice, gladness and glory of the holy desert dwellers!
Rejoice, divine bliss of holy hermits!
Rejoice, for through you all the saints are saved!
Rejoice, for by you is the universe adorned!
Rejoice, for you are in God and are the Mistress of countless worlds!
Rejoice, guide of those who inhabit the paradise of heaven!
Rejoice, good and glorious end of the life of all the saints!
Rejoice, holy stream of joy divine!

Rejoice, O All-Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Kontakion 2

Seeing how full of woe is the path toward salvation for all His saints, our Lord Jesus Christ blessed His Mother, the most honored Virgin Theotokos, to spread the divine mantle of Her abbacy over all the holy monasteries of Holy Mount Athos and of the whole world of Orthodox monastic salvation, that all who are being saved in holiness and sanctity, looking upon this with faith, may cry out unceasingly to God the Savior: **Alleluia! (People sing Alleluia!)**

Ikos 2

Possessed of divine reason, all the venerable fathers and mothers have loved the glory of heaven with all their soul; and hating the world and all its allurements, and trampling them underfoot, they have walked in the struggles of the saints, following Christ in the world of this life; and gazing with love upon Her countenance in Her holy icons, with compunction they cry out thus:

Rejoice, you beginning of our salvation!

Rejoice, O our joy in this life and that which is to come!

Rejoice, wondrous founder of our holy monasteries!

Rejoice, loving Abbess of monastic communities!

Rejoice, blossom sprung forth from a divine shoot!

Rejoice, joy of the universal resurrection!

Rejoice, divine gladness of all the saints!

Rejoice, adornment of monasticism!

Rejoice, true Mother of our Savior!

Rejoice, for you gave birth in the flesh to the Vanquisher of Hades!

Rejoice, for on Athos You planted a spiritual garden!

Rejoice, for you have guided to salvation those who dwell there in holiness!

Rejoice, O All-Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Kontakion 3

The power of the Most High overshadows all who live in holiness, sanctity and righteousness, who have hated the vainglory of this world and fled to the holy monastic communities, and there, in the angelic habit, have taken upon themselves the easy yoke of Christ, struggling in holy manner. And throughout their life they cry out unceasingly to God, the All Holy Trinity: **Alleluia!**
(People sing Alleluia!)

Ikos 3

They who are obsessed of an ardent desire for salvation, all the assemblies of the venerable, who shine forth among the saints forever, and now undertake the struggles of salvation in the communities of the monastic life in lavras, monasteries, sketes, coenobias, cells, and in every place throughout the world, having as a wondrous shield of salvation the divine abbacy of the Mother of God, chant to her in praise:

Rejoice, you gathered us together in the midst of this sinful world!

Rejoice, you arrange the salvation of our souls!

Rejoice, you saved the whole generation of fallen Adam!

Rejoice, you ineffably gave birth to our Savior and God!

Rejoice, O most honorable Nun, You model for all
who are working out their salvation!
Rejoice, just Abbess of all of us who are struggling!
Rejoice, invincible champion leader of the Orthodox
Faith!
Rejoice, divine and omnipotent might!
Rejoice, Mother of the Lord and of us, O You who
are full of grace!
Rejoice, you are right pleasing to all the saints!
Rejoice, Portal of loving-kindness for the penitent!
Rejoice, hope of those who struggle toward God!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 4

Leaving behind the tempest of sin-loving doubts, the
venerable fathers and mothers came to love the thorny
path of salvation, living amid tribulations and privations
for the sake of the kingdom of heaven, adorning with their
God-pleasing manner of life many places throughout the
world, where having founded holy communities of
monastic salvation, wherein they work out their salvation,
they ever chant to Christ our God the angelic
hymn: **Alleluia! (People sing Alleluia!)**

Ikos 4

The elect of heaven listened to the holy words of the Gospel of Christ, and spurning all the vanities of this world, they proceeded to the holy path, bearing the easy yoke of our Savior in their life. In the flesh they imitated the holy angels, having an all-wondrous Abbess over all their holy communities, which shine like the stars of heaven throughout the whole world; and to her they ever cry out:

Rejoice, all-wise Abbess of Orthodox monasticism!

Rejoice, salvation of the people chosen by God!

Rejoice, tower of virginity and ocean of loving-kindness!

Rejoice, eternal joy of the bliss of paradise!

Rejoice, refuge of repentant sinners!

Rejoice, treasure of poor ascetics!

Rejoice, you cover the whole world with love!

Rejoice, you, with the glory of heaven, cast satan down into hell!

Rejoice, divine joy of angels and men!

Rejoice, for you have caused the demons to weep forever!

Rejoice, only hope of the Orthodox Faith!

Rejoice, most glorious Mother of the Lord and of us!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 5

The righteous lived a godly life, and reached the heavenly homeland with joy, where they rejoice in the Lord with the holy angels for all ages. And we, their brethren, struggle in the holy communities, chanting hymns of praise to God: **Alleluia! (People sing Alleluia!)**

Ikos 5

The elect of the Lord perceived the quickly fleeting nature of the glory of this world: wealth is impermanent; happiness is transitory, while sorrows, grief, despair, and all manner of misfortunes are the constant companions of this life, and in the end none can avoid the death of the body. Wherefore, they contemplated the eternal mansions, and loved the narrow and sorrowful path of monastic life, where the all Holy Mother of the Lord Himself is Abbess, guiding Her spiritual children, who are working out their salvation, and who cry out to Her in praise:

Rejoice, only salvation of our souls!
Rejoice, consolation of paradise for all who sorrow!
Rejoice, enlightener of Athos, the Holy Mountain!
Rejoice, protectress of the whole world!

Rejoice, haven of hope for all who repent!
Rejoice, calm harbor against misfortunes for those
working out their salvation!
Rejoice, founder of the Lavra of the Caves!
Rejoice, defender of the Lavra of Pochaev!
Rejoice, Abbess of the Lavra of Athanasius of Athos!
Rejoice, Christ's book of the testaments of New
Zion!
Rejoice, you brought all the saints together!
Rejoice, you have shown the path of salvation to
Orthodox Christians!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 6

The venerable fathers were shown to be preachers of the rich, angelic way of life in the flesh: Anthony the Great, Pachomius, Macarius, Theodosius, and the other venerable fathers and mothers, whose life the assemblies of all the venerable followed, becoming heirs to the mansions of paradise with all the saints; and we, now imitating them as we live in the angelic order, chant hymns of praise to the Savior of the world: **Alleluia!**
(People sing Alleluia!)

Ikos 6

The model of the angelic life has shown forth for all who seek salvation far from all the vanities of this world, through the example of Christ our God Himself and of His All Pure Mother, may, the Ever Virgin Theotokos, of John, the Forerunner of the Lord, and of the great multitude of the holy favorites of God, whose manner of life all the venerable imitate, and under the mighty guidance of the Mistress of the world, the most honorable Abbess of Orthodox monastic communities, Mary the Theotokos, who is praised by all the saints with all wondrous laudations:

Rejoice, Mother Abbess of Orthodox monasticism!

Rejoice, eternal salvation of their angelic life!

Rejoice, good guide to the path of their life of heaven!

Rejoice, Superior of the monastic homeland!

Rejoice, speedy defense of the orphaned!

Rejoice, for you prepare crowns for the holy ascetics!

Rejoice, you love all the righteous!

Rejoice, you have mercy on penitent sinners!

Rejoice, for your love is like the love of God!

Rejoice, for through you is all creation saved in the Lord!

Rejoice, joy of divine gladness!

Rejoice, protection and salvation of the whole world!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 7

When our Lord Jesus Christ desired to arrange well the path to heaven, He was well pleased for His Mother to become Abbess over all the Orthodox monastic communities throughout the whole world, to guide to the heavenly habitation of paradise the assemblies of the elect, who seek salvation and chant unto God our Deliverer: **Alleluia! (People sing Alleluia!)**

Ikos 7

The venerable fathers and mothers have shown forth a new life on the model of the life of the angels; for having forsaken the pleasures of the sinful world and loved to tread to heaven the path of Christ God, the King of Glory, by the sufferings of the cross, they all became martyrs without shedding blood, enduring all manner of evils for the sake of the kingdom of God, which they have received; and now the companies of the venerable tread such paths, led by the Mother of God as the most honored Abbess of their venerable life, whom they exalt supremely with praises, chanting:

Rejoice, Mother of the Lord, the Judge most just!
Rejoice, you among abbesses are the one chosen before
time began!
Rejoice, you surpassed creation in Your purity of body!
Rejoice, you have adorned the heavens with the holiness
of your soul!
Rejoice, glad tidings of the heavenly homeland!
Rejoice, spiritual lily of Orthodox monasticism!
Rejoice, earnest advocate for all the Orthodox!
Rejoice, you arrange all things for the good for the holy
elect!
Rejoice, calm haven for all who are traveling!
Rejoice, resting place for goodly old age!
Rejoice, unwedded Bride!
Rejoice, star of hope rising above the sea of life's
misfortunes!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 8

The chosen ones of God, possessed of a strange life,
forsook the passions and pleasures of the body and loved
the path of the sufferings of the cross in the wilderness, on
islands, in clefts and defiles, in wooded glades, living
angelically with wild beasts, whereby the will of God,
they built monasteries, wherein they have, like the

cherubim, chanted unto the Lord throughout their whole life: **Alleluia! (People sing Alleluia!)**

Ikos 8

Almighty God was wholly in the minds and hearts of His chosen favorites, glorifying His holy ones according to the saying, “Wondrous is God in His saints,” gathering them in from the midst of the sinful world, making them to abide in the holy mansions, that His holy name may be praised by them with the angels forever; and the Mistress Theotokos, the most good Mother of the Lord, acts as their Abbess with all wisdom, saving from tribulations and misfortunes those who humbly praise Her mercy, crying:

Rejoice, you are more honorable than all creation and the whole universe!

Rejoice, you, as the abode of God, are most sweet!

Rejoice, holy protection of our life!

Rejoice, divine source of sweetness most sweet!

Rejoice, our whole hope of salvation, and our rest!

Rejoice, our hope, after God, in this earthly life!

Rejoice, for Your Son and Lord has risen!

Rejoice, for He shall resurrect all flesh!

Rejoice, you whom the armies of heaven hymn!

Rejoice, You are praised by all the saints, as is meet!

Rejoice, great joy of my salvation!

Rejoice, divine consolation of the whole world!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 9

Disdaining all earthly-mindedness, the holy favorites of God showed themselves to be fools for Christ's sake, fleeing and wandering upon the earth, having nowhere received anything that is bodily. Let us imitate them in manner of life, struggle and love for the Lord, Whom we also praise, chanting like the angels: **Alleluia! (People sing Alleluia!)**

Ikos 9

Eloquent speakers of the wisdom of the Lord were venerable fathers shown to be: Pachomius The Great, Anthony the Great, Macarius of Egypt, and all who were first among Orthodox monks, who have shown forth among the saints; for by their holy and angelic way of life on earth and their words of salvation they have saved great multitudes of disciples, true servants of Christ at the command of the All Holy Trinity, under the mighty abbacy of the Mistress Theotokos, whom with all their soul they ever praised:

Rejoice, mighty Mistress of the whole world!
Rejoice, Abbess of our salvation!

Rejoice, most beloved Daughter of the God of our fathers!

Rejoice, you, for your holiness and humility, was vouchsafed to become the Mother of the Son of God!

Rejoice, all beauteous palace of God the Holy Spirit!

Rejoice, you in heaven and on earth are most rich in love!

Rejoice, Nun more honorable than the cherubim!

Rejoice, you, as Mother of God, are more exalted than the seraphim!

Rejoice, most wise teaching of the apostles of Christ!

Rejoice, justification of all the saints!

Rejoice, our hope amid our earthly sojourns!

Rejoice, you give rise to the Expectation of the nations!

Rejoice, O All-Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Kontakion 10

Desiring to save the human race, our Lord Jesus Christ came down from heaven to this vale of tears and sorrows, and in the sufferings of His divine life provided an example for all the saints who desire to attain everlasting rest and who in holiness and righteousness praise Him, chanting with angelic voices: **Alleluia! (People sing Alleluia!**

Ikos 10

You were shown to be a rampart of divine might, O our most honorable Mother Abbess, preserving, saving and protecting all the holy communities of monastic life on Holy Mount Athos and throughout the world, from the dawn of the Christian Faith even to the day of Christ's dread judgment, with divine mercy saving Your venerable ones, who ever praise Your compassions with such words as these:

Rejoice, All Holy Mother Abbess!
Rejoice, fountain of spiritual resurrection!
Rejoice, you protect the whole world!
Rejoice, you gladden the Holy Church of Christ!
Rejoice, glory and crown of the prophets!
Rejoice, blessed end even for my life!
Rejoice, you are more comely than heaven and sweeter than paradise!
Rejoice, example for the living of a holy life!
Rejoice, you love Athos, Your portion!
Rejoice, you adorn Jerusalem and Zion!
Rejoice, Mother of the kindly Judge!
Rejoice, you pour forth streams of tears for the world!

Rejoice, O All-Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Kontakion 11

Most compunctionate hymnody all the saints' offer up in the heavenly habitations of paradise; and giving praise with the holy angels, and supremely exalting the All-Holy Trinity, they cry: "Holy, Holy, Holy!" And we Orthodox monastic's, seeing this, unceasingly cry out to our God with faith: **Alleluia! (People sing Alleluia!)**

Ikos 11

The assemblies of the venerable, who accepted the Light-receiving lamp of the Orthodox way of life with all the saints who have shown forth from ages past, and who in advance of us now tread the path to heaven, having as our omnipotent Mistress in the Lord, the Mother of Emmanuel, their Abbess in the venerable life, cry out to Her with joy in praises:

Rejoice, you provide us with a model of humility!

Rejoice, you gather us into the community of salvation!

Rejoice, Abbess of Athos, the Holy Mountain!

Rejoice, Superior of the holy monasteries!

Rejoice, Nun most honorable in your way of life!

Rejoice, you most mighty in battles!

Rejoice, you save the living and the dead!

Rejoice, gracious Mother of orphans!

Rejoice, pleasing joy of all amid sorrows!

Rejoice, salvation of Orthodox Christians!

Rejoice, divine ocean of holy compassions!
Rejoice, unfathomable deep of loving-kindness!

**Rejoice, O All-Holy Virgin Theotokos, most honored
Abbess of Athos, the Holy Mountain, and Orthodox
monasteries throughout the world!**

Kontakion 12

Our All-Sweet Savior ever imparts grace to all His holy servants who struggle in holiness and sanctity in the arena of this earthly life; for through the Orthodox Church hosts of Orthodox saints in the mansions of paradise already hymn the All Holy Trinity with all the hosts of heaven; and imitating them, we also cry out to God Who is wondrous in the saints: **Alleluia! (People sing Alleluia!)**

Ikos 12

Hymning all the Lord's mercies and compassions whichecker rain down upon us, the unworthy monastic's, and the most honorable abbacy of our most gracious Mistress Theotokos over all our communities, we are glad and rejoice in godly manner, as ones who have been vouchsafed to work out our salvation in those communities, where great multitudes of venerable ascetics have already reached the kingdom of heaven, by whose holy supplications may we also, by the mercy of God and under the holy protection of our heavenly Mother Abbess, attain to the mansions of heaven for

laudable words of salvation, chanting such words as these:

Rejoice, All Holy Virgin Theotokos!
Rejoice, You assist our salvation!
Rejoice, most compassionate Abbess over all!
Rejoice, you are first in holiness!
Rejoice, you cover the whole world with the protection of your mercy!
Rejoice, you feed orphans and strangers!
Rejoice, guide to chastity for the young!
Rejoice, O good One who grieves for all men!
Rejoice, gladness of the race of Adam our forefather!
Rejoice, calm harbor of salvation!
Rejoice, our most compassionate Mother Abbess!
Rejoice, good beginning and end of our hymnody!

Rejoice, O All-Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Kontakion 13

(To Be Read Three Times)

O our most hymned Mother Abbess, All-Glorious Mistress Theotokos! Accept these our entreaties, which are offered now to you with all our soul, and vouchsafe that in the angelic ranks we may attain to the kingdom of heaven, where all saints, angels and men with never

ceasing voices sing in praise of God, the All-Holy Trinity: **Alleluia! Alleluia! Alleluia!** (People sing **Alleluia! Alleluia! Alleluia!**)

Kontakion 1

Hymns of praise let us offer to the All Holy Virgin Mary, the Theotokos, who was chosen from the foundation of the world, and truly gave birth in the flesh to Jesus Christ, our Savior and God. She is the Mistress of the universe, who loved Christ exceedingly and has taken these holy monasteries under her mighty protection. O our most honored Mother Abbess, preserve and save us from all enemies, visible and invisible, that we may cry to you:

Rejoice, O All Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Ikos 1

Angels in the flesh were all the venerable fathers and mothers, young men and virgins, who in ages past shone forth among the saints and sojourned in Orthodox manner to the habitations of heaven under the radiance of the precious and life-creating Cross of Christ, during their earthly course, amid the vale of tears and sorrows, under the mighty protection of the Mother of Christ our God, the most honorable Abbess of Orthodox monastic life. And to Her merciful aid let us joyfully cry out:

Rejoice, our most honorable Mother Abbess!
Rejoice, our hope of salvation!
Rejoice, preserver of Mount Athos!
Rejoice, you save the monks that dwell there!
Rejoice, gladness and glory of the holy desert dwellers!
Rejoice, divine bliss of holy hermits!
Rejoice, for through you all the saints are saved!
Rejoice, for by you is the universe adorned!
Rejoice, you, in God, are the Mistress of countless worlds!
Rejoice, guide of those who inhabit the paradise of heaven!
Rejoice, good and glorious end of the life of all the saints!
Rejoice, holy stream of joy divine!

Rejoice, O All-Holy Virgin Theotokos, most honored Abbess of Athos, the Holy Mountain, and Orthodox monasteries throughout the world!

Prayer to the All-Holy Theotokos, Before Her Icon Called “The Abbess of Mount Athos”

O All-Honored Mistress Theotokos, our most honored Mother Abbess of all Orthodox monasteries of monastic life, on Holy Mount Athos and throughout the whole world! Accept and bear to our most compassionate God

our humble entreaty, that He save our souls by His grace. Look upon with the eye of your loving kindness, and in the Lord, Yourself affect our salvation, for without the mercy of our Savior and Your holy mediation for us, we the wretched ones would not be able to work out our own salvation, for we have sullied our life in the vanities of the world. The time of Christ's harvest on the day of His dread judgment draws near and is now at hand; but we, the accursed, are perishing in the abyss of sin because of our negligence, according to what has been said by the holy fathers, the first to live angelic life in the flesh: "The last monks will, in the negligence of their manner of life, be like worldly men." And this has been fulfilled today; for in its manner of life our monasticism sails upon the sea of life amid great tempests and adverse conditions, wherefore, our holy communities languish in dust because of our sins. And if our most just Lord Jesus Christ would deem otherwise, we the unworthy, would have no place to lay our heads. O our most sweet Mother Abbess! Gather us, the scattered flock of Christ, into one fold, and save all Orthodox Christians; vouchsafe the life of paradise with the angels and all the saints in the kingdom of Christ our God, to Whom be honor and glory, with His unoriginate Father and the all-holy, good and life-creating Spirit, unto the ages of ages. **Amen.**

Glorifying God Through His Light

50 Hour Prayer Vigil

Orthodox Mission Church

Serving Coolidge and Florence, AZ

Prayer from Holy Trinity Monastery

Prepared, edited, and provided by the 50 Hour Prayer Committee

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