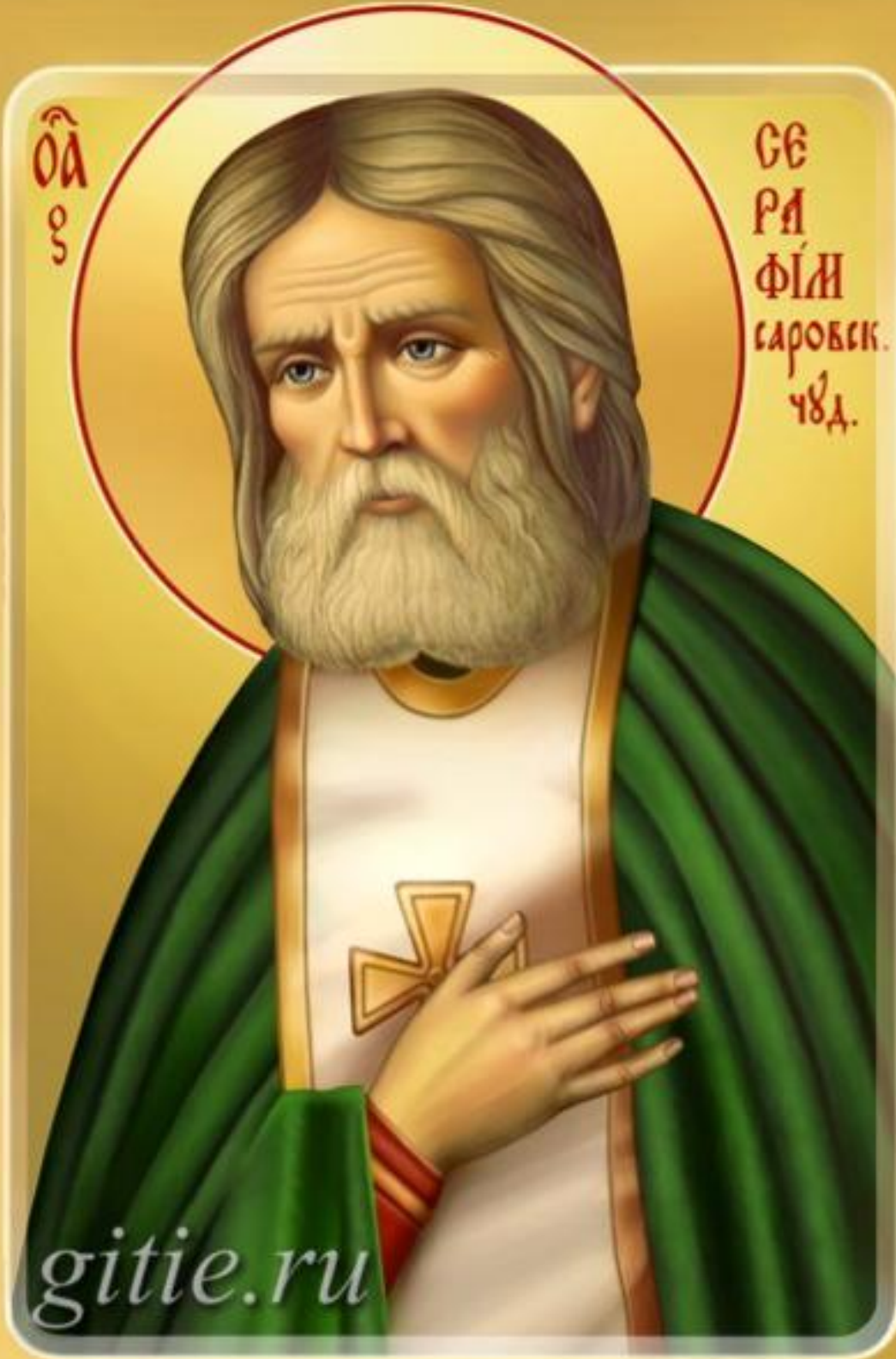


02 IANUARIE

**ACATISTUL
SF. CUVIOS
SERAFIM
DE LA SAROV**

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Akathist Hymn to Saint Seraphim of Sarov

Kontakion 1

Our glorious God, in His infinite wisdom and inexhaustible mercy, has bestowed a holy wonderworker upon those of us struggling through these harsh times. We have been granted to behold the life and teachings of Saint Seraphim of Sarov, who was born in eighteenth century Russia, and thereby obtain spiritual instruction from a zealous yet gentle priest and monk. May all true believers never complain of lack of guidance on the path of prayer, but rather turn to the humble and friendly elder, and say:

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Ikos 1

If Saint Seraphim cannot provide the answers, which he can, then let the seeker turn to this elder's own teachers: Saint Basil the Great, Saint Gregory the Theologian, Saint John Chrysostom,

Saint Isaac the Syrian, and Saint Simeon the New Theologian to name a few. Saint Seraphim taught nothing new, but only what he learned from his predecessors and what he himself practiced. Let us therefore proceed with humility and sincerity, as we bring praises to the monk who has kindly opened his door to us:

Rejoice, spiritual father who did the will of his Heavenly Father.

Rejoice, devoted priest who always proclaimed, “Christ is Risen.”

Rejoice, man of prayer who acquired the peace of the Holy Spirit.

Rejoice, model of charity who befriended both humans and animals.

Rejoice, faithful monk who worshipped God in both word and deed.

Rejoice, true disciple who learned from the great sources of holiness.

Rejoice, “poor Seraphim” who freely taught the ways of spirituality.

Rejoice, wonderworker who cheerfully gave of his gifts.

Rejoice, revered hermit who prayed on a rock for a thousand days.

Rejoice, venerable recluse who saved a thousand souls around him.

Rejoice, example of earnest commitment to the Mother of God.

Rejoice, humble recipient of aid from the blessed Theotokos.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 2

Saint Seraphim, you teach us that in God there is no evil but only goodness. Where God is, there is no confusion but only truth, no resentment but only forgiveness, no conflict but only peace, no separation but only togetherness, and no desolation but only transformation. Hence, all people have reason to be glad and to say: Alleluia.

Ikos 2

Your truths, Father Seraphim, are the same as the eternal truths of the apostles and the holy fathers. Yet, we need to hear these words again and again for our spiritual fortification. Each generation testifies of Jesus Christ, nurturing those around

them as well as those who come after them. Saint Seraphim, we therefore implore you to count us among the thousands whom you have guided, as we offer you these praises:

Rejoice, lamp who shines through the thickets of confusion.

Rejoice, enlightenment of those who pursue clarity of mind.

Rejoice, candle who burns brightly under a sky of foreboding.

Rejoice, illumination of all who adore Christ and Him only.

Rejoice, radiance who spreads forth, unafraid of malicious forces.

Rejoice, courage of those who desire integrity amid corruption.

Rejoice, brilliance who pours out, undaunted by vicious intruders.

Rejoice, confidence of all who desire holiness under oppression.

Rejoice, ray who pierces the congestion of lifestyle choices.

Rejoice, hope of those who decide to travel on the path of prayer.

Rejoice, flame who burns away the noise of daily survival.

Rejoice, resolve of all those who cultivate interior silence.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 3

We see that the devil would try to lure us away from the path of prayer, distracting our thoughts and disturbing our hearts. Help us, Saint Seraphim, to worship God and to do His holy will. May we always please Him, in whatever manner of work we undertake, and also be a blessing to those around us. May we fulfill God's divine purpose, and immediately repent if we stumble or stray. Let us constantly ask for mercy, and say: Alleluia.

Ikos 3

Father Seraphim, we place ourselves under your benevolent care, so that we may conquer all temptations and digressions. Strengthen us to remain vigilant in our worship and attentive in our daily tasks. Guard us from succumbing to

ideologies and activities which are not fitting for a Christian. Encourage us to read the Bible every day, not as an encumbrance but with a deep longing for union with God. In this way, we shall remain faithful to all that is sanctioned by our Father in Heaven, and we shall likewise bring forth praises to you:

Rejoice, follower of Jesus Christ through pain and joy.

Rejoice, embodiment of the teachings of the Savior.

Rejoice, earthy traveler on the path of prayer.

Rejoice, heavenly beholder of divine truths.

Rejoice, simple monk who trampled the demons.

Rejoice, noble priest who crushed all temptations.

Rejoice, beggar of forgiveness, giver of help.

Rejoice, slave of prayer, ruler of passions.

Rejoice, bearer of offenses, consoler of people.

Rejoice, sufferer of storms, interior of calm.

Rejoice, renouncer of sin, bringer of inspiration.

Rejoice, denouncer of worldliness, receptacle of grace.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 4

Many people go searching for spiritual fathers, while neglecting the one thing needful. That is, the blind pursue their own notions of a spiritual father, such that the impure submit to the impure, or the brazen lead the naive, and all are inwardly flawed. Let us seek the Kingdom first, having no other gods, and all good things shall be added onto this solid foundation. Saint Seraphim, we yearn to see you as you see us, through the grace of the Holy Spirit, and therein we may truly say: Alleluia.

Ikos 4

We turn to you, Father Seraphim, for you delight in the salvation of the sinner and in the teachings of the Church. You have conquered all self-serving passions, every delusion and falsehood, and now all people have recourse to your prayers and instructions. We therefore bow before you, in anticipation of the wholeness of the Kingdom in which everyone has a place, and we humbly sing these praises:

Rejoice, dependable guide of those who live in the Faith.

Rejoice, swift rescuer of those misguided by imposters.

Rejoice, loving father of those on the path of prayer.

Rejoice, holy nurture of those starving for spirituality.

Rejoice, strong protector of those who walk straight ahead.

Rejoice, patient advisor for those who take a wrong turn.

Rejoice, inward light to those who follow Christ.

Rejoice, brilliant star to those who seek instruction.

Rejoice, gracious caretaker of those numbered in the thousands.

Rejoice, unfastened gate for those who wish to come and see.

Rejoice, blessed validation of those who renounce all impurities.

Rejoice, peaceful deliverer of those who are heavily burdened.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 5

Saint Seraphim, you did not aspire to be a spiritual father, but you were entrusted by God and His Virgin Mother to attend to all those who sought your counsel. You became a holy elder, not because you desired status and recognition, but because you were infused with the Holy Spirit and immersed in Holy Scripture. Concerning your own humanity, you humbly viewed yourself as “poor Seraphim,” and to this you said: Alleluia.

Ikos 5

We wish emulate you, Saint Seraphim, as we abide in the will of God for our lives, because His will is holier than anything to which we ourselves could have aspired. May we vanquish all ambition and conceit, so that our words and deeds are acceptable to God and beneficial to one another. In this manner, Father Seraphim, we are released and we pour forth our praises to you:

Rejoice, total contentment in the will of God.

Rejoice, complete obedience to the Kingdom of Heaven.

Rejoice, generous counsel to pilgrims in want.

Rejoice, holy laborer for the hungry and thirsty.

Rejoice, proven wisdom of the ages.

Rejoice, worthy guardian of everlasting truth.

Rejoice, unmercenary helper of the afflicted.

Rejoice, dedicated intercessor for the troubled.

Rejoice, insightful father who blesses his spiritual children.

Rejoice, paternal director who prospers everyone in need.

Rejoice, hardworking priest who gathers up the remnants.

Rejoice, sacred caregiver who attends to these cruel times.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 6

You fill us with hope, Saint Seraphim, in the mercy of God and in the fruits of prayer. In His compassion, God has not abandoned us to the lies of this world or to the hatred of enemies. He guides

our spiritual formation by sending His saints to show love, to overcome separation, and to heal wounds. Pray for us, Saint Seraphim, so that we may respond wholeheartedly to God's provision, as we say: Alleluia.

Ikos 6

Pray for us, so that we ourselves may pray more fervently and sincerely, loving God for Who He is and trusting in His goodness. Pray for us and move us to pray for one another, putting the salvation of our neighbor above personal gratification and worldly nonsense. Pray for us, Saint Seraphim, so that we might acquire a peaceful spirit and a pure heart, and join together with the thousands as we dutifully offer you praises:

Rejoice, abundant vineyard of repentance.

Rejoice, bountiful fruit of contrition.

Rejoice, shady tree of loving-kindness.

Rejoice, rich field of compassion.

Rejoice, wide river of forgiveness.

Rejoice, clear lake of meekness.

Rejoice, dead to imaginings, alive to the Word.

Rejoice, submissive to Christ, conqueror of Satan.

Rejoice, empty of worldliness, temple of the Spirit.

Rejoice, poorest of men, saint of Heaven.

Rejoice, alone in prayer, father to thousands.

Rejoice, scorner of vainglory, lover of humility.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 7

We shall not judge anyone, as you have taught us, Saint Seraphim, or we shall be judged by that same judgment. Things often are not what they appear to be on the surface. People say and do things which are symptoms of underlying disturbances. We do not know who was brutalized in childhood, who goes home at night to a conflicted family, who has lost purpose and meaning, or who is under attack by the devil. If we are not one of these, then let us not condemn but say: Alleluia.

Ikos 7

All have sinned and all are unworthy. The upright can fall, and the fallen can arise. Many of us will grow old, and with age comes the realization of

things said and not said, and regret over things done and not done. We can only repent and trust in the goodness of God. Let us all go forward in the time that remains, and find happiness today by bringing praises to Father Seraphim:

Rejoice, welcome of the distraught.

Rejoice, harvest of the forsaken.

Rejoice, comfort of the chagrined.

Rejoice, backing of the remorseful.

Rejoice, safety for the victimized.

Rejoice, shelter for the leper.

Rejoice, refuge for the misunderstood.

Rejoice, room for the different.

Rejoice, extinguisher of defamation.

Rejoice, vanquisher of condemnation.

Rejoice, builder of righteousness.

Rejoice, planter of reconciliation.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 8

Strengthen us, Saint Seraphim, to uphold one another in unity of Church, that none should be lost. Let the prodigals return to the Father, let the righteous minister to the feeble, and let all the wounded be healed. If anyone has been damaged because of our sins, then we implore you, O holy wonderworker, to restore them to wholeness and all fruitfulness. We desire that all people may cheerfully say: Alleluia.

Ikos 8

Since you are a priest and monk, Father Seraphim, we beseech you also to guide the priests and encourage the monks and nuns. May they be counted among your thousands, from this moment forward, and may they walk in truth forever and pray with a pure heart unto eternal blessedness. In recognition of our need for mercy, one and all, we humbly offer you praises:

Rejoice, glorifier of God.

Rejoice, upholder of people.

Rejoice, keeper of purity.

Rejoice, promoter of sanity

Rejoice, soother of wounds.

Rejoice, remover of scars.

Rejoice, teacher of holiness.

Rejoice, leader of victory.

Rejoice, consoler of seekers.

Rejoice, liberator of souls.

Rejoice, harbinger of prayer.

Rejoice, believer of Scripture.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 9

The trials of life and the lessons of holiness are often difficult to navigate, but let us always pray and exercise patience. What does not make sense today will become clear tomorrow. Saint Seraphim, we beg you to fortify us with endurance, hope, and resolve. We know that God will never fail us, and therefore all may say: Alleluia.

Ikos 9

Let us stay aboard the great ship of the Church, for Jesus Christ will steer us through all storms, dangers, conflicts, afflictions, infirmities, darkness and foreboding. Let us follow in the humility of

Saint Seraphim, and therein we shall behold the glory of God which overcomes all adversity and rewards all suffering for His Name. In simplicity of soul and with the faith of the fathers, we rightfully praise our holy teacher, Saint Seraphim:

Rejoice, compass who points the way to inward peace.

Rejoice, elder who directs mankind to things divine.

Rejoice, courageous star who shines in the gloomy skies.

Rejoice, monk whose prayers illuminate the longest night.

Rejoice, gentle wind who stirs the faithful to prayer.

Rejoice, righteous gale who renders the demons asunder.

Rejoice, holy protector of those who give their whole being to God.

Rejoice, blessed guardian of those who let nothing impede their service to others.

Rejoice, merciful intercessor for those who persevere under misfortune.

Rejoice, faithful companion of those who quickly repent of wrongs.

Rejoice, beautiful aid to those who live according to Scripture.

Rejoice, gracious preservation of those who run with patience.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 10

Saint Seraphim, we are bombarded by language and images, from the vulgar to the inane, which are not conducive to the spiritual life. Help us, holy father, to avoid these occasions as much as possible, and to lift our thoughts in prayer to God. When we come home from work or school, lead us to your icon that we may refresh our spirit with your holy presence. In this way, all Christians may honorably say: Alleluia.

Ikos 10

Help us to guard our heart from all impurities, so that we do not forfeit our peace of soul or forget our purpose as children of God. Help us, Father Seraphim, that what is external shall not become internalized, and what is internal shall remain

pure and presentable before God. In thanksgiving for your continual watchfulness over our daily activities, it is meet for us to bring these praises:

Rejoice, vigilant watchman over pure hearts.

Rejoice, protective father of his prayerful children.

Rejoice, constant worker for the Kingdom of Heaven.

Rejoice, superb reinforcement of holy teachings.

Rejoice, diligent searcher for lost sheep.

Rejoice, wonderful shepherd of repentant sons and daughters.

Rejoice, servant of the least, worshipper with the angels.

Rejoice, friend of thousands, enfolded by the Theotokos.

Rejoice, victim of thieves, boast of monks.

Rejoice, sufferer of illness, established by the Virgin Mary.

Rejoice, stranger to sin, gladness of penitents.

Rejoice, hated by demons, esteemed by the Queen of Heaven.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 11

Better to be offended than to offend the wisdom and mercy of our Heavenly Father. There are those who do not understand the path of prayer or the crucifying of impure passions and desires, and they will attempt to pull the believer away from the sacred path. Let us bear these offenses, for to return to worldliness is an insult to God. In accordance with the example of Saint Seraphim, may all worshippers stay on the path and confidently say: Alleluia.

Ikos 11

Let us not burden ourselves with the opinions of others, or we will be repeatedly aggrieved and perpetually in doubt. Rather, let us emulate Saint Seraphim and find dependable direction and comfort in Scripture, in the holy fathers and the lives of the saints, and in the divine services of the Church. Let us renew our commitment now, by offering praises to Saint Seraphim:

Rejoice, voice of prayer.

Rejoice, heart of mercy.

Rejoice, affirmation of monasteries.

Rejoice, blessing of hermits.

Rejoice, source of happiness.

Rejoice, reality of joy.

Rejoice, ambassador of Christ.

Rejoice, chosen of God.

Rejoice, beholder of eternity.

Rejoice, stability of worship.

Rejoice, core of contemplation.

Rejoice, image of sobriety.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 12

Saint Seraphim, we ask you to guide us in continual repentance, so that our transgressions may be forgiven and that we may end each day at peace with God. Through repentance, we obtain victory over our impure tendencies. The devil desires to have us, and he knows exactly how to lure each one of us into evil. We pray to be delivered from attacks, to prove victorious when

attacked, and to be forgiven if we succumb. Let us live in total awareness of the majesty of God, as we say: Alleluia.

Ikos 12

In addition to repentance, may we show forth works of mercy toward our neighbor. We know that the life of prayer itself is a work of mercy, for all people are benefitted and the whole world is blessed by the rising up of prayers to Heaven. We pray to you, Saint Seraphim, and you pray for us, and we pray that others may heed your guidance. May everything be done according to the will of God, including the offering of praises to you:

Rejoice, repentant monk who lived to please God.

Rejoice, spiritual warrior who defeated hideous demons.

Rejoice, conscientious priest who condemned himself and released others.

Rejoice, spiritual father who spared no effort on behalf of his children.

Rejoice, ray of sunlight on these desolate times.

Rejoice, beam of starlight above the ravages of conflict.

Rejoice, refreshing water inside a drought of reliability.

Rejoice, feast of holiness amid a famine of sensibility.

Rejoice, hermit whose prayers filled the forests of Sarov.

Rejoice, saint whose icons fill our churches and homes.

Rejoice, enlightened teacher whose words remain vital today.

Rejoice, devoted believer who preserved all worthy traditions.

Rejoice, Saint Seraphim, spiritual father of all the faithful.

Kontakion 13

Few people are able to give us personal guidance, or they are unable to do so regularly over time and in every place. Let us be all the more thankful for the teachings of Saint Seraphim, for his holy icons, and for the fact that he hears our every plea for help at any moment and throughout all the earth. Even in the numbers of the thousands, Saint Seraphim is able to guide each one of us on the path of prayer. Alleluia. Alleluia. Alleluia.

(Repeat Kontakion 13 three times.)

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