

Priest's Service Book

from: en uk lash

client.settings cover.title



GREEK ORTHODOX PATRIARCHATE OF
ALEXANDRIA AND ALL AFRICA

from: en uk lash client.settings client.title

Primary Text © 2011, the Greek Orthodox Archdiocese of Thyateira and Great Britain, and the Very Reverend Archimandrite Ephrem Lash. Used by permission. *from: en uk lash copyright notice*

Overall Publication © GREEK ORTHODOX PATRIARCHATE OF ALEXANDRIA AND ALL AFRICA *from: /en/uk/lashclient.settings client.title* except as noted above. *from: sys client.settings ke oak copyright*

Published by TBD *from: sys client.settings ke oak publisher.*

Produced on January 16, 2019 using the ocmc-liturgical-text package for L^AT_EX. This package was created by the Orthodox Christian Mission Center, <http://www.ocmc.org>.

Disclaimer: Due to variation in rubrics and local liturgical practices, some translations might not be identical in meaning to each other or to the original source text.

License: Licensed under the Creative Commons Attribution- NonCommercial - NoDerivatives 4.0 International License (the “License”). You may not use this file except in compliance with the License. You may obtain a copy of the License at <http://creativecommons.org>.

Contents

Contents	ii
Blessing	iii
The Typika	1
Sunday Morning Prayers	1

Blessing

This is a draft version for internal review only. It has not yet been blessed for distribution.

Matins for Sundays and Feasts

from: en uk lash matinsforsunday p0001.title.doc

Introduction

from: en uk lash matinsforsunday p0002.title.doc

This translation of the office of Matins for Sundays and Feasts contains the complete text of the common of the office, with the exception of the Kathismata of the Psalter and the verses of the Biblical Canticles, since these are rarely used except in monasteries. In an Appendix we give the text of the first two psalms of the Polyeleos, but not the selection of verses for the various major feasts, together with Psalms 44 and 136, which may also form part of the Polyeleos on certain days. The interpolations of Psalm 44 are taken from the invaluable Sylleourgikon, or 'Reader's Handbook', published by the Holy Monastery of Simonos Petra in 1996. The full text of the short litanies that follow the readings from the Psalter and the 3rd and 6th Odes of the Canon are omitted, since these are seldom used in parishes. We do however, for completeness, give the text of the final Ekphonesis of each. The eleven Resurrection Exapostilaria and the corresponding Eothina have also been included. For the convenience of singers and readers they are given in separate sections. *from: en uk lash matinsforsunday p0003*

The underlying Typikon is that of the Holy Mountain, to which the Russian Typikon corresponds for the most part very closely. In Greek parishes on Sundays the reading of the Gospel is normally displaced to the end of the Katavasia of the 8th Ode, immediately before the Magnificat. In this case the order for the Gospel begins with the deacon's 'Let us pray to the Lord', on page 23. The Cypriot Typikon, however, preserves the traditional order. Interestingly in the old 'Cathedral Office', as described by St Symeon of Thessaloniki, the Gospel was sung as the climax of Sunday Matins, after

the Eothinon. St Symeon regrets the increasing popularity of the monastic practice, but it eventually prevailed. In Greek parish use Matins normally precedes the Liturgy, which begins immediately after the Troparion 'Today salvation has come to the world', used for all eight Tones, the concluding litanies and dismissal being said quietly in the sanctuary by the priest and deacon. [from: en uk lash matinsforsunday p0004](#)

The rubric that the priest should come out to read the Matins prayers during the Six Psalms at the beginning of the 5th Psalm rather than the 4th is, in fact, what the Typikon of St Savvas directs, and it is still the practice of some monasteries. In the old order, presupposed by the Typikon of St Savvas, the Six Psalms were chanted solemnly and there was therefore time to read all Twelve Prayers during the last two Psalms. The Six Psalms should be read by one reader, not divided between several. They are one of the gerontika, that is the parts normally read by the Superior, and should be allocated to a senior person, such a visiting priest. All should remain standing during the Six Psalms. They are not an opportunity, for Singers in particular, to practice that well-known Orthodox rubric, 'Here beginneth the animated discussion'. [from: en uk lash matinsforsunday p0005](#)

When Matins forms part of a Vigil it follows the Artoklasia at the end of Vespers. The Midnight Office is omitted, though some monasteries read the Canon to the Trinity at a Vigil on a Sunday. In normal monastic use the blessing by the priest that concludes the Artoklasia is followed by a patristic reading. After the reader has announced the title, the priest gives the usual blessing, 'Blessed is our God...', and the reader begins. At the end of the reading the Six Psalms begin at once, with 'Glory to God in the highest...'. The Royal Office is omitted entirely. If there is no reading, the Six Psalms follow the blessing by the priest, 'The blessing of the Lord be upon you...', which ends the Artoklasia. The First Hour is read at the end of Matins, unless the Liturgy follows at once, and we have therefore included it here. [from: en uk lash matinsforsunday p0006](#)

In most parishes the Royal Office is abbreviated, and, the censuring and the two Psalms being omitted, the Reader begins at once with the Trisagion.

[from: en uk lash matinsforsunday p0007](#)

When Matins is celebrated in full it is not normal for the deacon to vest

until the Anavathmi, the priest saying all the preceding litanies himself. In Greek parish use, the clergy vest and perform the Proskomidi during the first part of Matins, after the Litany of Peace. In monasteries the celebrating clergy take the kairos during the reading of the Psalter and then return to their stalls until it is time for them to vest for the Liturgy. In parishes the kairos is taken after the Six Psalms and Litany of Peace, or even before the beginning of the service. from: [en uk lash matinsforsunday p0008](#)

The prayer after Psalm 50 is the text, apart from the addition of Mothers among the ascetics, as it appears in the earliest sources. It is now customary to expand it with a great many additional names in accordance with local custom. from: [en uk lash matinsforsunday p0009](#)

Most of the technical terms, including those printed in italic in this preface, are explained in a short Glossary at the end. from: [en uk lash matinsforsunday p0010](#)

Since Matins is a longer and more complex service than Vespers and the ways of celebrating it vary more widely, it is not feasible to provide for every possible use. from: [en uk lash matinsforsunday p0011](#)

Matins from: [en uk lash matinsforsunday p0012.title.doc](#)

After the Dismissal of the Midnight Office the Priest, having made the customary metania to the Superior, or to his stall, enters the sanctuary and makes three bows before the holy Table. He puts on the Epitrachelion and, standing in front of the Holy Table, intones: from: [en uk lash matinsforsunday p0015](#)

Blessed is our God, always, now and for ever, and to the ages of ages. from: [en uk lash duplicates d0199](#)

Reader from: [/en/uk/lashduplicates d0801](#): from: [en uk lash duplicates d0801.colon](#) Amen. from: [en uk lash prayers res04](#)

The Priest blesses the incense and begins to cense the sanctuary and the

whole church as usual. *from: en uk lash duplicates d0915*

The Reader begins the following Psalms: *from: en uk lash duplicates d0954*

Come, let us worship and fall down before the King our God. *from: en uk lash duplicates d0242*

Come, let us worship and fall down before Christ the King, our God. *from: en uk lash duplicates d0240*

Come, let us worship and fall down before Christ himself, the King, our God. *from: en uk lash duplicates d0239*

Psalm 19 *from: en uk lash duplicates d0793*

May the Lord hear you in the day of trouble; may the name of the God of Jacob shield you. May he send you his help from the holy place, and support you from Sion. May he remember your every sacrifice, and accept with favour your whole burnt offering. May the Lord give you your heart's desire, and fulfil your every purpose. We shall rejoice in your salvation, and be magnified in the name of our the Lord our God. May the Lord fulfil all your petitions. Now I know that the Lord has saved his Christ. He will hear him from his holy heaven; in mighty acts is the salvation of his right hand. Some put their trust in chariots and some in horses, but we will call on the name of the Lord our God. They were fettered and fell, but we have risen and been set upright. Lord, save the king, and hear us on the day we call upon you. *from: en uk lash matinsforsunday p0025*

Psalm 20 *from: en uk lash duplicates d0794*

The king will rejoice in your power, O Lord, he will exult exceedingly in your salvation. You gave him his heart's desire; you did not deny him the request of his lips. For you came to meet him with blessings of goodness; you placed a crown of precious stones upon his head. He asked you for life, and you gave him length of days for age on age. Great is his glory because of your salvation; you will place on him glory and majesty. For you will give him blessing for age on age, and make him glad with the joy of your countenance. For the king puts his hope in the Lord, and through

the mercy of the Most High he will not be shaken. May your hand light upon all your enemies, and your right hand find out all who hate you. You will make them like a blazing oven at the time of your presence. The Lord will confound them in his wrath and fire will devour them. You will destroy their offspring from the earth, and their seed from among the children of humankind. Because they intended evils against you, and devised plans by which they can in no way succeed. For you will put them to flight; among your remnants you will prepare their presence. Be exalted, Lord, in your power; we will sing and praise your mighty acts. from: en uk lash matinsforsunday p0027

Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen. from: en uk lash duplicates d0398

Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen. from: en uk lash duplicates d0398

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. from: en uk lash duplicates d0069

Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen from: en uk lash duplicates d0397

Our Father, in heaven, may your name be hallowed; your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. from: en uk lash duplicates d0736

Priest from: /en/uk/lashduplicates d0779; from: en uk lash duplicates d0779.colon For yours is the kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. from: en uk lash duplicates d0358

The priest must take care that he is standing beneath the Polyeleos to say this conclusion. He then enters the sanctuary, puts away the censer and

takes his stand in front of the Holy Table. *from: en uk lash matinsforsunday p0036*

The Reader says the following Troparia: *from: en uk lash duplicates d0958*

Lord, save your people, and bless your inheritance, granting to faithful Christians victory over their enemies, and guarding your commonwealth by your Cross. *from: en uk lash duplicates d0592*

Glory. *from: en uk lash duplicates d0415*

Lifted up on the Cross of your own will, to the new commonwealth that bears your name grant your mercies, Christ God; make your faithful people glad by your power, granting them victories over their enemies; may they have your help in battle: a weapon of peace, an invincible trophy. *from: en uk lash duplicates d0553*

Dread Champion who cannot be put to shame, do not despise our petitions, O Good One. All-praised Mother of God establish the commonwealth of the Orthodox, save your people and give them victory from heaven, for you gave birth to God, O only blessed one. *from: en uk lash duplicates d0261*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* Have mercy on us, O God, according to your great mercy. We pray you, hear and have mercy. *from: en uk lash duplicates d0440*

Reader *from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon* Lord have mercy. *from: en uk lash matinsforsunday p0046 (3) from: en uk lash duplicates dx3*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* For you, O God, are merciful, and love humankind, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever and to the ages of ages. *from: en uk lash matinsforsunday p0048*

Reader *from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon* Amen. In the name of the Lord, bless, Father. *from: en uk lash matinsforsunday p0050*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* Glory to the holy, consubstantial, life-giving and undivided Trinity, always, now and for ever,

and to the ages of ages. from: en uk lash duplicates d0402

Reader from: /en/uk/lashduplicates d0801. from: en uk lash duplicates d0801.colon Amen. from: en uk lash prayers res04

The Six Psalms from: en uk lash matinsforsunday p0055.title.doc

And we begin the Six Psalms, listening with complete silence and compunction. The Superior, or the designated reader, with devotion and fear of God says: from: en uk lash duplicates d0144

Psalm 3 from: en uk lash duplicates d0795

Lord, why have those who afflict me been multiplied? Many rise against me. Many say to my soul, 'There is no salvation for him in his God'. But you, Lord, are my helper, my glory, and the one who lifts up my head. With my voice, I cried to the Lord, and he heard me from his holy mountain. I lay down and slept; I awoke, because the Lord will assist me. I will not be afraid of tens of thousands of people who surround me. Rise, Lord, save me, my God; because you have struck all who are vainly my foes. You have smashed the teeth of sinners. Salvation is the Lord's, and your blessing is upon your people. from: en uk lash matinsforsunday p0060

And again: from: en uk lash duplicates d0111

I lay down and slept; I awoke because the Lord will assist me. from: en uk lash duplicates d0484

Psalm 37 from: en uk lash duplicates d0796

Lord, do not rebuke me in your anger, nor chastise me in your wrath. For your arrows have been stuck fast in me, and you have laid a heavy hand upon me. There is no healing in my flesh on account of your wrath, nor peace in my bones on account of my sins. My iniquities flooded over my head; like a heavy burden they weighed heavily upon me. My wounds stank and festered on account of my foolishness. I was wretched and utterly bowed down; I went about mourning all day long. For my loins were filled

with mockings, and there is no healing in my flesh. I was maltreated and humiliated exceedingly; I howled from the groaning of my heart. Lord, all my desire is before you, and my groaning was not hidden from you. My heart was troubled, my strength failed me; and even the light of my eyes had gone from me. My friends and my neighbours drew near and stood against me, and those nearest me stood far away. Those who sought my life used force, and those who sought evils for me spoke vanities, and meditated trickeries all day long. But I, like a deaf man, heard nothing; like one who is dumb, who does not open his mouth. So I became like one who cannot hear, and in whose mouth there are no rebukes. For in you, Lord, I have hoped; you will answer me, O Lord my God. For I said: Let my foes never exult over me. When my foot slipped they crowed over me. For I am ready for blows and my pain is with me continually. For I will declare my iniquity and be troubled at my sin. But my enemies live and have prevailed over me, and those who hate me unjustly have been multiplied. Those who repay me with evils in place of good have slandered me, since I pursued goodness. Do not forsake me, Lord; my God, do not go far from me. Hasten to help me, Lord of my salvation. *from: en uk lash matinsforsunday p0064*

And again. *from: en uk lash duplicates d0110*

Do not forsake me, Lord; my God, do not go far from me. *from: en uk lash duplicates d0260*

Hasten to help me, Lord of my salvation. *from: en uk lash duplicates d0435*

Psalms 62 *from: en uk lash duplicates d0798*

O God, my God, I watch for you at dawn; my soul has thirsted for you, my flesh how often in a desert, untrodden and waterless land. Thus I appeared before you in the holy place, to see your power and your glory. For your mercy is better than life; my lips will praise you. So I will bless you as long as I live, and in your name I will lift up my hands. May my soul be filled as with marrow and fatness; my mouth will praise you with joyful lips. When I remembered you upon my bed, every dawn I meditated upon you. For you became my helper, and in the shelter of your wings I shall rejoice. My soul clung to you; and your right hand upheld me. But those who vainly sought my life will go down to the deepest parts of the earth, they will be delivered

to the power of the sword, they will be portions for foxes. But the king will rejoice in God, and all who swear by him will be praised; for the mouths of those who speak iniquities have been stopped. from: en uk lash matinsforsunday p0069

And again. from: en uk lash duplicates d0110

Every dawn I meditated upon you, for you became my helper, and in the shelter of your wings I shall rejoice. from: en uk lash duplicates d0276

My soul clung to you; and your right hand upheld me. from: en uk lash duplicates d0639

Glory to the Father and to the Son and to the holy Spirit. Both now and for ever, and to the ages of ages. Amen. from: en uk lash duplicates d0387

Lord, have mercy. Lord, have mercy. Lord, have mercy. from: en uk lash duplicates d0586

Glory to the Father and to the Son and to the holy Spirit. Both now and for ever, and to the ages of ages. Amen. from: en uk lash duplicates d0387

Psalms 87 from: en uk lash duplicates d0799

Lord, God of my salvation, I have cried by day, and by night also before you. Let my prayer come into your presence, and turn you ear to my supplication. For my soul was filled with evils, and my life drew near to Hell. I was reckoned among those that go down to the Pit; I became as one that has no help, free among the dead. Like the slain that sleep in the tomb, whom you remembered no more; and they were cut off from your power. They placed me in the lowest Pit; in darkness and in the shadow of death. Your wrath lay heavy upon me, and you brought all your waves against me. You put my friends far from me, and made me an abomination to them. I was handed over and I came out; my eyes grew weak because of my beggary. I cried to you, Lord, all the day; I stretched out my hands towards you. Will you work wonders for the dead; or will physicians raise them up again to praise you? Will any declare your mercy in the tomb, or your truth in the place of destruction? Will your wonders be known in the dark, or your justice in a land that has been forgotten? But to you, Lord, I have cried, and in the morning my prayer will come before you. Why have you rejected my

soul, Lord; why do you turn away your face from me? I am poor and in toils since my youth; exalted, I was humbled and brought to despair. Your fierce anger overwhelmed me, and your terrors appalled me. They surrounded me like water all day long; they closed in upon me from every side. Friend and neighbour you have put far from me, and my companions because of my misery. *from: en uk lash matinsforsunday p0078*

And again. *from: en uk lash duplicates d0110*

Lord, God of my salvation, I have cried by day; and by night also before you. *from: en uk lash matinsforsunday p0080*

Let my prayer come into your presence, and turn your ear to my supplication. *from: en uk lash matinsforsunday p0081*

The priest comes from the Altar and reads the morning prayers quietly. *from: en uk lash matinsforsunday p0082*

Psalm 102 *from: en uk lash duplicates d0788*

Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget none of his benefits. He forgives all your iniquities; he heals all your diseases; he redeems your life from corruption and crowns you with mercy and compassion; he satisfies your desire with good things; your youth will be renewed like an eagle's. The Lord performs deeds of mercy and judgement for all who are oppressed. He made known his ways to Moses, his wishes to the children of Israel. The Lord is compassionate and merciful, long-suffering and full of mercy. He will not always be wrathful, nor will he be enraged for ever. He has not dealt with us according to our iniquities, nor rewarded us according to our sins. For, like the height of heaven above the earth, the Lord has made his mercy prevail over those that fear him. As far as the east is from the west, so far has he taken our sins from us. As a father takes pity on his children the Lord has taken pity on those who fear him. For he knows of what we are made; has remembered that we are but dust. As for man, his days are but as grass, he will blossom like a flower of the field; for when a wind has passed over it, it will be no more and will know its place no longer. But the mercy of the Lord is for ever and ever upon those who fear him; and his

justice upon their children's children, upon those who keep his covenant and remember his commandments to do them. The Lord has prepared his throne in heaven and his kingdom rules over all. Bless the Lord, all you his Angels, powerful in strength, who perform his word, and listen to the voice of his words. Bless the Lord, all you his Powers, his Ministers who do his will. Bless the Lord, all you his works. In every place of his dominion, bless the Lord, O my soul! *from: en uk lash matinsforsunday p0084*

And again. *from: en uk lash duplicates d0110*

In every place of his dominion, bless the Lord, O my soul! *from: en uk lash duplicates d0499*

Psalm 142 *from: en uk lash duplicates d0789*

Lord, hear my prayer; in your truth give ear to my supplication, and in your justice hear me. Do not enter into judgement with your servant, for in your sight no one living can be justified. For the enemy pursued my soul; humbled my life to the ground; made me dwell in darkness, like those for ever dead. My spirit in me grew weary, and my heart was troubled within me. I remembered days of old; I meditated on all your works. I made the works of your hands my meditation. I stretched out my hands towards you; my soul thirsted for you like a waterless land. Hear me swiftly, O Lord; my spirit has failed. Do not turn your face from me, or I shall be like those who go down to the Pit. Make me hear of your mercy in the morning, for I have hoped in you. Make known to me the way in which I should walk, for to you I have lifted up my soul. Deliver me from my enemies, Lord; I have run to you for shelter. Teach me to do your will, for you are my God. Your good Spirit will guide me in an upright land. For your name's sake, O Lord, you will give me life. In your justice you will bring my soul out of trouble; in your mercy slay my enemies, and destroy all those who afflict my soul, for I am your servant. *from: en uk lash matinsforsunday p0088*

And again. *from: en uk lash duplicates d0110*

Your good Spirit will guide me in an upright land. *from: en uk lash duplicates d1174*

Glory to the Father and to the Son and to the holy Spirit. Both now and for

ever, and to the ages of ages. Amen. from: en uk lash duplicates d0387

During the Six Psalms the Priest reads the from: en uk lash matinsforsunday p0094

Twelve Morning Prayers from: en uk lash matinsforsunday p0095.title.doc

1st Prayer from: en uk lash duplicates d0019

We thank you, Lord our God, who have roused us from our beds and placed in our mouth a word of praise, to worship and call upon your Holy Name, and we beseech you by your acts of pity, with which you have always treated our life. And now send forth your help on those who stand before the presence of your holy glory and who await the rich mercy which comes from you, and grant that they may always serve, praise, hymn and worship your inexpressible loving-kindness. from: en uk lash matinsforsunday p0097

For to you belong all glory, honour and worship, to the Father, the Son and the holy Spirit, now and for ever, and to the ages of ages. Amen. from: en uk lash matinsforsunday p0098

2nd Prayer from: en uk lash duplicates d0025

At night our spirit rises early to you, our God, for your commandments are light upon the earth. Teach us justice and sanctification in fear of you; for we glorify you who are our God, the One who truly exists. Incline your ear and hear us; and remember, Lord, by name all those who are present and who pray with us, and save them by your power. Bless your people and sanctify your inheritance. Give peace to your world, to the churches, to the priests, to our rulers and to all your people. from: en uk lash matinsforsunday p0100

For blessed and glorified is your all-honoured and majestic name, of the Father, the Son and the Holy Spirit now and for ever, and to the ages of ages. Amen. from: en uk lash matinsforsunday p0101

3rd Prayer from: en uk lash duplicates d0029

At night our spirit rises early to you, O God, for your commandments are

light. Teach us your justice, O God, your commands and your statutes. Enlighten the eyes of our understanding, lest we ever sleep unto death in sins. Drive away all gloomy darkness from our hearts. Give us the grace of the sun of justice and by the seal of your Holy Spirit keep our life free from harm. Direct our steps in the way of peace. Grant that we may see the dawn and the day in joy, that we may offer your our morning prayers.

from: en uk lash matinsforsunday p0103

For yours is the might and yours is the kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0104*

4th Prayer *from: en uk lash duplicates d0032*

Master and God, holy and beyond understanding, who said: Let light shine out of darkness, who have given us rest by the sleep of the night and raised us up to glorify and implore your loving kindness; entreated by your own compassion, accept us who now worship you and give you thanks in the measure of our power, and grant us all our requests that are for salvation. Declare us to be children of light and of the day, and heirs of your eternal blessings. Remember also, Lord, in the greatness of your compassion all your people, those present with us and who pray with us, and all our brethren by land and sea and in every place of your dominion who ask for your love for humankind and your help; and give to all your great mercy.

from: en uk lash matinsforsunday p0106

So that, always kept safe in soul and body, we may glorify with boldness your wondrous and blessed name, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0107*

5th Prayer *from: en uk lash duplicates d0034*

Treasury of blessings, ever-flowing Source, Holy Father, worker of wonders, all-powerful and almighty, we all worship you and beseech you, as we invoke your acts of mercy and compassion to help and assist our lowliness. Remember your suppliants, Lord; accept the morning prayers of us all like incense before you, and make none of us reprobate, but keep us all through your acts of compassion. Remember, Lord, those who keep vigil

and who chant to your glory and that of your Son and our God and of your Holy Spirit. Be their help and their aid; accept their supplications on your heavenly and spiritual altar. *from: en uk lash matinsforsunday p0109*

For you are our God and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash duplicates d0338*

6th Prayer *from: en uk lash duplicates d0036*

We give thanks to you, Lord God of our salvation, for you do all things for the well-being of our life, that we may at all times look to you, the Saviour and Benefactor of our souls. We give thanks to you, for you have given us rest in the part of the night which has passed and roused us from our beds and placed us here for the worship of your honoured name. Therefore we beg you, Lord: Give us grace and power, so that we may be counted worthy to chant to you with understanding and to pray without ceasing in fear and trembling, as we work out our salvation through the assistance of your Son. Remember too, Lord, those who cry out to you by night. Hear them and have mercy, and crush beneath their feet their invisible and hostile foes. *from: en uk lash matinsforsunday p0112*

For you are the King of peace and the Saviour of our souls, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0113*

7th Prayer *from: en uk lash duplicates d0038*

God and Father of our Lord Jesus Christ, who have raised us from our beds and gathered us together for this hour of prayer, give us grace by the opening of our mouths and accept our thanksgivings, in the measure of our ability. Teach us your statutes, because we do not know how to pray as we ought, unless you, Lord guide us by your Holy Spirit. Therefore we beg you, if we have sinned in any way until the present hour in word or deed or by thought, voluntarily or involuntarily, remit, forgive, pardon. For if you should regard iniquities, Lord; Lord, who will stand? For there is redemption from you. You alone are holy, a helper, a mighty defender of our life, and in you

is our praise at all times. *from: en uk lash matinsforsunday p0115*

Blessed and glorified be the might of your Kingdom, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0116*

8th Prayer *from: en uk lash matinsforsunday p0117*

Lord our God, who have driven from us the sloth of sleep and called us together with a holy summons to lift up our hands and to give you thanks for the judgements of your justice, accept our supplications, our requests, our thanksgivings, our nocturnal worship; and give us, O God, the grace of faith unashamed, sure hope, love without pretence. Bless our comings in and our goings out, our deeds, works, words, desires, and grant that we may meet the beginnings of the day praising, singing, blessing the loving-kindness of your ineffable goodness. *from: en uk lash matinsforsunday p0118*

For blessed is your all-holy name and glorified is your kingdom, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0119*

9th Prayer *from: en uk lash matinsforsunday p0120*

Light in our hearts, Master, lover of humankind, the unsullied light of your divine knowledge, and open the eyes of our mind to the understanding of the proclamation of your Gospel. Instil in us also the fear of your blessed commandments, so that having trampled down all the desires of the flesh we may pass over to a spiritual way of life, thinking and doing all things that are well-pleasing to you. *from: en uk lash matinsforsunday p0121*

For you are our sanctification and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0122*

10th Prayer *from: en uk lash matinsforsunday p0123*

Lord our God, who have granted humankind forgiveness through repentance and shown us an image of acknowledgement and confession of sins:

the repentance leading to pardon of the prophet David, in accordance with your great mercy have mercy on us, who have fallen by many and great offences, and, in accordance with the multitude of your pity, wipe away our offences. For we have sinned against you, Lord, who know too the hidden and secret things of the human heart and who alone have authority to forgive sins. Create a clean heart in us and by your sovereign Spirit establish us and make known to us the joy of your salvation. Do not cast us away from your presence, but be well pleased, as you are good and love humankind, for us to offer you until our last breath a sacrifice of justice and an offering on your holy altars. *from: en uk lash matinsforsunday p0124*

By the mercy and compassion and love for humankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0125*

11th Prayer *from: en uk lash matinsforsunday p0126*

O God, our God, who by your will have brought into being the spiritual and rational Powers, we beseech and implore you, accept with that of all your creatures our hymn of glory in the measure of our power, and grant us in return the rich gifts of your loving-kindness. For to you bends every knee of those in heaven and on earth and under the earth, and everything that has breath and all creation sings the praise of your incomprehensible glory. For you alone are God, true and of great mercy. *from: en uk lash matinsforsunday p0127*

For all the Powers of heaven praise you and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0128*

12th Prayer *from: en uk lash matinsforsunday p0129*

We praise, hymn, bless and give you thanks, O God of our fathers, for you have turned aside the shades of night and shown us again the light of day. But we implore your loving-kindness: Be merciful to our sins and accept our supplication in your great compassion, for we take refuge in you, the merciful and all-powerful God. Make the true sun of justice shine in our hearts; enlighten our mind and guard all our senses, so that, walking

uprightly by day in the way of your commandments, we may reach eternal life; for with you is the source of life, and may we be counted worthy to come to the enjoyment of the unapproachable light. *from: en uk lash matinsforsunday p0130*

For you are our God and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen. *from: en uk lash duplicates d0338*

The Priest, having kissed the icon of the Lord, enters the sanctuary by the south door. *from: en uk lash matinsforsunday p0132*

When the Six Psalms are completed the Priest, standing in front of the Holy Table, intones the: *from: en uk lash matinsforsunday p0133*

Litany of Peace *from: en uk lash duplicates d0559*

In peace, let us pray to the Lord. *from: en uk lash duplicates d0504*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Lord, have mercy. *from: en uk lash duplicates d0575* **And so after each petition.** *from: en uk lash duplicates d1216*

For the peace from on high and for the salvation of our souls, let us pray to the Lord. *from: en uk lash duplicates d0318*

For the peace of the whole world, for the welfare of the holy Churches of God, and for the union of all, let us pray to the Lord. *from: en uk lash duplicates d0319*

For this holy house, and for those who enter it with faith, reverence and the fear of God, let us pray to the Lord. *from: en uk lash duplicates d0326*

For all devout and Orthodox Christians, let us pray to the Lord. *from: en uk lash duplicates d0291*

For our country, the president, and all those in public service, let us pray to the Lord. *from: en uk lash duplicates d0303*

For this city, for every city, town and village, and for the faithful who dwell

in them, let us pray to the Lord. *from: en uk lash duplicates d0325*

For favourable weather, an abundance of the fruits of the earth, and temperate seasons, let us pray to the Lord. *from: en uk lash duplicates d0293*

For those who travel by land, air or water, for the sick, the suffering, for those in captivity, and for their safety and salvation, let us pray to the Lord.
from: en uk lash duplicates d0327

For our deliverance from all affliction, wrath, danger and constraint, let us pray to the Lord. *from: en uk lash duplicates d0304*

Help us, save us, have mercy on us, and keep us, O God, by your grace.
from: en uk lash duplicates d0463

Commemorating our all-holy, pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and one another and our whole life to Christ our God. *from: en uk lash duplicates d0246*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* To you, O Lord. *from: en uk lash duplicates d1054*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* For to you belong all glory, honour and worship, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash duplicates d0331*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Amen. *from: en uk lash prayers res04*

After the Litany by the Priest, the Canonarch or Singer chants, in the tone of the Troparion of the day: *from: en uk lash matinsforsunday p0156*

Verse 1: *from: en uk lash duplicates d1097a* Give thanks to the Lord, for he is good: his mercy endures for ever. *from: en uk lash duplicates d1097b*

Verse 2: *from: en uk lash duplicates d1098a* All the nations surrounded me, but in the name of the Lord I drove them back. *from: en uk lash duplicates d1098b*

Verse 3: *from: en uk lash duplicates d1099a* This is the Lord's doing, and it is marvellous

in our eyes. *from: en uk lash duplicates d1099b*

Then we sing the Troparion of the current feast, or of the Saint of the day, or, on Sundays, the Resurrection Apolytikion of the current tone twice, together with the appropriate Theotokion. This is a simplified rubric; but it should be noted that on most Sundays the Resurrection Apolytikion is sung twice. *from: en uk lash matinsforsunday p0161*

After this the recitation of the Psalter and the [poetic] Kathismata as appointed. *from: en uk lash matinsforsunday p0162*

On Sundays the first two Kathismata of the Psalter are numbers 2 and 3 [Psalms 9-16 and 17-23] *from: en uk lash matinsforsunday p0163*

After each Kathisma the Short Litany by the Priest with the following endings. *from: en uk lash matinsforsunday p0164*

After the 1st Kathisma *from: en uk lash duplicates d0049*

For yours is the might and yours is the kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash duplicates d0359*

After the 2nd Kathisma *from: en uk lash duplicates d0050*

For you, O God, are good and love humankind, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash matinsforsunday p0168*

On normal Sundays the third Kathisma is Psalm 118 [Kathisma 17]. On major Feasts the Polyeleos. *from: en uk lash matinsforsunday p0169*

After the last verse of Psalm 118, or the Polyeleos, if the Feast falls on a Sunday, we sing at once, that is, before *from: en uk lash matinsforsunday p0170a* Glory to the Father: *from: en uk lash matinsforsunday p0170b*

The Resurrection Evlogitaria *from: en uk lash matinsforsunday*

p0171.title.doc

Tone 5 *from: en uk lash duplicates d1083*

Before each Troparion we say: *from: en uk lash matinsforsunday p0173* Blessed are you, O Lord: teach me your statutes. *from: en uk lash matinsforsunday p0173a*

The company of the Angels was amazed, seeing you numbered among the dead, yet destroying the power of death, O Saviour, raising Adam with yourself and freeing all from Hell. *from: en uk lash matinsforsunday p0174*

‘Why do you mingle sweet spices with your tears, O women disciples?’ the dazzling Angel in the tomb said to the women bearing myrrh, ‘Behold the tomb, and understand: for the Saviour has risen from the grave’. *from: en uk lash matinsforsunday p0175*

Early in the morning the women bearing myrrh hastened, lamenting, to your grave; but the Angel stood before them and said, ‘The time for lamentation has passed. Do not weep; but tell the Apostles of the Resurrection’. *from: en uk lash matinsforsunday p0176*

The women bearing spices coming to your grave, O Saviour, heard an Angel saying to them, ‘Why do you number the living among the dead? For as God he has risen from the grave’. *from: en uk lash matinsforsunday p0177*

We worship the Father, and his Son, and the Holy Spirit: the holy consubstantial Trinity, as we cry with the Seraphim, ‘Holy, holy, holy are you, O Lord!’ *from: en uk lash matinsforsunday p0179*

O Virgin, by giving birth you redeemed Adam from sin, and you brought Eve joy instead of sorrow. He who was incarnate from you, who is both God and man, has guided back to life those who had fallen from life. *from: en uk lash matinsforsunday p0181*

Then the Short Litany by the Priest with the ending: *from: en uk lash matinsforsunday*

p0183

For blessed is your name and glorified is your kingdom, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. from: en uk lash matinsforsunday p0184

The Reader reads the Ypakoï. On Feasts the [poetic] Kathisma. On Sunday there follow the Anavathmi in the Tone of the Week. from: en uk lash matinsforsunday p0185

On feasts, the First Antiphon of those in Tone 4. from: en uk lash matinsforsunday p0186

Glory. from: en uk lash duplicates d0415

By the Holy Spirit every soul is given life, by cleansing it is exalted, it is made bright by the threefold Unity in a sacred mystery. from: en uk lash duplicates d0220

Both now. from: en uk lash duplicates d0210

By the Holy Spirit every soul is given life, by cleansing it is exalted, it is made bright by the threefold Unity in a sacred mystery. from: en uk lash duplicates d0220

[In some places the following is sung instead: from: en uk lash matinsforsunday p0193

During the Anavathmi the Priest, with the Deacon, enters the sanctuary and, vested in epitrachelion and phelonion, stands in front of the Holy Table. from: en uk lash matinsforsunday p0195

When the Anavathmi and the Prokeimenon are finished the Deacon intones: from: en uk lash matinsforsunday p0196

Let us pray to the Lord. from: en uk lash duplicates d0551

People from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon Lord, have mercy. from: en uk lash duplicates d0575

Priest from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon For holy are you, our

God, and you dwell in the holy place, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash matinsforsunday p0201*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Amen. *from: en uk lash prayers res04*

Choir *from: /en/uk/lashactors Choir: from: en uk lash actors Choir.colon* Let everything that has breath praise the Lord. *from: en uk lash matinsforsunday p0205 (3) from: en uk lash duplicates dx3*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* And that he would count us worthy to listen to the holy Gospel, let us pray to the Lord God. *from: en uk lash duplicates d0124*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Lord, have mercy. *from: en uk lash duplicates d0575 (3) from: en uk lash duplicates dx3*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* Wisdom, stand upright. Let us listen to the holy Gospel. *from: en uk lash duplicates d1142*

Priest (or Bishop) *from: /en/uk/lashmatinsforsunday p0212: from: en uk lash matinsforsunday p0212.colon* Peace to all. *from: en uk lash duplicates d0767*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* And to your Spirit. *from: en uk lash duplicates d0140*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* The Reading is from the holy Gospel according to *from: en uk lash matinsforsunday p0217 (N) from: en uk lash duplicates dN*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Glory to you, Lord, glory to you! *from: en uk lash duplicates d0407*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* Let us attend. *from: en uk lash duplicates d0538*

And the Priest reads the Matins Gospel, if it is Sunday, the Eothinon, standing on the south side of the Holy Table, with the Deacon opposite him. On other days he reads it from between the Holy Doors, facing the People. *from:*

en uk lash matinsforsunday p0222

After the Gospel, People: from: en uk lash matinsforsunday p0223 Glory to you, Lord, glory to you! from: en uk lash matinsforsunday p0223a

On Sundays, after the Gospel: from: en uk lash matinsforsunday p0224

Having seen the Resurrection of Christ, let us worship the Holy Lord Jesus, the only sinless one. We worship your Cross, O Christ, and we praise and glorify your holy Resurrection. For you are our God; we know no other but you; we name you by name. Come, all the faithful, let us worship the holy Resurrection of Christ; for behold through the Cross, joy has come in all the world. Ever blessing the Lord, we sing his Resurrection. For having endured the Cross for us, by death he has destroyed death. from: en uk lash matinsforsunday p0225

Then on Sundays the Singers begin Psalm 50. from: en uk lash matinsforsunday p0226

The Priest, wearing his kalymafchion [and cowl] and having let down the phelonion, stands in the Holy Doors holding the Holy Gospel. When the singers reach the verse from: en uk lash matinsforsunday p0227a For see, you have loved truth, from: en uk lash matinsforsunday p0227b he comes out through the Holy Doors and takes his stand in the middle of the church. In Athonite use, he stands directly beneath the polyeleos for the Superior to venerate the Gospel. He then moves further to the west for the rest of those present to do so. The server with the candle is the last to venerate. In most Greek parishes the Gospel is then taken to back of the church, preceded by the candle, and placed on a stand near the west end of the church, so that latecomers may venerate it. There follows the veneration of the Gospel, after which the Priest returns to the Sanctuary and places the Gospel on the Holy Table, or, where it is the custom, at the back of the Church. from: en uk lash matinsforsunday p0227c

On all other days the Psalm is read and there is no veneration of the Gospel.

from: en uk lash matinsforsunday p0228

Psalm 50 *from: en uk lash duplicates d0797*

Have mercy on me O God, in your great mercy; according to the fullness of your compassion blot out my offence. Wash me thoroughly from my wickedness, and cleanse me from my sin. For I acknowledge my wickedness, and my sin is ever before me. Against you only I have sinned and done what is evil in your sight, that you may be justified in your words, and win when you are judged. For see, in wickedness I was conceived, and in sin my mother bore me. For see, you have loved truth: you have shown me the hidden and secret things of your wisdom. You will sprinkle me with hyssop and I shall be cleansed; you will wash me, and I shall be made whiter than snow. You will make me hear of joy and gladness; the bones which have been humbled will rejoice. Turn away your face from my sins, and blot out all my iniquities. Create a clean heart in me, O God, and renew a right Spirit within me. Do not cast me out from your presence, and do not take your Holy Spirit from me. Give me back the joy of your salvation, and establish me with a sovereign Spirit. I will teach transgressors your ways, and sinners will turn to you again. O God, the God of my salvation, deliver me from bloodshed, and my tongue will rejoice at your justice. Lord, you will open my lips: and my mouth will declare your praise. For if you had wanted a sacrifice, I would have given it; you will not take pleasure in burnt offerings. A sacrifice to God is a broken spirit; a broken and a humbled heart God will not despise. Do good to Sion, Lord, in your good pleasure; and let the walls of Jerusalem be rebuilt. Then you will be well pleased with a sacrifice of justice, oblation and whole burnt offerings. Then they will offer calves upon your altar. *from: en uk lash duplicates d0436*

On Sundays: *from: en uk lash duplicates d0699*

Glory to the Father and to the Son and to the Holy Spirit. *from: en uk lash duplicates d0385*

Through the prayers of the Apostles, O Merciful One, blot out the multitude of my transgressions. *from: en uk lash matinsforsunday p0233*

Both now and for ever and to the ages of ages. Amen. *from: en uk lash duplicates*

d0205

Through the prayers of the Mother of God, O Merciful One, blot out the multitude of my transgressions. from: en uk lash duplicates d1053

Have mercy on me, O God, in your great mercy; according to the fulness of your compassion blot out my offence. from: en uk lash matinsforsunday p0236

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy. from: en uk lash matinsforsunday p0237

On all days with a Gospel, the Deacon (or Priest): from: en uk lash matinsforsunday p0239

Singers from: /en/uk/lashduplicates d0829: from: en uk lash duplicates d0829.colon Lord, have mercy.
from: en uk lash matinsforsunday p0242a **(Twelve times, in threes)** from: en uk lash matinsforsunday p0242b

Priest from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon By the mercy and compassion and love towards humankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. from: en uk lash matinsforsunday p0244

Singers from: /en/uk/lashduplicates d0829: from: en uk lash duplicates d0829.colon Amen. from: en uk lash prayers res04

And we begin the Canons. In Athonite use, on Sundays and Feasts the Church is censed as usual at the start of the Canons. from: en uk lash matinsforsunday p0247

At the end of the 3rd and 6th Odes, the Short Litany. from: en uk lash matinsforsunday p0248

After the 3rd Ode from: en uk lash duplicates d0051

For you are our God, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. from: en uk lash duplicates

d0339

After the 6th Ode *from: en uk lash matinsforsunday p0251*

For you are the King of peace and the Saviour of our souls, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash duplicates d0342*

The Kontakion, Ikos and Synaxaria for the day are read. *from: en uk lash duplicates d0899*

When the Katavasia of the 8th Ode is finished the Deacon, looking towards the People from the Holy Doors, says in a loud voice: *from: en uk lash matinsforsunday p0254*

The Mother of God and Mother of the Light, in hymns let us honour and magnify. *from: en uk lash matinsforsunday p0255*

He then censes the whole sanctuary and church as usual. *from: en uk lash duplicates d0457*

The Magnificat and 9th Ode are traditionally sung by the senior persons present in the two Choirs. *from: en uk lash matinsforsunday p0257*

The Song of the Mother of God. *from: en uk lash matinsforsunday p0258*

A maiden mother hymns her Son and God. *from: en uk lash matinsforsunday p0259*

In hymns God's Mother now we magnify. *from: en uk lash matinsforsunday p0260*

My soul magnifies the Lord, and my spirit has rejoiced in God my Saviour. *from: en uk lash matinsforsunday p0261*

Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you. *from: en uk lash duplicates d0431*

For he has regarded the lowliness of his handmaiden, for behold from

henceforth all generations will call me blessed. from: en uk lash matinsforsunday p0263

For he that is mighty has done great things for me, and holy is his name, and his mercy is on them that fear him from generation to generation. from: en uk lash matinsforsunday p0264

He has shown strength with his arm, he has scattered the proud in the imagination of their hearts. from: en uk lash matinsforsunday p0265

He has put down the mighty from their thrones and exalted the humble. He has filled the hungry with good things and the rich he has sent away empty. from: en uk lash matinsforsunday p0266

He has helped Israel his servant in remembrance of his mercy, as he spoke to our fathers, Abraham and his seed for ever. from: en uk lash matinsforsunday p0267

After the Katavasia of the 9th Ode, the Short Litany. from: en uk lash matinsforsunday p0268

Deacon from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon Again and again in peace, let us pray to the Lord. from: en uk lash duplicates d0058

People from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon Lord, have mercy. from: en uk lash duplicates d0575

Deacon from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon Help us, save us, have mercy on us, and keep us, O God, by your grace. from: en uk lash duplicates d0463

People from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon Lord, have mercy. from: en uk lash duplicates d0575

Deacon from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon Commemorating our all-holy, pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and one another and our whole life to Christ our God. from: en uk lash duplicates d0246

People from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon To you, O Lord. from:

en uk lash duplicates d1054

Priest *from: /en/uk/lashduplicates d0779; from: en uk lash duplicates d0779.colon* For all the Powers of heaven praise you, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash duplicates d0292*

People *from: /en/uk/lashduplicates d0773; from: en uk lash duplicates d0773.colon* Amen. *from: en uk lash prayers res04*

Then on Sundays only: *from: en uk lash matinsforsunday p0285*

Choir 1 *from: /en/uk/lashduplicates d0229; from: en uk lash duplicates d0229.colon* Holy is the Lord our God. *from: en uk lash duplicates d0473*

Choir 2 *from: /en/uk/lashduplicates d0230; from: en uk lash duplicates d0230.colon* Holy is the Lord our God. *from: en uk lash duplicates d0473*

Choir 1 *from: /en/uk/lashduplicates d0229; from: en uk lash duplicates d0229.colon* Exalt the Lord our God; and bow down before his footstool. *from: en uk lash matinsforsunday p0291*

Choir 2 *from: /en/uk/lashduplicates d0230; from: en uk lash duplicates d0230.colon* For he is holy. *from: en uk lash matinsforsunday p0293*

Then, on all days, the Exapostilaria. *from: en uk lash matinsforsunday p0294*

After the Exapostilaria *from: en uk lash matinsforsunday p0295*

Lauds *from: en uk lash matinsforsunday p0296.title.doc*

If it is Sunday, or a feast of the Lord, or the memorial of a Saint having the Great Doxology, the two Choirs sing *from: en uk lash matinsforsunday p0297a* Let everything that has breath *from: en uk lash matinsforsunday p0297b* in the appropriate tone, as follows: *from: en uk lash matinsforsunday p0297c*

Psalm 148 *from: en uk lash duplicates d0790*

[A] *from: en uk lash duplicates d[A]* Let everything that has breath praise the Lord.

Praise the Lord from the heavens; praise him in the highest. To you praise is due, O God. *from: en uk lash matinsforsunday p0299*

[B] *from: en uk lash duplicates d[B]* Praise him, all his angels: Praise him, all his Powers. To you praise is due, O God. *from: en uk lash duplicates d1204a*

The following verses, to the point where the Stichera are inserted, are, unfortunately, often omitted. *from: en uk lash matinsforsunday p0301*

[A] *from: en uk lash duplicates d[A]* Praise him, sun and moon; praise him, all you stars and light. *from: en uk lash duplicates d1189a*

[B] *from: en uk lash duplicates d[B]* Praise him, you highest heavens and you waters that are above the heavens. Let them praise the name of the Lord. *from: en uk lash duplicates d1205a*

[A] *from: en uk lash duplicates d[A]* For he spoke and they came into being; he commanded and they were created. *from: en uk lash duplicates d1181a*

[B] *from: en uk lash duplicates d[B]* He established them for ever and ever; he made an ordinance, and it shall not pass away. *from: en uk lash duplicates d1199a*

[A] *from: en uk lash duplicates d[A]* Praise the Lord from the earth; praise him, you sea-monsters and all deeps; *from: en uk lash duplicates d1190a*

[B] *from: en uk lash duplicates d[B]* Fire and hail, snow and ice and storm-wind; things that do his word. *from: en uk lash duplicates d1197a*

[A] *from: en uk lash duplicates d[A]* Mountains and all hills, fruiting trees and all cedars; *from: en uk lash duplicates d1186a*

[B] *from: en uk lash duplicates d[B]* Beasts of the wild, and all cattle, creeping things and winged birds; *from: en uk lash duplicates d1196a*

[A] *from: en uk lash duplicates d[A]* Kings of the earth and all peoples, rulers and all judges of the earth; *from: en uk lash duplicates d1184a*

[B] *from: en uk lash duplicates d[B]* Young men and maidens: old men and youths together, let them praise the name of the Lord; for his name alone has

been exalted. *from: en uk lash duplicates d1208a*

[A] *from: en uk lash duplicates d[A]* His praise is above earth and heaven, and he will exalt the horn of his people. *from: en uk lash duplicates d1183a*

[B] *from: en uk lash duplicates d[B]* A hymn for all his holy ones; for the children of Israel, a people that draws near him. *from: en uk lash duplicates d1195a*

Psalm 149 *from: en uk lash duplicates d0791*

[A] *from: en uk lash duplicates d[A]* Sing to the Lord a new song, his praise in the Church of the holy ones. *from: en uk lash duplicates d1192a*

[B] *from: en uk lash duplicates d[B]* Let Israel rejoice in him that made him, let the children of Sion be joyful in their king. *from: en uk lash duplicates d1200a*

[A] *from: en uk lash duplicates d[A]* Let them praise his name in the dance; let them sing his praise with timbrel and with harp. *from: en uk lash duplicates d1185a*

[B] *from: en uk lash duplicates d[B]* For the Lord is well-pleased with his people; he will exalt the meek with salvation. *from: en uk lash duplicates d1198a*

[A] *from: en uk lash duplicates d[A]* His holy ones will exult in glory, and rejoice upon their beds. *from: en uk lash duplicates d1182a*

[B] *from: en uk lash duplicates d[B]* The high praises of God in their mouths, and two-edged swords in their hands, *from: en uk lash duplicates d1206a*

[A] *from: en uk lash duplicates d[A]* To exact vengeance among the nations, punishments among the peoples. *from: en uk lash duplicates d1193a*

[B] *from: en uk lash duplicates d[B]* To bind their kings in fetters; and their nobles in shackles of iron. *from: en uk lash duplicates d1207a*

For 8 Verses (Sundays) or 6 Verses. *from: en uk lash matinsforsunday p0323*

[A] *from: en uk lash duplicates d[A]* To execute upon them the judgement that is de-

creed; such glory will be for all his holy ones. *from: en uk lash duplicates d1194a*

Psalm 150 *from: en uk lash duplicates d0792*

[B] *from: en uk lash duplicates d[B]* Praise God in his saints; praise him in the firmament of his power. *from: en uk lash duplicates d1201a*

For 4 Verses. *from: en uk lash duplicates d0286*

[A] *from: en uk lash duplicates d[A]* Praise him for his mighty acts; praise him according to the greatness of his majesty. *from: en uk lash duplicates d1187a*

[B] *from: en uk lash duplicates d[B]* Praise him with the sound of the trumpet; praise him with lute and harp. *from: en uk lash duplicates d1202a*

[A] *from: en uk lash duplicates d[A]* Praise him with timbrel and dance; praise him with strings and pipe. *from: en uk lash duplicates d1188a*

[B] *from: en uk lash duplicates d[B]* Praise him with tuneful cymbals; praise him with loud cymbals. Let everything that has breath praise the Lord. *from: en uk lash duplicates d1203a*

If it is Sunday, add the following verses: *from: en uk lash matinsforsunday p0332*

If a feast with Stichera at Lauds falls on a Sunday, the appropriate Psalm verses are used instead. *from: en uk lash matinsforsunday p0335*

[A] *from: en uk lash duplicates d[A]* **Glory.** *from: en uk lash duplicates d0415*

On Sunday the Eothinon corresponding to the Gospel. *from: en uk lash matinsforsunday p0337*

[B] *from: en uk lash duplicates d[B]* **Both now.** *from: en uk lash duplicates d0210*

On Sunday the following Theotokion: *from: en uk lash matinsforsunday p0339*

You are most blessed, Virgin Mother of God, for through him who took flesh from you Hell has been taken captive, Adam recalled, the curse slain, Eve set free, death put to death, and we given life. Therefore in praise we cry:

Blessed are you, Christ our God, who have been thus well-pleased. Glory to you. *from: en uk lash matinsforsunday p0340*

On Sundays and Feasts having a Great Doxology: *from: en uk lash matinsforsunday p0341*

[A] *from: en uk lash duplicates d[A]* Glory to you who have shown us the light. Glory to God in the highest, and on earth peace, goodwill among men. *from: en uk lash matinsforsunday p0342*

[B] *from: en uk lash duplicates d[B]* We praise you, we bless you, we worship you, we glorify you, we give you thanks for your great glory. *from: en uk lash matinsforsunday p0343*

[A] *from: en uk lash duplicates d[A]* Lord, King, God of heaven, Father almighty: Lord, only-begotten Son, Jesus Christ and Holy Spirit. *from: en uk lash matinsforsunday p0344*

[B] *from: en uk lash duplicates d[B]* Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us; you take away the sins of the world. *from: en uk lash matinsforsunday p0345*

[A] *from: en uk lash duplicates d[A]* Receive our prayer, you who sit on the right hand of the Father, and have mercy on us. *from: en uk lash matinsforsunday p0346*

[B] *from: en uk lash duplicates d[B]* For you alone are holy, you alone are Lord, Jesus Christ, to the glory of God the Father. Amen. *from: en uk lash matinsforsunday p0347*

[A] *from: en uk lash duplicates d[A]* Every day I will bless you, and praise your name for ever and to the ages of ages. *from: en uk lash matinsforsunday p0348*

[B] *from: en uk lash duplicates d[B]* Grant, Lord, this day to keep us without sin. *from: en uk lash matinsforsunday p0349*

[A] *from: en uk lash duplicates d[A]* Blessed are you, O Lord, the God of our fathers, and praised and glorified your name to the ages. Amen. *from: en uk lash matinsforsunday p0350*

[B] *from: en uk lash duplicates d[B]* May your mercy, O Lord, be upon us, as we have

put our hope in you. *from: en uk lash matinsforsunday p0351*

[A] *from: en uk lash duplicates d[A]* Blessed are you, O Lord, teach me your statutes.
from: en uk lash duplicates d1180a

[B] *from: en uk lash duplicates d[B]* Blessed are you, O Lord, teach me your statutes.
from: en uk lash matinsforsunday p0353

[A] *from: en uk lash duplicates d[A]* Blessed are you, O Lord, teach me your statutes.
from: en uk lash duplicates d1180a

[B] *from: en uk lash duplicates d[B]* Lord, you have been our refuge from generation to generation. I said, Lord, have mercy on me, heal my soul, for I have sinned against you. *from: en uk lash matinsforsunday p0355*

[A] *from: en uk lash duplicates d[A]* Lord, I have run to you for refuge: teach me to do your will, for you are my God. *from: en uk lash matinsforsunday p0356*

[B] *from: en uk lash duplicates d[B]* For with you is the source of life: and in your light we shall see light. *from: en uk lash matinsforsunday p0357*

[A] *from: en uk lash duplicates d[A]* Continue your mercy towards those who know you. Holy God, Holy Strong, Holy Immortal, have mercy upon us. *from: en uk lash matinsforsunday p0358*

[B] *from: en uk lash duplicates d[B]* Holy God, Holy Strong, Holy Immortal, have mercy upon us. *from: en uk lash matinsforsunday p0359*

[A] *from: en uk lash duplicates d[A]* Holy God, Holy Strong, Holy Immortal, have mercy upon us. *from: en uk lash matinsforsunday p0360*

[B] *from: en uk lash duplicates d[B]* Glory to the Father and to the Son and to the Holy Spirit. *from: en uk lash matinsforsunday p0361*

[A] *from: en uk lash duplicates d[A]* Both now and for ever and to the ages of ages. Amen. *from: en uk lash matinsforsunday p0362*

[B] *from: en uk lash duplicates d[B]* Holy Immortal, have mercy upon us. *from: en uk lash*

matinsforsunday p0363

If it is Sunday, at the end of the Doxology and Trisagion, we say the Resurrection Troparia. from: en uk lash matinsforsunday p0365

For the 1st, 2nd, 3rd and 4th tones in Tone 4: from: en uk lash matinsforsunday p0366

To-day salvation has come to the world. Let us sing to him who rose from the tomb, the Author of our life. For destroying death by death, he has given us the victory and his great mercy. from: en uk lash matinsforsunday p0367

For the 5th, 6th, 7th and 8th tones in Tone 8. from: en uk lash matinsforsunday p0368

By rising from the tomb and bursting through the bonds of Hell, you abolished the sentence of death, O Lord, delivering all from the snares of the foe. Having shown yourself to your Apostles, you sent them out to preach, and through them you gave peace to the whole world, you who alone are full of mercy. from: en uk lash matinsforsunday p0369

On other Feasts the Apolytikion, once. from: en uk lash matinsforsunday p0370

The two Litanies and Dismissal. from: en uk lash matinsforsunday p0371

Deacon from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon Have mercy on us, O God, according to your great mercy, we pray you, hear and have mercy. from: en uk lash duplicates d0439

People from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon Lord have mercy. from: en uk lash duplicates d0566 **Three times after each petition.** from: en uk lash duplicates d0588a

Deacon from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon Again we pray for our Archbishop from: en uk lash matinsforsunday p0377 (N) from: en uk lash duplicates dN

Again we pray for our country, the president, and all those in public service. from: en uk lash matinsforsunday p0378

Again we pray for those who bring offerings, those who care for the beauty of this holy and venerable house, for those who labour in its service, for

those who sing, and for the people here present, who await your great and rich mercy. *from: en uk lash matinsforsunday p0381*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* For you, O God, are merciful, and love humankind, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash matinsforsunday p0383*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Amen. *from: en uk lash prayers res04*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* Let us complete our morning prayer to the Lord. *from: en uk lash duplicates d0543*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Lord, have mercy. *from: en uk lash duplicates d0575* **And so after each of the following petitions.** *from: en uk lash duplicates d1216a*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* Help us, save us, have mercy on us and keep us, O God, by your grace. *from: en uk lash duplicates d0462*

That the whole day may be perfect, holy, peaceful and sinless, let us ask of the Lord. *from: en uk lash duplicates d0856*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Grant this, O Lord. *from: en uk lash duplicates d0424a* **And so after each of the following petitions.** *from: en uk lash duplicates d1216a*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord. *from: en uk lash duplicates d0107*

Pardon and forgiveness of our sins and offences, let us ask of the Lord. *from: en uk lash duplicates d0760*

Things good and profitable for our souls, and peace for the world, let us ask

of the Lord. *from: en uk lash duplicates d1044*

That we may live out the rest of our days in peace and repentance, let us ask of the Lord. *from: en uk lash duplicates d0858*

A Christian end to our life, painless, unashamed and peaceful, and a good defence before the dread judgement seat of Christ, let us ask. *from: en uk lash duplicates d0041*

Commemorating our all-holy, pure, most blessed and glorious Lady, Mother of God and Ever-Virgin Mary, with all the Saints, let us entrust ourselves and one another and our whole life to Christ our God. *from: en uk lash duplicates d0246*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* To you, O Lord. *from: en uk lash duplicates d1054*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* For you are a God of mercy, compassion and love towards humankind, and to you we give glory, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. *from: en uk lash matinsforsunday p0405*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* Amen. *from: en uk lash prayers res04*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* Peace to all. *from: en uk lash duplicates d0767*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* And to your spirit. *from: en uk lash duplicates d0142*

Deacon *from: /en/uk/lashduplicates d0251: from: en uk lash duplicates d0251.colon* Let us bow our heads to the Lord. *from: en uk lash duplicates d0541*

People *from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon* To you, O Lord. *from: en uk lash duplicates d1054*

Prayer at the Bowing of Heads *from: en uk lash duplicates d0777*

Priest (in a low voice) *from: /en/uk/lashactors PriestLow: from: en uk lash actors PriestLow.colon* Holy

Lord, dwelling on high and beholding things below and, with your eye that observes all, keeping watch over the whole creation, to you we have bowed the neck of our soul and body, and we beseech you, O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above. from: en uk lash matinsforsunday p0418

(aloud) from: en uk lash rubrical Aloud For yours it is to have mercy and to save us, O God, our God, and to you we give glory, to Father, Son and holy Spirit, now and forever, and to the ages of ages. from: en uk lash duplicates d0361

People from: /en/uk/lashduplicates d0773: from: en uk lash duplicates d0773.colon Amen. from: en uk lash prayers res04

Priest from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon Wisdom. from: en uk lash duplicates d1143

Reader from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon Bless. from: en uk lash duplicates d0184

Priest (from inside the Sanctuary) from: /en/uk/lashmatinsforsunday p0426: from: en uk lash matins-forsunday p0426.colon Blessed is He Who Is, Christ our true God, always, now and for ever, and to the ages of ages. from: en uk lash duplicates d0191

Reader from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon Amen. May the Lord God strengthen the holy and pure faith of devout and orthodox Christians, with his holy Church, unto ages of ages. from: en uk lash duplicates d0104

Priest from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon Most holy Mother of God, save us. from: en uk lash duplicates d0631

Reader from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word; truly the Mother of God, we magnify you. from: en uk lash duplicates d0431

The Priest, standing in the holy Doors and facing the People, gives the

Great Dismissal as follows: *from: en uk lash duplicates d0952*

Glory to you, Christ God, our hope, glory to you. *from: en uk lash duplicates d0405*

And the Priest, lowering the Phelonion, continues: *from: en uk lash matinsforsunday p0438*

Reader *from: /en/uk/lashduplicates d0801:* *from: en uk lash duplicates d0801.colon* **Amen.** *from: en uk lash prayers res04* **And at once he begins the First Hour.** *from: en uk lash matinsforsunday p0442*

First Hour *from: en uk lash matinsforsunday p0443.title.doc*

The Holy Doors and the Curtain are shut. The Reader begins straight away with: *from: en uk lash matinsforsunday p0444*

O Come, let us worship and fall down before the King, our God. *from: en uk lash matinsforsunday p0445*

O Come, let us worship and fall down before Christ, the King, our God. *from: en uk lash matinsforsunday p0446*

O Come, let us worship and fall down before Christ himself, the King, our God. *from: en uk lash matinsforsunday p0447*

Three Metanias and the Psalms: *from: en uk lash matinsforsunday p0448*

Psalm 5 *from: en uk lash matinsforsunday p0449*

Give ear to my words, O Lord, understand my cry. Attend to the voice of my supplication, my King and my God; for to you I shall pray, O Lord. In the morning you will hear my voice. In the morning I shall stand before you, and you will watch over me; because you are not a God who wants iniquity. The evil-doer will not dwell with you, nor will the lawless remain before your eyes. You have hated all those who work iniquity; you will destroy all those who speak lies. The Lord abhors a man of bloodshed and deceit. But I, in the abundance of your mercy, will enter your house, I will worship towards your holy temple in fear of you. Guide me, Lord, in your justice because of

my enemies, direct my way before you. Because there is no truth in their mouths; their heart is vain. Their throat is an open tomb, they deceive with their tongues. Judge them, O God. Let them fall through their counsels; according to the multitude of their impieties cast them out, for they have embittered you, O Lord. And may all those who hope in you be glad; they will rejoice for ever, and you will dwell among them, and all those who love your name will boast in you. Because you will bless the righteous; you have crowned him, O Lord, with your good pleasure. [from: en uk lash matinsforsunday p0450](#)

Psalm 89 [from: en uk lash matinsforsunday p0451](#)

Lord, you have been our refuge from one generation to another. Before the mountains came into being or the earth and the world were formed, from age to age you are. Do not turn humankind back to humiliation, and you said: Turn back, children of men. Because a thousand years in your eyes, Lord, are like a day, or like yesterday which has passed, and like a watch in the night. Their years will be mere trifles, in the morning like grass may he pass away. In the morning let him flower and pass away; in the evening let him fall, dry up and wither. Because we have perished in your anger, and in your wrath we have been dismayed. You have set our iniquities before you; our age in the light of your countenance. Because all our days have perished, and in your anger we have perished; our years were reckoned like a spider. The days of our years there are seventy years in them, but if we are strong, eighty, and the majority of them are labour and toil; because weakness has come over us and we shall be chastened. Who knows the might of your anger? And can gauge your wrath from fear of you? So make your right hand known to me, and those chastened in heart by wisdom. Turn back, O Lord, how long? And be entreated for your servants. We have been filled in the morning with your mercy, O Lord, and we have rejoiced and been glad. In all our days let us be glad; in return for the days when you humbled us, the years when we saw evils. And look upon your servants and upon the work of your hands and guide your children. And let the brightness of the Lord be upon us, and direct the works of our hands for us, and direct the work of our hand. [from: en uk lash matinsforsunday](#)

*p0452***Psalm 100** *from: en uk lash matinsforsunday p0453*

I will sing to you of mercy and judgement, O Lord, I will chant and think on a blameless way. When will you come to me? I have walked in the midst of my house in the innocence of my heart. I have set no lawless deed before my eyes; I have hated those who commit transgressions. No twisted heart has been attached to me; the evil man who avoids me I have not acknowledged. The man who secretly slanders his neighbour, him I have driven out. With a man of proud looks and insatiate heart I have not eaten. My eyes are upon the faithful in the land, for them to dwell with me; the man who walks on a blameless way, he has ministered to me. The man who acts proudly has not dwelt in my house; the man who speaks calumnies has not prospered before me. Morning by morning I slew all the sinners in the land, to purge from the Lord's city all workers of iniquity. *from:*

en uk lash matinsforsunday p0454

Then at once: *from: en uk lash matinsforsunday p0456a* **Glory,** *from: en uk lash matinsforsunday p0456b*
the Apolytikion of the day, *from: en uk lash matinsforsunday p0456c*

What shall we call you, O Full of grace? Heaven? For you made the Sun of justice to dawn. Paradise? For you made the flower of incorruption blossom. Virgin? For you remained incorrupt. Pure Mother? For you held in your holy embrace a Son who is the God of all. Implore him that our souls may be saved. *from: en uk lash matinsforsunday p0458*

And immediately: *from: en uk lash matinsforsunday p0459*

Direct my steps according to your word, and let no iniquity lord it over me.

from: en uk lash matinsforsunday p0460

Deliver me from the slander of men, and I shall keep your commandments.

from: en uk lash matinsforsunday p0461

Let your face shine on your servant, and teach me your statutes. *from: en uk*

lash matinsforsunday p0462

Let my mouth be filled with your praise, O Lord, that I may hymn your glory, all day long your splendour. from: en uk lash matinsforsunday p0463

Then: from: en uk lash duplicates d1037

Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen. from: en uk lash duplicates d0398

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. from: en uk lash duplicates d0069

Glory to the Father, and to the Son, and to the Holy Spirit; both now and for ever, and to the ages of ages. Amen. from: en uk lash duplicates d0398

Our Father in heaven, may your name be hallowed; your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one from: en uk lash duplicates d0732

Priest from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon For yours is the kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. from: en uk lash duplicates d0358

Reader from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon Amen. from: en uk lash prayers res04

The Kontakion of the Saint, if there is one, or of the current Feast. from: en uk lash matinsforsunday p0474

But on Sunday we say the Hypakoï of the Tone. from: en uk lash matinsforsunday p0475

Then: from: en uk lash duplicates d1037 Lord have mercy. from: en uk lash duplicates d0566 (40) from: en uk lash duplicates dx40

At every time and at every hour, in heaven and on earth worshipped and

glorified, Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the blessings to come; do you, Lord, yourself accept our entreaties at this hour, and direct our lives to your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas and deliver us from every distress, evil, and pain. Wall us about with your holy Angels, that protected and guided by their host we may reach the unity of the faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen. *from: en uk lash matinsforsunday p0478*

Greater in honour than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word, truly the Mother of God we magnify you. In the name of the Lord, give the blessing, Father. *from: en uk lash matinsforsunday p0480*

Priest *from: /en/uk/lashduplicates d0779: from: en uk lash duplicates d0779.colon* May God take pity on us and bless us; show the light of his countenance on us and have mercy on us. *from: en uk lash matinsforsunday p0482*

Then the Superior says the following prayer: *from: en uk lash matinsforsunday p0483*

Christ, the true light, who enlighten and hallow everyone who comes into the world, may the light of your countenance be signed upon us, that in it we may see your unapproachable light; and direct our steps to the doing of your commandments; at the intercessions of your most pure Mother and of all your Saints. Amen. *from: en uk lash matinsforsunday p0484*

To you my Champion and Commander I your City saved from disasters dedicate, O Mother of God, hymns of victory and thanksgiving; but as you have unassailable might from every kind of danger now deliver me, that I may cry to you: Hail, Bride without bridegroom! *from: en uk lash matinsforsunday p0486*

And Dismissal. *from: en uk lash duplicates d0108*

Glory to you, Christ God, our hope, glory to you. *from: en uk lash duplicates d0405*

Reader *from: /en/uk/lashduplicates d0801: from: en uk lash duplicates d0801.colon* Glory. Both now. Lord, have mercy. *from: en uk lash matinsforsunday p0490a (3) from: en uk lash duplicates dx3* Give

the blessing. *from: en uk lash matinsforsunday p0490b*

Through the prayers of our holy fathers, Lord Jesus Christ, have mercy on us and save us. *from: en uk lash matinsforsunday p0493*

Reader *from: /en/uk/lashduplicates d0801:* *from: en uk lash duplicates d0801.colon* Amen. *from: en uk lash prayers res04*

Appendices *from: en uk lash matinsforsunday p0496.title.doc*

1. The Resurrection Exapostilaria *from: en uk lash*

matinsforsunday p0497.title.doc

A Composition by the Emperor Constantine, *from: en uk lash matinsforsunday p0498*

son of Leo the Wise. *from: en uk lash matinsforsunday p0499*

EXAPOSTILARION 1 *from: en uk lash matinsforsunday p0500*

With the Disciples let us go to a mountain in Galilee to contemplate Christ by faith as he says that he has received authority over things on high and things below. Let us learn how he teaches that they are to baptise all nations in the name of the Father and of the Son and of the Holy Spirit, and that he is with his Initiates, as he promised, until the final consummation.

from: en uk lash matinsforsunday p0501

Theotokion *from: en uk lash duplicates d1038*

You rejoiced with the Disciples, Virgin Mother of God, for you saw Christ risen from the tomb on the third day, as he said. He also appeared to them teaching and revealing mightier things and ordering them to baptise in the Father, Son and Spirit, that we might believe his Rising and might glorify

you, O Maiden. *from: en uk lash matinsforsunday p0503*

EXAPOSTILARION 2 *from: en uk lash matinsforsunday p0504*

When they saw the stone rolled away the Myrrhbearers rejoiced, for they saw a Young Man seated in the tomb, and he said to them, 'See, Christ has risen. Tell the Disciples with Peter, 'Go to the mountain in Galilee. There he will appear to you, as he foretold to his friends'. *from: en uk lash matinsforsunday p0505*

Theotokion *from: en uk lash duplicates d1038*

An Angel brought his 'Hail' to the Virgin before your conception, O Christ. An Angel rolled the stone from your tomb. The one proclaimed and magnified the tokens of ineffable joy instead of sorrow; the other you, as giver of life in place of death, and announced the Resurrection to the Women and the Initiates. *from: en uk lash matinsforsunday p0507*

EXAPOSTILARION 3 *from: en uk lash matinsforsunday p0508*

Let no one doubt that Christ has risen. For he appeared to Mary; then he was seen by those going out to the country; again he appeared to the eleven Initiates as they sat at table, and, when he had sent them out to baptise, he was taken up to heaven, from which he had come down, confirming the proclamation by many signs. *from: en uk lash matinsforsunday p0509*

Theotokion *from: en uk lash duplicates d1038*

O Sun, who today dawned from the tomb, like a Bridegroom from his chamber, despoiled Hell and destroyed death, at the prayers of her who bore you, send out your light to us, make light shine in our hearts, make light guide us all to walk in the paths of your commandments and in the ways of peace.

from: en uk lash matinsforsunday p0511

EXAPOSTILARION 4 *from: en uk lash matinsforsunday p0512*

Shining with virtues, let us contemplate the men in shining garments, who appeared in the life-bearing grave, to the Myrrhbearers as they bowed their faces to the earth. Let us be taught of the Rising of heaven's Master, and

let us run with Peter towards life in a grave, and marvelling at what is done, let us remain to see Christ. *from: en uk lash matinsforsunday p0513*

Theotokion *from: en uk lash duplicates d1038*

With your cry of 'Rejoice!', Lord, you transformed the grief of the Forefathers, bringing instead the joy of your Rising to the world. Therefore, through her who bore you, O Giver of life, Light that enlightens hearts, send forth the light of your mercies that we may cry to you, 'Lover of humankind, God and man, glory to your Rising!' *from: en uk lash matinsforsunday p0515*

EXAPOSTILARION 5 *from: en uk lash matinsforsunday p0516*

Christ, the life and the way, from among the dead, journeyed with Cleopas and Luke, to whom he was made known at Emmaus when he broke the bread. Their souls and hearts were aflame as he talked with them on the road and explained with the Scriptures what he had undergone. With them let us cry aloud, 'He has been raised and has appeared to Peter!' *from: en uk lash matinsforsunday p0517*

Theotokion *from: en uk lash duplicates d1038*

I sing the praise of your mercy without measure, O my Maker, for you emptied yourself to take on and to save the nature of mortals that had grown evil. And though God, you accepted to be born in my likeness from the pure Child of God and to descend as far as Hell, as you wished me to be saved at the prayers of her who bore you, O Master full of pity. *from: en uk lash matinsforsunday p0519*

EXAPOSTILARION 6 *from: en uk lash matinsforsunday p0520*

Showing that you are man by essence, O Saviour, having risen from the tomb, you stood in the midst, partook of food and taught the preaching of repentance. Then at once you were raised up to the heavenly Father and you promised the Disciples to send the Paraclete. O God and man, above

all godhead, glory to your Rising! *from: en uk lash matinsforsunday p0521*

Theotokion *from: en uk lash duplicates d1038*

The Maker of creation and God of all things took mortal flesh from your immaculate blood, All-Holy Virgin. He also renewed nature, that was all corrupted, leaving you after childbirth as you were before. Therefore with faith we all proclaim you, as we cry, 'Hail, Sovereign Lady of the world!' *from: en uk lash matinsforsunday p0523*

EXAPOSTILARION 7 *from: en uk lash matinsforsunday p0524*

When Mary said, 'They have taken away the Lord', Simon Peter and another Initiate of Christ, whom he loved, hurried to the grave. The two ran and found the grave clothes lying inside alone, while the napkin for the head was by itself. And so they waited quietly again, until they saw Christ. *from: en uk lash matinsforsunday p0525*

Theotokion *from: en uk lash duplicates d1038*

Great and wonderful are the things you have done for my sake, most merciful Christ; for you were born beyond explanation from a Virgin Maid and accepted the Cross, and having endured death you arose in glory and freed our nature from death. Glory, O Christ, to your glory! Glory to your power! *from: en uk lash matinsforsunday p0527*

EXAPOSTILARION 8 *from: en uk lash matinsforsunday p0528*

Seeing two Angels in the grave, Mary was amazed and, not recognising him, she asked Christ as the Gardener, 'Sir, where have you laid the body of my Jesus?' Recognising by his call that he was the Saviour, she heard, 'Do not touch me. Tell my brothers that I am departing to the Father'. *from: en uk lash matinsforsunday p0529*

Theotokion *from: en uk lash duplicates d1038*

O Maiden, ineffably you bore one of the Trinity, who is two by nature and two by operation, yet one in person. Ever implore him then for those who worship you in faith to deliver us from every device of the foe; for now we all

have recourse to you, Sovereign Lady, Mother of God. *from: en uk lash matinsforsunday p0531*

EXAPOSTILARION 9 *from: en uk lash matinsforsunday p0532*

The doors being shut as you entered, Master, you filled the Apostles with the All-Holy Spirit, breathing on them with peace. You told them to bind sins and to loose them, and after eight days you showed your side and hands to Thomas. With him we cry, 'You are Lord and God'. *from: en uk lash matinsforsunday p0533*

Theotokion *from: en uk lash duplicates d1038*

When you saw your Son risen from the tomb on the third day, Bride of God, you put away all the tribulation you had endured as a Mother, when you saw him suffering. And filled with joy you sing his praise as you rejoice with his Disciples. And so save those who now proclaim you Mother of God. *from: en uk lash matinsforsunday p0535*

EXAPOSTILARION 10 *from: en uk lash matinsforsunday p0536*

Of old, the sea of Tiberias found Thomas fishing with the sons of Zebedee, Nathaniel, Peter and two others. When, at Christ's order, they let down their net on the right hand side, they caught a multitude of fish. Peter, recognising him, swam towards him. Appearing to them for the third time, he showed them bread, and a fish on coals. *from: en uk lash matinsforsunday p0537*

Theotokion *from: en uk lash duplicates d1038*

Entreat the Lord, who rose from the tomb on the third day, O Virgin, on behalf of all who sing your praise and with love call you blessed. For we all have you as a saving refuge and mediatrix with him, for we are your inheritance and your servants, Mother of God, and we all look to your assistance. *from: en uk lash matinsforsunday p0539*

EXAPOSTILARION 11 *from: en uk lash matinsforsunday p0540*

The Lord, after his divine Rising, having three times enquired of Peter, 'Are you my friend?' proposed him as Chief Shepherd of his own sheep. He,

when he saw the one whom Jesus loved following, asked the Master, 'What of him?' 'If I want him to remain until I come again', he answered, 'what is that to you, friend Peter?' from: [en uk lash matinsforsunday p0541](#)

Theotokion from: [en uk lash duplicates d1038](#)

O dread mystery! O extraordinary wonder! Through death, death is utterly destroyed. Who then will not praise, who will not worship your Resurrection, O Word, and the Mother of God who purely bore you in the flesh. At her intercessions deliver us all from Hell. from: [en uk lash matinsforsunday p0543](#)

2. The Eleven Eothina from: [en uk lash matinsforsunday p0544.title.doc](#)

A composition by Leo the Wise from: [en uk lash matinsforsunday p0545](#)

EOTHINON 1. Tone 1. from: [en uk lash matinsforsunday p0546](#)

The Lord stood before his Disciples, who had ascended the mountain for his being lifted from the ground. They worshipped him, and when they had been taught that authority had been given him everywhere, they were sent out to proclaim his Resurrection from the dead and his restoration to Heaven. And Christ, God and the Saviour of our souls, promised unfailingly that he would be with them for ever. from: [en uk lash matinsforsunday p0547](#)

EOTHINON 2. Tone 2. from: [en uk lash matinsforsunday p0548](#)

To the Women who came with sweet spices with Mary, and who were at a loss how they might achieve their aim, the stone appeared lifted and a godlike Youth stilled the tumult of their soul, for he said: Jesus the Lord has risen; therefore proclaim to his heralds, the Disciples, to hasten to Galilee; there you will see him risen from the dead, as Giver of life and Lord. from: [en uk lash matinsforsunday p0549](#)

EOTHINON 3. Tone 3. from: [en uk lash matinsforsunday p0550](#)

When Mary Magdalen gave the good tidings of the Saviour's Resurrection from the dead and his appearing, the Disciples doubted and were up-

braided for their hardness of heart; but armed with signs and wonders they were sent to preach. And while you, Lord, were taken up to the Father, source of light, they, entrusted with the wonders, began to preach the word everywhere. Therefore, enlightened through them, we glorify your Resurrection from the dead, O Lord who loves humankind. *from: en uk lash matinsforsunday p0551*

EOTHINON 4. Tone 4. *from: en uk lash matinsforsunday p0552*

It was deep dawn and the Women came to your grave, O Christ; but the body they longed for was not to be found; and so those who in shining garments stood by them in their perplexity said: Why do you seek the living with the dead? He has risen as he foretold. Why have you forgotten his words? Persuaded by them they proclaimed what they had seen, but the good tidings seemed but raving; so dull were the Disciples still; but Peter ran and having seen glorified to himself your wonders. *from: en uk lash matinsforsunday p0553*

EOTHINON 5. Tone 5. *from: en uk lash matinsforsunday p0554*

How wise, O Christ, are your judgements! You made Peter understand your Resurrection by the grave-clothes alone, but journeying with Luke and Cleopas you talked, and as you talked you did not at once reveal yourself. And you were reproached with being only a stranger in Jerusalem and not sharing in her final counsels. But as the one who disposes all things for the profit of his fashioning, you unfolded the prophecies about yourself and in the blessing of bread you made yourself known to them, whose hearts even before this had burned for knowledge of you. They also were already proclaiming to your assembled Disciples your Resurrection. Through which have mercy on us. *from: en uk lash matinsforsunday p0555*

EOTHINON 6. Tone 6. *from: en uk lash matinsforsunday p0556*

O Christ you are truly peace for men of God; giving your peace to the Disciples after the Resurrection, you showed them to be full of fear, for they thought they saw a spirit; but you dispelled the tumult of their souls by showing your hands and feet; but, as they still doubted, by taking nourishment and reminding them of your teachings you opened their minds to

understand the Scriptures; you assured them of the Father's promise, and blessing them you went away to heaven. And so with them we worship you. Lord, glory to you! *from: en uk lash matinsforsunday p0557*

EOTHINON 7. Tone 7. *from: en uk lash matinsforsunday p0558*

Lo, darkness and early dawn. And why, Mary, are you standing by the grave, your mind full of darkness? Why do you seek where Jesus has been laid? But see the disciples running together, see how they have realised the Resurrection from the grave clothes and the napkin, and have remembered the Scripture concerning this. With whom and through whom we too have believed and sing your praise O Christ, the Giver of Life. *from: en uk lash matinsforsunday p0559*

EOTHINON 8. Tone 8. *from: en uk lash matinsforsunday p0560*

Mary's hot tears did not flow in vain, for she was granted Angels to teach her and the sight of you, O Jesu. But, as a weak woman, she still had earthly thoughts, and therefore she was sent away so as not to touch you, O Christ; but nevertheless she was sent as a herald to your Disciples, to whom she spoke the good tidings, announcing your ascent to the Father's inheritance. With her make us also worthy of your manifestation, O Master and Lord. *from: en uk lash matinsforsunday p0561*

EOTHINON 9. Tone 5. *from: en uk lash matinsforsunday p0562*

As at the last times you came when it was late on the Sabbath to your friends, O Christ, and you confirm the wonder by a wonder, by your entrance when the doors were shut your Resurrection from the dead. You filled your Disciples with joy and made them partakers of the Holy Spirit; you bestowed on them the authority of the forgiveness of sins and did not abandon Thomas to be drowned in the sea of unbelief. And so grant us also true knowledge and forgiveness of offences, compassionate Lord. *from: en uk lash matinsforsunday p0563*

EOTHINON 10. Tone 6. *from: en uk lash matinsforsunday p0564*

After your descent into Hell and your Resurrection from the dead, your Dis-

ciples, O Christ, losing heart most probably at your separation from them, turned back to their work: and once again there were boats and nets and a catch nowhere. But you appeared as Master of all things, O Saviour, and ordered them to cast their nets on the right hand side: and at once the word was deed, and there was a great multitude of fish, and a strange supper ready on land. Your Disciples partook of it then; make us also worthy to enjoy it now in spirit, O Lover of humankind. *from: en uk lash matinsforsunday p0565*

EOTHINON 11. Tone 8. *from: en uk lash matinsforsunday p0566*

Showing yourself to your Disciples after the Resurrection, O Saviour, you entrusted to Simon the pasturing of the sheep, as repayment for love, demanding the care of shepherding. And therefore he said: If you are my friend Peter, shepherd my lambs, shepherd my sheep. But he at once showing his affection, inquired about the other Disciple. At their intercessions, O Christ, guard your flock from wolves that ravage it. *from: en uk lash matinsforsunday p0567*

3. The Polyeleos *from: en uk lash matinsforsunday p0568.title.doc*

Servants of the Lord, Alleluia. *from: en uk lash matinsforsunday p0569*

Psalm 134 *from: en uk lash matinsforsunday p0570*

Praise the name of the Lord, praise the Lord his servants. Alleluia. *from: en uk lash matinsforsunday p0571*

Who stand in the house of the Lord, in the courts of the house of our God. Alleluia. *from: en uk lash matinsforsunday p0572*

Praise the Lord, for the Lord is good. Alleluia. *from: en uk lash matinsforsunday p0573*

Sing to his name, for it is fair. Alleluia. *from: en uk lash matinsforsunday p0574*

For the Lord has chosen Jacob for himself; Alleluia. *from: en uk lash matinsforsunday*

p0575

Israel for his own possession. Alleluia. *from: en uk lash matinsforsunday p0576*

For I know that the Lord is great. Alleluia. *from: en uk lash matinsforsunday p0577*

And our Lord is above all gods. Alleluia. *from: en uk lash matinsforsunday p0578*

Whatever he wished, the Lord has done, Alleluia. *from: en uk lash matinsforsunday p0579*

In heaven and on earth, Alleluia. *from: en uk lash matinsforsunday p0580*

In the seas and in all the deeps. Alleluia. *from: en uk lash matinsforsunday p0581*

He brings up the clouds from the end of the earth. Alleluia. *from: en uk lash matinsforsunday p0582*

He has made lightnings into rain. Alleluia. *from: en uk lash matinsforsunday p0583*

He brings winds out of his treasures, Alleluia. *from: en uk lash matinsforsunday p0584*

He who smote the first born of Egypt, Alleluia. *from: en uk lash matinsforsunday p0585*

From humans to beasts of burden. Alleluia. *from: en uk lash matinsforsunday p0586*

He sent signs and wonders into your midst, O Egypt, Alleluia. *from: en uk lash*

matinsforsunday p0587

Among Pharaoh and all his servants; Alleluia. *from: en uk lash matinsforsunday p0588*

He who smote many nations, Alleluia. *from: en uk lash matinsforsunday p0589*

And killed mighty kings, Alleluia. *from: en uk lash matinsforsunday p0590*

Sion, King of the Amorites, Alleluia. *from: en uk lash matinsforsunday p0591*

And Og, King of Basan, Alleluia. *from: en uk lash matinsforsunday p0592*

And all the kingdoms of Canaan. Alleluia. *from: en uk lash matinsforsunday p0593*

And he gave their land as a heritage, Alleluia. *from: en uk lash matinsforsunday p0594*

A heritage to Israel his people. Alleluia. *from: en uk lash matinsforsunday p0595*

O Lord, your name is for ever, Alleluia. *from: en uk lash matinsforsunday p0596*

And your memorial to generation and generation. Alleluia. *from: en uk lash matinsforsunday p0597*

For the Lord will judge his people, Alleluia. *from: en uk lash matinsforsunday p0598*

And he will comfort his servants. Alleluia. *from: en uk lash matinsforsunday p0599*

The idols of the nations are silver and gold, works of human hands. Alleluia. *from: en uk lash matinsforsunday p0600*

They have a mouth, but they will not speak. Alleluia. *from: en uk lash matinsforsunday p0601*

They have eyes, but they will not see. Alleluia. *from: en uk lash matinsforsunday p0602*

They have ears, but they will not hear. Alleluia. *from: en uk lash matinsforsunday p0603*

There is no breath in their mouth. Alleluia. *from: en uk lash matinsforsunday p0604*

Let all those who make them become like them, Alleluia. *from: en uk lash matinsfor-*

sunday p0605

And all those who trust in them. Alleluia. *from: en uk lash matinsforsunday p0606*

House of Israel, bless the Lord. Alleluia. *from: en uk lash matinsforsunday p0607*

House of Aaron, bless the Lord. Alleluia. *from: en uk lash matinsforsunday p0608*

House of Levi, bless the Lord. Alleluia. *from: en uk lash matinsforsunday p0609*

You who fear the Lord, bless the Lord. Alleluia. *from: en uk lash matinsforsunday p0610*

Blessed be the Lord from Sion, he who dwells in Jerusalem. Alleluia. *from: en uk lash matinsforsunday p0611*

Psalm 135 *from: en uk lash matinsforsunday p0612*

Give thanks to the Lord, for he is good, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0613*

Give thanks to the God of gods, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0614*

Give thanks to the Lord of lords, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0615*

To him who alone has done great wonders, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0616*

To him who made the heavens with understanding, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0617*

To him who set the earth on the waters, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0618*

To him who alone made the great lights, alleluia: for his mercy endures for ever, alleluia. *from: en uk lash matinsforsunday p0619*

The sun to rule the day, alleluia: for his mercy endures for ever, alleluia. *from:*

en uk lash matinsforsunday p0620

The moon and the stars to rule the night, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0621

To him who smote Egypt with their first born, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0622

And led Israel out of their midst, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0623

With a mighty hand and upraised arm, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0624

To him who divided the Red Sea in two, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0625

And led Israel through its midst, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0626

And shook off Pharaoh and his power into the Red Sea, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0627

To him who led his people through the desert, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0628

To him who smote great kings, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0629

And slew mighty kings, alleluia: for his mercy endures for ever, alleluia. from: en uk lash matinsforsunday p0630

Sion, King of the Amorites, alleluia: for his mercy endures for ever, alleluia. from: en uk lash matinsforsunday p0631

And Og, King of Basan, alleluia: for his mercy endures forever, alleluia. from: en uk lash matinsforsunday p0632

And who gave their land as a heritage, alleluia: for his mercy endures for-

ever, alleluia. *from: en uk lash matinsforsunday p0633*

A heritage for Israel his servant, alleluia: for his mercy is for ever, alleluia.
from: en uk lash matinsforsunday p0634

For the Lord remembered us in our humiliation, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0635*

And redeemed us from our foes, alleluia: for his mercy endures for ever, alleluia. *from: en uk lash matinsforsunday p0636*

Who gives food to all flesh, alleluia: for his mercy is for ever, alleluia. *from: en uk lash matinsforsunday p0637*

Give thanks to the God of heaven, alleluia: for his mercy endures forever, alleluia. *from: en uk lash matinsforsunday p0638*

Then the Selection according to the Feast. *from: en uk lash matinsforsunday p0639*

After which the following in Tone 1 may be sung. *from: en uk lash matinsforsunday p0640*

Glory. *from: en uk lash duplicates d0415*

Let us worship the Father, and let us glorify the Son, and let us all praise together the all holy Spirit, crying out and saying: All holy Trinity, save us all. *from: en uk lash matinsforsunday p0642*

Both now. *from: en uk lash duplicates d0210*

Your people, O Christ, brings your Mother to intercede; at her entreaties grant us your pity, that we may glorify you, loving Lord, who dawned for us from the grave. *from: en uk lash matinsforsunday p0644*

The following Psalm of the Polyeleos is sung on the two Sundays before Lent, Meat Sunday and Cheese Sunday. When this Psalm is sung Psalm 118 is not sung, but in its place Psalm 134. Psalm 136 takes the place of the Selection. We also light the Polyeleos. Note that in the Russian use Psalm 136 is also used on the two preceding Sundays, those of the Prodigal Son

and of the Last Judgement. from: en uk lash matinsforsunday p0645

Psalm 136 from: en uk lash matinsforsunday p0646

By the rivers of Babylon, there we sat down and we when we remembered Sion. Alleluia. from: en uk lash matinsforsunday p0647

On the willows in the midst of it we hung up our instruments. Alleluia. from: en uk lash matinsforsunday p0648

For there our captors asked us for songs, and those who had led us away for a hymn, saying, 'Sing us one of the songs of Sion!' Alleluia. from: en uk lash matinsforsunday p0649

How could we sing the Lord's song in a foreign land? Alleluia. from: en uk lash matinsforsunday p0650

If I forget you, Jerusalem, let my right hand be forgotten! Alleluia. from: en uk lash matinsforsunday p0651

Let my tongue stick to my throat, if I do not remember you, if I do not set Jerusalem above my highest joy. Alleluia. from: en uk lash matinsforsunday p0652

Remember, Lord, against the Edomites the day of Jerusalem's fall, how they said, 'Tear it down! Tear it down! Down to its foundations!' Alleluia. from: en uk lash matinsforsunday p0653

O daughter of Babylon, the wretched! Blessed is the one who requites you as you have requited us! Alleluia. from: en uk lash matinsforsunday p0654

Blessed is the one who seizes your little children and dashes them against the rock! Alleluia. from: en uk lash matinsforsunday p0655

In present day Greek use the following Psalm is used instead of Psalm 134 on the feasts of the Mother of God. It is followed by Psalm 135, but the Selection for the various feasts is usually omitted. It is also common to interpolate the verses with refrains, in the same way as the Anixantaria are

interpolated at Vespers. *from: en uk lash matinsforsunday p0657*

Psalm 44 *from: en uk lash matinsforsunday p0658*

A Good Word. Alleluia. *from: en uk lash matinsforsunday p0659*

My heart has uttered a good Word. *from: en uk lash matinsforsunday p0660*

Hail, all-praised Queen of all, Mother of our God. Alleluia. *from: en uk lash matinsforsunday p0661*

I tell my works to the King. *from: en uk lash matinsforsunday p0662*

Hail, Queen of Angels, Sovereign of the world. Alleluia. *from: en uk lash matinsforsunday p0663*

My tongue is the pen of ready writer. *from: en uk lash matinsforsunday p0664*

Hail, proclamation of the Prophets, glory of Patriarchs. Alleluia. *from: en uk lash matinsforsunday p0665*

You are lovely with a beauty beyond the sons of men. *from: en uk lash matinsforsunday p0666*

Hail, pure Virgin, Sovereign Lady, Bride of God. Alleluia. *from: en uk lash matinsforsunday p0667*

Grace has poured from your lips. *from: en uk lash matinsforsunday p0668*

Hail, spotless, undefiled, incorrupt, All-holy. Alleluia. *from: en uk lash matinsforsunday p0669*

Therefore God has blessed you for ever. *from: en uk lash matinsforsunday p0670*

Hail, hope of those without hope, and help of those embattled. Alleluia. *from: en uk lash matinsforsunday p0671*

Gird your sword on your thigh, mighty warrior. *from: en uk lash matinsforsunday p0672*

Hail, full of grace. The Lord is with you, and through you with us. Alleluia.

from: en uk lash matinsforsunday p0673

In your splendour and beauty. from: en uk lash matinsforsunday p0674

Hail, blessed are you among women, and blessed is the fruit of your womb. Alleluia. from: en uk lash matinsforsunday p0675

Draw your bow and prosper, and reign. from: en uk lash matinsforsunday p0676

Hail, Virgin Mother of God, blessed among women. Alleluia. from: en uk lash matinsforsunday p0677

In the cause of truth and meekness and justice. from: en uk lash matinsforsunday p0678

Hail, Mary, Lady of us all, the Lord of powers is with you. Alleluia. from: en uk lash matinsforsunday p0679

[from: en uk lash matinsforsunday p0680 And your right hand will guide you wonderfully. from: en uk lash matinsforsunday p0680a

Your throne, O God, is forever and ever; the sceptre of your Kingdom is a rod of justice. from: en uk lash matinsforsunday p0681

Therefore God your God has anointed you. from: en uk lash matinsforsunday p0683

Hail, throne formed of fire, more glorious than the four living creatures. Alleluia. from: en uk lash matinsforsunday p0684

With the oil of gladness beyond your fellows. from: en uk lash matinsforsunday p0685

Hail, Mary, Lady of us all. Hail, Mother of life. Alleluia. from: en uk lash matinsforsunday p0686

[from: en uk lash matinsforsunday p0687a Your garments are fragrant with myrrh, aloes and cassia, from the ivory palaces which gladden you. from: en uk lash matinsforsunday

p0687b

The Queen stood at your right hand. *from: en uk lash matinsforsunday p0689*

Hail, highly blessed, highly glorified. Alleluia. *from: en uk lash matinsforsunday p0690*

Arrayed in gold, wrought with many colours. *from: en uk lash matinsforsunday p0691*

Hail, immaculate Mother of God, for you gave birth to the Saviour of our souls. Alleluia. *from: en uk lash matinsforsunday p0692*

Listen my daughter and see, and incline your ear. *from: en uk lash matinsforsunday p0693*

Hail, Paradise most holy. Hail, Bride without bridegroom. Alleluia. *from: en uk lash matinsforsunday p0694*

And forget your people and your father's house. *from: en uk lash matinsforsunday p0695*

Hail, greater holy of holies. Hail, Bride without bridegroom. Alleluia. *from: en uk lash matinsforsunday p0696*

[*from: en uk lash matinsforsunday p0697a* Then the King will desire your beauty, for he is your God and you shall worship him. *from: en uk lash matinsforsunday p0697b*

The richest of the people will entreat your favour. *from: en uk lash matinsforsunday p0699*

All-holy Virgin, listen to the voice of your unprofitable servant. Guide me to offer you without ceasing the groanings of my heart, Sovereign Lady. Alleluia. *from: en uk lash matinsforsunday p0700*

[*from: en uk lash matinsforsunday p0701a* All the glory of the King's daughter is within, arrayed in tasselled gold wrought with many colours. *from: en uk lash matinsforsunday p0701b*

The virgins in her train will be brought to the King, those near her will be brought to you. *from: en uk lash matinsforsunday p0702*

They will be brought with joy and gladness, they will be led into the King's

temple. *from: en uk lash matinsforsunday p0703*

I will remember your name throughout all generations. *from: en uk lash duplicates d0486*

All-holy Virgin, Bride of God, accept my pitiable service and bring it to God the compassionate, that rejoicing I may give you glory, O All-blameless. Hail, Bride without bridegroom. Alleluia. *from: en uk lash matinsforsunday p0706*

[*from: en uk lash matinsforsunday p0707a* Therefore people will praise and thank you for ever and ever. *from: en uk lash matinsforsunday p0707b*] *from: en uk lash matinsforsunday p0707c*

Glory. Both now. *from: en uk lash duplicates d0416*

Alleluia, Alleluia, Alleluia. Glory to you our God, glory to you. *from: en uk lash matinsforsunday p0709*