

**THE OCTOECHOS
(SERVICES OF THE EIGHT TONES)**



TONE ONE

SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

Accept our evening prayer, O holy Lord,* and grant us forgiveness of sins,* for You alone manifested the resurrection to the world.

O you people, walk around Zion and encompass her.* And there give glory to Him Who is risen from the dead.* For He is our God Who delivers us from our sins.

Come you people, praise and worship Christ.* Glorify His resurrection from the dead;* for He is our God Who has delivered the world* from the deceit of the enemy.

Rejoice, O you heavens;* sound the trumpets, you foundations of the earth;* cry out with joy, O you mountains.* For behold, Emmanuel has nailed our sins to the cross;* the Giver of life has put Death to death;* and the Lover of mankind has raised up Adam.

Let us praise the Lord* Who for our sake was willingly crucified in the flesh.* He suffered, was buried, and rose from the dead.* Therefore, let us sing to Him: * O Christ, keep Your Church in the true faith* and bring peace to our lives;* for You are gracious and You love mankind.

O Christ our God, as we stand unworthily before Your life-bearing grave,* we offer a hymn of praise to Your ineffable tenderness of heart.* For You, O Sinless One,* in

Your loving kindness have accepted the cross and death* in order to grant resurrection to the world.

Let us praise the Word* Who is without beginning and co-eternal with the Father.* For our sake He was born of the Virgin;* He freely accepted the cross and death, and rose in glory.* Therefore, let us sing to Him:/* Glory to You, O Lord,* the Giver of life and Savior of our souls.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): Let us praise the Virgin Mary* who although born of our humanity, gave birth to the Lord of all.* The angels extol her in song;* for she is the glory of the whole world,* the gateway to heaven, and the adornment of the faithful.* As the Mother of God, she is heaven itself, and the very temple of God.* She broke down the wall of enmity between mankind and God,* thereby bringing us peace and opening the gates of the Kingdom.* Let us, therefore, cling to her as the anchor of our faith;* and our Lord, Who was born of her, will be our protector.* Take courage then, O people of God,* for the almighty Himself will defeat your enemies..

Aposticha

'O Christ, by Your passion we have been freed from suffering;* and by Your resurrection we have been delivered from corruption.* O Lord, glory to You! .

Verse: The Lord reigns, He is clothed in majesty.

Let all creation rejoice, let the heavens be glad,* let the nations clap their hands with joy.* For Christ our Savior, in His love for mankind,* has nailed our sins to the cross;* He has put Death to death,* and by raising our fallen forefather, Adam,* He has given life to all mankind.

Verse: For He has made the world firm, which shall not be moved.

O God, You are above all understanding; * You are King and Lord of heaven and earth.* Yet of Your own free will,* You allowed Yourself to be crucified because of Your love for mankind.* When You descended below,* Hades was filled with bitterness as You confronted it;* 'but' the souls of the just received You with great joy.* Adam arose when he saw You, his Creator, down in the depths.* What a wonder this is!* You are the Life of all and have tasted death* in order to dispel the darkness of the world by Your light.* O Lord, risen from the dead, glory to You!

Verse: Holiness befits Your house, O Lord, for length of days.

The myrrh-bearing women were filled with grief* as they hastened with spices to Your tomb;* but they did not find Your most pure body.* Instead, they found an angel* who proclaimed Your unique and glorious resurrection,* and commanded them to announce to Your apostles: * The Lord is risen, granting great mercy to the world.

Glory be: Now and for ever: O Mother of God, the prophecy of Isaiah is fulfilled,* since you remained a virgin both before and after giving birth.* For it was God Who was born of you to restore our human nature.* Therefore, do not overlook your servants who supplicate you in your temple.* Since you have held the merciful Lord in your arms,* be compassionate toward your servants,* and beseech Him to save our souls.

SUNDAY MATINS

Sessional Hymns

1. The soldiers guarding Your tomb, O Savior,* became as dead men at the lightning flash of the angel* who appeared to announce Your resurrection to the women.* We glorify You, for You have cleansed us from corrup-

tion.* We fall down before You, for You rose from the tomb, our only God.

Glory be: Now and for ever: We acknowledge you as the Mother of God,* and after giving birth you remained truly a virgin.* We eagerly seek refuge in your goodness;* for we sinners have taken you as our intercessor,* and in temptations we find salvation in you;* for you alone are all pure.

2. The women who came to Your tomb early in the morning* trembled at the sight of the angel.* The tomb shone with life,* and they were struck with astonishment.* Therefore, they returned to the apostles, proclaiming the resurrection.* Christ, Who alone is mighty and powerful,* has despoiled Hades and raised all those held in corruption.* He has released us from the fear of condemnation* by the power of the cross.

Glory be: Now and, for ever: O Mary, the precious dwelling of the Lord,* lift us from the abyss into which we have fallen* and deliver us from dreadful despair, from our faults, and from all affliction;* for you are the refuge of sinners.* You are the help, the protection, and the safety of your servants.

Gradual Hymn

O Lord, in my sorrow I cry out to You.* Hear my cry of pain.

The love for God will grow unceasingly* for those who dwell in the desert;* for they are far from the vanity of this world.

Glory be: Now and ever: Truly glory and honor are due to the Holy Spirit,* as to the Father and to the Son.* Therefore, we praise the Holy Trinity, One in might.

Prokimenon: Ps 11

I myself will arise, says the Lord. I will grant them the salvation for which they thirst.

Verse: The words of the Lord are words without alloy.

Canon

Hirmos 1: Your victorious right hand, magnificent in power, is covered with glory, O Immortal One. Since it is all-powerful, it has crushed the enemies, opening a new path for the Israelites in the depths of the sea.

Hirmos 3: You alone know the weakness of human nature, and in Your compassion You conformed Yourself to it. Now clothe me with the power from on high that I may cry out to You: Holy is the living temple of Your immeasurable glory, O Lover of mankind.

Hirmos 4: O mountain overshadowed by divine grace, Habakkuk recognized You with his prophetic vision; from You, he predicted, shall come forth the Holy One of Israel for our salvation and restoration.

Hirmos 5: O Christ, by the brightness of Your coming, You have illumined the ends of the world, enlightening them by the splendor of Your cross. Now make the light of Your divine knowledge shine in the hearts of those who sing to You in true faith.

Hirmos 6: The depth of the Abyss surrounds us, and no one can deliver us; we were led as sheep to the slaughter. Save Your people, O God, for You are the strength of the weak and the One Who lifts them up.

Hirmos 7: O Mother of God, we the faithful recognize in you a spiritual furnace; as the Most High saved the three youths, so has He remade my whole being in your womb. He is the God of our ancestors Who is praised and covered with glory.

Hirmos 8: In the furnace as in a melting pot, the children of Israel shine more brightly than gold by the brightness of their piety as they sing: Bless the Lord all you works of the Lord; sing and exalt Him forever.

Ode 9: – *Hirmos:* The burning bush which was not consumed offers us an image of your immaculate birthgiving. Now we pray that you extinguish in us the furnace of violent temptations so that we may extol you, O Mother of God.

Verse: Glory to Your holy resurrection, O Lord!

How has this people of evil deeds, disobedient and perverse in their designs, justified the detestable and impious one, and condemned to the cross the Just One, the Lord of glory. Let us extol Him as it is fitting.

Verse: Glory to Your holy resurrection, O Lord!

O Savior, Lamb without blemish, resurrected on the third day, You take away the sin of the world. We now glorify You with the Father and the divine Spirit, proclaiming Your divinity. O Lord of glory, we extol You.

Glory be: Now and for ever: O Lord, save Your people which You established by Your precious blood. Grant strength to our civil authorities, give peace to the Churches, O Lover of mankind, through the supplication of the Mother of God.

Holy is the Lord our God. (3x)

Sunday Exapostilarion (see pp. 413-429).

Stichera at the Praises

We praise Your saving passion, O Christ!* We glorify Your resurrection!

You endured crucifixion;* You destroyed Death and rose from the dead.* Give peace to our lives,* O only almighty Lord.

You captured Hades, O Christ.* You raised us by Your own resurrection.* Make us worthy to praise and glorify You in purity of heart.

We glorify Your divine humility;* we praise You, O Christ.* You were born of a virgin,* yet were not separated from the Father.* You became a mortal and suffered for us,* voluntarily enduring the cross.* You rose from the tomb,* coming as from a bridal chamber to save the world.* O Lord, glory to You!

When You were nailed upon the tree of the cross,* You destroyed the power of the enemy.* Then creation trembled in fear of You;* by Your might, Hades was vanquished.* You raised the dead from their graves* and opened the gate of paradise to the thief.* O Christ our God, glory to You!

The holy women came hastening to the grave with many tears.* And when they found the tomb open* and heard from the angels the astonishing and wondrous news,* they brought the good tidings to the disciples:* The Lord is risen, granting great mercy to the world.

Verse: Arise then, Lord, lift up Your hand, O God, do not forget the poor!

O Christ our God, we bow before the holy wounds of Your passion* and before the sacrifice of the Lord on Zion,* which was divinely fulfilled at the appointed time;* for You, O Sun of Justice, did shine on those who were sitting in the darkness of death.* You led them to the light which knows no evening.* O Lord, glory to You!

Verse: I will praise You, Lord, with all my heart; I will recount all Your wonders.

Where are the soldiers who went to guard the grave?* Where are the seals of the tomb?* Where was the buried One moved from the grave?* Where was the priceless One sold?* How was the Treasure stolen?* Why do you deny

the resurrection of the crucified One, O wavering people,* thus falling into error and transgressing the Law?* He is truly risen as one who is free among the dead,* and He grants great mercy to the world.

Glory be: *Gospel Stichera, (pp. 413-429).*

Now and for ever: You are truly most blessed ... (*p. 140*).

SUNDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben: Prekhvalnii muchenycy*): O most kind Father, You sent Your Son, our gracious Lord,* to take the prodigal son upon His shoulders* as the lost sheep was taken up,* and to lead him from where he had fallen to the fold of Your angels,* and not into that of the power of evil.

O most kind Father, because You are God,* and being moved by Your great loving-kindness,* You brought up all things out of nothingness.* Finally, by Your hand, You created us in Your image.* But when we became corrupted by transgressing Your law,* You redeemed us because You love mankind.

O Lord, You love mankind;* You are truly the Son of the heavenly Father.* You showed Yourself to be one of us.* You are the Son of Man.* And we, Your people, have been enticed by the serpent's deceit.* Take me upon Your shoulder like the lost sheep,* and lead me into Your heavenly fold.

Aposticha

My sins are like a great gulf, O Savior,* and I am sinking hopelessly because of them.* Give me Your hand as You did to Peter.* Save me, O God, and have mercy on me.

Verse: I have lifted up my eyes ... (*p. 34*).

O Savior, by my sinful thoughts and evil deeds,* I have brought judgment on myself.* Grant me the grace of conversion, O God,* so that I may call out to You:*

Save me, O gracious Benefactor, and have mercy on me.

Verse: Have mercy on us, O Lord... (p. 34).

Through the prayers of all the saints and the Mother of God, give us Your peace, O God, and have mercy on us; for You alone are generous.

Glory be: Now and for ever: (*Samopodoben*): O joy of the heavenly ranks,* O mighty help of all on earth,* O most pure Virgin, save us who hasten to you,* since, after God, we place our hope in you, O Mother of God.

MONDAY MATINS

Sessional Hymns

1. In sin my mother conceived me,* and like the prodigal I dare not raise my eyes toward heaven,* but your love reassures me and therefore, I cry out:*

Forgive me, O God, and save me.

Glory be: Now and for ever: Seeing in you a marvelous wonder, O Full of Grace, all creation rejoices:*

For you ineffably conceived without seed* and gave birth to the One on Whom even the angels dare not gaze.* Intercede with Him, O Theotokos, that He save our souls.

2. Foolishly have I separated myself from You, O Lord,* and like the prodigal I have wasted all my life.* As a slave I have served my senseless and sinful desires each day.* But now I beg You, O God of tenderness,* through the intercession of the angels,* welcome me as You did the prodigal and save me.

Glory be: Now and for ever: O sure guide and helper of all,* unshakeable hope and mediatrix of the world!* Have mercy on us, as one who is kind-hearted;* grant us forgiveness of sins and the salvation of our souls,* and lead us onto the path of repentance.* For in faith we come to you, and fervently beseech and ask with love: Do not leave us without showing your mercy.

Canon – Ode 9

Hirmos: As an image of your birthgiving, we have the bush which burned but was not consumed. We beseech you to extinguish the flaming furnace of temptations in our souls so that we may extol you unceasingly, O Mother of God.

Verse: Glory be to You, our God, glory be to You!

Like the Cahaanite woman I cry'out to You: Have mercy on me, O Word of God, for my soul is in danger under the attacks of the demon. For without fear of You, I have foolishly misdirected my life, O long-suffering Lord.

Verse: Holy archangels and angels, pray to God for us!

You made the angels partakers of Your unspeakable glory, O Savior. Through their intercession, protect us who hasten to You with faith and love, so that we may extol You unceasingly.

Glory be: Now and for ever: The choirs of angels now unceasingly sing your birthgiving, O most pure One, for they stand in rank, gazing upon and sharing in your joy; and without ceasing they extol you, the Mother of God.

Aposticha

Another world awaits you, O my soul,* and the Judge shall bring out your hidden secrets and sins: Do not persist in doing evil* but hasten to cry out: O my Judge and my God, spare me and save me.

Verse: In the morning..., (p. 146).

O Savior, do not despise your servant* who is a slave of laziness and sin,* but stir my heart to repentance.* Make me a laborer in your vineyard,* O Lord, and grant me the wages of the eleventh hour* and your great mercy.

Verse: Let the favor of the Lord... (p. 146).

Come all you people and let us sing hymns and spiritual canticles* in honor of the victorious martyrs of Christ.* They are the heralds of the faith* and the bright torches of the universe,* the never-failing springs from which healings gush forth.* Through their prayers, O Christ our God, give peace to the world and great mercy to our souls.

Glory be: Now and for ever: (*Podoben – Nebesnykh chynov*): More holy than all the holy angels,* and more venerable than all creation, O Mother of God,* you are the Queen of the whole world,* for you gave birth to the Savior.* In your goodness save us from our countless sins,* and by your holy prayers save us from all dangers.

MONDAY VESPERS

Stichera at “O Lord, I have cried...”

(*Podoben – Prekhvalnii muchenyky*): O Lord, wretched outcast that I am,* I have spent my life shamefully with transgressors,* and like the prodigal son I contritely cry:/* O heavenly Father, I have sinned; cleanse me, save me,* and do not cast me away. I departed far from You of my own will,* and now I am poor and needy* because of my fruitless deeds.

O Christ, You were rich but You made yourself poor.* You have enriched mankind with immortality and light,* while I have been made poor by the pleasures of this life.* Make me rich with virtues; number me with poor

Lazarus,* and save me from the rich man's torments* that await me in Gehenna.

I have become exceedingly rich in evil and loved luxury.* In my lifetime I have received good things* and have been condemned to Gehenna, O Lord.* I have despised my hungry mind as if it were Lazarus* laid before the gates of Your divine works.* Take pity on me, O Lord.

Aposticha

My sins are like a great gulf, O Savior,* and I am sinking hopelessly because of them.* Give me Your hand as You did to Peter.* Save me, O God, and have mercy on me.

O Savior, by my sinful thoughts and evil deeds, I have brought judgment on myself.* Grant me the grace of conversion, O God,* so that I may call out to You:* Save me, O gracious Benefactor,* and have mercy on me.

O saints, your confession of faith in the arena* destroyed the strength of devils and set us free from delusion.* When you were beheaded you cried out:* O Lord, may the sacrifice of our souls be acceptable in Your sight;* for in our love for You, the Lover of mankind,* we have despised this temporal life.

Glory be: Now and for ever: O Virgin most worthy of praise,* while Moses gazed at the burning bush that was not consumed,* he beheld with prophetic eyes the mystery that was to take place in you;* for your womb was not burned by the fire of the Godhead, O most pure One.* Therefore, we beseech you, as the Mother of God,* to ask for peace and great mercy for the world.

TUESDAY MATINS**Sessional Hymns**

1. If a just man is barely saved,* where shall I, a sinner, find myself?* For I have not borne the burden and heat of the day.* Yet number me among the hired workers of the eleventh hour,* O God, and save me.

Glory be: Now and for ever: Having Mary, the Mother of God, as an invincible defense,* let us faithful fall down and prostrate before her,* for she can pray with boldness before the One born of her* and save our souls from wrath and death.

2. O Lord, hasten to open Your fatherly arms to me,* for I have foolishly wasted my whole life.* Consider the inexhaustible treasure of Your mercy, O Savior,* and do not despise the poverty of my heart.* To You, O Lord, I cry out, filled with compunction:*

Father, I have sinned against heaven and against You.

Glory be: Now and for ever: Seeing the repentance of the Ninevites,* You revoked the punishment pronounced upon them;*

Your love, O Lord, overcame Your wrath.* And now have mercy on Your people and flock* and subdue our enemies with Your powerful arm,* granting us, through the prayers of the Mother of God, great mercy.

Canon – Ode 9

Hirmos: O faithful, let us extol the holy Mother of God, the luminous cloud in which the Master of all came down from heaven as rain on the fleece and was incarnate for us. For He is the infinite God who became human like us.

Verse: Glory be to You, our God, glory be to You!

Behold, this is the time of repentance, the time to act in all purity; this is the day of brightness. Act as if in the light

of day; flee the darkness of passions; dispel laziness and sleep, O my soul, that you may share in the divine brightness.

Verse: Holy prophet, forerunner, and baptizer of the Lord, John, pray to God for us!

O beautiful swallow, noble nightingale, all-good dove, desert-loving turtle-dove, baptizer of the Lord, flower of the desert! Make my soul fruitful in good, for it has become barren through unfruitfulness

Glory be: Now and for ever: Like the throne of the Cherubim you carry Him Who upholds all things, You nurse the One Who nourishes all. Pray to Him unceasingly, O pure One blessed by God, so that your flock will always be free from earthquake, pestilence, captivity, and every misery.

Aposticha

Another world awaits you, O my soul,* and the Judge shall bring out your hidden secrets and sins.* Do not persist in doing evil but hasten to cry out:* O my Judge and my God,* spare me and save me.

O Savior, do not despise your servant who is a slave of laziness and sin,* but stir my heart to repentance.* Make me a laborer in your vineyard, O Lord,* and grant me the wages of the eleventh hour* and your great mercy.

The soldiers of the great King opposed the decrees of the tyrants,* bravely paying no heed to the tortures;* and having destroyed all deception, received the crown they deserved.* And they ask of the Lord peace* and great mercy for our souls.

Glory be: Now and for ever: You, only pure One, were the dwelling of the Light,* Which shone forth from the bosom of the Father;* therefore, we cry out to you: Illumine with

the light of the virtues my soul* darkened by the passions,
and on the day of judgment place it,* O most pure One, in
the mansions of your brightness.

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Prekhvalnii muchenyey*): When You were nailed to the cross as man, O Christ our God,* You made mankind divine and slew the serpent, the origin of evil.* You set us free from the curse of the tree;* and in Your compassion, You yourself took on the curse.* You conferred blessings and great mercy on the world.

You are above all honor, O Master,* yet You were pleased to suffer shame.* O most compassionate One,* You endured a humiliating death upon the wood.* Therefore, by Your death in the flesh, O almighty One,* mankind reaped immortality and received the newness of life.

O most precious cross,* purification of all the faithful and power of kings,* you have sanctified all those who venerate you and glorify Christ,* Who, in His compassion, stretched out His immaculate hands upon you,* and gathered all people into one from the ends of the earth.

Aposticha

The cross was planted upon the place of the skull;* and from the everlasting spring that flowed from the side of the Savior,* it brought forth for us immortality.

The precious cross of the Savior* is our unshakable wall;* for all of us, who have put our hope in it, are saved.

How beautiful is the manner of your exchange, O saints;* for you have given your blood and received heav-

en.* Truly, you have done well!* You have obtained immortality by forsaking corruptible things.* Making a single choir with the angels,* you sing unceasingly the praises of the consubstantial Trinity.

Glory be: Now and for ever: (*Nebesnykh chynov*): When she beheld the Lamb hanging on the cross,* the undefiled Virgin lamented and cried:/* O my Child, what is this strange and most glorious sight?/* How is it that He Who holds all things in His hands* is nailed in the flesh to the wood?

WEDNESDAY MATINS

Sessional Hymns

1. O Christ, by ascending Your cross, You crushed the tyranny and power of the enemy.* It was neither an angel nor a mortal, but You Yourself, O Lord, Who saved us. Glory be to You!

Glory be: Now and for ever: Beholding You, the Lamb, crucified on the cross with two thieves,* Your side pierced by a spear, O long-suffering* Word, the Mother of the Lamb exclaimed, crying out maternally:/* "What is this strange and awesome mystery which is ineffably being wrought, O my Jesus?/* How is it that You cover Yourself with a tomb, O infinite God.* Do not forsake me who gave birth to You, O my most sweet Son!"

2. We bow down before the tree of Your cross, O Lover mankind,* for You were nailed to it, O Life of all,* and opened paradise to the thief who came to You with faith,* crying out: Remember me, O Lord!/* As You accepted him, accept us also who cry out to You:/* We have all sinned! In Your loving kindness do not disdain us!

Glory be: Now and for ever: O new wonder! O awesome mystery!* cried the Mother of the Lamb and immaculate Virgin,* when she saw on the tree the crucified Lord,* Who holds all things in the palm of His hand,* and is now condemned to death on the cross by unjust judges.

Canon – Ode 9

Hirmos: Ineffable is the mystery of the Virgin! She is the heaven and the throne of the Cherubim; she is the room filled with the bright light of Christ our God and the Lord almighty. In faith let us extol her as the Mother of God.

Verse: Glory to Your precious cross, O Lord!

O Savior, when the good thief saw You, the One Who suspended the earth over the great waters, hanging on the cross, he cried out in an act of faith: Remember me in Your kingdom. With him, let us, in faith, glorify Your passion.

Verse: Most holy Mother of God, save us!

Remove, O all-praised Mother of God, the burden of my sins and grant that I may bear the light burden of your Son and God and follow the path that leads to perfection.

Glory be: Now and for ever: O Virgin who gave birth to the Word and Lover of mankind in a manner beyond words, when you saw what sufferings He willed to endure for us, you cried out: How can this be! The God who is beyond all suffering now takes on our sorrow, and He suffers in order to save those who worship Him in faith.

Aposticha

You were nailed to the cross to give us life.* Therefore, we sing to You unceasingly as our Master and our Savior. By Your cross, O Christ,* angels and people have formed

a single Church and a single flock;* heaven and earth exalt with joy.* O Lord, glory to You!

O holy martyrs worthy of all praise,* it is neither trial nor distress nor hunger, neither persecution nor danger,* neither the rage of wild beasts nor the sword nor fire, that could keep you from God.* But rather in your love for Him,* you forgot the limitations of nature and became strangers in your bodies.* Defying death you struggled courageously,* and receiving the recompense worthy of your labors,* you have become inheritors of the kingdom of heaven.* Intercede now for the salvation of our souls.

Glory be: Now and for ever (*Podoben: Prekhvalnii mucency*): Standing near the cross, O Word of God, Your most pure Mother cried out in tears: How can You die on a cross, O my Son? Alas! O Light of my eyes, where has Your beauty gone, 'for You are the most noble of all humanity?

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Prekhvalnii muchency*): O glorious apostles of Christ,* O divinely inspired disciples, who have found the Lord* and taught the universe, becoming the mediators between God and the human race,* you clung to Jesus and plainly proclaimed Him to the world,* as perfect God and perfect man.

O most wise apostles,* divinely inspired disciples of Christ,* teachers of the world, by your prayers* and your instruction give me strength to endure;* and help me to walk at all times in the narrow way* that I may come to dwell* in the wide spaces of paradise.

I shall extol Peter, the first apostle,* Paul and Andrew, James and Philip, Bartholomew,* Simon, and Thomas, together with Matthew,* Mark, Luke, and John who wrote the gospels,* that company of the elect of God,* and with them the rest of the seventy apostles;* for they were the eyewitnesses of the Word* and they proclaimed Him.

Aposticha

The lyre of the apostles,* whose many strings were moved by the Holy Spirit,* destroyed the abominable sacrifices of the demons,* and, proclaiming the one God,* it delivered the people from the delusion of idols* and taught them to worship the consubstantial Trinity.

Let us praise with one accord, as is proper,* Peter and Paul, Luke, Matthew, Mark, and John,* Andrew, Thomas, Bartholomew, and Simon the Canaanite,* James, Philip, and the whole company of the disciples.

O martyrs, worthy of praise,* though the earth may not have covered you,* heaven received you,* opening to you the gates of paradise,* where you dwell, delighting in the tree of life.* Beseech Christ to grant our souls peace* and great mercy.

Glory be: Now and for ever: O Mother of God, most pure Virgin,* you, in latter times, gave birth to God* and after birth remained truly a pure virgin,* O throne, mystical table, and light-bearing lampstand!

THURSDAY MATINS

Sessional Hymn

1. O wise apostles who have caught the whole world in your nets* and received from God His great love,* intercede for us who now sing:* O Lord, save Your Christian

people by preserving our souls from all danger,* through the prayers of Your apostles.

Glory be: Now and for ever: Having conceived the fire of the divinity without being consumed,* and without seed having sprouted forth the Lord and Source of life,* O Virgin full of grace and Mother of God,* save us who extol you unceasingly.

2. With a spiritual net and reed of the cross,* the fishermen exposed the sophistry of the rhetors* and enlightened the nations, so that they may with piety glorify You, the true God.* Therefore, we sing a hymn to You,* Who strengthened them: Glory be to the Father, and to the Son,* and to the Holy Spirit equal in essence,* glory to You Who, through them, illumined the world.

Glory be: Now and for ever: By their inspired teachings,* the disciples and divine apostles* have all announced your wondrous birthgiving, O immaculate Virgin;* they have taught us to bow before you, O Theotokos.* We now beseech you to intercede with them* for the salvation of your faithful servants.

Canon – Ode 9

Hirmos: As an image of your birthgiving, we have the bush which burned but was not consumed. We beseech you to extinguish the flaming furnace of temptations in our souls so that we may extol you unceasingly, O Mother of God.

Verse: Holy apostles, pray to God for us!

Divine torches of the Holy Spirit, O blessed apostles, in a brilliant manner you have shed through the whole world the living brightness of your divine teaching which repels the darkness of the false gods.

Verse: Holy bishop of Christ, Nicholas, pray to God for us!

Fervently we beseech you, for you are the great pastor and true imitator of Christ, the high priest; from your place in the highest heavens, O holy Nicholas, guide the flock of your sheep and always protect us from the misfortunes of this life.

Glory be: Now and for ever: Through you alone we mortals are deified, for in your womb the Word of God took flesh. With the apostles and martyrs, implore the Divine Bridegroom in behalf of us, the faithful, who extol you, O most pure and all-immaculate Virgin!

Aposticha

The lyre of the apostles,* whose many strings were moved by the Holy Spirit,* destroyed the abominable sacrifices of the demons,* and, proclaiming the one God,* it delivered the people from the delusion of 'idols'* and taught them to worship the consubstantial Trinity.

With one voice let us sing the praises of the apostles* Peter and Paul, Luke, Matthew, Mark, and John,* Andrew, Thomas, and Bartholomew, James, Philip, and Simon;* to the whole assembly of the disciples* let us direct our songs of praise.

Rejoice in the Lord, O holy martyrs,* for you have fought the good fight.* You have withheld emperors and overcome tyrants.* Neither sword nor fire have terrified you,* not even the wild beasts which devoured your flesh.* But with the angels you have sung to Christ,* and you have received your crown from heaven.* Now intercede that we may be granted great mercy.

Glory be: Now and for ever: Let us extol the Virgin as the prophets have taught us: She is the golden vessel in which the manna is kept;* the bush which burns without being consumed;* the table, the throne, and the golden candlestick of the Light;* the unhewn mountain, the ark of the covenant,* and the gate of heaven.

THURSDAY VESPERS**Stichera at "O Lord, I have cried..."**

(*Podoben – Prekhvalnii muchenycy*): You stretched Your immaculate hands* upon the cross, O Christ,* calling those who were afar, and bringing them near. *Although captive to my passions, I entreat You:/* Gather me to Yourself and grant me repentance* and purification from every stain of sin.

O Christ, Who loves mankind,* in Your desire to deliver Adam, the work of Your hands,* who was held in the kingdom of Hades through his transgressions.* You lifted Your hands upon the wood* and allowed Your fingers to be soaked with blood;* and so You raised him by Your almighty power.

O uncreated and sinless Christ,* You are changeless by nature* and are not subject to suffering in Your divinity.* You were crucified with evildoers* for our sakes, O Savior.* The sun, unable to endure the sight, was darkened;* and the whole earth shook,* acknowledging You to be the Creator of the world.

Aposticha

The cross was planted upon the place of the skull;* and from the everlasting spring* that flowed from the side of the Savior,* it brought forth for us immortality.

The precious cross of the Savior* is our unshakeable wall;* for all of us, who have put our hope in it,* are saved.

Through the prayers of all the saints,* O Lord, and of the Mother of God,* grant us Your peace and have mercy on us,* for You alone are the God of tenderness.

Glory be: Now and for ever: As she beheld you unjustly slain, O Christ,* the Virgin cried out in sorrow: * O my Child, how is it that you suffer unjustly? * How is it that you are now hanging on the wood? * For once You hung the whole earth upon the waters.* I entreat You, as Your Mother and handmaid: * Leave me not alone, O most merciful One.

FRIDAY MATINS

Sessional Hymns

1. In former times the weapon of the cross was revealed to the Emperor Constantine.* In battle it became the invincible sign of faith against the enemies.* It was of the cross that St. Paul boasted;* it makes the powers of Hades tremble,* and it has become the salvation of Christians.

Glory be: Now and for ever: Beholding the Lamb and Shepherd hanging dead on the tree,* the unblemished Ewe-lamb exclaimed, weeping and crying out maternally: * O my Son, how am I to understand Your ineffable incarnation* and voluntary sufferings, by which You saved us, O all-good God.

2. O Compassionate One, Who of old fashioned Adam from the dust,* You were struck by the hand of a mortal and endured crucifixion, mockery, and wounds.* O the wonder of Your great long-suffering!* Glory to your life-giving sufferings,* by which You saved us, O Lord.

Glory be: Now and for ever: Seeing You stretched out, lifeless, upon the cross, O Christ,* Your most pure Mother cried out: * O my Son, Who with the Father and the Spirit are equally eternal!* How mysterious is Your providence!* By Your most pure hand You saved Your creation, O compassionate One, Lord of all goodness!

Canon – Ode 9

Hirmos: O Virgin Mother, You are the unconsumed bush which Moses saw, the living ladder which Jacob contemplated, and the heavenly gate through which Christ our God passed. With our hymns we extol you.

Verse: Glory to Your holy cross and crucifixion, O Lord!

How do the Pharisees hand over to crucifixion the only long-suffering One who shared our poverty? By His passion He obtained impassibility and is now delivered into the hands of those who inherited the fall of Adam.

Verse: Holy martyrs, pray to God for us!

The legion of holy martyrs vanquished tens of thousands of the spiritual foe, having joined the countless number of angels; and with their all-powerful intercession they heal the many passions of our souls.

Glory be: Now and for ever: How terrible will the day of reckoning be, O Virgin! How terrible the sentence! How great the misfortune! Who will be able to bear it, O most pure Lady? Have mercy on my sinful soul, and before my death grant me forgiveness, O most pure One.

Aposticha

You were nailed to the cross to give us life.* Therefore, we sing to You unceasingly* as our Master and our Savior.

By your cross, O Christ,* angels and people have formed a single Church and a single flock;* heaven and earth exalt with joy. O Lord, glory to You!

Come all you people and let us sing hymns and spiritual canticles* in honor of the victorious martyrs of Christ.*

They are the heralds of the faith and the bright torches of the universe,* the never-failing springs from which healings gush forth.* Through their prayers, O Christ our God,* give peace to the world and great mercy to our souls.

Glory be; Now and for ever: When the Ewe-lamb and all-immaculate Lady* saw the Lamb on the cross without form and beauty, she exclaimed, weeping: * Woe is me! Where has Your comeliness gone, my sweet Child?* Where is Your majesty? Where is the shining grace of Your image,* O my most beloved Son!

FRIDAY VESPERS

Stichera at "O Lord, I have cried..."

Three stichera of the saint of the day and the following:

(*Podoben – Prekhvalnii muchenycy*): The triumphal army of martyrs* drowned a multitude of demons in the streams of their blood,* put an end to all abominable sacrifices,* and destroyed the deception of the idols through patient suffering.* Now they entreat Christ* to grant our souls peace and great mercy.

With wise words and doctrines* the most sacred pastors taught all* to glorify the threefold Godhead in Unity,* divinely avoiding the confusion and division of Its Persons.* Now they pray that peace and great mercy be granted to our souls.

The company of the venerables* put to sleep the carnal desires and restrained the impulses,* showing their life to be angelic.* Now they rejoice in the heavenly mansions,* and they implore Christ to grant our souls peace and great mercy.

Glory be: Now and for ever: (*Dogmaticon*): Let us praise the Virgin Mary* who, although born of our humanity,* gave birth to the Lord of all.* The angels extol her in song;* for she is the glory of the whole world,* the gateway to heaven, and the adornment of the faithful.* As Mother of God, she is heaven itself* and the very temple of God.* She broke down the wall of enmity between mankind and God,* thereby bringing us peace and opening the gates of the Kingdom.* Let us, therefore, cling to her as the anchor of our faith;* and our Lord, Who was born of her, will be our protector.* Take courage, then, O people of God;* for the Almighty Himself will defeat your enemies.

Aposticha

O martyrs, worthy of praise,* though the earth may not have covered *you, heaven received you,* opening to you the gates of paradise,* where you dwell, delighting in the tree of life.* Beseech Christ to grant our souls* peace and great mercy.

Through the supplication of all the saints* and of the Theotokos,* grant us Your peace, O Lord,* and save us, since You alone are compassionate.

O saints, your confession of faith* in the arena destroyed the strength of devils and set us free from delusion.* When you were beheaded, you cried out:/* O Lord, may the sacrifice of our souls be acceptable in Your sight;* for in our love for You, the Lover of mankind,* we have despised this temporal life.

Glory be: Now and for ever: O most glorious bride of God,* the wondrous majesty of your child-bearing is truly beyond understanding.* All of the prophets proclaimed the incomprehensible and ineffable conception* and the nativity of the Savior of the world,* in that He is the Lover of mankind, O all-praised One.

SATURDAY MATINS**Sessional Hymns**

1. As good soldiers united in the faith,* without fear and without reproach before the threats of the tyrants,* you marched steadfastly toward Christ,* carrying His precious cross on yourselves.* At the end of the contest and the struggles,* you have received the victory from on high.* Glory to Him Who strengthened you;* glory to Him Who crowned you;* glory to Him Who works in you to save us.

Glory be: Now and for ever: O holy tabernacle, when Gabriel cried out to you: * Rejoice, O Virgin, full of grace,* the Lord of all became incarnate of you*, as the righteous David had foretold.* In bearing your Creator,* you have shown yourself to surpass the vastness of the heavens.* We, therefore, cry out: * Glory to Him Who dwelt in you!* Glory to Him Who came forth from you!* Glory to Him Who has set us free through your life-giving birth!

2. Let us all pray to the martyrs of Christ,* and approaching them in faith and love,* for they, as defenders of the faith,* intercede for our salvation,* pour forth the grace of healings* and repel the hordes of the demons.

Glory be: Now and for ever: O Virgin Mother of God,* only powerful and fervent intercessor for the human race,* with the prophets and martyrs, the hierarchs, fasters and venerables,* pray unceasingly to God the Word* to Whom you supernaturally gave birth, that He save us all.

Canon – Ode 9

Hirmos: We extol you, O Mother of God, ever-flowing life-giving fountain, light-bearing lampstand of grace,

spiritual temple, most pure tabernacle, more spacious than heaven and earth.

Verse: Holy martyrs, pray to God for us!

Let us honor with exultation the holy struggles, the suffering and wounds, the crucifixions and banishments, and blessed deaths of the holy martyrs, through which they became imitators of Christ.

Verse: All you saints, pray to God for us!

As God's priests, the servants of God clothed themselves in righteousness; for, having spent their life in holiness and having gloriously ended their life in fasting, now rejoice, extolling Christ.

Glory be: Now and for ever: You who gave birth to the divine eternal Word, through your prayers remit all my offenses, and enlighten my mind, ever bedimmed by slothfulness, so that I may sing hymns to you and faithfully extol you.

Aposticha

Come all you people and let us sing hymns and spiritual canticles,* in honor of the victorious martyrs of Christ.* They are the heralds of the faith and the bright torches of the universe,* the never-failing springs from which healings gush forth.* Through their prayers, O Christ our God,* give peace to the world and great mercy to our souls.* The soldiers of the great King opposed the decrees of the tyrants,* bravely paying no heed to the tortures; and having destroyed all deception,* received the crown they deserved.* And they ask of the Lord peace and great mercy for our souls.

O holy martyrs worthy of all praise,* neither trial nor distress nor hunger, neither persecution nor danger,* neither the rage of wild beasts nor the sword nor fire, could keep you from God.* But rather in your love for Him,* you forgot the limitations of nature and became strangers in your bodies.* Defying death you struggled courageously* and receiving the recompense worthy of your labors,* you have become inheritors of the kingdom of heaven.* Intercede now for the salvation of our souls.

Glory be: Now and for ever: Rejoice for us, O holy Virgin Mother of God,* pure vessel of the world, inextinguishable light,* receptacle of the Uncontainable, indestructible temple!* Rejoice, for of you was born the Lamb of God,* Who takes away the sins of the whole world.



TONE TWO SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

Come, let us adore God the Word,* Who was born of the Father before all ages,* and was incarnate of the Virgin Mary;* for of His own free will He suffered the cross* and submitted Himself to burial,* and arose from the dead to save me, a sinful one.

Christ our Savior cancelled the decree that was written against us,* by nailing it to the cross;* and He abolished the dominion of Death.* Let us glorify His resurrection on the third day.

Let us, together with the archangels, sing of Christ's resurrection;* for He is the Redeemer and Savior of our souls.* He will come again in awesome glory and mighty power* to judge the world which He has fashioned.

Although You died and were buried,* the angel yet declared You as Master.* He said to the women: Come and see where the Lord was placed;* for He is risen as He foretold,* because He is almighty.* Therefore, we worship You, the only immortal One,* and we beseech You to have mercy on us, O Giver of life.

O Christ, You have abolished the curse of the tree by Your Cross;* You have destroyed the power of Death by Your burial,* and You enlightened the human race by Your resurrection.* Therefore, we cry out to You:*

O God and Benefactor, glory to You!

O Lord, the gates of Death opened before You in fear,* and the gatekeepers of Hades were filled with dread at the sight of You.* You smashed the gates of brass and crushed the posts of iron.* Then You burst our chains asunder,* and led us out from the darkness, away from the shadow of death.

Let us all come and prostrate ourselves in the house of the Lord,* singing this hymn of salvation.* O Christ, You were crucified on the tree and rose from the dead,* and You now abide in the bosom of the Father.* Please cleanse us of our sins.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): At the coming of grace, O Virgin,* the shadow of the Law passed away.* For, as the bush, though burning, was not consumed,* You, though giving birth, still remained a virgin.* In place of the pillar of fire, the Sun of righteousness shone forth.* Instead of Moses, Christ, the Salvation of our souls, appeared.

Aposticha

Your resurrection, O Christ our Savior,* has enlightened the whole universe;* and, through it, You call back to Yourself all creation.* Almighty God, glory to You!

Verse: The Lord reigns, He is clothed in majesty.

By the wood of Your cross, O Savior,* You have abolished the curse of the tree;* by Your burial You have destroyed the power of Death;* and by Your resurrection You enlightened the human race.* We, therefore, cry out to You.* O Christ our God, Giver of life, glory to You!

Verse: For He has made the world firm, which shall not be moved.

O Christ, when You were nailed to the cross,* the distorted nature of creation was made manifest.* The soldiers

showed their inhumanity by piercing Your side with a lance,* and the people showed their ignorance of Your power* by asking that Your tomb be sealed.* But, in Your mercy, You accepted burial* and then arose on the third day.* O Lord, glory to You!

Verse: Holiness befits Your house, O Lord, for length of days.

O Christ, Giver of life,* You freely endured the passion for the sake of mortals.* In Your power You descended into Hades;* and snatching, as from a mighty monster, the souls of those who awaited Your coming,* You placed them in paradise.* Therefore, show Your great mercy to us who glorify Your resurrection,* and cleanse us of our sins.

Glory be: Now and for ever: We now behold a new wonder,* greater than the wonders of old.* For who has ever known a mother to bear a child without the help of man?* Who has known a mother to hold within her arms the Source of all creation?* It was God's own will to be born in this manner;* and you, O most pure Virgin, carried Him as an infant in your arms.* Because of this, you can approach God with the boldness of a mother.* Therefore, we venerate you, and ask you to always beseech Him* to have mercy on us and save our souls.

SUNDAY MATINS

Sessional Hymns

1. The noble Joseph* took down Your most pure body from the cross;* he wrapped it in a clean shroud* and with fragrant spices laid it in burial in a new tomb.* But You arose in three days, O Lord,* bestowing great mercy upon the world.

Glory be: Now and for ever: We praise you, O Mother of God, for you are covered with glory more than any other.* Death has been put to death* and Hades trampled underfoot by the cross of your Son.* He raised us from death, granting us eternal life.* Paradise is again offered for us to enjoy as before.* Therefore, in thanksgiving* we glorify the love and power of Christ our God.

2. The angel appeared to the myrrh-bearing women at the tomb* and said: Ointments are for the dead,* but Christ has been shown to be free from all corruption.* Rather, cry out instead:* The Lord is risen, granting great mercy to the world..

Glory be: Now and for ever: Being dispensed from the laws of nature,* you preserved your virginity in your divine birthgiving.* For you alone gave birth to the One Who existed before you before time began;* for this reason, we extol you, O Mother of God!

Gradual Hymn

I lift the eyes of my heart to the heavens; I lift them up, O Lord.* Save me by the brightness of Your light.

O Christ, have mercy upon us,* for we have sinned against You in every hour.* Before the end, give us the grace to return to You.

Glory be: Now and for ever: The Holy Spirit has sovereignty over all creation;* He is its sanctification and movement.* For He is God, of one substance with the Father and the Son.

Prokimenon: Ps 7

Lord, rise up in Your anger, rise against the fury of my foes; my God, awake! You will give judgment. Let the company of nations gather round You.

Verse: Lord God, I take refuge in You. From my pursuers save me and rescue me.

Canon

Hirmos 1: In days of old the entire army of Pharaoh was overthrown in the abyss; and now the Word made flesh has abolished the weight of our sins. He is the Lord Whom we glorify, for He is covered with glory.

Hirmos 3: As the desert has flowered like a lily, so will the sterile church of the Gentiles flourish at Your coming, O Lord. In this my heart is strengthened.

Hirmos 4: You have come forth from the Virgin, not as an angel or a messenger, but as the Lord clothed in our flesh; You have saved me completely. For this reason, I cry out: Glory to Your power, O Lord!

Hirmos 5: You have become the mediator between God and people, O Christ our God; through You, O Master, we have left the night of ignorance and have henceforth drawn close to Your Father, the Source of all light.

Hirmos 6: Surrounded by the abyss of my sins, I invoke the boundless depth of Your compassion; O God, save me from the pit of corruption.

Hirmos 7: At the impious order of the unjust tyrant, the flame rose very high; but Christ poured out the dew of the Holy Spirit upon the youths, for He is blessed and covered with glory.

Hirmos 8: Formerly the fiery furnace in Babylon divided its power, and according to the divine decree, it consumed the Chaldeans but poured out dew upon the faithful who sang: All you works of the Lord, bless the Lord!

Ode 9 – Hirmos: The Son of the Father without beginning, our Lord and our God, has taken flesh from the Virgin and has appeared to us; He has come to illuminate the darkness and to gather those who are scattered. O Mother of God, worthy of all praise, we extol you.

Verse: Glory to Your holy resurrection, O Lord!

The thrice-blessed wood of Your precious cross has been planted in the place of the Skull as in the heart of paradise. Sprinkled with the blood and water that flowed from your divine side, O Christ, it made our life blossom forth.

Verse: Glory to Your holy resurrection, O Lord!

'On the cross You overthrew the powerful; from the depths of Hades, You raised up human nature which was held captive, and You enthroned it with Your Father in heaven, O almighty One; and in that same nature You shall come again. We adore You and we extol You!'

Glory be: Now and for ever: O faithful, let us praise and glorify in the true faith the Unity in three Persons, the co-substantial Trinity, the divine and indivisible nature, the unsetting light with a triple flame, Who alone is incorruptible, and Who fills us with brightness.

Holy is the Lord our God. (3x)

Sunday Exapostilarion

Stichera at the Praises

All creation and everything that breathes glorifies You, O Lord;* for by the cross You abolished Death* that You might manifest to the world Your resurrection from the dead.* For You alone are the Lover of mankind.

What do the Pharisees now say?* How was it that the guardian soldiers lost the King Whom they were guarding?* Why was it that the stone could not retain the Rock of life?* Therefore, either you must deliver to us Him Who was buried* or worship with us Him Who is risen and say: * Glory to Your bountiful mercies, our Savior, glory to You!

Rejoice, O nations and be glad;* for the angel sat on the stone of the grave and gave us the good news, saying: Christ the Savior of the World is risen from the dead.* He has filled the world with fragrant aroma.* Rejoice, O nations, and be glad.

At your conception, O Lord God,* an angel said to her who is full of grace: Rejoice!* At Your resurrection an angel rolled away the stone from the door of Your glorious tomb.* The first angel spoke with signs of joy instead of sorrow,* and the latter brought us the good news of a Lord Who gives life instead of death.* Therefore, we shout to You,* O Benefactor of all, glory to You, O Lord!

The women brought spices mixed with tears to Your tomb,* but their words became full of joy when they said: The Lord is risen.

Let the nations and people praise Christ our God* Who suffered crucifixion willingly for our sakes and remained in the tomb for three days.* Let them worship His resurrection from the dead,* by which all the ends of the earth were enlightened.

Verse: Arise, then, Lord, lift up Your hand. O God, do not forget the poor!

O Christ, You were crucified and buried as You willed.* You held Death captive* and resurrected in glory as Lord and God,* Who granted the world life eternal and great mercy.

Verse: I will praise You, Lord, with all my heart; I will recount all Your wonders.

O transgressors of the law,* when you sealed the stone,* you did in truth magnify the miracle for us as the guards know;* especially since you persuaded them to say on the

day of His resurrection from the tomb.* While we slept the disciples came and stole Him away.* For who would steal a corpse, especially a naked one?* He truly arose in His divine power leaving His shroud in the grave;* without breaking the seals He has trampled down Death,* and He has given to the human race life eternal and great mercy.

Glory be: Gospel Stichera.

Now and for ever: You are truly most blessed..., (p. 140).

SUNDAY VESPERS

Stichera at “O Lord, I have cried...”

(*Podoben: Jehda ot drevja*): You are the Source of goodness* from whose depths flow mercy and streams of grace.* O most gracious Father, O Son, Word of the Father,* and Holy Spirit, uncreated Essence, hear our prayers and our pleadings,* and grant forgiveness to all who are in sin,* because You are a gracious God and You love mankind.

Because of Your divine essence,* You are the Fount of kindness, mercy, and love;* and so we pray to You, O Christ our Savior.* We fall down and call out, always crying to You:*

Grant to Your servants remission of our many sins.* Forgive everything by which we have sinned,* because You are a gracious God and You love mankind.

Since You are God, O Redeemer,* You desire the salvation of all people.* For our sake You became incarnate, and You showed Yourself to be man.* Save us who bow down before Your Law,* for You did not come to save only the just, O Lover of mankind.* We, who are bound by our many sins,* have been released through the grace of divine baptism;* for You are a gracious God and You love mankind.

Aposticha

Like the prodigal, I have sinned against You, O Savior.* Receive me, O Father, for I am repentant;* and have mercy on me, O God.

Verse: I have lifted up my eyes..., (*p. 34*).

I cry out to You, O Christ my Savior,* with the voice of the publican: Be merciful to me as You were to him,* and have mercy on me, O God.

Verse: Have mercy on us, O Lord...(*p. 34*).

Since you did not love earthly delights, O martyrs,* you were worthy of the blessings of heaven,* and now you abide with the angels.* O Lord, through their prayers,* have mercy on us and save us.

Glory be: Now and for ever: Rejoice, O Mary, Mother of God,* O indestructible temple which is holy beyond comprehension.* With the prophet we proclaim: Your temple is holy; it is truly wondrous!

MONDAY MATINS**Sessional Hymns**

1. Like the waves of the sea my sins have risen up against me,* and like a ship on the sea, I am sinking because of the multitude of my sins;* but You, O Lord, guide me to the calm harbor of repentance,* and save me.

Glory be: Now and for ever: O Mother of God, since you are the fountain of mercy,* deem us worthy of your compassion;* look upon a sinful people and as always show your power;* for, trusting in you, we cry out to you:*

Rejoice! as did once Gabriel,* chief commander of the angels.

2. Have mercy on me, – cried David;* and I cry out to You: I have sinned, O Savior;* cleanse me of my sins through repentance, and have mercy on me.

Glory be: Now and for ever: We extol you, O Godbearer,^{*} crying out:^{*} Rejoice, O sealed door,^{*} through whom the ancient paradise was opened.

Canon -- Ode 9

Hirmos: Let us faithful with one mind extol with hymns the Word of God, Who, in His ineffable wisdom, came from God to renew Adam who, through eating, had grievously fallen into corruption. In an unspeakable manner, He became incarnate of the holy Virgin for our sake.

Verse: Glory be to You, O God, glory be to You.

Now is the time to act! Why do you sleep mindlessly, O my soul, in deep slothfulness? Arise, and light your lamp with tears and hasten, for the Bridegroom of souls draws near; tarry not, lest you remain outside the divine doors.

Verse: Holy archangels and angels, pray to God for us.

The angels, appearing in garments of dazzling white, told Your divine disciples of Your second coming, O Christ. With them we extol You in theology.

Glory be: Now and for ever: Perceiving your luminous virginity and stricken with awe, the divine archangel brought you joy, O most pure One. Therefore, we all extol you as the Mother of God.

Aposticha

Mindful of the unbecoming sins I have committed,* I hasten to your compassion, and imitating the publican and the prodigal son,* I fall down before You, O merciful One, and cry out.* Before You condemn me, spare me, O God, and have mercy on me.

Verse: In the morning..., (p. 146).

O Lord, born of the Virgin, do not look upon my sins,* but purify my heart and make it a temple of Your Holy Spirit.* Do not turn away Your face from me,* for You possess great and boundless mercy.

Verse: Let the favor of the Lord..., (p. 146).

You have suffered for Christ even to death, O blessed martyrs,* and now your souls are in heaven in the hands of God.* Throughout the world your relics are venerated.* They are honored by priests and kings, and we faithful, rejoicing, cry out.* Precious in the eyes of the Lord is the death of His saints.

Glory be: Now and for ever: We have placed our hope in you, O Mother of God,* lest we fall into despair.* Save us from misfortune, O helper of the perplexed,* and destroy the plots of the enemy.* For you are our salvation, O blessed One.

MONDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Jehda ot dreva*): Through my transgression I have surpassed all sinners.* From whom shall I learn repentance?* If I sigh as did the publican, I fear I shall annoy the heavens;* if I weep as the sinful woman, I shall

defile the earth with my tears.* Therefore, grant me the forgiveness of my sins, O my God, and have mercy on me.

I have committed every sin,* and have surpassed all in waywardness.* When I wish to repent, I have no streams of tears;* and if I live in slothfulness, I will be condemned to torments.* Therefore, grant me amendment of life, O only good God, and have mercy on me.

Grant me, O good Christ, torrents of tears of holy compunction,* so that I may weep and wash away the filth of my sins, caused by the passions.* Then I will stand before You purified,* when You come down from heaven as the only just Judge, O Lord.

Aposticha

Like the prodigal, I have sinned against You, O Savior.* Receive me, O Father, for I am repentant;* and have mercy on me, O God.

I cry out to You, O Christ my Savior,* with the voice of the publican: Be merciful to me as You were to him,* and have mercy on me, O God.

Through the prayers of the holy martyrs* and their songs of praise to Christ,* all error has come to an end,* and the human race is saved by faith.

Glory be: Now and for ever: O impassable gate, mysteriously sealed,* O blessed Virgin Mother of God!* Accept our supplications and bring them to your Son and our God,* so that He may save our souls for your sake.

TUESDAY MATINS

Sessional Hymns

1. I am a barren tree, O Lord,* that has not at all produced any fruit of repentance;* and I fear lest I be cut down, and am terrified of that unquenchable fire.* Therefore, I pray to You.* Before those misfortunes, turn and save me.

Glory be: Now and for ever: Because of you, O Virgin Mother of God,* we have become partakers of the divine nature,* for you have given birth to the incarnate God.* Therefore, we piously venerate you, as it is fitting.

2. Have mercy on me, O God, have mercy on me,* cried David as he wept over his two sins.* I also cry out to You because of the multitude of my sins.* He moistened his bed with his tears, and I do not shed even one.* Therefore, I cry out in despair and pray:* Have mercy on me, O God, according to Your great mercy.

Glory be: Now and for ever: O Mother of God!* Do not despise me.* I need your intercession, for my soul trusts in you.* Have mercy on me.

Canon – Ode 9

Hirmos: Who among mortals has ever heard or seen such a thing as a virgin conceiving in the womb and giving birth to a child without pain? Such a miracle was yours, O pure Mother of God, and we extol you.

Verse: Glory be to You, O God, glory be to You!

How terrible is Your judgment, O Christ, at which I am to be judged. Yet, for some reason, I do not fear it, spending my life in idleness. Therefore, convert me, O only Creator, as You converted the sinful Manasses.

Verse: Holy prophet, forerunner and baptizer of the Lord, John,
pray to God for us!

O Lord Who alone are sinless and merciful!* Deliver me
from the mire of sin through the prayers of the Baptizer.*
who preached to the world the Lamb of God,* Who takes
upon Himself the sins of the people.

Glory be: Now and for ever: O prophet, you worshiped
Him Who was carried in the womb of the Mother of God*
and upholds all things by His power.* With her, pray that
my poor soul may be saved,* for every day it falls into
many sins.

Aposticha

Mindful of the unbecoming sins I have committed,* I
hasten to your compassion, and imitating the publican and
the prodigal son,* I fall down before You, O merciful One,
and cry out:* Before You condemn me, spare me, O God,*
and have mercy on me.

O Lord, born of the Virgin, do not look upon my sins,*
but purify my heart and make it a temple of Your Holy
Spirit.* Do not turn away Your face from me,* for You
possess great and boundless mercy.

The holy martyrs, taking up the cross of Christ as an
invincible weapon,* destroyed all the power of the devil
and,* receiving heavenly crowns, they have become a bul-
wark for us,* praying to God in our behalf.

Glory be: Now and for ever: Deliver your servants from
every misfortune, O Virgin Mother of God,* for next to
God, we hasten to you,* as to an impregnable fortress and
intercessor.

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

(Podoberi – Jehda ot dreva): When You ascended the cross, the sun darkened itself,* for it could not bear to give its light.* The earth quaked and the rocks were split.* The veil of the temple was torn in two;* the graves were opened and the dead arose.* Hades gave up all those that were held there;* the devils were defeated, and, to all death seemed like a sleep.

O Christ, when the good thief saw You,* the only fruitful Vine, he became a more skillful thief,* for with one small cry he very artfully stole from You the forgiveness of his former sins.* Therefore, let us all imitate him, and cry out:*

O Lover of mankind, also remember us.

Truly Your cross shines like a star in the holy Church, O Christ,* destroying the evil spirits while giving the faithful light.* It put to shame those who were crucified You,* whose forefathers, in days of old, You led out of bondage with the wood that prefigured Your cross;* and in the wilderness You satisfied them with honey from the rock.

Aposticha

O Christ Savior, save me by the power of Your cross* as You saved Peter in the sea;* and have mercy on me, O God.

Those who had always delighted in Your gifts cried out:*

Let Him be crucified!* And, instead of a benefactor, the slayers of the just demanded a criminal.* But keeping silent, O Christ, You endured their wickedness;* for You desired to suffer and to save us because You are the Lover of mankind.

The choirs of martyrs opposed their torturers, saying: * We fight for the King of hosts!* Even if you subject us to fire and torture,* we will not deny the power of the Holy Trinity.

Glory be: Now and for ever: You suffered greatly when your Son and God was crucified* and, moaning and weeping, you cried out: * Woe is me, my sweet Child!* How unjustly You suffer in Your desire to deliver Adam.* For this reason, we in faith beg you, O most pure Virgin: * Implore for us His mercy.

WEDNESDAY MATINS

Sessional Hymns

1. You accomplished salvation in the midst of the earth, O Christ God,* by stretching out Your all-pure hands on the cross,* and gathering to You all the nations, who cry out: * Glory be to You, O Lord!

Glory be: Now and for ever: O new wonder! cried the all-pure One,* as she beheld hanging on the cross* the Son Who holds all things in His hands and accepting suffering.* They judge the Judge Who grants forgiveness to all.

2. The life-giving cross of Your goodness,* which You have bestowed upon us unworthy ones,* we offer to You, O Lord, as a prayer: * Save Your Church and Your people, and grant peace* for the sake of the Mother of God, O only Lover of mankind.

Glory be: Now and for ever: Your Virgin Mother, O Christ,* beholding You stretched out dead on the cross, said, weeping bitterly: * O my Son, what is this awesome

mystery?* How is it that You, Who give life everlasting to all,* suffer willingly a shameful death.

Canon – Ode 9

Hirmos: God the Lord, the Son of the Father without a beginning, had revealed Himself to us incarnate of the Virgin, to enlighten those in darkness and to gather the dispersed. This is why we extol the all-praised Mother of God.

Verse: Glory be to Your holy cross and crucifixion, O Lord!

With Your wounds heal my brokenness and my ruin, O unfathomable Word, and, by Your suffering, purify my image buried under the wicked passions, O Lord God of my salvation.

Verse: Most holy Mother of God, save us!

We found in you, O all-praised One, a sure defense and fortress, hope and a powerful protection, an impregnable bulwark and calm harbor, an only sure refuge, – this is why we are all saved.

Glory be: Now and for ever: O Virgin who gave birth to the divine Light, enlighten my heart darkened by the many assaults of the passions and evil thoughts, and grant me tears that will cleanse me of the stain of sin.

Aposticha

O Christ God, You have shown the tree of the cross* to be a life-giving tree to us who believe in You.* By it You have destroyed the power of him who had dominion over death* and have given life to us who were dead through sin.* Therefore, we cry out to You: * O Lord, Benefactor of all, glory be to You!

You willingly became poor* for the sake of Adam's poverty, O Christ God.* You came to earth, incarnate of the Virgin,* and accepted crucifixion to deliver us from the bondage of the enemy.* O Lord, glory be to You!

Every city and land venerates your relics,* O blessed martyrs,* for, having fought lawfully, you have received heavenly crowns.* For this, you are the boast of the hierarchs, the victory of kings,* and the ornament of the Church.

Glory be: Now and for ever: When you saw on the cross, Him,* Whom you have conceived without seed, O Virgin,* you praised His unspeakable mercy.

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..." -

(*Podoben – Jehda ot dreva*): Like spiritual streams, you divided and went forth from Eden,* O wise disciples of the Lord. You have watered all the earth,* and, after plowing it, you sowed it with the words of salvation* and gathered a bountiful harvest, the souls of the saved,* hiding them as priceless riches in the spiritual treasures.

O stars of the spiritual East, glorious enlighteners* who announced to all Christ, the Sun,* Who dispersed the darkness of false belief,* free our hearts from the darkness of passion and sensual things;* and, as His eyewitnesses, implore Him* to enlighten our minds.

You are, in truth, the tablets of the new grace written by God,* the living scrolls revealing His mysteries,* holding the word of salvation written with the finger of the

Father.* Therefore, you traveled to the ends of the earth,* and clearly showed the true faith to all,* the path that leads to heaven.

Aposticha

O Savior,* You have exalted the names of the chief apostles throughout the world.* For, having learned heavenly things,* they bestowed ineffable healing upon those on earth,* and even their shadows cured illnesses.* The fishermen worked wonders,* and those chosen from among the Israelites explained the divine teachings of grace.* For their sake, O Lord, grant us Your great mercy.

We, who are assailed by the actions of the unrighteous,* yet truly find refuge in You, Who are God,* offer to You the cry of the apostles, saying:* Save us, O Master, for we are perishing!* We pray: Show now to our enemies* that You protect men and save them from misfortune* through the prayers of the apostles,* overlooking their sins in Your great goodness.* O Lord, glory be to You!

Great is the glory you obtained by faith, O saints;* for not only did you triumph over the enemy in your sufferings,* but after death you healed the infirm and drove out evil spirits,* O physicians of souls and bodies.* Pray to the Lord that He may have mercy on our souls.

Glory be: Now and for ever: Like a fruitful olive tree,* the Virgin brought You forth, the Fruit of life,* to produce for the world the fruit of great mercy.

THURSDAY MATINS

Sessional Hymns

1. O Christ God, in Your ineffable love* You made fishermen wiser than rhetors and sent them as preachers throughout the whole world;* for their sake make stead-

fast the Church,* and bestow Your blessing upon the faithful,* O You Who alone rest in the saints.

Glory be: Now and for ever: We extol you, O Godbearer, crying out:* Rejoice, O cloud of the never-setting Light,* for you have carried in your womb the Lord of glory.

2. Having caught the nations with the net of the Spirit,* you taught the ends of the earth to worship You, and the Father, and the Spirit.* For their sake, send down Your blessing upon the faithful,* O only merciful One Who loves mankind.

Glory be: Now and for ever: Because of you, O Virgin Mother of God,* we have become partakers of the divine nature,* for you gave birth to the incarnate God.* Therefore, we devoutly extol you as it is fitting.

Canon -- Ode 9

Hirmos: God the Lord, the Son of the Father without a beginning, had revealed Himself to us incarnate of the Virgin, to enlighten those in darkness and to gather the dispersed. Therefore, we extol the all-praised Mother of God.

Verse: Holy apostles, pray to God for us!

Through the prayers of the apostles, O Lord, convert us, who are condemned and incorrigible, for we have neglected Your commandments, foolishly following the deception of the demons. O Lord, glory be to You!

Verse: O holy bishop of Christ, Nicholas, pray to God for us!

I know you to be a standard for the priesthood and a model of meekness, O wise Nicholas. By your prayers, calm the storm of passions and misfortunes which assail me every day, and keep me unharmed, O most holy Father.

Glory be: Now and for ever: Have pity on me, O Lord, have pity on me,* when You come to render judgment, do not condemn to the fire, neither rebuke me in Your anger,* for, in my behalf, the Virgin who gave birth to You,* the multitude of the apostles, and the glorious Nicholas implore You, O Christ.

Aposticha

O Savior,* You have exalted the names of the chief apostles throughout the world.* For, having learned heavenly things,* they bestowed ineffable healing upon those on earth, and even their shadows cured illnesses.* The fishermen worked wonders,* and those chosen from among the Israelites explained the divine teachings of grace.* For their sake, O Lord, grant us Your great mercy.

We, who are assailed by the actions of the unrighteous,* yet truly find refuge in You, Who are God,* offer to You the cry of the apostles, saying:* Save us, O Master, for we are perishing!* We pray: Show now to our enemies that You protect men* and save them from misfortune through the prayers of the apostles,* overlooking their sins in Your great goodness.* O Lord, glory be to You!

The multitude of saints entreat You, O Christ:/* Have mercy on us and save us,* for You are the Lover of mankind.

Glory be: Now and for ever: In you, O Mother of God,* I place all my trust;* shelter me beneath your mantle.

THURSDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Jehda ot dreva*): You were nailed to the cross, O Savior; the sun veiled its face from the terrible sight,* and the curtain of the temple was torn in two.* The earth

quaked, and the stones themselves crumbled in fear,* seeing their Creator and God,* Who cannot suffer, bearing the insults of the lawless ones,* and willingly suffering unjustly on the tree of the cross.

O Christ, the Lover of mankind,* after the serpent of all evil had lifted You unlawfully upon the tree of the cross* he was cast down upon the earth;* utterly overthrown, he lay as a fallen corpse.* Because of this, the curse of Adam was loosed,* and he who once had been condemned was saved.* Therefore, we entreat You to save us and take pity on all of us;* and make us worthy of Your kingdom.

When The unrighteous nailed You to the cross, O Savior,* Life of all, all creation shook,* the kingdom of Hades and the power of death were destroyed by Your divine power,* and the first father Adam, rejoicing, cried out to You: * Glory be to Your coming, O Lover of mankind!

Aposticha

O Christ Savior, save me by the power of Your cross* as You saved Peter in the sea;* and have mercy on me, O God.

Those who had always delighted in Your gifts cried out: * Let Him be crucified!* And, instead of a benefactor, the slayers of the just demanded a criminal.* But keeping silent, O Christ, You endured their wickedness;* for You desired to suffer and to save us* because You are the Lover of mankind.

Since you did not love earthly delights, O martyrs,* you were worthy of the blessings of heaven,* and now you abide with the angels.* O Lord, through their prayers, have mercy on us and save us.

Glory be: Now and for ever: (*Podoben – Jehda ot dreva*): O Savior, Life of all,* when the lawless people nailed You to the tree of the cross,* Your pure and blameless Mother stood and cried out, weeping:/* O my Child, the Light of my eyes!/* How can You bear to be nailed to the cross among transgressors?/* For You placed the earth on the waters. ..

FRIDAY MATINS

Sessional Hymns

1. Just as the enemy made Adam captive by the fruit of the tree,* so You made the enemy captive by the tree of the cross and Your suffering.* For this purpose You came as the second Adam* to seek out the lost and bring life to the dead.* Glory to You, O Lord!

Glory be: Now and for ever: O Your Virgin Mother, O Christ,* beholding You, dead on the cross, said, weeping bitterly:/* O my Son, what is this awesome mystery?/* How is it that You Who give everlasting life to all,* willingly die a shameful death.

2. You Who enlightened every man with Your cross, O Christ,* and called all sinners to repentance,* do not separate us from Your flock,, O Good Shepherd,* O Master, seek us who have strayed and count us with Your holy flock,* O only good One and Lover of mankind.

Glory be: Now and for ever: Standing beneath your cross,* she who gave birth to you without seed,* was unable to watch you suffering unjustly, O Christ;* and weeping, she cried out to you:/* how is it that you suffer, who by nature are incapable of suffering?/* O, my sweet child, I sing your immeasurable goodness.

Canon – Ode 9

Hirmos: No tongue, not even a superhuman intelligence, is capable of praising you as is fitting, O Mother of God! But, since you are good, accept our faith, for you know our holy desire; for you are the intercessor of Christians, and we extol you.

Verse: Glory to Your holy cross and crucifixion, O Lord.

You, Who are the comeliest of the sons of men, was bereft of form and beauty when You suffered and hung on the tree of the cross transforming the ugliness of the human race into beauty. Glory to Your goodness, O only merciful Lord.

Verse: Holy martyrs, pray to God for us.

You have become divine inhabitants of the heavenly Zion and fellow citizens, equal in honor with the angels, O martyrs; and you illumine with splendor the Church of the firstborn, O saints, shining with divine light, wearing the crowns of martyrdom.

Glory be: Now and for ever: Bless, O most pure One, my lowly heart, made wicked by the enticing passions, for you are the Mother of the Good One and yourself are all-good. Therefore, guide me through the holy doors of repentance.

Aposticha

O Christ God, You have shown the tree of the cross* to be a life-giving tree to us who believe in You.* By it You have destroyed the power of him who had dominion over death* and have given life to us who were dead through sin.* Therefore, we cry out to You: * O Lord, Benefactor of all, glory be to You!

You willingly became poor* for the sake of Adam's poverty, O Christ God.* You came to earth, incarnate of the Virgin,* and accepted crucifixion to deliver us from the bondage of the enemy.* O Lord, glory be to You!

You have suffered for Christ even to death, O blessed martyrs,* and now your souls are in heaven in the hands of God.* Throughout the world your relics are venerated.* They are honored by priests and kings, and we faithful, rejoicing, cry out:/* Precious in the eyes of the Lord is the death of His saints.

Glory be: Now and for ever: (*Podoben – Jehda ot dreva*): How incomprehensible is Your goodness and kind-heartedness,* how great Your sacrifice and long-suffering,* O Word without beginning! – cried the Virgin, weeping.* How is it that You Who are immortal wished to die?* I behold a great mystery and bow down before your sufferings,* which You have willingly endured.

FRIDAY VESPERS

Stichera at "O Lord, I have cried..."

Three stichera of the saint of the day, then the following:

(*Podoben – Jehda ot dreva*): O martyrs, praised throughout the world,* you delivered your bodies to pain.* You endured the most terrible tortures and violent death.* You put to shame the torturers, and truly destroyed the worship of idols,* proclaiming Christ as the only God and Master.* Now, wearing your crowns, you stand with the choirs of angels before Him.

You showed yourselves to be divine preachers of the Word* Who appeared on earth, and taught piety to all,* setting forth orthodox doctrine in divine words,* whereby

you drove away heresy far from the Church of Christ.* Ever dwelling in the house of God,* O blessed ones, as sacred ministers of the Trinity,* lead into it all men.

You, Who clothe the heavens with clouds,* were in the world the vesture of the saints* who endured torments at the hands of the iniquitous and destroyed the deception of idolatry.* Through their prayers, O Savior,* deliver us from the invisible foe and save us.

Glory be: Now and for ever: (*Dogmaticon*): At the coming of grace, O Virgin,* the shadow of the Law passed away.* For, as the bush, though burning, was not consumed,* You, though giving birth, still remained a virgin.* In place of the pillar of fire,* the Sun of righteousness shone forth.* Instead of Moses,* Christ, the Salvation of our souls, appeared.

Aposticha

Great is the glory you obtained by faith, O saints;* for not only did you triumph over the enemy in your sufferings,* but after death you healed the infirm and drove out evil spirits,* O physicians of souls and bodies.* Pray to the Lord that He may have mercy on our souls.

Since you did not love earthly delights, O martyrs,* you were worthy of the blessings of heaven,* and now you abide with the angels.* O Lord, through their prayers,* have mercy on us and save us.

Through the prayers of the holy martyrs and their songs of praise to Christ,* all error has come to an end,* and the human race is saved by faith.

Glory be: Now and for ever: Deliver your servants from every misfortune, O Virgin Mother of God,* for next to God, we hasten to you,* as to an impregnable fortress and intercessor.

SATURDAY MATINS

Sessional Hymns

1. You have made Your saints shine brighter than gold;* and, as the One Who is all-good, You have glorified Your holy ones.* Through their prayers, O Christ God, guide our lives,* since You are the Lover of mankind;* and accept our prayer as incense, O You Who alone rest in the saints!

Glory be: Now and for ever: Beyond all understanding are Your glorious mysteries, O Mother of God!* For by your sealed purity and inviolable virginity you showed yourself to be the most pure Mother,* having given birth to the true God.* Therefore, pray to Him for the salvation of our souls.

2. O martyrs of the Lord, blessed is the ground which drank your blood,* and holy the temples which have received your bodies;* for you rebuked the enemy at your tribunals* and preached Christ with boldness.* Since He is good, implore Him to save our souls.

Glory be: Now and for ever: O Mary, Virgin Theotokos, who gave birth to Christ,* the Deliverer and Savior, with the apostles, martyrs and prophets,* the venerables and hieromartyrs; implore His goodness,* that He grant us cleansing of sins and great mercy.

Canon – Ode 9

Hirmos: O faithful, let us with unceasing hymns extol her, who supernaturally conceived in her womb the Word Who shone forth from the Father before all ages..

Verse: Holy martyrs, pray to God for us!

O martyrs, you showed yourselves to be mighty against the passions and powerful against the enemy; and, having fought lawfully, gained the victory and were crowned by God.

Verse: All you saints, pray to God for us!

With the righteous, ascetics, and the venerable prophets, let us honor the multitude of women who suffered and subdued the enemy by fasting.

Glory be: Now and for ever: O pure Virgin Mother, who gave birth in the flesh to bountiful and merciful God, implore Him unceasingly with all the saints, that He save us from misfortunes.

Aposticha

You have suffered for Christ even to death, O blessed martyrs,* and now your souls are in heaven in the hands of God.* Throughout the world your relics are venerated.* They are honored by priests and kings, and we faithful, rejoicing, cry out:* Precious in the eyes of the Lord is the death of His saints.

Every city and land venerates your relics, O blessed martyrs,* for, having fought lawfully, you have received heavenly crowns.* For this, you are the boast of the hierarchs,* the victory of kings, and the ornament of the Church.

The holy martyrs, taking up the cross of Christ as an invincible weapon,* destroyed all the power of the devil* and, receiving heavenly crowns,* they have become a bulwark for us, praying to God in our behalf.

Glory be: Now and for ever: Come, let us with unceasing hymns glorify the Mother of the Light,* for she gave birth to our Salvation, and let us cry out to her: * Rejoice! For you alone gave birth to the eternal God,* the Cause of all things! Rejoice!* For you renewed the first mother, Eve!* Rejoice, O all-pure Virgin!



TONE THREE

SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

'By Your cross, O Christ our Savior,* the power of Death has been vanquished and the deceit of the devil has been destroyed.* Therefore, mankind, saved by faith,* offers You hymns of praise forever.

O Lord, all creation has been enlightened by Your resurrection,* and paradise has been reopened;* therefore, all creation extols You* and offers You hymns of praise forever.

I glorify the power of the Father, Son, and Holy Spirit;* and I praise the dominion of the undivided Divinity,* the consubstantial Trinity,* Who reigns forever and ever.

We adore Your precious cross, O Christ,* and with hymns of praise we glorify Your resurrection;* for by Your wounds we have all been healed.

Let us sing the praises of the Savior,* Who was incarnate of the Virgin;* for He was crucified for our sake,* and on the third day He arose from the dead,* granting us His great mercy.

Christ descended into Hades and announced to those confined there: * Take courage, for today I have conquered Death.* I am the Resurrection, the One Who will set you free.* I have shattered the gates of the realm of Death.

O Christ our God, we unworthily stand in Your most pure temple,* and offer to You our evening hymns.* From the depths of our souls we cry out to You: * O Lover of mankind, Who has enlightened the world by Your resurrection on the third day,* deliver Your people from the hands of Your enemies.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): O most honorable Virgin, we are filled with awe* when we consider that you gave birth to Christ Who is both God and man.* O immaculate Lady, without knowing man,* you gave birth in the flesh to a Son without a human father.* This Son, from all eternity,* was begotten by God the Father without a mother,* and when He took on our human nature, He did not undergo any change.* Nothing was added to His divine nature, nor was it divided.* The properties of both His divine and human nature remained intact.* We therefore entreat you, O Blessed Virgin,* to save the souls of those who, in true faith,* acknowledge you as the Mother of God.

Aposticha

O Christ, Who darkened the sun by Your passion* and enlightened all creation by Your resurrection,* accept our evening prayer; for You love mankind.

Verse: The Lord reigns, He is clothed in majesty.

O Lord, Your life-giving resurrection has enlightened the entire universe* and has revived Your creation which lay in corruption.* Therefore, we, who have been released from the curse of Adam, cry out to You: * Almighty Lord, glory to You!

Verse: For He has made the world firm, which shall not be moved.

O God, although in Your divine nature You are unchangeable,* yet in Your human nature You underwent change by suffering in the flesh.* All creation was prostrate with fear when it saw You hanging on the cross,* and it groaned in sorrow as it sang the praises of Your long-suffering.* But You descended into Hades and arose on the third day,* granting life and great mercy to the world.

Verse: Holiness befits Your house, O Lord, for length of days. You suffered death, O Christ, to deliver mankind from death.* And when You arose from the dead on the third day,* You enlightened the world and resurrected all who acknowledge You as God.

Glory be: Now and for ever: O Virgin Mother, you conceived the Son of God without seed* by the will of the Father and the power of the Holy Spirit.* He was begotten by the Father, without a mother, from all eternity. *Yet for our sake, He was born of you in the flesh without a human father,* and you nursed Him as an infant with your milk.* Therefore, never cease to entreat Him* to deliver our souls from affliction.

SUNDAY MATINS

Sessionals

1. Christ is risen from the dead,* He who is the first fruits of those that had been asleep,* the first-born of creation and the Creator of all things that were made.* By Himself He renewed the nature of our corrupt race.* Therefore, O Death, you shall reign no more;* for the Lord of all nullified your power and dissolved it.

Glory be: Now and for ever: When the most pure voice reached you, O Mother of God,* those in heaven exulted with love, while those on earth trembled with awe,* for both celebrated the same feast, when the bodiless angel brought you good news.* Therefore, with the angel we cry out to you: * Rejoice, O pure One, dwelling place of God!

2. (*Podoben: Krasoti divstva*); When You tasted death in the flesh, O Lord,* You took away the bitterness of death by Your resurrection* and made the human race prevail over it, restoring victory over the ancient curse.* Therefore, O Protector of our life, glory to You!

Glory be: Now and for ever: O Theotokos, you mysteriously held in your womb,* the One Who is incomprehensible and boundless, consubstantial with the Father and the Spirit.* By your birthgiving we have learned to glorify in the world* the power of the one undivided Trinity.* Therefore, with gratitude we cry to you:/* Rejoice, O Virgin Full of Grace!

Gradual Hymn

You led the captives of Zion out of Babylon;* now also save me from my sinful desires. O Word, lead me into Your life.

Those who sow in tears for God in dry land* shall reap as they sing for joy, as they gather the sheaves of eternal life.

Glory be: Now and for ever: From the Holy Spirit shines every perfect gift,* as from the Father and the Son; in Him all creation lives and moves.

Prokimenon: Ps 95

Proclaim to the nations: God is king. The world He made firm in its place.

Verse: O sing a new song to the Lord, sing to the Lord all the earth.

Canon

Hirmos I: In days of old He gathered the waters in a single pool, and with a divine stroke, He divided the sea for the people of Israel; He is our God and is greatly glorified. To Him alone do we offer our hymns, for He is covered with glory.

Hirmos 3: You draw all things out of nothing; You create them by Your Word; and by Your Spirit, You bring them to perfection. O Master all-powerful, strengthen me in Your love.

Hirmos 4: O Lord, You have shown us Your sovereign love by delivering Your only Son to death for us. In thanksgiving, we cry out to You: Glory to Your power, O Lord!

Hirmos 5: Before You I keep watch for the dawn, O Creator of the world and peace that surpasses every spirit. Your precepts are light; guide me by their paths.

Hirmos 6: Encircled by the bottomless pit of my sins, I felt my breath failing me; raise Your hand, reach out to me and save me, O Master, as You saved Peter; for You are the One Who walks on the waters.

Hirmos 7: Formerly You poured out dew upon the three youths in the fire of the Chaldeans; now with the resplendent fire of Your divinity, enlighten us who cry out to You: Blessed are You, O Lord, God of our ancestors.

Hirmos 8: Thrown into the blazing fire without being harmed by the flames, and remaining firm in their faith, the youths sang a divine hymn: Bless the Lord, all you works of the Lord, praise and exalt Him forever!

Ode 9 – Hirmos: A new wonder, worthy of God! The Lord has truly passed through the closed gate of the Virgin. He entered the world naked, and at His departure we see Him clothed in the flesh; yet the door has remained closed. The one who is Mother of God we now extol beyond words.

Verse: Glory to Your holy resurrection, O Lord!
It is dreadful to see the Creator and the Word of God hanging on the cross. Our God suffers in the flesh for His servants, and lifeless, He is placed in the tomb; yet He

delivers the dead from Hades. O Christ, the almighty One, we extol You.

Verse: Glory to Your holy resurrection, O Lord!

Placed in the tomb as one dead, O Christ; You saved our ancestors from death; You raised the dead and make life flourish once more; with Your own hand, You lead the human race toward the light and clothe them with divine immortality. O inexhaustible Source of light, we extol You.

Glory be: Now and for ever: You are the throne and the temple of God, and the Most High has made His dwelling in you; O most pure One, you gave birth without seed, and the gate of the flesh was not opened. We now beseech you to intercede before Christ our King for all your faithful.

Holy is the Lord our God. (3x)

Sunday Exapostilarion.

Sticherá at the Praises

Come together, all you nations, and understand the might of this awesome mystery!* Our Savior, the Word from the beginning,* has suffered crucifixion and burial for us of His own will.* On the third day He rose again to save us all.* Let us bow down in worship to Him.

The soldiers that guarded You, O Lord,* related all the wonders which had come to pass,* but the vain assembly of the Sanhedrin filled their hands with bribes,* thinking they could hide Your resurrection which is glorified through all the world.* Have mercy on us.

All creation was filled with joy when it received the news of Your resurrection.* When Mary Magdalene went to Your tomb, she found an angel in shining garments sit-

ting on the stone.* He said: Why do you seek the Living among the dead?* He is not here; He is risen as He said.* He goes before you to Galilee.

O Master, the Lover of mankind, in Your light we see light.* For You have risen from the dead,* granting salvation to the human race.* Let all creation glorify You;* have mercy on us, O sinless One.

The myrrh-bearing women, O Lord,* offered You their tears as a morning praise.* Then hastening to seek Your incorruptible body,* they came to Your grave bearing fragrant ointments.* An angel sitting on the stone spoke to them, saying: * Why do you seek the Living among the dead?* For truly He has trampled Death, and He is risen because He is God,* granting to all of us great mercy.

The brilliant angel on the life-giving tomb* said to the myrrh-bearing women: * Truly the Savior emptied the tombs and led Hades captive.* He is risen on the third day,* for He alone is the almighty God.

Verse: Arise, then, Lord, lift up Your hand.* O God, do not forget the poor!

Mary Magdalene arrived on the first day of the week* seeking You in the grave.* And when she did not find You, she cried out with sighs: * Woe is me, O my Savior. How have You been stolen, O King of all?* From within the grave two angels bearing the message of life cried out to her saying: * Woman, why are you weeping?* She answered: I cry because they have removed my Lord from the grave,* and I do not know where they have taken Him.* But as she turned around and saw You, she said: * My Lord and my God, glory to You!

Verse: I will praise You, Lord, with all my heart;* I will recount all Your wonders.

The soldiers enclosed Life in the tomb,* but the thief opened paradise with his word by saying: * For my sake, You have been crucified with me and have hung on the tree of the cross; * You have appeared to me, sitting on the throne with the Father.* You are Christ our God Who gives great mercy to the world.

Glory be: Gospel Stichera.

Now and for ever: You are truly most blessed... (p. 140).

SUNDAY VESPERS

Stichera at "O Lord, I have cried..."

I have sinned greatly and offended You, O Master,* Who by nature are gracious and merciful.* Like the prodigal, I repent sincerely.* Receive me, O heavenly Father,* and make me one of Your servants.

I have spent my life in idleness;* I, a miserable soul, am nearing the end.* I do not reflect on the judgment awaiting me, nor on being separated from God.* Convert me, O Savior,* and rescue me from all of this evil.

Deliver my lowly soul from hell* and the gnashing of teeth, O Lord,* and from all other eternal suffering, O most gracious One;* so that I may sing to You with faith,* since You are by nature merciful, and You love mankind.

Aposticha

We offer to You our evening hymn, O Christ,* with incense and spiritual song.* Have mercy upon our souls, O Savior.

Verse: I have lifted up my eyes... (p. 34).

Save me, O my Lord God, for You are the Savior of all.* A storm of passion is tossing me about,* and the weight of transgression is sinking me.* Give me Your helping hand, and lead me to the light of humility;* for You alone are merciful, and You love mankind.

Verse: Have mercy on us, O Lord..., (p. 34).

Great is the power of Your cross, O Lord;* for though it was raised in one place, it acts throughout the world.* It made apostles of fishermen, and martyrs of the Gentiles.* We beg them to intercede for our souls.

Glory be: Now and for ever: O Mother of God! O intercessor of all who pray to you!* We have confidence because of you;* we boast because of you, and all our hope is in you!* In behalf of your worthless servants,* implore Him Who was born of you.

MONDAY MATINS

Sessionals

1. While still on earth, O my soul, do penance;* for dust does not chant hymns in the grave, nor does it deliver from sin;* Therefore, cry out to Christ God;* You Who know the hearts of all, I have sinned against You!* Before You judge me, have mercy on me, O God, and save me!

Glory be: Now and for ever: O Mother of God, our protection and strength,* powerful helper of the world!* Through your prayers deliver your servants from every misfortune,* O only blessed One.

2. At the dread judgment I shall accuse myself without denouncers,* and shall condemn myself without witnesses;* for the books of my conscience will be opened,* and my secret deeds will be exposed.* Therefore, O God,

before You examine my deeds at that public trial,* cleanse and save me.

Glory be: Now and for ever: Rejoice, O Mary, Virgin Mother,* holy mountain, garden of Eden, from whom was born Christ God,* the seedless Word, from Whom life had sprouted forth* for the world.

Canon – Ode 9

Hirmos: On Mount Sinai Moses beheld in the bush you who conceived the fire of the Divinity within your womb without being consumed; Daniel saw you as the unhewn mountain and the budding rod, and Isaiah cried out: from the root of David!

Verse: Glory be to You, our God, glory be to You!

In days of old, Jacob acquired the birthright because of temperance, while Esau gave up his right as the firstborn, because he did not restrain his stomach. How evil is intemperance, and how great is abstinence! Flee, therefore, my soul, from evil deeds, and love what is good.

Verse: Holy archangels and angels, pray to God for us!

Standing now before the great and supreme Light, O divine angels of God, you have become powerful advocates of all of us who glorify you.

Glory be: Now and for ever: We all know that you are the foundation of our salvation, for your most pure birthgiving has saved those who in faith sing to you and glorify you, O Mother of God!

Aposticha

Bring together my scattered mind, O Lord,* and purify my hardened heart;* grant me the repentance of Peter,*

the sigh of the publican,* the tears of the adulteress,* so that I may cry out to You with a loud voice:* O God, save me, for You alone are kind-hearted and love mankind.

Verse: In the morning..., (p. 146).

When I am praying,* I frequently I see myself committing sin,* for while I am singing hymns with my lips, my soul is thinking foolish things.* Correct both through repentance,* O Christ, and save me.

Verse: Let the favor of the Lord... (p. 146).

Come, people, let us honor the memory of the holy martyrs;* for having been a spectacle for angels and men,* they received crowns of victory from Christ,* and pray in behalf of our souls.

Glory be: Now and for ever: O most pure Lady, you are the boast of the angels,* the praise of the apostles, and the fulfillment of the prophets;* accept our supplications.

MONDAY VESPERS

Stichera at "O Lord, I have cried..."

Having seen how lazy I am in performing virtuous deeds* and my inclination toward the most foul and evil acts,* the cunning serpent transforms itself, showing the sweetness of sin* which, in reality, is his wicked activity, and which is contrary to the divine commandments.* Thus it stirs me; through evil habits; O Christ,* to choose wrong instead of right.

After walking along every evil and sinful path,* forsaking the way of righteousness until the end,* I now approach the gates of death, and I call out, as one who is oppressed:*

O Path of our life, my kind Jesus, having

brought me back to the path of true repentance,* save me and grant me divine pardon before I die.

Slain by every kind of sin, by a multitude of transgressions,* and by great and evil deeds, I lie dead and helpless.* Hope in Your compassion is all that is alive to me, O Christ;* for You give breath and life to the dead* and destroy the passions that have put us to death.* Therefore, come and save me from eternal death.

Aposticha

We offer to you our evening hymn, O Christ,* with incense and spiritual song.* Have mercy on our souls, O Savior.

Save me, O Lord, my God,* for You are the salvation of all.* A storm of passion is tossing me about,* and the weight of my transgressions is sinking me.* Give me Your helping hand,* and lead me to the light of repentance;* for You alone are merciful, and You love mankind.

Great is the power of Your martyrs, O Christ,* for, while lying in their tombs, they drive out evil spirits;* and fighting in defense of godliness,* they subdued the power of the enemy by faith in the Trinity.

Glory be: Now and for ever: You are the most holy among women,* O unwedded Mother.* Implore our King, your Son, O Godbearer,* Whom you have borne, to save our souls,* for He loves mankind.

TUESDAY MATINS**Sessionals**

1. How long, O my soul, shall you remain in your sins?*
 How long shall you put repentance aside?* Be mindful of
 the coming judgment, and cry out to Christ God:/* O You
 Who know the heart of man, I have sinned!/* O sinless
 Lord, have mercy on me!

Glory be: Now and for ever: The angel Gabriel, struck
 with amazement at the beauty of your virginity* and your
 radiant purity, cried out to you: O Mother of God!/* What
 praise worthy of you can I give?* What shall I call you? I
 do not comprehend,* and I tremble; therefore, I cry out to
 you as I was ordered:/* Rejoice, O Full of Grace!

2. You know the depth of my offenses,* O Lord. Grant
 me a helping hand, as You did to Peter, and save me.

Glory be: Now and for ever: Accept me who hasten with
 faith under your protection, O Lady,* and do not despise
 me, neither disdain me who entreat you in repentance, O
 good One.* Accept from my unworthy lips my supplica-
 tion,* and through your intercession deliver me from all
 snare's,* so that I may cry out to You with boldness:/*
 Rejoice, O Full of Grace!

Canon – Ode 9

Hirmos: Blessed is the Lord, God of Israel, Who exalted
 the horn of salvation in the house of David, His servant,
 for the sake of His mercy and loving-kindness through
 which the Orient from on high visited us, and has led us to
 the path of peace.

Verse: Glory be to You, our God, glory be to You!

Like the rich man of old I revel in pleasures, without showing any mercy towards my neighbor, nor fearing the unquenchable fire. Therefore, O Master, soften the hardness of my soul, so that, at least at the end of my life, the darkness of my soul be enlightened with loving-kindness.

Verse: O holy prophet and forerunner and baptizer of the Lord, John, pray to God for us!

Since you are the witness of Christ and the divine baptizer, a beacon of repentance, the dawn of righteousness, and the mediator between the Old and New Covenants, enlighten my lowly soul which has grown old through evil, renewing it with divine understanding.

Glory be: Now and for ever: As the Mother of God, the Mother of the Word of God Who was born of you in the flesh, O pure One, pray unceasingly with the angels and the apostles, with the prophets and the holy hierarchs, and the martyrs, that He grant peace to the world, O all-pure Virgin Mother.

Aposticha

Bring together my scattered mind, O Lord,* and purify my hardened heart;* grant me the repentance of Peter,* the sigh of the publican,* the tears of the adulteress,* so that I may cry out to You with a loud voice:/* O God, save me, for You alone are kind-hearted and love mankind.

When I am praying,* I frequently I see myself committing sin,* for while I am singing hymns with my lips, my soul is thinking foolish things.* Correct both through repentance, O Christ, and save me.

The warriors of Christ, refusing to be daunted by emperors and tyrants,* boldly and manfully confessed Him as

the Ruler of all,* King and our God,* and they pray for our souls.

Glory be: Now and for ever: Without seed you conceived by the power of Holy Spirit,* therefore, we glorify you, crying out:* Rejoice, O most pure Virgin!

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

Creation was sanctified through the most sacred blood* which flowed from Your side, O only long-suffering One;* the rivers of idolatry dried up* and Adam was freed from the curse through Your crucifixion, O Word.

The Creator and Lord and God of all* willingly humbles Himself and suffers for mankind* by being lifted upon the cross,* because of the lawful curse.

You willingly gave Yourself up to be crucified,* O Lord our Benefactor.* Pierced in the side with a lance, O Giver of life,* You poured forth two fountains of immortality;* therefore, we constantly praise in faith Your sufferings.

Aposticha

We bow to Your most precious cross, O Christ,* the Guardian of the world, the Salvation of us sinners,* the great Propitiation, the Triumph of kings,* and the Glory of the universe.

Lifting up his arms in the form of the cross on the mountain,* Moses vanquished Amalek;* and You, O Savior, stretched Your arms upon the venerable cross* and embraced me, saving me from the bondage of the enemy.* You gave me a living sign,* that I might escape the arrows

of my adversaries.* Therefore, O Word, I bow down before Your precious cross.

The prophets, apostles, and martyrs of Christ taught us to sing the praises of the consubstantial Trinity.* They enlightened the nations that had gone astray,* and made us companions of the angels.

Glory be: Now and for ever: When you beheld setting upon the cross the never-setting Sun,* Who shone forth from your womb, darkening the rays of the sun,* stricken with immeasurable pain, you cried out: You Who have set of Your own free will, shine forth again for my enlightenment* and for the enlightenment of the whole world.

WEDNESDAY MATINS

Sessionals

1. The cross was planted in the earth, yet touched the heavens,* not because it reached the full stature of a tree,* but because on it You fulfilled all things.* Glory be to You, O Lord.

Glory be: Now and for ever: We who have acquired the cross of Your Son* as a staff of power thereby cast down the arrogance of the enemy,* O Mother of God, unceasingly extolling you with love.

2. You willed to suffer the cross and death,* and in the midst of creation You planted it.* When You, O Savior, allowed Your body to be pierced with nails,* the sun hid its rays,* and the thief, seeing this on the cross, cried out to You with piety: Remember me, O Lord!* And, believing, he was counted worthy of paradise.

Glory be: Now and for ever: O compassionate One,* You willingly suffered a shameful death and crucifixion,* and

Your Mother, seeing this, suffered greatly.* Therefore, through her supplications, for the sake of Your mercy,* have mercy and save the world,* O only all-good and loving Lord,* Who took upon Yourself the sins of the world.

Canon – Ode 9

Hirmos: Honoring her with hymns, let us extol the Theotokos who was prefigured on Sinai to Moses, the law-giver, by the bush and the fire; who conceived the fire of God in her womb without being consumed; who is the most radiant and inextinguishable lamp.

Verse: Glory be to Your holy cross and crucifixion, O Lord!

That You might find the coin which You had lost, O good Christ, You nailed Your flesh to the cross; and You make Your heavenly hosts to share in joy, O Bestower of life. Therefore, together with them, we sing to You as our Benefactor, extolling You with hymns.

Verse: Most holy Mother of God, pray for us!

My soul, the end is approaching; the judgment is at the very doors! Leave the works of evil and begin a life of righteousness, for you have as a helper the Mother of God, who rescues you from every evil.

Glory be: Now and for ever: You know the weakness of my lowly body, the wounds of my soul, the groaning of my heart, and the error and deception of my mind; therefore, in your loving-kindness grant me healing of them all.

Aposticha

The tree of disobedience has sprouted forth death for the world;* but the tree of the cross sprouted forth life and incorruption.* Therefore, we implore You, O crucified Lord: Let the light of Your face shine upon us.

Coveting pleasure, I was banished,* for I had fallen very low.* Nevertheless, O Master, You did not despise me,* but accepted for my sake the crucifixion, which I deserve.* This is how You save us and lead into glory.* O my Redeemer, glory be to You!

The host of angels marveled at the sufferings of the martyrs,* for, though clothed in a body, they disregarded the tortures.* Having become like the suffering Christ,* they pray for our souls.

Glory be: Now and for ever: The all-praised Ewe-lamb, Your Virgin Mother, beheld You, O my Christ,* lifted up upon the cross, and, weeping, cried out: * O my Son and my God, do not leave me childless,* whose purity You have preserved even after birthgiving.

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

Through the prayers of Your honorable and holy apostles,* grant peace to Your servants, O bountiful Lover of mankind.* You alone are merciful;* save from all harm those singing praises to You* and worshiping You in faith.

As eyewitnesses of God, deliver me from the arrows of the evil one,* foiling his schemes; and shower me with the dew of the Spirit,* I pray you, O divine apostles,* my wise benefactors.

O holy apostles, our benefactors,* when you sit upon the twelve thrones* with the Judge of all in judgment of the entire creation,* do not show me to be condemned,* but deliver me from every anguish and darkness.

Aposticha

Your teaching has gone forth to all the earth, O holy apostles.* You have destroyed the captive power of idols by proclaiming the knowledge of God.* This is your good work, O holy Ones.* For this we praise and glorify your memory.

You are the branches of the life-bearing Vine, O glorious apostles.* You have brought to God the fruit of piety,* and so you have confidence before Him.* Therefore, beseech Him to grant peace* and great mercy to our souls.

Your martyrs, O Lord, have been confirmed by faith* and strengthened by hope.* By the love of Your cross they have been spiritually fortified,* and so have overcome the anguish of suffering.* They have obtained the crowns,* and, together with the angels, they pray for our souls.

Glory be: Now and for ever: Many are my transgressions, O Virgin,* but by your kind intercession you rescue me from the dreadful flame.* Correct and guide me on the paths of salvation* by your motherly prayers, O most pure One.

THURSDAY MATINS**Sessinals**

I. "Come, let us praise the apostles – the helthsmen;* for they destroyed the deception of the idols,* led us to the Light of life, and taught us to believe in the Trinity.* Therefore, celebrating their honored memory today,* we faithful glorify Christ our God.

Glory be: Now and for ever: Mindful of the immeasurable riches of your mercy,* and the invincible power of your authority,* we come, overwhelmed with anxieties, to your protection* and, greatly troubled, we cry out, with tears,

from the depths of our hearts: * O Virgin Mother of God,
save us, save us who are unworthy.

2. You irrigated all the earth with streams of the divine Word, O apostles,* and grew the grain of faith, and with it filled the ends of the earth; * for you cut down all the tares, and brought all to Christ,* baptizing them in the uncreated Trinity.

Glory be: Now and for ever: The prophets proclaimed, the apostles taught,* the martyrs confessed, and we have come to believe that you are the Mother of God.* Therefore, we extol your birthgiving, O all-pure One.

Canon – Ode 9

Hirmos: In the shadow and the writings of the Law we behold an image, O faithful: Every male that opens the womb is consecrated to God. Therefore, we magnify the firstborn Word of the unbegotten Father, the firstborn Son of the Mother who knew not man.

Verse: O holy apostles, pray to God for us!

O Word of the Father without beginning, Who by the words of Your disciples confirmed the ends of the earth. Through their prayers, have mercy on me, who have fallen headlong into irrational passions and am overwhelmed by the deceptions of the demons.

Verse: O holy bishop of Christ, Nicholas, pray to God for us!

The world has acquired you as a divine bulwark and foundation, and a safe refuge, for by your intercessions we are ever delivered from every temptation and oppression, O Father Nicholas. Therefore, with faith we extol and bless you.

Glory be: Now and for ever: You, who gave birth to the Light, have become my enlightenment, dispelling the dark and gloomy clouds. Therefore, through your prayers may I become a child of day, doing good and extolling you with pious hymns.

Aposticha

Your voice went forth throughout all the earth, O holy apostles,* and you destroyed the deceptions of the idols,* preaching the knowledge of God.* Worthy were your struggles, O blessed ones,* therefore, we praise and glorify your memory.

Having blamelessly kept the commandments of Christ,* O holy apostles, you freely received and freely give,* healing the sufferings of our souls and bodies.* Therefore, having confidence before Him,* pray that He have mercy on our souls.

Having fought the good fight,* even after death you shine forth like beacons in the world, O holy martyrs.* Therefore, having confidence in Christ,* pray that He have mercy on our souls..

Glory be: Now and for ever: Without seed you conceived through the Holy Spirit;* therefore, glorifying you, we sing:* Rejoice! all-holy Virgin.

THURSDAY VESPERS

Stichera at “O Lord, I have cried...”

Although You are passionless in Your divine nature, O Lord,* in Your human nature You endured suffering.* You were nailed to the cross, and Your side was pierced by a lance,* pouring forth for me two streams of ineffable mysteries.

Your head was circled with a crown of thorns, O King of all,* destroying the penalty of the sin that pierces like a thorn, O Savior.* Taking the reed into Your hands,* You inscribed in the book of heaven all those who believe in You.

The unjust envy of the enemies* and of those who crucified You did not relent.* Though You were dead, O innocent Christ,* even then the wicked ones in their relentless anger slandered You as a deceiver,* and maliciously asked Pilate to guard Your tomb.

Aposticha

We bow to Your most precious cross, O Christ,* the Guardian of the world, the Salvation of us sinners,* the great Propitiation, the Triumph of kings,* and the Glory of the universe.

Lifting up his arms in the form of the cross on the mountain;* Moses vanquished Amalek;* and You, O Savior, stretched Your arms upon the venerable cross* and embraced me, saving me from the bondage of the enemy.* You gave me a living sign,* that I might escape the arrows of my adversaries.* Therefore, O Word, I bow down before Your precious cross.

Great is the power of Your cross, O Lord,* for though it was set in one place, it acts throughout the world.* It made apostles of fishermen, and martyrs of the Gentiles.* We beg them to intercede for our souls.

Glory be: Now and for ever: When the blameless Virgin beheld You hanging on the tree,* O all-gracious Christ, like a mother she cried out: O my beloved Son, how has the assembly of the wicked raised You upon the cross?

FRIDAY MATINS**Sessionals**

1. The tree of Your cross, O Savior,* has become the salvation of the world,* for You willed to be crucified on it to deliver mankind from the curse.* O Lord, Joy of all, glory be to You!

Glory be: Now and for ever: When the unblemished Ewe-lamb of the Word, the incorrupt Virgin Mother,* beheld Him Who had came forth from her without pain hanging upon the cross,* she cried out, lamenting maternally:* Woe is me, O my Child! How is it that You suffer of Your own will,* desiring to deliver man from the disgrace of his passions.

2. Beholding infinite authority and voluntary crucifixion,* the angelic hosts marveled:/* How is He Who is invisible wounded in the flesh, desiring to deliver mankind from corruption?* For this reason, we cry out to You, the Giver of life:/* Glory to Your loying-kindness, O Christ!

Glory be: Now and for ever: O good One, You suffered willingly a shameful death and crucifixion.* Your Mother, seeing this, endured suffering.* Therefore, through her prayers and for the sake of Your mercy,* have mercy and save the world, O only all-good Lord,* Lover of mankind, Who took upon Yourself the sins of the world.

Canon – Ode 9

Hirmos: In the shadow and the writings of the Law we behold an image, O faithful: Every male that opens the womb is consecrated to God. Therefore, we magnify the firstborn Word of the unbegotten Father, the firstborn Son of the Mother who knew not man.

Verse: Glory be to Your holy cross and crucifixion, O Lord!, Nailed to the cross, O Jesus Christ Who laid the foundations of the earth, You pulled me out of the mire of sin in which I have become stuck because of my wicked character, O compassionate One. By Your shameful death You brought honor to me, O most merciful One.

Verse: Holy martyrs, pray to God for us!

Q glorious martyrs of the Savior, sacred army chosen like the holy angels; you are a garden of paradise having Christ, the Tree of life, in your midst; you have become an honored regiment of the divinely adorned Church.

Glory be: Now and for ever: I am wholly in despair, wretch that I am, and I am filled with confusion as I ponder my wicked deeds. But you, O Mother of God, have mercy on me and save me, for you are gracious.

Aposticha

The tree of disobedience has sprouted forth death for the world;* but the tree of the cross sprouted forth life and incorruption.* Therefore, we implore You, O crucified Lord: Let the light of Your face shine upoh us.

Coveting pleasure, I was banished,* for I had fallen very low.* Nevertheless, O Master, You did not despise me,* but accepted for my sake the crucifixion, which I deserve.* This is how You save us and lead into glory.* O my Redeemer, glory be to You!

Come, all you people,* let us honor the memory of the holy martyrs,* for, having become a spectacle for the angels and men,* they received crowns of victory from Christ,* and they pray in behalf of our souls.

Glory be: Now and for ever: The most immaculate One, seeing her Son nailed to the cross, cried out: O my sweet

Child! Where has Your radiant beauty gone* – You Who did so much good for the mankind?

FRIDAY VESPERS

Stichera at “O Lord, I have cried..”

Three stichera of the saint of the day and the following three:

Having endured wounds, imprisonment, and various tortures,* suffering greatly, the valiant martyrs were given a truly painless and blessed inheritance,* worthy of their sufferings.

O holy hierarchs of the Lord,* who preached the righteous and divine word,* you refuted all the arguments of the heretics* and showed yourselves to be a model for all the faithful;* for this you are honored.

While in your material bodies,* you emulated the ranks of the immaterial and incorporeal beings,* O God-bearing fathers, gloriously imitating their manner of life;* for this reason, you dwell with them in their mansions.

Glory be: Now and for ever: (*Dogmaticon*): O most honorable Virgin, we are filled with awe* when we consider that you gave birth to Christ Who is both God and man.* O immaculate Lady, without knowing man,* you gave birth in the flesh to a Son without a human father.* This Son, from all eternity,* was begotten by God the Father without a mother,* and when He took on our human nature, He did not undergo any change.* Nothing was added to His divine nature, nor was it divided.* The properties of both His divine and human nature remained intact.* We therefore entreat you, O Blessed Virgin, to save the souls* of those who, in true faith, acknowledge you as the Mother of God.

Aposticha

Your martyrs, O Lord, have been confirmed by faith* and strengthened by hope.* By the love of Your cross they

have been spiritually fortified,* and so have overcome the anguish of suffering.* They have obtained the crowns,* and, together with the angels, they pray for our souls.

Great is the power of Your cross, O Lord,* for though it was set in one place, it acts throughout the world.* It made apostles of fishermen, and martyrs of the Gentiles.* We beg them to intercede for our souls.

The prophets, the apostles of Christ, and the martyrs* enlightened and taught the erring nations to hymn the co-substantial Trinity,* and they made the children of men companions of the angels.

Glory be: Now and for ever: O Mother of God, Mother who knew not man,* most holy among women, implore the King and God,* to Whom you gave birth, that He save us,* for He loves mankind.

SATURDAY MATINS

Sessionals

1. Arraying yourselves in the full armor of Christ,* and wielding the sword of faith, as martyrs* you hewed down the legions of the enemy;* for, in hope of life, you earnestly endured all the threats and wounds of the tyrants.* Therefore, you have received crowns, O stouthearted martyrs of Christ.

Glory be: Now and for ever: We praise you, who have become the intercessor of our race,* O Virgin Mother of God;* for the body which your Son and our God received from you,* experienced suffering on the cross* and delivered us from corruption, for He loves mankind.

2. O most glorious martyrs! By your courageous sufferings* you overcame the wiles of the devil;* for this you

were counted worthy of heavenly bliss.* Being witnesses of the truth, implore the Lord,* that He save the flock of Christ-loving people.

Glory be: Now and for ever: The prophets proclaimed, the apostles taught,* the martyrs confessed, and we have come to believe that you are truly the Theotokos;* therefore, we extol your birthgiving, O all-pure One.

Canon – Ode 9

Hirmos: On Mount Sinai Moses beheld in the bush you who conceived the fire of the Divinity within your womb without being consumed; Daniel saw you as the unhewn mountain and the budding rod, and Isaiah cried out: from the root of David!

Verse: Holy Martyrs, pray to God for us!

You brought yourselves like lambs to Him Who was slain for our sake, and filled the divine choirs of the angels with joy, O martyrs of Christ. Therefore, by your supplications make all steadfast and deliver them from the harmful deception of the enemy.

Verse: All you saints, pray to God for us!

Let us honor the holy prophets and the multitude of the venerables, who in their pure life shone forth before the law and under the law; and let us praise the choirs of holy women, and cry out: By their supplications, O Lord, save us all!

Glory be: Now and for ever: Awesome is this place! – cried Jacob when he beheld you prefigured in the ladder, O Mother of God, who are the glory of the martyrs, the boast of the venerables, the adornment of the angels and all the prophets, and the salvation of the faithful.

Aposticha

The warriors of Christ,* refusing to be daunted by emperors and persecutors,* boldly and manfully confessed Him as the Ruler of all, King and our God;* and they pray for our souls.

The host of angels marveled at the sufferings of the martyrs,* for though clothed in a body, they disregarded the tortures.* Having become like the suffering Christ,* they pray for our souls.

Having fought the good fight, even after death* you shine forth like beacons in the world, O holy martyrs.* For this reason, having confidence in Christ,* pray that He have mercy on our souls.

Glory be: Now and for ever: Without seed you conceived by the power of the Holy Spirit;* therefore, we glorify you, crying out:* Rejoice, O most pure Virgin!



TONE FOUR

SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

We never cease to adore Your life-giving cross,* O Christ our God, and we glorify Your resurrection on the third day.* For You, almighty One, have thereby restored the corrupted nature of all* and reopened the way to heaven,* since You alone are gracious and love mankind.

O Savior, You have absolved the penalty of disobedience,* committed through the tree of Eden, by willingly being nailed to the tree of the cross.* As almighty God, You descended into Hades* and broke asunder the bonds of death.* We, therefore, venerate Your resurrection from the dead, and joyfully cry out to You: * Almighty Lord, glory to you!

O Lord, You have destroyed the gates of Hades,* and by Your death You have dissolved the realm of Death.* You have freed mankind from corruption,* bestowing life, incorruption, and Your great mercy upon the world.

Come, all you people,* let us sing the praises of our Savior's resurrection on the third day.* For we have, thereby, been delivered from the invincible bonds of Hades,* and we have received incorruption, together with eternal life.* Therefore, we cry out to You after Your crucifixion, burial, and resurrection: * Save us by Your resurrection, for You love mankind.

O Savior, with the angels* we sing the praises of Your resurrection on the third day.* For the very ends of the universe have, thereby, been enlightened* and we have been saved from the deceit of the enemy.* Therefore, we cry out to You, almighty Savior,* Giver of life, and Lover of

mankind.* Save us by Your resurrection. O Christ our God,* You have demolished the brazen gates of Hades..

You have broken asunder the bonds of Death,* and lifted up the fallen human race.* Therefore, we cry out with one accord.* O Lord, Who arose from the dead, glory to You!

O Lord, Your birth from the Father is timeless and eternal;* Your incarnation from the Virgin is beyond the understanding of all,* and beyond the expression of our words. *Your descent into Hades and victory over Death* caused Satan and his angels to tremble with fear.* Your resurrection on the third day* brought to mankind incorruption and great mercy.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): O Mother of God, David the prophet and forefather of Christ,* foretold in song the great things that would happen to you.* He revealed that you would be a queen, standing at the right hand of God;* and that you would be the Mother of Life and intercessor for the world.* He prophesied that God, in His good will toward all,* would become incarnate of you without a human father.* Thus He would restore His image within us,* which had become disfigured by our passions.* He, would seek out the lost sheep that was trapped in the hills;* He would lift it upon His shoulder and carry it to His Father* Who would place it in the midst of His heavenly hosts.* In like manner, Christ will save the world* because of His great and abundant mercy.

Aposticha

In being lifted upon the cross, O Lord,* You abolished the curse which we had inherited from our ancestors.* By going down into Hades, You freed from eternal captivity* those imprisoned there, and granted incorruption to the human race.* We, therefore, praise Your life-giving and redeeming resurrection.

Verse: The Lord reigns, He is clothed in majesty.

By hanging on the cross, O almighty One, * You shook the whole creation to its foundations.* When You Yourself were laid in the grave, You raised to life those who had been lying in the graves,* and You granted life and incorruption to mankind.* We, therefore, praise and glorify Your resurrection on the third day.

Verse: For He has made the world firm, which shall not be moved.

O Christ, the lawless people showed their ingratitude to You, their Benefactor,* by delivering You to Pilate who condemned You to be crucified.* But You willingly suffered death and burial;* and, as God, You rose by Your own power on the third day,* granting us everlasting life and great mercy.

Verse: Holiness befits Your house, O Lord, for length of days. The women, shedding bitter tears,* came to see You in Your tomb;* and not finding Your body, they lamented, saying: * O Savior and King of all, how were You stolen?* What place holds Your life-bearing body?* An angel answered them, saying: * Do not weep, but go and proclaim that the Lord is risen,* filling our hearts with joy; for He alone is most compassionate.

Glory be: Now and for ever: O most pure Virgin, hear the petitions of your servants.* Remove the burden's which oppress us, and deliver us from our sorrows;* for you are the only firm and constant support on whom we rely.* O Mother of God, never permit us who call upon you to be overwhelmed by our cares.* Haste to fulfill the supplications of all who, in faith, cry out to you: * Rejoice, O Lady, helper of all mankind,* the joy, the refuge, and the salvation of our souls.

SUNDAY MATINS**Sessional Hymns**

1. The myrrh-bearing women looked into the entrance of the tomb,* and because they could not bear the brilliance of the angel,* they trembled in astonishment, and said: * has He, who opened paradise to the thief, been stolen;* or is He, Who proclaimed His resurrection before His passion, now risen?* Truly, Christ is risen,* granting resurrection and life to those in Hades.

Glory be: Now and for ever: We extol you, O Mother of God, singing: * You are the mountain from which was hewed the rock that crushed the gates of Hades.

2. (*Pododen: Zdyvuvavia, Josyf*): You suffered crucifixion willingly, O Savior,* and mortals placed You into a new tomb,* even though You established the ends of the world with a word.* Death, our enemy, was bound and defeated through Your life-giving resurrection.* All those held captive in Hades cried out: Christ is risen,

Glory be: Now and for ever: (*Samopodaben*): Your betrothed and guardian, O Theotokos,* was amazed and perplexed when he beheld the mystery of your conception without seed.* But he recalled the rain falling on the fleece,* and the bush burning with fire but not consumed,* and the blossoming rod of Aaron;* thus he testified before the priests and cried out: * A Virgin gives birth and still remains a virgin.

Gradual Hymn

My sinful desires have encircled me, from my youth they have oppressed me;* but You, O Savior, will come to aid me. You will protect and save me.

May the enemies of Zion be confounded by the Lord; may they be as grass which withers, which is dried up by fire.

Glory be: Now and for ever: Every spirit lives by the grace of the Holy Spirit and is raised up in all purity; it is mystically enlightened by the one God in three persons.

"Prokimenon: Ps 43

Arise, O Lord: help us, and redeem us for Your name's sake.

Verse: We heard with our own ears, O God, our ancestors have told us the story of the things You did in days long ago.

Canon

Hirmos 1: When ancient Israel crossed the depths of the Red Sea as if on dry land, the power of Amalek was put to flight in the desert because of the hands of Moses which were extended in the form of a cross.

Hirmos 3: Your Church, O Christ, rejoices in You and cries out; O Lord, You are my strength, my support, and my refuge.

Hirmos 4: Seeing You hanging on the cross, O Son of Justice, the Church cried out to You: Glory to Your power, O Lord!

Hirmos 5: O Lord, You have come as the light into this world, the light that draws out of the darkness of ignorance all those who sing to You in faith.

Hirmos 6: Your Church cries out to You in full voice, O Lord: I offer You my sacrifice of praise. In your compassion You have purified it from the blood of demons by the blood that flows from your side.

Hirmos 7: In the furnace of the Persians, the children of Abraham were set on fire more by their devotion than by the heat of the flames, and they cried out: Blessed are You, O Lord, in the temple of Your glory.

Hirmos 8: Stretching out his hands, Daniel shut the mouths of lions in the den; filled with the zeal of their faith and girded with virtue, the Youths extinguished the power of the fire while they cried out: Bless the Lord, all you works of the Lord!

Ode 9 – Hirmos: Christ, the Chief Cornerstone, uncut by human hands, Who united the two distinct natures, was cut from you, the unhewn mountain, O Virgin. Therefore, filled with joy, we extol you, O Theotokos.

Verse: Glory to Your holy resurrection, O Lord!

You have taken on my entire being in a union without confusion, and to my entire being You have granted salvation by the passion which You suffered on the cross in Your own body, O God of compassion.

Verse: Glory to Your holy resurrection, O Lord!

Seeing the tomb open and the cloth which wrapped Your divine body now abandoned in Your resurrection, Your disciples cried out together with the angels: The Lord is truly risen!

Glory be: Now and for ever: O faithful, we adore the Unity of the divine essence and the Trinity of persons, without confusion, equal in power, and worthy of the same honor, our God Whom we extol in faith.

Holy is the Lord our God (3x).

Sunday Exapostilarion

Stichera at the Praises

You suffered death on the cross,* and You arose from the dead.* We glorify Your holy resurrection, O almighty Lord.

By Your cross You delivered us from the ancient curse, O Christ;* by Your death You have utterly destroyed the Devil, who tyrannized the human race;* by Your resurrection You have filled the whole world with joy.* Therefore, we cry out to You: O Lord Who rose from the dead, glory to You!

By Your cross lead us to Your truth, O Christ our Savior,* deliver us from the snares of the Enemy.* You are risen from the dead; now raise us up from our fall into sin.* Stretch forth Your hand to us, O Lord, through the prayers of Your saints.

O only Son and Word of God,* You were not separated from the bosom of the Father* when You came to earth out of love for us* and became a man without undergoing change.* In the flesh You suffered death on the cross* even though You are beyond all suffering in Your divinity.* You rose from the dead, granting immortality to the human race,* for You alone, O Lord, are almighty.

In Your flesh You accepted death, O God our Savior,* to give us the gift of immortal life.* You dwelled in the tomb to deliver us from Hades* and made us sharers in Your resurrection.* You suffered in the flesh but were raised as God.* Therefore, we sing to You: O Source of life,* O Lord and Lover of mankind, glory to You!

The rocks were split asunder, O Savior,* when Your cross was planted on Golgotha;* and the gate-keepers of Hades shook with fear* when Your body was placed in the grave like the dead.* For You abolished the might of Death,* and in Your resurrection You granted immortality to the dead.* O Lord and Giver of life, glory to You!

Verse: Arise then, Lord, lift up Your hand, O God; do not forget the poor!

The women desired to behold Your resurrection, O Christ our God.* Mary Magdalene went ahead of them;* she found the stone rolled from the grave and saw the angel seated there who said:/* Why do you seek the Living among the dead?* Truly He is risen to save all creation, for He is God.

Verse: I will praise You, Lord, with all my heart; I will recount Your wonders!

Where is Jesus Whom you thought you were guarding?* Where is He Whom you had placed in the grave and sealed with a stone?* Give us his body, O deniers of life.* Give us the buried one or else believe in the resurrection.* And even if you keep silent, the stones shall proclaim this good news,* especially that stone which was rolled away from the entrance of the tomb.* How great is Your mercy, O Lord, and great is the mystery of Your plan of salvation!* O Savior, glory to You!

Glory be: *Gospel Stichera.*

Now and for ever: You are truly most blessed... (p. 140).

SUNDAY VESPERS

Stichera at "O Lord, I have cried..."

I have sinned against You, O Lover of mankind.* May I ask forgiveness, and even more than forgiveness?* Do not grant me this because of Your nature as man;* but because You are more than man and higher than nature.* O Savior, beyond the laws of nature and beyond my understanding You became man.* You love mankind more than the mind can grasp.* Have mercy on me who have turned to You!

O Christ, You demand repentance from sinners* but not from the just.* Because I am like the thief and the prodigal,* like Manasseh and the adulterous woman, like the persecutor,* the publican, and the traitor, I am very desperate.* But because of Your love for mankind* and Your evident goodness, O my Savior,* I am weeping and turning to You.* I am full of hope that You will receive me.

Grant mercy, detachment from evil, and perfect conversion to me,* for I am now drowning in bodily passions,* I am separated from You and I have no other hope, O King of all.* O almighty Jesus, Savior of our souls,* for the sake of Your great goodness, save me, a prodigal.

Aposticha

With my tears I desire to wash away the mark of my sins,
O Lord,* and through penance, I long to make the rest of
my life pleasing to You;* but the enemy deceives me and
struggles with my soul.* Save me before I completely perish,
O Lord.

Verse: I have lifted up my eyes... (p. 34).

Who is there among the storm-tossed* who hastens to
Your harbor and is not saved, O Lord?* Who is ill and
seeks Your healing and is not cured?* O Creator of everyone
and Healer of the sick,* save me before I completely perish,
O Lord.

Verse: Have mercy on us, O Lord... (p. 34).

You are glorified in the memory of Your saints, O Christ
God.* Through their intercessions,* send upon us great
mercy.

Glory be: Now and for ever: Rejoice, O bright cloud!*
Rejoice, O radiant lampstand!* Rejoice, O vessel which

contains the manna! Rejoice, O rod of Aaron!* Rejoice, O unburnable bush! Rejoice, O bridal chamber and refuge of all!* Rejoice, O mystical door and divine altar!* Rejoice, O joy of all!

MONDAY MATINS

Sessional Hymns

1. O Lord, You visit my lowly soul,* which has squandered its whole life in sins;* accept me as You did the harlot, and save me.

Glory be: Now and for ever: You are an invincible rampart for us Christians, O Virgin Theotokos,* for, hastening to you, we remain unharmed,* and though we sin again, we have you as an advocate.* Therefore, we cry out to you in thanksgiving:* Rejoice, O Full of Grace, the Lord is with you!

2. We shall soon enter together into the bridal chamber of Christ our God.* Come, you who love the glory of heaven,* and having lit our lamps with faith,* with the wise virgins let us receive it.

Glory be: Now and for ever: Having received the Word in your womb at the angel's salutation,* and given birth to the incarnate God, Christ Emmanuel,* O Mother of God, pray in behalf of our souls.

Canon – Ode 9

Hirmos: Eve, through weakness, abode under the curse of disobedience, but you, Virgin Mother of God, brought forth a blessing upon the world through the Fruit of your womb; for this reason, we extol you..

Verse: Glory be to You, our God, glory be to You!

This is the time for repentance. Why then are we slothful? Why are we sunk in sleep? Let us put away laziness and light our lamps with the oil of good works, as it is written, lest we find ourselves standing outside the doors, lamenting.

Verse: Holy archangels and angels, pray to God for us!

O angels who sing praises to the eternal Father, from Whom proceed the Son and the Holy Spirit, be diligent in quickly sending down to us today the gifts of divine grace which have been granted to us.

Glory be: Now and for ever: O Mother of God, we, the faithful, know you to be the bridal-chamber and dwelling-place of the ineffable incarnation, and the ark of the law; therefore, we unceasingly extol you.

Aposticha

Wash me with my tears, O Savior,* for I have defiled myself with many sins;* therefore, I fall down before you, crying;* I have sinned, O God! Have mercy on me!

Verse: In the morning... (p. 146).

I am a sheep of Your spiritual flock*, and I hasten to You, the Good Shepherd.* Seek me out who am lost, O God, and have mercy on me.

Verse: Let the favor of the Lord... (p. 146).

Who is not filled with awe,* beholding the good fight which you fought, O holy martyrs;* how, though in the flesh, you vanquished the incorporeal foe,* confessing Christ and having armed yourselves with the cross?* Because of this, you have befittingly shown yourselves to be expellers of the demons* and victors over the barbarians, unceasingly praying that our souls be saved.

Glory be: Now and for ever: O Godbearer! Queen of all, boast of the true believers: Cast down the arrogance of the heretics,* and put them to shame who neither bow down before nor venerate your precious icon,* O all-pure One.

MONDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Zvanyj svyshe byv*): Imitating the woman of Canaan, O my soul,* cling to Christ and often call out: * Have mercy on me, O Master!* The child I have is my unruly flesh, tormented by the devil.* I pray: Drive out its fever and calm its frenzied movements,* bringing about its mortification by salutary fear,* through the prayers of the all-pure One who conceived and gave birth to You, O Christ,* and through the prayers of all the saints.* O Benefactor, most merciful.

You sent Jonah to preach to the Ninevites who had sinned.* When they repented, the wrath of God changed to mercy,* and they were delivered from furious destruction.* Send also to me Your powerful help, O Lover of mankind,* that I may turn away from my immeasurable transgressions,* so that weeping bitterly and lamenting, I may be led onto the path of repentance* to be delivered from the multitude of my transgressions by Your mercy.

Because You are compassionate, You came into the world* to save those who sin, and to call them to repentance.* Have mercy on me who have angered You more than all the rest.* Save me on account of Your goodness and lead me to repentance.* Give me thoughts of contrition through Your grace,* make my heart humble, single of purpose, and gentle without guile.

Aposticha

With my tears I desire to wash away the mark of my sins,* O Lord, and through penance, I long to make the rest of my life pleasing to You;* but the enemy deceives me and struggles with my soul.* Save me before I completely perish, O Lord.

Who is there among the storm-tossed* who hastens to Your harbor and is not saved, O Lord?* Who is ill and seeks Your healing and is not cured?* O Creator of everyone and Healer of the sick,* save me before I completely perish, O Lord.

O God, Who has accepted the long-suffering of the holy martyrs,* accept our song, O Lover of mankind,* and grant us Your great mercy through their prayers.

Glory be: Now and for ever: Deliver us from peril, O Mother of Christ our God.* You are the one who gave birth to the Creator of all.* Now we all cry to you:*

Rejoice, only mediatrix of our souls!

TUESDAY MATINS**Sessional Hymns**

1. As I sail across the sea of this present life,* I consider the abyss of my many evils;* and lacking a steersman for my thoughts,* I cry out with Peter: Save me, O Christ!* Save me O God, for You love mankind.

Glory be: Now and for ever: Since you are truly the Mother of God,* pray to your Son our God with the confidence of a mother:*

that He preserve this city, which turns to your protection,* and having their strength in you,

hastens to you,* as to a harbor and fortress,* the only protectress of the human race.

2. Condemned by our many sins,* and saddened by the fear of torments,* we bring sincere tears of repentance to You, O Christ our God,* Who have authority over life and death,* and we cry out to You with a contrite heart:* We have sinned, O God; save us!

Glory be: Now and for ever: O only pure, only blessed Virgin Godbearer,* we have come to know the Word of the Father, Christ our God,* Who became incarnate of you;* therefore, singing hymns to you unceasingly, we extol you.

Canon - Ode 9

Hirmos: The God of Israel showed power in His arm, for He has cast the mighty from their thrones and exalted the lowly. The Orient from on High has visited us, and guided us in the way of peace.

Verse: Glory be to You, our God, glory be to You!

Behold the mystical bridal-chamber has been opened, and the wise, having lighted their lamps with the oil of the virtues, enter it in splendor. Shake off the sleep of slothfulness, O my soul, that, bearing your own lamp, you may enter in with Christ.

Verse: O holy prophet, forerunner and baptizer of the Lord, John, pray to God for us!

You have shown yourself to be a beautiful turtledove and a melodious swallow, O divine Forerunner, heralding the divine springtime of Christ. Beseech Him to deliver me from the soul-corrupting winter and the tempest of sin, I implore you.

Glory be: Now and for ever: O God-loving Godbearer, who gave birth to the good-loving God: Entreat Him to

deliver me from all evil, and to make my heart zealously for Him, hating the sweet pleasures of the flesh, that I may extol you with hymns.

Aposticha

I am a sheep of Your spiritual flock,* and I hasten to You, the Good Shepherd.* Seek me out who am lost, O God, and have mercy on me.

The storm of my sins has overwhelmed me, O Savior;* therefore, unable to endure the waves,* I fall down before You, the only Helmsman.* Stretch forth your hand as You did to Peter,* O Lover of mankind, and save me.

You have become fellow partners with the angels, O holy martyrs,* bravely confessing Christ before the judges;* you renounced all the beautiful things in the world as though it did not exist,* and clung to the faith as a steadfast anchor.* For this reason, having driven away deception, you grant to the faithful gifts of healing,* unceasingly praying that our souls may be saved.

Glory be: Now and for ever: O blessed Mother of God,* preserve your servants from all misfortunes,* so that we may glorify you,* the hope of our souls.

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Jako dobl'a*): Raised upon the cross, pierced by a spear,* Your fingers bloodied, O all-good Master,* You signed our emancipation;** and tearing up the decree against our ancestor Adam,* You set human nature free.* For this, O Compassionate One,* we sing Your goodness, which surpasses all understanding.

O Jesus our Master,* we sing the praises of Your sufferings.* of the cross, the lance, the reed, the sponge, and the nails,* of the scourging, the purple, and the crown of thorns.* of the spitting and the mockery that of Your own will You suffered.* I extol Your long-suffering, O only Giver of life;* in You there is no evil,* and I glorify You in faith, O Lover of mankind.

O Height of goodness,* I venerate and honor Your precious cross with love,* and I glorify Your condescension to us.* Your tender mercy which is more than human minds can grasp,* and Your wealth of goodness by which You saved mankind,* who was held in the darkness of transgression.* Glory to Your crucifixion, O Christ!

Aposticha

O Christ, You have given us* an invincible weapon in Your cross,* and with it we vanquish the assaults of the enemy.

With Your cross to help us at all times,* O Christ, we destroy with ease* the snares of the enemy.

O saints, who have the boldness* to approach the Savior,* pray without ceasing for us sinners,* asking remission for our sins, and mercy for our souls.

Glory be: Now and for ever: (*Podoben – Zvanyj svyshe byv*):
The Lord said: O Mother,* do not mourn for Me as you behold upon the cross* your Son and God Who hung the formless earth upon the waters,* and fashioned all creation;* for I shall rise again and shall be glorified.* I shall destroy the power of the kingdom of Hades,* and shall bring its strength to naught.* I shall release from its wickedness those in bondage.

WEDNESDAY MATINS

1: When You were nailed to the cross* and Your side was pierced by a spear,* You redeemed us from the curse of the law by Your precious blood* and poured forth immortality upon mankind.* O our Savior, glory be to You!

Glory be: Now and for ever: When Your unwedded Mother beheld You raised upon the cross,* O Christ, lamenting, she cried out,* saying such things as: What is this new and strange wonder, O my Son?* How is it that the wicked assembly* nailed to the cross You Who bestow life upon all*, O my most sweet Light!

2. Quickly hasten with Your aid, O Christ our God,* before the enemy who blasphemers You* enslaves us and threatens us.* By Your cross destroy those who assail us,* so that they may know how powerful is the faith of the true believers,* through the prayers of the Mother of God,* O only Lover of mankind.

Glory be: Now and for ever: The Virgin Ewe-lamb, seeing on the cross the Lamb* Who was born of her without seed,* pierced by a spear, cried out, wounded with arrows of grief: * What is this new mystery?* How is it that You die, Who alone are the Lord of life?* Therefore, arise, and raise up our fallen forefather with You!

Canon – Ode 9

Hirmos: Christ, the Chief Cornerstone, uncut by human hands, Who united the two distinct natures, was cut from you, the unhewn mountain, O Virgin. Therefore, filled with joy, we extol you, O Theotokos.

Verse: Glory to Your holy cross and crucifixion, O Lord!

Behold the Life of all appeared, hanging on the cross;
and the sun, unable to endure the sight, withdrew its rays,
and the earth quaked, but the thoughts of the faithful are
made steadfast in piety and purity.

Verse: Most holy Mother of God pray for us!

That we may glorify you who are truly all-glorious, O
Virgin, deliver us from all the irrationality of sin, and
make us, who hasten to your mercy, partakers of the glory
of heaven.

Glory be: Now and for ever: Confound all the counsels of
those who have arrayed themselves against us, O Mother
of the most high God, and fill with joy those who set their
hope in you, so that we may all ardently proclaim your
help.

Aposticha

Let Your cross be our bulwark, O Jesus our Savior;* for
we, the faithful, have no other hope but You* Who were
nailed to it in the flesh, and grant us great mercy.

You have given a sign to those who fear You, O Lord,* -
Your holy cross,* whereby You put to shame the princes
and rulers of darkness,* and restored us to our original
blessed state.* For this, we glorify Your loving provi-
dence,* O almighty Jesus, Savior of our souls.

How can we fail to marvel at your struggles, O holy mar-
tyrs?* For, clad in mortal bodies, You vanquished the bod-
iless enemies.* The threats of the persecutors did not
frighten you,* neither did the infliction of tortures daunt
you.* You have truly been glorified by Christ, as is fit-
ting;* therefore, implore great mercy for our souls.,

Glory be: Now and for ever: Seeing Christ slain, Who put the deceiver to death,* the most pure Lady cried out to Him Who was conceived in her womb,* and, marveling at His long-suffering, said:/* My most beloved Child, do not forget Your handmaid.* Do not delay, O Lover of mankind, my consolation!

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben — Jako dobl'a*): O glorious ones, who waged war* with the most mighty wisdom,* you arrayed yourselves against the wicked foe,* having valiantly armed yourselves with the armor of the Spirit,* You destroyed all the might of the demons,* and seized men's souls like plunder.* For this, we honor you forever, O apostles.

Spreading out the net of faith in the form of the cross,* the twelve divine apostles caught all the nations* and drew them to knowledge of You, O Christ;* and they dried the salty sea of the passions.* Therefore, I implore You* call me from the depths of my transgressions,* through their most pleasing supplications.

Let divine hymns be sung today* in praise of the twelve apostles, the chosen ones of God:/* Peter and Paul, James, Luke, and John,* Matthew, Thomas and Mark,* Simon, Philip and all-glorious Andrew* and Matthias, the most wise and godly Bartholomew,* and the seventy apostles.

Aposticha

O Christ, You have enlightened the choir of the apostles with the Holy Spirit.* For their sake, O God, wash away the defilement of our sins,* and have mercy on us.

The Holy Spirit revealed the illiterate disciples to be teachers.* O Christ our God, and with their harmonious eloquence* He has put an end to deception of the pagans,* for He is all-powerful.

O martyrs of the Lord, living sacrifices,* spiritual holocausts, perfect offerings, lambs who know God,* and are known by Him,* and into whose fold the wolves cannot enter.* Pray that with you we also may find rest by waters of peace.

Glory be: Now and for ever: Deliver us from our afflictions,* O Mother of Christ our God, who gave birth to the Creator of all,* so that we may all cry out to you.* Rejoice, O only mediatrix of our souls!

THURSDAY MATINS

Sessional Hymns

1. O Christ, You have shown Your disciples* to be beacons for the ends of the earth,* shining forth Your wisdom upon souls in darkness.* Through them You cast the deception of idolatry into darkness,* and by teachings of piety You enlightened the world;* therefore, through their prayers save our souls.

Glory be: Now and for ever: O most pure Lady,* refuge of those in sorrow,* reconciler of sinners with God, O Virgin all-praised.* From every assault and human malice,* from terrible torments and disorderly passions save us,* who with doubtless faith always call upon you.

2. (*Podoben – Skoro predvary*): O Savior, You have shown Your disciples* to the world as preachers of the faith,* guiding, through them, the world to the knowledge of You;* for with rays of the word they shed light upon all,*

dispelling the darkness of ignorance with faith.* By their supplications save our souls.

Glory be: Now and for ever: We extol you, O Mother of God, singing.* You are the only blessed One,* who gave birth to Christ, our God.

Canon – Ode 9

Hirmos: Christ, the Chief Cornerstone, uncut by human hands, Who united the two distinct natures, was cut from you, the unhewn mountain, O Virgin. Therefore, filled with joy, we extol you, O Theotokos!

Verse: Holy apostles, pray to God for us!

O apostles, who received from Christ the authority to loose and to bind, loose the bonds of my evils and bind me to the love of God, so that I may become a sharer in the kingdom of God.

Verse: Holy bishop Nicholas, pray to God for us!

Your tomb, O venerable Nicholas, is ever working healings. It pours forth a fragrant myrrh to all who approach it in faith and love and buries the assaults of illness. For this reason, we all praise you.

Glory be: Now and for ever: We joyfully offer you the salutation of the divine Gabriel, and we cry out: Rejoice, O paradise in whom is forever the Tree of life, O all-glorious palace of the Word. Rejoice, O most immaculate Virgin!

Aposticha

O Christ, You have enlightened the choir of the apostles with the Holy Spirit.* Through their intercession, O God,* wash away the defilement of our sins,* and have mercy on us.

The Holy Spirit revealed the illiterate disciples to be teachers.* O Christ our God, and with their harmonious eloquence* He has put an end to deception of the pagans,* for He is all-powerful.

Precious is the death of Your saints, O Lord!* For broken by swords, fire and freezing cold,* they shed their blood, setting their hope in You,* that they would receive a reward for their toils.* Having endured all things, they received from You, O Savior, great mercy.

Glory be: Now and for ever: In you, O Mother of God,* we have acquired a bulwark, a calm harbor and support;* for this reason, during the storms of life, we pray to you:*

Guide us, and save us.

THURSDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Dal jesy'znamenije*): All creation changed and trembled when it saw You crucified.* The whole earth was shaken and quaked, O long-suffering Word.* The curtain of the temple was rent with fear at the outrage done to You.* The rocks also split with terror,* and the sun hid its rays,* knowing You to be the Creator.

How did the evil people dare to condemn You, the immortal Judge* Who in the wilderness gave the Law to Moses?* How could they look without fear* at the Life of all killed upon the cross,* without it entering into their minds* that You were the only God*, and Master of creation?

O most merciful Lord,* Your side was pierced with a lance,* and thereby the handwriting was torn to shreds* that had been from all time against our ancestor Adam.*

The rejected nature of mankind was sanctified again* by the sprinkling of Your blood.* Glory to Your power; glory to Your divine crucifixion,* O all-powerful Jesus, Savior of our souls!

Aposticha

O Christ, You have given us an invincible weapon in Your cross,* and with it we vanquish* the assaults of the enemy.

With Your cross to help us at all times,* O Christ, we destroy with ease* the snares of the enemy.

Send down upon us Your great mercy, O Christ our God,* for You are glorified in the memory of Your saints.* Hear their prayers on our behalf.

Glory be: Now and for ever: (*Podoben – Zvanyj svyshe byv*): The Lord said: O Mother,* do not mourn for Me as you behold upon the cross* Your Son and God Who hung the formless earth upon the waters,* and fashioned all creation;* for I shall rise again and shall be glorified.* I shall destroy the power of the kingdom of Hades*, and shall bring its strength to naught.* I shall release from its wickedness those in bondage.

FRIDAY MATINS

Sessional Hymns

1. O Savior, Your enemies nailed You to the cross,* from which You called us from among the pagan nations, O Christ our God.* Of Your own free will You stretched out Your hands upon the cross,* O only Lover of mankind,* and allowed Yourself to be pierced in the side by a spear.

Glory be: Now and for ever: O all-immaculate Virgin, Mother of Christ God,* a sword pierced your all-holy

soul* when you beheld your Son and God crucified of His own free will.* Never cease to beseech Him, O blessed One,* that He grant us forgiveness of sins.

2. When You were wounded in Your divine side by the spear, O Master*, the weapons of the invisible enemy completely failed,* and all the force of his malice was destroyed.* For this, we worship Your saving sufferings,* glorifying Your divine providence.

Glory be: Now and for ever: When Your all-pure Mother beheld You lifted upon the cross, O Word of God,* she exclaimed, lamenting maternally:* What is this new and strange wonder, O my Son?* How is it that You taste death, O Life of all,* desiring to bring life to the dead,* because You are merciful.

Canon – Ode 9

Hirmos: Let every mortal rejoice, enlightened by the Spirit. Let the angels celebrate, honoring the sacred feast of the Mother of God; let them cry out: Rejoice, O all-blessed Godbearer, ever pure Virgin!

Verse: Glory to Your holy cross and crucifixion, O Lord!

You Who love mankind, and will come to judge mankind, stood condemned. Of Your own will and desire You were crowned with the crown of thorns, O Christ our Savior, uprooting the thorns of disobedience, and planting in the hearts of all the knowledge of Your loving-kindness.

Verse: Holy martyrs, pray to God for us!

O holy martyrs, you conformed yourselves to the sufferings of Christ, and became fellow heirs of the kingdom and splendor. Therefore, enlighten us who sing hymns to you, O all-wise ones, delivering us from the gloom of sin and every danger.

Glory be: Now and for ever: Save us, O pure One, who gave birth to the most compassionate Savior! Have pity on me, your servant, and direct me to the ways of repentance. Drive away from me the temptations of the evil one; deliver me from his pursuit, and rescue me from everlasting fire, O all-immaculate One!

Aposticha

Let Your cross be our bulwark, O Jesus our Savior;* for we, the faithful, have no other hope save You* Who was nailed to it in the flesh, and grant us great mercy.

You have given a sign to those who fear You, O Lord,* – Your holy cross,* whereby You put to shame the princes and rulers of darkness,* and restored us to our original blessed state.* For this; we glorify Your loving providence,* O almighty Jesus, Savior of our souls.

Who is not filled with awe,* beholding the good fight which you fought, O holy martyrs:* how, though in the flesh, you vanquished the incorporeal foe,* confessing Christ and armed with the cross?* Therefore, as it is fitting, you were shown to be expellers of the demons* and the victors over the barbarians,* unceasingly praying that our souls be saved.

Glory be: Now and for ever: When she beheld You nailed to the cross,* O Lord, the Ewe-lamb, Your Mother, marveled and cried out: * What is this that I see, O my most beloved Son?* Is this how the wicked assembly repaid You for all the miracles You performed for them.* Glory be to Your ineffable condescension, O Master!

FRIDAY VESPERS

Stichera at “O Lord, I have cried...”

Three stichera of the saint of the day and the following three:

(*Podoben – Dal jesy znamenije*): Emulating the sufferings of Christ Who loves mankind, O martyrs,* you gave your bodies over to wounds and bitter torments, and myriad pains,* ever looking forward to the divine delights of heaven,* the inexhaustible joys of paradise, and everlasting glory;* and having received this,* you pray for those who sing hymns to you.

With the power of the cross,* O holy martyrs, you struggled well* and by your sufferings you mightily cast down the enemy.* Therefore, by celebrating your memory, we are sanctified* through the action and grace of the most holy Spirit.* O holy warriors of Christ,* pray to the Savior in behalf of the world.

O most sacred pastors, as glorious emulators of Christ,* the Chief Shepherd, the King of all,* you readily laid down your lives for the sheep,* and endured grievous misfortunes, O all-blessed ones;* and as champions you save the divinely chosen flock* unharmed by ravenous wolves.

Glory be: Now and for ever: (*Dogmaticon*): O Mother of God, David the prophet and forefather of Christ,* foretold in song the great things that would happen to you.* He revealed that you would be a queen,* standing at the right hand of God;* and that you would be the Mother of Life* and intercessor for the world.* He prophesied that God, in His good will toward all,* would become incarnate of you without a human father.* Thus He would restore His image within us,* which had become disfigured by our

passions.* He would seek out the lost sheep that was trapped in the hills;* He would lift it upon His shoulder and carry it to His Father* Who would place it in the midst of His heavenly hosts.* In like manner, Christ will save the world* because of His great and abundant mercy.

Aposticha

You are glorified in the memory of Your saints, O Christ God.* Through their intercessions,* send upon us great mercy.

O God, Who has accepted the long-suffering of the holy martyrs,* accept our song, O Lover of mankind,* and grant us Your great mercy through their prayers.

With the souls of the just brought to perfection,* give rest, O Savior, to the souls of Your servants,* keeping them for the blessed life with You;* for You love mankind.

Glory be: Now and for ever: O candle, whose light is never quenched,* throne of righteousness, most pure Lady,* pray that our souls may be saved.

SATURDAY MATINS

Sessional Hymns

1. Armed with the cross, O Christ our God,* Your martyrs overcame the wiles of the enemy, the author of evil,* and shone forth, guiding mortal men like beacons;* and they give healings to those who ask with faith.* Through their supplications save our souls.

Glory be: Now and for ever: O Mother of God, the mystery hidden from all eternity* and unknown even to the angels,* was revealed through you to those on earth:*

God took on our human nature* and united it to His divine

nature in a perfect but unconfused union.* Then, He willingly accepted the cross for our sake* and thereby raised again the first created,* and saved our souls from death.

2. Adorned with the blood of the martyrs throughout the world,* as with purple and fine linen, Your Church, cries out to You* through them, O Christ God:* Send down Your blessings upon Your people,* and grant peace to the world and great mercy to our souls.

Glory be: Now and for ever: O pure and most immaculate One* who knew not wedlock and gave birth to the only eternal Son* and Word of God in time:* Beseech Him with the holy and honorable patriarchs,* the martyrs and prophets, and the venerables,* that He grant us cleansing and great mercy.

Canon – Ode 9

Hirmos: Eve, through weakness, abode under the curse of disobedience, but you, Virgin Mother of God, brought forth a blessing upon the world* through the Fruit of your womb; for this reason, we extol you.

Verse: Holy martyrs, pray to God for us!

Seeing the divine gifts and receiving honors for their great sufferings, the martyrs rejoice, glorifying Christ Who truly exalted them and showed them to be victors.

Verse: All you saints, pray to God for us!

Let us bless all the venerables and righteous, the hieromartyrs and all the prophets, and the women who splendidly pleased God, crying out: Through their prayers, O Christ, deliver our souls from hell.

Glory be: Now and for ever: O most immaculate One who are more exalted than the Cherubim, because you gave

birth to the Sustainer of all things, elevate my mind, strengthen me against the carnal passions, so that I may do the will of the Master.

Aposticha

You have become fellow partners with the angels, O holy martyrs,* bravely confessing Christ before the judges;* you left behind all that is beautiful in the world as though it did not exist,* and preserved the faith as a secure anchor.* Therefore, having driven away deception,* you grant to the faithful gifts of healing,* praying unceasingly that our souls may be saved.

How can we fail to marvel at your struggles, O holy martyrs?* For, clad in mortal bodies, You vanquished the bodiless enemies.* The threats of the persecutors did not frighten you,* neither did the infliction of tortures daunt you.* You have truly been glorified by Christ, as is fitting;* therefore, implore great mercy for our souls.

Precious is the death of Your saints, O Lord!* For broken by swords, fire and freezing cold,* they shed their blood, setting their hope in You,* that they would receive a reward for their toils.* Having endured all things,* they received from You, O Savior, great mercy.

Glory be: Now and for ever: O only pure and undefiled Virgin,* who gave birth to God without seed,* pray that our souls may be saved.



TONE FIVE

SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

With Your precious cross, O Christ,* You have put the Devil to shame.* With Your resurrection You have deadened the sting of sin,* and have saved us from the gates of Death.* We, therefore, glorify You, O only-begotten Son of God.

O Christ, Who granted resurrection to mankind,* You were led like a lamb to the slaughter.* Then the princes of Hades were struck with terror* as they saw the gates of their tearful domain being lifted up;* for Christ, the King of glory, entered therein* and exclaimed to those in chains: Go forth from here!* and to those in darkness: Go forth into the light!

What a great wonder!* The Creator of invisible beings suffered in the flesh for mankind,* and rose from the dead as immortal.* Come, therefore, all you nations and adore Him;* for through His compassion we have been freed from the snares of the Devil,* and we have learned to praise the one God in three persons.

We offer to You our evening worship,* O Light Whom the darkness of night can never extinguish.* For in these latter days Your radiance has appeared to the world,* shining in Your flesh as light reflected from a mirror.* Your brilliance has descended even to the depths of Hades and dissolved its gloom.* O Lord, Giver of light, glory to you;* for You have shown the radiance of Your resurrection to all the nations.

Let us glorify Christ, the Author of our salvation;* for by His resurrection from the dead,* the world has been delivered from the deception of Satan.* The choirs of angels

rejoice as the treachery of evil spirits vanishes.* Fallen Adam arises, and the Devil is vanquished.

Those who guarded the tomb of Christ* were told by the evil men who hired them: * Take this silver and keep silent.* Tell no one of the resurrection of Christ;* rather tell everyone that while you were sleeping His body was stolen.* But who has ever heard of a body being stolen,* a body which had already been anointed?* Why would anyone take a body from the grave naked,* and leave the burial shroud in the tomb?* Do not deceive yourselves, O people of Judea.* Study the teachings of the prophets,* and you will come to understand that Jesus Christ is almighty God,* and truly the Savior of the world.

O Lord our Savior, Who subjected hell and conquered Death,* and enlightened the world through Your precious cross,* have mercy on us.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): The passing of the Israelites through the Red Sea* was already a foreshadowing of the virgin-birth.* On that occasion, Moses parted the waters;* at the incarnation, Gabriel announced the miracle of God's union with Mary.* In ancient times, the Israelites passed through the depths of the sea* without being drenched by the waters;* now the Virgin has given birth to Christ without seed.* After the Israelites passed through the sea, it remained impassible;* after the birth of Emmanuel, the immaculate Virgin remains forever incorrupt.* O God, Who exists from all eternity, and yet appeared as man,* have mercy on us.

Aposticha.

O Christ, our Savior,* we lift up our voices in song to glorify You.* For, in Your love for mankind,* You became incarnate without leaving heaven;* You accepted the cross

and death;* You cast down the gates of Hades;* and on the third day You arose from the dead* for the salvation of our souls.

Verse: The Lord reigns, He is clothed in majesty.

O Giver of life, streams of forgiveness, life, and salvation* poured forth from Your pierced side upon us all.* By accepting physical death, You granted us immortality;* by lying in the tomb, You freed us from Hades,* and as God, by rising from the dead,* You raised us with Yourself in glory*. Therefore, we cry out to You: O Lover of mankind, glory to You!

Verse: For He has made the world firm, which shall not be moved.

O Lover of mankind,* Your crucifixion and descent into Hades are most wondrous.* For, as God, You thereby conquered the power of Hades* and raised up in glory, with Yourself, those who were long imprisoned there.* You reopened paradise and enabled them to enter.* Grant forgiveness of sins to us* who glorify Your resurrection on the third day,* for You alone are all-merciful.

Verse: Holiness befits Your house, O Lord, for length of days.

O Lover of mankind, *You accepted suffering in the flesh* and rose from the dead on the third day.* Therefore, heal the passions of our flesh,* raise us from our dreadful iniquities, and save us.

Glory be: Now and for ever: O most pure Virgin,* you are the temple, the gate, the palace, and the throne of the King.* Christ, our Redeemer and Lord,* appeared through you to those who slumbered in darkness.* For He, as the Sun of righteousness,* wished to enlighten those whom He created with His own hands* according to His own image.* Therefore, O Lady, whom we always praise in song,* we beseech you to intercede with Christ for the salvation of our souls;* for, as His mother, you can approach Him with the greatest confidence.

SUNDAY MATINS**'Sessional Hymns -**

1. Let us praise the honored cross of the Lord;* let us venerate His holy burial with hymns;* let us glorify His holy resurrection.* For He raised the dead from the graves because He is God.* He despoiled the might of Death and broke the power of Satan,* and He shed light on those who are in Hades...

Glory be: Now and for ever: In you, O all pure Virgin, we recognize a marvelous wonder of conception* and unspeakable manner of birthgiving.* It astounds our minds and shocks our understanding.* Your glory, O Mother of God, is known to all* for the salvation of our souls.

2. You were accounted among the dead, O Lord,* even though You put to death the Prince of death.* You were placed in a grave although You emptied the graves.* On earth the soldiers guarded the tomb,* but below, You raised the dead who from ages past had fallen asleep.* Therefore, O Lord, the almighty and incomprehensible One, glory to You!

Glory be: Now and for ever: Rejoice, O holy mountain which the Lord ascended!* Rejoice, O living bush, unconsumed by the fire!* Rejoice, only bridge reaching from the world to God and leading the dead to eternal life!* Rejoice, O pure One, free of corruption;* you gave birth without the aid of man to the Savior of the world!

Gradual Hymn

In my sorrow I sing to You* just as David did, O Lord.* Deliver my soul from deceitful tongues...

Blessed is the life of those who dwell in the desert,* for they are carried on the wings of divine love.

Glory be: Now and for ever: The Holy Spirit upholds the entire universe,* both the visible and the immaterial world.* He holds all powers in Himself,* for He is truly One of the Trinity.

Prokimenon: Ps 9

Arise then, Lord, lift up Your hand! The Lord is king forever and ever.

Verse: I will praise You, Lord, with all my heart; I will recount all Your wonders.

Canon

Hirmos 1: Christ, Who puts a stop to wars, has stretched forth His hands and hurled horse and rider into the Red Sea; but He saved Israel who began to sing the hymn of victory.

Hirmos 3: You set the earth upon the void according to Your command, and despite its weight, You firmly suspended it there. Strengthen Your Church upon the unshakable rock of Your commandments, O Christ, in Your goodness and love for all.

Hirmos 4: Seeing in spirit Your divine condescension, O Christ, the prophet Habakkuk trembled and cried out: You have come for the salvation of Your people, to save those who are consecrated to You.

Hirmos 5: O Lord, You are clothed with light as with a cloak; I keep watch before You and cry out to You: Illumine the darkness of my soul, O Christ, because of Your great love.

Hirmos 6: When the ravaging storm rages over my soul, O Christ our Lord, calm the ocean of my passions and deliver me from evil, O God of mercy.

Hirmos 7: The Most High, the Lord and God of our ancestors, extinguished the flame and covered the youths with dew; and with one voice they sang: Blessed are You, O Lord, God of our ancestors.

Hirmos 8: In the furnace the youths weaved a dance with the whole universe for You, O God and Creator, and they sang: Praise the Lord, all you works of the Lord, and exalt Him forever.

Ode 9 - Hirmos: O Isaiah, dance for joy, for the Virgin has given birth to a son, and from her womb is born Emmanuel; He is God in the flesh among us and Orient is his name. We glorify Him, O Virgin, and we proclaim you blessed.

'*Verse:* Glory to Your holy resurrection, O Lord!

O Christ our Master, You have completely taken upon Yourself our fallen nature and united it to Yourself in the womb of the Virgin. As the only One free from sin, You deliver us completely from corruption by Your holy passion.

'*Verse:* Glory to Your holy resurrection, O Lord!

O Christ our Master, by the stream of Your divine blood flowing from Your life-giving and immaculate side, the sacrifices to false gods have ceased; and together with all the earth, we offer a sacrifice of praise to You.

Glory be: Now and for ever: It is not God without a body nor simply a human person, that the pure and sinless Virgin has brought into the world. But He is indeed truly God and truly human, and we extol Him with the Father and the Spirit.

Holy is the Lord our God (3x).

'*Sunday Exapostilarion*

Stichera at the Praises

You came forth from the grave,,O Lord,* which had been sealed by the transgressors of the law,* just as You were born of the Theotokos.* For the bodiless angels did not know how You were incarnate.* Likewise, the guardian soldiers did not see the moment of Your resurrection,* for

these two marvels were concealed from the curious minds* but were revealed to those who worshiped the mystery in faith.* Therefore, grant joy and great mercy to us who offer You praise.

O Lord, You demolished the gates of everlasting damnation,* and You broke asunder the chains of the grave.* You rose from the tomb leaving Your wrappings in the grave* in testimony of Your three-day burial;* and leaving the guards watching at the tomb,* You preceded Your disciples into Galilee.* Great is Your mercy, O Lord Whom the whole world cannot contain.* O Savior, have mercy on us.

O Lord, who suffered for us,* the women hastened to Your tomb to behold You.* When they arrived, they saw an angel sitting on the stone of the grave.* He said to them: The Lord is risen!* Go and tell the disciples that the Savior of our souls is risen from the dead.

O Lord and Savior,* You came into the midst of Your disciples though the doors were closed* just as You came out of the sealed tomb,* showing the sufferings of the flesh which You accepted;* for You submitted to suffering patiently since You are of the seed of David.* But since You are the Son of God, You saved the world.* Great is Your mercy, O Lord Whom the whole world cannot contain.* O Savior, have mercy on us.

O Lord, the King of ages and Creator of all,* who accepted crucifixion and burial in the body for our sakes* to deliver us all from Hades,* You are our God, and besides You we know no other.

O Lord God, who shall proclaim Your dazzling wonders?* Or who shall declare Your divine mysteries?* For You were willingly incarnate for our sakes,* manifesting the might of Your power.* By Your cross You opened paradise to the thief;* by Your death You crushed the bars and

bolts of Hades;* and by Your resurrection You enriched all creation.* Therefore, O compassionate One, glory to You!

Verse: Arise then, Lord, lift up Your hand, O God, do not forget the poor!

The myrrh-bearing women reached Your tomb early in the morning,* seeking to anoint You, O immortal Word.* When they were instructed by the words of the angel,* they turned back with joy* to tell the apostles clearly that You had risen, O Life of all,* and had given the world forgiveness and great mercy.

Verse: I will praise You, Lord, with all my heart; I will recount all your wonders.

The guards, keeping watch over the God-bearing tomb, said to the Pharisees: Woe to your vain counsel, for you sought to keep the boundless One.* You have labored in vain;* for you thought that you could hide the resurrection of the crucified One,* but you only showed it more clearly.* Woe to your foolish secret meeting.* Why do you take counsel to hide what cannot be hidden?* It would be better that you listen to us* and choose to believe in that which happened.* An angel, resplendent like lightning,* descended from heaven and rolled away the stone,* and from fear of Him we were encompassed by death.* To the courageous myrrh-bearing women he said: Do you not see the guards as dead, the seals broken, and Hades emptied?* Why do you then seek as dead,* Him Who abolished the victory of Hades and broke the thorn of death?* Go quickly and tell the good news of the resurrection to the apostles,* and shout fearlessly, saying: In truth the Lord is risen, the One Who gives us great mercy.

Glory be: Gospel Stichera.

Now and for ever: You are truly most blessed... (p. 140).

SUNDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben - Raduysia*): I weep and moan bitterly* as I consider the awesome recompense I must make' for my words.* I have become miserable because of my guilt.* And so I pray to You: O my Christ, grant me deliverance from my sins,* and grant me great mercy before an untimely death overtakes me;* before the reaping of death and the last judgment;* before I receive the judgment awaiting me,* where there is the gnashing of teeth,* and where the worm consumes the sinner.

I have despised Your Law and Scripture;* I have become miserable because I rejected Your commandments.* O my God and my Creator,* how shall I escape the awaiting torment?* Before my end, O my Savior,* grant me forgiveness and the gift of many tears.* Grant me true repentance, for You are a most kind God.* Drive away the armies of devils* which are trying to lead me down into the Abyss.* I pray to You: Do not take Your powerful hand away from me.

How is it that my mind is darkened?* How is it that I have separated myself from You,* and that I am a wretched slave to sin?* How is it that I surrender to all my passions and bodily desires;* and that I live according to the flesh?* And now I await my departure from this life,* and the torment which is to come.* O most kind Lord, give me tears of repentance,* and forgiveness of my countless sins.* I faithfully pray to You,* for You grant great mercy to all the world.

Aposticha

O Lord, I have never stopped sinning,* I do not understand the need to love my neighbor.* Overcome my igno-

rance, O gracious One,* and have mercy on me;* for You alone are the God of goodness.

Verse: I have lifted up my eyes... (p. 34).

O Lord, I am afraid because I have not stopped doing evil,* and because of the fear of You.* Who is not afraid of the judge at the trial?* And who, desiring to be healed, angers the physician as I have?* O long-suffering Lord, have compassion on my weakness and have mercy on me.

Verse: Have mercy on us, O Lord... (p. 34).

You were not concerned about all these earthly matters,* and you courageously braved the tortures.* You did not sin against hope,* having confidence in God's love for mankind;* and you were heirs to the kingdom of heaven,* O most praiseworthy martyrs.* Ask for peace for the world and great mercy for our souls.

Glory be: Now and for ever: Awesome, most glorious and great is the mystery!* The uncontrollable One is contained in the womb!* And the Mother still remains a virgin after giving birth,* because she gave birth to God.* He became incarnate from her!* Therefore, let us cry out with the angels: Holy are You, O Christ God,* Who became incarnate for our sake!* Glory to You!

MONDAY MATINS

Sessional Hymns

- When the Judge takes his seat and the angels stand before Him,* when the trumpet sounds and the flame is kindled,* what shall you do, O my soul, when you are brought to judgment?* For then your evils will confront you,* and your secret sins will be exposed.* Therefore, before the end cry out to the Judge: Cleanse me, O God, and save me!

Gory be: Now and for ever: O all-pure One who are holier than the Cherubim and more exalted than the Seraphim,* confessing you to be the true Theotokos,* we sinners have you as our helper and salvation in times of perils.* Therefore, do not cease to pray for us,* for you are the might and refuge of our souls.

2. O my soul, the things here on earth are transitory,* but the things of the life to come are eternal.* I envision the tribunal and the throne of the Judge,* and I tremble at the thought of giving answer.* Therefore, be converted with haste,* for the judgment is inexorable.

Glory be: Now and for ever: The angels in heaven, and with them we men on earth,* cry out to you with a voice of rejoicing, O Theotokos:/* Rejoice, most spacious gate of the heavens!/* Rejoice, only salvation of mortals!/* Rejoice, O pure and joyous One* who gave birth to God incarnate.

Canon – Ode 9

Hirmos: We, the generations of man, extol you who are blessed among women and blessed by God.

Verse: Glory be to You, O God, glory be to You!

O Lord, be merciful to me who have foolishly committed sins without number, and grant me Your kingdom, O Word.

Verse: Holy archangels and angels, pray to God for us!

As commander of the angelic ranks, O all-radiant Michael, and you, O Gabriel, as the true herald of the divine incarnation: Preserve all who praise you, O glorious ones.

Glory be: Now and for ever: With faith the archangels, authorities and thrones, the cherubim, powers and seraphim, the radiant angels, principalities and dominions,

minister to your Son with trembling, O pure and most blessed Theotokos.

Aposticha

Overlook the multitude of my transgressions, O Lord, Who was born of the Virgin;* and cleanse me of all my sins, granting me the desire to convert, for You alone love mankind.* I implore You: Have mercy on me.

Verse: In the morning... (p. 146).

Woe is me! To whom have I likened myself?* To the barren fig tree.* And I fear lest I be cursed and cut down.* But You, O Christ God, heavenly Gardener,* make my hardened heart fruitful, accept me as You did the prodigal son,* and have mercy on me.

Verse: Let the favor of the Lord... (p. 146).

Blessed is the army of the King of heaven,* for though the martyrs were mortals, yet they strive to attain the dignity of the angels.* They spurned the pains of their bodies,* and by their sufferings were granted the honor of the incorporeal ones.* Therefore, through their supplications, O Lord,* send down upon us great mercy.

Glory be: Now and for ever: O Full of Grace, Intercede with your prayers* and implore for our souls a multitude of graces and the cleansing of our many offenses;* we implore you.

MONDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Radujsia*): Woe is me for provoking the wrath of my merciful God and Lord.* O Christ, how often I have promised to repent* and been found a senseless liar.* For

I have soiled my first baptismal garment,* and I have also forsaken my covenant with You,* and this second commandment I confessed before You* in the presence of men and angels I have also abandoned, clad in a lamentable form.* Forgive me, O Savior, lest I perish.

What answer shall you give at the day of judgment, O my wretched soul?* Who shall draw you out of the eternal fire and all the other torments?* No one, if you do not yourself placate the compassionate Lord,* by forsaking your evil deeds,* and living in a way that is pleasing to God;* every day weeping over your countless transgressions,* which you committed at every hour in deed, word, and thought;* and by beseeching Christ* to grant you complete forgiveness.

O Christ, do not let the compelling habit of sin prevail over me;*, do not let the demon that is battling with me* gain possession of me or bear me down under his will.* Save me from his mastery and reign with me,* making me wholly Yours, O Lover of mankind.* Grant that I may live according to Your will, O Word,* and to have rest in You alone,* and to find the means of repentance, salvation, and mercy.

Aposticha

O Lord, I have never stopped sinning,* I do not understand the need to love my neighbor.* Overcome my ignorance, O gracious One,* and have mercy on me;* for You alone are the God of goodness.

O Lord, I am afraid because I have not stopped doing evil,* and because of the fear of You.* Who is not afraid of the judge at the trial?* And who, desiring to be healed, angers the physician as I have?* O long-suffering Lord, have compassion on my weakness and have mercy on me.

Putting on the shield of faith* and fortifying themselves with the symbol of the cross,* Your saints, O Lord, bravely went of their own accord to torture.* They defeated the craft and insolence of the devil.* By their supplications, O all-powerful God,* send peace to the world and great mercy to our souls.

Glory be: Now and for ever: O holy Mother and Virgin* who wipes away all tears from the face of the earth,* receive the anguish of my heart;* for you dispel the pains of mankind.* You disperse the sorrow of sinners; for in you, holy Mother,* we have all gained unfailing hope.

TUESDAY MATINS Sessional Hymns

1. Let us all keep vigil and greet Christ* with a multitude of oil and radiant lamps,* that we may be granted to enter the bridal-chamber;* for he who finds himself outside the doors cries out to God in vain.* Have mercy on me!

Glory be: Now and for ever: The strange mystery of the Virgin* has shown forth the Salvation of the world;* for He was born of her without seed* and manifested Himself in the flesh without corruption.* O Lord, Joy of all, glory be to You.

2. When your deeds are laid bare, O my soul,* and myriads of angels stand before the Judge,* what answer will you find for your shame,* if you will not cry out, weeping before the end:* I have sinned, O good Lord!* Have mercy on me.

Glory be: Now and for ever: Show forth, O pure One, your speedy protection,* help, and mercy to your servants.* Still the waves of my vain thoughts,* and raise up my fallen soul.* For I know, I know, O Virgin, that you can do whatever you desire.

Canon – Ode 9

Hirmos: Behold the Almighty has done a great thing for you: He has shown you to be a pure Virgin, even after birthgiving, for you gave birth to the Creator without seed; therefore, we extol you.

Verse: Glory be to You, our God, glory be to You!
That I may magnify Your long-suffering, I cry to You: O Jesus, be patient with me, and do not cut me down like the barren fig-tree, but let me produce for You the fruits of repentance.

Verse: Holy prophet, forerunner and baptizer of the Lord, John, pray to God for us!

The coming of the Creator is at hand! Why, therefore, do you not weep over yourself, O my wretched soul who lives indifferently. But arise and cry out to the Lord: Have pity on me, O Savior, through the entreaties of the Forerunner, for You love mankind.

Glory be: Now and for ever: You have shown yourself to be a radiant chariot of the Sun Who shone forth from your womb and dispelled the cruel darkness of deception, O most immaculate and pure One. For this, we bless you in faith as it is fitting.

Aposticha

Overlook the multitude of my transgressions,* O Lord Who was born of the Virgin;* and cleanse me of all my sins,* granting me the thought of converting, and have mercy on me,* for You alone love mankind.

Woe is me! To whom have I likened myself?* To the barren fig tree. And I fear lest I be cursed and cut down.* But You, O Christ God, heavenly Gardener,* make my hardened heart fruitful, accept me as You did the prodigal son,* and have mercy on me,

Your martyrs, O Lord, imitators of the angelic choirs,* endured tortures as though they had no bodies,* having only one hope that they would enjoy the good things promised them.* By their prayers, O Christ our God,* grant peace to Your world* and great mercy to our souls.

Glory be: Now and for ever: O hope of the hopeless, life of the despoiled,* intercessor of all who come to you, O holy Lady,* Virgin Mother of God, send down to us your help.

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

(Podoben - Radujsid): Like a lamb You were sacrificed on the cross,* and You overthrew the arrogance of the Deceiver.* Slaughtered, You sanctified the whole earth with Your blood;* and pierced with the lance.* You commanded the flaming sword to turn its back on me,* and commanded the entrance to paradise to let me in.* You told me to delight, without fear, in the tree of life.* Thus saved by Your passion, I joyfully proclaim:* Glory to Your divine cross* through which we have been delivered from the ancient curse;* for we have received the blessing of the tree and Your great mercy.

In Your desire to put an end to the suffering and shame of mankind, *You endured a shameful crucifixion, O Lord.* O Height of goodness, O my Savior,* You, in Whom there is no guile, have tasted gall.* You were wounded, O Lord, and pierced in the side by a lance;* You healed all our wounds because You are the Master.* Thus do we sing the praise of Your glorious desire,* and venerate and honor the lance, the sponge, and the reed* by which You granted the world peace and great mercy.

How could the multitude of the lawless people* mercilessly condemn You to be crucified upon the cross,* O compassionate Lord?* When the Virgin, who brought You forth without pain from her womb,* saw You, hanging upon the cross, she wept, saying: * What is the lawless assembly doing to You, O my Child,* the desire of my heart, my most-beloved Son?* Make haste to save those who glorify Your crucifixion in faith.* And, according to the promise You have made,* save also those who extol me;* for You alone are Supreme Goodness.

Aposticha

Once, while conquering Your enemies in the days of Moses the prophet,* You manifested only the figure of the cross.* Now that we have the cross itself, we beseech Your help.* Strengthen Your Church, and give her victory* for the sake of Your great mercy, O Lover of mankind.

Though Your cross appears to be only wood, O Christ,* yet it is arrayed as well with godlike power,* and makes itself visibly felt in the world,* spiritually bringing about the miracle of our salvation.* Venerating it, we glorify You, O Savior.

Intercede for us, O holy martyrs,* that we may be delivered from our iniquities;* for the grace to pray for us is given to you.

Glory be: Now and for ever: The Maker and God, assuming my entire form, was clothed in me* in His desire to take the form that belonged to Adam before the fall.* He was lifted up of His own will upon the cross,* and His hands, of His own accord, were nailed to it,* healing the hands that in ancient times fell weakened by eating from

the tree.* When she beheld You, the all-pure Virgin lamented.* What incomparable long-suffering is Yours, O my Son!* I cannot bear to behold You lifted upon the cross,* for You hold the earth in the hollow of Your hand.

WEDNESDAY MATINS

Sessional Hymns

1. The place of the skull became paradise,* for no sooner was the tree of the cross planted* than immediately You, the Vine of life, sprang forth, O Savior,* for our joy. Glory be to You!

Glory be: Now and for ever: When she, who without pain gave birth to You,* saw You raised upon the tree, she lamented, weeping, and exclaimed.* Woe is me, O my most sweet Son!* I am wounded in soul, beholding You nailed to the cross* as a malefactor between two thieves.

2. O Savior Who of Your own free will endured crucifixion and freed men from corruption,* we, the faithful, praise and worship You,* for You have enlightened us with the power of the cross;* and with fear, we glorify You as Lord and Bestower of life,* O Compassionate One Who loves mankind.

Glory be: Now and for ever: By the cross of your Son the falsehood of idolatry has been abolished* and the power of the demons has been destroyed,* O you who are full of the grace of God.* Therefore, we faithful always hymn and bless you as is fitting;* and confessing you to be the true Theotokos, we extol you.

Canon – Ode 9

Hirmos: Rejoice, O Isaiah! The Virgin has conceived in

her womb and has given birth to a Son, Emmanuel. Orient is His name; and, extolling Him, we call the Virgin blessed.

Verse: Glory to Your holy cross and crucifixion, O Lord! Like a lamb You were lifted upon the tree, O Christ our Master, breaking the jaws of the spiritual wolf, snatching Your rational sheep from his maw, and bringing them to the Father, O Master!

Verse: Most holy Mother of God, pray for us!

O pure One, you gave birth to the Savior, the unshakeable Foundation, Who by His command founded the earth upon the waters. Entreat Him to make us also steadfast who earnestly extol you.

Glory be: Now and for ever: As one self-condemned I ponder the multitude of my sins and the dread tribunal of the Judge, at which I must be tried. But you who gave birth to God the Judge, O Theotokos, preserve me from being condemned.

Aposticha

No sooner was the tree of Your cross planted, O Christ,* than the deception of idols was driven away and grace blossomed forth;* for the tyranny of condemnation was no more,* but the triumph of our salvation was made manifest.* For the cross is our boast, the cross is our confirmation,* the cross is our joy.

For our sake You were led as a sheep to sacrifice and as an innocent lamb to voluntary slaughter,* O Christ Emmanuel; and You were reckoned among iniquitous.* Come, O you nations, and sing hymns and worship the eternal Life* Who was lifted upon the cross.

Struggling on earth, the holy martyrs endured the cold,* and gave themselves over to the fire. And as the waters received them, their cry was: * We went through fire and water, and You brought us out into refreshment.* By their supplications, O Christ God, have mercy on us.

Glory be: Now and for ever: Standing at the foot of the cross, O Jesus,* Your Mother bitterly lamented: * I cannot bear to behold nailed to the cross the One to Whom I gave birth without seed and pain.* O how I, the immaculate One, now grievously suffer* and feel faint in my heart, for today the prophecy of Simeon is fulfilled,* that a sword shall pierce my heart!* But rise, my Son, and save those who glorify You.

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Radujsa*): O disciples of the Lord,* you went over all the earth sowing the divine teaching,* taking with you the Word alone* as your only light and your only riches.* With it you confounded kings and tyrants,* and rent like a spider's web* the arguments woven in their fury by orators and philosophers.* You called all nations to an understanding of the Maker,* and tore them from the vain service of idols.* Therefore, I entreat You, by their prayers,* to deliver me from the unreasoning passions.

By your supplications to God, O most blessed apostles,* may He deliver us from the storm of temptations,* the fearful quarrels of infamous heresies,* and the evil counsels of the devil,* the bitter wranglings and storms of mankind;* from the fire that gives no light and the eternal worm,* from the gnashing of teeth and every other torment, that through abstinence and toil we may receive the

rewards of virtue, the inheritance of the Kingdom and great mercy.

As far as human nature is able,* the apostles received the brightness of the light* of the ineffable dispensation of the Word.* They showed themselves forming, with common zeal, a perfect assembly* to which the Seventy-two also belonged.* Praying to God to give the world great mercy,* they enlightened the ends of the earth that lay in destructive darkness.

Aposticha

O disciples of the Savior,* you were eye-witnesses of the mysteries.* You proclaimed Him Who is invisible and without beginning by saying.* In the beginning was the Word.* You were not made before the angels,* nor were you taught by men, but by the Wisdom from on high.* Thus, having boldness, pray for our souls.

Let us praise with one accord the apostles of the Lord;* for, arrayed in the armor of the cross, they brought to nothing the error of idolatry,* and they appeared crowned with victory.* By their prayers and those of Your servants, O God,* have mercy on us.

With your souls filled with unquenchable love,* you endured the most terrible sufferings without ever denying Christ;* and you laid low the impudence of the torturers.* You kept the faith unwavering and unharmed, and have gone to dwell in heaven.* Therefore, having the boldness to approach the Lord,* beg Him to grant us His great mercy.

Glory be: Now and for ever: We call you blessed, O Virgin Theotokos; and we faithful give you glory as is right. You are an unshakable city and invincible wall, a firm intercessor and the refuge of our souls.

THURSDAY MATINS

Sessional Hymns

1. Together let us praise the apostles as eye-witnesses of the Word,* divine preachers, spiritual fishers of the nations,* for they have manifestly brought us to the understanding of Christ;* and delivering the human race from deception,* they have rendered us worthy of the kingdom.

Glory be: Now and for ever: Even before being brought to judgment, my conscience condemns me,* and I, wretch that I am, tremble at the thought of the verdict,* considering my countless sins.* Therefore, with compunction, I cry out to you,* O invincible intercessor and protectress: Deliver me from that shame,* and save me through your prayers.

2. Together let us praise the apostles,* for they preached the true doctrine of the Lord to all,* dispelling the gloom of heresies* and shining forth in the world the light of the Spirit through the teaching of grace;* and they pray for us.

Glory be: Now and for ever: Having found you to be a haven, a bulwark, a refuge, hope and protection,* and fervent help, we, the faithful flee to you,* and earnestly cry out with faith: Have mercy, O Theotokos, upon those who place their trust in you,* and deliver us from transgressions.

Canon – Ode 9

Hirmos: Rejoice, O Isaiah! The Virgin has conceived in her womb and has given birth to a Son, Emmanuel. Orient is His name; and, extolling Him, we call the Virgin blessed.

Verse: Holy apostles, pray to God for us!

You showed yourselves to be like a starry sky, shining spiritually with the splendor of divine virtues, with Christ in the center like the sun. You, O all-wise ones, renewed the ends of the earth; therefore, we extol you.

Verse: Holy bishop of Christ, Nicholas, pray to God for us!

As a divine and holy hierarch you kept all the commandments of Christ; you became the divine preserver of the faithful, O Father Nicholas. Therefore, preserve them from all assaults and afflictions.

Glory be: Now and for ever: O all-pure one, the prophet foresaw you as the radiant lampstand, bearing Christ Who enlightened us who abide in darkness and the passions. For this reason, we bless you, O Mother of God.

Aposticha

As eye-witnesses of the mysteries of the Savior, O disciples,* you preached the invisible One Who had no beginning, saying: * In the beginning was the Word.* You were not created before the angels, nor were you taught by men,* but by the wisdom of the Most High;* therefore, having confidence, pray for our souls.

With one voice, let us praise the apostles of the Lord* with hymns, for, having arrayed themselves in the armor of the cross,* they abolished the deception of the demons* and were shown to be crowned victors.* Through their supplication and the prayers of the saints,* O God, have mercy on us.

Rejoicing in the midst of their torments, the saints cried out: * Our torments are wares for us to trade with the Lord;* for, instead of the wounds we bear on our bodies,* radiant vesture shall shine forth for us at the resurrection;* instead of dishonor, we shall receive crowns;* instead of

fettered in prison, we shall receive paradise;* and instead of condemnation with malefactors, we shall have life with the angels.* Through their supplications, O Lord, save our souls.

Glory be: Now and for ever: We bless you, O Mother of God,* for from you shone forth Christ, the Sun of righteousness,* Who has great mercy.

THURSDAY VESPERS

Stichera at "O Lord, I have cried..."

Let all the trees of the forest rejoice at the sight of Your most precious cross* that found favor by the passion of the Master.* It shines forth grace like flaming fire,* and showers gifts upon all like water.* It enlightens souls and thoughts,* washes sickness away and drives out passions.* It chases unseen devils and openly defeats hostile nations,* and bestows blessings and great mercy upon the faithful.

Let us venerate the place upon which the feet of the Lord have stood,* as the prophet declared.* Let us glorify Christ Who crucified our transgressions* and destroyed the curse of the tree;* Who reconciled to the Father* those who until then had turned their thoughts away from Him.* And, venerating the nails in His hands and feet,* the revilings and the mockery,* we honor the lance and the reed, the sponge and the crown,* and all the rest to which He submitted* and by which we have been saved..

Let us, who desire to follow in the steps of Christ,* the Ruler of the world,* crucify all our members in Christ,* die to the world, and take His divine cross upon our shoulders* by turning from the temptations of the flesh* and from the evil lusts that draw the world toward sin.* Let us

reflect as we stand before Him* and behold Him nailed upon the cross* where, with a sigh, He commended His soul into the hands of the Father* that we might be with Him forever without separation.

Aposticha

Once, while conquering Your enemies in the days of Moses the prophet,* You manifested only the figure of the cross.* Now that we have the cross itself, we beseech Your help.* Strengthen Your Church, and give her victory* for the sake of Your great mercy, O Lover of mankind.

Though Your cross appears to be only wood, O Christ,* yet it is arrayed as well with godlike power,* and makes itself visibly felt in the world,* spiritually bringing about the miracle of our salvation.* Venerating it, we glorify You, O Savior.

You were not concerned about all these earthly matters,* and you courageously braved the tortures.* You did not sin against hope,* having confidence in God's love for mankind.* And you were heirs to the kingdom of heaven,* O most praiseworthy martyrs.* Ask for peace for the world and great mercy for our souls.

Glory be: Now and for ever: When she saw the Lamb, her Son, lifted upon the cross,* the Virgin Mother and most blessed Maiden wept, crying: O my Son, woe is me!* How are You dying; for You are God, immortal by nature?

FRIDAY MATINS

Sessional Hymns

1. Let us, the faithful, sing hymns and glorify the Savior and our Deliverer,* Who of His own free will was crucified as He desired and willed.* He nailed to the cross the

sins of mankind,* delivering the human race from deception* and granting it His kingdom.

Glory be: Now and for ever: Standing near the cross of the Lord,* the pure Mother of God, wept and cried out: * O my divine Son, my light most beloved!* How is it that You are stretched out on the cross,* Who spread out the heavens like a tent,* and brought forth from the sea springs of water with but a word?

2. Of Your own free will You suffered the crucifixion,* O compassionate One, and as the almighty God* You abolished the ancient curse brought about by unlawful eating.* For this reason, we sing, O Christ Master,* Your divine and precious sufferings,* and we bow down before them,* glorifying without ceasing Your ineffable providence.

Glory be: Now and for ever: By the cross of Your Son, O Full of Grace,* the deception of idolatry was destroyed and the power of the demons was crushed.* Therefore, we faithful always sing to you* and bless you, and confessing: * you as the Mother of God, we extol you.

Canon - Ode 9

Hirmos: With one mind we, the faithful, extol you, who beyond all understanding and telling, ineffably gave birth in time to the timeless One.

Verse: Glory be to Your holy cross and crucifixion, O Lord!

The might and dominion of the enemy were destroyed, O only almighty Lord, when You were raised upon the cross and bloodied Your hands on it.

Verse: Holy martyrs, pray to God for us!

O holy martyrs, with radiant mouths you preached God

Who became man before the tyrants, and inherited His glory.

Glory be: Now and for ever: You, who ineffably gave birth to God, we have received as an intercessor and invincible defense, salvation of souls and source of miracles.

Aposticha

No sooner was the tree of Your cross planted, O Christ,* than the deception of idols was driven away and grace blossomed forth;* now the cross is no longer a curse or a torture, but a victory and salvation.* For the cross is our glory, the cross is our strength,* the cross is our joy.

For our sake You were led as a sheep to sacrifice* and as an innocent lamb to voluntary slaughter, O Christ Emmanuel;* and You were reckoned among iniquitous.* Come, O you nations, and sing hymns and worship the eternal Life* Who was lifted upon the cross.

Blessed is the army of the King of heaven,* for even though the holy martyrs were mortal,* yet they strived to attain the dignity of the angels;* and having spurned their bodies,* they were counted worthy through sufferings the honor of the bodiless.* Therefore, O Lord, through their prayers, grant us great mercy.

Glory be: Now and for ever: Allay the pains of my much-suffering soul* – the immaculate One begged Christ in her anguish.* Saving mankind by Your sufferings, O Savior, You wound my soul.* You are my Light most sweet, You are my Child and my Creator;* therefore, I glorify Your long-suffering.

FRIDAY VESPERS

Stichera at "O Lord, I have cried..."

Three stichera of the saint of the day and then the following:

(*Podoben – Radyjsia*): With the streams of their blood the martyrs* quenched the flame of grievous ungodliness;* and enkindling the radiance of piety throughout the whole world,* they utterly consumed the false gods and their fetid stench.* They shone forth the most pure light upon those on earth;* and thus enlightened, we avoid the darkness of ungodliness* and the deception of idols, worshiping Christ,* Who grants the world great mercy.

Easily destroying the deceptive teachings of the ungodly heretics,* you became warriors of the eternal Father,* and the co-eternal Son,* and the Holy Spirit,* one Divinity in three Persons,* teaching the faithful with piety of mind* and confirming the preaching of the true faith.* Therefore, we praise you, all holy pastors,* for on the life-giving pastures you tended the flock of Christ,* for Whom you suffered all manner of pain* and every kind of assault.

The company of venerable ascetics,* taking reason as their guide in performing virtuous deeds,* easily and completely subdued the carnal passions.* Thus they courageously overcame the wiles of the demons* and became the fellow companions of the angels,* having lived as angels.* Now they rejoice in the heavenly mansions,* living in splendor, and stand before Christ,* asking Him to grant to our souls great mercy.

Glory be: Now and for ever: (*dogmaticon*): The passing of the Israelites through the Red Sea* was already a foreshadowing of the Virgin-birth.* On that occasion, Moses

parted the waters.* At the incarnation, Gabriel announced the miracle of God's union with Mary.* In ancient times, the Israelites passed through the depths of the sea* without being drenched by the waters;* now the Virgin has given birth to Christ without seed.* After the Israelites passed through the sea, it remained impassible;* after the birth of Emmanuel, the immaculate Virgin remains forever incorrupt.* O God Who exists from all eternity and yet appeared as man, have mercy on us.

Aposticha

Intercede for us, O holy martyrs,* that we may be delivered from our iniquities;* for the grace to pray for us is given to you.

With your souls filled with unquenchable love,* you endured the most terrible sufferings without ever denying Christ,* and you laid low the impudence of the torturers.* You kept the faith unwavering and unharmed,* and have gone to dwell in heaven.* Therefore, having the boldness to approach the Lord,* beg Him to grant us His great mercy.

Putting on the shield of faith* and fortifying themselves with the symbol of the cross,* Your saints, O Lord, bravely went of their own accord to torture.* They defeated the craft and insolence of the Devil.* By their supplications, O all-powerful God,* send peace to the world and great mercy to our souls.

Glory be: Now and for ever: Intercede for us by Your prayers, O joyful One*, and plead for great compassion for our souls,* and the blotting out of our many transgressions.

SATURDAY MATINS
Sessional Hymns

1. The heavenly hosts marveled exceedingly at the struggles of the holy martyrs: * how, fighting the good fight in their mortal bodies, * they invisibly vanquished the incorporeal foe with the power of the cross.* They pray to the Lord that He may have mercy on our souls.

Glory be: Now and for ever: Rejoice, impassable gate of the Lord!* Rejoice, rampart and protection of those who have recourse to you!* Rejoice, haven untouched by storms, you who did not know man!* You gave birth to your Creator and God in the flesh.* Pray without ceasing for those* who glorify and worship the One born of you.

2. Your martyrs, O Lord, envying the cup of Your sufferings,* renounced all the beautiful things of this world* and became fellow partakers with the angels.* Through their prayers grant, O Christ,* peace and great mercy to our souls.

Glory be: Now and for ever: O Christ our God, Who from the Virgin have shone forth to the world,* and through her have shown forth children of light, have mercy on us.

Canon – Ode 9

Hirmos: Behold the Almighty has done great things for you. He has shown you to be a Virgin even after birthgiving, for you gave birth to your Creator without seed; for this reason, we extol you.

Verse: Holy martyrs, pray to God for us!

Let the sacred ministers and pastors, the choir of the holy prophets, the countless righteous ones, and the assembly of the martyrs be blessed with sacred hymns, for they pray that our souls be saved.

Verse: All you saints, pray to God for us!

With faith and love let the countless multitude of women who suffered and fasted, and who abide with the angelic choirs, be blessed with the hieromartyrs who finished well the race.

Glory be: Now and for ever: O Virgin, having foolishly committed a multitude of sins, we await the coming torments. Therefore, deliver those who with confident heart come to you and turn to your holy protection.

Aposticha

Blessed is the army of the King of heaven,* for even though the holy martyrs were mortal,* yet they strived to attain the dignity of the angels;* and having spurned their bodies,* they were counted worthy through sufferings the honor of the bodiless.* Therefore, O Lord, through their prayers,* grant us great mercy.

Your martyrs, O Lord,* imitators of the angelic choirs,* endured tortures as though they had no bodies,* having only one hope that they would enjoy the good things promised them.* By their prayers, O Christ our God,* grant peace to Your world* and great mercy to our souls.

Struggling on earth, the holy martyrs endured the cold,* and gave themselves over to the fire.* And as the waters received them, their cry was: We went through fire and water, and You brought us out into refreshment.* By their supplications, O Christ our God, have mercy on us.

Glory be: Now and for ever: We bless you, O Virgin Mother of God,* for from you has shone forth the true Sun - Christ,* who grants great mercy.



TONE SIX

SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

O Christ, You won the victory over Hades,* You ascended the cross so that You might raise up with Yourself* all those who dwelt in the darkness of death.* Almighty Savior, You are free from death* and bestow life by Your divine light.* We, therefore, beseech You to have mercy on us.

Today Christ has conquered Death.* He has risen from the grave as He had foretold,* bestowing great joy upon the world.* Therefore, let us all lift up our voices and sing:*

O Fountain of life, O Light Whom no one can approach,* almighty Savior, have mercy on us.

O Lord, where can we sinners flee from You,* for You are present in all creation?*

You are present in heaven, for it is Your dwelling-place.* Your power prevails in Hades where You conquered Death.* O Master, Your sustaining hand touches even the depths of the sea.* Where, then, can we take refuge except in You?*

We, therefore, prostrate ourselves before You and pray:*

O Lord, risen from the dead, have mercy on us.

We exult in Your cross, O Christ,* and we sing the glory of Your resurrection.* For You are our God, and we have no other Lord but You.

Glory to Your might, O Lord,* for You have conquered the power of Death.* You have renewed us through Your cross,* granting us life and incorruption.

We forever bless the Lord and praise His resurrection,* for by suffering crucifixion,* He has destroyed Death by His death.

By Your death and burial, O Lord,* You broke asunder the bonds of Hades;* and by Your resurrection from the dead,* You enlightened the whole world.* We, therefore, exclaim: Glory to You, O Lord!

Three stichera and Glory be: of the saint.

Glory be: Now and for ever: (*Dogmaticon*): Who would not bless you, most holy Virgin?* Who would not praise the most pure manner in which you gave birth?* For the only-begotten Son, Who eternally proceeds from the Father, came forth from you.* He took flesh from you in a manner that is beyond understanding.* He, Who by nature is God, took on our nature for our sake.* Yet He did not become divided into two persons;*, rather, He remained one person with two distinct and unconfused natures.* O most pure Lady, we implore you:/* Beseech your Son and God to have mercy on our souls.

Aposticha

O Christ our Savior,* the angels in heaven sing the praises of Your resurrection;* make us, on earth, also worthy* to extol and glorify You with a pure heart.

Verse: The Lord reigns, He is clothed in majesty.

Almighty God, You destroyed the brazen gates and bars of Hades,* and raised up fallen mankind.* Therefore, with one accord, we cry out:/* O Lord, risen from the dead, glory to You!

Verse: For He has made the world firm, which shall not be moved.

Christ willed to renew us from our corruption of old* by being nailed to a cross and placed in a tomb.* When the

women came to anoint His body they tearfully cried out: * O, what sorrow afflicts us! * O Savior of all, how could You consent to occupy a grave? * If You truly willed this, then why did You allow Your body to be stolen? * How were You removed? What place now conceals Your life-bearing body? * O Lord, appear to us as You promised* and put an end to our tears. * As they were lamenting, an angel appeared and cried out to them: * Do not weep, but tell the apostles that the Lord is risen,* granting sanctification and great mercy to the world.

Verse: Holiness befits Your house, O Lord, for length of days. O Christ, You were crucified of Your own free will,* and by Your burial You imprisoned Death.* As God, You rose in glory on the third day,* granting life and great mercy to the world.

Glory be: Now and for ever: Christ the Lord, our Creator and Redeemer,* came forth from your womb, O most pure Virgin.* He clothed himself in our human flesh* to set us free from the original curse of Adam.* Therefore, O Mary, we praise you, without ceasing, as the true Virgin Mother of God,* and we sing with the angels: * Rejoice, O Lady, advocate, protector, and salvation of our souls.

SUNDAY MATINS Sessional Hymns

1. When the tomb was shown to be open and Hades was lamenting,* Mary cried out to the apostles who were hiding and said: * Come out, laborers of the vineyard, proclaim the news of the resurrection; * for the Lord is risen, granting the world great mercy.

Glory be: Now and for ever: O Virgin and Theotokos, pray to your Son, Christ our God,* Who was willingly nailed

upon the cross and rose from the dead,* that He might save our souls.

2. Mary Magdalene stood by Your tomb and wept, O Lord.* When she thought You were the gardener, she said: * Where have you hidden the eternal Life?* Where have you placed Him Who sits on the throne of the Cherubim?* When she saw those guarding Him fearful and appearing as dead, she cried to them: * Give me my Lord or else cry out with me and say: * You have come forth from the tomb and raised the dead, O Lord, glory to You!

Glory be: Now and for ever: O Theotokos, Gideon prefigured your conception,* and David interpreted your birth-giving.* As dew descended upon the fleece so the Word descended into your womb.* O holy Earth, who without seed gave birth to Christ our God,* the salvation of the world, you are full of grace.

Gradual Hymn

I lift my eyes to heaven, to You, O Word of God. In Your mercy save me so that I may live in You.

O Lord, have mercy on us, for we are filled with contempt. Restore us as Your chosen vessels, O Word.

Glory be: Now and for ever: Truly the Holy Spirit is the cause of salvation for all; for when He breathes on them, He raises them from the cares of this world. He gives them wings to carry them to heaven.

Prokimenon: Ps 79

O Lord, rouse up Your might; O Lord, come to our help.

Verse: O shepherds of Israel, hear us, for you lead Joseph's flock.

Canon

Hirmos 1: When the Israelites crossed the abyss as if on dry land and saw Pharaoh their persecutor drowning in the sea, they cried out: Let us sing a hymn of victory to our God.

Hirmos 3: None is holy as You, O Lord my God; in Your goodness, You have exalted the strength of the faithful; and You have established us on the unshakable rock of the confession of Your name.

Hirmos 4: Christ is my strength, my Lord, and my God! This is the hymn that the holy Church proclaims, and with a purified heart she praises the Lord.

Hirmos 5: O God most good, illumine with Your divine brightness the souls of those who love You and keep watch before You. I beseech You, O Word of God, grant that they may know You, the true God, Who calls us out of the darkness of sin.

Hirmos 6: When I see the ocean of this life tossed about by the tempest of temptations, I hasten to Your harbor of peace and cry out to You, O God of goodness: Rescue my life from the pit of corruption.

Hirmos 7: In the furnace the angel poured out dew upon the noble youths, but at the order of God the fire burned the Chaldeans; and the tyrant was forced to sing: Blessed are You, O Lord, God of our ancestors.

Hirmos 8: You made dew spring forth amid the flames for Your holy ones, and through water You set fire to the sacrifice of Your just one, for You accomplish all things through Your will alone. O Christ, we exalt You through all ages.

Ode 9 – Hirmos: For humanity it is impossible to see God upon Whom even the angels dare not gaze; but because of you, O most pure One, the Word made flesh is seen by mortals; and when we extol you together with the heavenly armies, we proclaim you blessed.

Verse: Glory to Your holy resurrection, O Lord!

You remained a stranger to passions, O Word of God, even though You lived our human condition in the flesh; but You delivered humanity from its passions, having overcome our passions by Your own passion, O our Savior. For You alone are beyond all suffering and are almighty.

Verse: Glory to Your holy resurrection, O Lord!

Descending into the abyss of death, You preserved Your body from the corruption of the tomb; and Your soul was not left in Hades, O Giver of life, but you were raised up as from sleep, O Lord, raising us with You, and Your soul was not left in Hades, O Giver of life, but You were raised up as from sleep, O Lord, raising us with You.

Glory be: Now and for ever: Because of your ineffable birth, O most pure Mother of God, resurrection was bestowed upon the dead. For Life Who took flesh from you, has shone forth to all and completely dispelled the sadness of death.

Holy is the Lord our God (3x).

Sunday Exapostilarion

Stichera at the Praises

Your cross, O Lord,* is life and resurrection to Your people,* and we place our hope in it.* Therefore, we sing to You: O our risen God,* have mercy on us.

Your burial; O Master,* opened paradise to the human race.* Delivered from Death, we now sing to You: * O our risen God, have mercy on us.

With the Father and the Spirit,* let us glorify Christ risen from the dead.* Let us cry to Him with a full voice: *. You are our life and resurrection; have mercy on us.

You arose from the tomb on the third day,* as it was

written, O Christ,* and raised our ancestors with You.* Therefore, the human race glorifies You* and praises Your holy resurrection.

Great and awesome is the mystery of Your holy resurrection, O Lord;* for You came forth from the tomb like a bridegroom from his chamber,* destroying Death by death* in order to free Adam.* Therefore, the angels rejoice in heaven,* and on earth we glorify Your compassion for us,* O Lover of mankind.

O Pharisees and transgressors of the law,* where are the seals and the silver which you gave to the soldiers?* Truly the Treasure has not been stolen but has risen,* for He is almighty.* Blush with shame, therefore, O deniers of Christ.* The Lord of glory suffered, was buried, and rose from the dead.* He is the Lord Whom we worship.

Verse: Arise, then, Lord; lift up Your hand, O God; do not forget the poor!

How were you robbed of the buried One* when the tomb was sealed, after having placed guards and seals on it?* Behold, the King came out even though the doors were closed.* Therefore, either show us His body* or worship Him with us as God and sing: * Glory to Your cross and resurrection, O Lord!

Verse: I will praise You, Lord, with all my heart; I will recount Your wonders.

The myrrh-bearing women came to Your life-giving grave, O Lord,* weeping and carrying ointments, seeking Your pure body to anoint it.* Then they found an angel wrapped with light and sitting on a stone.* He spoke to them, saying: * Why are you shedding tears for One from Whose side life overflowed to the world?* Why do you seek in the grave One Who is deathless?* Hasten instead to His disciples to joyfully proclaim His glorious resur-

rection.* O Savior, You give joy to the whole world by Your resurrection;* enlighten us also and grant us forgiveness and great mercy.

Glory be: Gospel Stichera.

Now and for ever: You are truly most blessed... (p. 140).

SUNDAY. VESPERS

Stichera at "O Lord, I have cried..."

O Savior, give me tears of repentance and a contrite heart,* so that I may wash the filth from my soul.* Already I have greatly defiled it because of my many sins.* In my favor I have Your love for mankind,* and also the prayers of her who gave You birth,* and the prayers of the angelic choirs.

Approach, O soul, and repent of the many sins you have committed in life.* With sighs and tears pray to the multitudes on high* so that time for repentance will be given to you.* In this you will not be like the unfruitful fig tree.* You will not be exiled into the fire of Hades,* O all-suffering soul.

I have not obeyed any of Your laws on this earth.* How shall I appear before You, O Christ?* For You sit upon the judgment-seat* to give sentence and pass judgment* on all things visible and invisible which I have done.* And so I call to You: * Save me, a prodigal, through the prayers of Your servants.

Aposticha

At Your terrifying coming, O Christ,* grant that we may not hear: * I do not know you!* We have placed our hope in You, O Savior.* Although we have not kept Your laws because of our indifference,* still we pray to You to save our souls.

Verse: I have lifted up my eyes... (p. 34).

I have had neither repentance nor tears!* For this reason I implore You, O Christ God,* to convert me before my end and give me remorse* so that I may be delivered from torment.

Verse: Have mercy on us, O Lord... (p. 34).

Your martyrs did not reject You,* nor did they renounce Your commandments.* Through their prayers, have mercy on us.

Glory be: Now and for ever: O faithful, let us, as the angels do,* praise the heavenly bridal chamber and the truly-sealed door.* Because of her, Christ the Savior,* the Giver of life, and God, came forth to us.* O Lady, O most pure One, O hope of Christians,* with your hand destroy the torturers, our wicked enemies.

MONDAY MATINS

Sessional Hymns

1. I think upon the terrible day,* and I weep over my wicked deeds.* How shall I answer the immortal King?* With what confidence shall I, the prodigal, lift my eyes to the Judge?* O compassionate Father, only-begotten Son and Holy Spirit: * Have mercy on me!

Glory be: Now and for ever: With lips and heart let us sing hymns to the all-glorious Mother of God,* who is holier than the holy angels, confessing her to be the Theotokos,* for she truly gave birth to God incarnate,* and prays unceasingly in behalf of our souls.

2. Have mercy on us, O Lord, have mercy on us,* for since we sinners have no defense,* we offer to you this supplication: Have mercy on us!

Glory be: Now and for ever: Standing in the temple of Your glory,* O Mother of God, we think we are in heaven.* O gate of heaven, open to us the doors of your mercy.

Canon – Ode 9

Hirmos: O Virgin who received the angel's salutation and gave birth to your own Creator, save those who extol you.

Verse: Glory be to You, our God, glory be to You!

Having preserved his chastity, Joseph was appointed distributor of grain; but I, who am dissolute, am beset by a famine of virtuous deeds.

Verse: Holy archangels and angels, pray to God for us!

Just as for the sake of Your prophet David You stopped Your angel from cutting down Your people, so too, O Christ Who are rich in mercy, grant peace to Your Churches, easing the temptations which now afflict them, for You are all-merciful.

Glory be: Now and for ever: Honoring your all-glorious birthgiving, O Virgin Mother, the principalities, archangels, dominions, and seraphim, the powers, authorities, thrones and cherubim ever reverently glorify you.

Aposticha

Finding us stripped bare of the virtues,* the enemy wounded me with the arrow of sin;* but You, as the Physician of souls and bodies,* heal the wounds of my soul, O God,* and have mercy on me.

Verse: In the morning... (p. 146).

As the Physician of souls and bodies, O Savior* Who grant forgiveness of offenses to those who ask,* heal the sores of my heart,* which have grown on me because of

my many offenses;* grant me continuous tears of repentance and the forgiveness of my faults,* O Lord, and have mercy on me.

Verse: Let the favor of the Lord... (p. 146).

All creation celebrates the memory of Your saints, O Lord;* the heavens rejoice with the angels, and the earth exults with men.* Through their supplications have mercy on us.

Glory be: Now and for ever: O Godbearer, you received the words of the archangel,* and became the throne of the Cherubim,* and in your arms you bore the Hope of our souls.

MONDAY VESPERS

Stichera at “O Lord, I have cried...”

(*Podoben’ – Vse otlozhivshe*): Who would not weep over me,* who through intemperance have broken the commandment of the Most High?* I have come to dwell in Hades, instead of paradise;* I have merited death for looking at the sweet fruit;* and because of this, I have alienated myself from the glory of God and life.* Nevertheless, O Lord, receive me, repentant,* for You are merciful and You love mankind.

O Lord, behold my sickness and my sorrow* and the multitude of my transgressions* which cause turmoil in my soul and bewilderment in my mind.* Understand the voice of one forsaken and judged,* and grant me a contrite soul and humble heart.* Bestow upon me the gift of tears, and also grant me the remission of my many sins* for the sake of Your great mercy.

O God, You want all mankind to be saved;* therefore, consider and hear my prayers.* Do not despise my tears as

though they are of vanity;* for who has come to You with tears and has not been saved,* or who has cried to You tenderly and has not been heard?* Haste! to save those who call upon You, O Master;* for Your mercy is without measure.

Aposticha

At Your terrifying coming, O Christ, grant that we may not hear: I do not know you!* We have placed our hope in You, O Savior.* Although we have not kept Your laws because of our indifference,* still we pray to You to save our souls.

I have had neither repentance nor tears!* For this reason I implore You, O Christ God,* to convert me before my end and give me remorse* so that I may be delivered from torment.

The suffering martyrs, citizens of heaven,* when taking part in the contest upon earth, endured manifold torments.* By their intercessions and prayers, preserve us, O Lord.

Glory be: Now and for ever: O most pure Virgin Theotokos,* no one fleeing to you departs in shame,* but pleads for grace* and receives your gifts through supplication.

TUESDAY MATINS

Sessional Hymns

1. When You shall render just judgment in the valley of weeping,* in the place which You have appointed, O Merciful One,* do not rebuke me, nor shame me before the angels,* but take pity on me, O God, and have mercy on me.

Glory be: Now and for ever: Open the doors of mercy, O blessed Virgin Godbearer.* Let not those who trust in you perish,* but deliver us from misfortunes,* for you are the salvation of the human race.

2. O my soul, why are you despondent and continue in sin?* How long will you, who are sick, wait before you see the Physician? *Arise, then, from the evils you have committed,* and cry out to the Savior, saying: * O Savior of the hopeless, Life of the despairing,* raise me up and save up.

Glory be: Now and for ever: O good Virgin Godbearer, hope of the world!* We implore your intercession, which alone is powerful: * Take pity on us, who are without a mediator,* and beseech the merciful God,* that our souls be delivered from every danger, O only blessed One!

Canon – Ode 9

Hirmos: Ineffable is the Offspring of the 'seedless' conception, and incorrupt the Fruit of the Mother who knew not man; for the birthgiving of God restores nature. For this reason, all generations extol you as the divine bride and Mother.

Verse: Glory be to You, our God, glory be to you!
O Jesus, Lover of mankind! You alone know our weakness, for You clothed Yourself in it in Your loving-kindness, desiring to cleanse it. Therefore, cleanse my wicked defilements and the sores of my evils, and save me.

Verse: Holy prophet, forerunner and baptizer of the Lord, John, pray to God for us!

The dread judgment will be a day of wrath, a day of darkness for those whose works are dark, O baptist and forerunner of Christ. On that day, through your prayers, deliver us, who honor you, from all condemnation.

Glory be: Now and for ever: You are holier than the Cherubim, O Virgin, for you gave birth to the all-holy God. Therefore, sanctify us, who in faith glorify you day and night with holy hymns.

Aposticha

Finding us stripped bare of the virtue's,* the enemy wounded me with the arrow of sin;* but You, as the Physician of souls and bodies,* heal the wounds of my soul, O God, and have mercy on me.

As the Physician of souls and bodies, O Savior* Who grants forgiveness of offenses to those who ask,* heal the sores of my heart,* which have grown on me because of my many offenses;* ever granting me tears of repentance.* Grant me release from my debts, O Lord,* and have mercy on me.

O Lord, if we did not have Your saints as advocates and Your merciful grace,* how would we dare sing hymns to You,* Whom the angels glorify without ceasing.* O You Who know the hearts of men, spare our souls.

Glory be: Now and for ever: Great gifts were bestowed upon you, O pure Virgin Mother of God,* for you gave birth in the flesh to One of the Holy Trinity,* Christ, the Bestower of life – for the salvation of our souls.

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Trydneven voskres jesy*): When You were crucified, O long-suffering Lord,* You made the whole earth shake, and You confirmed the hearts of the faithful.* Thus, we sing Your praises* and venerate Your ineffable power with love.

O Christ, buffeted and spat upon,* You struck a blow at the evil of the vicious enemy,* putting an end to the fall that had hurled down Adam,* the one who had been ravished by knowledge.

O Lord, when creation beheld You unjustly hung on the wood,* the sun darkened, the whole earth quaked,* and the rocks split open and fell.

Aposticha

Your cross, O Lord, is life and resurrection for Your people;* and we, who put our trust in it, praise You.* our God, crucified in the flesh.* Have mercy on us!

Your cross, O Christ, has opened paradise for all.* We, who have been delivered from corruption,* praise You, O God, crucified in the flesh.* Have mercy on us!

Your martyrs, O Christ,* have endured many sufferings for Your sake,* and have received their heavenly crown.* Now they intercede for our souls.

Glory be: Now and for ever: When the spotless Birthgiver of God saw our Life hanging upon the cross,* she wept as a mother and cried aloud:*

O my Son and my God,* save those who sing to You with love.

WEDNESDAY MATINS**Sessional Hymns**

1. Your cross, O Lord, has been sanctified;* by it are healed those who are sick with sins.* Therefore, we fall down before You, crying: Have mercy on us.

Glory be: Now and for ever: Seeing hanging dead on the cross the Lord,* to Whom she gave birth in the flesh,* the Virgin, weeping, cried out: I marvel at Your unspeakable long-suffering, Son!* How could the lawless nail to the cross like a criminal* You, the just Judge and only Master!

2. Today the words of the prophet are fulfilled;* for, behold, we worship at the place where Your foot stood, O Lord;* and tasting of the tree of salvation,* we have received freedom from sinful passions* through the supplications of the Godbearer.

Glory be: Now and for ever: Standing beneath the cross, the Mother who knew not wedlock* cried out to Him to Whom she had given birth without seed: A sword has pierced my heart, O my Son,* for I cannot bear to see hanging upon the tree* You before Whom all things tremble, as before their Creator and God.* O long-suffering Lord, glory to You.

Canon – Ode 9

Hirmos: It is not possible for humanity to behold God, upon Whom the ranks of angels dare not gaze; but through you, O most pure One, the Word has appeared to mankind. Therefore, glorifying Him with the heavenly hosts, we extol you.

Verse: Glory to Your holy cross and crucifixion, O Lord!

O Lord of times and seasons, at noon You were lifted up in the midst of the earth on a tree, O only long-suffering One. By Your crucifixion You set aright him who in the midst of paradise suffered the fall through the corrupting fruit.

Verse: Most holy Mother of God, pray for us!

When He became incarnate, the Son and Word of God who is without beginning became the Son of the Virgin; and by the will of the Father and the action of the divine Spirit, He had wholly restored my corrupted form, for He is almighty.

Glory be: Now and for ever: Arise, O my soul, and be vigilant in prayer and in all good things: cast off the idleness of sleep with fervor, ever having as a watchful protectress the pure Mother of God, whom we glorify.

Aposticha

I trust in the cross, O Christ,* and boasting in it, I cry out: * O Lord Who love mankind,* cast down those who do not confess You as God and man.

Protected by the cross, we set ourselves against the enemy,* undaunted by his wiles and treachery;* for the proud one has been brought low* and trampled underfoot by the power of Christ,* Who was nailed to the cross.

The memory of the martyrs is a joy to those who fear the Lord;* for, having suffered for the sake of Christ,* they have received crowns from Him;* and they now pray with confidence in behalf of our souls.

Glory be: Now and for ever: (*Podoben – Vse otlozhivsye*): When of old the Ewe-lamb, the unblemished Lady,* beheld her Lamb upon the tree of the cross,* she exclaimed maternally, and marveling she cried out: * My

most sweet Child, what is this new and all-glorious thing that I see?* How have the ungrateful assembly given You over to the tribunal of Pilate* and condemned to death the Life, of all?* I sing Your ineffable condescension, O Word!

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Pôdoben – Trydneven voskries jesy*): O theologians and teachers who saw God,* through the great and divine mysteries* you received healing grace;* and you, in turn, heal all from their infirmities.

O illustrious protectors and sanctuaries for our souls,* expellers of evil spirits,* you are the Lord's apostles and witnesses;* therefore, we will always remember you.

O divine and blessed apostles,* you save us from all kinds of temptations,* from afflictions of the Devil and of sin,* and from the snares of the Evil One.* We faithfully, sing praise to you.

Aposticha

Your apostles, O Lord, searched the bottom of the sea with their nets;* and then, because of their call, they attained the uppermost height of the kingdom.* By knowledge of their craft, they explored the incomprehensible depths,* while by their faith they grew in friendship beyond measure with You.* They proclaimed to the world Your eternal Son.* By their intercessions and those of all the saints, have mercy on us.

O Christ, when Your disciples were storm-tossed in their ship,* they cried to You: O Teacher, save us, for we are perishing!* Now we cry to You.* Deliver us from our distress, O Savior and Lover of mankind!

Your cross, O Christ,* has been an invincible weapon for the martyrs;* for beholding the approach of death and foreseeing the future life,* they were made strong by the hope that lies in You.* By their intercession, have mercy on us!

Glory be: Now and for ever: I lift up the eyes of my heart to you, O Lady;* despise not my weak plea,* and, in the hour when Your Son shall come to judge the world,* be my protector and my helper.

THURSDAY MATINS

Sessional Hymns

1. As You came into the midst of Your disciples, O Savior,* bestowing Your peace upon them,* come also to us, and save us.

Glory be: Now and for ever: Great are the multitude of my transgressions, O Mother of God*. To you I have fled, O pure One,* in need of salvation.* Visit my ailing soul, and entreat your Son and our God,* that He grant me remission of the evils I have committed,* O only blessed One.

2. Sent to the ends of the earth, O Savior,* Your disciples piously fished for the nations as for fish,* and brought them to Your goodness.* Therefore, for their sake we cry out to You, O Christ:/* Grant great mercy to Your people.

Glory be: Now and for ever: O most holy Theotokos,* do not forsake me during my lifetime,* nor entrust me to human intercession;* but you yourself help and save.

Canon – Ode 9

Hirmos: It is not possible for humanity to behold God, upon Whom the ranks of angels dare not gaze; but through

you, O most pure One, the Word has appeared to mankind. Therefore, glorifying Him with the heavenly hosts, we extol you.

Verse: O holy apostles, pray to God for us!

Preaching throughout the world God Who entered into an incomparable union with men and deified their mortal nature, you freed all from ungodly deception; therefore, we faithful always extol you, O divine apostles.

Verse: O holy bishop Nicholas, pray to God for us!

O Nicholas, adornment of holy hierarchs and well-spring of miracles, entreat God Who loves mankind, that we may find remission of sins.

Glory be: Now and for ever: O most praised One, who gave birth to the Light, enlighten the blinded eye of my heart, so that we may glorify you, for through you we obtain salvation.

Aposticha

Wisely transforming the tempest of the demonic delusion into tranquility,* O apostles of Christ, you guided the whole world to the true faith,* and intercede now for our souls.

O faithful, let us venerate the memory* of the all-wise apostles of Christ our King with fitting hymns;* for in the world they proclaimed faith in the Holy Trinity.

Our God glorified the chosen and saints.* Rejoice and be glad all you, His servants,* for He has prepared crowns and His kingdom.* For this reason, we implore you:*

Do not forget us.

Glory be: Now and for ever: O most hymned Godbearer,* you are the solace of those who sorrow and the recovery

of the sick.* Save your city and people; for you are the pacification of adversaries,* calm of the storm-tossed, O only intercessor of the faithful!

THURSDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – Anhelskija predidite syly*): Our forefather fell, having sinned because of a tree* and received a terrible condemnation.* But Christ, dying on the cross, saved him.* He renewed the repentant one,* and taking him upon his shoulder,* placed him on the throne*: together with Himself, the Father, and the Holy Spirit.

Give us thoughts of repentance, O Christ,* so that we may constantly bear in our hearts and minds Your terrible passion,* which You have endured in Your body for us,* so that, enlightened by it, we may, weeping,* stand always beneath Your cross,* gazing upon You, the crucified Lamb.

The earth trembled, the sun darkened,* seeing how God was insulted by His creature;* how He Who with a threat destroys mountains and with only a glance dries up the abyss,* closes His eyes on the tree;* how He Who holds all things in His hand becomes,* in the body, lifeless and dead.

Aposticha

Your cross, O Lord is life* and resurrection for Your people;* and we, who put our trust in it,* praise You, our God, crucified in the flesh.* Have mercy on us!

Your cross, O Christ,* has opened paradise for all.* We, who have been delivered from corruption,* praise You, O God, crucified in the flesh.* Have mercy on us!

Your martyrs did not reject You,* nor did they renounce Your commandments.* Through their prayers, have mercy on us.

Glory be: Now and for ever: The Virgin, together with Your virgin disciple,* stood beside the cross at the time of Your crucifixion.* She lamented and cried aloud: * O what sorrow afflicts me!* O Christ, Who by nature is beyond suffering,* how can You endure such torment?

FRIDAY MATINS

Sessional Hymns

1: No sooner was the tree of Your cross planted in the ground, O Christ our Lord,* than the foundations of death were shaken;* and You Who slew Hades with love dismissed its trembling minions.* You have shown us Your salvation, O Holy One; and we glorify You.* O Son of God, have mercy on us.

Glory be: Now and for ever: With the virgin disciple, the Virgin Mother stood beneath the cross* of Him Who was born of her,* and could not bear to see Him lifted upon the cross.* Shaking from weeping, she cried out: * How can You suffer Who by nature are incapable of suffering?* O my Son, I sing Your unspeakable goodness,* which surpasses all understanding!

2. O Lord, Your enemies condemned You to death,* the Life of all.* They who crossed the Red Sea by the staff of Moses* nailed You to the cross;* they who ate honey from the rock offered You gall.* Yet You endured all this,* so that You might free us from slavery to the enemy.* O Christ our God, glory to You!

Glory be: Now and for ever: O most holy and pure Virgin, glory of the angels!* When you stood beneath the cross of Your Son and God,* you were unable to suffer the insults of the enemies;* and weeping as a mother, you cried out:/* How do You, O Lover of all, suffer disgrace?* I praise Your long-suffering.

Canon – Ode 9

Hirmos: Weep not, O Mother, beholding in the tomb the Son Whom you conceived in your womb without seed; for I shall arise and be glorified, and as eternal God I shall exalt with glory those who magnify you with faith and love.

Verse: Glory to Your holy cross and crucifixion, O Lord!

In order to deliver from corruption him who became corrupt by eating of the sweet fruit of the tree, O only Savior, You, in Your goodness, allowed Yourself to be crucified in the flesh and to die. O Jesus, we unceasingly hymn Your loving-kindness and power.

Verse: Holy martyrs, pray to God for us!

The all-glorious and renowned memory of the martyrs shines forth more brightly than the rays of the sun, ever enlightening the souls of the pious; it drives away the darkness of passions and temptations, and dispels the most profound gloom of the demons.

Glory be: Now and for ever: O pure Virgin who ineffably gave birth to the Word without beginning, the only- begotten of the Father, Son and God, intercede with Him unceasingly, that we may be delivered from every affliction and misfortune, for we extol you with faith and love.

Aposticha

I trust in the cross, O Christ,* and boasting therein, I cry out: * O Lord Who loves mankind,* cast down the pride of those who do not confess You* to be both God and man.

Protected by the cross, we set ourselves against the enemy,* undaunted by his wiles and treachery; * for the prideful one has been cast down* and trampled underfoot by the power of Christ* Who was nailed to the tree.

O Lord, all creation celebrates the mèmory of Your saints: * the heavens rejoice with the angels, and the earth exults with men.* By their supplications have mercy on us.

Glory be: Now and for ever: As a man I was nailed to the tree and died; * as a mortal I was placed in a tomb.* But as God I shall rise again in glory on the third day,* O pure Virgin Mother.

FRIDAY VESPERS

Stichera at "O Lord, I have cried..."

Three stichera of the saint of the day and the following three:

(*Podoben – Vse otlozhivyshe*): Walking in the footsteps of the sufferings of Christ,* the whole company of the martyrs bravely went forward to many struggles.* They confessed Him as God before ungodly judges and impious kings,* and endured many tortures, hoping to receive heavenly honors.* They now behold these honors, rejoicing,* and with all the choirs of angels stand beside the Lord.

O most sacred shepherds,* you were emulators of Christ, the Chief Shepherd,* and preserved utterly unharmed the divinely chosen flock,* the divine treasures of piety, driving away the wild wolves; * and you brought them well into the fold of heaven.* As you make your abode there,

remember those who praise you with love,* and with boldness beseech Christ in behalf of our souls.

All you venerable fathers, who lived in holiness,* you vanquished the demons,* and extinguishing torments of conscience*, you valiantly endured the burning of the passions,* O blessed ones, and rejoice now with the heavenly* hosts; for in the flesh you emulated the life of those incorporeal beings.* With them entreat Christ, the all-good God,* that we who honor you may be delivered from our falls.

Glory be: Now and for ever: (*Dogmaticon*): Who would not bless you, most holy Virgin?* Who would not praise the most pure manner in which you gave birth?* For the only-begotten Son, Who eternally proceeds from the Father,* came forth from you.* He took flesh from you in a manner that is beyond understanding.* He, Who by nature is God, took on our nature for our sake.* Yet He did not become divided into two persons;* rather, He remained one person with two distinct and unconfused natures.* O most pure Lady, we implore you: Beseech your Son and God to have mercy on our souls.

Aposticha

Your martyrs, O Christ, have endured many sufferings for Your sake,* and have received their heavenly crown.* Now they intercede for our souls.

Your martyrs did not reject You,* nor did they renounce Your commandments.* Through their prayers, have mercy on us!

The suffering martyrs, citizens of heaven, when taking part in the contest upon earth, endured manifold torments. By their intercessions and prayers, preserve us, O Lord!

Glory be: Now and for ever: By the prayers of her who gave birth to You, O Christ,* and of Your martyrs, apostles, and prophets, of the prelates, holy monks, the righteous ones,* and all Your saints, give rest to Your servants who have fallen asleep.

SATURDAY MATINS

Sessional Hymns

1. Ever enlightened by You, and having extinguished the lamp of the infidels,* like lamps the saints always shine forth light upon the righteous.* Through their prayers, O our Savior,* light my lamp, and save me.

Glory be: Now and for ever: You Who called Your Mother blessed,* went to Your sufferings of Your own free will,* and shone forth upon the cross, desiring to seek out Adam.* And You said to Your angels: Rejoice with Me,* for I have found the lost coin!* O' our God Who has ordered all things in Your wisdom, glory to You!

2. Having endured the struggles of martyrdom,* the saints received from You the honors of victory;* they foiled the intentions of the ungodly,* and have received unfading crowns.* Through their prayers, O God, grant us great mercy.

Glory be: Now and for ever: O Queen of those on earth,* intercessor and protectress, Mother of God, Mary,* you gave birth, in time, to the timeless Son and Word of God.* As the Mother, pray unceasingly with the martyrs and prophets* and divine ascetics, that those who have fallen asleep may be saved.

Canon – Ode 9

Hirmos: O Virgin who received the angel's salutation and gave birth to your own Creator, save those who extol you.

Verse: O holy martyrs, pray to God for us!

You were brought to the Master as pure sheep, O martyrs. Pray to Him to save our souls.

Verse: All you saints, pray to God for us!

O venerable and all-wise saints! You have shone forth like a sun, illuminating the world with the rays of your teachings and the brightness of healings.

Glory be: Now and for ever: O Virgin who gave birth to the Light, enlighten my soul, driving away the darkness of my slothfulness and sin.

Aposticha

All creation celebrates the memory of Your saints, O Lord;* the heavens rejoice with the angels, and the earth exults with men.* By their prayers have mercy on us.

O Lord, if we did not have Your saints as advocates and Your merciful grace,* how would we dare sing hymns to You,* Whom the angels glorify without ceasing.* O You Who know the hearts of men, spare our souls.

The memory of Your martyrs is a joy to all who fear the Lord;* for, having suffered for Christ, they received from Him crowns,* and now, with confidence they pray for our souls.

Glory be: Now and for ever: You are our God, Who in wisdom creates and accomplishes all things;* You sent Your prophets, O Christ, to announce Your coming,* and the

apostles to preach Your majesty.* Some prophesied Your coming, others through baptism enlightened nations,* and the martyrs suffered, achieving their desires.* Together they beseech You through the one who gave birth to You:*

Grant rest, O God, to the souls, whom You received,* and deem us worthy of Your kingdom, O our Deliverer and God,* Who suffered the cross for us who were under condemnation.



TONE SEVEN

SATURDAY VESPERS

Stichera at "O Lord, I have cried..."

Come, let us rejoice in the Lord,* Who destroyed the power of Death* and enlightened the human race;* and let us cry out with the angels:/* Glory to You, our Creator and Savior!

O Savior, for our sake You suffered crucifixion and burial;* and, as God, You destroyed Death by Your death.* Therefore, we adore Your resurrection on the third day* and we sing: Glory to You, O Lord!

On seeing the resurrection of the Creator,* the apostles were amazed,* and they sang an angelic hymn of praise:/* This is the glory of the Church,* this is the richness of the kingdom!* O Lord, Who suffered for our sake, glory to You!

O Christ, although You were taken captive by Your enemies,* I still acknowledge You as my God,* and I am not ashamed of You;* I will not hide the fact that You were nailed to the cross.* Your death is my life, almighty Lord,* and I extol Your resurrection.* O Lover of mankind, glory to You!

In fulfillment of the prophecy of David,* Christ revealed His majesty to His disciples in Zion.* He showed Himself to be worthy of equal praise* with His Father and the Holy Spirit,* for He existed from all eternity as God the Word, without a body;* then, out of love for mankind, He became incarnate,* and for our sake He was put to death as a man;* finally, by His own power He arose from the dead.

O Christ, of Your own free will, You descended into Hades,* and, as God the Lord, You destroyed Death.* On the third day You arose from the dead and raised up Adam* from the bonds of Hades and corruption.* In joy he cried out and said:/* Glory to Your resurrection, O Lover of mankind!

O Lord, You were placed in the tomb as one sleeping,* and on the third day You arose in might and power.* You raised up Adam from the corruption of death,* for You alone are almighty.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): O Mother of God, we acknowledge that you are both a mother and a virgin,* even though this is beyond the power of nature.* Who could ever understand or explain such a mystery?* O most pure Virgin, the manner in which you conceived was most glorious,* and the mere thought of your bearing God Himself within you is astounding.* Moreover, who could even begin to describe the wondrous way in which you gave birth?* But when God so wills, the very order of nature is abolished.* Because of this, we all recognize you as truly the Mother of God,* and we fervently beseech you:/* Pray for the salvation of our souls.

Aposticha

O Savior of the World, You arose from the grave,* and together with Your own flesh You raised up mankind.* O Lord, glory to You!

Verse: The Lord reigns, He is clothed in majesty.

Come, let us worship Christ Who arose from the dead and enlightened all creation.* For by His resurrection on the third day,* He set us free from the oppression of Hades,* granting us life and His great mercy.

Verse: For He has made the world firm, which shall not be moved.

O Christ, Lover of mankind,* You descended into Hades and destroyed Death.* Then You arose on the third day,* and, together with Yourself, You lifted up all of us* who glorify Your mighty resurrection.

Verse: Holiness befits Your house, O Lord, for length of days.

O Lord, what a fearful sight it was to see You lying in the tomb as if asleep.* Yet on the third day You arose in great power,* and at the same time You raised up Adam who joyfully cried out: * Glory to Your resurrection, O Lover of mankind!

Glory be: Now and for ever: All of us on earth hasten to take refuge in you, O Lady;* and we cry out to you: * O Mother of God, you are the only hope for us;* deliver us from our countless sins, and save our souls.

SUNDAY MATINS

Sessional Hymns

1. Though the tomb was sealed* You came forth from it, O Life;* and though the doors were closed* You came to Your disciples, O Christ our God,* You are the resurrection of all.* Through them You renew an upright spirit in us* according to the greatness of Your mercy.

Glory be: Now and for ever: O blessed Mother of God,* turn your gaze upon a helpless people and have mercy on us.* Pray that we do not perish in vain; beseech,* O kind-hearted One, the merciful God,* that He save our souls, O most holy Virgin.

2. Truly Life was placed in a grave,* and a seal was placed on the stone,* and the soldiers guarded Christ as they would a slumbering king.* The angels therefore glorified Him as the immortal God,* and the women cried out and said: The Lord is risen* and gives great mercy to the world.

Glory be: Now and for ever: O Virgin Mother of God,* intercede without ceasing with Christ our God,* Who was crucified for us and destroyed the power of Death,* that He may save our souls.

Gradual Hymn

You led the captives of Zion from their wandering, O Lord. Now also give me life and rescue me from the bondage of my sinful desires.

He who sows in sorrow in dry land, with fasting and with tears, shall reap the sheaves of joy as the food of eternal life.

Glory be: Now and for ever: In the Holy Spirit is the fountain of divine treasures; from Him comes wisdom, wonder, and understanding. To Him belongs praise and glory, power and honor.

Prokimenon: Ps 9

Arise then, Lord, lift up Your hand. O God, do not forget the poor!

Verse: I will praise You, Lord, with all my heart; I will recount all Your wonders.

Canon

Hirmos 1: At a sign from You, O Lord, the nature of the waters which had been liquid was changed into solid ground; and when the Israelites crossed it as on dry ground, they sang a hymn of victory.

Hirmos 3: In the beginning You strengthened the heavens by Your all-powerful Word, O Lord and Savior, and all their powers were strengthened by the divine Spirit, O Creator of the universe. Now confirm me on the unshakeable rock of the confession of our faith in You.

Hirmos 4: You have come down to earth, O Christ our

God, without leaving the bosom of the Father; I have heard of the mystery of Your plan of salvation, and I glorify You, O Lover of mankind.

Hirmos 5: For the unbelievers, You are a night without brightness, O Christ, but for the faithful, You are their illumination through the enjoyment of Your divine words. For this reason, I keep watch before You, and I praise Your divinity.

Hirmos 6: Sailing across the ocean which swells with the cares of this life, swallowed up in the midst of my sins, and thrown to the monster who devours souls, I cry to You, O Christ: Save me from this deadly abyss.

Hirmos 7: In days of old the youths transformed the fiery furnace into a fountain of dew when they sang to the one God and said: The Most High, the God of our ancestors, is covered with glory.

Hirmos 8: The bush on Sinai which burned without being consumed revealed God to Moses, the man of uncertain speech; and in the fire, the three youths, invincible in their zeal for God, sang a hymn of praise: Sing to the Lord, all you works of the Lord, and exalt Him forever.

Ode 9 – Hirmos: You conceived in all purity, and in you the Word and Creator of the Universe became incarnate; O spouseless Mother and virginal Godbearer, abode of Him Whom none could contain, and dwelling-place of the Infinite One and Your Creator, we extol you!

Verse: Glory to Your holy resurrection, O Lord! .

Let all those, who are in error by saying that the Divinity has suffered, now be silenced! Indeed it is not in His divine nature but in His flesh that the Lord of glory was crucified. He is One in two natures, and we now extol Him!

Verse: Glory to Your holy resurrection, O Lord!

You who deny the resurrection of the body; now go to the tomb of Christ, and there you shall learn. The flesh of the Author of life has been put to death; but it has been raised up again to confirm the final resurrection in which we hope.

Glory be: Now and for ever: It is not a triad of divinities that we venerate but a Trinity of persons; not only one person but one sole Divinity. We cut short those who divide the Trinity, and we confound those who in their audacity do not distinguish the Persons. This is the Trinity Whom we extol!

Holy is the Lord our God (3x).

Sunday Exapostilarion

Stichera at the Praises

Christ is risen from the dead, loosening the bonds of death.* Let the earth announce this great joy* and let the heavens praise the glory of God.

Having beheld the resurrection of Christ,* let us adore the holy Lord Jesus* Who alone is sinless.

Truly we cease not to worship the resurrection of Christ,* for we are saved from our sins.* Holy is the Lord Jesus* Who manifested the resurrection for us.

What shall we give the Lord for all that He has done for us?* To save us, God has dwelt in our midst.* The Word has become flesh because of our corrupted nature,* and He has taken up his abode among us.* The Benefactor reaches out to us in our ingratitude;* the Redeemer comes to us in our servitude;* the Sun of justice descends to those in darkness;* He Who is beyond suffering is nailed to the Cross;* He is Light to those in Hades and Life to those in death;* to all mortals He is the Resurrection.* Therefore we cry out: O our God, glory to You!

You demolished the gates of Hades, O Lord,* and by Your might You abolished the power of Death;* by Your divine and glorified resurrection,* You raised the dead lying in darkness from all ages;* for You are the King of all and the almighty God.

Come, let us rejoice in the Lord* and be joyous in His holy resurrection;* for He raised the dead with Him from the indissoluble bonds of Hades.* And as God He granted eternal life* and great mercy to the world.

Verse: Arise, then, Lord, lift up Your hand. O God, do not forget the poor!

Truly the resplendent angel sat on the stone of the life-giving grave* and proclaimed to the myrrh-bearing women:*

The Lord is risen as He foretold.* Tell His disciples that He will go before them to Galilee,* He Who grants eternal life and great mercy to the world.

Verse: I will praise You, Lord, with all my heart; I will recount all Your wonders.

Why have you rejected the Cornerstone, O transgressors of the law?*

He is the Stone Which God has placed in Zion;*

He is the One Who poured forth water from the rock in the wilderness;*

from his side, immortal life was poured forth for us;*

He is the Stone Which was cut out from the virginal mountain without the will of man;*

He is the Son of Man coming on the clouds of heaven* toward the Ancient of Days as the prophet Daniel said:*

His wisdom shall last forever.

Glory be: Gospel Stichera.

Now and for ever: You are truly most blessed... (p. 140).

SUNDAY VESPERS

Stichera at "O Lord, I have cried..."

Lift up your eyes, O my soul,* and look upon God's providence and compassion.* How did the heavens bow

down when He came to the earth?* He came so that He might raise you up from the misery of your passions,* and so that He might set you on the rock of faith.* O, the wonder of the awesome miracle!* We glorify You; for You poured Yourself out for us,* O Lover of mankind.

O my soul, look at the corruption of your deeds,* and be amazed that the earth still bears you and does not mourn.* How is it that the wild animals do not devour you?* How is it that the unsettling Sun does not cease to shine on you?* Rise up! Do penance, and cry out to the Lord: I have sinned against You!* I have sinned! Have mercy on me!

Having hope in You, all-powerful Lord,* we implore You to deliver us from all passion, danger, and need* so that we may live our lives in peace.* And having lived a chaste life, O Master,* may we find you to be well-disposed towards us,* granting us mercy on the day of judgment.

Aposticha

O Benefactor, as a prodigal I come to You.* Receive me as I fall before You like one of Your servants, O God.* Have mercy on me, O Lover of mankind.

Verse: I have lifted up my eyes... (p. 34).

As one who has fallen among thieves and is wounded,* so have I fallen because of my many sins.* My soul is wounded; to whom can I turn?* Only to You, the compassionate Healer of souls.* Pour out on me, O God, Your great mercy.

Verse: Have mercy on us, O Lord... (p. 34).

Glory to You, O Christ our God.* You are the praise of the apostles, and the delight of the martyrs,* who preached the consubstantial Trinity.

.Glory be: Now and for ever: O betrothed to God, together with the archangel we call out to you: Rejoice!* We honor you with many titles: O bridal chamber and door!* O throne of fire!* O unhewn mountain, and unburnable bush!

MONDAY MATINS

Sessional Hymns

1. Now that you possess the medicine of repentance,* O my soul, come, fall down, and, sighing, cry out:* O Physician of souls and bodies, O Lover of mankind!* Delivet me from my many sins,* and number me with the harlot, the thief, and publican,* and grant me, O God, forgiveness of sins, and save me.

Glory be: Now and for ever: As the temple of God, you surpassed,* O blessed Birthgiver of God, the heavenly powers;* for you gave birth to Christ, the Savior of our souls.

2. I have not imitated the repentance of the publican* nor the tears of the harlot;* for in my blindness I have not come to such an amendment of life;* but in your mercy, O Christ God, save us,* for You are the Lover of mankind.

Glory be: Now and for ever: You are more honorable than the glorious Cherubim, O most holy Virgin,* for, unable to bear the divine power,* they cover their faces with wings, while ministering,* but you can gaze upon the Word, Whom you carry in Your arms.* Pray to Him unceasingly for our souls.

Canon – Ode 9

Hirmos: Let us faithful extol with hymns the Godbearer, the only one among women, who is a Mother beyond nature and a virgin by nature.

Verse: Glory be to You, our God, glory be to You!

Behold! The Judgment approaches, and I, deserving condemnation because of my deeds, have fallen into despair:
O Christ God, righteous Judge, do not condemn me.

Verse: Holy archangels and angels, pray to God for us!

O seraphim and cherubim, thrones, dominions, powers, authorities, and principalities, archangels, and angels:
implore Christ unceasingly, that I be delivered from the besetting passions.

Glory be: Now and for ever: With the enlightening rays of the Word Who shone forth from you, O pure Virgin, illuminate us who are covered with the darkness of sins and the passions.

Aposticha

O Savior, do not cut me down, a sinner, like the barren fig tree,* but grant that I may live many more years,* watering my soul with tears of repentance,* so that I may bring You the fruit of good works.

Celebrating the memory of Your holy martyrs,* we glorify You, O Christ, crying out: * Lord, glory be to You!

Since You are the Sun of righteousness,* enlighten the hearts of those who sing to You: * Glory to You, O Lord!

Glory be: Now and for ever: Through the prayers of the Mother of God,* grant peace to our lives, for we cry out to You: * Glory to You, O merciful Lord.

MONDAY VESPERS

Stichera at "O Lord, I have cried..."

O all-compassionate Master and God,* according to the judgments You established,* grant that Your fear abide in

my heart.* Grant that I may love You with all my soul,* and may I loathe the deeds of the enemy.* Grant that I may accomplish Your redeeming will,* for You are our God Who said:/* Ask and you shall receive.

I have become a laughing-stock of the devils,* a reproach of all, a subject of lament for the Just,* a source of tears for the angels,* something that pollutes the air, the earth, and water.* I have stained my body, soul, and mind with false practices;* and have become an enemy of God.* Woe is me, O Lord!/* I have sinned against You; forgive me!

I entreat You, O Master, to bear with me in my fruitlessness.* Do not cut me down with a stroke of death* as though I were a tree without fruit,* and ready to be cast into the fire;* but relent and make me fruitful, O Lover of mankind.* Give me time for repentance* that I may wash away my many sins, O Christ my Savior.

Aposticha

O Benefactor, as a prodigal I come to You.* Receive me as I fall before You like one of Your servants, O God.* Have mercy on me, O Lover of mankind.

As one who has fallen among thieves and is wounded,* so I have fallen because of my many sins.* My soul is wounded; to whom can I turn?/* Only to You, the compassionate Healer of souls.* Pour out on me, O God, Your great mercy.

O holy martyrs who fought the good fight and have received your crowns,* entreat the Lord to have mercy on our souls.

Glory be: Now and for ever: Rejoice, O Lady, the cloud of the ineffable and spiritual Sun!/* Rejoice, O lamp that is

full of Light!* Rejoice, O golden candelabra,* for Eve has been delivered by you from the curse.* Since you have power before your Son and God, O most pure One,* never fail to entreat Him by your maternal prayers;* for He shall be attentive to you.

TUESDAY MATINS

Sessional Hymns

1. O Lord, Lover of mankind!* You, Who washed away Peter's denial because of his tears* and forgave the publican's offences because of his sighs:* Have mercy on me.

Glory be: Now and for ever: Rejoice, you who contained in your womb* the One Whom the heavens cannot contain.* Rejoice, O Virgin, proclamation of the prophets, through whom Emmanuel shone forth!* Rejoice, O Mother of Christ our God.

2. The sea of life has risen up against me, O Lord,* and I am drowning in the waves of my transgressions, O Master;* therefore stretch forth Your hand to me, as You did to Peter,* and save me, O Lover of mankind!

Glory be: Now and for ever: You who know our needs* and protect us against the assaults of those who dwell on earth,* have mercy, O blessed Mother of God;* and pray that we do not perish foolishly;* implore the merciful God,* that He save our souls, O most pure and holy Virgin!

Canon – Ode 9

Hirmos: Who among men is able to describe the seedless conception of your birthgiving? Who among mortals will not marvel at the birth of your incorrupt Offspring? For this reason, all the tribes of the earth extol you, O Godbearer!

Verse: Glory be to You, O God, glory be to You!

That we may inherit the good things to come, let us weep; let us sigh and implore Christ, while we, O faithful, still have time for repentance and supplication.

Verse: O holy prophet, forerunner and baptizer of the Lord, John, pray to God for us!

The awesome day is near at hand; and having deeds worthy of condemnation, I cry out in deep sorrow: Lord, Lord, Who alone are merciful! Through the prayers of the Forerunner and all the saints, show me then to be uncondemned.

Glory be: Now and for ever: You, O Full of Grace, who gave birth to the Light, illumine my darkened soul and deliver us from the eternal darkness, so that we may glorify and praise you, O all-blessed One!

Aposticha

O Savior, do not cut me down, a sinner, like the barren fig tree,* but grant me yet many more years,* that I may water my soul with tears of repentance,* and bring to You the fruit of good works.

Since You are the Sun of justice,* enlighten the hearts of those who sing to You;* Lord, glory be to You!

Standing before the lawless judges,* Your martyrs, rejoicing, sang: * Lord, glory be to You!

Glory be: Now and for ever: From the Virgin You came forth as light,* and enlightened the human race.* Lord, glory be to You.

TUESDAY VESPERS**Stichera at "O Lord, I have cried..."**

Of old, a tree drove me from paradise,* but now a tree restored me to paradise* when You were crucified, O Christ!

O awesome wonder!* How can the Creator standing before a creature, be condemned and crucified* for the salvation of mankind.

O cross of Christ,* marvel of the holy angels* and great wounding of the devil and the demons,* save your servants.

Aposticha

No longer are we forbidden the tree of life,* for we have Your cross as our hope.* O Lord, glory You!

Suspended upon the tree, O immortal One,* You triumphed over the snares of the devil.* Glory to You, O Lord!

Not caring for any earthly thights, O holy martyrs,* you boldly preached Christ at the tribunal,* and received from Him rewards for your torments.* Since you possess confidence before Him,* we beseech you to entreat Him,* as the almighty God, to save our souls.

Glory be: Now and for ever: Beholding your Son upon the tree,* your heart, O most pure Virgin, was wounded with the sword of grief.

WEDNESDAY MATINS**Sessional Hymns**

1. O Christ God, Who for my sake endured the crucifixion on the cross,* accept my constant praise, and save me.

Glory be: Now and for ever: You conceived in your womb,* O Virgin Godbearer,* Him Whom you beheld hanging on the cross.* Pray to Him unceasingly for the salvation of our souls.

2. O Christ, You showed the tree of Your cross* to be more radiant than fire and more powerful than flame,* for it consumes the sins of men* and illumines the hearts of those who praise Your voluntary crucifixion.* O Christ God, glory to You.

Glory be: Now and for ever: When the Virgin beheld You crucified, O Lord,* she cried out to You weeping.* I praise Your long-suffering, O my Son,* and Your unspeakable divine condescension.

Canon – Ode 9

Hirmos: O Mother of God and Virgin, you gave birth and yet remained a virgin still; and this was not the work of nature, but the work of God's grace. Therefore, we extol you forever as the one favored with God's wonders.

Verse: Glory be to Your cross and crucifixion, O Lord!

The power of the enemy was forever destroyed, O Christ Master, when You cried aloud on the tree to Your eternal Father and called Your scattered sheep to the knowledge of You.

Verse: Most holy Mother of God, save us!

O Mother who did not know man, holy Mother of God! You were shown to be holier than the heavenly hosts when you gave birth to the Creator of all. Therefore, together with the angels we unceasingly praise your greatness.

Glory be: Now and for ever: O Lady, you who alone gave birth to the eternal Light, deliver us from everlasting darkness, and enlighten our souls which have become completely darkened through the passions, so that I may ever glorify you with love.

Aposticha

O Master, as the Lover of mankind and Giver of life,* You redeemed the world by Your cross.* Lord, glory be to You.

The true Vine was nailed to the cross,* and the nations received paradise with the thief.* This is the glory of the Church!* These are the riches of the kingdom!* O Lord, Who suffered for our sake, glory be to You!

The all-praised martyrs of Christ* became the beacons for the world, crying aloud:/* Glory be to You, O Lord!

Glory be: Now and for ever: When the all-pure One,* beheld You nailed to the tree of Your own free will,* weeping, she praised Your might.

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

O glorious apostles,* having plowed the whole earth* with the plow of the knowledge of God,* you made the multitude of the faithful grow.

Dispel the storm of my passions* and enlighten me with the outpouring of pure light,* O blessed apostles.

As disciples of the Word,* you have led the assembly of the nations from folly* to the understanding of God.

Aposticha

O glorious apostles, you are the pillars of the Church,* preachers of the truth, and brightly shining lamps.* You have consumed every delusion with the fire of the Spirit,* and have enlightened mankind with faith.* Therefore, we beseech you, entreat our Savior and God* to give the world peace and to save our souls.

O apostles of Christ, you are the laborers of the Savior.* Taking your crosses upon your shoulders like plows,* you have cleansed the desolate land of the error of idolatry,* and sown the word of faith.* It is fitting that you should be honored, O holy apostles of Christ.

O martyrs, lofty praise is your due,* for you are lambs of the Spirit and spiritual offerings.* You are pleasing sacrifices that have found favor with God,* and though the earth may not have covered you,* the heavens for their part received you.* We entreat you, for you have become partakers with the angels,* to join with them in beseeching our God* to give the world peace and to save our souls.

Glory be: Now and for ever: We sing the praises of the only woman to remain virgin* after giving birth because she is the Mother of God.* We sing to her: Glory to you!

THURSDAY MATINS

Sessional Hymns

1. O Lord, You made Your apostles* workers in Your field who cut down the idols;* therefore, having preached You, the Master, among the nations,* they piously extolled You.

Glory be: Now and for ever: The Fruit of your womb, O most pure One,* is the fulfillment of the law and the prophets;* having recognized this,* we piously extol you, O Mother of God.

2. With hymns and songs we venerate* the all-wise apostles of Christ God as preachers of our salvation,* for they have dispelled the ungodliness of deception* and have saved the world as witnesses of the Word,* servants and friends, and brethren.

Glory be: Now and for ever: Rejoice, for through you the Word became flesh* without changing and dwelt among us.* Rejoice, O pure One, joy of the apostles and martyrs and salvation of the faithful!* Rejoice, Mother of Christ God!

Canon - Ode 9

Hirmos: O most pure Mother who knew not man, who gave birth to the all-creating Word without experiencing corruption, and gave Him a body, O Virgin Godbearer, receptacle of the Inaccessible One, dwelling of your Creator, the Uncontainable One. For this, we extol you.

Verse: Holy apostles, pray to God for us!

The Word of God the Father revealed you as sons of the light and the day; and having loved Him, O divine apostles, you were shown to be beacons for the whole world, dispellers of demons, guides for the lost and firm foundation for the Church.

Verse: O holy bishop Nicholas, pray to God for us!

Following the ways of the holy apostles, you inherited their thrones as an honorable and holy hierarch, O worthy of praise Nicholas!

Glory be: Now and for ever: In your holy arms, O pure One, you carried Him Who upholds all things. Therefore,

implore Him, O pure One, that we do not suffer any harm from the evil one.

Aposticha

O glorious apostles, pillars of the Church,* preachers of the Truth, radiant beacons.* With the fire of the Spirit you consumed all deception* and illumined the human race with faith.* For this, we beseech you:* Entreat our Savior and God,* that He grant peace to the world and save our souls.

O apostles of Christ, laborers of the Savior!* Bearing the cross upon your shoulders as a plough,* and having cleared the earth made hard by the deception of idolatry,* you sowed the word of faith.* Because of this, you are fittingly honored, O holy apostles of Christ!

Having only one goal and one desire,* the passion-bearing martyrs, having found the one path of life,* which is death for Christ, urged one another to accept death.* O marvelous wonder!* Seizing tortures as though they were treasures, they said to one another: If we do not die today, we will still have to die some day;* therefore, let our sufferings be an honor,* and let us purchase life with death.* Through their prayers, O God, have mercy on us!

Glory be: Now and for ever: You were ineffably born of the Virgin, O Christ,* and hast enlightened those in darkness, who cry: Glory to You, O Lord!

THURSDAY VESPERS

Stichera at "O Lord, I have cried..."

In order to make man God,* You became man, O all-good Christ, and were crucified.* Glory to Your power!

When the assembly of Jews condemned You to the cross,* O Jesus, the earth quaked* and the sun hid its light.

The wicked assembly crowned You with thorns,* O immortal and holy King,* Who cuts off the thorns of deception at the root.

Aposticha

Now that we have Your cross as our hope, O Lord,* we are no longer held back from the tree of life.* Glory to You, O Lord!

Hung upon the tree, O Immortal Lord,* You triumphed over the snares of the Devil.* Glory to You, O Lord!

Glory to You, O Christ our God.* You are the praise of the apostles, and the delight of the martyrs,* who preached the consubstantial Trinity.

Glory be: Now and for ever: Before Your birth, O Son,* I heard joyful words, and expected them to fill me with joy* and make grieving souls happy,* but all that clearly turned into sorrow instead,* because of Your crucifixion.* Grief overwhelms me, and I am ready to die,* so much has grief filled my heart.

FRIDAY MATINS

Sessional Hymns

1. You, Who rule over the heavenly hosts,* and know the laziness of my soul,* save me by Your cross,* O Christ God, for You love mankind.

Glory be: Now and for ever: Protected by the cross of your Son, O Virgin,* we avoid the assaults of the demons. Therefore, it is fitting that we sing hymns to you, glorifying you, O all-praised Godbearer!

2. Ever gazing upon Your raised cross, O Lord,* we, the faithful, approach it with hymns and songs,* kissing it with fear and joy.* Sanctify Your servants,* and bring peace to Your world through its manifestation,* O only Lover of mankind.

Glory be: Now and for ever: O pure and ever-Virgin Mother of God,* seeing your Son hanging on the cross,* and weeping like a Mother, you extolled His condescension,* O immaculate Lady.

Canon – Ode 9

Hirmos: O all-praised One who are more exalted than the heavens! You conceived without seed the eternal Word, and gave birth to God in the flesh for the people; for this, we all glorify you.

Verse: Glory to Your holy cross and crucifixion, O Lord!

When the sun saw You, O King of ages, raised upon the cross, it darkened; the earth quaked, and the curtain in the temple was torn in two, O almighty Jesus!

Verse: Holy martyrs, pray to the God for us!

O valiant martyrs, having endured every kind of torture, you tore apart the nets of the author of evil and received crowns of victory and heavenly bliss.

Glory be: Now and for ever: O blessed One who are holier than the Cherubim and gave birth to God the Word in the flesh, Who voluntarily gave Himself up to be raised upon the cross, pray to Him unceasingly in our behalf.

Aposticha

O Master, as the Lover of mankind and Giver of life,* You redeemed the world by Your cross.* Lord, glory be to You.

The true Vine was nailed to the cross,* and the nations embraced paradise with the thief.* This is the glory of the Church!* These are the riches of the kingdom!* O Lord, Who suffered for us, glory be to You!

Celebrating the memory of Your holy martyrs,* we glorify You, O Christ, crying out:* Lord, glory be to You.

Glory be: Now and for ever: You accepted crucifixion and death as though You were a thief,* O long-suffering Savior,* in order again to raise us up through the tree of the cross,* who had fallen because of a tree.* Your Virgin Mother, trembled, when she saw you dead, and, lamenting, cried out:* O unjust insanity!* How is it that the wicked men kill the just One!

FRIDAY VESPERS

Stichera at "O Lord, I have cried..."

Three stichera of the saint of the day and the following three:

The martyrs dispelled the darkness of ungodliness,* showing forth the light of divine knowledge to all men.

With the teachings of the true faith as with divine rays* you illumined the Church of the Lord,* O most wise pastors!

Dwelling in the trackless wilderness,* you tore apart the nets of the demons,* O venerable fathers!

Glory be: Now and for ever: (*Dogamticon*): O Mother of God, we acknowledge that you are both a mother and a virgin,* even though this is beyond the power of nature.*

Who could ever understand or explain such a mystery?* O most pure Virgin, the manner in which you conceived was most glorious,* and the mere thought of your bearing God Himself within you is astounding.* Moreover, who could even begin to describe the wondrous way in which you gave birth?* But when God so wills, the very order of nature is abolished.* Because of this, we all recognize you as truly the Mother of God,* and we fervently beseech you:.* Pray for the salvation of our souls.

Aposticha

Not caring for any earthly things, O holy martyrs,* and having boldly preached Christ at the tribunal,* you received from Him rewards for your torments.* Since you possess confidence before Him,* we beseech you to entreat Him,* as the almighty God, to save our souls.

O most praised martyrs, spiritual lambs, rational holocausts,* acceptable sacrifices well-pleasing to God,* the earth did not hide you, but heaven received you,* and you have become partakers with the angels.* Pray with them to our God,* that He grant to the world peace and save our souls.

O holy martyrs, who fought the good fight and received crowns:.* Pray to the Lord,* to save our souls.

Glory be: Now and for ever: Daniel saw you, the blessed One, in the holy mountain,* and the wise Isaiah proclaimed you, O pure One, as the Mother of God,* who in the flesh contained God, Who created Adam.* Before Him the Cherubim tremble, perpetually singing the thrice-holy hymn;* and, glorifying the Incarnate One,* they pray to Him to save our souls.

SATURDAY MATINS**Sessional Hymns**

1. We implore you, O saints:^{*} Pray for the remission of our sins,^{*} that we may be delivered from the evils that await us,^{*} and from bitter death.

Glory be: Now and for ever: O most praised One, we trust you as the treasury of our resurrection;^{*} therefore, lead us out of the pit and depths of transgressions;^{*} for, having given birth to our Salvation,^{*} you saved those guilty of sin.^{*} You were a virgin before birthgiving,^{*} a virgin during birthgiving, and after birthgiving^{*} you remained a Virgin.

2. Rejoice, O righteous ones, and let the heavens exult;^{*} for the martyrs struggling on earth have overcome the enemy^{*} and abolished the deception of idols.^{*} Let the Church rejoice,^{*} celebrating the triumph of the only Ruler and Victor, Christ God,^{*} Who grants great mercy to the world.

Glory be: Now and for ever: O all-pure Virgin, with the prophets and the martyrs,^{*} implore without ceasing our God, Who became incarnate from you,^{*} that He save our souls.

Canon - Ode 9

Hirmos: Let us the faithful with hymns extol the Godbearer, the only blessed One among women, who became a Mother in manner that transcends nature and a virgin by nature.

Verse: All you saints, pray to God for us!

Through the prayers of the holy martyrs, prophets, and righteous ones, who lived virtuously in ages past, have mercy on our souls, O Christ.

Verse: All you hierarchs, pray to God for us!

As ministers of the Master, O witnesses of the sacred mysteries, you have joined the heavenly servants. Therefore, with them, pray for us.

Glory be: Now and for ever: A lover of sin, I tremble before the dread judgment of Him Who was born of you, O pure One. Preserve me uncondemned, O gracious One!

Aposticha

Celebrating the memory of Your holy martyrs,* we glorify You, Christ, and cry out: * Lord, glory be to You!

Standing before the lawless judges,* Your martyrs, rejoicing, sang: * Lord, glory be to You!

O passion-bearing martyrs, desiring one thing only* and looking toward one thing alone,* having found one path of life, which is death for Christ,* urged one another on to death.* O the wonder! For accepting torments as though they were riches,* they said to each other: * If we do not die now, we shall die in any case;* therefore, let us do things worthy of life with love of honor;* let us take advantage of our sufferings,* and in exchange for death let us purchase life!* Through their prayers, O God, have mercy on us!

Glory be: Now and for ever: You gave birth in the flesh to the Deliverer, the Fulfillment of the law;* for before Him there was no justification for those under the law,* but Christ was crucified for us and justified us.* Therefore, with a Mother's confidence,* implore your compassionate Son, O most praised One,* that He grant rest to those souls who have piously departed from us.



TONE EIGHT

SATURDAY VESPERS

Stichera at "O Lord, I have cried..." .

O Christ, during this spiritual service,* we sing to You these evening prayers,* commemorating the mercy You have shown us* by Your resurrection.

O Lord, O Lord, do not cast us away from Your face;* but in Your kindness have mercy on us* through Your resurrection.

Rejoice, O holy Zion,* the Mother of Churches and the dwelling-place of God;* for you were the first to receive the forgiveness of sins* through the resurrection.

Christ the Word was begotten by God the Father before all ages;* yet in these latter times,* He freely willed to take flesh from the Virgin who did not know man.* By His death on the cross and His resurrection,* He saved mankind from the ancient curse of death.

O Christ, we glorify Your resurrection;* for by rising from the dead* You freed the race of Adam from the sufferings of Hades,* and as God You granted eternal life* and great mercy to the world.

Glory to You, O Christ our Savior,* the only-begotten Son of God;* for You were nailed to the cross,* and then arose from the dead on the third day.

We glorify You, O Lord;* for of Your own free will You suffered crucifixion for our salvation.* Almighty Savior,

we worship You.* We implore You not to cast us away from Your face;* but hear our prayer and save us by Your resurrection,* for You truly love mankind.

Three stichera and Glory be: of the saint.

Now and for ever: (*Dogmaticon*): In His love for mankind,* the 'King of heaven' appeared on earth and dwelt among us.* For He took flesh from the pure Virgin,* and, being thus incarnate, He came forth from her.* The only Son of God remained one person,* but He now possessed two natures.* For this reason, we profess that He is truly perfect God and perfect man.* Therefore, we beseech you, O Virgin Mother: Implore Christ, whom we proclaim as God,* to have mercy on our souls.

Aposticha

O Jesus, You descended from heaven* so that You might ascend the cross.* O immortal Life, You came to die.* You are the true light to those who live in darkness,* and You are the resurrection of the fallen.* Therefore, O Savior of all, we glorify You.

Verse: The Lord reigns, He is clothed in majesty.

Let us glorify Christ, the Savior of our souls* Who arose from the dead.* For He took upon Himself a soul and a body,* and during His passion He separated the one from the other.* His pure soul went down to conquer Hades,* while His holy body lay uncorrupted in the grave.

Verse: For He has made the world firm, which shall not be moved.

O Christ, we glorify Your resurrection with psalms and hymns.* For by Your victory over Death You delivered us from the sufferings of Hades,* and as God You granted us eternal life and great mercy.

Verse: Holiness befits Your house, O Lord, for length of days.

O Lord of all, Creator of heaven and earth,* You are above all understanding.* Through Your passion on the cross* You freed us from the sufferings of Hades.* And, after condescending to be buried, You arose in glory;* and with Your mighty arm You also raised up Adam.* O most merciful Lord, we glorify You;* for by Your resurrection on the third day,* You granted us remission of sins and eternal life.

Glory be: Now and for ever: O Virgin, You have never known wedlock,* yet you conceived God in the flesh* in a manner which words can never describe.* You thus became the Mother of God on high.* O immaculate Lady, receive the supplication of your servants* and grant us the cleansing of our sins.* Accept now our prayers and beseech God to save all of us.

SUNDAY MATINS Sessional Hymns

1. You have risen from the dead, O Life of all,* and a resplendent angel said to the women: * Dry your tears and proclaim the good news to the apostles,* and cry out in praise that Christ the Lord is risen,* and as God He was pleased to save the human race.

Glory be: Now and for ever: Let us glorify the tabernacle and the heavenly gate,* the most holy mountain and the shining cloud,* the heavenly ladder and the mystical paradise,* the deliverance of Eve and the precious and great treasure of the universe.* For through her, salvation came to the world,* and the ancient debt was forgiven.* Therefore, we cry out to her: * Intercede with your Son and God to grant forgiveness of sins* to those who bow in true worship to your most holy birthgiving.

2. Mortals have sealed Your tomb, O Savior,* but angels rolled the stone away from Your grave;* and the women

witnessed Your resurrection from the dead.* They proclaimed to Your disciples in Zion* that You arose and broke asunder the bonds of death, O Life of all.* O Lord, glory to You!

Glory be: Now and for ever: (*is sung standing*): In you, O Full of Grace,* the angelic choirs and the human race, all creation rejoices.* In you, O sanctified temple, mystical paradise, and glory of virgins,* from whom God took flesh,* He Who is our God from before all ages, became a child.* For He made your womb a throne and made it greater than the heavens.* In you, O Full of Grace, all creation rejoices.* Glory be to you! Glory be to you! Glory be to you!

Gradual Hymn.

From my youth the enemy has tempted me, and he has consumed me with a love for pleasure.* But I place my hope in You, O Savior, that I may obtain the victory over him.

The enemies of Zion shall be like grass which is uprooted.* For Christ shall destroy them with the sword of suffering.

Glory be: Now and for ever: Truly in the Holy Spirit all shall live,* for He is the Light of Light and a great God.* Let us, therefore, praise Him with the Father and the Word.

Prokimenon: Ps 145

The Lord will reign forever, Zion's God, from age to age.

Verse: My soul, give praise to the Lord; I will praise the Lord all my days.

Canon

Hirmos 1: In days of old, Pharaoh, who was at the head of his chariots, was drowned because of the staff of Moses; In a wondrous way, he struck the sea in the form

of a cross and it divided. But he saved Israel who was able to flee as on dry ground, singing a hymn to the Lord.

Hirmos 3: In the beginning, You made the skies firm in Your wisdom, and You founded the earth on the waters. O Christ, make me firm on the rock of Your commandments, for none is holy but You, O only Lover of mankind.

Hirmos 4: You are my strength and my power, O Lord, You are my God and my joy! Without leaving the Father's bosom, You have visited our poverty. Therefore, with the prophet Habakkuk, I cry out to You: Glory to Your power, O only Lover of mankind.

Hirmos 5: Why have You driven me far from Your face, O inaccessible Light? The outer darkness has enveloped me, wretched creature that I am. Make me return, I pray You, and direct my paths toward the light of Your law.

Hirmos 6: Grant Your forgiveness, O Lord, despite the number of my sins; draw me out of the abyss of evil, I pray You: for it is to You that I cry: O God of my salvation, hear me, O Lord!

Hirmos 7: The condescension of God brought fear to the fire of Babylon in days of old; thus the youths danced with joy in the furnace as in a flowery meadow, and they sang: Blessed are You, O God of our ancestors.

Hirmos 8: In his fury the tyrant of the Chaldeans had the furnace heated seven times hotter than usual for the faithful servants of the Lord; but when he saw them saved by a more powerful force, he cried out: O youths, bless your Creator and Redeemer; praise Him, you priests; and all you people, exalt Him for all ages.

Ode 9 – Hirmos: Heaven was seized with wonder and the ends of the earth struck with astonishment when God revealed himself to humanity clothed in our flesh. And your womb has become more spacious than the heavens;

O Mother of God, the assembly of angels and people extol You.

Verse: Glory to Your holy resurrection, O Lord!
 Even though Your divine nature is without beginning, You took our flesh, O Word of God; You suffered in Your human nature, yet as God You remained beyond suffering; in two natures and without division or confusion, we extol You.

Verse: Glory to Your holy resurrection, O Lord!
 O Most High, the One Who is Your Father according to Your divine nature, You called God when You took on Your human nature and came down among Your servants. And now, risen from the dead, You have revealed Him as the Father of humanity, the One Who by nature is God and Master. With Him, we all extol You.

Glory be: Now and for ever: O Virgin, you have appeared as the Mother of God; in a wondrous manner, You gave birth in the flesh to the Word Who is all-good and Whom the Father in His goodness had spoken before the ages; and even though He bears the garment of flesh, we know Him to be the transcendent One.

Holy is the Lord our God (3x).

Sunday Exapostilaria

Stichera at the Praises

O Lord, though You stood in judgment before the throne of Pilate,* You did not vacate Your heavenly throne where You sit with the Father.* You arose from the dead,* releasing the world from the bondage of the enemy;* for You are compassionate and the Lover of mankind.

You gave us Your cross, O Lord, as a weapon against Satan* who fears and trembles since he is unable to behold its power;* for it raised the dead and triumphed

over Death.* Therefore, we worship Your burial and Your holy resurrection.

You were placed in a grave like the dead, O Lord;* the soldiers guarded You as a slumbering King,* and as a Treasure of life, they sealed You.* But You arose and granted incorruptibility to our souls.

The angel proclaimed Your resurrection, O Lord,* and filled the guards with fear;* but to the women he cried out, saying.* Why do you seek the Living among the dead?* Truly He is risen as God* and grants life to the whole world.

You suffered on the cross* although You were beyond suffering in Your divinity;* You accepted burial for three days* that You might set us free from the bondage of the enemy* and grant us life through Your resurrection,* O Christ, the Lover of mankind.

I worship, glorify, and praise Your resurrection from the tomb, O Christ,* by which You released us from the bonds of Hades.* For as God, You grant eternal life and great mercy to the world.

Verse: Arise then, Lord, lift up Your hand. O God, do not forget the poor!

Truly the transgressors of the law guarded your life-giving tomb;* they sealed it and placed guards by it.* But since You are immortal and the almighty God,* You rose on the third day.

Verse: I will praise You, Lord, with all my heart; I will recount all Your wonders.

When You passed through the gates of Hades,* and demolished them, O Lord,* then as a captive, Hades shouted and said:/* Who is this who is not condemned to the abyss of the earth,* but who has pulled down the

prison of the dead like a tent?* For truly I received Him as a mortal and have feared Him as God.* Therefore, O almighty Savior, have mercy on us.

Glory be: Gospel Stichera.

Now and for ever: You are truly most blessed... (p. 140).

SUNDAY VESPERS

Stichera at "O Lord, I have cried..."

O Lord, when You came into the world to call sinners,* You received the thief and the prodigal, the adulteress and the publican.* O my Christ, I have sinned more than all of these,* and in no way am I repentant.* O Lover of mankind, call me to Yourself.

O Lord, You placed publicans as shepherds of Your Church. You made its persecutor its defender.* Through their prayers show me to be Your lamb* so that I may not become food for the Devil, worthless as I am.

Cry out in repentance, O my soul, before your end,* and join yourself to God.* Call out to Him from your heart, weeping:* I have sinned against You with such evil deeds, O Christ!* Do not despise me, I pray.* Convert me and make me worthy of forgiveness,* since You are the merciful One.

Aposticha

Angels unceasingly sing to You, O King and Master.* I fall before You as the publican and cry out:*

O God, cleanse me and have mercy on me!

Verse: I have lifted up my eyes... (p. 34).

You are immortal, O my soul!*

Do not be overcome by the waves of life,* but rise up and cry out to your Benefactor:*

O God, cleanse me and have mercy on me!

Verse: Have mercy on us, O Lord... (p. 34):

O martyrs of the Lord, you sanctify all places,* and you heal all diseases.* Therefore, we implore you:/* Pray that our souls be delivered from the snares of the enemy.

Glory be: Now and for ever: Rejoice, O loving palace! O spiritual dove!* Rejoicé, O city of our Creator! Rejoice, O refuge of the faithful!* Rejoice, O fortress and intercession;* Rejoice, O salvation and deliverance of those who love you!* Rejoice, O bridge which brings all to heaven!* Rejoicé, O most spiritual 'One, O holy Lady!

MONDAY MATINS

Sessional Hymns

1. Look upon my lowliness with Your compassionate eye, O Lord,* for my life will reach its end in a little while,* and there will be no salvation for me because of my works.* Therefore, I pray:/* Look upon my lowliness with Your compassionate eye, and save me.

Glory be: Now and for ever: Understanding the mystical command,* the incorporeal one hastened to the house of Joseph,* saying to her who knew not wedlock:/* He Who bowed down the heavens in His condescension* will be wholly and immutably contained within you.* And seeing Him taking on human form in your womb,* with awe I cry out to you:/* Rejoice, O bride unwedded!

2. Pondering that dread day, be watchful, my soul,* and light your lamp and feed it with oil,* for you do not know when the cry will come upon you, saying:/* Behold, the Bridegroom!* Watch, then, my soul, do not slumber,* lest you remain outside the door knocking like the five vir-

gins,* but watch diligently, that you may meet Christ with rich oil,* and that He may grant you the divine bridal chamber of His glory.

Glory be: Now and for ever: The Master and Creator of all things received from your most pure womb a body,* and made you the intercessor for mankind, O all-pure One.* Therefore, we all hasten to you,* O Lady, asking for forgiveness of sins.* Deliver us from everlasting torments and from every punishment,* so that with faith we may cry out to you: * O Virgin, implore Christ God to grant forgiveness of sins* to those who in faith hasten under your protection.

Canon – Ode 9

Hirmos: Everyone trembled who heard of the ineffable condescension of God, for the Most High of His own free will took upon Himself a body, and in a virginal womb He became man. For this reason, we, the faithful, extol you, O most pure Godbearer.

Verse: Glory be to You, our God, glory be to You!

As You once cleansed the harlot, who fell down before You in tears, O Savior, and as You justified the publican who merely sighed, O Word, and as You accepted Manasseh and had mercy on the penitent David, O Lover of mankind, accept me also, and save me.

Verse: Holy archangels and angels, pray to God for us!

Pray, O guardian angels, that God grant salvation to those, who seek your protection, O glorious ones!

Glory be: Now and for ever: You shone forth, O Virgin, like the dawn for those, who abide in darkness and are lost, holding in your arms the Sun of justice, Christ.

Aposticha

When I recall the multitude of evil deeds I have committed* and think about the terrible trial that is to come,* and, seized with trembling, I flee to You,* the God Who loves mankind.* I beg You, do not despise me, O only sinless One,* but before the end, grant to my poor soul humble repentance, and save me.

Verse: In the morning... (p. 146).

Grant me tears, O Lord, as You once did the sinful woman,* and allow me to wash Your feet,* which have delivered me from the path of deception,* and to bring to You as fragrant myrrh a pure life of repentance,* so that I may also hear the desired words:*

Your faith has saved you, go in peace.

Verse: Let the favor of the Lord... (p. 146).

What shall we call you, O saints?* Cherubim? for Christ rested on you.* Seraphim? for you glorified Him without ceasing.* Angels? for you rejected your bodies.* Powers? for you work miracles.* Many are your names, and great your gifts.* Pray that our souls be saved.

Glory be: Now and for ever: The heavenly choir sing hymns to you, O Full of Grace,* Virgin Mother, and we glorify your unspeakable birthgiving, O Mother of God.* Pray that our souls be saved.

MONDAY VESPERS

Stichera at "O Lord, I have cried..."

(*Podoben – O preslavnoho chudese*): I do not have compunction, nor a fountain of tears,* nor the gift of sincere

confession, neither the weeping that purifies, nor humility of heart.* I have not emulated the publican, the harlot, or the prodigal son.* How then shall I find remission of my many sins?* By the judgments You have established, save me, O Christ!

I have made myself a stranger to every divine commandment,* and I have completely neglected those things pertaining to the better virtues.* I have senselessly spent my whole life in slothfulness,* and all the deeds I have committed have been unsuitable and sinful.* Therefore, O Christ, since You are merciful,* have pity on me and save me.

Because of Your goodness, do not rebuke me in anger;* for I am the work of Your hands,* even though I have alienated myself from You with my senseless deeds.* Because of the depth of Your compassion, O Lover of mankind,* You have made me after Your own likeness.

Aposticha

Angels unceasingly sing to You, O King and Master.* I fall before You as the publican and cry out:/* O God, cleanse me and have mercy on me!

Since you are immortal, O my soul,* do not be overcome by the waves of life;* but rise up and cry out to your Benefactor:/* O God, cleanse me and have mercy on me!

O martyrs of the Lord, we entreat you to beseech our God* and ask great mercy for our souls* and forgiveness of our many offenses.

Glory be: Now and for ever: Rejoice, O pride of the universe and temple of the Lord!/* Rejoice, overshadowed mountain and refuge of all!* Rejoice, O golden cande-

labra and precious glory of the faithful!* Rejoice, O Mary,
Mother of Christ our God!* Rejoice, O tabernacle and
paradise!* Rejoice, O table of divinity and golden vessel!*
Rejoice, for you are the hope of all!

TUESDAY MATINS

Sessional Hymns

1. Like the harlot I fall down before You, that I may receive forgiveness.* Instead of myrrh I offer to You tears from the depth of my heart,* that You may take pity on me as You did her, O Savior;* grant me cleansing of sins,* so that like her I may cry out to You: * Deliver me from the mire of my deeds.

Glory be: Now and for ever: Let us, O faithful, magnify with hymns the Theotokos,* the immovable confirmation of the faith* and precious gift for our souls, chanting: * Rejoice, you who contained the Rock of life within your womb!* Rejoice, help of the ends of the earth and help of the afflicted!* Rejoice, O bride unwedded!

2. My time on earth is coming to an end,* my life is passing by, and the terrible judgment-seat is being made ready.* A trial awaits me, threatening me with fiery torment and with the unquenchable flame.* Grant me a torrent of tears and quench its power,* for You desire that all men be saved.

Glory be: Now and for ever: O all-pure Mother of Christ,* heal the cruel sufferings of my soul,* I pray, and grant forgiveness of the transgressions I have foolishly committed,* for I have defiled my soul and sullied my body.* Woe is me! What shall I do at that hour, when the angels separate my soul from my poor body?* Be you then my helper and intercessor,* for I, your servant, trust in you.

Canon – Ode 9

Hirmos: Blessed is the Lord, God of Israel, Who has exalted the horn of salvation for us in the house of David His child, wherein the Dayspring from on high has visited us, and directed us to the path of peace.

Verse: Glory be to You, O God, glory be to You!
Grant that, saved, I may extol You with thanksgiving, O Christ; have mercy on me, whose shoulders have received many stripes, and heal them, pouring forth wine and oil upon them the knowledge of Your loving-kindness, O Savior.

Verse: Holy prophet, forerunner and baptizer of the Lord, John, pray to God for us!

Nurture me with the immortal food of Christ's commandments, and give me the drink of life to consume, O prophet and forerunner; and present me, saved, who flee under your protection, to stand before God.

Glory be: Now and for ever: O pure and all-glorious Virgin Mistress, with the Forerunner entreat your Son and King, that He save from all need those who with faith call you blessed.

Aposticha

When I recall the multitude of evil deeds I have committed* and think about the terrible trial that is to come,* and, seized with trembling, I flee to You, the God Who loves mankind.* I beg You, do not despise me, O only sinless One,* but before the end, grant to my poor soul* humble repentance, and save me.

Grant me tears, O Lord, as You once did the sinful woman,* and allow me to wash Your feet,* which have delivered me from the path of deception,* and to bring to You as fragrant myrrh a pure life of repentance,* so that I may also hear the desired words.* Your faith has saved you, go in peace.

You struggled greatly, you saints,* valiantly enduring tortures at the hands of the iniquitous;* and though you have passed from this life,* you still work wonders in this world and heal those made sick by their passions.* O holy ones, pray that our souls be saved.

Glory be: Now and for ever: Your protection, O Virgin Theotokos, is a spiritual healing;* for, having recourse to it,* we are delivered from spiritual infirmities.

TUESDAY VESPERS

Stichera at "O Lord, I have cried..."

O Christ, most gracious, You were crucified upon the cross.* Your hands and feet were nailed, and Your holy side was pierced,* pouring upon me drops of divine salvation,* blood and water to wash away my sores and filth.* Glory to Your goodness, O all-compassionate Lord!

O Master, You endured suffering* in order to grant freedom from passion to those who venerate Your passion.* Of Your own free will, You endured the cross,* the lance, the nails, and the reed.* Intercede, O Lord, that I too may obtain freedom from passion* on account of Your holy passion.

The undefiled Maiden,* beholding her Son raised of His own will upon the cross,* cried out with a pierced heart: * What sorrow afflicts me! my beloved Child; * for they wish to deprive me of You Whom I so greatly love.* See how the ungrateful ones have repaid You!

Aposticha

Lifted on the cross, O Christ our God,* You have saved mankind.* We glorify Your sufferings.

Crucified upon the cross, O Christ our God,* You opened the gates of paradise.* We glorify Your divinity.

Your martyrs, O Lord, forgetting the things of this life* and despising torture for the sake of the future life,* were shown to be its inheritors.* Therefore, they rejoice exceedingly with the angels.* Through their supplications,* bestow great mercy upon Your people.

Glory be: Now and for ever: When the sun saw You, the Sun of Justice, hanging on the cross, O Lord,* it hid its rays, the light of the moon changed into darkness,* and the heart of Your all-pure Mother was wounded.

WEDNESDAY MATINS

Sessional Hymns

1. Seeing the Author of life hanging upon the cross,* the thief said: If He, Who has been crucified with us, had not been God incarnate,* the sun would not have lost its brightness and the earth would not have quaked.* Remember me, O Lord, in Your kingdom.

Glory be: Now and for ever: O Virgin, when you beheld Him Who took flesh from you* lifted on the cross between two thieves,* overcome with weeping, you cried out:*

Woe is me, my most sweet Child!* How is it that You, the compassionate One Who take away the sins of the world,* are crucified of Your own free will,* desiring, as God, that men offer to You hymns of praise.

2. The tree in the midst of Eden blossomed forth death,* but the tree in the midst of the whole world has produced life;* for they who of old tasted the fruit, while incorrupt, became corrupt,* but those who have tasted of the other tree have inherited incorruption.* For by the cross You save the human race, for You are God.

Glory be: Now and for ever: When the Ewe-lamb saw the Lamb, Shepherd, and Savior* unjustly raised upon the cross,* bitterly weeping, she cried out: * O all-good God, O sinless Lord!* The world rejoices, receiving from You salvation,* but my womb burns, as I behold Your crucifixion,* which You endure in the loving-kindness of Your mercy.* For this reason, we cry out to her in faith: * Show, O Virgin, your mercy towards us,* and grant forgiveness of offenses to those, who worship His sufferings.

Canon – Ode 9

Hirmos: Heaven was stricken with awe and the ends of the earth were amazed, that God has appeared in the flesh, and that your womb became more spacious than the heavens. Because of this, the choir of angels and men extol you as the Godbearer.

Verse: Glory be to Your holy cross and crucifixion, O Lord!

With wounds and blood-stained hands You, O Master, healed my wounds and in Your goodness directed me onto the path of salvation, O Lord; and to the cross You allowed

to be nailed Your feet, which walked in paradise, and which of old the first parents saw and hid themselves.

Verse: Glory be to Your holy cross and crucifixion, O Lord!

Take pity on my wretched soul, O all-pure One; mortify my destructive passions, and dispel the confusion that torments me; and grant me streams of holy tears that lead to eternal life, that I may be delivered from the grievous condemnation which awaits me.

Glory be: Now and for ever: O eternal Word of the Father and my Son, Who share the same throne with the Holy Spirit: How is it that You stretch out Your most pure hands on the cross? Why so great a humiliation? cried the most pure One as she beheld Your crucifixion.

Aposticha

The staff of Moses prefigured Your precious cross, O our Savior;* by it You save Your people as though from the depths of the sea,* O You Who love mankind!

Of old, the Garden of Eden brought forth the tree whose fruit was eaten;* but Your Church, O Christ, has blossomed forth Your cross,* pouring out life upon the world.* The one brought death upon Adam, who ate of its fruit,* but the other gave life to the thief, who was saved by faith.* O Christ God, Who by Your suffering destroyed the snares laid for us by the enemy,* grant that we may share in his salvation* and be made worthy of Your kingdom, O Lord!

You struggled greatly, you saints,* valiantly enduring tortures at the hands of the iniquitous;* and though you have passed from this life,* you still work wonders in this world and heal those made sick by their passions.* O holy ones, pray that our souls be saved.

Glory be: Now and for ever: Seeing You hanging on the cross, O Lord,* the pure One who gave birth to You,* standing nearby, said, weeping: * O my Child, why do You suffer these things in the flesh* and hasten to leave me childless? * Hasten and glorify Yourself, that I may be exalted by Your sufferings.

WEDNESDAY VESPERS

Stichera at "O Lord, I have cried..."

O Lord, You have enlightened the apostles with the brightness of the Comforter,* and You have established them as lights* which make the spiritual light of Your knowledge shine upon the world, O Master.* Therefore, we worship the greatness of Your goodness.

O Savior, You preserved Your flock* by surrounding it like a wall with the prayers of Your apostles.* Undisturbed by the temptations of the enemy,* and buying it with Your precious blood,* You have set Your flock free from the bondage of the enemy* because of Your compassion.

O blessed apostles, firm defenders of the Trinity and supplicants for our souls,* you appeared like precious stones of gleaming splendor* set in the diadem of the Church of Christ,* and brightly illuminating the world* with the knowledge of God.

Aposticha

In their sincere love for You, O Lord,* the apostles detested all things, that they might win You alone.* They surrendered their bodies to torture on Your behalf;* and, now in glory, they pray for our souls.

O Lord, You magnified on earth the memory of the apostles,* and now in their memory we glorify You.* For their sake You grant us healing,* and by their prayers You give the world peace and great mercy.

What honor and praise can fittingly be ascribed to the saints?* They bowed their necks under the sword for You,* the One Who left the heavens and came down.* They shed their blood for You,* the One Who made Yourself of no account,* and Who took upon yourself the form of a servant.* By emulating Your poverty, they humbled themselves unto death.* By their prayers, have mercy on us, O Lord,* according to Your compassion.

Glory be: Now and for ever: O Virgin, holy Godbearer,* knowing that I will find salvation in you,* I hasten under your protection,* for you can help me, O pure One.

THURSDAY MATINS

Sessional Hymns

1. Let us sing hymns to the divine disciples of our God,* who as beacons for the world,* from the beginning shone forth upon us who were in darkness,* and told all of the Sun of righteousness.* And preaching the Trinity in a single Godhead;* they cast down the falsehood of idolatry.* Therefore, we beseech you, 'O apostles:/* Entreat Christ God, that He grant us remission of sins and great mercy.

Glory be: Now and for ever: Having fallen into temptations of enemies, visible and invisible,* I am beset by the tempest of my countless sins, O all-holy One,* and I flee to the haven of your goodness* as to a fervent help and protection.* Therefore, entreat Him who became incarnate

of you without seed, O all-pure One,* in behalf of all your servants who unceasingly sing hymns to you,* O all-pure Theotokos, and earnestly beseech Him,* that He grant remission of offenses to those* who with faith bow down before your birthgiving.

2. The preaching of the apostles went throughout the earth, as the prophet said;* for, preaching the Word, they illumine all the nations.* For this, we venerate them with hymns as is fitting,* for they always pray to Christ that He save our souls.

Glory be: Now and for ever: O Mother of God, intercessor of the faithful,* joy of the sorrowful, and great consolation for those who weep.* With the holy, apostles unceasingly entreat in our behalf Him,* Who was supernaturally born from your womb, O Virgin,* so that He may deliver us at the day of reckoning* from grievous condemnation.

Canon – Ode 9

Hirmos: Heaven was stricken with awe and the ends of the earth were amazed, that God has appeared in the flesh, and that your womb became more spacious than the heavens. Because of this, the choir of angels and men extol you as the Godbearer.

Verse: Holy apostles, pray to God for us!

With the power of God you broke the jaws of the soul-destroying lions, O apostles. Christ established you as princes on earth, in order that, according to the psalms, you might piously subject it to the Spirit. Therefore, make also the disorderly movements of my heart subject to the laws of God.

Verse: Holy bishop Nicholas, pray to God for us!

Now that you are with the angelic choirs, O most holy father Nicholas, beseech the good God, that He save our souls.

Glory be: Now and for ever: As the dwelling place of the Light, O Virgin, enlighten my soul, which has been darkened by the passions, so that I may ever glorify you with faith and love.

Aposticha

Having ardently loved You on earth, O Lord,* Your apostles considered all as dung,* that they might acquire You alone;* and they gave their bodies over to wounds for You.* Therefore, glorified, they pray for our souls.

O Lord, You exalted the memory of the apostles on earth;* for this, assembling together on earth, we all glorify You,* because for their sake You grant us salvation.* Through their prayers grant peace and great mercy to the whole world.

Having put on the breastplate of faith* and having armed yourselves with the cross as a sword,* you showed yourselves to be mighty warriors.* You courageously opposed the persecutors, destroyed the deception of the devil,* and victorious, you were granted crowns.* Pray ever in our behalf that our souls be saved.

Glory be: Now and for ever: O Mistress, rescue me from the hands of the serpent,* the slayer of men, who in his wickedness desires to devour me utterly.* Crush his jaws, I implore you, and thwart his wiles,* so that, delivered from his talons, we may extol your aid.

THURSDAY VESPERS**Stichera at "O Lord, I have cried..."**

(*Podoben – O preslvanoho chudese*): O most glorious wonder!* the holy cross, the tree that bears Life, is exalted today.* All the ends of the earth rejoice,* and the forces of the Devil are afraid.* O, what a gift has been bestowed upon those on earth!* By it, O compassionate Christ,* save our souls.

O most glorious wonder!* Like a branch full of life borne by the Most High,* the cross is seen today exalted upon earth.* By it we have all been drawn toward God,* and death has been utterly swallowed up, O most precious wood.* Glorifying Christ through it,* we have received the food of immortality in Eden.

How great is Your goodness toward us, O Christ God;* for You humbled yourself and became man.* You deigned to suffer for us,* enduring for Your worthless servants the cross and a shameful death.* What gift worthy and suitable for God shall we offer You?* In thanksgiving we can only give You glory.

Aposticha

Lifted on the cross, O Christ our God,* You have saved mankind.* We glorify Your sufferings.

Nailed to the cross, O Christ our God,* You opened the gates of paradise.* We glorify Your divinity.

O martyrs of the Lord, you sanctify all places,* and you heal all diseases.* Therefore, we implore you:/* Pray that our souls be delivered from the snares of the enemy.

Glory be: Now and for ever: The unblemished Ewe-lamb,* seeing the Lamb voluntarily hanging on the tree,* weeping, cried out in grief: Woe is me!* My most beloved Son!* What did the lawless assembly do to you,* desiring to make me childless,* O most beloved One!

FRIDAY MATINS
Sessional Hymns

1. Your cross was found to be a scale of justice weighing the two thieves,* for the one was brought down to Hades by the weight of his blasphemy,* while the other was freed from his sins,* having acknowledged You as God.* O Christ God, glory be to You!

Glory be: Now and for ever: Ever preserved by the cross of Your Son and God, O Virgin,* we confound the assaults and wiles of the demons;* and praising you as the true Mother of God,* with love all generations call you blessed, as you have foretold.* Therefore, by your supplication grant us remission of our offenses.

2. In paradise of old the tree stripped me naked,* and for tasting its fruit the enemy brought death upon me;* but when the tree of the cross was planted in the ground,* it brought men the raiment of everlasting life,* and filled the whole world with all joy.* Beholding it lifted up, O people,* with faith let us cry out to God:*

Your house is full of glory.

Glory be: Now and for ever: When you saw Him Who became incarnate of your precious blood* and was born of you in a manner beyond understanding,* hanging on a tree in the midst of thieves,* O pure One, your heart was filled with pain,* and you cried out, weeping as a mother:*

Woe is me, O my Child!*

What is this Your divine and ineffa-

ble dispensation,* by which You give life to Your creation.* I praise Your loving-kindness.

Canon - Ode 9

Hirmos: Death, which came upon the human race through the eating of the tree, has been abolished by the cross today; for the curse of our first mother, which fell upon us all, has been annulled by the Offspring of the pure Mother of God, whom all the choirs of angels extol.

Verse: Glory to Your holy cross and crucifixion, O Lord!

Exalting You most sacredly, O compassionate Master, we bow down before Your cross, the spear, the sponge, the reed, and the holy nails which pierced Your hands and feet, through which we have found perfect forgiveness and have become worthy to live in paradise.

Verse: Holy martyrs, pray to God for us!

Giving their bodies over to torture with their whole soul, the glorious martyrs endured wounds and a violent death, the severing of their members, laceration, and burning by fire, and were aflame with love for the Lord. Now as crown-bearers they dwell in heaven.

Glory be: Now and for ever: O pure and all-glorious Mother, save those who sing hymns to you with love, mercifully quelling the tumults of temptation; for as you gave birth to God, O Virgin, you are able to do whatsoever you desire, and freely grant mercy. Because of this, we extol you.

Aposticha

The staff of Moses prefigured Your precious cross, O our Savior;* for by it You save Your people* as though from the depths of the sea, O Lover of mankind!

Of old, the Garden of Eden* brought forth the tree whose fruit was eaten;* but Your Church, O Christ, has blossomed forth Your cross,* pouring out life upon the world.* The one brought death upon Adam, who ate of its fruit,* but the other gave life to the thief, who was saved by faith.* O Christ God, Who by Your suffering destroyed the snares laid for us by the enemy,* grant that we may share in his salvation* and be made worthy of Your kingdom, O Lord!

What shall we call you, O saints?* Cherubim? for Christ rested on you.* Seraphim? for you glorified Him without ceasing.* Angels? for you rejected your bodies.* Powers? for you work miracles.* Many are your names, and great your gifts.* Pray that our souls be saved.

Glory be: Now and for ever: O marvelous wonder!* O awesome mystery!* How is it that an immortal being hangs on the cross?* How can it experience death?* How can the just One be unjustly condemned?* Fear, O sun, and darken your light at the sight of such insolence!* - thus did the Virgin cry out with sighs,* seeing the crucified Christ,* to Whom she gave birth.

FRIDAY VESPERS

Stichera at "O Lord, I have cried..."

Three stichera of the saint of the day and the following three:

(Podoben – Chto vy narechem): The arrows of the enemy continually wound us,* and we, helpless, do not know what to do.* But you, who bravely suffered,* destroyed his arrows and with streams of blood you sanctified all creation.* Therefore, heal us also, O divine martyrs* for you have confidence before the Lord,* O ever-blessed ones!

When we think of that terrible day of Your examination,* O God and Judge of all, we are filled with fear,* and we weep, and are sad, and lament, recalling our fathomless evil.* Therefore, save us, O Lover of mankind,* through the prayers of Your martyrs, and deliver us from torments,* for You are merciful.

O divine martyrs, pray to God,* for those, who with faith venerate your memory,* that they may be delivered from temptation and obtain the heavenly mansions,* which the only Benefactor and long-suffering Lover of mankind has prepared for us;* pray that they may become partakers of the everlasting joy* of the choir of patriarchs.

Glory be: Now and for ever: (*Dogmaticon*): In His love for mankind,* the King of heaven appeared on earth and dwelt among men;* for He took flesh from the pure Virgin,* and, being thus incarnate, He came forth from her.* He is the only Son of God;* in Him are two natures, and not persons.* For this reason, we proclaim that He is truly perfect God and perfect man.* Therefore, we beseech you, O Virgin Mother:/* Implore Christ, Whom we proclaim as God,* to have mercy on our souls.

Aposticha

Your martyrs, O Lord, forgetting the things of this life* and despising torture for the sake of the future life,* were shown to be its inheritors.* Therefore, they rejoice exceedingly with the angels.* Through their supplications, bestow great mercy upon Your people.

O martyrs of the Lord, We entreat you to beseech our God,* and ask great mercy for our souls,* and forgiveness of our many offenses.

O victorious martyrs of Christ,* by the power of the cross you overcame deception* and received the grace of

everlasting life.* You did not fear the threats of the persecutors;* you rejoiced in the tortures and wounds,* now your blood has become a healing for our souls.* Pray that our souls be saved.

Glory be: Now and for ever: O holy Lady, receive the prayers of us all,* and deliver us from all sorrows and tribulations.

SATURDAY MATINS

Sessional Hymns

1. O all-glorious martyrs,* with faith you have shown yourselves to the world as bright lights,* for, having placed all the martyr's hope in God,* you lit your spiritual lamps with the spiritual oil of the Holy Spirit.* You have also shown yourselves to be spiritual chalices of the Church,* who, as though water, pour forth upon the people healings.* Pray to Christ God, that He grant forgiveness of sins to those,* who with love honor your memory.

Glory be: Now and for ever: O good One, Who for our sake was born of the Virgin* and, having endured crucifixion, destroyed Death by death,* and as God revealed the resurrection:* Do not disdain that which You have fashioned with Your own hand.* Show forth Your love for mankind, O merciful One;* accept the Theotokos who gave birth to You and prays for us;* and save Your despairing people, O our Savior!

2. O prophets, martyrs of Christ, and holy hierarchs,* who with pious mind lawfully finished the good race* and receive unfading wreaths from God,* unceasingly ask His grace for us,* that, in His kindness,* He may grant us the forgiveness of transgressions.

Glory be: Now and for ever: We have you as a rampart and refuge,* and an acceptable intercessor before God to Whom you gave birth,* O unwedded Theotokos, salvation of the faithful!

Canon – Ode 9

Hirmos: With unceasing glorification we extol you, the Mother of the Most High, who knew not wedlock, who truly gave birth to God the Word in a manner past understanding, and are more highly exalted than the all-pure hosts.

Verse: Holy hierarchs, pray to God for us!

You were shown to be pilots of the Church, piously steering the whole ship with the commandments of God, O all you blessed hierarchs and pastors. Because of this, we honor you as our helmsmen.

Verse: All you saints, pray to God for us!

The assembly of the prophets, the venerables, and the glorious company of women-martyrs who struggled gloriously and shone forth in asceticism, beseech You, Lord, Lover of mankind: Grant us Your compassion.

Glory be: Now and for ever: Bearing in your arms the Fullness of all good things, O most immaculate One, fulfill the entreaties of your servants, and direct our steps toward God, giving us the strength to walk in virtue.

Aposticha

What shall we call you, O saints?* Cherubim? for Christ rested on you.* Seraphim? for you glorified Him without ceasing.* Angels? for you rejected your bodies.* Powers? for you work miracles.* Many are your names, and great your gifts.* Pray that our souls be saved.

You struggled greatly, you saints,* valiantly enduring tortures at the hands of the iniquitous;* and though you have passed from this life,* you still work wonders in this world and heal those made sick by their passions.* O holy ones, pray that our souls be saved.

O victorious martyrs of Christ,* by the power of the cross you overcame deception* and received the grace of everlasting life.* You did not fear the threats of the persecutors;* you rejoiced in the tortures and wounds,* now your blood has become a healing for our souls.* Pray that our souls be saved.

Glory be: Now and for ever: O pure Virgin, door of the Word,* Mother of our God, pray that we be saved.