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The Service of Matins

for Sunday, March 10, 2019

**Octoechos - Mode pl. 4.
on Sunday Morning**

Eothion 8

**Triodion - Cheesefare Sunday
on Sunday Morning at Matins**

Katavasias of Triodion Sunday 1 and 4

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Octoechos

Mode pl. 4.

On Sunday Morning

Triodion

Cheesefare Sunday

MATINS

CHOIR

Mode pl. 4.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. [SAAS]

Verse 1: *Give thanks to the Lord and call upon His name.*

or: Give thanks to the Lord, for He is good; for His mercy endures forever.

Verse 2: *All the nations surrounded me, but in the name of the Lord I defended myself against them.*

Verse 3: *And this came about from the Lord, and it is wonderful in our eyes.*

From Octoechos - - -

Resurrectional Apolytikion.

Mode pl. 4.

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You. [SD]

Glory. **Repeat.**

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You. [SD]

From Octoechos - - -

Both now. **Theotokion.**

Mode pl. 4.

Born of a Virgin, O Good One who also endured crucifixion for our sake, who by death took the spoils of death as plunder and showed resurrection, being God, O despise not the ones that You formed with Your own hand. Demonstrate Your love for man, O Lord of mercy, and accept Your Mother, the Theotokos, who intercedes on our behalf, O Savior, and save us a despairing people. [SD]

PRIEST

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Octoechos - - -

CHOIR

Kathisma I.

Mode pl. 4. *Automelon.*

When You, the Life of all, from the dead resurrected, * a shining Angel cried to the lamenting women, * "Cease from your tears. Announce unto the Apostles the tidings full

of joy. * Cry out in exaltation, that Christ the Lord has arisen from the dead. * For He so willed to save the human race, as God, in His good pleasure." [SD]

Glory.

By conceiving the wisdom.

After having in truth risen from the tomb, You commanded the venerable women * to proclaim Your arising to the Apostles, as it is written. * And Peter ran quickly and came to the sepulcher. * And beholding the light in the tomb, he was quite amazed. * Also he observed that the grave clothes were lying * alone in the sepulcher without the divine body. * And believing he cried aloud, * "Glory be to You, Christ God our Savior, for You save all people, * for You are the Father's radiance."

[SD]

Both now. **Theotokion.**

By conceiving the wisdom.

Let us sing hymns in praise of the holy ark * and the heavenly gate and the shining cloud, * the all-holy mountain, and the heavenly ladder, * the rational Paradise, and the redemption of Eve, * the magnificent treasure of the entire universe. * For in her and through her for the world was salvation * accomplished and forgiveness of its ancient transgressions. * Let us therefore cry out to her, * "Intercede with your Son and our God * that remission of offenses be bestowed * on those who piously worship the all-holy Child you bore." [SD]

From Octoechos ---

Kathisma II.

Mode pl. 4.

Human beings sealed Your tomb, O Savior; an Angel rolled the stone away

from the door. The women saw You were resurrected from the dead, and they announced the good tidings to the Disciples in Zion: that You the life of all resurrected, and that the bonds of death have been loosed. Glory to You, O Lord. [SD]

Glory.

The women who were bringing the burial spices heard the voice of an Angel coming from the sepulcher: "Cease from your tears, and instead of sorrow bring joy. Sing praises; cry aloud that Christ the Lord has risen. He is the One who as God was well pleased to save the human race." [SD]

Both now. **Theotokion.**

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. [SD]

Resurrectional Evlogetaria.

Mode pl. 1.

Blessed are You, O Lord, teach me Your statutes.

When the hosts of the Angels saw how You were accounted among the dead, they all marveled. You, O Savior, are the One who destroyed the might of death; and when You arose You raised Adam with yourself and from Hades liberated everyone. [SD]

Blessed are You, O Lord, teach me Your statutes.

"Why do you mingle the ointments with your tears full of pity, O women disciples?" Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. "See for yourselves the empty tomb and understand, that the Savior has risen from the sepulcher."

[SD]

Blessed are You, O Lord, teach me Your statutes.

Very early in the morning, the myrrh-bearing women were hastening to Your tomb lamenting. But the Angel appeared to them and uttered, "The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles." [SD]

Blessed are You, O Lord, teach me Your statutes.

When the myrrh-bearing women had come with their spices to Your sepulcher, O Savior, they heard the voice of an Angel clearly speaking to them, "Why do you account among the dead the One who lives? For as God, He has risen from the sepulcher."

[SD]

Glory.

We bow down in worship to the Father and His Son and the Holy Spirit, the Holy Trinity, one in essence; and we cry aloud with the Seraphim: Holy, Holy, Holy are You, O Lord. [SD]

Both now.

Giving birth to the Giver of life, O Virgin, you delivered Adam from sin, and to Eve you have rendered joy in place of sorrow. He who

from you became incarnate, God and man, has directed to life him who fell from it. [SD]

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

DEACON

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

READER

From Octoechos - - -

Hypakoe. Mode pl. 4.

The myrrh-bearing women came to the grave of the Giver of life seeking the immortal Master among the dead. And receiving good tidings of joy from the Angel, they reported to the Apostles, that Christ God had risen, granting the world great mercy. [SD]

CHOIR

Anavathmoi.

Antiphon I. Mode pl. 4.

From my youth does the enemy tempt me, and with the pleasures he scorches me.

But trusting You, O Lord, monumentally do I defeat him. [SD]

Let the haters of Zion become as the grass is before it is plucked up. For Christ will also cut their necks with the cutting sword of torments. [SD]

Glory. Both now.

In the Holy Spirit is the life of all things living. He is light from light and great God. Him do we extol with the Father and Logos.

[SD]

Antiphon II.

With the fear of You, Lord, let my heart be covered and be humble-minded, lest it be exalted and fall from You, all-compassionate Master. [SD]

He who has set his hope on the Lord will not fear when He will judge and punish all things with fire. [SD]

Glory. Both now.

In the Holy Spirit every divine man sees and speaks as a prophet. He does sublime miracles, praising the one God in three persons. For though It is three lights, yet the Godhead rules as monarch. [SD]

Antiphon III.

I cried to You, O Lord. Attend; incline Your ear to me who am shouting, and purify me prior to taking me from this life. [SD]

Everyone will set in the earth, his mother, and will again return thence to receive the torments or honors for his life's actions. [SD]

Glory. Both now.

From the Holy Spirit was bestowed theology. Thrice-holy Monad: Father

unoriginate, from whom timelessly the Son did issue, and the Spirit, sharing both form and throne, shone at once from the Father. [SD]

Antiphon IV.

Behold, what is so good or so delightful as for brothers to reside together? For in this has the Lord promised life everlasting. [SD]

He who so adorns the lilies of the field commands not to be concerned about one's own raiment. [SD]

Glory. Both now.

In the Holy Spirit, the unifying Cause, are all things sustained in peaceful coexistence. This is so for He is God, with the Father and the Son being truly one in essence. [SD]

Prokeimenon.

The Lord shall reign forever; your God, O Zion, to all generations. (2)

Verse: *Praise the Lord, O my soul!*

The Lord shall reign forever; your God, O Zion, to all generations. [SAAS]

From Octoechos - - -

READER

Resurrectional Kontakion.

When You had risen from the grave, You also raised those who had died and resurrected Adam; and now Eve is celebrating in Your Resurrection, and the ends of the world keep festival, for Your rising from the dead, O Most-Merciful. [SD]

Oikos.

Having plundered the realms of Hades and raised the dead, O Longsuffering, You met the Myrrh-bearing women and gave them joy instead of sorrow. And Your Apostles You informed of the symbols of victory, my life-

giving Savior, and You illumined creation,
O Lover of man. Therefore the world also
rejoices, for Your rising from the dead, O
Most-Merciful. [GKD]

Kontakion from Triodion.

From Triodion - - -

Mode pl. 2. (not metered)

O guide to wisdom, provider of prudence,
disciplinarian of fools, and defender of the
poor, fortify and discipline my heart, O
Master; You, give me a word, O Word of the
Father. For behold, I will not hinder my lips
from crying to You: O merciful Lord, have
mercy on me who have fallen. [GKD]

Oikos.

In times of old did Adam sit and cry
in sorrow opposite the delights he had in
Paradise; his hands did upon his forehead
strike, as he said this: O merciful Lord, have
mercy on me who have fallen. [GKD]

Beholding the angel thrusting him, and
closing the holy garden's gate, Adam wailed
mightily to state: O merciful Lord, have mercy
on me who have fallen.

O Paradise, now sympathize with your
owner who was pauperized, and by the
rustling of your leaves, beg the Maker not
close you, please: O merciful Lord, have
mercy on me who have fallen.

Paradise most excellent, most holy and
most radiant, for Adam you were planted,
because of Eve you were disbanded, beseech
God for the fallen: O merciful Lord, have
mercy on me who have fallen.

Synaxarion.

From the Menaion.

On March 10, we commemorate the holy
Martyr Quadratus of Corinth, and those with

him, Anektos, Paul, Dionysios, Cyprian, and
Crescens.

On this day we also commemorate our
devout mother Anastasia the Patrician.

On this day Saint Marcian was
bludgeoned to death.

The holy Neomartyr Michael Mavroudis,
who witnessed in Thessaloniki in the year
1544, died by fire.

From the Triodion.

On this day, we remember the expulsion
of the first-formed Adam from the Garden of
Eden.

Verses

Let the world now bitterly mourn with Eve and Adam,
for it fell together with them who fell by sweet eating.

By Your ineffable compassion, O Christ
our God, make us worthy of the delights of
Paradise and have mercy, as You alone love
mankind. Amen.

CHOIR

Katavasias of Triodion Sunday 1 and 4
Ode i. Mode pl. 2.

The host of Israel traversed the sea on
foot, * as if walking over land; * and as they
beheld therein * the pursuer Pharaoh drown,
they cried, * "Let us sing to God a canticle of
victory." [SD]

Ode iii.

O Lord my God, there is no one * that is
holy as You are, * who exalted the horn of
those who are faithful to You, * O good One;
and on the rock * of Your confession You
established them. [SD]

Ode iv.

O Christ, my strength are You, * my God and Lord are You, * the divine congregation, aptly for God, * sings in chorus crying out to Him in purity of mind, * as she celebrates the feast in the Lord. [SD]

Ode v.

With Your divine light, O good One, shine * on the souls of those who longingly rise to You early, I supplicate, * so that they may know You the very God, Word of God, * who call them to return from the gloom offences bring. [SD]

Ode vi.

Perceiving the open sea of temporal life to rise, * and billow with the surging waves * of temptations, and fleeing for refuge in Your calm port, I cry to You: * Raise my life from corruption, O most merciful Lord. [SD]

Ode vii.

Once the Angel caused the fiery furnace to emit * dew to refresh the three holy youths. * The Chaldeans were by command of God completely burnt. * And therefore the tyrant was convinced * to cry aloud, "O God of our fathers, blessed are You." [SD]

Ode viii.

We praise and we bless and we worship the Lord.

You made dew gush from fire for the devout young men, * and with water You burned up the just one's sacrifice. * You accomplish all, O Christ, * simply by willing it. * Unto all the ages supremely we exalt You. [SD]

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

For you are holy, our God, who rest among the Saints, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

CHOIR

Amen.

Mode 2.

Let everything that breathes praise the Lord. (2) Let everything that breathes. praise the Lord. [SAAS]

DEACON

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to John.

DEACON

Let us be attentive.

(Glory to You, O Lord, glory to You.)

PRIEST *(from the altar table)*

Eothinon 8
John. 20:11-18

At that time, Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb, and she saw two angels in white, sitting where the body of Jesus has

lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid Him." Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing Him to be the gardener, she said to Him, "Sir, if you have carried Him away, tell me where you have laid Him, and I will take Him away." Jesus said to her, "Mary." She turned and said to Him in Hebrew, "Rabboni," which means Teacher. Jesus said to her, "Do not touch Me, for I have not yet ascended to the Father; but go to My brethren and say to them, I am ascending to My Father and your Father, to My God and your God." Mary Magdalene went and said to the disciples, "I have seen the Lord," and she told them that He had said these things to her. [RSV]

(Glory to You, O Lord, glory to You.)

READER

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

CHOIR

Psalm 50 (51).

Mode 2. *(or the Mode of the week)*

[Merciful,] Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

Wash me thoroughly from my lawlessness and cleanse me from my sin.

For I know my lawlessness, and my sin is always before me.

Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged.

For behold, I was conceived in transgressions, and in sins my mother bore me.

Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow.

You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Turn Your face from my sins, and blot out all my transgressions.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation,
and uphold me with Your guiding Spirit.

I will teach transgressors Your ways, and
the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God,
the God of my salvation, and my tongue shall
greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my
mouth will declare Your praise.

For if You desired sacrifice, I would give
it; You will not be pleased with whole burnt
offerings.

A sacrifice to God is a broken spirit, a
broken and humbled heart God will not
despise.

Do good, O Lord, in Your good pleasure
to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice
of righteousness, with offerings and whole
burnt offerings.

Then shall they offer young bulls on Your
altar. And have mercy on me, O God. [SAAS]

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O
Giver of Life, for early in the morning my
spirit hastens to Your holy temple, bringing
the temple of my body all defiled. But as one
compassionate, cleanse me, I pray, by Your
loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O
Theotokos, for I have befouled my soul with
shameful sins and I heedlessly squandered

all of my life's resources. By your intercession
deliver me from every uncleanness. [SD]

Idiomelon. Mode pl. 2.

Verse: *Have mercy on me, O God, according
to Your great mercy; and according to the
abundance of Your compassion, blot out my
transgression.*

When I ponder in my wretchedness on
the many terrible things that I have done,
I tremble for that fearful day, the Day of
Judgment. But trusting in the mercy of Your
compassion, like David I cry to You, "Have
mercy on me, O God, according to Your great
mercy." [SD]

DEACON

O God, save your people and bless your
inheritance. Look upon your world with
mercy and compassion. Raise the Orthodox
Christians in glory, and send down upon us
your rich mercies, through the intercessions
of our most pure Lady the Theotokos and
ever-Virgin Mary, the power of the precious
and life giving Cross, the protection of the
honorable, bodiless Powers of heaven, the
supplications of the honorable and glorious
prophet, and forerunner John the Baptist, the
holy, glorious, and praiseworthy Apostles, our
Fathers among the Saints, the great hierarchs
and ecumenical teachers, Basil the Great,
Gregory the Theologian and John Chrysostom,
Athanasios, Cyril, and John the Merciful,
patriarchs of Alexandria; Nicholas, bishop
of Myra, Spyridon, bishop of Trimythous,
Nektarios of Pentapolis, the wonder-workers;
the holy, glorious great Martyrs George
the Victorious, Demetrios the Myrobletes,
Theodore the Teron, and Theodore the
General, Menas the Wonderworker, the
Hieromartyrs Haralambos and Eleftherios;
the holy, glorious, and victorious martyrs;

the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (**local patron saint**); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

DEACON

Let us honor and magnify in song the Theotokos and the Mother of the light.

CHOIR

Ode ix.

Megaly narion. Mode pl. 2.

Verse: *My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth

to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Verse: *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

Ode ix. Katavasia. Mode pl. 2.

For man to see God it is impossible, * for even the angelic armies dare not to gaze on Him. * But through you, O all-pure Maid, the Logos appeared incarnate unto mortals.* Him do we magnify, * and together with the hosts of heaven we pronounce you blest. [SD]

DEACON

Again and again, in peace, let us pray to the Lord.

(Lord, have mercy.)

Help us, save us, have mercy on us, and protect us, O God, by Your grace.

(Lord, have mercy.)

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Mode 2.

Holy is the Lord our God. (2) [SAAS]

Holy is the Lord our God. Exalt the Lord our God, and worship at the footstool of His feet.

For He is holy.

From Octoechos - - -

Exaposteilarion.

The Eighth Eothinon.

Mode 2. On the mountain.

When Mary Magdalene beheld * inside the tomb two Angels, * she was struck with astonishment. * Not knowing it was Jesus * supposing He was the gardener, * "Sir," she questioned Him, saying, * "where have you laid the body of * my Jesus?" Then He called her, and then she knew * that it was the Savior himself. And she heard, * "Touch me not. To my brothers tell * that I go to the Father." [SD]

Exaposteilarion. From the Triodion.

From Triodion - - -

Mode 2. O Women, hearken.

Wretch that I am, I disobeyed * Your good commandment, O my Lord.* And being stripped of Your glory,* alas! with shame I am laden.* And I have been evicted from * the pure delights of Paradise.* O Merciful and Compassionate, * have mercy on me who rightly * have been deprived of Your goodness. [SD]

Another.

From Triodion - - -

Mode 2. On the mountain.

We were expelled of old, O Lord, * from the Garden of Eden,* for wrongly eating from the tree.* But, O my God and Savior,* You once again have restored us * through Your Cross and Your Passion.* Thereby, O Master, fortify * and enable us purely to finish Lent * and to worship Your divine resurrection,* Pascha our saving Passover,* by the prayers of Your Mother. [SD]

Lauds. Mode pl. 4.

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise

Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproof among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

From Octoechos - - -

Resurrectional Stichera.

Sticheron 1. Mode pl. 4.

To fulfill among them the written judgment: this glory have all His holy ones. [SAAS]

Lord, even if You stood on trial and suffered Pontius Pilate to be Your judge, yet You did not leave Your divine throne, seated with the Father as You are. And when You rose from the dead, You freed the world from servitude that was imposed on it by the Devil, O Compassionate who love mankind. [SD]

Sticheron 2. Mode pl. 4.

Praise God in His saints; praise Him in the firmament of His power. [SAAS]

Lord, even if the Judeans had You buried as a lifeless body in a grave, yet a guard of soldiers was watching over You as though a sleeping king; and with a seal they secured the tomb as a treasure-house of life. But You arose and unto our souls granted incorruptibility. [SD]

Sticheron 3. Mode pl. 4.

Praise Him for His mighty acts; praise Him according to the abundance of His greatness. [SAAS]

Lord, as a weapon against the Adversary You have given us Your holy Cross. Gripped with fear he trembles unable to endure to look

upon its might, because it raises the dead, and death itself it neutralized. For this reason we adore Your three-day burial and rising again.

[SD]

Sticheron 4. Mode pl. 4.

Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]

O Lord, Your angel messenger, when he proclaimed Your resurrection, * caused the guardians to be afraid but the women's fear allayed, * and addressed them, "Wherefore seek you among the dead the One who lives? * He rose, for He is God, and the gift of life He has given to the universe." [SD]

Sticheron 5. Mode pl. 4.

Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]

You suffered by means of the Cross, though in Divinity impassible. You accepted three-day burial, so that You might liberate us from our slavery to the enemy, and making us immortal might bring us to life, O Christ our God, through Your resurrection, O Lord who love humanity. [SD]

From the Triodion.

From Triodion - - -

Sticheron 6. Idiomelon. Mode pl. 1.

Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. [SAAS]

"Woe is me!" cried Adam in lament, "that a serpent and a woman have deprived me of intimate communion with God; and eating from the tree has estranged me from the Paradise of delight. Woe is me, for I cannot bear the disgrace! Once the king of all God's creatures on the earth, I am now

viewed as a hostage because of one piece of illicit advice; and though once vested with the glory of immortality, I, as mortal, carry about the skin of deadness lamentably. Woe is me! Which lamentation shall I enlist to collaborate with me? But You, Friend of man, who fashioned me from the earth, and who donned compassion; recall me from servitude to the enemy and save me." [GKD]

Sticheron 7. Idiomelon. Mode pl. 1.

Arise, O Lord my God, let Your hand be lifted high, and do not forget Your poor to the end. [SAAS]

The stadium of virtue is now open; those who wish to compete, enter therein, girded for the good contest of Lent, for those who compete according to the rules shall receive their laurels rightfully. Taking up the full armor of the Cross, let us do battle against the Enemy. As an impregnable wall, we have the Faith, prayer as our breastplate, and acts of mercy as our helmet. Instead of sword, there is fasting, which cuts every evil from the heart. He who does this shall attain a true crown from Christ, the King of all, on Judgment Day.

[GKD]

Sticheron 8. Idiomelon. Mode pl. 2.

I will give thanks to You, O Lord, with my whole heart; I will tell of all Your wondrous things.

[SAAS]

Adam was evicted from Paradise as one disobedient, after partaking of its luxury. Moses saw God, after cleansing the eyes of his soul by fasting. Hence if we desire to become residents of Paradise, let us divorce ourselves from baleful delights, and desiring to see God, as did Moses let us fast the Four Times Ten. By sincerely persevering in prayer and

supplication, let us suppress the passions of our souls; let us avert the swellings of the flesh; thus lightened, let us set off on the journey to things above, where the choirs of angels in unbroken song sing praise to the undivided Trinity, to see the irresistible beauty of the Master. O Son of God and Giver of Life, we who set our hope on You entreat: Make us worthy of dancing with the armies of angels, O Christ, at the intercession of Your Mother, the Apostles, Martyrs and all the Saints. [GKD]

Glory. **From the Triodion.**

From Triodion - - -

Mode pl. 2.

The time has come - the start of our spiritual contests, the victory over demons, the full armor of self-control, the angels' dignity, the confidence before God. Thereby did Moses become conversant with the Creator, and heard the invisible voice. Lord, through fasting make us worthy to worship Your Passion and holy Resurrection, as You love humanity. [GKD]

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You!

[SD]

Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You. Teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

Glory to the Father and the Son and the Holy Spirit.

Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

After the Doxology, sing the following Resurrectional Troparion.

Mode pl. 4. *(or the Mode of the week)*

When You rose from the sepulcher and broke the bonds of Hades, You repealed the sentence of death, O Lord, and delivered all from the snares of the enemy. And when You showed yourself to Your Apostles, You sent them out to preach, and through them You granted peace to the whole world, O only very merciful One. [SD]

Or, according to common practice:

Mode 4. *(or the Mode of the week)*

Today has salvation come to pass in the world. Let us sing to Him who resurrected from the tomb and is the Author of our life. For, destroying death by death, He gave us the victory and the great mercy. [SD]