

Ὁκτώηχος

Ἦχος α'.

Τῇ Κυριακῇ Πρωῇ

Τριώδιον

Κυριακὴ τῆς Ὁρθοδοξίας

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. Ὁ Κύριος ἐβασίλευσεν,
εὐπρέπειαν ἐνεδύσατο, ἐνεδύσατο Κύριος
δύναμιν καὶ περιεζώσατο.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Καὶ γὰρ ἐστερέωσε τὴν
οἰκουμένην, ἣτις οὐ σαλευθήσεται.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Τίς λαλήσει τὰς δυναστείας
τοῦ Κυρίου, ἀκουστὰς ποιήσει πάσας τὰς
αἰνέσεις αὐτοῦ;

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. δ'. Εἰπάτωσαν οἱ λελυτρωμένοι
ὑπὸ Κυρίου, οὓς ἐλυτρώσατο ἐκ χειρὸς
ἐχθροῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Octoechos

Mode 1.

On Sunday Morning

Triodion

Sunday of Orthodoxy

LITURGY

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and hymns of the Divine Liturgy are from: Liturgical Texts
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Antiphon I. Mode 2.

Verse 1: *The Lord reigns; He clothed Himself
with majesty; the Lord clothed and girded Himself
with power.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 2: *And He established the world,
which shall not be moved.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 3: *Who shall tell the mighty deeds of
the Lord, who shall make all His praises heard?*
[SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 4: *Let those redeemed by the Lord
say so, whom He redeemed from the hand of the
enemy.* [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Glory. Both now.

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Ἐξομολογησάσθωσαν τῷ Κυρίῳ
τὰ ἐλέη αὐτοῦ καὶ τὰ θαυμάσια αὐτοῦ τοῖς
υἱοῖς τῶν ἀνθρώπων.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Ὑψώσάτωσαν αὐτὸν ἐν
ἐκκλησίᾳ λαοῦ καὶ ἐν καθέδρᾳ πρεσβυτέρων
αἰνεσάτωσαν αὐτόν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Ὁφθαλμοὶ Κυρίου ἐπὶ τοὺς
φοβουμένους αὐτόν, τοὺς ἐλπίζοντας ἐπὶ τῷ
ἔλεος αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. δ'. Τοῦ ἀκοῦσαι τοῦ στεναγμοῦ
τῶν πεπεδημένων, τοῦ λῦσαι τοὺς υἱοὺς τῶν
τεθανατωμένων.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἁγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Antiphon II. Mode 2.

Verse 1: *Let them give thanks to the Lord for
His mercies and His wonders to the sons of men.*

[SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

Verse 2: *Let them exalt Him in the assembly
of the people and praise Him in the seat of the
elders.* [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

Verse 3: *The eyes of the Lord are on those
who fear Him, on those who hope in His mercy.*

[SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

Verse 4: *To hear the groaning of those
bound, to set free the sons of the slain.* [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

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

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

Only begotten Son and Logos of God,
being immortal, You condescended for
our salvation to take flesh from the holy
Theotokos and ever-virgin Mary and, without
change, became man. Christ, our God, You
were crucified and conquered death by death.
Being one of the Holy Trinity, glorified with
the Father and the Holy Spirit: Save us. [GOA]

Ἀντίφωνον Γ'. Ἦχος β'.

Στίχ. α'. Αἰνεσάτωσαν αὐτὸν οἱ οὐρανοὶ
καὶ ἡ γῆ, θάλασσα καὶ πάντα τὰ ἔρποντα ἐν
αὐτῇ.

Στίχ. β'. Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ
Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν
ἐν αὐτῇ.

Στίχ. γ'. Κύριε ὁ Θεός μου, εἰς τὸν αἰῶνα
ἐξομολογήσομαί σοι.

Ἀπολυτίκιον τῆς Ἑορτῆς.

Ἦχος β'.

Τὴν ἄχραντον Εἰκόνα σου,
προσκυνούμεν ἀγαθέ, αἰτούμενοι
συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ
ὁ Θεός· βουλήσει γὰρ ηὐδόκησας σαρκί,
ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὓς
ἔπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν
εὐχαρίστως βοῶμέν σοι· Χαράς ἐπλήρωσας
τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος
εἰς τὸ σῶσαι τὸν κόσμον.

Antiphon III. Mode 2.

Verse 1: Let heaven and earth praise Him,
the seas and everything that moves in them. [SAAS]

Verse 2: This is the day the Lord made; let us
greatly rejoice and be glad therein. [SAAS]

Verse 3: O Lord my God, I shall give thanks
to You forever. [SAAS]

Apolytikion of the Feast.

Mode 2.

We venerate Your immaculate icon, O
good Lord, and entreat You to forgive our
offences, O Christ our God. By Your own
choice you were pleased to ascend the Cross
in the flesh, to deliver us, whom You created,
from our slavery to the foe. Therefore we
cry to You with gratitude: You have filled all
things with joy, O our Savior, by coming to
save the world. [SD]

*Ἡ, ἀντί τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος α'.

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.
Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν
ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Ἀναστάσιμα.

Τῆς Οκτωήχου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Διὰ βρώσεως ἐξήγαγε, τοῦ Παραδείσου
ὁ ἐχθρὸς τὸν Ἀδὰμ, διὰ Σταυροῦ δὲ τὸν
ληστήν, ἀντεισήγαγε Χριστὸς ἐν αὐτῷ.
Μνήσθητί μου κρᾶζοντα, ὅταν ἔλθῃς ἐν τῇ
Βασιλείᾳ σου.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ
τὸν Θεὸν ὄψονται.

Προσκυνῶ σου τὰ παθήματα, δοξολογῶ
καὶ τὴν ἀνάστασιν, σὺν τῷ Ἀδὰμ καὶ τῷ
ληστῇ, μετὰ φωνῆς ἀναβοῶ σοι λαμπρᾶς·
Μνήσθητί μου Κύριε, ὅταν ἔλθῃς ἐν τῇ
Βασιλείᾳ σου.

*An optional alternative to the Antiphons are the Typika
(Psalms 102 and 145), and the Beatitudes with the appointed
troparia, which are provided here.*

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 1.

In Your kingdom. Remember us, O Lord,
when You come in Your kingdom. Blessed are
the poor in spirit, for theirs is the kingdom of
heaven

Blessed are those who mourn, for they
shall be comforted.

Blessed are the meek, for they shall inherit
the earth.

Blessed are those who hunger and thirst
for righteousness, for they shall be satisfied.

Resurrectional.

From Octoechos ---

*Blessed are the merciful, for they shall obtain
mercy. [RSV]*

By means of food the enemy of old *
provoked Adam's banishment from Paradise.
* But by the Cross Christ allowed * the
repentant robber to return, * when he said:
Remember me * when You come in Your
kingdom, O Lord. [SD]

*Blessed are the pure in heart, for they shall see
God. [RSV]*

I venerate Your Passion, O my Christ, *
and Your resurrection I glorify, * and with a
joyful voice I shout, * joining Adam and the
robber, and pray * crying out: Remember me *
when You come in Your kingdom, O Lord. [SD]

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ Θεοῦ κληθήσονται.

Ἐσταυρώθης ἀναμάρτητε, καὶ ἐν μνημείῳ κατετέθης ἐκὼν, ἀλλ' ἐξανέστης ὡς Θεός, συνεγείρας ἑαυτῷ τὸν Ἀδάμ. Μνήσθητί μου κράζοντα, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Θεοτοκίον.

Τὴν Μητέρα σου προσάγει σοι, εἰς ἱκεσίαν ὁ λαός σου Χριστέ· ταῖς παρακλήσεσιν αὐτῆς, τοὺς οἰκτιρμοὺς σου δὸς ἡμῖν Ἀγαθέ, ἵνα σε δοξάζωμεν, τὸν ἐκ τάφου ἡμῖν ἀνατείλαντα.

Κανὼν τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ὡιδὴ Γ'. Ἦχος δ'. Θύσω σοι μετὰ φωνῆς.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς, καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Γράφεται, καὶ τιμᾶται πιστῶς προσκυνούμενος, ὁ χαρακτήρ τοῦ Δεσπότη, καὶ λαμβάνει πάλιν ἡ Ἐκκλησία, παρρησίαν, εὐσεβῶς τὸν Σωτῆρα δοξάζουσα.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Γυμνοῦται, κατηφείας καὶ σκότους αἰρέσεως, ἡ τοῦ Χριστοῦ Ἐκκλησία, καὶ φορεῖ χιτῶνα τῆς εὐφροσύνης, καὶ τῇ θείᾳ, καὶ φωσφόρῳ πυκάζεται χάριτι.

Δόξα.

Εὐκλείας, τῆς ἀρχαίας ἐλλάμψεως ἔτυχε, τῶν Ὁρθοδόξων ὁ δῆμος, Θεοδώρας

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

O sinless Savior, You were crucified * and laid in a tomb voluntarily. * But then, as God, You arose, * resurrecting Adam with yourself. * He cried out: Remember me * when You come in Your kingdom, O Lord. [SD]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

Theotokion.

O Christ, your people now invoke the name * of Your holy Mother, O Good One, and pray: * By her entreaties for us, * will You give us Your tender love, * so that we may glorify You, who rose like the sun from the tomb. [SD]

Canon from the Triodion.

From Triodion ---

Ode vi. Mode 4. N/M (The Church cries out.)

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

Once more the Master's countenance is depicted, /venerated and honored with faith; / once more the Church regains /her boldness of approach to God, /reverently glorifying the Savior! [OCA]

Rejoice and be glad, for your reward is great in heaven. [RSV]

The Church of Christ is delivered from the dark despondency of heresy: /she puts on a robe of gladness, /and is clothed in the light of divine grace. [OCA]

Glory.

Through the decision of the Empress Theodora /and her pious son the Emperor

νεύσει τῆς Βασιλίδος, καὶ τοῦ ταύτης,
εὐσεβοῦς Μιχαὴλ Αὐτοκράτορος.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ πάλαι, μαρτυρίου προστάξας
γενέσθαι σκηνήν, ὡς ἐν σκηνῇ λογικῇ σοι,
κατοικεῖ ὁ μόνος δεδοξασμένος, ὁ δοξάζων,
τὸν Ναόν σου Παρθένε τοῖς θαύμασι.

Michael, / the Orthodox people regained the
light and glory which it had of old. [OCA]

Both now. **Theotokion.**

He who of old commanded Moses / to
set up the ark of the testimony, / came to
dwell in you, Virgin, as in a spiritual ark: / He
alone is glorified, / and He makes your temple
glorious with miracles. [OCA]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι,
Ἀλληλουῖα.

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος α'. Ἀυτόμελον.

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν
Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων
τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος
Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν διὰ
τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι
ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ,
δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ
σου, μόνε φιλόνητο.

Τῆς Ἑορτῆς.

Τοῦ Τριωδίου ---

Ἦχος β'.

Τὴν ἄχραντον Εἰκόνα σου,
προσκυνοῦμεν ἀγαθέ, αἰτούμενοι
συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ
ὁ Θεός· βουλήσει γὰρ ἡὐδόκησας σαρκί,
ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὖς
ἐπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν
εὐχαρίστως βοῶμέν σοι· Χαράς ἐπλήρωσας
τὰ πάντα ὁ Σωτήρ ἡμῶν, παραγενόμενος
εἰς τὸ σῶσαι τὸν κόσμον.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, risen
from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos ---

Resurrectional Apolytikion.

Mode 1. Automelon.

The stone had been secured with a seal
by the Judeans, * and a guard of soldiers
was watching Your immaculate body. * You
rose on the third day, O Lord * and Savior,
granting life unto the world. * For this reason
were the powers of heaven crying out to You,
O Life-giver: * Glory to Your resurrection,
O Christ; * glory to Your kingdom; * glory
to Your dispensation, only One who loves
mankind. [SD]

For the Feast.

From Triodion ---

Mode 2.

We venerate Your immaculate icon, O
good Lord, and entreat You to forgive our
offences, O Christ our God. By Your own
choice you were pleased to ascend the Cross
in the flesh, to deliver us, whom You created,
from our slavery to the foe. Therefore we
cry to You with gratitude: You have filled all
things with joy, O our Savior, by coming to
save the world. [SD]

(Apolytikon of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

Κοντάκιον.

Ἦχος πλ. δ'. Αὐτόμελον.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,

Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,

Αναγράφω σοι ἡ Πόλις σου Θεοτόκε.

Ἀλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον,

Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,

Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος Ἰσχυρός, ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

ΠΡΩΤΗ ΚΥΡΙΑΚΗ ΤΩΝ ΝΗΣΤΕΙΩΝ

Προκείμενον. Ἦχος δ'. Προσευχὴ
τῶν Ἀγίων Τριῶν Παίδων.

Εὐλογητὸς εἶ Κύριε ὁ Θεὸς τῶν πατέρων
ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ
ὄνομά σου εἰς τοὺς αἰῶνας.

Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς
ἐποίησας ἡμῖν, καὶ ἐπὶ τὴν πόλιν τὴν ἁγίαν
τὴν τῶν Πατέρων ἡμῶν Ἱερουσαλήμ.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

11:24-26, 32-40

Ἀδελφοί, πίστει Μωϋσῆς μέγας
γενόμενος ἡρνήσατο λέγεσθαι υἱὸς
θυγατρὸς Φαραώ, μᾶλλον ἐλόμενος
συγκακουχεῖσθαι τῷ λαῷ τοῦ Θεοῦ ἢ

Kontakion.

Mode pl. 4. Automelon.

O Champion General, I your City now
inscribe to you

Triumphant anthems as the tokens of my
gratitude,

Being rescued from the terrors, O Theotokos.

Inasmuch as you have power unassailable,

From all kinds of perils free me, so that unto
you

I may cry aloud: Rejoice, O unwedded Bride.

[SD]

THE TRISAGION HYMN

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

*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.

The Epistle

THE FIRST SUNDAY OF LENT

Prokeimenon. Mode 4. The Prayer of Azariah.

Blessed are You, O Lord God of our
fathers, for You are praiseworthy and exalted
beyond measure unto the ages. [SAAS]

Verse: *For You are righteous in all You did
for us, all You brought on us and on Jerusalem, the
holy city of our fathers.* [SAAS]

The reading is from Paul's Letter to the
Hebrews.

11:24-26, 32-40

Brethren, by faith Moses, when he was
grown up, refused to be called the son of
Pharaoh's daughter, choosing rather to share
ill-treatment with the people of God than

πρόσκαιρον ἔχειν ἀμαρτίας ἀπόλαυσιν·
 μείζονα πλοῦτον ἡγησάμενος τῶν
 Αἰγύπτου θησαυρῶν τὸν ὀνειδισμόν
 τοῦ Χριστοῦ· ἀπέβλεπε γὰρ εἰς τὴν
 μισθοποδοσίαν. Καὶ τί ἔτι λέγω; Ἐπιλείπει
 γὰρ με διηγούμενον ὁ χρόνος περὶ
 Γεδεών, Βαράκ τε καὶ Σαμψὼν καὶ
 Ἰεφθάε, Δαυῖδ τε καὶ Σαμουὴλ καὶ τῶν
 Προφητῶν· οἱ διὰ πίστεως κατηγωνίσαντο
 βασιλείας, εἰργάσαντο δικαιοσύνην,
 ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα
 λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον
 στόματα μαχαίρας, ἐνεδυναμώθησαν
 ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν
 πολέμῳ, παρεμβολὰς ἐκλιναν ἀλλοτρῶν·
 ἔλαβον γυναῖκες ἐξ ἀναστάσεως τοὺς
 νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμπανίσθησαν,
 οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν,
 ἵνα κρείττονος ἀναστάσεως τύχωσιν·
 ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πεῖραν
 ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς·
 ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν,
 ἐν φόνῳ μαχαίρας ἀπέθανον, περιήλθον
 ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν,
 ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι,
 ὧν οὐκ ἦν ἄξιος ὁ κόσμος, ἐν ἐρημίαις
 πλανώμενοι καὶ ὄρεσι καὶ σπηλαίοις
 καὶ ταῖς ὁπαῖς τῆς γῆς. Καὶ οὗτοι πάντες
 μαρτυρηθέντες διὰ τῆς πίστεως οὐκ
 ἐκομίσαντο τὴν ἐπαγγελίαν, τοῦ Θεοῦ περὶ
 ἡμῶν κρείττον τι προβλεψαμένου, ἵνα μὴ
 χωρὶς ἡμῶν τελειωθῶσι.

Ἀλληλούϊα. Ἦχος δ'. Ψαλμὸς 98.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. [RSV]

Alleluia. Mode 4. Psalm 98.

Alleluia. Alleluia. Alleluia.

Στίχ. α'. Μωυσῆς καὶ Ααρὼν ἐν τοῖς
ἱερεῦσιν αὐτοῦ, καὶ Σαμουὴλ ἐν τοῖς
ἐπικαλουμένοις τὸ ὄνομα αὐτοῦ.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

Στίχ. β'. Ἐπεκαλοῦντο τὸν Κύριον, καὶ
αὐτὸς εἰσήκουσεν αὐτῶν.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.

Τὸ Εὐαγγέλιον

Τῆς ΠΡΩΤΗΣ ΚΥΡΙΑΚΗΣ ΤΩΝ ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

α' 43-51

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς
ἐξελθεῖν εἰς τὴν Γαλιλαίαν, καὶ εὗρίσκει
Φίλιππον καὶ λέγει αὐτῷ· Ἀκολούθει μοι.
ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδᾶ, ἐκ τῆς
πόλεως Ἀνδρέου καὶ Πέτρου. εὗρίσκει
Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ·
Ὅν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ
προφῆται, εὗρήκαμεν, Ἰησοῦν τὸν υἱὸν
τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν
αὐτῷ Ναθαναὴλ· Ἐκ Ναζαρέτ δύναταί τι
ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· Ἔρχου
καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ
ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ·
Ἴδε ἀληθῶς Ἰσραηλίτης ἐν ᾧ δόλος οὐκ
ἔστι. λέγει αὐτῷ Ναθαναὴλ· Πόθεν με
γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ·
Πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ
τὴν συκὴν εἰδόν σε. ἀπεκρίθη Ναθαναὴλ
καὶ λέγει αὐτῷ· Ραββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ,
σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη
Ἰησοῦς καὶ εἶπεν αὐτῷ· Ὅτι εἶπόν σοι, εἰδόν
σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω
τούτων ὅψῃ. καὶ λέγει αὐτῷ· Ἀμὴν ἀμὴν
λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν
ἀνεωρότα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ

Verse 1: Moses and Aaron are among His
priests, and Samuel is among those who call upon
His name. [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: They called upon the Lord, and He
heard them. [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

First Sunday in Lent

The reading is from the Holy Gospel
according to John.

1:43-51

At that time, Jesus decided to go to
Galilee. And he found Philip and said to him,
"Follow me." Now Philip was from Bethsaida,
the city of Andrew and Peter. Philip found
Nathanael, and he said to him, "We have
found him of whom Moses in the law and
also the prophets wrote, Jesus of Nazareth,
the son of Joseph." Nathanael said to him,
"Can anything good come out of Nazareth?"
Philip said to him, "Come and see." Jesus
saw Nathanael coming to him, and said of
him, "Behold, an Israelite indeed, in whom
is no guile!" Nathanael said to him, "How do
you know me?" Jesus answered him, "Before
Philip called you, when you were under the
fig tree, I saw you." Nathanael answered him,
"Rabbi, you are the son of God! You are the
King of Israel!" Jesus answered him, "Because
I said to you, I saw you under the fig tree, do
you believe? You shall see greater things than
these." And he said to him, "Truly, truly, I
say to you, you will see heaven opened, and
the angels of God ascending and descending
upon the Son of man." [RSV]

ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν
υἱὸν τοῦ ἀνθρώπου.

Ὑμνος εἰς τὴν Θεοτόκον.

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη,
πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα,
καὶ ἀνθρώπων τὸ γένος, ἡγιασμένη
ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν
καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ
παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων
Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον
ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν
οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει,
Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

Κοινωνικόν. Ψαλμὸς 148.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἀλληλούϊα.

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἦχος β'.

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν
Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ,
ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη
γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ
ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις
τῆς παναχράντου καὶ παναμώμου ἁγίας
αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ
ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ

Hymn to the Theotokos.

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]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise
Him in the highest. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, worshiping the undivided
Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He Who rose from the dead, Christ
our true God, through the intercessions of His
all-pure and all-immaculate holy Mother, the
power of the precious and life-giving Cross,
the protection of the honorable, bodiless
powers of heaven, the supplications of the
honorable, glorious prophet and forerunner
John the Baptist, of the holy, glorious, and
praiseworthy apostles, of the holy, glorious,
and triumphant martyrs, of our righteous
and God-bearing fathers, (local patron saint);
of the holy and righteous ancestors of God
Joachim and Anna, and of all the saints, have

πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις οἴνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

mercy on us and save us, for He is good and
loves mankind.

Fasting Rule

*Wine: Wine and oil are allowed. Refrain from meat,
fish, dairy, and eggs.*

It is Saturday or Sunday in Lent.