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The Service of Matins

for Thursday, March 14, 2019

**Triodion - Mode pl. 4.
on Thursday Morning**

**Triodion - On Thursday of the First Week
at Matins**

**Menaion - March 14
Memory of our Devout Father Benedict**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode pl. 4. On Thursday Morning

On Thursday of the First Week at Matins

Menaion - March 14

Memory of our Devout Father Benedict

MATINS

CHOIR

Mode pl. 4.

Verse 1: *My spirit rises early in the morning to You, O God, for Your commands are a light upon the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *Learn righteousness, you who dwell on the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 3: *Jealousy will seize an untaught people; and now fire will devour the adversaries.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 4: *Bring more evils on them, O Lord, bring more evils on them, on the glorious of the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

From Horologion - - -

Triadic Hymns

Mode pl. 4.

Daring not to look at You, the Cherubim in flight jubilantly cry out the inspired melody of the Thrice-holy Hymn. We sinners join them and also sing: Holy, holy, holy are You, O God. By the intercessions of the Apostles save us. [SD]

Glory.

With hearts in heaven, let us emulate the Angels, and in fear let us bow before the

impartial Judge, as we shout the triumphal praise: Holy, holy, holy are You, O God. By the intercessions of the Hierarch save us. [SD]

Both now.

Bent down by our many offences, we dare not gaze at Your height. Rather we bow our soul along with our body, and we shout the hymn of the Angels to You: Holy, holy, holy are You, O God. Through the Theotokos have mercy on us. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 6. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For the Apostles.

Mode pl. 4.

Blessed are You, O Christ our God. You made the fishermen all-wise, by sending down upon them the Holy Spirit, and through them You drew the world into Your net. O Lover of mankind, glory to You. [SD]

Verse: *Their proclamation went forth into all the earth, and their words to the ends of the world.* [SAAS]

Mode pl. 4. *N/M (By conceiving the wisdom.)*

Let us sing the praises of the holy disciples of our God./They are burning torches, guides to all the world,/the first-fruits of our salvation./They have caused the light to shine on us in darkness/and have made known to all the Sun of glory./They have destroyed the error of idolatry,/preaching the Trinity in one Godhead./Therefore we entreat them: O Apostles of Christ our God,/intercede for the

forgiveness of our sins, // as we celebrate your holy memory with love. [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 4.

Rejoice, for you accepted from the Angel the joy of the world. / Rejoice, for you have borne the Creator and Lord. // Rejoice, for you were deemed worthy to be the Mother of God.

[OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 14. It would be followed by the short litany.

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 You, O God, are good and love mankind, and to You we offer glory, to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode 2. (not metered)

Word of God, you made your disciples as stars / illumining the ends of the earth by their preaching! / Illumine our hearts with the light of the virtues; / cleanse us through

fasting; / grant your servants repentance and conversion // that we may glorify you, O Savior, the only all-loving One! [OCA]

Glory. Both now. **Theotokion.**

Mode 2.

I need your help, Theotokos! / Do not turn from me, for my soul trusts in you: // have mercy on me! [OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 15. It would be followed by the short litany.

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 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.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode pl. 1. (not metered)

We entreat you, twelve Apostles: / intercede for us that we may in peace practice abstinence, / the most glorious of the virtues that abides in heaven, / so may we gain the fruits of salvation! // For you are indeed a

strong support to us on earth and a refuge for our souls! [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1. (*not metered*)

As we confess you in truth, Theotokos,/to be worthy of all praise;/truly higher than the heavens/and more holy than the cherubim,/we sinners gain salvation/and find protection in temptation!/Do not cease to intercede on our behalf, for you are a strong support and a refuge for our souls! [OCA]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalm 50 (51).

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. [SAAS]

PRIEST

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.)

From Menaion ---

CHOIR

Canon for the Devout Man.

Ode i. Mode 2. Heirmos.

Verse: Let us sing to the Lord, for He is greatly glorified.

Peoples, now come * and let us sing a song to Christ our God, * who by His prophet split the sea and through it led across * His people and possession, out of Egyptian bondage, * for He was glorified. [SD]

Troparia.

Devout Saint of God, intercede for us.

O righteous Benedict, pray that grace and redemption from all my transgressions may

be given to me. I yearn to praise your memory worthy of commemoration with songs. [un]

Verse: The Lord reigns forever and ever and ever. For Pharaoh's horses went with his chariots and horsemen into the sea. [SAAS]

O righteous Benedict, pray that grace and redemption from all my transgressions may be given to me. I yearn to praise your memory worthy of commemoration with songs. [un]

Verse: But the children of Israel walked on dry ground in the midst of the sea. [SAAS]

O most blessed of men, you picked up the cross from your childhood. You lived in solitude so as to follow the Almighty Lord. You were declared to be worthy of life after you slayed your flesh. [un]

Glory.

O all-blessed Benedict, you yielded to the rule of God. You caused the surging of the passions to wilt by the perspiration of your restraint. You were made wealthy with the grace of dispassion. [un]

Both now. **Theotokion.**

O immaculate Theotokos, we overflow with undefilement because of you, and we exclaim: Rejoice, Lady Full of Grace, the ornamentation of the upright and lawful. [un]

From Menaion ---

Canon for the Devout Man.

Ode iii. Mode 2. Heirmos.

Verse: Holy are You, O Lord, and my spirit praises You.

Establish us in You, Lord, we pray to You, * who mortified sin by Your crucifixion, * and implant in us the fear of You * within the

hearts of Your servants who sing Your praise.

[SD]

Troparia.

Devout Saint of God, intercede for us.

O Benedict, your soul was filled to capacity with streams of life from the Holy Spirit. You soul poured forth rivers of wonders, and it dessicated the swarming of pestilence. [un]

Verse: The Lord went up into the heaven and thundered. The Lord judges the ends of the earth.

[SAAS]

O Benedict, your soul was filled to capacity with streams of life from the Holy Spirit. You soul poured forth rivers of wonders, and it dessicated the swarming of pestilence. [un]

Verse: He gives strength to our leaders, and He will exalt the horn of His Christ. [SAAS]

O all-blessed one, you traversed the narrow way. You caused the evil and wild paths of the demons to be straight. You then set up your tent in the broad plain of Paradise.

[un]

Glory.

O Benedict, you produced a holy harvest of virtues and miracles by the grace of God, as though you were a fruit tree watered with the outpouring of your tears. [un]

Both now. **Theotokion.**

O all-blameless Virgin, the only good One entered into your womb. He took on flesh and became a perfect mortal. [un]

Heirmos.

Establish us in You, Lord, we pray to You, * who mortified sin by Your crucifixion, *

and implant in us the fear of You * within the hearts of Your servants who sing Your praise.

[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 you are our God, 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.

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

Mode 1. N/M (The stone.)

O renowned Benedict, you lived in virtue and solitude so as to please God. You attained the grace to work cures, dreadful signs, and miracles. You established a holy dwelling and monastery. You led a large mass of people who found salvation through you to the Lord. Glory to God who caused you to be radiant. Glory to Him who gave you the crown. Glory to Him who facilitates cures for everyone through you. [un]

Glory. Both now. **Theotokion.**

Mode 1. N/M (The stone.)

O all-holy Virgin, reach out your holy hands that held the Creator. He incarnated because of His supreme goodness. Fervently ask Him to redeem us from passions, all forms of temptation, and all perils who chant your praise in faith and call to you with yearning: Glory to Him that desired to abide in you. Glory to Him that came forth from you. Glory to Him that has saved us through your childbirth. [un]

From Menaion ---

Canon for the Devout Man.

Ode iv. Mode 2. Heirmos

Verse: Glory to Your strength, O Lord.

I extol You, for I hear Your report, Lord, and I was amazed. For You have come down to me, seeking me the lost sheep. Therefore I glorify Your great condescension towards me, O very merciful Lord. [SD]

Troparia.

Devout Saint of God, intercede for us.

O Father Benedict of a godly mind, You crucified yourself to the passions and the world. You were a servant of Christ, who allowed Himself to spread His hands out on the Cross. Ask Him to grant salvation to our souls. [un]

Verse: Lord, I have heard Your report and was afraid; I considered Your works and was greatly astonished. [SAAS]

O Father Benedict of a godly mind, You crucified yourself to the passions and the world. You were a servant of Christ, who allowed Himself to spread His hands out on

the Cross. Ask Him to grant salvation to our souls. [un]

Verse: When my soul is troubled, You will in wrath remember mercy. [SAAS]

O righteous Father, you killed the instruments of your flesh through your trials in self-denial. You caused the dead to rise through your prayers. You became a worker of miracles because of your faith, and you caused the lame to walk and cured every disease. [un]

Verse: God will come from Teman, the Holy One from the mount of shaded leafy trees. [SAAS]

O righteous one, you caused the dessicated and wilted souls to bear fruit with your words of life. God designated you to be a shepherd and the most beautiful adornment of monastics through the advent of your wonder-working. [un]

Verse: His excellence covered the heavens, and the earth was full of His praise. [SAAS]

Theotokion.

O pure one, the Word came down into your honorable womb to take on flesh as though He were rain upon wool. O all-blameless Virgin, He indeed stopped the storm of paganism and cast away the harsh winter. [un]

(read)

Intermediate Verses of Ode Four.

His brightness will be like the light; horns will be in His hand, and He established a mighty love of His strength. [SAAS]

Before His face a word will go forth; it will go out by the shoes of His feet.

The earth stood and was shaken to and fro; He looked and the nations melted away.

The mountains were shattered by force; the everlasting hills wasted away. In the place of distresses, I saw His eternal ways.

The tents of the Ethiopians will be dismayed, even the tents of the land of Midian.

When the Most High divided the nations, when He scattered the sons of Adam, He set the boundaries of the nations by the number of God's angels.

You will stretch your bow against scepters, says the Lord. The land of rivers shall be torn asunder.

Many peoples will see you and be in travail, dispersing waters from its course. The abyss uttered its voice; raising its form on high.

The sun arose, and the moon stood in its course; at the light of Your arrows they went forth, at the flashing of Your gleaming weapons.

You will bring low the land with threatening; You will break the nations in wrath.

You went forth for the salvation of Your people, to save Your anointed ones. You brought death upon the heads of the lawless; You brought bonds upon their neck.

You cut off the heads of rulers in amazement; they shall tremble in it. They will break their bridles like a poor man eating secretly.

You ran your horses into the sea, churning up the many waters.

I kept watch, and my belly trembled from the sound of the prayer of my lips; and trembling penetrated into my bones. And my very frame of mind was troubled.

I shall rest in the day of tribulation to go up to the people of my sojourn. [SAAS]

(sung)

From Triodion - -

Canon 1 from the Triodion.

Ode iv. Mode 2. N/M

(You came from a Virgin.)

Verse: For though the fig tree will not bear fruit and there be no grapes on the vines. [SAAS]

Become as lightning, my soul,/receiving the flashing rays of abstinence,/and flee from the obscurity of sin:/that through the divine spirit/the light of forgiveness may enlighten you as the rising sun. [OCA]

Verse: The labor of the olive tree fail and the fields yield no food. [SAAS]

The deceiver enticed and captured me with the hook of pleasure./But, Apostles, as by your preaching/you have caught the whole world in your net/deliver me from his malice. [OCA]

Verse: Though the sheep have no pasture and there be no oxen in the cribs. [SAAS]

Glorious Apostles,/you shine as rays from the Sun of glory./You dispel the eclipse of error./Let your light also fall on me,/for I am darkened by every evil. [OCA]

Verse: Yet I will glory in the Lord; I will rejoice in God my Savior. [SAAS]

Theotokion.

I cry out to you day and night in my affliction./Encircled by your help and strength, Virgin, I shall be saved,/and shall leap over the wall of sensual pleasure. [OCA]

Canon 2 from the Triodion.

Ode iv. Mode pl. 1. (N/M)

Verse: The Lord God is my strength; He will direct my feet to the end. [SAAS]

Shining with the radiance of the Sun of Righteousness, Apostles,/you give light to this earthly world,/driving away the gloom of error. [OCA]

Verse: He will set me upon high places, so to conquer by His song. [SAAS]

Apostles, you are the lyre of the Savior, played by the Spirit;/preaching to the ends of the earth,/you sing a melody pleasing to the ear,/converting the world to God. [OCA]

Glory. **For the Trinity.**

Let us glorify the Trinity in unity of essence;/let us sing the praises of the one Lord God,/the Father unbegotten,/the Son begotten and the Spirit of life. [OCA]

Both now. **Theotokion.**

A Virgin has conceived, Lord,/and given birth to you, Emmanuel;/for you are come to bring salvation to your people,/and to save all your anointed/in your love for mankind. [OCA]

Glory to You, our God, glory to You.

Divine and honored company of the twelve Apostles,/we entreat you to pray to

Christ for us/that with a firm resolve/we may pass through the period of the forty days. [OCA]

Heirmos Mode pl. 1.

The works of your providence, Lord,/filled the prophet Habakkuk with wonder,/for you have come to bring salvation to your people,/and to save all your anointed ones.

[OCA]

From Menaion - - -

Canon for the Devout Man.

Ode v. Mode 2. Heirmos.

Verse: O Lord our God, grant us peace.

Lord, the provider of light, * and the Creator of the ages, we pray * that You will guide us in the light of Your all-holy commands. * Except for You, we do not know any other God. [SD]

Troparia.

Devout Saint of God, intercede for us.

O prudent Father Benedict, you filled the large jar with oil as Elias by invoking God. Those who watched this were amazed at you and had faith. [un]

Verse: The dead shall rise up; and those in the tombs shall arise. Those in the earth shall be glad.

[SAAS]

O prudent Father Benedict, you filled the large jar with oil as Elias by invoking God. Those who watched this were amazed at you and had faith. [un]

Verse: For your dew is a healing for them, but the land of the ungodly shall come to an end. [SAAS]

O all-blessed Benedict, your soul was pure. You were in a state of euphoria and looked upon the entire world enlightened by

just one sunbeam of the God who gave you honor. [un]

Glory.

O righteous Benedict, you displayed signs in Christ. You prayed to the One who gives good things that He may produce water. This fountain is still present so as to display the miracle. [un]

Both now. **Theotokion.**

O pure Lady, the One who abides in Heaven took His abode in your all-blameless womb, so that He might make us who proclaim you as the Mother of God to be abodes of the Trinity. [un]

From Menaion ---

Canon for the Devout Man.

Ode vi. Mode 2. Heirmos.

Verse: Save us, O Lord, like You saved the Prophet Jonah.

In the sea now surrounded by all my sins, * I invoke the sea of Your incomprehensible * compassion and Your tender love. * Raise me up from corruption, O God, I pray. [SD]

Troparia.

Devout Saint of God, intercede for us.

O miracle-working Benedict, you radiated with the brilliance of the light of the Holy Spirit. You defeated the gloom of the vile demons. You are the great light of monks. [un]

Verse: Those who follow vanity and lies forsake their own mercy. [SAAS]

O miracle-working Benedict, you radiated with the brilliance of the light of the Holy Spirit. You defeated the gloom of the vile demons. You are the great light of monks. [un]

Verse: As much as I vowed, I shall offer up to You, to You, the Lord of Deliverance. [SAAS]

O blessed man, your life was full of so much glory! Your honorable teaching was so noteworthy! You brought scores of monks to a knowledge of salvation. [un]

Glory.

O Benedict of a godly mind, you live in the Kingdom of Heaven. Intercede that we who always faithfully bless you may do the same. [un]

Both now. **Theotokion.**

O all-hymned Virgin Mother of God, the Sun of Righteousness who never sets came to dawn from your holy womb so that He may bring light to the faithful. [un]

Heirmos.

In the sea now surrounded by all my sins, * I invoke the sea of Your incomprehensible * compassion and Your tender love. * Raise me up from corruption, O God, I pray. [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 You are the King of peace and the savior of our souls, 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.

(Amen.)

From Triodion ---

READER

For the Martyrs. Mode pl. 4.

O holy Martyrs, you finished the race and bravely resisted the tyrants. On earth you mortified your bodies, and in return you received heavenly life. [SD]

Synaxarion.

From the Menaion.

On March 14 we commemorate our devout father Benedict.

On this day we commemorate the holy martyr Alexander of Pidne.

On this day we commemorate our devout father Efschemon the Confessor, Bishop of Lampsacus.

By the intercessions of Your Saints, O God, have mercy on us. Amen.

From Menaion ---

CHOIR

Canon for the Devout Man.

Ode vii. Mode 2. Heirmos

Verse: Blessed are You, the God of our fathers.

Those Servants of old proved to be most wise orators, for with their lips they uttered theology from a God-inspired soul, and they sang: Blessed are You, the super-divine God of us and of our Fathers. [SD]

Troparia.

Devout Saint of God, intercede for us.

O all-blessed Benedict, You took hold of the mortification that grants life by your restraint from things that bring pleasure. Therefore you were declared to be worthy to resurrect the dead. Everyone of the faithful looked upon you in amazement as though you were Elias. [un]

Verse: Blessed are You on the throne of Your kingdom, and You are praised and exalted beyond measure unto the ages. [SAAS]

O all-blessed Benedict, You took hold of the mortification that grants life by your restraint from things that bring pleasure. Therefore you were declared to be worthy to resurrect the dead. Everyone of the faithful looked upon you in amazement as though you were Elias. [un]

Verse: Blessed are You in the firmament of heaven, for You are praised and glorified unto the ages. [SAAS]

You who are worthy of wonder brought together countless monastics by your righteous works. They are still present, for they are guarded by a wall of your safe-keeping, which is obedience to your directions. [un]

Glory.

O blessed Benedict, the foolish and insensible plotted to kill you with poison, even though you were guarded by the divine hand of the One who created everything. They were put to shame, for the Spirit within you revealed their plans. [un]

Both now. **Theotokion.**

O Virgin, holy Mother of God, work a cure for the passions of my soul, because you conceived the Fountain of Dispassion. Give me showers of repentance so that I may secure my solace in that place. [un]

Ode viii.

From Menaion ---

Canon for the Devout Man.

Ode viii. Mode 2. Heirmos.

Verse: O you works, to the Lord sing a hymn, and exalt Him beyond measure unto the ages.

When God went down into the fire * of the furnace with the holy Hebrew Servants, * He converted the flames there into dew refreshing them. * Extol Him as Lord, O you works of His, * and exalt Him beyond measure, * unto all the ages. [SD]

Troparia.

Devout Saint of God, intercede for us.

O Father of a godly mind, in Christ you were as though a king over the passions of defilement. You were declared to be worthy to abide in the Kingdom of Heaven with everyone who spent their lives correctly by loving the God who sees everything. [un]

Verse: Bless the Lord, all you works of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

O Father of a godly mind, in Christ you were as though a king over the passions of defilement. You were declared to be worthy to abide in the Kingdom of Heaven with everyone who spent their lives correctly by loving the God who sees everything. [un]

Verse: Bless the Lord, all you works of the Lord, you heavens of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

O Benedict blessed three times, God approved of your holy prayers. He used you to take care of those who lacked the essentials of life. He gave you great glory upon the earth through your wonder-working. [un]

Verse: Bless the Lord, all you waters above the heaven, all you powers of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

O Father, you were made beautiful in righteousness. You were carried to the beautiful bridal chambers to dwell with God so that you may spend eternity taking pleasure in His holy beauty. [un]

Verse: Bless the Lord, you sun and moon, you stars of heaven, and exalt Him beyond measure, unto all the ages. [SAAS]

Theotokion.

O immaculate Virgin, observe that a Child has been born from you just as Esaias tells. This is the Son of the Most High. Those that laud you are the sons of the Heavenly Father, for they see that He is your Son. [un]

(read)

Intermediate Verses of Ode Eight.

Bless the Lord, every shower and dew, all you winds, and exalt Him beyond measure, unto all the ages. [SAAS]

Bless the Lord, you fire and heat, you winter cold and summer heat, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you dew and snows,
you frost and cold, and exalt Him beyond
measure, unto all the ages.

Bless the Lord, you hoarfrosts and snows,
you lightning and clouds, and exalt Him
beyond measure, unto all the ages.

Bless the Lord, you light and darkness,
you night and day, and exalt Him beyond
measure, unto all the ages.

Bless the Lord, you earth, you mountains
and hills, and all you things growing on the
earth, and exalt Him beyond measure, unto all
the ages.

Bless the Lord, you springs, you seas and
rivers, you sea-monsters and everything that
moves in the waters, and exalt Him beyond
measure, unto all the ages. [SAAS]

(sung)

From Triodion ---

Canon 1 from the Triodion.

Ode viii. Mode 2. (N/M)

Verse: Bless the Lord, all you birds of heaven,
all you wild animals and cattle, and exalt Him
beyond measure, unto all the ages. [SAAS]

Let us abstain from every pleasure;/let
us enrich our powers of perception through
fasting,/and let us drink gladly the cup of
compunction, as we sing:/All works of the
Lord, bless the Lord! [OCA]

Verse: Bless the Lord, O children of men.
Bless the Lord, O Israel, and exalt Him beyond
measure, unto all the ages. [SAAS]

Apostles, when you sit with Christ
to judge mortal men,/though I deserve
condemnation for my many sins,/intercede

for me, that I may be granted a place at his
right hand. [OCA]

Verse: Bless the Lord, O priests of the Lord,
O servants of the Lord, and exalt Him beyond
measure, unto all the ages. [SAAS]

Cleansed by the fast,/let us go up into
the chariot of the divine virtues,/making our
mind ascend on wings to the height of heaven,
as we sing:/All works of the Lord, bless the
Lord! [OCA]

Verse: Bless the Lord, O spirits and souls of
the righteous, O holy ones and humble in heart,
and exalt Him beyond measure, unto all the ages.

[SAAS]

Theotokion.

Virgin, you bore the fire of the Godhead,
yet remained unconsumed./Burn up the
passions of our souls,/for in faith we call on
you with the angelic salutation,/since it is you
alone who bring us joy! [OCA]

Canon 2 from the Triodion.

Ode viii. Mode pl. 1. (N/M)

Verse: Bless the Lord, O Hananiah, Azariah,
and Mishael, and exalt Him beyond measure, unto
all the ages. [SAAS]

We praise the trumpets of the Spirit, the
disciples of Christ,/and we cry aloud:/All
works of the Lord, bless the Lord! [OCA]

Verse: Bless the Lord, O Apostles, Prophets,
and Martyrs, and exalt Him beyond measure, unto
all the ages. [SAAS]

We praise the disciples of Christ/who
offer intercession for the world and drive
away all error,/and we cry aloud:/All works
of the Lord, bless the Lord! [OCA]

Verse: *We bless the Lord: Father, Son, and Holy Spirit; we sing a hymn to Him and exalt Him beyond measure unto the ages.* [SAAS]

For the Trinity.

We praise the all-holy Trinity,/Father, Son and Spirit,/and we sing: All works of the Lord, bless the Lord! [OCA]

Both now. **Theotokion.**

With all mankind we sing the praises of your ineffable childbearing,/and with true devotion we cry aloud, pure Virgin:/All works of the Lord, bless the Lord! [OCA]

Glory to You, our God, glory to You.

Pray for us, Apostles,/that we may complete these days of propitiation in peace,/as we cry aloud:/All works of the Lord, bless the Lord! [OCA]

We praise and we bless and we worship the Lord.

Heirmos Mode pl. 1.

Your holy Children/sang your praises in the furnace, O Christ,/and they said: All works of the Lord, bless the Lord! [OCA]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 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]

From Menaion - - -

Canon for the Devout Man.

Ode ix. Mode 2. Heirmos.

Being from God, God the Logos * with ineffable wisdom * came to make Adam new who fell through food * into corruption unhappily. * From an all-holy Virgin * ineffably He took on flesh for us. * We the faithful extol Him concordantly and magnify. [SD]

Troparia.

Devout Saint of God, intercede for us.

O God-bearer, you were like a great sun which shines the sunbeams of righteousness and fearful signs upon Creation. Because of this we commemorate your memory, which truly shines with beauty. O Father Benedict, you illuminate us in the senses of our hearts. [un]

Verse: *Blessed be the Lord God of Israel, for he has visited and redeemed his people.* [RSV]

O God-bearer, you were like a great sun which shines the sunbeams of righteousness and fearful signs upon Creation. Because of this we commemorate your memory, which truly shines with beauty. O Father Benedict, you illuminate us in the senses of our hearts. [un]

Verse: *And has raised up a horn of salvation for us in the house of his servant David.* [RSV]

O wise Father, the masses of monastics gathered by you commemorate you day and night. They have a constant light for their path with them in your body, from which rivers of miracles abundantly flow. [un]

Verse: *As he spoke by the mouth of his holy prophets from of old. That we should be saved from our enemies, and from the hand of all who hate us.* [RSV]

O Father, celebrated Benedict, you have shined more brilliantly than the rays of the sun. You worked God's statues. You were carried to the light that never reaches evening, where you ask for the remissions of transgressions for everyone who commemorates you in faith and reverence. [un]

Verse: *To perform the mercy promised to our fathers, and to remember his holy covenant.* [RSV]

Theotokion.

O Virgin, all-hymned Lady, Birthgiver of the Light, force the clouds out from my soul. Enable me to mirror in clarity the salvific splendor of Him who beyond understanding radiated from your all-holy womb as a light for the nations. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 2. (N/M)

Verse: *The oath which he swore to our father Abraham, to grant us that we, be[ing] delivered from the hand of our enemies.* [RSV]

Cast into the yawning deep of sensual pleasure,/I call upon the abyss of your tender mercies:/O Helmsman, save me! [OCA]

Verse: [That we] might serve him without fear, in holiness and righteousness before him all the days of our life. [RSV]

Fountain of compassion,/ give me compunction and cries of sorrow,/ that I may lament the endless ocean of my evil deeds. [OCA]

Verse: And you, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways. [RSV]

At the holy prayers of your disciples, Jesus,/ grant that I may venerate your divine Passion/ and your dread resurrection. [OCA]

Verse: To give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God. [RSV]

Theotokion.

You made our earthly nature heavenly, undefiled Virgin,/ for God took up his dwelling in your womb:/ Deliver us all from danger! [OCA]

Canon 2 from the Triodion.

Ode ix. Mode pl. 1. (N/M)

Verse: When the day shall dawn upon us from on high to give light to those who sit in darkness and in the shadow of death. [RSV]

The Apostles prophetically drew the water of immortality/ from the fountain of the Savior,/ ever giving the thirsty drink from the teachings of life. [OCA]

Verse: To guide our feet into the way of peace. [RSV]

Apostles, princes of the king of heaven,/ you have subdued the whole inhabited earth,/ so that it honors him alone,/ worshiping and giving glory to him as God. [OCA]

Glory. For the Trinity.

Trinity, undivided unity,/ all-creative and all-powerful,/ Father, Son and Holy Spirit,/ you are my God, and Lord and light;/ I sing your praises and I worship you. [OCA]

Both now. Theotokion.

We and every generation shall call you blessed, pure virgin Mother,/ for you are the mercy-seat of the world,/ who have ineffably borne the Savior and Creator. [OCA]

Glory to You, our God, glory to You.

Choir of the Apostles,/ keep safe those who praise you,/ and grant that they may pass with a contrite heart/ through all the days of the light-giving fast. [OCA]

Heirmos Mode pl. 1.

We magnify, O Christ, your all-blameless and pure Mother,/ for in ways past nature, according to the flesh,/ she bore you, our deliverer from all error and corruption. [OCA]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. 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.

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.)

From Horologion - - -

CHOIR

Photagogic Hymns

Mode pl. 4.

You are the light, O Christ. In yourself illumine me, by the intercessions of the Apostles, and save me. [SD]

You are the light, O Christ. In yourself illumine me, by the intercessions of the Hierarchy, and save me. [SD]

You are the light, O Christ. In yourself illumine me, by the intercessions of the Theotokos, and save me. [SD]

READER

Lauds. (read)

Psalm 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. 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. [SAAS]

Psalm 149.

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, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him

with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the 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 of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; 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. Extend your mercy to those who

know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer 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.)

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(Grant this, O Lord.)

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

(Grant this, O Lord.)

For pardon and remission of our sins and transgressions, let us ask the Lord.

(Grant this, O Lord.)

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

(Grant this, O Lord.)

That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.

(Grant this, O Lord.)

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

(Grant this, O Lord.)

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 You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

your blessings both of this world and of the world above.

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - -

Idiomelon. Mode 3.

You have appointed repentance for me, a sinner, Lord,/wanting to save me, an unworthy man, because of your great mercy./ I fall down to you in prayer:/Humble my soul through fasting, for I have fled to you, //Lord of great mercy! [OCA]

Verse: *I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look to the hands of their masters, as the eyes of the maidservant look to the hands of her mistress, so our eyes look to the Lord our God until He shall have compassion on us.* [SAAS]

You have appointed repentance for me, a sinner, Lord,/wanting to save me, an unworthy man, because of your great mercy./ I fall down to you in prayer:/Humble my soul through fasting, for I have fled to you, //Lord of great mercy! [OCA]

For the Martyrs.

Mode 3.

Verse: *Have mercy on us, O Lord, have mercy on us, for we are greatly filled with contempt; our soul is greatly filled with it. We are a disgrace to those who prosper, and a contempt to the arrogant.* [SAAS]

Even after death you shine as lights in the world, holy Martyrs!/You tied yourselves to

noble tasks;/ therefore you now have boldness before Christ:// Entreat him to have mercy on our souls. [OCA]

Glory. Both now. **Theotokion.**

Mode 3.

You are the mediator of those who pray, Theotokos./ In you we have confidence, and in you we rejoice;/ all our hope we have put in you.// Pray to your Son for your unworthy servants! [OCA]

PRIEST

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [SAAS]

READER

Trisagion Prayers.

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.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our

trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

PRIEST

For Thine 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.)

READER

Standing in your glorious church, O Theotokos, we think we are standing in heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (40)

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

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.

In the name of the Lord, Father, bless!

PRIEST

Blessed are You, Christ our God, always now and forever and to the ages of ages.

(Amen.)

O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give peace to the world. Protect this holy Church (or, Monastery); grant our departed fathers and brethren that they may dwell with the righteous, and accept us in repentance and confession; for You are good and love mankind.

(Amen.)

Prayer of St. Ephraim

O Lord and Master of my life, do not permit the spirit of laziness and meddling, the lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit of prudence, humility, patience and love.

Yes, Lord and King, give me the power to see my own faults and not to judge my brother.

For you are blessed unto the ages of ages.
Amen. ^[HC]

Then we begin the First Hour, saying: "Come let us worship..."

or:

READER

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Lord, have mercy. (3) Father, bless!

PRIEST

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

Through the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us [and save us].

(Amen.)