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The Service of Matins

for Sunday, March 10, 2019

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

Eothinon 8

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

Katavasias of Triodion Sunday 1 and 4

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Ὁκτώηχος

Ἦχος πλ. δ'.

Τῇ Κυριακῇ Πρωῖ

Τριώδιον

ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΙΝΗΣ

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος πλ. δ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

ἦ· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με,
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὁκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. δ'.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος,
ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς
ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ
Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Δόξα. **Τὸ αὐτό.**

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος,
ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς
ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ
Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

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]

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. δ'.

Ὁ δι' ἡμᾶς γεννηθεὶς ἐκ Παρθένου, καὶ σταύρωσιν ὑπομείνας ἀγαθὴ, ὁ θανάτῳ τὸν θάνατον σκυλεύσας, καὶ Ἐγερσιν δείξας ὡς Θεός, μὴ παρίδῃς οὓς ἔπλασας τῇ χειρὶ σου· δείξον τὴν φιλανθρωπίαν σου ἐλεῆμον, δέξαι τὴν τεκοῦσάν σε Θεοτόκον πρεσβεύουσαν ὑπὲρ ἡμῶν καὶ σῶσον Σωτὴρ ἡμῶν, λαὸν ἀπεγνωσμένον.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τῆς Οκτωήχου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Ἦχος πλ. δ'. Ἀυτόμελον.

Ἀνέστης ἐκ νεκρῶν, ἡ ζωὴ τῶν ἀπάντων, καὶ Ἄγγελος φωτός, ταῖς Γυναιξὶν ἐβόα· Παύσασθε τῶν δακρύνων, τοῖς

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.

Ἀποστόλοις εὐαγγελίσασθε, κράξατε
ἀνυμνοῦσαι· Ὅτι ἀνέστη Χριστὸς ὁ Κύριος,
ὁ εὐδοκήσας σῶσαι ὡς Θεός, τὸ γένος τῶν
ἀνθρώπων.

Δόξα.

Τὴν Σοφίαν καὶ Λόγον.

Ἀναστὰς ἐκ τοῦ τάφου ὡς ἀληθῶς, ταῖς
ὁσίοις προσέταξας γυναῖξί, κηρῦξαι τὴν
ἐγερσιν, Ἀποστόλοις ὡς γέγραπται· καὶ
δρομαῖος ὁ Πέτρος, ἐπέστη τῷ μνήματι, καὶ
τὸ φῶς ἐν τῷ τάφῳ, ὁρῶν κατεπλήττετο·
ὅθεν κατείδε, τὰ ὀθόνια μόνα, χωρὶς
τοῦ θείου σώματος, ἐν αὐτῷ κατακείμενα·
καὶ πιστεύσας ἐβόησε· Δόξα σοι Χριστὲ ὁ
Θεός, ὅτι σῶζεις ἅπαντας Σωτὴρ ἡμῶν· τοῦ
Πατρὸς γὰρ ὑπάρχεις ἀπαύγασμα.

Καὶ νῦν. **Θεοτοκίον.**

Τὴν Σοφίαν καὶ Λόγον.

Τὴν οὐράνιον πύλην καὶ κιβωτόν, τὸ
πανάγιον ὄρος τὴν φωταυγῇ, νεφέλην
ὑμνήσωμεν, τὴν οὐράνιον κλίμακα,
τὸν λογικὸν Παράδεισον, τῆς Εὐσας τὴν
λύτρωσιν, τῆς οἰκουμένης πάσης, τὸ
μέγα κειμήλιον· ὅτι σωτηρία, ἐν αὐτῇ
διεπράχθη, τῷ κόσμῳ καὶ ἄφεις τῶν
ἀρχαίων ἐγκλημάτων· διὰ τοῦτο βοῶμεν
αὐτῇ· Πρέσβευε τῷ σῷ Υἱῷ καὶ Θεῷ, τῶν
πταισμάτων ἄφειν δωρήσασθαι, τοῖς
εὐσεβῶς προσκυνοῦσι τὸν πανάγιον τόκον
σου.

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]

Κάθισμα Β'.

Ἦχος πλ. δ'.

Ἄνθρωποι τὸ μνήμά σου, Σωτὴρ
ἐσφραγίσαντο, Ἄγγελος τὸν λίθον, ἐκ τῆς
θύρας ἀπεκύλισε. Γυναῖκες ἐθεάσαντο,
ἐγηγερμένον ἐκ νεκρῶν, καὶ αὐταὶ
εὐηγγελίσαντο τοῖς Μαθηταῖς σου ἐν Σιών.
Ὅτι ἀνέστης ἡ ζωὴ τῶν ἀπάντων, καὶ
διελύθη τὰ δεσμὰ τοῦ θανάτου. Κύριε δόξα
σοι.

Δόξα.

Τὰ μύρα τῆς ταφῆς, αἱ Γυναῖκες
κομίσασαι, φωνῆς Ἀγγελικῆς, ἐκ τοῦ τάφου
ἤκουον. Παύσασθε τῶν δακρῶν, καὶ
ἀντὶ λύπης χαρὰν κομίσασθε, κράξατε
ἀνυμνοῦσαι, ὅτι ἀνέστη Χριστὸς ὁ Κύριος,
ὁ εὐδοκήσας σῶσαι ὡς Θεός, τὸ γένος τῶν
ἀνθρώπων.

Καὶ νῦν. **Θεοτοκίον.**

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.

Εὐλογητάρια Ἀναστάσιμα.

Ἦχος πλ. α'.

Εὐλογητὸς εἶ, Κύριε, διδάξόν με τὰ
δικαιώματά σου.

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὀρῶν
σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου
δὲ Σωτὴρ, τὴν ἰσχὺν καθελόντα, καὶ σὺν

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

ἐαυτῷ τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ Ἅιδου
πάντας ἐλευθερώσαντα.

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.*

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν,
ὦ Μαθήτριάι κιρνᾶτε; ὁ ἀστράπτων ἐν
τῷ τάφῳ Ἄγγελος, προσεφθέγγετο ταῖς
Μυροφόροις· Ἴδετε ὑμεῖς τὸν τάφον
καὶ ἦσθητε· ὁ Σωτὴρ γὰρ ἐξανέστη τοῦ
μνήματος.

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.*

Λίαν πρωῒ, Μυροφόροι ἔδραμον,
πρὸς τὸ μνήμά σου θρηνολογοῦσαι· ἀλλ'
ἐπέστη, πρὸς αὐτὰς ὁ Ἄγγελος, καὶ εἶπε·
θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν
Ἀνάστασιν δέ, Ἀποστόλοις εἶπατε.

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.*

Μυροφόροι γυναῖκες, μετὰ μύρων
ἐλθοῦσαι, πρὸς τὸ μνήμά σου, Σῶτερ
ἐνηχοῦντο. Ἀγγέλου τρανῶς, πρὸς αὐτὰς
φθεγγομένον· Τί μετὰ νεκρῶν, τὸν ζῶντα
λογίζεσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ
μνήματος.

Δόξα.

Προσκυνοῦμεν Πατέρα, καὶ τὸν τούτου
Υἱόν τε, καὶ τὸ Ἅγιον Πνεῦμα, τὴν Ἁγίαν
Τριάδα, ἐν μιᾷ τῇ οὐσίᾳ, σὺν τοῖς Σεραφείμ,
κράζοντες τό· Ἅγιος, Ἅγιος, Ἅγιος εἶ, Κύριε.

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]

Καὶ νῦν.

Ζωοδότην τεκοῦσα, ἐλυτρώσω Παρθένε,
τὸν Ἀδὰμ ἁμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ,
ἀντὶ λύπης παρέσχες, ῥεύσαντα ζωῆς, ἴθυνε
πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθεὶς Θεὸς
καὶ ἄνθρωπος.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.
Δόξα σοι, ὁ Θεός. (ἐκ γ')

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι ἡυλόγηταί σου τὸ ὄνομα, καὶ
δεδοξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Οκτωήχου - - -

Ὑπακοή. Ἦχος πλ. δ'.

Αἱ Μυρροφόροι τοῦ Ζωοδότου ἐπιστᾶσαι
τῷ μνήματι, τὸν Δεσπότην ἐζήτουν,
ἐν νεκροῖς τὸν ἀθάνατον, καὶ χαρᾶς
εὐαγγέλια, ἐκ τοῦ Ἀγγέλου δεξάμεναι, τοῖς
Ἀποστόλοις ἐμήνουν· Ὅτι ἀνέστη Χριστὸς ὁ
Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

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]

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α'. Ἦχος πλ. δ'.

Ἐκ νεότητός μου ὁ ἐχθρός με πειράζει,
ταῖς ἡδοναῖς φλέγει με· ἐγὼ δὲ πεποιθώς, ἐν
σοὶ Κύριε τροποῦμαι τοῦτον.

Οἱ μισοῦντες Σιών, γεννηθήτωσαν δὴ,
πρὶν ἐκσπασθῆναι ὡς χόρτος· συγκόψει γὰρ
Χριστός, αὐχένας αὐτῶν, τομῇ βασάνων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, τὸ ζῆν τὰ πάντα, φῶς
ἐκ φωτός, Θεὸς μέγας, σὺν Πατρὶ ὑμνοῦμεν
αὐτὸ καὶ τῷ Λόγῳ.

Ἀντίφωνον Β'.

Ἡ καρδιά μου τῷ φόβῳ σου σκεπέσθω,
ταπεινοφρονοῦσα, μὴ ὑψωθεῖσα ἀποπέση,
ἐκ σοῦ Πανοικτίρμον.

Ἐπὶ τὸν Κύριον ὁ ἐσχηκὼς ἐλπίδα, οὐ
δείσει τότε, ὅτε πυρὶ τὰ πάντα κρινεῖ καὶ
κολάσει.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πᾶς τις θεῖος βλέπει
καὶ προλέγει, τερατουργεῖ ὑψιστα, ἐν τρισὶν
ἓνα Θεὸν μέλπων· εἰ γὰρ καὶ τριλαμπεῖ,
μοναρχεῖ τὸ θεῖον.

Ἀντίφωνον Γ'.

Ἐκέκραξά σοι Κύριε, πρόσχες, κλινόν
μοι τὸ οὖς σου βοῶντι, καὶ κάθαρον πρὶν
ἄρης με, ἀπὸ τῶν ἐνθένδε.

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]

Ἐπὶ τὴν μητέρα αὐτοῦ γῆν, δύνων παῖς
αὐθις ἀναλύσει, τοῦ λαβεῖν βασάνους, ἣ
γέρα τῶν βεβιωμένων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, θεολογία μονὰς
τρισαγία· ὁ Πατὴρ γὰρ ἀναρχος, ἐξ οὗ ἔφω
ὁ Υἱὸς ἀχρόνως, καὶ τὸ Πνεῦμα σύμμορφον,
σύνθρονον, ἐκ Πατρὸς συνεκλάμψαν.

Ἀντίφωνον Δ'.

Ἴδου δὴ τί καλόν, ἣ τί τερπνόν, ἀλλ' ἣ
τὸ κατοικεῖν ἀδελφοὺς ἅμα; ἐν τούτῳ γὰρ
Κύριος, ἐπηγγείλατο ζωὴν αἰώνιαν.

Τοῦ ἐνδύματος αὐτοῦ, ὁ τὰ κρίνα τοῦ
ἀγροῦ κοσμῶν, κελεύει μὴ δεῖν φροντίζειν.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνοεῖδεῖ αἰτία, πάντα
ἔχεται εἰρηνοβραβεύτως. Θεὸς τοῦτο γὰρ
ἐστι, Πατρί τε καὶ Υἱῷ, ὁμοούσιον κυρίως.

Προκείμενον.

Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός
σου, Σιών, εἰς γενεὰν καὶ γενεάν. (δίς)

Στίχ. Αἰνεῖ, ἡ ψυχὴ μου, τὸν Κύριον.

Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός
σου, Σιών, εἰς γενεὰν καὶ γενεάν.

Τῆς Ὀκτωήχου - - -

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιμον.

Ἐξαναστὰς τοῦ μνήματος, τοὺς
τεθνεώτας ἡγείρας, καὶ τὸν Ἀδὰμ
ἀνέστησας, καὶ ἡ Εὐὰ χορεύει ἐν τῇ
σῇ Ἀναστάσει, καὶ κόσμου τὰ πέρατα
πανηγυρίζουσι, τῇ ἐκ νεκρῶν Ἐγέρσει σου
Πολυέλεε.

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]

Ὁ Οἶκος.

Τὰ τοῦ Ἀΐδου σκυλεύσας βασιλεία, καὶ νεκροὺς ἀναστήσας Μακρόθυμε, Γυναιξὶ Μυροφόροις συνήντησας, ἀντὶ λύπης, χαρὰν κοιμισάμενος, καὶ Ἀποστόλοις σου ἐμήνυσας τὰ τῆς νίκης σύμβολα, Σωτὴρ μου ζωοδότα, καὶ τὴν κτίσιν ἐφώτισας φιλάνθρωπε· διὰ τοῦτο καὶ κόσμος συγχαίρει, τῇ ἐκ νεκρῶν Ἐγέρσει σου πολυέλεε.

Κοντάκιον τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος πλ. β'. Αὐτόμελον.

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριζον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλή μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Ὁ Οἶκος.

Ἐκάθισεν Ἀδὰμ τότε, καὶ ἔκλαυσεν ἀπέναντι τῆς τρυφῆς τοῦ Παραδείσου, χερσὶ τύπτων τὰς ὀψεις, καὶ ἔλεγεν· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Ἰδὼν Ἀδὰμ τὸν Ἄγγελον, ὠθήσαντα, καὶ κλείσαντα τὴν τοῦ Θεοῦ κήπου θύραν, ἀνεστέναξε μέγα, καὶ ἔλεγεν· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Συνάληγσον Παράδεισε, τῷ κτήτορι πτωχεύσαντι, καὶ τῷ ἡχῷ σου τῶν φύλλων, ἰκέτευσον τὸν Πλάστην, μὴ κλείσῃ σε. Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Παράδεισε πανάρετε, πανάγιε, πανόλβιε, ὁ δι' Ἀδὰμ πεφυτευμένος, καὶ διὰ τὴν Εὐὰν κεκλεισμένος, ἰκέτευσον Θεὸν διὰ

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

τὸν παραπεσόντα. Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ Ι' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου Μάρτυρος Κοδράτου, τοῦ ἐν Κορίνθῳ, καὶ τῶν σὺν αὐτῷ, Ἀνέκτου, Παύλου, Διονυσίου, Κυπριανοῦ, καὶ Κρήσκεντος.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς Ὁσίας Μητρὸς ἡμῶν Ἀναστασίας τῆς Πατρικίας.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Μαρκιανός, ξύλοις θλασθεὶς, τελειοῦται.

Ὁ Ἅγιος Νεομάρτυς Μιχαὴλ ὁ Μαυρουδῆς, ὁ ἐν Θεσσαλονίκη μαρτυρήσας ἐν ἔτει αὐμδ' (1544), πυρὶ τελειοῦται.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, ἀνάμνησιν ποιούμεθα τῆς ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς ἐξορίας τοῦ Πρωτοπλάστου Ἀδάμ.

Στίχοι.

Κόσμος γενάρχαις πικρὰ συνθρηνησάτω.
Βρώσει γλυκεῖα, συμπεσὼν πεπτωκόσι.

Τῇ ἀφάτῳ σου εὐσπλαγχνία, Χριστέ ὁ Θεὸς ἡμῶν, τῆς τρυφῆς τοῦ Παραδείσου ἡμᾶς καταξιώσον, καὶ ἐλέησον, ὡς μόνος φιλόανθρωπος. Ἀμήν.

ΧΟΡΟΣ

**Καταβασίαι τῆς Κυριακῆς
τοῦ Τελώνου, καὶ τῆς Τυρινῆς
Ὡδιὴ α'. Ἦχος πλ. β'.**

Ὡς ἐν ἡπείρῳ πεζεύσας ὁ Ἰσραήλ,
ἐν ἀβύσσῳ ἵχνεσι, τὸν διώκτην Φαραῶ,
καθορῶν ποντούμενον, Θεῷ ἐπινίκιον
ᾠδὴν, ἐβόα, ἄσωμεν.

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]

Ὡδὴ γ'.

Οὐκ ἔστιν ἅγιος ὡς σὺ, Κύριε ὁ Θεός μου, ὁ ὑψώσας τὸ κέρας, τῶν πιστῶν σου Ἀγαθέ, καὶ στερεώσας αὐτούς, ἐν τῇ πέτρᾳ τῆς ὁμολογίας σου.

Ὡδὴ δ'.

Χριστός μου δύναμις, Θεὸς καὶ Κύριος, ἡ σεπτὴ Ἐκκλησία θεοπρεπῶς, μέλπει ἀνακράζουσα, ἐκ διανοίας καθαρᾶς, ἐν Κυρίῳ ἐορτάζουσα.

Ὡδὴ ε'.

Τῷ θείῳ φέγγει σου Ἀγαθέ, τάς τῶν ὀρθριζόντων σοι ψυχάς, πόθῳ καταύγαυσον δέομαι, σὲ εἰδέναι Λόγε Θεοῦ, τὸν ὄντως Θεόν, ἐκ ζόφου τῶν πταισμάτων ἀνακαλούμενον.

Ὡδὴ ς'.

Τοῦ βίου τὴν θάλασσαν, ὑψουμένην καθορῶν, τῶν πειρασμῶν τῷ κλύδωνι, ἐν εὐδίᾳ λιμένι σου προσδραμών, βοῶ σοι· Ἀνάγαγε ἐκ φθορᾶς τὴν ζωὴν μου Πολυέλεε.

Ὡδὴ ζ'.

Δροσοβόλον μὲν τὴν κάμινον εἰργάσατο, Ἄγγελος τοῖς Ὁσίοις Παισὶ, τοὺς Χαλδαίους δὲ καταφλέγον πρόσταγμα Θεοῦ, τὸν Τύραννον ἔπεισε βοᾶν. Εὐλογητὸς εἶ ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν.

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]

Ὡδὴ η'.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.

Ἐκ φλογὸς τοῖς Ὁσίοις, δρόσον
ἐπήγασας, καὶ δικαίου θυσίαν, ὕδατι
ἔφλεξας· ἅπαντα γὰρ δρὰς Χριστέ, μόνῳ
τῷ βούλεσθαι σὲ ὑπερυψοῦμεν εἰς πάντας
τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.
(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν
ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

Ἦχος β'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δύς)
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

ΔΙΑΚΟΝΟΣ

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς
ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον
τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί. Ακούσωμεν τοῦ ἁγίου
Εὐαγγελίου.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.
(Καὶ τῷ πνεύματί σου.)

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.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ἰωάννην ἀγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ (ἀπὸ τῆς ἀγίας τραπέζης)

Ἑωθινὸν Η'
Ἰωάννην Κ' 11-18

Τῷ καιρῷ ἐκείνῳ, Μαρία εἰστήκει πρὸς
τὸ μνημεῖον κλαίουσα ἔξω· ὡς οὖν ἔκλαιε,
παρέκυψεν εἰς τὸ μνημεῖον, καὶ θεωρεῖ
δύο ἀγγέλους ἐν λευκοῖς καθεζομένους,
ἓνα πρὸς τῇ κεφαλῇ, καὶ ἓνα πρὸς τοῖς
ποσίν, ὅπου ἔκειτο τὸ σῶμα τοῦ Ἰησοῦ, καὶ
λέγουσιν αὐτῇ ἐκεῖνοι· Γύναι, τί κλαίεις;
λέγει αὐτοῖς· Ὅτι ἦραν τὸν Κύριόν μου,
καὶ οὐκ οἶδα ποῦ ἔθηκαν αὐτόν· καὶ ταῦτα
εἰποῦσα ἐστράφη εἰς τὰ ὀπίσω, καὶ θεωρεῖ
τὸν Ἰησοῦν ἐστῶτα, καὶ οὐκ ᾔδει ὅτι Ἰησοῦς
ἐστὶ. Λέγει αὐτῇ ὁ Ἰησοῦς· Γύναι, τί κλαίεις;
τίνα ζητεῖς; ἐκείνη δοκοῦσα ὅτι ὁ κηπουρὸς
ἐστὶ, λέγει αὐτῷ· Κύριε, εἰ σὺ ἐβάστασας
αὐτόν, εἰπέ μοι ποῦ αὐτὸν ἔθηκες, καὶ γὰρ
αὐτόν ἀρῶ· λέγει αὐτῇ ὁ Ἰησοῦς· Μαρία·
στραφεῖσα ἐκείνη λέγει αὐτῷ· Ῥαββουνί· ὃ
λέγεται Διδάσκαλε· λέγει αὐτῇ ὁ Ἰησοῦς,
Μὴ μου ἅπτου· οὐπω γὰρ ἀναβέβηκα πρὸς
τὸν πατέρα μου, πορεύου δὲ πρὸς τοὺς
ἀδελφούς μου, καὶ εἰπὲ αὐτοῖς· Ἀναβαίνω
πρὸς τὸν πατέρα μου καὶ πατέρα ὑμῶν, καὶ
Θεόν μου καὶ Θεὸν ὑμῶν· ἔρχεται Μαρία ἡ
Μαгдаληνὴ ἀπαγγέλλουσα τοῖς μαθηταῖς
ὅτι ἑώρακε τὸν Κύριον· καὶ ταῦτα εἶπεν
αὐτῇ.

(Δόξα σοι, Κύριε, δόξα σοι.)

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.)

ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι,
προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν,
τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν
σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἁγίαν
σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν·
σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον
οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν.
Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν
τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν· ἰδοὺ
γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ
τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν
Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ·
Σταυρόν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ
θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν' (50).

Ἦχος β'. (ἡ τῆς ἐβδομάδος.)

[Ἐλεήμων,] Ἐλέησόν με, ὁ Θεός, κατὰ
τὸ μέγα ἔλεός σου καὶ κατὰ τὸ πλήθος τῶν
οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Ἐπὶ πλεῖον πλυνόν με ἀπὸ τῆς ἀνομίας
μου καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν
με.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ
ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διαπαντός.

Σοὶ μόνῳ ἥμαρτον καὶ τὸ πονηρὸν
ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς
ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ
κρίνεσθαί σε.

Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ
ἐν ἁμαρτίαις ἐκίσθησέ με ἡ μήτηρ μου.

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.

Ἰδοὺ γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα
καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς
μοι.

Ῥαντιεῖς με ὑσσώπῳ, καὶ
καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ
χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ
εὐφροσύνην, ἀγαλλιάσονται ὅστέα
τεταπεινωμένα.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν
ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου
ἐξάλειψον.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ
Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς
ἐγκάτοις μου.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου
σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ
ἀντανέλης ἀπ' ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ
σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ
στήριζόν με.

Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῦσαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς
σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου
τὴν δικαιοσύνην σου.

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ
στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν·
ὀλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον,
καρδίαν συντετριμμένην καὶ
τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

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.

Αγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου
τὴν Σιών, καὶ οἰκοδομηθῇ τὰ τείχη
Ιερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης,
ἀναφορὰν καὶ ὁλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν
σου μόσχους. Καὶ ἐλέησόν με, ὁ Θεός.

Ἰδιόμελα τοῦ Τριωδίου.

Δόξα. **Ἦχος πλ. δ'.**

Τῆς μετανοίας ἀνοιξόν μοι πύλας
Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου,
πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον
τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ' ὡς
οἰκτιρῶν κάθαρον, εὐσπλάγχνῳ σου ἐλέει.

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,
Θεοτόκε· αἰσχροῖς γὰρ κατερρύπωσα, τὴν
ψυχὴν ἀμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,
ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις
ῥῦσαί με, πάσης ἀκαθαρσίας.

Ἰδιόμελον. Ἦχος πλ. β'.

Στίχ. Ἐλέησόν με, ὁ Θεός, κατὰ τὸ
μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν
οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Τὰ πλήθη τῶν πεπραγμένων μοι
δεινῶν, ἐννοῶν ὁ τάλας, τρέμω τὴν
φοβεράν ἡμέραν τῆς κρίσεως· ἀλλὰ θαρρῶν
εἰς τὸ ἔλεος τῆς εὐσπλαγχνίας σου, ὡς ὁ
Δαυῖδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ
μέγα σου ἔλεος.

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]

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·
ὑψῶσον κέρας Χριστιανῶν ὀρθοδόξων
καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ
πλούσια· πρεσβείαις τῆς παναχράντου
Δεσποίνης ἡμῶν Θεοτόκου καὶ
ἀειπαρθένου Μαρίας, 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 πανευφήμων
Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν
μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν
Διδασκάλων, Βασιλείου τοῦ Μεγάλου,
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου
τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου
καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν
Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,
Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου
Πενταπόλεως τῶν θαυματουργῶν·
τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων
Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου
τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,
Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ
τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων
Χαραλάμπους καὶ Ἐλευθερίου, τῆς
ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ
πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων
Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,
Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,
Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ
Θεοφόρων Πατέρων ἡμῶν· **(τοῦ Ἁγίου τοῦ
Ναοῦ)**· τῶν ἁγίων καὶ δικαίων Θεοπατόρων
Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν
Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε
Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν
δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. **(ιβ')**

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)**

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡιδῇ θ'.

Μεγαλυνάριον. Ἦχος πλ. β'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτηῇρί μου.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,

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.

Megalynarion. 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

τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ,
διεσκόρπισεν ὑπερηφάνους διανοία καρδίας
αὐτῶν.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὑψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε
κενοὺς.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ,
μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς
Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι
αὐτοῦ ἕως αἰῶνος.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ὡδὴ θ'. Καταβασία. ᾠχὸς πλ. β'.

Θεὸν ἀνθρώποις ἰδεῖν ἀδύνατον, ὃν
οὐ τολμᾷ Ἀγγέλων ἀτενίσαι τὰ τάγματα,
διὰ σοῦ δὲ Πάναγνε ὥράθη βροτοῖς, Λόγος
σεσαρκωμένος, ὃν μεγαλύνοντες, σὺν ταῖς
οὐρανίαις Στρατιαῖς, σὲ μακαρίζομεν.

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]

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἦχος β'.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. Ὑψοῦτε
Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ
ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - -

Ἐξαποστειλάριον.

Τὸ Η' Ἐωθινόν.

Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.

Δύο Ἀγγέλους βλέψασα, ἔνδοθεν τοῦ
μνημείου, Μαρία ἐξεπλήττετο, καὶ Χριστὸν
ἀγνοοῦσα, ὡς Κηπουρὸν ἐπηρώτα, Κύριε
ποῦ τὸ σῶμα, τοῦ Ἰησοῦ μου τέθεικας;
κλήσει δὲ τοῦτον γνοῦσα εἶναι αὐτόν, τὸν

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

Σωτήρα ἤκουσε· Μή μου ἄπτου, πρὸς τὸν
Πατέρα ἄπειμι, εἶπέ τοῖς ἀδελφοῖς μου.

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Γυναῖκες ἀκουτίσθητε.*

Τῆς ἐντολῆς σου Κύριε, παρήκουσα
ὁ ἄθλιος, καὶ γυμνωθεὶς τῆς σῆς δόξης,
αἰσχύνῃς πέπλησμαι, οἶμοι! καὶ τῆς τρυφῆς
ἐκβέβλημαι, τοῦ Παραδείσου εὐσπλαγχνε.
Ἐλεῆμον ἐλέησον, τὸν στερηθέντα δικαίως,
τῆς ἀγαθότητος τῆς σῆς.

Ἔτερον.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ἀποικισθέντες Κύριε, Παραδείσου
τὸ πρῶτον, διὰ τῆς ξύλου βρώσεως,
ἀντεισῆγαγες πάλιν, διὰ Σταυροῦ καὶ τοῦ
Πάθους, σοῦ Σωτῆρ καὶ Θεέ μου, δι' οὗ
ἡμᾶς ὀχύρωσον, τὴν Νηστείαν πληρῶσαι,
ἀγνοπρεπῶς, καὶ τὴν θεῖαν Ἐγερσιν
προσκυνῆσαι, τὸ Πάσχα τὸ σωτήριον, σὲ
Τεκούσης πρεσβείαις.

Οἱ Αἶνοι. Ἦχος πλ. δ΄.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρόπει ὕμνος τῷ
Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ
πρόπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν
πάντα τὰ ἄστρα καὶ τὸ φῶς.

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.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν.

Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταγίδος, τὰ ποιῶντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου.

Ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρας λαοῦ αὐτοῦ.

Ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

Ἄσατε τῷ Κυρίῳ ἄσμα καινόν, ἢ αἶνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιᾶσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιᾶσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ὀμφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

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.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς.

Τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Οκτωήχου ---

**Στιχηρὰ Ἀναστάσιμα.
Στιχηρὸν Α'. Ἦχος πλ. δ'.**

Τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον·
δόξα αὐτῇ ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Κύριε, εἰ καὶ κριτηρίῳ παρέστης, ὑπὸ
Πιλάτου κρινόμενος, ἀλλ' οὐκ ἀπελείφθης
τοῦ θρόνου, τῷ Πατρὶ συγκαθεζόμενος,
καὶ ἀναστὰς ἐκ νεκρῶν, τὸν κόσμον
ἠλευθέρωσας, ἐκ τῆς δουλείας τοῦ
ἀλλοτρίου, ὡς οἰκτίρμων καὶ Φιλάνθρωπος.

Στιχηρὸν Β'. Ἦχος πλ. δ'.

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως
αὐτοῦ.

Κύριε, εἰ καὶ ὡς νεκρὸν ἐν μνημείῳ,
Ἰουδαῖοι σε κατέθεντο, ἀλλ' ὡς Βασιλέα
ύπνουντα, στρατιῶταί σε ἐφύλαττον, καὶ ὡς
ζωῆς θησαυρὸν, σφραγίδι ἐσφραγίσαντο·
ἀλλὰ ἀνέστης καὶ παρέσχες, ἀφθαρσίαν
ταῖς ψυχαῖς ἡμῶν.

Στιχηρὸν Γ'. Ἦχος πλ. δ'.

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις
αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς
μεγαλωσύνης αὐτοῦ.

Κύριε, ὄπλον κατὰ τοῦ διαβόλου, τὸν
Σταυρὸν σου ἡμῖν δέδωκας· φρίττει γὰρ
καὶ τρέμει, μὴ φέρων καθορᾶν αὐτοῦ τὴν
δύναμιν· ὅτι νεκροὺς ἀνιστᾷ καὶ θάνατον
κατήργησε· διὰ τοῦτο προσκυνοῦμεν, τὴν
Ταφὴν σου καὶ τὴν Ἑγερσιν.

To deal retribution to the nations, reproving
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

Στιχηρὸν Δ'. Ἦχος πλ. δ'.

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρα.

Ὁ Ἀγγελὸς σου Κύριε, ὁ τὴν Ἀνάστασιν κηρύξας, τοὺς μὲν φύλακας ἐφόβησε, τὰ δὲ Γύναια ἐφώνησε λέγων· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν; ἀνέστη Θεὸς ὢν, καὶ τῇ οἰκουμένη ζωὴν ἐδωρήσατο.

Στιχηρὸν Ε'. Ἦχος πλ. δ'.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Ἐπαθες διὰ σταυροῦ, ὁ ἀπαθὴς τῇ Θεότητι, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῆς δουλείας τοῦ ἐχθροῦ, καὶ ἀθανατίσας, ζωοποιήσῃς ἡμᾶς Χριστέ ὁ Θεός, διὰ τῆς Ἀναστάσεώς σου φιλάνθρωπε.

Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Στιχηρὸν Ϛ'. Ἰδιόμελον. Ἦχος πλ. α'.

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Οἶμοι! ὁ Ἀδάμ, ἐν θρήνῳ κέκραγεν, ὅτι ὄφιν καὶ γυνή, θεϊκῆς παρρησίας με ἔξωσαν, καὶ Παραδείσου τῆς τρυφῆς ξύλου βρῶσις ἠλλοτριώσεν. Οἶμοι! οὐ φέρω λοιπόν τὸ ὄνειδος, ὁ ποτὲ βασιλεὺς τῶν ἐπιγείων πάντων κτισμάτων Θεοῦ, νῦν αἰχμάλωτος ὤφθην, ὑπὸ μιᾶς ἀθέσμου συμβουλῆς, καὶ ὁ ποτὲ δόξαν ἀθανασίας ἡμφιεσμένος, τῆς νεκρώσεως τὴν δοράν,

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

ὡς θνητὸς ἐλεεινῶς περιφέρω. Οἷμοι! τίνα τῶν θρῆνων συνεργάτην ποιήσομαι; Ἀλλὰ σὺ Φιλάνθρωπε, ὁ ἐκ γῆς δημιουργήσας με, εὐσπλαγχνίαν φορέσας, τῆς δουλείας τοῦ ἐχθροῦ, ἀνακάλεσαι καὶ σῶσόν με.

Στιχηρὸν Ζ'. Ἰδιόμελον. Ἦχος πλ. α'.

Ἀνάστηθι, Κύριε ὁ Θεός μου, ὑψωθήτω ἡ χεὶρ σου, μὴ ἐπιλάβῃ τῶν πενήτων σου εἰς τέλος.

Τὸ στάδιον τῶν ἀρετῶν ἡνέωκται, οἱ βουλόμενοι ἀθλῆσαι εἰσέλθετε, ἀναζωσάμενοι τὸν καλὸν τῆς Νηστείας ἀγῶνα· οἱ γὰρ νομίμως ἀθλοῦντες, δικαίως στεφανοῦνται, καὶ ἀναλαβόντες τὴν πανοπλίαν τοῦ Σταυροῦ, τῷ ἐχθρῷ ἀντιμαχησώμεθα, ὡς τεῖχος ἀρρηκτον κατέχοντες τὴν Πίστιν, καὶ ὡς θώρακα τὴν προσευχήν, καὶ περικεφαλαίαν τὴν ἐλεημοσύνην, ἀντὶ μαχαίρας τὴν νηστείαν, ἣτις ἐκτέμνει ἀπὸ καρδίας πᾶσαν κακίαν. Ὁ ποιῶν ταῦτα, τὸν ἀληθινὸν κομίζεται στέφανον, παρὰ τοῦ Παμβασιλέως Χριστοῦ, ἐν τῇ ἡμέρᾳ τῆς Κρίσεως.

Στιχηρὸν Η'. Ἰδιόμελον. Ἦχος πλ. β'.

Ἐξομολογήσομαί σοι, Κύριε, ἐν ὅλῃ καρδίᾳ μου, διηγῆσομαι πάντα τὰ θαυμάσιά σου.

Ἀδὰμ τοῦ Παραδείσου διώκεται, τροφῆς μεταλαβὼν ὡς παρήκοος, Μωσῆς θεόπτης ἐ χρημάτισε, νηστεία τὰ ὄμματα, τῆς ψυχῆς καθηράμενος. Διὸ τοῦ Παραδείσου οἰκήτορες γενέσθαι ἐπιποθοῦντες, ἀπαλλαγῶμεν τῆς ἀλυσιτελοῦς τροφῆς, καὶ Θεὸν καθορᾶν ἐφιέμενοι, Μωσαϊκῶς τὴν τετράδα, τῆς δεκάδος νηστεύσωμεν,

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

προσευχῇ καὶ τῇ δεήσει, εἰλικρινῶς
προσκαρτεροῦντες, κατευνάσωμεν τῆς
ψυχῆς τὰ παθήματα, ἀποσοβήσωμεν
τῆς σαρκὸς τὰ οἰδήματα, κοῦφοι πρὸς
τὴν ἄνω πορείαν μετίωμεν, ὅπου αἱ τῶν
Ἀγγέλων χορεῖαι, ἀσιγήτοις φωναῖς, τὴν
ἀδιαίρετον ἀνυμνοῦσι Τριάδα, καθορᾶν τὸ
ἀμήχανον κάλλος, καὶ δεσποτικόν. Ἐκεῖ
ἀξιώσον ἡμᾶς, Υἱὲ Θεοῦ ζωοδότα, τοὺς
ἐπὶ σοὶ πεποιθότας, συγχορεῦσαι ταῖς τῶν
Ἀγγέλων στρατιαῖς, ταῖς τῆς τεκούσης σε
Μητρὸς Χριστὲ πρεσβείαις, καὶ Ἀποστόλων,
καὶ τῶν Μαρτύρων, καὶ πάντων τῶν Ἁγίων.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - -

Ἦχος πλ. β'.

Ἐφθασε καιρὸς, ἡ τῶν πνευματικῶν
ἀγώνων ἀρχή, ἡ κατὰ τῶν δαιμόνων νίκη,
ἡ πάνοπλος ἐγκράτεια, ἡ τῶν Ἀγγέλων
εὐπρέπεια, ἡ πρὸς Θεὸν παρρησία· δι'
αὐτῆς γὰρ Μωϋσῆς, γέγονε τῷ Κτίστη
συνόμιλος, καὶ φωνὴν ἀοράτως, ἐν ταῖς
ἀκοαῖς ὑπεδέξατο· Κύριε, δι' αὐτῆς ἀξιώσον
καὶ ἡμᾶς, προσκυνῆσαι σου τὰ Πάθη καὶ
τὴν ἀγίαν Ἀνάστασιν, ὡς φιλόανθρωπος.

Τῆς Ὁκτωήχου - -

Καὶ νῦν. **Θεοτοκίον.**

Ὑπερευλογημένη ὑπάρχεις, Θεοτόκε
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,
ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται,
ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται,
ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς
ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως
εὐδοκήσας δόξα σοι.

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]

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

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

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σὲ κατέφυγον. Δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὁψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν Τροπάριον Ἀναστάσιμον.

Ἦχος πλ. δ'. (ἡ τῆς ἐβδομάδος.)

Ἀναστὰς ἐκ τοῦ μνήματος, καὶ τὰ δεσμὰ διαρρήξας τοῦ Ἄιδου, ἔλυσας τὸ κατάκριμα, τοῦ θανάτου Κύριε, πάντας ἐκ τῶν παγίδων τοῦ ἐχθροῦ ῥυσάμενος, ἐμφανίσας σεαυτὸν τοῖς, Ἀποστόλοις σου, ἐξαπέστειλας αὐτοὺς ἐπὶ τὸ κήρυγμα, καὶ δι' αὐτῶν τὴν εἰρήνην παρέσχες τῇ οἰκουμένῃ, μόνε πολυέλεε.

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

ἡ ὥς συνήθως·

Ἦχος δ'. (*ἡ τῆς ἐβδομάδος.*)

Σήμερον σωτηρία τῷ κόσμῳ γέγονεν.
Ἄισωμεν τῷ ἀναστάντι ἐκ τάφου καὶ
ἀρχηγῷ τῆς ζωῆς ἡμῶν· καθελὼν γὰρ τῷ
θανάτῳ τὸν θάνατον, τὸ νίκος ἔδωκεν ἡμῖν,
καὶ τὸ μέγα ἔλεος.

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]