

eMatins powered by AGES

The Service of Matins

for Friday, March 8, 2019

**Octoechos - Grave Mode.
on Friday Morning**

**Triodion - On Friday of Cheese Week
at Matins**

**Menaion - March 8
Memory of St. Theophylact of Nicomedia**

Text in English

Sources

VPA Copyright © 2016 by Virgil Peter Andronache

RB Copyright © 2019 by Richard Barrett

SD Copyright © 2018 by Fr. Seraphim Dedes

GKD Copyright © 2017 by Geroge K. Duvall

GOA © The Greek Orthodox Archdiocese of America

HC Liturgical Texts courtesy and copyright of Holy Cross Press, Brookline, MA

EL Copyright Archimandrite Ephrem ©

KW © Metropolitan Kallistos Ware

NKJV Scripture taken from the New King James Version™. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

OCA Copyright © 1996–2015. All rights reserved.

JR Copyright © 2014 by Fr. Juvenaly Repass

RSV Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

SAAS Scripture taken from the St. Athanasius Academy Septuagint™. Copyright © 2008 by St. Athanasius Academy of Orthodox Theology. Used by permission. All rights reserved.

vol Orthodox Monastery of the Veil of our Lady

Disclaimer

The translation, rubrics, Greek and English texts are for the purposes of worship only and is subject to change without notice and should not be construed as a commitment by the authors, translators, developers, and personnel associated with its publication. Efforts are taken to make this booklet complete and accurate, but no warranty of fitness is implied.

All rights reserved. The materials contained within this booklet remain the property of all contributing translators. It is published solely for the purpose of providing a source of worship materials to the parishes of the Orthodox Church and may be copied and otherwise reproduced as needed by the parish toward this end; however, it may not be reprinted, reproduced, transmitted, stored in a retrieval system, or translated into any language in any form by any means — electronic, mechanical, recording, or otherwise — for the purpose of sale without the express written permission.

AGES DCS Website

This document was produced using the AGES Liturgical Workbench. For more information, contact AGES Initiatives: info@agesinitiatives.org

Triodion

Grave Mode. On Friday Morning

Menaion - March 8

Memory of St. Theophylact of Nicomedia

MATINS

CHOIR

Grave Mode.

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

Grave Mode.

O Lord, in Your highest power You are extolled by the cherubim, and in Your divine glory You are worshiped by the angels. Accept us sinners also, who dare unworthily to cry to You: Holy, holy, holy are You, our God! By the power of Your Cross save us. [SD]

Glory.

O my soul, cast off laziness as if it were sleep, and show the Judge that you have woken and are mending your ways, and with fear cry aloud: Holy, holy, holy are You, our

God! By the intercessions of the Saints save us.

[SD]

Both now.

To the unapproachable Godhead, the Trinity in Unity, let us send up the Thrice-Holy Hymn of the Seraphim; and with fear cry aloud: Holy, holy, holy are You, our God! Through the Theotokos have mercy on us. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 19. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Grave Mode.

You made Your Cross, O Christ, brighter than any fire,/clearer than any flame./It enlightens the hearts of men/and burns the sins of those in sickness,/as they sing the praises of Your voluntary crucifixion.//O Christ our God: Glory to You. [OCA]

Verse: *Exalt the Lord our God, and worship at the footstool of His feet.* [SAAS]

Grave Mode.

O Christ God, the commander of the bodiless hosts, You know the laziness of my soul. By Your Cross, save me, in Your love for humanity. [SD]

Glory. Both now. **Stavrotheotokion.**

Grave Mode.

Christ our God was crucified for us, and He brought down the dominion of death. O Virgin Theotokos, unceasingly entreat Him to save our souls. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 20. 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.)

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.)

Kathisma II.

CHOIR

From Triodion ---

Grave Mode. (NM) *O blessed Theotokos.*

O Holy Cross, raise up the horn of the Churches; by thy power cast down the arrogance of heretics and make glad the congregations of the Orthodox. Count us all worthy to be present when thou art carried in procession,¹ and to venerate thee as the footstool of Christ. ² For in thee, O blessed Wood, we glory. ^[KW]

Glory. Both now.

Grave Mode.

O blessed Theotokos, thou seest those on earth, and thou dost feel and suffer with us in our lowliness: take pity on thy people in distress. Pray for us constantly, lest we perish in our sins. O Virgin undefiled and all-holy,

intercede for the salvation of our souls before the God who is always ready to forgive. ^[KW]

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]

From Octoechos - - -

CHOIR

Ode i.

Canon for the Cross.

Grave Mode. Heirmos

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

Let us sing a hymn of victory to God, who disposed of Pharaoh in the Red Sea, for He is glorified. [SD]

Troparia.

All-holy Cross of Christ, guard us by your power.

When Christ was lifted on the Cross, He drew all mortals to himself, and cast down the enemy who had cursed everyone. [SD]

Verse: Let us sing to the Lord, for He is greatly glorified. Horse and rider He has thrown into the sea. [SAAS]

O Master Jesus, from Your life-bearing side You poured out for me a stream of life, and becoming dead You put the enemy to death. [SD]

Verse: The Lord became my helper and the shield of my salvation; He is my God, and I will

glorify Him; my father's God, and I will exalt Him.

[SAAS]

O medaled Martyrs, offer fervent supplication to Christ on our behalf, that we all be delivered from the frightening judgment. [SD]

Verse: The Lord brings wars to nothing; the Lord is His name. Pharaoh's chariots and army He cast into the sea. [SAAS]

O wise Martyrs, you were humiliated for the sake of Christ, and by divine grace you completely overthrew the pompous enemy. [SD]

Verse: The sea covered them; they sank to the bottom like a stone. [SAAS]

Theotokion.

O Lady, when you saw on the Cross your Son, who rose from you in His extreme compassion, you lamented and also glorified Him. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 4. N/M ()

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away.

[SAAS]

O God-bearing Father Theophylact, you stand at the Master's throne. Keep those who faithfully commemorate you. [un]

Verse: Fear and dread fell upon them; by the greatness of Your arm, let them become as stone.

[SAAS]

O all-blessed one, you were worthy to receive the chrism of grace from the Holy Spirit. You were worthy for the cause of Truth

and for the your righteousness in your paths.

[un]

*Verse: Till Your people pass over, O Lord, till
Your people pass over, whom You purchased.* [SAAS]

O blessed Theophylact, you stomped on
all the things of the earth as you followed
Christ. This was so that you may achieve the
things of heaven. [un]

*Verse: The sanctuary, O Lord, which Your
hands established.* [SAAS]

Theotokion.

O immaculate Bride of God, the One who
found delight in being born from your loins
is the fullness of yearning, sweetness, and
unending radiance. [un]

From Triodion - -

Canon 1 from the Triodion.

Ode i. Mode pl. 4. (NM)

Having crossed the water.

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

The holy season of abstinence shines upon
us all with the light of repentance, driving
away the darkness of sin. Let us welcome the
Fast with willing hearts. [KW]

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

See how the beauty of repentance forms
the soul anew at the approach of Lent! With
faith and vigilance let us enter on the Fast, and
receive remission of our sins. [KW]

Glory.

Principalities and dominions, cherubim
and all the powers of heaven, pray that

we may spend the season of the Fast in
repentance and a spirit of prayer. [KW]

Both now. **Theotokion.**

O holy Virgin, the only succour of the
faithful, to all who acknowledge thee as pure
Theotokos, grant the assistance of thy prayers
during the season of the Fast. [KW]

From Octoechos - -

Ode iii.

Canon for the Cross.

Grave Mode. Heirmos.

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

The Church is established in the faith of
Christ; and she unceasingly sings hymns and
says: "Holy are You, O Lord, and my spirit
praises You." [SD]

Troparia.

*All-holy Cross of Christ, guard us by your
power.*

How can You who in essence do no suffer
undergo Passion? How can You who breath
life into me now die on the Cross? Great are
Your mercy and Your longsuffering! [SD]

*Verse: My heart is strengthened in the Lord;
my horn is exalted in my God. I smile at my
enemies; I rejoice in Your salvation.* [SAAS]

O Logos, You were unjustly crucified
between two robbers, and You justified the
one who recognized You as the Creator of all
creation, who was suffering willingly. [SD]

*Verse: Because no one is holy like the Lord,
no one is righteous like our God, no one is holy but
You.* [SAAS]

O medaled Athletes, you endured the
flaying of your skin, amputation of your
hands and feet and all your members; and for

this you obtained glory, and you intercede for us. [SD]

Verse: Do not boast nor speak of high things; let no arrogance come from your mouth. [SAAS]

O wise Martyrs, you were divinely burnished by the extreme tortures, and now you have inherited the surpassing glory. You ever intercede for the salvation of our souls. [SD]

Verse: For the Lord is the God of knowledge; and God is preparing His actions. [SAAS]

Theotokion.

O pure Virgin, you were pregnant with God the Logos. He became man and was nailed to the Cross. As His mother, intercede with Him to forgive us our debts. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 4. N/M (Lord, You are the firm.)

Verse: The One who gives a prayer to the one praying, He blesses with righteous years. [SAAS]

O glorious high priest, you were submissive to the decrees of your Master. You scorned the decrees of sinful rulers because of how godly your mind was. [un]

Verse: The Lord makes His adversaries weak; the Lord is holy. [SAAS]

O high priest, you gave honor to the holy and perfect image of Christ. You rejected the wickedness of the wicked. [un]

Verse: Let not the man of learning boast in his understanding, nor let the man of might boast in his might, nor let the man of riches boast in his riches. [SAAS]

In the beginning you endured the martyrdom of thought through asceticism.

Now you have taken up the Martyrs' crown. [un]

Verse: Only let the one who boasts boast in this: to understand and to know the Lord and to do justice and righteousness in the midst of the earth. [SAAS]

Theotokion.

O Master, in a way that was of complete holiness, You resided in a womb that itself was of complete holiness so that you may show us the way which brings one into holiness. [un]

From Triodion - - -

Canon 1 from the Triodion.

Mode pl. 4. (NM) O Lord, Thou Builder.

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

Through fasting let us flee from the passions that destroy the soul. In the past we grieved the merciful God with our sins: let us now show fruits of compunction. [KW]

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

With zeal and foresight let us all kindle our lamps with the oil of good works, that rejoicing we may enter with the wise virgins into the bridal chamber of light. [KW]

Glory.

O prophets divinely inspired, O godlike martyrs and holy disciples of the Saviour, we entreat you, pray to Him that all of us may rightly begin and acceptably complete the course of the Fast. [KW]

Both now. **Theotokion.**

Thou art the cause of all good things, O Lady. We entreat thee urgently: enter with

us, by thy mediation, into the struggle of the Fast, and grant us to complete it for our souls' salvation. [KW]

Heirmos. Mode pl. 4.

O divine Master Builder of the celestial vault, * as the only Lover of mankind and Founder of the Church, * establish me, O Lord, in love for You, the believers' * firm support and ultimate object of all desire. [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 pl. 4. N/M *(By conceiving the wisdom.)*

O Father, you endured trials with piety. You received chrism to be a hierarch so that you could serve the most holy mysteries that take and save the souls of mankind. You suffered troubles, banishments and jail for many years because you gave reverence to

the precious icon of Christ. Because of this, streams of cures poured out from you after death so that the sick may be cured. These streams illumine those who sing: O prudent Hierarch Theophylact, pray to Christ our God that remission of sins will be given to all of those who remember your holy memorial with yearning. [un]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. *By conceiving the wisdom.*

When the Ewe-lamb beheld hanging on the Cross * the Redeemer and Shepherd and Lamb of God, * she wept and she wailed with grief, * and she bitterly cried aloud, * "Now the world is receiving its redemption, and it leaps for joy; * whereas I see You crucified, and my heart burns inside of me. * In your tender mercy You endure crucifixion, * O Master, longsuffering, as the ocean of mercy and the well of benevolence, * I pray You show compassion and grant * to Your servants the forgiveness of their sins, * as they with faith are extolling Your divine Passion, O Lord." [SD]

From Octoechos - - -

Ode iv.

Canon for the Cross.

Grave Mode. Heirmos

Verse: Glory to Your strength, O Lord.

I have heard Your report and was afraid; I considered Your works and was greatly astonished, O Lord. [SD]

Troparia.

All-holy Cross of Christ, guard us by your power.

O Master who loves humanity, You were lifted on the Cross like a most ripe cluster of

grapes, and You dripped with the sweet wine that gladdens hearts. [SD]

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

O Master, when You accepted Your voluntary Passion in the flesh, You truly put an end to the very painful sufferings of humanity. [SD]

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

The medaled Athletes competed with valor, and they wounded the waring opponent. And now they are physicians of our souls. [SD]

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

The medaled Athletes lined up against the tyrants. They won, and they were awarded crowns of victory. [SD]

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

Theotokion.

O Virgin, without seed you gave birth to the Logos, who by His Cross vanquished corruption, in His benevolence. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 4. N/M (I have heard.)

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

O all-blessed and God-inspired Theophylact, You had no terror of the flame of temptations. The easiness of pleasure did not cause the disposition of your soul to laxen. [un]

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

O righteous one, Christ established a watch at your mouth and lips. When the wicked gathered themselves before you, you were not shaken. [un]

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

You looked for Him with anticipation and long-suffering who set established your feet upon the bedrock. You held reverence to His icon, and The Most High attended to you. [un]

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

Theotokion.

O Virgin without blame, your childbirth redeemed us from the debt of iniquity. O Bride of God, we offer up a song of gratitude to you. [un]

From Triodion - - -

Canon 1 from the Triodion.

**Mode pl. 4. (NM) O Lord,
I have heard the mystery.**

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

Shining upon us as the dawn, the grace-giving Fast provides us now with a time for repentance, dispersing the darkness of our sins. [KW]

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

God has shown mercy to us. Let us in our turn show mercy: let us feed the poor, and with the divine water of fasting let us wash the defilement from our souls. [KW]

Glory.

O heavenly angels, entreat the Giver of good to accept in His infinite mercy our poor and mean repentance. [KW]

Both now. **Theotokion.**

O pure mercy-seat of sinners, Holy Lady, through thy mediation tear up the record of my sins. [KW]

Ode v.

Canon 1 from the Triodion.

From Triodion ---

Mode pl. 4. (NM) O Light that never sets.

Verse: O Lord our God, grant us peace.

Why, O Lord, have You cast me * away from Your countenance, O never-setting Light, * and this foreign darkness * now has covered me, mis'erable that I am? * Do, I pray, convert me, and to the light of Your commandments * guide my ways, I entreat You most fervently. [SD]

Glory to You, our God, glory to You.

Let us make this present day the first beginning of a life of holiness; with faith and eagerness let us prepare ourselves for ascetic struggles, offering to the Master of all both the labours of our flesh and the good fruits of our soul. [KW]

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

The Fast enabled Moses to share in the vision of God. Follow his example, O my soul; establish within thyself by fasting a path of ascent to God, and thou wilt behold His glory. [KW]

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

Theotokion.

As we prepare, O Lady, to enter through the gateway of the Fast, we entreat thee, gateway of God, to enter in together with thy servants; enlarge our thoughts and understanding, that we may perform God's saving will. [KW]

From Triodion ---

Canon 2 from the Triodion.

Mode pl. 2. (NM) I entreat Thee, gracious Lord.

Verse: O Lord, Your arm is exalted, but they did not know it. But when they know it, they shall be ashamed. [SAAS]

Thine hands nailed to the Cross, Thy side pierced by the lance, out of love for mankind Thou hast torn in pieces the record of the sins of fallen Adam. Therefore we glorify Thee in hymns, O Giver of life. [KW]

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

Deceitfully the evil serpent implanted passions in my soul and made me an exile from Paradise; but with Thine hands nailed to the Cross, O Saviour, Thou hast raised me up to incorruption. [KW]

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

The holy season of the Fast has come and is at hand, cleansing the passions of our soul and washing our spiritual wounds. O ye faithful, let us make haste and welcome it with gladness. [KW]

Verse: O Lord, I remembered You in my hard circumstances. Your chastening to us was a small affliction. [SAAS]

The precious season of the Fast is here, clothing all of us with inward joy. Come, let us welcome it with gladness, cleansing ourselves through abstinence and prayer. [KW]

Verse: As a woman with child is in pain and cries out in her pangs, when she draws near the time of her delivery, so we became Your beloved. [SAAS]

To Him who humbled Himself for our sake, let us bring fasting, tears, prayer and humility, that in the day of abstinence He may reward us with the remission of our sins. [KW]

Verse: We shall not fall] but the inhabitants of the world shall fall. [SAAS]

Theotokion.

With the radiance of thy light, O gentle Queen of the world, drive out the darkness from my soul and disperse the night of my sins, that I may sing thy praises eagerly and call thee blessed. [KW]

Canon 3 from the Triodion.

From Triodion - - -

Mode pl. 4. (NM) O Light that never sets.

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

I venerate Thy Cross, through which Thou hast saved me, O Lord who lovest mankind, and I praise Thy divine and redeeming Passion, O Word and Master, which has freed me from the passions that afflict me, and brought me to a life of joyful peace. [KW]

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

Trusting in the Cross, we defeat the cunning of our enemies. Nailed to the Cross in faith, we have drunk the milk of innocence. [KW]

Glory. For the Trinity.

We all glorify and worship the Father and the Word and the Holy Spirit; we proclaim the revelation of their unity in Nature, and we acknowledge the threeness of the Persons, distinguished without alteration or confusion. [KW]

Both now. Theotokion.

All-pure and holy Virgin, thou art the hope of the ends of the earth, the joy of thy servants. Watch over those who honour thine ikon with love, and by thine intercessions deliver us all from the enemy, for thou sharest our anxiety and sorrow. [KW]

Glory to You, our God, glory to You.

O Lord, direct on Thy straight path all Thy servants who honour Thee with love. Strengthen us for the contest of the Fast, lead us onwards, and count us worthy of Thy Kingdom. [KW]

From Octoechos - - -

Ode vi.

Canon for the Cross.

Grave Mode. Heirmos.

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

Jonah cried out from the belly of Hades: "Raise up my life from corruption." And we now pray to You: "O almighty Savior, have mercy on us." [SD]

Troparia.

All-holy Cross of Christ, guard us by your power.

Since human nature was sick, You appeared on earth in Your tender-mercy, O Physician of the sick, and by Your Cross and Passion You cured it. [SD]

Verse: I cried out in my affliction to the Lord, my God, and He heard my voice. [SAAS]

Of old, Adam was condemned because of a tree. Now, by the tree of the Cross, he is justified, and he is given entry to Paradise and he enjoys its delight. [SD]

Verse: You cast me into the depths of the heart of the sea, and rivers encompassed me. [SAAS]

O supremely good King, we extol You who were lifted on the Cross; we glorify You who wore the crown of thorns and who crowned humanity with glory. [SD]

Verse: All Your surging waters and Your waves passed over me. [SAAS]

The Athletes rejected all the destructive harm of idolatry. They embraced the tortures and died, and now they reign with Christ. [SD]

Verse: Shall I again look with favor toward Your holy temple?’ [SAAS]

Theotokion.

O pure and all-blameless Virgin Mother, you extol Him who was incarnate of you, and you lament as you see Him lifted on the Cross. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 4. N/M ()

Verse: Water is poured over me to my soul; the lowest depth encircled me. [SAAS]

You held dominion over the passions after slaying the senses with abstinence. And now you take pleasure in the bounty of dispassion, O Theophylact. [un]

Verse: My head plunged into the clefts of the mountains. I descended into the earth, the bars of which are everlasting barriers. [SAAS]

O Theophylact, you have been marked by your works and teachings. By these you taught everyone to praise the icon of the Savior. [un]

Verse: Yet let my life ascend from corruption, O Lord, my God. [SAAS]

O Father Theophylact, Hierarch of Christ, you were displayed by Christ as a cloud which rains the water of life. [un]

Verse: May my prayer be brought to You, into Your holy temple. [SAAS]

Theotokion.

O immaculate one, your Son is more beautiful than all mortals because of the beauty of His Divine nature, even though He incarnated for our cause. [un]

From Triodion - - -

Canon 1 from the Triodion.

Mode pl. 4. (NM) Be merciful to me.

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

By fasting, our Deliverer has appointed the present season for the cleansing of the stains upon our souls. With faith and fervent hearts let us draw near to receive pardon. [KW]

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

O Christ, Thou hast accepted the groaning of the Publican and the tears which the harlot offered Thee from her heart: accept our prayers also in Thy love for mankind and grant us forgiveness. [KW]

Glory.

At the supplications of Thy preachers and prophets, martyrs and apostles, holy bishops and of all the righteous, O Christ, send down upon our souls the cleansing of our offences.

[KW]

Both now. **Theotokion.**

O pure Virgin, thou alone hast brought strength to the weakness of man's nature by thy divine childbearing: come to my help as I enter now upon the holy contest of the Fast.

[KW]

Heirmos. Mode pl. 4.

Be gracious to me, O Lord, * for many are my iniquities; * and bring me up from the deep * of evils, I supplicate. * For I have cried out to You, God of my salvation. * O my Savior, hearken unto me. [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. Grave Mode.

Your Martyrs, O Lord, armed with the power of the Cross, wounded the foe and shamed the deception of idols; and so with the Angels they hymn you, shouting the triumphal hymn and glorifying you, O Christ. At their entreaties grant us your great mercy.

[EL]

Synaxarion.

From the Menaion.

On March 8, we commemorate our devout father Theophylactos the Confessor, Bishop of Nikomedia.

On this day we also commemorate our devout father Paul of Plousias, the Confessor.

On this day we also commemorate the holy Apostle Hermes, whom the Apostle Paul mentions in his Epistle to the Romans.

On this day the holy Martyr Dion died by the sword.

On this day devout Saint Dometios died in peace.

By their holy intercessions, O God, have mercy on us. Amen.

From Octoechos - - -

CHOIR

Ode vii.

Canon for the Cross.

Grave Mode. Heirmos.

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

Those Servants of old showed the fiery furnace to be dewy, as they extolled the one God and said: "O God of our fathers, You are highly praised and exceedingly glorious unto the ages." [SD]

Troparia.

All-holy Cross of Christ, guard us by your power.

O supremely good Jesus, You were lifted on the Cross between to outlaws, and thus You lightened the weight of my own lawlessness, O God of our fathers, exalted beyond measure and supremely good. [SD]

Verse: Blessed are You and praiseworthy, O Lord, the God of our fathers, and praised and glorified is Your name unto the ages. [SAAS]

O Savior, You were pierced in the side with a lance, and You rectified the fall of Adam's side. And You command the flaming sword from now on to allow me entry into Paradise. [SD]

Verse: For You are righteous in all You did for us, and all Your works are true. Your ways are upright, and all Your judgments are true. [SAAS]

The Church's Saints have become like stars set in the heights, and they illumine creation with the splendor of their medals and the cheer that their cures bring. [SD]

Verse: The judgments You made are true, according to all You brought on us. [SAAS]

The Book of the living shows that the Martyrs of the Lord are eternally recorded in it, for they eagerly kept the recorded commandments of God, and they competed in martyrdom mightily. [SD]

Verse: And on Jerusalem, the holy city of our fathers. [SAAS]

Theotokion.

The all-holy Lady lamented as she watched the all-holy Logos, who had risen from her, being lifted on the holy Cross and thus sanctifying humanity. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 4. N/M (Servants, descendants.)

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

O wise and blessed Theophylact, because you completed the racetrack of righteousness and guarded your faith to the end, the crown of your works has been granted to you as you exclaim: Blessed are You, O Lord our God, forever and ever. [un]

Verse: Blessed is Your name and the temple of your glory, and You are praised exceedingly and exalted beyond measure unto the ages. [SAAS]

You were delivered up to the heights as you rode in a chariot of your godly virtues. Now you stand in God's presence as you exclaim: Blessed are You, O Lord our God, forever and ever. [un]

Verse: You are blessed in the holy temple of Your glory, and are highly praised and exceedingly glorious unto the ages. [SAAS]

O God-bearer, Theophylact blessed three times, He that created the hearts of mankind Himself looked upon the righteousness of your heart, and he made it firm upon the thrones of teaching. [un]

Verse: Blessed are You who behold the depths and sit upon the cherubim. You are praiseworthy and exalted beyond measure unto the ages [SAAS]

Theotokion.

O Mother of God, now I run to you and your refuge and divine safe-keeping. I ask to be delivered from sorrowful transgressions. O immaculate and blessed Virgin, you gave birth to God incarnate. [un]

From Triodion - - -

Canon 1 from the Triodion.

Mode pl. 4. (NM) The Hebrew Children in the furnace.

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

Glorified through fasting, Elijah once was taken up into heaven in a chariot of fire. Follow his example, O my soul, and kill the lusts of the flesh through abstinence. [KW]

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

Behold, now is the season of abstinence, revealing to thee the light of salvation. Be not heedless of the longsuffering God, O my soul, but cry aloud urgently: In Thy love take pity on me. [KW]

Glory.

Fasting quenched the fire and preserved the Children unburnt by the flames. At their prayers, O Jesus, in Thy great compassion, deliver me from the eternal fire. [KW]

Both now. **Theotokion.**

O only help of men, be the succour of us thy servants in this time of abstinence; may we gain God's mercy by repentance and receive the Kingdom of Heaven. [KW]

Ode viii.

Canon 1 from the Triodion.

From Triodion - - -

Mode pl. 4. (NM) The Chaldaean tyrant.

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

The tyrant king of Babylon * had the furnace made seven times * hotter for pious men, for he was furious. * But after he witnessed how * they by a higher power were saved, * he cried out, "O bless the Creator and Savior, * you Servants; and extol Him, * O you priests; and you peoples * supremely now exalt Him, unto all the ages." [SD]

Glory to You, our God, glory to You.

With eagerness let us heat the furnace of repentance and burn up in it all the pleasures of the body; let us entreat Him who is rich in mercy that we may escape from the fire that is to come, and let us cry aloud: [KW]

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

Helped by the coming season of the Fast, may we refrain from every sin. Let us not turn aside to things below, let us not run with slothfulness; but in a few short days, through

contrition of heart let us wipe away the stains of many years, singing the praises of our only God. [KW]

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]

Theotokion.

O all-pure Mother of God, to thee we flee for refuge: take pity on us and, through thy holy intercessions, win the mercy of thy Son and Lord upon us all during the season of the Fast that is now beginning. May it be a time of salvation for the faithful who sing in praise of thee for ever. [KW]

From Triodion - -

Canon 2 from the Triodion.

Mode pl. 2. (NM) Accepting danger.

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]

We have not guarded the inheritance which the Father gave us, but have become enslaved to the law of sin. Yet Thou hast stretched out Thine hands upon the divine Cross, and thereby Thou hast given freedom to us all. With faith we offer to Thee this Thy Cross in these holy days: have mercy upon us, merciful Lord, as we exalt Thee above all for ever. [KW]

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

By Thy Cross, O Christ, Thou hast broken down the middle wall of partition, and restored the fullness of peace to the ends of the earth: grant us, O Lord, to spend the coming Fast in peace of soul, as we praise

Thee without ceasing and exalt Thee above all for ever. [KW]

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

Today the grace of the Fast shines upon all of us with the light of the sun, cleansing us from the gloom of sin. Though held fast by many passions, let us now approach in joy and thankfully accept this gift, crying aloud: Praise ye the Lord and exalt Him above all for ever. [KW]

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

Tasting with bitterness the forbidden fruit in Paradise, the first man was condemned and cast out from blessedness. But, fixed with nails upon the Cross, Thou hast nailed to it the evil record of his sin. Therefore we sing for ever the praises of Thy great compassion. [KW]

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

Rejecting the law of fasting, we have slipped into the pit of sin. Greatly do we need the help of the Fast that is now beginning. As we pass through it, O merciful Lord, send down upon us from heaven grace and the fullness of Thy peace, for we cry aloud: Praise ye the Lord and exalt Him above all for ever.

[KW]

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.

Restoration of the fallen, mediator of sinners, refreshment of strangers, consolation of the sorrowful, O pure and holy Virgin, drive away the grief from my soul, and pray that God may send me consolation from on high, for eagerly I sing thy praises and exalt thee above all for ever. [KW]

Canon 3 from the Triodion.

From Triodion - - -

Mode pl. 4. (NM) O ye angels.

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

When the creation saw Thee crucified in the flesh upon the Cross, O merciful Lord, the light of day was turned to darkness, the earth quaked and all things were shaken. [KW]

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

Raised up on the Cross, O Saviour, Thou hast raised up with Thyself the nature of man, and from Thy divine side Thou hast poured out the riches of salvation upon all who venerate with faith Thy most pure Passion. [KW]

Glory. **For the Trinity.**

The Trinity is one God: the Father is not begotten like the Son, nor does the Son proceed like the Spirit, but each keeps His distinctive properties; and I glorify the Three as Light and God for ever. [KW]

Both now. **Theotokion.**

Tell us, how hast thou given birth to the Son who shone forth timelessly from the

Father, and who is glorified with the Holy Spirit? He alone can understand, who was pleased to be born from thee. [KW]

Glory to You, our God, glory to You.

Accept our penitence, O Lord, for Thou art by nature full of lovingkindness, and deliver us from the snares of the enemy, that with faith and love we may sing the praises of Thy holy Kingship. [KW]

We praise and we bless and we worship the Lord.

Heirmos. Mode pl. 4.

All you angels and the heavens, bless the One who on a throne of glory rides, * and who as God is glorified unceasingly. * Ever bless Him as Lord, and praise Him and supremely exalt unto all ages. [SD]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode pl. 4.

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

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

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

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

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

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

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

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

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

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

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

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

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

Ode ix.

Canon 1 from the Triodion.

From Triodion - - -

Mode pl. 4. (NM) *Heaven was amazed.*

The heavens were astounded as a result,
* and the ends of the earth were astonished,
inasmuch as God * bodily appeared to the human race, * O Theotokos, coming forth * from your virgin womb which indeed became * more spacious than the heavens. * And therefore by the orders * of men and angels you are magnified. [SD]

Glory to You, our God, glory to You.

Behold, the time of light has come, the holy day shines upon us. Flee from thy dark passions, O my soul, and welcome the dawn that leads thee to the light; make glad by drinking the wine of compunction, and hate the drunkenness of pleasure. [KW]

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

How excellent is this time of fasting, which Thou hast ordained for all the faithful, O Christ. It turns us from our sins, and bestows upon us saving forgiveness and the gifts of grace. We entreat Thee, O Saviour, grant us in the coming Fast a share in Thy blessings. [KW]

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

Theotokion.

O Virgin who lovest the righteous, Mother of the righteous Saviour, direct us all aright, for we are defiled by countless passions and by unclean thoughts, and weighed down by an intolerable burden of sin: and enable us,

O Lady, to magnify thee with due praise as
Theotokos. [KW]

From Triodion - - -

Canon 2 from the Triodion.

Mode pl. 2. (NM) Every tongue is at a loss.

*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]

Mortal men and angels are alike too weak
to give Thee thanks for Thy compassion, O
Benefactor: for of Thine own will Thou hast
taken flesh, becoming poor for our sakes;
Thou wast stretched upon the Tree for us and
hast become accursed, to release mankind
from the curse of old. [KW]

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

The bright and joyful day of abstinence is
at hand. Come, my soul, with joyful face let
us go to meet the Master, asking Him to send
down grace upon us from on high, giving us
the strength to correct our many faults, that so
we may escape the terrors of Gehenna in the
life to come. [KW]

*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]*

For those encompassed by the darkness
of their sins, the holy gateway to repentance
now stands open, bringing light to all. Then, O
my soul, make haste: turn away from the dark
self-indulgence of the passions, and so thou
shalt receive eternal joy in the life to come. [KW]

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

Of Thine own will, O Giver of Life, Thou
hast stretched out Thine hands upon the
Cross, and gathered into unity all that was
divided. Thy side was pierced by a spear, O
longsuffering Lord, and so Thou hast raised
us from the fall that was brought upon us
through the woman from Adam's side. With
thanksgiving, then, we sing in praise of Thy
compassion. [KW]

*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]*

The light-giving Fast is now at hand
and welcomes us, setting before us a table
of ascetic struggles. With sober vigilance,
ye faithful, let us all accept the holy cup of
cleansing tears, lest in the life to come we be
condemned to the weeping for which there is
no consolation. [KW]

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

Theotokion.

Thou art the protection of all that put
their hope in thee, O Theotokos, and their
unsleeping guardian in distress. Deliver us
from everlasting punishment and from the
bitter torments which await us, that with due
thankfulness we may sing the praises of thy
majesty. [KW]

Canon 3 from the Triodion.

From Triodion - - -

Mode pl. 4. N/M (Virginity is a state.)

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]

O Giver of Life, we venerate Your stigmata, by which we were redeemed from the sinful passions, and we are recognized as being sealed by Your precious Cross, for salvation and help against all the enemy's assaults. [SD]

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

All-merciful Lord, who of Your own will were crucified for the salvation of all, shine the splendid rays of Your Cross on the souls of those who extol Your Passion, and guide and direct us on the path of life. [SD]

Glory. **For the Trinity.**

To lawless men it is foreign to glorify God, the Father and the Son and the Holy Spirit, the Holy Trinity, the uncreated universal dominion, by which the whole world was created, and by the dominion of which it was established. [SD]

Both now. **Theotokion.**

Compassionate King of glory, at the intercessions of the Theotokos, be gracious to Your servants when You come to judge the universe, O just Judge. For into You have we all been baptized, and only You do we worship. [SD]

Glory to You, our God, glory to You.

O loving Lord, we have all sinned and disobeyed Your commandments, and we have strayed far from the way of Your divine

precepts, because of our indifference. We entreat You, O tender-lover Savior, to call our souls back from error. [SD]

Heirmos. Mode pl. 4.

Virginity is a state alien to mothers, * and childbirth is foreign to those who are virgins. * But in you, Theotokos, have both of these been accomplished. * And therefore we of every race on earth * unceasingly pronounce you blest. [SD]

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

Photagoric Hymns
Grave Mode.

By the power of Your Cross, O Lord, send down light to our souls, because of Your great mercy. [SD]

By the intercessions of the Saints, O Lord, send down light to our souls, because of Your great mercy. [SD]

By the intercessions of the Theotokos, O Lord, send down light to our souls, because of Your great mercy. [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 pl. 2.

Before Christ's death upon the saving Cross, sin ruled supreme and ungodliness prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honour, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls. [KW]

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]

Before Christ's death upon the saving Cross, sin ruled supreme and ungodliness prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honour, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls. [KW]

For the Martyrs.

Mode pl. 2.

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]

O Lord, all creation celebrates at the memory of Your Saints: the heavens and the Angels are exultant, and the earth rejoices with its people. By their supplications, have mercy on us. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 2. *O Christ, as it is written.*

The all-pure Theotokos, O Lord, * was watching You be crucified. * As a mother * she was grieving and she cried, saying, "O my sweetest Child, * how is it that You suffer * this painful Passion, O my Son and my God?"

[SD]

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.)