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The Service of Matins

for Friday, March 29, 2019

**Triodion - Mode 2.
on Friday Morning**

**Triodion - On Friday of the Third Week
at Matins**

**Menaion - March 29
Memory of the Holy Martyrs Mark, Bishop of Arethusa, Cyril the
Deacon**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 2. On Friday Morning

On Friday of the Third Week at Matins

Menaion - March 29

Memory of the Holy Martyrs Mark,
Bishop of Arethusa, Cyril the Deacon

MATINS

CHOIR

Mode 2.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

Triadic Hymns

Mode 2.

O uncreated nature and Creator of the universe, open our lips, so that we may proclaim Your praise and cry out: Holy, holy, holy are You, our God. By the power of Your Cross save us. [SD]

Glory.

We on earth, imitating the powers on high, send up a triumphal hymn to You, O

good One: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

From my bed and sleep You have roused me, O Lord. Illumine my mind and heart, and open my lips to extol You, O Holy Trinity: 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 13. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode 2.

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

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

Mode 2.

You worked salvation in the midst of the earth, O Christ our God. You stretched out your immaculate hands on the Cross, and gathered all the nations, who cry to You: "Lord, glory to You!" [SD]

Glory. Both now. **Stavrotheotokion.**

Mode 2.

You are supremely glorified, O Virgin Theotokos; we sing your praise. For by means

of your Son's crucifixion has Hades been overthrown and death itself has died. We have risen, who once were dead, and have been made worthy of life. We received the original enjoyment of Paradise. And therefore with thanksgiving we send up glory to Christ our God because He is powerful and alone very merciful. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 20. It would be followed by the short litany.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode pl. 1. (NM)

We mortals, who died of old through eating from the tree, are through Thy Cross restored to life, O merciful Lord. By its power, O loving Master, give us strength to pass through the season of abstinence with

compunction, obedient to Thy will, and to see the day of Thy light giving Resurrection. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 1. (NM)

When Thy Mother beheld Thee, O Christ, hanging by Thine own free choice upon the Cross between two thieves, then with a mother's grief her heart was pierced and she cried out: 'O sinless Son, how art Thou nailed unjustly to the Cross as an evildoer? It is because in Thy surpassing love Thou willest to restore mankind to life.' [KW]

There is no reading of an additional Kathisma from the Psalter.

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode 1. (NM)

With our flesh cleansed by abstinence and our souls filled with light by prayer, count us

worthy, O Lord, to look upon Thy precious and venerable Cross and to reverence it with fear, singing hymns and saying: Glory to Thy lifegiving Cross; glory to the holy spear that pierced Thee, whereby we are restored to life, O Thou who alone lovest mankind. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 1. (NM)

When the Ewe saw Thee her Lamb, crucified upon the Tree between two thieves, O longsuffering Word, Thy side pierced by a spear, with a mother's grief she cried: 'What is this strange and fearful mystery, O my Jesus? How is God, whom nothing can contain, confined within a tomb? What words have power to describe these things? Forsake not Thy Mother, my beloved Child.' [KW]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalms 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall

make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs

and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; **(local patron saint)**; the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

From Menaion - - -

CHOIR

Canon for the Hierarch.

Ode i. Mode 1. Heirmos

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

To God who helped Moses in Egypt, and through him drowned Pharaoh with his entire army, let us sing a song of victory, for He is glorified. [SD]

Troparia.

Saint of God, intercede for us.

O believers, let us extol that shining lamp of the Church of Christ. He has shined the light of faith on all people, who glorify the Creator of the universe. [SD]

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

O believers, let us extol that shining lamp of the Church of Christ. He has shined the light of faith on all people, who glorify the Creator of the universe. [SD]

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

O blessed Hierarch, you were raised and you grew up in the meadow of the Faith of Christ, and with great joy you ascend to Him swiftly by the loftiness of martyrdom. [SD]

Glory.

O Mark, you were a preacher, an initiate, and a pure minister of Christ, and you laid down your life for His sake. You also offered your fellow athlete as sacrifices to Him. [SD]

Both now. **Theotokion.**

O Maiden graced of God, you are glorified by the human race, which through you was delivered from corruption, was honored with incorruption, and received undefiled life in Christ. [SD]

From Menaion - - -

Canon for the Hierarch.

Ode iii. Mode 1. Heirmos.

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

Become my stable support, * O Lord who established the earth of old on the waters, * for no one is holy except for You. [SD]

Troparia.

Saint of God, intercede for us.

O Mark, you dried up the murky streams of deceptive error with your words as with fire, and you poured out rivers of the knowledge of Christ. [SD]

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

[SAAS]

O Mark, you dried up the murky streams of deceptive error with your words as with fire, and you poured out rivers of the knowledge of Christ. [SD]

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

O Mark, you invoked Christ, and you scattered the camp of your enemies. You mustered the people to His love, by your words. [SD]

Glory.

Having Christ the Savior as commander, the hosts of Martyrs won the implacable war on error. [SD]

Both now. **Theotokion.**

O Virgin, your intercession changes our afflictions into ease. As we are delivered from perils by you, we honor you with longing. [SD]

Heirmos.

Become my stable support, * O Lord who established the earth of old on the waters, * for no one is holy except for You. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

Mode 1.

O Lord, You are the pride of the contest, the very dignity of the laurel crowns, which the glorious prize-winning Martyrs have put on as a garment. For by their endurance under torture they put the lawless men to flight. And by divine power from heaven they received the victory. Through their supplications set me free from the invisible enemies, O Savior, and save me. [SD]

Glory. **Another.**

Mode 1. The soldiers keeping watch.

You patiently endured being tortured as martyrs. * You now indeed enjoy the life on high free of suff'ring. * And by your all-holy prayers you alleviate suffering * of the faithful who approach your relics with reverence. * As we honor you and venerate them with longing, * Great Martyrs, we call you blest. [SD]

Both now. **Stavrotheotokion.**

Mode 1.

We have obtained your protection, O immaculate Lady, and by your earnest entreaties we are saved from calamities. In everything we are guarded by the Cross of your Son. We all dutifully magnify you piously. [SD]

From Menaion - - -

Canon for the Hierarchy.

Ode iv. Mode 1. Heirmos.

Verse: Glory to Your strength, O Lord.

O almighty One, I understood Your plan for our salvation, * O Savior, and I glorified You with fear. [SD]

Troparia.

Saint of God, intercede for us.

O blessed Mark, you dried up the turbid torrents of deceptive error, and you won your war on falsehood. [SD]

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

O blessed Mark, you dried up the turbid torrents of deceptive error, and you won your war on falsehood. [SD]

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

O Hieromartyr Mark, in the ocean of your wisdom you sank the foolishness of the pagans. [SD]

Glory.

O Hierarchy of the Lord, with sound teachings you armed the array of your fellow combatants. [SD]

Both now. **Theotokion.**

O immaculate Virgin, you are the champion of us who extol you. We pray you cast down the arrogance of our foes. [SD]

From Menaion - - -

Canon for the Hierarchy.

Ode v. Mode 1. Heirmos

Verse: O Lord our God, grant us peace.

Rising early in the morning, we extol You, O Christ our God, who for us became poor, and endured the Cross and death in the flesh.

[SD]

Troparia.

Saint of God, intercede for us.

O righteous Mark, you humbled the audacity of the enemies by resisting their fury with long-suffering, by which you prevailed, in imitation of Christ. [SD]

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

O righteous Mark, you humbled the audacity of the enemies by resisting their fury with long-suffering, by which you prevailed, in imitation of Christ. [SD]

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

O righteous one, you were struck by a volley of arrows, but you wounded those who shot them, and you yourself were preserved unharmed by divine grace. [SD]

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

O wise and saintly men, strong and invincible champions of the Faith, you courageously opposed those who disobeyed the Faith and opposed the truth. [SD]

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

Theotokion.

O immaculate Virgin, from you our Creator took to himself our nature, defiled by passions as it was, and He washed it, renewed it, and by divine grace deified it. [SD]

(read)

Intermediate Verses of Ode Five.

O Lord our God, grant us peace, for You render everything to us. [SAAS]

O Lord our God, possess us; O Lord, we know no other besides You; we name Your name.

The dead will not see life; neither will physicians raise them. Therefore You brought evils upon them and destroyed them, and took away every male of theirs.

Because of Your fear, O Lord. We have been with child, we have been in pain, and we have given birth. We brought forth the spirit of Your salvation on the earth. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode v. Mode pl. 1. (NM)

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

Heal me, O Lord, and I shall be healed; by Thy wounds cleanse the wounds of my soul, O Christ who hast accepted suffering in the flesh. [KW]

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

When the sun beheld Thee, O Christ, hanging in the flesh upon the Wood, its light was changed to darkness; and the earth quaked and the rocks were rent. [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]

O Lord who in Thy surpassing love hast been crowned with thorns, cleanse my soul, for it is full of thorns and overgrown with the weeds of all the passions. [KW]

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

Theotokion.

O all-pure Virgin, thou hast brought forth my Creator as a new born babe. Entreat Him, then, I pray thee, to fashion me anew, who am grown old in evil. [KW]

Canon 2 from the Triodion.

Ode v. Mode 1. (NM) Seeking The early.

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

[SAAS]

At the place of the Skull, O Christ, the Jews who crucified Thee wagged their heads in laughter and mockery; and all this Thou hast endured for our salvation. [KW]

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

Pilate wrote the inscription on Thy Cross in three languages, O Christ, showing in this way that Thou art one of the Trinity; who suffered of Thine own will for the salvation of all. [KW]

Glory. **For the Trinity.**

O ye faithful, let us praise the threefold Sun of the Trinity supreme in radiance, honouring the Father as Light, glorifying the Son as Light, and proclaiming the Spirit as Light. [KW]

Both now. **Theotokion.**

O pure and honoured Virgin, He who was born of thee has made thee higher than the angels. For they are afraid to gaze on Him as God, but thou hast carried Him in thine arms as thy Son. [KW]

Glory to You, our God, glory to You.

O precious Cross, guardian and salvation of the world, watch over me as I fast and count me worthy to take part in thy holy veneration. [KW]

Heirmos (NM). Mode 1.

Seeking Thee early in the morning, we sing Thy praises, Christ our God, who hast

for our sakes become poor and in Thy flesh endured the Cross and death. [KW]

From Menaion - - -

Canon for the Hierarch.

Ode vi. Mode 1. Heirmos.

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

As You saved Prophet Jonah from the belly of the whale of old, * I pray raise me up from the sea of my sins, in Your love for man.

[SD]

Troparia.

Saint of God, intercede for us.

O celebrated Mark, you reproved the error of atheism, and with the splendor of divine knowledge you enlightened many people. [SD]

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

O celebrated Mark, you reproved the error of atheism, and with the splendor of divine knowledge you enlightened many people. [SD]

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

O blessed one, you shook the shrines of the idols, and tottering men you made to be steady in Christ. [SD]

Glory.

O Mark, together with Cyril you armed your fellow contestants and fought the foes, and you received the medals of victory. [SD]

Both now. **Theotokion.**

O immaculate Virgin, by your ineffable and divine childbirth, we who were born on earth have been lifted up, and the enemy has been cast down. [SD]

Heirmos.

As You saved Prophet Jonah from the belly of the whale of old, * I pray raise me up from the sea of my sins, in Your love for man.

[SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For You are the King of peace and the savior of our souls, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Triodion - - -

READER

For the Martyrs. Mode 2.

The Saints had their foundation on the unshakable rock, and they mightily contended against the tyrants, and through their tortures they obtained the crowns of victory. By their prayers for us, save us, O God. [SD]

Synaxarion.

From the Menaion.

On March 29 we commemorate the holy martyrs Mark, Bishop of Arethusa, Cyril the deacon, and many others.

On this day we also commemorate the holy martyrs Jonah, Barachisios, and the seven martyrs with them.

On this day we also commemorate our devout father and confessor Eustathios of Bithynia.

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

From Menaion - - -

CHOIR

Canon for the Hierarch.

Ode vii. Mode 1. Heirmos.

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

When You appeared in the burning bush to the law-giver Moses, * You prefigured there the childbirth of the Ever-Virgin. * Blessed are You, O Lord, the God of our fathers. [SD]

Troparia.

Saint of God, intercede for us.

O Mark, the river of your martyric blood drowned the captains of error, and it provided divine cures to all who sing the praise of Christ God. [SD]

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

O Mark, the river of your martyric blood drowned the captains of error, and it provided divine cures to all who sing the praise of Christ God. [SD]

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

O invincible Mark, you received unassailable power from God, and thus the

attacks that the enemy plotted against you were frustrated. [SD]

Glory.

O Cyril, sacrificed with the sword of martyrdom, you offered yourself as a rational sacrifice to the Lord; and you were a whole-burnt offering in a godly death by fire. [SD]

Both now. **Theotokion.**

O Lady Theotokos, we unceasingly extol you, and we pray that, by your entreaties, you clothe us with strength to rule over the passions and to repel the attacks of spiritual enemies. [SD]

Ode viii.

From Menaion ---

Canon for the Hierarch.

Ode viii. Mode 1. Heirmos

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

We offer You a hymn of the Bodiless hosts, as did the Servants in the furnace. And we extol You and say: Bless the Lord, O all you works of the Lord. [SD]

Troparia.

Saint of God, intercede for us.

O Hierarch, you adorned the Church with your words, and made her illustrious with the streams of your blood, as she extols Christ who made you strong. [SD]

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

O Hierarch, you adorned the Church with your words, and made her illustrious with the streams of your blood, as she extols Christ who made you strong. [SD]

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

O Hierarch, with the eyes of your soul ever watchful, you keep the flock of Christ unharmed, as she unceasingly glorifies you. [SD]

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]

The medaled Athletes offered their blood that was spilled to the Master as most fragrant perfume, saying: O all you works, bless you the Lord. [SD]

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

Theotokion.

O Mother of the God of goodness, we have you as our most good protector. We pray to receive help from God the Giver of Good, by your intercessions. [SD]

(read)

Intermediate Verses of Ode Eight.

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

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

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

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

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

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

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

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode pl. 1. (NM)

*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]*

O Christ, Thou hast stretched out Thine
hands upon the Cross, and so Thou hast
destroyed the sin of our forefather who
stretched out his hands in greed. By the
Tree hast Thou healed the curse of the tree:
therefore we sing Thy praises 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]*

I fall down before Thee, O Word, who
desirest my salvation. Cause the evil desires
to vanish swiftly from my heart, O Thou who
hast willingly endured the Cross and Passion.

[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]*

I have loved the guilty life of the Prodigal
and my soul has grown dark. O Word who
at Thy Passion hast darkened the light of the
sun, shine upon me with Thy brightness, that I
may turn back to Thee. [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.

Cause every ill to vanish from my greatly
suffering heart, O Mother of Christ my God.
Shatter the arrows and bows of the demons
that make war against my humiliated soul. [KW]

Canon 2 from the Triodion.

Ode viii. Mode 1. (NM)

Christ our God preserved.

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

In our wretchedness what shall we offer
Thee, O Master of all, who hast suffered for
us? Thou hast endured the Cross for our sake,
O Christ, and we sing the praises of Thy grace
and boundless mercy. [KW]

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

The lawless Jews who from envy killed
Thee on the accursed tree, harmed not the
power of Thy glory. For Thou remainest
Master of all, and Thou hast suffered by Thine
own free choice. [KW]

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

For the Trinity.

I honour the three Persons of the Godhead that transcends all being, and I glorify for ever the Father without beginning, the Son and the Holy Spirit, undivided in essence and nature.

[KW]

Both now. **Theotokion.**

We praise her who is higher than the heavens and exalted above the cherubim, the first among the saints, the undefiled Maiden who bore the God of all, and we exalt her above all for ever. [KW]

Glory to You, our God, glory to You.

O thrice-blessed Cross of Christ, while hidden in the earth thou hast given us a victory-written in the sky; grant that, cleansed by fasting, we may all be counted worthy to venerate thee. [KW]

We praise and we bless and we worship the Lord.

Heirmos (NM). Mode 1.

Christ our God preserved the Children who sang His praises in the furnace, and He changed the roaring flames to dew; let us praise and exalt Him above all for ever. [KW]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 1.

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos.

You do we magnify. [SD]

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos.

You do we magnify. [SD]

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos.

You do we magnify. [SD]

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos.

You do we magnify. [SD]

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

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

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

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

From Menaion - - -

Canon for the Hierarch.

Ode ix. Mode 1. Heirmos

O Virgin Theotokos, you are the gate that the Prophet Ezekiel saw and through which no one went except God alone. We honor you with hymns. [SD]

Troparia.

Saint of God, intercede for us.

O Father, first you offered rational service and unbloody sacrifices to the Lord with a pure heart. Then, through martyrdom, you offered yourself as a pure victim. [SD]

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

O Father, first you offered rational service and unbloody sacrifices to the Lord with a pure heart. Then, through martyrdom, you offered yourself as a pure victim. [SD]

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

O Mark, you cut off the many heads of falsehood, with the sword of your words; and you magnified the truth by proclaiming it to all. [SD]

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

O Benefactor Christ, count us worthy of divine graces, by the intercessions of Your athletes, and by the entreaties of Your sacred clergy Mark and Cyril, and of their fellow martyrs. [SD]

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

Theotokion.

O pure Virgin, the Creator of all bowed down, in His compassion and ineffable love for man, and was born of you, and He refashioned and renewed humanity that had been corrupted. [SD]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode pl. 1. (NM) Rejoice, Isaiah.

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]

O compassionate Saviour, take away the stony hardness of my soul, and grant me in Thy love a fountain of divine compunction: for Thou hast poured out life upon me from Thy side and lifted up mankind to Thee, O Lord. [KW]

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

Forsaking the heights of virtue I have thrown myself into the depths of sin. But draw me up and save me, for Thou hast ascended on the Cross and lifted up mankind to Thee, O Lord. [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]

O Lord Christ who art sweetness and delight, Thou the Creator hast tasted gall and raised up Adam's children from their fall that came about through sensual pleasure. Saved by Thy Passion, we sing Thy praises. [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.

All-holy Lady, my hope and refuge, heal the wounds of my soul and give peace to my mind, that even I may praise thy greatness, Ever Virgin Theotokos. [KW]

Canon 2 from the Triodion.

Ode ix. Mode 1. (NM) *Moses saw thee.*

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

The transgressors in mockery clothed Thee with purple, O Christ, and crowned Thee as King, striking Thy head with a reed; and from envy they crucified Thee and gave Thee gall to drink. In our hymns with all the faithful we magnify Thee. [KW]

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

[RSV]

When the sun beheld Thy sufferings upon the Cross, it hid its light; and seeing the outrages which Thou hast undergone, O Master, the whole creation quaked and the rocks were rent. In our hymns, Christ our Saviour, we magnify Thee. [KW]

Glory. **For the Trinity.**

O Unity of the threefold Sun, Light and Life and Maker of all, God and Lord, shining with a single light, three Persons in one Godhead: with all the faithful we magnify Thee. [KW]

Both now. **Theotokion.**

In prophecy David the Psalmist called thee Zion: for He whom the heavens cannot contain made thee His dwelling-place, and from thy flesh He formed the mercy-seat of the world. In our hymns, pure Mother, we magnify thee. [KW]

Glory to You, our God, glory to You.

O Lord, through abstinence enable us to run swiftly to Thy saving Cross, the Light of the faithful, and to behold and venerate it for our sanctification; that so through the Cross we may magnify Thee. [KW]

Heirmos (NM). Mode 1.

Moses saw thee as a bush unconsumed by fire, and Jacob beheld thee as the living ladder and the gate of heaven, through which Christ our God has passed. In our hymns, pure Mother, we magnify thee. [KW]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim,

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion - - -

CHOIR

Photagogic Hymns

Mode 2.

Send out Your eternal light, O Lord, and illumine the hidden eyes of my heart, by the power of Your Cross, and save me. [SD]

Send out Your eternal light, O Lord, and illumine the hidden eyes of my heart, by the intercessions of the Saints, and save me. [SD]

Send out Your eternal light, O Lord, and illumine the hidden eyes of my heart, by the intercessions of the Theotokos, and save me.

[SD]

READER

Lauds. *(read)*

Psalm 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall

greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication,

you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

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

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - -

Idiomelon. Mode pl. 2.

I have scattered the riches which the Father gave me and wasted my life as the Prodigal, carried away by the evil thoughts of sin. Taking pleasure in the sweetness of passion, I have transgressed Thy saving commandments and become like the unthinking beasts. O Christ my God, who for my sake wast pleased to hang upon the Cross, deprive me not of sonship, but accept me as I now turn back to Thee like the Prodigal Son, and save me. [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]

I have scattered the riches which the Father gave me and wasted my life as the Prodigal, carried away by the evil thoughts of sin. Taking pleasure in the sweetness of passion, I have transgressed Thy saving commandments and become like the unthinking beasts. O Christ my God, who for my sake wast pleased to hang upon the Cross, deprive me not of sonship, but accept me as I now turn back to Thee like the Prodigal Son, and save me. [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]

At the commemoration of Thy martyrs, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy on us. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 2.

When the all-pure Virgin saw Thee hanging on the Cross, with a mother's grief she cried aloud: 'O my Son and my God! O my beloved Child! How dost Thou endure this shameful suffering?' [KW]

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.)