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# The Service of Matins

**for Wednesday, March 6, 2019**

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

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

**Menaion - March 6  
Memory of the 42 Martyrs of Amorion**

**Texts in Greek and English**

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**vol** Orthodox Monastery of the Veil of our Lady

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**Τριώδιον**

Ἦχος βαρύς. Τῇ Τετάρτῃ Πρωΐ

**Μηναιὸν - Τῆς 6' ΜΑΡΤΙΟΥ**

Μνήμη τῶν Ἀγίων τεσσαράκοντα δύο  
Μαρτύρων τῶν ἐν τῷ Ἀμορίῳ

**ΟΡΘΟΣ**

**ΧΟΡΟΣ**

**Ἦχος βαρύς.**

**Στίχ. α'.** Ἐκ νυκτὸς ὀρθρίζει τὸ  
πνεῦμά μου πρὸς σέ, ὁ Θεός, διότι φῶς τὰ  
προστάγματά σου ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β'.** Δικαιοσύνην μάθετε, οἱ  
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. γ'.** Ζῆλος λήψεται λαὸν  
ἀπαίδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους  
ἔδεται.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. δ'.** Πρόσθες αὐτοῖς κακά, Κύριε,  
πρόσθες αὐτοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὡρολογίου ---

**Ὑμνοι Τριαδικοί**

**Ἦχος βαρύς.**

Ὁ ὑψίστη δυνάμει χερουβικῶς  
ἀνυμνούμενος, καὶ θεϊκῇ δόξῃ ἀγγελικῶς  
προσκυνούμενος, πρόσδεξαι καὶ ἡμᾶς  
τοὺς ἁμαρτωλοὺς, ἀναξίως τολμῶντας  
κραυγάζειν σοι Ἅγιος, Ἅγιος, Ἅγιος εἶ  
ὁ Θεὸς ἡμῶν. Δυνάμει τοῦ Σταυροῦ σου  
σῶσον ἡμᾶς.

Δόξα.

Ὡς ὕπνον τὸν ὀκνον, ἀποθεμένη ψυχῇ,  
διόρθωσιν πρὸς ἔγερσιν, δεῖξον τῷ Κριτῇ,

**Triodion**

Grave Mode. On Wednesday Morning

**Menaion - March 6**

Memory of the 42 Martyrs of Amorion

**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

καὶ ἐν φόβῳ βόησον· Ἅγιος, Ἅγιος, Ἅγιος εἶ  
ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀγίων σῶσον  
ἡμᾶς.

Καὶ νῦν.

Τῇ ἀπροσίτῳ Θεότητι, τῇ ἐν Μονάδι  
Τριάδι, τῶν Σεραφεῖμ τὸν Τρισάγιον  
ἀναπέμποντες αἶνον, μετὰ φόβου  
βοήσωμεν· Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς  
ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 10. Καὶ ἐνθὺς, ἄνευ μικρᾶς  
Συναπτῆς·*

Τοῦ Τριωδίου - -

**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Κάθισμα Α'. Σταυρώσιμα.**

**Ἦχος βαρὺς.**

Ἡ Ἐκκλησία βοᾷ σοι Χριστέ ὁ Θεός,  
ἐν κέδρῳ καὶ πεύκῃ καὶ κυπαρίσσῳ  
προσκυνούσά σε· Νίκας τοῖς βασιλεῦσι  
ἡμῶν, διὰ τῆς Θεοτόκου δωρούμενος,  
ἐλέησον ἡμᾶς.

**Στίχ.** Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ  
προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ,  
ὅτι ἅγιός ἐστι.

**Ἦχος βαρὺς.**

Ὁ δι' ἐμὲ ἀνασχόμενος, τῆς ἐν Σταυρῷ  
προσηλώσεως, δέξαι μου τὴν ἄγρυπνον  
αἶνεσιν, Χριστέ ὁ Θεός, ὡς φιλόανθρωπος.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος βαρὺς.**

Τὸν σταυρωθέντα ὑπὲρ ἡμῶν, Χριστὸν  
τὸν Θεόν, καὶ καθελόντα τοῦ θανάτου  
τὸ κράτος, ἀπαύστως ἰκέτευε Θεοτόκε  
Παρθένε, ἵνα σώσῃ τὰς ψυχὰς ἡμῶν.

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 10. There is no litany, but immediately the  
following:*

From Triodion - -

**CHOIR**

**Kathisma I.**

**Kathisma I. For the Cross.**

**Grave Mode.**

Worshiping You, O Christ our God, /  
the Church, with the cedar, pine and  
cypress, cries out to You: / At the prayers  
of the Theotokos, // grant victory to those in  
authority and have mercy on us. [OCA]

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

**Grave Mode.**

O Christ God, who for me endured being  
nailed to the Cross, accept my vigilant praise,  
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]

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 11. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

**ΙΕΡΕΥΣ**

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ**

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς  
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ  
Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν  
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**Κάθισμα Β'.**

**ΧΟΡΟΣ**

Τοῦ Τριωδίου - -

**Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.**

Μετ' εἰρήνης διελθεῖν ἡμᾶς τοὺς  
ταπεινοὺς, τὴν προκαθάρσιμον εὐδόκησον  
τῶν Νηστειῶν, τῇ ἀφάτῳ φιλανθρωπία  
σου Χριστέ ὁ Θεός, κατάβαλε τοῦ ἐχθροῦ  
τὰ πανουργεύματα, καὶ τῷ Σταυρῷ σου  
πάντας διάσωσον, ὁ μόνος γινώσκων τὰ  
ἐγκάρδια.

Δόξα· καὶ νῦν.

**Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.**

Παρεστῶσα τῷ Σταυρῷ σου ἡ ἀσπόρως  
τεκοῦσά σε, καὶ μὴ φέρουσα ὀρᾶν ἀδίκως  
πάσχοντα, ὠλοφύρετο, κλαυθμῷ, καὶ

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 11. 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 - -

**Mode 2. N/M (Since you are the source.)**

Grant us to pass in peace and humility/  
through the days of cleansing that prepare  
us for the fast./In your ineffable love for  
mankind, Christ our God,/destroy the evil  
plans of the enemy./Preserve us all by your  
Cross, // for you alone know the secrets of our  
hearts. [OCA]

Glory. Both now.

**Mode 2. As the Mother of God.**

When Your Mother, who gave birth  
to You without seed, was standing near  
Your Cross, she could not bear to watch You

ἀνεβόα σοι· Πῶς πάσχεις ὁ τῇ φύσει  
ἀπαθής, γλυκύτατε Υἱέ; ὕμνῳ σου τὴν  
ἄκραν ἀγαθότητα.

## ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

### Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ  
τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν  
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία  
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ  
μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν  
σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς  
λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.  
Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν  
ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου  
γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ  
τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.  
Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι,  
πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.  
Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·  
ἀγαλλιάσονται ὅστέα τεταπεινωμένα.  
Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου  
ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν  
ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον  
ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με  
ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά  
σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.  
Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου  
σου καὶ πνεύματι ἡγεμονικῶ στήριζόν  
με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ

suffer unjustly. She lamented and wept and  
cried out to You, "O sweetest Son of mine,  
how do You suffer, since You are by nature  
impassible? I extol Your extreme goodness."

[SD]

## 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

ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με  
ἐξ αἰμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας  
μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν  
δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου  
ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν  
αἴνесьν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα  
ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία  
τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν  
συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς  
οὐκ ἐξουθενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ  
εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ  
τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν  
δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.  
Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
μόσχους.

Τῆς Ὀκτωήχου ---

**ΧΟΡΟΣ**

**Ὡδὴ α'.**

**Κανὼν Σταυρώσιμος.**

**Ἦχος βαρύς. Ὁ Εἰρμός.**

**Στίχ.** Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ  
δεδοξασται.

Νεύσει σοῦ πρὸς γεώδη, ἀντιτυπίαν  
μετήχθη, ἢ πρὶν εὐδιάχυτος, ὑδάτων φύσις  
Κύριε· ὅθεν ἀβρόχως πεζεύσας, ἄδει Ἰσραήλ  
σοι, ὠδὴν ἐπινίκιον.

**Τροπάρια.**

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Σταύρωσιν ὁ Δεσπότης, ὀνειδιζόμενος  
φέρει, βροτῶν ἀφαιρούμενος, ὀνειδὴ ὡς  
φιλάνθρωπος, λόγχῃ πλευρὰν ἐκκεντᾶται,  
ταύτῃ κατασφάττων, ἐχθρὸν τὸν πολέμιον.

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.

Formerly freely flowing watery streams  
were diverted, \* O Lord, and became an earth-  
like solidness at Your behest. \* Therefore did  
Israel dry-shod \* walk across and sing You a  
victory canticle. [SD]

**Troparia.**

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

The Master is mocked and endures  
crucifixion, removing the reproach on mortals  
in His love for humanity. He is pierced by a  
spear, by which He slays the warring enemy.

[SD]



**Στίχ.** Αἰσωμεν τῷ Κυρίῳ· ἐνδόξως γὰρ δεδόξασται, ἵππον καὶ ἀναβάτην ἔρριψεν εἰς θάλασσαν.

Τείνας καθάπερ τόξον, τὸν σὸν Σταυρὸν Ἐλεῆμον, βέλεσι κατέτρωσας, τῶν ἡλῶν τὸν ἀντίπαλον, Σῶτερ, καὶ τοὺς ὑπ' ἐκείνου, πάλαι τετρωμένους, ἀνθρώπους ὑγείωσας.

**Στίχ.** Βοηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρός μου, καὶ ὑψώσω αὐτόν.

Αἵμασι τῶν Ἀγίων, τὰ ἐναγῇ τῶν αἱμάτων, ἐπαύθη μιάσματα, εἰδώλοις προσφερόμενα, πᾶσα δὲ ἡ γῆ ἡγιάσθη, τούτους ἐν αἰνέσει, αἰεὶ μακαρίζουσα.

**Στίχ.** Κύριος συντρίβων πολέμους, Κύριος ὄνομα αὐτῷ. Ἀρματα Φαραῶ καὶ τὴν δύναμιν αὐτοῦ ἔρριψεν εἰς θάλασσαν.

Ὑμνησαν αἱ Δυνάμεις, τῶν οὐρανῶν τοὺς γηγῆνους, ὁρῶσαι ἐν σώματι, Ἀσωμάτους παλαίοντας· ὅθεν ὁ Ἀγωνοθέτης, τούτους τοῖς στεφάνοις, νικήσαντας ἔστεψε.

**Στίχ.** Πόντῳ ἐκάλυψεν αὐτούς, κατέδυσαν εἰς βυθὸν ὥσει λίθος.

### **Θεοτοκίον.**

Ῥήγνυται γραμματεῖον, τὸ τοῦ Ἀδάμ, ἀνεβόα, ἡ πάναγνος Δέσποινα, λόγχῃ Υἱὲ τρωθέντος σου· ὅθεν ὑμνῶ σου τὸ πάθος, πᾶσι τὸ πηγάσαν, ἀπάθειαν Δέσποτα.

### **Κανὼν τῶν Μαρτύρων.**

Τοῦ Μηναίου ---

**Ἦχος πλ. β'.** Ὡς ἐν ἡπείρῳ πεζεύσας.

**Στίχ.** Τότε ἔσπευσαν ἡγεμόνες Ἐδῶμ, καὶ ἄρχοντες τῶν Μωαβιτῶν, ἔλαβεν αὐτούς

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

O merciful Savior, with Your Cross as a bow, You targeted the adversary, and with Your nails as arrows, You shot him, and You healed all people who had been wounded by him of old. [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]

By the blood of the Saints, the abominable sacrifices to idols have ceased, and all the earth is sanctified, as it ever praises the Martyrs and calls them blessed. [SD]

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

The hosts of heaven sang hymns in praise of those on earth, as they witnessed them wrestling in body with bodiless opponents. And when they won, the Judge of the contest awarded them with crowns. [SD]

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

### **Theotokion.**

The all-pure Lady cried out, "Adam's record of sin was destroyed when You were pierced by the spear, O my Son. Therefore I extol Your Passion, which is the source of dispassion for all, O Master. [SD]

### **Canon for the Martyrs.**

From Menaion ---

**Mode pl. 2.** N/M (The host of Israel.)

**Verse:** The princes of Edom and the chiefs of the Moabites were dismayed; trembling took



τρόμος, ἐτάκησαν πάντες οἱ κατοικοῦντες  
Χαναάν.

Αναφανέντες τῷ ὕψει τῆς τοῦ Χριστοῦ,  
Ἐκκλησίας Ἐνδοξοὶ ὡς ἀστέρες φαεινοί,  
τῶν πιστῶν φωτίζετε ψυχάς, τὸν τῆς  
πλάνης σκοτασμὸν ἀποδιώκοντες.

**Στίχ.** Ἐπιπέσοι ἐπ' αὐτοὺς φόβος  
καὶ τρόμος, μεγέθει βραχίονός σου  
ἀπολιθώθησαν.

Θαρσαλεότητι γνώμης τῷ δυσμενεῖ,  
συμπλακέντες Μάρτυρες, κατεβάλετε  
αὐτόν, καὶ θανόντες εὗρατε ζωὴν,  
ἀτελεύτητον ὁμοῦ μακαριώτατοι.

**Στίχ.** Ἔως ἂν παρέλθῃ ὁ λαός σου,  
Κύριε, ἕως ἂν παρέλθῃ ὁ λαός σου οὗτος, ὃν  
ἐκτήσω.

Λελαμπρυσμένοι τῷ κάλλει τῆς  
φωταυγοῦς, καὶ στερόδ' ἀθλήσεως,  
προσηνέχθητε Χριστῷ, τῷ τυθέντι  
Μάρτυρες σαρκί, καὶ χοροῖς μαρτυρικοῖς  
συνηριθμήθητε.

**Στίχ.** Ὁ κατειργάσω, Κύριε, ἁγίασμα, ὃ  
ἡτοίμασαν αἱ χεῖρές σου.

**Θεοτοκίον.**

Ὑπεραγία Παρθένε τῶν Ἀθλητῶν,  
θεῖον ἐγκαλλώπισμα, ἡ κύησασα Χριστόν,  
τὸν ὡραῖον κάλλεσιν αὐτόν, ὡραῖσαι τὴν  
ἐμὴν ψυχὴν ἰκέτευε.

hold of them; all the inhabitants of Canaan melted  
away. [SAAS]

Manifesting at the top of the Church of  
Christ as radiant stars, O glorious Martyrs,  
you illumine the souls of the faithful,  
banishing the darkness of falsehood. [un]

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

With bravery of mind you battled with  
the opposer and brought him down, O most  
blessed Martyrs; and when you died, you  
discovered everlasting life together. [un]

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

Made to radiate with the splendor of your  
shining brightness and constant competition,  
you were given to Christ, O Martyrs, and you  
were added to the multitude of the choir of  
the Martyrs. [un]

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

**Theotokion.**

O exalted holy Virgin, who is the  
ornamentation from above of the athletes,  
who gave birth to Christ, Who is attractive  
in loveliness, entreat Him to make my soul  
beautiful. [un]

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ α'. Ἦχος δ'. Αἰσομαί σοι Κύριε.**

**Στίχ.** Κύριος βασιλεύων τῶν αἰώνων,  
καὶ ἐπ' αἰῶνα, καὶ ἔτι. Ὅτι εἰσῆλθεν ἵππος  
Φαραὼ σὺν ἄρμασι καὶ ἀναβάταις εἰς  
θάλασσαν.

Νηστεύων ὁ Κύριος ἀνθρωπίνως, πρὸς  
ὑποτύπωσιν ἡμῶν, νικᾷ τὸν πειράζοντα,  
δεικνὺς τὸ ἡμέτερον, καὶ ὅρους ὑπογράφων  
ἡμῖν.

**Στίχ.** Οἱ δὲ υἱοὶ Ἰσραὴλ ἐπορεύθησαν διὰ  
ξηρᾶς ἐν μέσῳ τῆς θαλάσσης.

Μωσῆς ὁ θειότατος ἐν Σιναίῳ, δι'  
ἐγκρατείας τῷ Θεῷ, πρόσωπον πρὸς  
πρόσωπον, λαλεῖν κατηξίωται· Αὐτὸν  
πιστοὶ ζηλώσωμεν.

Δόξα.

Ἰλάσθητι Κύριε τῷ λαῷ σου, καὶ  
ἐπιβλέψας ὡς Θεός, ἰλέω σου ὄμματι,  
ἐπίσκεψαι ἅπαντας, τῷ πλήθει τοῦ ἐλέους  
σου.

Καὶ νῦν. **Θεοτοκίον.**

Σοὶ πάντες προστρέχομεν Θεοτόκε,  
ὡς ὑπερμάχῳ ἀσφαλεῖ, εἰς πρεσβείαν  
κινουντές σε, λυτρώσασθαι τὴν ποίμνην  
σου ἐκ πάσης περιστάσεως.

**Ὡδὴ γ'.**

**Κανὼν Α' τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἦχος δ'. Ἐν Κυρίῳ Θεῷ μου.**

**Στίχ.** Ἅγιος εἶ, Κύριε, καὶ σὲ ὑμνεῖ τὸ  
πνεῦμά μου.

Ἐν Κυρίῳ Θεῷ μου, ἐστερεώθη ἡ καρδιά  
μου· διὸ οἱ ἀσθενοῦντες περιεζώσαντο  
δύναμιν.

From Triodion ---

**Canon 1 from the Triodion.**

**Ode i. Mode 4. (NM)**

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

Fasting as man, the Lord overcame the  
tempter; and so He gave us an example,  
showing us what lies within our power and  
setting limits for us. [KW]

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

Through abstinence, Moses was counted  
worthy to speak with God face to face on  
Sinai. With faith let us follow his example. [KW]

Glory.

Be merciful, O Lord, unto Thy people;  
look upon them as God with a compassionate  
eye and visit them all with the fullness of Thy  
mercy. [KW]

Both now. **Theotokion.**

To thee we all run, Theotokos, for thou  
art our sure defender, and we ask thine  
intercession that thy flock may be delivered  
from all peril. [KW]

**Ode iii.**

**Canon 1 from the Triodion.**

From Triodion ---

**Mode 4. (NM) My heart is firmly established.**

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

My heart is firmly established in the Lord  
my God: for the weak have been girded with  
strength. [KW]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ὁ θαυμάσιος Ἐνῶχ, δι' ἐγκρατείας μετετέθη ἐκ γῆς, αὐτὸν ζηλοτυποῦντες, μετατεθῶμεν ἐκ φθορᾶς πρὸς ζωὴν.

**Στίχ.** Ἐστερεώθη ἡ καρδιά μου ἐν Κυρίῳ, ὑψώθη κέρας μου ἐν Θεῷ μου, ἐπλατύνθη ἐπ' ἐχθρούς μου τὸ στόμα μου, εὐφράνθην ἐν σωτηρίῳ σου.

Προσευχαῖς καὶ νηστείαις, τὸν Λυτρωτὴν ἡλεσώμεθα· συγχαίρει γὰρ ὁ Κτίστης, τῇ μετανοίᾳ τῶν κτισμάτων αὐτοῦ.

**Στίχ.** Ὅτι οὐκ ἔστιν ἅγιος, ὡς ὁ Κύριος, καὶ οὐκ ἔστι δίκαιος, ὡς ὁ Θεὸς ἡμῶν, καὶ οὐκ ἔστιν ἅγιος πλὴν σου.

#### **Θεοτοκίον.**

Ὡς τεκοῦσα Θεόν, ὑπὲρ ἡμῶν ἀπαύστως πρέσβευε· πρὸς σὲ γὰρ Θεοτόκε, ἁμαρτωλοὶ καταφεύγομεν.

Τοῦ Τριωδίου - -

#### **Κανὼν Β' τοῦ Τριωδίου.**

**Ἦχος β'.** Ἐν πέτρᾳ με τῆς πίστεως.

**Στίχ.** Μὴ καυχᾶσθε καὶ μὴ λαλεῖτε ὑψηλὰ εἰς ὑπεροχὴν, μηδὲ ἐξελθέτω μεγαλορρημοσύνη ἐκ τοῦ στόματος ὑμῶν.

Ἐξέτεινας παλάμας ἐν τῷ Σταυρῷ σου, ἐνέκρωσας νεκρώσει σου τὴν κατάραν, ἐζώσας τῷ πάθει σου τοὺς ἀνθρώπους· διὸ ὑμνοῦμέν σου, τὴν θείαν Σταύρωσιν, Ἰησοῦ φιλάνθρωπε ὁ Θεὸς ἡμῶν.

**Στίχ.** Ὅτι Θεὸς γνώσεων Κύριος, καὶ Θεὸς ἐτοιμάζων ἐπιτηδεύματα αὐτοῦ.

Τῇ βρώσει τῇ τοῦ ξύλου θανατωθέντες, τῷ ξύλῳ ἐζώωθημεν τοῦ Σταυροῦ σου. Αὐτὸν οὖν σοι προσάγομεν εἰς πρεσβείαν,

Glory to You, our God, glory to You.

Through abstinence Enoch the wonderful was translated from the earth: emulating his example, let us be translated from corruption and enter into life. [KW]

**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]

Through prayer and fasting let us entreat the mercy of the Deliverer: for the Maker rejoices over the repentance of His creatures.

[KW]

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

#### **Theotokion.**

O thou who hast borne God, intercede for us without ceasing: for to thee, O Theotokos, we sinners flee for refuge. [KW]

From Triodion - -

#### **Canon 2 from the Triodion.**

**Mode 2. (NM) On the rock of faith.**

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

Thou hast stretched out Thine hands upon the Cross and by Thy death hast slain the curse, giving life to men by Thy Passion. Therefore we sing the praises of Thy divine Crucifixion, O Jesus our God who lovest mankind. [KW]

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

Killed through eating from the tree, we have been restored to life through the Tree of Thy Cross. This Thy Cross we offer unto Thee

χάριν καὶ ἔλεος, ἡμῖν κατάπεμψον,  
εὐεργέτα Δέσποτα πολυέλεε.

**Στίχ.** Διδούς εὐχὴν τῷ εὐχομένῳ, καὶ  
εὐλόγησεν ἔτη δικαίου.

Τὰ πρόθυρα ἡνέωκται τῆς νηστείας,  
τὸ στάδιον ἐγγίζει τῆς ἐγκρατείας, ζεοῦσι  
προθυμία διανιστῶμεν, ὑποδεξόμενοι,  
δῶρον θεόσδοτον, ἀναστέλλον καύσωνα  
παραπτώσεων.

**Στίχ.** Κύριος ἀσθενῇ ποιήσει τὸν  
ἀντίδικον αὐτοῦ, Κύριος ἅγιος.

Ὁ χρόνος ὁ μακάριος τῆς νηστείας,  
ἀκτῖνας ἀποστίλβων τῆς μετανοίας,  
ἀνέτειλε, προσέλθωμεν φιλοτίμως,  
ἐκτιναζάμενοι, σκότος βαθύτατον,  
ῥαθυμίας ἅπαντες ἀγαλλόμενοι.

**Στίχ.** Μὴ καυχάσθω ὁ σοφὸς ἐν τῇ σοφίᾳ  
αὐτοῦ, καὶ μὴ καυχάσθω ὁ δυνατὸς ἐν τῇ  
δυνάμει αὐτοῦ, καὶ μὴ καυχάσθω ὁ πλούσιος  
ἐν τῷ πλούτῳ αὐτοῦ.

Νηστείαν ἀγιάσωμεν φιλοφρόνως,  
κηρύξωμεν ἐγκράτειαν παθημάτων,  
βοήσωμεν ἐν δάκρυσιν, τῷ Δεσπότη· Δὸς  
ἡμῖν Κύριε, χάριν συμπράττουσαν, εἰς τὰ σὰ  
θελήματα πολυέλεε.

**Στίχ.** Ἀλλ' ἢ ἐν τούτῳ καυχάσθω ὁ  
καυχώμενος, ἐν τῷ συνιεῖν καὶ γινώσκειν τὸν  
Κύριον, καὶ ποιεῖν κρίμα καὶ δικαιοσύνην ἐν  
μέσῳ τῆς γῆς.

#### **Θεοτοκίον.**

Κατεύνασον τὸν ταραχὸν τῶν παθῶν  
μου, θεράπευσον τὰ τραύματα τῆς ψυχῆς  
μου, ἐξέγειρον ἐξ ὕπνου με ῥαθυμίας, τῇ  
μεσιτείᾳ σου, τῇ προστασίᾳ σου, Παναγία  
Δέσποινα Μητροπάρθενε.

to plead on our behalf. Send down upon us  
grace and mercy, O Master and Benefactor  
great in compassion. [KW]

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

The gateway to the Fast has been opened;  
the arena of abstinence lies here before us. Let  
us rouse ourselves with fiery eagerness, and  
so we shall receive God's grace to quench the  
burning flames of our offences. [KW]

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

The blessed season of the Fast has  
dawned and shines upon us with the light of  
repentance. Let us draw near with love and  
reverence, and greatly rejoicing let us shake  
off the darkness of sloth. [KW]

**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]*

With discernment let us observe a holy  
fast; let us proclaim a time of abstinence from  
the passions; and weeping let us cry aloud to  
the Master: O Lord of many mercies, grant us  
grace to do Thy will. [KW]

**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.**

All-holy Lady, Mother and Virgin, by thy  
mediation and protection quell the tumult of  
my passions, heal the wounds of my soul, and  
rouse me from the sleep of slothfulness. [KW]

**Κανὼν Γ' τοῦ Τριωδίου**

Τοῦ Τριωδίου ---

**Ἦχος β'.** Στερωθέντα μου τὸν νοῦν.

**Στίχ.** Κύριος ἀνέβη εἰς οὐρανοῦς, καὶ ἐβρόντησεν, αὐτὸς κρινεῖ ἅκρα γῆς, δίκαιος ὢν.

Ὑψωθέντος σου Σωτῆρ, ἐκουσίως ἐν Σταυρῷ, ἡ κτίσις πᾶσα, ἐδονήθη τῆς γῆς, καὶ ἐρράγη τοῦ Ναοῦ τὸ καταπέτασμα.

**Στίχ.** Καὶ δώσει ἰσχὺν τοῖς βασιλεῦσιν ἡμῶν, καὶ ὑψώσει κέρας χριστῶν αὐτοῦ.

Ἐμασίχθης ἐν Σταυρῷ ὦ Ἰησοῦ μου δι' ἐμέ, καὶ ἐκεντήθης, τὴν πλευρὰν ἀγαθέ· ὅθεν πίστει προσκυνῶ, τὸ θεῖον κράτος σου.

Δόξα. **Τριαδικόν.**

Κλίνας γόνυ ἐν τῇ γῇ, τὸν Πατέρα προσκυνῶ, Υἱὸν δοξάζω, καὶ τὸ πνεῦμα ἀνυμνῶ, τὴν μονόθελον ἀρχήν, καὶ τρισυπόστατον.

Καὶ νῦν. **Θεοτοκίον.**

Ἀκατάληπτόν ἐστι τὸ μυστήριον σεμνῆ, τῆς σῆς λοχείας· τίκεις γὰρ Μαριάμ, ἀπειράνδρως τὸν Θεόν, καὶ μένεις ἄφθορος.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τῆς νηστείας τὸν καιρὸν, τῇ δυνάμει σου Χριστέ, καθαγιάσας, σῶσον πάντας ἡμᾶς, τῶν παγίδων τοῦ ἐχθροῦ, τοὺς προσκυνούντάς σε.

**Ὁ Εἰμός.** Ἦχος β'.

Στερωθέντα μου τὸν νοῦν, καρποφόρον ὁ Θεὸς ἀνάδειξόν με, γεωργὲ τῶν καλῶν, φυτουργὲ τῶν ἀγαθῶν, τῇ εὐσπλαγχνίᾳ σου.

**Canon 3 from the Triodion.**

From Triodion ---

**Mode 2.** (NM) O God, the husbandman.

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

[SAAS]

When Thou wast raised of Thine own will upon the Cross, O Saviour, all the earth was shaken and the veil of the Temple was rent in twain. [KW]

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

For my sake, O Jesus, Thou hast suffered on the Cross, and Thy side was pierced, O loving Lord. With faith I worship Thy divine power. [KW]

Glory. **For the Trinity.**

Kneeling upon the earth, I worship the Father, I glorify the Son, and I praise the Spirit: sovereignty single in will, yet three in Persons. [KW]

Both now. **Theotokion.**

The mystery of thy childbearing, O Holy Virgin Mary, is beyond our understanding. For without knowing man thou hast borne God, and yet thou remainest inviolate. [KW]

Glory to You, our God, glory to You.

By Thy power, O Christ, sanctify the season of the Fast; and from the snares of the enemy save us all who worship Thee. [KW]

**Heirmos. Mode 2.**

Barren has my mind become. \* Make me fruitful, O my God, in Your compassion, \* as the Husbandman of good, \* and the gardener of all \* that is virtuous. [SD]

## ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

## ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν  
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ  
καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

## ΧΟΡΟΣ

### Κάθισμα.

Τοῦ Μηναίου ---

**Ἦχος δ'.** Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Συμπεφραγμένοι ἀνδρικῶς πρὸς  
ἀνόμους, συντεταγμένοι λογικῶς πρὸς  
ἀθέους, τὴν πανοπλίαν ἤρασθε Χριστοῦ τοῦ  
Θεοῦ· πίστιν μὲν ὡς μάχαιραν, ἐπὶ χεῖρα  
λαβόντες, ἀσπίδα τὴν ἐλπίδα δέ, τεθεικότες  
ἐπ' ὤμων, καὶ τῆς ἀγάπης θώρακα σαφῶς,  
ἐνδεδυμένοι, ἐχθροὺς ἐτροπώσασθε.

Δόξα. **Ἔτερον.**

**Ἦχος πλ. δ'.** Τὴν Σοφίαν καὶ Λόγον.

Ἀπαχθέντες δεσμῶται ὑπὸ ἐχθροῦ, καὶ  
φρουρᾷ συγκλεισθέντες χρόνοις πολλοῖς,

## 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 4.** N/M (You who were lifted.)

Bravely and with strength in the face of  
the unrighteousness, and equipped in mind  
and word against the wicked, you clothed  
yourselves with the entire armor of our Christ  
and God. Resolutely grasping faith in hand  
as a sword for the battle, you placed hope  
as a shield on your shoulders in war; and as  
a chest piece, you were clothed with love;  
because of this, you truly routed the foes in  
defeat. [un]

Glory. **Another.**

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

Taken away in captivity and bondage  
by the cruel enemy and incarcerated for



τῇ πίστει φρουρούμενοι, ἀσινεῖς διεμείνατε,  
καὶ τῷ ξίφει λυθέντες, τοῦ σώματος Ἅγιοι,  
τῷ ἐνθέῳ πόθῳ σαφῶς συνεδέθητε· ὅθεν  
ὡς φωστῆρες, διελάμψατε κόσμῳ, τοὺς  
πάντας φωτίζοντες, τῇ τοῦ Πνεύματος  
χάριτι, Ἀθλοφόροι μακάριοι· Πρεσβεύσατε  
Χριστῷ τῷ Θεῷ, τῶν πταισμάτων ἄφεσιν  
δωρήσασθαι, τοῖς ἐορτάζουσι πόθῳ, τὴν  
ἀγίαν μνήμην ὑμῶν.

Καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.**

Τὸν Ἀμνὸν καὶ Ποιμένα καὶ Λυτρωτὴν,  
ἡ Ἀμνὰς θωροῦσα, ἐν τῷ Σταυρῷ, ἠλάλαξε  
δακρύνουσα, καὶ πικρῶς ἐκβοῶσα· Ὁ  
μὲν κόσμος ἀγάλλεται, δεχόμενος  
τὴν λύτρωσιν· τὰ δὲ σπλάγχνα μου  
φλέγονται, ὀρώσης σου τὴν σταύρωσιν,  
ἣν περ ὑπομένεις, διὰ σπλάγχνα ἐλέους.  
Μακρόθυμε Κύριε, τοῦ ἐλέους ἡ ἄβυσσος,  
καὶ πηγὴ ἀγαθότητος, σπλαγχνίσθητι καὶ  
δώρησαι οὖν, τῶν πταισμάτων ἄφεσιν τοῖς  
δούλοις σου, τοῖς ἀνυμνοῦσί σου πίστει, τὰ  
θεῖα παθήματα.

Τῆς Ὁκτωήχου ---

**ᾠδὴ δ'.**

**Κανὼν Σταυρώσιμος.**

**Ἦχος βαρύς. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Ὁ πατρικὸς κόλπος μὴ λιπών, καὶ  
καταβὰς ἐπὶ τῆς γῆς, Χριστὲ ὁ Θεός, τὸ  
μυστήριον ἀκήκοα τῆς οἰκονομίας σου, καὶ  
ἐδόξασά σε μόνε Φιλάνθρωπε.

many years, yet kept by devout faith, you  
were preserved entirely free of harm; and  
separated from the body through the sword,  
O Saints, you were truly tied in a love that  
was inspired by God. Therefore, as luminaries  
you enlighten the entire world and thereby  
you shine on all with the grace of the All-holy  
Spirit, O you most blessed champions. Pray  
to Christ our God that remission of all their  
sins may be given to them that with fervency  
honor your holy memory. [un]

Both now. **Stavrotheotokion.**

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

As the ewe-lamb saw, suspended on  
the Cross, the Redeemer and Shepherd and  
Lamb of God, in lamentation, she cried and  
mourned and she exclaimed sorrowfully:  
While the world rejoices on receiving  
salvation, yet my innards are enflamed as I  
behold You crucified; which You undertake  
in Your innards of mercy, O kind and patient  
Lord, spring without fail and Abyss of all  
mercy and love. Have compassion, then, and  
generously grant to Your servants remission  
of their sins; for they faithfully sing the  
praises of Your holy passion. [un]

From Octoechos ---

**Ode iv.**

**Canon for the Cross.**

**Grave Mode. Heirmos**

**Verse:** Glory to Your strength, O Lord.

O Christ God, who never left the bosom  
of the Father, and came down to earth, I have  
heard of the mystery of the Your plan for our  
salvation, and I glorified You, the only Lord  
who loves humanity. [SD]

### Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Ἐπὶ τῆς γῆς ἄνθρωπος ὁφθείς,  
ἐπουρανίους τοὺς βροτοὺς ἐτέλεσας,  
ὕψωθεις ἐν ξύλῳ Δέσποτα, πάντας  
συνανύψωσας, ἀνυμνοῦντάς σου τὰ  
παθήματα.

**Στίχ.** Κύριε, εἰσακήκοα τὴν ἀκοήν σου,  
καὶ ἐφοβήθην, Κύριε, κατενόησα τὰ ἔργα σου,  
καὶ ἐξέστην.

Ὑπὲρ θνητῶν θνήσκεις ἡ Ζωή, ὑπὲρ  
ἀδίκων Ἰησοῦ μου δίκαιε, πάθος φέρεις  
ἐπονείδιστον, ὑμνοῦμεν Μακρόθυμε, τὴν  
ἀμέτρητον εὐσπλαγχνίαν σου.

**Στίχ.** Ἐν τῷ παραχθῆναι τὴν ψυχὴν μου  
ἐν ὀργῇ, ἐλέους μνησθήσῃ.

Θηρῶν ὀρμάς, βράσματα πυρός, χειρῶν  
ποδῶν τε ἐκκοπὰς, καὶ ξέσεις μελῶν,  
καὶ παντοίαν ἄλλην βάσανον, ὑπέστητε  
Μάρτυρες, προξενοῦσαν θεῖαν ἀπόλαυσιν.

**Στίχ.** Ὁ Θεὸς ἀπὸ Θαμνῶν ἤξει, καὶ ὁ  
Ἅγιος ἐξ ὄρων κατασκίου δασέος.

Ἐκ τῶν τοῦ σώματος Ἀθληταί, περάτων  
ἤδη πρὸς Χριστόν, τῶν πάντων Θεόν,  
κεκραγότες εἰσηκούσθητε, καὶ πέτρα  
ὕψωθῃτε, τῆς ἐνθέου νῦν τελειώσεως.

**Στίχ.** Ἐκάλυψεν οὐρανοὺς ἡ ἀρετὴ  
αὐτοῦ, καὶ τῆς αἰνέσεως αὐτοῦ πλήρης ἡ γῆ.

### Θεοτοκίον.

Ἰκετηρίαν ὑπὲρ ἡμῶν, τῶν σὲ  
ὑμνοῦντων, Θεοτόκε ποιήσον, ὅπως

### Troparia.

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

O Master, when You appeared on earth as  
man, You made mortals heavenly. When You  
were lifted on the Cross, with yourself You  
lifted all who extol Your Passion. [SD]

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

You who are Life itself die for mortals.  
And You, my righteous Jesus, for the unjust  
endure shame and suffering. We extol Your  
infinite compassion, O longsuffering Lord. [SD]

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

O Martyrs, you endured ferocious  
animals, cauldrons and fire, the amputation  
of hands and feet, the mutilation of your  
members, and every other form of torture,  
which result in the enjoyment of divine  
delights. [SD]

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

O Athletes, from the extremities of your  
bodies, you cried out to Christ, the God of all,  
and you were heard. And now you have been  
exalted on the rock of divine perfection. [SD]

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

### Theotokion.

O Theotokos, make fervent supplication  
for us who sing your praises, so that we, who

εὐρωμεν βοήθειαν, καιρῷ περιστάσεως, οἱ Χριστοῦ τὸ πάθος δοξάζοντες.

**Κανὼν τῶν Μαρτύρων.**

Τοῦ Μηναίου - - -

**Ἦχος πλ. β'.** Χριστός μου δύναμις.

**Στίχ.** Διότι συκῇ οὐ καρποφορήσει, καὶ οὐκ ἔσται γεννήματα ἐν ταῖς ἀμπέλοις.

Ἰσχυῖ Μάρτυρες, τοῦ θεοῦ Πνεύματος, κατεβάλετε πᾶσαν τοῦ δυσμενοῦς, δύναμιν ἀνίσχυρον, θανατωθέντες καὶ ζωὴν, κληρωσάμενοι αἰώνιον.

**Στίχ.** Ψεύσεται ἔργον ἐλαίας, καὶ τὰ πεδία οὐ ποιήσει βρῶσιν.

Νευρώσας κάλλιστα, ψυχὴν ὁ Κάλλιστος, ταῖς ἐνθέοις μελέταις νεανικῶς, χαίρων προσεχώρησε, πρὸς τὴν τοῦ ξίφους ἐκτομὴν, τὰ οὐράνια κληρούμενος.

**Στίχ.** Ἐξέλιπον ἀπὸ βρώσεως πρόβατα, καὶ οὐχ ὑπάρξουσι βόες ἐπὶ φάτναις.

Ὡραίως ἔστησας, ἐν πέτρᾳ γνώσεως, τοῦ νοός σου Βασσώη τὰς νοητάς, βάσεις καὶ ἐσκέλισας, καταδιώξας ἀνδρικῶς, τοὺς ἐχθρούς σου παμμακάριστε.

**Στίχ.** Ἐγὼ δὲ ἐν τῷ Κυρίῳ ἀγαλλιάσομαι, χαρήσομαι ἐπὶ τῷ Θεῷ τῷ Σωτῆρί μου.

**Θεοτοκίον.**

Ἀγνήν Μητέρα σε, οἱ θεῖοι Μάρτυρες, ἐπιστάμενοι Κόρη, καὶ τὴν ἐν σοί, δόξαν κλειζόμενοι, τὰς ἀθανάτους δωρεάς, ἐν ὑψίστοις ἐκληρώσαντο.

glorify the Passion of Christ, might find help in time of dire need. [SD]

**Canon for the Martyrs.**

From Menaion - - -

**Mode pl. 2.** N/M (O Christ, my strength.)

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

By the might of the Holy Spirit you trampled all the power of the enemy devoid of might, O Martyrs, who were put to death and inherited eternal life. [un]

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

Supremely armoring his soul with godly prudence like a courageous young man, Kallistos set out willingly for the blow of the sword and inherited the Heavens. [un]

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

Wonderfully you set your the noetic feet of your mind upon the bedrock of wisdom, O all-blessed Bassoes; and courageously countering your adversaries, you drove them away. [un]

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

**Theotokion.**

Understanding that you are a pure Mother, O Maiden, the godly Martyrs, exulting in your glory, inherited the undying gifts in the highest. [un]

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ἦχος δ'.** Εἰσακήκοα τήν ἀκοήν σου.

**Στίχ.** Κύριος ὁ Θεός μου δύναμις μου,  
καὶ τάξει τοὺς πόδας μου εἰς συντέλειαν.

Ὁ Ἀβραὰμ δι' ἀρετῆς καὶ φιλοξενίας,  
τὴν Τριάδα ὑπεδέξατο, ἀγγελικῶς  
ἐνδημήσασαν.

**Στίχ.** Καὶ ἐπὶ τὰ ὑψηλὰ ἐπιβιβᾷ με, τοῦ  
νικῆσαί με ἐν τῇ ὥδῃ αὐτοῦ.

Πλοῦτος ἄσυχλος τῆς ἐγκρατείας ἐστί,  
τὸ δῶρον, καὶ ὁ τοῦτ' πλουτιζόμενος,  
καταπλουτήσῃ Θεότητῃ

Δόξα.

Δεῦτε κλαύσωμεν ἅμα τῷ λόγῳ, πίστει  
βοῶντες· ὁ Θεὸς ἡμῖν Ἰλάσθητι, τοῖς πολλὰ  
πλημμελήσασι.

Καὶ νῦν. **Θεοτοκίον.**

Μήτηρ ἄχραντε εὐλογημένη, ἀγνή  
Παρθένε, τὸν Υἱόν σου καὶ Θεὸν ἡμῶν, ὑπὲρ  
τοῦ κόσμου ἰκέτευε.

Τῆς Οκτωήχου ---

**Ὡδὴ ε'.**

**Κανὼν Σταυρώσιμος.**

**Ἦχος βαρύς.** Ὁ Εἰρμός.

**Στίχ.** Κύριε, ὁ Θεὸς ἡμῶν, εἰρήνην δὸς  
ἡμῖν.

Κύριε ὁ Θεός μου, ἐκ νυκτὸς ὀρθρίσας  
σε ἰκετεύω, παράσχου μοι ἄφεσιν, τῶν  
παραπτωμάτων μου, καὶ πρὸς φῶς τῶν σῶν  
προσταγμάτων, τὰς ὁδοὺς μου εὐθυνον  
δέομαι.

**Τροπάρια.**

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Σταύρωσιν κατεδέξω, εἰς κακῶν  
ἀναίρεσιν Θεοῦ Λόγε, χολῆς ἀπεγεύσω τε,

From Triodion ---

**Canon 1 from the Triodion.**

**Mode 4.** (NM) *I have heard of the report.*

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

Because of his virtue and his hospitality,  
Abraham received into his home the Trinity  
present in angelic form. [KW]

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

The gift of abstinence is a treasure which  
no thief can steal, and he who has this as his  
wealth will be rich in God. [KW]

Glory.

Come, let us lament and cry aloud with  
faith: be merciful to us, O God, for we have  
greatly sinned. [KW]

Both now. **Theotokion.**

O blessed Mother, Virgin pure and  
undefiled, pray for the world to thy Son and  
our God. [KW]

From Octoechos ---

**Ode v.**

**Canon for the Cross.**

**Grave Mode. Heirmos**

**Verse:** *O Lord our God, grant us peace.*

I have risen early in the morning. I entreat  
You, O Lord my God, grant me forgiveness of  
my offences, and I pray You direct my ways  
to the light of your commandments. [SD]

**Troparia.**

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

O Logos of God, You allowed yourself  
to be crucified for the removal of evils. You

ἐνηδόνου βρώσεως, τὴν πικρὰν βλάβην ἀναστέλλων, δόξα τῇ πολλῇ εὐσπλαγχνίᾳ σου.

**Στίχ.** Ἐκ νυκτὸς ὀρθρίζει τὸ πνεῦμά μου πρὸς σέ, ὁ Θεός, διότι φῶς τὰ προστάγματά σου ἐπὶ τῆς γῆς.

Τῇ ἐν Σταυρῷ ὑψώσει, πᾶσαν γῆν σαλεύεις θεῖῳ σου κράτει, καὶ ἰᾶσαι Δέσποτα, ταύτης τὰ συντρίμματα, καὶ σαλευομένας καρδίας, πρὸς τὴν σὴν στηρίζεις ἐπίγνωσιν.

**Στίχ.** Δικαιοσύνην μάθετε, οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἦπλωσεν ὁ Βελίαρ, πανταχοῦ τὰ θήρατρα κακίας, ἀλλ' οὐ συνέλαβετο, τοῦ Χριστοῦ τοὺς Μάρτυρας· πτέρυγας λαβόντες πυρὸς γάρ, πρὸς μονὰς ἐνθέους κατέπαυσαν.

**Στίχ.** Κύριε, ὑψηλὸς σου ὁ βραχίων, καὶ οὐκ ᾔδεισαν, γνόντες δέ, αἰσχυνθήτωσαν.

Νεύσεσιν ἀνενδότοις, πρὸς Θεοῦ θεούμενοι Ἀθλοφόροι, ἀλγεινῶν κολάσεων, ὅλως οὐκ ἠσθάνεσθε, ὥσπερ ἄλλου πάσχοντος, οὕτω πάνσοφοι αὐτοὶ διακείμενοι.

**Στίχ.** Ζῆλος λήψεται λαὸν ἀπαίδεντον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

### **Θεοτοκίον.**

Ποίοις ὄμμασι βλέψω, ὄμμα τὸ ξηραῖνον πάσας ἀβύσσους, Ἰέ μου σβεννύμενον, Σταυρῷ κρεμαμένου σου; ἡ ἀγνή Παρθένος ἐβόα, θρήνοις ἐαυτὴν συνταράσσουσα.

tasted bitter gall, to remove the bitter harm done by the pleasurable eating. Glory to Your great compassion. [SD]

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

O Master, when You were lifted on the Cross, You make the whole earth quake, by Your divine power, and You heal its afflictions. And You confirm wavering hearts in the knowledge of You. [SD]

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

Although Belial set his wicked traps everywhere, yet he did not catch the Martyrs of Christ. For they were given wings of fire, and they arrived at the divine mansions. [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 all-wise medaled Athletes, you were deified by the unyielding grace of God, and thus you did not feel the pain of torture. You remained unmoved, as though someone else were suffering. [SD]

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

### **Theotokion.**

The pure Virgin was visibly shaken as she lamented and cried out: "With what eyes shall I look upon You hanging on the Cross, O my Son, whose eye can dry up all the oceans?" [SD]



### Κανὼν τῶν Μαρτύρων.

Τοῦ Μηναίου ---

**Ἦχος πλ. β'.** Τῷ Θεῷ φέγγει σου.

**Στίχ.** Πρόσθεσ αὐτοῖς κακά, Κύριε,  
πρόσθεσ αὐτοῖς κακὰ τοῖς ἐνδόξοις τῆς γῆς.

Λαμπάδες ὥφθητε μυστικάι, φέγγει  
εὐσεβείας τὰς ψυχάς, τῶν εὐσεβῶν  
σελαγίζουσαι, καὶ τῆς ἀγνωσίας τὸ σκότος  
λύουσαι, Κυρίου Ἀθλοφόροι μακαριώτατοι.

**Στίχ.** Κύριε, ἐν θλίψει ἐμνήσθημέν σου·  
ἐν θλίψει μικρᾷ ἡ παιδεία σου ἡμῖν.

Λεόντων χάσματα νοητῶν, Μάρτυρες  
Κυρίου εὐλαβῶς, παραδραμόντες γεγόνατε,  
βρῶμα τοῦ Δεσπότη τῶν ὅλων ἡδιστον,  
τρυφῆς ἀδιαρρέυστου καταξιούμενοι.

**Στίχ.** Καὶ ὡς ἡ ὠδίνουσα ἐγγίζει τοῦ  
τεκεῖν, καὶ ἐπὶ τῇ ὠδίνι αὐτῆς ἐκέκραγεν,  
οὕτως ἐγενήθημεν τῷ ἀγαπητῷ σου.

Ἰκετηρίαν ὑπὲρ ἡμῶν, Μάρτυρες  
προσάξατε Θεῷ, οἱ δύο καὶ τεσσαράκοντα,  
ὅπως λυτρωθῶμεν πάσης κολάσεως, καὶ  
τῶν ἐπερχομένων ἀπειρῶν θλίψεων.

**Στίχ.** Οὐ πεσούμεθα, ἀλλὰ πεσοῦνται οἱ  
ἐνοικοῦντες ἐπὶ τῆς γῆς.

### Θεοτοκίον.

Νοός μου ἴθυνον δυσωπῶ, Ἀχραντε  
κινήσεις πρὸς Θεόν, ὁδὸν ζωῆς  
χρηματίζοντα, καὶ τῶν ἀθλοφόρων  
ἐξομαλίσαντα, τὰς τρίβους τὰς φερούσας  
πρὸς τὰ οὐράνια.

### Canon for the Martyrs.

From Menaion ---

**Mode pl. 2.** N/M (With Your divine light.)

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

You manifested as mystical lanterns  
radiating on the souls of the righteous with  
the light of righteousness and dispelling  
the gloom of foolishness, O most beatific  
champions of the Lord. [un]

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

Traveling unhurt through the wide  
mouths of noetic lions, O Martyrs of the  
Lord, you became the sweetest food for the  
Master of all, declared worthy of the joy that  
is eternal. [un]

**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]

Intercede for us to God, O you Forty-  
two Martyrs, so that we may be saved from  
every distress and the unceasing trials that  
will happen. [un]

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

### Theotokion.

O pure Virgin, I ask you, guide my mind's  
movement to God, who, being the Way  
of Life, has made the path smooth for the  
champions so that they may be led to the  
Heavens. [un]



Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ἦχος δ'.** Ὁ ἀνατείλας τὸ φῶς.

**Στίχ.** Ἀναστήσονται οἱ νεκροί, καὶ ἐγερθήσονται οἱ ἐν τοῖς μνημείοις, καὶ εὐφρανθήσονται οἱ ἐν τῇ γῇ

Νηστεύσας πάλαι Μωσῆς, ἐν Σιναίῳ τῷ ὄρει, θεόπτης ἀνεδείχθη, καὶ Ἠλίας ἔμπυρος, ἀρματηλάτης ἀνεφέρετο.

**Στίχ.** Ἡ γὰρ δρόσος ἡ παρὰ σοῦ ἱαμα αὐτοῖς ἐστίν, ἡ δὲ γῆ τῶν ἀσεβῶν πεσεῖται.

Διὰ νηστείας ποτέ, ὁ σοφὸς Ἡσαΐας τοῦ ἀνθρακος ἐκείνου, τῇ λαβίδι γεύεται, ὅτε χειλέων αὐτοῦ καθήψατο.

Δόξα.

Νηστεύσας πρὶν ὁ Δανιήλ, καὶ οἱ τρεῖς Παῖδες ἅμα, τὰς μύλας τῶν λεόντων θλάσαντες, καιομένης φλογὸς κατεπάτησαν.

Καὶ νῦν. **Θεοτοκίον.**

Θεογεννήτορ Ἀγνή, Θεὸν ἐν γαστρὶ σου, βαστάσασα ἀφθόρως, φύλαττε τὴν ποίμνην σου, καὶ διατήρησον ἄτρωτον

Τῆς Ὀκτωήχου ---

**ᾠδὴ Γ'.**

**Κανὼν Σταυρώσιμος.**

**Ἦχος βαρύς.** Ὁ Εἰρμός.

**Στίχ.** Ὡς τὸν προφήτην Ἰωνᾶν, σῶσον ἡμᾶς, Κύριε.

Ναυτιῶν τῷ σάλῳ, τῶν βιοτικῶν μελημάτων, συμπλόις ποντούμενος ἁμαρτίαις, καὶ ψυχοφθόρῳ θηρὶ προσριπτούμενος, ὡς ὁ Ἰωνᾶς Χριστὲ βοᾷ σοι· Ἐκ θανατηφόρου με βυθοῦ ἀνάγαγε.

From Triodion ---

**Canon 1 from the Triodion.**

**Mode 4. (NM)** *O Thou who hast caused the light.*

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

[SAAS]

Moses, when of old he fasted on Mount Sinai, was granted the vision of God; and Elijah was borne up in a chariot of fire. [KW]

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

Because he fasted, Isaiah the wise tasted the coal of fire when the angel, holding it in tongs, touched his lips with it. [KW]

Glory.

Because they fasted, Daniel and the three Children broke the teeth of lions and trampled underfoot the burning flames. [KW]

Both now. **Theotokion.**

O pure Mother of God, who still remaining virgin hast carried God within thy womb, protect thy flock and keep it safe from harm. [KW]

From Octoechos ---

**Ode vi.**

**Canon for the Cross.**

**Grave Mode. Heirmos.**

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

Nauseous from the tempest of life's worries, I have been cast out \* by sins sailing with me, and I am sinking, \* having been thrown to the beast that devours souls. \* O my Christ, to You I cry like Jonah, \* Raise me from the deadly deep, I pray, O Lord my God.

[SD]

**Τροπάρια.**

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε  
ἡμᾶς τῇ δυνάμει σου.

Λυτρωτὴς ὢν μόνος, τίμημα τὸ σὸν  
κατεβάλου, αἷμα τὸ σωτήριο, καὶ ἡγοράσω  
τοὺς αἰχμαλώτους ἡμᾶς Ὑπεράγαθε, καὶ τῷ  
σῷ Γεννήτορι προσῆξας, κτείνας τῷ Σταυρῷ  
σου Χριστέ μου τὸν τύραννον.

**Στίχ.** Ἐβόησα ἐν θλίψει μου πρὸς Κύριον  
τὸν Θεόν μου, καὶ εἰσήκουσέ μου.

Ἀκρασίᾳ πάλαι, πτώμα χαλεπὸν  
κατηνέχθην· Χριστὸς δὲ ὑψούμενος ἐπὶ  
ξύλου, χεῖρας ἐκτείνας, πεσόντα με ἡγειρε,  
καὶ τραυματισθεῖς ἐθελουσίως, πάντα μου  
τὰ τραύματα σαφῶς ἰάσατο.

**Στίχ.** Ἀπέρριψάς με εἰς βάθη καρδίας  
θαλάσσης, καὶ ποταμοὶ ἐκύκλωσάν με.

Νυσταγμὸν ἀπάτης, ὅλως μὴ  
νυστάξαντες πᾶσαν, ὁρμὴν ἐκοιμίσατε  
τῶν τυράννων, καὶ τὸν δικαίους ἀρμόζοντα  
Μάρτυρες, ὕπνον κοιμηθέντες μακαρίως,  
ἄγρυπνοι τῶν πιστῶν ἀπάντων πρεσβευταὶ  
γεγόνατε.

**Στίχ.** Πάντες οἱ μετεωρισμοὶ σου καὶ τὰ  
κύματά σου ἐπ' ἐμὲ διῆλθον.

Ἐδρασμένοι πέτρᾳ, θείων τοῦ Χριστοῦ  
θελημάτων, ἐχθροῦ ἀπερίτρεπτοι  
μεθοδεῖαις, πανευκλεεῖς διεμείνατε  
Μάρτυρες, τοῦτον συμποδίζοντες  
ἐμφρόνως, καὶ πρὸς οὐρανὸν πανευπρεπῶς  
βαδίζοντες.

**Troparia.**

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

O all-good Christ, our only Redeemer, by  
Your crucifixion You killed the tyrant. You  
paid out Your saving blood as our price, You  
purchased us who were held captive, and You  
brought us to Your Father. [SD]

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

For lack of self-control of old, I fell down  
as a grievous corpse. But when Christ was  
lifted on the Cross, He stretched out His  
hand and raised me who had fallen. He was  
willingly wounded, and thus healed all my  
wounds. [SD]

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

O Martyrs, you did not succumb to the  
sleep of deception; rather you put to sleep  
all the raging of the tyrants. And you fell  
asleep in the sleep due to the righteous in  
blessedness; and now you are unsleeping  
intercessors for all the faithful. [SD]

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

All-glorious Martyrs, you were firmly  
based on the rock of Christ's divine precepts.  
Therefore you remained unmoved by the  
wiles of the enemy; sensibly you trampled  
him underfoot, and with dignity you  
proceeded to heaven. [SD]

**Στίχ.** Ἄρα προσθήσω τοῦ ἐπιβλέψαι με  
πρὸς ναὸν τὸν ἅγιόν σου;

**Θεοτοκίον.**

Νέον βρέφος τίκεις, τὸν πρὸ τῶν  
αἰώνων ἀχρόνως, Πατρὶ συννοούμενον  
Θεοτόκε, νεοποιοῦντα Σταυρῷ τὸ  
ἀνθρώπινον, πεπαλαιωμένον ἁμαρτίαις, τῇ  
τοῦ ἀρχεκάκου συμβουλῇ Πανάμωμε.

**Κανὼν τῶν Μαρτύρων.**

Τοῦ Μηναίου - - -

**Ἦχος πλ. β'. Τοῦ βίου τὴν θάλασσαν.**

**Στίχ.** Περιεχύθη μοι ὕδωρ ἕως ψυχῆς  
μου, ἄβυσσος ἐκύκλωσέ με ἐσχάτη.

Ἰστίῳ περούμενοι, τοῦ Σταυροῦ  
οἱ Ἀθληταί, παρανομίας θάλασσαν,  
ὑπέπλευσαν ἀβρόχως καὶ γαληνοῦς,  
λιμένας κατέλαβον, εὐσεβῶν κυβερνήται  
χρηματίζοντες.

**Στίχ.** Ἔδυν ἡ κεφαλὴ μου εἰς σχισμὰς  
ὀρέων, κατέβην εἰς γῆν, ἧς οἱ μοχλοὶ αὐτῆς  
κάτοχοι αἰώνιοι.

Κυρίου τοὺς Μάρτυρας, Κωνσταντῖνον  
εὐσεβῶς, καὶ τὸν κλεινὸν Θεόδωρον,  
Κάλλιστόν τε Βασσώην καὶ σὺν αὐτοῖς,  
τὸν μέγαν Θεόφιλον, καὶ τοὺς τούτων  
συνάθλους εὐφημήσωμεν.

**Στίχ.** Καὶ ἀναβήτω ἐκ φθορᾶς ἡ ζωὴ μου,  
πρὸς σέ, Κύριε, ὁ Θεός μου.

Ὡς ἄνθη ἡδύπνοα, ἐν λειμῶνι μυστικῶς,  
τῶν Ἀθλητῶν ἀνθήσαντες, τὴν Ἐκκλησίαν  
ἅπασαν νοητῆς, ὁσμῆς ἐπληρώσατε, τὸ  
δυσῶδες τῆς πλάνης ἀπελάσαντες.

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

**Theotokion.**

O all-blameless Theotokos, you give birth  
to a baby boy, who together with the Father is  
understood to be outside of time and before  
all ages, and who by His crucifixion renews  
the human race, which had grown old in sin  
at the advice of the author of evil. [SD]

**Canon for the Martyrs.**

From Menaion - - -

**Mode pl. 2. N/M (Perceiving the open sea.)**

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

Guided by the sail of the Cross, the  
athletes were kept dry while traversing  
the ocean of sin; and when they arrived at  
peaceful shelter, they became guides of the  
righteous. [un]

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

Let us righteously praise the Lord's  
Martyrs Constantine and the famous  
Theodore, Kallistos and Bassoes, along  
with the great Theophilos, and their other  
companion athletes. [un]

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

As fragrant flowers blossoming mystically  
in the prairie of the athletes, you have filled  
the whole Church with spiritual odor and  
have expelled the rotten stench of falsehood.

[un]

**Στίχ.** Καὶ ἔλθοι πρὸς σέ ἡ προσευχή μου  
πρὸς ναὸν τὸν ἅγιόν σου.

**Θεοτοκίον.**

Νομίμων σε ἄνευθεν, τῶν τῆς φύσεως  
Χριστέ, ὑπερφυῶς ἐκύησεν, ἡ Θεοτόκος  
Κόρη ὡς ἀληθῶς, νομίμως τοὺς Μάρτυρας,  
ἐναθλήσαντας πίστει στεφανώσαντα.

Τοῦ Τριωδίου - -

**Κανὼν Α' τοῦ Τριωδίου.**

**Ἦχος δ'.** Ως Ἰωνᾶν τὸν προφήτην.

**Στίχ.** Φυλασσόμενοι μάταια καὶ ψευδῇ,  
ἔλεον αὐτοῖς ἐγκατέλιπον.

Τὸν Ἰωνᾶν ἐν τῷ κήτει, ἡ σεμνὴ  
διασώζει νηστεία ποτέ. Νηστεύσωμεν οὖν  
ἐκ καρδίας, καὶ φύγωμεν ἐκείνην, τὴν ἐν  
γεέννῃ φθοράν.

**Στίχ.** Ὅσα ἠυξάμην ἀποδώσω σοι εἰς  
σωτηρίαν μου τῷ Κυρίῳ.

Οἱ Νινευῖται δὲ πάλιν, τὴν ὀργὴν  
τοῦ Θεοῦ μετεποίησαν, θερμῇ μετανοίᾳ  
καὶ πόθῳ, αὐτοὺς νῦν ἐκ πόθου, πάντες  
ζηλώσωμεν.

Δόξα.

Ἡ ἐνεστῶσα νηστεία, συγκαλεῖται  
ἡμᾶς εἰς μετάνοιαν· προσδράμωμεν, οὖν  
ἐκ πόθου, καὶ γινώμεν, τί τὸ δῶρον τῆς  
ἐγκρατείας ἐστίν.

Καὶ νῦν. **Θεοτοκίον.**

Ἡ ἀφράστως τεκοῦσα, τὸν Σωτῆρα τοῦ  
κόσμου, Χριστὸν τὸν Θεὸν ἡμῶν, αὐτὸν  
δυσωποῦσα μὴ παύσῃ, τὸ γένος ἅπαν  
σῶσαι τῶν ἀνυμνούντων σε.

**Ὁ Εἰρμός. Ἦχος δ'.**

Ὡς Ἰωνᾶν τὸν προφήτην, ἐλυτρώσω  
τοῦ κήτους, Χριστέ ὁ Θεός, κάμει τοῦ βυθοῦ

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

**Theotokion.**

The Mother of God and Maiden  
supernaturally conceived You against the  
natural laws, O Christ, who has indeed given  
the crowns to the Martyrs that righteously  
competed through faith. [un]

From Triodion - -

**Canon 1 from the Triodion.**

**Mode 4. (NM) O Christ my God.**

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

The holy Fast preserved Jonah in the  
whale: let us therefore fast with all our heart,  
and we shall escape destruction in Gehenna.

[KW]

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

Through their fervent repentance and  
their sorrow, the men of Nineveh turned God  
from His wrath. With the same sorrow and  
yearning let us all follow their example. [KW]

Glory.

The approaching Fast calls us to  
repentance: let us run the race with eager  
hearts, and learn what is the gift of abstinence.

[KW]

Both now. **Theotokion.**

In ways past speech thou hast borne  
Christ our God, the Saviour of the world;  
continually entreat Him to save all those who  
sing thy praises. [KW]

**Heirmos (NM). Mode 4.**

O Christ my God, Thou hast delivered  
Jonah the prophet from the whale: bring me

πταισμάτων, ἀνάγαγε καὶ σῶσόν με, μόνε  
φιλάνθρωπε.

### ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ  
σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου - -

### ΑΝΑΓΝΩΣΤΗΣ

**Μαρτυρικόν. Ἦχος βαρύς.**

Τῆς ἀθεότητος τῶν τυράννων  
καταφρονήσαντες, καὶ τῶν βασάνων  
τὸ ἄλγος παραβλεψάμενοι Ἅγιοι, τὴν  
πίστιν τὴν εἰς Χριστὸν οὐκ ἠρνήσασθε·  
διὸ ἱκετεύσατε τὸν φιλάνθρωπον Θεόν,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

**Συναξάριον.**

Τοῦ Μηναίου.

Τῇ Σ' τοῦ αὐτοῦ μηνός, μνήμη τῶν  
Ἁγίων Μαρτύρων, τῶν ἐν τῷ Ἀμορίῳ  
ἀθλήσαντων, Θεοδώρου, Κωνσταντίνου,

out also from the depth of my offences and  
save me, for Thou alone lovest mankind. [KW]

### 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.**

O holy Martyrs, you disdained the  
godlessness of the tyrants, you overlooked the  
pain of torture, and you did not renounce the  
faith in Christ. Therefore entreat our God who  
loves humanity to save our souls. [SD]

**Synaxarion.**

From the Menaion.

On March 6, we commemorate the  
holy Martyrs who witnessed in Amorion:  
Theodore, Kallistos, Theophilos, Bassoes, and  
those with them.

Καλλίστου, Θεοφίλου, Βασώη, καὶ τῶν σὺν αὐτοῖς.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἀρκαδίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Ἡσυχίου τοῦ Θαυματουργοῦ.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Εὐφρόσυνος, ὕδωρ κοχλάζον ποτισθεὶς, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς εὐρέσεως τοῦ τιμίου Σταυροῦ ὑπὸ τῆς μακαρίας Ἑλένης.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς εὐρέσεως τῶν τιμίων ἡλῶν.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Ἰουλιανός καὶ Εὐβουλος ξίφει τελειοῦνται.

Ταῖς τῶν σῶν Ἀγίων πρεσβείαις, ὁ Θεὸς ἐλέησον ἡμᾶς. Ἀμήν.

Τῆς Ὀκτωήχου ---

**ΧΟΡΟΣ**

**Ὡδὴ ζ'.**

**Κανὼν Σταυρώσιμος.**

**Ἦχος βαρύς. Ὁ Εἰρμός.**

**Στίχ.** Τῶν Πατέρων καὶ ἡμῶν Θεός, εὐλογητὸς εἶ.

Κάμινον Παῖδες, πυρίφλεκτον πάλαι, δροσοβολοῦσαν ὑπέδειξαν, ἕνα Θεὸν ἀνυμνοῦντες καὶ λέγοντες· ὁ ὑπερυψούμενος, τῶν Πατέρων Θεός, καὶ ὑπερένδοξος.

**Τροπάρια.**

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε ἡμᾶς τῇ δυνάμει σου.

Ἀπονὸν εὗρε, ζωὴν ὁ Προπάτωρ, σοῦ ἐκουσίως πονήσαντος, ἐπὶ Σταυροῦ καὶ νεκροῦ χρηματίσαντος, καὶ ὄφιν νεκρώσαντος, Ἰησοῦ Χριστὲ πολυέλεε.

On this day we commemorate our devout fater Arcadios.

On this day we commemorate devout Saint Hesychios the Wonder-worker.

On this day Saint Efphrosynos died when boiling water was poured down his throat.

On this day we commemorate the finding of the precious Cross by blessed St. Helen.

On this day we commemorate the finding of the precious nails.

On this day Saints Julian and Evoulos died by the sword.

By the intercessions of Your saints, 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 Jesus, very merciful Lord, when You voluntarily toiled on the Cross and became a dead man and put the serpent to death, our Forefather Adam found toil-free life. [SD]



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

Νόμου κατάρτας, λυτρούμεθα πάντες·  
ὁ Νομοδότης ὑψοῦται γάρ, ἐπὶ Σταυροῦ  
εὐλογίαν ἀέναον, καὶ χάριν καὶ ἔλεος, καὶ  
φθορᾶς πηγάζων ἀναίρεσιν.

**Στίχ.** Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς  
ἐποίησας ἡμῖν, καὶ πάντα τὰ ἔργα σου  
ἀληθινά, καὶ εὐθεῖαι αἱ ὁδοί σου, καὶ πᾶσαι αἱ  
κρίσεις σου ἀληθεῖς.

Ἐθελουσίους, ὁρμαῖς προχωροῦντες,  
πρὸς τὰς βασάνους οἱ Μάρτυρες, τὸν  
ἐκουσίως παθόντα εἰκόνιζον· ὅφ' οὗ  
στεφανούμενοι, τοῖς Ἀγγέλοις νῦν  
συγχορεύουσι.

**Στίχ.** Καὶ κρίματα ἀληθείας ἐποίησας  
κατὰ πάντα, ἃ ἐπήγαγες ἡμῖν.

Σῶμα προδόντες, ποικίλαις βασάνοις,  
ταῖς τῶν αἱμάτων προσχύσεσι, τοὺς  
ἄσωμάτους ἐχθροὺς ἀπεπνίξατε,  
πανεύφημοι Μάρτυρες, καὶ πηγὰς ἰάσεων  
βλύζετε.

**Στίχ.** Καὶ ἐπὶ τὴν πόλιν τὴν ἁγίαν τὴν  
τῶν Πατέρων ἡμῶν Ἱερουσαλήμ.

### **Θεοτοκίον.**

Πῶς οὐ πενθήσω, γλυκύτατον Τέκνον,  
ἐπὶ Σταυροῦ θεωροῦσά σε; πῶς οὐ  
θρηνήσω, ἀδίκως σου πάσχοντος, Κριτὰ  
δικαιοσύνη; ἡ Παρθένος Μήτηρ ἐφθέγγετο.

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

We have all been delivered from the curse  
of the Law; for the Giver of the Law was  
lifted on the Cross, and He became the source  
perpetual blessing, grace and mercy, and the  
destruction of corruption. [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 Martyrs proceeded to the tortures  
with voluntary effort, and emulated Him  
who voluntarily suffered. They were crowned  
by Him, and they now join chorus with the  
angels. [SD]

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

O all-praised Martyrs, you delivered  
your own bodies to divers tortures, and in the  
pools of your blood you drowned the bodiless  
enemies. And now you pour out fountains of  
cures. [SD]

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

### **Theotokion.**

The Virgin Mother said, "How can I not  
grieve, seeing You on the Cross, O sweetest  
Child of mine! How can I not lament, as You  
are suffering unjustly, O most righteous  
Judge! [SD]

### Κανὼν τῶν Μαρτύρων.

Τοῦ Μηναίου - -

**Ἦχος πλ. β'.** Δροσοβόλον μὲν τὴν κάμινον.

**Στίχ.** Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς  
τῶν Πατέρων ἡμῶν, καὶ ὑπερύμνητος καὶ  
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Μετὰ χρόνιον εἰρκτὴν οἱ τεσσαράκοντα,  
καὶ δύο Χριστοῦ Μάρτυρες, τῆς τοῦ  
σώματος φυλακῆς λυθέντες ὡς αὐτοῦ,  
φυλάξαντες νόμους ἀληθεῖς, φύλακες  
ᾧφθησαν ἡμῶν, οἰκοῦντες τοὺς οὐρανούς.

**Στίχ.** Καὶ εὐλογημένον τὸ ὄνομα τῆς  
δόξης σου τὸ ἅγιον, τὸ ὑπερύμνητον καὶ  
ὑπερυψούμενον εἰς τοὺς αἰῶνας.

Αἰχμαλώτους θεῖους παῖδας  
ἐμιμήσασθε, τρεῖς τοὺς ἐν Βαβυλῶνι ποτέ,  
ὡς αἰχμάλωτοι ἀπαχθέντες, χώραν εἰς  
μακράν, καλλίνικοι Μάρτυρες, ἐν ἧ τὸν  
πολυτάραχον ἐχθρὸν ἠχμαλωτεύσατε.

**Στίχ.** Εὐλογημένος εἶ ἐν τῷ ναῷ  
τῆς ἀγίας δόξης σου, ὁ ὑπερύμνητος, καὶ  
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Πρείθοις αἵματος ὑμῶν τῆς  
ματαιότητος, χειμάρρους ἐξηράνατε,  
ποταμίους δὲ ἐμβληθέντες ῥεύμασι Σοφοί,  
πρὸς ὕδωρ μετέβητε ζωῆς, ἐποχετεύοντες  
ἡμῖν, ἀθανασίας κρουνοῦς.

**Στίχ.** Εὐλογημένος εἶ ὁ βλέπων  
ἀβύσσους, ὁ καθήμενος ἐπὶ τῶν Χερουβείμ,  
ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς  
αἰῶνας.

### Θεοτοκίον.

Τόμος Ἀχραντε καινότατος ὑπάρχουσα,  
τὸν Λόγον ἐγγραφόμενον, ἐν σοὶ  
ἔσχηκας, τὸν ἐν βίβλῳ ζώντων τοὺς

### Canon for the Martyrs.

From Menaion - -

**Mode pl. 2.** N/M (Once the Angel.)

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

After being incarcerated for many years,  
the Forty-two Martyrs of Christ, who had  
held to His true statutes, were freed from the  
prison of the flesh and became our custodians,  
while living in the Heavens. [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]

As captives taken away into a far away  
country, you imitated the three godly Youths  
who were prisoners in ancient Babylon,  
O righteous and victorious Martyrs; and  
therefore you defeated the most hostile  
adversary. [un]

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

O prudent Saints, by the trickling of your  
blood, you made the rivers of conceit go dry;  
and thrown into the currents of the river, you  
came into the water of life, causing springs of  
immortality to spurt forth for our sake. [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.

You, O pure one, are the tome of a new  
book having inscribed in you the Word, Who  
has etched into the Book of Life the divine

αὐτοῦ, ἐγγράψαντα θεῖους Ἀθλητάς, τὰ γεγραμμένα ἐμμελῶς ἀποπληρώσαντα.

Τοῦ Τριωδίου - - -

**Κανὼν Α' τοῦ Τριωδίου.**

**Ἦχος δ'.** Ὁ τῶν Πατέρων Θεός.

**Στίχ.** Εὐλογημένος εἶ ὁ ἐπὶ θρόνον δόξης τῆς βασιλείας σου, ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Γενώμεθα καὶ ἡμεῖς, ὡς ὁ Δανιὴλ ἐκεῖνος, ὁ τοὺς λέοντας ποτέ, διὰ νηστείας ἐν λάκκῳ, ἐξημερώσας βρύχοντας.

**Στίχ.** Εὐλογημένος εἶ ἐν τῷ στερεώματι τοῦ οὐρανοῦ, ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Τοὺς νεανίας τοὺς τρεῖς, ζηλώσωμεν ἐν φόβῳ, ἵνα φύγωμεν, καὶ τὸ πῦρ τῆς γεέννης, ὡς οὗτοι τὴν Βαβυλῶνος κάμινον.

Δόξα.

Νηστεύσωμεν καὶ ἡμεῖς, ἐν καθαρᾷ τῇ καρδίᾳ, καὶ ἀγνίσωμεν σῶμα, καὶ ὅλον ὅλως τὸ πνεῦμα, Θεῷ καθιερώσωμεν.

Καὶ νῦν. **Θεοτοκίον.**

Παρθενομήτορ Ἀγνή, τὸν ἐκ σοῦ σαρκωθέντα, προαίωιον Λόγον, ἐκδυσωποῦσα μὴ παύση, σωθῆναι τὰς ψυχὰς ἡμῶν.

**ᾠδὴ η'.**

**Κανὼν Α' τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἦχος δ'.** Τὸν βασιλέα Χριστόν.

**Στίχ.** Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε εἰς τοὺς αἰῶνας.

Τὸν Βασιλέα Χριστόν, ὃν ὠμολόγησαν οἱ αἰχμάλωτοι Παῖδες, ἐν τῇ καμίνῳ λέγοντες μεγάλη τῇ φωνῇ. Πάντα τὰ ἔργα ὑμνεῖτε ὡς Κύριον.

athletes who conscientiously completed what He has written. [un]

From Triodion - - -

**Canon 1 from the Triodion.**

**Mode 4. (NM) O God of our fathers.**

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

Let us become like Daniel, who through fasting tamed the roaring lions in their den.

[KW]

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

With fear let us emulate the three Children, and so escape from the fire of Gehenna as they escaped from the Babylonian furnace. [KW]

Glory.

Let us fast with a pure heart; let us sanctify our body and consecrate our whole spirit entirely to God. [KW]

Both now. **Theotokion.**

O pure Virgin Mother, from thee the pre-eternal Word took flesh: never cease to pray to Him for the salvation of our souls. [KW]

**Ode viii.**

**Canon 1 from the Triodion.**

From Triodion - - -

**Mode 4. (NM) The Children, prisoners.**

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

The Children, prisoners in the furnace, confessed Christ the King, crying with a loud voice: O all ye works of the Lord, praise ye the Lord. [KW]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Νηστεύσας πρὶν Ἰωσήφ, μίξιν ἔφυγε  
παρὰ νόμου γυναιίου, καὶ βασιλείας ἔτυχε·  
διὸ καὶ ἡμεῖς σβέσωμεν, διὰ νηστείας τὰ  
πεπυρωμένα βέλη, τοῦ ἐχθροῦ Βελίαρ.

**Στίχ.** Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου,  
τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν  
εἰς τοὺς αἰῶνας.

Διὰ νηστείας Δαυῖδ, νίκην ἐστήσατο  
κατὰ τοῦ ἀλλοφύλου, καὶ βασιλείαν εὗρατο·  
διὸ καὶ ἡμεῖς λάβωμεν, δι' ἐγκρατείας νίκην  
κατ' ἐχθρῶν καὶ ἐν Κυρίῳ στεφανωθῶμεν.

**Στίχ.** Εὐλογεῖτε, Ἄγγελοι Κυρίου,  
οὐρανοὶ Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ  
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

### **Θεοτοκίον.**

Τὸν Βασιλέα Χριστόν, ὃν ἡμῖν ἔτεκεν  
ἡ Παρθένος Μαρία καὶ μετὰ τόκον ἔμεινε  
παρθένος ἀγνή, πάντα τὰ ἔργα ὑμνεῖτε τὸν  
Κύριον.

Τοῦ Τριωδίου - - -

### **Κανὼν Β' τοῦ Τριωδίου.**

**Ἦχος β'.** Τὸν ἐν καμίνῳ τοῦ πυρός.

**Στίχ.** Εὐλογεῖτε, ὕδατα πάντα τὰ  
ὑπεράνω τῶν οὐρανῶν, πᾶσαι αἱ Δυνάμεις  
Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε  
αὐτὸν εἰς τοὺς αἰῶνας.

Σταυροφανῶς ὁ Μωϋσῆς, τὰς παλάμας  
ἀνυψῶν ἐπὶ τοῦ ὄρους, τοὺς ἐχθροὺς  
ἐτροποῦτο, σὺ δὲ Σωτὴρ ἐν Σταυρῷ,  
τὰς χεῖρας ἐκτείνας ἐνέκρωσας, τὴν  
ὀλεθροτόκον, τοῦ Αἰδου τυραννίδα.

Glory to You, our God, glory to You.

Because he had fasted, Joseph fled from  
intercourse with the sinful woman and  
was granted royal power. Through fasting,  
then, let us also quench the fiery arrows of  
Beelzebub the enemy. [KW]

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

Because he had fasted, David gained the  
victory over the Philistine 5 and obtained a  
kingdom. Through abstinence, then, let us  
also gain the victory over our enemies, and  
we shall be crowned by the Lord. [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.**

For us the Virgin Mary has borne Christ  
the King, while still remaining a pure virgin  
after childbirth. O all ye works of the Lord,  
praise ye the Lord. [KW]

From Triodion - - -

### **Canon 2 from the Triodion.**

**Mode 2. (NM) God came down to the children.**

**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]

Upon the mountain Moses raised his arms  
in the form of a Cross and put the enemy to  
flight; and Thou, O Saviour, stretching out  
Thine hands upon the Cross, hast put to death  
the all-destructive tyranny of hell. [KW]

**Στίχ.** Εὐλογεῖτε, ἥλιος καὶ σελήνη,  
ἄστρο τοῦ οὐρανοῦ, τὸν Κύριον· ὑμνεῖτε καὶ  
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ἦλοις παγεῖς ἐπὶ Σταυροῦ, καὶ  
πλευρὰν διανυγείς, Χριστὲ Σωτὴρ μου,  
τῆς κατάρας ἐρρύσω τοὺς γηγενεῖς, καὶ  
χαρὰς ἀλήκτου, μετόχους ἀνέδειξας· ὅθεν  
εὐλογοῦμεν, τὴν σὴν φιλανθρωπίαν.

**Στίχ.** Εὐλογεῖτε, πάντα τὰ πετεινὰ τοῦ  
οὐρανοῦ, τὰ θηρία καὶ πάντα τὰ κτήνη, τὸν  
Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς  
τοὺς αἰῶνας.

Τῆς ἐγκρατείας ὁ καιρὸς, ἀνατείλας  
νοητῶς καταφωτίζει, τῆς ψυχῆς τὰς  
αἰσθήσεις, καὶ παθῶν τὴν ἀχλὺν ἐλαύνει·  
διὸ ἀσπασώμεθα, τοῦτον ἐκ καρδίας,  
Χριστόν ὑπερυψοῦντες.

**Στίχ.** Εὐλογεῖτε, υἱοὶ τῶν ἀνθρώπων,  
εὐλογεῖτω Ἰσραὴλ τὸν Κύριον· ὑμνεῖτε καὶ  
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Πάθη ὀλέθρια ψυχῆς, ἡδονὰς  
θανατηφόρους νηστεία θανατοῖ, καὶ τῷ  
ὄντι ἐν καταστάσει ποιεῖ, καρδίας ὁρμὰς καὶ  
κινήματα· ταύτην οὖν ἐν πίστει, δεξώμεθα  
προθύμως.

**Στίχ.** Εὐλογεῖτε, Ἱερεῖς Κυρίου, δοῦλοι  
Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε  
αὐτὸν εἰς τοὺς αἰῶνας.

Οὐχὶ νηστείας ἀπαρχήν, τὴν παροῦσαν  
ἱερὰν πιστοὶ ἡμέραν, ἐπιστάμενοι,  
ταύτην εἰλικρινεῖ λογισμῷ, τιμῶμεν, ἀλλ'  
εἴσοδον λέγοντες, καὶ τῶν τῆς νηστείας,  
παρείσβασιν προθύρων.

**Στίχ.** Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ  
Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν

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

O Christ my Saviour, Thou wast nailed  
to the Cross and Thy side was pierced; and so  
Thou hast delivered from the curse those born  
on earth, making them sharers in unending  
joy. Therefore we bless Thy love for mankind.

[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]

The season of abstinence has dawned, and  
spiritually it illumines the senses of the soul,  
driving away the darkness of the passions.  
Let us, then, accept it with our whole heart,  
exalting Christ 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]

Fasting kills the passions that destroy  
the soul and the pleasures that bring death  
upon us, and it sets in order the impulses and  
movements of the heart. With faith, then, let  
us eagerly accept the Fast. [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]

Let us the faithful in sincerity honour  
the present holy day, regarding it, not as the  
firstfruits of the Fast itself, but as the entry  
and forecourt that precedes the Fast. [KW]

**Verse:** Bless the Lord, O spirits and souls of  
the righteous, O holy ones and humble in heart,



Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

**Θεοτοκίον.**

Ἄνοιξον κρούουσιν ἡμῖν, καὶ τὸ ἔλεος, τὸ σὸν προσκαλουμένοις, ταχινὴ τῶν ἀνθρώπων καταφυγὴ καὶ στερεὰ, ἐν πᾶσι Παρθένε βοήθεια, καὶ τῶν ἐν ἀνάγκαις βεβαία προστασία.

**Κανὼν Γ' τοῦ Τριωδίου**

Τοῦ Τριωδίου - -

**Ἦχος β'.** Τὸν ἐν τῇ βάτῳ Μωσῆ.

**Στίχ.** Εὐλογεῖτε, Ἀνανία, Ἀζαρία, καὶ Μισαήλ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ἀναρτηθεὶς ἐν Σταυρῷ, ὁ τῶν ὅλων Δεσπότης, τὸν Ἀδὰμ σὺν τῇ Εὐᾶ, πάλιν ἀνεκαλέσω, καὶ ἐν τῷ Παραδείσῳ Χριστέ Σωτὴρ εἰσηξας, σὲ ἀνυμνολογοῦσιν, εἰς πάντας τοὺς αἰῶνας.

**Στίχ.** Εὐλογεῖτε, Ἀπόστολοι, Προφῆται, καὶ Μάρτυρες Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Σοῦ ὑψωθέντος Χριστέ, ἐν Σταυρῷ ἐκουσίως, αἱ αὐγαὶ τοῦ ἡλίου, συνεστάλησαν φόβῳ, καὶ ἔδυ ἡ ἡμέρα· ὅθεν ὁ Ληστής σὲ Θεὸν καθωμολόγει, εἰς πάντας τοὺς αἰῶνας.

**Δόξα. Τριαδικόν.**

Ἴσον Πατρὶ τὸν Υἱόν, καὶ τὸ ἅγιον Πνεῦμα, πεπιστεύκαμεν εἶναι, τὴν ἁγίαν Τριάδα, ἐν Θεότητι μιᾷ, ἣν πίστει προσκυνοῦμεν, τὸ τοῦ Ἀρείου δόγμα, αἰεὶ καταπατοῦντες.

**Καὶ νῦν. Θεοτοκίον.**

Πῶς σε ὑμνήσω ὥς δεῖ, Θεοτόκε Παρθένε, δυσωδῶν ἁμαρτιῶν ἐγὼ νῦν ὁ

and exalt Him beyond measure, unto all the ages.

[SAAS]

**Theotokion.**

Open unto us, O Virgin, when we knock and call upon thy mercy, for thou art the speedy refuge of mankind and our firm help in all things, and the sure protection of those in distress. [KW]

**Canon 3 from the Triodion.**

From Triodion - -

**Mode 2. (NM) The Lord of old foreshadowed.**

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

Nailed to the Cross, O Master of all, Christ our Saviour, Thou hast called back Adam and Eve, leading them into Paradise once more; and they sing Thy praises for ever.

[KW]

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

When Thou wast lifted of Thine own will upon the Cross, O Christ, the rays of the sun drew back in fear and the day became dark; therefore the thief confessed Thee as God for ever. [KW]

**Glory. For the Trinity.**

We believe that the Son and Holy Spirit are equal to the Father; and with faith we worship the Holy Trinity in one Godhead, ever trampling underfoot the teaching of Arius. [KW]

**Both now. Theotokion.**

Darkened by the filth of sin, how shall I sing thy praises as I ought, O Virgin



σκοτεινός; ἀλλ' οὖν Ὑπεραγία, σύγγνωθί μοι τῇ τόλμῃ, τοῦ πενιχροῦ μου ἔπους.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Σταυρὲ πιστῶν ἡ ἐλπίς, Βασιλέων τὸ ὄπλον, Ἰερέων ἡ δόξα, Μοναζόντων τὸ σθένος, τῇ σῇ δυνάμει πάντας, τοὺς σὲ δοξολογοῦντας, σῶζε εἰς αἰῶνας.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.*

### **Ὁ Εἰσμός. Ἦχος β'.**

Τὸν ἐν τῇ βάτῳ Μωσῇ, τῆς Παρθένου τὸ θαῦμα, ἐν Σιναίῳ τῷ ὄρει, προτυπώσαντά ποτε, ὑμνεῖτε, εὐλογεῖτε, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

### **ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

### **ΧΟΡΟΣ**

**Ὡδὴ θ'.**

**Μεγαλυνάριον. Ἦχος δ'.**

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

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

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

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,

Theotokos? Forgive, then, O Most Holy, the boldness of my poor song. [KW]

*Glory to You, our God, glory to You.*

O Cross, hope of the faithful, weapon of kings, glory of priests, strength of monks, save for ever by thy might all those who sing thy praises. [KW]

*We praise and we bless and we worship the Lord.*

### **Heirmos. Mode 2.**

Within the bush once, the Lord \* on Mount Sinai prefigured \* unto Moses the virgin Maiden's miracle of old.\* Extol Him as you bless Him, \* and exalt supremely, \* unto all the ages. [SD]

### **DEACON**

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

### **CHOIR**

**Ode ix.**

**Megalynarion. Mode 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

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

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

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

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

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

**Στίχ.** Καθεῖλε δυνάστας ἀπὸ θρόνων,  
καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν  
ἀγαθῶν, καὶ πλουτοῦντας ἐξάπέστειλε  
κενοῦς.

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

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

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

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

**Ὡδὴ θ'.**

**Κανὼν Α' τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἦχος δ'.** Μεγαλύνομεν πάντες.

**Στίχ.**

Μεγαλύνομεν πάντες, τὴν  
φιλανθρωπίαν σου, Κύριε Σωτὴρ ἡμῶν,  
ἡ δόξα τῶν δούλων σου, καὶ στέφανος  
τῶν πιστῶν, ὁ μεγαλύνας τὴν μνήμην τῆς  
τεκούσης σε.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Μωϋσῆς ἐν Αἰγύπτῳ, θάλασσαν  
διέρρηξε, καὶ λαὸν διήγαγε, καὶ τοῦτον  
ἔθρεψεν, ἐν ἐρήμῳ ἀβάτῳ, διὰ νηστείας  
ἐκτελῶν τεράστια.

**Στίχ.** Εὐλογητὸς Κύριος ὁ Θεὸς τοῦ  
Ἰσραὴλ, ὅτι ἐπεσκέψατο καὶ ἐποίησε  
λύτρωσιν τῷ λαῷ αὐτοῦ.

Ἰησοῦς ὁ τοῦ Ναυῆ, διὰ τῆς ἐγκρατείας  
λαὸν καθηγίασε, καὶ ἐκληροδότησεν, εἰς  
γῆν ἐπαγγελίας, τὸν Ἰορδάνην διαβιβάσας  
τὸ πρότερον.

**Στίχ.** Καὶ ἤγειρε κέρασ σωτηρίας ἡμῖν,  
ἐν οἴκῳ Δαυῖδ τοῦ παιδὸς αὐτοῦ.

**Θεοτοκίον.**

Χαῖρε πάνσεμνε Ἀγνή, παρθενίας  
τὸ καύχημα, Ἀγγέλων τὸ στήριγμα,  
ἀνθρώπων βοήθεια, κόσμου ἡ χαρά, Μαρία,  
καὶ Μήτηρ, καὶ δούλη τοῦ Θεοῦ ἡμῶν.

Τοῦ Τριωδίου ---

**Κανὼν Β' τοῦ Τριωδίου.**

**Ἦχος β'.** Τὸν ἐκ Θεοῦ Θεὸν Λόγον.

**Στίχ.** Καθὼς ἐλάλησε διὰ στόματος τῶν  
ἀγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.

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

**Ode ix.**

**Canon 1 from the Triodion.**

From Triodion ---

**Mode 4.** (NM) *We all magnify Thy love.*

**Verse:**

We all magnify Your love for humanity,  
O Lord our Savior. You are the glory of Your  
servants, the crown of the believers. You  
magnified the memory of You Mother. [SD]

*Glory to You, our God, glory to You.*

Performing miracles through fasting,  
Moses parted the sea in Egypt and led the  
people through it, and he fed them in the  
untrodden wilderness. [KW]

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

Through abstinence Joshua the son of  
Nun sanctified the people and brought them  
across the Jordan, giving them the promised  
land as their inheritance. [KW]

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

**Theotokion.**

Hail, Mary pure and worthy of all  
veneration, glory of virginity, strength of  
the angels, defence of men, joy of the world,  
Mother and Handmaiden of our God. [KW]

From Triodion ---

**Canon 2 from the Triodion.**

**Mode 2.** (NM) *God, the Word from God.*

**Verse:** *As he spoke by the mouth of his holy  
prophets from of old. That we should be saved from*

Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς πάντων τῶν μισούντων ἡμᾶς.

Σταυρῷ τὰς θείας παλάμας ἐξαπλώσας, συνῆψας, τὰ πρῶην διεστῶτα Λυτρωτά, καὶ τῷ Πατρὶ τὴν κατάκριτον, μεσιτεύσας ὡς δῶρον, προσήγαγες οὐσίαν τῶν βροτῶν· διὰ τοῦτο ὑμνοῦμεν, τὴν ἄχραντόν σου Σταύρωσιν.

**Στίχ.** Ποιῆσαι ἔλεος μετὰ τῶν Πατέρων ἡμῶν, καὶ μνησθῆναι διαθήκης ἀγίας αὐτοῦ.

Ἡ τῆς ἀγίας Νηστείας, ἐπιλάμψασα χάρις, ἀκτῖνας ἐπαφίησιν ἡμῖν, προκαθαιρούσας παλίρροϊαν λογισμῶν, καὶ τοῦ κόρου, τὸ σκότος ἐλαυνούσας· οἱ πιστοί, διὰ τοῦτο προθύμως, ταύτην ὑποδεξώμεθα.

**Στίχ.** Ὁρκον, ὃν ᾤμοσε πρὸς Ἀβραὰμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Ἡ φωτοφόρος Νηστεία, χαρισμάτων ἐνθέων, κρατῆρα συγκεράσασα ἡμῖν, σήμερον πᾶσι προδείκνυσιν, ὡς βουλόμενοι τούτων μεθέξειν, εἰς ὠφέλειαν ψυχῆς, τῷ Δεσπότη τῶν ὅλων, συμπρᾶξαι δυσωπήσωμεν.

**Στίχ.** Λατρεύειν αὐτῷ ἐν ὁσιότητι καὶ δικαιοσύνῃ ἐνώπιον αὐτοῦ, πάσας τὰς ἡμέρας τῆς ζωῆς ἡμῶν.

Ἦλοις τῶν θείων χειρῶν σου, προσηλώσας Οἰκτίρμον, ἡμῶν τὰς ἀμαρτίας ἐν Σταυρῷ, Λόγχῃ πλευράς σου διέροξας, πονηρὰ γραμματεῖα, σφαλμάτων καὶ πταισμάτων χαλεπῶν· διὰ τοῦτο ὑμνοῦμεν, τὴν ἄχραντόν σου Σταύρωσιν.

our enemies, and from the hand of all who hate us.

[RSV]

Stretching out Thy divine hands upon the Cross, Thou hast joined together that which before was divided, and by Thy mediation Thou hast offered as a gift to the Father the nature of mortal man, that was under condemnation. [KW]

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

The grace of the holy Fast has begun to shine upon us, cleansing our unstable thoughts and driving away the darkness of our surfeiting. Let us, then, accept this grace with eager faith. [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]

Bringer of light, the Fast has mixed for us a cup filled with God's gifts of grace, which on this day of preparation it shows to all of us. If we wish to have a share in this grace for our soul's salvation, let us pray to the Master of all to lend us His aid. [KW]

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

With the nails that pierced Thy divine hands, O compassionate Lord, Thou hast nailed our sins to the Cross. With the spear that wounded Thy side Thou hast torn in pieces the bitter record of our transgressions. Therefore we sing the praises of Thy sinless Crucifixion. [KW]

**Στίχ.** Καὶ σύ, Παιδίον, Προφήτης  
Υψίστου κληθήσῃ· προπορεύσῃ γὰρ πρὸ  
προσώπου Κυρίου ἐτοιμάσαι ὁδοὺς αὐτοῦ.

Τῶν ἀρετῶν ἡ καλλίστη, ἐξανοίγεται  
τρίβος, τὸ στάδιον τῶν θείων Νηστειῶν,  
παῖσιν ἰδοὺ εὐτρεπίζεται· οἱ ἀθλῆσαι  
νομίμως, βουλόμενοι αἰτήσατε Χριστόν,  
εἰρηναῖον ἐξ ὕψους, καιρὸν ἡμῖν  
δωρήσασθαι.

**Στίχ.** Τοῦ δοῦναι γινῶσιν σωτηρίας τῷ  
λαῷ αὐτοῦ, ἐν ἀφέσει ἀμαρτιῶν αὐτῶν, διὰ  
σπλάγχνα ἐλέους Θεοῦ ἡμῶν.

**Θεοτοκίον.**

Τῇ ὀξυτάτῃ πρεσβείᾳ, τῇ ἀγρύπνῳ σου  
σκέπῃ, τῇ κραταιᾷ σου Δέσποινα ἀγνή,  
νῦν βοηθεία συντήρησον, τοὺς πιστοὺς σου  
οἰκέτας, ἐκ πάσης ἐναντίας προσβολῆς, καὶ  
παθῶν καὶ πταισμάτων, καὶ πειρασμῶν  
διάσωσον.

**Κανὼν Γ' τοῦ Τριωδίου**

Τοῦ Τριωδίου ---

**Ἦχος β'.** Τὴν ὑπερφυῶς σαρκί.

**Στίχ.** Ἐν οἷς ἐπεσκέψατο ἡμᾶς ἀνατολὴ  
ἐξ ὕψους, ἐπιφᾶναι τοῖς ἐν σκότει καὶ σκιᾷ  
θανάτου καθημένους.

Ἐν τῷ ξύλῳ τοῦ Σταυροῦ, ἐκουσίως  
προσπαγεῖς, πάντας ἡμᾶς ἐρρύσω, τῆς  
κατάρας τοῦ νόμου· διό σε κατὰ χρέος  
μεγαλύνομεν Χριστέ.

**Στίχ.** Τοῦ κατευθῦναι τοὺς πόδας ἡμῶν  
εἰς ὁδὸν εἰρήνης.

Πάντες προσκυνοῦμέν σου, τὰ  
παθήματα Σωτήρ, ἅπερ ἐκὼν ἐδέξω, ἵνα  
ἐλευθερώσῃς, τὸ γένος τῶν ἀνθρώπων, τῆς  
δουλείας τοῦ ἐχθροῦ.

**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 path of holiness lies open before us  
today. See, the arena of the Fast is made ready  
for us all. Striving lawfully for the prize, let  
us pray to Christ to grant us from on high a  
peaceful Lenten season. [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.**

Through thy watchful intercession,  
through thine unsleeping protection, through  
thy powerful defence, pure Lady, keep thy  
faithful servants from all attacks of the enemy,  
and guard them from passions and stumbling  
and temptation. [KW]

**Canon 3 from the Triodion.**

From Triodion ---

**Mode 2. (NM)** With faith let us magnify.

**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]

Crucified of Thine own will upon the  
Cross, O Christ, Thou hast delivered us from  
the curse of the law. Therefore, as is right, we  
magnify Thee. [KW]

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

All of us venerate Thy sufferings, O  
Saviour, which Thou hast willingly accepted  
in order to deliver man from the bondage of  
the enemy. [KW]



Δόξα. **Τριαδικόν.**

Αἰδίως ὁ Πατήρ, καὶ ἀρρεύστως τὸν  
Υἱόν, ἐγέννησε, καὶ Πνεῦμα ἐκπεπόρευκεν·  
ὁθεν, ἀμέριστος πέλει, καὶ ὁμότιμος Τριάς.

Καὶ νῦν. **Θεοτοκίον.**

Νέμειν τὴν συγχώρησιν, τῶν  
πταισμάτων Μαρία, ὑπερευλογημένη, τὸν  
ἐκ σοῦ σαρκωθέντα, ἱκέτευε Σωτῆρα, ἡμῖν  
τοῖς ἁμαρτωλοῖς.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τοὺς ἀσπαζομένους σε, τῇ δυνάμει σου  
Σταυρέ, τὸν τῆς νηστείας χρόνον, διελθεῖν  
ἐν εἰρήνῃ, ἀξιώσον καὶ ῥῦσαι, τῆς δουλείας  
τοῦ ἐχθροῦ.

**Ὁ Εἰμός. Ἦχος β'.**

Τὴν ὑπερφυῶς σαρκί, συλλαβοῦσαν  
ἐν γαστρὶ, τὸν ἐκ Πατρὸς ἀχρόνως,  
προεκλάμψαντα Λόγον, ἐν ὕμνοις  
ἀσιγήτοις, μεγαλύνωμεν πιστοί.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν  
σε τὴν Θεοτόκον, τὴν ἀειμακάριστον  
καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ  
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ,  
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Glory. **For the Trinity.**

From all eternity and without undergoing  
change, the Father has begotten the Son  
and caused the Spirit to proceed; and so  
the Trinity remains undivided and equal in  
honour. [KW]

Both now. **Theotokion.**

O Mary most blessed, intercede with the  
Saviour who took flesh from thee, that He  
may grant to us sinners the remission of our  
trespasses. [KW]

*Glory to You, our God, glory to You.*

By thy power, O Cross, grant to those  
who venerate thee that they may pass the  
season of the Fast in peace, and deliver them  
from the bondage of the enemy. [KW]

**Heirmos (NM). Mode 2.**

With faith let us magnify the only  
Theotokos, for in ways surpassing nature she  
has conceived within her womb, according to  
the flesh, the Word that outside time shone  
forth from the Father. [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.)*



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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Ὡρολογίου ---

### ΧΟΡΟΣ

#### Φωταγωγικά Ἦχος βαρύς.

Δυνάμει τοῦ Σταυροῦ σου, Κύριε, φῶς  
κατάπεμψον ταῖς ψυχαῖς ἡμῶν, διὰ τὸ μέγα  
σου ἔλεος.

Πρεσβείαις Κύριε τῶν Ἀγίων, φῶς  
κατάπεμψον ταῖς ψυχαῖς ἡμῶν, διὰ τὸ μέγα  
σου ἔλεος.

Πρεσβείαις Κύριε τῆς Θεοτόκου, φῶς  
κατάπεμψον ταῖς ψυχαῖς ἡμῶν, διὰ τὸ μέγα  
σου ἔλεος.

### ΑΝΑΓΝΩΣΤΗΣ

#### Οἱ Αἶνοι. (διαβαστά) Ψαλμὸς PMH' (148).

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·  
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε  
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε  
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε  
αὐτόν ἡλῖος καὶ σελήνη, αἰνεῖτε αὐτόν  
πάντα τὰ ἄστρα καὶ τὸ φῶς. Αἰνεῖτε αὐτόν  
οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ  
ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν  
τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ

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 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

ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν. Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ πετεινὰ πτερωτὰ· βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου· ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῷ ἐγγίζοντι αὐτῷ.

### Ψαλμὸς ΡΜΘ'(149).

Ἀσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεῖσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν. Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πρᾶεῖς ἐν σωτηρίᾳ. Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν

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]

### Psalms 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]

αὐτοῖς κρῖμα ἔγγραπτον· δόξα αὕτη ἔσται  
πασι τοῖς ὁσίοις αὐτοῦ.

**Ψαλμὸς PN' (150).**

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,  
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως  
αὐτοῦ· αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις  
αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς  
μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτὸν ἐν ἤχῳ  
σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ  
καὶ κιθάρᾳ· αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ  
χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ·  
αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε  
αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα  
πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

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

**Δοξολογία (διαβαστά)**

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν,  
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ,  
καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν,  
καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς  
εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν  
σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε,  
δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ  
τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ,  
ἐπουράνιε Θεέ, Πάτερ παντοκράτορ·  
Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ  
Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς  
τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἰρὼν τὴν  
ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ  
αἰρὼν τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι  
τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ  
τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ  
μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς  
Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.

**Psalms 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

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,  
καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,  
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,  
καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ  
γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·  
ἴασαι τὴν ψυχὴν μου, ὅτι ἡμαρτόν σοι.  
Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με  
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός  
μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί  
σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός  
σου τοῖς γινώσκουσί σε. Καταξίωσον,  
Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους  
φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε,  
ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν  
καὶ δεδοξασμένον τὸ ὄνομά σου εἰς  
τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ  
ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν  
ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν  
με τὰ δικαιώματά σου. Εὐλογητὸς εἶ,  
Δέσποτα· συνέτισόν με τὰ δικαιώματά  
σου. Εὐλογητὸς εἶ, Ἄγιε· φώτισόν με τοῖς  
δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν  
αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.  
Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ  
δόξα πρόπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων. Ἀμήν.

#### ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν  
τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τὴν ἡμέραν πᾶσαν τελείαν, ἀγίαν,  
εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ  
Κυρίου αἰτησώμεθα.

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.

(Παράσχον, Κύριε.)

Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν,  
φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων  
ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Συγγνώμην καὶ ἄφεσιν τῶν ἁμαρτιῶν  
καὶ τῶν πλημμελημάτων ἡμῶν, παρὰ τοῦ  
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὰ καλὰ καὶ συμφέροντα ταῖς ψυχαῖς  
ἡμῶν καὶ εἰρήνην τῷ κόσμῳ, παρὰ τοῦ  
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὸν ὑπόλοιπον χρόνον τῆς ζωῆς ἡμῶν  
ἐν εἰρήνῃ καὶ μετανοίᾳ ἐκτελέσαι, παρὰ τοῦ  
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Χριστιανὰ τὰ τέλη τῆς ζωῆς ἡμῶν,  
ἀνώδυνα, ἀνεπαίσχυντα, εἰρηνικά, καὶ  
καλὴν ἀπολογία τὴν ἐπὶ τοῦ φοβεροῦ  
βήματος τοῦ Χριστοῦ αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

## ΙΕΡΕΥΣ

Ὅτι Θεὸς ἐλέους, οἰκτιρμῶν, καὶ  
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

(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.)



**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

**ΔΙΑΚΟΝΟΣ**

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ** (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ ταπεινὰ ἐφορῶν, καὶ τῷ παντεφόρῳ σου ὄμματι ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκκλίναμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου Ἄγιε Ἀγίων· ἔκτεινον τὴν χεῖρά σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλάνθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

Σὸν γὰρ ἐστὶ τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΧΟΡΟΣ**

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἰδιόμελον. Ἦχος α'.**

Βρωμάτων νηστεύουσα ψυχὴ μου, καὶ παθῶν μὴ καθαρεύουσα, μάτην ἐπαγάλλη τῇ ἀτροφίᾳ· εἰ μὴ γὰρ ἀφορμὴ σοι γένηται πρὸς διόρθωσιν, ὡς ψευδὴς μισεῖσαι παρὰ Θεοῦ, καὶ τοῖς κακίστοις δαίμοσιν ὁμοιοῦσαι, τοῖς μηδέποτε σιτουμένοις· μὴ οὖν ἀμαρτάνουσα, τὴν νηστείαν ἀχρειώσης, ἀλλ' ἀκίνητος, πρὸς ὁρμὰς ἀτόπους μένε, δοκοῦσα παρεστάναι ἐσταυρωμένῳ τῷ Σωτῆρι, μᾶλλον δὲ συσταυροῦσθαι, τῷ διὰ σὲ σταυρωθέντι, ἐκβοῶσα πρὸς αὐτόν·

**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 1.**

In vain do you rejoice in not eating, my soul! / You abstain from food, but are not purified from passions! / If you have no desire for improvement, / you will be despised as a lie in the eyes of God! / You will be compared to evil demons, who never eat! / If you continue in sin, you will perform a useless fast: / therefore, remain in constant warfare, / that you may stand before the crucified Savior, / or rather that you may be crucified with him who died for your sake: //



Μνήσθητί μου Κύριε, ὅταν ἔλθῃς ἐν τῇ βασιλείᾳ σου.

**Στίχ.** Πρὸς σὲ ἤρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ ἡμῶν πρὸς Κύριον τὸν θεὸν ἡμῶν, ἕως οὗ οἰκτερῆσαι ἡμᾶς.

Βρωμάτων νηστεύουσα ψυχὴ μου, καὶ παθῶν μὴ καθαρεύουσα, μάτην ἐπαγάλλῃ τῇ ἀτροφίᾳ· εἰ μὴ γὰρ ἀφορμὴ σοι γένηται πρὸς διόρθωσιν, ὡς ψευδὴς μισεῖσαι παρὰ Θεοῦ, καὶ τοῖς κακίστοις δαίμοσιν ὁμοιοῦσαι, τοῖς μηδέποτε σιτουμένοις· μὴ οὖν ἀμαρτάνουσα, τὴν νηστείαν ἀχρειώσης, ἀλλ' ἀκίνητος, πρὸς ὁρμὰς ἀτόπους μένε, δοκοῦσα παρεστάναι ἐσταυρωμένῳ τῷ Σωτῆρι, μᾶλλον δὲ συσταυροῦσθαι, τῷ διὰ σὲ σταυρωθέντι, ἐκβοῶσα πρὸς αὐτόν· Μνήσθητί μου Κύριε, ὅταν ἔλθῃς ἐν τῇ βασιλείᾳ σου.

### Μαρτυρικόν.

#### Ἦχος α'.

**Στίχ.** Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

Ὑμᾶς πανεύφημοι Μάρτυρες, οὐ θλίψις, οὐ στενοχωρία, οὐ λιμός, οὐ διωγμός, οὐδὲ μάστιγες, οὐ θυμὸς θηρῶν, οὐ ξίφος, οὐδὲ πῦρ ἀπειλοῦν, χωρίσαι Θεοῦ δεδύνηνται, πόθω δὲ μᾶλλον τῷ πρὸς αὐτόν, ὡς ἐν ἀλλοτρίοις ἀγωνισάμενοι σώμασι, τὴν φύσιν ἐλάθετε, θανάτου καταφρονήσαντες· ὅθεν καὶ ἐπαξίως τῶν

Remember me, Lord, when you come in your kingdom! [OCA]

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

In vain do you rejoice in not eating, my soul! / You abstain from food, but are not purified from passions! / If you have no desire for improvement, / you will be despised as a lie in the eyes of God! / You will be compared to evil demons, who never eat! / If you continue in sin, you will perform a useless fast: / therefore, remain in constant warfare, / that you may stand before the crucified Savior, / or rather that you may be crucified with him who died for your sake: // Remember me, Lord, when you come in your kingdom! [OCA]

### For the Martyrs.

#### Mode 1.

**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 Martyrs extolled in all the world, neither tribulation nor distress, neither persecution nor famine, neither flogging nor angry beasts, neither sword nor threat of fire, could separate you from God. Rather, moved by your love for Him, you competed as though you were not in your own bodies, and in scorning death you eluded nature.

πόνων ὑμῶν, μισθὸν ἐκομίσασθε, οὐρανῶν  
Βασιλείας κληρονόμοι γεγόνατε, ἀπαύστως  
προσβεύσατε ὑπὲρ τῶν ψυχῶν ἡμῶν.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**  
**Ἦχος α'.** *Τῶν οὐρανίων ταγμάτων.*

Αναρτηθέντα ὡς εἶδεν, ἐπὶ Σταυροῦ τὸν  
Ἀμνόν, ἡ ἄμωμος Παρθένος, θρηνηδοῦσα  
ἐβόα· Γλυκύτατον μου Τέκνον, τί τὸ καινόν,  
καὶ παράδοξον θέαμα; πῶς ὁ κατέχων τὰ  
πάντα ἐν τῇ δρακί, ἐπὶ ξύλου προσηλώθης  
σαρκί;

#### ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ  
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε· τοῦ  
ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν  
ἀλήθειάν σου κατὰ νύκτα.

#### ΑΝΑΓΝΩΣΤΗΣ

##### Τρισάγιον.

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

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,  
ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,  
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε,  
ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν,  
ἐνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

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

Therefore you have worthily received the  
reward for your labors, and you have become  
heirs of the kingdom of heaven. We pray you  
never cease interceding on behalf of our souls.

[SD]

Glory. Both now. **Stavrotheotokion.**  
**Mode 1.** *N/M (For the celestial.)*

The blameless Virgin cried out with tears/  
when she beheld the Lamb suspended on the  
Cross:/What is this new and fearful sight, my  
beloved Son? //How can the Creator of all be  
nailed to the wood in the flesh? [OCA]

#### PRIEST

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

#### READER

##### Trisagion Prayers.

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

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

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

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

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

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἀγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ  
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,  
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον  
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ  
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ  
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ  
εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι  
ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

### ΑΝΑΓΝΩΣΤΗΣ

Ἐν τῷ Ναῷ ἐστῶτες τῆς δόξης σου, ἐν  
οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη  
ἐπουράνιε, ἀνοιξον ἡμῖν τὴν θύραν τοῦ  
ἐλέους σου.

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

### ΙΕΡΕΥΣ

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν,  
πάντοτε, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας  
τῶν αἰώνων.

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς  
ἀρχοντας ἡμῶν στερέωσον· τὴν πίστιν

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

στήριξον· τὰ ἔθνη πράυνον· τὸν κόσμον  
εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἡ  
Μονήν) ταύτην καλῶς διαφύλαξον· τοὺς  
προαπελθόντας πατέρας καὶ ἀδελφούς  
ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς  
ἐν μετανοίᾳ καὶ ἑξομολογήσει παράλαβε,  
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

### Εὐχή τοῦ Ἁγίου Ἐφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ  
ἀργολογίας μὴ μοι δῶς.

Πνεῦμα δὲ σωφροσύνης,  
ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης  
χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ  
ὁρᾶν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν  
τὸν ἀδελφόν μου.

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

*Ἀναστάντες δὲ ἀρχόμεθα· "Δεῦτε  
προσκυνήσωμεν..." καὶ ψάλλομεν τὴν Α' Ὤραν.*

ἢ·

### ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων

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,

ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
όσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ  
σῶσον ἡμᾶς.

(Ἀμήν.)

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.)