

**eMatins powered by AGES**

# The Service of Matins

**for Friday, April 5, 2019**

**Triodion - Mode 3.  
on Friday Morning**

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

**Text in English**

## Sources

**VPA** Copyright © 2016 by Virgil Peter Andronache

**RB** Copyright © 2019 by Richard Barrett

**SD** Copyright © 2018 by Fr. Seraphim Dedes

**GKD** Copyright © 2017 by Geroge K. Duvall

**GOA** © The Greek Orthodox Archdiocese of America

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

**EL** Copyright Archimandrite Ephrem ©

**KW** © Metropolitan Kallistos Ware

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

**OCA** Copyright © 1996–2015. All rights reserved.

**JR** Copyright © 2014 by Fr. Juvenaly Repass

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

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

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

## Disclaimer

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

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

## AGES DCS Website

**This document was produced using the AGES Liturgical Workbench. For more information, contact AGES Initiatives: [info@agesinitiatives.org](mailto:info@agesinitiatives.org)**

**Triodion**

On Friday of the Fourth Week at Matins

Mode 3. On Friday Morning

**MATINS**

**CHOIR**

**Mode 3.**

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

**Triadic Hymns**

**Mode 3.**

Daring to glorify the unoriginate Father, the co-unoriginate Son, and the co-eternal Spirit, the one Godhead, we utter in the manner of the Cherubim: Holy, holy, holy are You, our God. By the power of Your Cross save us. [SD]

Glory.

O Trinity, consubstantial and undivided, O Unity, with three hypostases and co-eternal, to You as God we shout the hymn of the

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

Both now.

The Judge will arrive suddenly, and the actions of each of us will be laid bare. So, with fear, let us cry out in middle of the night: Holy, holy, holy are You, our God. Through the Theotokos have mercy on us. [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 13. There is no litany, but immediately the following:*

From Triodion - - -

**CHOIR**

**Kathisma I.**

**Kathisma I. For the Cross.**

**Mode 3.** *N/M (Seeing how beautiful.)*

Choosing to suffer crucifixion and death, in the midst of the created world, you endured these when You, O Savior, were well pleased to have Your body nailed to the Cross. Then the sun hid its rays; then the Robber, seeing You on the Cross, extolled You, and reverently cried out, "Remember me!" And he believed and received Paradise. [SD]

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

**Mode 3.**

O Lamb of God, you were lifted up onto a cross, made of cypress, pine and cedar, in order to save us, who in faith reverence Your voluntary crucifixion. O Christ our God, glory to You! [SD]

Glory. Both now. **Stavrotheotokion.**

**Mode 3.** *Seeing how beautiful.*

O tender-loving Lord, willingly You endured \* a very painful death by being crucified. \* And as Your Mother witnessed

it, O Christ, she was pricked in the heart. \*  
At her earnest prayers for us, \* O benevolent  
and humane \* Master in Your tender love \* and  
compassion take pity on us, \* and save the  
world, O merciful Savior \* who takes away the  
sin of the world. [SD]

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

## DEACON

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

## PRIEST

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

*(Amen.)*

## CHOIR

*From Triodion ---*

### **Kathisma II. From the Triodion.**

#### **Mode 4.**

Sanctifying the season of abstinence, the  
precious Cross stands here before us. As we  
venerate it today, let us cry aloud: O Master  
who lovest mankind, with its aid grant us in  
compunction to pass through the remainder

of the Fast, and so to behold Thy lifegiving  
Passion through which we are redeemed. [KW]

Glory. Both now. **Stavrotheotokion.**

#### **Mode 4.**

O Christ, begotten from the Father  
without beginning, when the Mother who  
bore Thee in the last days saw Thee hanging  
on the Cross, she cried out lamenting: 'Woe  
is me, my well-beloved Jesus! O my Son,  
glorified as God by the angels, how art Thou  
crucified now of Thine own will by lawless  
men? I sing Thy praises, O longsuffering  
Lord.' [KW]

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

## PRIEST

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

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

*(Amen.)*

**CHOIR**

From Triodion - - -

**Kathisma III. From the Triodion.**

**Mode 4.**

Beholding now the light of our souls, Thy holy Cross, O Christ, joyfully we venerate it and with gladness cry aloud: Glory be to Thee whose will it was to be raised upon the Cross; glory be to Thee who by the Cross hast given light to all creation. Through the Cross we glorify Thee in never-ceasing hymns. [KW]

Glory. Both now. **Stavrotheotokion.**

**Mode 4.**

When the Virgin Mother saw Thee raised upon the Cross, O Word of God, with a mother's grief she cried: 'What is this new and strange wonder, O my Son? How canst Thou suffer death, O Life of all? It is because in Thy compassion Thou dost will to bring the dead to life.' [KW]

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalms 50 (51).**

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

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

**PRIEST**

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

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

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

(Amen.)

From Triodion - - -

**CHOIR**

**Canon 1 from the Triodion.**

**Ode i. Mode pl. 4. Heirmos.**

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

The rod of Moses working wonders once submerged Phar'onic charioteers \* when it smote the waters \* in the figure of a cross \* and thereby split the sea in two; \* while it rescued on dry land \* wayfaring fugitive Israel, \* which to God resoundingly sang a song. [SD]

**Troparia.**

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

Come, today let us venerate the Cross of the Lord, approaching with pure minds and reverence. For it lies before us, and on those who show it honour it bestows hallowing and salvation, light and glory and mercy. [KW]

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

The lifegiving Cross lies before us, and from it shines the radiance of grace. Let us approach and receive salvation, forgiveness and the illumination of joy, as we offer praise unto the Lord. [KW]

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

A strange and marvellous sight is here before our eyes, the precious Cross. As a fountain it flows with gifts of grace for our soul; it causes sin to cease, destroys disease, and gives strength to the minds of those who approach it with sincerity. [KW]



Glory.

The rod of Moses which parted the sea prefigures the ensign of the Cross. Setting our faith in the Cross, we sail without drowning through the troubled sea of life; we escape from all the currents of sin and attain the calm and peace of God. [KW]

Both now. **Stavrotheotokion.**

'When mysteriously I bore Thee, O my Son, I felt no pains of childbirth. How is it, then, that I am now entirely overwhelmed by pain?' said the Holy Virgin weeping. 'Thou hast hung the earth without support upon the waters, yet now I see Thee hanging as a malefactor on the Cross.' [KW]

**Ode iii.**

**Canon 1 from the Triodion.**

From Triodion ---

**Ode iii. Mode pl. 4. Heirmos.**

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

In the beginning You confirmed \* with understanding the heavens, \* while establishing the earth on the waters. \* Stand me firmly on the rock \* of Your commandments, O my Christ. \* Besides You none is holy, \* and only You love humanity. [SD]

**Troparia.**

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

Source of all blessings, the Cross is set before us for our veneration; and the whole creation keeps feast in joy, illumined by the grace of our God who by His own free choice was lifted high upon it. [KW]

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

[SAAS]

Source of all blessings, the Cross is set before us for our veneration; and the whole creation keeps feast in joy, illumined by the grace of our God who by His own free choice was lifted high upon it. [KW]

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

At the middle point in the season of holy abstinence, illumined by the light of the Cross let us flee from the darkness of sin and let us cry: Enlightenment of all things, O compassionate Lord, glory to Thee. [KW]

Glory.

We sing thy praises, O Cross, and we venerate thee with faith as we pray: By thy power deliver us who honour thee from the snares of the enemy, and guide us all to the haven of salvation. [KW]

Both now. **Stavrotheotokion.**

The holy Virgin saw the Life dead upon the Cross; and, unable to endure the anguish in her heart, she cried out in deep distress: 'Woe is me, my Son! What is this reward that lawless men have given Thee?' [KW]

**Heirmos. Mode pl. 4.**

In the beginning You confirmed \* with understanding the heavens, \* while establishing the earth on the waters. \* Stand me firmly on the rock \* of Your commandments, O my Christ. \* Besides You none is holy, \* and only You love humanity. [SD]

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

*From Triodion ---*

**CHOIR**

**Kathisma.  
Mode pl. 2.**

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us. [KW]

Glory. **Repeat.**

Both now. **Stavrotheotokion.**

**Mode pl. 2.**

Today the words of the Prophet are fulfilled: for see, we worship at the place on which Thy feet have stood, O Lord; and, tasting from the Tree of salvation, we have been delivered from our sinful passions, at the

intercessions of the Theotokos, O Thou who alone lovest mankind.

**Ode iv.**

*From Triodion ---*

**Canon 1 from the Triodion.**

**Ode iv. Mode pl. 4. Heirmos.**

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

You are my strength. \* You are my power and might, O Lord. \* You, my God, are also my exultant joy, \* Who deigned to visit our poverty, \* without ever leaving the Father's bosom at any time. \* To You, then, do I cry out with Habakkuk the Prophet: \* To Your power be glory, O Lover of man. [SD]

**Troparia.**

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

Behold, before us lies the saving Cross, men's strong protection and their restoration, unconquerable weapon of the Faith; and it sanctifies and illumines with grace the hearts of all who approach in faith. [KW]

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

In the middle of the Fast we see exalted in our midst the precious Cross, on which Thou wast lifted by Thine own choice in the middle of the earth, O Lord supreme in goodness and love. Through its veneration the world is sanctified and the hosts of demons put to flight. [KW]

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

Now heaven and all the earth make glad together; the victorious martyrs, the apostles and the souls of the righteous are full of joy. For they see exalted in their midst the



lifegiving Wood, that brings salvation to all and sanctifies the faithful with grace. [KW]

Glory.

Deaf to my conscience, I have not kept Thy laws, O Lord, and I shall be condemned when Thou comest from heaven to judge the works of men. Therefore I cry to Thee: turn me back by the power of Thy Cross, save me and give me tears of repentance. [KW]

Both now. **Stavrotheotokion.**

'From a Virgin womb I bore Thee, O my Child,' the All-Holy cried aloud, 'and now I see Thee hanging on the Wood. I am troubled, and I cannot understand the height of this mystery and the depths of Thy many judgements.' With never-silent voices we bless her as the Mother of God. [KW]

From Triodion - - -

**Ode v.**

**Canon 1 from the Triodion.**

**Ode v. Mode pl. 4. Heirmos.**

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

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

[SD]

**Troparia.**

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

Cry out with gladness, ye nations; leap for joy, ye peoples, and sing in praise to God who has given you the Cross as a strong support that cannot be shaken; for now during the season of abstinence we delight in it, keeping

the feast with all our soul and understanding. [KW]

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

Cry out with gladness, ye nations; leap for joy, ye peoples, and sing in praise to God who has given you the Cross as a strong support that cannot be shaken; for now during the season of abstinence we delight in it, keeping the feast with all our soul and understanding.

[KW]

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

All the hosts of heaven attend thee, O most Holy Cross, and today we mortals kiss thee with our lips of clay. With love we receive from thee sanctification and blessing, and we glorify Him who was crucified upon thee. [KW]

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

O merciful Lord, heal the long-continuing passions of my soul, and count me worthy to worship at Thy Holy Passion. Make me better through this time of fasting, and in Thy great love give me the strength to refrain from evil.

[KW]

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

**Stavrotheotokion.**

Seeing on the Cross Him who out of love was born from thee in ways past understanding, O all-blameless Virgin, thou wast wounded in thine heart and thou hast

cried: 'Woe is me, my divine Child! How dost Thou suffer for the sake of all? I venerate Thy compassion, O Lord.' [KW]

(read)

**Intermediate Verses of Ode Five.**

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

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

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

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

(sung)

From Triodion ---

**Canon 2 from the Triodion.**

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

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

The lights of heaven hid their brightness when they saw Thee unjustly nailed upon the Wood, O longsuffering Saviour who alone art righteous; and in Thy might thou hast exposed and brought to mockery the dark powers of the evil one. [KW]

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

Let us wash our faces in the water of fasting and embrace the Wood on which Christ was lifted up. Taking our mortal flesh,

He alone suffered for the sake of all, that He might put to death him who had made us die. [KW]

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

[SAAS]

All-honoured Cross, glory of the apostles, weapon of the martyrs, splendour of priests, defence of holy monks, guardian of all the faithful, protect and sanctify those who venerate thee with faith. [KW]

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

**Theotokion.**

The Virgin saw hanging on the Wood the Cluster of grapes that she had borne, and she cried aloud: 'My Child, with Thy sweet wine check the drunkenness of Thine enemies, who have crucified Thee without a cause; for in patience Thou dost suffer all things.' [KW]

**Canon 3 from the Triodion.**

From Triodion ---

**Mode 4. (NM) O lifegiving Cross.**

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

[SAAS]

Today Thy Cross, the Tree of Life, is set before us for our veneration; and, kissing it, the world rejoices at the coming of the Spirit.

[KW]

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

Looking at Thy Cross as it lies here, the ministers of heaven sing Thy praises, O Lord;

and the demons tremble, unable to endure  
Thy power. [KW]

Glory. **For the Trinity.**

With true faith let us glorify the Trinity,  
Father, Son and Holy Spirit, one Godhead.  
Unity in three Persons. [KW]

Both now. **Theotokion.**

With true faith we and all the faithful  
confess thee to be Mother and Virgin: for in  
ways past speech thou hast conceived Christ  
our God, who alone is rich in mercy. [KW]

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

Thou wast crucified, O Son of God, on the  
pine, the cedar and the cypress: sanctify us  
all, and count us worthy to look upon Thy life-  
giving Passion. [KW]

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

O lifegiving Cross of Christ, from the  
night I seek thee early, and with fear I  
venerate thee. Give me light, and ever shine  
upon me with the day of salvation. [KW]

From Triodion - - -

**Ode vi.**

**Canon 1 from the Triodion.**

**Ode vi. Mode pl. 4. Heirmos.**

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

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

**Troparia.**

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

When the Cross was set up on the earth,  
the demons fell; and now, seeing it set before  
us in glory, let us kiss it and rise up from our  
fall into sm. [KW]

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

When the Cross was set up on the earth,  
the demons fell; and now, seeing it set before  
us in glory, let us kiss it and rise up from our  
fall into sm. [KW]

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

We exalt Thee, O Christ, as our King and  
Lord; and with great rejoicing in the middle  
of the Fast we embrace the Cross, which Thou  
hast given us as a rampart that cannot be  
overthrown. [KW]

Glory.

The Cross of the Lord lies here before  
us, bestowing great gifts on us all. Let us  
approach, and receive from it enlightenment  
of heart and soul. [KW]

Both now. **Stavrotheotokion.**

Give us strength to fast from all evil,  
O pure Virgin, and enable us continually  
to refrain from sinful acts, for thou art the  
Protection of all men. [KW]

**Heirmos. Mode pl. 4.**

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

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

From Triodion ---

**READER**

**Kontakion.**

**Grave Mode. Automelon.**

The fiery sword is not guarding the entrance to Eden anymore. For it was extinguished in paradoxical manner by the tree of the Cross. The sting of death and the victory of Hades have been stricken. And You, my Savior, came and cried out to those in Hades: Enter again into Paradise. [SD]

**Synaxarion.**

*From the Menaion.*

On April 5 we commemorate the holy martyrs Claudius, Diodoros, Victor, Victorinus, Pappias, Serapion, and Nikephoros.

On this day we also commemorate our devout mother Theodora of Thessaloniki.

On this day we also commemorate the holy martyrs Theodora and Didymos.

On this day we also commemorate the holy martyr Thermos.

On this day we also commemorate the holy women, a Lady and her Servant.

On this day we also commemorate the holy martyr Pompey.

On this day, Saint Zeno died after they smeared him with pitch, threw him into fire, and ran him through with a spear while he was in the fire.

On this day we also commemorate the holy martyrs Maximus and Terence.

On this day we also commemorate the holy five young women martyrs of Lesbos.

On this day St. George the Neomartyr, who contested in New Ephesus in the year 1801, died by the sword.

By the intercessions of Your saints, Christ our God, have mercy on us. Amen.

From Triodion ---

**CHOIR**

**Ode vii.**

**Canon 1 from the Triodion.**

**Ode vii. Mode pl. 4. Heirmos.**

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

The fire in Babylon \* withdrew in fear from the condescension of God. \* For this reason the Servants \* within the furnace as in a moist meadow danced \* with feet exultant, and sang that immortal hymn: \* O God of our fathers, blessed are You! [SD]

**Troparia.**

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

He who is outside time has taken flesh within time, and in His love He heals our long-continuing passions through this season of fasting, during which the divine Cross is set before us for our sanctification. [KW]

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

We praise, exalt, worship and magnify Thy power, O Lord, for to us Thy servants Thou hast granted the divine Cross, our unending joy and the guardian of our souls and bodies. [KW]

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

In the day of judgement, O Lord, condemn me not for my sins. Cast me not away in shame from before Thy face, but in Thy surpassing love take pity on me and save me by Thy precious Cross. [KW]

Glory.

With wood Moses sweetened the bitter waters, and so prefigured the grace that comes through thee, O Cross: for by thy power we are delivered from the bitterness of the passions. Give us the sweetness of thy grace, as we venerate thee now with contrite souls.

[KW]

Both now. **Stavrotheotokion.**

Through thine intercession, Lady, enlarge my narrow heart, for thou hast closed up all the deceitful snares of the adversary; guide me

on the narrow way that leads to spaciousness of life, O Mother of God. [KW]

**Ode viii.**

**Canon 1 from the Triodion.**

From Triodion - - -

**Ode viii. Mode pl. 4. Heirmos.**

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

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

**Troparia.**

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

Once the Prophet Elisha drew the iron axe-head out of the river with a piece of wood, and so prefigured thee, O honoured Cross. For thou hast brought us from the depths of error to the firm ground of the truth, and this day we are counted worthy to behold and venerate thee with faith, gaining salvation. [KW]

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

When Jacob blessed his children, most plainly he prefigured thee, O honoured Cross. And all of us, who by grace are counted worthy to behold thee, draw near to thee with undoubting faith; touching thee, we receive rich blessing, and light and salvation and the remission of our sins. [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]*

Clothed in the white raiment of our virtuous actions, let us draw near rejoicing in the middle of the Fast; and let us embrace with faith the Cross of the Lord, that, guided by its strength, we may complete the course with eagerness and joyfully attain the divine Passion. [KW]

*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]*

### **For the Trinity.**

Single in Nature, coeternal, one in throne, simple in Essence yet distinct in Persons, unbegotten Father, Son and Holy Spirit, Uncreated Substance and Godhead, we all praise Thee, singing: O ye priests bless and ye people exalt Him above all for ever. [KW]

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

### **Stavrotheotokion.**

'Now I see Thee as an innocent lamb, hanging nailed to the Cross by lawless men, O my Son who wast before all things began,' cried the Holy Virgin, 'and I am weighed down by grief, afflicted by a mother's anguish.' With never-silent voices, as is right, we sing her praises for ever. [KW]

*(read)*

### **Intermediate Verses of Ode Eight.**

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

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

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

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

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

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

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

*(sung)*

From Triodion - - -

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

#### **Ode viii. Mode 4. (NM)**

#### ***The Offspring of the Theotokos.***

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

Beholding the Passion of Thee who art impassible, the creation suffered with Thee, O longsuffering Saviour. The sun was quenched and the rocks were split; the whole earth was shaken and cried out in fear: O ye works of the Lord, praise ye the Lord and exalt Him above all for ever. [KW]



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

O my compassionate God, rebuke the wild beasts from the reeds, that trouble me within; for Thou hast accepted to be struck in shameful dishonour by a reed, desiring to restore to honour all that had fallen into disgrace through the transgression of old. [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]*

When I call to mind, O most just Judge, Thy dread judgement seat, I am filled with fear and consternation, I tremble and lament, for I know that my actions deserve to be condemned. But, O Saviour, let not the multitude of my sins prove greater than the wealth of Thy compassion. [KW]

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

### **Theotokion.**

'I bore Thee without pangs of childbirth, but now I suffer anguish at Thy Crucifixion, and my heart is set on fire. For Thou art pierced with nails, longsuffering Lord, and wounded in Thy side', lamented the all pure Virgin; and with one accord we sing her praises as Theotokos. [KW]

### **Canon 3 from the Triodion.**

From Triodion - - -

**Mode 4. (NM) O all ye works of God.**

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

Let the mountains spiritually break forth into righteousness and the little hills into rejoicing, as they behold the veneration of the Wood of the Cross that we exalt, O Christ, above all for ever. [KW]

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

Fearful is the grace of Thy Cross: for it drives away the hosts of demons and brings healing to men. Therefore we sing Thy praises, O Christ, for ever. [KW]

### **Glory. For the Trinity.**

Let us glorify the Father who is without beginning and the Son with the Holy Spirit, consubstantial Trinity, one sovereign power and God; and let us sing His praises for ever.  
[KW]

### **Both now. Theotokion.**

Every mortal tongue sings thy praises, O Virgin, for from thee has shone out the Light that no man can approach, Christ our God, who illumines the world; and we exalt Him above all for ever. [KW]

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

The ends of the earth rejoice at the veneration of Thy Cross, O Lord who lovest mankind. Angels in heaven make glad with them today, O Christ, and join us in singing Thy praises for ever. [KW]

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

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

O all ye works of God and all creation, O ye holy and humble men of heart, bless ye the Lord: O ye peoples praise Him and exalt Him above all for ever. [KW]

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode 4.**

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

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

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

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

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

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

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

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

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

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

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

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

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

**Ode ix.**

**Canon 1 from the Triodion.**

From Triodion - - -

**Ode ix. Mode pl. 4. Heirmos.**

The heavens were astounded as a result,  
\* and the ends of the earth were astonished,  
inasmuch as God \* bodily appeared to the  
human race, \* O Theotokos, coming forth \*  
from your virgin womb which indeed became  
\* more spacious than the heavens. \* And

therefore by the orders \* of men and angels  
you are magnified. [SD]

**Troparia.**

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

Heal my brokenness, O King of all,  
crucified upon the Cross in Thy surpassing  
love. Thy hands and feet were pierced  
with nails, Thy side was wounded with the  
spear, and Thou wast given vinegar and gall  
to drink, who art the joy of all men, their  
sweetness, glory and eternal redemption. [KW]

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

O divine Cross, more beautiful than  
sapphire and gold, thou shinest upon us  
with the brightness of the sun. We see thee  
surrounded in fear by the ranks of angels; and  
with the rays of Thy heavenly power thou  
givest light to the fullness of the inhabited  
earth. [KW]

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

The Cross is the haven of the storm-  
tossed, the guide and support of those that  
go astray, the glory of Christ, the power of  
the apostles and the prophets, the strength of  
God's athletes, the refuge of all men. We see  
it set before us in this time of fasting and we  
venerate it. [KW]

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

When Thou shalt come on earth, O Lord,  
to judge the world which Thou hast fashioned,

the angelic hosts will attend Thee, and the  
Cross will shine before Thee more brightly  
than the sun's rays. Through its power take  
pity on me then and save me, for I have  
sinned more than all mortal men. [KW]

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

**Stavrotheotokion.**

'From my womb without corruption have  
I borne Thee, who wast begotten from the  
Father before all ages: how, then, my Son, art  
Thou subject to corruption? For men rend Thy  
body, and in cruelty they pierce Thy side with  
a spear, Thy hands and feet with nails.' So the  
Holy Virgin cried; and, as is right, we magnify  
her. [KW]

From Triodion - -

**Canon 2 from the Triodion.**

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

*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]*

By the Wood of the Cross, O Christ rich  
in mercy, Thou hast made the flame of sin  
die down. With Thy pierced hands Thou hast  
delivered from the hand of the adversary him  
who in his greed stretched out his hand, to  
take the fruit of the only tree in Paradise from  
which Thou hadst forbidden him to eat. [KW]

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

Count us worthy, Christ, with purity of  
heart to venerate Thy precious Cross, and  
to see Thy Passion that brings freedom from  
the passions to all mortal men. Look not

upon our sins, but make us true sons of Thy Resurrection. [KW]

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

By Thy Resurrection Thou hast raised us who were fallen into death; Thou hast destroyed death and reconciled us to Thy Father, shedding Thy blood for us, O Benefactor. Therefore we glorify Thee as almighty God, our Redeemer. [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.**

O Virgin Theotokos, the strong refuge of the faithful, thou only hast conceived the very Person of God's Wisdom. I entreat thee, give me wisdom, that I may escape from the snares and cunning of him who is falsely wise in evil. [KW]

### **Canon 3 from the Triodion.**

From Triodion ---

#### **Mode 4. (NM) O Theotokos undefiled.**

*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]*

We venerate and magnify Thy precious Cross, that is attended by the hosts of angels. [KW]

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

We magnify the Saviour's Cross, the holy Wood, whereby we who before were dead partake of life. [KW]

Glory. **For the Trinity.**

We magnify the Holy Trinity, Father without beginning, coeternal Son, and the Spirit who shares their throne. [KW]

Both now. **Theotokion.**

All of us sing thy praises, Mother who hast not known man, Holy Virgin, for without seed thou hast conceived the Creator. [KW]

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

O Cross of Christ, we have been counted worthy to see and venerate thee. Guide us on our journey, that we may reach the holy Passion. [KW]

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

O Theotokos undefiled, with never-silent hymns we magnify thine Offspring born without seed, Christ our God. [KW]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

### **DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

(To You, O Lord.)

**PRIEST**

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

(Amen.)

From Horologion ---

**CHOIR**

**Photagodic Hymns**

**Mode 3.**

Send out Your light, O Christ God, and enlighten our hearts, by the power of Your Cross, and save me. [SD]

Send out Your light, O Christ God, and enlighten our hearts, by the intercessions of the Saints, and save me. [SD]

Send out Your light, O Christ God, and enlighten our hearts, by the intercessions of the Theotokos, and save me. [SD]

**READER**

**Lauds. (read)**

**Psalm 148.**

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains

and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

**Psalm 149.**

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

**Psalm 150.**

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute;



praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

**Doxology** *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and

glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

**DEACON**

Let us complete our morning prayer to the Lord.

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*



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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**DEACON**

Let us bow our heads to the Lord.

*(To You, O Lord.)*

**PRIEST** *(in a low voice)*

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

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

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

*(Amen.)*

**CHOIR**

**Aposticha. From the Triodion.**

From Triodion - -

**Idiomelon. Mode 4.**

O crucified Lord, who searchest out the truth and knowest all secrets, Thou hast condemned the Pharisee who was overcome by vainglory and thought that he was justified by virtues gained through his own works; but Thou hast justified the Publican who prayed with compunction, and whom the Pharisee condemned. Make us emulate the Publican in his repentance and count us worthy of forgiveness, for Thou lovest mankind. [KW]

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

O crucified Lord, who searchest out the truth and knowest all secrets, Thou hast condemned the Pharisee who was overcome by vainglory and thought that he was justified by virtues gained through his own works; but Thou hast justified the Publican who prayed with compunction, and whom the Pharisee condemned. Make us emulate the Publican in his repentance and count us worthy of forgiveness, for Thou lovest mankind. [KW]

**For the Martyrs.**

**Mode 4.**

**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]

Who is not filled with wonder, holy martyrs, beholding the good fight ye have fought? Armed with the Cross and confessing Christ, while in the body ye have defeated the bodiless foe; ye have put to flight the demons and driven back the enemy. Intercede continually for the salvation of our souls. [KW]

Glory. Both now.

From Triodion - - -

**Mode pl. 4.**

Today the Master of creation and Lord of glory is nailed to the Cross and He is pierced in the side. He tastes gall and vinegar, He who is the sweetness of the Church. He is crowned with a crown of thorns, He who covers the sky with clouds. He is dressed in a robe to be ridiculed, and He is smitten by a hand formed of clay, He who formed humanity with His own hand. He takes a flogging on the back, He who circles the sky with clouds. He takes the spitting and the whips, the beatings and the taunts; and He endures it all for me, who am condemned, in order so save the world from delusion, for He is compassionate, my Redeemer and my God. [SD]

**PRIEST**

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

**READER**

**Trisagion Prayers.**

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

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

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

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

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

**PRIEST**

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

**READER**

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

**PRIEST**

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

*(Amen.)*

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

*(Amen.)*

**Prayer of St. Ephraim**

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

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

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

For you are blessed unto the ages of ages. Amen. <sup>[HC]</sup>

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

*or:*

**READER**

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

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

**PRIEST**

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint)**; of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

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

*(Amen.)*