

eMatins powered by AGES

The Service of Matins

for Sunday, March 31, 2019

**Octoechos - Mode 3.
on Sunday Morning**

Eothinon 11

**Triodion - Third Sunday of Lent
Third Sunday of Lent. Veneration of the Cross
on Sunday Morning at Matins**

Katavasias of Third Sunday of Lent

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Octoechos

Mode 3.

On Sunday Morning

Triodion

Third Sunday of Lent. Veneration of the Cross.

MATINS

CHOIR

Mode 3.

God is the Lord, and He revealed Himself to us. Blessed is he who comes in the name of the Lord. [SAAS]

Verse 1: *Give thanks to the Lord and call upon His name.*

or: Give thanks to the Lord, for He is good; for His mercy endures forever.

Verse 2: *All the nations surrounded me, but in the name of the Lord I defended myself against them.*

Verse 3: *And this came about from the Lord, and it is wonderful in our eyes.*

From Octoechos - - -

Resurrectional Apolytikion.

Mode 3.

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy. [SD]

Glory. **For the Cross.**

From Triodion - - -

Mode 1.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful

over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

From Octoechos - - -

Both now. **Theotokion.**

Mode 1. The stone had been secured.

When Gabriel had uttered rejoice to you, O Virgin, * then with the voice was the Lord of all becoming incarnate * in you whom the holy Ark of old * prefigured, as righteous David said. * You carried your Creator and proved to be more spacious than the heavens. * Glory to Him who dwelt inside of you; * glory to Him who came forth from You; * glory be to Him who through your childbirth has set us free. [SD]

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Octoechos - - -

CHOIR

Kathisma I.

Mode 3.

Christ has risen from the dead, the first of those who have fallen asleep. The Artificer

of all things that were made was first born before all creation; now He has renewed the corrupted nature of our human race in himself. O Death, you no longer have dominion, for the Master of all has destroyed your power. [SD]

Glory.

When You had physically tasted death, O Lord, You curtailed its bitterness by Your resurrection, and You strengthened humanity against it, by reversing the failure related to the primal curse, O Defender of our life. Glory to You, O Lord. [SD]

Both now. **Theotokion.**

Unto you who mediated the salvation of our race we sing praises, O Virgin Theotokos. For your Son and our God in the flesh that He assumed from you accepted suffering by means of crucifixion and has thereby set us free from corruption, in His love for man. [SD]

From Octoechos - - -

Kathisma II.

Mode 3. *Seeing how beautiful.*

At Your Divinity's immutability, * and at Your suffering's intentionality, * amazed was Hades, Lord, and thus lamented to itself and said: * I tremble at this human frame's uncorrupted hypostasis. * I see the invisible One waging war on me secretly. * Hence those whom I am holding are crying out: * Glory to Your resurrection, O Christ. [SD]

Glory.

Seeing how beautiful.

We the believers now theologize about * the inexplicable, incomprehensible * unspoken mystery of Your crucifixion and resurrection. * For today the realm of death and of Hades has been despoiled, * and vested is the human

race with incorruptibility. * And therefore in thanksgiving we cry aloud: * Glory to Your resurrection, O Christ. [SD]

Both now. **Theotokion.**

Seeing how beautiful.

You carried mystically within your womb the One * incomprehensible, uncircumscribable, * and coessential with the Father and the Spirit, O Mother of God. * By your giving birth, we know that the Trinity's energy, * singular and unconfused, in the world should be glorified. * And therefore in thanksgiving we cry to you: * Rejoice, O Lady full of grace. [SD]

Kathisma III. For the Cross.

From Triodion - - -

Mode pl. 4. *When he perceived.*

Of old the tree in the garden stripped us naked, * and by its taste did the enemy bring in death. * Now the tree of the Cross, which for all mankind is bearing * the garment of life, was planted upon the earth, * and therefore is all the world filled with every joy. * As we see it revered today, let us, O peoples, cry aloud * together unto God in faith: * Full of glory is Your house, O Lord. [SD]

Glory. Both now. **Repeat.**

Of old the tree in the garden stripped us naked, * and by its taste did the enemy bring in death. * Now the tree of the Cross, which for all mankind is bearing * the garment of life, was planted upon the earth, * and therefore is all the world filled with every joy. * As we see it revered today, let us, O peoples, cry aloud * together unto God in faith: * Full of glory is Your house, O Lord. [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 blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

READER

From Octoechos ---

Hypakoe. Mode 3.

Astounding in appearance, refreshing by the words he spoke, the flashing Angel said to the myrrh-bearing women: Why do you look in a tomb for the Living One? He is risen and has emptied the tombs. Know Him, the unchanging Changer of corruption. Say to God: How awesome are Your works! For You have saved the human race. ^[SD]

CHOIR

Anavathmoi.

Antiphon I. Mode 3.

You rescued the captivity of Zion out of Babylon, O Logos; do also draw me up from the passions to life. ^[SD]

Those who sow shedding godly tears when the south wind is blowing, joyously will harvest ears of life everlasting. ^[SD]

Glory. Both now.

In the Holy Spirit, as in the Father and the Son, radiates intrinsically every gift of goodness. And in Him all things both live and move. ^[SD]

Antiphon II.

Unless the Lord build the house of the virtues, in vain do we labor. But if He protect the soul, no one can conquer our city. ^[SD]

O Christ the Fruit of the womb, by the Spirit are the saints forever as adopted sons to You as to a father. ^[SD]

Glory. Both now.

In the Holy Spirit are perceived all holiness and wisdom, for He gives substance to all creation. Since He is God, let us worship Him, as we do the Father and Logos. ^[SD]

Antiphon III.

Those who fear the Lord are blessed: they will walk in the ways of the commandments; for they will eat every kind of vivifying produce. ^[SD]

Gazing on your offspring round about your table bearing branches of good works, be glad, O arch-pastor. ^[SD]

Glory. Both now.

With the Holy Spirit is all the wealth of glory. From Him issue grace and life to all creation, for He is extolled with the Father and the Logos. ^[SD]

Prokeimenon.

Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken." (2)

Verse: *Oh, sing a new song to the Lord.*

Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken." [SAAS]

From Octoechos - - -

READER

Resurrectional Kontakion.

From the tomb You rose today, O Lord of tender compassion, also from the gates of death You led us out, O our Savior. On this day is Adam dancing and Eve rejoices, and with them together Patriarchs and the Prophets are unceasingly extolling the divine power of Your authority. [SD]

Oikos.

Let heaven and earth dance for joy today, and in oneness of mind extol Christ God, for He resurrected the prisoners from their tombs. All creation rejoices together, offering worthy songs to the Creator of all and our Redeemer, for today as the Giver of Life, having drawn mortals up from Hades, He exalts them to heaven together, and lays a curse on the enemy's haughtiness, and smashes the gates of Hades, by the divine power of His authority.

[GKD]

Kontakion. For the Cross.

Kontakion.

From Triodion - - -

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]

Oikos.

On Golgotha did Pilate lift up crosses three: two for those guilty of larceny, and one for Him who gives us life, whom Hades spied and voiced to those below, "My ministers and governors: my heart! - who has affixed it with a nail? A lance of wood abruptly pierced me through, and I am rent in twain. My inner parts distressingly are pained, my belly aches, the organs of my senses. My breathing pants and am compelled Adam and those of Adam to expel, who by a tree were given me. For it is a tree that leads them back again into Paradise." [GKD]

Synaxarion.

From the Menaion.

On March 31 was the contest of the holy hieromartyr Hypatios, Bishop of Gangra.

On this day we also commemorate our devout father Akakios the Confessor, Bishop of Melitine.

On this day we also commemorate the holy martyrs who witnessed in Persia: Audas the bishop, Benjamin the deacon, and nine other martyrs with them, and many other Saints who were imprisoned, and were eaten alive by mice and weasels enclosed with them.

The holy martyr Menandros reposed after being dragged naked over stones.

The holy thirty-eight martyrs who were relatives died by the sword.

Our devout father Blaise, who was born in Amorion, reposed in peace.

Our devout father Stephen the wonderworker reposed in peace.

From the Triodion.

On this day, the third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross.

Let all the earth adore the Cross,
Through which it learned to adore You, the Word.

By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-day fast with ease, and have mercy on us, as You alone are good and love humanity.

CHOIR

Katavasias of Third Sunday of Lent

Ode i. Mode 1.

That most godly prophet Moses prefigured Your Cross * in the Red Sea of old, O Savior. * For he divided the water with the rod in his hand, * and led Israel across, * and sang You a sacred ode of exodus, O Christ our God. [SD]

Ode iii.

O Christ, set me firmly on the rock of the Faith, by the power of Your all-holy Cross, * so that my mind will not move when tempted by the enemy's assaults. * Only You are holy, O Lord. [SD]

Ode iv.

O mighty Lord, when the sun beheld You hanging on the Cross, * that great luminary shuddered, * retracted and hid its rays; and all creation fearfully * sang a hymn extolling

Your forbearance. * Indeed the earth has been filled with Your praise, O God. [SD]

Ode v.

We rise early and we extol You, * for through Your Cross we found peace that passes all understanding. * Through it You, the Savior of the world, renewed the human race, * leading us to the unsetting light. [SD]

Ode vi.

When Jonah was in the belly of the whale, * he extended his arms and thus foreshadowed the figure of Your holy Cross, O Lord. * Then he bounded forth * from the monster, being saved by Your power, O Logos. [SD]

Ode vii.

The same One who saved those Servants from the furnace fire * has become incarnate now. * He has come to earth. * He was nailed upon the Cross. * He has granted salvation to us. * He alone is the God of our fathers, blessed and exceedingly glorious. [SD]

Ode viii.

We praise and we bless and we worship the Lord.

Daniel, who is known as one great among the Prophets, * was cast into the lions' den and was preserved from being eaten; * for he stretched out his hands in the form of a cross and was kept unharmed, * as he was blessing Christ our God unto the ages. [SD]

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

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

CHOIR

Amen.

Mode 2.

Let everything that breathes praise the Lord. (2) Let everything that breathes. praise the Lord. [SAAS]

DEACON

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

(Lord, have mercy. Lord, have mercy. Lord, have mercy.)

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to John.

DEACON

Let us be attentive.

(Glory to You, O Lord, glory to You.)

PRIEST *(from the altar table)*

Eothinon 11
John. 21:14-25

At that time, Jesus revealed himself to the disciples after he was raised from the dead. And he said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." A

second time he said to him, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go." (This he said to show by what death he was to glorify God.) And after this he said to him, "Follow me." Peter turned and saw following them the disciple whom Jesus loved, who had lain close to his breast at the supper and had said, "Lord, who is it that is going to betray you?" When Peter saw him, he said to Jesus, "Lord, what about this man?" Jesus said to him, "If it is my will that he remain until I come, what is that to you? Follow me!" The saying spread abroad among the brethren that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?" This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen. [RSV]

(Glory to You, O Lord, glory to You.)

READER

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

CHOIR

Psalm 50 (51).

Mode 2. *(or the Mode of the week)*

[Merciful,] Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

Wash me thoroughly from my lawlessness and cleanse me from my sin.

For I know my lawlessness, and my sin is always before me.

Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged.

For behold, I was conceived in transgressions, and in sins my mother bore me.

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. And have mercy on me, O God. [SAAS]

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O Theotokos, for I have befouled my soul with shameful sins and I heedlessly squandered all of my life's resources. By your intercession deliver me from every uncleanness. [SD]

Idiomelon. Mode pl. 2.

Verse: *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.*

When I ponder in my wretchedness on the many terrible things that I have done, I tremble for that fearful day, the Day of Judgment. But trusting in the mercy of Your compassion, like David I cry to You, "Have mercy on me, O God, according to Your great mercy." [SD]

DEACON

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

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

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 1.

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

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

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

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

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

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

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

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

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

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

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

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

Ode ix. Katavasia. Mode 1.

O true Theotokos and virgin Mother, you conceived * without seed, and you gave birth to the Savior, Christ our God, * who in the flesh was lifted on the Cross. * All we, the faithful, worthily now praise you * and magnify you along with Him. [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 all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Mode 2.

Holy is the Lord our God. (2) [SAAS]

Holy is the Lord our God. Exalt the Lord our God, and worship at the footstool of His feet.

For He is holy.

From Octoechos - - -

Exaposteilarion.

The Eleventh Eothinon.

Mode 2. On the mountain.

"Do you love me?" the Lord inquired * three times of Peter after * the divine rising from the dead. * Whereupon He appoints him * to be the chief shepherd of His sheep. * And, seeing the disciple * whom Jesus loved following them, * he asked the Master, "Lord, what about him?" * And He said, "If it is my will that this one * remain until I come again, * what is that to you, friend Peter?" [SD]

Exaposteilarion. From the Triodion.

From Triodion - - -

Mode 2. On the mountain.

Today the precious Cross of Christ * is to be set before us. * Seeing it let us faithfully * venerate it with gladness, * thereby with longing saluting * the Lord who by His own will * was thereon crucified for us, * and let us pray Him that He account us all * worthy of revering His Cross most precious, * and

of arriving uncondemned * at the bright Resurrection. [SD]

Theotokion.

Mode 2. On the mountain.

Your Son stretched out immaculate * hands and was nailed for our sake * onto the Cross, the wood of which * we are now venerating with faith, all-decorous Maiden. * Grant to us peace, we pray you, * and the world-saving, all-divine * Passion may we attain; and may we adore * the resplendent day when the world rejoices, * the shining day that bears the name * of the Lord, namely Pascha. [SD]

Lauds. Mode 3.

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

From Octoechos - - -

Resurrectional Stichera.

Sticheron 1. Mode 3.

To fulfill among them the written judgment: this glory have all His holy ones. [SAAS]

O come, all you nations. Know the power of the awe-inspiring mystery. For Christ our Savior, the Logos who was in the beginning, voluntarily for us was crucified and buried, and He rose from the dead to save the universe. Let us worship Him. [SD]

Sticheron 2. Mode 3.

Praise God in His saints; praise Him in the firmament of His power. [SAAS]

Those who guarded You reported all the marvelous events, O Lord. However the Sanhedrin of futility filled their hands with gifts, thinking that in this way they could hide Your resurrection, which the world glorifies. Have mercy on us. [SD]

Sticheron 3. Mode 3.

Praise Him for His mighty acts; praise Him according to the abundance of His greatness. [SAAS]

The universe was filled with joy in the experience of Your resurrection. Mary Magdalene came unto the tomb and found an Angel sitting upon the stone. With his garments flashing like lightning, he said to her, "Why do you seek among the dead the One who is alive? He is not here, but has risen as He said, and is going before you to Galilee." [SD]

Sticheron 4. Mode 3.

Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]

In Your light we will see light, O Master who loves humanity; for You have risen from the dead, and You granted salvation to the human race, so that all creation may glorify You, only sinless One. Have mercy on us. [SD]

For the Cross.

From Triodion - - -

Mode 4. To a brave one.

Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]

Let us joyfully cry aloud, and in odes let us magnify * the all-precious Cross and salute it with a kiss. * And let us cry out to it and say,

* O Cross ever-ven'nable, by the power you possess, * sanctify us in every way, soul and body too. * From all manner of injury arising from our enemies preserve us * who venerate in piety. [SD]

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

Let us joyfully cry aloud, and in odes let us magnify * the all-precious Cross and salute it with a kiss. * And let us cry out to it and say, * O Cross ever-ven'nable, by the power you possess, * sanctify us in every way, soul and body too. * From all manner of injury arising from our enemies preserve us * who venerate in piety. [SD]

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

Come, believers, and faithfully * draw the waters that never fail, * issuing abundantly by the Cross's grace, * as we behold set before us now * the wood of the holy tree, * yes, the wellspring of the gifts * of the Spirit, which is itself * watered by the blood * and the water that issued from the Master who was willingly exalted * thereon, exalting humanity. [SD]

Verse: *God is our King before the ages; He worked salvation in the midst of the earth.* [SAAS]

The support of the Church are you, * and the strength of the emperors; * boast of the monastics and their deliverance * are you, all-ven'nable Cross of Christ. * And now as we venerate * you today, our hearts and souls * are illumined ineffably by the grace divine * of the Lord who was nailed to you and brought

down * the dominion of the sly one, * and who abolished the ancient curse. [SD]

Glory. **From the Triodion.**

From Triodion - - -

Mode pl. 4.

To flee the high-minded opinion of the Pharisees most wicked, the Lord of all things taught us by way of parable, and instructed us all not to think of ourselves more highly than we ought. He Himself became our model and example, having emptied Himself even unto the Cross and death. In thanksgiving, then, with the Publican let us say, "You endured the Passion for us and yet remained dispassionate God, from our sinful passions free us, and grant salvation to our souls." [GKD]

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You!

[SD]

Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You. Teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

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

Glory to the Father and the Son and the Holy Spirit.

Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:

PRIEST

Wisdom. Arise.

Mode 1.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

CHOIR

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. (2)

PRIEST

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection. [GOA]

CHOIR

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection. (2)

The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.

CHOIR

Mode 2.

Come, O believers, let us venerate the life-giving Cross. For Christ, the King of glory, voluntarily extended His hands on it and raised us up to the original blessedness, after the enemy long ago had captured us with the bait of pleasure, and caused us to be exiled from God. Come, O believers, let us venerate the Cross, by which we have been granted to crush the skulls of our invisible enemies. Come, all you families of the Gentiles, let us sing hymns to honor the Cross of the Lord. "We salute you, O Cross, for you are the complete redemption of Adam who had fallen. In you our most faithful leaders boast, for by your power they have mightily subdued the foreign enemy. Now we Christians with fear and awe salute you with a kiss, and we glorify God who was nailed to you, and we say, 'O Lord, who were nailed to the Cross, have mercy on us, for You are good and You love humanity.'" [SD]

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]

Glory. **Mode pl. 4.**

Today, He who is unapproachable in His essence becomes approachable to me; and He is suffering the Passion, thus freeing me from the passions. He who gives sight to the blind is spit on by lawless lips, and He takes a whipping on the back for the sake of us captives. When His pure Mother saw Him on the Cross, in pain she uttered, "Woe is me, my Child! Why have You done this! You who are more beautiful than all men, I see You not breathing, unsightly, without form or beauty. Woe is me, my Light! I cannot bear to see You sleeping. I am wounded to the core, and an awful sword is piercing my heart. I extol Your Passion, I worship Your compassion. O longsuffering Lord, glory to You!" [SD]

Both now. **Mode pl. 2. Heirmologic.**

Today the prophetic saying has been fulfilled. For, behold, we are worshiping in the place where Your feet stood, O Lord. And now that we have eaten from tree of salvation, we have obtained the freedom from the passions that come from sin, by the intercessions of the Theotokos, O only Lord who loves humanity. [SD]

When the veneration is finished, the priest returns the cross to the holy altar.

CHOIR

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

or:

Mode 4. *(or the Mode of the week)*

Today has salvation come to pass in the
world. Let us sing to Him who resurrected
from the tomb and is the Author of our life.
For, destroying death by death, He gave us the
victory and the great mercy. [SD]