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# The Service of Matins

**for Monday, November 18, 2019**

**Octoechos - Mode pl. 1.  
on Monday Morning**

**Menaion - November 18  
Memory of the Holy Martyrs Plato and Romanos**

**Text in English**

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vol Orthodox Monastery of the Veil of our Lady

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**Octoechos - Mode pl. 1.**

On Monday Morning

**Menaion - November 18**

Memory of the Holy Martyrs Plato and Romanos

**MATINS**

**CHOIR**

**Mode 4.**

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.*

**Apolytikion. For the Martyrs.**

**Mode 4. Come quickly.**

Your Martyrs, O Lord, were worthily awarded by You \* the crowns of incorruption, in that they contested for You our immortal God. \* Since they possessed Your power, they defeated the tyrants, \* dashing the demons' powerless displays of defiance. \* O Christ God, at their fervent entreaties, save our souls.

[SD]

Glory. **Repeat.**

From Octoechos - - -

Both now. **Theotokion.**

**Mode 4.**

To you who were raised in the Temple, in the Holy of Holies, and who were clothed in faith and wisdom and measureless virginity,

the Supreme Commander Gabriel from heaven brought the salutation, "Rejoice"; "Rejoice, O blessed Maiden! Rejoice, O glorified one! The Lord is with you." [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 4. There is no litany, but immediately the following:*

From Octoechos - - -

**CHOIR**

**Kathisma I.**

**For compunction.**

**Mode pl. 1.**

When the judge takes his seat and the Angels stand round, the trumpet sounds and the flame burns, what will you do, my soul, as you are brought to judgement? For then your dread deeds are present, your hidden crimes examined; and so before the end cry out: O God have mercy on me and save me! [EL]

**Verse:** *O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger.*

My soul, what is here is temporary, what is there eternal; I see the court and the Judge upon his throne, and I tremble at the sentence; then turn back with speed: the judgement is unrelenting. [EL]

Glory. Both now. **Theotokion.**

**Mode pl. 1. Let us worship the Word.**

You are fervent protection that is invincible, \* and the hope that is sure and is never put to shame, \* shelter, haven, and high wall for those who flee to you, \* with the angelic hosts on high, make entreaty with your Son and God, O pure Ever-virgin, \* that He grant peace and great mercy and His salvation to all the world. [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 5. There is no litany, but immediately the following:*

**CHOIR**

From Octoechos - - -

**Kathisma II.  
For compunction.  
Mode pl. 1.**

Let us all keep vigil, and let us all go to meet Christ with much oil and shining lamps, that we may be worthy to enter the bridal chamber; for the one who is found outside the door cries out to God in vain: Have mercy on me! <sup>[EL]</sup>

*Verse: Look upon me and have mercy on me.*

As I lie on a bed of many sins I despoiled of my hope of salvation; for the sleep of my sloth invites punishment for my soul; but you, O God, born of a Virgin, rouse me to sung your praise, that I may glorify you. <sup>[EL]</sup>

Glory. Both now. **Theotokion.**

O All-blameless, holier than the Cherubim and higher than the heavens, as we confess you to be in truth Mother of God, we sinners have you as defence, and in temptations we find salvation; and so do not cease to intercede for us, the strength and refuge of our souls. <sup>[EL]</sup>

From Octoechos - - -

**Kathisma III.  
For compunction.**

**Mode pl. 1.** *N/M (Let us worship the Word.)*

I tremble at the fearful judgement, and I shudder at the Judge's righteous sentence; for my conscience ever questions me; but living with indifference I am at a loss and I quail. By your holy prayers, Archangels, who watch over believers, rescue me from the fire. <sup>[EL]</sup>

*Verse: God is wondrous in His saints.*

**For the Martyrs.**

The memory of the Champions shines today, for it takes its radiance from heaven; the choir of Angels keeps festival, and the human race feasts with them, and so they intercede with the Lord to have mercy on our souls. <sup>[EL]</sup>

Glory. Both now. **Theotokion.**

**Mode pl. 1.** *N/M (Let us worship the Word.)*

Gabriel marvellously brought to you on earth heaven's Hail; for seeing the Maker of the Angels incarnate in you, he sang you the song of joy, O Honoured One; through it teaching mortals that you the only cause of joy have appeared to all mankind. <sup>[EL]</sup>

**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]

**Kontakion.**

From Menaion - - -

**Mode 4. *You appeared today.***

Romanos, extolled by all, \* the Church possesses \* you as a great star indeed, \* and as she yearly glorifies \* your bright and luminous memory, \* she has your contests for Christ as guiding light. [SD]

**Another Kontakion.**

From Menaion - - -

**Mode 3. *On this day.***

Your all-holy memory, \* brings great delight to the whole world, \* and to your all-sacred church \* it has invited all people.

\* Now as we have congregated there with rejoicing, \* singing hymns we praise your virtues, O Martyr Plato, \* and with faith we cry out saying, \* Rescue your city from barbarous enemies. [SD]

**Oikos.**

The godly-minded Plato put behind him all the vanity of the Pagans, when he fell in love with the soul-edifying teachings of Christ's disciples. Thus he was considered respectable by all, and he was an anchor of faith in his homeland, which was none other than Ancyra. She nurtured him well, and now she has in him a sure protection against enemies and an ardent helper in times of war. And every day she cries out to him, "O Saint, rescue your city from barbarous foes." [SD]

**Synaxarion.**

From the Menaion.

On November 18, we commemorate the holy Great Martyr Plato.

On this day we also commemorate the holy Martyr Romanos.

On this day the holy infant, who was asked by the governor, "Which God ought one to worship?" and then replied, "Christ," was killed by the sword.

On this day we also commemorate the holy Martyr and Deacon Romanos of Palestine.

On this day we also commemorate the holy Martyr Zacchaeus, a Deacon of the Church in Gadeira; and also the holy Martyr Alphaeus.

On this day we also commemorate the holy Neo-martyr Anastasios of Paramythia,

Epirus. There is also the story about Daniel the Ishmaelite.

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

### DEACON

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

### CHOIR

#### Ode ix.

#### Megalynarion. Mode pl. 4.

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

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

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

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

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

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

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

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

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

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

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

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

#### Heirmos. Mode pl. 4.

[VPA]

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.)*

**CHOIR**

**Exaposteilarion.**

From Menaion ---

**Mode 2. O Women, hearken.**

Great Martyr, when the tyrant saw \* that you were undefeatable, \* he ordered that you be punished \* with even more painful tortures. \* You spit on him, and by the grace \* of Christ you struggled unto death,\* O Plato, wise and glorious; \* and now you are crowned and reigning \* together with the Creator. [SD]

**Theotokion.**

**Mode 2. O Women, hearken.**

You have become the vessel of the Trinity that none contains, \* O all-holy Virgin Mary, the purest and golden censer. \* The Father was well pleased in you, the Son came down and dwelt in you, \* the Holy Spirit came on

you \* and overshadowed you, Maiden, \* thus making you Theotokos. [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.

**PRIEST**

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.)*

*From Octoechos - - -*

**CHOIR**

**Aposticha of the Octoechos.**

**Mode pl. 1.**

Alas! Why have I become like the unfruitful fig tree, and I am afraid of the curse and of being cut down? O Christ my God, the heavenly husbandman, make my barren soul fruitful, and accept me like the Prodigal Son, and have mercy on me. [SD]

**Verse:** *We were filled with Your mercy in the morning, and in all our days we greatly rejoiced*

*and were glad; gladden us in return for the days  
You humbled us, for the years we saw evil things.  
And behold Your servants and Your works, and  
guide their sons.* [SAAS]

Overlook the multitude of my offenses, O  
Lord who were born of a Virgin. I pray You,  
blot out all of my transgressions, and grant to  
me the thought to return, as the only One who  
loves humanity, and have mercy on me. [SD]

**Verse:** *And let the brightness of the Lord our  
God be upon us, and prosper for us the works of  
our hands.* [SAAS]

Blessed is the army of the King of heaven;  
for though the champions were born of earth,  
yet they hastened to attain the angelic rank,  
despising their bodies and through their  
sufferings being found worthy of the honour  
of the Bodiless Powers. At their prayers, Lord,  
send down to us your great mercy. [EL]

Glory. Both now. **Theotokion.**

Make an end to the toil of my soul with  
its many groans, All-holy Virgin-mother, who  
made an end of every tear from the face of the  
earth; for you drive away the griefs of mortals,  
you abolish the dejection of sinners. We have  
all gained you as hope and support. [EL]

#### **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.)

#### **CHOIR**

#### **Apolytikion. For the Martyrs.**

#### **Mode 4. Come quickly.**

Your Martyrs, O Lord, were worthily  
awarded by You \* the crowns of incorruption,  
in that they contested for You our immortal  
God. \* Since they possessed Your power, they  
defeated the tyrants, \* dashing the demons'  
powerless displays of defiance. \* O Christ  
God, at their fervent entreaties, save our souls.

[SD]

From Octoechos - - -

Glory. Both now. **Theotokion.**

**Mode 4.**

We are unequipped to praise you worthily, O Theotokos, for you are the highest of all things created. Therefore, we entreat you: As a gift to us, have mercy on us. [SD]

**DEACON**

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

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

Let us pray for pious and Orthodox Christians.

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

Again we pray for (episcopal rank) (name).

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

Again we pray for our brethren: the priests, the hieromonks, the hierodeacons, the monastics, and all our brotherhood in Christ.

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

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

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

Again we pray for the blessed and ever-memorable founders of this holy church, and for all our fathers and brethren who have fallen asleep before us, who here have

been piously laid to their rest, as well as the Orthodox everywhere.

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

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and those who sing, and for the people here present who await Your great and rich mercy.

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

**PRIEST**

For You are a merciful God Who loves mankind, and to You we offer up glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

**DEACON**

Wisdom.

*(Father, bless!)*

**PRIEST**

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

Make firm, Lord our God, the holy and pure faith of the pious Orthodox Christians, together with the Holy Church and this city forever.

**READER**

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.

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.)*