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The Service of Matins

for Thursday, March 14, 2019

**Triodion - Mode pl. 4.
on Thursday Morning**

**Triodion - On Thursday of the First Week
at Matins**

**Menaion - March 14
Memory of our Devout Father Benedict**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Ἦχος πλ. δ'. Τῇ Πέμπτῃ Πρωΐ

Τῇ Πέμπτῃ Α' Ἑβδομάδος εἰς τὸν Ὁρθρον.

Μηναῖον - ΤΗΙ ΙΔ' ΜΑΡΤΙΟΥ

Μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Βενεδίκτου

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος πλ. δ'.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὡρολογίου - - -

Ὑμνοι Τριαδικοί

Ἦχος πλ. δ'.

Ὁρᾷν σε μὴ τολμῶντα τὰ Χερουβεῖμ, ἰπτάμενα κραυγάζει ἀλαλαγμῶ, τὸ ἔνθεον μέλος τῆς Τρισαγίας φωνῆς, μεθ' ὧν καὶ ἡμεῖς βοῶμεν οἱ ἁμαρτωλοί· Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀποστόλων σῶσον ἡμᾶς.

Triodion

Mode pl. 4. On Thursday Morning

On Thursday of the First Week at Matins

Menaion - March 14

Memory of our Devout Father Benedict

MATINS

CHOIR

Mode pl. 4.

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 pl. 4.

Daring not to look at You, the Cherubim in flight jubilantly cry out the inspired melody of the Thrice-holy Hymn. We sinners join them and also sing: Holy, holy, holy are You, O God. By the intercessions of the Apostles save us. [SD]

Δόξα.

Εἰς οὐρανὸν τὰς καρδίας ἔχοντες,
 Ἀγγελικὴν μιμησώμεθα τάξιν, καὶ ἐν φόβῳ
 τῷ ἀδεκάστῳ προσπέσωμεν, ἐπινίκιον
 ἀνακράζοντες αἶνον· Ἅγιος, Ἅγιος, Ἅγιος
 εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις τοῦ Ἱεράρχου
 σῶσον ἡμᾶς.

Καὶ νῦν.

Κατακαμπτόμενοι τῷ πλήθει, τῶν
 πταισμάτων ἡμῶν, καὶ μὴ τολμῶντες
 ἀτενίσαι τῷ ὕψει σου, τὴν ψυχὴν σὺν τῷ
 σώματι κλίναντες, μετὰ Ἀγγέλων τὸν
 ὕμνον βοῶμέν σοι· Ἅγιος, Ἅγιος, Ἅγιος εἶ
 ὁ Θεὸς ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον
 ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
 Ψαλτηρίου, ἥτοι Κάθισμα 6. Καὶ εὐθύς, ἄνευ μικρᾶς
 Συναπτῆς·*

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Κάθισμα Α'. Αποστολικά.

Ἦχος πλ. δ'.

Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν,
 ὁ πανσόφους τοὺς ἁλιεῖς ἀναδείξας,
 καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον,
 καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας,
 φιλάνθρωπε, δόξα σοι.

Στίχ. Εἰς πᾶσαν τὴν γῆν ἐξῆλθεν ὁ
 φθόγγος αὐτῶν καὶ εἰς τὰ πέρατα τῆς
 οἰκουμένης τὰ ῥήματα αὐτῶν.

Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.

Ὡς φωστῆρας τοῦ κόσμου, καὶ
 ὁδηγούς, τῆς ἡμῶν σωτηρίας, τὰς ἀπαρχάς,
 τοὺς θεῖους ὑμνήσωμεν, μαθητὰς τοῦ
 Θεοῦ ἡμῶν, ὅτι φῶς τοῖς ἐν σκότει, ἡμῖν
 ἐξανέτειλαν, καὶ τὸν ἥλιον πᾶσι, τῆς
 δόξης ἐγνώρισαν· ὅθεν καὶ τὴν πλάνην,

Glory.

With hearts in heaven, let us emulate
 the Angels, and in fear let us bow before the
 impartial Judge, as we shout the triumphal
 praise: Holy, holy, holy are You, O God. By
 the intercessions of the Hierarch save us. [SD]

Both now.

Bent down by our many offences, we dare
 not gaze at Your height. Rather we bow our
 soul along with our body, and we shout the
 hymn of the Angels to You: Holy, holy, holy
 are You, O God. Through the Theotokos have
 mercy on us. [SD]

*The appointed Kathisma of the Psalter may be read,
 i.e. Kathisma 6. There is no litany, but immediately the
 following:*

From Triodion ---

CHOIR

Kathisma I.

Kathisma I. For the Apostles.

Mode pl. 4.

Blessed are You, O Christ our God. You
 made the fishermen all-wise, by sending
 down upon them the Holy Spirit, and through
 them You drew the world into Your net. O
 Lover of mankind, glory to You. [SD]

Verse: *Their proclamation went forth into all
 the earth, and their words to the ends of the world.*

[SAAS]

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

Let us sing the praises of the holy
 disciples of our God./They are burning
 torches, guides to all the world,/the first-
 fruits of our salvation./They have caused
 the light to shine on us in darkness/and
 have made known to all the Sun of glory./

τῶν εἰδώλων καθεῖλον, Τριάδα κηρύξαντες,
ἐν μιᾷ τῇ Θεότητι. Πρὸς αὐτοὺς οὖν
βοήσωμεν· Ἀπόστολοι Χριστοῦ τοῦ Θεοῦ,
τῶν πταισμάτων ἄφεσιν αἰτήσασθε, τοῖς
ἐορτάζουσι πόθῳ, τὴν ἁγίαν μνήμην ὑμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**
Ἦχος πλ. δ'.

Χαῖρε ἡ δὲ Ἀγγέλου τὴν χαρὰν τοῦ
Κόσμου δεξαμένη, χαῖρε ἡ τεκοῦσα τὸν
Ποιητὴν σου καὶ Κύριον, χαῖρε ἡ ἀξιοθεῖσα
γενέσθαι Μήτηρ Χριστοῦ τοῦ Θεοῦ.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 14. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

They have destroyed the error of idolatry,/
preaching the Trinity in one Godhead./
Therefore we entreat them: O Apostles of
Christ our God, /intercede for the forgiveness
of our sins, // as we celebrate your holy
memory with love. [OCA]

Glory. Both now. **Theotokion.**
Mode pl. 4.

Rejoice, for you accepted from the Angel
the joy of the world./ Rejoice, for you have
borne the Creator and Lord. // Rejoice, for you
were deemed worthy to be the Mother of
God. [OCA]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 14. 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.)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Β'. Τοῦ Τριωδίου.

Ἦχος β'. Ὁ σοφίσας ὑπερ ῥήτορας.

Ὁ φωστῆρας ἐν τοῖς πέρασιν τοὺς
Μαθητὰς ἀναδείξας, τῷ κηρύγματι Λόγε
Θεοῦ, τὰς καρδίας ἡμῶν φώτισον, φωτὶ
ἀρετῶν καὶ νηστεία καθαρόν, διδούς
μετάνοιαν ἐπιστροφῆς τοῖς δούλοις σου, εἰς
τὸ δοξάζειν σε Σωτὴρ, ὁ μόνος ὑπάρχων
ὑπεράγαθος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος β'.

Θεοτόκε μὴ παρίδης με, δεόμενον
ἀντιλήψεως τῆς ὑπὸ σοῦ· ἐπὶ σοὶ γὰρ
πέποιθεν ἡ ψυχὴ μου· Ἐλέησόν με.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 15. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

Ὅτι ἡυλόγηταί σου τὸ ὄνομα, καὶ
δεδόξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode 2. (not metered)

Word of God, you made your disciples
as stars/illuminating the ends of the earth by
their preaching! /Illumine our hearts with
the light of the virtues;/cleanse us through
fasting;/grant your servants repentance
and conversion//that we may glorify you, O
Savior, the only all-loving One! [OCA]

Glory. Both now. **Theotokion.**

Mode 2.

I need your help, Theotokos! /Do not turn
from me, for my soul trusts in you://have
mercy on me! [OCA]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 15. It would be followed by the short litany.*

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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.)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Γ'. Τοῦ Τριωδίου.

Ἦχος πλ. α'. Ἀγιωτέρα τῶν Χερουβίμ.

Τὴν φαιδροτέραν τῶν ἀρετῶν, τὴν
συμπολίτιν τῶν οὐρανῶν, ἐγκράτειαν,
δυσωποῦμεν, σὲ τῶν Ἀποστόλων τὴν
δωδεκάδα, πρέσβευε εἰρηνικῶς διανῦσαι,
καὶ κομίσασθαι τοὺς καρποὺς τῆς σωτηρίας·
ὕμεῖς γὰρ ὄντως τῶν γηγενῶν ὑπάρχετε,
κραταίωμα, καὶ καταφυγὴ τῶν ψυχῶν
ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. α'. Ἀγιωτέρα τῶν Χερουβίμ.

Ἀγιωτέρα τῶν Χερουβίμ, ὑψηλοτέρα
τῶν οὐρανῶν, πανύμνητε Θεοτόκε, σὲ ἐν
ἀληθείᾳ ὁμολογοῦντες, ἔχομεν ἁμαρτωλοὶ
σωτηρίαν, καὶ εὐρίσκομεν ἐν πειρασμοῖς
προστασίαν· διὸ μὴ παύσῃ ὑπὲρ ἡμῶν
πρεσβεύουσα, κραταίωμα, καὶ καταφυγὴ
τῶν ψυχῶν ἡμῶν.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ
τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ
μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν
σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς
λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.
Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν
ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἰδοὺ

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode pl. 1. (not metered)

We entreat you, twelve Apostles:/
intercede for us that we may in peace practice
abstinence,/the most glorious of the virtues
that abides in heaven,/so may we gain the
fruits of salvation!//For you are indeed a
strong support to us on earth and a refuge for
our souls! [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1. (not metered)

As we confess you in truth, Theotokos,/to
be worthy of all praise;/truly higher than the
heavens/and more holy than the cherubim,/
we sinners gain salvation/and find protection
in temptation!//Do not cease to intercede on
our behalf,//for you are a strong support and
a refuge for our souls! [OCA]

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

γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ
τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.
Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι,
πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.
Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·
ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα.
Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν
ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου
ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν
ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον
ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με
ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά
σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.
Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου
σου καὶ πνεύματι ἡγεμονικῶ στήριζόν
με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με
ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας
μου· ἀγαλλιᾶσεται ἡ γλῶσσά μου τὴν
δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου
ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν
αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα
ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία
τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν
συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς
οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ
εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῇ τὰ
τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν
δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.
Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου
μόσχους.

ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·
ὑψῶσον κέρας Χριστιανῶν ὀρθοδόξων
καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ
πλούσια· πρεσβεῖαις τῆς παναχράντου

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

Δεσποίνης ἡμῶν Θεοτόκου καὶ
 ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου
 καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν
 τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων,
 ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου
 Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου,
 τῶν ἁγίων ἐνδόξων καὶ πανευφήμων
 Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν
 μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν
 Διδασκάλων, Βασιλείου τοῦ Μεγάλου,
 Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου
 τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου
 καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν
 Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,
 Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου
 Πενταπόλεως τῶν θαυματουργῶν·
 τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων
 Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου
 τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,
 Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ
 τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων
 Χαράλαμπος καὶ Ἐλευθερίου, τῆς
 ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ
 πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων
 Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,
 Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,
 Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ
 Θεοφόρων Πατέρων ἡμῶν· **(τοῦ Ἁγίου τοῦ
 Ναοῦ)**· τῶν ἁγίων καὶ δικαίων Θεοπατόρων
 Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν
 Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε
 Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν
 δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία
 τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ
 εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ
 καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ
 εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

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.)

Τοῦ Μηναίου ---

ΧΟΡΟΣ

Κανὼν τοῦ Ὁσίου.

Ὡδὴ α'. Ἦχος β'. Ὁ Εἰρμός.

Στίχ. Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ
δεδοξασται.

Δεῦτε λαοί, ἄσωμεν ἄσμα Χριστῷ
τῷ Θεῷ, τῷ διελόντι θάλασσαν, καὶ
ὀδηγήσαντι, τὸν λαὸν ὃν ἀνῆκε, δουλείας
Αἰγυπτίων, ὅτι δεδοξασται.

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὑμνολογεῖν, τὴν ἀξιέπαινον μνήμην
σου, προαιρουμένῳ Ὅσιε, χάριν δοθῆναί
μοι, Βενέδικτε δυσώπει, καὶ πάντων
ἐπταισμένων τὴν ἀπολύτρωσιν.

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

Ὑμνολογεῖν, τὴν ἀξιέπαινον μνήμην
σου, προαιρουμένῳ Ὅσιε, χάριν δοθῆναί
μοι, Βενέδικτε δυσώπει, καὶ πάντων
ἐπταισμένων τὴν ἀπολύτρωσιν.

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

Μοναδικῶς, τὸν σὸν ἐκ βρέφους
ἀράμενος, σταυρὸν κατηκολούθησας τῷ
Παντοκράτορι, καὶ νεκρώσας τὴν σάρκα,
ζωῆς κατηξιώθης μακαριώτατε.

Δόξα.

Νόμῳ Θεοῦ, ὑποκλιθεὶς παμμακάριστε,
τὰ τῶν παθῶν σκιρτήματα ἐναπεμάραντας,

From Menaion ---

CHOIR

Canon for the Devout Man.

Ode i. Mode 2. Heirmos.

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

Peoples, now come * and let us sing a
song to Christ our God, * who by His prophet
split the sea and through it led across * His
people and possession, out of Egyptian
bondage, * for He was glorified. [SD]

Troparia.

Devout Saint of God, intercede for us.

O righteous Benedict, pray that grace and
redemption from all my transgressions may
be given to me. I yearn to praise your memory
worthy of commemoration with songs. [un]

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

O righteous Benedict, pray that grace and
redemption from all my transgressions may
be given to me. I yearn to praise your memory
worthy of commemoration with songs. [un]

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

O most blessed of men, you picked up
the cross from your childhood. You lived in
solitude so as to follow the Almighty Lord.
You were declared to be worthy of life after
you slayed your flesh. [un]

Glory.

O all-blessed Benedict, you yielded to the
rule of God. You caused the surging of the
passions to wilt by the perspiration of your

ἐγκρατείας ἰδρῶσι, καὶ τὴν τῆς ἀπαθείας
χάριν ἐπλούτησας.

Καὶ νῦν. **Θεοτοκίον.**

Οἱ διὰ σοῦ, τὴν ἀφθαρσίαν
πλουτήσαντες, Θεοκυῆτορ πάναγνε· Χαῖρε
βοῶμέν σοι ἡ Κεχαριτωμένη, Ὁσίων καὶ
Δικαίων τὸ ἐγκαλλώπισμα.

Τοῦ Μηναίου - - -

Κανὼν τοῦ Ὁσίου.

Ὡδιὴ γ'. Ἦχος β'. Ὁ Εἰρμός.

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

Στερέωσον ἡμᾶς ἐν σοὶ Κύριε, ὁ ξύλῳ
νεκρώσας τὴν ἁμαρτίαν, καὶ τὸν φόβον
σου ἐμφύτευσον, εἰς τὰς καρδίας ἡμῶν τῶν
ὑμνούντων σε.

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ναμάτων ζωτικῶν τοῦ Θεοῦ
Πνεύματος, πλησθεῖσα Βενέδικτε ἡ
ψυχὴ σου, ποταμοὺς θαυμάτων ἔβλυσε,
νοσημάτων ξηραίνοντας ἐπήρειαν.

Στίχ. Κύριος ἀνέβη εἰς οὐρανοὺς, καὶ
ἐβρόντησεν, αὐτὸς κρινεῖ ἄκρα γῆς, δίκαιος
ὢν.

Ναμάτων ζωτικῶν τοῦ Θεοῦ
Πνεύματος, πλησθεῖσα Βενέδικτε ἡ
ψυχὴ σου, ποταμοὺς θαυμάτων ἔβλυσε,
νοσημάτων ξηραίνοντας ἐπήρειαν.

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

Πρὸς πλάτος Παραδείσου
κατεσκήνωσας, Παμμάκαρ ὁδεύσας, στενὴν

restraint. You were made wealthy with the
grace of dispassion. [un]

Both now. **Theotokion.**

O immaculate Theotokos, we overflow
with undefilement because of you, and we
exclaim: Rejoice, Lady Full of Grace, the
ornamentation of the upright and lawful. [un]

From Menaion - - -

Canon for the Devout Man.

Ode iii. Mode 2. Heirmos.

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

Establish us in You, Lord, we pray to You,
* who mortified sin by Your crucifixion, *
and implant in us the fear of You * within the
hearts of Your servants who sing Your praise.

[SD]

Troparia.

Devout Saint of God, intercede for us.

O Benedict, your soul was filled to
capacity with streams of life from the Holy
Spirit. You soul poured forth rivers of
wonders, and it dessicated the swarming of
pestilence. [un]

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

[SAAS]

O Benedict, your soul was filled to
capacity with streams of life from the Holy
Spirit. You soul poured forth rivers of
wonders, and it dessicated the swarming of
pestilence. [un]

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

O all-blessed one, you traversed the
narrow way. You caused the evil and wild

τὴν τρίβον, καὶ δαιμόνων πανουργεύματα,
καὶ πορείας ἀτάκτους ἀπεστένωσας.

Δόξα.

Ῥοαῖς σου τῶν δακρύων ἀρδευόμενος,
ὥς δένδρον Βενέδικτε καρποφόρον,
εὐκαρπίαν θεῖαν ἤνεγκας, ἀρετῶν καὶ
θαυμάτων θεία χάριτι.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ μόνος ἀγαθὸς τὴν σὴν σαρκούμενος,
ὑπέδν Παναμώμητε γαστέρα, καὶ βροτὸς
ὠράθη τέλειος, ἰκέτευε σῶσαι τὰς ψυχὰς
ἡμῶν.

Ὁ Εἰσμός.

Στερέωσον ἡμᾶς ἐν σοὶ Κύριε, ὁ ξύλῳ
νεκρώσας τὴν ἁμαρτίαν, καὶ τὸν φόβον
σου ἐμφύτευσον, εἰς τὰς καρδίας ἡμῶν τῶν
ὑμνούντων σε.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ

paths of the demons to be straight. You then
set up your tent in the broad plain of Paradise.

[un]

Glory.

O Benedict, you produced a holy harvest
of virtues and miracles by the grace of God, as
though you were a fruit tree watered with the
outpouring of your tears. [un]

Both now. **Theotokion.**

O all-blameless Virgin, the only good One
entered into your womb. He took on flesh and
became a perfect mortal. [un]

Heirmos.

Establish us in You, Lord, we pray to You,
* who mortified sin by Your crucifixion, *
and implant in us the fear of You * within the
hearts of Your servants who sing Your praise.

[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

καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Κάθισμα.

Τοῦ Μηναίου ---

Ἦχος α΄. Τοῦ λίθου σφραγισθέντος.

Μονάσας θεαρέστως, ἐναρέτως
ἐβίωσας, καὶ χάριν ἱαμάτων, ἐκομίσας
Βενέδικτε, θαυμάσια τελέσας
φοβερὰ, Μονὴν δὲ συγκροτήσας
ἱεράν, προσενηνόχας Κυρίῳ τῶν
σωζομένων πληθὺν παναοίδιμε. Δόξα
τῷ σὲ λαμπρύναντι Θεῷ, δόξα τῷ σὲ
στεφανώσαντι, δόξα τῷ ἐνεργοῦντι διὰ σοῦ
πᾶσιν ἰάματα.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος α΄. Τοῦ λίθου σφραγισθέντος.

Τὰς χεῖράς σου τὰς θείας, αἷς τὸν
Κτίστην ἐβάστασας, Παρθένε Παναγία,
σαρκωθέντα χρηστότητι, προτείνουσα
δυσώπησον αὐτόν, λυτρώσασθαι ἡμᾶς ἐκ
πειρασμῶν, καὶ παθῶν καὶ τῶν κινδύνων,
τοὺς εὐφημοῦντάς σε πόθῳ καὶ βοῶντάς
σοι· Δόξα τῷ ἐνοικήσαντι ἐν σοί, δόξα τῷ
παρελθόντι ἐκ σοῦ, δόξα τῷ ἐλευθερώσαντι
ἡμᾶς διὰ τοῦ τόκου σου.

Τοῦ Μηναίου ---

Κανὼν τοῦ Ὁσίου.

Ὡδὴ δ΄. Ἦχος β΄. Ὁ Εἰρμός.

Στίχ. Δόξα τῇ δυνάμει σου, Κύριε.

Ὑμνῶ σε· ἀκοῇ γὰρ Κύριε, εἰσακήκοα
καὶ ἐξέστην· ἕως ἐμοῦ ἦκεις γάρ, ἐμὲ
ζητῶν τὸν πλανηθέντα. Διὸ τὴν πολλὴν
σου συγκατάβασιν, τὴν εἰς ἐμὲ δοξάζω
Πολυέλεε.

Spirit, now and forever and to the ages of
ages.

(Amen.)

CHOIR

Kathisma.

From Menaion ---

Mode 1. N/M (The stone.)

O renowned Benedict, you lived in virtue
and solitude so as to please God. You attained
the grace to work cures, dreadful signs, and
miracles. You established a holy dwelling and
monastery. You led a large mass of people
who found salvation through you to the Lord.
Glory to God who caused you to be radiant.
Glory to Him who gave you the crown. Glory
to Him who facilitates cures for everyone
through you. [un]

Glory. Both now. **Theotokion.**

Mode 1. N/M (The stone.)

O all-holy Virgin, reach out your holy
hands that held the Creator. He incarnated
because of His supreme goodness. Fervently
ask Him to redeem us from passions, all forms
of temptation, and all perils who chant your
praise in faith and call to you with yearning:
Glory to Him that desired to abide in you.
Glory to Him that came forth from you.
Glory to Him that has saved us through your
childbirth. [un]

From Menaion ---

Canon for the Devout Man.

Ode iv. Mode 2. Heirmos

Verse: Glory to Your strength, O Lord.

I extol You, for I hear Your report, Lord,
and I was amazed. For You have come down
to me, seeking me the lost sheep. Therefore I
glorify Your great condescension towards me,
O very merciful Lord. [SD]

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Σταυρώσας, σεαυτὸν τοῖς πάθεσι, καὶ τῷ κόσμῳ θεόφρον Πάτερ, τὸν ἐν Σταυρῷ τείναντα ἐθελουσίως τὰς παλάμας Χριστόν, ἐθεράπευσας Βενέδικτε, ὃν ἐκδυσώπει σῶσαι τὰς ψυχὰς ἡμῶν.

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

Σταυρώσας, σεαυτὸν τοῖς πάθεσι, καὶ τῷ κόσμῳ θεόφρον Πάτερ, τὸν ἐν Σταυρῷ τείναντα ἐθελουσίως τὰς παλάμας Χριστόν, ἐθεράπευσας Βενέδικτε, ὃν ἐκδυσώπει σῶσαι τὰς ψυχὰς ἡμῶν.

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

Ἀγῶσιν, ἐγκρατείας Ὅσιε, τῆς σαρκὸς νεκρώσας τὰ μέλη, νεκροὺς εὐχῇ ἡγείρας, καὶ παρειμένους εὐδρομίαν πιστῶς, θαυμαζόμενος ἀπένειμας, καὶ πᾶσαν νόσον Πάτερ ἐθεράπευσας.

Στίχ. Ὁ Θεὸς ἀπὸ Θαϊμὰν ἦξει, καὶ ὁ Ἅγιος ἐξ ὄρους κατασκίου δασέος.

Ξηράς τε, καὶ ἀνίκους Ὅσιε, ἀπειργάσω ψυχὰς γονίμους, τῷ ζωτικῷ λόγῳ σου, καὶ τῶν θαυμάτων ἐπιδείξει, Ποιμὴν θεοπρόβλητος γενόμενος, καὶ μοναζόντων κόσμος ὡραιότατος.

Troparia.

Devout Saint of God, intercede for us.

O Father Benedict of a godly mind, You crucified yourself to the passions and the world. You were a servant of Christ, who allowed Himself to spread His hands out on the Cross. Ask Him to grant salvation to our souls. [un]

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

O Father Benedict of a godly mind, You crucified yourself to the passions and the world. You were a servant of Christ, who allowed Himself to spread His hands out on the Cross. Ask Him to grant salvation to our souls. [un]

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

O righteous Father, you killed the instruments of your flesh through your trials in self-denial. You caused the dead to rise through your prayers. You became a worker of miracles because of your faith, and you caused the lame to walk and cured every disease. [un]

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

O righteous one, you caused the dessicated and wilted souls to bear fruit with your words of life. God designated you to be a shepherd and the most beautiful adornment of monastics through the advent of your wonder-working. [un]

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

Θεοτοκίον.

Ὡς ὄμβρος ἐπὶ πόκον Ἀχραντε, τῇ
σεπτῇ σου γαστρὶ ὁ Λόγος, κατῆλθε
σαρκούμενος, καὶ ἔπαυσε πολυθεΐας
σαφῶς, τὰ ὀμβρήματα Πανάμωμε, καὶ τὸν
πικρὸν χειμῶνα διεσκέδασεν.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Τετάρτης Ὠδῆς.

Καὶ φέγγος αὐτοῦ ὡς φῶς ἔσται, κέρατα
ἐν χερσὶν αὐτοῦ, καὶ ἔθετο ἀγάπησιν
κραταιὰν ἰσχύος αὐτοῦ.

Πρὸ προσώπου αὐτοῦ πορεύσεται
λόγος, καὶ ἐξελεύσεται εἰς παιδείαν κατὰ
πόδας αὐτοῦ.

Ἔστη, καὶ ἐσαλεύθη ἡ γῆ, ἐπέβλεψε, καὶ
ἐτάκη ἔθνη.

Διεθρύβη τὰ ὄρη βία, ἐτάκησαν βουνοὶ
αἰώνιοι, πορείας αἰωνίους αὐτοῦ ἀντὶ
κόπων εἶδον.

Σκηνώματα Αἰθιόπων, πτοηθήσονται
καὶ αἱ σκηναὶ γῆς Μαδιάμ.

Ὅτε διεμέριζεν ὁ Ὑψιστος ἔθνη, ὡς
διέσπειρεν υἱοὺς Ἀδάμ, ἔστησεν ὄρια
ἐθνῶν κατὰ ἀριθμὸν ἀγγέλων Θεοῦ,

Ἐντείνων ἐντενεῖς τὸ τόξον σου ἐπὶ
σκήπτρα, λέγει Κύριος, ποταμῶν ῥαγήσεται
γῆ.

Ὅψονται σε καὶ ὠδινήσουσι λαοί,
σκορπίζων ὕδατα πορείας, ἔδωκεν ἡ

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

Theotokion.

O pure one, the Word came down into
your honorable womb to take on flesh as
though He were rain upon wool. O all-
blameless Virgin, He indeed stopped the
storm of paganism and cast away the harsh
winter. [un]

(read)

Intermediate Verses of Ode Four.

His brightness will be like the light; horns
will be in His hand, and He established a
mighty love of His strength. [SAAS]

Before His face a word will go forth; it
will go out by the shoes of His feet.

The earth stood and was shaken to and
fro; He looked and the nations melted away.

The mountains were shattered by force;
the everlasting hills wasted away. In the place
of distresses, I saw His eternal ways.

The tents of the Ethiopians will be
dismayed, even the tents of the land of
Midian.

When the Most High divided the nations,
when He scattered the sons of Adam, He set
the boundaries of the nations by the number
of God's angels.

You will stretch your bow against
scepters, says the Lord. The land of rivers
shall be torn asunder.

Many peoples will see you and be in
travail, dispersing waters from its course. The

ἄβυσσος φωνήν αὐτῆς, ὕψος φαντασίας αὐτῆς.

Ἐπήρθη ὁ ἥλιος, καὶ ἡ σελήνη ἔστη ἐν τῇ τάξει αὐτῆς, εἰς φῶς βολίδες σου πορεύσονται, εἰς φέγγος ἀστραπῆς ὅπλων σου.

Ἐν ἀπειλῇ ὀλιγώσεις γῆν, καὶ ἐν θυμῷ πατάξεις ἔθνη.

Ἐξῆλθες εἰς σωτηρίαν λαοῦ σου, τοῦ σῶσαι τὸν χριστόν σου ἐλήλυθας, ἔβαλες εἰς κεφαλὰς ἀνόμων θάνατον, ἐξήγειρας δεσμούς ἕως τραχήλου εἰς τέλος.

Διέκοψας ἐν ἐκστάσει κεφαλὰς δυναστῶν, σεισθήσονται ἐν αὐτοῖς, διανοίξουσι χαλινούς αὐτῶν, ὥς ὁ ἐσθίων πτωχὸς λάθρα.

Καὶ ἐπεβίβασας εἰς θάλασσαν τοὺς ἵππους σου, ταράσσοντας ὕδατα πολλά.

Ἐφυλαξάμην, καὶ ἐπτοήθη ἡ καρδιά μου, ἀπὸ φωνῆς προσευχῆς χειλέων μου, καὶ εἰσῆλθε τρόμος εἰς τὰ ὀστά μου, καὶ ἐν ἐμοὶ ἐταράχθη ἡ ἰσχὺς μου.

Ἀναπαύσομαι ἐν ἡμέρᾳ θλίψεώς μου, τοῦ ἀναβῆναί με εἰς λαὸν παροικίας μου.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡιδὴ δ'. Ἦχος β'. Ἐλήλυθας ἐκ Παρθένου.

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

Ἐγκρατείας, τὰς αὐγὰς δεχομένη ἀστράφθητι, ψυχὴ καὶ ἀπόφυγε, τῆς ἀμαρτίας τὴν ζόφωσιν, ὅπως ἀνατείλῃ σοι, ἡ τῆς ἀφέσεως αἴγλη θεῷ Πνεύματι.

abyss uttered its voice; raising its form on high.

The sun arose, and the moon stood in its course; at the light of Your arrows they went forth, at the flashing of Your gleaming weapons.

You will bring low the land with threatening; You will break the nations in wrath.

You went forth for the salvation of Your people, to save Your anointed ones. You brought death upon the heads of the lawless; You brought bonds upon their neck.

You cut off the heads of rulers in amazement; they shall tremble in it. They will break their bridles like a poor man eating secretly.

You ran your horses into the sea, churning up the many waters.

I kept watch, and my belly trembled from the sound of the prayer of my lips; and trembling penetrated into my bones. And my very frame of mind was troubled.

I shall rest in the day of tribulation to go up to the people of my sojourn. [SAAS]

(sung)

From Triodion ---

Canon 1 from the Triodion.

Ode iv. Mode 2. N/M

(You came from a Virgin.)

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

Become as lightning, my soul, / receiving the flashing rays of abstinence, / and flee from the obscurity of sin: / that through the divine

Στίχ. Ψεύσεται ἔργον ἐλαίας, καὶ τὰ πεδία οὐ ποιήσει βρώσιν.

Ἀγκίστρω με, ἡδονῆς δελεάσας ὁ δόλιος, αἰχμάλωτον ἤρπασεν, ἀλλ' οἱ τὸν κόσμον Ἀπόστολοι, λόγῳ σαγηνεύσαντες, ἐκ τῆς αὐτοῦ με κακίας ἐκλυτρώσατε.

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

Ἐδείχθητε, τοῦ Ἡλίου τῆς δόξης αὐγάσματα Ἀπόστολοι ἔνδοξοι, πλάνης αὐχμὸν ἀπελαύνοντες, καὶ οὖν φωτίσατε τὸν ὑπὸ πάσης κακίας σκοτιζόμενον.

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

Θεοτοκίον.

Κεκραῶμαι, ἐν νυκτὶ καὶ ἡμέρᾳ θλιβόμενος, πρὸς σὲ καὶ σωθήσομαι, καὶ ἡδονῶν ὑπερβήσομαι, τείχος καὶ βοήθεια, τῇ σῇ Παρθένῃ δυνάμει τειχιζόμενος.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ δ'. Ἦχος πλ. α'.
Τὰ ἔργα τῆς οἰκονομίας

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

Τοῦ Ἡλίου, τῆς δικαιοσύνης ὑπάρχοντες, Ἀπόστολοι, λαμπηδόνες παμφαεῖς, φωτίζετε τὸν περὶ γαίαν κόσμον, τὸν ζόφον τῆς ἀπάτης διώκοντες.

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

Λύρα ὄντες, τοῦ Σωτῆρος πνευματοκίνητος, Ἀπόστολοι,

spirit/the light of forgiveness may enlighten you as the rising sun. [OCA]

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

The deceiver enticed and captured me with the hook of pleasure./But, Apostles, as by your preaching/you have caught the whole world in your net/deliver me from his malice. [OCA]

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

Glorious Apostles,/you shine as rays from the Sun of glory./You dispel the eclipse of error./Let your light also fall on me,/for I am darkened by every evil. [OCA]

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

Theotokion.

I cry out to you day and night in my affliction./Encircled by your help and strength, Virgin, I shall be saved,/and shall leap over the wall of sensual pleasure. [OCA]

Canon 2 from the Triodion.

Ode iv. Mode pl. 1. (N/M)

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

Shining with the radiance of the Sun of Righteousness, Apostles,/you give light to this earthly world,/driving away the gloom of error. [OCA]

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

Apostles, you are the lyre of the Savior, played by the Spirit;/preaching to the ends of

γνωρισθέντες ἐπὶ γῆς, τὸ εὖηχον
μελουργεῖτε ὑμῶν ἔπος, καὶ Κόσμον πρὸς
Θεὸν ἐπιστρέφετε.

Δόξα. **Τριαδικόν.**

Τὴν Τριάδα, ἐν μοναδικῇ οὐσιότητι,
δοξάζοντες ἓνα Κύριον Θεόν, ὑμνήσωμεν
τὸν ἀγέννητον Πατέρα, Υἱὸν τὸν γεννητόν,
καὶ τὸ Πνεῦμα τὸ ζῶν.

Καὶ νῦν. **Θεοτοκίον.**

Παρθένος, ἐν γαστρὶ συνέλαβε Κύριε,
καὶ ἔτεκε, σὲ τὸν Ἐμμανουήλ· ἐξῆλθες γὰρ
εἰς σωτηρίαν λαοῦ σου, τοῦ σῶσαι τοὺς
χριστοὺς σου Φιλάνθρωπε.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἀποστόλων, δωδεκάς ἡ θεία καὶ
πάνσεπτος, ἰκέτευε, τὸν Χριστὸν ὑπὲρ
ἡμῶν, δεόμεθα διελθεῖν ἡμᾶς εὐτόνως, τὸ
τεσσαρακονθήμερον στάδιον.

Ὁ Εἰμός. Ἦχος πλ. α'.

Τὰ ἔργα τῆς οἰκονομίας σου Κύριε,
ἐξέστησαν τὸν προφήτην Ἀββακούμ·
ἐξῆλθες γὰρ εἰς σωτηρίαν λαοῦ σου, τοῦ
σῶσαι τοὺς χριστοὺς σου ἐλήλυθας.

Τοῦ Μηναίου - -

Κανὼν τοῦ Ὁσίου.

Ὡδὴ ε'. Ἦχος β'. Ὁ Εἰμός.

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

Ὁ τοῦ φωτὸς χορηγός, καὶ τῶν
αἰώνων ποιητὴς Κύριος, ἐν τῷ φωτὶ τῶν
προσταγμάτων, ὁδήγησον ἡμᾶς· ἐκτός σου
γὰρ ἄλλον, Θεὸν οὐ γινώσκομεν.

the earth,/you sing a melody pleasing to the
ear,/converting the world to God. [OCA]

Glory. **For the Trinity.**

Let us glorify the Trinity in unity of
essence;/let us sing the praises of the one
Lord God,/the Father unbegotten,/the Son
begotten and the Spirit of life. [OCA]

Both now. **Theotokion.**

A Virgin has conceived, Lord,/and given
birth to you, Emmanuel;/for you are come to
bring salvation to your people,/and to save
all your anointed/in your love for mankind.

[OCA]

Glory to You, our God, glory to You.

Divine and honored company of the
twelve Apostles,/we entreat you to pray to
Christ for us/that with a firm resolve/we
may pass through the period of the forty days.

[OCA]

Heirmos Mode pl. 1.

The works of your providence, Lord,/
filled the prophet Habakkuk with wonder,/for
you have come to bring salvation to your
people,/and to save all your anointed ones.

[OCA]

From Menaion - -

Canon for the Devout Man.

Ode v. Mode 2. Heirmos.

Verse: O Lord our God, grant us peace.

Lord, the provider of light, * and the
Creator of the ages, we pray * that You
will guide us in the light of Your all-holy
commands. * Except for You, we do not know
any other God. [SD]

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Τὸν ἐν ἐλέει Θεόν, ἐκδυσωπῶν Πάτερ σοφὲ ἔπλησας, ὡς Ἡλιοῦ καμψάκην ἐλαίου, τὸ ἄγγος τὸ μέγα, ὑπὸ τῶν ὁρώντων πιστῶς θαυμαζόμενος.

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

Τὸν ἐν ἐλέει Θεόν, ἐκδυσωπῶν Πάτερ σοφὲ ἔπλησας, ὡς Ἡλιοῦ καμψάκην ἐλαίου, τὸ ἄγγος τὸ μέγα, ὑπὸ τῶν ὁρώντων πιστῶς θαυμαζόμενος.

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

Ὡς καθαρὸς τὴν ψυχὴν, σὺ ἐν ἐκστάσει γεγονῶς ἔβλεψας, πᾶσαν τὴν γῆν, ὡς ὑπὸ ἀκτῖνα, λαμπομένην μίαν, Θεοῦ σε τιμῶντος, παρμάκαρ Βενέδικτε.

Δόξα.

Σημειουργῶν ἐν Χριστῷ, ὕδωρ πηγᾶσαι δι' εὐχῆς Ὅσιε, ἐκδυσωπεῖς τὸν ἀγαθοδότην, ὅπερ διαμένει, ἐπανακηρύττων, τὸ θαῦμα Βενέδικτε.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ κατοικῶν οὐρανοῦς, τὴν σὴν πανάμωμον νηδὺν ᾤκησεν, ὅπως ἡμᾶς, οἴκους τῆς Τριάδος ἐναποτελέσῃ, τοὺς σὲ Θεοτόκον, κηρύττοντας Ἀχραντε.

Troparia.

Devout Saint of God, intercede for us.

O prudent Father Benedict, you filled the large jar with oil as Elias by invoking God. Those who watched this were amazed at you and had faith. [un]

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

[SAAS]

O prudent Father Benedict, you filled the large jar with oil as Elias by invoking God. Those who watched this were amazed at you and had faith. [un]

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

O all-blessed Benedict, your soul was pure. You were in a state of euphoria and looked upon the entire world enlightened by just one sunbeam of the God who gave you honor. [un]

Glory.

O righteous Benedict, you displayed signs in Christ. You prayed to the One who gives good things that He may produce water. This fountain is still present so as to display the miracle. [un]

Both now. **Theotokion.**

O pure Lady, the One who abides in Heaven took His abode in your all-blameless womb, so that He might make us who proclaim you as the Mother of God to be abodes of the Trinity. [un]

Τοῦ Μηναιίου - - -

Κανὼν τοῦ Ὁσίου.

Ὡδὴ ζ'. Ἦχος β'. Ὁ Εἰρμός.

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

Ἐν ἀβύσσῳ πταισμάτων κυκλούμενος, τὴν ἀνεξιχνίαστον τῆς εὐσπλαχνίας σου, ἐπικαλοῦμαι ἄβυσσον· Ἐκ φθορᾶς ὁ Θεός με ἀνάγαγε.

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Φωταυγείαις λαμπόμενος Πνεύματος, σκότος πονηρῶν τῶν δαιμόνων ἐμείωσας, θαυματουργὲ Βενέδικτε, μοναζόντων φωστὴρ διαυγέστατε.

Στίχ. Φυλασσόμενοι μάταια καὶ ψευδῇ, ἔλεον αὐτοῖς ἐγκατέλιπον.

Φωταυγείαις λαμπόμενος Πνεύματος, σκότος πονηρῶν τῶν δαιμόνων ἐμείωσας, θαυματουργὲ Βενέδικτε, μοναζόντων φωστὴρ διαυγέστατε.

Στίχ. Ὅσα ἡνξάμην ἀποδώσω σοι εἰς σωτηρίαν μου τῷ Κυρίῳ.

Ὡς περὶδοξος Μάκαρ ὁ βίος σου, ὡς περιφανὴς ἡ σεπτὴ πολιτεία σου, δι' ἧς ἀγέλας εἵλκυσας, Μοναζόντων πρὸς γνῶσιν σωτήριον.

Δόξα.

Βασιλείας οἰκῆτωρ γενόμενος, τῆς ἐπουρανίου θεόφρον Βενέδικτε, ταύτης τυχεῖν ἰκέτευε, τοὺς πιστῶς σε ἀεὶ μακαρίζοντας.

Καὶ νῦν. **Θεοτοκίον.**

Ἐκ γαστροῦ σου ἀγίας ἀνέτειλε, τῆς δικαιοσύνης ἀνέσπερος Ἥλιος, καὶ

From Menaion - - -

Canon for the Devout Man.

Ode vi. Mode 2. Heirmos.

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

In the sea now surrounded by all my sins, * I invoke the sea of Your incomprehensible * compassion and Your tender love. * Raise me up from corruption, O God, I pray. [SD]

Troparia.

Devout Saint of God, intercede for us.

O miracle-working Benedict, you radiated with the brilliance of the light of the Holy Spirit. You defeated the gloom of the vile demons. You are the great light of monks. [un]

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

O miracle-working Benedict, you radiated with the brilliance of the light of the Holy Spirit. You defeated the gloom of the vile demons. You are the great light of monks. [un]

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

O blessed man, your life was full of so much glory! Your honorable teaching was so noteworthy! You brought scores of monks to a knowledge of salvation. [un]

Glory.

O Benedict of a godly mind, you live in the Kingdom of Heaven. Intercede that we who always faithfully bless you may do the same. [un]

Both now. **Theotokion.**

O all-hymned Virgin Mother of God, the Sun of Righteousness who never sets came to

τοὺς πιστοὺς ἐφώτισε, Θεοτόκε Παρθένε
πανύμνητε.

Ὁ Εἰμός.

Ἐν ἀβύσσῳ πταισμάτων κυκλούμενος,
τὴν ἀνεξιχνίαστον τῆς εὐσπλαγχνίας σου,
ἐπικαλοῦμαι ἄβυσσον· Ἐκ φθορᾶς ὁ Θεός
με ἀνάγαγε.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΑΝΑΓΝΩΣΤΗΣ

Μαρτυρικόν. Ἦχος πλ. δ'.

Γενναίως τὸν δρόμον τελέσαντες,
τυράννοις ἀντέστητε Μάρτυρες· τὰ γὰρ
σώματα νεκρώσαντες ἐν γῇ, ἀπελάβετε
οὐράνιον ζωὴν Ἅγιοι.

dawn from your holy womb so that He may
bring light to the faithful. [un]

Heirmos.

In the sea now surrounded by all my sins,
* I invoke the sea of Your incomprehensible *
compassion and Your tender love. * Raise me
up from corruption, O God, I pray. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Triodion ---

READER

For the Martyrs. Mode pl. 4.

O holy Martyrs, you finished the race
and bravely resisted the tyrants. On earth
you mortified your bodies, and in return you
received heavenly life. [SD]

Συναξάριον.

Τοῦ Μηναιίου.

Τῇ ΙΔ΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Βενεδίκτου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Μάρτυρος Ἀλεξάνδρου, τοῦ ἐν Πίδνῃ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ Εὐσχήμονος, Ἐπισκόπου Λαμψάκου.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεὸς ἐλέησον ἡμᾶς. Ἀμήν.

Τοῦ Μηναιίου ---

ΧΟΡΟΣ

Κανὼν τοῦ Ὁσίου.

Ὡδὴ ζ'. Ἦχος β'. Ὁ Εἰρμός.

Στίχ. Τῶν Πατέρων καὶ ἡμῶν Θεός, εὐλογητὸς εἶ.

Ῥήτορες ἀνεδείχθησαν Παῖδες, φιλοσοφώτατοί ποτε· ἐκ θεολήπτου ψυχῆς γάρ, θεολογοῦντες χεῖλεσιν ἔμελπον, ὁ ὑπέρθεος τῶν Πατέρων, καὶ ἡμῶν Θεός εὐλογητὸς εἶ.

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Νέκρωσιν ζωφόρον ἐκτήσω, τῶν ἡδονῶν τῇ ἀποχῇ· ὅθεν νεκροὺς ἐξεγείρειν, κατηξιώθης παμμάκαρ Βενέδικτε, θαυμαζόμενος ὑπὸ πάντων, τῶν πιστῶν, ὡς Ἡλιοῦ ὁ μέγας.

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

Νέκρωσιν ζωφόρον ἐκτήσω, τῶν ἡδονῶν τῇ ἀποχῇ· ὅθεν νεκροὺς ἐξεγείρειν, κατηξιώθης παμμάκαρ Βενέδικτε,

Synaxarion.

From the Menaion.

On March 14 we commemorate our devout father Benedict.

On this day we commemorate the holy martyr Alexander of Pidne.

On this day we commemorate our devout father Efschemon the Confessor, Bishop of Lampsacus.

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

From Menaion ---

CHOIR

Canon for the Devout Man.

Ode vii. Mode 2. Heirmos

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

Those Servants of old proved to be most wise orators, for with their lips they uttered theology from a God-inspired soul, and they sang: Blessed are You, the super-divine God of us and of our Fathers. [SD]

Troparia.

Devout Saint of God, intercede for us.

O all-blessed Benedict, You took hold of the mortification that grants life by your restraint from things that bring pleasure. Therefore you were declared to be worthy to resurrect the dead. Everyone of the faithful looked upon you in amazement as though you were Elias. [un]

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

O all-blessed Benedict, You took hold of the mortification that grants life by your restraint from things that bring pleasure.

θαυμαζόμενος ὑπὸ πάντων, τῶν πιστῶν, ὡς
Ἡλιοῦ ὁ μέγας.

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

Εἰργάσω τοῖς ὁσίοις σου πόνοις,
μάνδραν ἀπείρων μοναστῶν, ἥτις αἰεὶ
διαμένει, τειχιζομένη ταῖς προστασίαις σου,
Ἀξιάγαστε πειθομένη, τοῖς καλῶς ὑπὸ σοῦ
τυπωθεῖσι.

Δόξα.

Δόξαντες θανατῶσαι ἀφρόνως, Μάκαρ
φαρμάκοις πονηροῖς, σὲ τὸν φρουρούμενον
θείᾳ τοῦ Παντοουργοῦ παλάμῃ, οἱ ἄφρονες
κατησχύνθησαν, φωραθέντες τῇ ἐν σοί, τοῦ
Πνεύματος προγνώσει.

Καὶ νῦν. **Θεοτοκίον.**

Ἰασαι τῆς ψυχῆς μου τὰ πάθη, τῆς
ἀπαθείας τὴν πηγὴν, ἡ συλλαβοῦσα
Παρθένε, καὶ κατανύξεως ὄμβρους
παράσχου μοι, προξενούντάς μοι τὴν
παράκλησιν ἐκεῖ, ἁγία Θεοτόκε.

Ὡιδὴ η'.

Τοῦ Μηναιίου - -

Κανὼν τοῦ Ὁσίου.

Ὡιδὴ η'. Ἦχος β'. Ὁ Εἰρμός.

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

Τὸν ἐν καμίνῳ τοῦ πυρός, τῶν Ἑβραίων
τοῖς Παισὶ συγκαταβάνα, καὶ τὴν φλόγα
εἰς δρόσον, μεταβαλόντα Θεόν, ὑμνεῖτε τὰ
ἔργα ὡς Κύριον, καὶ ὑπερυψοῦτε εἰς πάντας
τοὺς αἰῶνας.

Therefore you were declared to be worthy to
resurrect the dead. Everyone of the faithful
looked upon you in amazement as though
you were Elias. [un]

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

You who are worthy of wonder brought
together countless monastics by your
righteous works. They are still present,
for they are guarded by a wall of your
safe-keeping, which is obedience to your
directions. [un]

Glory.

O blessed Benedict, the foolish and
insensible plotted to kill you with poison,
even though you were guarded by the divine
hand of the One who created everything.
They were put to shame, for the Spirit within
you revealed their plans. [un]

Both now. **Theotokion.**

O Virgin, holy Mother of God, work a
cure for the passions of my soul, because
you conceived the Fountain of Dispassion.
Give me showers of repentance so that I may
secure my solace in that place. [un]

Ode viii.

From Menaion - -

Canon for the Devout Man.

Ode viii. Mode 2. Heirmos.

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

When God went down into the fire * of
the furnace with the holy Hebrew Servants,
* He converted the flames there into dew
refreshing them. * Extol Him as Lord, O

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Κατὰ παθῶν φθοροποιῶν, βασιλεύσας
ἐν Χριστῷ θεόφρον Πάτερ, οὐρανῶν
Βασιλείαν, κατηξιώθης οἰκεῖν, σὺν πᾶσι τοῖς
καλῶς βιώσασι, καὶ τὸν παντεπόπτην, Θεόν
ἡγαπηκόσι.

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

Κατὰ παθῶν φθοροποιῶν, βασιλεύσας
ἐν Χριστῷ θεόφρον Πάτερ, οὐρανῶν
Βασιλείαν, κατηξιώθης οἰκεῖν, σὺν πᾶσι τοῖς
καλῶς βιώσασι, καὶ τὸν παντεπόπτην, Θεόν
ἡγαπηκόσι.

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

Τὰς σὰς ἀγίας προσευχάς,
προσδεχόμενος Θεὸς τοῖς ἐνδεέσι, διὰ
σοῦ ἐχορήγει, τὰς πρὸς τὸ ζῆν ἀφορμάς,
μεγάλως ἐπὶ γῆς δοξάζων σε, ταῖς
θαυματουργίαις, Βενέδικτε τρισμάκαρ.

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

Ὡραιθεὶς ταῖς καλλοναῖς, τῶν ἐνθέων
ἀρετῶν, πρὸς τοὺς ὡραίους μετετέθης
νυμφῶνας, Πάτερ συνεῖναι Θεῷ καὶ τούτου
θείας ὡραιότητος, εἰς τοὺς ἀπεράντους,
αἰῶνας ἀπολαύειν.

you works of His, * and exalt Him beyond
measure, * unto all the ages. [SD]

Troparia.

Devout Saint of God, intercede for us.

O Father of a godly mind, in Christ you
were as though a king over the passions of
defilement. You were declared to be worthy
to abide in the Kingdom of Heaven with
everyone who spent their lives correctly by
loving the God who sees everything. [un]

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

O Father of a godly mind, in Christ you
were as though a king over the passions of
defilement. You were declared to be worthy
to abide in the Kingdom of Heaven with
everyone who spent their lives correctly by
loving the God who sees everything. [un]

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

O Benedict blessed three times, God
approved of your holy prayers. He used you
to take care of those who lacked the essentials
of life. He gave you great glory upon the earth
through your wonder-working. [un]

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]

O Father, you were made beautiful
in righteousness. You were carried to the
beautiful bridal chambers to dwell with
God so that you may spend eternity taking
pleasure in His holy beauty. [un]

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

Θεοτοκίον.

Ἴδου γεγέννηται ἐκ σοῦ, Ἡσαΐας ὡς βοᾷ
Ἀγνή, Παιδίον, ὁ Υἱὸς τοῦ Ὑψίστου, καὶ σὸς
ὀραῖται Υἱός, Παρθέने, υἱοὺς ἐργαζόμενος,
τοῦ ἐπουρανίου Πατρὸς, τοὺς σὲ ὑμνοῦντας.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὡδῆς.

Εὐλογεῖτε, πᾶς ὄμβρος καὶ δρόσος,
πάντα τὰ πνεύματα, τὸν Κύριον· ὑμνεῖτε
καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πῦρ καὶ καῦμα, ψῦχος
καὶ καύσων, τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε δρόσοι καὶ νιφετοί, πάγοι καὶ
ψῦχος, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πάχνη καὶ χιόνες, ἄστροπαι
καὶ νεφέλαι τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, φῶς καὶ σκότος, νύκτες καὶ
ἡμέραι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ
πάντα τὰ φυόμενα ἐν αὐτῇ, τὸν Κύριον·
ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς
αἰῶνας.

Εὐλογεῖτε, πηγαί, θάλασσα, καὶ
ποταμοί, κήτη, καὶ πάντα τὰ κινούμενα
ἐν τοῖς ὕδασι, τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

(ἐμμελῶς)

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

Theotokion.

O immaculate Virgin, observe that a Child
has been born from you just as Esaias tells.
This is the Son of the Most High. Those that
laud you are the sons of the Heavenly Father,
for they see that He is your Son. [un]

(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)

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

**Ὡδὴ η'. Ἦχος β'. Τῷ
δόγματι τῷ τυραννικῷ.**

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

Νηστεύσωμεν, πᾶσαν ἡδονήν, πιαίνοντες τὰς αἰσθήσεις νηστεία, καὶ κατανύξεως πόμα θερμῶς, πιώμεθα ψάλλοντες· Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

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

Τῆς στάσεως, τῆς ἐκ δεξιῶν, γενέσθαι με κοινωνὸν δυσωπεῖτε, ὅταν καθίσητε κρῖναι βροτούς, σὺν Χριστῷ Ἀπόστολοι, τὸν πολλαῖς ἁμαρτίαις, καὶ κρίσει ὑπεύθυνον.

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

Ἐν ἄρματι, θείων ἀρετῶν, νηστεία καθαρθέντες ἐπιβῶμεν, καὶ πρὸς αἰθέριον ὕψος τὸν νοῦν, πτερῶσμεν ψάλλοντες· Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

Στίχ. Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Θεοτοκίον.

Διέμεινας, ἄφλεκτος τὸ πῦρ, τεκοῦσα τῆς Θεότητος Παρθένε, ἀλλὰ κατάφλεξον

From Triodion ---

Canon 1 from the Triodion.

Ode viii. Mode 2. (N/M)

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

Let us abstain from every pleasure;/let us enrich our powers of perception through fasting,/and let us drink gladly the cup of compunction, as we sing:/All works of the Lord, bless the Lord! [OCA]

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

Apostles, when you sit with Christ to judge mortal men,/though I deserve condemnation for my many sins,/intercede for me, that I may be granted a place at his right hand. [OCA]

Verse: Bless the Lord, O priests of the Lord, O servants of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

Cleansed by the fast,/let us go up into the chariot of the divine virtues,/making our mind ascend on wings to the height of heaven, as we sing:/All works of the Lord, bless the Lord! [OCA]

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.

Virgin, you bore the fire of the Godhead, yet remained unconsumed./Burn up the passions of our souls,/for in faith we call on

πάθη ψυχῶν, τῶν πίστει βοῶντων σοι, τὴν
φωνὴν τοῦ Ἀγγέλου, χαρᾶς μόνη πρόξενε.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος πλ. α'. Οἱ ὅσιοί σου Παῖδες

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

Τοῦ Πνεύματος τὰς σάλπιγγας, τοῦ
Χριστοῦ τοὺς Μαθητάς, ἀνυμνοῦντες
βοῶμεν· Εὐλογεῖτε τὰ ἔργα Κυρίου τὸν
Κύριον.

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

Ὡς πρεσβευτὰς τοῦ Κόσμου, καὶ πλάνης
φυγαδευτάς, τοὺς Μαθητάς ὑμνοῦμεν
Χριστοῦ· Εὐλογεῖτε βοῶντες, τὰ ἔργα
Κυρίου τὸν Κύριον.

Στίχ. Εὐλογοῦμεν Πατέρα, Υἱὸν καὶ
Ἅγιον Πνεῦμα, τὸν Κύριον· ὑμνοῦμεν, καὶ
ὑπερυψοῦμεν αὐτὸν εἰς τοὺς αἰῶνας.

Τριαδικόν.

Τριάδα παναγίαν, τὴν ἐν Πατρὶ καὶ
Υἱῷ, καὶ Πνεύματι, ὑμνοῦντες ψάλλομεν·
Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

Καὶ νῦν. **Θεοτοκίον.**

Τὸν ἄρρητόν σου Τόκον, πάντες
ὑμνοῦμεν βροτοί, εὐσεβῶς ἐκβοῶντες Ἀγνή·
Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἀπόστολοι πρεσβεύσατε, ἐν εἰρήνῃ
ἡμᾶς, τὰς ἰλαστηρίους ἡμέρας τελεῖν.
Εὐλογεῖτε βοῶντας, τὰ ἔργα Κυρίου τὸν
Κύριον.

you with the angelic salutation, / since it is
you alone who bring us joy! [OCA]

Canon 2 from the Triodion.

Ode viii. Mode pl. 1. (N/M)

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

We praise the trumpets of the Spirit, the
disciples of Christ, / and we cry aloud: / All
works of the Lord, bless the Lord! [OCA]

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

We praise the disciples of Christ / who
offer intercession for the world and drive
away all error, / and we cry aloud: / All works
of the Lord, bless the Lord! [OCA]

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

For the Trinity.

We praise the all-holy Trinity, / Father,
Son and Spirit, / and we sing: All works of the
Lord, bless the Lord! [OCA]

Both now. **Theotokion.**

With all mankind we sing the praises of
your ineffable childbearing, / and with true
devotion we cry aloud, pure Virgin: / All
works of the Lord, bless the Lord! [OCA]

Glory to You, our God, glory to You.

Pray for us, Apostles, / that we may
complete these days of propitiation in peace, /
as we cry aloud: / All works of the Lord, bless
the Lord! [OCA]

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.

Ὁ Εἰρμός. Ἦχος πλ. α'.

Οἱ ὅσιοί σου Παῖδες, ἐν τῇ καμίνῳ
Χριστέ, ἀνυμνοῦντες ἔλεγον· Εὐλογεῖτε τὰ
ἔργα, Κυρίου τὸν Κύριον.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν
ῥήματι τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος β'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,
καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ
σωτήρῳ μου.

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

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

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

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

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

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

Heirmos Mode pl. 1.

Your holy Children/sang your praises
in the furnace, O Christ,/and they said: All
works of the Lord, bless the Lord! [OCA]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 2.

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

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

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

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

Τοῦ Μηναίου ---

Κανὼν τοῦ Ὁσίου.

Ὡδὴ θ'. Ἦχος β'. Ὁ Εἰρμός.

Τὸν ἐκ Θεοῦ Θεὸν Λόγον, τὸν ἀρρήτω σοφία ἤκοντα καινουργῆσαι τὸν Ἀδὰμ, βρώσει φθορᾷ πεπτωκότα δεινῶς, ἐξ ἀγίας Παρθένου, ἀφράστως σαρκωθέντα δι' ἡμᾶς, οἱ πιστοὶ ὁμοφρόνως, ἐν ὕμνοις μεγαλύνομεν.

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

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

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

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

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

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

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

From Menaion ---

Canon for the Devout Man.

Ode ix. Mode 2. Heirmos.

Being from God, God the Logos * with ineffable wisdom * came to make Adam new who fell through food * into corruption unhappily. * From an all-holy Virgin * ineffably He took on flesh for us. * We the

Τροπάρια.

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὡφθης ὡς ἥλιος μέγας, καταυγάζων
τὴν κτίσιν, σημείοις Θεοφόρε φοβεροῖς, καὶ
ἀρετῶν ἀναλάμψεσι διὰ τοῦτο τελοῦμεν,
τὴν μνήμην σου τὴν ὄντως φωταυγῇ,
φωτιζόμενοι Πάτερ, καρδίας αἰσθητήρια.

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

Ὡφθης ὡς ἥλιος μέγας, καταυγάζων
τὴν κτίσιν, σημείοις Θεοφόρε φοβεροῖς, καὶ
ἀρετῶν ἀναλάμψεσι διὰ τοῦτο τελοῦμεν,
τὴν μνήμην σου τὴν ὄντως φωταυγῇ,
φωτιζόμενοι Πάτερ, καρδίας αἰσθητήρια.

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

Σὲ μοναζόντων ἀγέλαι, ὑπὸ σοῦ
κροτηθεῖσαι, ἡμέρας εὐφημοῦσι καὶ νυκτός,
μέσον τὸ σῶμά σου ἔχοντες, ἀναβλύζον
πλουσίως, θαυμάτων ποταμούς, Πάτερ
σοφὲ καὶ φωτίζον τὰ τούτων, ἀπαύστως
διαβήματα.

Στίχ. Καθὼς ἐλάλησε διὰ στόματος τῶν
ἀγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.
Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς
πάντων τῶν μισούντων ἡμᾶς.

Ἡλιακῶν λαμπηδόνων ὑπερήστραψας
Πάτερ, τελέσας τοῦ Θεοῦ τὰς ἐντολάς,
καὶ πρὸς τὸ φῶς τὸ ἀνέσπερον μετετέθης

faithful extol Him concordantly and magnify.

[SD]

Troparia.

Devout Saint of God, intercede for us.

O God-bearer, you were like a great sun
which shines the sunbeams of righteousness
and fearful signs upon Creation. Because of
this we commemorate your memory, which
truly shines with beauty. O Father Benedict,
you illuminate us in the senses of our hearts.

[un]

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

O God-bearer, you were like a great sun
which shines the sunbeams of righteousness
and fearful signs upon Creation. Because of
this we commemorate your memory, which
truly shines with beauty. O Father Benedict,
you illuminate us in the senses of our hearts.

[un]

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

O wise Father, the masses of monastics
gathered by you commemorate you day and
night. They have a constant light for their
path with them in your body, from which
rivers of miracles abundantly flow. [un]

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

[RSV]

O Father, celebrated Benedict, you
have shined more brilliantly than the rays
of the sun. You worked God's statues.

προσβεύων, δοθῆναι ἱλασμόν ἀμαρτιῶν,
τοῖς πιστῶς σε τιμῶσιν, αἰοῖδιμε Βενέδικτε.

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

Θεοτοκίον.

Φωτοκυῆτορ Παρθένε, τῆς ψυχῆς μου
τὰ νέφη, ἀπέλασον καὶ δίδου καθαρῶς,
προσενοπτριζεσθαι Δέσποινα, τὸ σωτήριον
κάλλος, τοῦ λάμπαντος ἀρρήτως, ἐκ τῆς
σῆς παναγίας νηδύος, εἰς φῶς Ἐθνῶν
πανύμνητε.

Τοῦ Τριωδίου - - -

Κανὼν Α' τοῦ Τριωδίου.

Ὡιδὴ θ'. Ἦχος β'. Ἡ τὸν ἀχώρητον Θεόν.

Στίχ. Ὅρκον, ὃν ὤμοσε πρὸς Ἀβραάμ τὸν
πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ
χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Ἀπερριμμένος ἡδονῶν, ἀχανὲς εἰς
πέλαγος, τὴν τῆς σῆς εὐσπλαγχνίας
ἄβυσσον, προσκαλοῦμαι Κυβερνητὰ με
σῶσον.

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

Τῆς εὐσπλαγχνίας ἡ πηγὴ, δός
μοι νῦν κατάνυξιν, στεναγμόν, ὅπως
ἀποκλαύσωμαι, τῶν κακῶν μου, τὰς
ἀπείρους θαλάσσας.

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

Τῶν Μαθητῶν σου Ἰησοῦ, ταῖς σεπταῖς
δεήσεσι, τὴν σεπτὴν δίδου μοι Ἀνάστασιν,
προσκυνῆσαι, καὶ τὰ θεῖά σου Πάθη.

You were carried to the light that never
reaches evening, where you ask for the
remissions of transgressions for everyone who
commemorates you in faith and reverence. [un]

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

Theotokion.

O Virgin, all-hymned Lady, Birthgiver
of the Light, force the clouds out from my
soul. Enable me to mirror in clarity the salvific
splendor of Him who beyond understanding
radiated from your all-holy womb as a light
for the nations. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 2. (N/M)

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]

Cast into the yawning deep of sensual
pleasure,/I call upon the abyss of your tender
mercies:/O Helmsman, save me! [OCA]

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

Fountain of compassion,/give me
compunction and cries of sorrow,/that I may
lament the endless ocean of my evil deeds. [OCA]

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]

At the holy prayers of your disciples,
Jesus,/grant that I may venerate your divine
Passion/and your dread resurrection. [OCA]

Στίχ. Τοῦ δοῦναι γνῶσιν σωτηρίας τῷ λαῷ αὐτοῦ, ἐν ἀφέσει ἁμαρτιῶν αὐτῶν, διὰ σπλάγχνα ἐλέους Θεοῦ ἡμῶν.

Θεοτοκίον.

Ἡ οὐρανῶσασα ἡμῶν, τὸ γεῶδες φύραμα, τῇ ἐν σοί, τοῦ Θεοῦ Πανάμωμε, ἐνοικήσει, ῥῦσαι πάντας κινδύνων.

Κανὼν Β' τοῦ Τριωδίου.

Ὡιδὴ θ'. Ἦχος πλ. α'.

Μεγαλύνομεν Χριστέ

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

Ἐκ τῶν πηγῶν προφητικῶς, τῶν τοῦ Σωτῆρος ἐξαντλήσαντες, οἱ Ἀπόστολοι, ὕδωρ ἀθανασίας, τοῖς διψῶσι δόγματα ζωῆς, ποτίζουσι πάντοτε.

Στίχ. Τοῦ κατευθῦναι τοὺς πόδας ἡμῶν εἰς ὁδὸν εἰρήνης.

Τοῦ Βασιλέως οὐρανῶν, φανέντες ἄρχοντες Ἀπόστολοι, ὑπετάξατε, πᾶσαν τὴν οἰκουμένην, τοῦτον μόνον σέβειν, προσκυνεῖν, καὶ δοξολογεῖν ὡς Θεόν.

Δόξα. Τριαδικόν.

Τριάς ἀμέριστε Μονάς, ἡ παντουργὸς καὶ παντοδύναμος, ὁ Πατὴρ ὁ Υἱός, καὶ τὸ ἅγιον Πνεῦμα, σὺ Θεός μου Κύριος καὶ φῶς, καὶ σὲ ἀνυμνῶν προσκυνῶ.

Καὶ νῦν. Θεοτοκίον.

Σὲ Μητροπάρθενε ἀγνή, μακαριουμένε γενεαὶ γενεῶν, ὅτι γέγονας, ἱλαστήριον Κόσμου, τὸν Σωτῆρα καὶ Δημιουργόν, ἀρρήτως κηρύττω.

Verse: To give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God. [RSV]

Theotokion.

You made our earthly nature heavenly, undefiled Virgin, / for God took up his dwelling in your womb: / Deliver us all from danger! [OCA]

Canon 2 from the Triodion.

Ode ix. Mode pl. 1. (N/M)

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

The Apostles prophetically drew the water of immortality / from the fountain of the Savior, / ever giving the thirsty drink from the teachings of life. [OCA]

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

Apostles, princes of the king of heaven, / you have subdued the whole inhabited earth, / so that it honors him alone, / worshiping and giving glory to him as God. [OCA]

Glory. For the Trinity.

Trinity, undivided unity, / all-creative and all-powerful, / Father, Son and Holy Spirit, / you are my God, and Lord and light; / I sing your praises and I worship you. [OCA]

Both now. Theotokion.

We and every generation shall call you blessed, pure virgin Mother, / for you are the mercy-seat of the world, / who have ineffably borne the Savior and Creator. [OCA]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τῶν Ἀποστόλων ὁ χορὸς, τοὺς ἀνυμνοῦντάς σε περισώζε· καὶ ἀξιώσον, ἐν κατανύξει καρδίας, τὰς ἡμέρας πάσας διελθεῖν, τῶν φωτοποιῶν Νηστειῶν.

Ὁ Εἰμός. Ἦχος πλ. α'.

Μεγαλύνομεν Χριστέ, τὴν σὴν πανάμωμον Μητέρα ἀγνήν, ὅτι ἔτεκέ σε, ὑπερφυῶς κατὰ σάρκα, πάσης πλάνης καὶ καταφθορᾶς, ἡμᾶς λυτρώσάμενον.

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

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

Glory to You, our God, glory to You.

Choir of the Apostles, /keep safe those who praise you, /and grant that they may pass with a contrite heart /through all the days of the light-giving fast. [OCA]

Heirmos Mode pl. 1.

We magnify, O Christ, your all-blameless and pure Mother, /for in ways past nature, according to the flesh, /she bore you, our deliverer from all error and corruption. [OCA]

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.

(Ἀμήν.)

Τοῦ Ὁρολογίου ---

ΧΟΡΟΣ

Φωταγωγικά

Ἦχος πλ. δ'.

Φῶς ὑπάρχων Χριστέ, φώτισόν με ἐν
σοί, πρεσβείαις τῶν Ἀποστόλων, καὶ σῶσόν
με.

Φῶς ὑπάρχων Χριστέ, φώτισόν με ἐν
σοί, πρεσβείαις τοῦ Ἱεράρχου, καὶ σῶσόν με.

Φῶς ὑπάρχων Χριστέ, φώτισόν με ἐν
σοί, πρεσβείαις τῆς Θεοτόκου, καὶ σῶσόν
με.

ΑΝΑΓΝΩΣΤΗΣ

Οἱ Αἱνοί. (διαβαστά)

Ψαλμὸς ΡΜΗ' (148).

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε
αὐτὸν ἡλῖος καὶ σελήνη, αἰνεῖτε αὐτὸν
πάντα τὰ ἄστροι καὶ τὸ φῶς. Αἰνεῖτε αὐτόν
οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ
ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν
τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ
ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ
ἐκτίσθησαν. Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα
ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν
Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι
ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος,
πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον
αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα
καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία
καὶ πάντα τὰ κτήνη, ἔρπετα καὶ πετεινὰ
πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί,

(Amen.)

From Horologion ---

CHOIR

Photagogic Hymns

Mode pl. 4.

You are the light, O Christ. In yourself
illumine me, by the intercessions of the
Apostles, and save me. [SD]

You are the light, O Christ. In yourself
illumine me, by the intercessions of the
Hierarch, and save me. [SD]

You are the light, O Christ. In yourself
illumine me, 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

ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου· ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

Ψαλμὸς ΡΜΘ' (149).

Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν. Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ. Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν αὐτοῖς κριμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Ψαλμὸς ΡΝ' (150).

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτόν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ· αἰνεῖτε αὐτόν ἐπὶ ταῖς δυναστεαῖς αὐτοῦ, αἰνεῖτε αὐτόν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτόν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτόν ἐν ψαλτηρίῳ καὶ κιθάρᾳ· αἰνεῖτε αὐτόν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτόν ἐν χορδαῖς καὶ ὀργάνῳ· αἰνεῖτε αὐτόν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε

name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalms 149.

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

Psalms 150.

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

αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα
πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

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

Δοξολογία (διαβαστά)

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν,
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ,
καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν,
καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.
Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς
εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν
σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε,
δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ
τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ,
ἐπουράνιε Θεέ, Πάτερ παντοκράτορ·
Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ
Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς
τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν
ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ
αἴρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι
τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ
τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ
μόνος Ἅγιος, σὺ εἶ ὁ μόνος Κύριος, Ἰησοῦς
Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.
Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,
καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,
καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ
γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·
ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.
Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός
μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί
σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός
σου τοῖς γινώσκουσί σε. Καταξίωσον,
Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους

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.

φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε,
ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν
καὶ δεδοξασμένον τὸ ὄνομά σου εἰς
τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ
ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν
ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν
με τὰ δικαιώματά σου. Εὐλογητὸς εἶ,
Δέσποτα· συνέτισόν με τὰ δικαιώματά
σου. Εὐλογητὸς εἶ, Ἄγιε· φώτισόν με τοῖς
δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν
αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς.
Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ
δόξα πρόπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. Ἀμήν.

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν
τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

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.

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι Θεὸς ἐλέους, οἰκτιρῶν, καὶ
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ
ταπεινὰ ἐφορῶν, καὶ τῷ παντεφύρῳ σου ὄμματι
ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκκλίναμεν τὸν
αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθα σου
Ἄγιε Ἁγίων· ἔκτεινον τὴν χεῖρά σου τὴν ἀόρατον ἐξ
ἀγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας
ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως,

(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

ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον,
δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια
ἀγαθὰ σου.

Σὸν γάρ ἐστι τὸ ἐλεεῖν καὶ σώζειν
ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἰδιόμελον. ᾠδὴ γ'.

Κύριε, ἐμοὶ τῷ ἁμαρτωλῷ ἔθου
μετάνοιαν, ἐμὲ τὸν ἀνάξιον, σῶσαι
βουλόμενος, ἀμετρήτῳ ἐλέει σου, σοὶ
προσπίπτω δεόμενος. Ἐν νηστείαις,
τὴν ψυχὴν μου σύγκαμψον, ὅτι πρὸς σὲ
κατέφυγον, τὸν μόνον Πολυέλεον.

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

Κύριε, ἐμοὶ τῷ ἁμαρτωλῷ ἔθου
μετάνοιαν, ἐμὲ τὸν ἀνάξιον, σῶσαι
βουλόμενος, ἀμετρήτῳ ἐλέει σου, σοὶ
προσπίπτω δεόμενος. Ἐν νηστείαις,
τὴν ψυχὴν μου σύγκαμψον, ὅτι πρὸς σὲ
κατέφυγον, τὸν μόνον Πολυέλεον.

Μαρτυρικόν.

ᾠδὴ γ'.

Στίχ. Ἐλέησον ἡμᾶς, Κύριε,
ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν
ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ

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 3.

You have appointed repentance for
me, a sinner, Lord, / wanting to save me, an
unworthy man, because of your great mercy. /
I fall down to you in prayer: / Humble my soul
through fasting, for I have fled to you, // Lord
of great mercy! [OCA]

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

You have appointed repentance for
me, a sinner, Lord, / wanting to save me, an
unworthy man, because of your great mercy. /
I fall down to you in prayer: / Humble my soul
through fasting, for I have fled to you, // Lord
of great mercy! [OCA]

For the Martyrs.

Mode 3.

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

ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

Ὡς φωστῆρες ἐν Κόσμῳ λάμπετε, καὶ μετὰ θάνατον ἅγιοι Μάρτυρες, τὸν ἀγῶνα τὸν καλὸν ἀγωνισάμενοι, ἔχοντες παρησίαν, Χριστὸν ἱκετεύσατε, ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος γ'.

Θεοτόκε ἡ προστασία πάντων τῶν δεομένων, εἰς σὲ θαρροῦμεν, εἰς σὲ καυχώμεθα, ἐν σοὶ πᾶσα ἐλπίς ἡμῶν ἐστι. Πρέσβευε τῷ ἐκ σοῦ Τεχθέντι, ὑπὲρ ἀχρείων δούλων σου.

ΙΕΡΕΥΣ

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

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι. Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

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

a disgrace to those who prosper, and a contempt to the arrogant. [SAAS]

Even after death you shine as lights in the world, holy Martyrs! / You tied yourselves to noble tasks; / therefore you now have boldness before Christ: // Entreat him to have mercy on our souls. [OCA]

Glory. Both now. **Theotokion.**

Mode 3.

You are the mediator of those who pray, Theotokos. / In you we have confidence, and in you we rejoice; / all our hope we have put in you. // Pray to your Son for your unworthy servants! [OCA]

PRIEST

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

READER

Trisagion Prayers.

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

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

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

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

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

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

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

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

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.

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν στήριξον· τὰ ἔθνη πρᾶυνον· τὸν κόσμον εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ Μονὴν) ταύτην καλῶς διαφύλαξον· τοὺς προαπελθόντας πατέρας καὶ ἀδελφοὺς ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς ἐν μετανοίᾳ καὶ ἐξομολογήσει παρὰ λαβε, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

Εὐχὴ τοῦ Ἁγίου Ἐφραίμ

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

ἢ·

ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις τῆς παναχράντου καὶ παναμώμου ἁγίας αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

For you are blessed unto the ages of ages. Amen. [HC]

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

or:

READER

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

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

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven,

Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

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.)