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The Service of Matins

for Monday, March 18, 2019

**Triodion - Mode 1.
on Monday Morning**

**Triodion - On Monday of the Second Week
at Matins**

**Menaion - March 18
Memory of St. Cyril of Jerusalem**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 1. On Monday Morning

On Monday of the Second Week at Matins

Menaion - March 18

Memory of St. Cyril of Jerusalem

MATINS

CHOIR

Mode 1.

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 1.

As we are led up to a noetic and immaterial perception of the bodiless hosts, by means of physical depictions, and as we wait for the illumination, that comes from the Godhead in three Hypostases, let us imitate the cherubim, and sing aloud the Thrice-Holy Hymn to the only God: Holy, holy, holy are You, our God. By the protection of the Bodiless Hosts have mercy on us. [SD]

Glory.

Let us join all the heavenly hosts, and send up our Thrice-holy praise, and like the cherubim shout to Him who is in the highest: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

Having risen from sleep, we fall before You, O good One, and to You we sing the Angels' hymn, O almighty One: Holy, holy, holy are You, our God. Through the Theotokos have mercy on us. [SD]

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

From Triodion ---

CHOIR

Kathisma I.

Kathisma I. For compunction.

Mode 1.

Conceived as I was in iniquities, I the prodigal dare not look up into heaven. But with confidence in Your love for man, I cry out: O God be gracious unto me and save me. [SD]

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

Mode 1.

If the righteous man is only scarcely saved, what shall become of me who am a sinner? I did not bear the burden and the heat of the day. Number me with those who came at the eleventh hour, O God, and save me. [SD]

Glory. Both now. **Theotokion.**

Mode 1.

Creation rejoices in you, O Lady full of grace, beholding the miracle of miracles. For you conceived without seed, and ineffably

gave birth to the One whom the orders of the angels cannot see. Entreat Him earnestly on behalf of our souls. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 5. It would be followed by the short litany.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode 4. *N/M (Joseph marveled.)*

I entreat you in your compassion, O Christ,/restore to life through true fasting and repentance/my soul slain by the fruit of disobedience./Grant that I may ever walk the straight path of your holy commandments,/that in the company of all who love you,/I may share in your divine glory, O Jesus,//and praise your goodness towards all! [OCA]

Glory. Both now. **Theotokion.**

Mode 4. *N/M (Joseph marveled.)*

Tossed in the storm of the passions,/deaf to the voice of my conscience,/I call on you with fervor, pure Virgin!/Do not let me perish in my wretchedness,/for you have borne the Lord of unending mercy:/I have no other hope but you;/I put my trust in you!/Do not let my enemies triumph over me and mock me./All that you desire you have the power to do,//for you are Mother of the God of all! [OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 6. 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.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode pl. 2.

Direct our steps, O Lord,/as we set out on the second week of the fast./Shine the sanctifying light of your commandments

on us/and make us worthy to offer you an acceptable prayer on bended knees:/for you are our Father and we are the work of your hands://we sing your praise with fear and call on your name! [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 2.

The message of Gabriel to the Virgin/was the beginning of salvation./For she heard his greeting: rejoice!/And did not reject his salutation./She did not doubt like Sarah in the tent, but replied:/Behold the handmaid of the Lord,//be it done to me according to your word! [OCA]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my

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

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop

of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

From Menaion - - -

CHOIR

Canon for the Saint.

Ode i. Mode 4. Heirmos

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

Lord born of a Virgin,/drown, I pray, the mighty tyrant of my soul/in the depths of freedom from passions,/so that I may sing to You, as on the timbrel,/a song of triumph while beholding the death of the flesh. [OCA]

Troparia.

Saint of God, intercede for us.

O Cyril, you adorned your soul with every virtue, and thus you made it receptive of the Holy Spirit's gifts, by which you poured out an ocean of wisdom that dried up the seas of heresies. [SD]

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

O Cyril, you adorned your soul with every virtue, and thus you made it receptive of the Holy Spirit's gifts, by which you poured out an ocean of wisdom that dried up the seas of heresies. [SD]

Verse: The Lord became my helper and the shield of my salvation; He is my God, and I will glorify Him; my father's God, and I will exalt Him. [SAAS]

O Cyril, with the fire of your words you burned up the heresies, as an unsleeping beacon of the Church. For you had made your mind superior to matter, and were a companion of the bodiless hosts. [SD]

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

O Cyril, wise Saint, as a genuine shepherd, as the fragrance of Christ, you cast out the namesake of madness and drove away the unbearable stench of every heresy, with the sweet smell of your words. [SD]

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

Theotokion.

O all-immaculate and all-blameless Lady, preserve all who praise your ineffable childbirth from the mire of the passions, from the waves of sinful thoughts, from the arrows of the evil one, and from every adverse assault. [SD]

(read)

Intermediate Verses of Ode One.

Your right hand, O God, is glorified in strength; Your right hand, O God, dashed the enemy in pieces. In the greatness of Your glory You broke the adversaries to pieces. [SAAS]

You sent forth Your wrath; it consumed them like stubble.

By the Spirit of Your anger the waters were gathered together; the waves stood upright in the midst of the sea; the depths congealed in the heart of the sea.

The enemy said, 'I will pursue, I will overtake, I will divide the spoils; I will satisfy my soul; I will destroy with my sword; my hand shall have dominion.'

You sent forth Your Spirit; the sea covered them; they sank like lead in the mighty waters.

Who is like You, O Lord, among the gods? Who is like You, glorified in holiness, marvelous in praises, doing wonders?

You stretched out Your right hand; the earth swallowed them up.

In righteousness You guided Your people whom You redeemed; in strength You called them to Your holy resting place.

The nations heard and were angry; pangs seized the inhabitants of Philistia. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode i. Mode 4. (NM) Drown the three chief commanders.

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away.

[SAAS]

O Thou who alone art full of love, fountain of mercy, Lamb of God, who in Thy divine power takest away the transgressions of the world, save me, for I am sinking in the waves of sin, and guide me to the haven of repentance. [KW]

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

[SAAS]

As Christ has taught us in the Scriptures, a pure fast means the putting away of sin, the rejection of the passions, love for God, attentiveness in prayer, tears of compunction, and acts of mercy to the poor. [KW]

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

My soul has been wounded by the sword of sin and disfigured by the stain of many evils. O Physician of our souls, heal it in Thy mercy and apply the remedy of Thy wise commandments, for Thou lovest mankind. [KW]

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

Theotokion.

O most holy Virgin, Tabernacle undefiled, with the fountain of thy mercy wash me clean

from the defilement of evil passions: destroy the sin that lies deep within me, O Lady, and grant me many tears of compunction. [KW]

Canon 2 from the Triodion.

Ode i. Mode pl. 2. (NM)

He is for me unto salvation.

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

Brethren, let us enter with eagerness upon the second week of the light-giving Fast; and rejoicing in the feast which we kept yesterday, with holy gladness let us sing in praise of Christ. [KW]

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

Having come to the season of fasting and compunction, let us weep bitterly and groan aloud. Let us stretch out our hands to the only Redeemer, that He may save our souls. [KW]

Glory. **For the Trinity.**

Unity in three Persons, sovereign Lord of all, Source of perfection, God without beginning, Father, Son and All-Holy Spirit, do Thou Thyself save us. [KW]

Both now. **Theotokion.**

Who has ever begotten a son not sown by a father according to the law of nature? Yet such a Son the Father begets without a mother. Most strange and marvellous wonder! For thou, pure Virgin, hast at the same time borne both God and man. [KW]

Glory to You, our God, glory to You.

O my Christ, how shall I bear Thine anger when Thou comest as Judge? And what shall

I say then, for I have not obeyed Thy will, O Christ? But before the end forgive me. [KW]

Heirmos. Mode pl. 2.

He became for me a helper and a shelterer for salvation. * He is my God, and I will glorify Him, * the God of my father, and Him will I exalt, * for He is greatly glorified. [SD]

From Menaion - - -

Canon for the Saint.

Ode iii. Mode 4. Heirmos

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

The barren Church of the Gentiles has produced children, and the synagogue with many children has become weak. Therefore let us cry out to our wonderful God: "Holy are You, O Lord." [SD]

Troparia.

Saint of God, intercede for us.

O Father, we on earth have been delivered from the darkness of deceptive error by the Holy Trinity, whose triple radiance you explained to us, as you were shining with beams of spiritual wisdom. [SD]

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

[SAAS]

O Father, we on earth have been delivered from the darkness of deceptive error by the Holy Trinity, whose triple radiance you explained to us, as you were shining with beams of spiritual wisdom. [SD]

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

O godly-minded Cyril, you were like a harp of the All-holy Spirit, thrilling our souls,

with the sounds of the teaching about the advent of Christ, whom you proclaim in two natures. [SD]

Glory.

O Saint, you soul became a house of holiness. In it marvellously dwelt the Father, Son, and life-originating Spirit, to whom we sing: "Holy are You, O Lord." [SD]

Both now. **Theotokion.**

O pure Virgin, not even a celestial mind can describe your incomprehensible childbirth. In your womb you conceived the Logos of the Primal Mind, who with a word constituted all things. [SD]

Heirmos.

The barren Church of the Gentiles has produced children, and the synagogue with many children has become weak. Therefore let us cry out to our wonderful God: "Holy are You, O Lord." [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For you are our God, and to you we give glory, to the Father and the Son and the Holy

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

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

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

O hierarch Cyril, you were enriched by the wisdom of the Logos, and you poured out the living streams of dogmas, and your irrigated every mind of the Orthodox. You shepherded the flock with a divine staff, and you fed it on the pasture of divine knowledge. Therefore we extol you as Pastor, great teacher, and champion of the Faith, and we cry out to you: Intercede with Christ our God * that He grant forgiveness of offences * to those who with longing observe your holy memory.

[SD]

Glory. **Another.**

Mode 1. *The soldiers keeping watch.*

Your tongue, which was divinely inspired, illumined * the people to adore the single God, undivided * in nature, and yet distinct in three persons, the Trinity. * Now we joyously observe your all-holy mem'ry * and invoke your name as one of our intercessors * with God in our fervent prayers. [SD]

Both now. **Theotokion.**

Mode 1. *The soldiers keeping watch.*

O Mary, who became the Master's hallowed vessel, * now raise us up, for we have fallen into the chasm * of awful despondency, and transgressions and suffering. * For you have indeed become salvation for sinners, * and their help in need and their prevailing protection; * and you save your servants. [SD]

From Menaion - - -

Canon for the Saint.

Ode iv. Mode 4. Heirmos

Verse: Glory to Your strength, O Lord.

Your virtue covered the heavens, and the earth was filled with Your glory, O Christ. We therefore cry unceasingly: Glory to Your power, O Lord! [SD]

Troparia.

Saint of God, intercede for us.

O devout Cyril, you receiving a stream of otherworldly wisdom in your heart, which gushed forth an ocean of teachings that drowned ideas of the heretics. [SD]

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

O devout Cyril, you receiving a stream of otherworldly wisdom in your heart, which gushed forth an ocean of teachings that drowned ideas of the heretics. [SD]

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

O Cyril, you proclaimed the one power, and one essence and will of the Godhead of three hypostases, and thus you dried up the torrent of the error of polytheism. [SD]

Glory.

O all-blessed one, you were divinely instructed and full of understanding, and with the lighting bolts of your words you convicted and burned up the miry and deranged ideas of Manis. [SD]

Both now. **Theotokion.**

O pure Virgin, you are higher than all created things. Transcending nature, you

conceived and bore the Maker of creation when He refashioned our nature. [SD]

From Menaion - - -

Canon for the Saint.

Ode v. Mode 4. Heirmos.

Verse: O Lord our God, grant us peace.

My Lord, You are the light that has come to the world: holy light, * to restore us from the darkness of ignorance, * as we sing Your praises faithfully. [SD]

Troparia.

Saint of God, intercede for us.

O blessed Hierarch. by the water of Orthodox worship, you shepherded your flock with the staff of your divine wisdom. [SD]

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

[SAAS]

O blessed Hierarch. by the water of Orthodox worship, you shepherded your flock with the staff of your divine wisdom. [SD]

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

O Cyril, your word flashed with divine light in Jerusalem, and it dispelled the darkness of ignorance from those who were illumined by it. [SD]

Glory.

O Cyril, your word flashed with divine light in Jerusalem, and it dispelled the darkness of ignorance from those who were illumined by it. [SD]

Both now. **Theotokion.**

O all-pure one, the night of the sinful passions and the darkness of evil cover my

soul. I pray you illumine me, since you gave birth to the Giver of Light. [SD]

From Menaion - - -

Canon for the Saint.

Ode vi. Mode 4. Heirmos.

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

Prefiguring * in the whale the divine three-day burial, * Prophet Jonah cried aloud, * in affliction beseeching God: * From corruption save me, * O Lord Jesus the King of angelic hosts. [SD]

Troparia.

Saint of God, intercede for us.

O Hierarchy, you flowed like a river as if out of Eden, filled with the Spirit's life-streaming waters, and you flood the furrows of the Church. [SD]

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

O Hierarchy, you flowed like a river as if out of Eden, filled with the Spirit's life-streaming waters, and you flood the furrows of the Church. [SD]

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

O most sacred Cyril, with your words, as with a beacon-fire, you call your people to a calm haven in Orthodoxy, and you preserve them from the storm of ungodliness. [SD]

Glory.

O most sacred Cyril, with your words, as with a beacon-fire, you call your people to a calm haven in Orthodoxy, and you preserve them from the storm of ungodliness. [SD]

Both now. **Theotokion.**

O all-blameless Maiden, you made human nature heavenly, when it had become earthly, and you made it new again, when it was corrupted. Therefore we honor you with never ceasing voices. [SD]

Heirmos.

Prefiguring * in the whale the divine three-day burial, * Prophet Jonah cried aloud, * in affliction beseeching God: * From corruption save me, * O Lord Jesus the King of angelic hosts. [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 1.

O Lord, You are the pride of the contest, the very dignity of the laurel crowns, which the glorious prize-winning Martyrs have put on as a garment. For by their endurance under

torture they put the lawless men to flight. And by divine power from heaven they received the victory. Through their supplications set me free from the invisible enemies, O Savior, and save me. [SD]

Synaxarion.

From the Menaion.

On March 18 we commemorate our father among the saints Cyril, Patriarch of Jerusalem.

On this day the holy myriads of martyrs died when their throats were cut.

On this day we also commemorate the holy martyrs Trophimos, Efkarpiion, and those with them.

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

From Menaion - - -

CHOIR

Canon for the Saint.

Ode vii. Mode 4. Heirmos

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

Three young men in Babylon/counting a tyrant's command to be idle talk,/cried aloud in the midst of the flames:/Blessed are You, Lord, God of our fathers! [OCA]

Troparia.

Saint of God, intercede for us.

O Father, you had the fire of the fear of God in your mind. With it you burned up the substance of the pleasures, and you sang: "Blessed are You, O Lord, the God of our Fathers." [SD]

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

O Father, you had the fire of the fear of God in your mind. With it you burned up the substance of the pleasures, and you sang: "Blessed are You, O Lord, the God of our Fathers." [SD]

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

O blessed Cyril, with tears you extinguished the flame of the passions, and you kept the torch of your soul lit, and you cried out: "Blessed are You, O Lord, the God of our Fathers." [SD]

Glory.

O godly-minded Father, you had the Spirit's grace as a living stream in your soul, and you overflowed with rivers of teachings that watered the Church, which reverently honors you. [SD]

Both now. **Theotokion.**

O Theotokos, He who is holy took flesh of your flesh for himself, and thus He made you all-holy. He is the Lord, our God, who dwells in the holies. [SD]

Ode viii.

From Menaion - - -

Canon for the Saint.

Ode viii. Mode 4. Heirmos

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

O almighty Redeemer, You came down and refreshed the godly Servants who stood in the midst of flame, and You taught them to

sing: "Bless the Lord and sing a hymn to Him,
O all you works of the Lord." [SD]

Troparia.

Saint of God, intercede for us.

O blessed Cyril, you cast the sleep of
indifference from the eyelids of your soul.
Now you sleep the sleep that befits the just,
and you have passed over to the day of never-
setting light. [SD]

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

O blessed Cyril, you cast the sleep of
indifference from the eyelids of your soul.
Now you sleep the sleep that befits the just,
and you have passed over to the day of never-
setting light. [SD]

*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 celebrated Cyril, you burned up the
heresies like dry sticks, with the lightning
bolts of your words, and you enlightened
the faithful to worship a Trinity of persons
existing in one nature. [SD]

*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 Cyril, as a godly hierarch and minister
of ineffable Mysteries, you sacrificed yourself
through ascetic practice, and you offered the
bloodless sacrifice to the Lord who died for
you. [SD]

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

Theotokion.

O blessed Lady and glorious Virgin, the
pure Mother of God, through you we were
redeemed from the curse of our first mother
Eve. We bless and worship your All-holy Son.
[SD]

(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 dewes and snows,
you frost and cold, and exalt Him beyond
measure, unto all the ages.

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

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

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

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

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode pl. 2. (NM)

O all-powerful Deliverer of all.

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]

Journeying upon the uncertain path of life, I have fallen among thieves, and am despoiled by my own thoughts; my wounds stink and are corrupt. O Physician of the sick, at the prayers of all Thy saints give me Thine hand.

[KW]

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

The waves of grievous sin confuse my understanding; save me, O Jesus, as once Thou hast saved Peter, for I sing to Thee: O all ye works, bless ye and praise ye the Lord. [KW]

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

Let us kill the passions by abstinence, and through fasting let us make our spirit mount on wings to heaven; and let us cry with contrite hearts: We have sinned against Thee, O God; in Thy compassion forgive us. [KW]

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

[SAAS]

Theotokion.

Coming to dwell within thy womb, the Most High made thee more spacious than the heavens. He has appointed thee, O Virgin, as an invincible protection unto those that cry: O

all ye works, bless ye and praise ye the Lord.

[KW]

Canon 2 from the Triodion.

Ode viii. Mode pl. 2.

(NM) The hosts of heaven.

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

Deliver my soul from enslavement to the tyranny of the passions, O Lord, that I may freely do Thy will and with rejoicing glorify Thy power for ever. [KW]

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

O my soul, hate the incontinence of Esau and emulate the virtues of Jacob; catch Beelzebub by the heel and throw him down; through abstinence grow rich in things divine and sing praises unto God for ever. [KW]

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.

I honour God one in Essence; I sing the praises of the three Persons, distinct from one another yet not differing in Nature, for there is one Godhead and one Power in the three, Father, Son and Spirit. [KW]

Both now. **Theotokion.**

From thy womb filled with radiance, Christ has come forth as a bridegroom from his chamber, and as a great light He has illumined those in darkness. As lightning has the Sun of righteousness shone out, O pure Virgin, and given light to the world. [KW]

Glory to You, our God, glory to You.

No man became foolish through drinking water, but thou, O Noah, hast exposed thy nakedness after tasting wine; and because of drunkenness Lot sowed seeds of evil. Flee, O my soul, from their example and sing in praise of Christ. [KW]

We praise and we bless and we worship the Lord.

Heirmos. Mode pl. 2.

Him whom the hosts of the heavens glorify, * at whom quake the Cherubim and the Seraphim, * every breath and creation, * extol Him now and bless Him, * and exalt supremely, unto all the ages. [SD]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 4.

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

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Saint.

Ode ix. Mode 4. Heirmos.

Because of the malady of disobedience, Eve received the curse within herself. * But you, O Virgin Theotokos, have blossomed forth the blessing to all the world, * by means of the One who sprang from your pregnancy. * And therefore you do we all magnify. [SD]

Troparia.

Saint of God, intercede for us.

O Hierarchy, you desired to see the ineffable glory of Christ, so you were diligently put to death the soul-corrupting passions and made your heart a vessel of the superior and higher wisdom. Therefore, we faithfully call you blessed. [SD]

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

O Hierarchy, you desired to see the ineffable glory of Christ, so you were diligently put to death the soul-corrupting passions and made your heart a vessel of the superior and higher wisdom. Therefore, we faithfully call you blessed. [SD]

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

O devout Cyril, Christ, the Sun, put you in the height of the Church as a bright star, to illuminate with the rays of holy doctrines the hearts of those who faithfully keep your luminous memory. [SD]

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, you led your life on earth as if bodiless, and thus you became a companion and fellow minister of the Angels. You were also a fellow communicant with the righteous and a peer of the holy hierarchs. As you join their chorus, remember us. [SD]

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

Theotokion.

O all-immaculate Virgin Theotokos, by the will of Him Who created all things by His command, you were born of a barren woman. my heart is barren of divine virtues, so I pray you to make it fruitful, so that I may extol you, who are extolled by all. [SD]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 4. (NM)

Eve through the sickness.

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]

Let us fast from the rage of the passions, let us delight in unfeigned love, let us feed the poor with bread; and, nourished by the grace of God, with weeping let us quench the tears of future punishment. [KW]

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

O miserable soul, groan aloud, be of sad countenance, and give proof of thy repentance, for the day is now at hand. With all severity the Judge will sit upon His throne

and assign to each the due reward of all his actions, as it is written. [KW]

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

I have acquired no good deeds, but have stained the robe with which I was clothed in Holy Baptism. I walk in the darkness of ignorance: raise me up from my despair, O Lord, and guide me on my way by the light of Thy countenance. [KW]

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

Theotokion.

O Virgin Mary, Queen of all, I am enslaved by every kind of sin: set me free, for in ways beyond our understanding thou hast given birth to the Lord who saves our souls, the true and living Goodness. [KW]

Canon 2 from the Triodion.

Ode ix. Mode pl. 2. (NM)
Conception without seed.

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]

As soldiers of Christ let us now suffer hardship: for quickly will the time pass by, and on those who have fought bravely Christ will bestow crowns of victory, when He comes in glory upon the earth to judge all the world.

[KW]

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

I am all wounded, O my Christ, I am all covered with sores: heal the wounds inflicted

on me by the passions, heal the sores and gangrene of my sins, and like the leper may I hear Thee say: 'I will do so, be thou clean.' [KW]

Glory. **For the Trinity.**

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity. [KW]

Both now. **Theotokion.**

The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born: for all that He wills, He has the power to do.' [KW]

Glory to You, our God, glory to You.

O my soul, because of fasting Moses beheld God; because of fasting Elijah rode in the chariot of fire, and Paul was taken up to heaven. Therefore let us fast from evil and we also shall be taken up on high, gaining freedom from the passions. [KW]

Heirmos. Mode pl. 2.

The birth is ineffable, conceived without the seed of man; the unwed Mother's * childbirth was free of all corruption. The birth of God * makes new again the natures. * And thus, in Orthodox manner all * generations magnify you as the Mother and the Bride of God. [SD]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion - - -

CHOIR

Photagogic Hymns

Mode 1.

O Christ, who make the light to rise,
purify my soul of every sin, by the protection
of the Bodiless Hosts, and save me. [SD]

O Christ, who make the light to
rise, purify my soul of every sin, by the
intercessions of the Saints, and save me. [SD]

O Christ, who make the light to
rise, purify my soul of every sin, by the

intercessions of the Theotokos, and save me.

[SD]

READER

Lauds. *(read)*

Psalm 148.

Praise the Lord from the heavens; praise
Him in the highest. Praise Him, all you His
angels; praise Him, all you His hosts. Praise
Him, sun and moon; praise Him, all you
stars and light. Praise Him, you heavens of
heavens, and you waters above the heavens.
Let them praise the Lord's name, for He
spoke, and they were made; He commanded,
and they were created. He established them
forever and unto ages of ages; He set forth His
ordinance, and it shall not pass away. Praise
the Lord from the earth, you dragons and all
the deeps, Fire and hail, snow and ice, stormy
wind, which perform His word, mountains
and all the hills, fruitful trees and all cedars,
wild animals and all cattle, creeping things
and flying birds, kings of the earth and all
peoples, princes and all judges of the earth,
young men and maidens, elders with younger,
let them praise the Lord's name, for His name
alone is exalted; His thanksgiving is in earth
and heaven. And He shall exalt the horn of
His people, a hymn for all His saints, for the
children of Israel, a people who draw near to
Him. [SAAS]

Psalm 149.

Sing to the Lord a new song, His praise
in the assembly of His holy ones. Let Israel
be glad in Him who made him, and let the
children of Zion greatly rejoice in their King.
Let them praise His name with dance; with
tambourine and harp let them sing to Him;

for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son

of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

For You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and

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

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

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

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - - -

Idiomelon. Mode pl. 1.

Prayer and fasting are a marvelous weapon/ which showed Moses a writer of the Law,/ Elijah, a zealot in sacrifice./ Abiding in them, faithful, let us cry to the Savior:// Against you only have we sinned! Have mercy on us! [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]

Prayer and fasting are a marvelous weapon/ which showed Moses a writer of the Law,/Elijah, a zealot in sacrifice./Abiding in them, faithful, let us cry to the Savior:// Against you only have we sinned! Have mercy on us! [OCA]

For the Martyrs.

Mode pl. 1.

Verse: *Have mercy on us, O Lord, have mercy on us, for we are greatly filled with contempt; our soul is greatly filled with it. We are a disgrace to those who prosper, and a contempt to the arrogant. [SAAS]*

Blessed is the army of the heavenly King!/ Born on earth and enduring sufferings/they hastened to achieve the rank of angels./Not caring for the flesh, through suffering,/they were accounted worthy of bodiless nobility:// By their prayers, Lord, save our souls! [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1.

We entreat you as the Mother of God:// Pray for our souls, blessed one! [OCA]

PRIEST

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

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

READER

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

Lord, have mercy. (40)

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the

Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

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

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

or:

READER

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

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

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, 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.)