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The Service of Vespers

on Sunday Evening

for Monday, March 11, 2019

**Triodion - Mode pl. 4.
on Sunday Evening**

**Triodion - Cheesefare Sunday
on Sunday Evening at Vespers**

**Menaion - March 11
Memory of St. Sophronius of Jerusalem**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΙΝΗΣ

Τῇ Κυριακῇ Ἑσπέρας εἰς τὸν Ἑσπερινόν.

Ἦχος πλ. δ'. Τῇ Κυριακῇ Ἑσπέρας

Μηναῖον - ΤΗ ΙΑ' ΜΑΡΤΙΟΥ

Μνήμη τοῦ Ἁγίου Σωφρονίου

Ἱεροσολύμων

ΕΣΠΕΡΙΝΟΣ

ΙΕΡΕΥΣ

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν
Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ
Θεῷ ἡμῶν.

Ψαλμὸς ΡΓ' (103).

Εὐλόγει ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου ἐμεγαλύνθης σφόδρα.
Ἐξομολόγησιν καὶ μεγαλοπρέπειαν
ἐνεδύσω, ἀναβαλλόμενος φῶς ὡς ἱμάτιον.
Ἐκτείνων τὸν οὐρανὸν ὥσει δέσριν, ὁ
στεγάζων ἐν ὕδασι τὰ ὑπερῶα αὐτοῦ.
Ὅ τιθεὶς νέφη τὴν ἐπίβασιν αὐτοῦ, ὁ
περιπατῶν ἐπὶ πτερύγων ἀνέμων. Ὁ
ποιῶν τοὺς Ἀγγέλους αὐτοῦ πνεύματα,
καὶ τοὺς λειτουργοὺς αὐτοῦ πυρὸς
φλόγα. Ὁ θεμελιῶν τὴν γῆν ἐπὶ τὴν
ἀσφάλειαν αὐτῆς, οὐ κλιθήσεται εἰς τὸν
αἰῶνα τοῦ αἰῶνος. Ἄβυσσος ὡς ἱμάτιον

Triodion

Cheesefare Sunday

On Sunday Evening at Vespers

Mode pl. 4. On Sunday Evening

Menaion - March 11

Memory of St. Sophronius of Jerusalem

VESPERS

PRIEST

Blessed is our God always, now and ever,
and to the ages of ages.

(Amen.)

READER

Come, let us worship and bow down
before God our King.

Come, let us worship and bow down
before Christ God our King.

Come, let us worship and bow down
before Him, Christ our King and God.

Psalms 103 (104).

Bless the Lord, O my soul. O Lord my
God, You are magnified exceedingly; You
clothe Yourself with thanksgiving and
majesty, who cover Yourself with light as
with a garment, who stretch out the heavens
like a curtain; You are He who covers His
upper chambers with water, who makes the
clouds His means of approach, who walks
on the wings of the winds, who makes His
angels spirits and His ministers a flame of
fire. He established the earth on its stable
foundation; it shall not be moved unto ages of
ages. The deep like a garment is His covering;

τὸ περιβόλαιον αὐτοῦ, ἐπὶ τῶν ὀρέων
στήσονται ὕδατα. Ἀπὸ ἐπιτιμῆσεώς
σου φεύξονται, ἀπὸ φωνῆς βροντῆς
σου δειλιάσουσιν. Ἀναβαίνουνσιν ὄρη,
καὶ καταβαίνουνσι πεδία εἰς τόπον, ὃν
ἐθεμελίωσας αὐτά. Ὅριον ἔθου, ὃ οὐ
παρελεύσονται, οὐδὲ ἐπιστρέψουσι
καλύψαι τὴν γῆν. Ὁ ἐξαποστέλλων
πηγὰς ἐν φάραγξιν, ἀναμέσον τῶν ὀρέων
διελεύσονται ὕδατα· ποτιοῦσι πάντα τὰ
θηρία τοῦ ἀγροῦ, προσδέξονται ὄναγροι
εἰς δίψαν αὐτῶν. Ἐπ' αὐτὰ τὰ πετεινὰ
τοῦ οὐρανοῦ κατασκηνώσει, ἐκ μέσου
τῶν πετρῶν δώσουσι φωνήν. Ποτίζων
ὄρη ἐκ τῶν ὑπερώων αὐτοῦ, ἀπὸ καρποῦ
τῶν ἔργων σου χορτασθήσεται ἡ γῆ. Ὁ
ἐξανατέλλων χόρτον τοῖς κτήνεσι, καὶ
χλόην τῇ δουλείᾳ τῶν ἀνθρώπων. Τοῦ
ἐξαγαγεῖν ἄρτον ἐκ τῆς γῆς, καὶ οἶνος
εὐφραίνει καρδίαν ἀνθρώπου. Τοῦ ἱλαρύναι
πρόσωπον ἐν ἐλαίῳ, καὶ ἄρτος καρδίαν
ἀνθρώπου στηρίζει. Χορτασθήσεται τὰ
ξύλα τοῦ πεδίου, αἱ κέδροι τοῦ Λιβάνου, ἃς
ἐφύτευσας. Ἐκεῖ στρουθία ἐννοσσεύσουσι,
τοῦ ἐρωδιοῦ ἡ κατοικία ἡγεῖται αὐτῶν. Ὅρη
τὰ ὑψηλὰ ταῖς ἐλάφοις, πέτρα καταφυγὴ
τοῖς λαγωαῖς. Ἐποίησε σελήνην εἰς καιροῦς,
ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος,
καὶ ἐγένετο νύξ, ἐν αὐτῇ διελεύσονται
πάντα τὰ θηρία τοῦ δρυμοῦ. Σκύμνοι
ὠρυόμενοι τοῦ ἀρπαῖσαι, καὶ ζητῆσαι παρὰ
τῷ Θεῷ βρῶσιν αὐτοῖς. Ἀνέτειλεν ὁ ἥλιος,
καὶ συνήχθησαν, καὶ εἰς τὰς μάνδρας
αὐτῶν κοιτασθήσονται. Ἐξελεύσεται
ἄνθρωπος ἐπὶ τὸ ἔργον αὐτοῦ, καὶ ἐπὶ
τὴν ἐργασίαν αὐτοῦ ἕως ἑσπέρας. Ὡς
ἐμεγαλύνθη τὰ ἔργα σου, Κύριε, πάντα
ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς

the waters shall stand upon the mountains;
at Your rebuke they shall flee; at the sound
of Your thunder, they shall be afraid. The
mountains rise up, and the plains sink down
to the place You founded for them. You set
a boundary they shall not pass over; neither
shall they return to cover the earth. You are
He who sends springs into the valley; the
waters shall pass between the mountains; they
shall give drink to all the wild animals of the
field; the wild asses shall quench their thirst;
the birds of heaven shall dwell beside them;
they shall sing from the midst of the rocks.
You are He who waters the mountains from
His higher places; the earth shall be satisfied
with the fruit of Your works. You are He who
causes grass to grow for the cattle, and the
green plant for the service of man, to bring
forth bread from the earth; and wine gladdens
the heart of man, to brighten his face with oil;
and bread strengthens man's heart. The trees
of the plain shall be full of fruit, the cedars
of Lebanon, which You planted; there the
sparrows shall make their nests; the house
of the heron takes the lead among them.
The high mountains are for the deer; the
cliff is a refuge for the rabbits. He made the
moon for seasons; the sun knows its setting.
You established darkness, and it was night,
wherein all the wild animals of the forest
will prowl about; the young lions roar and
snatch their prey, and seek their food from
God. The sun arises, and they are gathered
together; and they shall be put to bed in their
dens. Man shall go out to his work and to his
labor until evening. O Lord, Your works shall
be magnified greatly; You made all things
in wisdom; the earth was filled with Your

κτίσεώς σου. Αὕτη ἡ θάλασσα ἡ μεγάλη καὶ εὐρύχωρος, ἐκεῖ ἐρπετὰ ὧν οὐκ ἔστιν ἀριθμός, ζῶα μικρὰ μετὰ μεγάλων. Ἐκεῖ πλοῖα διαπορεύονται, δράκων οὗτος, ὃν ἔπλασας ἐμπαίζειν αὐτή. Πάντα πρὸς σὲ προσδοκῶσι, δοῦναι τὴν τροφήν αὐτῶν εἰς εὐκαιρον, δόντος σου αὐτοῖς συλλέξουσιν. Ἀνοίξαντός σου τὴν χεῖρα, τὰ σύμπαντα πλησθήσονται χρηστότητος, ἀποστρέψαντος δέ σου τὸ πρόσωπον, ταραχθήσονται. Ἀντανελεῖς τὸ πνεῦμα αὐτῶν, καὶ ἐκλείψουσι, καὶ εἰς τὸν χοῦν αὐτῶν ἐπιστρέψουσιν. Ἐξαποστελεῖς τὸ πνεῦμα σου, καὶ κτισθήσονται, καὶ ἀνακαίνιεις τὸ πρόσωπον τῆς γῆς. Ἦτω ἡ δόξα Κυρίου εἰς τοὺς αἰῶνας, εὐφρανθήσεται Κύριος ἐπὶ τοῖς ἔργοις αὐτοῦ. Ὁ ἐπιβλέπων ἐπὶ τὴν γῆν, καὶ ποιῶν αὐτὴν τρέμειν, ὁ ἀπτόμενος τῶν ὀρέων, καὶ καπνίζονται. Αἰσω τῷ Κυρίῳ ἐν τῇ ζωῇ μου, ψαλῷ τῷ Θεῷ μου ἕως ὑπάρχω. Ἦδυνθείη αὐτῷ ἡ διαλογία μου, ἐγὼ δὲ εὐφρανθήσομαι ἐπὶ τῷ Κυρίῳ. Ἐκλείποιεν ἀμαρτωλοὶ ἀπὸ τῆς γῆς, καὶ ἄνομοι, ὥστε μὴ ὑπάρχειν αὐτοῦς. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας.

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

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα. Δόξα σοι ὁ Θεός. (ἐκ γ')

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

creation. There is this great and spacious sea: the creeping things are there without number; the living things are there, both small and great; there the ships pass through; there is this dragon You formed to play therein. All things wait upon You, that You may give them food in due season. When You give it to them, they shall gather it; when You open Your hand, all things shall be filled with Your goodness. But when You turn Your face away, they shall be troubled; when You take away their breath, they shall die and return again to their dust. You shall send forth Your Spirit, and they shall be created, and You shall renew the face of the earth. Let the glory of the Lord be forever; the Lord shall be glad in His works; He looks upon the earth and makes it tremble; He touches the mountains, and they smoke. I will sing to the Lord all my life; I will sing to my God as long as I exist; may my words be pleasing to Him, and I shall be glad in the Lord. May sinners cease from the earth, and the lawless, so as to be no more. Bless the Lord, O my soul.

The sun knows its setting. You established darkness, and it was night.

O Lord, Your works shall be magnified greatly; You made all things in wisdom. [SAAS]

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

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

Our hope, O Lord, glory to You.

Απαγγελλομένου επίσης τοῦ Προοιμιακοῦ, ὁ Ἱερεὺς ἵσταται ἀσκεπής ἐνώπιον τῆς ἁγίας Τραπέζης ἢ καὶ ἐνώπιον τῆς εἰκόνης τοῦ Σωτῆρος Χριστοῦ, ἱστάμενος ἐπὶ τοῦ Σολέα (ὡς ἐν τῷ Ὁρθρῳ), καὶ ἀναγινώσκει μυστικῶς τὰς Εὐχὰς τοῦ Λιχνικοῦ·

ΙΕΡΕΥΣ (μυστικῶς)

ΕΥΧΗ ΠΡΩΤΗ

Κύριε, οἰκτίρμον καὶ ἐλεῆμον, μακρόθυμε καὶ πολυέλεε, ἐνώτισαι τὴν προσευχὴν ἡμῶν, καὶ πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν· ποίησον μεθ' ἡμῶν σημεῖον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὁδῷ σου τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὐφρανον τὰς καρδίας ἡμῶν, εἰς τὸ φοβεῖσθαι τὸ Ὄνομά σου τὸ ἅγιον· διότι μέγας εἶ σὺ, καὶ ποιῶν θαυμάσια· σὺ εἶ Θεὸς μόνος, καὶ οὐκ ἔστιν ὅμοιός σοι ἐν θεοῖς, Κύριε, δυνατὸς ἐν ἐλέει, καὶ ἀγαθὸς ἐν ἰσχύϊ, εἰς τὸ βοηθεῖν καὶ παρακαλεῖν, καὶ σῶζειν πάντας τοὺς ἐλπίζοντας εἰς τὸ Ὄνομά σου τὸ ἅγιον.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΔΕΥΤΕΡΑ

Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης ἡμᾶς, μηδὲ τῇ ὀργῇ σου παιδεύσης ἡμᾶς, ἀλλὰ ποίησον μεθ' ἡμῶν κατὰ τὴν ἐπιείκειάν σου, ἱατρὲ καὶ θεραπευτὰ τῶν ψυχῶν ἡμῶν· ὁδήγησον ἡμᾶς ἐπὶ λιμένα θελήματός σου· φώτισον τοὺς ὀφθαλμοὺς τῶν καρδιῶν ἡμῶν, εἰς ἐπίγνωσιν τῆς σῆς ἀληθείας· καὶ δώρησαι ἡμῖν τὸ λοιπὸν τῆς παρούσης ἡμέρας εἰρηνικὸν καὶ ἀναμάρτητον, καὶ πάντα τὸν χρόνον τῆς ζωῆς ἡμῶν·

While the Opening Psalm is being read the Priest, bareheaded and standing in front of the Holy Table, says quietly the following Prayers at the Lighting of the Lamps.

PRIEST (inaudibly)

1st Prayer

O Lord, compassionate and merciful, long-suffering and full of mercy, listen to our prayer and attend to the voice of our supplication. Make for us a sign for good. Guide us in your way, to walk in your truth. Make glad our hearts to fear your holy Name, because you are great and do wondrous things. You alone are God, and there is none like you, O Lord, among gods: powerful in mercy and loving in strength to help and to console and to save all who hope in your holy Name. [EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. [EL]

2nd Prayer

Lord, do not rebuke us in your anger, nor chastise us in your wrath, but deal with us in accordance with your kindness, physician and healer of our souls. Guide us to the harbour of your will. Enlighten the eyes of our hearts to the knowledge of your truth and grant that the rest of the present day and the whole time of our life may be peaceful and without sin, at the prayers of the holy Mother of God and of all the Saints. [EL]

πρεσβείαις τῆς ἁγίας Θεοτόκου, καὶ πάντων τῶν Ἁγίων σου.

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

ΕΥΧΗ ΤΡΙΤΗ

Κύριε, ὁ Θεὸς ἡμῶν, μνήσθητι ἡμῶν τῶν ἁμαρτωλῶν καὶ ἀχρείων δούλων σου, ἐν τῷ ἐπικαλεῖσθαι ἡμᾶς τὸ ἅγιον ὄνομά σου, καὶ μὴ κατασχύνῃς ἡμᾶς ἀπὸ τῆς προσδοκίας τοῦ ἐλέους σου, ἀλλὰ χάρισαι ἡμῖν, Κύριε, πάντα τὰ πρὸς σωτηρίαν αἰτήματα· καὶ ἀξιώσον ἡμᾶς ἀγαπᾶν, καὶ φοβεῖσθαι σε ἐξ ὅλης τῆς καρδίας ἡμῶν, καὶ ποιεῖν ἐν πᾶσι τὸ θέλημά σου.

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

ΕΥΧΗ ΤΕΤΑΡΤΗ

Ὅ τοῖς ἀσιγήτοις ὕμνοις καὶ ἀπαύστοις δοξολογίαις ὑπὸ τῶν ἁγίων δυνάμεων ἀνυμνούμενος, πλήρωσον τὸ στόμα ἡμῶν τῆς αἰνέσεώς σου, τοῦ δοῦναι μεγαλωσύνην τῷ ὀνόματί σου τῷ ἁγίῳ· καὶ δὸς ἡμῖν μερίδα καὶ κληρὸν μετὰ πάντων τῶν φοβουμένων σε ἐν ἀληθείᾳ καὶ φυλασσόντων τὰς ἐντολάς σου· πρεσβείαις τῆς ἁγίας Θεοτόκου καὶ πάντων τῶν ἁγίων σου.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ

For yours is the might, and yours is the kingdom, the power and the glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

3rd Prayer

Lord our God, remember us, sinners and your unprofitable servants, as we call upon your holy Name, and do not put us to shame from the expectation of your mercy, but graciously grant us, Lord, all the requests that are for salvation, and count us worthy to love and to fear you from our whole heart, and in all things to do your will. ^[EL]

For you, O God, are good and love mankind, and to you we give glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

4th Prayer

O Lord, who are praised by the holy Powers with never silent hymns and unceasing songs of glory, fill our mouth with your praise to give majesty to your holy Name, and give us a part and an inheritance with all who fear you in truth and who keep your commandments, at the prayers of the holy Mother of God and of all your Saints. ^[EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

Ἀγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΠΕΜΠΤΗ

Κύριε, Κύριε, ὁ τῇ ἀχραντῷ σου παλάμῃ συνέχων τὰ σύμπαντα, ὁ μακροθυμῶν ἐπὶ πάντας ἡμᾶς καὶ μετανοῶν ἐπὶ ταῖς κακίαις ἡμῶν, μνήσθητι τῶν οἰκτιρμῶν σου καὶ τοῦ ἐλέους σου· ἐπίσκεψαι ἡμᾶς ἐν τῇ σῇ ἀγαθότητι· καὶ δὸς ἡμῖν διαφυγεῖν καὶ τὸ λοιπὸν τῆς παρούσης ἡμέρας, ἐκ τῶν τοῦ πονηροῦ ποικίλων μηχανημάτων, καὶ ἀνεπιβούλευτον τὴν ζωὴν ἡμῶν διαφύλαξον, τῇ χάριτι τοῦ Παναγίου σου Πνεύματος.

Ἐλέει 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.

ΕΥΧΗ ΕΚΤΗ

Ὁ Θεός, ὁ μέγας καὶ θαυμαστός, ὁ ἀνεκδιηγῆτῳ ἀγαθωσύνη καὶ πλουσία προνοία διοικῶν τὰ σύμπαντα· ὁ καὶ τα ἐγκόσμια ἀγαθὰ ἡμῖν δωρησάμενος, καὶ κατεγγυήσας ἡμῖν τὴν ἐπηγγελμένην βασιλείαν, διὰ τῶν ἤδη κεχαρισμένων ἡμῖν ἀγαθῶν· ὁ ποιήσας ἡμᾶς καὶ τῆς νῦν ἡμέρας τὸ παρελθὸν μέρος ἀπὸ παντὸς ἐκκλίνειν κακοῦ, δώρησαι ἡμῖν καὶ τὸ ὑπόλοιπον ἀμέμπτως ἐκτελέσαι, ἐνώπιον τῆς ἀγίας δόξης σου, ὑμνοῦντάς σε τὸν μόνον ἀγαθόν, καὶ φιλάνθρωπον Θεὸν ἡμῶν.

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

5th Prayer

Lord, Lord, who uphold the universe by your immaculate hand, who are long-suffering towards us all and who repent of evils, remember your acts of compassion and your mercy. Visit us in your loving kindness and grant that for the rest of the present day we may escape the manifold wiles of the evil one, and, by the grace of your All-holy Spirit, keep our life free from assault. [EL]

By the mercy and love for mankind of your Only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. Amen. [EL]

6th Prayer

O God, great and wonderful, who order the universe with inexpressible loving-kindness and rich providence; who have granted us also the blessings of this world and brought us near to the promised Kingdom through the blessings that have been bestowed on us already; who have made us turn aside from every evil during that part of the present day which is now over, grant us also to complete what remains without blame in the presence of your holy glory, as we sing your praise, who alone are our God, good and the Lover of mankind. [EL]

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

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

ΕΥΧΗ ΕΒΔΟΜΗ

Ὁ Θεὸς ὁ μέγας καὶ ὑψιστος, ὁ μόνος
ἔχων ἀθανασία, φῶς οἰκῶν ἀπρόσιτον, ὁ
πᾶσαν τὴν κτίσιν ἐν σοφίᾳ δημιουργήσας.
Ὁ διαχωρήσας ἀνὰ μέσον τοῦ φωτός, καὶ
ἀνὰ μέσον τοῦ σκότους, καὶ τὸν μὲν ἥλιον
θέμενος εἰς ἐξουσίαν τῆς ἡμέρας, σελήνην
δὲ καὶ ἀστέρας εἰς ἐξουσίαν τῆς νυκτός· ὁ
καταξιώσας ἡμᾶς τοὺς ἁμαρτωλοὺς καὶ
ἐπὶ τῆς παρούσης ὥρας προφθάσαι τὸ
πρόσωπόν σου ἐν ἐξομολογήσει, καὶ τὴν
ἐσπερινὴν σοι δοξολογίαν προσαγαγεῖν·
αὐτός, φιλάνθρωπε Κύριε, κατεύθυνον
τὴν προσευχὴν ἡμῶν ὡς θυμίαμα ἐνώπιόν
σου καὶ πρόσδεξαι αὐτὴν εἰς ὁσμὴν
εὐωδίας. Παράσχου δὲ ἡμῖν τὴν παροῦσαν
ἐσπέραν καὶ τὴν ἐπιοῦσαν νύκτα εἰρηνικὴν·
ἐνδυσον ἡμᾶς ὅπλα φωτός· ῥῦσαι ἡμᾶς
ἀπὸ φόβου νυκτερινοῦ καὶ ἀπὸ παντός
πράγματος ἐν σκότει διαπορευομένου· καὶ
δὸς ἡμῖν τὸν ὕπνον, ὃν εἰς ἀνάπαυσιν τῇ
ἀσθενείᾳ ἡμῶν ἐδωρήσω, πάσης διαβολικῆς
φαντασίας ἀπηλλαγμένον. Ναί, Δέσποτα
τῶν ἀπάντων, τῶν ἀγαθῶν χορηγέ· ἵνα,
καὶ ἐπὶ ταῖς κοίταις ἡμῶν κατανυγόμενοι,
μνημονεύωμεν ἐν νυκτὶ τοῦ ὀνόματός
σου, καὶ τῇ μελέτῃ τῶν σῶν ἐντολῶν
καταυγαζόμενοι, ἐν ἀγαλλιάσει ψυχῆς
διανιστῶμεν πρὸς δοξολογίαν τῆς σῆς
ἀγαθότητος, δεήσεις καὶ ἱκεσίας τῇ σῇ
εὐσπλαγχνίᾳ προσάγοντες ὑπὲρ τῶν ἰδίων
ἁμαρτημάτων καὶ παντός τοῦ λαοῦ σου,
ὃν ταῖς πρεσβείαις τῆς ἁγίας Θεοτόκου ἐν
ἐλέει ἐπίσκεψαι.

Spirit, now and for ever, and to the ages of
ages. Amen. [EL]

7th Prayer

Great and most high God, who
alone possess immortality, who dwell
in unapproachable light, who fashioned
all creation with wisdom, who made the
separation between the light and the darkness
and who placed the sun to have authority
over the day and the moon and the stars
to have authority over the night, who have
counted us sinners worthy even at this
present hour to come into your presence with
confession and thanksgiving and to offer
you our evening hymn of glory; do you, O
Lord who love mankind, direct our prayer
like incense before you and accept it as a
savour of sweet fragrance. Grant us that the
present evening and the coming night may
be peaceful, clothe us with weapons of light,
deliver us from every night-time fear and
from every deed that walks in darkness. And
give us sleep, which you have bestowed on us
for our rest in our weakness, freed from every
fantasy of the devil. Yes, Master of all things,
giver of blessings, may we also be filled with
compunction on our beds and call to mind
your Name in the night, and enlightened by
meditation on your commandments may we
rise with gladness of soul to give glory to
your loving-kindness, as we bring to your
compassion supplications and entreaties on
behalf of our own sins and those of all your
people. At the prayers of the holy Mother of
God visit them with mercy. [EL]

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

*Πληρωθέντος τοῦ Προοιμιακοῦ Ψαλμοῦ, ὁ μὲν
Τερεὺς παραμένει ἐν εὐλαβείᾳ ἐνώπιον τῆς ἁγίας
Τραπέζης, ὁ δὲ Διάκονος ποιεῖ σχῆμα πρὸς τὸ Τερέα,
καὶ ἐξελθὼν τοῦ ἱεροῦ Βήματος, διὰ τῆς βορείας
πύλης, καὶ στὰς πρὸ τῆς Ὁραίας πύλης, καὶ βλέπων
κατ' ἐνώπιον τῆς εἰκόνης τοῦ Χριστοῦ, λέγει τὴν
Μεγάλην Συναπτὴν, ἥτοι τὰ "Εἰρηνικά."*

For you, O God, are good and love
mankind, and to you we give glory, Father,
Son and Holy Spirit, now and for ever, and to
the ages of ages. Amen. ^[EL]

*When the Opening Psalm is completed the Priest, in
front of the Holy Table, or the Deacon in his usual place
outside the Holy Doors, says the Litany of Peace.*

ΔΙΑΚΟΝΟΣ

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ἁγίου οἴκου τούτου, καὶ τῶν μετὰ πίστεως, εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῶν εὐσεβῶν καὶ Ὁρθοδόξων Χριστιανῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθνους, πάσης ἀρχῆς καὶ ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

DEACON

In peace, let us pray to the Lord.

(Lord, have mercy.)

For the peace from above and for the salvation of our souls, let us pray to the Lord.

(Lord, have mercy.)

For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

(Lord, have mercy.)

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

(Lord, have mercy.)

For pious and Orthodox Christians, let us pray to the Lord.

(Lord, have mercy.)

For (episcopal rank) (name), for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

(Lord, have mercy.)

For our country, for the president, and for all in public service, let us pray to the Lord.

(Lord, have mercy.)

For this city, and for every city and land, and for the faithful who live in them, let us pray to the Lord.

(Lord, have mercy.)

For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

(Lord, have mercy.)

Ὑπὲρ πλεόντων, ὁδοιπορούντων,
νοσούντων, καμνόντων, αἰχμαλώτων καὶ
τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ῥυσθῆναι ἡμᾶς ἀπὸ πάσης
θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, 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 πρέπει σοι πᾶσα δόξα, τιμὴ καὶ
προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

*Ὁ ἦχος καὶ τὰ πρῶτα τέσσαρα στιχηρὰ τῆς
Ὀκτωήχου, καθὼς καὶ τὰ τελευταῖα τρία στιχηρὰ καὶ
Θεοτοκίον τοῦ Μηναίου, ἀλλάζουν κάθε χρόνο.*

ΧΟΡΟΣ

Ἦχος πλ. δ'.

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν
μου, εἰσάκουσόν μου, Κύριε. Κύριε,
ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου·
πρόσχες τῇ φωνῇ τῆς δεήσεώς μου, ἐν τῷ
κεκραγέναι με πρὸς σέ. Εἰσάκουσόν μου,
Κύριε.

For those who travel by land, sea, and air,
for the sick, the suffering, the captives and for
their salvation, let us pray to the Lord.

(Lord, have mercy.)

For our deliverance from all affliction,
wrath, danger, and necessity, 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 to You belong all glory, honor, and
worship, to the Father and to the Son and to
the Holy Spirit, now and forever and to the
ages of ages.

(Amen.)

*The mode and first four stichera from the Octoechos,
as well as the last three stichera and Theotokion from the
Menaion, depend on the date, and therefore they change from
year to year.*

CHOIR

Mode pl. 4.

Lord, I have cried to You; hear me. Hear
me, O Lord. Lord, I have cried to You; hear
me. Give heed to the voice of my supplication
when I cry to You. Hear me, O Lord. [SAAS]

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἐσπερινή. Εἰσάκουσόν μου,
Κύριε.

Θοῦ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν
περιοχῆς περὶ τὰ χεῖλη μου.

Μὴ ἐκκλίνῃς τὴν καρδίαν μου εἰς λόγους
πονηρίας, τοῦ προφασίζεσθαι προφάσεις ἐν
ἀμαρτίαις.

Σὺν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ
οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Παιδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με,
ἔλαιον δὲ ἀμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλὴν
μου.

Ὅτι ἔτι καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις
αὐτῶν· κατεπόθησαν ἐχόμενα πέτραις οἱ κριταὶ
αὐτῶν.

Ἀκούσονται τὰ ῥήματά μου, ὅτι ἠδύνθησαν·
ὥσεὶ πάχος γῆς ἐρῶαγῇ ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ
ὀστᾶ αὐτῶν παρὰ τὸν ἄδην.

Ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ μου· ἐπὶ
σοὶ ἤλπισα, μὴ ἀντανέλης τὴν ψυχὴν μου.

Φύλαξόν με ἀπὸ παγίδος ἧς συνεστήσαντό μοι,
καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.

Πεσοῦνται ἐν ἀμφιβλήστρῳ αὐτῶν οἱ
ἀμαρτωλοί· κατὰ μόνας εἰμὶ ἐγὼ ἕως ἂν παρέλθω.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου
πρὸς Κύριον ἐδεήθην.

Ἐκχεῶ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν
θλιψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

Ἐν τῷ ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ
ἔγνωσ τὰς τρίβους μου.

Ἐν ὁδῷ ταύτῃ, ἣ ἐπορευόμην, ἔκρυψαν παγίδα
μοι.

Κατενόουν εἰς τὰ δεξιὰ, καὶ ἐπέβλεπον, καὶ οὐκ
ἦν ὁ ἐπιγινώσκων με.

Ἀπώλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ
ἐκζητῶν τὴν ψυχὴν μου.

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice. Hear me, O Lord. [SAAS]

Set a watch, O Lord, before my mouth, a door of
enclosure about my lips.

Incline not my heart to evil words, to make
excuses in sins.

With men who work lawlessness; and I will not
join with their choice ones.

The righteous man shall correct me with mercy,
and he shall reprove me; but let not the oil of the sinner
anoint my head.

For my prayer shall be intense in the presence of
their pleasures. Their judges are swallowed up by the
rock.

They shall hear my words, for they are pleasant.
As a clod of ground is dashed to pieces on the earth, so
their bones were scattered beside the grave.

For my eyes, O Lord, O Lord, are toward You; in
You I hope; take not my soul away.

Keep me from the snares they set for me, and from
the stumbling blocks of those who work lawlessness.

Sinners shall fall into their own net; I am alone,
until I escape.

I cried to the Lord with my voice, with my voice I
prayed to the Lord.

I shall pour out my supplication before Him; I
shall declare my affliction in His presence.

When my spirit fainted within me, then You knew
my paths.

For on the way I was going, they hid a trap for me.

I looked on my right, and saw there was no one
who knew me.

Refuge failed me, and there was no one who cared
for my soul.

Ἐκέκραξα πρὸς σέ, Κύριε εἶπα· Σὺ εἶ ἡ ἐλπίς μου, μερίς μου εἶ ἐν γῇ ζώντων.

Πρόσχεες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

Ῥῥσαί με ἐκ τῶν καταδιωκόντων με, ὅτι ἐκραταιώθησαν ὑπὲρ ἐμέ.

Τοῦ Τριωδίου - - -

Στιχηρά. Κατανυκτικά.

Ἦχος πλ. δ'.

Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχὴν μου, τοῦ ἐξομολογήσασθαι τῷ ὀνόματί σου.

Σὲ τὸν Βασιλέα καὶ Δεσπότην, Ἄγγελοι ἀπαύστως ἀνυμνοῦσιν, ἐγὼ δέ σοι προσπίπτω, ὡς ὁ Τελώνης κράζων, ὁ Θεὸς ἰλάσθητί μοι, καὶ σῶσόν με.

Ἦχος πλ. δ'.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὗ ἀνταποδῶς μοι.

Ἀθάνατος ὑπάρχουσα ψυχὴ μου, τοῖς κύμασι τοῦ βίου μὴ καλύπτου, ἀνάνηψον βοῶσα, πρὸς τὸν σὸν εὐεργέτην, ὁ Θεὸς ἰλάσθητί μοι, καὶ σῶσόν με.

Ἦχος πλ. δ'.

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε, εἰσάκουσον τῆς φωνῆς μου.

Ὅταν λάβω κατὰ νοῦν, τὰ πλήθη τῶν πεπραγμένων μοι δεινῶν, καὶ εἰς ἔννοιαν ἔλθω, τῆς φοβερᾶς ἐκείνης ἐτάσεως, τρόμῳ συνεχόμενος, πρὸς σέ καταφεύγω τὸν φιλόανθρωπον Θεόν. Διὸ μὴ με παρίδης ἱκετεύω σε, μόνε ἀναμάρτητε, δώρησαι κατάνυξιν τῇ ταπεινῇ μου ψυχῇ, πρὸ τελευτῆς καὶ σῶσόν με.

I cried to You, O Lord; I said, "You are my hope, my portion in the land of the living."

Attend to my supplication, for I was humbled exceedingly.

Deliver me from my persecutors, for they are stronger than I.

From Triodion - - -

Stichera. For compunction.

Mode pl. 4.

Bring my soul out of prison to give thanks to Your name, O Lord. [SAAS]

Angels unceasingly extol You the King and Lord and Master. But I, like the Publican, am bowed as I implore You: O God, be gracious to me and save me. [SD]

Mode pl. 4.

The righteous shall wait for me, until You reward me. [SAAS]

O soul of mine, since you are immortal, let not mundane concerns inundate you. Come to your senses, and pray to your Benefactor: "O God, be gracious to me and save me." [SD]

Mode pl. 4.

Out of the depths I have cried to You, O Lord; O Lord, hear my voice. [SAAS]

When I bring to mind the many terrible things I have done, and when I think about that terrifying judgment, I am overcome by trembling, and I turn to You, my God who loves humanity. So I pray to You, the only sinless One, do not despise me; but before the end, give compunction to my humble soul and save me. [SD]

Ἦχος πλ. δ'.

Γενηθήτω τὰ ὦτά σου προσέχοντα εἰς
τὴν φωνὴν τῆς δεήσεώς μου.

Δάκρυνά μοι δὸς ὁ Θεός, ὡς ποτὲ τῇ
γυναικὶ τῇ ἁμαρτωλῷ, καὶ ἀξιώσόν με
βρέχειν τοὺς πόδας σου, τοὺς ἐμὲ ἐκ τῆς
ὁδοῦ τῆς πλάνης ἐλευθερώσαντας, καὶ
μύρον εὐωδίας σοι προσφέρειν, βίον
καθαρόν, ἐν μετανοίᾳ μοι κτισθέντα, ἵνα
ἀκούσω καὶ γὰρ τῆς εὐκταίας σου φωνῆς. Ἡ
πίστις σου σέσωκέ σε, πορεύου εἰς εἰρήνην.

Τοῦ Τριωδίου ---

Τοῦ Τριωδίου.

Ἦχος β'. Ἀγγελος μὲν τὸ Χαῖρε.

Ἐὰν ἀνομίας παρατηρήσης, Κύριε Κύριε,
τίς ὑποστήσεται; ὅτι παρὰ σοὶ ὁ ἰλασμός
ἐστίν.

Ἐγκρατεία τὴν σάρκα, ταπεινῶσαι
πάντες σπουδάζωμεν, τὸ θεῖον
ὑπερχόμενοι στάδιον, τῆς ἀμώμου
Νηστείας, καὶ εὐχαῖς καὶ δάκρυσιν, Κύριον
τὸν σῶζοντα ἡμᾶς ἐκζητήσωμεν, καὶ
λήθην τῆς κακίας παντελῆ ποιήσωμεν
βοῶντες. Ἡμάρτομέν σοι, σῶσον, ὡς
πάλαι Νινευῖτας, Χριστὲ Βασιλεῦ, καὶ
κοινωνοὺς ἡμᾶς, οὐρανίου Βασιλείας
ποιήσον εὐσπλαγχνε.

Ἦχος β'. Ἀγγελος μὲν τὸ Χαῖρε.

Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε,
Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον
σου. Ἠλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον.

Ἐμαυτὸν ἀπελπίζω, ἐννοῶν τὰ ἔργα
μου Κύριε, τὰ πάσης τιμωρίας ἐπάξια· ἰδοὺ
γὰρ παραβλέψας, τὰ σεπτὰ σου Σῶτερ
ἐντάλματα, ἀσώτως μου τὸν βίον ἠνάλωσα·
διὸ καθικετεύω, μετανοίας ὄμβροισ με
καθάρας, νηστεία καὶ δεήσει, ὡς μόνος

Mode pl. 4.

*Let Your ears be attentive to the voice of my
supplication.* [SAAS]

Give me tears, O Lord, as once You did
to the sinful woman, and grant that I may
wet Your feet, which freed me from the
way of error, and like her to offer You, as
fragrant ointment, a pure life that is built
on repentance; so that I, too, may hear those
cherished words of Yours: "Your faith has
saved you, go in peace." [SD]

From Triodion ---

From the Triodion.

Mode 2. (not metered)

*If You, O Lord, should mark transgression, O
Lord, who would stand? For there is forgiveness
with You.* [SAAS]

We are entering the godly contest of the
blameless Fast. Let us all diligently subdue
the flesh through self-control. Let us seek the
Lord with prayers and tears, and completely
obliterate every vice, and shout to Him: "We
have sinned against You. Save us, as You
saved the Ninevites of old, O Christ our King.
Grant us to share in Your heavenly Kingdom,
O compassionate Lord." [SD]

Mode 2. (not metered)

*Because of Your law, O Lord, I waited for
You; my soul waited for Your word. My soul
hopes in the Lord.* [SAAS]

I drive myself to despair, when I
consider how my deeds are worthy of every
punishment, O Savior. Yes, I have ignored
Your divine commandments, and wasted my
life as a profligate. Therefore I implore You
the only merciful Lord: Purify me with tears
of repentance, and illumine me by fasting and

Ἐλεήμων ἐκλάμπρυνον, καὶ μὴ βδελύξῃ με
Εὐεργέτα τῶν ἀπάντων, καὶ Ὑπεράγαθε.

Ἦχος β'. Τῶν ὑπὲρ νοῦν δωρεῶν.

Ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ
φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν
Κύριον.

Τὸν τῆς Νηστείας καιρὸν, φαιδρῶς
ἀπαρξώμεθα, πρὸς ἀγῶνας πνευματικούς
ἐαυτοὺς ὑποβάλλοντες, ἀγνίσωμεν
τὴν ψυχὴν, τὴν σάρκα καθάρωμεν,
νηστεύσωμεν ὥσπερ ἐν τοῖς βρώμασιν ἐκ
παντὸς πάθους, τὰς ἀρετὰς τρυφῶντες
τοῦ Πνεύματος, ἐν αἷς διατελοῦντες
πόθῳ, ἀξιωθεῖν πάντες, κατιδεῖν τὸ
πάνσεπτον Πάθος Χριστοῦ τοῦ Θεοῦ,
καὶ τὸ ἅγιον Πάσχα, πνευματικῶς
ἐναγαλλιώμενοι.

Τοῦ Μηναίου - -

Στιχηρὰ τοῦ Μηναίου.

ΤΗΙ ΙΑ' ΜΑΡΤΙΟΥ

Ἦχος δ'. Ὡς γενναῖον ἐν Μάρτυσι.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλή
παρ' αὐτῷ λύτρωσις, καὶ αὐτὸς λυτρώσεται
τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Σωφροσύνης ἐπώνυμος, ἐξ ἐνθέου
προγνώσεως, προκληθεὶς Σωφρόνιος,
σώφρων γέγονας, ἐπὶ τῶν ἔργων καὶ
δίκαιος, ἀνδρεῖος καὶ φρόνιμος, ἀρεταῖς
ταῖς γενικαῖς, γενικῶς στεφανούμενος,
καὶ διένειμας, προσφυῶς ἐκατέρω τῇ ψυχῇ
τε, καὶ τῷ σώματι, καθάπερ, διαιτητῆς
ἀκριβέστατος.

Αἰνεῖτε τὸν Κύριον, πάντα τὰ ἔθνη,
ἐπαινέσατε αὐτόν, πάντες οἱ λαοί.

Θεολόγου ἐκ στόματος, θεολόγους
ἐβρόντησας, διδασκὰς Σωφρόνιε,
παμμακάριστε, θεολογήσας τρανότατα,

prayer, and do not abhor me, for You are very
good and the Benefactor of all. [SD]

Mode 2. (not metered)

*From the morning watch until night; from the
morning watch until night, let Israel hope in the
Lord.* [SAAS]

Let us cheerfully begin the season of Lent,
and undergo the spiritual struggles. Let us
purify and cleanse our souls and bodies. As
we fast from foods, let us also abstain from
giving in to any of the passions, and instead
delight in the virtues of the Spirit. May we
persevere in them with love, and then be
counted worthy to see the solemn Passion of
Christ our God, and to celebrate holy Pascha
with spiritual joy. [SD]

From Menaion - -

Stichera from the Menaion.

March 11

Mode 4. To a brave one.

*For with the Lord there is mercy, and with
Him is abundant redemption; and He shall redeem
Israel from all his transgressions.* [SAAS]

God foreknew you, Sophronius: * you
were named for sobriety. * And when you
were called to His service, you became * sober
and righteous in all your deeds, * courageous
and sensible. * You were generally crowned *
with the crown of sobriety and the virtues all.
* And you prudently gave to both your body
and your soul that which was needed, * as a
precise judge and arbiter. [SD]

*Praise the Lord, all you Gentiles; praise Him,
all you peoples.* [SAAS]

O all-blessed Sophronius, * you most
clearly theologized, * thundering the
doctrines of true theology * from the

Πατέρα τὸν ἄναρχον, καὶ συνάναρχον
Υἱόν, καὶ τὸ Πνεῦμα τὸ Ἅγιον, συναῖδιον, ἐν
μονάδι Τριάδα καὶ Μονάδα, ἐν Τριάδι Θεὸν
ἓνα, τῇ οὐσιώδει ταυτότητι.

Ὅτι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ’
ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν
αἰῶνα.

Τῇ σαρκὶ καθ’ ὑπόστασιν, ἐνωθέντα τὸν
ἄσαρκον, καὶ Πατρὶ συνάναρχον, Λόγον
Πάνσοφε, δίχα τροπῆς καὶ συγχύσεως,
σοφῶς ἐδογματίσας, ἐνεργοῦντα δὲ
διτῶς, καταλλήλως ταῖς φύσεσιν, ἐξ
ῶν σύγκειται, καὶ ἐν αἷς θεωρεῖται εἰς
ὑπάρχων, ἀδιαίρετος τῷ ὄντι, τοῦτο κᾶκεῖνο
νοούμενος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος δ’. Ὡς γενναῖον ἐν Μάρτυσι.

Κατακρίσεως λύτρωσαι, Παναγία
Θεόνυμφε, καὶ δεινῶν πταισμάτων, τὴν
ταπεινὴν μου ψυχὴν, καὶ τοῦ θανάτου
ἀπάλλαξον, εὐχαῖς σου, καὶ δώρησαι,
δικαιώσεως τυχεῖν, ἐν ἡμέρᾳ ἐτάσεως, ἧς
ἐπέτυχον, τῶν Ἀγίων οἱ δῆμοι, μετανοία,
καθαρθέντα με πρὸ τέλους, καὶ τῶν
δακρύων ταῖς χύσεσιν.

ΔΙΑΚΟΝΟΣ (χαμηλοφώνως)

Τοῦ Κυρίου δεηθῶμεν.

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ ΤΗΣ ΕΙΣΟΔΟΥ

Ἐσπέρας καὶ πρωῒ καὶ μεσημβρίας, αἰνοῦμεν,
εὐλογοῦμεν, εὐχαριστοῦμεν καὶ δεόμεθα σου,
Δέσποτα τῶν πάντων, Φιλάνθρωπε, Κύριε.
Κατεύθυνον τὴν προσευχὴν ἡμῶν, ὡς θυμίαμα
ἐνώπιόν σου καὶ μὴ ἐκκλίνης τὰς καρδίας ἡμῶν εἰς

divine Theologian's mouth: * The Father,
beginningless, co-beginningless the Son, * and
the all-holy Spirit, too, co-eternal God, * in
a Trinity, Unity; in Unity, a Trinity; the One
God, * in His essential identity. [SD]

*For His mercy rules over us; and the truth of
the Lord endures forever. [SAAS]*

You, O Saint, wisely dogmatized
* that the Word, incorporeal * and co-
unoriginate with the Father, did * unite with
flesh hypostatically, * without change and
unconfused. * And the operations of * both
His natures were all performed * in accord
with each * of His natures, of which He is
composed. One is His undivided person, *
being perceived as both God and man. [SD]

Glory. Both now. **Theotokion.**

Mode 4. *To a brave one.*

O all-holy one, Bride of God, * will you
rescue my sorry soul * from my condemnation
and from my grievous sins. * Save me from
death, by your holy prayers. * O Lady, may
I obtain * vindication on that day * of my
judgment, just like the saints * of all time
obtained, * being purified prior to my final
breath through genuine repentance * and
through the shedding of many tears. [SD]

DEACON (in a low voice)

Let us pray to the Lord.

PRIEST (in a low voice)

Prayer of the Entrance

At evening, at morning and at midday we praise,
bless and give thanks, and we pray to you, Master of
all things, Lord who love mankind: Direct our prayer
before you like incense, and do not incline our hearts to
words or thoughts of evil, but deliver us from all that

λόγους, ἢ εἰς λογισμοὺς πονηρίας, ἀλλὰ ῥῦσαι ἡμᾶς ἐκ πάντων τῶν θηρευόντων τὰς ψυχὰς ἡμῶν· ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ ἡμῶν, καὶ ἐπὶ σοὶ ἠλπίσαμεν· μὴ κατασχύνης ἡμᾶς, ὁ Θεὸς ἡμῶν.

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί.

ΚΛΗΡΟΣ ΚΑΙ ΛΑΟΣ

Ἦχος β'.

Φῶς ἱλαρὸν ἀγίας δόξης, ἀθανάτου Πατρός, οὐρανίου, ἀγίου, μάκαρος, Ἰησοῦ Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν, ἰδόντες φῶς ἐσπερινόν, ὑμνοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα Θεόν. Ἄξιόν σε ἐν πᾶσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίαις, Υἱὲ Θεοῦ, ζῶν ὁ διδούς· * διὸ ὁ κόσμος σὲ δοξάζει.

ΔΙΑΚΟΝΟΣ

Ἑσπέρας Προκείμενον.

ΧΟΡΟΣ

Προκείμενον. Ἦχος πλ. δ'.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι· ταχὺ ἐπάκουσόν μου· πρόσχευς τῇ ψυχῇ μου, καὶ λύτρωσαι αὐτήν.

Στίχ. Ἡ σωτηρία σου, ὁ Θεός, ἀντιλάβοιτό μου.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι· ταχὺ ἐπάκουσόν μου· πρόσχευς τῇ ψυχῇ μου, καὶ λύτρωσαι αὐτήν.

Στίχ. Ἰδέτωσαν πτωχοὶ καὶ εὐφρανθήτωσαν· ἐκζητήσατε τὸν Θεόν, καὶ ζήσεται ἡ ψυχὴ ὑμῶν.

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι· ταχὺ

hunt down our souls. For our eyes look to you, O Lord, our Lord, and we have hoped in you.

DEACON

Wisdom. Arise.

CLERGY AND PEOPLE

Mode 2.

Gladsome light of holy glory of the holy, blessed, heavenly, immortal Father, O Jesus Christ: arriving at the hour of sunset and having seen the evening light, we praise the Father, Son, and Holy Spirit, God. It is worthy for You to be praised at all times with happy voices, O Son of God and Giver of life; * and therefore the world glorifies You. [SD]

DEACON

The evening Prokeimenon.

CHOIR

Prokeimenon. Mode pl. 4.

Turn not Your face from Your child, for I am afflicted; hear me speedily. Give heed to my soul and redeem it. [SAAS]

Verse: And the salvation of Your presence, O God, lays hold of me.

Turn not Your face from Your child, for I am afflicted; hear me speedily. Give heed to my soul and redeem it.

Verse: Let the poor behold this, and be glad; seek God, and your soul shall live.

Turn not Your face from Your child, for I am afflicted; hear me speedily. Give heed to my soul and redeem it.

ἐπάκουσόν μου· πρόσχες τῇ ψυχῇ μου, καὶ
λύτρωσαι αὐτήν.

Καὶ πάλιν·

Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου
ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι· ταχὺ
ἐπάκουσόν μου· πρόσχες τῇ ψυχῇ μου, καὶ
λύτρωσαι αὐτήν.

ΔΙΑΚΟΝΟΣ

Εἵπωμεν πάντες ἐξ ὅλης τῆς ψυχῆς καὶ
ἐξ ὅλης τῆς διανοίας ἡμῶν εἵπωμεν.

(Κύριε, ἐλέησον.)

Κύριε παντοκράτορ ὁ Θεὸς τῶν
πατέρων ἡμῶν, δεόμεθά Σου, ἐπάκουσον
καὶ ἐλέησον.

(Κύριε, ἐλέησον.)

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα
ἐλεός Σου, δεόμεθά Σου, ἐπάκουσον καὶ
ἐλέησον.

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)*

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ
ὀρθοδόξων χριστιανῶν.

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)*

Ἔτι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατικοῦ
βαθμοῦ) ἡμῶν (τοῦ δεῖνος).

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)*

ΙΕΡΕΥΣ

Ὅτι ἐλεήμων 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.)

And again:

Turn not Your face from Your child, for I
am afflicted; hear me speedily. Give heed to
my soul and redeem it.

DEACON

Let us all say with all our soul and with
all our mind, let us all say.

(Lord, have mercy.)

Lord almighty, God of our fathers, we
pray You, hear us and have mercy.

(Lord, have mercy.)

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

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

Let us pray for pious and Orthodox
Christians.

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

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

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

PRIEST

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

(Amen.)

ΑΝΑΓΝΩΣΤΗΣ

Καταξιώσον, Κύριε, ἐν τῇ ἐσπέρᾳ ταύτῃ, ἀναμαρτήτους 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, συνέτισον μὲ 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 πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἐσπερινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τὴν ἐσπέραν πᾶσαν τελείαν, ἁγίαν, 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.

READER

O Lord, keep us this evening without sin. Blessed are you, O Lord, God of our fathers, and praised and glorified is your name to the ages. Amen. O Lord, let your mercy be upon us for we have set our hope in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, Master, grant me understanding of your commandments. Blessed are you, Holy One, enlighten me with your commandments. Lord, your mercy is forever. Do not despise the works of your hands. To you is due praise, to you is due song, to you is due glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. [HC]

(Amen.)

DEACON

Let us complete our evening 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 evening 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.

(Παράσχον, Κύριε.)

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

(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 ἀπολογία 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 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.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, ὁ Θεὸς ἡμῶν, ὁ κλῖνας οὐρανοὺς καὶ
καταβάς ἐπὶ σωτηρία τοῦ γένους τῶν ἀνθρώπων,
ἐπίδε ἐπὶ τοὺς δούλους σου καὶ ἐπὶ τὴν κληρονομίαν

(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, 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.)

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)

Lord our God, who bowed the heavens and came
down for the salvation of the human race, look upon
your servants and upon your inheritance, for to you,

σου· σοὶ γὰρ τῷ φοβερῷ καὶ φιλανθρώπῳ κριτῇ οἱ σοὶ δοῦλοι ὑπέκλιναν τὰς κεφαλὰς, τοὺς δὲ αὐτῶν ὑπέταξαν αὐχένας, οὐ τὴν ἐξ ἀνθρώπων ἀναμένοντες βοήθειαν, ἀλλὰ τὸ σὸν περιμένοντες ἔλεος καὶ τὴν σὴν ἀπεκδεχόμενοι σωτηρίαν· οὓς διαφύλαξον ἐν παντὶ καιρῷ καὶ κατὰ τὴν παροῦσαν ἐσπέραν καὶ τὴν προσιοῦσαν νύκτα, ἀπὸ παντὸς ἐχθροῦ, ἀπὸ πάσης ἀντικειμένης ἐνεργίας διαβολικῆς, καὶ διαλογισμῶν ματαίων καὶ ἐνθυμήσεων πονηρῶν.

ΙΕΡΕΥΣ

Εἴη τὸ κράτος τῆς βασιλείας σου εὐλογημένον καὶ δεδοξασμένον, τοῦ Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Ἰδιόμελον. Ἦχος δ'.

Ἐλαμψεν ἡ χάρις σου Κύριε, ἔλαμψεν ὁ φωτισμὸς τῶν ψυχῶν ἡμῶν· ἰδοὺ καιρὸς εὐπρόσδεκτος· ἰδοὺ καιρὸς μετανοίας, ἀποθώμεθα τὰ ἔργα τοῦ σκοτούς, καὶ ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός, ὅπως διαπλεύσαντες τὸ τῆς Νηστείας μέγα πέλαγος, εἰς τὴν τριήμερον Ἀνάστασιν καταντήσωμεν, τοῦ Κυρίου καὶ Σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ, τοῦ σώζοντος τὰς ψυχὰς ἡμῶν.

Στίχ. Πρὸς σὲ ἤρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου 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 οἰκτειρῆσαι ἡμᾶς.

Ἐλαμψεν ἡ χάρις σου Κύριε, ἔλαμψεν ὁ φωτισμὸς τῶν ψυχῶν ἡμῶν· ἰδοὺ καιρὸς

the fearful Judge who love mankind, your servants have bowed their heads and inclined their necks, not waiting for any human help, but awaiting your mercy and looking for your salvation. Guard them at every moment, during both the present evening and the approaching night, from every foe, from every hostile operation of the devil and from vain thoughts and evil desires.

PRIEST

May the might of your kingdom be blessed and glorified, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Triodion ---

CHOIR

Aposticha. From the Triodion.

Idiomelon. Mode 4.

Your grace has shone forth, O Lord; the illumination of our souls has shone forth. Behold, this is the acceptable season; behold, this is the season of repentance. Let us put away the works of darkness, and put on the armor of light, so that we may navigate the immense ocean of Lent, and arrive at the third-day Resurrection of our Lord and Savior Jesus Christ, the Savior of our souls. [SD]

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]

Your grace has shone forth, O Lord; the illumination of our souls has shone forth.

εὐπρόσδεκτος· ἰδοὺ καιρὸς μετανοίας,
ἀποθώμεθα τὰ ἔργα τοῦ σκότους, καὶ
ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός, ὅπως
διαπλεύσαντες τὸ τῆς Νηστείας μέγα
πέλαγος, εἰς τὴν τριήμερον Ἀνάστασιν
καταντήσωμεν, τοῦ Κυρίου καὶ Σωτῆρος
ἡμῶν Ἰησοῦ Χριστοῦ, τοῦ σώζοντος τὰς
ψυχὰς ἡμῶν.

Μαρτυρικόν.

Ἦχος δ'.

Στίχ. Ἐλέησον ἡμᾶς, Κύριε,

ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν
ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ
ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ
ἐξουδένωσις τοῖς ὑπερηφάνοις.

Ὁ ἐνδοξαζόμενος, ἐν ταῖς μνηαῖς
τῶν Ἀγίων σου Χριστέ ὁ Θεός, ὑπ' αὐτῶν
δυσωπούμενος, κατάπεμψον ἡμῖν τὸ μέγα
ἔλεος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος δ'. Ὡς γενναῖον ἐν Μάρτυσι.

Τῶν Ἀγγέλων αἱ τάξεις σε, Θεομήτορ
δοξάζουσι· τὸν Θεὸν γὰρ Πάναγνε
ἀπεκύησας, τὸν σὺν Πατρὶ καὶ τῷ
Πνεύματι, αἰεὶ συνυπάρχοντα, καὶ
Ἀγγέλων στρατιάς, ἐκ μὴ ὄντος βουλήματι,
ὑποστήσαντα, ὃν ἰκέτευε σῶσαι καὶ
φωτίσαι, τὰς ψυχὰς τῶν ὀρθοδόξως, σὲ
ἀνυμνούντων Πανάχραντε.

ΙΕΡΕΥΣ

Ὦδὴν τοῦ Θεοδόχου Συμεών.

Νῦν ἀπολύεις τὸν δοῦλόν σου, Δέσποτα,
κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ· ὅτι εἶδον
οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὃ
ἡτοίμασας κατὰ πρόσωπον πάντων τῶν

Behold, this is the acceptable season; behold,
this is the season of repentance. Let us put
away the works of darkness, and put on the
armor of light, so that we may navigate the
immense ocean of Lent, and arrive at the
third-day Resurrection of our Lord and Savior
Jesus Christ, the Savior of our souls. [SD]

For the Martyrs.

Mode 4.

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

O Christ our God, You are glorified
when we commemorate Your saints. As they
implore You on our behalf, send down to us
Your great mercy. [SD]

Glory. Both now. **Theotokion.**

Mode 4. To a brave one.

All the ranks of angelic hosts glorify you,
O Bride of God. * You, O Theotokos, gave
birth to God the Word, * who with the Father
and Spirit is existing eternally. * He created
all the hosts * of the Angels ex nihilo, * by His
will as God. * All-pure Virgin, now pray that
He illuminate our souls and that He save us, *
who are correctly extolling you. [SD]

PRIEST

Song of Simeon.

Lord, now You are letting Your servant
depart in peace, according to Your word; for
my eyes have seen Your salvation which You
have prepared before the face of all peoples.

λαῶν· φῶς εἰς ἀποκάλυψιν ἐθνῶν, καὶ
δόξαν λαοῦ σου Ἰσραήλ.

ΛΑΟΣ

Τρισάγιον.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, 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,
ὥστεκεν τοῦ ὀνόματός σου.

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

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.)

A light to bring revelation to the Gentiles, and
the glory of Your people Israel. [NKJV]

PEOPLE

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.)

ΧΟΡΟΣ

Τοῦ Ὡρολογίου ---

Ἀπολυτίκια. Ἦχος πλ. α'.

Θεοτόκε Παρθένε, χαῖρε κεχαριτωμένη
Μαρία, ὁ Κύριος μετὰ σοῦ· εὐλογημένη σὺ
ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς
κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν
ἡμῶν.

Βαπτιστὰ τοῦ Χριστοῦ, πάντων ἡμῶν
μνήσθητι, ἵνα ῥυσθῶμεν τῶν ἀνομιῶν
ἡμῶν· σοὶ γὰρ ἐδόθη χάρις πρεσβεῦειν ὑπὲρ
ἡμῶν.

Δόξα.

Ἰκετεύσατε ὑπὲρ ἡμῶν, ἅγιοι
Ἀπόστολοι, καὶ Ἅγιοι πάντες, ἵνα ῥυσθῶμεν
κινδύνων καὶ θλίψεων, ὑμᾶς γὰρ θερμοὺς
προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα.

*Τὸ τελευταῖον τοῦτο τροπάριον κατὰ τὴν
ἀρχαίαν τάξιν λέγεται χῦμα ὑπὸ τοῦ ἀναγνώστου.
Σήμερον ὁμως συνήθως ψάλλεται καὶ τοῦτο, ὡς καὶ τὰ
προηγούμενα.*

Καὶ νῦν.

Ὑπὸ τὴν σὴν εὐσπλαγχνίαν,
καταφεύγομεν Θεοτόκε, τὰς ἡμῶν
ἱκεσίας μὴ παρίδῃς ἐν περιστάσει, ἀλλ' ἐκ
κινδύνων λύτρωσαι ἡμᾶς, μόνη Ἄγνη, μόνη
εὐλογημένη.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

CHOIR

From Horologion ---

Apolytikia. Mode pl. 1.

O Virgin Theotokos, rejoice, Mary full
of grace. The Lord is with you. Blessed are
you among women, and blessed is the fruit of
your womb; for you have borne the Savior of
our souls [SD]

O Baptist of Christ, be mindful of us all,
that we may be delivered from our iniquities;
for unto you was given the grace to intercede
for us. [SD]

Glory.

Entreat earnestly for us, O holy Apostles
and all Saints, that we be delivered from
peril and affliction; for you are our fervent
advocates before the Savior. [SD]

*This final troparion, according to older rules, is simply
recited by the Reader. In current practice, however, it is
usually, sung much like the preceding hymns.*

Both now.

Beneath your tender compassion we
take refuge, O Theotokos. Despise not our
supplications in distress, but deliver us from
all peril. You alone are pure; you alone are
blessed. [SD]

READER

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!

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς
ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν
στήριξον· τὰ ἔθνη πράυνον· τὸν κόσμον
εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ
Μονήν) ταύτην καλῶς διαφύλαξον· τοὺς
προαπελθόντας πατέρας καὶ ἀδελφοὺς
ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς
ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε,
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.

ΑΝΑΓΝΩΣΤΗΣ

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

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

Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου

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]

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. Lord, have mercy.
Lord, have mercy.

Father, bless!

PRIEST

May Christ our true God, through
the intercessions of His all-pure and all-

καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,
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 ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

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.)