## eMatins powered by AGES

## The Service of Matins

for Tuesday, April 16, 2019

Triodion - Mode pl. 1. on Tuesday Morning

**Triodion - On Tuesday Before Palm Sunday at Matins** 

Menaion - April 16

Memory of the Holy Women Marytrs: Charity, Peace, and Snow

**Text in English** 

#### **Sources**

- VPA Copyright © 2016 by Virgil Peter Andronache
- RB Copyright © 2019 by Richard Barrett
- SD Copyright © 2018 by Fr. Seraphim Dedes
- GKD Copyright © 2017 by Geroge K. Duvall
- GOA © The Greek Orthodox Archdiocese of America
- HC Liturgical Texts courtesy and copyright of Holy Cross Press, Brookline, MA
- EL Copyright Archimandrite Ephrem ©
- KW © Metropolitan Kallistos Ware
- NKJV Scripture taken from the New King James Version™. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.
- OCA Copyright © 1996–2015. All rights reserved.
- JR Copyright © 2014 by Fr. Juvenaly Repass
- RSV Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.
- SAAS Scripture taken from the St. Athanasius Academy Septuagint™. Copyright © 2008 by St. Athanasius Academy of Orthodox Theology. Used by permission. All rights reserved.
- vol Orthodox Monastery of the Veil of our Lady

#### Disclaimer

The translation, rubrics, Greek and English texts are for the purposes of worship only and is subject to change without notice and should not be construed as a commitment by the authors, translators, developers, and personnel associated with its publication. Efforts are taken to make this booklet complete and accurate, but no warranty of fitness is implied.

All rights reserved. The materials contained within this booklet remain the property of all contributing translators. It is published solely for the purpose of providing a source of worship materials to the parishes of the Orthodox Church and may be copied and otherwise reproduced as needed by the parish toward this end; however, it may not be reprinted, reproduced, transmitted, stored in a retrieval system, or translated into any language in any form by any means — electronic, mechanical, recording, or otherwise — for the purpose of sale without the express written permission.

#### **AGES DCS Website**

This document was produced using the AGES Liturgical Workbench. For more information, contact AGES Initiatives: info@agesinitiatives.org

#### **Triodion**

Mode pl. 1. On Tuesday Morning

On Tuesday Before Palm Sunday at Matins

#### Menaion - April 16

Memory of the Holy Women Marytrs: Charity, Peace, and Snow

#### **MATINS**

#### **CHOIR**

## Mode pl. 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 pl. 1.

It is time to sing hymns; it is the hour of prayer. Let us earnestly cry out to our only God: Holy, holy, holy are You our God. By the intercessions of the Forerunner save us.

Glory.

Daring to portray Your spiritual armies, O unoriginate Trinity, we cry out with unworthy

lips: Holy, holy, holy are You our God. By the intercessions of the Saints save us. [SD]

#### Both now.

O Christ our God, You were contained in the womb of the Virgin, and never parted from the bosom of the Father. Accept us as we cry to You together with the Angels: Holy, holy, holy are You our God. Through the Theotokos have mercy on us. [5D]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 10. There is no litany, but immediately the following:

From Triodion - - -

#### **CHOIR**

# Kathisma I. Kathisma I. For compunction. Mode pl. 1.

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

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

## Mode pl. 1.

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

## Glory. Both now. **Theotokion. Mode pl. 1.**

The marvelous mystery involving the Virgin proved to be the means of universal salvation. You were born of her without being

sown, and You suffered no decay in the flesh. You are the Joy of all. Glory to You, O Lord. [50]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 8. 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 pl. 2.

Wasted by the disease of sin, I lie on the bed of despair. O Physician of the sick, visit me in Thy love for mankind; and, most merciful, let me not sleep shamefully in death, but enable me to cry with all my heart to Thee: Bestower of mercy, O Lord, glory to Thee. [KW]

Glory. Both now. **Theotokion. Mode pl. 2.** 

Gabriel's message to the Virgin was the beginning of salvation; for she heard his greeting 'Hail!' and did not reject his salutation. She did not doubt like Sarah in the tent, but she replied: 'Behold the handmaid of the Lord; be it unto me according to thy word.

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 9. 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. 1.

Yesterday and today Lazarus is sick, and his sisters make it known to Christ. Prepare thyself with joy, O Bethany, to welcome as thy guest the Lord and King, and to cry aloud with us: O Lord, glory to Thee.

Glory. Both now. **Theotokion. Mode pl. 1.** 

Most Holy Mother of God, rampart of Christians, deliver us thy people who now and at all times call fervently upon thee. Make war upon our arrogant and shameful thoughts, that we may cry to thee: Hail, Ever-Virgin! [KW]

#### **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**

## Ode i. Mode pl. 4. Heirmos.

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

Let us sing to the Lord, who led His people across the Red Sea, for only He is greatly glorified.

## Troparia.

O Martyrs of the Lord, ask that grace from heaven be given now to me, who honors your light-bearing festival upon the earth. [VPA]

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

Having broken asunder the bonds of passionate attachment to the flesh in the divine Spirit, the virgins were bound to Christ by the strength of the divinity. [VPA]

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

Of old, Belial was able to beguile Eve, O august martyrs, but now he is put to shame being truly trampled under your feet. [VPA]

## Glory.

Having attended in pure bodies upon the Logos who shone forth from a virgin maiden, the virgins now rejoice with Him. [VPA]

Both now. Theotokion.

You inexplicably give birth to theo one whom the Father begat without change, and with your breasts, O Lady, you nourish the one who sustains all things. [VPA]

(read)

#### **READER**

#### **Ode Two**

Glory to You, our God; glory to You!

Take heed, O heaven, and I will speak; and let the earth hear the words of my mouth.

[SAAS]

Let my proverbial saying be awaited as the rain, and let my words come down as raindrops on the wild grass, and as snowfall on the sown grass.

For I invoke the Lord's name: ascribe greatness to our God.

He is God, His works are true; and all His ways are judgment.

A faithful God and without injustice; righteous and holy is the Lord.

They sinned; the blameworthy children are not His, a generation twisted and perverse. Is this how you repay the Lord?

O foolish and unwise people, is He not your Father, who acquired you? Has He not made and created you?

Remember the days of old, consider the years of many generations.

Ask your father, and he will tell you; your elders, and they will tell you:

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

For the Lord's portion became the people of Jacob; the allotment of His inheritance is Israel.

He provided for him in the desert, in thirst of heat in a waterless place. He encircled him; He instructed him; He guarded him carefully as the apple of His eye.

As an eagle covers its nest, yearns after its young, spreading out its wings, taking them up, carrying them on its back.

So the Lord alone led them, and there was no foreign god with them.

He raised them on the strength of the land; He fed them on the produce of the fields.

He suckled them on honey from the rock and oil from the solid rock.

Butter of oxen and milk of sheep, with fat of lambs and goats, of sons of bulls and goats, with the choicest wheat; and you drank wine, the blood of grapes.

So Jacob ate and was filled, and the beloved kicked; he grew fat, he grew thick, he

is obese. Then he forsook God who made him and stood back from God his Savior.

They provoked Me to wrath against foreign gods; with their abominations they embittered Me.

They sacrificed to demons, and not to God, to gods they did not know; new ones, recent gods arrived, which their fathers did not know.

You abandoned the God who begot you, and forgot the God who nourished you.

So the Lord saw it, and was jealous; and He was provoked to anger by His sons and daughters.

Then He said, I will turn My face from them, and I will make known what their end will be; for they are a perverse generation, sons in whom is no faith.

They provoked Me to jealousy by what is not God; they moved Me to anger by their idols; but I will provoke them to jealousy by those who are not a nation; I will move them to anger by a foolish nation.

For a fire is kindled in My anger, and shall burn to the lowest Hades; it shall consume the land with its produce And set on fire the foundations of the mountains.

I will gather evils on them; I will spend My arrows on them.

They shall be wasted with hunger, devoured by birds and incurable disease; I will also send against them the teeth of wild animals With the anger of things crawling on the earth.

The sword shall make them childless outside, and fear from the inner chambers, for the young man and virgin, the nursing child with the elder of gray hairs.

I said, I will scatter them; I will make their memory cease from among men.

But for the wrath of the enemy, lest they live long, lest their adversary make a joint attack.

Lest they should say, "Our hand is high; and it is not the Lord who did all this."

For they are a nation void of counsel, nor is there understanding in them. They were not wise to understand these things.

Let them be concerned for the coming time.

How could one chase a thousand and two put ten thousand to flight unless God had sold them, and the Lord delivered them up?

For our God is not like their gods, but our enemies are foolish.

For their vineyard is of the vineyard of Sodom, and their vine is of Gomorrah. Their grapes are grapes of gall; their clusters are bitter.

Their wine is the wrath of serpents, and the incurable wrath of asps.

Behold, is this not laid up in store with Me, sealed up among My treasures?

I shall repay on the day of vengeance; in time, when their foot shall slip; for the day of their calamity is at hand, and is waiting, ready for them. For the Lord will judge His people, and have compassion on His servants.

For He sees them disabled and left in distress and weakened.

The Lord said, 'Where are their gods in which they trusted?'

Who ate the fat of their sacrifices, and drank the wine of their drink offerings? Let them rise and help you and be your defender.

Now see, I, even I, am He, and there is no God besides Me; I kill and I make alive; I wound and I heal; nor is there any who can deliver from My hands.

For I raise My hand to heaven, and I swear by My right hand, and say, "As I live forever."

For I whet My sword like lightning; and My hand takes hold on judgment. I will render vengeance on My enemies, and repay those who hate Me.

I will make My arrows drunk from blood; and My sword shall devour flesh from the blood of the slain and the captives, from the heads of the leaders of the enemy.

Rejoice, O Heavens, together with Him, and worship Him, all the sons of God.

Rejoice, O Gentiles, with His people; and let all the angels of God be strong with Him; for He will avenge the blood of His sons and render vengeance to His adversaries; and the Lord will purify His people's land. [SAAS]

(sung)

From Triodion - - -

#### **CHOIR**

## Canon 1 from the Triodion. Ode ii. Mode pl. 2. Heirmos (NM).

See now, see that I am God, who rained down manna in the days of old, and made springs of water flow from the rock, for My people in the wilderness, by My right hand and by My power alone. (2)

Glory to You, our God, glory to You.

Rich by nature, O Christ, Thou hast by Thine own choice become poor; and Thou who fillest every living thing with plenteousness hast willingly gone hungry. I hunger for Thy grace, O Word of God: satisfy me and make me a partaker at Thy table in the Age to come.

Glory to You, our God, glory to You.

Make me, O Christ, poor as Lazarus in sin, and scatter the wealth that I have gathered in wickedness; fill me with Thy perfect love, O merciful Lord, and deliver me from the fearful punishment that is to come. [KW]

Glory to You, our God, glory to You.

Once in Babylon fasting made the Children stronger than the fire. Be not fainthearted, O my soul, but follow their example, and thou shalt quench the fire of sensual pleasure with the dew of the Spirit.

Most-holy Theotokos, save us.

#### Theotokion.

We cry to thee 'Hail!', O Theotokos Virgin full of grace, who hast conceived our Joy. Pray to God whom thou hast borne, that we who at all times sing thy praises may be delivered from danger and corruption. [KW]

From Triodion - - -

## Canon 2 from the Triodion. Ode ii. Mode pl. 1. (NM) See now, see.

Glory to You, our God, glory to You.

See now, see that I am God, who when I was dwelling on the far side of the Jordan heard that Lazarus was sick, and I said: 'He will not die, but this is for My glory.'

Glory to You, our God, glory to You.

The sisters of Lazarus lament and disclose their anguish to Thee who knowest all things. But Thou delayest a little, in order to perform the miracle and show to Thy disciples Thy dread power. [KW]

## Glory. For the Trinity.

Unity in three Persons, single sovereignty, kingdom ruling over the ages, Father, Son and Holy Spirit: the multitude of angels and all mankind glorify Thee. KWJ

#### Both now. Theotokion.

Who is not filled with wonder, O Virgin, beholding the Creator refashioning fallen Adam within thee, and born from thee in the flesh for our salvation, without undergoing change, through an ineffable union? [KW]

Glory to You, our God, glory to You.

Prepare thyself now, O Bethany, and with joy make ready to receive the King of all: for He shall come to thee, to bring back Lazarus from corruption to life. [KW]

## Heirmos (NM). Mode pl. 1.

See now, see that I am God. By Mine own will was I clothed in flesh, to save from error Adam who had fallen into sin through the deceit of the serpent. [KW]

From Menaion - - -

## Ode iii. Mode pl. 4. Heirmos.

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

Lord, You are the firm support \* of those who have recourse unto You. You are the light \* of those who are benighted. \* And my spirit sings praise to You. [SD]

## Troparia.

Watered with rains of the divine Spirit, the virgins bloomed with sheaves of martyrdom by divine tillage. [VPA]

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

[SAAS]

Watered with rains of the divine Spirit, the virgins bloomed with sheaves of martyrdom by divine tillage. [VPA]

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

Having loved unseen things more than those seen, the virgins put to flight visible and invisible demons [VPA]

## Glory.

Having been set aflame with the divine fire of the Spirit, you were not afraid of the fire. Therefore you gush forth the divine dew of healings. [VPA]

Both now. Theotokion.

Tear asunder the terrible handwriting of my errors, O Lady who have loosed the bonds of Hades by your seedless conception. [VPA]

#### Heirmos.

Lord, You are the firm support \* of those who have recourse unto You. You are the light

\* of those who are benighted. \* And my spirit sings praise to You. [5D]

#### **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.*)

As wed to the Lord in a God-befitting manner, O prize-winning virgins, you offered to Him as a dowry your blood and your slaughter and you worthily obtained the divine bridal chamber, being unceasingly filled with unutterable light. Therefore, celebrating your holy and august memory in spirit, we glorify the Savior and faithfully cry out: Intercede with Christ God that remission of errors be granted to them who fervently celebrate your holy memory. [VPA]

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

By conceiving the Wisdom and Word of God \* in your womb inexplicably, Mother of God, \* for the world's sake you carried Him who has the whole world in His hand, \* and in your arms you held Him who holds together the universe, \* which He provides with food, as its Creator and Lord. \* Therefore, O all-holy Virgin Mary, I pray you, \* that I be forgiven of my offences when I shall stand before Him who created me. \* O all-lauded Lady most pure, I implore you to assist me in that hour. \* I am sure you can accomplish whatever you wish.

From Menaion - - -

## Ode iv. Mode pl. 4. Heirmos.

Verse: Glory to Your strength, O Lord.

I have heard the report, O Lord, \* of Your incarnation, which is a mystery. \* I considered Your astounding works, \* and I glorified Your divinity. [5D]

## Troparia.

Love of the body, withdrawing because of divine love, perfected the virgins of Christ as dwellings of the Spirit. [VPA]

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

Having set yourselves with oneness of mind you against the adversaries you carried off a divine victory and were made worthy of divine crowns. [VPA]

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

When the blessed choir of ever-virgins was burnt in fire, it offered up a pleasing

fragrance to Him who arose from the Virgin.

[VPA]

## Glory.

Sacredly, as guileless ewe-lambs, you were led to sacrifice, all-revered ones, and you neither struggled nor cried out, but were willingly put to death. [VPA]

Both now. Theotokion.

Lady of all creation, you gave birth in a body to the Lord. All-holy one, entreat Him to deliver us from the lord of this age. [VPA]

From Menaion - - -

## Ode v. Mode pl. 4. Heirmos.

Verse: O Lord our God, grant us peace.

Sovereign Lord our God, \* as the One who loves humanity, \* with your commandments enlighten us, we pray; \* and also grant us \* Your peace with Your own uplifted arm. [5D]

## Troparia.

The godly-minded virgins rose together to Christ the never-setting light and were made to shine beyond the brightness of the sun. [VPA]

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

[SAAS]

You courageously surrendered your members to tortures and tortured the tyrant with the endurance of your faith, admirable martyrs. [VPA]

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

You were shown to be a sacred flower of the martyrs, breathing forth the pleasant fragrance of divine knowledge for the Church, all-praised ones. [VPA]

### Glory.

The boastful one is is muzzled by your words, for he is defeated by your endurance and is sent to destruction, all-famous ones. [VPA]

Both now. Theotokion.

O maiden, ever intercede that I have a good end, that I may flee from the punishments which await me, and be saved.

[VPA]

From Menaion - - -

## Ode vi. Mode pl. 4. Heirmos.

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

My prayer \* shall I pour out before the Lord, \* and to Him shall I proclaim my afflictions, \* in that my soul has been flooded with evils, \* and very near unto Hades my life has drawn. \* Therefore, like Jonah I entreat: \* Raise me up from corruption, O Lord my God.

## Troparia.

Christ's prizewinners and brides, Chionia, Agape, and Irene, bravely endured the pains of the flesh and punishments by fire and received a comely crown and unutterable glory. [VPA]

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

Christ's prizewinners and brides, Chionia, Agape, and Irene, bravely endured the pains of the flesh and punishments by fire and received a comely crown and unutterable glory. [VPA]

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

Having been dragged upon the ground like rocks, O virgins, you trampled upon the house of deceit by the strength of the Logos, and having been brought to the holy temple, you stand exceedingly glad in the presence of the one who is Lord of all creation. [VPA]

#### Glory.

The shrine of Chionia, Irene, and Agape, springs forth healings, being richly watered from the springs of the Paraclete, stops diseases and, by grace, gives drink to the hearts of those who piously draw near.

Both now. Theotokion.

Adam, casting off mortality's garment of skin, is clothed in a robe of divine glory through the incarnation of your Son, O Virgin Theotokos, glorifying you with exceeding gladness as the all-blameless Mother of God.

#### Heirmos.

My prayer \* shall I pour out before the Lord, \* and to Him shall I proclaim my afflictions, \* in that my soul has been flooded with evils, \* and very near unto Hades my life has drawn. \* Therefore, like Jonah I entreat: \* Raise me up from corruption, O Lord my God.

[SD]

#### **DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

#### **PRIEST**

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

(Amen.)

From Triodion - - -

#### **READER**

## For the Martyrs. Mode pl. 1.

You have given us the miracles of Your holy Martyrs as an impregnable fortress, O Christ our God. At their entreaties, frustrate the plots of foreign enemies, and strengthen our nation, for You alone are good and love humanity. [SD]

## Synaxarion.

From the Menaion.

On April 16 we commemorate the holy women Martyrs Agape, Irene, and Chionia.

On this day we also commemorate Saint Felix the bishop, Januarius the presbyter, Fortunatus and Septiminus.

On this day we also commemorate the holy Martyrs Leonides, Charissa, Nike, Galina, Kallis, Nunechia, Basilissa, and Theodora.

On this day we also commemorate the holy Martyr Irene.

On this day the holy Neo-martyr Michael of Vourlae witnessed and died by the sword in Smyrna in the year 1772.

On this day the devout monastic Martyr Saint Christopher witnessed and died by the sword in Adrianoupolis in the year 1818.

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

From Menaion - - -

#### **CHOIR**

## Ode vii. Mode pl. 4. Heirmos.

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

Servants, descendants of the Hebrews, \* bravely trampled down the flame within the furnace; \* and they changed into dew \* the fire, and they chanted: \* Blessed are You, O Lord, the God \* of our fathers to the ages.

## Troparia.

The young maidens of Christ sensibly did not fear the wild beasts set upon them, nor the blustering assault of the insufferable fire, nor the cutting off of their limbs, nor pains of many kinds. [VPA]

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

Having the eyes of their heart upon the saving God and King, Christ's ewe-lambs went forth against the ranks of the foe and courageously triumphed. [VPA]

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

Be merciful to Your servants, You who are beyond goodness, through the intercessions of Chionia, revered Irene, and august Agape, granting us forgiveness of sins through them.

[VPA]

#### Glory.

Having lifted up their whole minds towards the bridegroom Christ, the prizewinners considered the bitter tortures and delights, crying: Blessed are you, O God, unto the ages. [VPA]

#### Both now. Theotokion.

Pure one, who conceived joy and put the serpent to death, put the death the living sin that mortifies my soul and make me worthy to partake of divine life. [VPA]

#### Ode viii.

From Menaion - - -

## Ode viii. Mode pl. 4. Heirmos.

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

Those Servants, speaking from God, in the furnace trampled \* the fire and also the error \* and the deception and they sang, "All you works of the Lord, praise and bless the Lord."

[SD]

## Troparia.

Having been paradoxically initiated into divine things, at the time of contest the ewelambs of Christ took up a manful disposition and firmly bore the struggles. [VPA]

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

Darkened by the drunkenness of gloomy sin, the persecutor was seen to bring laughter upon himself, but the virgins of Christ were shown as light. [VPA]

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]

Virgin maidens, you were shown to be truly a harp zealously sounding forth a divine melody of God-inspired confession, martyrdom, and faith. [VPA]

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]

Having been strengthened with yearning for the Master, you destroyed all the fortresses of the devil, prizewinners of the Lord, and now you are blessed. [VPA]

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

#### Theotokion.

Bearing of old a symbol of your childbirth, virgin mother, the furnace did not burn the youths, just as the fire of divinity did not burn your womb. [VPA]

(read)

## Intermediate Verses of Ode Eight.

Bless the Lord, every shower and dew, all you winds, and exalt Him beyond measure, unto all the ages. [SAAS]

Bless the Lord, you fire and heat, you winter cold and summer heat, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you dews and snows, you frost and cold, and exalt Him beyond measure, unto all the ages.

[SAAS]

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)

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]

I think upon the multitude of my offences, and I am pierced by the sting of conscience; and in my misery I lament as though already in the flames of hell. Take pity on me, Word of God, in Thy mercy. [KW]

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

I have neglected the virtuous actions of Lazarus and emulated the ways of the rich man who showed no love for others. O compassionate God, turn me back and take pity on me, that I may glorify Thee for ever.

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

My soul is sick, and despair has brought me near to death. Come to me, O Jesus, I implore Thee, for Thy visitation gives life to those that call upon Thee. [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.

#### Theotokion.

Save me and come to the aid of my weakness, all-holy Virgin, for thou hast borne Him whose will it is to have mercy, and we exalt Him above all for ever.

Canon 2 from the Triodion.

Ode viii. Mode pl. 1.

(NM) Thy holy Children sang.

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

O Bethany, home of Lazarus, rejoice. For Christ comes to thee and shall perform a mighty work, bringing Lazarus to life. KWI

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

Lazarus falls sick that Thou, Son of God, mayest be glorified through him; and Thy works praise Thee, Lord, without ceasing.

[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.

We praise the all-holy Trinity, Father, Son and Spirit, and we sing: O ye works of the Lord, bless ye the Lord. [KW]

Both now. Theotokion.

With all mankind we sing the praises of thine ineffable childbearing, O pure Virgin; and honouring thy Son as God, we bless and praise Him without ceasing. [KW]

Glory to You, our God, glory to You.

Preparing branches of virtue with which to welcome Christ, we cry: O ye works of the Lord, bless ye the Lord. [KW]

We praise and we bless and we worship the Lord.

## Heirmos (NM). Mode pl. 1.

Thy holy Children sang Thy praises, O Christ, in the furnace, and they said: O ye works of the Lord, bless ye the Lord. KM

#### **DEACON**

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

#### **CHOIR**

## Ode ix. Megalynarion. Mode pl. 4.

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

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. [5D]

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

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. [5D]

**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. [NK]VI

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. [5D]

**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. [5D]

**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. [NKJVI]

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. [5D]

From Menaion - - -

## Ode ix. Mode pl. 4. Heirmos.

You are the Theotokos \* lit'rally, O Virgin; \* and we confess it, for we have been saved through you \* whom we, O pure one, with choirs of angels magnify. [SD]

## Troparia.

O virgins, you were guided to divine harbors by the piloting of Christ our God, as you passed through the furious waves of temptations. [VPA]

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

Irene, Chionia, and Agape, shining like stars and lamps, richly illumine the whole fullness of the Church. [VPA]

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

You have been united to the choirs of the bodiless, O prizewinners, for while in a body you clearly overthrew your bodiless enemies.

[VPA]

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]

Your memory is seen brighter than the sun. It enlightens the fullness of the faithful,

virgin martyrs and we therefore honor it yearly. [VPA]

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

#### Theotokion.

O Virgin, lover of good, make good my soul which had been made evil through sin, for you have brought forth the all-good Logos.

[VPA]

From Triodion - - -

## Canon 1 from the Triodion. Ode ix. Mode pl. 2. (NM)

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]

Tasting once from the bitter fruit, the first-formed man was banished in grief from Paradise, and harnessed to the yoke of death. Fast, O my soul; flee from his example; flee from the pleasures of eating, for they are full of sorrow.

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

I call to mind Thy judgement seat, and the fire that never shall be quenched; and before the judgement comes, I condemn myself, O righteous Judge. I fear and tremble, for I have sinned against Thee without measure, more that any other man on earth: therefore take pity on me. [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]

Let us wash away the darkness of the passions with prayers of light, and bearing branches of virtue let us hasten to welcome Christ, who soon will come riding upon a foal; and He makes ready to suffer for our salvation.

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

#### Theotokion.

Coming forth from thee, O Virgin full of God's grace, Christ the Giver of light and peace has shone upon us, who are held fast by the night of the passions. He has set us free from the transgression that came through heedlessness, and He bestows redemption on us. [KW]

## Canon 2 from the Triodion. Ode ix. Mode pl. 1. (NM) Rejoice, Isaiah.

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]

O wise Lazarus, prepare now for thy burial; for tomorrow thou shalt die and leave this life. Look at the tomb in which thou shalt dwell. But Christ will bring thee back to life again, raising thee on the fourth day.

*Verse*: To guide our feet into the way of peace.

[RSV]

Be glad, O Bethany: for Christ shall come to thee, performing in thee a great and fearful miracle. Binding death with fetters, as God of all He -will raise up Lazarus, who was dead and now magnifies the Creator. [KW]

## Glory. For the Trinity.

O honoured Trinity, consubstantial, without beginning, source of life, O undivided Unity, I sing Thy praises: Father unbegotten,

Word and Son begotten, and Holy Spirit, save us all who glorify Thee. [KW]

Both now. Theotokion.

Beyond our understanding is thy childbearing, O Mother of God. For without man thou hast conceived, and in virginity thou hast given birth; and the Child that thou hast borne is God. We magnify Him, O Virgin, and we call thee blessed. [KW]

Glory to You, our God, glory to You.

Come, let us make ready to meet the Lord, bringing to Him palms of virtue. So shall we receive Him in our souls as in the city of Jerusalem, worshipping Him and singing his praises.

## Heirmos (NM). Mode pl. 1.

Rejoice, Isaiah: the Virgin has conceived and borne a Son, Emmanuel, who is both God and man; and Orient is His Name. We magnify Him, O Virgin, and we call thee blessed. [KW]

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 pl. 1.

O Lord and Giver of light, send out Your light and illumine my heart, by the intercessions of the Forerunner, and save me.

O Lord and Giver of light, send out Your light and illumine my heart, by the intercessions of the Saints, and save me. [5D]

O Lord and Giver of light, send out Your light and illumine my heart, by the intercessions of the Theotokos, and save me.

#### **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; onlybegotten 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.

Fallen into transgressions and bound fast by the cords of sin, why art thou slothful, O my soul? Why art thou careless? Flee at all times from the burning of lasciviousness, as Lot fled from Sodom and Gomorrah; turn not back, lest thou become as a pillar of salt. Take refuge in the mountain of the virtues; run always from the flames that burnt the rich man because he was merciless and cruel. With the steps of humility advance like Lazarus, and go to dwell with Abraham, crying: My hope and refuge, O Lord, glory to Thee. [KW]

**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]

Fallen into transgressions and bound fast by the cords of sin, why art thou slothful, O my soul? Why art thou careless? Flee at all times from the burning of lasciviousness, as Lot fled from Sodom and Gomorrah; turn

not back, lest thou become as a pillar of salt. Take refuge in the mountain of the virtues; run always from the flames that burnt the rich man because he was merciless and cruel. With the steps of humility advance like Lazarus, and go to dwell with Abraham, crying: My hope and refuge, O Lord, glory to Thee. [KW]

## 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]

Thy victorious martyrs, O Lord, imitated the life of the angelic hosts: with patience they endured the tortures, as though they had no body, setting all their hope in the blessings Thou hast promised. At their prayers, O Christ our God, grant peace to Thy world, and to our souls great mercy.

## Glory. Both now. **Theotokion. Mode pl. 1.**

O blessed among women, we entreat thee as the Mother of God: pray for the salvation of our souls. [KW]

#### **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.)