

Octoechos

Mode 1.

On Sunday Morning

Triodion

Sunday of Orthodoxy

LITURGY

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Antiphon I. Mode 2.

Verse 1: *The Lord reigns; He clothed Himself with majesty; the Lord clothed and girded Himself with power.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 2: *And He established the world, which shall not be moved.* [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 3: *Who shall tell the mighty deeds of the Lord, who shall make all His praises heard?*

[SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Verse 4: *Let those redeemed by the Lord say so, whom He redeemed from the hand of the enemy.*

[SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Glory. Both now.

Through the intercessions of the Theotokos, Savior, save us. [GOA]

Antiphon II. Mode 2.

Verse 1: *Let them give thanks to the Lord for His mercies and His wonders to the sons of men.*

[SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 2: *Let them exalt Him in the assembly of the people and praise Him in the seat of the elders.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 3: *The eyes of the Lord are on those who fear Him, on those who hope in His mercy.*

[SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Verse 4: *To hear the groaning of those bound, to set free the sons of the slain.* [SAAS]

Save us, O Son of God, risen from the dead. We sing to You, Alleluia. [GOA]

Glory to the Father and the Son and the Holy Spirit.

Both now and ever and to the ages of ages. Amen.

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

Antiphon III. Mode 2.

Verse 1: *Let heaven and earth praise Him,
the seas and everything that moves in them.* [SAAS]

Verse 2: *This is the day the Lord made; let us
greatly rejoice and be glad therein.* [SAAS]

Verse 3: *O Lord my God, I shall give thanks
to You forever.* [SAAS]

Apolytikion of the Feast.

Mode 2.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world. [SD]

An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 1.

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Resurrectional.

From Octoechos - - -

Blessed are the merciful, for they shall obtain mercy. [RSV]

By means of food the enemy of old * provoked Adam's banishment from Paradise. * But by the Cross Christ allowed * the repentant robber to return, * when he said: Remember me * when You come in Your kingdom, O Lord. [SD]

Blessed are the pure in heart, for they shall see God. [RSV]

I venerate Your Passion, O my Christ, * and Your resurrection I glorify, * and with a joyful voice I shout, * joining Adam and the robber, and pray * crying out: Remember me * when You come in Your kingdom, O Lord. [SD]

Blessed are the peacemakers, for they shall be called sons of God. [RSV]

O sinless Savior, You were crucified * and laid in a tomb voluntarily. * But then, as God, You arose, * resurrecting Adam with yourself. * He cried out: Remember me * when You come in Your kingdom, O Lord. [SD]

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. [RSV]

Theotokion.

O Christ, your people now invoke the name * of Your holy Mother, O Good One, and pray: * By her entreaties for us, * will You give us Your tender love, * so that we may glorify You, who rose like the sun from the tomb. [SD]

Canon from the Triodion.

From Triodion - - -

Ode vi. Mode 4. N/M (The Church cries out.)

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake]. [RSV]

Once more the Master's countenance is depicted, / venerated and honored with faith; / once more the Church regains / her boldness of approach to God, / reverently glorifying the Savior! [OCA]

Rejoice and be glad, for your reward is great in heaven. [RSV]

The Church of Christ is delivered from the dark despondency of heresy: / she puts on a robe of gladness, / and is clothed in the light of divine grace. [OCA]

Glory.

Through the decision of the Empress Theodora / and her pious son the Emperor

Michael,/the Orthodox people regained the
light and glory which it had of old. [OCA]

Both now. **Theotokion.**

He who of old commanded Moses/to set
up the ark of the testimony,/came to dwell in
you, Virgin, as in a spiritual ark:/He alone is
glorified,/and He makes your temple glorious
with miracles. [OCA]

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, risen
from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos - - -

Resurrectional Apolytikion.

Mode 1. Automelon.

The stone had been secured with a seal
by the Judeans, * and a guard of soldiers
was watching Your immaculate body. * You
rose on the third day, O Lord * and Savior,
granting life unto the world. * For this reason
were the powers of heaven crying out to You,
O Life-giver: * Glory to Your resurrection,
O Christ; * glory to Your kingdom; * glory
to Your dispensation, only One who loves
mankind. [SD]

From Triodion - - -

For the Feast.

Mode 2.

We venerate Your immaculate icon, O
good Lord, and entreat You to forgive our
offences, O Christ our God. By Your own
choice you were pleased to ascend the Cross
in the flesh, to deliver us, whom You created,
from our slavery to the foe. Therefore we
cry to You with gratitude: You have filled all
things with joy, O our Savior, by coming to
save the world. [SD]

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

Kontakion.

Mode pl. 4. Automelon.

O Champion General, I your City now
inscribe to you

Triumphant anthems as the tokens of my
gratitude,
Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto
you
I may cry aloud: Rejoice, O unwedded Bride.

[SD]

THE TRISAGION HYMN

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

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

Holy Immortal, have mercy on us.

The Epistle

THE FIRST SUNDAY OF LENT

Prokeimenon. Mode 4. The Prayer of Azariah.

Blessed are You, O Lord God of our
fathers, for You are praiseworthy and exalted
beyond measure unto the ages. [SAAS]

Verse: *For You are righteous in all You did
for us, all You brought on us and on Jerusalem, the
holy city of our fathers.* [SAAS]

The reading is from Paul's Letter to the
Hebrews.

11:24-26, 32-40

Brethren, by faith Moses, when he was
grown up, refused to be called the son of
Pharaoh's daughter, choosing rather to share
ill-treatment with the people of God than
to enjoy the fleeting pleasures of sin. He
considered abuse suffered for the Christ
greater wealth than the treasures of Egypt,
for he looked to the reward. And what more

shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. [RSV]

Alleluia. Mode 4. Psalm 98.

Alleluia. Alleluia. Alleluia.

Verse 1: *Moses and Aaron are among His priests, and Samuel is among those who call upon His name.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *They called upon the Lord, and He heard them.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

First Sunday in Lent

The reading is from the Holy Gospel according to John.

1:43-51

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man." [RSV]

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself,

and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. [SD]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise Him in the highest. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

May He Who rose from the dead, 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.

Fasting Rule

Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

It is Saturday or Sunday in Lent.