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# The Service of Matins

**for Tuesday, March 12, 2019**

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

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

**Menaion - March 12  
Memory of our St. Theophanis of Sigriani**

**Texts in Greek and English**

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**vol** Orthodox Monastery of the Veil of our Lady

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**Τριώδιον**

Ἦχος πλ. δ'. Τῇ Τρίτῃ Πρωΐ

Τῇ Τρίτῃ Α' Ἑβδομάδος εἰς τὸν Ὁρθρον.

**Μηναῖον - ΤΗΙ ΙΒ' ΜΑΡΤΙΟΥ**

Μνήμη τοῦ Ὁσίου Θεοφάνους τῆς  
Σιγριανῆς

**ΟΡΘΡΟΣ**

**ΧΟΡΟΣ**

**Ἦχος πλ. δ'.**

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὡρολογίου - -

**Ὑμνοι Τριαδικοί**

**Ἦχος πλ. δ'.**

Ὁρᾶν σε μὴ τολμῶντα τὰ Χερουβεῖμ,  
ἰπτάμενα κραυγάζει ἀλαλαγμῶ, τὸ ἔνθεον  
μέλος τῆς Τρισαγίας φωνῆς, μεθ' ὧν καὶ  
ἡμεῖς βοῶμεν οἱ ἁμαρτωλοὶ Ἅγιος, Ἅγιος,  
Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Πρὸς βοήθειάν σου  
Προδρόμου σῶσον ἡμᾶς.

**Triodion**

Mode pl. 4. On Tuesday Morning

On Tuesday of the First Week at Matins

**Menaion - March 12**

Memory of our St. Theophanis of Sigriani

**MATINS**

**CHOIR**

**Mode pl. 4.**

**Verse 1:** *My spirit rises early in the morning  
to You, O God, for Your commands are a light  
upon the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *Learn righteousness, you who dwell  
on the earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 3:** *Jealousy will seize an untaught  
people; and now fire will devour the adversaries.*  
[SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 4:** *Bring more evils on them, O Lord,  
bring more evils on them, on the glorious of the  
earth.* [SAAS]

Alleluia. Alleluia. Alleluia.

From Horologion - -

**Triadic Hymns**

**Mode pl. 4.**

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

Δόξα.

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

Καὶ νῦν.

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

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
 Ψαλτηρίου, ἥτοι Κάθισμα 10. Καὶ εὐθύς, ἄνευ μικρᾶς  
 Συναπτῆς·*

Τοῦ Τριωδίου ---  
**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Κάθισμα Α'. Κατανυκτικά.**

**Ἦχος πλ. δ'.**

Ὡς ἡ πόρνη σοι προσπίπτω, ἵνα λάβω  
 τὴν ἄφεσιν, καὶ ἀντὶ μύρου, τὰ δάκρυα  
 ἐκ καρδίας, προσφέρω σοι Χριστέ ὁ Θεός,  
 ἵνα ὡς ἐκείνην οἰκτειρήσῃς με Σωτήρ, καὶ  
 παράσχῃς ἱλασμόν ἀμαρτιῶν· ὡς αὕτη γὰρ  
 κραυγάζω σοι· Λύτρωσαί με τοῦ βορβόρου  
 τῶν ἔργων μου.

**Στίχ.** Κύριε, μὴ τῷ θυμῷ σου ἐλέγξῃς με,  
 μηδὲ τῇ ὀργῇ σου παιδεύσῃς με.

**Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.**

Τὴν ἡμέραν ἐκείνην, τὴν φοβεράν,  
 ἐννοοῦσα ψυχὴ μου, γρηγόρησον,  
 ἀνάπτουσα, λαμπάδα σου, ἐν ἐλαίῳ  
 φαιδρύνουσα· οὐ γὰρ οἶδας πότε, πρὸς  
 σὲ ἐπελεύσεται, ἡ φωνὴ ἡ λέγουσα· Ἰδοὺ

Glory.

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

Both now.

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

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

From Triodion ---  
**CHOIR**

**Kathisma I.**

**Kathisma I. For compunction.**

**Mode pl. 4.**

As the harlot I fall down before you that  
 I may receive forgiveness, and instead of  
 precious ointment I offer you the tears from  
 my heart, Christ God, that you may take pity  
 on me as on her, O Saviour, and grant me  
 pardon of my sins; for like her I cry to you:  
 Deliver me from the mire of my deeds. [EL]

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

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

Reflecting on that dread day, my soul,  
 watch, lighting your lamp and shining with  
 the oil of mercy; for you do not know when  
 the voice will come to you which says: Behold  
 the Bridegroom. See then, my soul, that you

ὁ Νυμφίος σου. Βλέπε οὖν ψυχὴ μου, μὴ νυστάξης καὶ μείνης, ἔξωθεν κρούουσα, ὡς αἱ πέντε Παρθένοι, ἀλλ' ἀγρύπνως καρτέρησον, ἵνα ὑπαντήσης Χριστῷ τῷ Θεῷ, ἐν ἐλαίῳ πίοι, καὶ δώῃ σοι, τὸν νυμφῶνα τὸν θεῖον τῆς δόξης αὐτοῦ.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. δ'.**

Τὸ ἀσάλευτον στήριγμα, τὸ τῆς πίστεως, καὶ σεβάσιμον δώρημα, τῶν ψυχῶν ἡμῶν, τὴν Θεοτόκον ἐν ὕμνοις μεγαλύνωμεν πιστοί. Χαίρε ἡ τὴν πέτραν τῆς ζωῆς, ἐν γαστρὶ σου χωρήσασα, χαίρε τῶν περὰτων ἡ ἐλπίς, θλιβομένων ἀντίληψις, χαίρε Νύμφη ἀνύμφευτε.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ Ψαλτηρίου, ἧτοι Κάθισμα 8. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

#### **ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες, 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.)

do not doze and remain outside knocking like the five virgins; but persevere unsleeping, that you may meet Christ God with rich oil and the he may give you the divine bridal chamber of his glory. <sup>[EL]</sup>

Glory. Both now. **Theotokion.**

**Mode pl. 4.**

O Believers, let us magnify the Theotokos in hymns. She is the unshakable support of the Faith, and the venerable gift to our souls. "Rejoice! for in your womb you contained the Rock of life. Rejoice! as the hope of all the earth, and the help of those in trouble! Rejoice, O unwedded Bride!" <sup>[SD]</sup>

*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.)

**ΧΟΡΟΣ**

Τοῦ Τριωδίου ---

**Κάθισμα Β'. Τοῦ Τριωδίου.  
Ἦχος β'.**

Ὑπερευλογημένη ἡ χάρις, τῆς  
πανσέπτου Νηστείας· Μωϋσῆς γὰρ  
δι' αὐτῆς ἐδοξάσθη, καὶ Νόμον τὸν ἐν  
γράμματι, ἐν πλαξίν ὑπεδέξατο, τοῦ πυρὸς  
δυνατώτεροι, Παιδες νέοι ἀνεδείχθησαν. Ἐν  
αὐτῇ οὖν κατασβέσωμεν, τῆς σαρκὸς πάθη  
φλογίζοντα, Χριστῷ τῷ Σωτῇρι βοῶντες·  
Ἐπιστροφὴν ἡμῖν πᾶσι δώρησαι, καὶ ῥύσαι  
τῆς γεέννης.

Δόξα. **Ἔτερον.**

**Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.**

Μετανοίας ἐφέστηκε καιρὸς,  
ἐγκρατείας ἐπιδείξαι καρποὺς ὧ ψυχῇ μου,  
βλέψον πρὸς τοὺς πρὶν μετανοήσαντας,  
κράξον τῷ Χριστῷ· Ἥμαρτον σῶσόν με, ὡς  
ἔσωσας Δέσποτα, Τελώνην στενάξαντα,  
ἐκ καρδίας Ἀγαθέ, ὁ μόνος ὑπάρχων  
πολυέλεος.

Καὶ νῦν. **Θεοτοκίον.**

**Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.**

Προστασία θερμὴ Χριστιανῶν, τὸν Υἱόν  
σου ἰκέτευε ἀεὶ Θεοτόκε, πάσης κακουργίας  
καὶ δεινότητος, ῥύσασθαι ἡμᾶς τοῦ  
πολεμήτορος, καὶ δοῦναι συγχώρησιν ἡμῖν,  
ᾧν ἡμάρτομεν, διὰ σπλάγχνα οἰκτιρμῶν,  
ταῖς σαῖς ἰκεσίαις Μητροπάρθενε.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 9. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

**CHOIR**

From Triodion ---

**Kathisma II. From the Triodion.  
Mode 2.**

The grace of the holy fast is most blessed:/  
for through fasting Moses was glorified,/  
receiving the Law written upon tablets./  
Through fasting the three Children were  
made stronger than the fire!/ Let us, then,  
quench the burning passions of the flesh./ Let  
us cry out to Christ the Savior:// grant us all  
conversion and deliver us from gehenna! [OCA]

Glory. **Another.**

**Mode 2. N/M (Since you are the source.)**

The season of repentance is at hand:/  
show the fruits of abstinence, O my soul!/   
Consider those who repented in the past/ and  
cry aloud to Christ:/ I have sinned, O loving  
Master; save me,/ as you saved the Publican  
who sighed with sorrow from his heart, // for  
you alone are rich in mercy! [OCA]

Both now. **Theotokion.**

**Mode 2. N/M (Since you are the source.)**

Theotokos, the fervent advocate of  
Christians,/ ever entreat your Son,/ that  
he may deliver us from all the malice and  
cunning of the enemy,/ and in his tender  
mercy, grant us the forgiveness of our sins, //  
at your intercessions, Mother and Virgin! [OCA]

*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.)

Αντιλαβοῦ, 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 Ἀγίων μνημονεύσαντες,  
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

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

(Ἀμήν.)

#### ΧΟΡΟΣ

Τοῦ Τριωδίου - - -

#### Κάθισμα Γ'. Τοῦ Τριωδίου.

Ἦχος πλ. α'.

Κύριε, τὴν σωτήριον ἐγκράτειαν  
δισημερεύοντες, βοῶμέν σοι Κατάνυξον  
ἡμῶν τὰς καρδίας τῶν δούλων σου, καὶ  
πρόσδεξαι τὰς ἐν φόβῳ εὐχὰς ἡμῶν,  
παρέχων ἡμῖν εὐδρομον τὸ τῆς Νηστείας  
στάδιον, ἱλασμόν καὶ τὸ μέγα ἔλεος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. α'. Τὸν συνάναρχον Λόγον.

Ἡ τὸ Ἄνθος τὸ θεῖον, ρίζα βλαστήσασα,  
κιβωτὲ καὶ λυχνία, καὶ στάμνε πάγχρυσε,  
ἁγία τράπεζα ζωῆς, τὸν ἄρτον φέρουσα,  
ὡς Υἱόν σου καὶ Θεὸν ἐκδυσώπησον αὐτόν,  
σὺν τῷ ἁγίῳ Προδρόμῳ, τοῦ οἰκτειρῆσαι καὶ  
σῶσαι, τοὺς Θεοτόκον ὁμολογοῦντάς σε.

#### ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ')

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.

As we begin the second day of saving  
abstinence, / we cry to you, O Lord: / Pierce  
our hearts with compunction, / for we are  
your servants, / and accept the prayers we  
offer you in fear. / Allow us to complete  
the course of the fast without stumbling, //  
granting us cleansing and great mercy! [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1. N/M (Let us worship the Word.)

Root that has put forth the divine flower, /  
tabernacle and candlestick, / golden vessel of  
manna, / holy table bearing the bread of life: /  
with John the Forerunner, intercede before  
him / since he is your Son and God, / that he  
may grant mercy and salvation to us all // who  
acknowledge you to be the Theotokos! [OCA]

#### READER

Lord, have mercy. (3)



Δόξα· καὶ νῦν.

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλυνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα. Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Απόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεός τῆς σωτηρίας μου· ἀγαλλιᾶσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἅν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν

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,



συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῇ τὰ τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων Χαράλαμπος καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· **(τοῦ Ἁγίου τοῦ**

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

**Ναοῦ·** τῶν ἁγίων καὶ δικαίων Θεοπατόρων  
Ἰωακείμ καὶ Ἀννης, καὶ πάντων σου τῶν  
Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε  
Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

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

(Ἀμήν.)

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Κανὼν τοῦ Ὁσίου.**

**Ὡιδῇ α'. Ἦχος δ'. Ὁ Εἰρμός.**

**Στίχ.** Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ  
δεδόξασται.

Θαλάσσης τὸ ἐρυθραῖον πέλαγος,  
ἀβρόχοις ἵχνεσιν, ὁ παλαιὸς πεζεύσας  
Ἰσραήλ, σταυροτύποις Μωσέως χερσί,  
τοῦ Ἀμαλήκ τὴν δύναμιν, ἐν τῇ ἐρήμῳ  
ἐτροπώσατο.

**Τροπάρια.**

Ἁγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Θεοῦ, τοῦ σαρκὶ φανέντος ἵχνεσιν,  
ἐπηκολούθησας, τῇ εὐσεβείᾳ Πάτερ  
πυρωθεῖς, ὡς ἐντεῦθεν τὴν κλῆσιν  
πλουτεῖν, τὴν ἀληθῶς φερώνυμον, ὡς τῇ  
προνοίᾳ προτετύπωτο.

sinners who pray to you and have mercy on  
us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

(Amen.)

From Menaion ---

**CHOIR**

**Canon for the Devout Man.**

**Ode i. Mode 4. Heirmos.**

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

The people of Israel in ancient times  
traversed the Red Sea on foot, \* and yet  
they kept their feet from getting wet. \* And  
when Moses uplifted his arms \* in cruciform,  
they drove away \* Amalek's forces in the  
wilderness. [SD]

**Troparia.**

Saint of God, intercede for us.

Being aflame with reverence you followed  
in the footsteps of God who has appeared  
in the flesh that you may become rich from  
that whose name you fittingly bore, given  
beforehand through foreknowledge. [VPA]

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

Θεοῦ, τοῦ σαρκὶ φανέντος ἵχνεσιν,  
ἐπηκολούθησας, τῇ εὐσεβείᾳ Πάτερ  
πυρωθεὶς, ὡς ἐντεῦθεν τὴν κλῆσιν  
πλουτεῖν, τὴν ἀληθῶς φερώνυμον, ὡς τῇ  
προνοίᾳ προτετύπωτο.

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

Ἐθέλχθης, ποθεινοτάτῳ ἔρωτι, τῷ  
τοῦ Δεσπότη σου, καταφρονήσας πόθου  
κοσμικοῦ, συγκραθεὶς δὲ τῇ θεῇ στοργῇ,  
βιωτικὴν τερπνότητα, οὐδὲν ἡγήσω  
Παμμακάριστε.

Δόξα.

Ὁρμήσας, θηριωδῶς ἐδίωξε, Λέων  
ὁ τύραννος, τοὺς ἐκλεκτοὺς, μὴ φέρον  
καθορᾶν, σεβομένους εἰκόνα Χριστοῦ, μεθ'  
ὧν καὶ σὲ Θεόφανες, ὑπερορῖα κατεδίκησεν.

Καὶ νῦν. **Θεοτοκίον.**

Ἀσπόρως, τῷ τοῦ Πατρὸς βουλήματι, ἐκ  
θείου Πνεύματος τὸν τοῦ Θεοῦ συνείληφας  
Υἱόν, καὶ σαρκὶ ἀπεκύησας, τὸν ἐκ Πατρὸς  
ἀμήτορα, καὶ δι' ἡμᾶς ἐκ σοῦ ἀπάτορα.

(διαβαστά)

**ΑΝΑΓΝΩΣΤΗΣ**

**ΩΔΗ ΔΕΥΤΕΡΑ**

Δόξα σοι, ὁ Θεὸς ἡμῶν· δόξα σοι.

Πρόσεχε οὐρανέ, καὶ λαλήσω, καὶ  
ἀκουέτω ἡ γῆ ῥήματα ἐκ στόματός μου.

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

Being aflame with reverence you followed  
in the footsteps of God who has appeared  
in the flesh that you may become rich from  
that whose name you fittingly bore, given  
beforehand through foreknowledge. [VPA]

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

Being aflame with reverence you followed  
in the footsteps of God who has appeared  
in the flesh that you may become rich from  
that whose name you fittingly bore, given  
beforehand through foreknowledge. [VPA]

Glory.

Leo, the tyrant, rushing headlong like a  
beast, pursued the chosen ones, not bearing  
to see them honoring the icon of Christ. With  
them, he also sentenced you, Theophanes, to  
exile. [VPA]

Both now. **Theotokion.**

Seedlessly, by the will of the Father, you  
conceived from the divine Spirit the Son of  
God and gave birth in the flesh to is from the  
Father without a mother and, for us, from you  
without a father. [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]

Προσδοκάσθω ὡς ὑετὸς τὸ ἀπόφθεγμά μου, καὶ καταβήτω ὡς δρόσος τὰ ρήματά μου, ὡς ὄμβρος ἐπ' ἄγρωστιν καὶ ὡσεὶ νιφετὸς ἐπὶ χόρτον.

Ὅτι τὸ ὄνομα Κυρίου ἐκάλεσα· δότε μεγαλωσύνην τῷ Θεῷ ἡμῶν.

Θεός, ἀληθινὰ τὰ ἔργα αὐτοῦ, καὶ παῖσαι αἱ ὁδοὶ αὐτοῦ κρίσεις.

Θεὸς πιστός, καὶ οὐκ ἔστιν ἀδικία, δίκαιος καὶ ὁσιος Κύριος.

Ἡμάρτοσαν οὐκ αὐτῷ τέκνα μωμητά, γενεὰ σκολιὰ καὶ διεστραμμένη. Ταῦτα Κυρίῳ ἀνταποδίδετε;

Οὗτος λαὸς μωρὸς καὶ οὐχὶ σοφός; οὐκ αὐτὸς οὗτός σου πατὴρ ἐκτήσατό σε καὶ ἐποίησέ σε καὶ ἔπλασέ σε;

Μνήσθητε ἡμέρας αἰῶνος, σύνετε ἔτη γενεᾶς γενεῶν.

Ἐπερώτησον τὸν πατέρα σου, καὶ ἀναγγελεῖ σοι, τοὺς πρεσβυτέρους σου, καὶ ἐροῦσί σοι.

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

Καὶ ἐγενήθη μερίς Κυρίου λαὸς αὐτοῦ Ἰακώβ, σχοίνισμα κληρονομίας αὐτοῦ Ἰσραήλ.

Αὐτάρκησεν αὐτὸν ἐν γῇ ἐρήμῳ, ἐν δίψει καύματος ἐν γῇ ἀνύδρῳ· ἐκύκλωσεν αὐτὸν καὶ ἐπαίδευσεν αὐτὸν καὶ διεφύλαξεν αὐτὸν ὡς κόρην ὀφθαλμοῦ.

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.

Ὡς ἀετὸς σκεπάσαι νοσσιὰν αὐτοῦ  
καὶ ἐπὶ τοῖς νεοσσοῖς αὐτοῦ ἐπεπόθησε,  
διεῖς τὰς πτέρυγας αὐτοῦ ἐδέξατο αὐτοὺς  
καὶ ἀνέλαβεν αὐτοὺς ἐπὶ τῷ μεταφρένων  
αὐτοῦ.

Κύριος μόνος ἤγεν αὐτοὺς καὶ οὐκ ἦν  
μετ' αὐτῶν θεὸς ἀλλότριος.

Ἀνεβίβασεν αὐτοὺς ἐπὶ τὴν ἰσχὺν τῆς  
γῆς, ἐψώμισεν αὐτοὺς γενήματα ἀγρῶν.

Ἐθήλασαν μέλι ἐκ πέτρας καὶ ἔλαιον ἐκ  
στερεᾶς πέτρας,

Βούτυρον βοῶν καὶ γάλα προβάτων  
μετὰ στέατος ἀρνῶν καὶ κριῶν, υἰῶν  
ταύρων καὶ τράγων, μετὰ στέατος νεφρῶν  
πυροῦ, καὶ αἶμα σταφυλῆς ἔπιον οἶνον.

Καὶ ἔφαγεν Ἰακώβ καὶ ἐνεπλήσθη, καὶ  
ἀπελάκτισεν ὁ ἠγαπημένος, ἐλιπάνθη,  
ἐπαχύνθη, ἐπλατύνθη· καὶ ἐγκατέλιπε τὸν  
Θεὸν τὸν ποιήσαντα αὐτὸν καὶ ἀπέστη ἀπὸ  
Θεοῦ σωτῆρος αὐτοῦ.

Παρώξυνάν με ἐπ' ἀλλοτρίοις, ἐν  
βδελύγμασιν αὐτῶν ἐξεπίκρανάν με.

Ἔθυσαν δαιμονίοις καὶ οὐ Θεῷ, θεοῖς,  
οἷς οὐκ ᾔδεισαν· καινοὶ καὶ πρόσφατοι  
ἦκασιν, οὓς οὐκ ᾔδεισαν οἱ πατέρες αὐτῶν.

Θεὸν τὸν γεννήσαντά σε ἐγκατέλιπες  
καὶ ἐπελάθου Θεοῦ τοῦ τρέφοντός σε.

Καὶ εἶδε Κύριος καὶ ἐζήλωσε καὶ  
παρωξύνθη δι' ὀργὴν υἰῶν αὐτοῦ καὶ  
θυγατέρων.

Καὶ εἶπεν· Ἀποστρέψω τὸ πρόσωπόν  
μου ἀπ' αὐτῶν καὶ δείξω τί ἔσται αὐτοῖς ἐπ'

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



ἐσχάτων ἡμερῶν· ὅτι γενεὰ ἐξεστραμμένη  
ἐστίν, υἱοί, οἷς οὐκ ἔστι πίστις ἐν αὐτοῖς.

Αὐτοὶ παρεζήλωσάν με ἐπ' οὐ Θεῷ,  
παρώργισάν με ἐν τοῖς εἰδώλοις αὐτῶν·  
κἀγὼ παραζηλώσω αὐτοὺς ἐπ' οὐκ ἔθνει,  
ἐπὶ ἔθνει ἀσυνέτῳ παροργιῶ αὐτούς.

Ὅτι πῦρ ἐκκέκασται ἐκ τοῦ θυμοῦ  
μου, καυθήσεται ἕως ᾄδου κατωτάτου,  
καταφάγεται γῆν καὶ τὰ γενήματα αὐτῆς,  
φλέξει θεμέλια ὀρέων.

Συνάξω εἰς αὐτοὺς κακὰ καὶ τὰ βέλη  
μου συντελέσω εἰς αὐτούς.

Τηκόμενοι λιμῷ καὶ βρώσει ὀρνέων  
καὶ ὀπισθότονος ἀνίατος· ὀδόντας θηρίων  
ἐξαποστελῶ εἰς αὐτοὺς μετὰ θυμοῦ  
συρόντων ἐπὶ τῆς γῆς.

Ἐξωθεν ἀτεκνώσει αὐτοὺς μάχαιρα  
καὶ ἐκ τῶν ταμιείων φόβος· νεανίσκος σὺν  
παρθένῳ, θηλάζων μετὰ καθεστηκότος  
πρεσβυτέρου.

Εἶπα· Διασπερῶ αὐτούς, παύσω δὲ ἐξ  
ἀνθρώπων τὸ μνημόσυον αὐτῶν.

Εἰ μὴ δι' ὀργὴν ἐχθρῶν, ἵνα μὴ  
μακροχρονίσωσι, καὶ ἵνα μὴ συνεπιθῶνται  
οἱ ὑπεναντίοι.

Μὴ εἴπωσιν· Ἡ χεὶρ ἡμῶν ἡ ὑψηλὴ καὶ  
οὐχὶ Κύριος ἐποίησε ταῦτα πάντα.

Ὅτι ἔθνος ἀπολωλεκὸς βουλήν ἔστι,  
καὶ οὐκ ἔστιν ἐν αὐτοῖς ἐπιστήμη καὶ οὐκ  
ἐφρόνησαν συνιέναι.

Ταῦτα πάντα καταδεξάσθωσαν εἰς τὸν  
ἐπιόντα χρόνον.

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.



Πῶς διώξεται εἷς χιλίους καὶ δύο  
μετακινήσουσι μυριάδας, εἰ μὴ ὁ Θεὸς  
ἀπέδοτο αὐτοὺς καὶ Κύριος παρέδωκεν  
αὐτούς;

Οὐ γὰρ εἰσὶν οἱ θεοὶ αὐτῶν ὡς ὁ Θεὸς  
ἡμῶν· οἱ δὲ ἐχθροὶ ἡμῶν ἀνόητοι.

Ἐκ γὰρ ἀμπέλων Σοδόμων ἡ ἄμπελος  
αὐτῶν, καὶ ἡ κληματὶς αὐτῶν ἐκ Γομόρρας·  
ἡ σταφυλὴ αὐτῶν σταφυλὴ χολῆς, βότρυς  
πικρίας αὐτοῖς.

Θυμὸς δρακόντων ὁ οἶνος αὐτῶν καὶ  
θυμὸς ἀσπίδων ἀνίατος.

Οὐκ ἰδοὺ ταῦτα συνῆκται παρ' ἐμοὶ καὶ  
ἐσφράγισται ἐν τοῖς θησαυροῖς μου;

Ἐν ἡμέρᾳ ἐκδικήσεως ἀνταποδώσω,  
ἐν καιρῷ, ὅταν σφαλῇ ὁ ποὺς αὐτῶν, ὅτι  
ἐγγὺς ἡμέρα ἀπωλείας αὐτοῖς, καὶ πάρεστιν  
ἔτοιμα ὑμῖν.

Ὅτι κρινεῖ Κύριος τὸν λαὸν αὐτοῦ καὶ  
ἐπὶ τοῖς δούλοις αὐτοῦ παρακληθήσεται.

Εἶδε γὰρ παραλελυμένους αὐτοὺς καὶ  
ἐκλελοιπότες ἐν ἐπαγωγῇ καὶ παρειμένους.

Καὶ εἶπε Κύριος· Ποῦ εἰσὶν οἱ θεοὶ  
αὐτῶν, ἐφ' οἷς ἐπεποίθειςαν ἐπ' αὐτοῖς;

Ὡν τὸ στέαρ τῶν θυσιῶν αὐτῶν ἠσθίετε  
καὶ ἐπίνετε τὸν οἶνον τῶν σπονδῶν αὐτῶν;  
Ἀναστήτωσαν καὶ βοηθησάτωσαν ὑμῖν καὶ  
γενηθήτωσαν ὑμῖν σκεπασταί.

Ἴδετε ἴδετε ὅτι ἐγὼ εἰμι, καὶ οὐκ ἔστι  
Θεὸς πλὴν ἐμοῦ· ἐγὼ ἀποκτενῶ καὶ ζῆν  
ποιήσω, πατάξω καὶ γὰρ ἰάσομαι, καὶ οὐκ  
ἔστιν ὃς ἐξελεῖται ἐκ τῶν χειρῶν μου.

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.

Ὅτι ἀρῶ εἰς τὸν οὐρανὸν τὴν χειρὰ μου  
καὶ ὁμοῦμαι τῇ δεξιᾷ μου καὶ ἐρῶ· ζῶ ἐγὼ  
εἰς τὸν αἰῶνα.

Ὅτι παροξυνῶ ὡς ἀστραπὴν τὴν  
μάχαιράν μου, καὶ ἀνθέξεται κρίματος ἡ  
χείρ μου, καὶ ἀποδώσω δίκην τοῖς ἐχθροῖς  
καὶ τοῖς μισοῦσί με ἀνταποδώσω.

Μεθύσω τὰ βέλη μου ἀφ' αἵματος, καὶ  
ἡ μάχαιρά μου φάγεται κρέα, ἀφ' αἵματος  
τραυματιῶν καὶ αἰχμαλωσίας, ἀπὸ κεφαλῆς  
ἀρχόντων ἐθνῶν.

Εὐφράνθητε, οὐρανοί, ἅμα αὐτῷ, καὶ  
προσκυνησάτωσαν αὐτῷ πάντες ἄγγελοι  
Θεοῦ.

Εὐφράνθητε, ἔθνη μετὰ τοῦ λαοῦ  
αὐτοῦ, καὶ ἐνισχυσάτωσαν αὐτῷ πάντες  
υἱοὶ Θεοῦ· ὅτι τὸ αἶμα τῶν υἱῶν αὐτοῦ  
ἐκδικᾶται, καὶ ἐκδικήσει καὶ ἀνταποδώσει  
δίκην τοῖς ἐχθροῖς καὶ τοῖς μισοῦσιν  
ἀνταποδώσει, καὶ ἐκκαθαριεῖ Κύριος τὴν  
γῆν τοῦ λαοῦ αὐτοῦ.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**ΧΟΡΟΣ**

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ β'. Ἦχος β'. Ὁ Εἰρμός.**

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι, ὁ ἐν θαλάσῃ  
σώσας, καὶ ἐν ἐρήμῳ κορέσας, Ἰσραηλίτην  
λαόν, καὶ τὸ ὕδωρ ἐκ πέτρας πηγάσας  
τοῖς βροτοῖς, ἵνα τὸν πάλαι τῇ φθορᾷ,  
πεπτωκότα φορέσας, ἐλκύσω πρὸς ἐμαυτόν,  
δι' ἄφατον ἔλεος. (δίς)

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Νῦψον, γρηγόρησον, στέναξον  
δάκρυσον, διὰ νηστείας, ὅλον τῆς ἁμαρτίας  
τὸν φόρτον ψυχὴ ἀπόρριψον, τῇ θερμῇ

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 2. Heirmos**

Behold; behold! I am he/who saved the  
people of Israel in the sea/and nourished  
them in the wilderness./I drew water from a  
rock for mortal men/so that I might raise up  
the one who had fallen into corruption,/and  
draw him to me by my mercy. (2) [OCA]

Glory to You, our God, glory to You.

Soul, be temperant;/be vigilant, sigh  
and weep./Reject all the burden of sin by  
fasting./Flee from the fire of passions by true

μετανοία, ἀπόφυγε τὸ πῦρ, καὶ διὰ πένθους  
τῶν παθῶν, τὸν πενθήρη χιτῶνα διάρρηξον,  
τὴν στολὴν τὴν θείαν λαμβάνουσα.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Ὅρει προσέλθωμεν, ἀρίστων πράξεων,  
διὰ νηστείας πάντες, τὰς χαμαιζήλους  
λιπόντες, τῶν ἡδονῶν προσβολάς, καὶ εἰς  
γνόφον εἰσδύντες, σεπτῶν θεωριῶν, μόνον  
ὁψώμεθα Χριστοῦ, τὸ ἐράσιμον κάλλος,  
θεοῦμενοι μυστικῶς, θείαις ἀναβάσεσιν.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Οἶμοι! τί γένωμαι; τί διαπράξωμαι;  
τὴν ἁμαρτίαν πράττων, καὶ τὸν Δεσπότην  
οὐ φρίττων, ὁ ἀσυνείδητος; διὰ τοῦτο πρὸ  
δίκης κατὰδικός εἰμι. Δικαιοκρίτα Ἀγαθέ,  
ἐπιστρέψας με σῶσον, τὸν ὑπὲρ πάντας  
βροτούς, σὲ παραπικράναντα.

*Ὑπεραγία Θεοτόκε, σῶσον ἡμᾶς.*

### **Θεοτοκίον.**

Ἡ ἀγεώργητος, γῇ ἢ βλαστήσασα,  
τὸν τοῦ παντὸς τροφέα, τὸν ὑπανοίγοντα  
χεῖρα, καὶ εὐδοκίᾳ τῇ αὐτοῦ, ἐμπιπλῶντα  
πᾶν ζῶον, ἰσχυρὴ θεϊκῇ, στήριζον ἄρτω  
ζωτικῷ, παρειμένεας καρδίας, τῷ κόρῳ τῶν  
δυσχερῶν, ἡμῶν παραπτώσεων.

Τοῦ Τριωδίου - -

### **Κανὼν Β' τοῦ Τριωδίου.**

**Ὡιδὴ β'. Ἦχος πλ. α'.** Ἰδετε, ἴδετε

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Δεῦτε συνέλθωμεν, ἐν τῷ ταμείῳ τῆς  
ψυχῆς, Κυρίῳ τὰς εὐχὰς ἀποδιδόντες,  
καὶ βοῶντες· Πάτερ ὁ ἐν οὐρανοῖς, τὰ  
ὀφειλήματα ἡμῶν, ἄνες καὶ ἄφες, ὡς μόνος  
εὐσπλαγχνος.

and fervent repentance, / and rending the  
garments of mourning with tears, be clothed  
anew. [OCA]

*Glory to You, our God, glory to You.*

Let us all leave behind the base assaults  
of the pleasures, and let us approach the  
mountain of excellent actions. And as we  
enter the dark cloud of divine contemplation,  
let be mystically deified and see only Christ,  
that beloved beauty. [SD]

*Glory to You, our God, glory to You.*

Woe is me! Who will I become? / And  
what shall I do? / I have committed sins  
without conscience, / and have not feared the  
Master. / Therefore, even before the Judgment,  
I stand condemned. / Save me and bring  
me back, O righteous and gracious Judge, /  
though I have angered You more than all  
other men. [OCA]

*Most-holy Theotokos, save us.*

### **Theotokion.**

Unsown earth, which brought forth the  
Nourisher of all: / He who opened His hands,  
and of His own good will / satisfies every  
living thing by His power: / strengthen with  
the Living Bread / the hearts weakened by  
satisfaction with wicked transgression. [OCA]

From Triodion - -

### **Canon 2 from the Triodion.**

**Ode ii. Mode pl. 1. (N/M)**

*Glory to You, our God, glory to You.*

Come, let us gather in the chamber of  
our soul, / rendering prayers to the Lord and  
crying: / Our Father, in heaven, / forgive and  
remit our transgressions, / since You alone are  
compassionate! [OCA]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὸ τῆς ψυχῆς ἡμῶν, ἐν τῇ νηστείᾳ  
ἱλαρόν, δεικνύντες μὴ στυγνάσωμεν, τὴν  
τῶν πεποθημένων ἡμερῶν ἐναλλαγὴν,  
ὥς ἐκλάμπουσιν ἡμῖν, τῆς εὐσεβείας τὰ  
κατορθώματα.

Δόξα. **Τριαδικόν.**

Ἀναρχε ἄκτιστε, ἡ τριςυπόστατος  
Μονάς, Κυρία Βασιλεία τῶν αἰώνων, σὲ  
δοξάζει τὸν Πατέρα, καὶ Υἱόν, καὶ τὸ ἅγιον  
Πνεῦμα, πληθὺς Ἀγγέλων, καὶ πᾶσα φύσις  
βροτῶν.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ τὸ πανάρετον κλέος, τοῦ γένους  
ἡμῶν ὑμνοῦμεν· διὰ σοῦ γὰρ ἐθεώθημεν  
Παρθένε· καὶ γὰρ ἔτεκες ἡμῖν τὸν Σωτῆρα  
καὶ Θεόν, Χριστὸν τὸν λύσαντα, τῆς  
κατάρας ἡμᾶς.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τίς πῦρ ἀπέσβεσε; τίς φράττει στόματα  
θηρίων; Νηστεία ἢ τοὺς Παῖδας, ἐκ καμίνου  
ρύσαμένη, καὶ Προφήτην Δανιήλ, ἐκ  
λεόντων τῆς βορᾶς, ἣν ἀσπασώμεθα, καὶ  
ἡμεῖς ἀδελφοί.

**Ὁ Εἰρμός. Ἦχος πλ. α'.**

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι Θεός, ὁ σάρκα  
ἐνδυσάμενος, βουλήσει ἐκουσία, ἵνα σώσω  
τὸν Ἀδάμ, τὸν ἐκ πλάνης πεσόντα, τῇ  
παραβάσει διὰ τοῦ ὄφεως.

Τοῦ Μηναίου ---

**Κανὼν τοῦ Ὁσίου.**

**Ὡιδὴ γ'. Ἦχος δ'. Ὁ Εἰρμός.**

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

Οὐκ ἐν σοφίᾳ καὶ δυνάμει καὶ πλούτῳ  
καυχώμεθα, ἀλλ' ἐν σοὶ τῇ τοῦ Πατρὸς,

*Glory to You, our God, glory to You.*

Showing our souls joyful in the Fast, / let  
us not grieve the loss of our days of pleasure, /  
for this loss brings instruction in virtue. [OCA]

Glory. **For the Trinity.**

The Unity of three Persons, / unoriginate,  
uncreated Lord, / King of all the ages, / A  
multitude of angels and all mortal nature  
glorify You: / Father, Son, and Holy Spirit! [OCA]

Both now. **Theotokion.**

Let us hymn the most virtuous glory of  
mankind, / for in her we have been deified: /  
You have borne, for our sake, the God and  
Savior, / the Christ who has released us from  
the curse. [OCA]

*Glory to You, our God, glory to You.*

Who quenched the flames? / Who closed  
the mouths of beasts? / The Fast, which  
delivered the Youths from the furnace, / and  
Daniel the prophet from the teeth of the lion. /  
So let us even now welcome it, brethren. [OCA]

**Heirmos Mode pl. 1.**

Behold, behold that I am God! / By my  
own will I was clothed in the flesh so that I  
might save Adam, / who had fallen into sin by  
the deceit of the enemy! [OCA]

From Menaion ---

**Canon for the Devout Man.**

**Ode iii. Mode 4. Heirmos.**

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

Not in our wisdom, \* nor in power and  
wealth do we boast, O Lord; \* but we boast  
in You, the Father's personified Wisdom, O

ένυποστάτῳ Σοφίᾳ Χριστέ· οὐ γάρ ἐστιν Ἅγιος, πλὴν σοῦ φιλάνθρωπε.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Φωτὸς τοῦ Θείου, πεπλησμένος ὥράθης Θεόφανες, δι' ἀγάπης συγκραθεῖς, τῷ ποθουμένῳ μακάριε, διό σου τὴν ἔνδοξον μνήμην γεραίρομεν.

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

Φωτὸς τοῦ Θείου, πεπλησμένος ὥράθης Θεόφανες, δι' ἀγάπης συγκραθεῖς, τῷ ποθουμένῳ μακάριε, διό σου τὴν ἔνδοξον μνήμην γεραίρομεν.

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

Ἀπαγορεύσας, τὰ δυσσεβῆ τοῦ Λέοντος δόγματα, τοὺς θεσμοὺς πανευσεβῶς τῆς Ἐκκλησίας ἐκράτυνας· διὸ σε τοῖς θαύμασι, Χριστὸς ἐδόξασε.

Δόξα.

Νενευρωμένη, δι' ἐλπίδος καὶ πίστεως Ὅσιε, σοῦ σαρκὸς τὸ ἀσθενές, ψυχὴ στερότῃτι ῥώννυσι, Θεῷ οικειώσασα, σῶμα ὁμόδουλον.

Καὶ νῦν. **Θεοτοκίον.**

Ἀπειρογάμως, ἡ Θεὸν σαρκωθέντα κυήσασα, τῶν παθῶν ταῖς προσβολαῖς, κλονούμενόν με στερέωσον· οὐ γὰρ ἔχω Ἄχραντε, πλὴν σου βοήθειαν.

Christ. \* No one else is holy but for You who love mankind. [SD]

**Troparia.**

*Saint of God, intercede for us.*

You were seen to be filled with divine light, O Theophanes, having been united through love to the one for whom you yearned. Therefore we honor your glorious memory [VPA]

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

You were seen to be filled with divine light, O Theophanes, having been united through love to the one for whom you yearned. Therefore we honor your glorious memory [VPA]

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

Having given up the impious teachings of Leo, you most piously strengthened the precepts of the Church. Therefore Christ glorified you with miracles. [VPA]

Glory.

Venerable one, your soul, fortified through hope and faith, strengthens with firmness the weakness of the flesh, making the body, its fellow-servant, a suitable dwelling for God. [VPA]

Both now. **Theotokion.**

You, who gave birth to God in the flesh without a husband, strengthen me who am harassed by the attacks of the passions, for I have no other help but you, pure one. [VPA]

**Ὁ Εἰσμός.**

Οὐκ ἐν σοφίᾳ καὶ δυνάμει καὶ πλούτῳ  
καυχώμεθα, ἀλλ' ἐν σοὶ τῇ τοῦ Πατρὸς,  
ἐνυποστάτῳ Σοφίᾳ Χριστέ· οὐ γάρ ἐστιν  
Ἅγιος, πλὴν σοῦ φιλόανθρωπε.

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ**

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν  
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ  
καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΧΟΡΟΣ**

**Κάθισμα.**

Τοῦ Μηναίου - - -

**Ἦχος γ'. Θείας πίστεως.**

Ζῆλον ἐνθεον προσκεκτημένος,  
δόγμα ἄθεον ἀπεβδελύξω, καὶ κινδύνοις  
πολυτρόποις ὠμίλησας, ὑπερορίαις ἀδίκως  
στελλόμενος, καὶ εὐσεβῶς παμμάκαρ  
τελειούμενος, Πάτερ Θεόφανες, Χριστὸν  
τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα  
ἔλεος.

**Heirmos.**

Not in our wisdom, \* nor in power and  
wealth do we boast, O Lord; \* but we boast  
in You, the Father's personified Wisdom, O  
Christ. \* No one else is holy but for You who  
love mankind. [SD]

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

**PRIEST**

For you are our God, and to you we give  
glory, to the Father and the Son and the Holy  
Spirit, now and forever and to the ages of  
ages.

(Amen.)

**CHOIR**

**Kathisma.**

From Menaion - - -

**Mode 3. N/M (Your confession.)**

Having gained divine zeal, you loathed  
ungodly teaching and battled many kinds of  
dangers, being sent unrighteously into exile  
and you were piously perfected, all-blessed  
Father Theophanes; Entreat Christ God that  
great mercy be granted to us. [VPA]



Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ'. Θείας πίστεως.**

Θείας φύσεως οὐκ ἐχωρίσθη, σὰρξ  
γενόμενος ἐν τῇ γαστρὶ σου, ἀλλὰ Θεὸς  
ἐνανθρωπήσας μεμένηκεν, ὁ μετὰ τόκον  
Μητέρα Παρθένον σε, ὡς πρὸ τοῦ τόκου  
φυλάξας πανάμωμον, μόνος Κύριος. Αὐτὸν  
ἐκτενῶς ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα  
ἔλεος.

Τοῦ Μηναίου - - -

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ δ'. Ἦχος δ'. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Ἐπαρθέντα σε ἰδοῦσα ἡ Ἐκκλησία, ἐπὶ  
Σταυροῦ τὸν ἥλιον τῆς δικαιοσύνης, ἔστη  
ἐν τῇ τάξει αὐτῆς, εἰκότως κραυγάζουσα·  
Δόξα τῇ δυνάμει σου Κύριε.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἡ οὐράνιος ἡτοίμασται βασιλεία,  
ὡς, Ἀθλητῇ σοι ἔνδοξε· τῆς γὰρ ἐπιγείου,  
χαίρων μετετέθης σκηνῆς, βοῶν τῷ  
Δεσπότη σου· Δόξα τῇ δυνάμει σου Κύριε.

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

Στεφανηφόρος Θεόφανες ἀνεδείχθης·  
τὸ γὰρ σεπτὸν εἰκότισμα, Χριστοῦ  
θεοφόρε, μάκαρ οὐκ ἡρνήσω τιμᾶν· διὸ καὶ  
ἀνέκραζες· Δόξα τῇ δυνάμει σου Κύριε.

Glory. Both now. **Theotokion.**

**Mode 3. Your confession.**

When the only Lord became incarnate \*  
in your womb, He was not separated \* from  
divine nature, but He remained as God \* who  
had assumed human nature, and after birth \*  
kept you, His Mother, a Virgin all-blameless  
and pure, \* as before His birth. To Him now  
pray fervently, \* entreating that He grant us  
His great mercy. [SD]

From Menaion - - -

**Canon for the Devout Man.**

**Ode iv. Mode 4. Heirmos.**

**Verse:** Glory to Your strength, O Lord.

When the Church beheld You raised  
on the Cross unjustly, \* You, the Sun of  
Righteousness, crucified for our sake, \* she  
stood in her course and was amazed, and  
fittingly she cried out, \* "Glory to Your power,  
O Lord my God." [SD]

**Troparia.**

Saint of God, intercede for us.

The heavenly kingdom was prepared for  
you, glorious one, as an athlete, for rejoicing  
you were moved from the earthly tent, crying  
out to your Master: Glory to your power, O  
Lord. [VPA]

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

You were shown to be a crown-bearer,  
O Theophanes, for you did not refuse honor  
to the pure icon of Christ, god-bearer and  
therefore you were shouting: Glory to your  
power, O Lord. [VPA]

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

Μεθιστάμενος προστάγματι τοῦ τυράννου, τοῦ δυσσεβοῦς ὁ Ὁσιος, σαρκὸς ἀσθενείας, ὅλως οὐκ ἐφρόντισε, κραυγάζων τῷ Κτίσαντι· Δόξα τῇ δυνάμει σου Κύριε.

Δόξα.

Ἐμεγαλύνθης τοῖς θαύμασι Θεοφόρε· ὁ γὰρ Χριστὸς ἡμεῖψατο σὲ τῆς καρτερίας· ὅθεν καὶ ἰάματα πηγάζεις τοῖς χρῆζουσιν, ὥσπερ ἐκ πηγῆς ἱερώτατε.

Καὶ νῦν. **Θεοτοκίον.**

Ἀπειρογάμως ἐκύησας ὦ Παρθένε, καὶ μετὰ τόκον ὥφθης παρθενεύουσα πάλιν· ὅθεν ἀσιγήτοις φωναῖς, τὸ Χαῖρέ σοι Δέσποινα, πίστει ἀδιστάκτῳ κραυγάζομεν.

Τοῦ Μηναίου - -

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ ε΄. Ἦχος δ΄. Ὁ Εἰρμός.**

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

Σὺ Κύριέ μου φῶς, εἰς τὸν κόσμον ἐλήλυθας, φῶς ἅγιον ἐπιστρέφον, ἐκ ζοφώδους ἀγνοίας, τοὺς πίστει ἀνυμνοῦντάς σε.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Λόγῳ πανευσεβεῖ, ὀρθοδόξως ἐκήρυξεν, ὁ Ὁσιος Θεοφάνης, τὸ τῆς πίστεως δόγμα, τῷ Πνεύματι λαμπόμενος.

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

The venerable one, having been sent by the command of the impious tyrant, did not provide for the weakness of the flesh, crying out to the Creator: Glory to your power, O Lord. [VPA]

Glory.

You were magnified through miracles, god-bearer, for Christ repaid you for your steadfastness. Therefore, as from a spring, you give rise to healings for those in need [VPA]

Both now. **Theotokion.**

You conceived without a husband, O Virgin, and after birth you were again seen as a virgin. Therefore, with ceaseless voices and undoubting faith we cry to you 'Rejoice,' O Lady. [VPA]

From Menaion - -

**Canon for the Devout Man.**

**Ode v. Mode 4. Heirmos.**

**Verse:** *O Lord our God, grant us peace.*

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

**Troparia.**

*Saint of God, intercede for us.*

The venerable Theophanes, illumined by the Spirit, preached the teaching of the faith in an orthodox manner with a most pious word.

[VPA]

**Στίχ.** Αναστήσονται οί νεκροί, καὶ ἐγερθήσονται οί ἐν τοῖς μνημείοις, καὶ εὐφρανθήσονται οί ἐν τῇ γῇ

Λόγῳ πανευσεβεῖ, ὀρθοδόξως ἐκήρυξεν, ὁ Ὅσιος Θεοφάνης, τὸ τῆς πίστεως δόγμα, τῷ Πνεύματι λαμπόμενος.

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

Πλουτον παντοδαπῇ, θεοφρόνως διένειμας, προστάγματι τοῦ Δεσπότη, τοῖς πενίᾳ συζῶσιν, ἐπόμενος Πανεύφημε.

Δόξα.

ἔχων σου τὴν ψυχὴν, κατ' εἰκόνα τοῦ Κτίσαντος, τὴν ἄχραντον τοῦ Δεσπότη, προσεκύνεις Εἰκόνα, τῷ πόθῳ ἀσπαζόμενος.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ ὄπλον ἀρράγες, κατ' ἐχθρῶν προβαλλόμεθα, σὲ ἄγκυραν καὶ ἐλπίδα, ἡμῶν σωτηρίας, Θεόνυμφε κεκτήμεθα.

Τοῦ Μηναίου - - -

**Κανὼν τοῦ Ὁσίου.**

**Ὦδιθ' ζ'. Ἦχος δ'. Ὁ Εἰρμός.**

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

Θύσω σοι, μετὰ φωνῆς αἰνέσεως Κύριε, ἡ Ἐκκλησία βοᾷ σοι, ἐκ δαιμόνων λύθρου κεκαθαρμένη, τῷ δι' οἶκτον, ἐκ τῆς πλευρᾶς σου ῥεύσαντι αἵματι.

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

[SAAS]

The venerable Theophanes, illumined by the Spirit, preached the teaching of the faith in an orthodox manner with a most pious word.

[VPA]

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

To those living in poverty you distributed riches of every kind in a godly-minded manner following the command of the Master, all-lauded one. [VPA]

Glory.

Having your soul according to the icon of the Creator, you venerate the Master's immaculate icon, kissing it with fervor. [VPA]

Both now. **Theotokion.**

Bride of God, we put you forward as an unbreakable weapon against the enemies, for we gained you as the anchor and hope of our salvation. [VPA]

From Menaion - - -

**Canon for the Devout Man.**

**Ode vi. Mode 4. Heirmos.**

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

The Church cries out to You, O Lord my God, "With a voice of praise \* I will sacrifice to You, \* for I am cleansed of blood offered to the demons, \* cleansed by the blood that for the sake of mercy poured out from Your side."

[SD]

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἰθύνον, πρὸ ἀρετὴν τὸν βίον μου Ὅσιε,  
τὴν τῆς ἀσκήσεως τρίβον, ταῖς εὐχαῖς  
σου Πάτερ ἐξομαλίζων, ἦν συντόνως,  
εὐθυπορεῖν με μάκαρ ἀξιώσον.

**Στίχ.** Φυλασσόμενοι μάταια καὶ ψευδῇ,  
ἔλεον αὐτοῖς ἐγκατέλιπον.

Ἰθύνον, πρὸ ἀρετὴν τὸν βίον μου Ὅσιε,  
τὴν τῆς ἀσκήσεως τρίβον, ταῖς εὐχαῖς  
σου Πάτερ ἐξομαλίζων, ἦν συντόνως,  
εὐθυπορεῖν με μάκαρ ἀξιώσον.

**Στίχ.** Ὅσα ἡνῆράμην ἀποδώσω σοι εἰς  
σωτηρίαν μου τῷ Κυρίῳ.

Σωφρόνως, σοῦ τὴν ζωὴν διήνυσας  
Ὅσιε, μετὰ φρονήσεως ἔσχες· σὺν ἀνδρείᾳ  
γὰρ τὴν δικαιοσύνην, καὶ τῷ κύκλῳ, τῶν  
ἀρετῶν ἐφάνης κοσμούμενος.

Δόξα.

Εὐκλείας μαρτυρικῆς ἐπέβης Θεόφανες,  
τῆς Θεομήτορος Κόρης, καὶ Μαρτύρων  
Πάτερ τοὺς χαρακτηῖρας, ὡς τιμήσας, καὶ  
τοῖς διώκταις ἀντιταξάμενος.

Καὶ νῦν. **Θεοτοκίον.**

ὦ θαῦμα, τῶν ἀπάντων θαυμάτων  
καινότερον! ὅτι Παρθένος ἐν μήτρᾳ, τὸν  
τὰ σύμπαντα περιέποντα, ἀπειράνδρως,  
συλλαβοῦσα οὐκ ἐστενοχώρησε.

**Ὁ Εἰμός.**

Θύσω σοι, μετὰ φωνῆς αἰνέσεως Κύριε,  
ἡ Ἐκκλησία βοᾷ σοι, ἐκ δαιμόνων λύθρου  
κεκαθαρμένη, τῷ δι' οἶκτον, ἐκ τῆς πλευρᾶς  
σου ῥεύσαντι αἵματι.

**Troparia.**

*Saint of God, intercede for us.*

Guide my life towards virtue, Venerable  
one, making smooth the path of asceticism by  
your prayers, Father and make me worthy to  
travel unswervingly and eagerly, blessed one.

[VPA]

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

Guide my life towards virtue, Venerable  
one, making smooth the path of asceticism by  
your prayers, Father and make me worthy to  
travel unswervingly and eagerly, blessed one.

[VPA]

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

You finished your life wisely, venerable  
one and with prudence you had courage  
and righteousness and you showed yourself  
adorned with the whole circle of virtues. [VPA]

Glory.

You went upon the path of martyric  
glory, O Theophanes, as having honored the  
images of the maiden mother of God and the  
martyrs, Father, and having opposed their  
banishers. [VPA]

Both now. **Theotokion.**

O wonder newer than all wonders! That  
a virgin, having conceived in her womb  
without a husband the one who holds all  
things, did not lack the space to hold Him. [VPA]

**Heirmos.**

The Church cries out to You, O Lord my  
God, "With a voice of praise \* I will sacrifice  
to You, \* for I am cleansed of blood offered to  
the demons, \* cleansed by the blood that for

## ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

## ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Τριωδίου - -

## ΑΝΑΓΝΩΣΤΗΣ

**Μαρτυρικόν. Ἦχος πλ. δ'.**

Φωτὶ οὐρανίῳ καταλάμπεται, σήμερον  
αὕτη ἡ σκηνή· ἐν αὐτῇ γὰρ στρατιαί,  
Ἀγγέλων ἀγάλλονται, σὺν αὐταῖς καὶ  
Δικαίων, χοροὶ εὐφραίνονται, ἐπὶ τῇ μνήμῃ  
τῶν Ἀθλοφόρων. Αὐτῶν ταῖς παρακλήσεσι,  
κατάπεμψον τῷ κόσμῳ σου, τὴν εἰρήνην  
Χριστέ, καὶ τὸ μέγα ἔλεος.

**Συναξάριον.**

Τοῦ Μηναίου.

Τῇ IB' τοῦ αὐτοῦ μηνός, μνήμη τοῦ  
Ὁσίου Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ

the sake of mercy poured out from Your side."

[SD]

## DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

## PRIEST

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

(Amen.)

From Triodion - -

## READER

**For the Martyrs. Mode pl. 4.**

This tabernacle today is flooded with  
heavenly light; for in it the armies of Angels  
rejoice, and with them the choirs of the  
Righteous are glad, at the commemoration  
of the Victors. At their entreaties, O Christ,  
send down upon your world peace and great  
mercy. [EL]

**Synaxarion.**

From the Menaion.

On March 12 we commemorate our  
devout father Theophanes of Sigriane the

Θεοφάνους τῆς Σιγριανῆς, τοῦ ἐν τῷ  
μεγάλῳ ἀγρῷ κειμένου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου  
Πατρὸς ἡμῶν Γρηγορίου Πάπα Ῥώμης τοῦ  
Διαλόγου.

Τῇ αὐτῇ ἡμέρᾳ, ὁ δίκαιος Φινεὲς ἐν  
εἰρήνῃ τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, Ὁ Ὁσιος καὶ Θεοφόρος  
Πατὴρ ἡμῶν Συμεών, ὁ Νέος Θεολόγος, ἐν  
εἰρήνῃ τελειοῦται.

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

Τοῦ Μηναίου - - -

**ΧΟΡΟΣ**

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ ζ'. Ἦχος δ'. Ὁ Εἰρμός.**

**Στίχ.** Τῶν Πατέρων καὶ ἡμῶν Θεός,  
εὐλογητὸς εἶ.

Ἐν τῇ καμίνῳ, Ἀβραμιαῖοι Παῖδες  
τῇ Περσικῇ, πόθῳ εὐσεβείας μᾶλλον ἢ  
τῇ φλογί, πυρπολούμενοι ἐκραύγαζον·  
Εὐλογημένος εἶ, ἐν τῷ Ναῷ τῆς δόξης σου  
Κύριε.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Τὸ κατ' εἰκόνα, σὺ κεκτημένος καὶ  
ὁμοίωσιν, βίῳ λαμπροτάτῳ, Πάτερ  
προσειληφώς, δι' ἀμφοτέρων ὑπερέλαμψας·  
Εὐλογημένος εἶ, ὁ Θεός μου κραυγάζων καὶ  
Κύριος.

**Στίχ.** Εὐλογημένος εἶ ὁ ἐπὶ Θρόνου  
δόξης τῆς βασιλείας σου, ὁ ὑπερύμνητος καὶ  
ὑπερψούμενος εἰς τοὺς αἰῶνας.

Τὸ κατ' εἰκόνα, σὺ κεκτημένος καὶ  
ὁμοίωσιν, βίῳ λαμπροτάτῳ, Πάτερ  
προσειληφώς, δι' ἀμφοτέρων ὑπερέλαμψας·

Confessor, who lies in the Monastery of the  
Great Field.

On this day we commemorate our devout  
father Gregory the Dialogist, Pope of Rome.

On this day the righteous Phineas reposed  
in peace.

On this day our devout and God-bearing  
father Symeon the New Theologian reposed  
in peace.

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

From Menaion - - -

**CHOIR**

**Canon for the Devout Man.**

**Ode vii. Mode 4. Heirmos.**

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

Inside the furnace \* in Persia, those  
descendants of Abraham \* were with love and  
longing for godliness consumed \* rather than  
by fire, and they cried, \* "You are blessed, O  
Lord, \* in the holy temple of Your glory." [SD]

**Troparia.**

Saint of God, intercede for us.

Having acquired that according to the  
image and received the likeness by a most  
bright life, Father, you shone most brightly  
through both, crying: Blessed are you, my  
God and Lord. [VPA]

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

Having acquired that according to the  
image and received the likeness by a most  
bright life, Father, you shone most brightly



Εὐλογημένος εἶ, ὁ Θεός μου κραυγάζων καὶ Κύριος.

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

Ὁμολογίας, σὺ τῷ στεφάνῳ Πάτερ διέπρεψας, ἔργῳ διελέγξας λόγους τῶν δυσσεβῶν, τοὺς πιστοὺς δὲ ἐβεβαίωσας· Εὐλογημένος εἶ, ὁ Θεός μου κραυγάζων καὶ Κύριος.

Δόξα.

Νοῦ στερρότατη, ἐν προθυμίᾳ τὰς τοῦ σώματος, Πάτερ, ἀληθδόνως ἠνεγκας καρτερῶς, εὐχαρίστως τῷ Δεσπότη σου· Εὐλογημένος εἶ, ὁ Θεός μου κραυγάζων καὶ Κύριος.

Καὶ νῦν. **Θεοτοκίον.**

Τὸ τοῦ ὑψίστου, ἡγιασμένον θεῖον σκῆνωμα χαῖρε· διὰ σοῦ γὰρ δέδοται ἡ χαρά, Θεοτόκε τοῖς κραυγάζουσιν· Εὐλογημένη σύ, ἐν γυναιξὶ πανάμωμε Δέσποινα.

**Ὡιδὴ η'.**

Τοῦ Μηναίου - -

**Κανὼν τοῦ Ὁσίου.**

**Ὡιδὴ η'. Ἦχος δ'. Ὁ Εἰρμός.**

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

Χεῖρας ἐκπετάσας Δανιήλ, λεόντων χάσματα, ἐν λάκκῳ ἔφραξε, πυρὸς δὲ δύναμιν ἔσβεσαν, ἀρετὴν περιζωσάμενοι, οἱ εὐσεβείας ἐρασταί, Παῖδες κραυγάζοντες· Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου τὸν Κύριον.

through both, crying: Blessed are you, my God and Lord. [VPA]

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

You were beautified with the crown of confession, Father; by deed you refuted the words of the impious and confirmed the faithful, crying: Blessed are you, my God and Lord. [VPA]

Glory.

With a most firm mind you bore the pains of the body patiently and with eagerness, crying out to your Master with thanksgiving: Blessed are you, my God and Lord. [VPA]

Both now. **Theotokion.**

Rejoice, sanctified divine dwelling place of the Most High, for through you, O Theotokos, joy is given to those who cry: Blessed are you among women, all-blameless Lady. [VPA]

**Ode viii.**

From Menaion - -

**Canon for the Devout Man.**

**Ode viii. Mode 4. Heirmos.**

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

Daniel shut the lions' gaping mouths inside the den, of old, by stretching out his hands. \* The Servants girt themselves with virtue; \* and, as lovers of godliness, \* they put out the mighty fire \* in the furnace, and cried aloud, \* singing, "Bless the Lord, all you works of the Lord." [SD]

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Θεώμενος Μάκαρ τὸ στεῖρρόν, τῆς σῆς ἐνστάσεως, Λέων ὁ τυρραννος, ὑπερορία σε ἔπεμψε, πικροτάτη παμπόνηρος, ἐν εὐφροσύνῃ δὲ βοῶν, ταύτην ὑπὴνεγκας· Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου τὸν Κύριον.

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

Ἐπὶ τὸ πρωτότυπον εἰδώς, τὴν τῆς εἰκόνος τιμὴν διαβιβάζεσθαι, ἐπὶ τὸ στάδιον ἔδραμες, Ἀθλητῆς ὡς ἐννομώτατος, καὶ νικητῆς ἀναδειχθεὶς, στέφανον εἴληφας, ἀναμέλπων· Πάντα τὰ ἔργα ὑμνεῖτε τὸν Κύριον.

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

Οὐράνιον ἀντὶ τῆς ἐν γῇ, σκηνὴν σοι δέδωκεν, ὁ πάντων Κύριος, ἀντὶ στενώσεως· εὗρες γάρ, πλατυσμὸν ἀγαλλιάσεως, ἐν Παραδείσῳ τῆς τρυφῆς, μετὰ Μαρτύρων βοῶν· εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου τὸν Κύριον.

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

Φωτὶ ἐλαμπρύνθης νοητῷ, τοῦ θείου Πνεύματος, μάκαρ Θεόφανες· ὅθεν ἰάματα βρούεις νῦν, τοῖς ἐν πίστει σοι προστρέχουσι, καὶ τὴν ἀγίαν σου σορόν, πόθῳ γεραίρουσι, καὶ βοῶσι· Πάντα τὰ ἔργα ὑμνεῖτε τὸν Κύριον.

**Troparia.**

*Saint of God, intercede for us.*

Beholding the firmness of your opposition, Leo, the depraved tyrant, sent you into most bitter exile, but you suffered it, crying out with joy: All the works of the Lord, bless the Lord. [VPA]

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

Knowing that the honor of the icon is carried over to the prototype, you ran to the stadium as a most upright athlete and, having been shown victorious, you received a crown singing: All you works hymn the Lord. [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]

The Lord of all gave you a heavenly dwelling instead of the earthly one and instead of straits you found the wideness of rejoicing in the paradise of delight, crying with the martyrs: all you works of the Lord bless the Lord. [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]

You were illumined with the noetic light of the divine Spirit, blessed Theophanes. Therefore you now spring up cure to those who run to you with faith and fervently honor your holy coffin and cry out: All you works hymn the Lord. [VPA]

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

**Θεοτοκίον.**

Σὺ μόνη ἐν πάσαις γενεαῖς, Παρθένε  
ἄχραντε, Μήτηρ ἐδείχθης Θεοῦ, σὺ τῆς  
Θεότητος γέγονας, ἐνδιαίτημα πανάμωμε,  
μὴ φλογισθεῖσα τῷ πυρί, τοῦ ἀπροσίτου  
φωτός· ὅθεν πάντες, σὲ εὐλογοῦμεν Μαρία  
Θεόνυμφε.

(διαβαστά)

**Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὡδῆς.**

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

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

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

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

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

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

Εὐλογεῖτε, πηγαί, θάλασσα, καὶ  
ποταμοί, κήτη, καὶ πάντα τὰ κινούμενα

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

**Theotokion.**

In all generations, you alone, O pure  
Virgin, were shown to be the mother of  
God. You became the dwelling-place of the  
Godhead, all-blameless one, not having been  
burned by the fire of the unapproachable  
light. Therefore we all bless you, O Mary  
bride of God. [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.

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

ἐν τοῖς ὕδασι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ η'.** Ἦχος β'. Τὸν ἐν τῇ βάτῳ Μωσῇ.

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

Ὑπνον ἀπώθου ψυχῇ, τῆς δεινῆς ῥαθυμίας, καὶ προθύμως γρηγόρει, πρὸς τὰς θείας ἐντολάς, ἐγγίξει ὁ Νυμφίος, λαμπαδηφόρος σπεῦσον, αὐτῷ προσυπαντήσαι.

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

Τραυματισθέντα δεινῶς, ἡδονῶν τῇ ῥομφαίᾳ, τῇ μοτώσει οἰκτίρμον, τῆς εὐσπλάγχχνου σου ῥοπῆς, ἰάτρευσόν με Λόγε, ὅπως σε εὐχαρίστως, δοξάζω εἰς αἰῶνας.

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

Ἀπὸ παθῶν βλαβερῶν, ἀπὸ φθόνου καὶ μίσους, ἀπὸ πάσης κακίας, ἐγκρατεύθητι ψυχῇ, σιτίοις τρεφομένη, τοῖς τὴν τρυφὴν τὴν ἄνω, αὔλως προξενούσι.

**Στίχ.** Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν

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 2. N/M (Within the bush.)**

**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]

Soul, put aside the wicked sleep of laziness,/and persevere with sincere vigilance in the Lord's commands./The torch-bearing Bridegroom is drawing near;/let us hasten to greet Him! [OCA]

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

Wounded by wicked pleasures,/heal me with the bountiful cure of Your merciful divine will, O Word,/and I will glorify You with thanksgiving forever. [OCA]

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

Restrain yourself, soul, from harmful passions,/from hate and envy and from every evil./Be nourished in the Fast with the spiritual meat from heaven,/which is the Word of God. [OCA]

**Verse:** Bless the Lord, O spirits and souls of the righteous, O holy ones and humble in heart,

Κύριον ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

**Θεοτοκίον.**

Θεογεννήτορ Ἀγνή, τῆς ψυχῆς μου τὰ ἔλκη, καὶ καρδίας τὰ πάθη, καὶ νοὸς τὰς ἐκτροπὰς, θεράπευσον ὡς μόνη, ἁμαρτωλῶν βοηθός, καὶ πορθουμένων τείχος.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ η'. Ἦχος πλ. α'.**

*Τὸν Ποιητὴν τῆς κτίσεως*

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

Ἐν ἐγκρατείᾳ ἅπαντες, τὰς ψυχὰς πτερώσαντες, ἐν τοῖς οὐρανοῖς, εὐχὰς εὐπροσδέκτους, προσάξωμεν Κυρίῳ.

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

Πνεῦμα τῆς κατανύξεως, λαβόντες δακρύσωμεν, πρὸς λύτρον ψυχῶν ἀνυμνολογοῦντες, Χριστὸν εἰς τοὺς αἰῶνας.

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

**Τριαδικόν.**

Τριάς ἡ ὁμοούσιος, καὶ Μονὰς ἡ ἄκτιστος, καὶ πάντων Θεός, σὲ ὑπερυψοῦμεν, εἰς πάντας τοὺς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Ἰκετηρίαν ποίησον, ὑπὲρ τῶν ὑμνούντων σε Πανάχραντε, ῥυσθῆναι παντοίων, πειρασμῶν καὶ κινδύνων.

*and exalt Him beyond measure, unto all the ages.*

[SAAS]

**Theotokion.**

Pure Bearer of God,/heal the inclinations of my soul,/the passions of my heart; the instability of my mind./You are the only helper of us sinners; the invincible wall. [OCA]

**Canon 2 from the Triodion.**

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

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

Having raised our souls toward heaven through abstinence,/let us offer acceptable prayers to the Lord. [OCA]

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

Receiving the spirit of compunction,/let us weep for the salvation of our souls,/glorifying Christ throughout all ages. [OCA]

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

**For the Trinity.**

Trinity consubstantial,/Unity uncreated, God of all:/we exalt You throughout all ages.

[OCA]

Both now. **Theotokion.**

Pray for all those who magnify you in song, pure One./Deliver them from all temptations and dangers. [OCA]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τρυφήν πλουσίου πτύσαντες, δεῦτε τῷ  
Λαζάρῳ συννηστεύσωμεν, ἵνα ἡμᾶς θάλψη,  
τοῦ Ἀβραάμ ὁ κόλπος.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.

**Ὁ Εἰρμός. Ἦχος πλ. α'.**

Τὸν Ποιητὴν τῆς κτίσεως, ὃν φρίττουσιν  
Ἄγγελοι, ὑμνεῖτε λαοί, καὶ ὑπερυψοῦτε, εἰς  
πάντας τοὺς αἰῶνας.

**ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν  
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

**ΧΟΡΟΣ**

**Ὡδὴ θ'.**

**Μεγαλυνάριον. Ἦχος δ'.**

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

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

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

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

**Στίχ.** Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ  
Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ το

*Glory to You, our God, glory to You.*

Spitting out the food of the rich, / come,  
let us fast with Lazarus, / that we also may be  
comforted in the bosom of Abraham. [OCA]

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

**Heirmos Mode pl. 1.**

The Maker of all creation / whom the  
angels all fear: / sing and exalt him, people,  
throughout all ages! [OCA]

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode 4.**

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

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

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

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

**Verse:** *For He who is mighty has done great  
things for me, and holy is His name. And His*



ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

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

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

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

**Στίχ.** Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξάπέστειλε κενούς.

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

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

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

mercy is on those who fear Him from generation to generation. [NKJV]

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

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

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

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

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

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

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

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ θ'. Ἦχος δ'. Ὁ Εἰρμός.**

Λίθος ἀχειροτόμητος ὄρους, ἐξ  
ἀλαξεύτου σου Παρθένε, ἀκρογωνιαίος  
ἐτμήθη, Χριστὸς συνάψας τὰς διεστῶσας  
φύσεις. Διὸ ἐπαγαλλόμενοι σὲ Θεοτόκε  
μεγαλύνομεν.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἄπαντα τὸν βίον σκορπίσας, τοῖς  
δεομένοις Θεοφόρε, τὴν δικαιοσύνην σου  
σαφῶς, ἀντικομίζῃ σοι ἀνατέλλουσιν,  
ἀντὶ φθαρτῶν δρεπόμενος, τὰ δι' αἰῶνος  
διαμένοντα.

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

Νόσους θεραπεύεις Παμμάκαρ,  
τοῦ Παρακλήτου τῇ δυνάμει, δαίμονας  
σαφῶς ἀπελαύνεις, τῇ ἐνεργείᾳ τούτου  
πανόλβιε· διὸ πιστοὶ θεώμενοι, σὲ Θεοφόρε  
μακαρίζομεν.

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

Ἡ σὴ φωτοφόρος θεόφρον, τῆς  
μεταστάσεως ἡμέρα, πάντα προσκαλεῖται  
τοὺς πιστοὺς, πρὸς μετουσίαν τοῦ  
ἀγιάσματος, ἣν περ καὶ νῦν γηθόμενοι,  
ἐπιτελοῦμεν ἱερώτατε.

**Στίχ.** Καθὼς ἐλάλησε διὰ στόματος τῶν  
ἀγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.

**Canon for the Devout Man.**

**Ode ix. Mode 4. Heirmos.**

A cornerstone was cut out without hands  
\* from a never-quarried mountain, \* which  
prefigured you, holy Virgin. \* The stone is  
Christ, who joined the disparate natures. \* As  
we rejoice because of this, O Theotokos, we  
magnify you. [SD]

**Troparia.**

*Saint of God, intercede for us.*

Having dispersed all your livelihood to  
those in need, God-bearer, you manifestly  
received in return your righteousness which  
brings forth for you, instead of the enjoyment  
of corruptible things, that which remains unto  
the ages. [VPA]

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

You heal illnesses, all-blessed one, by  
the power of the Paraclete, manifestly drive  
away demons by his work, all-famous one.  
Therefore we, the faithful, beholding these,  
bless you, god-bearer. [VPA]

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

The light-bearing day of your translation,  
godly-minded one, summons all the faithful  
to participation in holiness. Now, rejoicing,  
we celebrate it, most-holy one. [VPA]

**Verse:** *As he spoke by the mouth of his holy  
prophets from of old. That we should be saved from*

Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς πάντων τῶν μισούντων ἡμᾶς.

Νέμοις τὴν σὴν ἄφθονον χάριν, τῷ τῶν ἐπαίνων σου τοὺς λόγους, πλέξαντι θεόφρον προθύμως, ὁμότροπόν σοι ὥσπερ ὁμῶνυμον, τοῦτον δεικνὺς πρεσβείαις σου, ταῖς εὐπροσδέκτοις ἱερώτατε.

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

**Θεοτοκίον.**

Δέχου τὰς λιτὰς τοῦ Λαοῦ σου, πρὸς τὸν Υἱόν σου Θεοτόκε, ἰλεωσαμένη εὐμενῶς, ἡμᾶς κινδύνων καὶ περιστάσεων, ῥυσθῆναι τοὺς ὑμνοῦντάς σε· σὺ γὰρ προστάτις τῆς ζωῆς ἡμῶν.

Τοῦ Τριωδίου - -

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ θ'. Ἦχος β'. Τῶν γηγενῶν τίς ἤκουσε.**

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

Τῶν γηγενῶν, τίς οὕτως ὀλισθήσας, Θεὸν παρώργισε ποτέ; τίς ταῖς ὁρμαῖς τῆς κακίας ἐξηκολούθησε, καὶ καταγώγιον ὦφθη τῆς ἀμαρτίας, ὥσπερ ἐγὼ ὁ τάλας; Ἀλλ' ὁ Θεός, ὁ θελητὴς τοῦ ἐλέους, σύ με οἴκτειρον.

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

Θεοειδῶν, Ἀγγέλων αἱ Δυνάμεις, τὸν εὐδιάλλακτον Θεόν, ἐκδυσωπήσατε, σῶσαι ψυχὴν, εἰς πέλαγος, βιωτικῶν τε ἡδονῶν, καὶ τρικυμίαις παθῶν χειμαζομένην, καὶ προσβολαῖς τῶν ἐναντίων, πνευμάτων κινδυνεύουσαν.

our enemies, and from the hand of all who hate us.

[RSV]

Dispense your plentiful grace to the one who has eagerly woven the words of your praises, godly-minded one, by your acceptable intercessions showing him who is of the same name with you to be of the same manner of life, most holy one. [VPA]

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

**Theotokion.**

Take the entreaties of your people to your Son, O Theotokos, graciously making him merciful that those who hymn you be delivered from dangers and crises, for you are the protectress of our life. [VPA]

From Triodion - -

**Canon 1 from the Triodion.**

**Ode ix. Mode 2. N/M (Among the earthborn.)**

**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]

Who among men has sinned against the Lord as much as I? / Who has remained in sin for as long as I, a wretched man? / But, O God, the Fountain of mercy, have compassion on me. [OCA]

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

Angelic powers who look on God, / entreat the One who is quick to forgive, / to save the soul, lost and adrift on the sea of this life's pleasures, / in a tempest of passions, / suffering from attacks of hostile spirits. [OCA]

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

Δεῦρο ψυχὴ πτεροῖς κουφίζομένη, διὰ  
νηστείας ἀρετῶν, τῆς χαμαιζήλου κακίας  
ὑπεξανάστηθι, καὶ θεωρίαις ἐντρύφα, ταῖς  
φανωτάταις τρυφῇν ταῖς προξενούσαις τῶν  
ἀρετῶν, θεοειδῆς γενομένη, διὰ πίστεως.

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

### **Θεοτοκίον.**

Τίς ἀκουστὰς ποιήσῃ τὰς αἰνέσεις,  
σοῦ τῆς τεκούσης ὑπὲρ νοῦν, τὸν αἰνετὸν  
καὶ Δεσπότην Ἀγνὴ καὶ Κύριον, ὃν  
ὑπεραينوῦσιν, Ἀγγέλων Ταξιαρχίαι. Αὐτὸν  
οὖν ἐκδυσώπει, ὑπὲρ λαοῦ ἡμαρτηκότος,  
Παρθένε ἀπειρογάμε.

### **Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ θ'. Ἦχος πλ. α'. Ἡσαΐα χόρευε**

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

Ὁ καιρὸς εὐπρόσδεκτος, ἡ ἡμέρα, τῶν  
σωτηριῶν, προσάξωμεν τῷ Θεῷ, δῶρα  
ἀρετῶν, ἐν ᾧ ἀποθέμενοι, τὰ τοῦ σκότους,  
ἔργα ἀδελφοί, ἐπενδυσώμεθα, ὅπλα φωτός,  
καθὼς Παῦλος βοᾷ.

**Στίχ.** Τοῦ κατευθῆναι τοὺς πόδας ἡμῶν  
εἰς ὁδὸν εἰρήνης.

Δεῦτε ὡς ὁ Κύριος, ἐν νηστεία, εἴλε τὸν  
ἐχθρόν, ἐν τούτῳ καὶ ἡμεῖς, θραύσωμεν  
αὐτοῦ, τὰ βέλη καὶ ἔνεδρα. Ὅπισθ μου  
ὑπάγε Σατάν, ἕκαστος λέγοντες, ἐν τῷ  
μέλλειν ἐκπειράζειν ἡμᾶς.

**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]

Come, soul, take wing./By the efforts of  
the fast arise from indolence./Be filled with  
the vision of joy,/and behold God in faith! [OCA]

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

### **Theotokion.**

Who can worthily proclaim your praise,/  
pure Virgin who gave birth ineffably to  
the exalted Master and Lord,/to whom the  
angelic hosts sing praise./Pray to Him for  
all of us who have sinned exceedingly,/  
unwedded Bride. [OCA]

### **Canon 2 from the Triodion.**

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

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

This is the acceptable time./This is the  
time for repentance./Let us offer our virtues  
to God as gifts,/and set aside the works of  
darkness,/by putting on the armor of light/as  
the apostle Paul proclaims. [OCA]

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

As the Lord killed the enemy by fasting,/  
so let us also come to destroy his arrows and  
spears,/saying: Get behind me, Satan!/when  
he comes to tempt us. [OCA]

Δόξα. **Τριαδικόν.**

Ὁμοουσιότητι, ἀνυμνῶ σε, ἄναρχε  
Τριάς, σεπτὴ ζωαρχικὴ, ἄτμητε Μονάς.  
Πατὴρ ὁ ἀγέννητος, καὶ γεννητέ, Λόγε καὶ  
Υἱέ, Πνεῦμα τὸ ἅγιον, ἡμᾶς σῶσον τοὺς  
ὑμνοῦντάς σε.

Καὶ νῦν. **Θεοτοκίον.**

Ὑπὲρ νοῦν ὁ Τόκος σου, Θεομήτορ·  
ἄνευ γὰρ ἀνδρός, ἡ σύλληψις ἐν σοί, καὶ  
παρθενικῶς, ἡ κύησις γέγονε· καὶ γὰρ  
Θεὸς ἐστὶν ὁ τεχθεὶς, ὃν μεγαλύνοντες, σὲ  
Παρθένε μακαρίζομεν.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Νηστεία προβάλλοντες, τῷ τῶν εὐχῶν,  
ὄρει καὶ ἡμεῖς, καρδία καθαρά, ἴδωμεν  
Θεόν, τὰς πλάκας δεχόμενοι, τῶν ἐντολῶν,  
ἐνδον ὡς Μωσῆς, δόξη ἀστράπτοντες, τῷ  
προσώπῳ τῆς ἀγάπης αὐτοῦ.

**Ὁ Εἰμός. Ἦχος πλ. α'.**

Ἡσαΐα χόρευε, ἡ Παρθένος ἔσχεν ἐν  
γαστρί, καὶ ἔτεκεν υἱὸν τὸν Ἐμμανουήλ,  
Θεόν τε καὶ ἄνθρωπον, ἀνατολὴ ὄνομα  
αὐτῷ, ὃν μεγαλύνοντες, τὴν Παρθένον  
μακαρίζομεν.

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

**ΔΙΑΚΟΝΟΣ**

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Glory. **For the Trinity.**

I hymn the Trinity in Unity:/eternal,  
honorable, life-giving;/indivisible,  
consubstantial./Unbegotten Father, begotten  
Word and Son, and Holy Spirit,/save us who  
hymn You! [OCA]

Both now. **Theotokion.**

Your fruit is above all understanding,  
Mother of God,/for in you conception took  
place without man,/and your childbearing  
was virginal./God was born of you,/and we  
magnify and bless you, Virgin. [OCA]

*Glory to You, our God, glory to You.*

Through fasting, let us look on God,/as we approach the mount of prayer with a pure heart,/and receive the tablet of His commandments as Moses did,/shining spiritually with them in the presence of God's love. [OCA]

**Heirmos Mode pl. 1.**

Rejoice, Isaiah,/a virgin is with child,/and shall bear a son Emmanuel: both God and man./And Orient is his name,/whom magnifying, we call the Virgin blessed. [OCA]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

**DEACON**

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

*(Lord, have mercy.)*



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 Ἀγίων μνημονεύσαντες,  
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Ὁρολογίου ---

### ΧΟΡΟΣ

**Φωταγωγικά**

**Ἦχος πλ. δ'.**

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

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

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

### ΑΝΑΓΝΩΣΤΗΣ

**Οἱ Αἱνοί. (διαβαστά)**

**Ψαλμὸς ΡΜΗ' (148).**

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·  
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε  
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε  
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε  
αὐτόν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτόν  
πάντα τὰ ἄστρα καὶ τὸ φῶς. Αἰνεῖτε αὐτόν

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. 4.**

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

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

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

### READER

**Lauds. (read)**

**Psalms 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.



οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν. Ἐστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινὰ πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου· ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῷ ἐγγίζοντι αὐτῷ.

### Ψαλμὸς ΡΜΘ'(149).

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

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]

### Psalms 149.

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

ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον· δόξα αὕτῃ ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

**Ψαλμὸς ΠΝ' (150).**

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ· αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ· αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ· αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

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

**Δοξολογία (διαβαστά)**

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἰρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἰρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς

them the written judgment: This glory have all His holy ones. [SAAS]

**Psalms 150.**

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

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

**Doxology (read)**

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day

Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.  
 Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,  
 καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,  
 καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,  
 καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ  
 γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·  
 ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.  
 Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με  
 τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός  
 μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί  
 σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός  
 σου τοῖς γινώσκουσί σε. Καταξίωσον,  
 Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους  
 φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε,  
 ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν  
 καὶ δεδοξασμένον τὸ ὄνομά σου εἰς  
 τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ  
 ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν  
 ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν  
 με τὰ δικαιώματά σου. Εὐλογητὸς εἶ,  
 Δέσποτα· συνέτισόν με τὰ δικαιώματά  
 σου. Εὐλογητὸς εἶ, Ἄγιε· φώτισόν με τοῖς  
 δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν  
 αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.  
 Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ  
 δόξα πρέπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ  
 Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς  
 αἰῶνας τῶν αἰώνων. Ἀμήν.

### ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν  
 τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

## ΙΕΡΕΥΣ

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

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.

(*Ἀμήν.*)

**ΙΕΡΕΥΣ**

Εἰρήνην πᾶσι.

(*Καὶ τῷ πνεύματί σου.*)

**ΔΙΑΚΟΝΟΣ**

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(*Σοί, Κύριε.*)

**ΙΕΡΕΥΣ** (*χαμηλοφώνως*)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ ταπεινὰ ἐφορῶν, καὶ τῷ παντεφύρῳ σου ὄμματι ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου Ἄγιε Ἀγίων· ἔκτεινον τὴν χειρὰ σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

Σὸν γὰρ ἐστὶ τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(*Ἀμήν.*)

**ΧΟΡΟΣ**

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἰδιόμελον. Ἦχος γ'.**

Ἀρξώμεθα λαοί, τῆς ἀμώμου Νηστείας, ἥτις ἐστὶ τῶν ψυχῶν σωτηρία, δουλεύσωμεν τῷ Κυρίῳ ἐν φόβῳ, ἐλαίῳ εὐποιΐας, τὰς κεφαλὰς ἀλείψωμεν, καὶ ὕδατι ἀγνείας τὰ πρόσωπα νιψώμεθα, μὴ βαττολογήσωμεν, ἐν ταῖς προσευχαῖς, ἀλλ' ὡς ἐδιδάχθημεν, οὕτω βοήσωμεν· Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἄφες ἡμῖν τὰ παραπτώματα ἡμῶν, ὡς φιλόανθρωπος.

**Στίχ.** *Πρὸς σέ ἤρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς*

(*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 3.**

Let us begin the pure fast, O people, / which is the salvation of our souls. / Let us serve the Lord with fear; / let us anoint our heads with the oil of good deeds. / Let us wash our faces with waters of purity. / Let us not use empty phrases in prayer, / but as we have been taught, let us cry out: / Our Father in heaven, forgive us our trespasses, // for you are the Lover of mankind. [OCA]

**Verse:** *I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look*



ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων  
αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας  
τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ  
ἡμῶν πρὸς Κύριον τὸν θεὸν ἡμῶν, ἕως οὗ  
οἰκτειρήσῃ ἡμᾶς.

Αρξώμεθα λαοί, τῆς ἀμώμου Νηστείας,  
ἣτις ἐστὶ τῶν ψυχῶν σωτηρία, δουλεύσωμεν  
τῷ Κυρίῳ ἐν φόβῳ, ἐλαίῳ εὐποιΐας, τὰς  
κεφαλὰς ἀλείψωμεν, καὶ ὕδατι ἀγνείας τὰ  
πρόσωπα νιψώμεθα, μὴ βαπτολογήσωμεν,  
ἐν ταῖς προσευχαῖς, ἀλλ' ὡς ἐδιδάχθημεν,  
οὕτω βοήσωμεν· Πάτερ ἡμῶν ὁ ἐν τοῖς  
οὐρανοῖς, ἄφες ἡμῖν τὰ παραπτώματα  
ἡμῶν, ὡς φιλόανθρωπος.

### Μαρτυρικόν.

#### Ύχος γ'.

**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.

Βασιλέων καὶ τυράννων, τὸν φόβον  
ἀπώσαντο οἱ Χριστοῦ Στρατιῶται,  
καὶ εὐθαρσῶς καὶ ἀνδρείως, αὐτὸν  
ὠμολόγησαν, τὸν ἀπάντων Κύριον, Θεὸν  
καὶ Βασιλέα, καὶ πρεσβεύουσιν, ὑπὲρ τῶν  
ψυχῶν ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

#### Ύχος γ'.

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

### ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ  
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε· τοῦ

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]

Let us begin the pure fast, O people,/  
which is the salvation of our souls./Let us  
serve the Lord with fear;/let us anoint our  
heads with the oil of good deeds./Let us  
wash our faces with waters of purity./Let us  
not use empty phrases in prayer,/but as we  
have been taught, let us cry out:/Our Father  
in heaven, forgive us our trespasses, // for you  
are the Lover of mankind. [OCA]

### For the Martyrs.

#### Mode 3.

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

The warriors of Christ/have rejected fear  
of kings and tormentors,/and with boldness  
and courage they confessed him:/our King,  
the Lord and God of all, // and now they pray  
for our souls. [OCA]

Glory. Both now. **Theotokion.**

#### Mode 3.

O Theotokos, protection of all who pray  
to you,/we have boldness and exult in you./  
We put all our hope in you. // pray for your  
corrupt servants, to the one whom you bore.  
[OCA]

### PRIEST

It is good to give thanks to the Lord  
and to sing to Your name, O Most High, to



ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.

### ΑΝΑΓΝΩΣΤΗΣ

#### Τρισάγιον.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ 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 ἰάσαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν 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.)

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.)

## ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

## ΙΕΡΕΥΣ

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν, πάντοτε, νῦν, καὶ 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 Μονὴν) 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.)

## Εὐχή 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 σὺ δούλῳ.

## 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.

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

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

ἤ·

### ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
όσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

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.)