

eMatins powered by AGES

The Service of Matins

for Sunday, April 7, 2019

**Octoechos - Mode 4.
on Sunday Morning**

Eothion 1

**Triodion - Fourth Sunday of Lent
Fourth Sunday of Lent: St John Climacus
on Sunday Morning at Matins**

Katavasias of Theotokos

Texts in Greek and English

Sources

VPA Copyright © 2016 by Virgil Peter Andronache

RB Copyright © 2019 by Richard Barrett

SD Copyright © 2019 by Fr. Seraphim Dedes

GKD Copyright © 2017 by Geroge K. Duvall

GOA © The Greek Orthodox Archdiocese of America

HC Liturgical Texts courtesy and copyright of Holy Cross Press, Brookline, MA

AH Copyright © 2019 by Andreas Houpos

EL Copyright Archimandrite Ephrem ©

KW © Metropolitan Kallistos Ware

NKJV Scripture taken from the New King James Version™. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

OCA Copyright © 1996–2015. All rights reserved.

JR Copyright © 2014 by Fr. Juvenaly Repass

RSV Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

SAAS Scripture taken from the St. Athanasius Academy Septuagint™. Copyright © 2008 by St. Athanasius Academy of Orthodox Theology. Used by permission. All rights reserved.

vol Orthodox Monastery of the Veil of our Lady

Disclaimer

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

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

AGES DCS Website

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

Ὁκτώηχος - Ἦχος δ'.

Τῇ Κυριακῇ Πρωῇ

Τριώδιον

ΚΥΡΙΑΚΗ Δ' ΤΩΝ ΝΗΣΤΕΙΩΝ ΤΟΥ
ΟΣΙΟΥ ΠΑΤΡΟΣ ΗΜΩΝ ΙΩΑΝΝΟΥ ΤΟΥ
ΣΥΓΓΡΑΦΕΩΣ ΤΗΣ «ΚΛΙΜΑΚΟΣ»

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος δ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

ἤ. Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με,
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ
ἐστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὁκτώηχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος δ'.

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου
Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν
ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι
ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη
Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ
μέγα ἔλεος.

Τοῦ Τριωδίου ---

Δόξα. Τοῦ Ὁσίου.

Ἦχος πλ. δ'.

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ

Octoechos - Mode 4.

On Sunday Morning

Triodion

Fourth Sunday of Lent: Our Devout
Father John Climacus, the Author of the
Ladder

MATINS

CHOIR

Mode 4.

God is the Lord, and He revealed Himself
to us. Blessed is he who comes in the name of
the Lord. [SAAS]

Verse 1: Give thanks to the Lord and call
upon His name.

or: Give thanks to the Lord, for He is good; for
His mercy endures forever.

Verse 2: All the nations surrounded me, but
in the name of the Lord I defended myself against
them.

Verse 3: And this came about from the Lord,
and it is wonderful in our eyes.

From Octoechos ---

Resurrectional Apolytikion.

Mode 4.

When the women Disciples of the Lord
had learned from the Angel the joyful
message of the Resurrection and rejected
the ancestral decision, they cried aloud to
the Apostles triumphantly: Death has been
despoiled, Christ God has risen, granting His
great mercy to the world. [SD]

From Triodion ---

Glory. For the Devout Man.

Mode pl. 4.

With the rivers of your tears you made
the barren desert bloom; and with your sighs
from deep within, you made your labors bear
their fruits a hundredfold; and you became a

οἰκουμένη, λάμπων τοῖς θαύμασιν, Ἰωάννη
Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. δ'.

Ὁ δι' ἡμᾶς γεννηθεὶς ἐκ Παρθένου, καὶ
σταύρωσιν ὑπομείνας ἀγαθὴ, ὁ θανάτῳ
τὸν θάνατον σκυλεύσας, καὶ Ἐγερσιν
δείξας ὡς Θεός, μὴ παρίδῃς οὓς ἔπλασας
τῇ χειρὶ σου· δείξον τὴν φιλανθρωπίαν σου
ἐλεῆμον, δέξαι τὴν τεκοῦσάν σε Θεοτόκον
πρεσβεύουσαν ὑπὲρ ἡμῶν καὶ σῶσον Σωτὴρ
ἡμῶν, λαὸν ἀπεγνωσμένον.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθώμεν.

(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.)

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

(Ἀμήν.)

star, illuminating the world by your miracles,
O John, our devout father. Intercede with
Christ our God, for the salvation of our souls.

[SD]

From Octoechos ---

Both now. **Theotokion.**

Mode pl. 4.

Born of a Virgin, O Good One who also
endured crucifixion for our sake, who by
death took the spoils of death as plunder and
showed resurrection, being God, O despise
not the ones that You formed with Your own
hand. Demonstrate Your love for man, O
Lord of mercy, and accept Your Mother, the
Theotokos, who intercedes on our behalf, O
Savior, and save us a despairing people. [SD]

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

For Yours is the dominion, and Yours 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.)

Τῆς Οκτωήχου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Ἦχος δ'.

Αναβλέψασαι τοῦ τάφου τὴν εἴσοδον,
καὶ τὴν φλόγα τοῦ Ἀγγέλου μὴ φέρουσαι,
αἱ Μυροφόροι σὺν τρόμῳ ἐξίσταντο
λέγουσαι· Ἄρα ἐκλάπη, ὁ τῷ Ληστῇ ἀνοίξας
Παράδεισον, ἄρα ἠγέρθη, ὁ καὶ πρὸ πάθους
κηρύξας τὴν Ἑγερσιν, ἀληθῶς ἀνέστη
Χριστὸς ὁ Θεός, τοῖς ἐν ᾅδῃ παρέχων ζωὴν
καὶ ἀνάστασιν.

Δόξα.

Κατεπλάγη Ἰωσήφ.

Ἐκουσία σου βουλή, Σταυρὸν ὑπέμεινας
Σωτήρ, καὶ ἐν μνήματι καινῷ, ἄνθρωποι
ἔθεντο θνητοί, τὸν διὰ λόγου τὰ πέρατα
συστησάμενον· ὅθεν δεσμευθεὶς ὁ
ἀλλότριος, θάνατος δεινῶς ἐσκυλεύετο, καὶ
οἱ ἐν ᾅδῃ ἅπαντες ἐκραύγαζον, τῇ ζωηφόρῳ
Ἑγέρσει σου· Χριστὸς ἀνέστη, ὁ ζωοδότης,
μένων εἰς τοὺς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Τὸ ἀπ' αἰῶνος ἀπόκρυφον, καὶ Ἀγγέλοις
ἄγνωστον μυστήριον, διὰ σοῦ Θεοτόκε τοῖς
ἐπὶ γῆς πεφανέρωται· Θεὸς ἐν ἀσυγχύτῳ
ἐνώσει σαρκούμενος, καὶ Σταυρὸν
ἐκουσίως ὑπὲρ ἡμῶν καταδεξάμενος· δι' οὗ
ἀναστήσας τὸν πρωτόπλαστον, ἔσωσεν ἐκ
θανάτου τὰς ψυχὰς ἡμῶν.

From Octoechos ---

CHOIR

Kathisma I.

Mode 4.

Looking up at the entrance to the
sepulcher, and unable to endure the Angel's
radiance, the myrrh-bearing women were
trembling and said in astonishment: Has He
been stolen, who to the Robber opened up
Paradise? Has He arisen, who spoke of rising
before even suffering? He is truly risen as
Christ our God, granting those in Hades life
and resurrection. [SD]

Glory.

Joseph marveled.

By Your voluntary will, O Savior, You
endured the Cross, * and by mortal men
were You into a new tomb interred, * who
by a word had created the entire world. *
Therefore being bound was the enemy Death
* plundered of his spoils catastrophically. *
And those in Hades all together cried aloud
at Your life-bearing resurrection: * The Christ
is risen, the Life-bestower, * and He abides
forever. [SD]

Both now. **Theotokion.**

O Theotokos, through you became
manifest to us on earth the mystery, which
was hid from eternity, and which the Angels
themselves knew not: that God, uniting
natures without confusion, becomes a man
and accepts crucifixion for our salvation
voluntarily. By virtue of this, resurrecting
man whom He had first created, He saved our
souls from death. [SD]

Κάθισμα Β'.

Ἦχος δ'. Ταχὺ προκατάλαβε.

Ανέστης ὡς ἀθάνατος, ἀπὸ τοῦ ᾄδου
Σωτήρ, συνήγειρας τὸν κόσμον σου, τῇ
Ἀναστάσει τῇ σῇ, Χριστέ ὁ Θεὸς ἡμῶν,
ἔθραυσας ἐν ἰσχύϊ, τοῦ θανάτου τὸ κράτος,
ἔδειξας Ἐλεῆμον, τὴν Ἀνάστασιν πᾶσι· διό
σε καὶ δοξάζομεν, μόνε Φιλάνθρωπε.

Δόξα.

Κατεπλάγη Ἰωσήφ.

Ἐκ τῶν ἄνω κατελθὼν, τῶν ὑψωμάτων
Γαβριήλ, καὶ τῇ πέτρᾳ προσελθὼν, ἔνθα ἡ
πέτρα τῆς ζωῆς, λευχειμονῶν ἀνεκραύγαζε
ταῖς κλαιούσαις· Παύσασθε ὑμεῖς, τῆς
θρηνώδους κραυγῆς, ἔχουσαι αἰεὶ, τὸ
εὐσυμπάθητον· ὃν γὰρ ζητεῖτε κλαίουσαι,
θαρσεῖτε, ὡς ἀληθῶς ἐξεγήγερται· διὸ
βοᾶτε, τοῖς Ἀποστόλοις, ὅτι ἀνέστη ὁ
Κύριος.

Καὶ νῦν. **Θεοτοκίον.**

Κατεπλάγη Ἰωσήφ.

Κατεπλάγησαν Ἀγνή, πάντες Ἀγγέλων
οἱ χοροί, τὸ Μυστήριον τῆς σῆς, κυφορίας
τὸ φρικτόν, πῶς ὁ τὰ πάντα συνέχων
νεύματι μόνῳ, ἀγκάλαις ὡς βροτός, ταῖς
σαῖς συνέχεται, καὶ δέχεται ἀρχὴν ὁ
Προαιώνιος, καὶ γαλουχεῖται σύμπασαν
ὁ τρέφων, πνοὴν ἀφάτῳ χρηστότητι, καὶ
σὲ ὡς ὄντως, Θεοῦ Μητέρα, εὐφημοῦντες
δοξάζουσι.

Kathisma II.

Mode 4. Come quickly.

O Savior, immortal as You are, from
Hades You rose, * by virtue of Your own
resurrection raising Your world * together, O
Christ our God. * Mightily You have broken
death's dominion, O Master. * You as the
Lord of mercy showed to all the resurrection.
* We therefore glorify You who alone love
humanity. [SD]

Glory.

Joseph marveled.

From exalted heights above descended
Gabriel and came, * and he sat upon the rock
wherein the Rock of life had lain. * Arrayed in
white, he cried out to the weeping women: *
"Cease now from your mourning and cries of
lament, * you women who are always moved
to sympathy. * Take courage; for truly risen *
is He for whom you weep and are seeking. *
And therefore, cry out to the Apostles, * "The
Lord has truly risen." [SD]

Both now. **Theotokion.**

Joseph marveled.

O pure Maiden, all the hosts of holy
angels were amazed * at the awesome
mystery of your pregnancy and birth, * how
He whose simple command holds all things
together * is held in your embrace as a mortal
babe, * the pre-eternal Word accepts an origin,
* and He is nursed who nourishes the whole
world * in His ineffable kindness. * And they
extol you and glorify you * who are truly
God's Mother. [SD]

Εὐλογητάρια Ἀναστάσιμα.

Ἦχος πλ. α'.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὁρῶν
σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου
δὲ Σωτῆρ, τὴν ἰσχὺν καθελόντα, καὶ σὺν
ἐαυτῷ τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ Ἄιδου
πάντας ἐλευθερώσαντα.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν,
ὦ Μαθήτριάι κιρνᾶτε; ὁ ἀστράπτων ἐν
τῷ τάφῳ Ἄγγελος, προσεφθέγγετο ταῖς
Μυροφόροις· Ἴδετε ὑμεῖς τὸν τάφον
καὶ ἦσθητε· ὁ Σωτὴρ γὰρ ἐξανέστη τοῦ
μνήματος.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Λίαν πρωῒ, Μυροφόροι ἔδραμον,
πρὸς τὸ μνήμά σου θρηνολογοῦσαι· ἀλλ'
ἐπέστη, πρὸς αὐτὰς ὁ Ἄγγελος, καὶ εἶπε·
θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν
Ἀνάστασιν δέ, Ἀποστόλοις εἶπατε.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Μυροφόροι γυναῖκες, μετὰ μύρων
ἐλθοῦσαι, πρὸς τὸ μνήμά σου, Σῶτερ
ἐνηχοῦντο. Ἀγγέλου τρανώς, πρὸς αὐτὰς
φθεγγομένου· Τί μετὰ νεκρῶν, τὸν ζῶντα
λογίζεσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ
μνήματος.

Resurrectional Evlogetaria.

Mode pl. 1.

*Blessed are You, O Lord, teach me Your
statutes.*

When the hosts of the Angels saw how
You were accounted among the dead, they
all marveled. You, O Savior, are the One who
destroyed the might of death; and when You
arose You raised Adam with yourself and
from Hades liberated everyone. [SD]

*Blessed are You, O Lord, teach me Your
statutes.*

"Why do you mingle the ointments with
your tears full of pity, O women disciples?"
Thus the Angel who was shining in the tomb
cried to the myrrh-bearing women. "See for
yourselves the empty tomb and understand,
that the Savior has risen from the sepulcher."

[SD]

*Blessed are You, O Lord, teach me Your
statutes.*

Very early in the morning, the myrrh-
bearing women were hastening to Your tomb
lamenting. But the Angel appeared to them
and uttered, "The time for lamentation has
ended; weep no more. Go announce the
Resurrection to the Apostles." [SD]

*Blessed are You, O Lord, teach me Your
statutes.*

When the myrrh-bearing women had
come with their spices to Your sepulcher,
O Savior, they heard the voice of an Angel
clearly speaking to them, "Why do you
account among the dead the One who lives?
For as God, He has risen from the sepulcher."

[SD]

Δόξα.

Προσκυνούμεν Πατέρα, καὶ τὸν τούτου
Υἱόν τε, καὶ τὸ Ἅγιον Πνεῦμα, τὴν Ἁγίαν
Τριάδα, ἐν μιᾷ τῇ οὐσίᾳ, σὺν τοῖς Σεραφεῖμ,
κράζοντες τό· Ἅγιος, Ἅγιος, Ἅγιος εἰ, Κύριε.

Καὶ νῦν.

Ζωοδότῃν τεκοῦσα, ἐλυτρώσω Παρθέने,
τὸν Ἀδὰμ ἁμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ,
ἀντὶ λύπης παρέσχες, ῥεύσαντα ζωῆς, ἴθυνε
πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθείς Θεὸς
καὶ ἄνθρωπος.

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

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Glory.

We bow down in worship to the Father
and His Son and the Holy Spirit, the Holy
Trinity, one in essence; and we cry aloud with
the Seraphim: Holy, Holy, Holy are You, O
Lord. [SD]

Both now.

Giving birth to the Giver of life, O Virgin,
you delivered Adam from sin, and to Eve you
have rendered joy in place of sorrow. He who
from you became incarnate, God and man,
has directed to life him who fell from it. [SD]

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

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 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.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου - - -

Ὑπακοή. Ἦχος δ'.

Τὰ τῆς σῆς παραδόξου Ἐγέρσεως,
προδραμοῦσαι αἱ Μυροφόροι, τοῖς
Ἀποστόλοις ἐκήρυττον Χριστέ, ὅτι ἀνέστης
ὡς Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α'. Ἦχος δ'.

Ἐκ νεότητός μου πολλὰ πολεμεῖ με
πάθη, ἀλλ' αὐτὸς ἀντιλαβοῦ, καὶ σῶσον
Σωτήρ μου.

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ
τοῦ Κυρίου· ὡς χόρτος γάρ, πυρὶ ἔσεσθε
ἀπεξηραμμένοι.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι πᾶσα ψυχὴ ζωοῦται,
καὶ καθάρσει ὑψοῦται λαμπρύνεται, τῇ
τριαδικῇ Μονάδι ἱεροκρυφίως.

Ἀντίφωνον Β'.

Ἐκέκραξά σοι Κύριε, θερμῶς ἐκ βάθους
ψυχῆς μου, κἄμοι γενέσθω, πρὸς ὑπακοὴν
τὰ θεῖά σου ᾠτα.

Ἐπὶ τὸν Κύριον ἐλπίδα πᾶς τις
κεκτημένος, ὑψηλότερος ἐστί, πάντων τῶν
λυπούντων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἀναβλύζει τὰ τῆς
χάριτος ρεῖθρα, ἀρδεύοντα, ἅπασαν τὴν
κτίσιν πρὸς ζωογονίαν.

Ἀντίφωνον Γ'.

Ἡ καρδιά μου πρὸς σὲ Λόγε ὑψωθήτω,
καὶ οὐδὲν θέλξει με, τῶν τοῦ κόσμου
τερπνῶν πρὸς χαμαιζηλίαν.

READER

From Octoechos - - -

Hypakoe. Mode 4.

The women bearing myrrh hurried to
declare the matter of Your paradoxal rising
to Your Apostles, O Christ, that as God You
arose, granting the world great mercy. [SD]

CHOIR

Anavathmoi.

Antiphon I. Mode 4.

Since my youth have many passions
waged war against me. O my Savior,
nonetheless help me and save me. [SD]

You, the haters of Zion, be put to shame
by the Lord, for like thatch in fire you will be
completely dried up. [SD]

Glory. Both now.

From the Holy Spirit every soul receives
life, and through cleansing is lifted and
brightened, in a hidden, sacred manner, by
the trinal Monad. [SD]

Antiphon II.

I cried to You, O Lord, from the depth of
my soul with fervor. Let Your divine ears be
responsive to me. [SD]

Whosoever has acquired hope in the Lord
is superior to all whatsoever might grieve
him. [SD]

Glory. Both now.

From the Holy Spirit do the streams of
grace well forth; they irrigate everything
created, so that life be engendered. [SD]

Antiphon III.

Let my heart be lifted up unto You, O
Logos; and none of the world's delights will
entice me to be earthly-minded. [SD]

Ἐπὶ τὴν μητέρα αὐτοῦ, ὡς ἔχει τις
στοργήν, ἐπὶ τῷ Κυρίῳ θερμότερον φίλτρον
χρεωστοῦμεν.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, θεογνωσίας πλοῦτος,
θεωρίας καὶ σοφίας· πάντα γὰρ ἐν τούτῳ τὰ
πατρῶα δόγματα, ὁ Λόγος ἐκκαλύπτει.

Προκείμενον.

Ἀνάστα, Κύριε, βοήθησον ἡμῖν, καὶ
λύτρωσαι ἡμᾶς, ἕνεκεν τῆς δόξης τοῦ
ὀνόματός σου. (δίς)

Στίχ. Ὁ Θεός, ἐν τοῖς ὠσὶν ἡμῶν
ἠκούσαμεν.

Ἀνάστα, Κύριε, βοήθησον ἡμῖν, καὶ
λύτρωσαι ἡμᾶς, ἕνεκεν τῆς δόξης τοῦ
ὀνόματός σου.

Τῆς Ὀκτωήχου ---

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιμον.

Ὁ Σωτὴρ καὶ ῥύστης μου, ἀπὸ τοῦ
τάφου, ὡς Θεὸς ἀνέστησεν, ἐκ τῶν δεσμῶν
τοὺς γηγενεῖς, καὶ πύλας ᾄδου συνέτριψε,
καὶ ὡς Δεσπότης ἀνέστη τριήμερος.

Ὁ Οἶκος.

Τὸν ἀναστάντα ἐκ νεκρῶν Χριστὸν τὸν
ζωοδότην, τριήμερον ἐκ τάφου, καὶ πύλας
τοῦ θανάτου σήμερον συνθλάσαντα, τῇ
δυνάμει τῇ αὐτοῦ, τὸν ἄδην τε νεκρώσαντα,
καὶ τὸ κέντρον τοῦ θανάτου συντρίψαντα,
καὶ τὸν Ἀδὰμ σὺν τῇ Εὐᾷ ἐλευθερώσαντα,
ὕμνήσωμεν πάντες οἱ γηγενεῖς, εὐχαρίστως
βοῶντες αἶνον ἐκτενῶς. Αὐτὸς γὰρ ὡς
μόνος κραταῖος Θεός, καὶ Δεσπότης ἀνέστη
τριήμερος.

Whereas one has filial affection for his
mother, for the Lord we ought to have a love
even more fervent. [SD]

Glory. Both now.

In the Holy Spirit is the wealth of
knowledge of God, contemplation and
wisdom. For in Him the Logos discloses all
the dogmas of the Father. [SD]

Prokeimenon.

Arise, O Lord; help us, and redeem us,
because of the glory of Your name. (2)

Verse: O God, we heard with our ears.

Arise, O Lord; help us, and redeem us,
because of the glory of Your name. [SAAS]

From Octoechos ---

READER

Resurrectional Kontakion.

Savior and Deliverer is He who raised up
from the tomb and from the bonds those born
on earth, for He is God; and He destroyed
Hades' bars and gates, and on the third day
arose, as the Master of all. [SD]

Oikos.

To Him who from the dead arose, Christ
the Life-Giver, on the third day from the
tomb; who crushed the gates of death today
by the power which is His; who slew Hades
and ground away the sting of death, and
rescued Adam and Eve: to Him let us all, born
on earth, now sing, earnestly shouting our
grateful praise. For He, alone our mighty God,
on the third day arose, as the Master of all. [GKD]

Κοντάκιον.

Τοῦ Τριωδίου ---

Ἦχος δ΄. Ἐπεφάνης σήμερον.

Ἐν τῷ ὕψει Κύριος, τῆς ἐγκρατείας,
ἀληθῆ σε ἔθετο, ὥσπερ ἀστέρα ἀπλανῆ,
φωταγωγοῦντα τὰ πέρατα, καθηγητὰ
Ἰωάννη Πατῆρ ἡμῶν.

Ὁ Οἶκος.

Οἶκον Θεοῦ ὡς ἀληθῶς, σαυτὸν
εἰργάσω Πάτερ, ταῖς θεαῖς ἀρεταῖς σου,
σαφῶς κατακοσμήσας, ὥσπερ χρυσίον
τηλαυγές, πίστιν ἐλπίδα καὶ ἀγάπην ἀληθῆ,
θεῖους θεσμούς ἐκθέμενος, ἐγκρατεία
ἀσκήσας ὡς ἄσαρκος, φρόνησιν, ἀνδρείαν,
σωφροσύνην κτησάμενος ταπεινώσιν, δι'
ἧς ἀνυψώθης· διὸ καὶ ἐφωτίσθης εὐχαῖς
ἀενάοις, καὶ τοῦ οὐρανοῦ κατέλαβες τὰς
σκηνώσεις, καθηγητὰ Ἰωάννη Πατῆρ ἡμῶν.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ Ζ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου
Μάρτυρος Καλλιοπίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ ἐν
Ἁγίοις Πατρὸς ἡμῶν Γεωργίου,
Ἐπισκόπου Μυτιλήνης, τοῦ Σημειοφόρου
(θαυματοργοῦ).

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Μάρτυρος Ρουφίνου Διακόνου.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ἁγία Μάρτυς
Ἀκυλίνα, τὰς χεῖρας εἰς τοῦπίσω
δεσμευθεῖσα καὶ τὴν κοιλίαν φλεχθεῖσα,
τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων
διακοσίων Μαρτύρων τῶν ἐν Σινώπῃ, ξίφει
τελειωθέντων.

Kontakion.

From Triodion ---

Mode 4. *You appeared today.*

In the height of self-control the Lord
has placed you as a true unerring star
illuminating all the earth and also guiding us
to the light, as our professor and mentor, O
Father John. [SD]

Oikos.

You have rendered yourself God's true
abode, O Father, by your divine virtue,
adorning it lucidly, as with gold that glitters
from afar. You set forth faith, hope and true
charity as divine axioms. As with angelic self-
control, you practiced prudence, courage,
and temperance. You acquired humility, by
which you were exalted. Hence, you were
enlightened by prayer unfailing, and you
attained the mansions of heaven, as our
professor and mentor, O Father John. [GKD]

Synaxarion.

From the Menaion.

On April 7 we commemorate the holy
martyr Kalliopios.

On this day we also commemorate our
father among the saints George, Bishop of
Mytilene, the worker of signs and wonders.

On this day we also commemorate the
holy martyr Rufinus the deacon.

On this day the holy martyr Aquilina
died after they tied her hands and burned her
body.

On this day we also commemorate the
holy two-hundred martyrs in Sinope who
died by the sword.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου καὶ Θεοφόρου Πατρὸς ἡμῶν Σάββα τοῦ νέου τοῦ ἐν Καλύμνῳ.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Κυριακῇ τετάρτῃ τῶν Νηστειῶν, μνήμην ποιούμεν τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ Συγγραφέως τῆς Κλίμακος.

Στίχοι.

Ὁ σάρκα καὶ ζῶν νεκρὸς ὦν Ἰωάννης,
Αἰωνίως ζῇ, καὶ νεκρὸς φανεὶς ἄπνους.

Σύγγραμμα λιπὼν Κλίμακα τῇ ἀνόδῳ,
Δείκνυσιν αὐτοῦ πορείαν τῆς ἀνόδου.

Ταῖς αὐτοῦ πρεσβείαις, ὁ Θεός, ἐλέησον,
καὶ σῶσον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου
Ὡδὴ α'. Ἦχος δ'.

Ἀνοίξω τὸ στόμα μου, καὶ
πληρωθήσεται Πνεύματος, καὶ λόγον
ἐρεῦξομαι, τῇ Βασιλίδι Μητρί, καὶ
ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω
γηθόμενος, ταύτης τὰ θαύματα.

Ὡδὴ γ'.

Τοὺς σοὺς ὑμνολόγους Θεοτόκε,
ὡς ζῶσα καὶ ἄφθονος πηγή, θίασον
συγκροτήσαντας πνευματικόν, στερέωσον·
καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης
ἀξίωσον.

Ὡδὴ δ'.

Τὴν ἀνεξιχνίαστον θείαν βουλήν,
τῆς ἐκ τῆς Παρθένου σαρκώσεως, σοῦ
τοῦ Ὑψίστου, ὁ Προφήτης, Ἀββακούμ,
κατανοῶν ἐκραύγαζε· Δόξα τῇ δυνάμει σου
Κύριε.

On this day we also commemorate our
devout and God-bearing father Savas the new
of Kalymnos.

From the Triodion.

On this day, the fourth Sunday of Lent,
we commemorate our devout Father John,
author of The Ladder.

Verses

John, who was dead in the flesh while living,
Ever lives, while appearing
to be dead and not breathing.

He left us his book, the Ladder for ascending,
And shows us the way of his ascent to heaven.

By his intercessions, O God, have mercy
on us and save us. Amen.

CHOIR

Katavasias of Theotokos
Ode i. Mode 4.

I open my mouth and pray the Spirit
fill it, like David said, * to pour out a good
word to the Queen and Mother of God. * I will
celebrate * her feast with joy and gladness *
and sing to her merrily, lauding her miracles.

[SD]

Ode iii.

Establish your servants who extol you,
* O Mother of God, for they have formed
* a spiritual choir for you * the living and
abundant fount; * and graciously in your
divine glory give glorious crowns to them. [SD]

Ode iv.

When the Prophet Habakkuk heard the
divine * and incomprehensible counsel of
Your Incarnation * from the Virgin, O Most
High, * considering, he cried aloud: * Glory to
Your power, O Lord my God. [SD]

Ὡδὴ ε'.

Ἐξέστη τὰ σύμπαντα, ἐπὶ τῇ θείᾳ
δόξῃ σου· σὺ γὰρ ἀπειρόγαμε Παρθένε,
ἔσχες ἐν μήτρᾳ, τὸν ἐπὶ πάντων Θεόν, καὶ
τέτοκας ἄχρονον Υἱόν, πᾶσι τοῖς ὕμνουσί
σε, σωτηρίαν βραβεύοντα.

Ὡδὴ Ϛ'.

Τὴν θείαν ταύτην καὶ πάντιμον,
τελοῦντες ἑορτὴν οἱ θεόφρονες, τῆς
Θεομήτορος, δεῦτε τάς χεῖρας κροτήσωμεν,
τὸν ἐξ αὐτῆς τεχθέντα Θεὸν δοξάζοντες.

Ὡδὴ ϛ'.

Οὐκ ἐλάτρευσαν τῇ κτίσει οἱ θεόφρονες,
παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν,
ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον.
Ὑπερύμνητε, ὁ τῶν Πατέρων Κύριος, καὶ
Θεὸς εὐλογητὸς εἶ.

Ὡδὴ η'.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

Παῖδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ
τόκος τῆς Θεοτόκου διεσώσατο, τότε
μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος,
τὴν οἰκουμένην ἅπασαν, ἀγείρει
ψάλλουσαν. Τὸν Κύριον ὕμνεῖτε τὰ ἔργα,
καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.
(Κύριε, ἐλέησον.)

Ode v.

Amazed was the universe by your divine
magnificence. * You who were perpetually
virgin * carried the heavenly God of all in
your womb * and gave birth to the eternal
Son, * who awards salvation to all who sing
hymns of praise to you. [SD]

Ode vi.

O godly-minded believers, come * and
celebrate this sacred and venerable feast
and thus extol * the Theotokos, and clap our
hands, * and glorify our God who was truly
born of her. [SD]

Ode vii.

Godly-minded three * did not adore
created things in the Creator's stead; * rather,
disdaining the threat * of fire, they trampled
it, and joyfully they sang: * "O supremely
praised * and most exalted Lord and God * of
the fathers, You are blessed." [SD]

Ode viii.

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

Guiltless were those Servants in the
furnace. * The Son of the Theotokos went and
rescued them. * He who was prefigured then,
* having been incarnate now, * is gathering
the whole wide world into His Church to
sing: * "O all you works of the Lord, to all
ages * sing praises to the Lord and exalt Him
beyond measure." [SD]

DEACON

Let us pray to the Lord.
(Lord, have mercy.)

ΙΕΡΕΥΣ

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

Ἦχος β'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δίσ)
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

ΔΙΑΚΟΝΟΣ

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

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

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ματθαῖον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

Ἐωθινὸν Α'
Ματθαῖον ΚΗ' 16-20

Τῷ καιρῷ ἐκείνῳ, οἱ ἑνδεκα μαθηταὶ ἐπορεύθησαν εἰς τὴν Γαλιλαίαν, εἰς τὸ Ὅρος, οὗ ἐτάξατο αὐτοῖς ὁ Ἰησοῦς. Καὶ ἰδόντες αὐτόν, προσεκύνησαν αὐτῷ· οἱ

PRIEST

For you are holy, our God, who rest among the Saints, 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.

CHOIR

Amen.

Mode 2.

Let everything that breathes praise the Lord. (2) Let everything that breathes praise the Lord. [SAAS]

DEACON

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.

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

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to Matthew.

DEACON

Let us be attentive.

(Glory to You, O Lord, glory to You.)

PRIEST (from the altar table)

Eothinon 1
Matthew. 28:16-20

At that time, the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw Him they worshiped Him; but some doubted. And

δὲ ἐδίστασαν. Καὶ προσελθὼν ὁ Ἰησοῦς, ἐλάλησεν αὐτοῖς, λέγων· Ἐδόθη μοι πᾶσα ἐξουσία ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Πορευθέντες οὖν, μαθητεύσατε πάντα τὰ ἔθνη, βαπτίζοντες αὐτοὺς εἰς τὸ ὄνομα τοῦ Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἁγίου Πνεύματος· διδάσκοντες αὐτοὺς τηρεῖν πάντα ὅσα ἐνετειλάμην ὑμῖν. Καὶ ἰδοὺ, ἐγὼ μεθ' ὑμῶν εἰμι πάσας τὰς ἡμέρας, ἕως τῆς συντελείας τοῦ αἰῶνος. Ἀμήν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν, τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἀγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἀγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ· Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν' (50).

Ἦχος β'. (ἡ τῆς ἐβδομάδος.)

[Ελεήμων,] Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με.

Jesus came and said to them, "All authority in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age. Amen." [RSV]

(Glory to You, O Lord, glory to You.)

READER

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death.

[GOA]

CHOIR

Psalm 50 (51).

Mode 2. (or the Mode of the week)

[Merciful,] 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.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διαπαντός.

Σοὶ μόνῳ ἥμαρτον 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.

Ῥαντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα.

Ἀπόστρεψον 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 ἀπορρίψης με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριζόν με.

Διδάξω ἀνόμους τὰς ὁδούς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

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.

Ῥῡσαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου.

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους. Καὶ ἐλέησόν με, ὁ Θεός.

Ἰδιόμελα τοῦ Τριωδίου.

Δόξα. **Ἦχος πλ. δ'.**

Τῆς μετανοίας ἀνοιξόν μοι πύλας Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ' ὡς οἰκτίρων κάθαρον, εὐσπλάγχνῳ σου ἐλέει.

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους, Θεοτόκε· αἰσχροῖς γὰρ κατερρύπωσα, τὴν ψυχὴν ἁμαρτίαις, ὡς ῥαθύμως τὸν βίον μου, ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις ῥῡσαί με, πάσης ἀκαθαρσίας.

Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my mouth will declare Your praise.

For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings.

A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise.

Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings.

Then shall they offer young bulls on Your altar. And have mercy on me, O God. [SAAS]

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one compassionate, cleanse me, I pray, by Your loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O Theotokos, for I have befouled my soul with shameful sins and I heedlessly squandered all of my life's resources. By your intercession deliver me from every uncleanness. [SD]

Ἰδιόμελον. Ἦχος πλ. β'.

Στίχ. Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Τὰ πλήθη τῶν πεπραγμένων μοι δεινῶν, ἐννοῶν ὁ τάλας, τρέμω τὴν φοβερὰν ἡμέραν τῆς κρίσεως· ἀλλὰ θαρρῶν εἰς τὸ ἔλεος τῆς εὐσπλαγχνίας σου, ὡς ὁ Δαυῖδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ μέγα σου ἔλεος.

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατάπεμψον 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

Idiomelon. Mode pl. 2.

Verse: *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.*

When I ponder in my wretchedness on the many terrible things that I have done, I tremble for that fearful day, the Day of Judgment. But trusting in the mercy of Your compassion, like David I cry to You, "Have mercy on me, O God, according to Your great mercy." ^[SD]

DEACON

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

ἀγίας 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 Ναοῦ)**· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης, τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ Συγγραφέως τῆς Κλίμακος, οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν· 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 φιланθρωπία τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ὕχος δ'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

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

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, our devout father John Climacus, the author of the Ladder, whose memory we celebrate, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. **(12)**

PRIEST

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

(Amen.)

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]**

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 Σεραφεείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ
Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ το
ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς
φοβουμένοις αὐτόν.

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὕψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε
κενοῦς.

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

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

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

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

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

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

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

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

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

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 ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ὡδὴ θ'. Καταβασία. Ἦχος δ'.

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι λαμπαδουχούμενος, πανηγυρίζετω δέ, αὐτῶν Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυμάσια τῆς Θεομήτορος, καὶ βοάτω· Χαίροις παμμακάριστε, Θεοτόκε Ἀγνή ἀειπάρθενε.

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 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.)

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]

Ode ix. Katavasia. Mode 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * and all you the heavenly angelic orders, join in and celebrate; * and honoring the sacred wonders of the Mother of God, * sing the joyful salutation, "O rejoice, * Theotokos, all-blest, ever-virgin pure!" [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 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.)

ΧΟΡΟΣ

Ἦχος β'.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίζ)

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. Ὑψοῦτε
Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ
ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου ---

Ἐξαποστειλάριον.

Τὸ Α' Ἐωθινόν.

Ἦχος β'. Αὐτόμελον.

Τοῖς Μαθηταῖς συνέλθωμεν, ἐν ὄρει
Γαλιλαίας, πίστει Χριστὸν θεάσασθαι,
λέγοντα ἐξουσίαν, λαβεῖν τῶν ἄνω καὶ
κάτω, μάθωμεν πῶς διδάσκει, βαπτίζειν
εἰς τὸ ὄνομα τοῦ Πατρὸς, ἔθνη πάντα,
καὶ τοῦ Υἱοῦ, καὶ ἁγίου Πνεύματος, καὶ
συνεῖναι, τοῖς Μύσταις ὡς ὑπέσχετο, ἕως
τῆς συντελείας.

Τοῦ Ὁσίου.

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος β'. Γυναῖκες ἀκουτίσθητε.

Τοῦ κόσμου τὴν εὐπάθειαν, ὡς
μοχθηρὰν ἐξέκλινας, καὶ ἀτροφία τὴν
σάρκα, μαράνας ἀνεκαίνισας, ψυχῆς τὸν
τόνον Ὅσιε, καὶ δόξαν κατεπλούτησας,
οὐράνιον ἀοίδιμε· διὸ μὴ παύση πρεσβεύων
ὑπὲρ ἡμῶν Ἰωάννη.

Θεοτοκίον.

Ἦχος β'. Γυναῖκες ἀκουτίσθητε.

Κυρίως Θεοτόκον σε, ὁμολογοῦμεν
Δέσποινα, οἱ διὰ σοῦ σεσωσμένοι· καὶ γὰρ
Θεὸν ἐκύησας, ἀπορρήτως τὸν λύσαντα,
διὰ Σταυροῦ τὸν θάνατον, πρὸς ἑαυτὸν

CHOIR

Mode 2.

Holy is the Lord our God. (2) [SAAS]

Holy is the Lord our God. Exalt the Lord
our God, and worship at the footstool of His
feet.

For He is holy.

From Octoechos ---

Exaposteilarion.

The First Eothinon.

Mode 2. Automelon.

On the mountain in Galilee * let us
join the Disciples, * so that by faith we see
and hear * Christ say that He was given *
authority both in heaven * and on earth, and
His teaching * on how to baptize nations all,
* in the name of the Father and of the Son *
and the Holy Spirit, and how He always * is
with His Mystics, to the end * of the age, as
He promised. [SD]

For the Devout Man.

Exaposteilarion. From the Triodion.

From Triodion ---

Mode 2. O Women, hearken.

You spurned the comforts of the world
* as being sources of distress. * The flesh
you withered by fasting, * Devout one, thus
renewing * the vim and vigor of the soul. *
O father ever-mem'able. * And you became
exceeding rich * in heavenly glory. Therefore *
cease not for us interceding. [SD]

Theotokion.

Mode 2. O Women, hearken.

O Lady, we confess that you * are
Theotokos lit'rally. * Through you we have
our salvation, * for you ineffably gave birth *
to God who neutralized the force * of death
by being crucified. * Thus He attracted to

δ' ἔλκύσαντα, Ὅσιων δῆμους, μεθ' ὧν σε,
ἀνευφημοῦμεν Παρθένε.

Οἱ Αἱνοί. Ἦχος δ'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ
Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ
πρέπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν
πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ
ὔδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ
ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς
ἐνετείλατο, καὶ ἐκτίσθησαν.

Ἔστησεν 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,
λαῶ ἐγγίζοντι αὐτῷ.

himself * the companies of devout monks, *
with whom we laud you, O Virgin. [SD]

Lauds. Mode 4.

Let everything that breathes praise the
Lord. Praise the Lord from the heavens, praise
Him in the highest. It is fitting to sing a hymn
to You, O God. [SAAS]

Praise Him, all you His angels; praise
Him, all you His hosts. It is fitting to sing a
hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you
stars and light.

Praise Him, you heavens of heavens, and you
waters above the heavens. Let them praise the Lord's
name.

For He spoke, and they were made; He
commanded, and they were created.

He established them forever and unto ages of
ages; He set forth His ordinance, and it shall not pass
away.

Praise the Lord from the earth, you dragons and
all the deeps.

Fire and hail, snow and ice, stormy wind, which
perform His word.

Mountains and all the hills, fruitful trees and all
cedars.

Wild animals and all cattle, creeping things and
flying birds.

Kings of the earth and all peoples, princes and all
judges of the earth.

Young men and maidens, elders with younger,
let them praise the Lord's name, for His name alone is
exalted.

His thanksgiving is in earth and heaven. And He
shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel,
a people who draw near to Him.

Ἀσατε τῷ Κυρίῳ ἄσμα 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.

Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται
ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ
ὀρμφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς
ἐν τοῖς λαοῖς.

Τοῦ δεῖξαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ
τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Ὁκτωήχου ---

Στιχηρὰ Ἀναστάσιμα.

Στιχηρὸν Α'. Ἦχος δ'.

Τοῦ ποιῆσαι ἐν αὐτοῖς κρίμα ἐγγραπτον·
δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Ὁ σταυρὸν ὑπομείνας καὶ θάνατον,
καὶ ἀναστὰς ἐκ τῶν νεκρῶν, παντοδύναμε
Κύριε, δοξάζομέν σου τὴν Ἀνάστασιν.

Στιχηρὸν Β'. Ἦχος δ'.

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως
αὐτοῦ.

Ἐν τῷ σταυρῷ σου Χριστέ, τῆς ἀρχαίας
κατάρας ἡλευθέρωσας ἡμᾶς, καὶ ἐν
τῷ θανάτῳ σου, τὸν τὴν φύσιν ἡμῶν
τυραννήσαντα, διάβολον κατήργησας,
ἐν δὲ τῇ Ἐγέρσει σου, χαρᾶς τὰ πάντα
ἐπλήρωσας· διὸ βοῶμέν σοι, ὁ ἀναστὰς ἐκ
τῶν νεκρῶν, Κύριε δόξα σοι.

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.

From Octoechos ---

Resurrectional Stichera.

Sticheron 1. Mode 4.

To fulfill among them the written judgment:
this glory have all His holy ones. [SAAS]

You endured crucifixion and death,
O Lord, and resurrected from the dead. O
Almighty One, we glorify Your resurrection.

[SD]

Sticheron 2. Mode 4.

Praise God in His saints; praise Him in the
firmament of His power. [SAAS]

O Christ, by means of Your Cross, You
have set us free from the ancient curse; and by
means of Your death, You have neutralized
the devil who tyrannized our nature; and by
Your rising, You filled all things with joy.
Therefore we shout to You, who rose from the
dead, "Glory to You, O Lord." [SD]

Στιχηρὸν Γ'. Ἦχος δ'.

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Τῷ σῷ Σταυρῷ Χριστὲ Σωτήρ, ὁδήγησον ἡμᾶς ἐπὶ τὴν ἀλήθειάν σου, καὶ ῥῦσαι ἡμᾶς, τῶν παγίδων τοῦ ἐχθροῦ, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, ἀνάστησον ἡμᾶς πεσόντας τῇ ἁμαρτίᾳ, ἐκτείνας τὴν χειρὰ σου, φιλάνθρωπε Κύριε, τῇ πρεσβείᾳ τῶν Ἁγίων σου.

Στιχηρὸν Δ'. Ἦχος δ'.

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Τῶν πατρικῶν σου κόλπων, μὴ χωρισθεῖς μονογενὲς Λόγε τοῦ Θεοῦ, ἦλθες ἐπὶ γῆς διὰ φιλάνθρωπίαν, ἄνθρωπος γενόμενος ἀτρέπτως, καὶ Σταυρὸν καὶ θάνατον ὑπέμεινας σαρκί, ὁ ἀπαθὴς τῇ Θεότητι, ἀναστὰς δὲ ἐκ νεκρῶν ἀθανασίαν παρέσχες τῷ γένει τῶν ἀνθρώπων, ὡς μόνος παντοδύναμος.

Στιχηρά. Τοῦ Ὁσίου.

Τοῦ Τριωδίου - -

Ἦχος πλ. δ'. Ὡ τοῦ παραδόξου.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Πάτερ Ἰωάννη Ὅσιε, διαπαντὸς ἀληθῶς, τοῦ Θεοῦ ἐν τῷ λάρυγγι, τὰς ὑψώσεις ἔφερες, μελετῶν πρακτικώτατα, τὰ θεόπνευστα, λόγια πάνσοφε, καὶ τὴν ἐκεῖθεν, ἀναπηγάζουσιν, χάριν ἐπλούτησας, γεγονῶς μακάριος, τῶν ἀσεβῶν, πάντων τὰ βουλεύματα, καταστρεψάμενος.

Sticheron 3. Mode 4.

Praise Him for His mighty acts; praise Him according to the abundance of His greatness. [SAAS]

By means of Your Cross, O Lord, direct us to Your truth, O Christ our Savior; and deliver us from the snares of the foe. You who rose from the dead, raise us who are fallen because of sin, extending Your hand, O Lord who loves humanity, at the intercession of Your holy ones. [SD]

Sticheron 4. Mode 4.

Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS]

Only-begotten Logos of God, while departing not from the Father's bosom, You came to earth for love of humanity, immutably becoming human; and You physically endured the Cross and death, although impassible in divinity. Having risen from the dead, You granted the human race immortality, as the only almighty One. [SD]

Stichera. For the Devout Man.

From Triodion - -

Mode pl. 4. What a paradoxal.

Praise Him with timbrel and dance; praise Him with strings and flute. [SAAS]

Holy father John, as one devout, * the exaltations of God * were at all times the property * of your throat in very truth, * as you studied and practiced well * the God-inspired sayings, as one all wise. * You were enriched in your soul by the divine * grace welling up from them. * And becoming blessed you fully destroyed * the malicious purposes * of all impious men. [SD]

Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις,
αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ.
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Πάτερ Ἰωάννη Ὅσιε, διαπαντὸς
ἀληθῶς, τοῦ Θεοῦ ἐν τῷ λάρυγγι, τὰς
ὑψώσεις ἔφερες, μελετῶν πρακτικώτατα,
τὰ θεόπνευστα, λόγια πάνσοφε, καὶ
τὴν ἐκείθεν, ἀναπηγάζουσαν, χάριν
ἐπλούτησας, γεγωνῶς μακάριος, τῶν
ἀσεβῶν, πάντων τὰ βουλεύματα,
καταστρεψάμενος.

Στίχ. Μακάριος ἀνὴρ ὁ φοβούμενος
τὸν Κύριον, ἐν ταῖς ἐντολαῖς αὐτοῦ θελήσει
σφόδρα.

Πάτερ Ἰωάννη ἔνδοξε, ταῖς τῶν
δακρῶν πηγαῖς, τὴν ψυχὴν καθαιρόμενος,
καὶ παννύχοις στάσεσι τὸν Θεὸν
ἱλασκόμενος, ἀνεπτέρωθης πρὸς τὴν
ἀγάπησιν τὴν τούτου Μάκαρ, καὶ
ὠραιότητα, ἧς ἐπαξίως νῦν ἀπολαύεις
ἄληκτα, χαρμονικῶς, μετὰ τῶν συνάθλων
σου, θεόφρον Ὅσιε.

Στίχ. Τίμιος ἐναντίον Κυρίου ὁ θάνατος
τοῦ ὁσίου αὐτοῦ.

Πάτερ Ἰωάννη Ὅσιε, ἀναπτέρωσας
τὸν νοῦν, πρὸς Θεὸν διὰ πίστεως, κοσμικῆς
συγχύσεως, ἐβδελύξω τὸ ἄστατον, καὶ
τὸν Σταυρόν σου, ἀναλαβόμενος τῷ
Παντεπόπτη, κατηκολούθησας, σῶμα
δυσήνιον ἀγωγαῖς ἀσκήσεως τῷ λογισμῷ,
σθένει δουλωσάμενος τοῦ θείου Πνεύματος.

*Praise Him with resounding cymbals; praise
Him with triumphant cymbals; let everything that
breathes praise the Lord. [SAAS]*

Holy father John, as one devout, * the
exaltations of God * were at all times the
property * of your throat in very truth, * as
you studied and practiced well * the God-
inspired sayings, as one all wise. * You were
enriched in your soul by the divine * grace
welling up from them. * And becoming
blessed you fully destroyed * the malicious
purposes * of all impious men. [SD]

Verse: *Blessed is the man who fears the Lord;
he will delight exceedingly in His commandments.*
[SAAS]

Holy father John, most glorious, * you
shed a well-spring of tears, * and your soul
thus was purified; * you propitiated God * by
your standing in prayer all night. * Thus given
wings, you ascended to His love * and to His
beauty, all blessed as you are; * which now
you worthily * are enjoying endlessly as you
rejoice * with your fellow athlete-monks, * O
godly-minded Saint. [SD]

Verse: *Precious in the sight of the Lord is the
death of His holy one. [SAAS]*

Holy father John, as one devout, * when
you had lifted your mind * unto God on the
wings of faith * you despised the turbulence *
of the world and its transience. * And on your
shoulders you took up your own Cross * and
followed after the Lord who sees all things. *
Then the unruly flesh * you subordinated to
your pious thought, * through ascetic exercise,
* by the divine Spirit's might. [SD]

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

Ἦχος α'.

Δεῦτε ἐργασώμεθα ἐν τῷ μυστικῷ
ἀμπελῶνι καρπούς μετανοίας, ἐν τούτῳ
ποιούμενοι οὐκ ἐν βρώμασι καὶ πόμασι
κοπιῶντες, ἀλλ' ἐν προσευχαῖς καὶ
νηστείαις τάς ἀρετὰς κατορθοῦντες, τούτοις
ἀρεσκόμενος, ὁ Κύριος τοῦ ἔργου δηνᾶριον
παρέχει δι' οὗ ψυχὰς λυτροῦται, χρέους
ἀμαρτίας, ὁ μόνος πολυέλεος.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Ὑπερευλογημένη ὑπάρχεις, Θεοτόκε
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,
ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται,
ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἡλευθέρωται,
ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς
ἐξωποιοήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως
εὐδοκήσας δόξα σοι.

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δείξαντι τὸ φῶς. 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 αἴρων τὴν ἀμαρτίαν

Glory. **From the Triodion.**

From Triodion - - -

Mode 1.

Come, let us labor in the mystical
vineyard, producing fruits of repentance
within it - not laboring for things that are
eaten or drunk, but by prayer and fasting
attaining the virtues. By such will the Lord of
the labor be pleased, and He will grant them
the denarius, by which He ransoms souls
from the debt of sin, for He alone is greatly
merciful. [GKD]

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin
Theotokos. For through Him who from you
became incarnate was Hades taken prisoner,
and Adam has been summoned back; the
curse has been neutralized, and Eve has
been liberated; death has been put to death,
and we have been brought to life. Therefore
extolling we cry out: O Christ our God, You
are blessed, for so was Your good pleasure.
Glory to You! [SD]

Great Doxology

Glory be to You who showed the light.
Glory in the highest to God. His peace is on
earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship
You, we glorify You, we give thanks to You
for Your great glory.

Lord King, heavenly God, Father, Ruler
over all; Lord, only-begotten Son, Jesus Christ;
and You, O Holy Spirit.

Lord God, Lamb of God, Son of the
Father, who take away the sin of the world,

τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς
ἀμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ
καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ
ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος, σὺ εἶ ὁ μόνος
Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ
Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ
αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς
τὸν αἰῶνα τοῦ αἰῶνος.

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 Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν
γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν
με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ 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.

have mercy on us, You who take away the
sins of the world.

Accept our supplication, You who sit at
the right hand of the Father, and have mercy
on us.

For You alone are holy, You alone are
Lord, Jesus Christ, to the glory of God the
Father. Amen.

Every day I will bless You, and Your
name will I praise to eternity, and to the ages
of ages.

Vouchsafe, O Lord, this day, that we be
kept without sin.

Blessed are You, O Lord, the God of our
fathers, and praised and glorified is Your
name to the ages. Amen.

Let Your mercy be on us, O Lord, as we
have set our hope on You.

Blessed are You, O Lord. Teach me Your
statutes.

Blessed are You, O Lord. Teach me Your
statutes.

Blessed are You, O Lord. Teach me Your
statutes.

Lord, You have been our refuge from
generation to generation. I said: Lord, have
mercy on me. Heal my soul, for I have sinned
against You.

Lord, I have fled to You. 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.

Παράτεινον τὸ ἔλεός σου τοῖς
γινώσκουσί σε.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς.

*Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν
Τροπάριον Ἀναστάσιμον.*

Ἦχος δ'. (ἡ τῆς ἑβδομάδος.)

Σήμερον σωτηρία τῷ κόσμῳ γέγονεν.
Ἄισωμεν τῷ ἀναστάντι ἐκ τάφου καὶ
ἀρχηγῷ τῆς ζωῆς ἡμῶν· καθελὼν γὰρ τῷ
θανάτῳ τὸν θάνατον, τὸ νίκος ἔδωκεν ἡμῖν,
καὶ τὸ μέγα ἔλεος.

Continue Your mercy to those who know
You.

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.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal,
have mercy on us.

*After the Doxology, sing the following Resurrectional
Troparion.*

Mode 4. (or the Mode of the week)

Today has salvation come to pass in the
world. Let us sing to Him who resurrected
from the tomb and is the Author of our life.
For, destroying death by death, He gave us
the victory and the great mercy. [SD]