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The Service of Matins

for Friday, April 5, 2019

**Triodion - Mode 3.
on Friday Morning**

**Triodion - On Friday of the Fourth Week
at Matins**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Τῇ Παρασκευῇ Δ' Ἑβδομάδος εἰς τὸν Ὅρθρον.

Ἦχος γ'. Τῇ Παρασκευῇ Πρωΐ

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος γ'.

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 ἀπαιδευτον, 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 γ'.

Πατέρα ἀναρχον, Υἱὸν συνάναρχον, Πνεῦμα συναῖδιον, Θεότητα μίαν χειρουβικῶς δοξολογεῖν τολμῶντες λέγομεν· Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Δυνάμει τοῦ Σταυροῦ σου σῶσον ἡμᾶς.

Δόξα.

Τριάς ὁμοούσιε καὶ ἀδιαίρετε, Μονὰς τρισυπόστατε καὶ συναῖδιε, σοὶ ὡς Θεῷ τῶν Ἀγγέλων τὸν ὕμνον κραυγάζομεν· Ἅγιος,

Triodion

On Friday of the Fourth Week at Matins

Mode 3. On Friday Morning

MATINS

CHOIR

Mode 3.

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 3.

Daring to glorify the unoriginate Father, the co-unoriginate Son, and the co-eternal Spirit, the one Godhead, we utter in the manner of the Cherubim: Holy, holy, holy are You, our God. By the power of Your Cross save us. [SD]

Glory.

O Trinity, consubstantial and undivided, O Unity, with three hypostases and co-eternal, to You as God we shout the hymn of the

Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις
τῶν Ἀγίων σῶσον ἡμᾶς.

Καὶ νῦν.

Ἀθρόον ὁ Κριτὴς ἐπελεύσεται, καὶ
ἐκάστου αἱ πράξεις γυμνωθήσονται· ἀλλὰ
φόβῳ κρᾶζομεν ἐν τῷ μέσῳ τῆς νυκτός·
Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Διὰ τῆς
Θεοτόκου ἐλέησον ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 13. Καὶ ἐνθὺς, ἄνευ μικρᾶς
Συναπτῆς·*

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Κάθισμα Α'. Σταυρώσιμα.

Ἦχος γ'. Τὴν ωραιότητα.

Σταυρὸν καὶ θάνατον, παθεῖν ἐλόμενος,
μέσον τῆς κτίσεως, ταῦτα ὑπέμεινας,
ὅτε ἠυδόκησας Σωτὴρ, τὸ σῶμά σου
προσηλῶσαι, τότε καὶ ὁ ἥλιος, τὰς ἀκτῖνας
ἀπέκρυψε, τότε καὶ Ληστής ἰδὼν, ἐν Σταυρῷ
σε ἀνύμνησε, βοῶν σοι εὐλαβῶς· Μνήσθητί
μου, καὶ ἔλαβε πιστεύσας τὸν Παράδεισον.

Στίχ. Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ
προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ,
ὅτι ἅγιός ἐστι.

Ἦχος γ'.

Ἐν κυπαρίσσω καὶ πεύκῃ καὶ κέδρῳ,
ὑψώθης ὁ Ἀμνὸς τοῦ Θεοῦ, ἵνα σώσης τοὺς
ἐν πίστει προσκυνοῦντας, τὴν ἐκούσιόν σου
Σταύρωσιν. Χριστὲ ὁ Θεός, δόξα σοι.

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

Both now.

The Judge will arrive suddenly, and the
actions of each of us will be laid bare. So, with
fear, let us cry out in middle of the night:
Holy, holy, holy are You, our God. Through
the Theotokos have mercy on us. [SD]

*The appointed Kathisma of the Psalter may be read,
i.e. Kathisma 13. There is no litany, but immediately the
following:*

From Triodion ---

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode 3. N/M (Seeing how beautiful.)

Choosing to suffer crucifixion and
death, in the midst of the created world, you
endured these when You, O Savior, were
well pleased to have Your body nailed to
the Cross. Then the sun hid its rays; then the
Robber, seeing You on the Cross, extolled
You, and reverently cried out, "Remember
me!" And he believed and received Paradise.

[SD]

Verse: Exalt the Lord our God, and worship
at the footstool of His feet. [SAAS]

Mode 3.

O Lamb of God, you were lifted up onto
a cross, made of cypress, pine and cedar, in
order to save us, who in faith reverence Your
voluntary crucifixion. O Christ our God, glory
to You! [SD]

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος γ'. Τὴν ὠραιότητα.

Τὸν ἐπονείδιστον, Οἰκτίρμον θάνατον,
διὰ σταυρώσεως, ἐκὼν ὑπέμεινας· ὃν ἡ
τεκοῦσά σε Χριστέ, ὁρῶσα ἐπιτρώσκετο· ἥς
ταῖς παρακλήσεσι, διὰ σπλάγχνα ἐλέους
σου, μόνε ὑπεράγαθε, καὶ φιλάνθρωπε
Κύριε, οἰκτείρησον καὶ σῶσον τὸν Κόσμον, ὁ
αἴρων τὴν τούτου ἁμαρτίαν.

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 20. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Glory. Both now. **Stavrotheotokion.**

Mode 3. Seeing how beautiful.

O tender-loving Lord, willingly You
endured * a very painful death by being
crucified. * And as Your Mother witnessed
it, O Christ, she was pricked in the heart. *
At her earnest prayers for us, * O benevolent
and humane * Master in Your tender love * and
compassion take pity on us, * and save the
world, O merciful Savior * who takes away
the sin of the world. [SD]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 20. 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 δ'. Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Τῆς ἐγκρατείας τὸν καιρὸν ἀγιάζων,
ὁ πανσεβάσμιος Σταυρὸς καθορᾶται,
ὄν προσκυνοῦντες σήμερον βοήσωμεν·
Δέσποτα φιλάνθρωπε, τῇ αὐτοῦ συμμαχίᾳ,
δίδου διελθεῖν ἡμᾶς, τὸ λοιπὸν τῆς
Νηστείας, ἐν κατανύξει καὶ τὰ ζωηρά,
βλέψαι σου Πάθη, δι' ὧν ἐλυτρώθημεν.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος δ'. Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Τὸν ἐξ ἀνάρχου τοῦ Πατρὸς
γεννηθέντα, ἡ ἐπ' ἐσχάτων σε Χριστὲ
τετοκυῖα, ἐπὶ Σταυροῦ κρεμάμενον
ἠλάλαζεν· Οἶμοι ποθεινότετε Ἰησοῦ!
ἀνεβόα, πῶς ὁ δοξαζόμενος, ὡς Θεὸς ὑπ'
Ἀγγέλων, ὑπὸ ἀνόμων νῦν βροτῶν Υἱέ,
θέλων σταυροῦσαι; Ὑμνῶ σε Μακρόθυμε.

*Ἀνάγνωσις Καθίσματος τοῦ Ψαλτηρίου οὐ
γίνεται.*

ΙΕΡΕΥΣ

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.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode 4.

Sanctifying the season of abstinence, the
precious Cross stands here before us. As we
venerate it today, let us cry aloud: O Master
who lovest mankind, with its aid grant us in
compunction to pass through the remainder
of the Fast, and so to behold Thy lifegiving
Passion through which we are redeemed. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 4.

O Christ, begotten from the Father
without beginning, when the Mother who
bore Thee in the last days saw Thee hanging
on the Cross, she cried out lamenting: 'Woe
is me, my well-beloved Jesus! O my Son,
glorified as God by the angels, how art Thou
crucified now of Thine own will by lawless
men? I sing Thy praises, O longsuffering
Lord.' [KW]

*There is no reading of an additional Kathisma from the
Psalter.*

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.)

Ὅτι ἡὐλόγηταί 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.*)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Γ'. Τοῦ Τριωδίου.

Ἦχος δ'. Ταχὺ προκατάλαβε.

Τὸ φῶς τῶν ψυχῶν ἡμῶν, νῦν
καθορῶντες Χριστέ, Σταυρόν σου τὸν
ἄχραντον, καὶ προσκυνοῦντες χαρᾷ,
φαιδρῶς ἐκβοήσωμεν· Δόξα σοι ὁ ἐν
τούτῳ, ὑψωθῆναι θελήσας, δόξα σοι ὁ
φωτίσας, δι' αὐτοῦ πᾶσαν Κτίσιν, ἐν ᾧ σε
ἀκαταπαύστως, ὕμνοις δοξάζομεν.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος δ'. Ταχὺ προκατάλαβε.

Σταυρῷ σε ὑψούμενον, ὡς ἐθεάσατο, ἡ
ἄνυμφος Μήτηρ σου, Λόγε Θεοῦ μητρικῶς
θρηνοῦσα ἐφθέγγετο· Τί τὸ καινὸν καὶ
ξένον, τοῦτο Υἱέ μου θαῦμα; πῶς ἡ ζωὴ
τῶν ὅλων ὁμιλεῖς τῷ θανάτῳ; ζῶσαι τοὺς
τεθνεῶτας, θέλων ὡς εὐσπλαγχνος.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (*ἐκ γ'*)

Δόξα· καὶ νῦν.

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν
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

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 4.

Beholding now the light of our souls, Thy
holy Cross, O Christ, joyfully we venerate it
and with gladness cry aloud: Glory be to Thee
whose will it was to be raised upon the Cross;
glory be to Thee who by the Cross hast given
light to all creation. Through the Cross we
glorify Thee in never-ceasing hymns. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 4.

When the Virgin Mother saw Thee raised
upon the Cross, O Word of God, with a
mother's grief she cried: 'What is this new and
strange wonder, O my Son? How canst Thou
suffer death, O Life of all? It is because in Thy
compassion Thou dost will to bring the dead
to life.' [KW]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalms 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

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 ὕσσῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται 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 ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἄσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, 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 ἅν· 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.

ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι

justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

PRIEST

O God, save your people and bless your inheritance. Look upon your world

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
 Ναοῦ)**· τῶν ἁγίων καὶ δικαίων Θεοπατόρων
 Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν
 Ἁγίων. Ἰκετεύομέν σε, μόνη 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

with mercy and compassion. Raise the
 Orthodox Christians in glory, and send
 down upon us your rich mercies, through
 the intercessions of our most pure Lady
 the Theotokos and ever-Virgin Mary, the
 power of the precious and life giving Cross,
 the protection of the honorable, bodiless
 Powers of heaven, the supplications of
 the honorable and glorious prophet, and
 forerunner John the Baptist, the holy, glorious,
 and praiseworthy Apostles, our Fathers
 among the Saints, the great hierarchs and
 ecumenical teachers, Basil the Great, Gregory
 the Theologian and John Chrysostom,
 Athanasios, Cyril, and John the Merciful,
 patriarchs of Alexandria; Nicholas, bishop
 of Myra, Spyridon, bishop of Trimythous,
 Nektarios of Pentapolis, the wonder-workers;
 the holy, glorious great Martyrs George
 the Victorious, Demetrios the Myrobletes,
 Theodore the Teron, and Theodore the
 General, Menas the Wonderworker, the
 Hieromartyrs Haralambos and Eleftherios;
 the holy, glorious, and victorious martyrs;
 the glorious great Martyr and all-laudable
 Euphemia; the holy and glorious Martyrs
 Thecla, Barbara, Anastasia, Katherine,
 Kyriake, Fotene, Marina, Paraskeve and Irene;
 of our holy God-bearing Fathers; **(local patron
 saint)**; the holy and righteous ancestors of
 God Joachim and Anna, and of all your Saints.
 We beseech you, only merciful Lord, hear us
 sinners who pray to you and have mercy on
 us.

CHOIR

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

PRIEST

Through the mercy, compassion, and love
 of mankind of your only-begotten Son, with
 whom you are blessed, together with your

καὶ ζωοποιῶ σου Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ α'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ δεδόξασται.

Ἀρματηλάτην Φαραὼ ἐβύθισε,
τερατουργοῦσα ποτέ, Μωσαϊκὴ ῥάβδος,
σταυροτύπως πλήξασα, καὶ διελοῦσα
θάλασσαν· Ἰσραὴλ δὲ φυγάδα, πεζὸν ὁδίτην
διέσωσεν, ἄσμα τῷ Θεῷ ἀναμέλποντα.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Τὸν τοῦ Κυρίου προσελθόντες σήμερον,
Σταυρὸν νοῖ καθαρῶ, καὶ εὐσεβεῖ γνώμη,
δεῦτε προσκυνήσωμεν· πρόκειται γὰρ
δωρούμενος, τοῖς αὐτὸν προσκυνοῦσιν,
ἀγιασμόν τε σωτήριον, ἔλλαμψιν καὶ δόξαν
καὶ ἔλεος.

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

Ὁ ζωοδότης Σταυρὸς προκείμενος,
καὶ καθορώμενος, φωτοειδῇ αἴγλην,
ἀποπέμπει χάριτος, προσέλθωμεν καὶ
λάβωμεν, φωτισμὸν εὐφροσύνης, καὶ
σωτηρίαν καὶ ἄφεσιν αἵνεσιν Κυρίῳ
προσάγοντες.

all-holy, good and life-giving Spirit, now and
forever and to the ages of ages.

(Amen.)

From Triodion ---

CHOIR

Canon 1 from the Triodion.

Ode i. Mode pl. 4. Heirmos.

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

The rod of Moses working wonders once
submerged Phar'onic charioteers * when it
smote the waters * in the figure of a cross
* and thereby split the sea in two; * while
it rescued on dry land * wayfaring fugitive
Israel, * which to God resoundingly sang a
song. [SD]

Troparia.

[All-holy] Cross of Christ, guard us by your
power.

Come, today let us venerate the Cross of
the Lord, approaching with pure minds and
reverence. For it lies before us, and on those
who show it honour it bestows hallowing and
salvation, light and glory and mercy. [KW]

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

The lifegiving Cross lies before us, and
from it shines the radiance of grace. Let us
approach and receive salvation, forgiveness
and the illumination of joy, as we offer praise
unto the Lord. [KW]

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

Πρόκειται ξένον τοῖς ὁρῶσι θέαμα,
Σταυρὸς ὁ τίμιος, καὶ ὡς πηγὴ βρῦει, ψυχικὰ
χαρίσματα, καὶ παύει ἁμαρτήματα, καὶ
νοσήματα, λύει, καὶ τὰ φρονήματα ῥώννυσι,
τῶν εἰλικρινῶς προσιόντων αὐτῷ.

Δόξα.

Ῥάβδος ἐτύπου τοῦ Σταυροῦ τὸ
τρόπαιον, θάλασσαν τέμνουσα, δι' οὗ ἡμεῖς
πίστει, ἀποντίστως πλέομεν, τοῦ βίου
ὑδωρ ἄστατον, καὶ τὰ ῥεύματα πάντα, τῆς
ἁμαρτίας ἐκφεύγομεν, καὶ θείας γαλήνης
πληρούμεθα.

Καὶ νῦν. **Σταυροθεοτοκίον.**

Ὅτε σε Τέκνον ἀπορρήτως ἔτεκον,
ᾧδῖνας ἔφυγον· καὶ πῶς νυνὶ ὅλη, ὀδυνῶν
πεπλήρωμαι; Ὅρῳ γάρ σε κρεμάμενον,
ὡς κακοῦργον τῷ ξύλῳ, τὸν γῆν ἀσχέτως
κρεμάσαντα, ἔλεγεν ἡ Πάναγνος κλαίουσα.

Ὡιδὴ γ'.

Κανὼν Α' τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ὡιδὴ γ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

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

Ὁ στερεώσας κατ' ἀρχάς, τοὺς οὐρανοὺς
ἐν συνέσει, καὶ τὴν γῆν ἐπὶ ὑδάτων
ἐδράσας, ἐν τῇ πέτρᾳ με Χριστέ, τῶν
ἐντολῶν σου στήριξον, ὅτι οὐκ ἔστι πλήν
σου, ἅγιος μόνε Φιλάνθρωπε.

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

A strange and marvellous sight is here before our eyes, the precious Cross. As a fountain it flows with gifts of grace for our soul; it causes sin to cease, destroys disease, and gives strength to the minds of those who approach it with sincerity. [KW]

Glory.

The rod of Moses which parted the sea prefigures the ensign of the Cross. Setting our faith in the Cross, we sail without drowning through the troubled sea of life; we escape from all the currents of sin and attain the calm and peace of God. [KW]

Both now. **Stavrotheotokion.**

'When mysteriously I bore Thee, O my Son, I felt no pains of childbirth. How is it, then, that I am now entirely overwhelmed by pain?' said the Holy Virgin weeping. 'Thou hast hung the earth without support upon the waters, yet now I see Thee hanging as a malefactor on the Cross.' [KW]

Ode iii.

Canon 1 from the Triodion.

From Triodion ---

Ode iii. Mode pl. 4. Heirmos.

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

In the beginning You confirmed * with understanding the heavens, * while establishing the earth on the waters. * Stand me firmly on the rock * of Your commandments, O my Christ. * Besides You none is holy, * and only You love humanity.

[SD]

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Σταυρὸς ἀπάντων τῶν καλῶν,
παρεκτικὸς καθορᾶται, προσκυνούμενος,
καὶ πᾶσα ἡ Κτίσις, ἐορτάζει ἐν χαρᾷ,
φωτιζομένη χάριτι, τοῦ ἐν αὐτῷ βουλήσει,
ἀνυψωθέντος Θεοῦ ἡμῶν.

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

Σταυρὸς ἀπάντων τῶν καλῶν,
παρεκτικὸς καθορᾶται, προσκυνούμενος,
καὶ πᾶσα ἡ Κτίσις, ἐορτάζει ἐν χαρᾷ,
φωτιζομένη χάριτι, τοῦ ἐν αὐτῷ βουλήσει,
ἀνυψωθέντος Θεοῦ ἡμῶν.

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

Καταυγαζόμενοι φωτί, τῶν τοῦ
Σταυροῦ λαμπηδόνων, μεσασμῶ τῆς
ἱερᾶς ἐγκρατείας, σκοτασμὸν ἁμαρτιῶν,
ἐκφύγωμεν καὶ κράξωμεν· Ὁ φωτισμὸς τῶν
ὅλων, εὐσπλαγχνε Κύριε δόξα σοι.

Δόξα.

Ὑμνολογοῦμέν σε Σταυρέ, καὶ
προσπτυσσόμεθα πίστει, ἐξαιτούμενοι
τῇ σῇ δυναστείᾳ, ἐξελοῦ ἡμᾶς ἐχθροῦ,
παγίδων καὶ κυβέρνησον, πάντας ἡμᾶς
πρὸς ὄρμον, τῆς σωτηρίας τιμῶντάς σε.

Καὶ νῦν. **Σταυροθεοτοκίον.**

Νενεκρωμένην τὴν ζωὴν, ἐπὶ Σταυροῦ
θεωροῦσα, καὶ μὴ φέρουσα τῶν σπλάγχχνων
τὸν πόνον, ἐδονεῖτο ἡ σεμνή, Παρθένος
ἀνακράζουσα· Οἶμοι Υἱέ μου, τί σοι, δῆμος
ἀνόμων ἀπέδωκεν!

Troparia.

[All-holy] Cross of Christ, guard us by your
power.

Source of all blessings, the Cross is set
before us for our veneration; and the whole
creation keeps feast in joy, illumined by the
grace of our God who by His own free choice
was lifted high upon it. [KW]

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

Source of all blessings, the Cross is set
before us for our veneration; and the whole
creation keeps feast in joy, illumined by the
grace of our God who by His own free choice
was lifted high upon it. [KW]

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

At the middle point in the season of
holy abstinence, illumined by the light of
the Cross let us flee from the darkness of sin
and let us cry: Enlightenment of all things, O
compassionate Lord, glory to Thee. [KW]

Glory.

We sing thy praises, O Cross, and we
venerate thee with faith as we pray: By thy
power deliver us who honour thee from the
snares of the enemy, and guide us all to the
haven of salvation. [KW]

Both now. **Stavrotheotokion.**

The holy Virgin saw the Life dead upon
the Cross; and, unable to endure the anguish
in her heart, she cried out in deep distress:
'Woe is me, my Son! What is this reward that
lawless men have given Thee?' [KW]

Ὁ Εἰμός. Ἦχος πλ. δ'.

Ὁ στερεώσας κατ' ἀρχάς, τοὺς οὐρανοὺς
ἐν συνέσει, καὶ τὴν γῆν ἐπὶ ὑδάτων
ἐδράσας, ἐν τῇ πέτρᾳ με Χριστέ, τῶν
ἐντολῶν σου στήριξον, ὅτι οὐκ ἔστι πλήν
σου, ἅγιος μόνε Φιλάνθρωπε.

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 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.)

Τοῦ Τριωδίου - - -

ΧΟΡΟΣ

**Κάθισμα.
Ἦχος πλ. β'.**

Μόνον ἐπάγη τὸ ξύλον Χριστὲ τοῦ
Σταυροῦ σου, τὰ θεμέλια ἐσαλεύθη τοῦ
θανάτου Κύριε· ὃν γὰρ κατέπτε πόθῳ ὁ
Ἄιδης, ἀπέλυσσε τρόμῳ, ἔδειξας ἡμῖν τὸ
σωτήριόν σου Ἄγιε, καὶ δοξολογοῦμέν σε
Υἱὲ Θεοῦ. Ἐλέησον ἡμᾶς.

Heirmos. Mode pl. 4.

In the beginning You confirmed *
with understanding the heavens, * while
establishing the earth on the waters. *
Stand me firmly on the rock * of Your
commandments, O my Christ. * Besides You
none is holy, * and only You love humanity.

[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.)

From Triodion - - -

CHOIR

**Kathisma.
Mode pl. 2.**

No sooner had the wood of Thy Cross
been set up, O Christ our Lord, than the
foundations of death were shaken. Hell
swallowed Thee eagerly, but it let Thee go
with trembling. Thou hast shown us Thy

Δόξα. **Τὸ αὐτό.**

Καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος πλ. β'.

Σήμερον τὸ προφητικὸν πεπλήρωται
λόγιον· ἰδοὺ γὰρ προσκυνοῦμεν εἰς
τὸν τόπον, οὗ ἔστησαν οἱ πόδες σου
Κύριε, καὶ Ξύλου σωτηρίας γευσάμενοι,
τῶν ἐξ ἁμαρτίας παθῶν ἐλευθερίας
ἐτύχομεν, πρεσβείαις τῆς Θεοτόκου, μόνε
φιλάνθρωπε.

ᾠδὴ δ'.

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

ᾠδὴ δ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Δόξα τῇ δυνάμει σου, Κύριε.

Σύ μου ἰσχύς, Κύριε· σύ μου καὶ
δύναμις· σὺ Θεός μου· σύ μου ἀγαλλίαμα,
ὁ πατρικὸς κόλπος μὴ λιπών, καὶ τὴν
ἡμετέραν, πτωχείαν ἐπισκεψάμενος· διὸ
σὺν τῷ προφήτῃ, Ἀββακοῦμ σοὶ κραυγάζω·
Τῇ δυνάμει σου δόξα Φιλάνθρωπε.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Ἡ κραταία, σκέπη τε καὶ ἐπανόρθωσις,
τῶν ἀνθρώπων, τὸ ἀκαταμάχητον, ὅπλον
τῆς πίστεως ὁ Σταυρός, ὁ σωτηριώδης,
ἰδοὺ ὁράται προκείμενος, καὶ πάντων τὰς
καρδίας, τῶν πιστῶς προσιόντων, ἀγιάζει
φωτίζει ἐν χάριτι.

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

Τῷ μεσασμῷ, τῆς ἐγκρατείας
προκείμενος, ἐν τῷ μέσῳ, πάντων

salvation, O Holy One, and we glorify Thee, O
Son of God; have mercy on us. [KW]

Glory. **Repeat.**

Both now. **Stavrotheotokion.**

Mode pl. 2.

Today the words of the Prophet are
fulfilled: for see, we worship at the place
on which Thy feet have stood, O Lord; and,
tasting from the Tree of salvation, we have
been delivered from our sinful passions, at the
intercessions of the Theotokos, O Thou who
alone lovest mankind.

Ode iv.

From Triodion ---

Canon 1 from the Triodion.

Ode iv. Mode pl. 4. Heirmos.

Verse: Glory to Your strength, O Lord.

You are my strength. * You are my power
and might, O Lord. * You, my God, are also
my exultant joy, * Who deigned to visit our
poverty, * without ever leaving the Father's
bosom at any time. * To You, then, do I cry
out with Habakkuk the Prophet: * To Your
power be glory, O Lover of man. [SD]

Troparia.

[All-holy] Cross of Christ, guard us by your
power.

Behold, before us lies the saving Cross,
men's strong protection and their restoration,
unconquerable weapon of the Faith; and it
sanctifies and illumines with grace the hearts
of all who approach in faith. [KW]

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

In the middle of the Fast we see exalted in
our midst the precious Cross, on which Thou

ὑπεράγαθε, Σταυρὸς ὁ τίμιος μέσον γῆς, ἐν
ᾧ ἀνυψώθης, ἐθελουσίως φιλάνθρωπε τὸν
Κόσμον ἀγιάζει, τῇ αὐτοῦ προσκυνήσει, καὶ
διώκει δαιμόνων τὰς φάλαγγας.

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

Ὁ Οὐρανός, καὶ πᾶσα γῆ
συνευφραίνεται, Ἀθλοφόροι, Μάρτυρες,
Ἀπόστολοι, ψυχὰι Δικαίων περιχαρῶς, νῦν
ἀγαλλιώνται, τὸ πάντα σῶζον θεώμενοι,
προκείμενον ἐν μέσῳ, ζωοδώρητον Ἑύλον,
καὶ πιστοὺς ἀγιάζον ἐν χάριτι.

Δόξα.

Νόμους τοὺς σούς, Κύριε ὁ ἀσυνείδητος
μὴ φυλάξας, μέλλω κατακρίνεσθαι, ἡνίκα
ἔρχῃ ἐξ οὐρανοῦ, κρῖναι τῶν ἀνθρώπων,
τὰ ἔργα· ὅθεν κραυγάζω σοι· Δυνάμει
τοῦ Σταυροῦ σου, ἐπιστρέψας με σῶσον
μετανοίας παρέχων μοι δάκρυα.

Καὶ νῦν. **Σταυροθεοτοκίον.**

Παρθενικῆς, Τέκνον ἐκ μήτρας σε
ἔτεκον καὶ ὀρώσα, Ἑύλω σε κρεμάμενον,
ἐξαπορῶ, καὶ οὐ συνορῶ, ὕψος μυστηρίου,
καὶ βάθος πολλῶν κριμάτων σου, ἡ
Πάναγνος ἐβόα, ἣν φωναῖς ἀσιγήτοις, ὡς
Μητέρα Θεοῦ μακαρίζομεν.

Τοῦ Τριωδίου - -

Ὡδὴ ε'.

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ ε'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

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

Ἵνα τί με ἀπώσω, ἀπὸ τοῦ προσώπου
σου τὸ φῶς τὸ ἄδυτον, καὶ ἐκάλυψέ με,
τὸ ἀλλότριο σκότος τὸν δαίμονα· ἀλλ'

wast lifted by Thine own choice in the middle
of the earth, O Lord supreme in goodness
and love. Through its veneration the world
is sanctified and the hosts of demons put to
flight. [KW]

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

Now heaven and all the earth make glad
together; the victorious martyrs, the apostles
and the souls of the righteous are full of
joy. For they see exalted in their midst the
lifegiving Wood, that brings salvation to all
and sanctifies the faithful with grace. [KW]

Glory.

Deaf to my conscience, I have not kept
Thy laws, O Lord, and I shall be condemned
when Thou comest from heaven to judge the
works of men. Therefore I cry to Thee: turn
me back by the power of Thy Cross, save me
and give me tears of repentance. [KW]

Both now. **Stavrotheotokion.**

'From a Virgin womb I bore Thee, O
my Child,' the All-Holy cried aloud, 'and
now I see Thee hanging on the Wood. I am
troubled, and I cannot understand the height
of this mystery and the depths of Thy many
judgements.' With never-silent voices we bless
her as the Mother of God. [KW]

From Triodion - -

Ode v.

Canon 1 from the Triodion.

Ode v. Mode pl. 4. Heirmos.

Verse: O Lord our God, grant us peace.

Why, O Lord, have You cast me * away
from Your countenance, O never-setting
Light, * and this foreign darkness * now

ἐπίστρεψόν με, καὶ πρὸς τὸ φῶς τῶν
ἐντολῶν σου, τὰς ὁδοὺς μου κατεύθυνον
δέομαι.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Αλαλάξατε ἔθνη, ἄσατε καὶ ψάλατε,
φυλαὶ σκιρτήσατε, τῷ Θεῷ τῷ δόντι, τὸν
Σταυρὸν ἀδιάσειστον ἔρεισμα, οἱ τῆς
ἐγκρατείας, νῦν τῷ καιρῷ κατατρυφῶντες,
ἐστιῶντες ψυχὴν καὶ διάνοιαν.

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

Αλαλάξατε ἔθνη, ἄσατε καὶ ψάλατε,
φυλαὶ σκιρτήσατε, τῷ Θεῷ τῷ δόντι, τὸν
Σταυρὸν ἀδιάσειστον ἔρεισμα, οἱ τῆς
ἐγκρατείας, νῦν τῷ καιρῷ κατατρυφῶντες,
ἐστιῶντες ψυχὴν καὶ διάνοιαν.

Στίχ. Δικαιοσύνην μάθετε, οἱ
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Νοερὰὶ στρατιαὶ σε, πᾶσαι περιέπουσι,
Σταυρὲ πανάγιε, καὶ βροτοὶ πηλίνοις,
σοὶ προσψαύοντες χεῖλεσι σήμερον,
ἀπαντλοῦμεν πόθῳ, ἁγιασμὸν καὶ
εὐλογίαν, τὸν ἐν σοὶ προσπαγέοντα
δοξάζοντες.

has covered me, mis'erable that I am? * Do,
I pray, convert me, and to the light of Your
commandments * guide my ways, I entreat
You most fervently. [SD]

Troparia.

[All-holy] Cross of Christ, guard us by your
power.

Cry out with gladness, ye nations; leap for
joy, ye peoples, and sing in praise to God who
has given you the Cross as a strong support
that cannot be shaken; for now during the
season of abstinence we delight in it, keeping
the feast with all our soul and understanding.

[KW]

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

Cry out with gladness, ye nations; leap for
joy, ye peoples, and sing in praise to God who
has given you the Cross as a strong support
that cannot be shaken; for now during the
season of abstinence we delight in it, keeping
the feast with all our soul and understanding.

[KW]

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

All the hosts of heaven attend thee, O
most Holy Cross, and today we mortals
kiss thee with our lips of clay. With love we
receive from thee sanctification and blessing,
and we glorify Him who was crucified upon
thee. [KW]

Στίχ. Κύριε, ὑψηλός σου ὁ βραχίον, καὶ οὐκ ἤδεισαν, γνόντες δέ, αἰσχυνθήτωσαν.

Τῆς ψυχῆς μου τὰ πάθη, ἴασαι
τὰ χρόνια, εὐσπλαγχνε Κύριε, καὶ
προσκυνητὴν με, τῶν ἀγίων Παθῶν σου
ἀξίωσον, τῆς νηστείας χρόνῳ, βελτιωθέντα
ἀναδείξαι, καὶ κακῶν ἀποσχεῖν ὑπεράγαθε.

Στίχ. Ζῆλος λήψεται λαὸν ἀπαίδεντον,
καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Σταυροθεοτοκίον.

Ἐν Σταυρῷ καθορῶσα, τὸν δι'
ἀγαθότητα, ἐκ σοῦ Πανάμωμε, ὑπὲρ νοῦν
τεχθέντα, ἐτιτρώσκου τὰ σπλάγχνα, καὶ
ἔλεγες· Οἴμοι θεῖον Τέκνον! πῶς ὑπὲρ
πάντων ὀδυνᾶσαι; Προσκυνῶ σου τὸ
εὐσπλαγχνον Κύριε.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Πέμπτης Ὠδῆς.

Κύριε, ὁ Θεὸς ἡμῶν, εἰρήνην δὸς ἡμῖν·
πάντα γὰρ ἀπέδωκας ἡμῖν.

Κύριε, ὁ Θεὸς ἡμῶν, κτῆσαι ἡμᾶς, Κύριε,
ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομα σου
ὀνομάζομεν.

Οἱ δὲ νεκροὶ ζῶν οὐ μὴ ἴδωσιν, οὐδὲ
ἰατροὶ οὐ μὴ ἀναστήσουσι, διὰ τοῦτο
ἐπήγαγες καὶ ἀπώλεσας, καὶ ἦρας πᾶν
ἄρσεν αὐτῶν.

Διὰ τὸν φόβον σου, Κύριε, ἐν γαστρὶ
ἐλάβομεν, καὶ ὠδινήσαμεν, καὶ ἐτέκομεν
πνεῦμα σωτηρίας, ὃ ἐποιήσαμεν ἐπὶ τῆς
γῆς.

(ἐμμελῶς)

Verse: O Lord, Your arm is exalted, but they
did not know it. But when they know it, they shall
be ashamed. [SAAS]

O merciful Lord, heal the long-continuing
passions of my soul, and count me worthy to
worship at Thy Holy Passion. Make me better
through this time of fasting, and in Thy great
love give me the strength to refrain from evil.

[KW]

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

Stavrotheotokion.

Seeing on the Cross Him who out
of love was born from thee in ways past
understanding, O all-blameless Virgin, thou
wast wounded in thine heart and thou hast
cried: 'Woe is me, my divine Child! How dost
Thou suffer for the sake of all? I venerate Thy
compassion, O Lord.' [KW]

(read)

Intermediate Verses of Ode Five.

O Lord our God, grant us peace, for You
render everything to us. [SAAS]

O Lord our God, possess us; O Lord, we
know no other besides You; we name Your
name.

The dead will not see life; neither will
physicians raise them. Therefore You brought
evils upon them and destroyed them, and
took away every male of theirs.

Because of Your fear, O Lord. We have
been with child, we have been in pain, and we
have given birth. We brought forth the spirit
of Your salvation on the earth. [SAAS]

(sung)

Τοῦ Τριωδίου ---

Κανὼν Β' τοῦ Τριωδίου.**Ὡδὴ ε'. Ἦχος δ'. Ἐξέστη τὰ σύμπαντα.**

Στίχ. Πρόσθεσ αὐτοῖς κακά, Κύριε,
πρόσθεσ αὐτοῖς κακά τοῖς ἐνδόξοις τῆς γῆς.

Φωστῆρες ἀπέκρυπτον, τὸ φῶς
αὐτῶν θεώμενοι, ξύλῳ προσηλούμενον
ἀδίκως, δίκαιε μόνε, σὲ τὸν μακρόθυμον,
καὶ τοῦ πονηροῦ τὰς ζοφεράς, Σῶτερ
δειγματίζοντα, ἐξουσίας τῷ κράτει σου.

Στίχ. Κύριε, ἐν θλίψει ἐμνήσθημέν σου
ἐν θλίψει μικρᾷ ἡ παιδεία σου ἡμῖν.

Νηστείας ἐν ὕδατι, τὰ πρόσωπα
νιψώμεθα, καὶ περιπτυσσώμεθα τὸ Ξύλον,
μόνος ὁ πάντων, ἐν ᾧ ὑψώθη Χριστός,
σάρκα περικείμενος θνητὴν, ὅπως
θανατώσειε, τὸν ἡμᾶς θανατώσαντα.

Στίχ. Καὶ ὡς ἡ ὠδίνουσα ἐγγίζει τοῦ
τεκεῖν, καὶ ἐπὶ τῇ ὠδίνι αὐτῆς ἐκέκραγεν,
οὕτως ἐγενήθημεν τῷ ἀγαπητῷ σου.

Σταυρὲ πανσεβάσμιε, τῶν Ἀποστόλων
καύχημα, ὅπλον Ἀθλοφόρων, Ἱερέων, δόξα
Ὅσιων, περιχαράκωμα, πάντων τῶν πιστῶν
ὁ φυλακτήρ, φρούρησον ἀγίασον, τοὺς
πιστῶς προσκυνοῦντάς σε.

Στίχ. Οὐ πεσοῦμεθα, ἀλλὰ πεσοῦνται οἱ
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Θεοτοκίον.

Τὸν βότρυν ἡ ἄμπελος, Παρθένος
ὃν ἐβλάστησε, ξύλῳ κρεμασθέντα
κατιδοῦσα, Τέκνον, ἐβόα, γλεῦκος
ἀπόσταξον, μέθην ἀναστέλλων τῶν

From Triodion ---

Canon 2 from the Triodion.**Ode v. Mode 4. (NM)**

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

The lights of heaven hid their brightness
when they saw Thee unjustly nailed upon the
Wood, O longsuffering Saviour who alone
art righteous; and in Thy might thou hast
exposed and brought to mockery the dark
powers of the evil one. [KW]

Verse: O Lord, I remembered You in my hard
circumstances. Your chastening to us was a small
affliction. [SAAS]

Let us wash our faces in the water of
fasting and embrace the Wood on which
Christ was lifted up. Taking our mortal flesh,
He alone suffered for the sake of all, that He
might put to death him who had made us die.
[KW]

Verse: As a woman with child is in pain and
cries out in her pangs, when she draws near the
time of her delivery, so we became Your beloved.
[SAAS]

All-honoured Cross, glory of the apostles,
weapon of the martyrs, splendour of priests,
defence of holy monks, guardian of all the
faithful, protect and sanctify those who
venerate thee with faith. [KW]

Verse: We shall not fall] but the inhabitants of
the world shall fall. [SAAS]

Theotokion.

The Virgin saw hanging on the Wood the
Cluster of grapes that she had borne, and she
cried aloud: 'My Child, with Thy sweet wine
check the drunkenness of Thine enemies, who

ἐχθρῶν, μάτην σταυρωσάντων σε, τὸν ἐν
πᾶσι μακρόθυμον.

Κανὼν Γ' τοῦ Τριωδίου

Τοῦ Τριωδίου - - -

Ἦχος δ'. Ἐκ νυκτὸς ὀρθρίζοντα.

Στίχ. Ἀναστήσονται οἱ νεκροί, καὶ
ἐγερθήσονται οἱ ἐν τοῖς μνημείοις, καὶ
εὐφρανθήσονται οἱ ἐν τῇ γῇ

Σήμερον προτίθεται ὁ Σταυρός σου,
ξύλον ζωῆς προσκυνητόν, καὶ κόσμος
ἀγάλλεται, φοιτήσῃ τῇ τοῦ Πνεύματος,
αὐτὸν κατασπαζόμενος.

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

Προκείμενον βλέποντες τὸν Σταυρόν
σου, οἱ Λειτουργοὶ τῶν οὐρανῶν, ὕμνουσί σε
Κύριε, καὶ δαίμονες φρίττουσι, μὴ φέροντες
τὸ κράτος σου.

Δόξα. **Τριαδικόν.**

Τριάδα δοξάσωμεν ὀρθοδόξως, σὺν τῷ
Πατρὶ καὶ τῷ Υἱῷ, καὶ Πνεῦμα τὸ ἅγιον τὴν
μίαν Θεότητα, Μονάδα τρισυπόστατον

Καὶ νῦν. **Θεοτοκίον.**

Μητέρα καὶ Παρθένον σε ὀρθοδόξως,
ὁμολογοῦμεν οἱ πιστοί, ἀρρήτως κυήσασαν,
Χριστὸν τὸν Θεὸν ἡμῶν, τὸν μόνον
πολυέλεον.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἐν πεύκῃ καὶ κέδρῳ καὶ κυπαρίσσῳ,
ὁ σταυρωθεὶς Υἱὸς Θεοῦ, ἀγίασον πάντας
ἡμᾶς, καὶ τὸ ζωηφόρον σου, καταξίωσον
Πάθος ἰδεῖν.

Ὁ Εἰρμός. Ἦχος δ'.

Ἐκ νυκτὸς ὀρθρίζοντα φώτισόν
με ζωοποιὲ Χριστοῦ Σταυρέ, φόβῳ

have crucified Thee without a cause; for in
patience Thou dost suffer all things.' [KW]

Canon 3 from the Triodion.

From Triodion - - -

Mode 4. (NM) O lifegiving Cross.

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

[SAAS]

Today Thy Cross, the Tree of Life, is set
before us for our veneration; and, kissing it,
the world rejoices at the coming of the Spirit.

[KW]

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

Looking at Thy Cross as it lies here, the
ministers of heaven sing Thy praises, O Lord;
and the demons tremble, unable to endure
Thy power. [KW]

Glory. **For the Trinity.**

With true faith let us glorify the Trinity,
Father, Son and Holy Spirit, one Godhead.
Unity in three Persons. [KW]

Both now. **Theotokion.**

With true faith we and all the faithful
confess thee to be Mother and Virgin: for in
ways past speech thou hast conceived Christ
our God, who alone is rich in mercy. [KW]

Glory to You, our God, glory to You.

Thou wast crucified, O Son of God, on the
pine, the cedar and the cypress: sanctify us
all, and count us worthy to look upon Thy life-
giving Passion. [KW]

Heirmos (NM). Mode 4.

O lifegiving Cross of Christ, from the
night I seek thee early, and with fear I

προσκυνοῦντά σε, ἡμέραν σωτήριον, αἰεὶ
ἐξανατέλλων μοι.

Τοῦ Τριωδίου - - -

Ὡιδὴ Γ'.

Κανὼν Α' τοῦ Τριωδίου.

Ὡιδὴ Γ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

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

Ἰλάσθητί μοι Σωτήρ· πολλὰ γὰρ αἰ
ἀνομίαι μου, καὶ ἐκ βυθοῦ τῶν κακῶν,
ἀνάγαγε δέομαι· πρὸς σὲ γὰρ ἐβόησα, καὶ
ἐπάκουσόν μου, ὁ Θεὸς τῆς σωτηρίας μου.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Σταυροῦ παγέντος ἐν γῇ, δαιμόνων
πτῶσις ἐγένετο, ὃν νῦν ὀρῶντες ἡμεῖς,
ἐνδόξως προκείμενον, καὶ κατασπαζόμενοι,
ἀπὸ συμπτωμάτων, ἁμαρτίας ἀνιστάμεθα.

Στίχ. Φυλασσόμενοι μάταια καὶ ψευδῇ,
ἔλεον αὐτοῖς ἐγκατέλιπον.

Σταυροῦ παγέντος ἐν γῇ, δαιμόνων
πτῶσις ἐγένετο, ὃν νῦν ὀρῶντες ἡμεῖς,
ἐνδόξως προκείμενον, καὶ κατασπαζόμενοι,
ἀπὸ συμπτωμάτων, ἁμαρτίας ἀνιστάμεθα.

Στίχ. Ὅσα ἠὲ ξάμην ἀποδώσω σοι εἰς
σωτηρίαν μου τῷ Κυρίῳ.

Ὑψοῦντές σε τὸν Χριστόν, ὡς Βασιλέα
καὶ Κύριον, ὃν ἐδωρήσω ἡμῖν, Σταυρόν
τεῖχος ἄρρηκτον, ὃν περιπτυσσόμεθα,
μεσασμῷ τῆς θείας, ἐγκρατείας
ἀγαλλόμενοι.

Δόξα.

Μεγάλα πᾶσιν ἡμῖν, δωρήματα
παρεχόμενος, ὁ τοῦ Κυρίου Σταυρός,
ὀρᾶται προκείμενος, προσέλθωμεν

venerate thee. Give me light, and ever shine
upon me with the day of salvation. [KW]

From Triodion - - -

Ode vi.

Canon 1 from the Triodion.

Ode vi. Mode pl. 4. Heirmos.

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

Be gracious to me, O Lord, * for many
are my iniquities; * and bring me up from
the deep * of evils, I supplicate. * For I have
cried out to You, God of my salvation. * O my
Savior, hearken unto me. [SD]

Troparia.

[All-holy] Cross of Christ, guard us by your
power.

When the Cross was set up on the earth,
the demons fell; and now, seeing it set before
us in glory, let us kiss it and rise up from our
fall into sm. [KW]

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

When the Cross was set up on the earth,
the demons fell; and now, seeing it set before
us in glory, let us kiss it and rise up from our
fall into sm. [KW]

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

We exalt Thee, O Christ, as our King and
Lord; and with great rejoicing in the middle
of the Fast we embrace the Cross, which Thou
hast given us as a rampart that cannot be
overthrown. [KW]

Glory.

The Cross of the Lord lies here before
us, bestowing great gifts on us all. Let us

ἄνθρωποι, φωτισμὸν καρδίας, καὶ ψυχῆς
ἀπαρυσώμεθα.

Καὶ νῦν. **Σταυροθεοτοκίον.**

Νηστεύειν ἡμᾶς Ἀγνή, κακίας πάσης
ἐνίσχυσον, καὶ φαύλων καὶ πονηρῶν,
ἀπέχεσθαι πράξεων, ἀεὶ ἐνδυνάμωσον,
προστασία πάντων, τῶν ἀνθρώπων
χρηματίζουσα.

Ὁ Εἰρμός. Ἦχος πλ. δ'.

Ἰλάσθητί μοι Σωτήρ· πολλαὶ γὰρ αἱ
ἀνομίαι μου, καὶ ἐκ βυθοῦ τῶν κακῶν,
ἀνάγαγε δέομαι· πρὸς σὲ γὰρ ἐβόησα, καὶ
ἐπάκουσόν μου, ὁ Θεὸς τῆς σωτηρίας μου.

ΔΙΑΚΟΝΟΣ

Ἦτι 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,
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 αἰεὶ, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

approach, and receive from it enlightenment
of heart and soul. [KW]

Both now. **Stavrotheotokion.**

Give us strength to fast from all evil,
O pure Virgin, and enable us continually
to refrain from sinful acts, for thou art the
Protection of all men. [KW]

Heirmos. Mode pl. 4.

Be gracious to me, O Lord, * for many
are my iniquities; * and bring me up from
the deep * of evils, I supplicate. * For I have
cried out to You, God of my salvation. * O my
Savior, hearken unto me. [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.)

Τοῦ Τριωδίου ---

ΑΝΑΓΝΩΣΤΗΣ**Κοντάκιον.****Ἦχος βαρύς. Ἀυτόμελον.**

Οὐκέτι φλογίνη ῥομφαία φυλάττει
τὴν πύλην τῆς Ἑδέμ· αὐτῇ γὰρ ἐπῆλθε
παράδοξος σβέσις τὸ ξύλον τοῦ Σταυροῦ,
θανάτου τὸ κέντρον, καὶ Αἰδου τὸ νίκος
ἐλήλαται, ἐπέστης δὲ Σωτὴρ μου βοῶν
τοῖς ἐν Αἰδῇ· Εἰσάγεσθε πάλιν εἰς τὸν
Παράδεισον.

Συναξάριον.**Τοῦ Μηναίου.**

Τῇ Ε' τοῦ αὐτοῦ μηνός, μνήμη τῶν
Ἁγίων Μαρτύρων Κλαυδίου, Διοδώρου,
Οὐίκτωρος, Οὐικτωρίνου, Παππίου,
Σεραπίωνος, καὶ Νικηφόρου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς Ὁσίας
Μητροῦς ἡμῶν Θεοδώρας τῆς ἐν
Θεσσαλονίκῃ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων
Μαρτύρων Θεοδώρας καὶ Διδύμου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Μάρτυρος Θέρμου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων
γυναικῶν κυρίας καὶ δούλης.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Μάρτυρος Πομπηίου.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Ζήνων, πίσσαν
χρισθεὶς καὶ εἰς πῦρ βληθεὶς καὶ δόρατι
ἔνδον τῆς πυρᾶς τρωθεὶς, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων
Μαρτύρων Μαξίμου καὶ Τερεντίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων πέντε
Μαρτύρων νεανίδων τῶν ἀπὸ Λέσβου.

From Triodion ---

READER**Kontakion.****Grave Mode. Automelon.**

The fiery sword is not guarding the
entrance to Eden anymore. For it was
extinguished in paradoxical manner by the
tree of the Cross. The sting of death and the
victory of Hades have been stricken. And
You, my Savior, came and cried out to those
in Hades: Enter again into Paradise. [SD]

Synaxarion.**From the Menaion.**

On April 5 we commemorate the
holy martyrs Claudius, Diodoros, Victor,
Victorinus, Pappias, Serapion, and
Nikephoros.

On this day we also commemorate our
devout mother Theodora of Thessaloniki.

On this day we also commemorate the
holy martyrs Theodora and Didymos.

On this day we also commemorate the
holy martyr Thermos.

On this day we also commemorate the
holy women, a Lady and her Servant.

On this day we also commemorate the
holy martyr Pompey.

On this day, Saint Zeno died after they
smeared him with pitch, threw him into fire,
and ran him through with a spear while he
was in the fire.

On this day we also commemorate the
holy martyrs Maximus and Terence.

On this day we also commemorate the
holy five young women martyrs of Lesbos.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Νεομάρτυς Γεώργιος ὁ ἀθλήσας ἐν τῇ Νέᾳ Ἐφέσῳ κατὰ τὸ ἔτος αῶα' (1801), ξίφει τελειοῦται.

Ταῖς τῶν Ἀγίων σου πρεσβείαις, Χριστέ ὁ Θεός, ἐλέησον ἡμᾶς. Ἀμήν.

Τοῦ Τριωδίου - -

ΧΟΡΟΣ

Ὡδὴ ζ'.

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ ζ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Τῶν Πατέρων καὶ ἡμῶν Θεός, εὐλογητὸς εἶ.

Θεοῦ συγκατάβασιν, τὸ πῦρ ἠδέσθη ἐν Βαβυλῶνι ποτέ· διὰ τοῦτο οἱ παῖδες, ἐν τῇ καμίνῳ ἀγαλλομένῳ ποδί, ὡς ἐν λειμῶνι χορεύοντες ἔψαλλον· Εὐλογητὸς ὁ Θεός, ὁ τῶν πατέρων ἡμῶν.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε ἡμᾶς τῇ δυνάμει σου.

Ὁ χρόνων ἐπέκεινα, ἐν χρόνῳ σάρκα φορέσας δείκνυται, καὶ τὰ χρόνια πάθη, ἡμῶν ἰᾶται δι' ἀγαθότητα, τῆς ἐγκρατείας καιρῷ, ἐν ᾧ πρόκειται, ὁ θεῖος οὗτος Σταυρός, καθαγιάζων ἡμᾶς.

Στίχ. Εὐλογημένος εἶ ὁ ἐπὶ θρόνου δόξης τῆς βασιλείας σου, ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Ὑμνοῦμεν δοξάζομεν, καὶ προσκυνοῦμεν καὶ μεγαλύνομεν, τὸ σὸν Κύριε κράτος, ὅτι παρέσχου ἡμῖν τοῖς δούλοις σου, Σταυρὸν τὸν θεῖον, τρυφὴν ἀδαπάνητον καὶ φύλακα τῶν ψυχῶν, καὶ τῶν σωμάτων ἡμῶν.

On this day St. George the Neomartyr, who contested in New Ephesus in the year 1801, died by the sword.

By the intercessions of Your saints, Christ our God, have mercy on us. Amen.

From Triodion - -

CHOIR

Ode vii.

Canon 1 from the Triodion.

Ode vii. Mode pl. 4. Heirmos.

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

The fire in Babylon * withdrew in fear from the condescension of God. * For this reason the Servants * within the furnace as in a moist meadow danced * with feet exultant, and sang that immortal hymn, * saying, "O God of our fathers, blessed are You!" [SD]

Troparia.

[All-holy] Cross of Christ, guard us by your power.

He who is outside time has taken flesh within time, and in His love He heals our long-continuing passions through this season of fasting, during which the divine Cross is set before us for our sanctification. [KW]

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

We praise, exalt, worship and magnify Thy power, O Lord, for to us Thy servants Thou hast granted the divine Cross, our unending joy and the guardian of our souls and bodies. [KW]

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

Μὴ δείξης με Κύριε, ἐν τῇ ἡμέρᾳ τῆς διαγνώσεως, κακοῖς κατεγνωσμένον, μὴ ἀπορρίψῃς ἐκ τοῦ προσώπου σου, κατησχυμένον, ἀλλ' οἴκτειρον σῶσόν με, τῷ σῷ τιμίῳ Σταυρῷ, ὡς ὑπεράγαθος.

Δόξα.

Ἐτύπου τὴν χάριν σου, Σταυρὲ γλυκαίνων Μωσῆς τὰ ὕδατα, τὰ πικρότατα ξύλῳ· καὶ γὰρ πικρίας παθῶν ἐρρύσθημεν, τῇ σῇ δυνάμει· διὸ ἡμᾶς γλύκανον, ἀσπαζομένους σε νῦν, ἐν κατανύξει ψυχῆς.

Καὶ νῦν. **Σταυροθεοτοκίον.**

Νοός μου τὴν στένωσιν, τῇ σῇ πρεσβείᾳ πλάτυνον Δέσποινα, ἢ στενώσασα πάσας, τὰς μεθοδίας τοῦ πολεμήτορος, καὶ δι' ὁδοῦ με στενῆς κατευόδωσον, πρὸς πλατυσμόν τῆς ζωῆς, βαδίζειν Μήτηρ Θεοῦ.

Ὡιδὴ η'.

Κανὼν Α' τοῦ Τριωδίου.

Τοῦ Τριωδίου - -

Ὡιδὴ η'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

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

Ἐπταπλασίως κάμινον, τῶν Χαλδαίων ὁ τύραννος, τοῖς θεοσεβέσιν, ἐμμανῶς ἐξέκαυσε· δυνάμει δὲ κρείττονι, περισωθέντας τούτους ἰδὼν, τὸν Δημιουργὸν καὶ Λυτρωτὴν ἀνεβόα, οἱ παῖδες εὐλογεῖτε, ἱερεῖς ἀνυμνεῖτε, λαὸς ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

In the day of judgement, O Lord, condemn me not for my sins. Cast me not away in shame from before Thy face, but in Thy surpassing love take pity on me and save me by Thy precious Cross. [KW]

Glory.

With wood Moses sweetened the bitter waters, and so prefigured the grace that comes through thee, O Cross: for by thy power we are delivered from the bitterness of the passions. Give us the sweetness of thy grace, as we venerate thee now with contrite souls. [KW]

Both now. **Stavrotheotokion.**

Through thine intercession, Lady, enlarge my narrow heart, for thou hast closed up all the deceitful snares of the adversary; guide me on the narrow way that leads to spaciousness of life, O Mother of God. [KW]

Ode viii.

Canon 1 from the Triodion.

From Triodion - -

Ode viii. Mode pl. 4. Heirmos.

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

The tyrant king of Babylon * had the furnace made seven times * hotter for pious men, for he was furious. * But after he witnessed how * they by a higher power were saved, * he cried out, "O bless the Creator and Savior, * you Servants; and extol Him, * O you priests; and you peoples * supremely now exalt Him, unto all the ages." [SD]

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Εὐλῶ ποτὲ ἀνείλκυσε, ποταμοῦ τὸ
σιδήριον, θεῖος Ἐλισσαῖος, ὃ σὲ προγράψας
πόρωθεν, Σταυρὲ πανσεβάσμιε, ἐκ τοῦ
βυθοῦ τῆς πλάνης· καὶ γὰρ, διὰ σοῦ πρὸς
πίστιν ἀναχθέντες βεβαίαν, τὴν σήμερον
ἡμέραν, ἀξιούμεθα βλέπειν, καὶ πίστει
προσκυνεῖν σε, τρυγῶντες σωτηρίαν.

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

Ὑποσημαίνει πόρωθεν, σὲ Σταυρὲ
πανσεβάσμιε, ἐν ταῖς εὐλογίαις,
Ἰακώβ τρανώτατα, ἡμεῖς δὲ ἐν χάριτι,
ἀξιωθέντες βλέπειν σε, πίστει ἀδιστάκτω,
προσερχόμεθα πάντες, καὶ ψαύοντες
πλουσίαν, εὐλογίαν τρυγῶμεν, καὶ φῶς καὶ
σωτηρίαν, καὶ τῶν πταισμάτων λύσιν.

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

Λευχειμονοῦντες πράξεσιν, ἐναρέτοις
προσέλθωμεν, τῷ τῆς ἐγκρατείας μεσασμῷ
γηθόμενοι, καὶ περιπτυξώμεθα, τὸν τοῦ
Κυρίου πίστει Σταυρόν, ὅπως τῷ αὐτοῦ
κατευοδούμενοι σθένει, τελέσωμεν τὸν
δρόμον, ἐν καλῇ προθυμίᾳ, καὶ φθάσωμεν
τὸ θεῖον, λελαμπρυσμένοι Πάθος.

Troparia.

*[All-holy] Cross of Christ, guard us by your
power.*

Once the Prophet Elisha drew the iron
axe-head out of the river with a piece of
wood, and so prefigured thee, O honoured
Cross. For thou hast brought us from the
depths of error to the firm ground of the
truth, and this day we are counted worthy to
behold and venerate thee with faith, gaining
salvation. [KW]

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

When Jacob blessed his children, most
plainly he prefigured thee, O honoured Cross.
And all of us, who by grace are counted
worthy to behold thee, draw near to thee with
undoubting faith; touching thee, we receive
rich blessing, and light and salvation and the
remission of our sins. [KW]

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]

Clothed in the white raiment of our
virtuous actions, let us draw near rejoicing
in the middle of the Fast; and let us embrace
with faith the Cross of the Lord, that, guided
by its strength, we may complete the course
with eagerness and joyfully attain the divine
Passion. [KW]

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

Τριαδικόν.

Ὁμοφυῇ συνάναρχον, συναῖδιον σύνθρονον, φύσιν μὲν ἀπλῆν, διαιρετὴν προσώποις δέ, Πατέρα ἀγέννητον Υἱὸν καὶ Πνεῦμα ἅγιον, ἄκτιστον οὐσίαν, καὶ Θεότητα πάντες, ὑμνοῦντες μελωδοῦμεν· Ἱερεῖς εὐλογεῖτε, λαὸς ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Σταυροθεοτοκίον.

Νῦν ὡς ἀρνίον ἄκακον, καθορῶ σε κρεμάμενον, καὶ ὑπὸ ἀνόμων, τῷ Σταυρῷ πηγνύμενον, Υἱέ μου προάναρχε, τοῖς ὀδυρμοῖς συγκόπτομαι, καὶ ταῖς μητρικαῖς περιστατοῦμαι ὀδύναις, ἡ Πάναγνος ἐβόα· ἦν φωναῖς ἀσιγήτοις, ὑμνοῦμεν καταχρέως, εἰς πάντας τοὺς αἰῶνας.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὁδῆς.

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.

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]

For the Trinity.

Single in Nature, coeternal, one in throne, simple in Essence yet distinct in Persons, unbegotten Father, Son and Holy Spirit, Uncreated Substance and Godhead, we all praise Thee, singing: O ye priests bless and ye people exalt Him above all for ever. [KW]

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

Stavrotheotokion.

'Now I see Thee as an innocent lamb, hanging nailed to the Cross by lawless men, O my Son who wast before all things began,' cried the Holy Virgin, 'and I am weighed down by grief, afflicted by a mother's anguish.' With never-silent voices, as is right, we sing her praises for ever. [KW]

(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.

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

(ἐμμελῶς)

Τοῦ Τριωδίου - - -

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος δ'. Παῖδας εὐαγγεῖς.

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

Πάθος σου τοῦ ἀπαθοῦς ὁρῶσα, ἡ Κτίσις συνέπασχε Μακρόθυμε, ἥλιος ἐσβέννυτο, πέτραι δὲ ἐρρήγνυντο, πᾶσα ἡ γῆ ἐσειέτο, φόβῳ κραυγάζουσιν· τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε, εἰς πάντα τοὺς αἰῶνας.

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

Θηρίοις δεινοῖς τοῖς τοῦ καλάμου, Θεέ μου οἰκτίρμον ἐπιτίμησον, ἔνδον με συνθλίβουσι, Σῶτερ ὁ τὴν ἄτιμον, ὑπενεγκῶν τυπτόμενος, ὕβριν καλάμῳ

Bless the Lord, you hoarfrosts and snows, you lightning and clouds, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you light and darkness, you night and day, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you earth, you mountains and hills, and all you things growing on the earth, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you springs, you seas and rivers, you sea-monsters and everything that moves in the waters, and exalt Him beyond measure, unto all the ages. [SAAS]

(sung)

From Triodion - - -

Canon 2 from the Triodion.

Ode viii. Mode 4. (NM)

The Offspring of the Theotokos.

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]

Beholding the Passion of Thee who art impassible, the creation suffered with Thee, O longsuffering Saviour. The sun was quenched and the rocks were split; the whole earth was shaken and cried out in fear: O ye works of the Lord, praise ye the Lord and exalt Him above all for ever. [KW]

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

O my compassionate God, rebuke the wild beasts from the reeds, that trouble me within; for Thou hast accepted to be struck in shameful dishonour by a reed, desiring

Χριστέ, τιμῆσαι προελόμενος πάντας, τοὺς ἀτιμασθέντας, τῇ πάλαι παραβάσει.

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

Εἰς νοῦν τὸ φορικτὸν σου ὅταν λάβω, Κριτὰ δικαιοσύνη κριτήριον, τρέμω καὶ ἐξίσταμαι, φρίττω καὶ ὀδύρομαι, κατανοῶν τὰ ἔργα μου, δίκης ἐπάξια· διό σου τὴν πολλὴν εὐσπλαγχνίαν, Σῶτερ μὴ νικήσῃ, τὸ πλῆθος τῶν κακῶν μου.

Στίχ. Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Θεοτοκίον.

Τεκοῦσά σε ἄνευθεν ὠδίνων, ὀδύνας τῇ σῇ σταυρώσει καθυφίσταμαι, φλέγονται τὰ σπλάγχνα μου· ἡλοῖς γὰρ προσήλωσαι, τὴν σὴν πλευρὰν Μακρόθυμε, ἐξορυσσόμενος, ἢ πάναγνος ἐβόα Παρθένος, ἦν ὡς Θεοτόκον, συμφώνως ἀνυμνοῦμεν.

Κανὼν Γ' τοῦ Τριωδίου

Τοῦ Τριωδίου ---

Ἦχος δ'. Πάντα τὰ ἔργα τοῦ Θεοῦ.

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

Ῥηξάτωσαν τὰ ὄρη νοητῶς, δικαιοσύνην καὶ βουνοὶ ἀγαλλίασιν, τὸ ξύλον τοῦ Σταυροῦ προσκυνούμενον βλέποντες, ὃν ὑπερυψοῦμεν, Χριστέ εἰς τοὺς αἰῶνας.

to restore to honour all that had fallen into disgrace through the transgression of old. [KW]

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

When I call to mind, O most just Judge, Thy dread judgement seat, I am filled with fear and consternation, I tremble and lament, for I know that my actions deserve to be condemned. But, O Saviour, let not the multitude of my sins prove greater than the wealth of Thy compassion. [KW]

Verse: Bless the Lord, O spirits and souls of the righteous, O holy ones and humble in heart, and exalt Him beyond measure, unto all the ages. [SAAS]

Theotokion.

'I bore Thee without pangs of childbirth, but now I suffer anguish at Thy Crucifixion, and my heart is set on fire. For Thou art pierced with nails, longsuffering Lord, and wounded in Thy side', lamented the all pure Virgin; and with one accord we sing her praises as Theotokos. [KW]

Canon 3 from the Triodion.

From Triodion ---

Mode 4. (NM) O all ye works of God.

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

Let the mountains spiritually break forth into righteousness and the little hills into rejoicing, as they behold the veneration of the Wood of the Cross that we exalt, O Christ, above all for ever. [KW]

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

Ἡ χάρις τοῦ Σταυροῦ σου φοβερά· καὶ γὰρ δαιμόνων ἐλαύνει τὰς φάλαγγας, ἀνθρώποις τῶν ἱαμάτων παρέχουσανάματα· διό σε ἀνυμνοῦμεν, Χριστέ εἰς τοὺς αἰῶνας.

Δόξα. **Τριαδικόν.**

Τὸν ἀναρχον Πατέρα καὶ Υἱόν, σὺν τῷ ἁγίῳ ἀνυμνήσωμεν Πνεύματι, Τριάδα ὁμοούσιον, μίαν Ἀρχὴν καὶ Θεόν, αἰνοῦντες ὑμνοῦμεν, αὐτὴν εἰς τοὺς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Πᾶσα γλῶσσα γηγενῶν, ὑμνεῖ σὲ Παρθέने, ὅτι φῶς τὸ ἀπρόσιτον, ἠῦγασας φωταγωγοῦντα τὸν Κόσμον, Χριστὸν τὸν Θεόν, ὃν ὑπερυψοῦμεν, ἀεὶ εἰς τοὺς αἰῶνας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Αἰνέεται τὰ πέρατα τῆς γῆς, τῇ προσκυνήσει τοῦ Σταυροῦ σου φιλάνθρωπε. Ἄγγελοι ἐν οὐρανοῖς συγχορεύουσι σήμερον, σὺν ἡμῖν ὑμνοῦντες, σὲ Χριστέ εἰς τοὺς αἰῶνας.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Ὁ Εἰμός. Ἦχος δ'.

Πάντα τὰ ἔργα τοῦ Θεοῦ, καὶ πᾶσα κτίσις, εὐλογεῖτε τὸν Κύριον, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ· ὑμνεῖτε λαοὶ καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

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

Fearful is the grace of Thy Cross: for it drives away the hosts of demons and brings healing to men. Therefore we sing Thy praises, O Christ, for ever. [KW]

Glory. **For the Trinity.**

Let us glorify the Father who is without beginning and the Son with the Holy Spirit, consubstantial Trinity, one sovereign power and God; and let us sing His praises for ever. [KW]

Both now. **Theotokion.**

Every mortal tongue sings thy praises, O Virgin, for from thee has shone out the Light that no man can approach, Christ our God, who illumines the world; and we exalt Him above all for ever. [KW]

Glory to You, our God, glory to You.

The ends of the earth rejoice at the veneration of Thy Cross, O Lord who lovest mankind. Angels in heaven make glad with them today, O Christ, and join us in singing Thy praises for ever. [KW]

We praise and we bless and we worship the Lord.

Heirmos (NM). Mode 4.

O all ye works of God and all creation, O ye holy and humble men of heart, bless ye the Lord: O ye peoples praise Him and exalt Him above all for ever. [KW]

DEACON

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

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

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

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

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ
Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ
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 διανοίᾳ καρδίας
αὐτῶν.

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

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
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]

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

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

Ὡδὴ θ'.

Κανὼν Α' τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ὡδὴ θ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Ἐξέστη ἐπὶ τούτῳ ὁ οὐρανός, καὶ τῆς
γῆς κατεπλάγη τὰ πέρατα, ὅτι Θεός, ὦφθη
τοῖς ἀνθρώποις σωματικῶς, καὶ ἡ γαστήρ
σου γέγονεν, εὐρυχωροτέρα τῶν οὐρανῶν·
διό σε Θεοτόκε, Ἀγγέλων καὶ ἀνθρώπων,
ταξιαρχίαι μεγαλύνουσι.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Ἰάσω ὑπεράγαθε τὴν ἐμήν, συντριβὴν
ἐν Σταυρῷ προσπηγνύμενος, ἥλοις ποτέ,
χεῖράς σου καὶ πόδας Παμβασιλεῦ, καὶ τὴν
πλευρὰν νυττόμενος, ὅξος ποτιζόμενος καὶ

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]

Ode ix.

Canon 1 from the Triodion.

From Triodion ---

Ode ix. Mode pl. 4. Heirmos.

The heavens were astounded as a result,
* and the ends of the earth were astonished,
inasmuch as God * bodily appeared to the
human race, * O Theotokos, coming forth *
from your virgin womb which indeed became
* more spacious than the heavens. * And
therefore by the orders * of men and angels
you are magnified. [SD]

Troparia.

[All-holy] Cross of Christ, guard us by your
power.

Heal my brokenness, O King of all,
crucified upon the Cross in Thy surpassing
love. Thy hands and feet were pierced
with nails, Thy side was wounded with the

χολήν, ἡ πάντων εὐφροσύνη, ὁ γλυκασμὸς
ἡ δόξα, ἡ αἰωνία ἀπολύτρωσις.

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

Ὁραῖος ὑπὲρ σάπφειρον καὶ χρυσόν,
φωταυγῆς ὥσπερ ἥλιος πέφυκας, θεῖε
Σταυρέ, κείμενος μὲν τόπῳ περιγραπτός,
καὶ νοεραῖς Δυνάμεσι, πάντοτε
κυκλούμενος φοβερῶς, ἀκτίσι δέ σου θείας,
δυνάμεως φωτίζων, τῆς Οἰκουμένης τὰ
πληρώματα.

Στίχ. Καὶ ἤγειρε κέρας σωτηρίας ἡμῖν,
ἐν οἴκῳ Δαυῖδ τοῦ παιδὸς αὐτοῦ.

Σταυρὸς χειμαζομένων ἐστὶ λιμὴν,
ὁδηγὸς πλανωμένων καὶ στήριγμα, δόξα
Χριστοῦ, σθένος Ἀποστόλων καὶ Προφητῶν,
τῶν Ἀθλητῶν κραταίωμα, πάντων τῶν
ἀνθρώπων καταφυγή. Αὐτὸν ἐν μέσῳ
πάντες, προκείμενον ὀρῶντες, τῇ ἐγκρατεῖα
ἀσπαζόμεθα.

Στίχ. Καθὼς ἐλάλησε διὰ στόματος τῶν
ἀγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.
Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς
πάντων τῶν μισούντων ἡμᾶς.

Ἦνίκα μέλλης ἔρχεσθαι ἐπὶ γῆς, κρῖναι
Κόσμον, ὃν ἔπλασας Κύριε, Ἀγγελικῶν,
προπορευομένων σου στρατιῶν, καὶ
τοῦ Σταυροῦ προλάμποντος, ὑπὲρ τὰς
αὐγὰς τὰς ἡλιακάς, τῇ τούτου δυναστεία,
οἰκτείρησόν με σῶσον, τὸν ὑπὲρ πάντας
βροτοὺς πταίσαντα.

spear, and Thou wast given vinegar and gall
to drink, who art the joy of all men, their
sweetness, glory and eternal redemption. [KW]

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

O divine Cross, more beautiful than
sapphire and gold, thou shinest upon us
with the brightness of the sun. We see thee
surrounded in fear by the ranks of angels; and
with the rays of Thy heavenly power thou
givest light to the fullness of the inhabited
earth. [KW]

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

The Cross is the haven of the storm-
tossed, the guide and support of those that
go astray, the glory of Christ, the power of
the apostles and the prophets, the strength of
God's athletes, the refuge of all men. We see
it set before us in this time of fasting and we
venerate it. [KW]

Verse: As he spoke by the mouth of his holy
prophets from of old. That we should be saved from
our enemies, and from the hand of all who hate us.
[RSV]

When Thou shalt come on earth, O
Lord, to judge the world which Thou hast
fashioned, the angelic hosts will attend Thee,
and the Cross will shine before Thee more
brightly than the sun's rays. Through its
power take pity on me then and save me, for I
have sinned more than all mortal men. [KW]

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

Σταυροθεοτοκίον.

Φθορᾶς σε δίχα τέτοκα ἐκ γαστροῦ,
πρὸ αἰώνων Πατὴρ ὃν ἐγέννησε, καὶ
πῶς φθορεῖς, ἄνθρωποι σπαράττουσί σε
Υἱέ, καὶ τὴν πλευρὰν ὀρύττουσι, λόγχῃ
καὶ τὰς χεῖρας σὺν τοῖς ποσίν, ἡλοῦσιν
ἀπανθρώπως; ἡ Πάναγνος ἐβόα, ἦν
ἐπαξίως μεγαλύνομεν.

Τοῦ Τριωδίου - - -

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ θ'. Ἦχος δ'. Ἀπας γηγενῆς.

Στίχ. Ὁρκον, ὃν ὤμοσε πρὸς Ἀβραὰμ τὸν
πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ
χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Εὐλῶ τοῦ Σταυροῦ, τὴν φλόγα
ἐμάρανας, τῆς ἁμαρτίας Χριστέ, χεῖρας
πεπαρμένας δέ, χειρὸς ἐρρύσω τοῦ
πολεμήτορος, τὸν ἀκρατῶς ἐκτείναντα,
χεῖρας πρὸς βρῶσιν καρποῦ, οὐπερ μόνου,
φεύγειν τὴν μετάληψιν, ἀπεφῆνω Χριστέ
πολυέλεε.

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

Πάθος σου Χριστέ, τὸ πᾶσιν
ἀπάθειαν, βροτοῖς πηγάσαν σεπτῶς,
βλέψαι καταξίωσον, ἐν ἀπαθείᾳ τοὺς
προσκυνήσαντας, σοῦ τὸν Σταυρὸν τὸν
τίμιον, τὰς ἁμαρτίας ἡμῶν, παραβλέπων,
καὶ τῆς Ἀναστάσεως, ἀληθείας υἱοῦς
ἐργαζόμενος.

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

Stavrotheotokion.

'From my womb without corruption have I borne Thee, who wast begotten from the Father before all ages: how, then, my Son, art Thou subject to corruption? For men rend Thy body, and in cruelty they pierce Thy side with a spear, Thy hands and feet with nails.' So the Holy Virgin cried; and, as is right, we magnify her. [KW]

From Triodion - - -

Canon 2 from the Triodion.

Ode ix. Mode 4. (NM)

Verse: The oath which he swore to our father Abraham, to grant us that we, be[ing] delivered from the hand of our enemies. [RSV]

By the Wood of the Cross, O Christ rich in mercy, Thou hast made the flame of sin die down. With Thy pierced hands Thou hast delivered from the hand of the adversary him who in his greed stretched out his hand, to take the fruit of the only tree in Paradise from which Thou hadst forbidden him to eat. [KW]

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

Count us worthy, Christ, with purity of heart to venerate Thy precious Cross, and to see Thy Passion that brings freedom from the passions to all mortal men. Look not upon our sins, but make us true sons of Thy Resurrection. [KW]

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

Ὑψωσας ἡμᾶς, πεσόντας εἰς θάνατον,
τῇ Ἀναστάσει σου, ἔλυσας τὸν θάνατον, καὶ
τῷ Πατρὶ σου ἡμᾶς κατήλλαξας, ὑπὲρ ἡμῶν
τὸ Αἷμά σου, καταβαλλόμενος, Εὐεργέτα·
ὅθεν σε δοξάζομεν, ὡς Θεὸν λυτρωτὴν
παντοδύναμον.

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

Θεοτοκίον.

Μόνη τοῦ Θεοῦ, σοφίαν κυήσασα, τὴν
ἐνυπόστατον, σόφισόν με δέομαι, τοῦ τῆς
κακίας διαφυγεῖν σοφιστοῦ, ἐπιβουλὰς
καὶ ἔνεδρα, καὶ πανουργήματα, Θεοτόκε,
Κόρη ἀπειρώγαμε, κραταῖον τῶν πιστῶν
καταφύγιον.

Κανὼν Γ' τοῦ Τριωδίου

Τοῦ Τριωδίου ---

Ἦχος δ'. Τὸν ἄσπορον τόκον σου.

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

Τὸν Σταυρὸν τὸν τίμιον, ὃν περ
περιέπουσιν, Ἀγγέλων στρατεύματα, καὶ
ἡμεῖς προσκυνοῦντες μεγαλύνομεν.

Στίχ. Τοῦ κατευθῆναι τοὺς πόδας ἡμῶν
εἰς ὁδὸν εἰρήνης.

Τὸ Εὖλον τὸ ἄχραντον, δι' οὗ
μετελάβομεν ζωῆς, οἱ πρὶν θανέντες, τὸν
Σταυρὸν τοῦ Σωτῆρος μεγαλύνομεν.

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]

By Thy Resurrection Thou hast raised
us who were fallen into death; Thou hast
destroyed death and reconciled us to Thy
Father, shedding Thy blood for us, O
Benefactor. Therefore we glorify Thee as
almighty God, our Redeemer. [KW]

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

Theotokion.

O Virgin Theotokos, the strong refuge of
the faithful, thou only hast conceived the very
Person of God's Wisdom. I entreat thee, give
me wisdom, that I may escape from the snares
and cunning of him who is falsely wise in evil.

[KW]

Canon 3 from the Triodion.

From Triodion ---

Mode 4. (NM) O Theotokos undefiled.

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]

We venerate and magnify Thy precious
Cross, that is attended by the hosts of angels.

[KW]

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

[RSV]

We magnify the Saviour's Cross, the holy
Wood, whereby we who before were dead
partake of life. [KW]

Δόξα. **Τριαδικόν.**

Πατέρα τὸν ἀναρχον, Υἱὸν τὸν
συνάναρχον, καὶ Πνεῦμα τὸ σύνθρονον, τὴν
ἀγίαν Τριάδα μεγαλύνομεν.

Καὶ νῦν. **Θεοτοκίον.**

Μητέρα ἀνύμφευτον, καὶ Παρθένον
ἅπαντες, Σεμνὴ ἀνυμνοῦμέν σε· ἀσπόρως
γὰρ τὸν κτίστην ἀπεκύησας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τοὺς ἀξιοθέντας σε ἰδεῖν, καὶ
προσπύξασθαι, εὐόδωσον προφθάσαι, τὸ
πανάγιον Πάθος, ὁ Σταυρὸς τοῦ Χριστοῦ.

Ὁ Εἰμός. Ἦχος δ'.

Τὸν ἄσπορον τόκον σου, Θεοτόκε
ἄχραντε, Χριστὸν τὸν Θεὸν ἡμῶν, ἐν ὕμνοις
ἀσιγήτοις μεγαλύνομεν.

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

Ἦτι 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,

Glory. **For the Trinity.**

We magnify the Holy Trinity, Father
without beginning, coeternal Son, and the
Spirit who shares their throne. [KW]

Both now. **Theotokion.**

All of us sing thy praises, Mother who
hast not known man, Holy Virgin, for without
seed thou hast conceived the Creator. [KW]

Glory to You, our God, glory to You.

O Cross of Christ, we have been counted
worthy to see and venerate thee. Guide us
on our journey, that we may reach the holy
Passion. [KW]

Heirmos (NM). Mode 4.

O Theotokos undefiled, with never-silent
hymns we magnify thine Offspring born
without seed, Christ our God. [KW]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

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.)

Τοῦ Ὁρολογίου ---

ΧΟΡΟΣ

Φωταγωγικά Ἦχος γ'.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,
δυνάμει τοῦ Σταυροῦ σου, καὶ σῶσόν με.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,
πρεσβείαις τῶν Ἀγίων καὶ σῶσόν με.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,
πρεσβείαις τῆς Θεοτόκου, καὶ σῶσόν με.

ΑΝΑΓΝΩΣΤΗΣ

Οἱ Αἶνοι. (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 ἄστρον καὶ τὸ φῶς. Αἰνεῖτε αὐτόν
οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ 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

(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 3.

Send out Your light, O Christ God, and
enlighten our hearts, by the power of Your
Cross, and save me. [SD]

Send out Your light, O Christ God, and
enlighten our hearts, by the intercessions of
the Saints, and save me. [SD]

Send out Your light, O Christ God, and
enlighten our hearts, by the intercessions of
the Theotokos, and save me. [SD]

READER

Lauds. (read) Psalm 148.

Praise the Lord from the heavens; praise
Him in the highest. Praise Him, all you His
angels; praise Him, all you His hosts. Praise
Him, sun and moon; praise Him, all you
stars and light. Praise Him, you heavens of
heavens, and you waters above the heavens.
Let them praise the Lord's name, for He
spoke, and they were made; He commanded,
and they were created. He established them
forever and unto ages of ages; He set forth
His ordinance, and it shall not pass away.
Praise the Lord from the earth, you dragons

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.

Ψαλμὸς ΡΜΘ'(149).

Ἄσατε 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. Καυχήσονται 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 ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν αὐτοῖς κριμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

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

Ψαλμός PN' (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 κιθάρα· 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 Πατρὶ,
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
Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.
Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,
καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,

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
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

καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με· ἴασαι τὴν ψυχὴν μου, ὅτι ἡμαρτόν 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 πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ δόξα πρόπει, 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.)

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

(Παράσχον, Κύριε.)

to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(Grant this, O Lord.)

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, οἰκτιρῶν, καὶ
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

For an angel of peace, a faithful guide, a
guardian of our souls and bodies, let us ask
the Lord.

(Grant this, O Lord.)

For pardon and remission of our sins and
transgressions, let us ask the Lord.

(Grant this, O Lord.)

For that which is good and beneficial for
our souls, and for peace for the world, let us
ask the Lord.

(Grant this, O Lord.)

That we may complete the remaining time
of our life in peace and repentance, let us ask
the Lord.

(Grant this, O Lord.)

And let us ask for a Christian end to our
life, peaceful, without shame and suffering,
and for a good defense before the awesome
judgment seat of Christ.

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

For You are the God of mercy and
compassion and love for mankind, and to You
we give glory, to the Father and the Son and
the Holy Spirit, now and forever and to ages
of ages.

(Amen.)

PRIEST

Peace be with all.

(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 παντεφώρῳ σου ὄμματι ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου Ἄγιε Ἀγίων· ἔκτεινον τὴν χεῖρά 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 Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἰδιόμελον. Ὕψος δ'.

Ὁ τῆς ἀληθείας ἐξεταστής, καὶ τῶν κρυπτῶν γνώστης Κύριος, τὸν Φαρισαῖον τῇ κενοδοξίᾳ νικώμενον, καὶ ταῖς ἐξ ἔργων ἀρεταῖς, δικαιούμενον κατέκρινας, τὸν δὲ Τελώνην κατανύξει προσευχόμενον, καὶ ὑπ' ἐκείνου κατακριθέντα ἐδικαίωσας, οὗ καὶ ἡμᾶς, τῆς μετανοίας ζηλωτάς, ὁ σταυρωθεὶς ἀνάδειξον, καὶ τῆς ἀφέσεως ἀξίωσον ὡς φιλόανθρωπος.

Στίχ. Πρὸς σὲ ἤρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας

(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 4.

O crucified Lord, who searchest out the truth and knowest all secrets, Thou hast condemned the Pharisee who was overcome by vainglory and thought that he was justified by virtues gained through his own works; but Thou hast justified the Publican who prayed with compunction, and whom the Pharisee condemned. Make us emulate the Publican in his repentance and count us worthy of forgiveness, for Thou lovest mankind. [KW]

Verse: I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look to the hands of their masters, as the eyes of the maidservant look to the hands of her mistress, so

τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ
ἡμῶν πρὸς Κύριον τὸν θεὸν ἡμῶν, ἕως οὗ
οἰκτειρῆσαι ἡμᾶς.

Ὁ τῆς ἀληθείας ἐξεταστής, καὶ τῶν
κρυπτῶν γνώστης Κύριος, τὸν Φαρισαῖον
τῇ κενοδοξίᾳ νικώμενον, καὶ ταῖς ἐξ ἔργων
ἀρεταῖς, δικαιούμενον κατέκρινας, τὸν δὲ
Τελώνην κατανύξει προσευχόμενον, καὶ ὑπ'
ἐκείνου κατακριθέντα ἐδικαίωσας, οὗ καὶ
ἡμᾶς, τῆς μετανοίας ζηλωτάς, ὁ σταυρωθεὶς
ἀνάδειξον, καὶ τῆς ἀφέσεως ἀξίωσον ὡς
φιλόανθρωπος.

Μαρτυρικόν.

Ἦχος δ'.

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

Τίς οὐκ ἐξίσταται ὁρῶν, ἅγιοι Μάρτυρες,
τὸν ἀγῶνα τὸν καλόν, ὃν ἠγωνίσασθε; πῶς
ἐν σώματι ὄντες, τὸν ἀσώματον ἐχθρὸν
ἐνίκησατε, Χριστὸν ὁμολογήσαντες, καὶ
Σταυρὸν ὀπλισάμενοι; ὅθεν ἐπαξίως
ἀνεδείχθητε, δαιμόνων φυγαδευταί,
καὶ βαρβάρων πολέμιοι, ἀπαύστως
πρεσβεύσατε, σωθῆναι τὰς ψυχὰς ἡμῶν.

Δόξα· καὶ νῦν.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'.

Σήμερον ὁ Δεσπότης τῆς Κτίσεως,
καὶ Κύριος τῆς δόξης, τῷ Σταυρῷ
προσπῆγνυται, καὶ τὴν πλευρὰν κεντᾶται
χολῆς καὶ ὄξους γεύεται, ὁ γλυκασμὸς
τῆς Ἐκκλησίας· στέφανον ἐξ ἀκανθῶν
περιβάλλεται, ὁ καλύπτων Οὐρανὸν
τοῖς νέφεσι· χλαῖναν ἐνδύεται χλεῦης,

*our eyes look to the Lord our God until He shall
have compassion on us. [SAAS]*

O crucified Lord, who searchest out the
truth and knowest all secrets, Thou hast
condemned the Pharisee who was overcome
by vainglory and thought that he was justified
by virtues gained through his own works; but
Thou hast justified the Publican who prayed
with compunction, and whom the Pharisee
condemned. Make us emulate the Publican
in his repentance and count us worthy of
forgiveness, for Thou lovest mankind. [KW]

For the Martyrs.

Mode 4.

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

Who is not filled with wonder, holy
martyrs, beholding the good fight ye have
fought? Armed with the Cross and confessing
Christ, while in the body ye have defeated
the bodiless foe; ye have put to flight the
demons and driven back the enemy. Intercede
continually for the salvation of our souls. [KW]

Glory. Both now.

From Triodion ---

Mode pl. 4.

Today the Master of creation and Lord of
glory is nailed to the Cross and He is pierced
in the side. He tastes gall and vinegar, He
who is the sweetness of the Church. He is
crowned with a crown of thorns, He who
covers the sky with clouds. He is dressed
in a robe to be ridiculed, and He is smitten

καὶ ῥαπίζεται πηλίνη χειρὶ, ὁ τῇ χειρὶ
πλάσας τὸν ἄνθρωπον· τὸν νῶτον
φραγγελοῦται, ὁ περιβάλλων τὸν Οὐρανὸν
ἐν νεφέλαις· ἐμπτυσμούς καὶ μάστιγας
δέχεται, ὀνειδισμούς καὶ κολαφισμούς, καὶ
πάντα ὑπομένει, δι' ἐμὲ τὸν κατάκριτον, ὁ
Λυτρωτὴς μου καὶ Θεός, ἵνα σώσῃ Κόσμον
ἐκ πλάνης ὡς, εὐσπλαγχνος.

ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε· τοῦ
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. Ἅγιε,
ἐπίσκεψαι καὶ ἰᾶσαι τὰς ἀσθενείας ἡμῶν,
ἐνεκεν 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

by a hand formed of clay, He who formed
humanity with His own hand. He takes a
flogging on the back, He who circles the sky
with clouds. He takes the spitting and the
whips, the beatings and the taunts; and He
endures it all for me, who am condemned, in
order so save the world from delusion, for He
is compassionate, my Redeemer and my God.

[SD]

PRIEST

It is good to give thanks to the Lord
and to sing to Your name, O Most High, to
proclaim Your mercy in the morning and
Your truth at night. [SAAS]

READER

Trisagion Prayers.

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

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

All-holy Trinity, have mercy on us.
Lord, forgive our sins. Master, pardon our
transgressions. Holy One, visit and heal our
infirmities for your name's sake.

Lord, have mercy. Lord, have mercy.
Lord, have mercy.

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

Our Father, who art in heaven, hallowed
be Thy name. Thy kingdom come, Thy will
be done, on earth as it is in heaven. Give us
this day our daily bread; and forgive us our

ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὥς 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.)

ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (μ')

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

(Ἀμήν.)

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

trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

PRIEST

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

READER

Standing in your glorious church, O Theotokos, we think we are standing in heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

Blessed are You, Christ our God, always now and forever and to the ages of ages.

(Amen.)

O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give peace to the world. Protect this holy Church (or, Monastery); grant our departed fathers and brethren that they may dwell with the righteous, and accept us in repentance

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.

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 ἀεὶ, 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 πανευφήμεων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ

and confession; for You are good and love
mankind.

(Amen.)

Prayer of St. Ephraim

O Lord and Master of my life, do not
permit the spirit of laziness and meddling, the
lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit
of prudence, humility, patience and love.

Yes, Lord and King, give me the power
to see my own faults and not to judge my
brother.

For you are blessed unto the ages of ages.
Amen. [HC]

*Then we begin the First Hour, saying: "Come let us
worship..."*

or:

READER

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

Lord, have mercy. (3) Father, bless!

PRIEST

May Christ our true God, through
the intercessions of His all-pure and all-
immaculate holy Mother, the power of the
precious and life-giving Cross, the protection
of the honorable, bodiless powers of heaven,
the supplications of the honorable, glorious
prophet and forerunner John the Baptist, of
the holy, glorious, and praiseworthy apostles,
of the holy, glorious, and triumphant martyrs,
of our righteous and God-bearing fathers,
(local patron saint); of the holy and righteous
ancestors of God Joachim and Anna, and of all

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.)

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.)