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The Service of Vespers

on Monday Evening

for Tuesday, March 19, 2019

**Triodion - On Monday of the Second Week
at Vespers**

**Menaion - March 19
Memory of the Holy Martyrs Chysanthos and Dareia**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Τῇ Δευτέρᾳ Β' Ἑβδομάδος εἰς τὸν Ἑσπερινόν.

Μηναιὸν - ΤΗΙ ΙΘ' ΜΑΡΤΙΟΥ

Μνήμη τῶν Ἁγίων Μαρτύρων Χρυσάνθου καὶ Δαρείας

ΕΣΠΕΡΙΝΟΣ

ΙΕΡΕΥΣ

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ Θεῷ ἡμῶν.

Ψαλμὸς ΡΓ' (103).

Εὐλόγει ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου ἐμεγαλύνθης σφόδρα.
Ἐξομολόγησιν καὶ μεγαλοπρέπειαν ἐνεδύσω, ἀναβαλλόμενος φῶς ὡς ἱμάτιον.
Ἐκτείνων τὸν οὐρανὸν ὥσει δέσρην, ὁ στεγάζων ἐν ὕδασιν τὰ ὑπερῶα αὐτοῦ.
Ὅ τιθεὶς νέφη τὴν ἐπίβασιν αὐτοῦ, ὁ περιπατῶν ἐπὶ πτερυγῶν ἀνέμων.
Ὁ ποιῶν τοὺς Ἀγγέλους αὐτοῦ πνεύματα, καὶ τοὺς λειτουργοὺς αὐτοῦ πυρὸς φλόγα.
Ὁ θεμελιῶν τὴν γῆν ἐπὶ τὴν ἀσφάλειαν αὐτῆς, οὐ κλιθήσεται εἰς τὸν αἰῶνα τοῦ αἰῶνος.
Ἄβυσσος ὡς ἱμάτιον τὸ περιβόλαιον αὐτοῦ, ἐπὶ τῶν ὀρέων στήσονται ὕδατα.
Ἀπὸ ἐπιτιμῆσεώς

Triodion

On Monday of the Second Week at Vespers

Menaion - March 19

Memory of the Holy Martyrs Chysanthos and Dareia

VESPERS

PRIEST

Blessed is our God always, now and ever, and to the ages of ages.

(Amen.)

READER

Come, let us worship and bow down before God our King.

Come, let us worship and bow down before Christ God our King.

Come, let us worship and bow down before Him, Christ our King and God.

Psalms 103 (104).

Bless the Lord, O my soul. O Lord my God, You are magnified exceedingly; You clothe Yourself with thanksgiving and majesty, who cover Yourself with light as with a garment, who stretch out the heavens like a curtain; You are He who covers His upper chambers with water, who makes the clouds His means of approach, who walks on the wings of the winds, who makes His angels spirits and His ministers a flame of fire. He established the earth on its stable foundation; it shall not be moved unto ages of ages. The deep like a garment is His covering; the waters shall stand upon the mountains; at Your rebuke they shall flee; at the sound

σου φεύξονται, ἀπὸ φωνῆς βροντῆς σου δειλιάσουσιν. Ἀναβαίνουνσιν ὄρη, καὶ καταβαίνουνσι πεδία εἰς τόπον, ὃν ἐθεμελίωσας αὐτά. Ὅριον ἔθου, ὃ οὐ παρελεύσονται, οὐδὲ ἐπιστρέψουσι καλύψαι τὴν γῆν. Ὁ ἐξαποστέλλων πηγὰς ἐν φάραγξιν, ἀναμέσον τῶν ὀρέων διελεύσονται ὕδατα· ποτιοῦσι πάντα τὰ θηρία τοῦ ἀγροῦ, προσδέξονται ὄναγροι εἰς δίψαν αὐτῶν. Ἐπ' αὐτὰ τὰ πετεινὰ τοῦ οὐρανοῦ κατασκηνώσει, ἐκ μέσου τῶν πετρῶν δώσουσι φωνήν. Ποτίζων ὄρη ἐκ τῶν ὑπερώων αὐτοῦ, ἀπὸ καρποῦ τῶν ἔργων σου χορτασθήσεται ἡ γῆ. Ὁ ἐξανατέλλων χόρτον τοῖς κτήνεσι, καὶ χλόην τῇ δουλείᾳ τῶν ἀνθρώπων. Τοῦ ἐξαγαγεῖν ἄρτον ἐκ τῆς γῆς, καὶ οἶνος εὐφραίνει καρδίαν ἀνθρώπου. Τοῦ ἱλαρύναι πρόσωπον ἐν ἐλαίῳ, καὶ ἄρτος καρδίαν ἀνθρώπου στηρίζει. Χορτασθήσεται τὰ ξύλα τοῦ πεδίου, αἱ κέδροι τοῦ Λιβάνου, ἃς ἐφύτευσας. Ἐκεῖ στρουθία ἐννοσσεύσουσι, τοῦ ἐρωδιοῦ ἡ κατοικία ἡγεῖται αὐτῶν. Ὅρη τὰ ὑψηλὰ ταῖς ἐλάφοις, πέτρα καταφυγὴ τοῖς λαγωαῖς. Ἐποίησε σελήνην εἰς καιροῦς, ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ, ἐν αὐτῇ διελεύσονται πάντα τὰ θηρία τοῦ δρυμοῦ. Σκύμνοι ὠρυόμενοι τοῦ ἀρπᾶσαι, καὶ ζητῆσαι παρὰ τῷ Θεῷ βρῶσιν αὐτοῖς. Ἀνέτειλεν ὁ ἥλιος, καὶ συνήχθησαν, καὶ εἰς τὰς μάνδρας αὐτῶν κοιτασθήσονται. Ἐξελεύσεται ἄνθρωπος ἐπὶ τὸ ἔργον αὐτοῦ, καὶ ἐπὶ τὴν ἐργασίαν αὐτοῦ ἕως ἑσπέρας. Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε, πάντα ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς κτίσεώς σου. Αὕτη ἡ θάλασσα ἡ μεγάλη καὶ εὐρύχωρος, ἐκεῖ ἐρπετὰ ὧν οὐκ ἔστιν

of Your thunder, they shall be afraid. The mountains rise up, and the plains sink down to the place You founded for them. You set a boundary they shall not pass over; neither shall they return to cover the earth. You are He who sends springs into the valley; the waters shall pass between the mountains; they shall give drink to all the wild animals of the field; the wild asses shall quench their thirst; the birds of heaven shall dwell beside them; they shall sing from the midst of the rocks. You are He who waters the mountains from His higher places; the earth shall be satisfied with the fruit of Your works. You are He who causes grass to grow for the cattle, and the green plant for the service of man, to bring forth bread from the earth; and wine gladdens the heart of man, to brighten his face with oil; and bread strengthens man's heart. The trees of the plain shall be full of fruit, the cedars of Lebanon, which You planted; there the sparrows shall make their nests; the house of the heron takes the lead among them. The high mountains are for the deer; the cliff is a refuge for the rabbits. He made the moon for seasons; the sun knows its setting. You established darkness, and it was night, wherein all the wild animals of the forest will prowl about; the young lions roar and snatch their prey, and seek their food from God. The sun arises, and they are gathered together; and they shall be put to bed in their dens. Man shall go out to his work and to his labor until evening. O Lord, Your works shall be magnified greatly; You made all things in wisdom; the earth was filled with Your creation. There is this great and spacious sea: the creeping things are there without number;

ἀριθμός, ζῶα μικρὰ μετὰ μεγάλων. Ἐκεῖ
πλοῖα διαπορεύονται, δράκων οὗτος,
ὃν ἔπλασας ἐμπαίζειν αὐτή. Πάντα
πρὸς σὲ προσδοκῶσι, δοῦναι τὴν τροφήν
αὐτῶν εἰς εὐκαιρον, δόντος σου αὐτοῖς
συλλέξουσιν. Ἀνοίξαντός σου τὴν χεῖρα,
τὰ σύμπαντα πλησθήσονται χρηστότητος,
ἀποστρέψαντος δέ σου τὸ πρόσωπον,
ταραχθήσονται. Ἀντανελεῖς τὸ πνεῦμα
αὐτῶν, καὶ ἐκλείψουσι, καὶ εἰς τὸν χοῦν
αὐτῶν ἐπιστρέψουσιν. Ἐξαποστελεῖς
τὸ πνεῦμα σου, καὶ κτισθήσονται, καὶ
ἀνακαινιεῖς τὸ πρόσωπον τῆς γῆς.
Ἦτω ἡ δόξα Κυρίου εἰς τοὺς αἰῶνας,
εὐφρανθήσεται Κύριος ἐπὶ τοῖς ἔργοις
αὐτοῦ. Ὁ ἐπιβλέπων ἐπὶ τὴν γῆν, καὶ ποιῶν
αὐτὴν τρέμειν, ὁ ἀπτόμενος τῶν ὀρέων,
καὶ καπνίζονται. Αἰσῶ τῷ Κυρίῳ ἐν τῇ
ζωῇ μου, ψαλῶ τῷ Θεῷ μου ἕως ὑπάρχω.
Ἦδυνθείη αὐτῷ ἡ διαλογία μου, ἐγὼ δὲ
εὐφρανθήσομαι ἐπὶ τῷ Κυρίῳ. Ἐκλείποιεν
ἀμαρτωλοὶ ἀπὸ τῆς γῆς, καὶ ἄνομοι, ὥστε
μὴ ὑπάρχειν αὐτοῦς. Εὐλόγει, ἡ ψυχὴ μου,
τὸν Κύριον.

Ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου
σκότος, καὶ ἐγένετο νύξ.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε·
πάντα ἐν σοφίᾳ ἐποίησας.

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

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

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

the living things are there, both small and
great; there the ships pass through; there is
this dragon You formed to play therein. All
things wait upon You, that You may give
them food in due season. When You give
it to them, they shall gather it; when You
open Your hand, all things shall be filled with
Your goodness. But when You turn Your face
away, they shall be troubled; when You take
away their breath, they shall die and return
again to their dust. You shall send forth Your
Spirit, and they shall be created, and You shall
renew the face of the earth. Let the glory of
the Lord be forever; the Lord shall be glad
in His works; He looks upon the earth and
makes it tremble; He touches the mountains,
and they smoke. I will sing to the Lord all my
life; I will sing to my God as long as I exist;
may my words be pleasing to Him, and I shall
be glad in the Lord. May sinners cease from
the earth, and the lawless, so as to be no more.
Bless the Lord, O my soul.

The sun knows its setting. You
established darkness, and it was night.

O Lord, Your works shall be magnified
greatly; You made all things in wisdom. [SAAS]

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

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

Our hope, O Lord, glory to You.

Απαγγελλομένου επίσης τοῦ Προοιμιακοῦ, ὁ Ἱερεὺς ἵσταται ἀσκεπής ἐνώπιον τῆς ἁγίας Τραπέζης ἢ καὶ ἐνώπιον τῆς εἰκόνης τοῦ Σωτῆρος Χριστοῦ, ἱστάμενος ἐπὶ τοῦ Σολέα (ὡς ἐν τῷ Ὁρθρῳ), καὶ ἀναγινώσκει μυστικῶς τὰς Εὐχὰς τοῦ Λιχνικοῦ·

ΙΕΡΕΥΣ (μυστικῶς)

ΕΥΧΗ ΠΡΩΤΗ

Κύριε, οἰκτίρμον καὶ ἐλεῆμον, μακρόθυμε καὶ πολυέλεε, ἐνώτισαι τὴν προσευχὴν ἡμῶν, καὶ πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν· ποίησον μεθ' ἡμῶν σημεῖον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὁδῷ σου τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὐφρανον τὰς καρδίας ἡμῶν, εἰς τὸ φοβεῖσθαι τὸ Ὄνομά σου τὸ ἅγιον· διότι μέγας εἶ σὺ, καὶ ποιῶν θαυμάσια· σὺ εἶ Θεὸς μόνος, καὶ οὐκ ἔστιν ὅμοιός σοι ἐν θεοῖς, Κύριε, δυνατὸς ἐν ἐλέει, καὶ ἀγαθὸς ἐν ἰσχύϊ, εἰς τὸ βοηθεῖν καὶ παρακαλεῖν, καὶ σῶζειν πάντας τοὺς ἐλπίζοντας εἰς τὸ Ὄνομά σου τὸ ἅγιον.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΔΕΥΤΕΡΑ

Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης ἡμᾶς, μηδὲ τῇ ὀργῇ σου παιδεύσης ἡμᾶς, ἀλλὰ ποίησον μεθ' ἡμῶν κατὰ τὴν ἐπιείκειάν σου, ἱατρὲ καὶ θεραπευτὰ τῶν ψυχῶν ἡμῶν· ὁδήγησον ἡμᾶς ἐπὶ λιμένα θελήματός σου· φώτισον τοὺς ὀφθαλμοὺς τῶν καρδιῶν ἡμῶν, εἰς ἐπίγνωσιν τῆς σῆς ἀληθείας· καὶ δώρησαι ἡμῖν τὸ λοιπὸν τῆς παρούσης ἡμέρας εἰρηνικὸν καὶ ἀναμάρτητον, καὶ πάντα τὸν χρόνον τῆς ζωῆς ἡμῶν·

While the Opening Psalm is being read the Priest, bareheaded and standing in front of the Holy Table, says quietly the following Prayers at the Lighting of the Lamps.

PRIEST (inaudibly)

1st Prayer

O Lord, compassionate and merciful, long-suffering and full of mercy, listen to our prayer and attend to the voice of our supplication. Make for us a sign for good. Guide us in your way, to walk in your truth. Make glad our hearts to fear your holy Name, because you are great and do wondrous things. You alone are God, and there is none like you, O Lord, among gods: powerful in mercy and loving in strength to help and to console and to save all who hope in your holy Name. [EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. [EL]

2nd Prayer

Lord, do not rebuke us in your anger, nor chastise us in your wrath, but deal with us in accordance with your kindness, physician and healer of our souls. Guide us to the harbour of your will. Enlighten the eyes of our hearts to the knowledge of your truth and grant that the rest of the present day and the whole time of our life may be peaceful and without sin, at the prayers of the holy Mother of God and of all the Saints. [EL]

πρεσβείαις τῆς ἁγίας Θεοτόκου, καὶ πάντων τῶν Ἁγίων σου.

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

ΕΥΧΗ ΤΡΙΤΗ

Κύριε, ὁ Θεὸς ἡμῶν, μνήσθητι ἡμῶν τῶν ἁμαρτωλῶν καὶ ἀχρείων δούλων σου, ἐν τῷ ἐπικαλεῖσθαι ἡμᾶς τὸ ἅγιον ὄνομά σου, καὶ μὴ κατασχύνῃς ἡμᾶς ἀπὸ τῆς προσδοκίας τοῦ ἐλέους σου, ἀλλὰ χάρισαι ἡμῖν, Κύριε, πάντα τὰ πρὸς σωτηρίαν αἰτήματα· καὶ ἀξιώσον ἡμᾶς ἀγαπᾶν, καὶ φοβεῖσθαι σε ἐξ ὅλης τῆς καρδίας ἡμῶν, καὶ ποιεῖν ἐν πᾶσι τὸ θέλημά σου.

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος 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.

ΕΥΧΗ ΤΕΤΑΡΤΗ

Ὁ τοῖς ἀσιγήτοις ὕμνοις καὶ ἀπαύστοις δοξολογίαις ὑπὸ τῶν ἁγίων δυνάμεων ἀνυμνούμενος, πλήρωσον τὸ στόμα ἡμῶν τῆς αἰνέσεώς σου, τοῦ δοῦναι μεγαλωσύνην τῷ ὀνόματί σου τῷ ἁγίῳ· καὶ δὸς ἡμῖν μερίδα καὶ κληρὸν μετὰ πάντων τῶν φοβουμένων σε ἐν ἀληθείᾳ καὶ φυλασσόντων τὰς ἐντολάς σου· πρεσβείαις τῆς ἁγίας Θεοτόκου καὶ πάντων τῶν ἁγίων σου.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ

For yours is the might, and yours is the kingdom, the power and the glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

3rd Prayer

Lord our God, remember us, sinners and your unprofitable servants, as we call upon your holy Name, and do not put us to shame from the expectation of your mercy, but graciously grant us, Lord, all the requests that are for salvation, and count us worthy to love and to fear you from our whole heart, and in all things to do your will. ^[EL]

For you, O God, are good and love mankind, and to you we give glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

4th Prayer

O Lord, who are praised by the holy Powers with never silent hymns and unceasing songs of glory, fill our mouth with your praise to give majesty to your holy Name, and give us a part and an inheritance with all who fear you in truth and who keep your commandments, at the prayers of the holy Mother of God and of all your Saints. ^[EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

Ἀγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΠΕΜΠΤΗ

Κύριε, Κύριε, ὁ τῇ ἀχραντῷ σου παλάμῃ συνέχων τὰ σύμπαντα, ὁ μακροθυμῶν ἐπὶ πάντας ἡμᾶς καὶ μετανοῶν ἐπὶ ταῖς κακίαις ἡμῶν, μνήσθητι τῶν οἰκτιρμῶν σου καὶ τοῦ ἐλέους σου· ἐπίσκεψαι ἡμᾶς ἐν τῇ σῇ ἀγαθότητι· καὶ δὸς ἡμῖν διαφυγεῖν καὶ τὸ λοιπὸν τῆς παρούσης ἡμέρας, ἐκ τῶν τοῦ πονηροῦ ποικίλων μηχανημάτων, καὶ ἀνεπιβούλευτον τὴν ζωὴν ἡμῶν διαφύλαξον, τῇ χάριτι τοῦ Παναγίου σου Πνεύματος.

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

ΕΥΧΗ ΕΚΤΗ

Ὁ Θεός, ὁ μέγας καὶ θαυμαστός, ὁ ἀνεκδιηγῆτῳ ἀγαθωσύνη καὶ πλουσία προνοία διοικῶν τὰ σύμπαντα· ὁ καὶ τα ἐγκόσμια ἀγαθὰ ἡμῖν δωρησάμενος, καὶ κατεγγυήσας ἡμῖν τὴν ἐπηγγελμένην βασιλείαν, διὰ τῶν ἤδη κεχαρισμένων ἡμῖν ἀγαθῶν· ὁ ποιήσας ἡμᾶς καὶ τῆς νῦν ἡμέρας τὸ παρελθὸν μέρος ἀπὸ παντὸς ἐκκλίνειν κακοῦ, δώρησαι ἡμῖν καὶ τὸ ὑπόλοιπον ἀμέμπτως ἐκτελέσαι, ἐνώπιον τῆς ἀγίας δόξης σου, ὑμνοῦντάς σε τὸν μόνον ἀγαθόν, καὶ φιλάνθρωπον Θεὸν ἡμῶν.

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ

5th Prayer

Lord, Lord, who uphold the universe by your immaculate hand, who are long-suffering towards us all and who repent of evils, remember your acts of compassion and your mercy. Visit us in your loving kindness and grant that for the rest of the present day we may escape the manifold wiles of the evil one, and, by the grace of your All-holy Spirit, keep our life free from assault. [EL]

By the mercy and love for mankind of your Only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. Amen. [EL]

6th Prayer

O God, great and wonderful, who order the universe with inexpressible loving-kindness and rich providence; who have granted us also the blessings of this world and brought us near to the promised Kingdom through the blessings that have been bestowed on us already; who have made us turn aside from every evil during that part of the present day which is now over, grant us also to complete what remains without blame in the presence of your holy glory, as we sing your praise, who alone are our God, good and the Lover of mankind. [EL]

For you are our God and to you we give glory, to the Father, the Son and the Holy

καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΕΒΔΟΜΗ

Ὁ Θεὸς ὁ μέγας καὶ ὑψιστος, ὁ μόνος
ἔχων ἀθανασίαν, φῶς οἰκῶν ἀπρόσιτον, ὁ
πᾶσαν τὴν κτίσιν ἐν σοφίᾳ δημιουργήσας.
Ὁ διαχωρήσας ἀνὰ μέσον τοῦ φωτός, καὶ
ἀνὰ μέσον τοῦ σκότους, καὶ τὸν μὲν ἥλιον
θέμενος εἰς ἐξουσίαν τῆς ἡμέρας, σελήνην
δὲ καὶ ἀστέρας εἰς ἐξουσίαν τῆς νυκτός· ὁ
καταξιώσας ἡμᾶς τοὺς ἁμαρτωλοὺς καὶ
ἐπὶ τῆς παρούσης ὥρας προφθάσαι τὸ
πρόσωπόν σου ἐν ἐξομολογήσει, καὶ τὴν
ἐσπερινὴν σοι δοξολογίαν προσαγαγεῖν·
αὐτός, φιλάνθρωπε Κύριε, κατεύθυνον
τὴν προσευχὴν ἡμῶν ὡς θυμίαμα ἐνώπιόν
σου καὶ πρόσδεξαι αὐτὴν εἰς ὁσμὴν
εὐωδίας. Παράσχου δὲ ἡμῖν τὴν παροῦσαν
ἐσπέραν καὶ τὴν ἐπιοῦσαν νύκτα εἰρηνικὴν·
ἐνδυσον ἡμᾶς ὅπλα φωτός· ῥῦσαι ἡμᾶς
ἀπὸ φόβου νυκτερινοῦ καὶ ἀπὸ παντός
πράγματος ἐν σκότει διαπορευομένου· καὶ
δὸς ἡμῖν τὸν ὕπνον, ὃν εἰς ἀνάπαυσιν τῇ
ἀσθενείᾳ ἡμῶν ἐδωρήσω, πάσης διαβολικῆς
φαντασίας ἀπηλλαγμένον. Ναί, Δέσποτα
τῶν ἀπάντων, τῶν ἀγαθῶν χορηγέ· ἴνα,
καὶ ἐπὶ ταῖς κοίταις ἡμῶν κατανυγόμενοι,
μνημονεύωμεν ἐν νυκτὶ τοῦ ὀνόματός
σου, καὶ τῇ μελέτῃ τῶν σῶν ἐντολῶν
καταυγαζόμενοι, ἐν ἀγαλλιάσει ψυχῆς
διανιστῶμεν πρὸς δοξολογίαν τῆς σῆς
ἀγαθότητος, δεήσεις καὶ ἱκεσίας τῇ σῇ
εὐσπλαγχνίᾳ προσάγοντες ὑπὲρ τῶν ἰδίων
ἁμαρτημάτων καὶ παντός τοῦ λαοῦ σου,
ὃν ταῖς πρεσβείαις τῆς ἁγίας Θεοτόκου ἐν
ἐλέει ἐπίσκεψαι.

Spirit, now and for ever, and to the ages of
ages. Amen. [EL]

7th Prayer

Great and most high God, who
alone possess immortality, who dwell
in unapproachable light, who fashioned
all creation with wisdom, who made the
separation between the light and the darkness
and who placed the sun to have authority
over the day and the moon and the stars
to have authority over the night, who have
counted us sinners worthy even at this
present hour to come into your presence with
confession and thanksgiving and to offer
you our evening hymn of glory; do you, O
Lord who love mankind, direct our prayer
like incense before you and accept it as a
savour of sweet fragrance. Grant us that the
present evening and the coming night may
be peaceful, clothe us with weapons of light,
deliver us from every night-time fear and
from every deed that walks in darkness. And
give us sleep, which you have bestowed on us
for our rest in our weakness, freed from every
fantasy of the devil. Yes, Master of all things,
giver of blessings, may we also be filled with
compunction on our beds and call to mind
your Name in the night, and enlightened by
meditation on your commandments may we
rise with gladness of soul to give glory to
your loving-kindness, as we bring to your
compassion supplications and entreaties on
behalf of our own sins and those of all your
people. At the prayers of the holy Mother of
God visit them with mercy. [EL]

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος 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.

*Πληρωθέντος τοῦ Προοιμιακοῦ Ψαλμοῦ, ὁ μὲν
Τερεὺς παραμένει ἐν εὐλαβείᾳ ἐνώπιον τῆς ἀγίας
Τραπεζῆς, ὁ δὲ Διάκονος ποιεῖ σχῆμα πρὸς τὸ Τερέα,
καὶ ἐξελθὼν τοῦ ἱεροῦ Βήματος, διὰ τῆς βορείας
πύλης, καὶ στὰς πρὸ τῆς Ὁραίας πύλης, καὶ βλέπων
κατ' ἐνώπιον τῆς εἰκόνης τοῦ Χριστοῦ, λέγει τὴν
Μεγάλην Συναπτὴν, ἥτοι τὰ "Εἰρηνικά."*

For you, O God, are good and love
mankind, and to you we give glory, Father,
Son and Holy Spirit, now and for ever, and to
the ages of ages. Amen. ^[EL]

*When the Opening Psalm is completed the Priest, in
front of the Holy Table, or the Deacon in his usual place
outside the Holy Doors, says the Litany of Peace.*

ΔΙΑΚΟΝΟΣ

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ἁγίου οἴκου τούτου, καὶ τῶν μετὰ πίστεως, εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῶν εὐσεβῶν καὶ Ὁρθοδόξων Χριστιανῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθνους, πάσης ἀρχῆς καὶ ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

DEACON

In peace, let us pray to the Lord.

(Lord, have mercy.)

For the peace from above and for the salvation of our souls, let us pray to the Lord.

(Lord, have mercy.)

For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

(Lord, have mercy.)

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

(Lord, have mercy.)

For pious and Orthodox Christians, let us pray to the Lord.

(Lord, have mercy.)

For (episcopal rank) (name), for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

(Lord, have mercy.)

For our country, for the president, and for all in public service, let us pray to the Lord.

(Lord, have mercy.)

For this city, and for every city and land, and for the faithful who live in them, let us pray to the Lord.

(Lord, have mercy.)

For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

(Lord, have mercy.)

Ὑπὲρ πλεόντων, ὁδοιπορούντων,
νοσούντων, καμνόντων, αἰχμαλώτων καὶ
τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ῥυσθῆναι ἡμᾶς ἀπὸ πάσης
θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, τοῦ
Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ
προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 18. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

For those who travel by land, sea, and air,
for the sick, the suffering, the captives and for
their salvation, let us pray to the Lord.

(Lord, have mercy.)

For our deliverance from all affliction,
wrath, danger, and necessity, 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 to You belong all glory, honor, and
worship, to the Father and to the Son and to
the Holy Spirit, now and forever and to the
ages of ages.

(Amen.)

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 18. 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

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΧΟΡΟΣ

Ἦχος πλ. δ'.

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν
μου, εἰσάκουσόν μου, Κύριε. Κύριε,
ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου·
πρόσχες τῇ φωνῇ τῆς δεήσεώς μου, ἐν τῷ
κεκραγέναι με πρὸς σέ. Εἰσάκουσόν μου,
Κύριε.

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἐσπερινή. Εἰσάκουσόν μου,
Κύριε.

Θοῦ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν
περιοχῆς περὶ τὰ χεῖλη μου.

Μὴ ἐκκλίνης τὴν καρδίαν μου εἰς λόγους
πονηρίας, τοῦ προφασίζεσθαι προφάσεις ἐν
ἀμαρτίαις.

Σὺν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ
οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Παιδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με,
ἔλαιον δὲ ἀμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλὴν
μου.

Ὅτι ἔτι καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις
αὐτῶν· κατεπόθησαν ἐχόμενα πέτρας οἱ κριταὶ
αὐτῶν.

Ἀκούσονται τὰ ῥήματά μου, ὅτι ἠδύνθησαν·
ὥσπερ πάχος γῆς ἐρράγη ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ
ὀστᾶ αὐτῶν παρὰ τὸν ἄδην.

ourselves and one another and our whole life to
Christ our God.

(To You, O Lord.)

PRIEST

For Yours is the dominion, and Yours is the
kingdom and the power and the glory, of the Father
and of the Son and of the Holy Spirit, now and
forever and to the ages of ages.

(Amen.)

CHOIR

Mode pl. 4.

Lord, I have cried to You; hear me. Hear
me, O Lord. Lord, I have cried to You; hear
me. Give heed to the voice of my supplication
when I cry to You. Hear me, O Lord. [SAAS]

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice. Hear me, O Lord. [SAAS]

Set a watch, O Lord, before my mouth, a door of
enclosure about my lips.

Incline not my heart to evil words, to make
excuses in sins.

With men who work lawlessness; and I will not
join with their choice ones.

The righteous man shall correct me with mercy,
and he shall reprove me; but let not the oil of the sinner
anoint my head.

For my prayer shall be intense in the presence of
their pleasures. Their judges are swallowed up by the
rock.

They shall hear my words, for they are pleasant.
As a clod of ground is dashed to pieces on the earth, so
their bones were scattered beside the grave.

Ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ μου· ἐπὶ σοὶ ἤλπισα, μὴ ἀντανέλης τὴν ψυχὴν μου.

Φύλαξόν με ἀπὸ παγίδος ἧς συνεστήσαντό μοι, καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.

Πεσοῦνται ἐν ἀμφιβλήστῳ αὐτῶν οἱ ἁμαρτωλοί· κατὰ μόνας εἰμὶ ἐγὼ ἕως ἂν παρέλθω.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου πρὸς Κύριον ἐδεήθην.

Ἐκχεῶ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν θλιψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

Ἐν τῷ ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ ἔγνωσ τὰς τρίβους μου.

Ἐν ὁδῷ ταύτῃ, ἣ ἐπορευόμην, ἔκρυψαν παγίδα μοι.

Κατενόουν εἰς τὰ δεξιὰ, καὶ ἐπέβλεπον, καὶ οὐκ ἦν ὁ ἐπιγινώσκων με.

Ἀπώλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχὴν μου.

Ἐκέκραξα πρὸς σέ, Κύριε εἶπα· Σὺ εἶ ἡ ἐλπίς μου, μερίς μου εἶ ἐν γῇ ζώντων.

Πρόσχεες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

Ῥῥσαί με ἐκ τῶν καταδιωκόντων με, ὅτι ἐκραταιώθησαν ὑπὲρ ἐμέ.

Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχὴν μου, τοῦ ἐξομολογήσασθαι τῷ ὀνόματί σου.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὗ ἀνταποδῶς μοι.

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε, εἰσάκουσον τῆς φωνῆς μου.

Γενηθήτω τὰ ὦτά σου προσέχοντα εἰς τὴν φωνὴν τῆς δεήσεώς μου.

For my eyes, O Lord, O Lord, are toward You; in You I hope; take not my soul away.

Keep me from the snares they set for me, and from the stumbling blocks of those who work lawlessness.

Sinners shall fall into their own net; I am alone, until I escape.

I cried to the Lord with my voice, with my voice I prayed to the Lord.

I shall pour out my supplication before Him; I shall declare my affliction in His presence.

When my spirit fainted within me, then You knew my paths.

For on the way I was going, they hid a trap for me.

I looked on my right, and saw there was no one who knew me.

Refuge failed me, and there was no one who cared for my soul.

I cried to You, O Lord; I said, "You are my hope, my portion in the land of the living."

Attend to my supplication, for I was humbled exceedingly.

Deliver me from my persecutors, for they are stronger than I.

Bring my soul out of prison to give thanks to Your name, O Lord.

The righteous shall wait for me, until You reward me.

Out of the depths I have cried to You, O Lord; O Lord, hear my voice.

Let Your ears be attentive to the voice of my supplication.

Στιχηρὰ τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Τί ὑμᾶς καλέσωμεν.

Ἐὰν ἀνομίας παρατηρήσης, Κύριε Κύριε,
τίς ὑποστήσεται; ὅτι παρὰ σοὶ ὁ ἰλασμός
ἐστιν.

Τίνι ὁμοιώθης ταλαίπωρε, ῥαθυμοῦσα,
ὦ ψυχή, καὶ μὴ ποιοῦσα τὰ καλὰ, ἀλλὰ
στεργουσα αἰεὶ, τῇ τῶν κακῶν ἐπιμονῇ; ἡ
κρίσις ἐπὶ θύραις, μετανόησον, νηστεία, καὶ
δεήσει καθαγνίσθητι, καὶ τῷ Δεσπότη σου
βόησον· Ἠμάρτηκά σοι, συγχώρησον, ὡς
εὐσπλαγχνος, καὶ τὴν ἄφεσίν μοι δώρησαι.

Ἦχος πλ. δ'. Τί ὑμᾶς καλέσωμεν.

Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε,
Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον
σου. Ἠλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον.

Ἐχων ἀγαθότητος πέλαγος, τὰ
πελάγη τῶν ἐμῶν, ἀμαρτιῶν τὰ πονηρά,
ἀποξήρανον Χριστέ, ὡς ἀναμάρτητος
Θεός, καὶ δίδου, τῇ καρδίᾳ μου κατάνυξιν,
χειμάρρους, ἀνομίας ἀναστέλλουσιν, ἵνα
ὕμνῳ καὶ δοξάζω σου, τὴν εὐσπλαγχνίαν
τὴν ἄφατον, μακρόθυμε, εὐεργέτα τῶν
ψυχῶν ἡμῶν.

Ἦχος πλ. δ'. Ὁ ἐν Ἐδέμ Παράδεισος.

Ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ
φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν
Κύριον.

Ὁ ἀγαγὼν καὶ νῦν ἡμᾶς Θεός,
τοῦ χρόνου περίοδον, τῶν πανσέπτων
Νηστειῶν διατελεῖν, καὶ χαρισάμενος
ἡμῖν, εἰς τὸ ἅγιον στάδιον, τῆς δευτέρας
Ἑβδομάδος εἰσελθεῖν, αὐτὸς ἀξιώσον Κύριε,
καὶ πρὸς τὸ μέλλον εὐδρομεῖν, τὸ σῶμα καὶ
τὴν ψυχὴν ἡμῶν, καὶ χαριτῶν καὶ δυναμῶν,
ὅπως προφθάσωμεν, ἐκτελέσαντες τὸν
δρόμον ἀνδρικῶς, τὴν κυρίαν ἡμέραν,

Stichera of the Triodion.

From Triodion ---

Mode pl. 4. N/M (What...to call you.)

*If You, O Lord, should mark transgression, O
Lord, who would stand? For there is forgiveness
with You. [SAAS]*

To what shalt thou be likened, wretched
soul, indolent and doing nothing good, but
seeking always to continue in evil? Judgement
is at the door, repent: cleanse thyself by
prayer and fasting, and cry to thy Master: I
have sinned against Thee; pardon me in Thy
compassion and grant me forgiveness. [KW]

Mode pl. 4. N/M (What...to call you.)

*Because of Your law, O Lord, I waited for
You; my soul waited for Your word. My soul
hopes in the Lord. [SAAS]*

Wider than the sea is Thy lovingkindness:
dry up the evil sea of my transgression,
for Thou, O Christ my God, art free from
sin. Confer upon my heart compunction,
to restrain the headlong torrent of my
wickedness, that I may sing Thy praises
and glorify Thine ineffable compassion, O
longsuffering Benefactor of our souls. [KW]

Mode pl. 4. N/M (The paradise of Eden.)

*From the morning watch until night; from the
morning watch until night, let Israel hope in the
Lord. [SAAS]*

Leading us through the time of the Holy
Fast, O God, Thou hast enabled us to enter
on its second week. Grant, O Lord, that in
the weeks to come we may run the race with
all our power. Give to our souls and bodies
grace and strength, that with good courage
and in joy we may complete the course and
come to the royal day of Thy Resurrection;

τῆς Αναστάσεώς σου πάντες ἐν χαρᾷ
καὶ στεφανηφοροῦντες, ἀκαταπαύστως
αἰνέσωμεν.

Στιχηρὰ τοῦ Μηναίου.

Τοῦ Μηναίου - - -

Ἦχος δ΄. Ἐδωκας σημειῶσιν.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλή
παρ' αὐτῷ λύτρωσις, καὶ αὐτὸς λυτρώσεται
τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Θείας ἐπιγνώσεως, εἰσδεδεγμένος
τὴν ἔλλαμψιν, ἐφωτίσθης τὰ ὄμματα,
Σοφὲ τῆς καρδίας σου, καὶ τῆς πλάνης
ζόφον, ἔλιπες ἐμφρόνως, καὶ ὡμολόγησας
Χριστόν, σάρκα λαβόντα τὸν πάντων
Κύριον, ἐντεῦθεν δυναμούμενος, δυνάμει
Πνεύματος Χρύσανθε, τῶν βασάνων
ἀνώτερος, ἀνεδείχθης πανεύφημε.

Αἰνεῖτε τὸν Κύριον, πάντα τὰ ἔθνη,
ἐπαινέσατε αὐτόν, πάντες οἱ λαοί.

Ἐχθροῦ δελεάσματα, καὶ ἡδονῆς
ὑπεκκαύματα, ὡς ἀράχνην λελόγισαι,
ζοφώδη δὲ κάθειρξιν, ὑποστάς ἐνθέω,
φέγγει κατηυγάσθης, καὶ εὐωδίας
νοητῆς, ἀπεπληρώθης μέσον ἱστάμενος,
βορβόρου καὶ προσήγαγες, ὡς νυμφοστόλος
πανάριστος, τῷ Χριστῷ νύμφην ἄμωμον,
τὴν μωμῆσαί σε σπεύσασαν.

Ὅτι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ'
ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν
αἰῶνα.

Ἐτρώθης τῷ ἔρωτι, τῷ γλυκυτάτῳ
τοῦ κτίσαντος, καὶ τῆς πλάνης τὸ ἄθεον,
τέλεον ἐξέκλινας, καὶ νυμφῶνος θείου,

and wearing crowns of victory we shall praise
Thee without ceasing. [KW]

Stichera from the Menaion.

From Menaion - - -

Mode 4. *You have given.*

*For with the Lord there is mercy, and with
Him is abundant redemption; and He shall redeem
Israel from all his transgressions.* [SAAS]

The eyes of your heart, O wise one, were
illuminated when you received * in your soul
the enlightenment * of knowledge divine, O
Saint, * and wisely departed * from the gloom
of error, * and you confessed your faith in
Christ * the Lord of all who has taken flesh for
us. * From this you were empowered by the
Spirit's power, O Chrysanthos, * being shone
forth superior * to the torments, all-lauded
one. [SD]

*Praise the Lord, all you Gentiles; praise Him,
all you peoples.* [SAAS]

You disdained the foe's enticements
and propellants to pleasure as * nothing
more than a spider's web. * When you were
imprisoned in * darkness, the divine light
* shone about you brightly, * and a noetic
fragrant scent * suffused you, though you
were standing in the midst * of mire. As an
excellent groomsman, you brought forward
Dareia, * who was quick to resemble you, *
unto Christ as a spotless bride. [SD]

*For His mercy rules over us; and the truth of
the Lord endures forever.* [SAAS]

Smitten with the sweetest eros of the
Maker were you, O Saint, * so you utterly
turned away * from deceptive godlessness,

ἐχώρησας ἔνδον, νενυμφευμένη τῷ Χριστῷ,
διὰ βασάνων πολλῶν τοῦ σώματος, Δαρεία
μεγαλῶνυμε, θεῖον δοχεῖον τοῦ Πνεύματος,
Ἀθλητῶν ἐγκαλλώπισμα, καὶ Παρθένων
ἀγλαΐσμα.

Δόξα· καὶ νῦν. **Θεοτοκίον.**
Ἦχος δ'. Ἐδωκας σημειῶσιν.

Ἐν κλίνῃ κατάκειμαι, τῆς ἀμελείας
Πανάμωμε, καὶ ῥαθύμως διέρχομαι, τὸν
βίον καὶ δέδοικα, τὸν τῆς τελευτῆς μου,
καιρὸν Θεοτόκε, μὴ ὥσπερ λέων ἀφειδῶς,
διασπαράξῃ ὁ ὄφεις ὁ τὴν ταπεινὴν μου
ψυχὴν, παμπόνηρος· διὸ τῇ σῇ ἀγαθότητι,
πρὸ τοῦ τέλους προφθάσασα, πρὸς
μετάνοιαν, ἔγειρον.

(Εἵσοδος οὐ γίνεται.)

ΑΝΑΓΝΩΣΤΗΣ

Φῶς ἱλαρὸν ἀγίας δόξης, ἀθανάτου
Πατρός, οὐρανίου, ἁγίου, μάκαρος, Ἰησοῦ
Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν,
ιδόντες φῶς ἐσπερινόν, ὑμνοῦμεν Πατέρα,
Υἱόν, καὶ ἅγιον Πνεῦμα Θεόν. Ἀξιόν σε ἐν
πᾶσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίοις,
Υἱὲ Θεοῦ, ζωὴν ὁ διδούς· * διὸ ὁ κόσμος σε
δοξάζει.

Τὰ Ἀναγνώσματα

ΙΕΡΕΥΣ

Ἐσπέρας...

Τοῦ Τριωδίου - - -

ΑΝΑΓΝΩΣΤΗΣ

Προκείμενον. Ἦχος α'.

Ψαλμὸς ΚΓ' (23).

Κύριος κραταῖος καὶ δυνατός.

* and you went within the * divine bridal
chamber, * being yourself betrothed to Christ
* through all the bodily tortures you endured.
* O Dareia, your name is great; the Spirit's
vessel divine are you, * and the pride of the
martyr saints, * and the joy of the virgin
maids. [SD]

Glory. Both now. **Theotokion.**
Mode 4. You have given.

I am lying on the bed of my indifference,
O blameless Maid; * I am wasting my life
away. * Therefore I am so afraid * of my final
hour, * lest that wicked snake mercilessly like
a lion snatch * my humble soul and with glee
tear it apart. * O ever-blessed Theotokos, for
this reason I pray to you: * In your goodness
make me get up * for repentance before the
end. [SD]

(No Entrance)

READER

Gladsome light of holy glory of the holy,
blessed, heavenly, immortal Father, O Jesus
Christ: arriving at the hour of sunset and
having seen the evening light, we praise the
Father, Son, and Holy Spirit, God. It is worthy
for You to be praised at all times with happy
voices, O Son of God and Giver of life; * and
therefore the world glorifies You.

The Readings

PRIEST

The evening...

From Triodion - - -

READER

Prokeimenon. Mode 1.

Psalm 23 (24).

The Lord strong and mighty.

Τοῦ Κυρίου ἡ γῆ καὶ τὸ πλήρωμα αὐτῆς.
Γενέσεως τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

Κεφ. Γ', 21 - Δ', 7

Ἐποίησε Κύριος ὁ Θεὸς τῷ Ἀδὰμ καὶ τῇ γυναικὶ αὐτοῦ χιτῶνας δερματίνους, καὶ ἐνέδυσεν αὐτούς. Καὶ εἶπεν ὁ Θεός· Ἴδού, Ἀδὰμ γέγονεν ὡς εἷς ἐξ ἡμῶν, τοῦ γινώσκειν καλὸν καὶ πονηρόν, καὶ νῦν μή ποτε ἐκτείνῃ τὴν χειρὰ αὐτοῦ, καὶ λάβῃ ἀπὸ τοῦ ξύλου τῆς ζωῆς, καὶ φάγῃ, καὶ ζήσεται εἰς τὸν αἰῶνα. Καὶ ἐξαπέστειλεν αὐτὸν Κύριος ὁ Θεὸς ἐκ τοῦ Παραδείσου τῆς τρυφῆς, ἐργάζεσθαι τὴν γῆν, ἐξ ἧς ἐλήφθη. Καὶ ἐξέβαλε τὸν Ἀδὰμ, καὶ κατώκισεν αὐτὸν ἀπέναντι τοῦ Παραδείσου τῆς τρυφῆς, καὶ ἔταξε τὰ Χερουβίμ, καὶ τὴν φλογίνην ὀρμφαίαν τὴν στρεφομένην, φυλάσσειν τὴν ὁδὸν τοῦ ξύλου τῆς ζωῆς, Ἀδὰμ δὲ ἔγνω Εὐάν τὴν γυναῖκα αὐτοῦ· καὶ συλλαβοῦσα ἔτεκε τὸν Κάϊν, καὶ εἶπεν· Ἐκτησάμην ἄνθρωπον διὰ τοῦ Θεοῦ. Καὶ προσέθετο τεκεῖν τὸν ἀδελφὸν αὐτοῦ Ἀβελ, καὶ ἐγένετο Ἀβελ ποιμὴν προβάτων, Κάϊν δὲ ἦν ἐργαζόμενος τὴν γῆν. Καὶ ἐγένετο μεθ' ἡμέρας, ἤνεγκε Κάϊν ἀπὸ τῶν καρπῶν τῆς γῆς θυσίαν τῷ Κυρίῳ. Καὶ Ἀβελ ἤνεγκε καὶ αὐτὸς ἀπὸ τῶν πρωτοτόκων τῶν προβάτων αὐτοῦ, καὶ ἀπὸ τῶν στεάτων αὐτῶν. Καὶ ἐπειδὴν ὁ Θεὸς ἐπὶ Ἀβελ, καὶ ἐπὶ τοῖς δώροις αὐτοῦ, ἐπὶ δὲ Κάϊν, καὶ ἐπὶ ταῖς θυσίαις αὐτοῦ οὐ προσέσχε. Καὶ ἐλύπησε τὸν Κάϊν λίαν, καὶ συνέπεσε τὸ πρόσωπον αὐτοῦ. Καὶ εἶπε Κύριος ὁ Θεὸς τῷ Κάϊν· Ἵνα τί περίλυπος ἐγένου; καὶ ἵνα τί συνέπεσε τὸ πρόσωπόν σου; οὐκ ἔαν ὀρθῶς

The earth is the Lord's, and its fullness. [SAAS]
The reading is from the book of Genesis.

PRIEST

Wisdom. Let us be attentive.

READER

3:21-4:7

Also for Adam and his wife the Lord God made garments of skin, and clothed them. Then the Lord God said, "Behold, the man has become like one of Us, to know good and evil. Now, lest he put out his hand and take also of the tree of life, and eat, and live forever—" therefore the Lord God sent him out of the garden of pleasure to cultivate the ground from which he was taken. So He cast out Adam, and made him dwell opposite the garden of pleasure. He then stationed the cherubim and the fiery sword which turns every way to guard the way to the tree of life. Now Adam knew Eve his wife, and she conceived and bore Cain, and said, "I have acquired a man through God." Then she bore again, this time his brother Abel. Now Abel was a shepherd of sheep, but Cain was a tiller of the ground. Now in the process of time Cain brought a sacrifice to the Lord from the fruits of the ground. Abel also brought a sacrifice from the firstborn of his flock and of their fat. The Lord respected Abel and his offering, but He did not respect Cain and his sacrifices. So Cain was extremely sorrowful, and his countenance fell. So the Lord said to Cain, "Why are you extremely sorrowful? And why has your countenance fallen? Did you not sin, even though you brought it rightly, but did not divide it rightly? Be still;

προσενέγκης, ὀρθῶς δὲ μὴ διέλης, ἡμαρτες;
ἡσύχασον, πρὸς σέ ἡ ἀποστροφὴ αὐτοῦ, καὶ
σὺ ἄρξεις αὐτοῦ.

Προκείμενον. Ἦχος πλ. β'.

Ψαλμὸς ΚΔ' (24).

Ἐπίβλεψον ἐπ' ἐμέ καὶ ἐλέησόν με.

Πρὸς σέ, Κύριε, ἤρα τὴν ψυχὴν μου.

Παροιμιῶν τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

Κεφ. Γ', 34 - Δ', 22

Κύριος ὑπερηφάνοις ἀντιτάσσεται,
ταπεινοῖς δὲ δίδωσι χάριν. Δόξαν σοφοὶ
κληρονομήσουσιν, οἱ δὲ ἀσεβεῖς ὑψώσαν
ἀτιμίαν. Ἀκούσατε παῖδες παιδείαν πατρός,
καὶ προσέχετε γινῶναι ἔννοιαν. Δῶρον γὰρ
ἀγαθὸν δωροῦμαι ὑμῖν, τὸν ἐμὸν λόγον
μὴ ἐγκαταλίπητε. Υἱὸς γὰρ ἐγενόμην
καὶ γὰρ, πατρὶ ὑπήκοος, καὶ ἀγαπώμενος
ἐν προσώπῳ μητρός. Οἱ ἐδίδασκόν με,
καὶ ἔλεγον· Ἐρειδέτω ὁ ἡμέτερος λόγος
εἰς σὴν καρδίαν, φύλασσε ἐντολάς, μὴ
ἐπιλάθῃ. Κτῆσαι σοφίαν, κτῆσαι σύνεσιν,
μὴ ἐπιλάθῃ, μηδὲ παρίδῃς ῥῆσιν ἐμοῦ
στόματος, μηδὲ ἐκκλίνῃς ἀπὸ ῥημάτων
στόματός μου. Μὴ ἐγκαταλίπῃς αὐτήν,
καὶ ἀνθέξεται σου, ἐράσθητι αὐτῆς, καὶ
τηρήσει σε. Ἀρχὴ σοφίας, κτῆσαι σοφίαν,
καὶ ἐν πάσῃ κτήσῃ σου κτῆσαι σύνεσιν.
Περιχαράκωσον αὐτήν, καὶ ὑψώσει σε,
τίμησον αὐτήν, ἵνα σε περιλάβῃ, καὶ ἵνα
δῶ τῇ σῇ κεφαλῇ στέφανον χαρίτων,
στεφάνῳ δὲ τρυφῆς ὑπερασπίσῃ σου.
Ἄκουε υἱέ, καὶ δέξαι ἐμοὺς λόγους, καὶ
πληθυνθήσεται σοι ἔτη ζωῆς σου, ἵνα

his recourse shall be to you; and you shall rule
over him." [SAAS]

Prokeimenon. Mode pl. 2.

Psalms 24 (25).

Look upon me and have mercy on me.

To You, O Lord, I lift up my soul. [SAAS]

The reading is from the Proverbs of
Solomon.

PRIEST

Wisdom. Let us be attentive.

READER

3:37-4:21

The Lord opposes the arrogant, but He
gives grace to the humble. The wise shall
inherit glory, but the ungodly exalt dishonor.
Hear, my children, the instruction of your
father, and pay attention, that you might
know his thinking; for I offer a good gift to
you; do not forsake my law. For I was a son,
and I was obedient to my father, and beloved
in the presence of my mother, who taught me,
saying, "Let our word become firmly planted
in your heart; guard our commandments;
do not forget them; neither disregard the
word of my mouth, nor forsake it, and it shall
cleave to you; love it, and it will keep you.
Secure it, and it shall exalt you; honor it, that
it may embrace you, and give your head a
crown of graces, and cover you with a crown
of delight." Hear me, my son, and receive
my words, and the years of your life shall
be increased, that many ways of life may be
yours; for I teach you the ways of wisdom
and set you on upright paths. For if you walk,
your steps shall not be confined; and if you
run, you will not grow weary. Lay hold of

σοι γένωνται πολλαὶ ὁδοὶ βίου. Ὅδους γὰρ σοφίας διδάσκων σε, ἐμβιβάζω δέ σε τροχιαῖς ὁρθαῖς. Ἐὰν γὰρ πορεύῃ, οὐ συγκλεισθήσεται σου τὰ διαβήματα, ἐὰν δὲ τρέχῃς, οὐ κοπιάσεις. Ἐπιλαβοῦ ἐμῆς παιδείας· μὴ ἀφῆς, ἀλλὰ φύλαξον αὐτὴν σεαυτῷ εἰς ζωὴν σου. Ὅδους ἀσεβῶν μὴ ἐπέλθῃς, μηδὲ ζηλώσης ὁδοὺς παρανόμων. Ἐν ᾧ ἂν τόπῳ στρατοπεδεύσωσι, μὴ ἐπέλθῃς ἐκεῖ, ἔκκλινον δὲ ἀπ' αὐτῶν, καὶ παράλλαξον. Οὐ γὰρ μὴ ὑπνώσουσιν, ἐὰν μὴ κακοποιήσωσιν, ἀφήρηται ὁ ὕπνος ἀπ' αὐτῶν, καὶ οὐ κοιμῶνται. Οἱ δὲ γὰρ σιτοῦνται σῖτα ἀσεβείας, οἶνῳ δὲ παρανόμῳ μεθύσκονται. Αἱ δὲ ὁδοὶ τῶν δικαίων ὁμοίως φωτὶ λάμπουσι, προπορεύονται καὶ φωτίζουνσιν, ἕως ἂν κατορθώσῃ ἡμέρα. Αἱ δὲ ὁδοὶ τῶν ἀσεβῶν σκοτειναί, οὐκ οἶδασι πῶς προσκόπτουσιν. Υἱέ, ἐμὴ ῥήσει πρόσεχε, τοῖς δὲ ἐμοῖς λόγοις παράβαλλε σὸν οὖς. Ὅπως μὴ ἐκλίπωσί σε αἱ πηγαὶ σου, φύλασσε αὐτὰς ἐν σῇ καρδίᾳ. Ζωὴ γὰρ ἐστὶ πᾶσι τοῖς εὐρίσκουσιν αὐτάς, καὶ πάση τῇ σαρκὶ αὐτῶν ἱασίς.

ΑΝΑΓΝΩΣΤΗΣ

Καταξίωσον, Κύριε, ἐν τῇ ἐσπέρᾳ 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 ἡλπίσαμεν ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Δέσποτα, συνέτισον 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 παρίδῃς. Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ

my instruction; do not let go, but guard it for yourself as your life. Do not go in the ways of the ungodly, neither be zealous for the ways of the lawless; in whatever place they encamp, do not go there, but turn aside from them and pass by. For they cannot sleep unless they do evil; their sleep is taken away, and they do not rest; for they feed on the bread of ungodliness, and they are drunk with the wine of lawlessness. But the ways of the righteous shine like a light; they go before and give light until full daylight. But the ways of the ungodly are dark; they do not know how they stumble. My son, give heed to my word and incline your ear to my words, that your fountains may not fail you; guard them in your heart; for they are life to those who find them and healing for all their flesh. [SAAS]

READER

O Lord, keep us this evening without sin. Blessed are you, O Lord, God of our fathers, and praised and glorified is your name to the ages. Amen. O Lord, let your mercy be upon us for we have set our hope in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, Master, grant me understanding of your commandments. Blessed are you, Holy One, enlighten me with your commandments. Lord, your mercy is forever. Do not despise the works of your hands. To you is due praise, to you is due song, to you is due glory, to the

δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας των αἰώνων.

(*Ἀμήν.*)

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἐσπερινὴν δέησιν
ἡμῶν τῷ Κυρίῳ.

(*Κύριε, ἐλέησον.*)

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

(*Κύριε, ἐλέησον.*)

Τὴν ἐσπέραν πᾶσαν τελείαν, ἁγίαν,
εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(*Παράσχον, Κύριε.*)

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

(*Παράσχον, Κύριε.*)

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

(*Παράσχον, Κύριε.*)

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

(*Παράσχον, Κύριε.*)

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

(*Παράσχον, Κύριε.*)

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

(*Παράσχον, Κύριε.*)

Father and the Son and the Holy Spirit, now
and forever and to the ages of ages. [HC]

(*Amen.*)

DEACON

Let us complete our evening 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 evening may be perfect,
holy, peaceful, and sinless, let us ask the Lord.

(*Grant this, O Lord.*)

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

(*Grant this, O Lord.*)

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

(*Grant this, O Lord.*)

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

(*Grant this, O Lord.*)

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

(*Grant this, O Lord.*)

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

(*Grant this, O Lord.*)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, ὁ Θεὸς ἡμῶν, ὁ κλῖνας οὐρανοὺς καὶ
καταβάς ἐπὶ σωτηρίᾳ τοῦ γένους τῶν ἀνθρώπων,
ἔπιδε ἐπὶ τοὺς δούλους σου καὶ ἐπὶ τὴν κληρονομίαν
σου· σοὶ γὰρ τῷ φοβερῷ καὶ φιλοανθρώπῳ κριτῇ
οἱ σοὶ δούλοι ὑπέκλιναν τὰς κεφαλὰς, τοὺς δὲ
αὐτῶν ὑπέταξαν αὐχένας, οὐ τὴν ἐξ ἀνθρώπων
ἀναμένοντες βοήθειαν, ἀλλὰ τὸ σὸν περιμένοντες
ἔλεος καὶ τὴν σὴν ἀπεκδεχόμενοι σωτηρίαν·
οὓς διαφύλαξον ἐν παντὶ καιρῷ καὶ κατὰ τὴν
παροῦσαν ἐσπέραν καὶ τὴν προσιούσαν νύκτα,
ἀπὸ παντὸς ἐχθροῦ, ἀπὸ πάσης ἀντικειμένης
ἐνεργίας διαβολικῆς, καὶ διαλογισμῶν ματαίων καὶ
ἐνθυμήσεων πονηρῶν.

ΙΕΡΕΥΣ

Εἴη τὸ κράτος τῆς βασιλείας σου
εὐλογημένον καὶ δεδοξασμένον, τοῦ
Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ ἁγίου
Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

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.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST (in a low voice)

Lord our God, who bowed the heavens and came
down for the salvation of the human race, look upon
your servants and upon your inheritance, for to you,
the fearful Judge who love mankind, your servants
have bowed their heads and inclined their necks, not
waiting for any human help, but awaiting your mercy
and looking for your salvation. Guard them at every
moment, during both the present evening and the
approaching night, from every foe, from every hostile
operation of the devil and from vain thoughts and evil
desires.

PRIEST

May the might of your kingdom be
blessed and glorified, of the Father and the
Son and the Holy Spirit, now and forever and
to the ages of ages.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Ἰδιόμελον. Ἦχος γ'.

Τὴν πνευματικὴν Νηστείαν
νηστεύσωμεν, διάρρηξώμεν πᾶσαν
στραγγαλίαν, ἐκφευξώμεθα δὲ καὶ τῶν
σκανδάλων τῆς ἀμαρτίας, ἀφήσωμεν
ἀδελφοῖς τὰ ὀφειλήματα, ἵνα καὶ ἡμῖν
ἀφεθῇ τὰ παραπτώματα ἡμῶν· οὕτω γὰρ
βοῆσαι δυνησόμεθα. Κατευθυνθήτω ἡ
προσευχὴ ἡμῶν, ὡς θυμίαμα, ἐνώπιόν σου
Κύριε.

Στίχ. Πρὸς σὲ ἦρα τοὺς ὀφθαλμούς
μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδόν ὡς
ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων
αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας
τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ
ἡμῶν πρὸς Κύριον τὸν θεὸν ἡμῶν, ἕως οὗ
οἰκτερῆσαι ἡμᾶς.

Τὴν πνευματικὴν Νηστείαν
νηστεύσωμεν, διάρρηξώμεν πᾶσαν
στραγγαλίαν, ἐκφευξώμεθα δὲ καὶ τῶν
σκανδάλων τῆς ἀμαρτίας, ἀφήσωμεν
ἀδελφοῖς τὰ ὀφειλήματα, ἵνα καὶ ἡμῖν
ἀφεθῇ τὰ παραπτώματα ἡμῶν· οὕτω γὰρ
βοῆσαι δυνησόμεθα. Κατευθυνθήτω ἡ
προσευχὴ ἡμῶν, ὡς θυμίαμα, ἐνώπιόν σου
Κύριε.

Μαρτυρικόν.

Ἦχος γ'.

Στίχ. Ἐλέησον ἡμᾶς, Κύριε,
ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν
ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ

(Amen.)

From Triodion ---

CHOIR

Aposticha. From the Triodion.

Idiomelon. Mode 3.

Let us keep a spiritual fast: let us loose
every bond; let us avoid the stumbling blocks
of sin; let us absolve our brothers from their
debts, that we too may be forgiven our
transgressions. Then we shall be able to cry
aloud to God: Let our prayer be set forth in
Thy sight as incense, O Lord. [KW]

Verse: *I lift my eyes to You, who dwell
in heaven. Behold, as the eyes of servants look
to the hands of their masters, as the eyes of the
maidservant look to the hands of her mistress, so
our eyes look to the Lord our God until He shall
have compassion on us.* [SAAS]

Let us keep a spiritual fast: let us loose
every bond; let us avoid the stumbling blocks
of sin; let us absolve our brothers from their
debts, that we too may be forgiven our
transgressions. Then we shall be able to cry
aloud to God: Let our prayer be set forth in
Thy sight as incense, O Lord. [KW]

For the Martyrs.

Mode 3.

Verse: *Have mercy on us, O Lord, have
mercy on us, for we are greatly filled with
contempt; our soul is greatly filled with it. We are*

ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

Προφήται καὶ Ἀπόστολοι Χριστοῦ, καὶ Μάρτυρες, ἐδίδαξαν ὑμνεῖσθαι, Τριάδα ὁμοούσιον, καὶ ἐφώτισαν τὰ ἔθνη τὰ πεπλανημένα, καὶ κοινωνοὺς Ἀγγέλων ἐποίησαν, τοὺς υἱοὺς τῶν ἀνθρώπων.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος γ'.

Εἰς τέλος τῶν πενήτων σου, μὴ ἐπιλάβῃ Δέσποινα, ἀλλὰ ταῖς σαῖς πρεσβείαις, μελλούσης ἡμᾶς λύτρωσαι ἀπειλῆς, καὶ ἐνεστώσης βλάβης, καὶ τῆς ὀργῆς Κυρίου ἐξάρπασον, Θεοτόκε σους δούλους.

ΙΕΡΕΥΣ

Ὡδὴν τοῦ Θεοδόχου Συμεῶν.

Νῦν ἀπολύεις τον δοῦλόν σου, Δέσποτα, κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ· ὅτι εἶδον οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὃ ἡτοίμασας κατὰ πρόσωπον πάντων τῶν λαῶν· φῶς εἰς ἀποκάλυψιν ἐθνῶν, καὶ δόξαν λαοῦ σου Ἰσραήλ.

ΛΑΟΣ

Τρισάγιον.

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

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῶν. Ἄγιε, ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου.

a disgrace to those who prosper, and a contempt to the arrogant. [SAAS]

The Prophets and Apostles of Christ and martyr Saints * taught the world to worship * the consubstantial Trinity; * and the nations that had been in error they enlightened, * and made the sons of men * to have fellowship with the Angels. [SD]

Glory. Both now. **Theotokion.**

Mode 3.

Forget not utterly thy people in their poverty, O Lady, but by thine intercessions deliver us from future danger and from present harm; and save, O Theotokos, thy servants from the wrath of the Lord. [KW]

PRIEST

Song of Simeon.

Lord, now You are letting Your servant depart in peace, according to Your word; for my eyes have seen Your salvation which You have prepared before the face of all peoples. A light to bring revelation to the Gentiles, and the glory of Your people Israel. [NKJV]

PEOPLE

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.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

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

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΧΟΡΟΣ

Τοῦ Ὡρολογίου ---

Ἀπολυτίκια. Ἦχος πλ. α'.

Θεοτόκε Παρθέने, χαῖρε κεχαριτωμένη Μαρία, ὁ Κύριος μετὰ σοῦ· εὐλογημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν ἡμῶν.

Βαπτιστὰ τοῦ Χριστοῦ, πάντων ἡμῶν μνήσθητι, ἵνα ρυσθῶμεν τῶν ἀνομιῶν ἡμῶν· σοὶ γὰρ ἐδόθη χάρις πρεσβεῦειν ὑπὲρ ἡμῶν.

Δόξα.

Ἰκετεύσατε ὑπὲρ ἡμῶν, ἅγιοι Ἀπόστολοι, καὶ Ἅγιοι πάντες, ἵνα ρυσθῶμεν

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

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

PRIEST

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

(Amen.)

CHOIR

From Horologion ---

Apolytikia. Mode pl. 1.

O Virgin Theotokos, rejoice, Mary full of grace. The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb; for you have borne the Savior of our souls [SD]

O Baptist of Christ, be mindful of us all, that we may be delivered from our iniquities; for unto you was given the grace to intercede for us. [SD]

Glory.

Entreat earnestly for us, O holy Apostles and all Saints, that we be delivered from

κινδύνων καὶ θλίψεων, ὑμᾶς γὰρ θερμοὺς
προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα.

*Τὸ τελευταῖον τοῦτο τροπάριον κατὰ τὴν
ἀρχαίαν τάξιν λέγεται χῦμα ὑπὸ τοῦ ἀναγνώστου.
Σήμερον ὁμως συνήθως ψάλλεται καὶ τοῦτο, ὡς καὶ τὰ
προηγούμενα.*

Καὶ νῦν.

Ὑπὸ τὴν σὴν εὐσπλαγχνίαν,
καταφεύγομεν Θεοτόκε, τὰς ἡμῶν
ἱκεσίας μὴ παρίδῃς ἐν περιστάσει, ἀλλ' ἐκ
κινδύνων λύτρωσαι ἡμᾶς, μόνη Ἀγνή, μόνη
εὐλογημένη.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν,
πάντοτε, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς
ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν
στήριξον· τὰ ἔθνη πρᾶυνον· τὸν κόσμον
εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ
Μονήν) ταύτην καλῶς διαφύλαξον· τοὺς
προαπελθόντας πατέρας καὶ ἀδελφοὺς
ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς
ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε,
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

peril and affliction; for you are our fervent
advocates before the Savior. [SD]

*This final troparion, according to older rules, is simply
recited by the Reader. In current practice, however, it is
usually, sung much like the preceding hymns.*

Both now.

Beneath your tender compassion we
take refuge, O Theotokos. Despise not our
supplications in distress, but deliver us from
all peril. You alone are pure; you alone are
blessed. [SD]

READER

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Εὐχή τοῦ Ἀγίου 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 σῶ 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.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ιβ')

Παναγία Τριάς, τὸ Ὁμοούσιον κράτος,
ἡ ἀδιαίρετος βασιλεία, ἡ πάντων τῶν
ἀγαθῶν αἰτία, εὐδόκησον δὴ καὶ ἐπ' ἐμοὶ
τῷ ἁμαρτωλῷ· στήριξον, συνέτισον τὴν
καρδίαν μου, καὶ παῖσαν περιέλε μου τὴν
βεβηλότητά· φώτισόν μου τὴν διάνοιαν, ἵνα
διὰ παντὸς δοξάζω, ὕμνῶ, προσκυνῶ καὶ
λέγω· Εἰς Ἅγιος, εἰς Κύριος, Ἰησοῦς Χριστός,
εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Εἴη τὸ ὄνομα Κυρίου εὐλογημένον ἀπὸ
τοῦ νῦν καὶ ἕως τοῦ αἰῶνος. (ἐκ γ')

Ψαλμὸς ΛΓ' (33).

Εὐλογήσω τὸν Κύριον ἐν παντὶ
καιρῷ, διὰ παντὸς ἡ αἴνεσις αὐτοῦ ἐν τῷ
στόματί μου. Ἐν τῷ Κυρίῳ ἐπαινεθήσεται
ἡ ψυχὴ μου· ἀκουσάτωσαν πρᾶεῖς, καὶ
εὐφρανθήτωσαν. Μεγαλύνετε τὸν Κύριον
σὺν ἐμοί, καὶ ὑψώσωμεν τὸ ὄνομα αὐτοῦ
ἐπὶ τὸ αὐτό. Ἐξεζήτησα τὸν Κύριον, καὶ
ἐπήκουσέ μου, καὶ ἐκ πασῶν τῶν θλίψεων
μου ἐρρύσατό με. Προσέλθετε πρὸς αὐτὸν
καὶ φωτίσθητε, καὶ τὰ πρόσωπα ὑμῶν

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]

READER

Lord, have mercy. (12)

All-Holy Trinity, the consubstantial
dominion, the indivisible rule, and cause
of every good: be well pleased, even with
regard to me a sinner. Strengthen my heart
and grant it understanding, and take away
all my defilement. Illumine my mind, so that
I may ever glorify, praise, worship, and say:
One is Holy, One is Lord, Jesus Christ, to the
Glory of God the Father. Amen.

Blessed be the name of the Lord from this
present time and unto the ages. (3)

Psalms 33 (34).

I will bless the Lord at all times; His
praise shall continually be in my mouth. My
soul shall be praised in the Lord; let the gentle
hear, and be glad. Oh, magnify the Lord with
me, and let us exalt His name together. I
sought the Lord, and He heard me; and He
delivered me from all my sojourning. Come
to Him, and be enlightened, and your face
shall never be ashamed. This poor man cried,
and the Lord heard him, and saved him from

οὐ μὴ καταισχυνηθῇ. Οὗτος ὁ πτωχὸς ἐκέκραξε καὶ ὁ Κύριος εἰσήκουσεν αὐτοῦ καὶ ἐκ πασῶν τῶν θλίψεων αὐτοῦ ἔσωσεν αὐτόν. Παρεμβαλεῖ ἄγγελος Κυρίου κύκλῳ τῶν φοβουμένων αὐτόν καὶ ῥύσεται αὐτούς. Γεύσασθε καὶ ἴδετε ὅτι χρηστός ὁ Κύριος· μακάριος ἀνὴρ, ὃς ἐλπίζει ἐπ' αὐτόν. Φοβήθητε τὸν Κύριον πάντες οἱ ἅγιοι αὐτοῦ, ὅτι οὐκ ἔστιν ὑστέρημα τοῖς φοβουμένοις αὐτόν. Πλούσιοι ἐπτώχευσαν καὶ ἐπέινασαν, οἱ δὲ ἐκζητοῦντες τὸν Κύριον οὐκ ἐλαττωθήσονται παντὸς ἀγαθοῦ. Δεῦτε, τέκνα, ἀκούσατέ μου· φόβον Κυρίου διδάξω ὑμᾶς. Τίς ἐστιν ἄνθρωπος ὁ θέλων ζωὴν, ἀγαπῶν ἡμέρας ἰδεῖν ἀγαθὰς; Παῦσον τὴν γλῶσσάν σου ἀπὸ κακοῦ καὶ χεῖλη σου τοῦ μὴ λαλῆσαι δόλον. Ἐκκλινον ἀπὸ κακοῦ καὶ ποιήσον ἀγαθόν, ζήτησον εἰρήνην καὶ δίωξον αὐτήν. Ὀφθαλμοὶ Κυρίου ἐπὶ δικαίους, καὶ ὅλα αὐτοῦ εἰς δέησιν αὐτῶν. Πρόσωπον δὲ Κυρίου ἐπὶ ποιοῦντας κακὰ τοῦ ἐξολοθρεῦσαι ἐκ γῆς τὸ μνημόσυνον αὐτῶν. Ἐκέκραξαν οἱ δίκαιοι, καὶ ὁ Κύριος εἰσήκουσεν αὐτῶν, καὶ ἐκ πασῶν τῶν θλίψεων αὐτῶν ἐρρύσατο αὐτούς. Ἐγγὺς Κύριος τοῖς συντετριμμένοις τὴν καρδίαν καὶ τοὺς ταπεινοὺς τῷ πνεύματι σώσει. Πολλὰ αἱ θλίψεις τῶν δικαίων, καὶ ἐκ πασῶν αὐτῶν ῥύσεται αὐτοὺς ὁ Κύριος· φυλάσσει Κύριος πάντα τὰ ὁστὰ αὐτῶν, ἐν ἑξ αὐτῶν οὐ συντριβήσεται. Θάνατος ἀμαρτωλῶν πονηρός, καὶ οἱ μισοῦντες τὸν δίκαιον πλημμελήσουσι. Λυτρώσεται Κύριος ψυχὰς δούλων αὐτοῦ, καὶ οὐ μὴ πλημμελήσουσι πάντες οἱ ἐλπίζοντες ἐπ' αὐτόν.

all his afflictions. The Angel of the Lord shall encamp around those who fear Him, and He will deliver them. Oh, taste and see that the Lord is good; blessed is the man who hopes in Him. Fear the Lord, you His saints, for there is no want for those who fear Him. Rich men turned poor and went hungry; but those who seek the Lord shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, who loves to see good days? Keep your tongue from evil, and your lips from speaking deceit. Shun evil and do good; seek peace and pursue it. The eyes of the Lord are upon the righteous, and His ears are open to their supplications. The Lord's face is against those who do evil, so as to destroy their remembrance from the earth. The righteous cried, and the Lord heard them; and He delivered them from all their afflictions. The Lord is near those who are brokenhearted, and He will save the humble in spirit. Many are the afflictions of the righteous, but He will deliver them from them all. The Lord shall guard all their bones; not one of them shall be broken. The death of sinners is evil, and those who hate the righteous shall go wrong. The Lord will redeem the souls of His servants, and all who hope in Him shall not go wrong.

Ψαλμὸς ΡΜΔ' (144).

Ὑψώσω σε, ὁ Θεὸς μου ὁ βασιλεὺς μου, καὶ εὐλογήσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Μέγας Κύριος καὶ αἰνετὸς σφόδρα, καὶ τῆς μεγαλωσύνης αὐτοῦ οὐκ ἔστι πέρας. Γενεὰ καὶ γενεὰ ἐπαινέσει τὰ ἔργα σου καὶ τὴν δυνάμιν σου ἀπαγγελοῦσι. Τὴν μεγαλοπρέπειαν τῆς δόξης τῆς ἁγιοσύνης σου λαλήσουσι καὶ τὰ θαυμάσιά σου διηγῶνται. Καὶ τὴν δυνάμιν τῶν φοβερῶν σου ἔροῦσι καὶ τὴν μεγαλωσύνην σου διηγῶνται. Μνήμην τοῦ πλήθους τῆς χρηστότητός σου ἐξερεῦξονται καὶ τῇ δικαιοσύνῃ σου ἀγαλλιάσονται. Οἰκτιρμῶν καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος. Χρηστὸς Κύριος τοῖς σύμπασι, καὶ οἱ οἰκτιρμοὶ αὐτοῦ ἐπὶ πάντα τὰ ἔργα αὐτοῦ. Ἐξομολογησάσθωσάν σοι, Κύριε, πάντα τὰ ἔργα σου, καὶ οἱ ὅσιοί σου εὐλογησάτωσάν σε. Δόξαν τῆς βασιλείας σου ἔροῦσι καὶ τὴν δυναστείαν σου λαλήσουσι τοῦ γνωρίσαι τοῖς υἱοῖς τῶν ἀνθρώπων τὴν δυναστείαν σου καὶ τὴν δόξαν τῆς μεγαλοπρεπείας τῆς βασιλείας σου. Ἡ βασιλεία σου βασιλεία πάντων τῶν αἰώνων, καὶ ἡ δεσποτεία σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ. Πιστὸς Κύριος ἐν πᾶσι τοῖς λόγοις αὐτοῦ καὶ ὅσιος ἐν πᾶσι τοῖς ἔργοις αὐτοῦ. Ὑποστηρίζει Κύριος πάντας τοὺς καταπίπτοντας καὶ ἀνορθοῖ πάντας τοὺς κατερραγμένους. Οἱ ὀφθαλμοὶ πάντων εἰς σὲ ἐλπίζουν, καὶ σὺ δίδως τὴν τροφήν αὐτῶν ἐν εὐκαιρίᾳ. Ἀνοίγεις σὺ τὰς χεῖράς σου καὶ ἐμπιπλᾷς πᾶν ζῶον εὐδοκίας. Δίκαιος Κύριος ἐν

Psalms 144 (145)

I shall exalt You, my God and my King, and I shall bless Your name forever and unto ages of ages. Every day I shall bless you and praise Your name forever and unto ages of ages. Great is the Lord and exceedingly praiseworthy, and His greatness has no limit. Generation and generation shall praise Your works, and they shall declare Your power. They shall speak of the magnificence of the glory of Your holiness, and they shall describe Your wonders. They shall also speak of the power of Your awesome deeds and describe Your great majesty. They shall overflow with the memory of Your rich goodness, and shall greatly rejoice in Your righteousness. The Lord is gracious and merciful, longsuffering and abundant in mercy. The Lord is good to all, and His mercies are upon all His works. O Lord, let all Your works praise You and Your holy ones bless You. They shall tell of Your kingdom's glory, and they shall speak of Your power, that all the sons of men may know Your power and the glory of Your kingdom's magnificence. Your kingdom is a kingdom of all the ages, and Your dominion is from generation to generation. The Lord is faithful in His words and holy in all His works. The Lord supports all who stumble and restores all who are broken down. All eyes hope in You, and You give them their food in due season. You open Your hand and fill every living thing with Your pleasure. The Lord is righteous in all His ways and holy in all His works. The Lord is near to all who call on Him, to all who call upon Him in truth. He shall do the will of those who fear Him, and He shall hear their supplications and save

πάσαις ταῖς ὁδοῖς αὐτοῦ καὶ ὅσιος ἐν
πασι τοῖς ἔργοις αὐτοῦ. Ἐγγὺς Κύριος
πασι τοῖς ἐπικαλουμένοις αὐτόν, πασι
τοῖς ἐπικαλουμένοις αὐτόν ἐν ἀληθείᾳ.
Θέλημα τῶν φοβουμένων αὐτόν ποιήσει
καὶ τῆς δεήσεως αὐτῶν εἰσακούσεται καὶ
σώσει αὐτούς. Φυλάσσει Κύριος πάντας
τοὺς ἀγαπῶντας αὐτόν καὶ πάντας τοὺς
ἀμαρτωλοὺς ἐξολοθρεύσει. Αἶνεσιν Κυρίου
λαλήσει τὸ στόμα μου· καὶ εὐλογεῖτω παῖσα
σὰρξ τὸ ὄνομα τὸ ἅγιον αὐτοῦ εἰς τὸν αἰῶνα
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.

Εὐλόγησον.

ΙΕΡΕΥΣ

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

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

(Ἀμήν.)

them. The Lord keeps all who love Him, but
all the sinners He shall utterly destroy. My
mouth shall speak the Lord's praise, and let
all flesh bless His holy name forever and unto
ages of ages.

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. Lord, have mercy.
Lord, have mercy.

Father, bless!

PRIEST

May Christ our true God, through
the intercessions of His all-pure and all-
immaculate holy Mother, the power of the
precious and life-giving Cross, the protection
of the honorable, bodiless powers of heaven,
the supplications of the honorable, glorious
prophet and forerunner John the Baptist, of
the holy, glorious, and praiseworthy apostles,
of the holy, glorious, and triumphant martyrs,
of our righteous and God-bearing fathers,
(local patron saint); of the holy and righteous
ancestors of God Joachim and Anna, and of all
the saints, have mercy on us and save us, for
He is good and loves mankind.

Through the prayers of our holy fathers,
Lord Jesus Christ, our God, have mercy on us
[and save us].

(Amen.)