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The Service of Matins

for Monday, March 11, 2019

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

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

**Menaion - March 11
Memory of St. Sophronius of Jerusalem**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode pl. 4. On Monday Morning

On Monday of the First Week at Matins

Menaion - March 11

Memory of St. Sophronius of Jerusalem

MATINS

CHOIR

Mode pl. 4.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

Triadic Hymns

Mode pl. 4.

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

Glory.

With hearts in heaven, let us emulate the Angels, and in fear let us bow before the

impartial Judge, as we shout the triumphal praise: Holy, holy, holy are You, O God. By the intercessions of the Saints save us. [SD]

Both now.

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

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 4. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For compunction.

Mode pl. 4.

With your compassionate eye, O Lord, see my humiliation, for little by little my life is being squandered, and there is no salvation for me from works; therefore I ask this: with your compassionate eye, Lord, see my humiliation and save me. [EL]

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

Mode pl. 4.

As though the Judge were present, be anxious, my soul, and think on the moment of the dread day; for the judgement is merciless for those who have not acted with mercy; therefore before the end cry out: Spare me, O Saviour, for you alone love humankind. [EL]

Glory. Both now. **Theotokion.**

Mode pl. 4.

O immaculate Theotokos, as the intelligible Gate of life, rescue from peril

those who run to you with faith, so that we may glorify your all-holy childbirth, for the salvation of our souls. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 5. 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.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

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

Let us acquire compunction of soul/as God-given first-fruits of the fast./Let us cry: Accept our prayer as pure incense, O Christ our Master./Deliver us, we entreat you, from the stench of corruption/and from fearful torment.// for you alone are ready to forgive!

[OCA]

Glory. Both now. **Theotokion.**

Mode 2.

Grant us your mercy, Theotokos, fount of tender compassion./Look upon the people who have sinned,/and manifest, as always your power./For trusting in you, we cry out as once did Gabriel, chief of the bodiless hosts://Rejoice, full of grace, the Lord is with you! [OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 6. It would be followed by the short litany.

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

For 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 2.

Let us begin the all-holy season of fasting with joy;/let us shine with the bright radiance of the holy commandments of Christ our God:/with the brightness of love and the splendor of prayer,/the strength of good

courage and the purity of holiness! / So,
clothed in garments of light, / let us hasten to
the holy resurrection on the third day, // that
shines on the world with the glory of eternal
life! [OCA]

Glory. Both now. **Theotokion.**

Mode 2.

Beyond all hope, I am wondrously set
free, Mother of God, / from all that troubles
me, / for I have obtained in my distress your
invincible intercession! / You are always
swift to help those who beseech you in faith, /
dispelling the darkness of their many sins. /
Therefore, with thanksgiving, I cry to you: /
Accept, Lady, this small offering of grateful
praise, // and be my help in all things! [OCA]

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

(Amen.)

From Menaion ---

CHOIR

Ode i. Mode 4. Heirmos.

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

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

[SD]

Troparia.

You navigated the sea of self-control with temperance steered by the breeze of the Spirit and you gathered together a great wealth of wisdom through grace, Father Sophronios. [VPA]

Verse: Let us sing to the Lord, for He is greatly glorified. Horse and rider He has thrown into the sea. [SAAS]

You navigated the sea of self-control with temperance steered by the breeze of the Spirit and you gathered together a great wealth of wisdom through grace, Father Sophronios. [VPA]

Verse: The Lord became my helper and the shield of my salvation; He is my God, and I will glorify Him; my father's God, and I will exalt Him. [SAAS]

You became a messenger of Christ's resurrection and a divine presider of the divine sepulcher which has become rich in the spring of immortality, Christ who raises the falls of our race. [VPA]

Verse: The Lord brings wars to nothing; the Lord is His name. Pharaoh's chariots and army He cast into the sea. [SAAS]

By the splendor of your words and the sharpness of your mind you illumined the world, having clearly theologized the tri-hypostatic nature of the Godhead, a unity in three numbers, Father Sophronios. [VPA]

Verse: The sea covered them; they sank to the bottom like a stone. [SAAS]

Theotokion.

He who is by nature uncreated and co-eternal with the Father, and beyond years and before the ages, becomes created from you,

O Lady, and under the ages as man, saving humanity. [VPA]

(read)

Intermediate Verses of Ode One.

Your right hand, O God, is glorified in strength; Your right hand, O God, dashed the enemy in pieces. In the greatness of Your glory You broke the adversaries to pieces. [SAAS]

You sent forth Your wrath; it consumed them like stubble.

By the Spirit of Your anger the waters were gathered together; the waves stood upright in the midst of the sea; the depths congealed in the heart of the sea.

The enemy said, 'I will pursue, I will overtake, I will divide the spoils; I will satisfy my soul; I will destroy with my sword; my hand shall have dominion.'

You sent forth Your Spirit; the sea covered them; they sank like lead in the mighty waters.

Who is like You, O Lord, among the gods? Who is like You, glorified in holiness, marvelous in praises, doing wonders?

You stretched out Your right hand; the earth swallowed them up.

In righteousness You guided Your people whom You redeemed; in strength You called them to Your holy resting place.

The nations heard and were angry; pangs seized the inhabitants of Philistia. [SAAS]

(sung)

From Triodion - -

Canon 1 from the Triodion.

Ode i. Mode 2. N/M (Peoples, now come.)

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away.

[SAAS]

How shall I begin to weep for my failures? / Where can I make a start for salvation? / I have lived as a Prodigal. / Save me by the ways that are Your, Bountiful One.

[OCA]

Verse: Fear and dread fell upon them; by the greatness of Your arm, let them become as stone.

[SAAS]

This is the time of repentance. / This is the day of salvation. / This is the beginning of the fast. / Be vigilant, my soul! / Close the door of your passions, and seek the Lord. [OCA]

Verse: Till Your people pass over, O Lord, till Your people pass over, whom You purchased. [SAAS]

The tempest of my sins has drawn me to the depths of despair. / But I flee to the sea of Your mercy. / O Lord, save me! [OCA]

Verse: The sanctuary, O Lord, which Your hands established. [SAAS]

Theotokion.

O Maiden, who gave birth to the source of dispassion, heal me who am wounded by the passions, and snatch me from the eternal fire, O Lady grace by God. [SD]

Canon 2 from the Triodion.

Ode i. Mode 2. *N/M (Peoples, now come.)*

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

O peoples, come and let us welcome today the gift of Lent, as a God-given season of repentance; and during it, let us seek the Savior's forgiveness. [SD]

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

This is the time of great spiritual efforts,/ The course of the Fast./ Let us all begin with sincerity,/ Bearing good works to the Lord as gifts. [OCA]

Glory. **For the Trinity.**

Let us praise the simple unity of three Lights,/ The most powerful and ever-existing and ever-acting Lord and God:/ The Father Almighty, the Son and the Spirit! [OCA]

Both now. **Theotokion.**

Let us sing of the holy mount of God,/ of the immaculate Mary,/ From whom the Sun of Righteousness arose,/ And shone light on those who were in darkness:/ Christ the life of all. [OCA]

Glory to You, our God, glory to You.

The fiery chariot received Elijah/ who was strengthened by fasting./ By Fasting, Moses was a seer of ineffable things,/ and by it, we shall see Christ. [OCA]

Glory to You, our God, glory to You.

Adam ate the food/ and was cast out of paradise for his indulgence./ But we receive

the fast with joy, Lord:/ Show us worthy of perfect repentance, Lover of mankind. [OCA]

Heirmos Mode 2.

Come, people, let us sing a song to Christ our God/ Who parted the sea and through it led His people/ whom He had brought out of the bondage of Egypt:/ For He has been glorified! [OCA]

From Menaion - - -

Ode iii. Mode 4. Heirmos.

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

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

Troparia.

Made firm by the staff of your words, venerable one, the Church of Christ expels and drives away the assaults of the impious and of the heresies which fight against God.

[VPA]

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

[SAAS]

Having been a champion of august preaching, God-bearer, you were shown to be a victor through the power of the Spirit, being wisely empowered, Father Sophronios. [VPA]

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

You put to death all the pleasure of the corrupted flesh and enlivened your pure soul through piety and showed it as a divine organ.

[VPA]

Glory.

Your theologizing, delightful, and sweet-sounding tongue springs up rivers of the Word, God-inspired one, gushing forth divine teachings for all. [VPA]

Both now. **Theotokion.**

We glorify you who gave birth to God, O Theotokos, fitting together a corresponding name and calling, all-pure Lady. [VPA]

Heirmos.

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

Mode 4. N/M (Come quickly.)

You adorned the Church of Christ by your words, and by your works you kept that which is according to the image of God, venerable Sophronios, for your soundness of mind illumined the world, shining with gifts of teachings on all who with faith celebrate your memory, O Father. [VPA]

Glory. Both now. **Theotokion.**

Mode 4. N/M (Come quickly.)

By your divine childbirth, undefiled one, you renewed the mortal nature which had been corrupted by the passions of those on earth and you lifted everyone up from death towards the life of incorruption. Therefore, as it proper, we all bless you, Virgin glorified as you had foretold. [VPA]

From Menaion - - -

Ode iv. Mode 4. Heirmos.

Verse: Glory to Your strength, O Lord.

He who sits in holy glory * on the throne of divinity, * Jesus our most high God, * on a swift and light cloud has come to us, * and by the might of His undefiled hand has saved * those who cry to Him: Glory to Your power, O Christ. [SD]

Troparia.

Father, you wisely taught one beginningless nature in three hypostases, each one perfect, separated without division and united without confusion through one will and Godhead [VPA]

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

Having self-restraint in heart and a most self-restrained mind, you did not consider mixture or mode nor confusion of the two natures united unchangeably shining in one only-begotten Christ. [VPA]

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

Divinely illumined with the illumination of the Spirit, you did away with the awful madness of Nestorius who had taught the unity in Christ of two natures in one will and thought. [VPA]

Glory.

By the fire of your teachings you burned Pyrrhos (who was holding to denying that there are two wills in Christ, according to the different natures, and also the two operations. [VPA]

Both now. **Theotokion.**

You were beautified above all the comeliness of angels, as having given birth to their creation and Lord, O maiden, who has taken a body from your spotless blood and who draws to himself all who glorify him. [VPA]

From Menaion - - -

Ode v. Mode 4. Heirmos.

Verse: O Lord our God, grant us peace.

The ungodly will not see Your glory, O Christ. * Rather we in the morning rise early and we sing Your praise, * only-begotten Son, the reflection of the Father's glory, Lord who loves mankind. [SD]

Troparia.

With steadfast yearning beholding the pure resurrection and grave of life, you drew up visions of illumination of hidden teaching and distributed them to the faithful, O hierarch. [VPA]

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

With steadfast yearning beholding the pure resurrection and grave of life, you drew up visions of illumination of hidden teaching and distributed them to the faithful, O hierarch. [VPA]

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

You wholly yearned after the only good, being aflame with noetic light, and you loved the stream of incorruption, being lifted up towards it through visions. [VPA]

Glory.

You became a living and animate temple of God, having put to death all things of the earth, gaining the rich table of the Logos and the lamp of faith, Venerable one. [VPA]

Both now. **Theotokion.**

Unwedded mother of God, you gave birth beyond understanding to Christ, understood in two natures, the only-begotten and beginningless Son of God, having become flesh. [VPA]

From Menaion - - -

Ode vi. Mode 4. Heirmos.

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

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

Troparia.

The grace of the all-holy Spirit was richly poured out on your lips, godly-minded one. Therefore the sound of your words is like the flowing of a river. [VPA]

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

The grace of the all-holy Spirit was richly poured out on your lips, godly-minded one. Therefore the sound of your words is like the flowing of a river. [VPA]

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

You bloomed like a palm tree in the house of the Lord with the good fruit of your words, making sweet by your pure life the hearts of those who honor you with faith, O hierarch.

[VPA]

Glory.

By the living sword of your mouth the army of heresies is put to death and the daring ranks of those who fight against God, slain, die by the sword of your teachings [VPA]

Both now. **Theotokion.**

O Theotokos, we hymn your spotless birth-giving through which we all are saved and are delivered from the noose of death and

most fearful sin and the innermost parts of Hades. [VPA]

Heirmos.

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Triodion - - -

READER

For the Martyrs. Mode pl. 4.

Holy Martyrs, you were shown to be spiritual luminaries; for by faith you ended the foggiess of error, you brightened the lamps of our souls, and with glory you entered the celestial bridal hall with the Bridegroom. Now we pray you entreat Him to save our souls. [SD]

Synaxarion.

From the Menaion.

On March 11 we commemorate our devout father Sophronios, Archbishop of Jerusalem.

On this day we also commemorate the holy hieromartyr Pionius, priest of the holy Church in Smyrna.

On this day we also commemorate our devout father George, the God-bearer and Wonderworker, the newly appeared, who was in the church called Diipeum.

On this day we also commemorate the holy martyrs Trophimos and Thallus who witnessed in Laodiceia.

On this day we also commemorate the translation to Constantinople of the relics of the holy martyr Epimachos.

On this day we also commemorate our devout mother Theodora the Empress.

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

From Menaion - - -

CHOIR

Ode vii. Mode 4. Heirmos.

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

You saved Your Servants in the fire,
* Abraham's three youthful descendants;
* and the Chaldeans You destroyed, * for
they plotted unjustly against the just. * O
supremely extolled and praised * Lord, the
God of our fathers, You are blessed. [SD]

Troparia.

Battling against heretical babbling with help from above, wise one, and becoming victorious, you chanted: Greatly hymned

Lord, the God of our Fathers, you are blessed.

[VPA]

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

Battling against heretical babbling with help from above, wise one, and becoming victorious, you chanted: Greatly hymned Lord, the God of our Fathers, you are blessed.

[VPA]

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

Dedicated to God, flying around the garden of the ascetics, and having planted your meadow for the practice of the virtues, you dedicated it to God in the highest. [VPA]

Glory.

Obedying the law of Christ, you shared the riches of your knowledge with those who lacked them, godly-minded one, chanting: Greatly hymned Lord, the God of our Fathers, you are blessed. [VPA]

Both now. **Theotokion.**

Having been sanctified in soul and purified beforehand in body by the coming of the Holy Spirit upon you, all-blameless one, you bore Him, having conceived without seed in your womb the power of the Most High. [VPA]

Ode viii.

From Menaion - - -

Ode viii. Mode 4. Heirmos.

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

Guiltless were those Servants in the furnace. * The Son of the Theotokos went and

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

Troparia.

You were sanctified with the myrrh of
the grace of hierarchical service, where the
hierarchy of the salvation of the world, all-
wise Father Sophronios, shouting: Hymn the
Lord and greatly exalt him unto all the ages
[VPA]

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

Honoring wisdom especially, you were
crowned with the crown of gifts of wisdom:
unfading glory and riches not to be taken
away, glorious one, and having received the
gift, you are shouting: Hymn the Lord and
greatly exalt him unto all the ages [VPA]

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

Being clothed with divine righteousness in
a priestly manner, O teacher of sacred things,
you guided in a most courageous manner the
flock of the Master through your words and
deeds, all-famous Father, crying out: Hymn
the Lord and greatly exalt him unto all the
ages [VPA]

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

Magnificently and beyond understanding,
the Logos who is co-beginningless with the
Father gives you, Father, a mind which brings
up words that undo the babblings of heresies,
as you cry out: Hymn the Lord and greatly
exalt him unto all the ages [VPA]

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

Theotokion.

You were shown to be a sanctified temple
of the Logos who sanctifies all creation, a rich
holy mountain, a manifest mountain, blessed,
only all-hymned Lady. Therefore we hymn
you, mother of God, and we greatly exalt you
unto all the ages. [VPA]

(read)

Intermediate Verses of Ode Eight.

Bless the Lord, every shower and dew, all
you winds, and exalt Him beyond measure,
unto all the ages. [SAAS]

Bless the Lord, you fire and heat, you
winter cold and summer heat, and exalt Him
beyond measure, unto all the ages.

Bless the Lord, you dews and snows,
you frost and cold, and exalt Him beyond
measure, unto all the ages.

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

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

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

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

(sung)

From Triodion - - -

Canon 1 from the Triodion.

**Ode viii. Mode 2. N/
M (When God went down.)**

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]

Christ, by the light of the fear of You,/
renew my soul,/ which is in darkness and
burning with bitterness;/ show me the light of
salvation so that I may glorify You forever. [OCA]

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

Having despised the fullness of passions,
my humble soul,/ be nourished by food of
good deeds./ Take joy in the sweetness of
fasting,/ avoiding the woe of sweetness, and
be enriched forever. [OCA]

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

My soul was blinded, darkened by the
drunkenness of passions./ In no way can I
look to You, O God./ Therefore, be bountiful

to me and enlighten me/ and open to me the
gates of true repentance. [OCA]

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.

Pure Virgin,/ you have transformed
our earthly and corruptible existence/ into a
spiritual heaven./ By your prayers, direct our
entreaties and supplications to your Son,/ the
God and King of all. [OCA]

Canon 2 from the Triodion.

Ode viii. Mode 2. (N/M)

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

Faithful, Let us enter the fast with joy!/ Let
us not be sad,/ but let us clean our faces with
the waters of passionlessness,/ blessing and
exalting Christ forever! [OCA]

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

Anointing our heads with the oil of
mercy,/ let us not use many words/ praying to
our Father who is in heaven,/ but let us bless
and exalt Christ forever! [OCA]

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

For the Trinity.

Faithful, let us hymn the Father,/ ever-
existing from before eternity;/ the Son, who
is equally without beginning/ and the Spirit,
shining forth from the Father:/ the three

consubstantial persons,/one all-powerful principle and Authority. [OCA]

Both now. **Theotokion.**

Mary, the chosen of God,/the true purification of the faithful:/from you, forgiveness is given to all in abundance./Do not cease to intercede before your Son and Lord/for all who sing and magnify you! [OCA]

Glory to You, our God, glory to You.

The Lord consecrated and sanctified these Forty Days of the Fast/by fasting Himself for forty days./Having entered into them, brethren, let us cry aloud:/Blessing and exalting Christ forever! [OCA]

We praise and we bless and we worship the Lord.

Heirmos Mode 2.

Let us sing with joy to the Lord/who sprinkled dew upon the Hebrew Youths of old/and marvelously burned the Chaldeans in the furnace:/bless and exalt him forever! [OCA]

DEACON

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

CHOIR

Ode ix.

Megalyrnarion. 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]

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]

From Menaion - - -

Ode ix. Mode 4. Heirmos.

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

Troparia.

A word going forth from your divine lips, O you who speak about God, makes sweet the minds of the pious faithful by grace, like a honeycomb dripping the comeliness of understandings. [VPA]

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

O God-inspired one, you walk about within the innermost heavenly places around the Lord and King of all, where the angelic luminaries and the ranks of the saints dance.

[VPA]

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

Seeking the life of the angels while upon the earth, Father, you were made worthy of the angelic blessedness in heaven, entreat Christ there that all who hymn you be saved.

[VPA]

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]

As bowls of aromatic herbs, your jaws, godly-minded one, you were seen as an alabaster of wisdom of the nard of most precious faith, spicing up the precious body of Christ with your teachings. [VPA]

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

Theotokion.

Isaiah saw you, O Virgin, as a light cloud, for coming upon you, the Lord destroyed all things made by hand and revealed the knowledge of himself to those who hymn you.

[VPA]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 2. N/M (Being from God.)

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]

This is the first day of the Fast. / For you, soul, let it be the setting aside of sin, / the return to God; to life with Him. / Flee from the abyss of evil. / Love only those ways which lead to peace, / resting before and within God.

[OCA]

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

Having been tempted by foul thoughts, / I have sinned in the flesh, / but yet I cry out: Save me, Lord; / save me, only gracious One. / Do not condemn me to the fires of

Gehenna,/though I am fully worthy of such condemnation. [OCA]

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]

Clothed with the radiant garments of the Fast,/let us shed the dark and greivous garments of debauchery,/so that, illumined by divine good works,/we may behold in faith the radiant Passion of the Savior. [OCA]

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

Theotokion.

Heal my wretched soul,/made weak by the attacks of the most evil devil,/most pure Queen, who gave birth to the healer, Christ,/the Redemption of us who know you,/undefiled Virgin and Handmaiden. [OCA]

Canon 2 from the Triodion.

Ode ix. Mode 2. (N/M)

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

Now the time of the holy Fast has come./ Let us begin it with a return to good actions,/ for it is written, In quarrels and fights, you shall not fast. [OCA]

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

Cleansed by fasting on Mount Horeb,/ Elijah saw God./Let us also cleanse our hearts with fasting,/and we shall see Christ. [OCA]

Glory. For the Trinity.

I bow down to the one Essence;/I sing to the three Persons:/the One God of all, Father,

Son and Holy Spirit,/the ever-existing Life. [OCA]

Both now. Theotokion.

The pure One bears a Child;/the Virgin gives milk. How can this be?/The Virgin has borne; God has done it!/Do not ask me how this can be! [OCA]

Glory to You, our God, glory to You.

Only one day, he said,/is the life of those on earth./For those who make the effort in love,/there are Forty Days of the Fast/for us to accomplish with joy! [OCA]

Heirmos Mode 2.

Faithful, let us magnify the Theotokos/ who has ineffably given birth in the flesh to the Word of God/who shone from the Father before all ages! [OCA]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Horologion ---

CHOIR

Photagoric Hymns

Mode pl. 4.

You are the light, O Christ. In yourself illumine me, by the protection of the Bodiless Hosts, and save me. [SD]

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

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

READER

Lauds. (read)

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 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]

Psalm 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 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.)

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.

(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 pl. 1.

The Fast is here, the mother of chastity,/ the accuser of sins, the advocate of repentance/ the life of angels and the salvation of men,/ faithful, let us cry:// O God, have mercy on us. [OCA]

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]

The Fast is here, the mother of chastity,/ the accuser of sins, the advocate of repentance/ the life of angels and the salvation of men,/ faithful, let us cry:// O God, have mercy on us. [OCA]

For the Martyrs.

Mode pl. 1.

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]

Blessed is the army of the heavenly King!/ Though on earth they endured great sufferings,/ they achieved the rank of angels./ They did not care for the flesh/ and became

equals to the bodiless hosts. // By their prayers,
Lord, save our souls. [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1.

We magnify you in song, Mother of God: /
pure Virgin, more holy than the Cherubim, /
for with souls and bodies we confess you to
be the Theotokos / who truly gave birth to the
incarnate God. // Pure one, intercede for our
souls. [OCA]

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

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
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 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.)