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# The Service of Matins

**for Monday, April 8, 2019**

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

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

**Menaion - April 8  
Memory of the holy Apostles of the Seventy**

**Text in English**

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

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**Triodion**

Mode 4. On Monday Morning

On Monday of the Fifth Week at Matins

**Menaion - April 8**

Memory of the holy Apostles of the  
Seventy

**MATINS**

**CHOIR**

**Mode 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 4.**

Like the Cherubim we dare to glorify the  
unoriginate Father, and You, O Christ God,  
and Your all-holy Spirit, and we say: Holy,  
holy, holy are You our God. By the protection  
of the Bodiless Hosts have mercy on us. [SD]

Glory.

Now like the order of Angels in heaven,  
and the ranks of people on earth, with we

offer You a hymn of victory, O good One.  
Holy, holy, holy are You our God. By the  
intercessions of the Saints save us. [SD]

Both now.

We mortals dare to offer You the hymn of  
Your noetic ministers, and we say: Holy, holy,  
holy are You our God. Through the Theotokos  
have mercy on us. [SD]

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

From Triodion - - -

**CHOIR**

**Kathisma I.**

**Kathisma I. For compunction.**

**Mode 4.**

O Lord, visit my humble soul, which as  
spent the entire time of this life in sins. Accept  
me and save me, as You once did the harlot. [SD]

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

**Mode 4.**

As I sail across the ocean of the present  
life, I remember the abyss of my many vices.  
Since I have no good thought to pilot me, I  
shout to you the words of Peter: Save me,  
O Christ my God. Save me, in Your love for  
humanity. [SD]

Glory. Both now. **Theotokion.**

**Mode 4.**

To you who were raised in the Temple, in  
the Holy of Holies, and who were clothed in  
faith and wisdom and measureless virginity,  
the Supreme Commander Gabriel from  
heaven brought the salutation, "Rejoice";  
"Rejoice, O blessed Maiden! Rejoice, O  
glorified one! The Lord is with you." [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 3. (NM) Gabriel marvelled.**

The most beautiful of seasons is at hand, the much praised day of abstinence has dawned. Let us make haste, brethren, to be cleansed, that we may appear in purity before our Maker and share in His beauty, at the prayers of her who bore Him, the only pure Mother of God. <sup>[KW]</sup>

Glory. Both now. **Theotokion.**

**Mode 3. Automelon.**

Seeing how beautiful was your virginity, \* and how your purity shone forth resplendently, \* amazed was Gabriel who cried to you thus, O Theotokos: \* "What shall

I present to you \* as a worthy encomium? \* What shall I address you as? \* At a loss and perplexed am I. \* And therefore I, as ordered, cry out to you: \* Rejoice, O Maiden full of grace!" <sup>[SD]</sup>

*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.**

**Grave Mode.**

O Lord, Thou hast granted us to reach the present day, on which in radiant light we commence the holy week of the dread raising of Lazarus from the tomb. Count us Thy servants worthy to walk in Thy fear, and to complete the whole course of the Fast. <sup>[KW]</sup>

Glory. Both now. **Theotokion.**  
**Grave Mode.**

All-Holy Virgin, thou art greater in honour than the glorious cherubim. Unable to endure the divine splendour, they veil their faces with their wings as they perform their ministry; but thou dost gaze with thine own eyes upon the Incarnate Word. Without ceasing pray to Him for our souls. [KW]

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalms 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be 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**

**Canon for the Apostles.  
Ode i. Mode 3. Heirmos.**

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

He who gathered the waters together in the beginning into one place by divine nod, \* who for the Israelite people parted the sea, \* He, our God, is glorified, and He is reigning forever. \* Let us sing to Him alone, for He is glorified. [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

Let us celebrate in unison the all-holy memorial of the holy Apostles, and let us sing their praises with joyful souls; for they ask the

transcendently holy Word that he grant us forgiveness and mercy. [RB]

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

Let us celebrate in unison the all-holy memorial of the holy Apostles, and let us sing their praises with joyful souls; for they ask the transcendently holy Word that he grant us forgiveness and mercy. [RB]

*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]

O glorious Apostles, you cast away the decay of polytheistic insanity, you restored the lost savor to every soul with the divine salt of your teaching, and, thus you presented them, thus restored, to the Creator of all. For this you are glorified. [RB]

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

Let us bless in song glorious Herodion, Rufus, Agabus, Phlegon, and Hermes; for they are true friends of our Redeemer, divine messengers, and pillars of the faithful. [RB]

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

**Theotokion.**

O compassionate Theotokos, boast of the Apostles, glory of the prizewinners, and security of the faithful, I entreat you steady my mind, since it tossed about by the abuses of the deceiver and downcast with transgressions. [RB]



(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 3. (NM)**

*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]

Tilling the soil of our mind with the divine ploughshare of the holy Fast, let us reap the sheaf of virtues: then we shall not hunger in eternity, but will rejoice in gladness with a joy that has no end. [KW]

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

[SAAS]

I bear within me the passions of many years, that darken my unhappy soul; but with contrite heart I fall down before Thine unconquerable power, O timeless Word of the eternal Father, and I pray: Take pity on me and save me. [KW]

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

Thy holy Fast feeds our hearts, ripening within us thoughts acceptable to God, and causing the deep abyss of our passions to dry up; and with the rain of compunction it cleanses those who in faith offer praise to the Almighty. [KW]

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

**Theotokion.**

Rejoice, holy Virgin, Maiden of many names: Mary Mother of God, glory of the faithful, deliverance from the curse, heavenly ladder, wonder past understanding, bush unburnt, earth untilled. [KW]

**Canon 2 from the Triodion.**

**Ode i. Grave Mode. Tone Seven.**

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

Now that we have venerated the lifegiving Wood, with gladness let us advance upon the path of the Fast to the Passion of Christ. [KW]

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

Following Christ, let us deny the world and take the Cross upon our shoulders, sharing in His divine suffering. [KW]

Glory. **For the Trinity.**

Let us all sing the praises of the Godhead, supreme in Essence, one in three Persons, Father, Son and Holy Spirit. [KW]

Both now. **Theotokion.**

O pure Virgin that hast not known corruption, pray to Jesus our Saviour whom thou hast borne in ways past understanding, that He maybe merciful to thy servants. [KW]

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

When Thou comest, O Christ, in glory with the angels to judge the whole world, enable us to make a good answer before Thee. [KW]

**Heirmos (NM). Grave Mode.**

Let us sing a song of triumph to the Lord, who drowned all the power of Pharaoh in the sea: for He is glorified. [KW]

From Menaion ---

**Canon for the Apostles.**

**Ode iii. Mode 3. Heirmos.**

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

From non-existence You brought forth all things, O God, \* through the Word creating them, in the Spirit perfecting them. \* Ruler over all, Most High, \* firmly establish me in Your love, O Master. [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

O divine Disciples of God the Word, you were the eyes of the Church, and you opened the eyes of many so that they might behold the incomprehensible beauty. [RB]

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

O divine Disciples of God the Word, you were the eyes of the Church, and you opened the eyes of many so that they might behold the incomprehensible beauty. [RB]

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

O all-renowned Rufus, you were a luminous house of the Trinity, and you dashed temples to the ground and built churches for the Lord with the word of grace. [RB]

Glory.

O wise Rufus, you ploughed hearts with your divine word, you sowed the salvific teachings, and you reaped the salvation of the saved as a great harvest. [RB]



Both now. **Theotokion.**

O immaculate Virgin, he who is unapproachable according to His divine nature I may now approach. He has taken on flesh and is completely united to me in His great compassion. <sup>[RB]</sup>

**Heirmos.**

From non-existence You brought forth all things, O God, \* through the Word creating them, in the Spirit perfecting them. \* Ruler over all, Most High, \* firmly establish me in Your love, O Master. <sup>[SD]</sup>

**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 1. N/M (The soldiers.)**

O brightest proclaimers of God, you were beams shining the light of the Spiritual Sun, you illuminate the whole earth with

the rays of your teaching, and you drive off the darkness of ignorance with divine grace. And so on this day of your luminous commemoration, we beam with joy, and in faith we call you blessed. <sup>[RB]</sup>

Glory. Both now. **Theotokion.**

**Mode 1. N/M (The soldiers.)**

The end of your life is at your door, and the Judge draws near. Wake up, my soul, sigh in sorrow, cry out to the Mother of God with your whole heart, and say: Save me, O Virgin, from the terrible torments. O all-immaculate Lady, let me dwell in the place of rest. <sup>[RB]</sup>

From Menaion ---

**Canon for the Apostles.**

**Ode iv. Mode 3. Heirmos**

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

You have shown us Your mighty love, O Lord, for You delivered Your Only-begotten Son to death for our sake. With gratitude we sing to You: Glory to Your power. <sup>[SD]</sup>

**Troparia.**

*Apostles of Christ, intercede for us.*

O wise Apostles, you brought divine healing with your words to believers, you gave over to destruction the evil ungodly land, and you edified souls in the Faith. And so, O wise Apostles, you are counted as blessed. <sup>[RB]</sup>

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

O wise Apostles, you brought divine healing with your words to believers, you gave over to destruction the evil ungodly land, and you edified souls in the Faith. And so, O wise Apostles, you are counted as blessed. <sup>[RB]</sup>

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

O blessed Herodion, the city of Patras is illustriously clothed with strength through you; for you were the first to sit on her throne, shining with the divine luminosities of the Holy Spirit. [RB]

Glory.

O blessed Herodion, the city of Patras was rich with you as her representative, since you led her to the exalted Zion. And so, she honors you with divine songs. [RB]

Both now. **Theotokion.**

O Maiden that gave birth to God, at a sacred word you conceived the Father's Word Who redeems humanity from all irrationality. And so we always glorify you with divine words and a great voice. [RB]

From Menaion - - -

**Canon for the Apostles.**

**Ode v. Mode 3. Heirmos**

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

Although invisible, You were seen on earth, and although incomprehensible, you willingly dwelt among men. We rise early to you and sing Your praises, O Lover of humanity. [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

O divine Apostles, you preached the Word Who came to the earth to save what had wandered off, and you delivered all humanity from error. [RB]

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

[SAAS]

O divine Apostles, you preached the Word Who came to the earth to save what had wandered off, and you delivered all humanity from error. [RB]

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

O godly-minded Agabus, God poured out the grace of prophecy on you in a mysterious manner, and you declared revelations of future things. [RB]

Glory.

O Prophet Agabus, you foretold deceit, imprisonment, and misfortune to Paul, and you tied your hands with his belt. [RB]

Both now. **Theotokion.**

Of all women on earth, only you mysteriously gave birth to the only one to reconcile us with the Father and who is alone pre-eternal and without beginning. And so, we only honor you as the Mother of God. [RB]

From Menaion - - -

**Canon for the Apostles.**

**Ode vi. Mode 3. Heirmos**

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

I am overwhelmed in the deepest pit of sins, and my spirit has failed. O Lord and Pilot, from on high extend Your hand, save me as once You saved Peter. [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

O divine Apostles, the Word established as brightly shining lamps to enlighten the

world, to end the darkness, and to show the way of salvation. [RB]

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

O divine Apostles, the Word established as brightly shining lamps to enlighten the world, to end the darkness, and to show the way of salvation. [RB]

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

Wise Asyncritus, you were the boast of the Apostles and the wise wall of Hyrcania. You preached the death of the dispassionate Lord, and you led the dead to life. [RB]

Glory.

O Asyncritus, You were Hyrcania's river, filled with the currents of the Spirit. You watered Hyrcania with your hallowed streams, she brought forth beautiful shoots for the Master. [RB]

Both now. **Theotokion.**

O Bride of God, the ark of the Law was an image of you, since received the Fullness of the divine Law, you gave Him birth in the flesh, after giving birth you remained ever virgin, just as you were before giving birth. [RB]

**Heirmos.**

I am overwhelmed in the deepest pit of sins, and my spirit has failed. O Lord and Pilot, from on high extend Your hand, save me as once You saved Peter. [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 4.**

The hosts of the Angels are in attendance today, for the observance of the memory of the prize-winning martyrs, to illumine the minds of the faithful, and to brighten the civilized world with grace. O God, be importuned by them, and grant us Your great mercy. [SD]

**Synaxarion.**

*From the Menaion.*

On April 8 we commemorate the holy Apostles of the Seventy Herodion, Agabos, Rufus, Phlegon, Asyncritos, and Hermes.

On this day we also commemorate our devout father Celestine, Pope of Rome.

On this day the holy new martyr John the Koulikas, who witnessed in the year 1564, died by hooks.

On this day St. Pafsilipos reposed in peace.

On this day the holy new martyr John the shipmaster, who witnessed on the island of Kos in the year 1669, died by fire.

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

From Menaion - - -

**CHOIR**

**Canon for the Apostles.**

**Ode vii. Mode 3. Heirmos**

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

Those three Servants of old would not worship the golden image and Persian deity; rather standing in the furnace they sang this hymn: "Blessed are You, O God of our Fathers." [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

The proclaimers of God firmly established the nations on the rock of the Faith, and they wisely enlightened those who once worshipped stones in vain. [RB]

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

The proclaimers of God firmly established the nations on the rock of the Faith, and they wisely enlightened those who once worshipped stones in vain. [RB]

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

O sacred Phlegon, you burnt away the entire thorny tangle of error with divine fire, and you kindled hearts that had been unfortunately quenched with the Spirit's heat.

[RB]

Glory.

O glorious Phlegon, you were a great defender, an excellent teacher, a luminary, and a guide for those in Marathon, and they honor you unceasingly. [RB]

Both now. **Theotokion.**

O pure and immaculate Mother of God, for us you are a new Paradise. Those who died by eating are brought back to life by eating the Tree of Life, which you hold within yourself.

[RB]

**Ode viii.**

From Menaion - - -

**Canon for the Apostles.**

**Ode viii. Mode 3. Heirmos**

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

The furnace in Babylon did not burn the Servants, nor did the fire of the Godhead injure the Virgin. Therefore, O believers, let us sing with the Servants: "O you works of the Lord, bless the Lord." [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

Today let us bless Agabus, Phlegon, Asyncritus, Rufus, illustrious Hermes, and Herodion, for they were divine Apostles of the Word, lights for the world, and teachers of the nations. [RB]

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

Today let us bless Agabus, Phlegon, Asyncritus, Rufus, illustrious Hermes, and Herodion, for they were divine Apostles of the Word, lights for the world, and teachers of the nations. [RB]

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

The renowned Hermes was the guide and luminary of all Dalmatia. He appeared there like a bright sun, he worked amazing miracles, and he enlightened hearts that had been blind.

[RB]

*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]

O glorious Hermes, you carried the Word as a bright lamp, you enlightened those who sat in the night of calamities, you performed healings and great signs, and you drew all the unbelievers to the faith. [RB]

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

### **Theotokion.**

O spotless Virgin, we are your servants, and you are our protection and unfailing intercessor with your Son and God. O august Lady, save us from dangers and temptations, so that we may always glorify you with faith and zeal. [RB]

(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 3. (NM)**

*Verse: Bless the Lord, all you birds of heaven, all you wild animals and cattle, and exalt Him beyond measure, unto all the ages.* [SAAS]

Led astray by the harmful deceptions of the serpent, beguiled in my mind, each day I add new anguish to my pain. And so I cry to Thee, O Saviour: Physician of the sick, come to me and save me. [KW]

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

Strengthened in spirit by fasting, Elisha once raised up the child of the Shunnamite. We have been killed by the pleasures of



passion: through the lifegiving Fast, O ye faithful, let us regain life once more. [KW]

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

In Thy compassion, O Lord who lovest mankind, of old Thou hast saved the men of Nineveh when they repented with tears and fasting. In Thy mercy do Thou take pity also upon us, for we are at a loss how to confess Thee through our actions. [KW]

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

### **Theotokion.**

O pure and blameless Virgin, who hast remained without corruption after bearing child, we pray thee, deliver from corruption thy servants who sing to thee with faith in unity of soul: O ye works of the Lord, bless ye the Lord. [KW]

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

**Ode viii. Grave Mode. (NM) He is the Lord.**

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

With God's help we have rounded the turning post of the Fast. Let us run the remainder of the course with all our strength, and win a victor's crown. [KW]

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

Seeing my sickly soul barren of fruit, be patient, O Christ, and do not cut me down like the fig tree Thou hast cursed. [KW]

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

### **For the Trinity.**

Trinity all-sovereign, Unity in three Persons, Father, Son and Spirit, deliver from every danger and temptation those who sing of Thee. [KW]

Both now. **Theotokion.**

Hail, Mountain of God; hail, ever-shining Lamp; hail, new Heaven; hail, Mind bright as lightning; hail, Temple of the Lord; hail, worthy of all praise. [KW]

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

When I think of the dread trial before Thee, O Christ, I am filled with fear and trembling, and I cry: There is no limit to Thy great mercy; save me in my wretchedness. [KW]

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

### **Heirmos (NM). Grave Mode.**

He is the Lord and Maker of the world, who fills the cherubim with awe and the seraphim with wonder: O ye priests and servants and spirits of the righteous, sing His praises. [KW]

### **DEACON**

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



**CHOIR**

**Ode ix.**

**Megalynarion. Mode 3.**

**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 - - -

**Canon for the Apostles.**

**Ode ix. Mode 3. Heirmos**

We magnify the only Theotokos. She was prefigured on Sinai to Moses the Lawgiver in the bush and the fire, as the one who would conceive unburnt the Divine Fire in her womb. We honor her with hymns, as the unquenchable lamp shining splendid light. [SD]

**Troparia.**

*Apostles of Christ, intercede for us.*

Let us form a most sacred choir in faith and harmony of soul, and with fervor let us bless Hermes, Herodion, Rufus, Agabus, the great Asyncritus, and the divine Phlegon, who were eyewitnesses of the Word. [RB]

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

The proclaimers of God were like mystical olive trees, they made our souls and faces

cheerful with grace, and they saved us from godless oppression and the darkness of ignorance. And so it is right to call them blessed. [RB]

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

O wise Apostles of the Redeemer, you redeemed us from despair and slavery to the enemy and deceiver of old, and you showed us the paths that lead us to the Heavenly Kingdom with God-inspired certainty. [RB]

*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]*

O six-branched lamp of holy disciples, entreat the Three-Sun Splendor with fervor that he light our souls and rescue us from darkness and eternal condemnation, for we observe your radiant memorial. [RB]

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

### **Theotokion.**

O immaculate and laudable Virgin, you were like tongs that carry flame, for you received in your womb the spiritual Coal that burns up our passions, enlightens our souls, and shines light on the darkness of idolatry. [RB]

From Triodion - - -

### **Canon 1 from the Triodion.**

#### **Ode ix. Mode 3. (NM)**

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

The grace of the Fast has filled a divine cup with the wine of compunction, and it calls together all the faithful, crying out clearly:

Come and partake with gladness, laying aside the drunkenness of the passions, that ye may be counted worthy of the joy to come. [KW]

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

The judgement is at hand: give heed, my soul. Be attentive to thy conscience, doing what is right, and it will always keep thee uncondemned. For if we have judged ourselves in this present life, we shall not lack witnesses to plead on our behalf at the Judgement in the Age to come, when the guilty are condemned. [KW]

*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]*

Principalities and powers, thrones, seraphim and dominions, authorities and cherubim, angels and archangels: pray to God that we may complete the time of the Fast, doing what is acceptable to Him, that as servants who have pleased Him we may share in glory. [KW]

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

### **Theotokion.**

With the martyrs and the prophets and all the saints, Thy Mother intercedes on behalf of us Thy servants who have angered Thee; accept her prayers, for Thou alone lovest mankind, O Christ our Master before whom the hosts of heaven tremble. [KW]

**Canon 2 from the Triodion.**

**Ode ix. Grave Mode.**

*(NM) Mother beyond nature.*

*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]*

Sailing through the calm waters of the Fast with the fair wind of the Spirit, let us pray that we may reach the haven of Christ's Passion. [KW]

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

[RSV]

Like the woman of Canaan, I cry aloud to Thee: Have mercy on me, O God, Thou Son of David; heal my sick soul, as Thou hast healed her daughter. [KW]

Glory. **For the Trinity.**

Let us sing the praises of the divine Nature, Unity in three Persons, Father, Son and Spirit. [KW]

Both now. **Theotokion.**

Thou hast conceived within thy womb the Word uncircumscribed, and without seed thou hast borne Him in the flesh: pray fervently for the salvation of our souls. [KW]

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

Thou hast justified the Publican when he cried: 'Be merciful to me.' Grant Thy mercy also unto me a sinner, O Judge of all, and forgive me my offences. [KW]

**Heirmos (NM). Grave Mode.**

Mother beyond nature and Virgin by nature, she alone is blessed among women: let us and all the faithful, as is right, magnify her with our songs. [KW]

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

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

From Horologion - - -

**CHOIR**

**Photagogic Hymns**

**Mode 4.**

O Lord, who cause the light to rise on Your world, purify from every sin my soul, which is in the darkness; by the protection of the Bodiless Hosts, and save me. [SD]

O Lord, who cause the light to rise on Your world, purify from every sin my soul,

which is in the darkness; by the intercessions of the Saints, and save me. [SD]

O Lord, who cause the light to rise on Your world, purify from every sin my soul, which is in the darkness; 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. 4.**

I am like the man who fell among thieves, O Master of all, for I have fallen among my sins and have been cruelly wounded by them. Yet leave me not without healing, O Lord who earnest not from Samaria but from the pure

Virgin. Jesus, Name that means salvation, have mercy upon me. [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]

I am like the man who fell among thieves, O Master of all, for I have fallen among my sins and have been cruelly wounded by them. Yet leave me not without healing, O Lord who earnest not from Samaria but from the pure Virgin. Jesus, Name that means salvation, have mercy upon me. [KW]

**For the Martyrs.**

**Mode pl. 4.**

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

What shall we call you, O saints? Cherubim, for Christ rested upon you? Seraphim, for ye glorified Him without ceasing? Angels, for ye have renounced the body? Powers, for ye perform miracles? Manifold are your names, but greater are your gifts of grace: pray for the salvation of our souls. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 4.**

The heavenly powers praise thee, O Virgin Mother full of grace, and we also glorify thy childbearing that none can



understand. O Theotokos, pray for the salvation of our souls. [KW]

**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.)