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The Service of Matins

for Tuesday, May 21, 2019

**Pentecostarion - On Tuesday of the Fourth Week
at Matins**

**Menaion - May 21
Memory of Sts. Constantine and Helen**

Katavasias of Pascha

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Pentecostarion

Tuesday of the Fourth Week

Menaion - May 21

Memory of Sts. Constantine and Helen

MATINS

CHOIR

Mode 3.

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

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

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

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

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

From Octoechos - - -

Resurrectional Apolytikion.

Mode 3.

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy. [SD]

Glory. **For the Equals-to-the-Apostles.**

From Menaion - - -

Mode pl. 4.

Your Apostle among the Rulers, St. Constantine, who once beheld in the sky the image of Your Cross, and who like Paul received his calling not from man, once entrusted the Ruling City into Your hand. We entreat You to restore it in peace forever, at

the intercession of the Theotokos, O Lord who loves humanity. [SD]

From Octoechos - - -

Both now. **Theotokion.**

Mode pl. 4.

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

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 7. 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 Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Kathisma I.

From Menaion - - -

Mode 3. Your confession.

You became a new David in manner. *
You received the oil of the kingdom, * as an
honor from heaven, upon your head. * The
Lord and Logos transcending all essences *
anointed you with the Spirit, O glorious one.
* Therefore you received the scepter to rule,
as one most wise. * And you entreat that we
obtain the great mercy. [SD]

From Octoechos - - -

Glory. Both now. **Theotokion.**

Mode 3.

Unto you who mediated the salvation of
our race we sing praises, O Virgin Theotokos.
For your Son and our God in the flesh that
He assumed from you accepted suffering by
means of crucifixion and has thereby set us
free from corruption, in His love for man. [SD]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 8. 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.)

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

Kathisma II.

From Menaion - - -

Mode pl. 2.

The Maker of the sun and all creation was
led once to the Cross. And now to himself
He leads you, the shining star, by stars
from heaven. And to you first He bestowed
imperial power. Therefore, O most pious
emperor Constantine, we extol you and your
mother Helen the godly-minded. [SD]

Glory. Both now. **For the Paralytic.**

From Pentecostarion - - -

Mode 3. Seeing how beautiful.

They whom paralysis of envy choked and
held * got for themselves a full-body paralysis;
* for when they saw how You had healed the
Paralytic on the Sabbath, * they said, "It is not
allowed on the Sabbath to heal a man, * for
this breaks the Sabbath rest that the fathers
handed down to us," * not recognizing You to
be the Master * of the Law and the healer of
our souls. [SD]

The Polyeleos.

Psalm 134 (135).

Psalm 135 (136).

Selected Psalm Verses

Selected Psalm Verses for Apostles

The firmament. Alleluia.

1. The heavens declare the glory of God;
the firmament shows the creation of His hands
Alleluia. (18:2) [SAAS]

2. The heavens shall confess Your wonders, O Lord, and Your truth in the church of the saints. Alleluia. (88:6) [SAAS]

3. In place of your fathers, sons shall be born to you. Alleluia. (44:17) [SAAS]

4. You shall make them rulers over all the earth. Alleluia. (44:17) [SAAS]

5. The rulers of the people gather together with the God of Abraham. Alleluia. (46:10) [SAAS]

6. For God's mighty ones of the earth are greatly exalted. Alleluia. (46:10) [SAAS]

7. The God of gods, the Lord, spoke, and summoned the earth. Alleluia. (49:1) [SAAS]

8. From the rising of the sun to its setting, praise the name of the Lord. Alleluia. (112:3) [SAAS]

9. Your lightning gave light to the world. Alleluia. (76:19) [SAAS]

10. The heavens proclaimed His righteousness. Alleluia. (96:6) [SAAS]

11. The rulers of Judea are their leaders. Alleluia. (67:28) [SAAS]

12. The rulers of Zebulun and Naphtali. Alleluia. (67:28) [SAAS]

13. God reigns over the nations. Alleluia. (46:9) [SAAS]

14. God is glorified in the counsel of saints. Alleluia. (88:8) [SAAS]

15. He is great and fearful toward all round about Him. Alleluia. (88:8) [SAAS]

16. Bring to the Lord, O families of the Gentiles, bring to the Lord glory and honor. Alleluia. (95:7) [SAAS]

17. Declare His glory among the Gentiles, His wonders among all peoples. Alleluia. (95:3) [SAAS]

18. Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken. Alleluia. (95:10) [SAAS]

19. In the council of the upright and in the assembly, great are the works of the Lord. Alleluia. (110:1) [SAAS]

20. Their proclamation went forth into all the earth, and their words to the ends of the world. Alleluia. (18:5) [SAAS]

21. He put among them the words of His signs. Alleluia. (104:27) [SAAS]

22. And He gave them the lands of the nations, and they inherited the labors of the peoples. Alleluia. (104:44) [SAAS]

23. He subdued the peoples under us and the nations under our feet. Alleluia. (46:4) [SAAS]

24. He chose us for His inheritance. Alleluia. (46:5) [SAAS]

25. Great is our Lord, and great is His strength; His understanding exceeds every measure. Alleluia. (146:5) [SAAS]

26. The God of Israel shall give power and strength to His people. Blessed is God. Alleluia. (67:36) [SAAS]

Glory. **For the Trinity.**
Mode 1.

Come, let us bow in worship and extol,
* all together singing doxologies * to God
the Father and the Son * and the Holy Spirit
faithfully, * crying out and saying: Save us, all-
holy Trinity.

Both now. **Theotokion.**

Mode 1.

O Christ, your people now invoke the name * of Your holy Mother, O Good One, and pray:* By her entreaties for us, * will You give us Your tender love, * so that we may glorify You, who rose like the sun from the tomb.

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

Kathisma III.

From Menaion - - -

Mode 4. Come quickly.

Your dignified memory has shone upon us today. * It brightens the universe with light of knowledge divine, * O God-inspired Constantine. * You among kings and rulers showed yourself to be pious, * for you obeyed the laws of the King of the heavens. * Therefore by your entreaties, from trials deliver us. [SD]

Glory. Both now. **For the Paralytic.**

From Pentecostarion - - -

Mode 3. Seeing how beautiful.

A word alone from Him who had appeared on earth * for us with tender-love, as the Evangelist * declared to all the world, once healed the man who was paralyzed. * Then that man took up his bed * and he walked away past the Scribes, * who could not endure to watch * what was happening before their eyes; * for they were overcome by wicked envy * which paralyzes the soul. [SD]

Antiphon I.

Mode 4.

Since my youth have many passions waged war against me. O my Savior, nonetheless help me and save me. (2) [SD]

You, the haters of Zion, be put to shame by the Lord, for like thatch in fire you will be completely dried up. (2) [SD]

Glory.

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

Both now.

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

Prokeimenon. Psalms 88, 44.

I raised up a chosen one from My people. I found David My servant; I anointed him with My holy oil. (2)

Verse: *Therefore God, Your God, anointed You.*

I raised up a chosen one from My people. I found David My servant; I anointed him with My holy oil. [SAAS]

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

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

CHOIR

Amen.

Mode 2.

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

DEACON

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

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

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to John.

DEACON

Let us be attentive.

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

PRIEST *(from the gate)*

10:9-16

The Lord said, "I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd." [RSV]

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

READER

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

Psalm 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]

From Menaion ---

CHOIR

Glory. **Mode 2.**

At the intercession of the God-crowned rulers, O Lord of mercy, blot out my many offences. [SD]

Both now.

At the intercession of the Theotokos, O Lord of mercy, blot out my many offences. [SD]

Idiomelon. Mode 2.

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

The memorial of Constantine the pious, like perfume that is poured out, has arisen today. He longed for Christ and therefore held the idols in contempt. On earth he erected a temple to the One who was crucified for us; while in heaven he received the crown of hope. [SD]

DEACON

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs

and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs 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, the holy, glorious, great, God-crowned Sovereigns Constantine and Helen, the Equals to the Apostles, whose memory we are celebrating; 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.)

CHOIR

The Canon.

Ode i.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

You are God, wonderful in working marvels, who turned the deep into land,

drowned chariots and saved a people who sang to you as God our Redeemer. [EL]

Troparia.

Glory to You, our God, glory to You.

Once the Angel would come down into the Sheep Pool and cure one person each year; but now by divine Baptism Christ cleanses unnumbered multitudes. [EL]

Glory to You, our God, glory to You.

Prince of Angels, Chief Captain of the ministers on high, protect, and guard those who have come together in your venerable temple and who sing God's praises. [EL]

Most-holy Theotokos, save us.

Theotokion.

O holy one, ever save this your city, which honours you, from dangers, capture by aliens, civil war, the sword and every other threat. [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. Of old when the Israelite.

Saints of God, intercede for us.

O Master and only heavenly King, * earnestly I beg You to deliver my humble soul * from the reign of sin that now constrains it, * at the entreaties of Your faithful servant kings.

[SD]

Saints of God, intercede for us.

Becoming a lover of the divine * kingdom of the heavens, you believed in the King of all * and Master with purest mind and reason, * O blessed Constantine; wherefore you worshipped Him. [SD]

Glory.

When you were illumined with the divine * light, O godly Helen, you decidedly left

behind * the darkness of ignorance, and truly *
unto the King of ages you ministered. [SD]

Both now. **Theotokion.**

As you are the gateway of the divine *
Orient, O Lady Theotokos, open for me * the
gates of repentance and deliver me * by your
entreaties from the deadly gates of sin. [SD]

Ode i. Katavasia. Mode 1.

Resurrection Day! O peoples, let us
brilliantly shine! * Pascha, the Lord's Pascha! *
For Christ our God has out of death * passed
us over into life, * and likewise from earth
* to heaven, as we now sing * unto Him a
triumphal hymn. [SD]

Ode iii.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

Sterile and barren soul, procure fair fruit
and blessed with children cry out: I have been
established through you, O God; none is holy,
none is just but you, O Lord. [EL]

Troparia.

Glory to You, our God, glory to You.

O most Good, heal my soul which for
many many years has been grievously sick;
that I may tread the paths which you have
marked out for those who long for you. [EL]

Glory to You, our God, glory to You.

With the ranks on high make intercession,
O Archangel of God, for those who hymn you
in faith, guarding and protecting us who fall
into the snares of life's passions. [EL]

Most-holy Theotokos, save us.

Theotokion.

Your conceiving was without seed, your
child-bearing beyond understanding, O
immaculate Virgin-mother; an awesome thing,
greatest marvel, feared by Angels, glorified by
mortals, O Maiden, Sovereign Lady . [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. O divine Master Builder.

Saints of God, intercede for us.

You made haste to obtain heavenly
rewards for yourself. * Hence you followed
after the One who called you and left behind
* the darkness and the error of your forebears,
becoming * a light by the Holy Spirit, O godly-
minded one. [SD]

Saints of God, intercede for us.

O all-modest Saint Helen, clinging to
Christ you had placed * all your hope on Him
when you traveled unto the Holy Lands, *
where the supremely good Master, becoming
incarnate, * suffered His immaculate Passion
to save the world. [SD]

Glory.

All aflame with divine love, O woman
blessed of God, * you unearthed the wood of
the precious Cross of our Savior Christ, * the
hope of Christians all, the saving weapon and
trophy * that cannot be broken, that through
envy was concealed. [SD]

Both now. **Theotokion.**

I have fallen, O Pure one, from a divine
way of life, * and I have become like the cattle.
And therefore I am now * condemned in every
way. But you the just Judge's mother, * save
me and deliver me from condemnation all. [SD]

Ode iii. Katavasia. Mode 1.

Come and let us drink a new drink, * not one marvelously issuing from a barren rock, * but one that Christ from the tomb * pours out, incorruption's very source. * For we are established in Him. [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.)

READER

Kontakion. For the Paralytic.

From Pentecostarion - - -

Mode 3. On this day.

I have sinned in every way, * I have improperly acted; * therefore with paralysis * my soul is woefully stricken. * Raise it up, O Lord, through Your own divine attention, * even as of old You raised up the paralytic, * so that saved I may cry, Glory to Your dominion, O my compassionate Christ. [SD]

Oikos.

You hold the wide world in the palm of Your hand, O Jesus God - with the Father without origin, and with the Holy Spirit, master over all things. You appeared in the flesh, curing diseases; and You drove away passions, and gave sight to the blind; and by Your divine word You raised up the Paralytic, commanding him suddenly to walk and take up the pallet on which he lay. Therefore, along with him we all extol You and cry out, Glory to Your dominion, O my compassionate Christ. [SD]

CHOIR

Kathisma.

From Menaion - - -

Mode pl. 4. By conceiving the wisdom.

When you lifted your senses toward the heights * and you studied the beauty of all the stars, * by them you were introduced to the Lord of the universe. * For the shield of the Cross shone resplendently in their midst; * there inscribed was the message, "In this be victorious." * Therefore as the vision of your soul was awakened, * you read what was spelled out there, and you learned what you ought to do. * All-august St. Constantine, * intercede with Christ our God, * that He grant forgiveness of offences * to us who celebrate your holy memory with faith and love. [SD]

Glory. Both now. **For the Paralytic.**

From Pentecostarion - - -

Mode 3. Seeing how beautiful.

They whom paralysis of envy choked and held * got for themselves a full-body paralysis; * for when they saw how You had healed the Paralytic on the Sabbath, * they said, "It is not allowed on the Sabbath to heal a man, * for this breaks the Sabbath rest that the fathers

handed down to us," * not recognizing You to be the Master * of the Law and the healer of our souls. [SD]

Ode iv.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

The shaded mountain Avvakoum foresaw as your immaculate womb, O Pure one; and so too he cried out: God will come from Theman, and the Holy One from a shaded, wooded mountain. [EL]

Troparia.

Glory to You, our God, glory to You.

An Angel of the Lord went down at a certain time and stirred up the water in the Sheep Pool, making one, and only one person well; but Christ saves countless multitudes by divine Baptism. [EL]

Glory to You, our God, glory to You.

Prince of the Angels, guide of the erring, God's Chief Captain, be among us at this hour, and offer all our prayers to the only Maker and Master. [EL]

Most-holy Theotokos, save us.

Theotokion.

How did you give suck, O pure one? How give birth to an infant more ancient than Adam? How bear in your embrace as Son him who is borne on the shoulders of the Cherubim? As he understands, as he knows, he who gave everything being. [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. N/M (I have heard.)

Saints of God, intercede for us.

O Constantine, Christ the Lord caught you in his net from heaven, like He did Paul of old, and He taught you to worship Him as the only King. [SD]

Saints of God, intercede for us.

Christ the Sun, using stars, shined a very bright sign on you, O blessed Saint, and He made of you a luminary for those who were in darkness. [SD]

Glory.

O blessed Helen, you were God-loving in manner and admirable in your godly deeds. Therefore we faithfully glorify you. [SD]

Both now. **Theotokion.**

O Ever-virgin, who gave birth to the Sun of Righteousness, shine light into my soul, for my transgressions have darkened it. [SD]

Ode iv. Katavasia. Mode 1.

Now let Habakkuk as a God-inspired prophet stand with us, * keeping his divine watch, and show us * the angelic messenger, who, shining, utters glowingly, * "Today, for the world is salvation,* because arisen is Christ, being omnipotent." [SD]

Ode v.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

Shed on my humble soul, O Christ, the rays of your light which knows no evening, and guide me to the fear of you; for your commands are light. [EL]

Troparia.

Glory to You, our God, glory to You.

As you raised the Paralysed Man,
O Christ, heal my soul crippled by
transgressions, and lead me aright to walk in
your straight paths. [EL]

Glory to You, our God, glory to You.

Michael, Prince of Angels, save the
people which throngs your temple today and
proclaims the wonderful works of God. [EL]

Most-holy Theotokos, save us.

Theotokion.

We hymn your child-bearing without seed
and your birth-giving beyond understanding,
O Pure one, calling you blessed as Mother of
the Maker of all things and Master. [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. N/M (We rise at early morn.)

Saints of God, intercede for us.

O divinely wise Emperor, you woke up
to the never-setting Sun and Master, and you
were filled with light. [SD]

Saints of God, intercede for us.

O Helen, with love and perfect sympathy
as as garment of royal purple, you are
dwelling in the royal courts on high. [SD]

Glory.

O Helen, you served God by your
virtuous deeds. Now you join the choirs of the
bodiless hosts. [SD]

Both now. **Theotokion.**

O Virgin, purify my soul, for it is defiled
by the pleasures of the body, through the spite
of the serpent. [SD]

Ode v. Katavasia. Mode 1.

Arising at dawn very early, * instead of
ointment, a hymn let us offer unto the Master,
* and then we shall clearly see* Christ, the Sun
of Righteousness, * causing true life to arise
for all. [SD]

Ode vi.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

The deep of the passions has risen up
against me, and a tempest of contrary winds;
but come quickly, my Saviour, save me and
deliver me from corruption, as you saved the
Prophet from the beast. [EL]

Troparia.

Glory to You, our God, glory to You.

He who of old had lain for many years
on a bed of pain, at your order, O Christ, was
made whole, and with hymns glorified your
compassion, O Giver of life. [EL]

Glory to You, our God, glory to You.

Michael, Prince of Angels, who stand by
the throne of the Master, be present among us
now and guide us who have gained you as a
fervent protector towards paths of life. [EL]

Most-holy Theotokos, save us.

Theotokion.

He who bears all things by divine spirit is
held, Virgin Mother of God, in your arms. He
snatches us all from the enslaving hand of the
foe, for he is compassionate. [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. *N/M (I pour out my supplication.)*

Saints of God, intercede for us.

O Constantine, you gathered the blessed chorus of the God-bearing Fathers in an extraordinary council, and through them you confirmed the troubled hearts of all, to worship and glorify the Logos as sharing honor and throne with the Father. [SD]

Saints of God, intercede for us.

O Helen, once you believed in the living Lord, who gives being to everything that is, you discarded the deadening religion of contemptible and useless idols; and you received the kingdom of heaven with joy. [SD]

Glory.

Governed by Your hand, O Logos, the emperors who ruled through You left the profound darkness of ignorance as well as the confusion of terrible godlessness; and they were guided to calm havens of Orthodoxy, where they rejoiced. [SD]

Both now. **Theotokion.**

Heal my heart, O Maiden, for it is incurably sick and seriously wounded by the poison sting of the evil one. Grant me the cure that you have, O immaculate one; and save me, by your intercessions, for I have put my hope in you. [SD]

Ode vi. Katavasia. Mode 1.

You went down to the nether regions of earth, * and You broke apart the bars that forever * were closed on those who were held there, O Christ. * From the sepulcher, * as did Jonah from the whale, * You arose on the third day. [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 Menaion - - -

READER

Kontakion.

Mode 3. *On this day.*

On this day does Constantine along with Helen his mother * show the holy Cross, that tree worthy of all veneration. * Raised on high, it is a shame for all the Judeans, * but a shield against the enemy for faithful rulers; * and for us it has been shown forth to be a great sign, * inspiring awe in war. [SD]

Oikos.

O believers, let us honor Constantine and Helen his mother; for, hearing the words of the Prophet, they recognized in the cedar, the pine and the cypress, the tri-composite Cross, by which the saving Passion came to pass. And they roused all the Jews, to be prepared to display before the people the

great justification, hidden because of their hatred and jealousy. And when they found the Cross, they put it on display. Therefore, they were revealed to all as victors, bearing the unassailable shield, a great sign, inspiring awe in war. [SD]

Synaxarion.

From the Menaion.

On May 21 we commemorate the holy, glorious, God-crowned and great Sovereigns Constantine and Helen, the Equals to the Apostles.

The holy Neo-martyr Pachomios, who witnessed in Ousaki, Philadelphia, died by the sword.

By their holy intercessions, O God, have mercy on us. Amen.

CHOIR

Ode vii.

For the Paralytic.

From Pentecostarion - -

Mode 3. Heirmos

You turned the flame of the furnace to dew and saved the Youths unburned; blessed are you to the ages O Lord, the God of our Fathers. [EL]

Troparia.

Glory to You, our God, glory to You.

With a word you healed the Paralysed Man, who had lain sick for many years, and you cried to him: Take up your bed, and go, praising the wonderful works of God. [EL]

Glory to You, our God, glory to You.

Michael, Chief Captain of the Lord, guide those who in faith have crowded into your

divine temple to praise God; protect them by your mediation from every kind of danger. [EL]

Most-holy Theotokos, save us.

Theotokion.

You remained Virgin when above reason you bore without change him who was born of the Father without beginning before all ages; therefore, Pure one, we call you blest. [EL]

For the Equals-to-the-Apostles.

From Menaion - -

Mode pl. 4. N/M (Servants, descendants.)

Saints of God, intercede for us.

O Lord, Constantine kept Your commandments and submitted to Your law. Thus he brought down the armies of those who rejected Your law, and he cried to You: Blessed are You, O God. [SD]

Saints of God, intercede for us.

O praiseworthy Helen, you uncovered for us the Wood, which drew humanity out of the pit of perdition. It had been buried through envy, and now it buries the destructive demons, unto the ages. [SD]

Glory.

O Helen, with godly deeds you constructed your heart to be a temple of God. You also erected sacred churches for Him, on the sites where He physically endured His immaculate Passion for us. [SD]

Both now. **Theotokion.**

O all-holy Theotokos, I willfully sin, and I am enslaved to vile habits. Now I run to your habitual sympathy. Save me, for I am desparate. [SD]

Ode vii. Katavasia. Mode 1.

The same One who delivered the Lads from fire, becoming a mortal man, * suffers in the flesh; and by His Passion He arrays * mortal nature with majesty, free of all * corruption, the only God of the fathers, * blessed and supremely glorious. [SD]

Ode viii.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

The God who is glorified unceasingly by Angels in the highest, you heaven of heavens, earth and mountains, hills and deep, and all the human race bless him with hymns as Creator and Redeemer. [EL]

Troparia.

Glory to You, our God, glory to You.

The Paralysed Man, who had lain for many years, cried: Have mercy on me, afflicted by distress, O Redeemer. But he orders him to take up his bed with haste and to walk upright. [EL]

Glory to You, our God, glory to You.

O Chief Captain, as leader of the immaterial Powers, with them ask for us redemption from faults, correction of life and enjoyment of the eternal good things of heaven. [EL]

Most-holy Theotokos, save us.

Theotokion.

Of old Isaias saw you as a book, Ever-virgin, in which the timeless Word had been inscribed by the Father's finger, saving us from all unreason, who hymn you with sacred words. [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. N/M (The tyrant king.)

Saints of God, intercede for us.

O glorious Constantine, you clothed yourself in graciousness as in royal purple, and in good compassion as in a mantle. You were crowned with a mind perfected in the virtue. And thus you were translated from earth to the royal courts on high, where now you sing: O priests, bless Christ; O people, highly exalt Him, unto the ages. [SD]

Saints of God, intercede for us.

O glorious Helen, as we see you rejoicing with your godly-minded son in the royal courts of God, we magnify Christ, who has shown us your august feast, which guides us to the light with rays brighter than the sun, as we faithfully sing: O people, highly exalt Christ, unto the ages. [SD]

Glory.

O glorious Helen, the boast of women! How marvelous was your longing! How inspired was your manner! When you arrived at the places that hosted the august Passion of the Master of all, you adorned them with beautiful churches, and you sang: O people, highly exalt Christ, unto the ages. [SD]

Both now. **Theotokion.**

O Theotokos, the eyes of my soul have become blind because of my many transgressions. I pray you, restore their sight. And give peace to my mind, and to my heart, which is agitated by various pleasures. And save me who am singing now: O priests, bless Christ; O people, highly exalt Him, unto the ages. [SD]

Ode viii. Katavasia. Mode 1.

We praise and we bless and we worship the Lord.

This is it, the Day which is chosen and holy, * Day One of the Sabbaths. * It is the queen-day, the Lord's Day, * and the Feast of all feasts, * and the Festival above every festival, * on which we extol Christ and bless Him to the ages. [SD]

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]

Ode ix.

For the Paralytic.

From Pentecostarion - - -

Mode 3. Heirmos

On mount Sinai Moses saw you in the bush, who conceived unburned the fire of the Godhead in your womb; while Daniel saw you, an unhewn mountain, Isaias cried out

that you budded forth the rod from David's root. [EL]

Troparia.

Glory to You, our God, glory to You.

Energy of body followed your order,
O Christ, and the man formerly Paralyzed
was seen going by in haste, bearing the bed
on which he had lain for many years, and
praising your great power. [EL]

Glory to You, our God, glory to You.

Plead for enlightenment for us, great
Chief Captain, who always stand in the great
light, and give peace to our life forever shaken
by the assaults of the serpent and by life's
difficulties, O holy one. [EL]

Most-holy Theotokos, save us.

Theotokion.

He came from your light-bearing womb,
Christ the great Sun, and enlightened
the world, O immaculate, with his bright
rays, and he removed the darkness of the
transgression; therefore we hymn you as cause
of all good, O bride of God. [EL]

For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. *The heavens were astounded.*

Saints of God, intercede for us.

The tomb wherein your sacred and
precious corpse * lies, O Constantine, surges
continually with divine * lightning flashes
and the resplendent rays * of cures for every
malady unto all who draw near with ardent
faith. * It drives away the darkness; * and by
its never-setting * luster illumines those who
sing your praise. [SD]

Saints of God, intercede for us.

In saintliness you finished your earthly
life. * You have now gone to dwell with
the other saints, for you abound * with
illumination and holiness. * And therefore you
continually * overflow with rivers of cures for
all. * You wash away the passions, * O blessed
Saint Eleni, * and you refresh our souls with
holy drink. [SD]

Glory.

Eternally beginningless sovereign King,
* You have granted to Saint Helen and to
Constantine the Great * kingly rule in heaven,
as in the past * You once permitted them to
reign * as Orthodox Emperors on the earth, *
for they sincerely loved You. * And by their
intercessions * on all have mercy, O immortal
Lord. [SD]

Both now. **Theotokion.**

O Virgin, you conceived the immortal
King * and Creator of all, and gave birth to
Him. And now behold, * you stand at His
right hand, even as Queen * such as you are.
And therefore, O pure one, importunately do I
entreat: * Redeem me from the portion * on the
left, and include me * among the right-hand
sheep on Judgement Day. [SD]

Ode ix. Katavasia. Mode 1.

*The Angel cried aloud to the Lady full of grace:
Rejoice, O pure Virgin; and again I say Rejoice.
Your Son has truly risen from the grave on the
third day.*

Be illumined, illumined, O New
Jerusalem; * for the glory of the Lord has
arisen over you. * Dance now for joy, O
Zion, and exult. * And you be merry, O pure

Theotokos, * at the arising of the One you bore. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Exaposteilarion.

From Menaion - - -

Mode 2. On the mountain.

The great and holy Constantine * with his mother St. Helen * did not receive imperial * rule and dominion from men * but by divine grace from heaven. * He is the one who witnessed * the divine trophy of the Cross * shining above, and by it he crushed the foes, * ending the deceptive ruse of the idols; * and he confirmed the Orthodox * faith as a world religion. [SD]

From Pentecostarion - - -

Exaposteilarion. For the Paralytic.

Mode 2. O Women, hearken.

The Lord, who loves humanity * and is compassionate towards all, * appeared today at Bethsaida, * the Sheep Pool, to cure diseases. * And there He found a man who had * been lying there for many years. * And He cried out to him and said, * "Arise and take up your pallet, * go forth and walk on straight ways." [SD]

Lauds. Mode pl. 4.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

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

Stichera. For the Equals-to-the-Apostles.

From Menaion - - -

Mode pl. 4. What a paradoxal.

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

Full of wisdom, Constantine, rejoice! *
The well of Orthodox Faith, * that has watered
in every age * the entire universe * with its
waters most sweet, rejoice! * Glorious root,
out of which has burgeoned forth * the fruit
that feeds the entire Church of Christ, * you

are the pride and joy * of the fathers; O rejoice!
You are the first * of all Christian emperors. *
Rejoice, believers' joy! [SD]

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

He who rules over creation all, * O all-
wise Ruler, foresaw * the obedience of your
heart, * and through reason captured you
* when unreason was ruling you; * and He
illuminated your thoughts and reasoning *
with certain knowledge of Orthodox belief;
* glorious Constantine, * to the world He
showed you as a shining sun, * radiating
brilliant beams * of godly words and deeds. [SD]

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

Full of wisdom, Helen, praised by all,
when you accepted the Lord's * saving
teachings, like chosen earth * you abundantly
produced * many fruits of your virtuous
deeds. * And by displaying a holy way of
life * for imitation, you thereby feed our
minds. * Therefore we celebrate * your divine
memorial, O royal Saint, * festively observing
it today with heightened joy. [SD]

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

You anointed paradoxically * with oil of
gladness, O Christ, * holy Constantine and
devout * Helen who advanced Your work, *
for they hated idolatry, * and rather longingly
loved Your handsomeness, * O Word,
and therefore You made them worthy of *
heavenly rule with You; * for they previously

ruled upon the earth * with the utmost piety,
at Your divine behest. [SD]

Glory.

From Menaion - - -

Mode pl. 4.

The King of kings and God, who adorns the worthy with abundant gifts, caught you in His net, through the sign of the Cross, like He did to Paul the glorious, O Constantine. He said to you, "In this sign conquer your enemies." Thus having sought Him, as did your godly-minded mother, and having found Him for whom you longed, you utterly defeated them. In company with your mother, earnestly pray for Orthodox rulers, and the Christ-loving armed forces, and all of us who loyally observe your memory, entreating Him who alone loves humanity, to deliver us from all wrath. [SD]

Both now. **For the Paralytic.**

From Pentecostarion - - -

Mode pl. 4.

Lord, it was not the pool that cured the Paralytic, but rather it was Your word that renewed him. Not even his chronic ailment could impede it; for the energy of Your voice proved to be more potent. He threw off the oppressive burden, and carried the weight of his bed, as testimony of Your abundant mercies. Glory to You. [SD]

Great Doxology

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

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

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

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

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

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

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

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

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

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

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

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

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

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

Lord, I have fled to You. Teach me to do
Your will, for You are my God.

For with You is the fountain of life; in
Your light we shall see light.

Continue Your mercy to those who know
You.

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

Glory to the Father and the Son and the
Holy Spirit.

Both now and ever and to the ages of ages.
Amen.

Holy Immortal, have mercy on us.

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

Apolytikion.

From Menaion - - -

Mode pl. 4.

Your Apostle among the Rulers, St.
Constantine, who once beheld in the sky
the image of Your Cross, and who like Paul
received his calling not from man, once
entrusted the Ruling City into Your hand. We
entreat You to restore it in peace forever, at
the intercession of the Theotokos, O Lord who
loves humanity. [SD]

DEACON

Have mercy on us, O God, according to
Your great mercy, we pray You, hear us and
have mercy.

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

Let us pray for pious and Orthodox
Christians.

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

Again we pray for (episcopal rank)
(name).

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

Again we pray for our brethren: the
priests, the hieromonks, the hierodeacons, the
monastics, and all our brotherhood in Christ.

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

Again we pray for mercy, life, peace,
health, salvation, protection, forgiveness,
and remission of the sins of the servants of
God, all pious Orthodox Christians residing
and visiting in this city: the parishioners, the
members of the parish council, the stewards,
and benefactors of this holy church.

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

Again we pray for the blessed and ever-
memorable founders of this holy church,
and for all our fathers and brethren who
have fallen asleep before us, who here have
been piously laid to their rest, as well as the
Orthodox everywhere.

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

Again we pray for those who bear fruit
and do good works in this holy and all-
venerable church, for those who labor and
those who sing, and for the people here
present who await Your great and rich mercy.

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

PRIEST

For You are a merciful God Who loves
mankind, and to You we offer up glory, to the
Father and to the Son and to the Holy Spirit,
now and forever 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.)

DEACON

Wisdom.

(Father, bless!)

PRIEST

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

(Amen.)

Make firm, Lord our God, the holy and pure faith of the pious Orthodox Christians,

together with the Holy Church and this city forever.

READER

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.

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.

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

PRIEST

May He who rose from the dead, 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, the holy, glorious, great, God-crowned Sovereigns Constantine and Helen, the Equals to the Apostles, whose memory we are celebrating; and of all the saints, have mercy on us and save us, for He is good and loves mankind.

According to the Patriarchal Hemerologion:

PRIEST

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

(Amen.)

or:

According to common practice:

PRIEST

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.

PEOPLE

Truly the Lord is risen!