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# The Service of Matins

**for Monday, April 1, 2019**

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

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

**Menaion - April 1  
Memory of our Devout Mother Mary of Egypt**

**Texts in Greek and English**

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vol Orthodox Monastery of the Veil of our Lady

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**Τριώδιον**

Ἦχος γ'. Τῇ Δευτέρᾳ Πρωΐ

Τῇ Δευτέρᾳ Δ' Ἑβδομάδος εἰς τὸν Ὁρθρον.

**Μηναιὸν - ΤΗ Α' ΑΠΡΙΛΙΟΥ**

Μνήμη τῆς Ὁσίας Μητρὸς ἡμῶν Μαρίας τῆς Αἰγυπτίας

**ΟΡΘΡΟΣ**

**ΧΟΡΟΣ**

Ἦχος γ'.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β'.** Δικαιοσύνην μάθετε, οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. γ'.** Ζῆλος λήψεται λαὸν ἀπαίδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. δ'.** Πρόσθες αὐτοῖς κακά, Κύριε, πρόσθες αὐτοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὁρολογίου - - -

**Ὑμνοι Τριαδικοί**

Ἦχος γ'.

Πατέρα ἀναρχον, Υἱὸν συνάναρχον, Πνεῦμα συναἰδιον, Θεότητα μίαν χειρουβικῶς δοξολογεῖν τολμῶντες λέγομεν· Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Προστασίαις τῶν Ἀσωμάτων σῶσον ἡμᾶς.

**Triodion**

Mode 3. On Monday Morning

On Monday of the Fourth Week at Matins

**Menaion - April 1**

Memory of our Devout Mother Mary of Egypt

**MATINS**

**CHOIR**

**Mode 3.**

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

**Triadic Hymns**

**Mode 3.**

Daring to glorify the unoriginate Father, the co-unoriginate Son, and the co-eternal Spirit, the one Godhead, we utter in the manner of the Cherubim: Holy, holy, holy are You, our God. By the protection of the Bodiless Hosts have mercy on us. [SD]

Δόξα.

Τριάς ὁμοούσιε καὶ ἀδιαίρετε, Μονὰς  
τρισυπόστατε καὶ συναΐδιε, σοὶ ὡς Θεῷ τῶν  
Ἀγγέλων τὸν ὕμνον κραυγάζομεν· Ἅγιος,  
Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις  
τῶν Ἀγίων σῶσον ἡμᾶς.

Καὶ νῦν.

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

*Ἀναγινώσκεται τὸ οἰκτεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 4. Καὶ εὐθύς, ἄνευ μικρᾶς  
Συναπτῆς·*

Τοῦ Τριωδίου ---

**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Κάθισμα Α'. Κατανυκτικά.**

**Ἦχος γ'.**

Ἐπὶ τῆς δίκης τῆς φοβερᾶς ἄνευ  
κατηγορῶν ἐλέγχομαι, ἄνευ μαρτύρων  
κατακρίνομαι· αἱ γὰρ βίβλοι τοῦ συνειδότος  
ἀναπτύσσονται, καὶ τὰ ἔργα τὰ κεκρυμμένα  
ἀνακαλύπτονται, πρὶν οὖν ἐν ἐκείνῳ τῷ  
πανδήμῳ θεάτρῳ, μέλλης ἐρευνῆσαι τὰ  
ἐμοὶ πεπραγμένα· ὁ Θεὸς ἰλάσθητί μοι, καὶ  
σῶσόν με.

**Στίχ.** Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης με,  
μηδὲ τῇ ὀργῇ σου παιδεύσης με.

**Ἦχος γ'.**

Ἔως πότε ψυχὴ μου, ἐπιμένεις  
τοῖς πταισμασιν, ἕως τίνος λαμβάνεις,  
μετανοίας ὑπέρθεσιν, λάβε κατὰ νοῦν  
τὴν κρίσιν τὴν μέλλουσαν, καὶ βόησον  
Χριστῷ τῷ Θεῷ, Καρδιογνώστα ἡμαρτον,  
ἀναμάρτητε Κύριε, ἐλέησον με.

Glory.

O Trinity, consubstantial and undivided,  
O Unity, with three hypostases and co-eternal,  
to You as God we shout the hymn of the  
Angels: Holy, holy, holy are You, our God. By  
the intercessions of the Saints save us. [SD]

Both now.

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

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

From Triodion ---

**CHOIR**

**Kathisma I.**

**Kathisma I. For compunction.**

**Mode 3.**

At the dreadful trial, I will be convicted  
even without accusers, I will be condemned  
even without witnesses. For the books of my  
conscience will be opened, and my hidden  
deeds are revealed. So, before You examine  
my actions in that most public theater, O God,  
be gracious to me and save me. [SD]

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

**Mode 3.**

How long will you persist in your  
offences, O my soul? Till when will you put  
off repenting? Call to mind the judgment that  
is coming, and cry aloud to Christ God: "O  
sinless Lord, who know the hearts of all, I  
have sinned. Have mercy on me." [SD]

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ'.**

Ἐκαστος ὅπου σῶζεται, ἐκεῖ δικαίως  
καὶ προστρέχει, καὶ ποία ἄλλη τοιαύτη  
καταφυγή, ὡς σὺ Θεοτόκε, σκέπουσα τὰς  
ψυχὰς ἡμῶν;

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἢ τοι Κάθισμα 5. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

### ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

### ΧΟΡΟΣ

Τοῦ Τριωδίου ---

**Κάθισμα Β'. Τοῦ Τριωδίου.**

**Ἦχος πλ. δ'. Ἀνέστης ἐκ νεκρῶν.**

Τὸ πάνσεπτον πιστοί, προσκυνήσωμεν  
Εὐλόν, ἐν ᾧ ὁ Ποιητής, τῶν ἀπάντων  
ὑψώθη, πρόκειται ἀγιάζον, τοὺς προσιόντας  
ψυχῇ καὶ σώματι, ῥύπον ἀποκαθαίρον, τῆς  
ἀμαρτίας τῶν νηστευόντων πιστῶς, καὶ

Glory. Both now. **Theotokion.**

**Mode 3.**

Everyone, wherever he is saved, rightly  
runs to you for refuge. Who else can protect  
us like you, O Theotokos? You are the shelter  
for our souls. [SD]

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 5. It would be followed by the short litany.*

### DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

### PRIEST

For You, O God, are good and love  
mankind, and to You we offer glory, to the  
Father and to the Son and to the Holy Spirit,  
now and forever, and to the ages of ages.

(Amen.)

### CHOIR

From Triodion ---

**Kathisma II. From the Triodion.**

**Mode pl. 4.**

O ye faithful, let us venerate the holy  
Wood on which the Maker of all was raised.  
It lies before us, sanctifying in soul and  
body those who draw near, cleansing the  
defilement of sin from all who fast with faith

ἀνυμνούντων πάντοτε Χριστόν, τὸν μόνον  
εὐεργέτην.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. δ'.** *Ἀνέστης ἐκ νεκρῶν.*

Ὁ Λόγος τοῦ Πατρὸς, ἐπὶ τῆς γῆς  
κατήλθε, καὶ Ἄγγελος φωτός, τῇ Θεοτόκῳ  
ἐβόα· Χαῖρε εὐλογημένη, ἡ τὴν παστάδα  
μόνη φυλάξασα, σύλληψιν συλλαβοῦσα,  
τὸν πρὸ αἰώνων Θεὸν καὶ Κύριον, ἵνα  
τῆς πλάνης σῶση ὡς Θεός, τὸ γένος τῶν  
ἀνθρώπων.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 6. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

### ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

Ὅτι ἡὐλόγηταί σου τὸ ὄνομα, καὶ  
δεδοξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ  
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ  
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

### ΧΟΡΟΣ

Τοῦ Τριωδίου ---

**Κάθισμα Γ'. Τοῦ Τριωδίου.**

**Ἦχος γ'.** *Τὴν ωραιότητα.*

Μεσοπονήσαντες, νῦν τὴν ἐγκράτειαν,  
καὶ εἰς προσκύνησιν, Χριστέ μου

and ever sing in praise of Christ, the only  
Benefactor. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 4.**

The Word of the Father came down  
to earth, and an angel of light cried to the  
Theotokos: 'Hail, blessed Maiden, who alone  
hast guarded safely the bridal chamber: thou  
shalt conceive the eternal God and Lord, that  
in His divine power He may save mankind  
from error.' [KW]

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

### PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

For blessed is your name, and glorified is  
your kingdom, of the Father and the Son and  
the Holy Spirit, now and forever and to the  
ages of ages.

(Amen.)

### CHOIR

From Triodion ---

**Kathisma III. From the Triodion.**

**Mode 3. (NM) Gabriel marvelled.**

Now that we have come, my Christ, to  
the middle of the time of abstinence, and

φθάσαντες, τοῦ ζωηφόρου σου Σταυροῦ,  
προσπίπτοντες βοῶμέν σοι· Μέγας εἶ  
Φιλάνθρωπε, καὶ μεγάλα τὰ ἔργα σου, ὅτι  
ἐφάνέρωσας τὸν Σταυρόν σου τὸν τίμιον, ὃν  
φόβῳ προσκυνοῦντες κραυγάζομεν· Δόξα  
τῇ ἄκρῃ εὐσπλαγχνίᾳ σου.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ΄.** *Τὴν ωραιότητα.*

Ὡς ἀγεώργητος Παρθένε ἄμπελος,  
τὸν ωραιότατον βότρυον ἐβλάστησας,  
ἀναπηγάζοντα ἡμῖν τὸν οἶνον τὸν  
σωτήριον, τὸν πάντων εὐφραίνοντα τὰς  
ψυχὰς καὶ τὰ σώματα· ὅθεν ὡς αἰτία  
σε, τῶν καλῶν μακαρίζοντες, ἀεὶ σὺν τῷ  
Ἀγγέλῳ βοῶμέν σοι· Χαῖρε ἡ κεχαριτωμένη.

### ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ΄)

Δόξα· καὶ νῦν.

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ  
τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν  
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία  
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ  
μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν  
σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς  
λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.  
Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν  
ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου  
γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ  
τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.  
Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι,

have reached the veneration of Thy lifegiving  
Cross, falling down before it we call upon  
Thee: Mighty art Thou, who lovest mankind,  
and mighty are Thy works, for Thou hast  
made manifest Thy precious Cross. In fear we  
venerate it as we cry: Glory to Thy boundless  
compassion. [KW]

Glory. Both now. **Theotokion.**

**Mode 3.** *Seeing how beautiful.*

O Virgin, the untilled vineyard are you  
indeed; \* and you produced the Lord, that  
ripest bunch of grapes, \* that gushes forth the  
sweetest drink, the wine of salvation, for us,  
\* gladdening the hearts and souls \* and the  
bodies of everyone. \* Therefore we pronounce  
you blest \* as the cause of all theses blessings  
on us, \* and joining the Archangel we shout to  
you: \* Rejoice, O Maiden full of grace! [SD]

### 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,



πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.  
 Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·  
 ἀγαλλιάσονται ὅστέα τεταπεινωμένα.  
 Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
 ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου  
 ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν  
 ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον  
 ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με  
 ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά  
 σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.  
 Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου  
 σου καὶ πνεύματι ἡγεμονικῶ στήριζόν  
 με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ  
 ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με  
 ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας  
 μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν  
 δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου  
 ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν  
 αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα  
 ἅν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία  
 τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν  
 συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς  
 οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ  
 εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ  
 τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν  
 δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα.  
 Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
 μόσχους.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ  
 εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
 τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
 ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων  
 καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ  
 πλούσια· πρεσβεΐαις τῆς παναχράντου  
 Δεσποίνης ἡμῶν Θεοτόκου καὶ  
 ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου  
 καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν  
 τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων,

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



ίκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου  
 Προδροῦμου καὶ Βαπτιστοῦ Ἰωάννου,  
 τῶν ἀγίων ἐνδόξων καὶ πανευφύμων  
 Ἀποστόλων, τῶν ἐν ἀγίοις Πατέρων ἡμῶν  
 μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν  
 Διδασκάλων, Βασιλείου τοῦ Μεγάλου,  
 Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου  
 τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου  
 καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν  
 Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,  
 Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου  
 Πενταπόλεως τῶν θαυματουργῶν·  
 τῶν ἀγίων ἐνδόξων Μεγαλομαρτύρων  
 Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου  
 τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,  
 Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ  
 τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων  
 Χαράλαμπος καὶ Ἐλευθερίου, τῆς  
 ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
 πανευφύμου Εὐφημίας· τῶν ἀγίων ἐνδόξων  
 Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
 Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
 Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ  
 Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἀγίου τοῦ  
 Ναοῦ)· τῶν ἀγίων καὶ δικαίων Θεοπατόρων  
 Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν  
 Ἀγίων. Ἰκετεύομέν σε, μόνε πολυέλεε  
 Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
 δεομένων σου καὶ ἐλέησον ἡμᾶς.

#### ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

#### ΙΕΡΕΥΣ

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

(Ἀμήν.)

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.)

Τοῦ Μηναίου ---

ΧΟΡΟΣ

## Κανὼν τῆς Ὁσίας.

## Ὡδὴ α'. Ἦχος β'. Ὁ Εἰρμός.

**Στίχ.** Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ δεδόξασται.

Ἐν βυθῷ κατέστρωσέ ποτε, τὴν Φαραωνίτιδα, πανστρατιὰν ἢ ὑπεροπλος δύναμις, σαρκωθεὶς ὁ Λόγος δέ, τὴν παμμόχθηρον ἀμαρτίαν ἐξήλειπεν, ὁ δεδοξασμένος Κύριος· ἐνδόξως γὰρ δεδόξασται.

## Τροπάρια.

Ὁσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἀγλαΐας τῆς πλησιφαοῦς, καὶ τῆς φωτοδότιδος μαρμαρυγῆς, νῦν εὐροῦσα τὴν ἔλλαμψιν, τὴν ψυχὴν μου δέομαι φωταγωγήσον, σκοτισθεῖσαν τοῖς πάθεσι, σοῦ ταῖς ἱκεσίαις, ἔνδοξε Μαρία ταῖς πρὸς Κύριον.

**Στίχ.** Αἰσωμεν τῷ Κυρίῳ· ἐνδόξως γὰρ δεδόξασται, ἵππον καὶ ἀναβάτην ἔρριπεν εἰς θάλασσαν.

Ἀγλαΐας τῆς πλησιφαοῦς, καὶ τῆς φωτοδότιδος μαρμαρυγῆς, νῦν εὐροῦσα τὴν ἔλλαμψιν, τὴν ψυχὴν μου δέομαι φωταγωγήσον, σκοτισθεῖσαν τοῖς πάθεσι, σοῦ ταῖς ἱκεσίαις, ἔνδοξε Μαρία ταῖς πρὸς Κύριον.

**Στίχ.** Βοηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρός μου, καὶ ὑψώσω αὐτόν.

Θανατοῦσα πάλαι τὴν ψυχὴν, ὑπὸ τῆς τοῦ ὄφεως ἐπιβουλῆς, καὶ παραλόγοις πρᾶξεσιν, ἐγκατολισθαίνουσα, καὶ πρὸς βάραθρον ἀπωλείας ἐμπίπτουσα,

From Menaion ---

CHOIR

## Canon for the Devout Woman.

## Ode i. Mode 2. Heirmos.

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

In the deep, the overwhelming Force \* once completely overthrew \* the entire Pharaonian cavalry. \* Now the Word has put on flesh, \* and He utterly obliterated wicked sin. \* He is Lord, forever glorious, \* and gloriously glorified. [SD]

## Troparia.

Devout Saint of God, intercede for us

O glorious Mary, since you have now found the illumination of bright-shining splendour and illuminating brilliance, I entreat you, with your prayers to the Lord enlighten my soul that is overshadowed by the passions. [RB]

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

O glorious Mary, since you have now found the illumination of bright-shining splendour and illuminating brilliance, I entreat you, with your prayers to the Lord enlighten my soul that is overshadowed by the passions. [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]

Although the snake's schemes once slew your soul and you slipped and fell towards the pit of destruction with your deluded

τὰ κρείττονα εἴλου, καὶ τῶν ἐπικήρων  
κατεφρόνησας.

**Στίχ.** Κύριος συντρίβων πολέμους,  
Κύριος ὄνομα αὐτῷ. Ἄρματα Φαραὼ καὶ τὴν  
δύναμιν αὐτοῦ ἔρριψεν εἰς θάλασσαν.

Λογισμοῖς ἀτόποις ἐμπαθῶς, χραίνουσα  
τὸ πρότερον, τὸ εὐγενὲς τῆς ψυχῆς  
καὶ ἀδούλωτον, καὶ τὸ δυσωδέστατον,  
περιβόλαιον τῆς φθορᾶς περιφέρουσα,  
τῆς ἀκαταλήπτου δόξης, ἡμνημόνεις τοῦ  
Ποιήσαντος.

**Στίχ.** Πόντῳ ἐκάλυψεν αὐτούς,  
κατέδυσαν εἰς βυθὸν ὥσει λίθος.

**Θεοτοκίον.**

Ῥυπωθέντα πάθεσι τὸν νοῦν, καὶ  
τοῖς παραπτώμασι, μωλωπισθέντα καὶ  
δεινῶς κλονούμενον, ἢ τὴν ἐνυπόστατον,  
καὶ ζώηρυτον ἀφθαρσίαν κυήσασα,  
Κεχαριτωμένη, κάθαρον καὶ ῥῦσαι τῶν  
πταισμάτων με.

(διαβαστά)

**Στίχοι Ἐνδιάμεσοι Πρώτης Ὠδῆς.**

Ἡ δεξιὰ σου, Κύριε, δεδοξασται ἐν ἰσχύϊ,  
ἡ δεξιὰ σου χεῖρ, Κύριε, ἔθραυσεν ἐχθρούς.  
Καὶ τῷ πλήθει τῆς δόξης σου συνέτριψας  
τοὺς ὑπεναντίους.

Ἀπέστειλας τὴν ὀργὴν σου, κατέφαγεν  
αὐτοὺς ὥσει καλάμην.

Καὶ διὰ πνεύματος τοῦ θυμοῦ σου  
διέστη τὸ ὕδωρ, ἐπάγη ὥσει τεῖχος τὰ  
ὑδατα, ἐπάγη τὰ κύματα ἐν μέσῳ τῆς  
θαλάσσης.

Εἶπεν ὁ ἐχθρός· Διώξας καταλήψομαι,  
μεριῶ σκῦλα, ἐμπλήσω ψυχὴν μου, ἀνελῶ  
τῇ μαχαίρᾳ μου, κυριεύσει ἡ χεὶρ μου.

deeds, you chose better things and scorned  
worldly cares. [RB]

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

You passionately stained your soul's  
original freedom and nobility with indecent  
thoughts, you wore the most foul garment  
of corruption, and you did not know your  
Creator's ineffable glory. [RB]

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

**Theotokion.**

O Full of Grace, you conceived the  
enhyposstatic and life-streaming immortality;  
rescue me from my missteps and purify  
me, for my mind is inflamed with passions,  
and I am bruised and terribly shaken by  
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

Ἀπέστειλας τὸ πνεῦμά σου, ἐκάλυψεν αὐτοὺς θάλασσα, ἔδυσαν ὡσεὶ μόλυβδος ἐν ὕδατι σφοδρῶ.

Τὶς ὅμοιός σοι ἐν θεοῖς, Κύριε; τὶς ὅμοιός σοι; Δεδοξασμένος ἐν Ἁγίοις, θαυμαστὸς ἐν δόξαις, ποιῶν τέρατα.

Ἐξέτεινας τὴν δεξιάν σου, κατέπιεν αὐτοὺς γῆ.

Ὡδήγησας τῇ δικαιοσύνῃ σου τὸν λαόν σου τοῦτον, ὃν ἐλυτρώσω, παρεκάλεσας τῇ ἰσχυρί σου εἰς κατάλυμα ἁγίον σου.

Ἦκουσαν ἔθνη, καὶ ὠργίσθησαν, ὠδίνες ἔλαβον κατοικοῦντας Φιλιστιεῖμ.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ α'. Ἦχος πλ. δ'.**

**Ἀρματηλάτην Φαραώ.**

**Στίχ.** Τότε ἔσπευσαν ἡγεμόνες Ἐδώμ, καὶ ἄρχοντες τῶν Μωαβιτῶν, ἔλαβεν αὐτοὺς τρόμος, ἐτάκησαν πάντες οἱ κατοικοῦντες Χαναάν.

Ἡ φωτοφόρος τοῦ Σταυροῦ προσκύνησις, πᾶσιν ἐπέφανεν, ἡλιακὴν αἴγλην, σωτηρίας πέμπουσα, καὶ πάντας καταυγάζουσα, τοὺς παθῶν ἀμαυρῶσει, κεκρατημένους, συνδράμωμεν, τοῦτον καθαρῶς κατασπάσασθαι.

**Στίχ.** Ἐπιέσοι ἐπ' αὐτοὺς φόβος καὶ τρόμος, μεγέθει βραχίονός σου ἀπολιθωθήτωσαν.

Τῇ τῆς νηστείας καθαρθέντες χάριτι, καθαρωτάτῳ νοῷ, τῷ καθαρῷ μόνῳ, δεῦτε ἐκβοήσωμεν, φωνὴν εὐχαριστήριον· Σὺ

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 pl. 4. (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]

The feast of the veneration of the Cross has come, shining as the sun with the light of salvation, and shedding its radiance upon all held fast by the darkness of the passions. Let us then make haste with pure hearts to adore the Cross. [KW]

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

[SAAS]

Cleansed by the grace of the Fast, let us in thanksgiving cry aloud with a pure mind unto Him who alone is pure: Thou hast given Thy

τὸ Αἷμά σου Λόγε, ὑπὲρ ἡμῶν πάντων  
δέδωκας, σὺ καὶ τῷ Σταυρῷ ἀγιάζεις ἡμᾶς.

**Στίχ.** Ἔως ἂν παρέλθῃ ὁ λαός σου,  
Κύριε, ἕως ἂν παρέλθῃ ὁ λαός σου οὗτος, ὃν  
ἐκτήσω.

Συμποδισθεὶς ταῖς προσβολαῖς τοῦ  
ὄφεως, τραῦμα ἐξαίσιον, διαπαντὸς κείμει,  
Σῶτερ ὁ τὴν ἔκπτωσιν, τῶν πρωτοπλάστων  
πάθει σου, τοῦ Σταυροῦ ἀνορθώσας,  
ἀνόρθωσον, καὶ ὁδήγησον, σοῦ πρὸς  
θελημάτων ἐκπλήρωσιν.

**Στίχ.** Ὁ κατειργάσω, Κύριε, ἀγίασμα, ὃ  
ἡτοίμασαν αἱ χεῖρές σου.

**Θεοτοκίον.**

Παρισταμένη τῷ Σταυρῷ σου Κύριε,  
ἡ, Ἀπειρόγαμος, καὶ τὰς ἐν σοὶ τρώσεις,  
καθορῶσα Δέσποτα, τιτρωσκομένη ἔλεγεν·  
Οἶμοι τέκνον! ὠδῖνας, ἀποφυγοῦσα τῷ τόκῳ  
σου, νῦν ὀδυνηρῶς κατατρύχομαι.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ α'. Ἦχος γ'. Αἰσωμεν τῷ Κυρίῳ**

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

Ἑβδομας ἀγία, καὶ φωσφόρος αὕτη, τὸν  
Σταυρὸν τὸν τίμιον, προτιθεμένη Κόσμῳ,  
δεῦτε ἀσπασώμεθα, φόβῳ τε καὶ πόθῳ, τὰς  
ψυχὰς φωτιζόμενοι, τὸν ἐν αὐτῷ παγέντα  
Χριστόν, ἐν ἄσμασι δοξάζοντες.

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

Τὸν Σταυρόν σου πάντες,  
προσκυνοῦμεν Χριστέ, προπομπὴν  
ποιούμενοι, τῆς Ἀναστάσεώς σου, ὑμνοῦμεν

blood for all of us, O Word, and Thou dost  
sanctify us by Thy Cross. [KW]

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

Bound hand and foot at all times by the  
attacks of the serpent, I lie gravely wounded.  
O Saviour, by Thy Passion on the Cross Thou  
hast raised up our first parents from their fall:  
raise me up and guide me to the fulfillment of  
Thy will. [KW]

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

**Theotokion.**

Standing by Thy Cross, O Lord and  
Master, the Virgin looked upon Thy wounds:  
and, pierced to the heart, she cried aloud:  
'Woe is me, my Son! I felt no pains of  
childbirth when I bore Thee, but now I am  
broken by anguish.' [KW]

**Canon 2 from the Triodion.**

**Ode i. Mode 3. (NM) Let us sing to the Lord.**

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

This is a holy week of light, in which the  
precious Cross is exalted in the sight of all the  
world. With souls enlightened let us come,  
kissing it with fear and love, and let us glorify  
in songs Christ who was crucified upon it. [KW]

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

In solemn procession we all venerate Thy  
Cross, O Christ, and with expectant hope we  
glorify Thy Resurrection; we sing the praises



τοὺς ἥλους σου, τιμῶμεν καὶ τὴν λόγχην σου, τὰ χεῖλη καὶ τὰ ὄμματα, ψυχῆς τε καὶ τοῦ σώματος, ἐν τούτοις ἀγνιζόμενοι.

Δόξα. **Τριαδικόν.**

Τριάς ἡ ἐν Μονάδι, οὐσίας ὕμνουμένη, Πάτερ Υἱὲ σὺν Πνεύματι, τῷ ὑπερπαναγίῳ, ἀναρχε αἰδίδε, ἄκτιστε Θεότης, ἡ τοῦ φωτὸς πηγὴ καὶ ζωή. Σὲ προσκυνοῦμεν πάντες βροτοί, τὴν τὸ πᾶν οὐσιώσασαν.

Καὶ νῦν. **Θεοτοκίον.**

Ὑμνοῦμέν σε Παρθένε, Θεοτόκε ἀγνή, Χερουβικὸν ὄχημα, ἐξ ἧς Θεὸς ἐτέχθη· σὺ γὰρ μόνη γέγονας, πηγὴ ἀφθαρσίας, πηγάζουσα πᾶσι ζωὴν, ἀφ' ἧς ἀρνούμενοι, ἰάματα λαμβάνομεν.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τεσσαράκοντα νηστειῶν σταδίου, μέσον διῦππεύοντες, δεῦτε τῇ διαθέσει, Χριστῷ συναπίωμεν, πρὸς τὸ θεῖον Πάθος, ἵνα συσταυρωθέντες αὐτῷ, κοινωνοὶ γενώμεθα, τῆς αὐτοῦ Ἀναστάσεως.

**Ὁ Εἰμός. Ἦχος γ'.**

Ἀισωμεν τῷ Κυρίῳ, τῷ ποιήσαντι θαυμαστὰ τέρατα, ἐν Ἐρυθρᾷ θαλάσῃ· πόντῳ γὰρ ἐκάλυψε τοὺς ὑπεναντίους, καὶ ἔσωσε τὸν Ἰσραήλ, αὐτῷ μόνῳ ἄσωμεν, ὅτι δεδόξασται.

Τοῦ Μηναίου - -

**Κανὼν τῆς Ὁσίας.**

**Ὡδὴ γ'. Ἦχος β'. Ὁ Εἰμός.**

**Στίχ.** Ἅγιος εἶ, Κύριε, καὶ σὲ ὕμνεῖ τὸ πνεῦμά μου.

Ἐν πέτρᾳ με, τῆς πίστεως στερεώσας, ἐπλάτυνας τὸ στόμα μου ἐπ' ἐχθρούς μου· ἠψφράνθη γὰρ τὸ πνεῦμά μου ἐν τῷ

of the nails that pierced Thee, and we honour Thy spear, for through them the eyes and lips of our soul and body are made pure. [KW]

Glory. **For the Trinity.**

O Trinity praised in Unity of Essence, Father and Son with the All Holy Spirit, Godhead without beginning, eternal and uncreated, Life and fountain of Light: with all mortal men we worship Thee who hast brought all things into being. [KW]

Both now. **Theotokion.**

We sing thy praises, O pure Virgin Theotokos, chariot of the cherubim, from whom God was born. For thou alone wast made a fountain of incorruption, bringing life to all, and from thy waters we draw healing.

[KW]

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

Reaching the middle of the forty days' Fast, with eager hearts let us go forward with Christ to the divine Passion; that, crucified with Him, we may be sharers in His Resurrection. [KW]

**Heirmos (NM). Mode 3.**

Let us sing to the Lord, who has worked marvellous wonders in the Red Sea: for in the deep waters He has drowned our enemies and has saved Israel. To Him alone let us sing, for He is glorified. [KW]

From Menaion - -

**Canon for the Devout Woman.**

**Ode iii. Mode 2. Heirmos**

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

You have now confirmed me on the rock of faith. You have enlarged my mouth against my enemies, and my spirit rejoices greatly,



ψάλλειν. Οὐκ ἔστιν Ἅγιος, ὡς ὁ Θεὸς ἡμῶν,  
καὶ οὐκ ἔστι δίκαιος, πλὴν σου Κύριε.

**Τροπάρια.**

Ὅσια τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἐπερῶθης τῷ πόθῳ τῷ ὑπερθέῳ,  
καὶ δόξης φθειρομένης ἀπορῥαγεῖσα,  
προσῆγγισας κραυγάζουσα τῷ Δεσπότη·  
Οὐκ ἔστιν ἅγιος ὡς ὁ Θεὸς ἡμῶν, καὶ οὐκ  
ἔστι δίκαιος πλὴν σου Κύριε.

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

Ἐπερῶθης τῷ πόθῳ τῷ ὑπερθέῳ,  
καὶ δόξης φθειρομένης ἀπορῥαγεῖσα,  
προσῆγγισας κραυγάζουσα τῷ Δεσπότη·  
Οὐκ ἔστιν ἅγιος ὡς ὁ Θεὸς ἡμῶν, καὶ οὐκ  
ἔστι δίκαιος πλὴν σου Κύριε.

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

Τῷ ξύλῳ προσελθοῦσα τῆς ἁμαρτίας,  
καὶ γινῶσιν μυηθεῖσα θανατηφόρον,  
προσέδραμες τῷ ξύλῳ τῷ ζωφόρῳ, Χριστῷ  
κραυγάζουσα· Σὺ εἶ Θεὸς ἡμῶν, καὶ οὐκ ἔστι  
δίκαιος πλὴν σου Κύριε.

Δόξα.

Ἡράσθης τῆς ἀρρήτου φωτοχυσίας,  
καὶ πάντων τῶν προσκαίρων ὑπεριδοῦσα,  
ἀνέδραμες πρὸς αὐλον θεωρίαν, ἐν πίστει  
κράζουσα· Σὺ εἶ Θεὸς ἡμῶν, καὶ οὐκ ἔστι  
δίκαιος πλὴν σου Κύριε.

Καὶ νῦν. **Θεοτοκίον.**

Συνήφθημεν τῷ τόκῳ σου Θεοτόκε,  
ταῖς θείαις τῶν Ἀγγέλων χοροστασίαις·  
τὸν Κτίστην γὰρ συνέλαβες ἀπορρήτως,

singing: no one is holy as our most holy God,  
and no one is righteous but You, O Lord Most  
High. <sup>[RB]</sup>

**Troparia.**

*Devout Saint of God, intercede for us*

You soared aloft on divine longing that  
surpasses all; you threw aside vainglory and  
drew near the Master, crying: no one is holy  
as our most holy God, and no one is righteous  
but You, O Lord Most High. <sup>[RB]</sup>

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

You soared aloft on divine longing that  
surpasses all; you threw aside vainglory and  
drew near the Master, crying: no one is holy  
as our most holy God, and no one is righteous  
but You, O Lord Most High. <sup>[RB]</sup>

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

You approached the tree of sin and were  
initiated into knowledge that brings death;  
you then ran to the life-giving Tree, crying  
out to Christ: You are our God, and no one is  
righteous but You, O Lord Most High. <sup>[RB]</sup>

Glory.

You yearned after the light's ineffable  
brightness; you scorned all worldly cares, and  
you ran towards immaterial divine vision,  
crying in faith: You are our God, and no one is  
righteous but You, O Lord Most High. <sup>[RB]</sup>

Both now. **Theotokion.**

O Theotokos, we have become members  
of the divine choirs of Angels through your  
giving birth, for you ineffably conceived our  
Creator and gave Him, the ineffable one, a

καὶ ἐσωμάτωσας τὸν ἀκατάληπτον· ὅθεν  
Θεοτόκον σε πάντες σέβομεν.

### Ὁ Εἰρμός.

Ἐν πέτρᾳ με, τῆς πίστεως στερεώσας,  
ἐπλάτυνας τὸ στόμα μου ἐπ' ἐχθρούς  
μου· ἡν̄οράνθη γὰρ τὸ πνεῦμά μου ἐν τῷ  
ψάλλειν. Οὐκ ἐστὶν Ἅγιος, ὡς ὁ Θεὸς ἡμῶν,  
καὶ οὐκ ἐστὶ δίκαιος, πλὴν σου Κύριε.

### ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν  
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ  
καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

### ΧΟΡΟΣ

#### Κάθισμα.

Τοῦ Μηναίου - -

**Ἦχος πλ. δ'.** Τὴν Σοφίαν καὶ Λόγον.

Τὰ σκισητάματα πάντα τὰ τῆς σαρκός,  
χαλινώσασα πόνοις ἀσκητικοῖς, ἀνδρεῖον  
ἀπέδειξας, τῆς ψυχῆς σου τὸ φρόνημα·  
τὸν γὰρ Σταυρὸν ποθήσασα, Κυρίου  
θεάσασθαι, ἱερώς ἀοίδιμε, τῷ κόσμῳ

body; so we all reverence you as the Mother  
of God. [RB]

### Heirmos.

You have now confirmed me on the rock  
of faith. You have enlarged my mouth against  
my enemies, and my spirit rejoices greatly,  
singing: no one is holy as our most holy God,  
and no one is righteous but You, O Lord Most  
High. [RB]

### 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 pl. 4.** N/M (By conceiving the wisdom.)

O all-blessed one, you curtailed the  
disobedience of fallen flesh with ascetic  
works, and you revealed your soul's courage;  
for you desired to see the Lord's Cross and  
changed your ways, crucifying yourself to

ἐσταύρωσαι· ὁθεν καὶ πρὸς ζῆλον,  
ἀγγελικῆς πολιτείας, προθύμως διήγειρας,  
σεαυτὴν παμμακάριστε. Διὰ τοῦτο  
γεραίρομεν, τὴν μνήμην σου Μαρία πιστῶς,  
τῶν πταισμάτων ἄφεσιν αἰτούμενοι, τοῦ  
δωρηθῆναι πλουσίως, ἡμῖν ταῖς πρεσβείαις  
σου.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.**

Εἰς ἰλὺν ἐνεπάγην ἁμαρτιῶν, καὶ  
οὐκ ἔστιν ὑπόστασις ἐν ἐμοί· δεινῶς γὰρ  
κατεπόντισε, καταιγὶς τῶν πταισμάτων  
με, ἀλλ' ἡ τεκοῦσα Λόγον, τὸν μόνον  
φιλάνθρωπον, ἐπ' ἐμὲ ἐπίβλεψον, Παρθένε  
καὶ ῥῦσαί με, πάσης ἁμαρτίας, καὶ παθῶν  
ψυχοφθόρων, καὶ πάσης κακώσεως,  
τοῦ δεινοῦ πολεμήτορος, ἵνα ψάλλω  
γηθόμενος· Πρέσβευε τῷ σῶ Υἱῷ καὶ Θεῷ,  
τῶν πταισμάτων ἄφεσιν δωρήσασθαι,  
τοῖς καταφεύγουσι πίστει, τῇ σκέπῃ σου  
Ἀχραντε.

Τοῦ Μηναίου ---

**Κανὼν τῆς Ὁσίας.**

**Ὡδὴ δ'. Ἦχος β'. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Ὑμνῶ σε· ἀκοῇ γὰρ Κύριε, εἰσακήκοα  
καὶ ἐξέστην· ἕως ἐμοῦ ἦκεις γὰρ, ἐμὲ  
ζητῶν τὸν πλανηθέντα. Διὸ τὴν πολλὴν  
σου συγκατάβασιν, τὴν εἰς ἐμὲ δοξάζω  
Πολυέλεε.

**Τροπάρια.**

Ὁσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Μετήχθης, ἐκ πατρίδος ἔνδοξε, τῇ  
Προνοίᾳ πλωϊζομένη, πρὸς γῆν τῷ σῶ  
ἔρωτι, Σιωνιτῶν Ὁσία Μήτηρ, ἐν ἣ δια τῆς

the world and living a holy life. And so,  
you earnestly awakened your whole being  
to holy and unlimited zeal for the angels'  
blessed life. O renowned Mary, for this we  
faithfully honor your memory, and we ask  
that pardon of our trespasses may be granted  
in abundance at your intercessions with God.

[RB]

Glory. Both now. **Theotokion.**

**Mode pl. 4. N/M (By conceiving the wisdom.)**

I am bogged down in the mire of my  
sins; I have no confidence at all; I am terribly  
overwhelmed by the storm of trespasses.  
You gave birth to the Word who alone loves  
mankind; O Virgin, look upon me, and  
deliver me quickly from every sin and soul-  
destroying passions and all evils brought on  
me by the merciless enemy, so that I may sing  
to you joyfully: O immaculate Bride of God,  
ask your Son and God to grant forgiveness of  
transgressions to them that seek your shelter  
with faith. [RB]

From Menaion ---

**Canon for the Devout Woman.**

**Ode iv. Mode 2. Heirmos**

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

I extol You, for I hear Your report, Lord,  
and I was amazed. For You have come down  
to me, seeking me the lost sheep. Therefore I  
glorify Your great condescension towards me,  
O very merciful Lord. [SD]

**Troparia.**

Devout Saint of God, intercede for us

O glorious Mary, you were taken from  
your country, and you sailed providentially to  
the land of Zion because of your desire; and

ἐξαγορεύσεως, τῶν πεπραγμένων εὗρες τὴν διάλυσιν.

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

Αδήςως, ὠθουμένη ἔνδοξε, καὶ βελτίονος ἐποπτείας, μὴ προσεχῶς βλέπουσα, τὴν ἄφραστον φωτοδοσίαν, τὸν νοῦν ἐπιστάτην καταστήσασα, τῆς ἀδηλίας ἔγνωσ τὰ ἀπόκρυφα.

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

Ῥωσθεῖσα, σωτηρίῳ χάριτι, καὶ τὴν θείαν καὶ φωτοφόρον, κατιδοῦσα ἔλλαμψιν, τὰ ὄμματα καὶ τὴν καρδίαν, Σταυρῷ τῷ πανσέπτῳ προσεπέλασας, καὶ σωτηρίας ἔνθεν ἐκοινώνησας.

Δόξα.

Ἰδοῦσα, τὸ φωτοειδέστατον, τῆς Παρθένου καὶ Θεοτόκου, χαρμονικῶς ἵνδαλμα, προσέδραμες μετὰ δακρύων, αὐτῇ τὰς συνθήκας Παμμακάριστε, παραθεμένη πάσης τῆς βιώσεως.

Καὶ νῦν. **Θεοτοκίον.**

Ἦνώθη, ἀπορρήτῳ νεύματι, ἀσυγκρίτῳ τε προμηθείᾳ, οὐσιωδῶς Πάναγνε, καὶ ὅλον με ἀνακαινίζει, ἐκ σοῦ σαρκοφόρος προερχόμενος, ὁ οὐσιώσας ἅπαντα βουλήματι.

Τοῦ Μηναίου - - -

**Κανὼν τῆς Ὁσίας.**

**Ὡδὴ ε΄. Ἦχος β΄. Ὁ Εἰρμός.**

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

Ὁ φωτισμός, τῶν ἐν σκότει κειμένων, ἡ σωτηρία, τῶν ἀπεγνωσμένων Χριστὲ Σωτήρ μου πρὸς σὲ ὀρθρίζω, Βασιλεῦ τῆς εἰρήνης,

through your confession there, O righteous Mother, you were absolved from your sins. [RB]

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

O glorious one, you continued unknowingly; you saw the ineffable brightness of a better vision, you resolved to be master, and learned the hidden things of what you did not know. [RB]

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

You were strengthened with saving grace, you saw the divine and illuminating brightness, you approached the all-worshipful Cross with your eyes and your heart, and partook of salvation. [RB]

Glory.

O all-blessed Mary, you looked with joy at the bright image of the Virgin Theotokos, and you ran to her with tears, making a covenant with her for your entire life. [RB]

Both now. **Theotokion.**

O all-pure Virgin, the one who has given all things their being of his own accord is united to me in my very being by an indescribable will and God's incomparable provision. He came forth from you who bore flesh, and he entirely renews me. [RB]

From Menaion - - -

**Canon for the Devout Woman.**

**Ode v. Mode 2. Heirmos**

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

O Christ my Savior, you are the Light of those lying in darkness and the Salvation of all who despair. O King of Peace, I rise

φώτισόν με τῇ ἐπιλάμπει σου· ἄλλον γὰρ  
ἐκτός σου Θεὸν οὐκ ἐπίσταμαι.

**Τροπάρια.**

Όσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Συμβολικῶς, ἐκδημοῦσα τοῦ βίου,  
καὶ πρὸς τὴν θείαν, κατεπειγομένη τῆς  
ἀπαθείας, τρίβον θεόφρον, διαβέβηκας  
πόθῳ, Ἰορδάνου τὰ περιβόητα νάματα, καὶ  
δόξης ἀρρήτου τετύχηκας.

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

Ἀρρενωπὸν, τὴν ψυχὴν κεκτημένη  
πρὸς τοὺς ἀγῶνας, ὥρμησας ἀθλοῦσα  
διαφερόντως, τῶν ἐναντίων, τὴν  
δυσκάθεκτον πλάνην, καρτεροῦσα  
νεανικώτατα, τὸ τῆς ἐγκρατείας Μαρία  
ἀγλαΐσμα.

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

Γνώμη στερῶν, ἐκτινάξασα Μητέρα  
τὴν γυναικείαν, φύσιν καὶ τὰ πάθη δι'  
ἐγκρατείας, σὺ λουσαμένη, ὡς ἐν θείῳ  
λειμῶνι, ἐν ἐρήμῳ περιπολεύουσα, ἔχαιρες  
ὁρῶσα τὸ κάλλος τοῦ Κτίστου σου.

Δόξα.

Λόγοις ὁ πρὶν, ὑποφθείρας τὴν Εὐάν ἐν  
Παραδείσῳ, καὶ τῆς αἰδίου τρυφῆς ἐκείνης,  
ἐξοστρακίσας, μηχαναῖς πολυτρόποις,  
νῦν πατεῖται καὶ καταβέβληται, τοῖς  
ἀνδρικοτάτοις σου Μητερ παλαίσμασιν.

Καὶ νῦν. **Θεοτοκίον.**

Ἀνατολὴν, τοῦ Ἡλίου τῆς δόξης, καὶ  
φωτοφόρον, ὄχημα Παρθένε τοῦ Βασιλέως  
ἐν ᾧ ἐπέβη, ὁ Υἱὸς τοῦ Ὑψίστου, κιβωτόν

up early to you. With your brightness you  
illuminate me; I acknowledge no other God  
than you. **[RB]**

**Troparia.**

*Devout Saint of God, intercede for us*

O godly-minded Mary, you made your  
way to the divine path free of passions,  
figuratively departing this life. You crossed  
the Jordan's waters with longing and achieved  
unspeakable glory. **[RB]**

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

O Mary, jewel of self-control, you had  
a courageous soul, you took on struggles,  
you fought steadfastly against the enemies'  
delusion, and you persevered with the  
strength of youth. **[RB]**

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

O Mother, you shook off your fragility  
with determination, you washed off the  
passions through self-control, you wandered  
in the wilderness as a divine meadow, and  
you rejoiced seeing your Creator's beauty. **[RB]**

Glory.

O Mother, with your courageous  
struggles, you have cast down and trampled  
upon the one who once corrupted Eve in Eden  
with his words and banished her from eternal  
paradise through his machinations. **[RB]**

Both now. **Theotokion.**

O Virgin, we know that you are the Sun of  
Glory's dawn, the King's bright chariot which  
the Son of the Most High is driving, and an



τε τῆς ἀγαθότητος, φέρουσιν ἐν κόσμῳ  
Χριστόν ἐπιστάμεθα.

Τοῦ Μηναίου - -

**Κανὼν τῆς Ὁσίας.**

**Ὡιδὴ Γ'. Ἦχος β'. Ὁ Εἰρμός.**

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

Ἐν ἀβύσσῳ πταισμάτων κυκλούμενος,  
τὴν ἀνεξιχνίαστον τῆς εὐσπλαγχνίας σου,  
ἐπικαλοῦμαι ἄβυσσον· Ἐκ φθορᾶς ὁ Θεός  
με ἀνάγαγε.

**Τροπάρια.**

Ὁσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὁλοτρόπως ἐθέλχθης τῷ ἔρωτι, τῆς  
ἐπιφανείας Χριστοῦ Παμμακάριστε, καὶ τῶν  
παθῶν τὴν ἔφοδον, ἀπεκρούσω ῥωσθεῖσα  
τῷ Πνεύματι.

**Στίχ.** Φυλασσόμενοι μάταια καὶ ψευδῇ,  
ἔλεον αὐτοῖς ἐγκατέλιπον.

Ὁλοτρόπως ἐθέλχθης τῷ ἔρωτι, τῆς  
ἐπιφανείας Χριστοῦ Παμμακάριστε, καὶ τῶν  
παθῶν τὴν ἔφοδον, ἀπεκρούσω ῥωσθεῖσα  
τῷ Πνεύματι.

**Στίχ.** Ὅσα ἠνξάμην ἀποδώσω σοι εἰς  
σωτηρίαν μου τῷ Κυρίῳ.

Φαιδρυνθεῖσα τῷ κάλλει τῶν ἔργων  
σου, τὰς ἐπαναστάσεις τοῦ σκότους  
διέλυσας, καὶ τῶν ἐχθρῶν τὰ πρόσωπα,  
ἀπημαύρωσας πόνοις ἀσκήσεως.

Δόξα.

Ῥωμαλέως τὸ ὄμμα ἠτένιζες,  
ἐπικαλουμένη τὴν μόνην Πανάμωμον, καὶ  
πρὸς αὐτὴν ἐκάστοτε, προσεπερειδομένη  
Πανεύφημε.

ark of goodness that brings Christ into the  
world. [RB]

From Menaion - -

**Canon for the Devout Woman.**

**Ode vi. Mode 2. Heirmos.**

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

In the sea now surrounded by all my sins,  
\* I invoke the sea of Your incomprehensible \*  
compassion and Your tender love. \* Raise me  
up from corruption, O God, I pray. [SD]

**Troparia.**

Devout Saint of God, intercede for us

O all-blessed Mary, you were thoroughly  
enrapt with longing for Christ's appearance;  
you were strengthened by the Spirit, and you  
repelled the attacks of passions. [RB]

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

O all-blessed Mary, you were thoroughly  
enrapt with longing for Christ's appearance;  
you were strengthened by the Spirit, and you  
repelled the attacks of passions. [RB]

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

You were illumined by the beauty of  
your deeds, you crushed the rebellions of the  
shadow; and you darkened your enemies'  
faces with ascetic works. [RB]

Glory.

O glorious Mary, you fixed your gaze  
with resolve on her who alone is utterly  
blameless; you called upon her and rested in  
her every day. [RB]



Καὶ νῦν. **Θεοτοκίον.**

Οὐρανῶν ἀνεδείχθης ὑπέρτερος,  
θρόνος Παναμώμητε τοῦ Βασιλεύοντος,  
σωματικῶς χωρήσασα, τῆς αὐτοῦ θεαρχίας  
τὸ πλήρωμα.

**Ὁ Εἰρμός.**

Ἐν ἀβύσσῳ πταισμάτων κυκλούμενος,  
τὴν ἀνεξιχνίαστον τῆς εὐσπλαγχνίας σου,  
ἐπικαλοῦμαι ἄβυσσον· Ἐκ φθορᾶς ὁ Θεός  
με ἀνάγαγε.

**ΔΙΑΚΟΝΟΣ**

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ**

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ  
σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου ---

**ΑΝΑΓΝΩΣΤΗΣ**

**Μαρτυρικόν. Ἦχος γ'.**

Τίς μὴ θαυμάσῃ τῶν ἁγίων Μαρτύρων  
τοὺς ἀηττήτους ἀγῶνας; τίς μὴ ἐκπλαγῇ  
τὰ τούτων αἰεὶ κατορθώματα; ὅτι ἐν πυρὶ  
καὶ μάστιγι, θηροσί τε καὶ σφαγαῖς, τὸν

Both now. **Theotokion.**

O all-blameless one, you are the King's  
throne that is above the Heavens; for you  
contained in your own body his entire divine  
kingship. [RB]

**Heirmos.**

In the sea now surrounded by all my sins,  
\* I invoke the sea of Your incomprehensible \*  
compassion and Your tender love. \* Raise me  
up from corruption, O God, I pray. [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 3.**

Who does not marvel at the undefeated  
contests of the holy Martyrs? Who is not  
amazed by what they ever accomplished?  
They abhorred any flattery from kings, and

ἀντίδικον ἐχθρὸν ἐτροπώσαντο, βασιλέων  
κολακείας βδελυξάμενοι, καὶ τυράννων  
ἀπειλὰς ἀποσεισάμενοι διὸ καὶ τοὺς  
στεφάνους ἐκομίσαντο, παρὰ Χριστοῦ τοῦ  
Θεοῦ, τοῦ παρέχοντος τῷ Κόσμῳ τὸ μέγα  
ἔλεος.

### Συναξάριον.

Τοῦ Μηναίου.

Τῇ Α' τοῦ αὐτοῦ μηνός, μνήμη τῆς ὁσίας  
Μητρὸς ἡμῶν Μαρίας τῆς Αἰγυπτίας.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου  
Πατρὸς ἡμῶν καὶ ὁμολογητοῦ Μακαρίου,  
Ἡγουμένου τῆς Μονῆς τῆς καλουμένης  
Πελεκητῆς.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν ἁγίων  
Μαρτύρων Γεροντίου καὶ Βασιλείδου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ ἁγίου καὶ  
δικαίου Ἀχαζ.

Μνήμη τοῦ ὁσίου πατρὸς ἡμῶν  
Εὐθυμίου Σουζδαλίας τοῦ θαυματουργοῦ,  
τοῦ Ρώσου.

Ταῖς αὐτῶν ἁγίαις πρεσβείαις, ὁ Θεός,  
ἐλέησον ἡμᾶς. Ἀμήν.

Τοῦ Μηναίου - -

**ΧΟΡΟΣ**

### Κανὼν τῆς Ὁσίας.

Ὡιδὴ ζ'. Ἦχος β'. Ὁ Εἰρμός.

**Στίχ.** Τῶν Πατέρων καὶ ἡμῶν Θεός,  
εὐλογητὸς εἶ.

Εἰκόνας χρυσῆς, ἐν πεδίῳ Δεηρᾷ  
λατρευομένης, οἱ τρεῖς σου Παῖδες  
κατεφρόνησαν, ἀθεωτάτου προστάγματος,  
μέσον δὲ πυρὸς ἐμβληθέντες, δροσιζόμενοι  
ἔψαλλον· Εὐλογητὸς εἶ ὁ Θεός, ὁ τῶν  
Πατέρων ἡμῶν.

ignored any threats from tyrants. And so  
subjected to pitch and fire, wild beasts and  
slaughter, by these they routed the avenging  
foe. Therefore they received the crowns from  
Christ God, who grants to the world great  
mercy. [SD]

### Synaxarion.

From the Menaion.

On April 1 we commemorate our devout  
Mother Mary of Egypt.

On this day we also commemorate our  
devout Father Makarios the Confessor, Abbot  
of the Hewn Monastery.

On this day we also commemorate the  
holy martyrs Gerontios and Vasilides.

On this day we also commemorate the  
holy and righteous Ahaz.

We also commemorate our devout  
Russian father Efthymios of Suzdal, the  
wonder-worker.

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

From Menaion - -

**CHOIR**

### Canon for the Devout Woman.

Ode vii. Mode 2. Heirmos.

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

The image of gold \* was in Babylon on  
Dura being worshiped. \* But Your three  
Servants showed complete disdain \* for  
that abominable decree. \* Thrown into the  
fiery furnace, \* in the midst of it they were  
bedewed, \* singing: Blessed are You, O God of  
our Fathers. [SD]

**Τροπάρια.**

Όσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Νικῆσαι ζητῶν, ὁ ἀλάστωρ παῖσαν γῆν, ἀντενικήθη, ὑπὸ γυναικίου ὁ καυχώμενος, καὶ φρουαττόμενος ἄμετρα, καὶ νενεκρωμένος ὁράται ὁ νεκρώσας τὸν ἄνθρωπον, καὶ τῆς τρυφῆς τῆς ζωηρᾶς ἀποβαλλόμενος.

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

Ὁ θρέψας ποτέ, παραδόξως τὸν λαὸν ἐν τῇ ἐρήμῳ οὗτος θεόφρων σοι γεγένηται ἀναψυχὴ καὶ παράκλησις, τρέφων ἀπορρήτῳ δυνάμει, καὶ ποτίζων κραυγάζουσιν· Εὐλογητός εἶ ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν.

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

Σταυρῷ κραταιῶς, πεφραγμένη τῶν παθῶν τὰς τρικυμίας, ἀπετινάξω ὥσπερ θάλασσαν, θεοπτικῶς διατέμνουσα· τῆς ἐπαγγελίας πρὸς γῆν δέ, ἀπαθῶς διαβαίνουσα, κληροδοσίαν κατοικεῖς τὴν ἀδιάρρευστον.

Δόξα.

Ἀπείροις ὁρμαῖς, τὸ ἐδραῖον καὶ στερεὸν τῆς καρτερίας σου, καταπαλαῖσαι ὁ ἐπίβουλος, τῶν εὐσεβῶν οὐ κατίσχυσεν· ὅθεν τῆς αὐτοῦ ἀπωλείας, κατεπαίρου κραυγάζουσα· Εὐλογητός εἶ ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Σαρκοῦται ἐκ σοῦ, Μητροπάρθενε σεμνὴ ὁ ἀκατάληπτος, καὶ ἀναπλάττει ἐν

**Troparia.**

*Devout Saint of God, intercede for us*

The self-aggrandizing destroyer who puffs himself up immeasurably and who seeks to conquer the entire earth, is conquered through a woman; he slew man and cast him from life-giving paradise, and he himself is now slain. [RB]

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

O godly-minded Mary, the one who once mysteriously fed the people in the wilderness has become nourishment and comfort for you; and he gave you food and drink through his ineffable power as you cried: Blessed are You, the God of our Fathers. [RB]

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

You shook off the great waves of the passions, securely defended by the Cross, and you parted them as the one who saw God also parted the sea; and crossing over to the promised land through your dispassion, you dwelled in the immortal inheritance. [RB]

Glory.

He that plots against the pious was not able to conquer the the determination and resolve of your endurance, even with his countless attacks; and so you scorned his downfall and cried out: Blessed are You, the God of our Fathers. [RB]

Both now. **Theotokion.**

O hallowed Virgin Mother, the Incomprehensible One takes flesh from you,

τῇ μήτρᾳ σου, ὡς ἀγαθὸς τὸ ἀνθρώπινον·  
ὅθεν τῶν φρικτῶν ὡς μεσίτιν, ἀνυμνοῦντές  
σε λέγομεν· Εὐλογημένη ἡ Θεὸν σαρκὶ  
κυήσασα.

**Ὡιδὴ η'.**

Τοῦ Μηναιίου - -

**Κανὼν τῆς Ὁσίας.**

**Ὡιδὴ η'. Ἦχος β'. Ὁ Εἰρμός.**

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

Τὸν ἐν καμίνῳ τοῦ πυρός, τῶν Ἑβραίων  
τοῖς Παισὶ συγκαταβάνα, καὶ τὴν φλόγα  
εἰς δρόσον, μεταβαλόντα Θεόν, ὑμνεῖτε τὰ  
ἔργα ὡς Κύριον, καὶ ὑπερυψοῦτε εἰς πάντα  
τοὺς αἰῶνας.

**Τροπάρια.**

Ὁσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Μαρμαρυγαῖς τῶν ἀρετῶν  
ἀκτινοφωτοειδῶς ἡγλαϊσμένος, εἰς τὸν  
σύμπαντα κόσμον, διαπεφοίτηκε νῦν, ὁ  
φθόγγος τῶν κατορθωμάτων σου· ὅθεν σου  
τὴν μνήμην πιστῶς δοξολογοῦμεν.

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

Μαρμαρυγαῖς τῶν ἀρετῶν  
ἀκτινοφωτοειδῶς ἡγλαϊσμένος, εἰς τὸν  
σύμπαντα κόσμον, διαπεφοίτηκε νῦν, ὁ  
φθόγγος τῶν κατορθωμάτων σου· ὅθεν σου  
τὴν μνήμην πιστῶς δοξολογοῦμεν.

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

Ἀνεκλαλήτου τῆς χαρᾶς, ὁ θεόφρων  
Ζωσιμᾶς κατηξιώθη, σὲ σαφῶς ἐν ἔρημῳ

and since he is good, he renews humanity  
in your womb. And so, as we sing hymns to  
you as the one who mediates these amazing  
things, we say: Blessed are you, for you  
conceived God in the flesh. <sup>[RB]</sup>

**Ode viii.**

From Menaion - -

**Canon for the Devout Woman.**

**Ode viii. Mode 2. Heirmos.**

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

When God went down into the fire \* of  
the furnace with the holy Hebrew Servants,  
\* He converted the flames there into dew  
refreshing them. \* Extol Him as Lord, O  
you works of His, \* and exalt Him beyond  
measure, \* unto all the ages. <sup>[SD]</sup>

**Troparia.**

Devout Saint of God, intercede for us

You are brilliantly arrayed in bright rays  
of virtues, and the sound of your works has  
now gone out into the whole world; and so  
we glorify your memory in faith. <sup>[RB]</sup>

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

You are brilliantly arrayed in bright rays  
of virtues, and the sound of your works has  
now gone out into the whole world; and so  
we glorify your memory in faith. <sup>[RB]</sup>

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

The godly-minded Zosimas was found  
worthy of inexpressible joy when he saw you

τετρηκῶς καὶ βοῶν· Ὑμνεῖτε τὰ ἔργα τὸν Κύριον, καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

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

Συμμετασχοῦσα τῶν γερῶν, καὶ τῆς θείας ἀμοιβῆς ἡξιωμένη, θεοφόρε ἐμνήσθης, τοῦ Ζωσιμᾶ τῆς ὁρμῆς, καὶ τούτου συμπάλλουσα ἔλεγες· Σὲ ὑπερυψοῦμεν Χριστὲ εἰς τοὺς αἰῶνας.

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

#### **Θεοτοκίον.**

Ἵνα τὸν ἄνθρωπον Σωτήρ, ἐξαρπάσῃς ὁ Θεὸς τοῦ βροτοκτόνου, σαρκοφόρος ὠράθης, ἐπὶ τῆς γῆς ἀληθῶς, φυλάξας ἀγνήν τὴν τεκοῦσάν σε· ὅθεν σε ὑμνοῦμεν, εἰς πάντας τοὺς αἰῶνας.

*(διαβαστά)*

#### **Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὠδῆς.**

Εὐλογεῖτε, πᾶς ὄμβρος καὶ δρόσος, πάντα τὰ πνεύματα, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πῦρ καὶ καῦμα, ψῦχος καὶ καύσων, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε δρόσοι καὶ νιφετοί, πάγοι καὶ ψῦχος, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

in the desert and cried: O you works, praise the Lord, and exalt Him beyond measure, unto all the ages. <sup>[RB]</sup>

**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.* <sup>[SAAS]</sup>

O God-bearer, you received your rewards and were judged worthy of the divine recompense; you knew where Zosimas had come from; and singing with him, you said: we exalt you beyond measure, O Christ, unto all the ages. <sup>[RB]</sup>

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

#### **Theotokion.**

O Savior, since you are God, you truly appeared on earth bearing flesh to snatch mankind away from the slayer of mortal, and you preserved her in purity that gave you birth. And so we sing hymns to you unto all the ages. <sup>[RB]</sup>

*(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. <sup>[SAAS]</sup>

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

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



Εὐλογεῖτε, πάχνη καὶ χιόνες, ἀστραπαὶ καὶ νεφέλαι τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, φῶς καὶ σκότος, νύκτες καὶ ἡμέραι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ πάντα τὰ φυόμενα ἐν αὐτῇ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πηγαί, θάλασσα, καὶ ποταμοί, κήτη, καὶ πάντα τὰ κινούμενα ἐν τοῖς ὕδασι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ η'. Ἦχος πλ. δ'.**

**Ἑπταπλασίως κάμινον.**

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

Τὸν ἰοβόλοις πάθεσι, καὶ ψυχὴν, καὶ διάνοιαν, τετραυματισμένην κεκτημένον Κύριε, ἐλέησον οἰκτεῖρον, τῷ σῶ Σταυρῷ θωράκισον, καὶ ταῖς ἐκ πλευρᾶς σου κενωθείσαις ῥάνισι, προθύμως ἵνα μέλπω· Ἱερεῖς εὐλογεῖτε, λαὸς ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Ἐπὶ τοῦ ὄρους πάλαι σε, Μωϋσῆς προετύπωσε, χεῖρας ἀνυψῶν, καὶ Ἀμαλήκ τροπούμενος, Σταυρὸν πανσεβάσμιε, ὃν προσκυνοῦντες σήμερον, τρέπομεν

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 pl. 4.**

**(NM) The Chaldaean tyrant.**

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

O Lord, have mercy and take pity on my soul and mind that lie wounded by poisonous passions; protect me with the breastplate of Thy Cross and with the Blood that flows from Thy side, that I may sing with all my heart: O ye priests bless and ye people exalt Him above all for ever. [KW]

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

Moses of old prefigured thee, O precious Cross, when he lifted up his arms upon the mountain and put Amalek to flight; and today, as we venerate thee, we overthrow the



δαιμόνων τὰ ἀλλόφυλα στίφη, καὶ πίστει  
μελωδοῦμεν· Ἱερεῖς εὐλογεῖτε, λαὸς  
ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Ὑπὸ παθῶν κλονούμενον, ὑπ' ἐχθρῶν  
σκελιζόμενον, ὑπὸ συνηθείας πονηρᾶς  
ἐλκόμενον, οἰκτείρησον Εὐσπλαγχνε, τῷ  
σῷ Σταυρῷ θωράκισον, ὅπως μελωδῶ ἐν  
ἀκλονήτῳ καρδίᾳ· Οἱ Παῖδες εὐλογεῖτε,  
Ἱερεῖς ἀνυμνεῖτε, λαὸς ὑπερυψοῦτε εἰς  
πάντας τοὺς αἰῶνας.

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

#### **Θεοτοκίον.**

Ὁδυνηρῶς στενάζουσα, μητρικῶς  
ὀλολύζουσα, καὶ τὴν ἐκ σῶν σπλάγχνων,  
συνοχὴν μὴ φέρουσα, Σταυρῷ, ἐνητένιζες,  
τῷ ἐκ τῆς σῆς τεχθέντι γαστρὸς, Τέκνον,  
ἐκβοῶσα· τί τὸ ὄραμα τοῦτο, πῶς πάσχεις ὁ  
τῇ φύσει, ἀπαθής; πάντων, θέλων, τὸ γένος  
τῶν ἀνθρώπων, φθορᾶς ἐλευθερῶσαι.

#### **Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ η'. Ἦχος γ'. Τὸν ὑπ' Ἀγγέλων**

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

Τῇ Ἐκκλησίᾳ προτεθέντα, τὸν Σταυρὸν  
Χριστοῦ θεώμενοι, φόβῳ καὶ πίστει  
ἀδελφοί, προσελθόντες προσκυνήσωμεν,  
αὐτῷ ἀναβοῶντες· Σὺ τὴν ζωὴν ἐξήνηθης,  
τοῖς βροτοῖς φωτοφόρε.

alien hosts of demons and we sing with faith:  
O ye priests bless and ye people exalt Him  
above all for ever. [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]

I am shaken by passions, ensnared by  
enemies, and led away prisoner by evil habits.  
Take pity on me, O compassionate Lord, and  
arm me with the breastplate of Thy Cross,  
that with heart unshaken I may sing: O ye  
Children bless, O ye priests praise, O ye  
people exalt Him above all for ever. [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.**

Groaning in anguish, lamenting with a  
mother's grief, unable to bear the agony in thy  
heart, thou hast gazed upon the Cross and  
cried to Him that was born from thy womb:  
'O Child, what is this that I see? How dost  
Thou suffer who by nature canst not suffer?  
It is because Thou seekest to deliver from  
corruption all mankind.' [KW]

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

**Ode viii. Mode 3. (NM) God is glorified.**

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

Beholding the Cross of Christ exalted in  
the Church, let us draw near in fear and faith,  
O brethren, and let us venerate it crying: Thou  
hast brought life to mortal men, O Giver of  
Light. [KW]

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

Τροπαιοφόρον ἐν πολέμοις, Οὐρανός  
σε καθυπέδειξε, ζωοποιὲ ἡμῶν Σταυρέ,  
Βασιλέων ὄπλον ἄμαχον, ἐχθρῶν ὁ  
καθαυρέτης, Ἐκκλησιῶν τὸ κέρας, καὶ τῶν  
πιστῶν σωτηρία.

**Στίχ.** Εὐλογοῦμεν Πατέρα, Υἱὸν καὶ  
Ἅγιον Πνεῦμα, τὸν Κύριον· ὑμνοῦμεν, καὶ  
ὑπερυψοῦμεν αὐτὸν εἰς τοὺς αἰῶνας.

### **Τριαδικόν.**

Πατέρα ἅγιον δοξάζω, καὶ Υἱὸν ἅγιον  
σέβω, καὶ Πνεῦμα ἅγιον ὑμνῶ, Ὁμοούσιον.  
Τριάδα ἀπλήν, Θεὸν ἕκαστον τούτων, φῶτα  
καὶ φῶς, ὡς ἐξ Ἡλίου ἑνὸς προϊόντα.

Καὶ νῦν. **Θεοτοκίον.**

Χαῖρε πύλη ἀδιόδευτε, χαῖρε βάτε  
ἀκατάφλεκτε, χαῖρε ἡ στάμνος ἡ χρυσή,  
χαῖρε ὄρος ἀλατόμητον, χαῖρε Θεοτόκε  
ἐλπίς ἀρραγής, καὶ τεῖχος τῶν ἐπὶ σοὶ  
πεποιθότων.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὴν Νηστείαν ἐκμεσάσαντες,  
εὐθαρσήςωμεν τῷ πνεύματι, πρὸς τὸ ἐξῆς  
νεανικῶς, εὐδρομοῦντες σὺν Θεῷ ἀδελφοί,  
ὅπως καὶ τὸ Πάσχα περιχαρῶς ὀψώμεθα,  
τοῦ Χριστοῦ ἀναστάντος.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.

**Ὁ Εἰμός. Ἦχος γ'.**

Τὸν ὑπ' Ἀγγέλων ἀσιγήτως, ἐν ὑψίστοις  
δοξαζόμενον Θεόν, οἱ οὐρανοὶ τῶν

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

Heaven revealed thee, O lifegiving  
Cross, as the ensign of victory in battle, the  
unconquerable weapon of kings, the destroyer  
of enemies, the horn of the Churches, and the  
salvation of the faithful. [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.**

I glorify the Holy Father, I honour the  
Holy Son, and I sing in praise of the Holy  
Spirit, simple Trinity, one in Essence. Each  
Person is God, three Lights yet one Light  
coming from a single Sun. [KW]

Both now. **Theotokion.**

Hail, Gate through which none may pass;  
hail, Bush unconsumed; hail, golden Vessel  
of manna; hail, Mountain not cut by hand of  
man; hail, Theotokos, the unbroken hope and  
rampart of those that put their trust in thee.

[KW]

Glory to You, our God, glory to You.

O brethren, having come to the middle  
of the Fast, in good courage and with willing  
hearts let us complete with God's help the  
part which still remains, that in great joy we  
may behold the Passover of the risen Christ.

[KW]

We praise and we bless and we worship the  
Lord.

**Heirmos (NM). Mode 3.**

God is glorified on high by the angels  
with never-silent voices; let the heaven of

οὐρανῶν, γῆ καὶ ὄρη καὶ βουνοί, καὶ βυθὸς  
καὶ πᾶν γένος ἀνθρώπων, ὕμνοις αὐτὸν ὡς  
Κτίστην, καὶ Λυτρωτὴν εὐλογεῖτε.

### ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν  
ὕμνοις τιμῶντες μεγαλύνωμεν.

### ΧΟΡΟΣ

**Ὡδὴ θ'.**

**Μεγαλυνάριον. Ἦχος β'.**

**Στίχ.** Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,  
καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ  
σωτῇρί μου.

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

**Στίχ.** Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν  
τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν  
μακαριοῦσί με πᾶσαι αἱ γενεαί.

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

**Στίχ.** Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ  
Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ  
ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς  
φοβουμένοις αὐτόν.

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

heavens, the earth and the mountains, the  
hills and the deep and all mankind sing to  
Him, their Maker and Creator, bless, praise  
and exalt Him above all for ever. [KW]

### DEACON

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

### CHOIR

**Ode ix.**

**Megalynarion. Mode 2.**

**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]

**Στίχ.** Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ,  
διεσκόρπισεν ὑπερηφάνους διανοία καρδίας  
αὐτῶν.

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

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

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

**Στίχ.** Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ,  
μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς  
Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι  
αὐτοῦ ἕως αἰῶνος.

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

Τοῦ Μηναίου ---

**Κανὼν τῆς Ὁσίας.**

**Ὡδὴ θ'. Ἦχος β'. Ὁ Εἰρμός.**

Ἦ τὸν πρὸ ἡλίου φωστῆρα, τὸν  
Θεὸν ἐξανατείλαντα, σωματικῶς ἡμῖν  
ἐπιδημήσαντα, ἐκ λαγόνων παρθενικῶν,  
ἀφράστως σωματώσασα, εὐλογημένη  
πάναννε σὲ Θεοτόκε μεγαλύνομεν.

**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 Devout Woman.**

**Ode ix. Mode 2. Heirmos.**

Lady, from your virginal belly \* you  
ineffably embodied God, \* the luminary who  
arose before the sun, \* and the One who came  
down to us \* and dwelt among us bodily. \* O  
blessed and all-holy one, \* you, O Theotokos,  
do we magnify. [SD]

**Τροπάρια.**

Όσία τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Μακαριωτάτης καὶ θείας, ἡξιώθης μεταστάσεως, τῶν μυστηρίων πόθῳ κοινωνήσασα, καὶ τῆς αἴγλης τῆς φωταυγοῦς, πλησθεῖσα Παμμακάριστε, καὶ τῆς ἀφράστου χάριτος, ἡξιωμένη τοῦ Νυμφίου σου.

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

Ἐπὶ τῶν ὑδάτων ἀβρόχως, θεοφόρε ἐπιβέβηκας, τῆς ἐκδημίας γνοῦσα τὸ ἀπόρρητον, καὶ μετέστης τῶν ἐπὶ γῆς, τὸ κάλλος τὸ ἀμήχανον, καταλαβοῦσα πάνσεμνε, καὶ τὴν τερπνότητα τοῦ Κτίστου σου.

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

Λαμπαδηφοροῦσα, καὶ καθωραϊσμένη τῇ λαμπρότητι, τῶν ἀρετῶν τὸν θρόνον τοῦ Παντάνακτος, ἐποπτεύεις καὶ τῆς αὐτοῦ, γλυκείας ὠραιότητος, κατατρυφᾷς θεόληπτε, μετὰ δικαίων συγχορεύουσα.

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

Πόνων καὶ καμάτων πλουσίως, ἀπολαύοντες τὰ ἔπαθλα, παρὰ Θεοῦ Μαρία σὺν θεόφρονι, Ζωσιμᾷ ἅπασιν ἡμῖν, καὶ νῦν αὐτὸν ἐξιλεώσασθε, τὴν τῶν πταισμάτων ἄφεσιν, παρασχεθῆναι ταῖς ψυχαῖς ἡμῶν.

**Troparia.**

*Devout Saint of God, intercede for us*

O all-blessed Mary, you partook of the Mysteries with longing, you were filled with glorious radiance, and you were assured to have your Bridegroom's ineffable grace. And so you were judged worthy of a most blessed and divine translation. [RB]

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

O God-bearer, you knew the mystery of your departure, and you walked upon the waters while remaining dry. O all-venerable Mother, you were translated from the world, and now you have comprehended your Creator's inconceivable beauty and delight. [RB]

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

O God-inspired Mary, you carried your lamp and were dressed with the splendor of the virtues. Now you see the throne of the King of all and delight in His sweet beauty, and you dance for joy with the righteous. [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 Mary and godly-minded Zosimas, you richly enjoy God's rewards for your efforts and deed. Ask him to be gracious now to all of us and to grant our souls the forgiveness of sins. [RB]



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

**Θεοτοκίον.**

Ὁφθης ἀνωτέρα ἀπάντων, ποιημάτων Κόρη Δέσποινα, ὡς τὸν Δεσπότην πάντων ἐν κοιλίᾳ σου, ὑπὲρ λόγον σωματικῶς, βαστάσασα καὶ γάλακτι, μητροπρεπῶς θηλάσασα· ὅθεν σε πάντες μεγαλύνομεν.

Τοῦ Τριωδίου - - -

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ θ'. Ἦχος πλ. δ'. Ἐφριξε πᾶσα ἀκοή.**

**Στίχ.** Ὅρκον, ὃν ὤμοσε πρὸς Ἀβραάμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Ἐγγόνους πάλαι Ἰακώβ, εὐλογῶν προδιετύπου τρανώτατα, Σταυρὸν τὸν τίμιον, δι' οὗ Οἰκτίρμον, ἡμᾶς εὐλόγησον, ἁγιασμοῦ παρεκτικὴν, χάριν παρεχόμενος, τοῖς προσκυνοῦσιν αὐτόν, καὶ τῶν πάντων Λυτρωτὴν σε δοξάζουσι.

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

Νηστείας ὕδατι πιστοί, καθαρθέντες καὶ ψυχὴν καὶ διάνοιαν, τὸ ζωοδότηον, καὶ θεῖον Ἑύλον, περιπτυσώμεθα, πρόκειται πᾶσιν ἐμφανῶς, βρύον θεῖαν ἄφεισιν, καὶ φῶς οὐράνιον, καὶ ζωὴν καὶ ἀληθῆ ἀγαλλίασιν.

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

Κριτὴν σε οἶδα φοβερόν, ἐλευσόμενον ἐν δόξῃ Θεότητος, πάντων τὰ κρύφια, ἐλέγχειν τότε, μέλλοντα Κύριε· διό σοι κράζω Ἀγαθέ· Ἡμαρτον συγχώρησον, μὴ

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

**Theotokion.**

O Virgin and Lady, you are higher than all created things. You ineffably carried the Master of all physically in your womb, and you nourished Him with milk as his mother. And so we all magnify you. [RB]

From Triodion - - -

**Canon 1 from the Triodion.**

**Ode ix. Mode pl. 4. (NM)**

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

When Jacob blessed his grandchildren of old, he openly prefigured the precious Cross. Through the Cross, O compassionate Lord, give us Thy blessing; and to those that venerate it and glorify Thee as the Deliverer of all, grant grace and sanctification. [KW]

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

Cleansed in soul and mind by the water of fasting, O ye faithful, let us embrace the lifegiving and divine Wood that is exalted before us all: for it is a fountain of forgiveness and heavenly light, a source of life and true rejoicing. [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]

I know, O Lord, that Thou wilt come as dread Judge in the glory of the Godhead, to lay bare the hidden sins of all. Therefore I call upon Thee in Thy love: I have sinned, forgive



θριαμβεύσης μου, τὰ πολλὰ καὶ χαλεπὰ  
πλημμελήματα.

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

**Θεοτοκίον.**

Τὸν Ἄρνα πάλαι ἡ Ἀμνάς, θεωροῦσα  
πρὸς σφαγὴν καθελκόμενον, καὶ  
σκοτιζόμενον, ἡλίου φέγγος, κλαίουσα  
ἔλεγεν· Ἥλιε, δόξης Ἰησοῦ, ἔδυσ  
θανατούμενος, ἀλλὰ ἀνάτειλον, τῆς  
ἐγέρσεως τὸ φῶς τοῖς ποθοῦσί σε.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡιδὴ θ'. Ἦχος γ'. Ἐν Σιναίῳ τῷ ὄρει**

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

Εἰς τὸν τόπον οἱ πόδες οὗ ἔστησαν,  
τοῦ Δεσπότη καὶ Θεοῦ, προσκυνήσωμεν  
ἅπαντες σήμερον, τὸν σεπτότατον Σταυρόν,  
ὡς Δαυὶδ ἀνακράζει, ὁ θεοφωνότατος· καὶ  
γὰρ ὁ ἅπαντα περιέχων δρακί, ἐν τούτῳ  
βέβηκεν.

**Στίχ.** Τοῦ κατευθῦναι τοὺς πόδας ἡμῶν  
εἰς ὁδὸν εἰρήνης.

Οἱ τὴν γῆν κατοικοῦντες προσέλθετε,  
τῇ νηστείᾳ καθαροί, καὶ προκειμένον  
βλέποντες σήμερον, τὸν πανσέβαστον  
Σταυρόν, προσκυνήσατε φόβῳ, καὶ πίστει  
εὐφραίνεσθε, καὶ συναγάλλεσθε, τὸν  
ἁγιασμὸν ταῖς ψυχαῖς ἀρνούμενοι.

**Δόξα. Τριαδικόν.**

Τῇ οὐσίᾳ Μονὰς ἐστὶν ἄτμητος, ἡ  
ὑπέρθεος Τριάς, ἐνουμένη τῇ φύσει  
μερίζεται, τοῖς προσώποις ἰδικῶς· μὴ

me; put me not to shame, but pass over my  
many and grievous trespasses. [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.**

When the Ewe beheld the Lamb led to  
the slaughter and saw the light of the sun  
darkened, she said weeping: 'O Jesus, sun of  
glory, Thou hast set in death. But shine forth  
with the light of Thy Resurrection upon those  
that love Thee.' [KW]

**Canon 2 from the Triodion.**

**Ode ix. Mode 3. (NM) In  
the bush upon Mount Sinai.**

**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]

Today, recalling David's words, let us all  
worship at the place where the feet of our God  
and Master stood, and let us venerate the  
precious Cross. For He who encloses all things  
in the hollow of His hand, mounted upon it.

[KW]

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

[RSV]

O ye that dwell on earth, draw near  
cleansed by fasting, and behold today the  
honoured Cross that lies before you. Venerate  
it in fear and be glad in faith, and rejoice as ye  
draw from it sanctification for your souls. [KW]

**Glory. For the Trinity.**

The Trinity supreme in Godhead is by  
Essence an undivided Unity. Though single in  
Nature, it is distinguished in Persons; though

τρωμένη γὰρ τμᾶται, ἐν οὐσα τρισσεύεται, αὕτη Πατήρ ἐστιν, ὁ Υἱός, καὶ Πνεῦμα τὸ ζῶν, ἡ φρουροῦσα τὸ πᾶν.

Καὶ νῦν. **Θεοτοκίον.**

Παιδοτόκον παρθένον τίς ἤκουσε; καὶ μητέρα πλὴν ἀνδρός; Μαριὰμ ἐκτελεῖς τὸ τεράστιον, ἀλλὰ φράζε μοι τό, Πῶς; Μὴ ἐρεῦνα τὰ βάθη, τῆς Θεοτοκίας μου, τοῦτο πανάληθες, ὑπὲρ δὲ ἀνθρώπινον νοῦν ἡ κατάληψις.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Χαριστήριον αἶνον προσάξωμεν, τῷ Θεῷ πᾶς ὁ λαός, ὅτι βλέποντες νῦν ἀσπαζόμεθα, τὸν πανάγιον Σταυρόν· γινώτε οὖν καὶ ἡττάσθε, ἐν τούτῳ οἱ δαίμονες, ἔθνη τὰ βάρβαρα γινώτε, καὶ ἡττάσθε, δι' οὗ μεθ' ἡμῶν ὁ Θεός.

**Ὁ Εἰμός. Ἦχος γ'.**

Ἐν Σιναίῳ τῷ ὄρει κατεῖδέν σε, ἐν τῇ βάτῳ Μωσῆς, τὴν ἀφλέκτως τὸ πῦρ τῆς Θεότητος, συλλαβοῦσαν ἐν γαστρὶ. Δανιὴλ δὲ σε εἶδεν, ὄρος ἀλατόμητον, ῥάβδον βλαστήσασαν, Ἡσαΐας κέκραγε, τὴν ἐκ ῥίζης Δαυῖδ.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

*(Κύριε, ἐλέησον.)*

indivisible, it is divided; though one, it is three: Father, Son and Spirit of Life, together guarding all things. [KW]

Both now. **Theotokion.**

Who has ever heard of a virgin that bore child and a mother that knew not man? O Mary, this miracle hast thou accomplished, but tell me how? 'Do not enquire into the mystery of my childbearing: it is altogether true, yet beyond man's understanding.' [KW]

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

With all mankind let us offer thankful praise to God, as we now behold and kiss the holy Cross. Understand, ye demons, and submit to the Cross; understand, ye barbarian peoples, and submit to it: for God is with us.

[KW]

**Heirmos (NM). Mode 3.**

In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [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.)*

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν  
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι,  
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,  
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Ὡρολογίου ---

### ΧΟΡΟΣ

#### Φωταγωγικά

#### Ἦχος γ'.

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

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

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

### ΑΝΑΓΝΩΣΤΗΣ

#### Οἱ Αἱνοί. (διαβαστά)

#### Ψαλμὸς PMH' (148).

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·  
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε  
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε  
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε  
αὐτόν ἡλῖος καὶ σελήνη, αἰνεῖτε αὐτόν  
πάντα τὰ ἄστρα καὶ τὸ φῶς. Αἰνεῖτε αὐτόν

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 3.

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

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

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

### READER

#### Lauds. (read)

#### Psalms 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.

οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν. Ἐστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία καὶ πάντα τὰ κτήνη, ἐρπετὰ καὶ πετεινὰ πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου· ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῷ ἐγγίζοντι αὐτῷ.

### Ψαλμὸς ΡΜΘ'(149).

Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν. Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ. Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν

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]

### Psalms 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

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

**Ψαλμὸς PN' (150).**

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ· αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ· αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ· αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

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

**Δοξολογία (διαβαστά)**

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρός, ὁ αἰρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἰρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς

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



Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.  
 Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,  
 καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,  
 καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,  
 καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ  
 γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·  
 ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.  
 Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με  
 τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός  
 μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί  
 σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός  
 σου τοῖς γινώσκουσί σε. Καταξίωσον,  
 Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους  
 φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε,  
 ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν  
 καὶ δεδοξασμένον τὸ ὄνομά σου εἰς  
 τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ  
 ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν  
 ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν  
 με τὰ δικαιώματά σου. Εὐλογητὸς εἶ,  
 Δέσποτα· συνέτισόν με τὰ δικαιώματά  
 σου. Εὐλογητὸς εἶ, Ἄγιε· φώτισόν με τοῖς  
 δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν  
 αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.  
 Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ  
 δόξα πρέπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ  
 Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς  
 αἰῶνας τῶν αἰώνων. Ἀμήν.

#### ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν  
 τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

## ΙΕΡΕΥΣ

Ὅτι Θεὸς ἐλέους, οἰκτιρμῶν, καὶ  
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

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.

(Ἀμήν.)

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

**ΔΙΑΚΟΝΟΣ**

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ** (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ ταπεινὰ ἐφορῶν, καὶ τῷ παντεφύρῳ σου ὄμματι ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου Ἄγιε Ἀγίων· ἔκτεινον τὴν χειρὰ σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

Σὸν γὰρ ἐστὶ τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΧΟΡΟΣ**

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἰδιόμελον. Ἦχος πλ. β'.**

Ἀρίστην ὁδὸν ὑψώσεως Χριστέ, τὴν ταπεινῶσιν ἔδειξας, σεαυτὸν κενώσας, καὶ μορφὴν δούλου λαβών, τοῦ Φαρισαίου τὴν μέγαλαυχον εὐχὴν μὴ προσιέμενος, τοῦ δὲ Τελώνου τὸν συντετριμμένον στεναγμόν, ὡς ἱερεῖον ἄμωμον, ἐν τοῖς ὑψίστοις προσδεχόμενος· διὸ καὶ γὰρ βοῶ σοι Ἰλάσθητι ὁ Θεός, Ἰλάσθητι, Σωτήρ μου καὶ σῶσόν με.

(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. 2.**

Thou Thyself hast shown us, O Christ, that the best path to exaltation is humility; and Thou hast emptied Thyself and taken the form of a servant. Thou hast not hearkened to the arrogant prayer of the Pharisee, but in heaven Thou hast accepted the contrite sighing of the Publican as a blameless sacrifice. Therefore I also cry to Thee: Be merciful to me, O God, be merciful, my Saviour, and save me. [KW]

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

Αἰσίστην ὁδὸν ὑψώσεως Χριστέ, τὴν ταπεινῶσιν ἔδειξας, σεαυτὸν κενώσας, καὶ μορφὴν δούλου λαβὼν, τοῦ Φαρισαίου τὴν μέγαλαυχον εὐχὴν μὴ προσιέμενος, τοῦ δὲ Τελώνου τὸν συντετριμμένον στεναγμόν, ὡς ἱερεῖον ἁμώμον, ἐν τοῖς ὑψίστοις προσδεχόμενος· διὸ καὶ γὼ βοῶ σοι· Ἰλάσθητι ὁ Θεός, Ἰλάσθητι, Σωτὴρ μου καὶ σῶσόν με.

**Μαρτυρικόν.**

**Ἦχος πλ. β'.**

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

Κύριε, ἐν τῇ μνήμῃ τῶν Μαρτύρων σου, πᾶσα ἡ Κτίσις ἐορτάζει, οἱ οὐρανοὶ ἀγάλλονται σὺν τοῖς Ἀγγέλοις, καὶ ἡ γῆ εὐφραίνεται σὺν τοῖς ἀνθρώποις· Αὐτῶν ταῖς παρακλήσεσιν, ἐλέησον ἡμᾶς.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. β'.**

Αρχαγγελικὸν λόγον ὑπεδέξω, καὶ Χερουβικὸς θρόνος ἀνεδείχθη, καὶ ἐν ἀγκάλαις σου ἐβάστασας Θεοτόκε, τὴν ἐλπίδα τῶν ψυχῶν ἡμῶν.

**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]

Thou Thyself hast shown us, O Christ, that the best path to exaltation is humility; and Thou hast emptied Thyself and taken the form of a servant. Thou hast not hearkened to the arrogant prayer of the Pharisee, but in heaven Thou hast accepted the contrite sighing of the Publican as a blameless sacrifice. Therefore I also cry to Thee: Be merciful to me, O God, be merciful, my Saviour, and save me. [KW]

**For the Martyrs.**

**Mode pl. 2.**

**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]

At the commemoration of Thy martyrs, O Lord, the whole creation keeps festival; heaven with the angels greatly rejoices, and the earth with all mankind makes glad. At their intercessions have mercy upon us. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 2.**

Thou hast accepted the word of the Archangel and wast revealed as throne of the cherubim, and in thine arms, O Theotokos, thou hast held the Hope of our souls. [KW]

## ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ  
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψίστε· τοῦ  
ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν  
ἀλήθειάν σου κατὰ νύκτα.

## ΑΝΑΓΝΩΣΤΗΣ

### Τρισάγιον.

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

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

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

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

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

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

## ΙΕΡΕΥΣ

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

## 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.



(Αμήν.)

**ΑΝΑΓΝΩΣΤΗΣ**

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

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

**ΙΕΡΕΥΣ**

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

(Αμήν.)

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

(Αμήν.)

**Εὐχὴ τοῦ Ἁγίου Ἐφραίμ**

Κύριε καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ ἀργολογίας μὴ μοι δῶς.

(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.

Πνεῦμα δὲ σωφροσύνης,  
ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης  
χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ  
ὁρᾶν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν  
τὸν ἀδελφόν μου.

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

*Ἀναστάντες δὲ ἀρχόμεθα· "Δεῦτε  
προσκυνήσωμεν..." καὶ ψάλλομεν τὴν Α' Ὠραν.*

ἦ·

### ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

### ΙΕΡΕΥΣ

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

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

(Ἀμήν.)

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.)