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The Service of Matins

for Wednesday, March 13, 2019

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

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

**Menaion - March 13
Memory of the Translation of the Relic St. Nikephoros of
Constantinople**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode pl. 4. On Wednesday Morning

On Wednesday of the First Week at
Matins

Menaion - March 13

Memory of the Translation of the Relic St.
Nikephoros of Constantinople

MATINS

CHOIR

Mode pl. 4.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - -

Triadic Hymns

Mode pl. 4.

Daring not to look at You, the Cherubim
in flight jubilantly cry out the inspired melody
of the Thrice-holy Hymn. We sinners join
them and also sing: Holy, holy, holy are You,
O God. By the power of Your Cross save us. [SD]

Glory.

With hearts in heaven, let us emulate
the Angels, and in fear let us bow before the
impartial Judge, as we shout the triumphal
praise: Holy, holy, holy are You, O God. By
the intercessions of the Saints save us. [SD]

Both now.

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

*The appointed Kathisma of the Psalter may be read,
i.e. Kathisma 19. There is no litany, but immediately the
following:*

From Triodion - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode pl. 4.

When the Robber saw the Author of life
hanging on the Cross, he said, "If He who is
crucified with us were not God incarnate, the
sun would not have hid its rays, nor would
the earth have quaked and trembled. I pray
You who endure everything, remember me, O
Lord, in Your Kingdom." [SD]

Verse: *Exalt the Lord our God, and worship
at the footstool of His feet.* [SAAS]

Mode pl. 4.

Between the two robbers, Your Cross was
a balance of justice. One was weighed down to
hell by the weight of his blasphemy, the other
floated up from his sins to the knowledge of
theology. O Christ God, glory to You. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. *By conceiving the wisdom.*

When the Ewe-lamb beheld hanging on the Cross * the Redeemer and Shepherd and Lamb of God, * she wept and she wailed with grief, * and she bitterly cried aloud, * "Now the world is receiving its redemption, and it leaps for joy; * whereas I see You crucified, and my heart burns inside of me. * In your tender mercy You endure crucifixion, * O God most benevolent, and long-suffering Lord of all." Now with faith we pray to her, * "O Virgin, show compassion to us, * and forgiveness of offences grant to us * who with faith duly honor your Son's holy suffering." [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 11. It would be followed by the short litany.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Triodion - - -

Kathisma II. From the Triodion.

Mode 2. *(not metered)*

Through your Passion, loving Lord, / you have given all men freedom from passions, / putting to death the passions of my flesh by your Cross. / Count me worthy, then, to see your divine Passion: / that having been well-pleasing to your glory in the fast, // I may receive your great and abundant mercy! [OCA]

Glory. Both now. **Stavrotheotokion.**

Mode 2. *(not metered)*

Beholding you, O Christ, stretched dead upon the tree, / your virgin Mother cried out with bitter tears: / My Son, what is this fearful mystery? / How do you give eternal life to all, // and yet suffer willingly a shameful death upon the Cross? [OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 12. It would be followed by the short litany.

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode 2. (not metered)

Lord, you have consecrated and given us this light-giving season of abstinence,/enable us all to pass through it in compunction and sincerity,/living in peace by the power of the Cross,//only Lover of mankind! [OCA]

Glory. Both now. **Stavrotheotokion.**

Mode 2. (not metered)

Guarded by the precious Cross of your Son,/pure Lady and Theotokos,/we easily turn away all the assaults of the enemy!/
Therefore we rightly call you blessed,//for you are the Mother of Light and the only hope of our souls! [OCA]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and

I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

PRIEST

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

Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

From Menaion - - -

CHOIR

Ode i. Mode 2. Heirmos.

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

Peoples, now come * and let us sing a song to Christ our God, * who by His prophet split the sea and through it led across * His people

and possession, out of Egyptian bondage, * for He was glorified. [SD]

Troparia.

Being held in the terrible grave of sins, raise me up by your immortal disposition and your compassionate hand, and make me live as compassionate and very merciful. [VPA]

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

Having acquired the four-part completeness belonging to the virtues and, as though having climbed in a chariot, you went from deeds to the winning post of divine vision. [VPA]

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

When you took up the pure life, Venerable one, you drank the divine and unmixed drink from the cup. Therefore, you also became a vessel of wisdom. [VPA]

Glory.

Having been driven away from your cathedra, glory, and flock by violent hands of the soul-destroying beasts of heresy, Venerable one, you now entered into the fold suitable to you. [VPA]

Both now. **Theotokion.**

By a word you conceived the Word of the Father and bore him in a manner beyond words, and after birth, beyond nature and reason, you still remained a virgin as before birth. [VPA]

From Menaion - - -

Ode iii. Mode 2. Heirmos.

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

Establish us in You, Lord, we pray to You,
* who mortified sin by Your crucifixion, *
and implant in us the fear of You * within the
hearts of Your servants who sing Your praise.

[SD]

Troparia.

Having the weapon of the Cross as a
breastplate, and outlining the divine imprint
of the Savior, you piously venerated it,
following the patristic teachings. [VPA]

*Verse: My heart is strengthened in the Lord;
my horn is exalted in my God. I smile at my
enemies; I rejoice in Your salvation.* [SAAS]

Having the weapon of the Cross as a
breastplate, and outlining the divine imprint
of the Savior, you piously venerated it,
following the patristic teachings. [VPA]

*Verse: Because no one is holy like the Lord,
no one is righteous like our God, no one is holy but
You.* [SAAS]

The flock, yearning for you, the shepherd,
runs to you who calls them by name and
drives away the wolves with the rod of faith,
O wise one. [VPA]

*Verse: Do not boast nor speak of high things;
let no arrogance come from your mouth.* [SAAS]

As of old Israel carried the body of the
divine and chaste Joseph, so now the Church
of Christ honors the bier of your relics. [VPA]

*Verse: For the Lord is the God of knowledge;
and God is preparing His actions.* [SAAS]

Theotokion.

Being a temple and holy dwelling of
the Logos, O Theotokos, become for me
propitiation for my errors, O bride of God. [VPA]

(read)

Intermediate Verses of Ode Three.

He weakened the bow of mighty men, and
those who are weak are girded with strength.

[SAAS]

Those who were full of bread were made
empty, and the hungry have forsaken the
land. The barren woman has borne seven, and
she who has many children has become feeble.

The Lord kills and makes alive; He brings
down to Hades and raises up.

The Lord makes poor and rich; He brings
low and lifts up.

He raises the poor from the earth. He lifts
the needy from the dung heap, to set them
among princely people and make them inherit
a throne of glory. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode iii. Mode 2. N/M (The wilderness.)

*Verse: The One who gives a prayer to the one
praying, He blesses with righteous years.* [SAAS]

Let us crucify our members through
abstinence;/and as it is written, let us be
vigilant in prayer,/living after the example of
him who suffered;/by his Passion, putting to
death the passions. [OCA]

Verse: The Lord makes His adversaries weak; the Lord is holy. [SAAS]

Rejecting the bitter food of sin,/let us seek to please Christ,/who of his own will tasted gall/and by the Cross cast down the author of evil. [OCA]

Verse: Let not the man of learning boast in his understanding, nor let the man of might boast in his might, nor let the man of riches boast in his riches. [SAAS]

Sin has become a habit for me,/and it drags me down to complete perdition./But by your Cross deliver me from my sinfulness,/compassionate Lord of many mercies! [OCA]

Verse: Only let the one who boasts boast in this: to understand and to know the Lord and to do justice and righteousness in the midst of the earth. [SAAS]

Theotokion.

Lady who bore the Master,/Queen of all creation,/set me free from bondage to the deceitful enemy! [OCA]

Canon 2 from the Triodion.

Ode iii. Mode 2. N/M (Establish us in You.)

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

[SAAS]

From the tree of the Cross/the flower of abstinence grows for all the world./Then let us accept the fast with love,/and take pleasure in the fruit of Christ's divine commandments.

[OCA]

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

Abstaining from the passions,/let us crucify our flesh for the sake of the Lord:/

by our life in Christ,/let us all show that the pride of the flesh is dead. [OCA]

Glory. For the Trinity.

I glorify three persons in one nature,/Father, Son and Spirit,/the one power of the Godhead,/one kingdom over all and one brightness! [OCA]

Both now. Theotokion.

Your childbearing, pure Lady, fills our hearts with fear,/for it is God who has become man,/beyond time, begotten from the Father,/and in the last days brought forth by you through a virgin birth. [OCA]

Glory to You, our God, glory to You.

I praise your crucifixion, O Christ,/and the piercing of your divine side,/from which each day I draw an immortal drink/and am sanctified. [OCA]

Heirmos Mode 2.

Establish us in Yourself, O Lord;/the wood of the Cross put sin to death,/and implanted the fear of You in our hearts/as we sing praises to You. [OCA]

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 3. N/M (Your confession.)

You crowned the Church with victories, having turned away the deceit of false doctrine, O Nikephoros who fittingly bore your name, and you sanctify the ends of the world through the gathering of your holy relics, venerable father. Entreat Christ God that great mercy be granted unto us. [VPA]

Glory. Both now. **Stavrotheotokion.**

Mode 3. Your confession.

When the undefiled Ewe of the Logos, * the immaculate Mother and Virgin, * watched as her Son who was born without labor from her * was at His Passion mistreated and crucified, * she as a mother lamented and cried aloud, * "Alas! My Child, how is it that You suffer now? * To rescue from the sinful passions all mankind." [SD]

From Menaion - - -

Ode iv. Mode 2. Heirmos.

Verse: Glory to Your strength, O Lord.

I have heard the report, O Lord, * of your eternal plan for our salvation, * and I glorified You, the only Friend of man. [SD]

Troparia.

For those who honor you, your bier becomes an ark of sanctification from which we draw a spring of healings. [VPA]

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

For those who honor you, your bier becomes an ark of sanctification from which we draw a spring of healings. [VPA]

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

You drove away heresies and secured the fold of your flock, fenced around by god-inspired teachings. [VPA]

Glory.

We honor, as is worthy, the myrrh-chest of your relics, blessed one, as it springs forth the aroma of life for the faithful. [VPA]

Both now. **Theotokion.**

We glorify you, noetic paradise who received in your womb the tree of life, O Virgin. [VPA]

From Menaion - - -

Ode v. Mode 2. Heirmos.

Verse: O Lord our God, grant us peace.

Lord, the provider of light, * and the Creator of the ages, we pray * that You will guide us in the light of Your all-holy commands. * Except for You, we do not know any other God. [SD]

Troparia.

Enemies are ashamed now and the leaders of heresies are raging seeing your bier being faithfully honored by the king and your entire flock, godly-minded one. [VPA]

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

[SAAS]

Enemies are ashamed now and the leaders of heresies are raging seeing your bier being

faithfully honored by the king and your entire flock, godly-minded one. [VPA]

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

Your holy bier drives away the evil spirits of demons like a fearsome whip and receives a victory of glory from God against them, O Nikephoros. [VPA]

Glory.

The furnace of your conscience being inflamed with the fire of the Spirit shows you as bright gold through faith, putting to shame the deceit of the heretics. [VPA]

Both now. **Theotokion.**

Having been beautified, august one, by the coming of the holy Spirit, you nurse God with your breasts and hold in your arms the one who holds all creation in his palms. [VPA]

From Menaion - - -

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.

You suffered passions for the faith, for the holy tradition of the Fathers you endured exiles, through which you gained most honorable glory. [VPA]

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

You suffered passions for the faith, for the holy tradition of the Fathers you endured

exiles, through which you gained most honorable glory. [VPA]

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

Your steadfast faith and opposition shook the folly of the tyrants and made you a fiery pillar for the holy church, blessed one. [VPA]

Glory.

The Church is adorned with a rightly-divided crown, bearing your most bier and dust as bright pearls and most translucent stones, wise one. [VPA]

Both now. **Theotokion.**

Tongues of mortals and angels praise the unutterable manner of your birth-giving, glorifying you, Lady, who are more excellent than all created things. [VPA]

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 pl. 4.

O holy Martyrs, you became unwavering travelers on the narrow and hard way. For you endured the storm of temptations, and you adopted the way of life of the bodiless ministers. You proved to be the rock of patience and foundations of true belief. Intercede with Christ God on behalf of our souls. [SD]

Synaxarion.

From the Menaion.

On March 13 we commemorate the recovery of the relics of our father among the saints Nikephoros, Patriarch of Constantinople.

On this day we also commemorate the holy hieromartyr Publius, Bishop of Athens.

On this day we also commemorate the holy martyrs Aphricanus, Publius, and Terence; the services in their honor were held at the monastery called Paulopetriton.

On this day St. Habib of Hermoupolis died when he was tied to stone and cast into a river.

On this day the holy martyr Christina of Persia died after being scourged.

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

From Menaion - - -

CHOIR

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]

Troparia.

By divine power your burial vestments are kept incorrupt and your bones, by divine command, not having lost their union, scatter all evil thought of unclean spirits. Blessed are you, the God of our Fathers. [VPA]

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

By divine power your burial vestments are kept incorrupt and your bones, by divine command, not having lost their union, scatter all evil thought of unclean spirits. Blessed are you, the God of our Fathers. [VPA]

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

The shepherd, the pious king, the flock, and the fulness of those in authority come together and placing their necks beneath your glorious bier and though it were a most holy ark, God-inspired one, they guard it and chant: Blessed are you, the God of our Fathers.

[VPA]

Glory.

Let the divine shrine of the disciples of the Logos honorably receive the companion of the apostles and the co-dweller of the martyrs, the foundation of the hierarchs and the one had the manner of life of the devout. Blessed are you, the God of our Fathers. [VPA]

Both now. **Theotokion.**

When Moses saw the bush on Sinai aflame but not unconsumed by fire, your womb was being foreshadowed, all-pure mother; for having conceived the divine fire, you were not burned, but gave birth to the creator of light, both God and man. [VPA]

Ode viii.

From Menaion - - -

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. [SD]

Troparia.

By the breeze of the Spirit, you reached the harbor of life away from many swells, Father, and preserved the goodness of your load with unwetted feet and now you enjoy the peace that is there. [VPA]

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

By the breeze of the Spirit, you reached the harbor of life away from many swells, Father, and preserved the goodness of your

load with unwetted feet and now you enjoy the peace that is there. [VPA]

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

The faithful, seeing the grave which had been acquired as a new altar of sacrifice, in which divine whole-burnt offerings are performed faithfully, and within a most holy dead one, we greatly exalt the wonder-working God. [VPA]

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

The flock manifestly rejoices, the choir of monastics brightly celebrates with the sacred purple robe of faithful kings and every gathering of rulers, at the august recovery of your relics. [VPA]

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

Theotokion.

By a word conceiving the Word seedlessly in your womb, why by a word put all things together, God-bearing pure virgin, you gave birth beyond words to the one whom we greatly exalt unto all the ages. [VPA]

(read)

Intermediate Verses of Ode Eight.

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

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

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

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

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

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

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

(sung)

From Triodion ---

Canon 1 from the Triodion.

Ode viii. Mode 2. (N/M)

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

The furnace of the passions consumes my soul; but quench its flames with the dew of your mercy. For in your loving self-abasement, Benefactor, at your crucifixion, you made a fountain of dispassion to flow from your pure side. [OCA]

Verse: Bless the Lord, O children of men.

Bless the Lord, O Israel, and exalt Him beyond measure, unto all the ages. [SAAS]

Lifted upon your Cross, O Christ, you have raised up us who were fallen into evil. I have slipped into the pit of sin: bring me out and set me firmly on the rock of salvation, that I may glorify your power! [OCA]

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

Through the lance that pierced your side, O Christ, you have cleansed my heart from the corruption of the passions. I have been wounded by the poisonous bite of the serpent. Heal me in every part, and make me walk unwavering upon the paths of God. [OCA]

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

[SAAS]

Theotokion.

We all honor you, undefiled Virgin, as the shining lamp and candlestick in which the fire of the Godhead came to dwell, bringing light to those held fast in the dark night of corruption, and we bless your childbearing, blessed among women! [OCA]

Canon 2 from the Triodion.

Ode viii. Mode 2. N/M (Within the bush.)

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

Let us praise him who was crucified upon the tree between two thieves, and whose life-

giving side was pierced by a lance:/let us
bless and exalt him above all forever! [OCA]

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

You judge all the earth/yet you stood
before the judgment seat of Pilate!/You were
struck on the cheek, mocked, and hung upon
the Cross,/delivering me forever from the
corruption of the ancient sin. [OCA]

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

For the Trinity.

One Godhead, one in Trinity,/undivided
in nature yet divided in persons,/power that
shall never be destroyed,/Father, Son and
Spirit,/we sing your praises forever! [OCA]

Both now. **Theotokion.**

Pure Mother of God,/gate of heaven and
door of salvation,/accept the prayer of all
Christians who call you blessed forever! [OCA]

Glory to You, our God, glory to You.

Cross of Christ, you brought the thief to
faith,/and me to the season of the fast:/count
me worthy to venerate you at the feast that is
to come,/and to be filled with life. [OCA]

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

Heirmos Mode 2.

Let us praise him, who of old in the
burning bush/prefigured the miracle of the
Virgin to Moses on Sinai:/let us bless and
exalt him above all forever! [OCA]

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]

*Verse: He has shown strength with His arm;
He has scattered the proud in the imagination of
their hearts. [NKJV]*

Greater in honor than the Cherubim, and
in glory greater beyond compare than the
Seraphim; you without corruption gave birth

to God the Word, and are truly Theotokos.
You do we magnify. [SD]

Verse: *He has put down the mighty from their thrones, and exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty.* [NKJV]

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

Verse: *He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever.* [NKJV]

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

From Menaion - - -

Ode ix. Mode 2. Heirmos.

Being from God, God the Logos * with ineffable wisdom * came to make Adam new who fell through food * into corruption unhappily. * From an all-holy Virgin * ineffably He took on flesh for us. * We the faithful extol Him concordantly and magnify. [SD]

Troparia.

The multitude of angels dances together at your festal assembly and your praises, Father; glorifying the most holy Lord with thanksgiving and peace from above is gained for us who with faith honor your relic. [VPA]

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

The multitude of angels dances together at your festal assembly and your praises, Father; glorifying the most holy Lord with thanksgiving and peace from above is gained for us who with faith honor your relic. [VPA]

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

Let the grace of your relics become for us as a pure medicine in illness and your intercession, all-famous one, a mercy-seat for all and a path towards God and a guide to those who with faith and yearning honor you, blessed one. [VPA]

Verse: *As he spoke by the mouth of his holy prophets from of old. That we should be saved from our enemies, and from the hand of all who hate us.* [RSV]

Having put the armor of victorious weapons upon the faithful by your hand, O King of all, strengthen the kings against the barbarians, and by the intercessions of the venerable one guard your Church as a firm foundation of the faithful, teaching rightly. [VPA]

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

Theotokion.

Having gained you as a strong protection, hope, wall, anchor, steadfast shelter, unconquerable support, peaceful harbor, and only refuge, pure one, we are all saved, all-hymned one. [VPA]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 2. N/M (To us has appeared.)

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

The fast shines upon us all more brightly than the sun,/bringing us the light of grace,/proclaiming the good news of the Cross,/of the precious Passion, and the saving day of resurrection. [OCA]

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

Let us love chastity and flee from fornication!/Let us gird our loins with temperance/that we may appear in purity before the Savior of our souls,/who alone is pure and desires the purification of us all. [OCA]

Verse: And you, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways. [RSV]

Nail my flesh with the fear of you, O Christ,/who nailed the sin of adam to the Cross./Loose me from the bonds of wickedness,/shatter the arrows of the evil one with your lance, Master,/and deliver me from all his mischief. [OCA]

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

Theotokion.

Virgin Maiden who bore Christ the Lord,/the just Judge who alone is ever ready to forgive,/deliver me from the condemnation,/from the fire and torment that I deserve to suffer/because of my delight in sin. [OCA]

Canon 2 from the Triodion.

Ode ix. Mode 2. (N/M)

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

How great is your compassion!/For you endured the Cross, the nails and the lance, O Lord,/for my sake, who am condemned to corruption./Therefore I sing your praises, O Christ. [OCA]

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

With all your people we worship your life-giving Passion,/the Cross, the reed, the nails and the lance,/praising you in our songs, O Christ. [OCA]

Glory. For the Trinity.

Unity in three coequal persons,/undivided Trinity, sovereign nature:/Father, Son and divine Spirit, save us all. [OCA]

Both now. Theotokion.

Rejoice, Theotokos,/mercy-seat of the world!/As we ever run to you for refuge,/we sinners gain reconciliation with God. [OCA]

Glory to You, our God, glory to You.

Through your Cross, loving Lord, you gave me strength: grant that I may complete the time of the fast with good courage! [OCA]

Heirmos Mode 2.

Pure and undefiled Virgin Mother,/in faith and true devotion/we magnify you in song as the Theotokos! [OCA]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim, and in glory greater beyond compare than the

Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion - - -

CHOIR

Photagogic Hymns

Mode pl. 4.

You are the light, O Christ. In yourself illumine me, by the power of Your Cross, and save me. [SD]

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

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

READER

Lauds. *(read)*

Psalm 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall

greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication,

you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

For You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

Holy Lord, dwelling on high and beholding things below and, with your eye that observes all, keeping watch over the whole creation, to you we have bowed the neck of our soul and body, and we beseech you, O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above.

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - -

Idiomelon. Mode pl. 4.

Come, let us battle thoughts of passion through fasting,/shielding ourselves with spiritual wings/so that we may endure the enemy's storm with ease!/That we may be worthy of adoring the Cross/of the Son of God who was voluntarily slain for the world,/that we may spiritually celebrate the Savior's resurrection from the dead!/Ascending the mountain with the disciples,/we will glorify the one who received all authority from the Father,//the Son and Lover of mankind! [OCA]

Verse: *I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look*

to the hands of their masters, as the eyes of the maidservant look to the hands of her mistress, so our eyes look to the Lord our God until He shall have compassion on us. [SAAS]

Come, let us battle thoughts of passion through fasting,/ shielding ourselves with spiritual wings/ so that we may endure the enemy's storm with ease!/ That we may be worthy of adoring the Cross/ of the Son of God who was voluntarily slain for the world,/ that we may spiritually celebrate the Savior's resurrection from the dead!/ Ascending the mountain with the disciples,/ we will glorify the one who received all authority from the Father, // the Son and Lover of mankind! [OCA]

For the Martyrs.

Mode pl. 4.

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

Invincible martyrs of Christ,/ you defeated deceit with the power of the Cross/ and received the grace of eternal life!/ The threats of your torturers, you did not fear!/ You were glad of being wounded by them,/ and now your blood is the healing of our souls! // pray that our souls may be saved! [OCA]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. *N/M (What a paradoxal.)*

What is this sight I behold with my eyes, Master?/ The one who sustains all creation is raised on the wood!/ The one who gives life to all is made to die!/ The most pure Theotokos lamented in tears,/ when she beheld the God

and man on the Cross // who ineffably shone from her! [OCA]

PRIEST

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [SAAS]

READER

Trisagion Prayers.

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

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

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

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

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

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

PRIEST

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

(Amen.)

READER

Standing in your glorious church, O Theotokos, we think we are standing in heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

O Lord and Master of my life, do not permit the spirit of laziness and meddling, the lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit of prudence, humility, patience and love.

Yes, Lord and King, give me the power to see my own faults and not to judge my brother.

For you are blessed unto the ages of ages. Amen. [HC]

Then we begin the First Hour, saying: "Come let us worship..."

or:

READER

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

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

PRIEST

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

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

(Amen.)