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The Service of Matins

for Wednesday, March 20, 2019

**Triodion - Mode 1.
on Wednesday Morning**

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

**Menaion - March 20
Memory of our Devout Fathers who were killed in the Monastery
of St. Savas**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 1. On Wednesday Morning

On Wednesday of the Second Week at
Matins

Menaion - March 20

Memory of our Devout Fathers who were
killed in the Monastery of St. Savas

MATINS

CHOIR

Mode 1.

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 1.

As we are led up to a noetic and
immaterial perception of the bodiless hosts, by
means of physical depictions, and as we wait
for for the illumination, that comes from the
Godhead in three Hypostases, let us imitate
the cherubim, and sing aloud the Thrice-Holy
Hymn to the only God: Holy, holy, holy are

You, our God. By the power of Your Cross
save us. [SD]

Glory.

Let us join all the heavenly hosts, and
send up our Thrice-holy praise, and like the
cherubim shout to Him who is in the highest:
Holy, holy, holy are You, our God. By the
intercessions of the Saints save us. [SD]

Both now.

Having risen from sleep, we fall before
You, O good One, and to You we sing the
Angels' hymn, O almighty One: 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 19. There is no litany, but immediately the
following:*

From Triodion - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode 1.

Beholding Thee, O Christ, stretched dead
upon the Cross, Thine all-blameless Mother
cried aloud: 'O my Son, coeternal with the
Father and the Spirit, what is this ineffable
act of love, whereby in Thy compassion,
Master, Thou hast saved the work of Thine
own hands?' [KW]

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

Mode 1. The stone had been secured.

We venerate the wood of Your Cross, O
humane One, * for You, the Life of all, were
nailed to it. * O Savior, You opened Paradise
to the Robber who approached You with
faith. * He was counted worthy of delight,

confessing You, Remember me, O Lord. *
Accept us as You accepted him, * for we
now cry, We all have sinned * against Your
compassion. Do not abandon us. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode 1.

When the Ewe saw Thee her Lamb,
crucified upon the Tree between two thieves,
O longsuffering Word, Thy side pierced by a
spear, with a mother's grief she cried: 'O my
Son, what is this strange and fearful mystery?
How is God, whom nothing can contain,
confined within a tomb? What words have
power to describe these things? Forsake not
Thy Mother, my beloved Child.' [KW]

*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 1.

Stretched and slain upon the Cross, O
Christ, Thou hast slain the serpent our enemy,
the source of evil, and those killed by his sting
Thou hast restored to life. Therefore I entreat
Thee, Saviour: Give life to my deadened soul,
for to Thee I turn in prayer and fasting. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 1.

When the Ewe saw Thee her Lamb, O
Christ, hanging upon the Cross between two
malefactors, she cried aloud weeping and
lamenting bitterly: 'O dearest Child, what is
this wonder that I see?' 'O most pure Mother,'
so Thou hast replied, 'this same wonder shall
bring life to all the world.' [KW]

*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 3. (NM) *Gabriel marvelled.*

As we pass through the solemn time of abstinence, let us blow the trumpet and loudly cry: Through the Fast life has blossomed in the world, and the death that comes from self-indulgence is destroyed. By the power of Thy Cross, O Christ the Word, guard Thy servants in the Fast. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 3. *Seeing how beautiful.*

O tender-loving Lord, willingly You endured * a very painful death by being crucified. * And as Your Mother witnessed it, O Christ, she was pricked to the heart. * She was aching inwardly * and lamented maternally. * At her earnest prayers for us, * with compassion take pity on us, * and save the world, O merciful Savior * who takes away the sin of the world. [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, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and

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

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

From Menaion ---

CHOIR

Canon for the Saints.

Ode i. Mode pl. 4. Heirmos

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

O you people, let us send up a song unto our wondrous God who rescued Israel from bondage. Let us sing a triumphal hymn and cry: We shall sing to You, the only Master. [un]

Troparia.

Saints of God, intercede for us.

O Christ, I desire to extol in hymns that God-inspired multitude of Your sacred Martyrs. Grant me the light of knowledge from Heaven by their entreaties so that I may sing a divinely resounding song. [un]

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

O Christ, I desire to extol in hymns that God-inspired multitude of Your sacred Martyrs. Grant me the light of knowledge from Heaven by their entreaties so that I may sing a divinely resounding song. [un]

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

O God-bearing Martyrs, you governed your members and senses with the law of the Spirit. You became sanctified temples of God. O wise Fathers, Christ dwelt in you. [un]

Glory.

O Saints, you forsook corruptible bliss on earth. You disdained as a dream the delightful things of life. You chose the Kingdom of

Christ, which cannot be shaken. You now revel in joy there. [un]

Both now. **Theotokion.**

O Theotokos, you were shown to be the mystical ladder seen by Jacob, the elect of God. He who is without flesh ineffably came forth from you. He changelessly became flesh from you in a manner past all telling. [un]

From Menaion - - -

Canon for the Saints.

Ode iii. Mode pl. 4. Heirmos.

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

O divine Master Builder of the celestial vault, * as the only Lover of mankind and Founder of the Church, * establish me, O Lord, in love for You, the believers' * firm support and ultimate object of all desire. [SD]

Troparia.

Saints of God, intercede for us.

O Saints, you completely consecrated the whole of your spotless lives to the All-seeing God. You offered yourselves as divine whole-burnt offerings and received a perfect crown.

[un]

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]

O Saints, you completely consecrated the whole of your spotless lives to the All-seeing God. You offered yourselves as divine whole-burnt offerings and received a perfect crown.

[un]

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

You were longing. for separation from tumult as genuine disciples of the God-bearing Sabbas. You walked the afflicted way without turning back. You attained to life that has no end. [un]

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

O righteous ones, you cultivated the seed of the Word sown in you. You watered it abundantly with the streams of your tears. You bare fruit and offered to God the ear of wheat that brought forth a hundredfold. [un]

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

Theotokion.

O Lord, You dwelt bodily in the Virgin. You were seen by men as it was meet for You to be seen. O only Friend of man, You have shown her to be the true Theotokos and the help of the faithful. [un]

(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 1. (NM)

Let my heart be established.

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

O Word of God, supreme in love, Thou hast stretched out Thine hands upon the Cross, and in Thy mercy and compassion Thou hast slain the sin of Adam, who of old stretched out his hand to the tree of knowledge. [KW]

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

Firmly establish my understanding, for it has been shaken through the envy of the serpent. By Thy Passion subdue the assaults of the passions, for through Thy sufferings Thou hast granted to the faithful freedom from the passions. [KW]

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]

The grace of the Fast shines upon us, driving out the darkness of sinful self-indulgence. Behold, now is the accepted time and the day of salvation. Let us bring forth fruits of repentance and we shall live. [KW]

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.

I have fallen from the cliff of lust, and through my grievous sins I have plunged into the abyss. O pure Virgin, restoration of the fallen, raise me up and lead me back to life. [KW]

Canon 2 from the Triodion.

Ode iii. Mode 3. (NM)

Firmly establish our hearts.

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

[SAAS]

By Thy Cross, O Lord, firmly establish our hearts, that we may not turn away from Thee to evil thoughts or wicked acts. [KW]

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

When they beheld Thy Passion, O Master, heaven and earth were altered visibly, and bore witness that Thou art in truth the King of all. [KW]

Glory. **For the Trinity.**

O Most Holy Trinity, equal in honour and without beginning; O Unity, Creator of life and Source of light, Father, Son and Spirit, save me. [KW]

Both now. **Theotokion.**

O Mother of God who hast not known man, thou alone hast borne God, yet hast not lost the incorruption of thy pure virginity; but thou hast remained inviolate, as thou wast before childbirth. [KW]

Glory to You, our God, glory to You.

I venerate and praise Thy scarlet robe, O Jesus, the nails and the Cross, the sponge and the lance, that have given life to all the world.

[KW]

Heirmos. Mode 3.

Firmly establish our hearts, O Lord, and give us light that we may sing Thy praise and glorify Thee for ever, O Saviour. [KW]

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 (When he perceived.)

O you godly ascetics, you slew the fiery movements and uprisings of the passions by your abstinence and fasting. You followed the footsteps of God, Who alone devised all things that were made. You offered yourselves

as sacred, acceptable sacrifices. You were beaten and were put to death, cut asunder with violence, at the hands of the barbarians.

[un]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. N/M (When he perceived.)

O Virgin, by the blessed Cross of your Son and God, we are protected at all times. We boldly drive off the assaults of the demons and their machinations. All we the generations with fervent love extol you, the Mother of God, in very truth, as is due. O spotless Maiden, we call you blessed, as you foretold. Therefore grant forgiveness of sins to us by your prayers. [un]

From Menaion - - -

Canon for the Saints.

Ode iv. Mode pl. 4. Heirmos

Verse: Glory to Your strength, O Lord.

O Lord, you have mounted on Your Apostles as on horses. You have taken their reins in Your hands. Your horsemanship is become salvation for them that sing with faith: Glory to Your power, O Lord. [un]

Troparia.

Saints of God, intercede for us.

The enemy beheld the invincible Martyrs enduring patiently in a waterless desert They were excelling in manifold virtues. The enemy was evilly inflamed, being filled with envy. He turned upon their arrays. [un]

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

The wily dragon rooted error in his own disciples. He aroused the tribes of the barbarians to mutual slaughter. He strove

through them to drive the righteous from the wilderness. [un]

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

The adversary of the just wildly encompassed the environs, desiring, but unable, to put to flight the invincible ones. He marched against them visibly, though he was conquered invisibly. [un]

Glory.

The author of evil attacked with his spearmen, for he filled with poison and madness. He assailed the blessed men like a beast and with incurable wounds spilled pools of blood. [un]

Both now. **Theotokion.**

You are the adornment of the Apostles and the stronghold of the holy Martyrs, O Virgin and Mother. You are the boast of the righteous and the preservation of those who faithfully sing: Glory to Your power, O Lord.

[un]

From Menaion - - -

Canon for the Saints.

Ode v. Mode pl. 4. Heirmos.

Verse: O Lord our God, grant us peace.

Why, O Lord, have You cast me * away from Your countenance, O never-setting Light, * and this foreign darkness * now has covered me, mis'erable that I am? * Do, I pray, convert me, and to the light of Your commandments * guide my ways, I entreat You most fervently.

[SD]

Troparia.

Saints of God, intercede for us.

O Savior, initiated and instructed by You in the ordinance of perfect love, the righteous

laid down their lives for their friends. They imitated Your voluntary sacrifice on behalf of man. [un]

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

[SAAS]

O Savior, initiated and instructed by You in the ordinance of perfect love, the righteous laid down their lives for their friends. They imitated Your voluntary sacrifice on behalf of man. [un]

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

O Christ, Your command proved stronger than death. It surpassed the nature born of the will of the flesh by far. The godly-minded chose to die gloriously for their friends by submitting to Your law. [un]

Glory.

O righteous Fathers, you were sprinkled in soul with the spiritual hyssop by means of Baptism. You were again sprinkled with your own blood. You were tried like gold in a prison of fire. You were offered unto Christ as a sweet-smelling sacrifice. [un]

Both now. **Theotokion.**

O all-pure one, because you have maternal boldness with your Son, we pray that you do not overlook your care for us as your kinsmen. You alone do we Christians offer as a gracious conciliation unto the Master. [un]

From Menaion - - -

Canon for the Saints.

Ode vi. Mode pl. 4. Heirmos

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

From the deep of sins have I cried to the Lord, Who is able to save me. He led my life up out of corruption, because He is the Friend of man. [un]

Troparia.

Saints of God, intercede for us.

The servants of Christ did not cower before the tyrants' threats. They had already made their life a continual meditation on death. [un]

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

The servants of Christ did not cower before the tyrants' threats. They had already made their life a continual meditation on death. [un]

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

The impious desired to become rich. They mercilessly tormented those non-possessors who had cast aside corruptible things and laid hold on the incorruptible. [un]

Glory.

The athletes of Christ were clothed with invincible strength. They defeated the wanton pride of the noetic adversary and of the barbarians. [un]

Both now. **Theotokion.**

O all-blameless Virgin, the reigning Lord descended upon you as upon a swift cloud, so

that He might destroy the hand-wrought idols of Egypt. [un]

Heirmos.

From the deep of sins have I cried to the Lord, Who is able to save me. He led my life up out of corruption, because He is the Friend of man. [un]

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 1.

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, as the only One who loves humanity. [SD]

Synaxarion.

From the Menaion.

On March 20 we commemorate the holy fathers who were murdered by the Bedouins in the Monastery of St. Savas the Sanctified.

On this day we also commemorate our devout father and confessor Niketas, Bishop of Apollonia.

On this day we also commemorate the holy seven women martyrs in Amisos: Alexandria, Claudia, Euphrasia, Matrona, Juliana, Euphimia, and Theodosia.

On this day the holy martyr Rodian died by the sword.

On this day St. Aquila the Eparch died by the sword.

On this day St. Lollion reposed after being beaten with fists.

On this day St. Emmanuel died by the sword.

The holy new martyr Myron the Cretan, who witnessed on Crete in the year 1793, died by hanging.

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

From Menaion - - -

CHOIR

Canon for the Saints.

Ode vii. Mode pl. 4. Heirmos.

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

Those Servants from Judea, * who of old were deported and sent to Babylon, * once treaded on the fire * of the furnace by holding * to the faith in the Trinity * and chanted: Blessed are You the God of our fathers. [SD]

Troparia.

Saints of God, intercede for us.

Both warlike bodies of adversaries, the visible and the invisible, were dumbstruck. They beheld the Martyrs in their tortures singing the hymn: Blessed is the God of our Fathers. [un]

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

O Christ our Redeemer, God of our Fathers, those who were espoused to You were wounded with the love of You, Who are in truth the only Beloved. Those who fled to You for refuge counted kin and fatherland and wealth as nought. [un]

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

O Christ, the barbarians' thirst for blood could not drive away Your lovers of divine worship in the wilderness. They did not fear them that destroy the body, since they held fast to Your commandments as an unshakeable foundation. [un]

Glory.

O Christ, they transferred all their desire from the world unto You. Armed with anger against sin alone, Your servants became well pleasing unto You, O Lord, by employing this all-wise purpose. [un]

Both now. **Theotokion.**

O you who walk in the light of the Lord, come, let us praise the divine gate of the King of kings, the immaculate Mary. She is truly the Mother of God and the hope of our souls. [un]

Ode viii.

From Menaion - - -

Canon for the Saints.

Ode viii. Mode pl. 4. Heirmos.

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

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

Troparia.

Saints of God, intercede for us.

As they rivalled the heavenly orders, the peers of the Angels chanted in night-long vigils: O all you works, bless Christ unto the ages. [un]

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

O Master, you took up the Cross. The Martyrs followed after You with their whole soul, chanting: O all you works, bless Christ unto the ages. [un]

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 all-blessed Fathers were crushed with rods and enduring showers of stones. They clung to virtue, crying out: O you works, praise Christ unto the ages. [un]

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 blessed men were cleansed in body and soul and spirit by every means. They sang

unto Christ: O all you works, bless Him unto all the ages. [un]

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

The blessed men were cleansed in body and soul and spirit by every means. They sang unto Christ: O all you works, bless Him unto all the ages. [un]

(read)

Intermediate Verses of Ode Eight.

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

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

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

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

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

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

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

(sung)

From Triodion ---

Canon 1 from the Triodion.

Ode viii. Mode 1. (NM)

Christ our God preserved.

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]

In the abundance of Thy mercy Thou hast accepted to be numbered with the transgressors: blot out my sins, that in faith I may glorify Thee 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]

O Lord, and heal the agony of my heart that is pierced by evil demons with the arrow of wickedness. [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]

With the blood that flowed from Thy side, wash clean my heart, blackened by the defilement of sin, that I may glorify Thee 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.

O Virgin, unhusbanded thou hast borne the heavenly Ear of wheat who feeds all things by His divine power: fill my hungry and humiliated soul. [KW]

Canon 2 from the Triodion.

Ode viii. Mode 3. (NM) In His divine power.

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

Rejoice, O Cross, for by thy power the thief in a single moment acknowledged Christ's divinity, crying: 'Lord, remember me in Thy Kingdom.' Make us also sharers in that Kingdom. [KW]

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

Pierced with a spear, O Christ, Thou hast turned back the sword of fire and opened Paradise again to mortal men. Let us enter there and rejoice for ever in the immortal life that comes from Thee. [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.

With the Father we worship the Son and the Holy Spirit in unity of essence, and from our mouths of clay we cry without ceasing: Glory in the highest to God in Trinity. [KW]

Both now. **Theotokion.**

Thou alone, O full of divine grace, hast given birth while still remaining virgin. O great mystery, dread and marvellous! For thou hast borne God made flesh, the Saviour of the world. [KW]

Glory to You, our God, glory to You.

O Cross of Christ, the hope of the ends of the earth, grant that through thy piloting we

may pass calmly over the sea of the holy Fast, and save us from the tempest of sin. [KW]

We praise and we bless and we worship the Lord.

Heirmos. Mode 3.

In His divine power the Lord descended into the flames and was seen walking with the Children of the Hebrews: O ye priests, bless 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.

Megalyrnarion. Mode pl. 4.

Verse: *My soul magnifies the Lord, and my spirit has rejoiced in God my Savior.* [NKJV]

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

Verse: *For He has regarded the lowly state of His maidservant; for behold, henceforth all generations will call me blessed.* [NKJV]

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

Verse: *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Saints.

Ode ix. Mode pl. 4. Heirmos.

The heavens were astounded as a result, * and the ends of the earth were astonished, inasmuch as God * bodily appeared to the human race, * O Theotokos, coming forth * from your virgin womb which indeed became * more spacious than the heavens. * And

therefore by the orders * of men and angels
you are magnified. [SD]

Troparia.

Saints of God, intercede for us.

The athletes trained themselves in diverse struggles and had overcome the devices of the ruler of the world. The athletes put the madness of the barbarians to shame with courage and godliness. They patiently endured their assaults. Therefore they have also received twofold crowns from the just Judge of the contest. [un]

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

O blessed Fathers, you passed your lives in asceticism in dens and caves. You were shut up in a lightless cavern with a narrow opening. You were reddened with your blood and choked in burning heat with the smoky fumes of the smouldering fire. You proved to be victors who carried off the trophy. [un]

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

We praise the conflicts wherein you wondrously strove against sin and vigorously withstood as glorious soldiers of Christ. For you magnificently overcame. Now you stand with the orders of the Saints. Remember us before the All-highest. [un]

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]

You are filled with the triply-shining brightness in the Heavens together with Sabbas your father and instructor as his

genuine sons. Intercede for us, your fellow disciples and the singers of your praise, so that peace may be granted to all the churches and salvation to our souls. [un]

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

Theotokion.

O Artificer, You who were born of a Virgin, cast down the haughty brow and arrogance of our enemies and the counsels of those of evil belief. Being God, Make steadfast and unshakeable the assembly of the faithful. Exalt our horn and make us strong in faith, so that we all may magnify You. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 1. (NM) *Let us honour in hymns the Theotokos.*

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]

Elisha, so it is written, after fasting brought the dead child back to life: let us also fast, killing all our carnal thoughts, that in the Age to come we may receive eternal life. [KW]

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

Woe to thee, my soul! Fearful is the court of judgement, and terrible the sentence of the Judge. Make haste, repent, be reconciled to Christ, who was nailed for thy sake on the Cross and has delivered the faithful from condemnation. [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]

O Christ who at Thy Crucifixion hast granted the thief a swift and easy entry into Paradise, open unto me the gates of repentance and close within me the doors through which the passions enter, that I may glorify Thy love. [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.

I am cast into the deep waters of sin; I am tossed to and fro by adverse thoughts; I have become obedient to demons and the slave of pleasure. Help me, O pure Virgin Mother, and guide me to the path of salvation. [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]

O Thine own will wast Thou given up, and Thou hast surrendered Thyself to Thy murderers; standing before the judgement seat, Thou wast struck by the hands which Thou hast made. Thou wast crucified and mocked, and pierced by the lance, O Lord; Thou hast suffered in the body, enduring all things in Thy tender love, so as to save us. [KW]

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

The hosts of angels trembled when they saw Thee on the Cross. The lights of heaven hid their brightness, the earth quaked, and

all things were shaken at the outrage done to Thee, Lord. By Thy divine sufferings, O God, Thou hast accomplished our salvation. [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 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.

By Thy wounds have we all been healed from the passions of sin: for, raised upon the Cross, Thou hast struck down the enemy, the source of evil. Count us worthy to pass through the time of the Fast without condemnation, and so to reach the Resurrection. [KW]

Heirmos. 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.)

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 1.

O Christ, who make the light to rise, purify my soul of every sin, by the power of Your Cross, and save me. [SD]

O Christ, who make the light to rise, purify my soul of every sin, by the intercessions of the Saints, and save me. [SD]

O Christ, who make the light to rise, purify my soul of every sin, 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. Grave Mode.

Through Thy Cross, O Lord, Thou hast destroyed the death that came into the world when Adam ate from the forbidden tree in Paradise. Through this present Fast do thou deliver us from every pleasure that corrupts the soul; and, we entreat Thee, count us worthy to labour for the Food which endures unto eternal life, that we may obtain crowns of everlasting joy, which Thou hast prepared for those who truly fast. [KW]

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

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

Through Thy Cross, O Lord, Thou hast destroyed the death that came into the world when Adam ate from the forbidden tree in Paradise. Through this present Fast do thou deliver us from every pleasure that corrupts the soul; and, we entreat Thee, count us worthy to labour for the Food which endures unto eternal life, that we may obtain crowns of everlasting joy, which Thou hast prepared for those who truly fast. [KW]

For the Martyrs.

Grave Mode. *No longer are we barred.*

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]

Extolled in every land are the holy Martyrs. * They became the stars of the world, as to Christ they shouted, * "Glory to You, O Lord." [SD]

Glory. Both now. **Stavrotheotokion.**

Grave Mode. (NM)

When she saw Thee nailed of Thine own will upon the Cross, the all pure Virgin lamented and sang the praises of Thy power.

[KW]

PRIEST

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

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

READER

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

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

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

or:

READER

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

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

PRIEST

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

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

(Amen.)