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The Service of Matins

for Tuesday, May 21, 2019

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

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

Katavasias of Pascha

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Pentecostarion

Tuesday of the Fourth Week

Menaion - May 21

Memory of Sts. Constantine and Helen

MATINS

CHOIR

Mode 3.

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

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

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

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

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

From Octoechos - - -

Resurrectional Apolytikion.

Mode 3.

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

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

From Menaion - - -

Mode pl. 4.

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

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

From Octoechos - - -

Both now. **Theotokion.**

Mode pl. 4.

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

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Kathisma I.

From Menaion - - -

Mode 3. Your confession.

You became a new David in manner. *
You received the oil of the kingdom, * as an

honor from heaven, upon your head. * The Lord and Logos transcending all essences * anointed you with the Spirit, O glorious one. * Therefore you received the scepter to rule, as one most wise. * And you entreat that we obtain the great mercy. [SD]

From Octoechos - - -

Glory. Both now. **Theotokion.**

Mode 3.

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

Kathisma II.

From Menaion - - -

Mode pl. 2.

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

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

From Pentecostarion - - -

Mode 3. Seeing how beautiful.

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

Kathisma III.

From Menaion - - -

Mode 4. Come quickly.

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

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

From Pentecostarion - - -

Mode 3. Seeing how beautiful.

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

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 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

Antiphon I.

Mode 4.

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

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

Glory.

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

Both now.

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

Prokeimenon. Psalms 88, 44.

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

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

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

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

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

CHOIR

Amen.

Mode 2.

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

DEACON

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

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

DEACON

Wisdom. Arise. Let us hear the Holy
Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel
according to John.

DEACON

Let us be attentive.

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

PRIEST *(from the gate)*

10:9-16

The Lord said, "I am the door; if any one
enters by me, he will be saved, and will go
in and out and find pasture. The thief comes
only to steal and kill and destroy; I came that
they may have life, and have it abundantly.
I am the good shepherd. The good shepherd

lays down his life for the sheep. He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd." [RSV]

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

READER

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

Psalm 50 (51).

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

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

From Menaion - - -

CHOIR

Glory. **Mode 2.**

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

Both now.

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

Idiomelon. Mode 2.

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

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

DEACON

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios;

the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, the holy, glorious, great, God-crowned Sovereigns Constantine and Helen, the Equals to the Apostles, whose memory we are celebrating; and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

READER

Kontakion. For the Paralytic.

From Pentecostarion - - -

Mode 3. On this day.

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

Oikos.

You hold the wide world in the palm of Your hand, O Jesus God - with the Father without origin, and with the Holy Spirit, master over all things. You appeared in the flesh, curing diseases; and You drove away

passions, and gave sight to the blind; and by Your divine word You raised up the Paralytic, commanding him suddenly to walk and take up the pallet on which he lay. Therefore, along with him we all extol You and cry out, Glory to Your dominion, O my compassionate Christ. [SD]

Kontakion. For the Equals-to-the-Apostles.

From Menaion - - -

Mode 3. On this day.

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

Oikos.

O believers, let us honor Constantine and Helen his mother; for, hearing the words of the Prophet, they recognized in the cedar, the pine and the cypress, the tri-composite Cross, by which the saving Passion came to pass. And they roused all the Jews, to be prepared to display before the people the great justification, hidden because of their hatred and jealousy. And when they found the Cross, they put it on display. Therefore, they were revealed to all as victors, bearing the unassailable shield, a great sign, inspiring awe in war. [SD]

Synaxarion.

From the Menaion.

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

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

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

CHOIR

Katavasias of Pascha

Ode i. Mode 1.

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

Ode iii.

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

Ode iv.

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

Ode v.

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

Ode vi.

You went down to the nether regions of earth, * and You broke apart the bars that

forever * were closed on those who were held there, O Christ. * From the sepulcher, * as did Jonah from the whale, * You arose on the third day. [SD]

Ode vii.

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

Ode viii.

We praise and we bless and we worship the Lord.

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

DEACON

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

CHOIR

Ode ix.

Megalyrnarion. Mode 1.

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

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

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

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

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

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

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

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

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

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

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

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

Ode ix. Katavasia. Mode 1.

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

Be illumined, illumined, O New Jerusalem; * for the glory of the Lord has arisen over you. * Dance now for joy, O Zion, and exult. * And you be merry, O pure Theotokos, * at the arising of the One you bore. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Exaposteilarion.

From Menaion - - -

Mode 2. On the mountain.

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

From Pentecostarion - - -

Exaposteilarion. For the Paralytic.

Mode 2. O Women, hearken.

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

Lauds. Mode pl. 4.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproving among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

To fulfill among them the written judgment: this glory have all His holy ones.

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

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

From Menaion - - -

Mode pl. 4. What a paradoxal.

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

Full of wisdom, Constantine, rejoice! *
The well of Orthodox Faith, * that has watered
in every age * the entire universe * with its
waters most sweet, rejoice! * Glorious root,
out of which has burgeoned forth * the fruit
that feeds the entire Church of Christ, * you
are the pride and joy * of the fathers; O rejoice!
You are the first * of all Christian emperors. *
Rejoice, believers' joy! [SD]

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

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

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

Full of wisdom, Helen, praised by all,
when you accepted the Lord's * saving
teachings, like chosen earth * you abundantly
produced * many fruits of your virtuous
deeds. * And by displaying a holy way of
life * for imitation, you thereby feed our

minds. * Therefore we celebrate * your divine memorial, O royal Saint, * festively observing it today with heightened joy. [SD]

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

You anointed paradoxically * with oil of gladness, O Christ, * holy Constantine and devout * Helen who advanced Your work, * for they hated idolatry, * and rather longingly loved Your handsomeness, * O Word, and therefore You made them worthy of * heavenly rule with You; * for they previously ruled upon the earth * with the utmost piety, at Your divine behest. [SD]

Glory.

From Menaion - - -

Mode pl. 4.

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

Both now. **For the Paralytic.**

From Pentecostarion - - -

Mode pl. 4.

Lord, it was not the pool that cured the Paralytic, but rather it was Your word that renewed him. Not even his chronic ailment

could impede it; for the energy of Your voice proved to be more potent. He threw off the oppressive burden, and carried the weight of his bed, as testimony of Your abundant mercies. Glory to You. [SD]

Great Doxology

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

Apolytikion.

From Menaion - - -

Mode pl. 4.

Your Apostle among the Rulers, St. Constantine, who once beheld in the sky the image of Your Cross, and who like Paul received his calling not from man, once

entrusted the Ruling City into Your hand. We entreat You to restore it in peace forever, at the intercession of the Theotokos, O Lord who loves humanity. [SD]