

Ὁκτώηχος

Ἦχος πλ. α'.

Τῇ Κυριακῇ Πρωῖ

Τριώδιον

Κυριακὴ Ε' τῶν Νηστειῶν τῆς Ὁσίας
Μαρίας τῆς Αἰγυπτίας

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ
ἅγιον αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς
ἀνταποδόσεις αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ
πάντων δεσπόζει.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Octoechos

Mode pl. 1.

On Sunday Morning

Triodion

Fifth Sunday of Lent: St. Mary of Egypt

LITURGY

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and hymns of the Divine Liturgy are from: Liturgical Texts
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Antiphon I. Mode 2.

Verse 1: Bless the Lord, O my soul, and
everything within me, bless His holy name. [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 2: Bless the Lord, O my soul, and
forget not all His rewards. [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

Verse 3: The Lord prepared His throne in
heaven, and His Kingdom rules over all. [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

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

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

Through the intercessions of the
Theotokos, Savior, save us.

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ
μου ἕως ὑπάρχω.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Μακάριος οὗτός ὁ Θεὸς Ἰακώβ
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν
Θεὸν αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Βασιλεύσει Κύριος εἰς τὸν
αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ
γενεάν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ
νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἀγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Antiphon II. Mode 2.

Verse 1: Praise the Lord, O my soul! I shall
praise the Lord while I live; I shall sing to my God
as long as I exist. [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia. [GOA]

Verse 2: Blessed is he whose help is the God
of Jacob; his hope is in the Lord his God. [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia.

Verse 3: The Lord shall reign forever; your
God, O Zion, to all generations. [SAAS]

Save us, O Son of God, risen from the
dead. We sing to You, Alleluia.

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

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

Only begotten Son and Logos of God,
being immortal, You condescended for
our salvation to take flesh from the holy
Theotokos and ever-virgin Mary and, without
change, became man. Christ, our God, You
were crucified and conquered death by death.
Being one of the Holy Trinity, glorified with
the Father and the Holy Spirit: Save us. [GOA]

Ἀντίφωνον Γ'.

Ἦχος πλ. α'.

Στίχ. α'. Αὕτη ἡ ἡμέρα, ἣν ἐποίησεν ὁ Κύριος· ἀγαλλιασώμεθα καὶ εὐφρανθῶμεν ἐν αὐτῇ.

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. α'. Αὐτόμελον.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Στίχ. β'. Αἰνεσάτωσαν αὐτὸν οἱ οὐρανοὶ καὶ ἡ γῆ.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Antiphon III.

Mode pl. 1.

Verse 1: *This is the day the Lord made; let us greatly rejoice and be glad therein.* [SAAS]

Resurrectional Apolytikion.

Mode pl. 1. Automelon.

Let us worship the Word who is unoriginate * with the Father and the Spirit, and from a Virgin was born * for our salvation, O believers, and let us sing His praise. * For in His goodness He was pleased * to ascend the Cross in the flesh, and to undergo death, * and to raise up those who had died, * by His glorious Resurrection. [SD]

Verse 2: *Let heaven and earth praise Him.* [SAAS]

Let us worship the Word who is unoriginate * with the Father and the Spirit, and from a Virgin was born * for our salvation, O believers, and let us sing His praise. * For in His goodness He was pleased * to ascend the Cross in the flesh, and to undergo death, * and to raise up those who had died, * by His glorious Resurrection. [SD]

Ἡ, ἀντί τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν, ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος πλ. α'.

Ἀναστάσιμα.

Τῆς Ὀκτωήχου ---

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου. Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Ὁ Ληστής ἐν τῷ Σταυρῷ, Θεὸν εἶναί σε πιστεύσας Χριστέ, ὡμολόγησέ σε εἰλικρινῶς ἐκ καρδίας. Μνήσθητί μου Κύριε βοῶν, ἐν τῇ βασιλείᾳ σου.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ παρακληθήσονται.

Τὸν ἐν τῷ ξύλῳ τοῦ Σταυροῦ, ζῶν ἄνθησαντα τῷ γένει ἡμῶν, καὶ ξηράναντα τὴν ἐκ τοῦ ξύλου κατάραν, ὡς Σωτῆρα καὶ Δημιουργόν, συμφώνως ὑμνήσωμεν.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ κληρονομήσουσι τὴν γῆν.

Τῷ θανάτῳ σου Χριστέ, θανάτου ἔλυσας τὴν δύναμιν, καὶ συνήγειρας τοὺς ἀπ' αἰῶνος θανέντας, σὲ ὑμνοῦντας τόν, ἀληθινὸν Θεόν, καὶ Σωτῆρα ἡμῶν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Θεοτοκίον.

Χαῖρε ἔμψυχε ναὲ Θεοῦ, καὶ πύλη ἀδιόδευτε, χαῖρε ἄφλεκτε καὶ πυρίμορφε

An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.

Psalm 102.

Psalm 145.

The Beatitudes.

Mode pl. 1.

Resurrectional.

From Octoechos ---

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

[RSV]

When the robber had believed * that You the crucified were truly God, * he wholeheartedly and sincerely confessed You, * and he cried aloud to You, O Christ, "In Your kingdom, remember me." [SD]

Blessed are those who mourn, for they shall be comforted. [RSV]

Crucified upon the tree * of the Cross, He blossomed life for our race, * and He dried up the curse from the tree, as our Savior; * whom, as our Creator, let us all in unison extol in song. [SD]

Blessed are the meek, for they shall inherit the earth. [RSV]

By Your death, O Christ our Lord, * You released us from the power of death, * and raised with yourself those who had died from the ages; * for You are our Savior and true God, whom all now extol in song. [SD]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. [RSV]

Theotokion.

Rejoice, living temple of God, * rejoice, O impassable gate, * and throne that is fiery and

θρόνε, χαῖρε Μήτηρ τοῦ Ἐμμανουήλ,
Χριστοῦ τοῦ Θεοῦ ἡμῶν.

Κανὼν τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ὡδὴ γ'. Ἦχος πλ. δ'. Σὺ εἶ τὸ στερέωμα.

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Λάζαρον ὡς ἔσωσας, ἐκ τῆς φλογὸς
Χριστέ, οὕτω με ἐκ τοῦ πυρός, ῥῦσαι τῆς
γεέννης τὸν ἀνάξιον δοῦλόν σου.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ
τὸν Θεὸν ὄψονται.

Πλούσιος τοῖς πάθεσι καὶ ἡδοναῖς
εἰμι Κύριε, Λάζαρος δὲ πένης τῇ στερήσει
ἀρετῶν, ἀλλὰ σῶσόν με.

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.

Κόκκινον καὶ βύσσινον ἐνεδιδύσκετο
Πλούσιος, ταῖς ἡδοναῖς καὶ ταῖς ἀμαρτίαις·
διὰ τοῦτο φλογίζεται.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν
δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν
οὐρανῶν.

Θεοτοκίον.

Δὸς ἡμῖν βοήθειαν ταῖς ἰκεσίαις σου
Πάναγνε τὰς προσβολὰς ἀποκρουομένη
τῶν δεινῶν περιστάσεων.

Κανὼν τῆς Ὁσίας.

Τοῦ Τριωδίου ---

Ὡδὴ ζ'. Ἦχος πλ. β'. Ἀβυσσος ἐσχάτη.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς,
καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα
καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Χαίρουσι Μαρία τὰ τῶν Ἀγγέλων
στρατεύματα, τὸν ἐφάμιλλον Ὁσία βίον,

yet not burning. * Rejoice, holy Mother of the
Lord Emmanuel Christ our God. [SD]

Canon from the Triodion.

From Triodion ---

**Ode iii. Mode pl. 4. N/
M (Lord, You are the firm.)**

Blessed are the merciful, for they shall obtain
mercy. [RSV]

Christ, as You saved Lazarus from the
flame, deliver me, Your unworthy servant,
from the fire of hell. [OCA]

Blessed are the pure in heart, for they shall see
God. [RSV]

Lord, I am as wealthy as the rich man in
passions and lusts, yet in my lack of virtues I
am as poor as Lazarus! But save me! [OCA]

Blessed are the peacemakers, for they shall be
called sons of God. [RSV]

Through his sins the rich man was clothed
in scarlet and fine linen, and so he burns in
the flames. [OCA]

Blessed are those who are persecuted for
righteousness' sake, for theirs is the kingdom of
heaven. [RSV]

Theotokion.

All-pure Lady, you drive off the assaults
of harsh calamity. Give us help through your
intercessions! [OCA]

Canon for the Devout Woman.

From Triodion ---

Ode vi. Mode pl. 2. N/M (The lowest depth.)

Blessed are you when men revile you and
persecute you and utter all kinds of evil against
you falsely [for my sake]. [RSV]

The armies of the angels rejoice, seeing a
life equal to theirs in you, and they cry out,
holy Mary, giving glory to the Lord. [OCA]

τὸν ἐν σοὶ καθορῶντες καὶ δόξαν τῷ, Κυρίῳ
κραυγαζόντες.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς
ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Φρίττουσι Δαιμόνων τῶν ζοφερῶν τὰ
συστήματα τὸ τῆς σῆς καρτερικὸν ἰσχύος,
ὅτι γυνὴ παραδόξως καὶ γυμνή, καὶ μόνη
τούτους ἤσχυνας.

Δόξα.

Ἐλαμψας ἡλίου δίκην Μαρία
πανεύφημε, καὶ τὴν ἔρημον ταῖς
φρυκτωρίαις πᾶσαν ἐφώτισας· ὅθεν καμὲ
τῷ σῷ φωτὶ καταλάμπρυνον.

Καὶ νῦν. **Θεοτοκίον.**

Ἄγγελοι περιλαμφθέντες, τῇ δόξῃ τοῦ
τόκου σου ἐν τῇ γῇ εἰρήνην πᾶσιν ἡμῖν, καὶ
εὐδοκίαν ἀνθρώποις, Παρθένε κεκράγασιν.

*Rejoice and be glad, for your reward is great
in heaven. [RSV]*

The hosts of demons tremble at the
strength of your endurance! How you, a
naked and solitary woman, in a wonderful
way, put them to shame. [OCA]

Glory.

Mary worthy of all praise, you shone like
the sun and illumined the desert with your
brightness Shine on me also, that I may be
glorious with your light. [OCA]

Both now. **Theotokion.**

Virgin, illumined by the glory of your
Child, the angels proclaim to us all peace on
earth and good will towards the human race.
[OCA]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ
Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι,
Ἀλληλουῖα.

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. α'. Αὐτόμελον.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ
Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς
σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ
καὶ προσκυνήσωμεν, ὅτι ἠὺδόκησε σαρκί,
ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον
ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν
τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Τῆς Ὁσίας.

Ἦχος πλ. δ'.

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ
κατ' εἰκόνα· λαβοῦσα γὰρ τὸν σταυρόν,
ἠκολούθησας τῷ Χριστῷ, καὶ πράττουσα
ἐδίδασκες ὑπερορᾶν μὲν σαρκὸς
παρέρχεται γάρ, ἐπιμελεῖσθαι δὲ ψυχῆς,
πράγματος ἀθανάτου· διὸ καὶ μετὰ
Ἀγγέλων συναγάλλεται Ὁσία Μαρία τὸ
πνεῦμά σου.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Κοντάκιον. Ἦχος β'.

Προστασία τῶν Χριστιανῶν
ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν
ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν
δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς
ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, risen
from the dead. We sing to You, Alleluia. [GOA]

Hymns After the Small Entrance.

From Octoechos ---

Resurrectional Apolytikion.

Mode pl. 1. Automelon.

Let us worship the Word who is
unoriginate * with the Father and the
Spirit, and from a Virgin was born * for our
salvation, O believers, and let us sing His
praise. * For in His goodness He was pleased
* to ascend the Cross in the flesh, and to
undergo death, * and to raise up those who
had died, * by His glorious Resurrection. [SD]

For the Devout Woman.

Mode pl. 4.

In you, O Mother, is preserved
undistorted what was made in the image of
God; for taking up the cross, you followed
Christ and by example taught, that we should
overlook the flesh, since it passes away,
and instead look after the soul, since it is
immortal. And therefore, O devout Mary,
your spirit rejoices with the angels. [SD]

(Apolytikion of the Parish Church)

(The text of the Apolytikion of the local
church goes here.)

Kontakion. Mode 2.

O Protection of Christians that never falls,
intercession with the Creator that never fails,
we sinners beg you, do not ignore the voices
of our prayers. O good Lady, we implore
you, quickly come unto our aid, when we cry

κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν,
καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα
ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

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

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

ΠΕΜΠΤΗ ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ

Προκείμενον. Ἦχος πλ. α'. Ψαλμὸς 11.

Σύ, Κύριε, φυλάξαις ἡμᾶς καὶ
διατηρήσαις ἡμᾶς.

Στίχ. Σῶσον με, Κύριε, ὅτι ἐκέλοιπεν
ὁσιος.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

9:11-14

Ἀδελφοί, Χριστὸς παραγενόμενος
Ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν διὰ
τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ
χειροποιήτου, τοῦτ' ἔστιν οὐ ταύτης τῆς
κτίσεως, οὐδὲ δι' αἷμα τὸς τράγων καὶ
μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσῆλθεν
ἐφάπαξ εἰς τὰ Ἅγια, αἰωνίαν λύτρωσιν
εὐράμενος. Εἰ γὰρ τὸ αἷμα ταύρων καὶ
τράγων καὶ σποδὸς δαμάλεως ῥαντίζουσα
τοὺς κεκοινωμένους ἀγιάζει πρὸς τὴν τῆς
σαρκὸς καθαρότητα, πόσῳ μᾶλλον τὸ αἷμα
τοῦ Χριστοῦ, ὃς διὰ Πνεύματος αἰωνίου
ἐαυτὸν προσήνεγκεν ἄμωμον τῷ Θεῷ,

out to you with faith. Hurry to intercession,
and hasten to supplication, O Theotokos who
protect now and ever those who honor you.

[SD]

THE TRISAGION HYMN

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

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.

The Epistle

THE FIFTH SUNDAY IN LENT

Prokeimenon. Mode pl. 1. Psalm 11.

You shall guard us, O Lord; You shall
preserve us. [SAAS]

Verse: Save me, O Lord, for the holy man has
ceased. [SAAS]

The reading is from Paul's Letter to the
Hebrews.

9:11-14

Brethren, when Christ appeared as a high
priest of the good things that have come,
then through the greater and more perfect
tent (not made with hands, that is, not of this
creation) he entered once for all into the Holy
Place, taking not the blood of goats and calves
but his own blood, thus securing an eternal
redemption. For if the sprinkling of defiled
persons with the blood of goats and bulls and
with the ashes of a heifer sanctifies for the
purification of the flesh, how much more shall
the blood of Christ, who through the eternal
Spirit offered himself without blemish to God,

καθαριεῖ τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων εἰς τὸ λατρεύειν Θεῷ ζῶντι;

Ἀλληλούϊα. Ἦχος πλ. α΄. Ψαλμὸς 88.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α΄. Τὰ ἐλέη σου, Κύριε, εἰς τὸν αἰῶνα ἄσομαι.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β΄. Ὅτι εἶπας· Εἰς τὸν αἰῶνα ἔλεος οἰκοδομηθήσεται.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Τῇ ΠΕΜΠΤῃ ΚΥΡΙΑΚῃ ΤΩΝ ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Μάρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ᾠ 32 - 45

Τῷ καιρῷ ἐκείνῳ, παραλαμβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητὰς αὐτοῦ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι Ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινοῦσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαίζουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· Διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· Τί θέλετε ποιῆσαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· Δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν καὶ εἷς ἐξ ἐκωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Οὐκ οἶδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι

purify your conscience from dead works to serve the living God. [RSV]

Alleluia. Mode pl. 1. Psalm 88.

Alleluia. Alleluia. Alleluia.

Verse 1: O Lord, I will sing of Your mercies forever. [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: For You said, "Mercy shall be built up forever." [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Fifth Sunday of Lent

The reading is from the Holy Gospel according to Mark.

10:32-45

At that time, Jesus taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And

βαπτισθῆναι· οἱ δὲ εἶπον αὐτῷ· Δυνάμεθα.
ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Τὸ μὲν ποτήριον
ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ
βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσαι
ἐκ δεξιῶν μου καὶ ἐξ εὐωνύμων οὐκ ἔστιν
ἐμὸν δοῦναι, ἀλλ' οἷς ἡτοιμάσται. καὶ
ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν
περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς
προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς·
Οἴδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν
κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι
αὐτῶν κατεξουσιάζουσιν αὐτῶν. οὐχ οὕτω
δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὅς ἐάν θέλῃ γενέσθαι
μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος,
καὶ ὅς ἐάν θέλῃ ὑμῶν γενέσθαι πρῶτος,
ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ
ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ
διακονῆσαι καὶ δοῦναι τὴν ψυχὴν αὐτοῦ
λύτρον ἀντὶ πολλῶν.

Ὑμνος εἰς τὴν Θεοτόκον.

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη,
πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα,
καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε
ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν
καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ
παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων
Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον
ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν
οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει,
Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

Κοινωνικόν. Ψαλμὸς 148.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἀλληλούϊα.

Jesus said to them, "The cup that I drink you
will drink; and with the baptism with which
I am baptized, you will be baptized; but to sit
at my right hand or at my left is not mine to
grant, but it is for those for whom it has been
prepared." And when the ten heard it, they
began to be indignant of James and John. And
Jesus called them to him and said to them,
"You know that those who are supposed to
rule over the Gentiles lord it over them, and
their great men exercise authority over them.
But it shall not be so among you; but whoever
would be great among you must be your
servant, and whoever would be first among
you must be slave of all. For the Son of man
also came not to be served but to serve, and to
give his life as a ransom for many." [RSV]

Hymn to the Theotokos.

In you, O Lady full of grace, rejoices all
creation, the orders of Angels and the human
race together. O hallowed temple and rational
Garden of Paradise, the pride of virgins,
from you did God become incarnate, and our
God who existed before the ages became a
child. For He made your womb a throne for
himself, and your body He made wider than
the heavens. In you, O Lady full of grace,
rejoices all creation. Glory to you. [SD]

Communion Hymn. Psalm 148.

Praise the Lord from the heavens, praise
Him in the highest. Alleluia. [SAAS]

**Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.
Ἦχος β'.**

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν
Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ,
ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη
γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ
ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις
τῆς παναχράντου καὶ παναμώμου ἁγίας
αὐτοῦ Μητρὸς, δυνάμει τοῦ τιμίου καὶ
ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἰκεσίαις
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ
Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, τῆς Ὁσίας
Μητρὸς ἡμῶν Μαρίας τῆς Αἰγυπτίας, ἧς καὶ
τὴν μνήμην ἐπιτελοῦμεν, καὶ πάντων τῶν
Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς
καὶ φιλόανθρωπος.

Κανόνας Νηστείας

Κατάλυσις οἶνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

**Hymn after Holy Communion.
Mode 2.**

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, worshipping the undivided
Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

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

Fasting Rule

*Wine: Wine and oil are allowed. Refrain from meat,
fish, dairy, and eggs.*

It is Saturday or Sunday in Lent.