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# The Service of Matins

**for Wednesday, March 6, 2019**

**Octoechos - Grave Mode.  
on Wednesday Morning**

**Triodion - On Wednesday of Cheese Week  
at Matins**

**Menaion - March 6  
Memory of the 42 Martyrs of Amorion**

**Text in English**

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**vol** Orthodox Monastery of the Veil of our Lady

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**Triodion**

Grave Mode. On Wednesday Morning

**Menaion - March 6**

Memory of the 42 Martyrs of Amorion

**MATINS**

**CHOIR**

**Grave Mode.**

**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**

**Grave Mode.**

O Lord, in Your highest power You are extolled by the cherubim, and in Your divine glory You are worshiped by the angels. Accept us sinners also, who dare unworthily to cry to You: Holy, holy, holy are You, our God! By the power of Your Cross save us. [SD]

Glory.

O my soul, cast off laziness as if it were sleep, and show the Judge that you have woken and are mending your ways, and with fear cry aloud: Holy, holy, holy are You, our

God! By the intercessions of the Saints save us.

[SD]

Both now.

To the unapproachable Godhead, the Trinity in Unity, let us send up the Thrice-Holy Hymn of the Seraphim; and with fear cry aloud: 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 10. There is no litany, but immediately the following:*

From Triodion - -

**CHOIR**

**Kathisma I.**

**Kathisma I. For the Cross.**

**Grave Mode.**

Worshiping You, O Christ our God, / the Church, with the cedar, pine and cypress, cries out to You: / At the prayers of the Theotokos, // grant victory to those in authority and have mercy on us. [OCA]

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

**Grave Mode.**

O Christ God, who for me endured being nailed to the Cross, accept my vigilant praise, in Your love for humanity. [SD]

Glory. Both now. **Stavrotheotokion.**

**Grave Mode.**

Christ our God was crucified for us, and He brought down the dominion of death. O Virgin Theotokos, unceasingly entreat Him to save our souls. [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 11. 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.)*

**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.)*

**Kathisma II.**

**CHOIR**

*From Triodion ---*

**Mode 2.** *N/M (Since you are the source.)*

Grant us to pass in peace and humility / through the days of cleansing that prepare us for the fast. / In your ineffable love for mankind, Christ our God, / destroy the evil plans of the enemy. / Preserve us all by your Cross, // for you alone know the secrets of our hearts. [OCA]

Glory. Both now.

**Mode 2.** *As the Mother of God.*

When Your Mother, who gave birth to You without seed, was standing near Your Cross, she could not bear to watch You suffer unjustly. She lamented and wept and cried out to You, "O sweetest Son of mine, how do You

suffer, since You are by nature impassible? I extol Your extreme goodness." [SD]

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalm 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare

Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. [SAAS]

From Octoechos - - -

**CHOIR**

**Ode i.**

**Canon for the Cross.**

**Grave Mode. Heirmos.**

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

Formerly freely flowing watery streams were diverted, \* O Lord, and became an earth-like solidness at Your behest. \* Therefore did Israel dry-shod \* walk across and sing You a victory canticle. [SD]

**Troparia.**

*All-holy Cross of Christ, guard us by your power.*

The Master is mocked and endures crucifixion, removing the reproach on mortals in His love for humanity. He is pierced by a spear, by which He slays the waring enemy. [SD]

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

O merciful Savior, with Your Cross as a bow, You targeted the adversary, and with Your nails as arrows, You shot him, and You

healed all people who had been wounded by him of old. [SD]

*Verse: The Lord became my helper and the shield of my salvation; He is my God, and I will glorify Him; my father's God, and I will exalt Him.*

[SAAS]

By the blood of the Saints, the abominable sacrifices to idols have ceased, and all the earth is sanctified, as it ever praises the Martyrs and calls them blessed. [SD]

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

The hosts of heaven sang hymns in praise of those on earth, as they witnessed them wrestling in body with bodiless opponents. And when they won, the Judge of the contest awarded them with crowns. [SD]

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

**Theotokion.**

The all-pure Lady cried out, "Adam's record of sin was destroyed when You were pierced by the spear, O my Son. Therefore I extol Your Passion, which is the source of dispassion for all, O Master. [SD]

**Canon for the Martyrs.**

From Menaion - - -

**Mode pl. 2. N/M (The host of Israel.)**

*Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away.*

[SAAS]

Manifesting at the top of the Church of Christ as radiant stars, O glorious Martyrs,

you illumine the souls of the faithful,  
banishing the darkness of falsehood. [un]

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

With bravery of mind you battled with  
the opposer and brought him down, O most  
blessed Martyrs; and when you died, you  
discovered everlasting life together. [un]

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

Made to radiate with the splendor of your  
shining brightness and constant competition,  
you were given to Christ, O Martyrs, and you  
were added to the multitude of the choir of the  
Martyrs. [un]

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

### **Theotokion.**

O exalted holy Virgin, who is the  
ornamentation from above of the athletes,  
who gave birth to Christ, Who is attractive  
in loveliness, entreat Him to make my soul  
beautiful. [un]

From Triodion - - -

### **Canon 1 from the Triodion.**

#### **Ode i. Mode 4. (NM)**

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

Fasting as man, the Lord overcame the  
tempter; and so He gave us an example,  
showing us what lies within our power and  
setting limits for us. [KW]

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

Through abstinence, Moses was counted  
worthy to speak with God face to face on  
Sinai. With faith let us follow his example. [KW]

Glory.

Be merciful, O Lord, unto Thy people;  
look upon them as God with a compassionate  
eye and visit them all with the fullness of Thy  
mercy. [KW]

Both now. **Theotokion.**

To thee we all run, Theotokos, for thou  
art our sure defender, and we ask thine  
intercession that thy flock may be delivered  
from all peril. [KW]

### **Ode iii.**

#### **Canon 1 from the Triodion.**

From Triodion - - -

**Mode 4. (NM)** *My heart is firmly established.*

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

My heart is firmly established in the Lord  
my God: for the weak have been girded with  
strength. [KW]

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

Through abstinence Enoch the wonderful  
was translated from the earth: emulating his  
example, let us be translated from corruption  
and enter into life. [KW]

*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]

Through prayer and fasting let us entreat  
the mercy of the Deliverer: for the Maker  
rejoices over the repentance of His creatures.

[KW]



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

**Theotokion.**

O thou who hast borne God, intercede for us without ceasing: for to thee, O Theotokos, we sinners flee for refuge. [KW]

From Triodion - - -

**Canon 2 from the Triodion.**

**Mode 2. (NM) On the rock of faith.**

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

Thou hast stretched out Thine hands upon the Cross and by Thy death hast slain the curse, giving life to men by Thy Passion. Therefore we sing the praises of Thy divine Crucifixion, O Jesus our God who lovest mankind. [KW]

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

Killed through eating from the tree, we have been restored to life through the Tree of Thy Cross. This Thy Cross we offer unto Thee to plead on our behalf. Send down upon us grace and mercy, O Master and Benefactor great in compassion. [KW]

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

The gateway to the Fast has been opened; the arena of abstinence lies here before us. Let us rouse ourselves with fiery eagerness, and so we shall receive God's grace to quench the burning flames of our offences. [KW]

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

The blessed season of the Fast has dawned and shines upon us with the light of

repentance. Let us draw near with love and reverence, and greatly rejoicing let us shake off the darkness of sloth. [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]

With discernment let us observe a holy fast; let us proclaim a time of abstinence from the passions; and weeping let us cry aloud to the Master: O Lord of many mercies, grant us grace to do Thy will. [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.**

All-holy Lady, Mother and Virgin, by thy mediation and protection quell the tumult of my passions, heal the wounds of my soul, and rouse me from the sleep of slothfulness. [KW]

**Canon 3 from the Triodion.**

From Triodion - - -

**Mode 2. (NM) O God, the husbandman.**

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

When Thou wast raised of Thine own will upon the Cross, O Saviour, all the earth was shaken and the veil of the Temple was rent in twain. [KW]

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

For my sake, O Jesus, Thou hast suffered on the Cross, and Thy side was pierced, O

loving Lord. With faith I worship Thy divine power. [KW]

Glory. **For the Trinity.**

Kneeling upon the earth, I worship the Father, I glorify the Son, and I praise the Spirit: sovereignty single in will, yet three in Persons. [KW]

Both now. **Theotokion.**

The mystery of thy childbearing, O Holy Virgin Mary, is beyond our understanding. For without knowing man thou hast borne God, and yet thou remainest inviolate. [KW]

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

By Thy power, O Christ, sanctify the season of the Fast; and from the snares of the enemy save us all who worship Thee. [KW]

**Heirmos. Mode 2.**

Barren has my mind become. \* Make me fruitful, O my God, in Your compassion, \* as the Husbandman of good, \* and the gardener of all \* that is virtuous. [SD]

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

For you are 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 4. N/M** *(You who were lifted.)*

Bravely and with strength in the face of the unrighteousness, and equipped in mind and word against the wicked, you clothed yourselves with the entire armor of our Christ and God. Resolutely grasping faith in hand as a sword for the battle, you placed hope as a shield on your shoulders in war; and as a chest piece, you were clothed with love; because of this, you truly routed the foes in defeat. [un]

Glory. **Another.**

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

Taken away in captivity and bondage by the cruel enemy and incarcerated for many years, yet kept by devout faith, you were preserved entirely free of harm; and separated from the body through the sword, O Saints, you were truly tied in a love that was inspired by God. Therefore, as luminaries you enlighten the entire world and thereby you shine on all with the grace of the All-holy Spirit, O you most blessed champions. Pray to Christ our God that remission of all their sins may be given to them that with fervency honor your holy memory. [un]



Both now. **Stavrotheotokion.**

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

As the ewe-lamb saw, suspended on the Cross, the Redeemer and Shepherd and Lamb of God, in lamentation, she cried and mourned and she exclaimed sorrowfully: While the world rejoices on receiving salvation, yet my innards are enflamed as I behold You crucified; which You undertake in Your innards of mercy, O kind and patient Lord, spring without fail and Abyss of all mercy and love. Have compassion, then, and generously grant to Your servants remission of their sins; for they faithfully sing the praises of Your holy passion. [un]

From Octoechos - - -

**Ode iv.**

**Canon for the Cross.**

**Grave Mode. Heirmos**

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

O Christ God, who never left the bosom of the Father, and came down to earth, I have heard of the mystery of the Your plan for our salvation, and I glorified You, the only Lord who loves humanity. [SD]

**Troparia.**

*All-holy Cross of Christ, guard us by your power.*

O Master, when You appeared on earth as man, You made mortals heavenly. When You were lifted on the Cross, with yourself You lifted all who extol Your Passion. [SD]

*Verse: Lord, I have heard Your report and was afraid; I considered Your works and was greatly astonished.* [SAAS]

You who are Life itself die for mortals. And You, my righteous Jesus, for the unjust endure shame and suffering. We extol Your infinite compassion, O longsuffering Lord. [SD]

*Verse: When my soul is troubled, You will in wrath remember mercy.* [SAAS]

O Martyrs, you endured ferocious animals, cauldrons and fire, the amputation of hands and feet, the mutilation of your members, and every other form of torture, which result in the enjoyment of divine delights. [SD]

*Verse: God will come from Teman, the Holy One from the mount of shaded leafy trees.* [SAAS]

O Athletes, from the extremities of your bodies, you cried out to Christ, the God of all, and you were heard. And now you have been exalted on the rock of divine perfection. [SD]

*Verse: His excellence covered the heavens, and the earth was full of His praise.* [SAAS]

**Theotokion.**

O Theotokos, make fervent supplication for us who sing your praises, so that we, who glorify the Passion of Christ, might find help in time of dire need. [SD]

**Canon for the Martyrs.**

From Menaion - - -

**Mode pl. 2. N/M (O Christ, my strength.)**

*Verse: For though the fig tree will not bear fruit and there be no grapes on the vines.* [SAAS]

By the might of the Holy Spirit you trampled all the power of the enemy devoid of

might, O Martyrs, who were put to death and inherited eternal life. [un]

*Verse: The labor of the olive tree fail and the fields yield no food. [SAAS]*

Supremely armoring his soul with godly prudence like a courageous young man, Kallistos set out willingly for the blow of the sword and inherited the Heavens. [un]

*Verse: Though the sheep have no pasture and there be no oxen in the cribs. [SAAS]*

Wonderfully you set your the noetic feet of your mind upon the bedrock of wisdom, O all-blessed Bassoes; and courageously countering your adversaries, you drove them away. [un]

*Verse: Yet I will glory in the Lord; I will rejoice in God my Savior. [SAAS]*

### **Theotokion.**

Understanding that you are a pure Mother, O Maiden, the godly Martyrs, exulting in your glory, inherited the undying gifts in the highest. [un]

From Triodion - - -

### **Canon 1 from the Triodion.**

**Mode 4.** (NM) *I have heard of the report.*

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

Because of his virtue and his hospitality, Abraham received into his home the Trinity present in angelic form. [KW]

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

The gift of abstinence is a treasure which no thief can steal, and he who has this as his wealth will be rich in God. [KW]

Glory.

Come, let us lament and cry aloud with faith: be merciful to us, O God, for we have greatly sinned. [KW]

Both now. **Theotokion.**

O blessed Mother, Virgin pure and undefiled, pray for the world to thy Son and our God. [KW]

From Octoechos - - -

### **Ode v.**

### **Canon for the Cross.**

### **Grave Mode. Heirmos**

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

I have risen early in the morning. I entreat You, O Lord my God, grant me forgiveness of my offences, and I pray You direct my ways to the light of your commandments. [SD]

### **Troparia.**

*All-holy Cross of Christ, guard us by your power.*

O Logos of God, You allowed yourself to be crucified for the removal of evils. You tasted bitter gall, to remove the bitter harm done by the pleasurable eating. Glory to Your great compassion. [SD]

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

O Master, when You were lifted on the Cross, You make the whole earth quake, by Your divine power, and You heal its afflictions. And You confirm wavering hearts in the knowledge of You. [SD]

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

Although Belial set his wicked traps everywhere, yet he did not catch the Martyrs

of Christ. For they were given wings of fire, and they arrived at the divine mansions. [SD]

*Verse:* O Lord, Your arm is exalted, but they did not know it. But when they know it, they shall be ashamed. [SAAS]

O all-wise medaled Athletes, you were deified by the unyielding grace of God, and thus you did not feel the pain of torture. You remained unmoved, as though someone else were suffering. [SD]

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

### **Theotokion.**

The pure Virgin was visibly shaken as she lamented and cried out: "With what eyes shall I look upon You hanging on the Cross, O my Son, whose eye can dry up all the oceans?" [SD]

### **Canon for the Martyrs.**

From Menaion - - -

#### **Mode pl. 2. N/M (With Your divine light.)**

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

You manifested as mystical lanterns radiating on the souls of the righteous with the light of righteousness and dispelling the gloom of foolishness, O most beatific champions of the Lord. [un]

*Verse:* O Lord, I remembered You in my hard circumstances. Your chastening to us was a small affliction. [SAAS]

Traveling unhurt through the wide mouths of noetic lions, O Martyrs of the Lord, you became the sweetest food for the Master of all, declared worthy of the joy that is eternal. [un]

*Verse:* As a woman with child is in pain and cries out in her pangs, when she draws near the time of her delivery, so we became Your beloved.

[SAAS]

Intercede for us to God, O you Forty-two Martyrs, so that we may be saved from every distress and the unceasing trials that will happen. [un]

*Verse:* We shall not fall] but the inhabitants of the world shall fall. [SAAS]

### **Theotokion.**

O pure Virgin, I ask you, guide my mind's movement to God, who, being the Way of Life, has made the path smooth for the champions so that they may be led to the Heavens. [un]

From Triodion - - -

### **Canon 1 from the Triodion.**

**Mode 4. (NM) O Thou who hast caused the light.**

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

[SAAS]

Moses, when of old he fasted on Mount Sinai, was granted the vision of God; and Elijah was borne up in a chariot of fire. [KW]

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

Because he fasted, Isaiah the wise tasted the coal of fire when the angel, holding it in tongs, touched his lips with it. [KW]

Glory.

Because they fasted, Daniel and the three Children broke the teeth of lions and trampled underfoot the burning flames. [KW]

Both now. **Theotokion.**

O pure Mother of God, who still remaining virgin hast carried God within thy

womb, protect thy flock and keep it safe from harm. [KW]

From Octoechos - - -

**Ode vi.**

**Canon for the Cross.**

**Grave Mode. Heirmos.**

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

Nauseous from the tempest of life's worries, I have been cast out \* by sins sailing with me, and I am sinking, \* having been thrown to the beast that devours souls. \* O my Christ, to You I cry like Jonah, \* Raise me from the deadly deep, I pray, O Lord my God. [SD]

**Troparia.**

*All-holy Cross of Christ, guard us by your power.*

O all-good Christ, our only Redeemer, by Your crucifixion You killed the tyrant. You paid out Your saving blood as our price, You purchased us who were held captive, and You brought us to Your Father. [SD]

*Verse: I cried out in my affliction to the Lord, my God, and He heard my voice. [SAAS]*

For lack of self-control of old, I fell down as a grievous corpse. But when Christ was lifted on the Cross, He stretched out His hand and raised me who had fallen. He was willingly wounded, and thus healed all my wounds. [SD]

*Verse: You cast me into the depths of the heart of the sea, and rivers encompassed me. [SAAS]*

O Martyrs, you did not succumb to the sleep of deception; rather you put to sleep all the raging of the tyrants. And you fell asleep in the sleep due to the righteous in

blessedness; and now you are unsleeping intercessors for all the faithful. [SD]

*Verse: All Your surging waters and Your waves passed over me. [SAAS]*

All-glorious Martyrs, you were firmly based on the rock of Christ's divine precepts. Therefore you remained unmoved by the wiles of the enemy; sensibly you trampled him underfoot, and with dignity you proceeded to heaven. [SD]

*Verse: Shall I again look with favor toward Your holy temple?' [SAAS]*

**Theotokion.**

O all-blameless Theotokos, you give birth to a baby boy, who together with the Father is understood to be outside of time and before all ages, and who by His crucifixion renews the human race, which had grown old in sin at the advice of the author of evil. [SD]

**Canon for the Martyrs.**

From Menaion - - -

**Mode pl. 2. N/M (Perceiving the open sea.)**

*Verse: Water is poured over me to my soul; the lowest depth encircled me. [SAAS]*

Guided by the sail of the Cross, the athletes were kept dry while traversing the ocean of sin; and when they arrived at peaceful shelter, they became guides of the righteous. [un]

*Verse: My head plunged into the clefts of the mountains. I descended into the earth, the bars of which are everlasting barriers. [SAAS]*

Let us righteously praise the Lord's Martyrs Constantine and the famous Theodore, Kallistos and Bassoes, along

with the great Theophilus, and their other companion athletes. [un]

*Verse: Yet let my life ascend from corruption, O Lord, my God.* [SAAS]

As fragrant flowers blossoming mystically in the prairie of the athletes, you have filled the whole Church with spiritual odor and have expelled the rotten stench of falsehood.

[un]

*Verse: May my prayer be brought to You, into Your holy temple.* [SAAS]

### **Theotokion.**

The Mother of God and Maiden supernaturally conceived You against the natural laws, O Christ, who has indeed given the crowns to the Martyrs that righteously competed through faith. [un]

From Triodion - -

### **Canon 1 from the Triodion.**

#### **Mode 4. (NM) O Christ my God.**

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

The holy Fast preserved Jonah in the whale: let us therefore fast with all our heart, and we shall escape destruction in Gehenna.

[KW]

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

Through their fervent repentance and their sorrow, the men of Nineveh turned God from His wrath. With the same sorrow and yearning let us all follow their example. [KW]

Glory.

The approaching Fast calls us to repentance: let us run the race with eager

hearts, and learn what is the gift of abstinence.

[KW]

Both now. **Theotokion.**

In ways past speech thou hast borne Christ our God, the Saviour of the world; continually entreat Him to save all those who sing thy praises. [KW]

### **Heirmos (NM). Mode 4.**

O Christ my God, Thou hast delivered Jonah the prophet from the whale: bring me out also from the depth of my offences and save me, for Thou alone lovest mankind. [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 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. Grave Mode.**

O holy Martyrs, you disdained the godlessness of the tyrants, you overlooked the pain of torture, and you did not renounce the



faith in Christ. Therefore entreat our God who loves humanity to save our souls. [SD]

**Synaxarion.**

*From the Menaion.*

On March 6, we commemorate the holy Martyrs who witnessed in Amorion: Theodore, Kallistos, Theophilos, Bassoes, and those with them.

On this day we commemorate our devout fater Arcadios.

On this day we commemorate devout Saint Hesychios the Wonder-worker.

On this day Saint Efphrosynos died when boiling water was poured down his throat.

On this day we commemorate the finding of the precious Cross by blessed St. Helen.

On this day we commemorate the finding of the precious nails.

On this day Saints Julian and Evoulos died by the sword.

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

*From Octoechos - - -*

**CHOIR**

**Ode vii.**

**Canon for the Cross.**

**Grave Mode. Heirmos**

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

Those Servants of old showed the fiery furnace to be dewy, as they extolled the one God and said: "O God of our fathers, You are highly praised and exceedingly glorious unto the ages." [SD]

**Troparia.**

*All-holy Cross of Christ, guard us by your power.*

O Jesus, very merciful Lord, when You voluntarily toiled on the Cross and became a dead man and put the serpent to death, our Forefather Adam found toil-free life. [SD]

*Verse: Blessed are You and praiseworthy, O Lord, the God of our fathers, and praised and glorified is Your name unto the ages. [SAAS]*

We have all been delivered from the curse of the Law; for the Giver of the Law was lifted on the Cross, and He became the source perpetual blessing, grace and mercy, and the destruction of corruption. [SD]

*Verse: For You are righteous in all You did for us, and all Your works are true. Your ways are upright, and all Your judgments are true. [SAAS]*

The Martyrs proceeded to the tortures with voluntary effort, and emulated Him who voluntarily suffered. They were crowned by Him, and they now join chorus with the angels. [SD]

*Verse: The judgments You made are true, according to all You brought on us. [SAAS]*

O all-praised Martyrs, you delivered your own bodies to divers tortures, and in the pools of your blood you drowned the bodiless enemies. And now you pour out fountains of cures. [SD]

*Verse: And on Jerusalem, the holy city of our fathers. [SAAS]*

**Theotokion.**

The Virgin Mother said, "How can I not grieve, seeing You on the Cross, O sweetest Child of mine! How can I not lament, as You



are suffering unjustly, O most righteous Judge! [SD]

**Canon for the Martyrs.**

From Menaion - - -

**Mode pl. 2. N/M (Once the Angel.)**

*Verse: Blessed are You, O Lord God of our fathers, for You are praiseworthy and exalted beyond measure unto the ages. [SAAS]*

After being incarcerated for many years, the Forty-two Martyrs of Christ, who had held to His true statutes, were freed from the prison of the flesh and became our custodians, while living in the Heavens. [un]

*Verse: Blessed is Your name and the temple of your glory, and You are praised exceedingly and exalted beyond measure unto the ages. [SAAS]*

As captives taken away into a far away country, you imitated the three godly Youths who were prisoners in ancient Babylon, O righteous and victorious Martyrs; and therefore you defeated the most hostile adversary. [un]

*Verse: You are blessed in the holy temple of Your glory, and are highly praised and exceedingly glorious unto the ages. [SAAS]*

O prudent Saints, by the trickling of your blood, you made the rivers of conceit go dry; and thrown into the currents of the river, you came into the water of life, causing springs of immortality to spurt forth for our sake. [un]

*Verse: Blessed are You who behold the depths and sit upon the cherubim. You are praiseworthy and exalted beyond measure unto the ages [SAAS]*

**Theotokion.**

You, O pure one, are the tome of a new book having inscribed in you the Word, Who has etched into the Book of Life the divine

athletes who conscientiously completed what He has written. [un]

From Triodion - - -

**Canon 1 from the Triodion.**

**Mode 4. (NM) O God of our fathers.**

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

Let us become like Daniel, who through fasting tamed the roaring lions in their den. [KW]

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

With fear let us emulate the three Children, and so escape from the fire of Gehenna as they escaped from the Babylonian furnace. [KW]

Glory.

Let us fast with a pure heart; let us sanctify our body and consecrate our whole spirit entirely to God. [KW]

Both now. **Theotokion.**

O pure Virgin Mother, from thee the pre-eternal Word took flesh: never cease to pray to Him for the salvation of our souls. [KW]

**Ode viii.**

**Canon 1 from the Triodion.**

From Triodion - - -

**Mode 4. (NM) The Children, prisoners.**

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

The Children, prisoners in the furnace, confessed Christ the King, crying with a loud voice: O all ye works of the Lord, praise ye the Lord. [KW]

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

Because he had fasted, Joseph fled from intercourse with the sinful woman and was granted royal power. Through fasting, then, let us also quench the fiery arrows of Beelzebub the enemy. [KW]

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

Because he had fasted, David gained the victory over the Philistine 5 and obtained a kingdom. Through abstinence, then, let us also gain the victory over our enemies, and we shall be crowned by the Lord. [KW]

*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]

### **Theotokion.**

For us the Virgin Mary has borne Christ the King, while still remaining a pure virgin after childbirth. O all ye works of the Lord, praise ye the Lord. [KW]

From Triodion - - -

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

**Mode 2.** (NM) *God came down to the children.*

*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]

Upon the mountain Moses raised his arms in the form of a Cross and put the enemy to flight; and Thou, O Saviour, stretching out Thine hands upon the Cross, hast put to death the all-destructive tyranny of hell. [KW]

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

O Christ my Saviour, Thou wast nailed to the Cross and Thy side was pierced; and so Thou hast delivered from the curse those born on earth, making them sharers in unending joy. Therefore we bless Thy love for mankind. [KW]

*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]

The season of abstinence has dawned, and spiritually it illumines the senses of the soul, driving away the darkness of the passions. Let us, then, accept it with our whole heart, exalting Christ above all for ever. [KW]

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

Fasting kills the passions that destroy the soul and the pleasures that bring death upon us, and it sets in order the impulses and movements of the heart. With faith, then, let us eagerly accept the Fast. [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]

Let us the faithful in sincerity honour the present holy day, regarding it, not as the firstfruits of the Fast itself, but as the entry and forecourt that precedes the Fast. [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.**

Open unto us, O Virgin, when we knock and call upon thy mercy, for thou art the speedy refuge of mankind and our firm help in all things, and the sure protection of those in distress. [KW]

### **Canon 3 from the Triodion.**

From Triodion - - -

#### **Mode 2. (NM) The Lord of old foreshadowed.**

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

Nailed to the Cross, O Master of all, Christ our Saviour, Thou hast called back Adam and Eve, leading them into Paradise once more; and they sing Thy praises for ever. [KW]

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

When Thou wast lifted of Thine own will upon the Cross, O Christ, the rays of the sun drew back in fear and the day became dark; therefore the thief confessed Thee as God for ever. [KW]

### **Glory. For the Trinity.**

We believe that the Son and Holy Spirit are equal to the Father; and with faith we worship the Holy Trinity in one Godhead, ever trampling underfoot the teaching of Arius. [KW]

### **Both now. Theotokion.**

Darkened by the filth of sin, how shall I sing thy praises as I ought, O Virgin Theotokos? Forgive, then, O Most Holy, the boldness of my poor song. [KW]

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

O Cross, hope of the faithful, weapon of kings, glory of priests, strength of monks, save for ever by thy might all those who sing thy praises. [KW]

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

### **Heirmos. Mode 2.**

Within the bush once, the Lord \* on Mount Sinai prefigured \* unto Moses the virgin Maiden's miracle of old.\* Extol Him as you bless Him, \* and exalt supremely, \* unto all the ages. [SD]

### **DEACON**

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

### **CHOIR**

### **Ode ix.**

#### **Megalynarion. Mode 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]

## Ode ix.

### Canon 1 from the Triodion.

From Triodion - - -

**Mode 4.** (NM) *We all magnify Thy love.*

**Verse:**

We all magnify Your love for humanity, O Lord our Savior. You are the glory of Your servants, the crown of the believers. You magnified the memory of You Mother. [SD]

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

Performing miracles through fasting, Moses parted the sea in Egypt and led the people through it, and he fed them in the untrodden wilderness. [KW]

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

Through abstinence Joshua the son of Nun sanctified the people and brought them across the Jordan, giving them the promised land as their inheritance. [KW]

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

### Theotokion.

Hail, Mary pure and worthy of all veneration, glory of virginity, strength of the angels, defence of men, joy of the world, Mother and Handmaiden of our God. [KW]

From Triodion - - -

### Canon 2 from the Triodion.

**Mode 2.** (NM) *God, the Word from God.*

**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]

Stretching out Thy divine hands upon the Cross, Thou hast joined together that which before was divided, and by Thy mediation

Thou hast offered as a gift to the Father the nature of mortal man, that was under condemnation. [KW]

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

The grace of the holy Fast has begun to shine upon us, cleansing our unstable thoughts and driving away the darkness of our surfeiting. Let us, then, accept this grace with eager faith. [KW]

*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]*

Bringer of light, the Fast has mixed for us a cup filled with God's gifts of grace, which on this day of preparation it shows to all of us. If we wish to have a share in this grace for our soul's salvation, let us pray to the Master of all to lend us His aid. [KW]

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

With the nails that pierced Thy divine hands, O compassionate Lord, Thou hast nailed our sins to the Cross. With the spear that wounded Thy side Thou hast torn in pieces the bitter record of our transgressions. Therefore we sing the praises of Thy sinless Crucifixion. [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]*

The path of holiness lies open before us today. See, the arena of the Fast is made ready for us all. Striving lawfully for the prize, let

us pray to Christ to grant us from on high a peaceful Lenten season. [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.**

Through thy watchful intercession, through thine unsleeping protection, through thy powerful defence, pure Lady, keep thy faithful servants from all attacks of the enemy, and guard them from passions and stumbling and temptation. [KW]

### **Canon 3 from the Triodion.**

From Triodion - -

**Mode 2. (NM) With faith let us magnify.**

*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]*

Crucified of Thine own will upon the Cross, O Christ, Thou hast delivered us from the curse of the law. Therefore, as is right, we magnify Thee. [KW]

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

All of us venerate Thy sufferings, O Saviour, which Thou hast willingly accepted in order to deliver man from the bondage of the enemy. [KW]

Glory. **For the Trinity.**

From all eternity and without undergoing change, the Father has begotten the Son and caused the Spirit to proceed; and so the Trinity remains undivided and equal in honour. [KW]

Both now. **Theotokion.**

O Mary most blessed, intercede with the Saviour who took flesh from thee, that He



may grant to us sinners the remission of our trespasses. *[KW]*

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

By thy power, O Cross, grant to those who venerate thee that they may pass the season of the Fast in peace, and deliver them from the bondage of the enemy. *[KW]*

**Heirmos (NM). Mode 2.**

With faith let us magnify the only Theotokos, for in ways surpassing nature she has conceived within her womb, according to the flesh, the Word that outside time shone forth from the Father. *[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  
Grave Mode.**

By the power of Your Cross, O Lord, send down light to our souls, because of Your great mercy. *[SD]*

By the intercessions of the Saints, O Lord, send down light to our souls, because of Your great mercy. *[SD]*

By the intercessions of the Theotokos, O Lord, send down light to our souls, because of Your great mercy. *[SD]*

**READER**

**Lauds.** *(read)*

**Psalm 148.**

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth,



young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

**Psalm 149.**

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

**Psalm 150.**

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

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

**Doxology** *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed

are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

**DEACON**

Let us complete our morning prayer to the Lord.

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

And let us ask for a Christian end to our life, peaceful, without shame and suffering,

and for a good defense before the awesome judgment seat of Christ.

*(Grant this, O Lord.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**DEACON**

Let us bow our heads to the Lord.

*(To You, O Lord.)*

**PRIEST** *(in a low voice)*

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

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

*(Amen.)*

**CHOIR**

**Aposticha. From the Triodion.**

From Triodion ---

**Idiomelon. Mode 1.**

In vain do you rejoice in not eating,  
my soul! / You abstain from food, but are  
not purified from passions! / If you have  
no desire for improvement, / you will be  
despised as a lie in the eyes of God! / You  
will be compared to evil demons, who never  
eat! / If you continue in sin, you will perform  
a useless fast: / therefore, remain in constant  
warfare, / that you may stand before the  
crucified Savior, / or rather that you may be  
crucified with him who died for your sake: //  
Remember me, Lord, when you come in your  
kingdom! [OCA]

**Verse:** *I lift my eyes to You, who dwell  
in heaven. Behold, as the eyes of servants look  
to the hands of their masters, as the eyes of the  
maidservant look to the hands of her mistress, so  
our eyes look to the Lord our God until He shall  
have compassion on us.* [SAAS]

In vain do you rejoice in not eating,  
my soul! / You abstain from food, but are  
not purified from passions! / If you have  
no desire for improvement, / you will be  
despised as a lie in the eyes of God! / You  
will be compared to evil demons, who never  
eat! / If you continue in sin, you will perform  
a useless fast: / therefore, remain in constant  
warfare, / that you may stand before the  
crucified Savior, / or rather that you may be  
crucified with him who died for your sake: //  
Remember me, Lord, when you come in your  
kingdom! [OCA]

**For the Martyrs.**

**Mode 1.**

**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]

O Martyrs extolled in all the world,  
neither tribulation nor distress, neither  
persecution nor famine, neither flogging nor  
angry beasts, neither sword nor threat of  
fire, could separate you from God. Rather,  
moved by your love for Him, you competed  
as though you were not in your own bodies,  
and in scorning death you eluded nature.  
Therefore you have worthily received the  
reward for your labors, and you have become  
heirs of the kingdom of heaven. We pray you  
never cease interceding on behalf of our souls.

[SD]

Glory. Both now. **Stavrotheotokion.**

**Mode 1.** *N/M (For the celestial.)*

The blameless Virgin cried out with tears /  
when she beheld the Lamb suspended on the  
Cross: / What is this new and fearful sight, my  
beloved Son? // How can the Creator of all be  
nailed to the wood in the flesh? [OCA]

**PRIEST**

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

**READER**

**Trisagion Prayers.**

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

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

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

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

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

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

**PRIEST**

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

*(Amen.)*

**READER**

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

Lord, have mercy. (40)

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

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

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

In the name of the Lord, Father, bless!

**PRIEST**

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

*(Amen.)*

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

*(Amen.)*

**Prayer of St. Ephraim**

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

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

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

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

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

*or:*

**READER**

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

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

**PRIEST**

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

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

*(Amen.)*