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# The Service of Matins

**for Thursday, April 18, 2019**

**Triodion - Mode pl. 1.  
on Thursday Morning**

**Triodion - On Thursday Before Palm Sunday  
at Matins**

**Menaion - April 18  
Memory of St. John, disciple of St. Gregory of Decapolis**

**Text in English**

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

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**Triodion**

Mode pl. 1. On Thursday Morning

On Thursday Before Palm Sunday at  
Matins

**Menaion - April 18**

Memory of St. John, disciple of St.  
Gregory of Decapolis

**MATINS**

**CHOIR**

**Mode pl. 1.**

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - -

**Triadic Hymns**

**Mode pl. 1.**

It is time to sing hymns; it is the hour of  
prayer. Let us earnestly cry out to our only  
God: Holy, holy, holy are You our God. By the  
intercessions of the Apostles save us. [SD]

Glory.

Daring to portray Your spiritual armies, O  
unoriginate Trinity, we cry out with unworthy

lips: Holy, holy, holy are You our God. By the  
intercessions of the Hierarch save us. [SD]

Both now.

O Christ our God, You were contained  
in the womb of the Virgin, and never parted  
from the bosom of the Father. Accept us as  
we cry to You together with the Angels: 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 6. There is no litany, but immediately the  
following:*

From Triodion - -

**CHOIR**

**Kathisma I.**

**Kathisma I. For the Apostles.**

**Mode pl. 1.** *N/M (Let us worship the Word.)*

Let us, together with all mankind, / glorify  
the wise Apostles in spiritual hymns and  
songs. / They were eyewitnesses of the Word,  
and servants of Christ. / They pray fervently to  
Christ on our behalf, // as we praise their holy  
memory, and venerate their relics. [OCA]

**Verse:** *Their proclamation went forth into all  
the earth, and their words to the ends of the world.*  
[SAAS]

**Mode pl. 1.** *N/M (Let us worship the Word.)*

Let us glorify the Apostles of Christ  
with one accord, / for they shine as torches  
throughout the world. / They have caught  
the nations in the net of the true faith; /  
bringing us light, they teach us to honor the  
Holy Trinity, // one in essence, yet divided in  
persons. [OCA]

Glory. Both now. **Theotokion.**

**Mode pl. 1.** *N/M (Let us worship the Word.)*

O unwedded Bride and Ever-Virgin:/ we ever sing your praises in the company of the angels,/ for your Son and God has done great things for us through you./ Begotten before all ages from the Father,/ He was pleased to be contained within your womb, // and to set us free from error. [OCA]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 14. It would be followed by the short litany.*

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

**CHOIR**

*From Triodion ---*

**Kathisma II. From the Triodion.**

**Mode pl. 1.**

Yoking contemplation to action, let us make haste to offer up our prayers to Christ, that by His dread authority He may call our spiritual understanding back from the tomb to

life, like another dead Lazarus; and we shall bring Him palms of righteousness and cry: Blessed art Thou who comest. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 1.**

Be swift to heal the painful passions of my soul and the diseases of my flesh. Keep my mind from turning away, O most pure Theotokos, and enable me in stillness of thought to offer pure prayers to the King of all, and to gain remission of sins. [KW]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 15. It would be followed by the short litany.*

**PRIEST**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

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

*(Amen.)*

**CHOIR**

*From Triodion ---*

**Kathisma III. From the Triodion.**

**Mode pl. 2.**

Lazarus has been dead now for two days, and his sisters Martha and Mary shed tears of grief for him, gazing at the stone before

his tomb. But the Creator has come with His disciples, to despoil death and bestow life. Therefore let us cry to Him: O Lord, glory to Thee. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 2.**

Hallowed Lady, Mother of Christ our God, thou hast borne ineffably the Maker of all. In union with the holy apostles pray to Him at all times, that in His love He may release us from the passions and grant us the remission of our sins. [KW]

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalms 50 (51).**

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me.

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

**PRIEST**

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

the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; **(local patron saint)**; the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

#### CHOIR

Lord, have mercy. (12)

#### PRIEST

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

(Amen.)

From Menaion - - -

#### CHOIR

#### Ode i. Mode pl. 4. Heirmos.

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

The rod of Moses working wonders once submerged Phar'onic charioteers \* when it smote the waters \* in the figure of a cross \* and thereby split the sea in two; \* while it rescued on dry land \* wayfaring fugitive Israel, \* which to God resoundingly sang a song. [SD]

#### Troparia.

Being whirled around by the waves of passions and now being surrounded by the swelling of thoughts, Venerable father, pilot me by our intercessions to the haven of dispassion and the harbor of salvation, blessed John. [VPA]

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

Being whirled around by the waves of passions and now being surrounded by the swelling of thoughts, Venerable father, pilot me by our intercessions to the haven of dispassion and the harbor of salvation, blessed John. [VPA]

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

By choice you were truly translated to heaven, venerable Father, and lived angelically upon the earth, having mortified the mind of the flesh through self-control, by which you became a dwelling-place of God, divinely-sweet John. [VPA]

Glory.

Having acquired a ready obedience and humility, they were to you as golden wings. On them you flew from the scandals of the world towards God whom you sought, who saved you from the storm. [VPA]

Both now. **Theotokion.**

The one who coexists and is co-eternal with the Father and the Spirit, the only-begotten Logos, appeared from you upon the earth as man, Theotokos Mary, and saved the



entire world, which sends up praise to Him.

[VPA]

From Menaion - - -

**Ode iii. Mode pl. 4. Heirmos.**

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

In the beginning You confirmed \*  
with understanding the heavens, \* while  
establishing the earth on the waters. \*  
Stand me firmly on the rock \* of Your  
commandments, O my Christ. \* Besides You  
none is holy, \* and only You love humanity. [SD]

**Troparia.**

Contemplating the beauties of heaven  
with sobriety of mind, you did not by any  
means cleave to material cares , but lifted on  
wings of poverty, Father, you became wholly  
uplifted. [VPA]

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

[SAAS]

Contemplating the beauties of heaven  
with sobriety of mind, you did not by any  
means cleave to material cares , but lifted on  
wings of poverty, Father, you became wholly  
uplifted. [VPA]

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

Having loved the silence of the silence-  
loving shepherd Gregory, thrice-blessed John,  
you eagerly left the upheavals of life and  
found divine peacefulness through unceasing  
prayers [VPA]

Glory.

Having calmed the storm through stillness  
of thoughts, you passed calmly through life,

wise one guided by the grace of the Spirit, and  
lived in holiness, God-inspired John. [VPA]

Both now. **Theotokion.**

Truly, you were shown to be for us the  
impassable illuminating gate of the one who  
rules over all ages, through which He passed  
and left you sealed again, all-blameless one.

[VPA]

**Heirmos.**

In the beginning You confirmed \*  
with understanding the heavens, \* while  
establishing the earth on the waters. \*  
Stand me firmly on the rock \* of Your  
commandments, O my Christ. \* Besides You  
none is holy, \* and only You love humanity. [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 1. N/M (The soldiers.)**

Having buried the evil treachery of demons through many ascetic works and entreaties, Father, you remained incorrupt when lying dead in the grave. Therefore we celebrate your all-holy memory rejoicing and magnify Christ with gladness of heart. [VPA]

Glory. Both now. **Theotokion.**

**Mode 1. N/M (The soldiers.)**

The fullness of the faithful rejoices, O Theotokos, crying out your name each day and always fervently magnifying your praises, for you are the boast, help, and never-put-to-shame support of all who honor you faithfully. [VPA]

From Menaion - - -

**Ode iv. Mode pl. 4. Heirmos.**

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

You are my strength. \* You are my power and might, O Lord. \* You, my God, are also my exultant joy, \* Who deigned to visit our poverty, \* without ever leaving the Father's bosom at any time. \* To You, then, do I cry out with Habakkuk the Prophet: \* To Your power be glory, O Lover of man. [SD]

**Troparia.**

You were shown to be a rock of patience, blessed one, for opposing waves each day dashed against you, but you were in no way shaken from the spirit of piety. Therefore the master has stored you as a most precious stone in the eternal treasures. [VPA]

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

You were shown to be a rock of patience, blessed one, for opposing waves each day dashed against you, but you were in no way shaken from the spirit of piety. Therefore the master has stored you as a most precious stone in the eternal treasures. [VPA]

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

The Father of tender mercies has taken you to himself as one who genuinely loved Him and were vigilant with His commandments, O Father. Having numbered you among the sons of grace, He made you worthy of eternal glory, godly-minded John. [VPA]

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

Having climbed the ladder of the virtues, you truly saw the inconceivable glory of God. And having been illumined in mind and heart by the divine ray of the Spirit, you were shown to be wholly light, like the sun, Father, illumining many in your life. [VPA]

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

**Theotokion.**

You alone truly became the foundation of salvation, mother of God, by lending flesh to the Creator and Fashioner from your immaculate blood. Through this, the gates of death were shattered and life was given to men. [VPA]

*(read)*



**Intermediate Verses of Ode Four.**

His brightness will be like the light; horns will be in His hand, and He established a mighty love of His strength. [SAAS]

Before His face a word will go forth; it will go out by the shoes of His feet.

The earth stood and was shaken to and fro; He looked and the nations melted away.

The mountains were shattered by force; the everlasting hills wasted away. In the place of distresses, I saw His eternal ways.

The tents of the Ethiopians will be dismayed, even the tents of the land of Midian.

When the Most High divided the nations, when He scattered the sons of Adam, He set the boundaries of the nations by the number of God's angels.

You will stretch your bow against scepters, says the Lord. The land of rivers shall be torn asunder.

Many peoples will see you and be in travail, dispersing waters from its course. The abyss uttered its voice; raising its form on high.

The sun arose, and the moon stood in its course; at the light of Your arrows they went forth, at the flashing of Your gleaming weapons.

You will bring low the land with threatening; You will break the nations in wrath.

You went forth for the salvation of Your people, to save Your anointed ones. You

brought death upon the heads of the lawless; You brought bonds upon their neck.

You cut off the heads of rulers in amazement; they shall tremble in it. They will break their bridles like a poor man eating secretly.

You ran your horses into the sea, churning up the many waters.

I kept watch, and my belly trembled from the sound of the prayer of my lips; and trembling penetrated into my bones. And my very frame of mind was troubled.

I shall rest in the day of tribulation to go up to the people of my sojourn. [SAAS]

*(sung)*

From Triodion - -

**Canon 1 from the Triodion.**

**Ode iv. Mode pl. 1. (NM)**

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

With the rays of your intercession illumine us who dwell in the prison of our sins; for with reverence we praise you, O apostles who bring light. [KW]

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

Yoking love with compassion, O ye faithful, let us make haste to offer up our prayer to Christ, that He may raise us from the grave of our secret passions. [KW]

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

Mortified in soul, let us mercilessly cut off every carnal affection; and let us become

friends of the Redeemer that He may deliver us from the dread condemnation of hell. [KW]

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

**Theotokion.**

From thee, O pure and undefiled Mother of God, has flowed the divine water of immortality and life; and all who drink from it shall be delivered from the thirst that brings death. [KW]

**Canon 2 from the Triodion.**

**Ode iv. Mode pl. 2. (NM)** *O Lord, I have heard.*

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

Lazarus is buried now, and Martha and her companions lament and weep around the grave; and they long for Thee, the Giver of Life, to come. [KW]

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

Seeing Thee draw near, O Christ, death begins to be afraid. For Thou, who art Life, shalt banish him to the ends of the earth. [KW]

Glory. **For the Trinity.**

O simple Unity praised in Trinity of Persons, uncreated Nature without beginning, save us who in faith worship Thy power. [KW]

Both now. **Theotokion.**

O Mother of God, without knowing man thou hast given birth within time to the Son who was begotten outside time from the Father; and, strange wonder! Thou givest suck while still remaining Virgin. [KW]

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

Let all who are in the deserts and in caves assemble together and go with songs to meet the Lord of glory, who comes riding upon a foal. [KW]

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

O Lord, I have heard the report of Thee and was afraid; I have seen Thy works and was amazed. Glory to Thy pwer, O Lord. [KW]

From Menaion - - -

**Ode v. Mode pl. 4. Heirmos.**

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

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

[SD]

**Troparia.**

The great Shepherd led you to the eternal courts as a guileless lamb brought up on the pasture of asceticism, blessed John, and showed you to be numbered with the sheep at His right hand, venerable one. [VPA]

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

[SAAS]

The great Shepherd led you to the eternal courts as a guileless lamb brought up on the pasture of asceticism, blessed John, and showed you to be numbered with the sheep at His right hand, venerable one. [VPA]

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

You steadfastly bore the burden and heat of the day, Father, working well the divine vineyard of virtues. Therefore on the evening of your departure from life, you received your deserved wages. [VPA]

Glory.

Having built a high tower upon the foundation of the commandments, you flew up by means of it to the highest of good things. And truly seeing the lover of souls, as is right, you followed him with your whole soul. [VPA]

Both now. **Theotokion.**

O Virgin, having been killed by the sting of transgression and lying sick, raise me up, as you gave birth to immortal life, the savior of the world, redeemer and king; and guide me to the light, immaculate one. [VPA]

From Menaion - - -

**Ode vi. Mode pl. 4. Heirmos.**

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

Be gracious to me, O Lord, \* for many are my iniquities; \* and bring me up from the deep \* of evils, I supplicate. \* For I have cried out to You, God of my salvation. \* O my Savior, hearken unto me. [SD]

**Troparia.**

With the drops of your tears, you dried up the sea of passions, and drowned the strengthless power of the noetic foe, with Christ empowering you. [VPA]

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

With the drops of your tears, you dried up the sea of passions, and drowned the strengthless power of the noetic foe, with Christ empowering you. [VPA]

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

Christ, the undecaying King set you aside in the undecaying treasuries of everlasting life as pure gold tested in the fire of asceticism, O Father. [VPA]

Glory.

You became an all-flourishing and fruitful garden, well irrigated by the ducts of your tears and bringing to the Creator myrrh-smelling fruit, venerable John. [VPA]

Both now. **Theotokion.**

Let us piously hymn the immaculate Mary, the truly divine and all-august tabernacle of God, for having received Him, she contained the uncontainable and incomprehensible God. [VPA]

**Heirmos.**

Be gracious to me, O Lord, \* for many are my iniquities; \* and bring me up from the deep \* of evils, I supplicate. \* For I have cried out to You, God of my salvation. \* O my Savior, hearken unto me. [SD]

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

For You are the King of peace and the savior of our souls, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

*From Triodion - - -*

**READER**

**For the Martyrs. Mode pl. 1.**

The powers of heaven marvelled greatly, / at the victory of the holy Martyrs. / For, contending in their mortal bodies, / they invisibly conquered the bodiless enemy by the might of the Cross. / Now they intercede before the Lord, // that He may have mercy on our souls. [OCA]

**Synaxarion.**

*From the Menaion.*

On April 18, we commemorate our devout father John, the disciple of Saint Gregory of Dekapolis.

On this day we also commemorate the holy Martyr Savvas the Commander.

On this day we also commemorate our father among the saints Kosmas, Bishop of Chalcedon.

On this day we also commemorate our devout mother Athanasia.

On this day we also commemorate the holy Neo-martyr John from Ioannina, who witnessed in the 1526.

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

*From Menaion - - -*

**CHOIR**

**Ode vii. Mode pl. 4. Heirmos.**

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

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

**Troparia.**

Reflecting upon the Lord's second coming, you put away the sleep of negligence from the eyelids of your soul, wise one and sleeplessly you cried: O God of our Fathers, you are blessed. [VPA]

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

Reflecting upon the Lord's second coming, you put away the sleep of negligence from the eyelids of your soul, wise one and sleeplessly you cried: O God of our Fathers, you are blessed. [VPA]

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

You chose the good portion from tender childhood, all-wise one: to serve the Lord in fear and to accomplish His statutes, crying out: O God of our Fathers, you are blessed [VPA]

Glory.

You removed yourself from the bonds of the flesh, O John, and were mindful of your soul, serving the Lord of your free will and daily shouting: O God of our Fathers, you are blessed. [VPA]

Both now. **Theotokion.**

Mistress of the world, who bore God incarnate for us, save my soul which has been mastered by many disgusting sins, that I may bless you, pure and blessed one. [VPA]

**Ode viii.**

From Menaion - - -

**Ode viii. Mode pl. 4. Heirmos.**

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

The tyrant king of Babylon \* had the furnace made seven times \* hotter for pious men, for he was furious. \* But after he witnessed how \* they by a higher power were saved, \* he cried out, "O bless the Creator and Savior, \* you Servants; and extol Him, \* O you priests; and you peoples \* supremely now exalt Him, unto all the ages." [SD]

**Troparia.**

Having suitably inherited the grace of your famous shepherd as though a sheepskin, Father John, with it you parted in two the sea of the pleasures, and having been preserved from sinking, you were seen as a co-dweller of the angels, crying out with them: O people, greatly exalt Christ unto the ages. [VPA]

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

Having suitably inherited the grace of your famous shepherd as though a sheepskin,

Father John, with it you parted in two the sea of the pleasures, and having been preserved from sinking, you were seen as a co-dweller of the angels, crying out with them: O people, greatly exalt Christ unto the ages. [VPA]

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

Having piously imitated the Lord who is beyond good and who became poor for us, you struggled to be like the birds in poverty and you acquired the wealth of eternal good things, singing: O priests, bless Him, and you, O people, greatly exalt Christ unto the ages. [VPA]

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

The pure grace of the Spirit, having dwelt in your soul, created in you a clean heart, and renewed a right spirit within you. Therefore, having lived a pure life, O John, you cried out: O priests, bless Him, and you, O people, greatly exalt Christ unto the ages. [VPA]

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

**Theotokion.**

Having been sanctified by the Spirit, all-blameless Theotokos, you truly received in your womb the beginningless and eternal Son, who became incarnate in you for the benefit of those crying out with faith: O children, bless Him; O priests, sing hymns unto Him, O people greatly exalt Christ unto the ages. [VPA]

(read)



**Intermediate Verses of Ode Eight.**

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

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

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

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

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

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

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

(sung)

From Triodion - - -

**Canon 1 from the Triodion.**

**Ode viii. Mode pl. 1. (NM)**

*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]

O divinely inspired apostles of the Lord, stones built upon the Chief Corner Stone, intercede with Him who is all-merciful, that He may take away the heavy stone from my heart. [KW]

*Verse:* Bless the Lord, O children of men.

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

'Let us go', Thou hast said beforehand to Thy friends. 'Lazarus My friend has already fallen asleep. But by awakening him I shall destroy for ever the evil and destructive power of death.' [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 become through grace meek in soul and humble in thought, and let us receive the meek Master of all, who comes to break in pieces the arrogance of the evil one. [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.**

The Prophet saw thee, O all-blameless Lady, as a shining Gate of light. For in ways past telling thou dost bear the Giver of Light, who has become as we are; and we exalt Him above all for ever. [KW]

**Canon 2 from the Triodion.**

**Ode viii. Mode pl. 2. (NM) Thy holy Children.**

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

Mary and Martha now lament, beholding Lazarus laid in the tomb, and in distress they cry aloud: 'Had Christ been here, our brother had not died.' [KW]



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

Let hell expect its own destruction. For the Life comes to raise up Lazarus, who cries aloud: O Bless, praise and exalt ye the Lord above all for ever.' [KW]

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

**For the Trinity.**

Without beginning are the birth of the Son and the procession of the Spirit. I worship the Father who begets, I glorify the Son who is begotten, and I sing the praises of the Holy Spirit who shines forth with the Father and the Son. [KW]

Both now. **Theotokion.**

Cease not to pray, O Virgin, unto Him whom thou hast borne in ways past all interpretation, for He loves mankind: that He may save from danger all who flee to thee for refuge. [KW]

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

Let us and all the faithful prepare virtues as branches and palms for our meeting with the King, and let us cry aloud: Bless, praise and exalt ye the Lord above all for ever. [KW]

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

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

Thy holy Children in the furnace sang like the cherubim the thrice-holy hymn, and they cried aloud: Bless, praise and exalt ye the Lord above all for ever. [KW]

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode pl. 4.**

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

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

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

#### **Ode ix. Mode pl. 4. Heirmos.**

The heavens were astounded as a result,  
\* and the ends of the earth were astonished,  
inasmuch as God \* bodily appeared to the human race, \* O Theotokos, coming forth \* from your virgin womb which indeed became \* more spacious than the heavens. \* And therefore by the orders \* of men and angels you are magnified. [SD]

#### **Troparia.**

O John, having plowed up the furrow of your soul with the plow of prayer, you threw down in it the pious and life-bearing seeds of the virtues. Therefore, you reaped the rich sheaf of divine healings, God-bearer, by which you nourish those who hymn you. [VPA]

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

O John, having plowed up the furrow of your soul with the plow of prayer, you threw down in it the pious and life-bearing seeds of the virtues. Therefore, you reaped the rich sheaf of divine healings, God-bearer, by which you nourish those who hymn you. [VPA]

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

Having finished the road of asceticism and kept the faith, blessed one, as truly being full of spiritual maturity, you received the crown of righteousness from Christ, godly-minded Father, and now you rest in the most luminous dwellings with the righteous, all-renowned one. [VPA]

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

You climbed into heaven as in a four-horsed chariot of the virtues, blessed one, being heavenly like another Elias, wise Father, and you dwelt with the righteous, leaving your much-labored body upon the earth as a treasure of healings and expeller of demons for those who love you. [VPA]

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

#### **Theotokion.**

When you became the mother of the redeemer, all-pure one, you again called us who had been thrown out of the heavenly life and wretchedly fallen into death, and again made us worthy to return to the

original fatherland. Therefore, we unceasingly magnify you, mother of God. [VPA]

From Triodion - - -

**Canon 1 from the Triodion.**

**Ode ix. Mode pl. 1. (NM) Rejoice, Isaiah.**

*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]*

O Master Christ, who hast made Thy wise disciples to be Thy friends, save me from friendship with the crafty one. Thou hast come with them, O Saviour, and raised Thy faithful friend Lazarus, and in thanksgiving he sings Thy praises. [KW]

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

O compassionate Lord, at the full completion of the Fast fill our hearts and minds with joy, through the prayers of Thine apostles who loved Thee with sincerity, O Saviour of our souls. [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]*

I dwell in the tomb of sloth, O Christ, and I stink from the festering wounds of sin. And so I call upon Thee: Raise me up and save me, that I may come to meet Thee with branches of virtue, shouting aloud: Hosanna be to God. [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.**

O Maiden undefiled, unto us hast thou borne the only-begotten Son of the Father, who became incarnate in two wills and

natures. Transcendent in His Godhead, He makes us partakers of the divine nature. [KW]

**Canon 2 from the Triodion.**

**Ode ix. Mode pl. 2. (NM)  
Conception without seed.**

*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]*

Today Lazarus has been two days in the tomb, and Mary and Martha as his true sisters shed tears for him. But Christ comes to him with his holy apostles, to make manifest a great wonder. [KW]

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

O all-destroying death, expect now thine own dissolution. Let thy doorkeepers look to the bolts and bars: for Christ shall raise up Lazarus and shatter thy gates by His word. With us the Prophet cries to thee, 'O hell, drink this first.' [KW]

Glory. **For the Trinity.**

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity. [KW]

Both now. **Theotokion.**

The marvel of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that

is born: for all that He wills, He has the power to do.' [KW]

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

The Lord comes seated upon a foal, as it is written. Ye peoples, make ready to receive in fear the King of all, and to welcome Him vrith palms as Victor over death and hell; for He has raised Lazarus. [KW]

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

Conception without seed; nativity past understanding, from a Mother who never knew a man; childbearing undefiled. For the birth of God makes both natures new. Therefore, as Bride and Mother of God, with true worship all generations magnify thee. [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**

**Photagagic Hymns**

**Mode pl. 1.**

O Lord and Giver of light, send out Your light and illumine my heart, by the intercessions of the Apostles, and save me. [SD]

O Lord and Giver of light, send out Your light and illumine my heart, by the intercessions of the Hierarch, and save me. [SD]

O Lord and Giver of light, send out Your light and illumine my heart, by the intercessions of the Theotokos, and save me. [SD]

**READER**

**Lauds. (read)**

**Psalm 148.**

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

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

**Psalm 149.**

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

**Psalm 150.**

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise

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

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

**Doxology** *(read)*

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



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

**DEACON**

Let us complete our morning prayer to the Lord.

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(Grant this, O Lord.)*

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

*(To You, O Lord.)*

**PRIEST**

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

*(Amen.)*

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**DEACON**

Let us bow our heads to the Lord.

*(To You, O Lord.)*

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

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

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to



the Father and the Son and the Holy Spirit,  
now and forever and to ages of ages.

(Amen.)

**CHOIR**

**Aposticha. From the Triodion.**

From Triodion - - -

**Idiomelon. Mode pl. 1.**

Come, brethren, and before the end with pure hearts let us all draw near to the compassionate God. Casting aside the cares of this life, let us take thought for our souls. Through abstinence let us reject with loathing the pleasures of food, and let us busy ourselves with acts of compassion; for in this way, as it is written, some have entertained angels unaware. By providing for the needy, let us feed Him who has fed us with His own flesh. Let us clothe ourselves in Him who clothes Himself in light as in a garment. So, at the intercessions of the most pure Theotokos and Virgin Mother, we shall receive forgiveness of our sins, and with compunction cry to Him: O Lord, deliver us from the condemnation of those on Thy left hand, and make us worthy to stand on Thy right, for Thou art merciful and lovest mankind. [KW]

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

Come, brethren, and before the end with pure hearts let us all draw near to the compassionate God. Casting aside the cares of this life, let us take thought for our souls. Through abstinence let us reject with

loathing the pleasures of food, and let us busy ourselves with acts of compassion; for in this way, as it is written, some have entertained angels unaware. By providing for the needy, let us feed Him who has fed us with His own flesh. Let us clothe ourselves in Him who clothes Himself in light as in a garment. So, at the intercessions of the most pure Theotokos and Virgin Mother, we shall receive forgiveness of our sins, and with compunction cry to Him: O Lord, deliver us from the condemnation of those on Thy left hand, and make us worthy to stand on Thy right, for Thou art merciful and lovest mankind. [KW]

**For the Martyrs.**

**Mode pl. 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]

In their torments, the saints cried out rejoicing: 'This is the exchange that we make with the Master: in return for the wounds inflicted on our bodies, He will clothe us at the Resurrection with a garment of light; in return for dishonour, we shall receive crowns; in return for imprisonment, Paradise; and in return for condemnation 'With evildoers, life with the angels.' At their prayers, O Lord, save our souls. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 1.**

Forechosen from all generations, hear us when we call upon thee, and answer the petitions of our souls: grant us deliverance

from our passions and from anguish, for the sake of the apostles; for thou canst do all things as the Mother of God. [KW]

**PRIEST**

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

**READER**

**Trisagion Prayers.**

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

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

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

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

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

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

**PRIEST**

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and

of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

**READER**

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

**PRIEST**

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

(Amen.)

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

(Amen.)

**Prayer of St. Ephraim**

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

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

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

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

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

*or:*

**READER**

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

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

**PRIEST**

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

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

(Amen.)