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The Service of Matins

for Tuesday, March 5, 2019

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

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

**Menaion - March 5
Memory of the Holy Monastic Martyr Konon**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Grave Mode. On Tuesday Morning

Menaion - March 5

Memory of the Holy Monastic Martyr
Konon

MATINS

CHOIR

Mode 2.

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

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

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

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

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

Apolytikion.

From Horologion - - -

Mode 2.

The memory of the just is observed with hymns of praise; for you suffices the testimony of the Lord, O Forerunner. You have proved to be truly more ven'erable than the Prophets, since you were granted to baptize in the river the One whom they proclaimed. Therefore, when for the truth you had contested, rejoicing, to those in Hades you preached the Gospel, that God was manifested in the flesh, and takes away the sin of the world, and grants to us the great mercy. [SD]

Glory. **Repeat.**

From Octoechos - - -

Both now. **Theotokion.**

Mode 2.

We have become partakers of divine nature through you, O ever-virgin Maid, since for us you gave birth unto God become incarnate. Therefore we all dutifully magnify you piously. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 7. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Grave Mode.

Thou hast accepted the tears of Peter and the Harlot, and Thou hast justified the Publican when he groaned from the depths of his heart. My sins have brought me to despair, O Saviour: take pity on me also and save me.

[KW]

Verse: *O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger.* [SAAS]

Peter's denial Thou hast washed away with his tears; the Publican's sins Thou hast forgiven when he cried to Thee in sorrow. O Lord who lovest man, glory to Thee. [KW]

Glory. **For the Martyrs.**

Be glad, O you righteous; let the heavens sing for joy. For when the Martyrs competed, they trampled the enemy, and they brought down the deception of the idols. Let the Church leap for joy, as she celebrates the Judge of the contest, Christ our God, who alone confers victory, and who grants the world the great mercy. [SD]

Both now. **Theotokion.**

You have surpassed the Powers of heaven, for you have become the Temple of God, O blessed Theotokos, by giving birth to Christ, the Savior of our souls. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 8. 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 pl. 4. (NM) O
Mother of God, in thy womb.

O Word supreme in love, who with the Father and the Spirit hast created all things visible and invisible in Thy wisdom past speech, grant in Thy compassion that we may spend the season of the joyful Fast in profound peace. Destroy the beguilement of bitter sin, granting us contrition, tears of

healing, and forgiveness of our trespasses, that, fasting with a fervent spirit and undoubting soul, we may join the angels to sing the praises of Thy power. [KW]

Glory. Both now.

Mode pl. 4. Automelon.

By conceiving the Wisdom and Word of God * in your womb inexplicably, Mother of God, * for the world's sake you carried Him who has the whole world in His hand, * and in your arms you held Him who holds together the universe, * which He provides with food, as its Creator and Lord. * Therefore, O all-holy Virgin Mary, I pray you, * that I be forgiven of my offences when I shall stand before Him who created me. * O all-lauded Lady most pure, I implore you to assist me in that hour. * I am sure you can accomplish whatever you wish. [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 of Compunction.

Grave Mode. Heirmos

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

Let us sing to our Redeemer and God, who by His arm brought wars to nothing, and who submerged the chosen captains, for He is glorified. [SD]

Troparia.

Have mercy on me, O God. Have mercy on me.

O Christ, I sin each day, and I do not shudder at You, who with forbearance await my repentance. Since You are good, please give me the thought of returning, and do not overlook me. [SD]

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

Not at all have I ceased heaping sin upon sin, wretch that I am. O only good and sinless Savior, take pity on me and save me. [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]

The valiant athletes bravely call out to each other, "We are in the stadium and the contests abound. Let us run our race, for Christ, the Judge of the games, is seated, and he will crown who defeat the foe." [SD]

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

O wise Martyrs, enduring multiple tortures, you put off the body, and you put on the garment of incorruption, and you became sons of the Father of tender mercies. [SD]

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

Theotokion.

My soul is afflicted by many sins. O Virgin Mother of God, heal me, so that I may

ever earnestly glorify you with words of gratitude. [SD]

From Octoechos - - -

Canon for the Forerunner.

Grave Mode. *N/M (Formerly freely flowing.)*

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]

Blessed Forerunner, blooming with handsome beauty, you adorn the Church. By your intercessions, always preserve her mighty and unshaken in the face of judgments against her from heretics. [SD]

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

[SAAS]

Divine Forerunner, you were slaughtered like an innocent lamb and offered to the Creator as a blameless sacrifice. Therefore with faith I implore you, rescue me from all the wickedness of enemies. [SD]

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

Ever-renowned Forerunner, we pray you cure the diseases of our souls and bodies, as daily implore the Logos, who mercifully takes away the diseases and illnesses of all. [SD]

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

Theotokion.

All-holy Virgin, you gave birth to the incomprehensible Logos associated with us in the flesh hypostatically. Ever implore Him to save us who faithfully ever call you blessed. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 1. *N/M (To our Savior and God.)*

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

May Conon the righteous and victorious Martyr be now honored; for being enlisted for Christ, the King over all, he battled bravely against falsehood, and has put on the undefiled crown. [un]

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

Yearning for the secret life and glory that never ages, the glorious Martyr Conon traded earthly luxury for them. Let us commemorate him in hymns, for he is glorified. [un]

Glory.

Now clothed with a raiment of incorruption, O glorious Conon, you have been transplanted from the root of a wild olive tree to a good olive tree, bearing those whom you planted as fruit to Christ. [un]

Both now. **Theotokion.**

O pure Mother of God, always ask the God that was incarnate of you without leaving the Father, that our souls may be saved. [un]

Ode ii.

Canon 1 from the Triodion.

From Triodion - - -

Ode ii. Mode 3. Heirmos (NM).

As rain upon the meadow and snow upon the grass, let my words fall upon the earth. (2)

[KW]

Glory to You, our God, glory to You.

The preparation for the Fast shines upon us as the dawn with the light of repentance.

[KW]

Glory to You, our God, glory to You.

O Christ, in the abundance of Thy compassion deliver me from the outer darkness, for Thou alone art merciful. [KW]

Glory to You, our God, glory to You.

Cleanse me by the grace of repentance, O Saviour, and snatch me from the fire and the worm that never sleeps. [KW]

Most-holy Theotokos, save us.

Theotokion.

O Virgin worthy of all praise, be to us a path of repentance, leading us to the gates of salvation. [KW]

From Triodion - - -

Canon 2 from the Triodion.

Ode ii. Mode 2. (NM) *Attend, O my people.*

Glory to You, our God, glory to You.

The season of repentance is at hand; in our love for Christ let us hasten to be cleansed of all transgressions, that when we appear before the Master we may be numbered with the blessed. [KW]

Glory to You, our God, glory to You.

The season of repentance is at hand; in our love for Christ let us hasten to be cleansed of all transgressions, that when we appear before the Master we may be numbered with the blessed. [KW]

Glory to You, our God, glory to You.

Let us hasten now and keep a fast that is constant, pure and sinless, that so we may receive remission of our trespasses. [KW]

Glory to You, our God, glory to You.

O Christ, Thou art loving and abundant in mercy, always accepting everyone in repentance; therefore we all glorify Thee for ever. [KW]

Glory. **For the Trinity.**

Let us glorify the Trinity in Unity, inseparable, unconfused, God undivided in Substance yet distinct in Persons. [KW]

Both now. **Theotokion.**

O pure Virgin Mother, from whom the Word took human flesh, entreat Him to save thy servants from peril. [KW]

From Octoechos - - -

Ode iii.

Canon of Compunction.

Grave Mode. Heirmos

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

You are the one who by Your Word established the heavens, and who set the earth's foundation on many waters. Establish my mind in your will, O only Lord who loves mankind. [SD]

Troparia.

Have mercy on me, O God. Have mercy on me.

O only Savior, You overlook people's sins, in your great love for humanity. I pray You also overlook the many evils I have done, so that I may glorify You, the surpassing good God. [SD]

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]

Against my conscience, I have ignored Your wishes, so that I can do the will of the flesh. And now I fear the fiery punishment. O Logos, rescue me from it. [SD]

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

The Athletes experienced pains of physical torture, looking forward to the painless life and relaxation, which they joyfully attained. And now they ever alleviate the pains of other people. [SD]

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

O God-bearing Martyrs, you ended the night of terrible deception and error, and you were transported to the never-setting light. And now you ever deliver us from our pain and suffering. [SD]

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

Theotokion.

O immaculate Virgin, the Prophet Daniel foresaw you as the gate of God, by which He entered, as He knows. Therefore I implore you to open to me the gates of repentance. [SD]

From Octoechos ---

Canon for the Forerunner.

Grave Mode. *N/M (In the beginning.)*

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

O Forerunner, you illumine all of creation with solar flares, for you are a bright star of the noetic Sun. Earnestly entreat Him to drive

away the darkness of the passions from our aching hearts. [SD]

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

O divine Forerunner, standing as you were between the Law and grace, to all you manifestly indicated the end of the former and the shining of the latter, which would clearly come through perfect renewal to those who had become old in their sins. [SD]

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]

We cry out to you, O Baptizer of Christ: As you implore our good God, deliver us from demonic assaults, from the scandals of life, and from every tribulation, and rescue us from perdition on Judgment Day. [SD]

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.

O blessed Lady, who inexplicably gave birth to God, join His holy Baptist and unceasing pray for us; for we have succumbed to life's disasters, and we are distressed by our sins. [SD]

Canon for the Saint.

From Menaion ---

Mode pl. 1. *N/M (By the power of Your Cross.)*

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

[SAAS]

You decided to worship God, yearning for the light, O glorious Conon; but you hated the murky godlessness of the idols. [un]

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

Gladly sacrificing soul and body to Christ, and being graciously received, you talked with the Master as though the two of you were alone, O all-blessed one. [un]

Glory.

You prudently freed countless people from the laws of their fathers, acquiring the victory over Apollo, the namesake of destruction, O glorious Conon. [un]

Both now. **Theotokion.**

Constantly ask Him who came forth from your womb, O pure one, that whose who commemorate you as the Mother of God may be delivered from the lies of Satan. [un]

Heirmos.

By the power of Your Cross, O Christ, * firmly establish my intelligence, * so that with hymns I may glorify * Your Ascension that has saved us all. [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.)*

From the time of your infancy you clung to God, O Godbearer, becoming the Good Spirit's vessel of greatest honor; and you subdued the most vile spirits to your rule. Correctly you are magnified, since you have fought. Thus we all faithfully keep the feast, on your holy memory. [un]

Glory. Both now. **Theotokion.**

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

Lead my depraved soul, and have compassion upon it, which, weighed down with a load of transgressions, is slipping to depths of perdition where all is lost, O all-blameless one; in that terrible mortuary hour, deliver me quickly from accusing demons, O immaculate Virgin Mary; and save me, I ask you. [un]

From Octoechos - - -

Ode iv.

Canon of Compunction.

Grave Mode. Heirmos

Verse: Glory to Your strength, O Lord.

Confirming Your incarnate advent, O Christ, the Prophet Habbakuk cried out: "Glory to Your power!" [SD]

Troparia.

Have mercy on me, O God. Have mercy on me.

I have wandered from the way that would lead me to life, and I have fallen into a pit of evils. O Savior, do not ignore me. [SD]

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

O Master, the Logos of God, send down to me buckets of tears, so that I may wash away the filth of my many offences. [SD]

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

The Martyrs were led like lambs to slaughter, but in fact they slaughtered the waring enemy, and they were granted glory. [SD]

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

O all-lauded Martyrs, the streams of your blood emptied, and they prepared for you the torrent of delight. [SD]

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

Theotokion.

O Maiden, the Lord has become flesh from your pure blood, and by your intercessions, He grants repentance to mortal men. [SD]

From Octoechos - - -

Canon for the Forerunner.

Grave Mode. N/M ()

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

O Baptist, you brought down the hostile enemies, and you splendidly prevailed over them. Now I entreat you, by your prayers bring down the sin that reigns in me. [SD]

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

O Blessed Forerunner, you appeared as a spiritual lamp, and to mortals you pointed at Jesus, the great Sun of Righteousness. Pray Him to illumine the hearts of all. [SD]

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

I was conceived and born in iniquities, and now I live carelessly. I am afraid of the punishments on the other side. O Baptist, rescue me from these, by praying to God to be merciful. [SD]

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

Theotokion.

In many different ways, the shadows of the Law indicated you, the one who gave birth to God. Entreat Him now, O all-blameless Virgin, to free me from all iniquity and from the body's passions. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 1. N/M ()

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

You threw down the one who deceives the masses, O blessed Conon, and displayed the Divinity of Jesus. [un]

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

The false god carved of stone, quaking at your chastisement, confessed that Jesus alone is God. [un]

Glory.

The stupid became prudent, accepting the completely verified retraction supernaturally emanating from lips of stone. [un]

Both now. **Theotokion.**

We who are faithful glorify you as truly the Mother of God, O unwedded Virgin, and we run to your shelter. [un]

From Octoechos - - -

Ode v.

Canon of Compunction.

Grave Mode. Heirmos

Verse: O Lord our God, grant us peace.

O Creator of all, You drove away the original darkness of the abyss, and shined the first-created light on the world. I pray You, dispel the night of the passions, and shine in me the noetic light. [SD]

Troparia.

Have mercy on me, O God. Have mercy on me.

O Logos, deliver me from Your righteous wrath, when You judge the earth. Through my repentance, cleanse me of my many

transgressions, and make me a temple of Your goodness, O only Creator of the universe. [SD]

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

My mind is blinded by the heavy fog of the passions, and I do not know what I am doing, since my hear is hardened. O Christ, convert me, and give me repentance that will cleanse my impurities. [SD]

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

O Athletes, you vigorously ran the sweaty race, and you crossed the heavenly finish-line. You have received the medals of victory from the hand of the God who is the source of life. Therefore now you celebrate. [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 Athletes, you strangled the wicked serpent with the very cords that were used to torture you in your sacred labors, and you were counted worthy of the Garden of Eden. Therefore we extol you. [SD]

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

Theotokion.

O Lady, you are the luminous cloud of the Sun. Shine in me the noetic light of genuine repentance, and drive away the darkness of my wicked thoughts, so that in faith I may extol you as the salvation of believers. [SD]

From Octoechos - - -

Canon for the Forerunner.

Grave Mode. N/M ()

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

All-wise Forerunner, You became the voice of one crying in the wilderness of minds bereft of the knowledge of God. So I entreat you to renew my soul, for it has become a desert because of all my transgressions. [SD]

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

O Prophet of God, you were shown to be an honorable vessel of the Master. By your intercessions, free me from dishonorable acts, and pray the Giver of blessings for me to obtain everlasting honor. [SD]

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]

Iniquities have come over me; they gained entrance because of my indifference. O blessed Forerunner, make me a better person, through the work of repentance, so that I may readily return to the ways of the Lord. [SD]

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

Theotokion.

O immaculate and noble Theotokos, you held in your womb Life himself, who by death utterly vanquished death by His divine power. I pray you but to death the earthly mindset of my flesh. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 1. N/M (Arising very early.)

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

[SAAS]

Grace made you to be a carrier of the pure and perfect light, O glory and boast of Martyrs. [un]

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

You overflowed with the godly knowledge of words beyond human speech and taught countless people through them, O most honorable Canon. [un]

Glory.

Looking upon the grace of your wonders, the disobedient exclaimed: The God of Canon has defeated falsehood. [un]

Both now. **Theotokion.**

We laud you as a virgin after childbirth, O Mother of God; for you carried God the Word in the flesh for the benefit of the world. [un]

From Octoechos - - -

Ode vi.

Canon of Compunction.

Grave Mode. Heirmos

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

O Good One, I have fallen into the deep sea of sin. Now like Jonah from the whale I cry to You: Raise up my life from corruption, and save me, as the One who loves humanity. [SD]

Troparia.

Have mercy on me, O God. Have mercy on me.

I am the new prodigal son, for I lived shamefully on earth, and I submitted to the drives of pleasure. O Christ God, convert me and save me, as the One who love humanity. [SD]

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

O my soul, sign now, so that you may be saved from sighing later. Weep now, so that you will not experience unending tears there in perdition, where they will be of no benefit. [SD]

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

O august Great Martyrs, you are like gems mounted in the crown of the Church of Christ, and you are her delightful adornment. [SD]

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

O wise Martyrs, you were granted an end worthy of God, and you inherit unending rewards. Therefore pray that our lives may end in repentance. [SD]

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

Theotokion.

O good Lady, you gave birth to the abyss of compassion. I pray you raise me up from the abyss of indifference and countless passions, and give me a wellspring of many tears. [SD]

From Octoechos - - -

Canon for the Forerunner.

Grave Mode. N/M ()

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

O genuine friend of the noetic Orient, you illumine all creation, as you are aglow with rays of the virtue, and shining with splendid martyrdom. [SD]

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

O blessed Baptist, you were born to an elderly, barren woman. Therefore, I who have grown old in many sins cry out to you: By your prayers renew me with the beauty of repentance. [SD]

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

O divine Prophet, the lamp of the never-setting Light, the lamp of my heart has gone out. Light it again, by your prayers, and grant me to partake of the divine Light. [SD]

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

Theotokion.

O all-holy Virgin, the Logos came down into your womb like dew. I entreat you, pray to Him to dry up the streams of my countless evils. [SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 1. N/M (The deep abyss.)

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

By your prayers, grace augmented the riches for them that held faith; but for the

lawless, immediate perdition, O all-blessed
Conon. [un]

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

The legions of demons truly yielded to
you that had yielded yourself to God, who
created you by His own authority, O blessed
and glorious Martyr Conon. [un]

Glory.

Through you the masses were reprov'd,
taught by action and sermon to choose mercy
and through God to hate the ways of greed, O
all-blessed Conon [un]

Both now. **Theotokion.**

O glorious Mary, boast of the Orthodox,
as is appropriate, we honor you as the bush
that was not consumed, and as a mountain
and a living stairway and a door of heaven. [un]

Heirmos.

The deep abyss surrounded me; the sea-
beast became my own sepulcher.* But I cried
aloud to You the Lover of humankind,* and
thus Your right hand has saved me, O Lord
my God. [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 Menaion - - -

READER

Kontakion.

Mode 4. *You who were lifted.*

When it was granted you to see holy
Angels, * into the Christian Faith were you
initiated, * and you received the power to do
miracles, O Saint. * Then, O wise one, you
subdued the conceit of the demons, * and
competing you put out the flame of deceitful
error. * O devout Martyr Athlete Conon, pray
* to our humane Lord * to be merciful to us. [SD]

Synaxarion.

From the Menaion.

On March 5, we commemorate the holy
monastic martyr Conon of Isauria.

On this day we also commemorate the
holy Martyr Conon the gardener.

On this day we also commemorate our
devout father Mark the Monk and Wonder-
worker.

On this day we also commemorate the
holy Martyr Evlogios of Palestine.

On this day we also commemorate the
holy Martyr Evlampios.

On this day the holy Martyr Archelaos
and the 142 Martyrs with him died by the
sword.

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

From Octoechos - - -

CHOIR

Ode vii.

Canon of Compunction.

Grave Mode. Heirmos

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

The fire did not scorch nor at all disturb those Servants in the furnace. The the three, as if with one mouth, extolled and blessed, saying: "Blessed is the God of our fathers!" [SD]

Troparia.

Have mercy on me, O God. Have mercy on me.

O Savior, I have fallen into the dishonorable passions, and I have like the animals. And darkened thus, I do not see the forbearance of Your patience, O Logos. Give me time to return, and save me. [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]

I lived my life with indifference, doing what is not permitted. And now, at last, I approach the gates of hades, and I am still indifferent. O Christ who alone are good, do not disdain me. [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]

O all-wise Athletes, you longed for everlasting life, so you died to the world. And when you had completely mortified the enemy, you flew up to the heavens, where you ever intercede for us. [SD]

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

O holy Martyrs, freed from the needs of the body, you undid the bonds of deceitful error. And you bound your souls to the love of Christ, who was bound in the flesh and undid corruption. [SD]

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

Theotokion.

O pure Virgin, the Prophet Isaiah saw you as a new book, in which the Word of the Father was written. Therefore I implore you to entreat and implore Jesus, the One who makes all things new, to write me in the book of the living. [SD]

From Octoechos - - -

Canon for the Forerunner.

Grave Mode. N/M ()

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

O Forerunner, in the streams of the river you bathed the Abyss of compassion. By your prayers, grant me showers of tears, and wholly cleanse me of defilement of flesh and spirit. [SD]

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

O Blessed Forerunner, offer fervent supplication to the God of all, that being compassionate He have mercy on me who have committed many sins and cannot recover. [SD]

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

Barren soul of mine, hurry and repent, lest divine justice cut you down from the root, like a fruitless fig tree. Cry out to the Master: "O God, be gracious to me and save me!" [SD]

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.

Because of my serious transgressions, my soul has been deadened. O Lady, I pray you who by your childbirth put Hades to death: Revive me, through my works of repentance.

[SD]

Canon for the Saint.

From Menaion - - -

Mode pl. 1. N/M (You who preserved.)

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

O athlete, battling in martyrdom, you exclaimed: Blessed is the God of our Fathers.

[un]

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

Defeating the opposition, you were manifested to be a champion, exclaiming: Blessed is the God of our Fathers. [un]

Glory.

You have been given the title of champion upon the earth and crown-bearer in the Heavens, O unconquerable Martyr of Christ.

[un]

Both now. **Theotokion.**

You that was Virgin-born, who made her the Mother of God, blessed are You, the God of our Fathers. [un]

Ode viii.

From Menaion - - -

Canon for the Saint.

Ode viii. Mode pl. 1. Heirmos.

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

Before the ages begotten from the Father, He is Son and God; * He was incarnated from a Virgin Mother in the later years. * All you priests, extol Him, you peoples all exalt Him supremely to all ages. [SD]

Troparia.

Saint of God, intercede for us.

Beholding the world's prince of darkness ruined of superstitious falsehood through the Saint's intercessions, praise Christ, O you priests, and maximally glorify Him, O you people, for all eternity. [un]

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

In a manner worthy of God, the congregation of the unrighteous, tortured by the spirits of perdition, exclaimed to you, O all-blessed Conon: Praise Christ, O you priests, and maximally glorify Him, O you people, for all eternity. [un]

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

By your efficient decree, you kept the infant from harm while in the jaws of the feral animal as though in the arms of a mother, as

you exclaimed constantly: Praise Christ, O you priests, and maximally glorify Him, O you people, for all eternity. [un]

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

You were excessively enlightened with the Light of Three Suns, O athlete; for declaring the Nature of Three Hypostases, you did exclaim: Praise Christ, O you priests, and maximally glorify Him, O you people, for all eternity. [un]

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

Theotokion.

You have been manifested as higher than the Cherubim, O Mary exceedingly glorious, and who gave birth to God; for in your womb lived He whom we mortals, together with the bodiless spirits, glorify for all eternity. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode 3. (NM) Begotten as God.

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]

Now is the time for turning back: O my soul, hasten to show unto God worthy fruits of repentance. Keeping fast and praying, rise up and cry urgently: Praise, bless and exalt 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]

O brethren, let us cleanse the senses of our soul, and cleave to the Lord with contrition;

and let us cry aloud sincerely, in purity and repentance: Praise, bless and exalt Christ above all for ever. [KW]

Verse: Bless the Lord, O priests of the Lord, O servants of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

With persistent prayer let us make haste to slay the enemy who lies in wait for us with thoughts of gluttony, and beguiles our senses with uncontrolled desire for swiftly-passing pleasure: and let us praise, bless and exalt Christ above all for ever. [KW]

Verse: Bless the Lord, O spirits and souls of the righteous, O holy ones and humble in heart, and exalt Him beyond measure, unto all the ages. [SAAS]

Theotokion.

O Virgin, thou hast made our earthly nature heavenly: with the rain of thy merciful compassion make the barren furrow of my earthbound soul fruitful in virtues, and I will praise and exalt Christ above all for ever. [KW]

Canon 2 from the Triodion.

Ode viii. 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]

O ye faithful, let us now in preparation cleanse ourselves not only in our eating but in our actions, and let us begin the Fast with fervent minds, that so we may appear before the Creator in glory for ever. [KW]

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

This should be the manner of our fasting: not in hatred and contention, not in envy and strife, not in self-glory and with hidden deceit, but like Christ in humblemindedness. [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.

Glory to the Father, Son and Holy Spirit, God one in three. We mortals praise Thee with the angels, O Most Holy Trinity, unceasingly for ever. [KW]

Both now. **Theotokion.**

Hail, pure Virgin, Theotokos Mary, mercy-seat of the world, strength of Orthodox Christians: pray that we may be delivered from the fire that never shall be quenched, as we glorify thee for ever. [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 pl. 1.

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

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Saint.

Ode ix. Mode pl. 1. Heirmos.

You, transcending mind and reason the Mother of God, * who gave birth to the timeless One in time inexpressibly, * we the faithful with one accord now magnify. [SD]

Troparia.

Saint of God, intercede for us.

Completely consumed with immaterial yearning, you desired to drink the cup of Christ. Because of this, all of us call you blessed, O blessed Conon. [un]

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

Not yielding to flattery, but with the law of God in a manner commendable to God, you gladly drank the cup of Christ, O blessed Conon. [un]

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

You are the beauty of the Martyrs, O glorious Conon, made beautiful with the most honorable wounds of Christ; for this reason, we all honor you. [un]

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

Because you have now received the inheritance in Heaven, save me from the woeful dangers of life, O Conon, glorious athlete of the Lord. [un]

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

Theotokion.

Rejoice, O Theotokos, Mother of Christ God; rejoice, O divine mountain; rejoice, spring of honorable virginity; rejoice, O Lady.

[un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 3. (NM) O Holy Virgin, Bush that burned.

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]

Show unto us Thy pure and loving compassion, for Thou dost grant repentance to mortal men for their salvation, O Saviour who alone art rich in mercy. [KW]

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

Woe is me! How fearful is that judgement seat where there is no respect of persons; and

we shall stand before it stripped, rendering an account of all the evil actions in our life. [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]

Rain down upon us, O Benefactor, the waters of compassion, drowning all our filth, and grant us opportunity for repentance. [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.

Singing thy praises with true faith, we entreat thee, our firm protection and strong hope: O Virgin, intercede with thy Son for our salvation. [KW]

Canon 2 from the Triodion.

Ode ix. Mode 2. (NM) O Theotokos undefiled.

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]

Let us now in preparation cleanse ourselves through tears and fasting and great acts of virtue, that we may receive great mercy. [KW]

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

Let us now follow the example of the wise virgins, and in our love for Christ let us hasten to meet Him with brightly burning lamps. [KW]

Glory. For the Trinity.

Holy, Holy, Holy, thrice holy art Thou, Father almighty and consubstantial Son with the Spirit, one Godhead. [KW]

Both now. **Theotokion.**

Thou art our glory, and to thee we run for refuge, O pure and venerated Ever-Virgin: deliver us from torment. [KW]

Heirmos (NM). Mode 2.

O Theotokos undefiled, we magnify for ever thy virginity, that was not burnt by the fire of the Godhead. [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.)

CHOIR

From Horologion ---

Exaposteilarion.

Mode 3. *N/M (Having embellished.)*

Let us all praise John the Forerunner and Baptist of the Saviour, the Prophet from a Prophet, the nurseling of the desert, the offspring of Elisabeth. [EL]

Theotokion.

Mode 3. *Having embellished heaven.*

I have you as mediatrix * before the God who loves mankind. * May He not censure my actions * in the sight of the Angels. * I entreat you, O Virgin, * come quickly to my assistance. [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 3.

O peoples, let us greet the Fast with joy, for the beginning of the spiritual contest is at hand. Let us lay aside the comforts of the flesh; let us make God's gifts of grace increase within our soul; let us suffer with Christ as His servants, that we may be also glorified with Him as children of God. And may the Holy Spirit, dwelling in us all, give light to our souls. [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]

O peoples, let us greet the Fast with joy, for the beginning of the spiritual contest is at hand. Let us lay aside the comforts of the flesh; let us make God's gifts of grace increase within our soul; let us suffer with Christ as His servants, that we may be also glorified with Him as children of God. And may the Holy Spirit, dwelling in us all, give light to our souls. [KW]

For the Martyrs.

Mode 3.

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]

The soldiers of Christ cast aside the fear of kings and tyrants; boldly and with courage they confessed Him as the Lord of all, their

King and God: and now they intercede for our souls. [KW]

Glory. Both now. **Theotokion.**

Mode 3.

O Theotokos, the protection of all who pray to you, * in you we trust, in you we boast, * in you is our every hope. * Intercede with Him who was born of you, * on behalf of us your worthless servants. [SD]

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.)

CHOIR

Apolytikion.

From Horologion - - -

Mode 2.

The memory of the just is observed with hymns of praise; for you suffices the testimony of the Lord, O Forerunner. You have proved to be truly more ven'erable than the Prophets, since you were granted to baptize in the river the One whom they proclaimed. Therefore, when for the truth you had contested, rejoicing, to those in Hades you preached the Gospel, that God was manifested in the flesh, and takes away the sin of the world, and grants to us the great mercy. [SD]

From Octoechos - - -

Glory. Both now. **Theotokion.**

Mode 2.

We magnify you, O Theotokos, and we cry out: Rejoice! You are the cloud of the never-setting Light, for in your arms you held the Lord of glory. [SD]

DEACON

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

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

Let us pray for pious and Orthodox Christians.

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

Again we pray for (episcopal rank)
(name).

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

Again we pray for our brethren: the priests, the hieromonks, the hierodeacons, the monastics, and all our brotherhood in Christ.

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

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

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

Again we pray for the blessed and ever-memorable founders of this holy church, and for all our fathers and brethren who have fallen asleep before us, who here have been piously laid to their rest, as well as the Orthodox everywhere.

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

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and those who sing, and for the people here present who await Your great and rich mercy.

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

PRIEST

For You are a merciful God Who loves mankind, and to You we offer up glory, to the

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

(Amen.)

DEACON

Wisdom.

(Father, bless!)

PRIEST

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

Make firm, Lord our God, the holy and pure faith of the pious Orthodox Christians, together with the Holy Church and this city forever.

READER

Amen.

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

or:

READER

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.

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.)