

Ὁκτώηχος

Ἦχος γ'.

Τῇ Κυριακῇ Πρωῇ

Τριώδιον

Κυριακὴ Γ' τῶν Νηστειῶν τῆς
Σταυροπροσκυνήσεως

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ
προσώπου σου, Κύριε.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Ἐδωκας τοῖς φοβουμένοις σε
σημείωσιν τοῦ φυγεῖν ἀπὸ προσώπου τόξου.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Ἀνέβης εἰς ὕψος,
ἠχμαλώτευσας αἰχμαλωσίαν, ἔλαβες δόματα
ἐν ἀνθρώποις.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. δ'. Ἐδωκας κληρονομίαν τοῖς
φοβουμένοις τὸ ὄνομά σου, Κύριε.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα· καὶ νῦν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Octoechos

Mode 3.

On Sunday Morning

Triodion

Third Sunday of Lent. Veneration of the
Cross

LITURGY

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

Verse 1: O Lord, the light of Your face was
stamped upon us. [SAAS]

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

Verse 2: You gave a sign to those who fear
You, so they may flee from the face of the bow. [SAAS]

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

Verse 3: You ascended on high, You led
captivity captive; You received gifts for mankind.
[SAAS]

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

Verse 4: You have given an inheritance to
those who fear Your name, O Lord. [SAAS]

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

Glory. Both now.

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

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Εἶδον πάντα τὰ πέρατα τῆς γῆς τὸ σωτήριον τοῦ Θεοῦ ἡμῶν.

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

Στίχ. β'. Εἰσελευσόμεθα εἰς τὰ σκηνώματα αὐτοῦ, προσκυνήσομεν εἰς τὸν τόπον, οὗ ἔστησαν οἱ πόδες αὐτοῦ.

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

Στίχ. γ'. Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

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

Στίχ. δ'. Σχολάσατε καὶ γνῶτε ὅτι ἐγὼ εἰμι ὁ Θεός· ὑψωθήσομαι ἐν τοῖς ἔθνεσιν, ὑψωθήσομαι ἐν τῇ γῇ.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

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

Antiphon II. Mode 2.

Verse 1: All the ends of the earth saw the salvation of our God. [SAAS]

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

Verse 2: Let us enter into His tabernacles; let us worship at the place where His feet stood. [SAAS]

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

Verse 3: God is our King before the ages; He worked salvation in the midst of the earth. [SAAS]

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

Verse 4: Be still, and know that I am God; I will be exalted among the nations; I will be exalted in the earth. [SAAS]

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

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

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

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

Ἀντίφωνον Γ'. Ἦχος α'.

Στίχ. α'. Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν
καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν
αὐτοῦ.

Στίχ. β'. Σῶσον, ὁ Θεός, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. γ'. Καὶ ποιμανὸν αὐτοὺς καὶ
ἐπαρον αὐτοὺς ἕως τοῦ αἰῶνος.

Ἀπολυτίκιον τῆς Ἑορτῆς.

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

Antiphon III. Mode 1.

Verse 1: Exalt the Lord our God, and
worship at the footstool of His feet. [SAAS]

Verse 2: O Lord, save Your people, and bless
Your inheritance. [SAAS]

Verse 3: And shepherd them, and raise them
up forever. [SAAS]

Apolytikion of the Feast.

Mode 1.

Save, O Lord, Your people and bless Your
inheritance, granting victory to the faithful
over the enemy, and by Your Cross protecting
Your commonwealth. [GOA]

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

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος γ'.

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

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.

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

Ἀναστάσιμα.

Τῆς Οκτωήχου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Ἀθετήσαντα Χριστέ, τὴν ἐντολήν σου,
τὸν προπάτορα Ἀδάμ, τοῦ Παραδείσου
ἐξώρισας, τὸν δὲ Ληστήν Οἰκτίρμον,
ὁμολογήσαντά σε ἐν Σταυρῷ, ἐν αὐτῷ
εἰσώκισας κράζοντα· Μνήσθητί μου Σωτήρ,
ἐν τῇ Βασιλείᾳ σου.

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

Ἀμαρτήσαντας ἡμᾶς, τῇ τοῦ θανάτου,
κατεδίκασας ἀρχῇ, ὁ Ζωοδότης καὶ Κύριος,
ἐν δὲ τῷ σώματί σου, ἀναμαρτήτως
Δέσποτα παθῶν, τοὺς θνητοὺς ἐζώωσας
κράζοντας· Μνήσθητι καὶ ἡμῶν, ἐν τῇ
Βασιλείᾳ σου.

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

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 3.

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

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

Blessed are the meek, for they shall inherit
the earth.

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

Resurrectional.

From Octoechos ---

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

When our primal father Adam disobeyed
Your divine command, O Christ, You expelled
him from Paradise. But when the faithful
Robber while on the cross confessed You to
be Lord, You restored him there, as he cried
to You: "O Savior, when You come in Your
kingdom, remember me." [SD]

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

When in Paradise we sinned, You
condemned us and pronounced the curse of
death, being the Lord and the Giver of life.
But later, loving Master, You who are sinless
suffered in the flesh, and You brought the

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.

Ἀναστὰς ἐκ τῶν νεκρῶν,
συνεξανέστησας, ἡμᾶς ἐκ τῶν παθῶν,
τῇ Ἀναστάσει σου Κύριε, τοῦ δὲ θανάτου
παῖσαν, τὴν δυναστείαν ὤλεσας Σωτήρ· διὰ
τοῦτο πίστει σοι κράζομεν· Μνήσθητι καὶ
ἡμῶν, ἐν τῇ Βασιλείᾳ σου.

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

Θεοτοκίον.

Χαῖρε ἡ πύλη τοῦ Θεοῦ, δι' ἧς διήλθε,
σαρκωθεὶς ὁ Πλαστοργός, ἐσφραγισμένην
φυλάξας σε. Χαῖρε νεφέλη κούφη, τὸν Θεῖον
ὄμβρον φέρουσα Χριστόν. Χαῖρε κλίμαξ
καὶ θρόνε οὐράνιε. Χαῖρε ὄρος σεπτόν, πῖον
ἀλατόμητον.

Κανὼν τοῦ Σταυροῦ.

Τοῦ Τριωδίου - - -

Ὡδὴ Γ'. Ἦχος α'.

Κατῆλθες ἐν τοῖς κατωτάτοις.

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

Ἀνέστης τὸν θάνατον θραύσας Χριστέ,
ὥσπερ μέγας Βασιλεύς, ἐκ τῶν τοῦ Ἄιδου
ταμείων, ἀνακαλέσας ἡμᾶς, εἰς ἀπόλαυσιν
Βασιλείας οὐρανῶν, εἰς γῆν ἀθανασίας.

dead back to life again, who shouted: "When
You come in Your kingdom, remember us." [SD]

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

Having risen from the dead, You also
raised us from the passions, by Your holy
resurrection, O Christ our God. And roundly
You defeated death's dominion over us, O
Lord. Therefore we believers cry out to You:
O Savior, when You come in Your kingdom,
remember us. [SD]

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

Theotokion.

Rejoice, the gate of God, through whom
went the incarnate Creator, when He was
born from you, and He kept you sealed.
Rejoice, O swift and light cloud who brings
the divine showers, namely Christ. Rejoice,
O ladder to heaven and celestial throne. O
rejoice, holy mountain, uncut and rich. [SD]

Canon for the Cross.

From Triodion - - -

Ode vi. Mode 1.

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

Having crushed death, O Christ, you
rose as a great King, calling us back from
the storehouses of Hell to the enjoyment
of the Kingdom of Heaven, to the land of
immortality. [EL]

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

Κροτοῦντες ἐν ᾅσμασι θείοις πιστοί,
ἀλαλάζωμεν Θεῷ τὸν Σταυρὸν τοῦ Κυρίου
κατασπαζόμενοι· ἀγιότητος ἀναβλύζει γὰρ
πηγὴν, πᾶσι τοῖς ἐν τῷ Κόσμῳ.

Δόξα.

Μονάδα τρισὶ χαρακτῆρσιν ὕμνῳ, καὶ
Τριάδα ἐν μιᾷ, φύσει προσκυνουμένην,
Θεὸν τὰ τρία ὁμοῦ, φῶς τρισήλιον τὸν
Πατέρα καὶ Υἱόν, καὶ τὸ ἅγιον Πνεῦμα.

Καὶ νῦν. **Θεοτοκίον.**

Θαυμάτων τὸ μέγιστον θαῦμα
ἐν σοὶ ὥφθη ἄσπιλε Ἀμνάς· τὸν γὰρ
αἶροντα Κόσμου τὴν ἁμαρτίαν, Ἀμνὸν
ἀπεκύησας, ὃν δυσώπει ἐκτενῶς, ὑπὲρ τῶν
σὲ ὑμνούντων.

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

Believers, let us cry aloud in godly songs
and shout with joy to God, as we greet the
Cross of the Lord; for it is a fountain of
holiness to all those in the world. [EL]

Glory.

A Unity in three Persons I praise and a
Trinity worshipped in one Nature, God the
three in one, Light of triple sun, Father, Son
and Holy Spirit. [EL]

Both now. **Theotokion.**

The greatest wonder of all wonders
was revealed in you, O Ewe-lamb free from
blemish, for you bore the Lamb who takes
away the sin of the world. Entreat him
fervently for those who sing your praise. [EL]

Εἰσοδικόν. Ἦχος β'.

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

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος γ'.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιᾶσθω
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι
αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ
τὸν θάνατον, πρωτότοκος τῶν νεκρῶν
ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς,
καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Τῆς Ἑορτῆς.

Τοῦ Τριωδίου ---

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Κοντάκιον.

Ἦχος πλ. δ'. Ἀντόμελον.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε.
Ἄλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον,
Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,

Entrance Hymn. Mode 2.

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

Hymns After the Small Entrance.

From Octoechos ---

Resurrectional Apolytikion.

Mode 3.

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

For the Feast.

From Triodion ---

Mode 1.

Save, O Lord, Your people and bless Your
inheritance, granting victory to the faithful
over the enemy, and by Your Cross protecting
Your commonwealth. [GOA]

(Apolytikion of the Parish Church)

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

Kontakion.

Mode pl. 4. Automelon.

O Champion General, I your City now
inscribe to you
Triumphant anthems as the tokens of my
gratitude,
Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto
you

Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

I may cry aloud: Rejoice, O unwedded Bride.

[SD]

ΑΝΤΙ ΤΟΥ ΤΡΙΣΑΓΙΟΥ

Τὸν Σταυρόν σου προσκυνοῦμεν,
Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν
δοξάζομεν. (ἐκ γ')

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

καὶ τὴν ἀγίαν σου ἀνάστασιν δοξάζομεν.

INSTEAD OF HOLY GOD

We venerate Your Cross, O Master, and
we glorify Your Holy Resurrection. (3) [GOA]

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

And we glorify. Your Holy Resurrection.

Ὁ Ἀπόστολος

Γ' ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ

Προκείμενον. Ἦχος πλ. β'. Ψαλμὸς 27.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι, ὁ
Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

4:14-16, 5:1-6

Ἀδελφοί, ἔχοντες Ἀρχιερέα μέγαν
διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν
Υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας.
Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον
συμπαθεῖν ταῖς ἀσθενείαις ἡμῶν,
πεπειρασμένον δὲ κατὰ πάντα καθ'
ὁμοιότητα χωρὶς ἁμαρτίας. Προσερχώμεθα
οὖν μετὰ παρησίας τῷ θρόνῳ τῆς
χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν
εὖρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ
Ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος
ὕπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν
Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας
ὕπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος
τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ
αὐτὸς περικείται ἀσθενείαν· καὶ διὰ ταύτην

The Epistle

THE THIRD SUNDAY IN LENT

Prokeimenon. Mode pl. 2. Psalm 27.

O Lord, save Your people, and bless Your
inheritance. [SAAS]

Verse: To You, O Lord, I cry; O my God,
may You not pass over me in silence. [SAAS]

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

4:14-16; 5:1-6

Brethren, since we have a high priest who
has passed through the heavens, Jesus, the
Son of God, let us hold fast our confession.
For we have not a high priest who is unable
to sympathize with our weaknesses, but
one who in every respect has been tempted
as we are, yet without sin. Let us then with
confidence draw near to the throne of grace,
that we may receive mercy and find grace to
help in time of need. For every high priest
chosen from among men is appointed to act
on behalf of men in relation to God, to offer
gifts and sacrifices for sins. He can deal gently
with the ignorant and wayward, since he
himself is beset with weakness. Because of
this he is bound to offer sacrifice for his own

ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ ὁ Ἀαρὼν. Οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν· Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Ἀλληλούϊα. Ἦχος πλ. β'. Ψαλμὸς 73.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Μνήσθητι τῆς συναγωγῆς σου, ἧς ἐκτίσω ἀπ' ἀρχῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

ΤΗΙ ΤΡΙΤΗΙ ΚΥΡΙΑΚΗΙ ΤΩΝ ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Μάρκον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

η' 34 – θ' 1

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ

sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek." [RSV]

Alleluia. Mode pl. 2. Psalm 73.

Alleluia. Alleluia. Alleluia.

Verse 1: Remember Your congregation You acquired from the beginning. [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: God is our King before the ages; He worked salvation in the midst of the earth. [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Third Sunday in Lent

The reading is from the Holy Gospel according to Mark.

Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy

τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· Ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες ὧδε τῶν ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

Ὑμνος εἰς τὴν Θεοτόκον.

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

Κοινωνικόν. Ψαλμὸς 4.

Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ
προσώπου σου, Κύριε. Ἀλληλούϊα.

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἀντὶ τοῦ Εἵδομεν τὸ φῶς.

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ
ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις
τῆς παναχράντου καὶ παναμώμου ἁγίας
αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ

angels." And he said to them, "Truly, I say to
you, there are some standing here who will
not taste death before they see the kingdom of
God come with power." [RSV]

Hymn to the Theotokos.

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

Communion Hymn. Psalm 4.

O Lord, the light of Your face was
stamped upon us. Alleluia. [SAAS]

Hymn after Holy Communion.

Instead of "We have seen."

Mode 1.

Save, O Lord, Your people and bless Your
inheritance, granting victory to the faithful
over the enemy, and by Your Cross protecting
Your commonwealth. [GOA]

THE DISMISSAL

May He Who rose from the dead, Christ
our true God, through the intercessions of His
all-pure and all-immaculate holy Mother, the
power of the precious and life-giving Cross,

ζωοποιου Σταυροῦ, προστασίαις τῶν τιμίων
ἐπουρανίων Δυνάμεων Ἀσωμάτων, ἱκεσίαις
τοῦ τιμίου, ἐνδόξου, προφήτου, Προδρόμου
καὶ βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ
Ἁγίου τοῦ Ναοῦ)**· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ τοῦ
Ἁγίου Ἱερομάρτυρος καὶ θαυματουργοῦ
Ὑπατίου, Ἐπισκόπου Γαγγρῶν, οὗ καὶ
τὴν μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν
Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς
καὶ φιλόφρων.

Κανόνας Νηστείας

Κατάλυσις οἴνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

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.

Fasting Rule

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

It is Saturday or Sunday in Lent.