

Ὁκτώηχος
Ἦχος δ'.

Τῇ Κυριακῇ Πρωῇ

Τριώδιον

Κυριακὴ Δ' τῶν Νηστειῶν τοῦ Ὁσίου
Ἰωάννου τῆς Κλίμακος

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

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

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

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

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

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

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Octoechos
Mode 4.

On Sunday Morning

Triodion

Fourth Sunday of Lent: St John Climacus

LITURGY

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

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

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

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

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

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

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

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

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

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

Ἀντίφωνον Β'. Ἦχος β'.

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

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

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

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

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

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

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

Antiphon II. Mode 2.

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

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

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

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

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

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

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

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

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

Ἀντίφωνον Γ'.

Ἦχος δ'.

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

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος δ'.

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

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

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

Antiphon III.

Mode 4.

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

Resurrectional Apolytikion.

Mode 4.

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

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

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

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

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος δ'.

Ἀναστάσιμα.

Τῆς Ὀκτωήχου ---

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

Διὰ ξύλου ὁ Ἀδάμ, Παραδείσου γέγονεν ἄποικος, διὰ ξύλου δὲ Σταυροῦ, ὁ Ληστής Παράδεισον ᾤκησεν· ὁ μὲν γὰρ γευσάμενος, ἐντολὴν ἠθέτησε τοῦ ποιήσαντος, ὁ δὲ συσταυρούμενος, Θεὸν ὠμολόγησε τὸν κρυπτόμενον. Μνήσθητί μου βοῶν, ἐν τῇ Βασιλείᾳ σου.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ παρακληθήσονται.

Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ, καὶ τοῦ θανάτου λύσας τὴν δύναμιν, καὶ ἐξαλείψας ὡς Θεός, τὸ καθ' ἡμῶν χειρόγραφον Κύριε, Ληστοῦ τὴν μετάνοιαν, καὶ ἡμῖν παράσχου μόνε φιλόανθρωπε, τοῖς πίστει λατρεύουσι, Χριστὲ ὁ Θεὸς ἡμῶν, καὶ βοῶσί σοι· Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ σου.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ κληρονομήσουσι τὴν γῆν.

Τὸ χειρόγραφον ἡμῶν, ἐν τῷ Σταυρῷ τῇ λόγχῃ διέρρηξας, καὶ λογισθεὶς ἐν τοῖς νεκροῖς, τὸν ἐκέισε τύραννον ἔδησας,

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 4.

Resurrectional.

From Octoechos ---

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

[RSV]

*Adam fell by a tree, and he was evicted from Paradise. * By the tree of the Cross the Robber gained entrance to Paradise. * The former, by tasting fruit, disobeyed his Maker's commandment not to eat. * The latter was crucified with Him, whom though hidden he confessed to be God. * Remember us as well in Your kingdom, O Savior. [SD]*

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

*You were lifted on the Cross and destroyed the power of death on us, * and You set aside the bond which stood against us and, as God, cancelled it. * Grant that we may also have the Robber's repentance, O only Friend of man. * We faithfully worship You, O Christ our God, and we cry aloud to You, * "Remember us as well in Your kingdom, O Savior." [SD]*

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

*You have set aside the bond which stood against us, shredding it by Your Cross. * When You were numbered with the dead,*

ῥυσάμενος ἅπαντας, ἐκ δεσμῶν τοῦ ἄδου
τῇ Ἀναστάσει σου, δι' ἧς ἐφωτίσθημεν,
φιλάνθρωπε Κύριε, καὶ βοῶμέν σοι·
Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ σου.

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

Θεοτοκίον.

Τὴν Μητέρα σου Χριστέ, τὴν ἐν σαρκὶ
ἀσπόρως τεκοῦσάν σε, καὶ Παρθένον
ἀληθῶς, καὶ μετὰ τόκον μείναςαν
ἄφθορον, αὐτὴν σοι προσάγομεν, εἰς
πρεσβείαν Δέσποτα πολέεε, πταισμάτων
συγχώρησιν, δώρησαι πάντοτε τοῖς βοῶσί
σοι· Μνήσθητι καὶ ἡμῶν, ἐν τῇ Βασιλείᾳ
σου.

Κανὼν τοῦ Τριωδίου.

Τοῦ Τριωδίου - -

Ὡδὴ γ'. Ἦχος πλ. α'.
Στερέωσον ἡμᾶς ὁ Θεός

*Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.*

Ὁδῶ ἐν τῇ τοῦ βίου Χριστέ δεινῶς
ὁδεύων τετραυμάτισμαι, ὑπὸ ληστῶν ἐν
τοῖς πάθεσιν, ἀλλ' ἀνάστησόν με δέομαι.

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

Ἐσύλησαν τὸν νοῦν μου λησταί, καὶ
ἔλιπόν με ἐν τοῖς μώλωψιν, ἡμιθανῇ τῶν
πταισμάτων μου ἀλλὰ ἴασαί με Κύριε.

*Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.*

Ἐγύμνωσάν με Σῶτερ Χριστέ, τῶν
ἐντολῶν σου τὰ παθήματα, καὶ ἡδοναῖς
μεμαστίγωμαι, ἀλλ' ἐπίχεέ μοι ἔλεος.

You disarmed and bound the tyrant ruling
there, * delivering everyone from the bonds of
death by Your resurrection; * through which
we were illumined. And we cry out to You, O
Lord who love humanity, * "Remember us as
well in Your kingdom, O Savior." [SD]

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

Theotokion.

O Christ our God, we present, as an
intercessor to pray for us, * Your Virgin
Mother who conceived without seed and
physically gave birth to You, * and after
the childbirth remained incorrupt, O most
merciful Lord. * She prays that You always
grant forgiveness of offences to those who
cry aloud, * "Remember us as well in Your
kingdom, O Savior." [SD]

Canon from the Triodion.

From Triodion - -

Ode iii. Mode pl. 1. (N/M)

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

Christ, as I walk on the path of life, I am
gravely wounded by thieves through my
passions: I pray that You will raise me up. [OCA]

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

Thieves have robbed my mind and left me
half dead. I am wounded by my sins, but heal
me, Lord. [OCA]

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

My passions have stripped me bare of
Your commandments, Christ, and I have been

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

Θεοτοκίον.

Ἰκέτευε ἀπαύστως Ἁγνή, τον προελθόντα ἐκ λαγόνων σου ῥυσθῆναι πλάνης διαβόλου τοὺς ὑμνοῦντάς σε Θεόνυμφε.

Κανὼν τοῦ Ὁσίου.

Τοῦ Τριωδίου - - -

Ὡιδὴ C'. Ἦχος πλ. δ'. Τλάσθητί μοι Σωτήρ.

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

Ἐδέξω ἐν τῇ ψυχῇ, τὸν θεῖον πλοῦτον τοῦ Πνεύματος, τὴν ἄμεμπτον προσευχήν, ἀγνείαν σεμνότητα, ἀγρυπνίαν σύντονον, ἐγκρατείας πόνους, δι' ὧν οἶκος ἐγνωρίσθης Θεοῦ.

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

Ὑλῆς τῆς κάτω Σοφὲ παρέδραμες τὴν εὐτέλειαν, αὐλῶ δὲ προσευχῇ τὸν νοῦν ἀνεπτέρωσας, καὶ τῆς ἄνω λήξεως, ὥφθης κληρονόμος, διὰ βίου τελειότητα.

Δόξα.

Ἰδρῶσιν ἀσκητικοῖς, τοὺς ἀνθρακας τῶν βελῶν τοῦ ἐχθροῦ, κατέσβεσας ἀληθῶς, καὶ τὸ πῦρ τῆς πίστεως, ἐκλάμψας κατέφλεξας, τὰ τῆς ἀπιστίας, τῶν αἰρέσεων φρυάγματα.

Καὶ νῦν. Θεοτοκίον.

Ἐξέλαμψεν ἐκ Σιών, ἡ τοῦ Ὑψίστου εὐπρέπεια, τὸ πρόβλημα τῆς σαρκός, καθ' ἔνωσιν ἄρρητον, ἐκ σοῦ Ἀπειρώγαμε,

scourged by sensual pleasures, but pour oil on my wounds, O Savior. [OCA]

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

Theotokion.

Pray without ceasing, pure Bride of God, to the One who came forth from your womb, that those who sing your praises may be delivered from the deceit of the devil. [OCA]

Canon for the Devout Man.

From Triodion - - -

Ode vi. Mode pl. 4. N/M (Be gracious to me.)

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

You received the divine wealth of the Spirit in your soul: blameless prayer, chastity and purity with unceasing watchfulness and the labors of abstinence. Through these you became a dwelling place of God. [OCA]

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

You passed by the worthless joys of this material world, wise father, raising your mind on the wings of immaterial prayer. Through the perfection of your life you received an inheritance on high. [OCA]

Glory.

You quenched the fiery darts of the enemy with the sweat of your ascetic toil; kindling the fire of faith, you burnt up the proud insolence of unbelief and heresy! [OCA]

Both now. Theotokion.

The majesty of the Most High has shone forth from Zion! He has put on flesh from

περιβεβλημένη, καὶ τὸν Κόσμον
κατεφώτισε.

you O Virgin, in an ineffable union, and has
brought light to the world. [OCA]

Εἰσοδικόν. Ἦχος β'.

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

Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος δ'.

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου
Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν
ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι
ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἡγέρθη
Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ
μέγα ἔλεος.

Τοῦ Ὁσίου.

Ἦχος πλ. δ'.

Ταῖς τῶν δακρῶν σου ῥοαῖς, τῆς
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ
οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη
Πατὴρ ἡμῶν ὅσιε, πρόσβευε Χριστῷ τῷ Θεῷ,
σωθῆναι τὰς ψυχὰς ἡμῶν.

Τοῦ Ναοῦ.

(Τὸ Ἀπολυτίκιον τοῦ Ναοῦ.)

Κοντάκιον.

Ἦχος πλ. δ'. Αὐτόμελον.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε.

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 4.

When the women Disciples of the Lord
had learned from the Angel the joyful
message of the Resurrection and rejected
the ancestral decision, they cried aloud to
the Apostles triumphantly: Death has been
despoiled, Christ God has risen, granting His
great mercy to the world. [SD]

For the Devout Man.

Mode pl. 4.

With the rivers of your tears you made
the barren desert bloom; and with your sighs
from deep within, you made your labors bear
their fruits a hundredfold; and you became a
star, illuminating the world by your miracles,
O John, our devout father. Intercede with
Christ our God, for the salvation of our souls.

[SD]

(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.

Ἀλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον,
Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,
Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.
Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ὁ Ἀπόστολος

TETARTH KYPIAKH NHSTEION

Προκείμενον. Ἦχος δ'. Ψαλμὸς 103.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε·
πάντα ἐν σοφίᾳ ἐποίησας.

Στίχ. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου, ἐμεγαλύνθης σφόδρα.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

6:13-20

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος
ὁ Θεός, ἐπεὶ κατ' οὐδενὸς εἶχε μείζονος
ὁμόσαι, ὥμοσε καθ' ἑαυτοῦ, λέγων· ἢ μὴν
εὐλογῶν εὐλογήσω σε καὶ πληθύνων
πληθυνῶ σε· καὶ οὕτω μακροθυμήσας
ἐπέτυχε τῆς ἐπαγγελίας. Ἄνθρωποι μὲν
γὰρ κατὰ τοῦ μείζονος ὁμνύουσι, καὶ πάσης
αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν
ὁ ὅρκος· ἐν ᾧ περισσότερον βουλόμενος
ὁ Θεός ἐπιδειξαι τοῖς κληρονόμοις τῆς
ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς
αὐτοῦ, ἐμεσίτευσεν ὅρκῳ, ἵνα διὰ δύο
πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον
ψεύσασθαι Θεόν, ἰσχυρὰν παράκλησιν

Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto
you
I may cry aloud: Rejoice, O unwedded Bride.

[SD]

THE TRISAGION HYMN

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

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

Holy Immortal, have mercy on us.

The Epistle

THE FOURTH SUNDAY IN LENT

Prokeimenon. Mode 4. Psalm 103.

O Lord, Your works shall be magnified
greatly; You made all things in wisdom. [SAAS]

Verse: Bless the Lord, O my soul. O Lord my
God, You are magnified exceedingly. [SAAS]

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

6:13-20

Brethren, when God made a promise
to Abraham, since he had no one greater
by whom to swear, he swore to himself,
saying, "Surely I will bless you and multiply
you." And thus Abraham, having patiently
endured, obtained the promise. Men indeed
swear by a greater than themselves, and
in all their disputes an oath is final for
confirmation. So when God desired to show
more convincingly to the heirs of the promise
the unchangeable character of his purpose,
he interposed with an oath, so that through
two unchangeable things, in which it is
impossible that God should prove false, we

ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ, Ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

Ἀλληλούϊα. Ἦχος δ'. Ψαλμὸς 44.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Ἐντεινον καὶ κατενοδοῦ καὶ βασίλευε, ἔνεκεν ἀληθείας καὶ πραότητος καὶ δικαιοσύνης.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Ἠγάπησας δικαιοσύνην καὶ ἐμίσησας ἀνομίαν.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

ΤΗ: ΤΕΤΑΡΤΗ: ΚΥΡΙΑΚΗ: ΤΩΝ ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Μάρκον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

Θ' 17 - 31

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· Διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σέ, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· Ὡ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων.

who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek. [RSV]

Alleluia. Mode 4. Psalm 44.

Alleluia. Alleluia. Alleluia.

Verse 1: *Stretch Your bow, and grant prosperity, and reign, because of truth and goodness.* [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: *You loved righteousness and hated lawlessness.* [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

Fourth Sunday in Lent

The reading is from the Holy Gospel according to Mark.

9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his

καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· Πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· Παιδιόθεν. καὶ πολλάκις αὐτὸν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ· Τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρῶν ἔλεγε· Πιστεύω, Κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· Τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· Τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἔξελθῆναι εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἔξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γνῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι Ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

Ὕμνος εἰς τὴν Θεοτόκον.

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη,
 πᾶσα ἢ κτίσις, ἀγγέλων τὸ σύστημα,
 καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε
 ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν
 καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ

father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise." [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

παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων
Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον
ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν
οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει,
Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

Κοινωνικόν. Ψαλμὸς 148.

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

Ὑμνος μετὰ τὴν Θ. Κοινωνίαν. Ἦχος β'.

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

ΑΠΟΛΥΣΙΣ

Ὁ ἀναστὰς ἐκ νεκρῶν, Χριστὸς ὁ
ἀληθινὸς Θεὸς ἡμῶν, ταῖς πρεσβείαις
τῆς παναχράντου καὶ παναμώμου ἁγίας
αὐτοῦ Μητρός, δυνάμει τοῦ τιμίου καὶ
ζωοποιοῦ 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
ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν·
(τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ
δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης,
τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ
Συγγραφέως τῆς Κλίμακος, οὗ καὶ τὴν
μνήμην ἐπιτελοῦμεν· καὶ πάντων τῶν
Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς
καὶ φιλόνητος.

Κανόνας Νηστείας

Κατάλυσις οἶνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

God who existed before the ages became a
child. For He made your womb a throne for
himself, and your body He made wider than
the heavens. In you, O Lady full of grace,
rejoices all creation. Glory to you. [SD]

Communion Hymn. Psalm 148.

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

Hymn after Holy Communion. Mode 2.

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

THE DISMISSAL

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

Fasting Rule

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

It is Saturday or Sunday in Lent.