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The Service of Matins

for Tuesday, March 19, 2019

**Triodion - Mode 1.
on Tuesday Morning**

**Triodion - On Tuesday of the Second Week
at Matins**

**Menaion - March 19
Memory of the Holy Martyrs Chysanthos and Dareia**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 1. On Tuesday Morning

On Tuesday of the Second Week at Matins

Menaion - March 19

Memory of the Holy Martyrs Chysanthos and Dareia

MATINS

CHOIR

Mode 1.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

[SAAS]

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

Triadic Hymns

Mode 1.

As we are led up to a noetic and immaterial perception of the bodiless hosts, by means of physical depictions, and as we wait for the illumination, that comes from the Godhead in three Hypostases, let us imitate the cherubim, and sing aloud the Thrice-Holy Hymn to the only God: Holy, holy, holy are

You, our God. By the intercessions of the Forerunner save us. [SD]

Glory.

Let us join all the heavenly hosts, and send up our Thrice-holy praise, and like the cherubim shout to Him who is in the highest: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

Having risen from sleep, we fall before You, O good One, and to You we sing the Angels' hymn, O almighty One: Holy, holy, holy are You, our God. Through the Theotokos have mercy on us. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 10. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For compunction.

Mode 1. The soldiers keeping watch.

Make haste, open to me Your paternal embraces. * I prodigally spent all my means of subsistence. * O Savior, I look hopefully * to Your tender mercy's inexhaustible wealth. * Do not overlook a heart that now is impoverished. * For to You, O Lord, do I cry out with compunction: * I have sinned against You, save me. [SD]

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

Mode 1.

If the righteous man is only scarcely saved, what shall become of me who am a sinner? I did not bear the burden and the heat

of the day. Number me with those who came at the eleventh hour, O God, and save me. [SD]

Glory. Both now. **Theotokion.**

Mode 1.

Creation rejoices in you, O Lady full of grace, beholding the miracle of miracles. For you conceived without seed, and ineffably gave birth to the One whom the orders of the angels cannot see. Entreat Him earnestly on behalf 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.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode pl. 4. *N/M (When You, the Life.)*

Restraining the passions with the bridle of pure fasting, let us all strive to raise our mind in perfect faith to holy contemplation.

Let us despise the pleasures of this earthly life, that we may gain the heavenly life and divine illumination. [KW]

Glory. Both now. **Theotokion.**

Mode pl. 4. *N/M (When You, the Life.)*

Through the great number of my wicked and unlawful acts, I have fallen into the troubled waters of despair. I am utterly perplexed and held captive by despondency. O sovereign Lady Theotokos, save and help me, for through thee sinners receive atonement, cleansing and salvation. [KW]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 9. It would be followed by the short litany.

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode pl. 4. *N/M (When You, the Life.)*

Setting before us a mystic table, the Fast invites us all to take our fill. Our food shall be

the everlasting gifts of the Spirit; our drink, divinely flowing streams of tears. Let us make glad and without ceasing offer praise to God.

[KW]

Glory. Both now. **Theotokion.**

Mode pl. 4. *N/M (When You, the Life.)*

Save us, most holy Virgin, from all the threats and wickedness of men. For to thee, and to thy Son and our God, we flee for refuge, Mother of God: thou art our guardian and protector. Pray to Him that we may be delivered from dangers and distress. [KW]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalms 50 (51).

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

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

PRIEST

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

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

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

From Menaion - - -

CHOIR

Canon for the Martyrs.

Ode i. Mode 4. Heirmos.

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

The people of Israel in ancient times traversed the Red Sea on foot, * and yet they kept their feet from getting wet. * And when Moses uplifted his arms * in cruciform, they drove away * Amalek's forces in the wilderness. [SD]

Troparia.

Saints of God, intercede for us.

O admirable Martyr, you are adorned with a crown that shines brighter than gold. You beam with the beauty of the martyrdom. You stand before the master and pray for us who honor you. [un]

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

O admirable Martyr, you are adorned with a crown that shines brighter than gold. You beam with the beauty of the martyrdom. You stand before the master and pray for us who honor you. [un]

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

O Martyr Chrysanthos, you were wounded with the most sweet love of the Creator. You despised the delights of life. You eagerly gave the whole inclination of your heart unto your Beloved. [un]

Glory.

O Martyr Chrysanthos, you were armed with faith. You cast down the deceiver of many wiles who assailed you with the bait of the pleasure of a woman. You became a precious vessel of purity. [un]

Both now. **Theotokion.**

O Virgin, He who is unapproachable in His divine nature became approachable to me when He took flesh of you. Daria longed after Him and strove valiantly in contest. She was brought unto Him as a bride. [un]

(read)

READER

Ode Two

Glory to You, our God; glory to You!

Take heed, O heaven, and I will speak;
and let the earth hear the words of my mouth.

[SAAS]

Let my proverbial saying be awaited as
the rain, and let my words come down as
raindrops on the wild grass, and as snowfall
on the sown grass.

For I invoke the Lord's name: ascribe
greatness to our God.

He is God, His works are true; and all His
ways are judgment.

A faithful God and without injustice;
righteous and holy is the Lord.

They sinned; the blameworthy children
are not His, a generation twisted and perverse.
Is this how you repay the Lord?

O foolish and unwise people, is He not
your Father, who acquired you? Has He not
made and created you?

Remember the days of old, consider the
years of many generations.

Ask your father, and he will tell you; your
elders, and they will tell you:

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

For the Lord's portion became the people
of Jacob; the allotment of His inheritance is
Israel.

He provided for him in the desert, in thirst
of heat in a waterless place. He encircled him;
He instructed him; He guarded him carefully
as the apple of His eye.

As an eagle covers its nest, yearns after its
young, spreading out its wings, taking them
up, carrying them on its back.

So the Lord alone led them, and there was
no foreign god with them.

He raised them on the strength of the
land; He fed them on the produce of the fields.

He suckled them on honey from the rock
and oil from the solid rock.

Butter of oxen and milk of sheep, with fat
of lambs and goats, of sons of bulls and goats,
with the choicest wheat; and you drank wine,
the blood of grapes.

So Jacob ate and was filled, and the
beloved kicked; he grew fat, he grew thick, he
is obese. Then he forsook God who made him
and stood back from God his Savior.

They provoked Me to wrath against
foreign gods; with their abominations they
embittered Me.

They sacrificed to demons, and not to
God, to gods they did not know; new ones,
recent gods arrived, which their fathers did
not know.

You abandoned the God who begot you,
and forgot the God who nourished you.

So the Lord saw it, and was jealous; and
He was provoked to anger by His sons and
daughters.

Then He said, I will turn My face from them, and I will make known what their end will be; for they are a perverse generation, sons in whom is no faith.

They provoked Me to jealousy by what is not God; they moved Me to anger by their idols; but I will provoke them to jealousy by those who are not a nation; I will move them to anger by a foolish nation.

For a fire is kindled in My anger, and shall burn to the lowest Hades; it shall consume the land with its produce And set on fire the foundations of the mountains.

I will gather evils on them; I will spend My arrows on them.

They shall be wasted with hunger, devoured by birds and incurable disease; I will also send against them the teeth of wild animals With the anger of things crawling on the earth.

The sword shall make them childless outside, and fear from the inner chambers, for the young man and virgin, the nursing child with the elder of gray hairs.

I said, I will scatter them; I will make their memory cease from among men.

But for the wrath of the enemy, lest they live long, lest their adversary make a joint attack.

Lest they should say, "Our hand is high; and it is not the Lord who did all this."

For they are a nation void of counsel, nor is there understanding in them. They were not wise to understand these things.

Let them be concerned for the coming time.

How could one chase a thousand and two put ten thousand to flight unless God had sold them, and the Lord delivered them up?

For our God is not like their gods, but our enemies are foolish.

For their vineyard is of the vineyard of Sodom, and their vine is of Gomorrah. Their grapes are grapes of gall; their clusters are bitter.

Their wine is the wrath of serpents, and the incurable wrath of asps.

Behold, is this not laid up in store with Me, sealed up among My treasures?

I shall repay on the day of vengeance; in time, when their foot shall slip; for the day of their calamity is at hand, and is waiting, ready for them.

For the Lord will judge His people, and have compassion on His servants.

For He sees them disabled and left in distress and weakened.

The Lord said, 'Where are their gods in which they trusted?'

Who ate the fat of their sacrifices, and drank the wine of their drink offerings? Let them rise and help you and be your defender.

Now see, I, even I, am He, and there is no God besides Me; I kill and I make alive; I wound and I heal; nor is there any who can deliver from My hands.

For I raise My hand to heaven, and I swear by My right hand, and say, "As I live forever."

For I whet My sword like lightning; and My hand takes hold on judgment. I will render vengeance on My enemies, and repay those who hate Me.

I will make My arrows drunk from blood; and My sword shall devour flesh from the blood of the slain and the captives, from the heads of the leaders of the enemy.

Rejoice, O Heavens, together with Him, and worship Him, all the sons of God.

Rejoice, O Gentiles, with His people; and let all the angels of God be strong with Him; for He will avenge the blood of His sons and render vengeance to His adversaries; and the Lord will purify His people's land. [SAAS]

(sung)

From Triodion - - -

CHOIR

Canon 1 from the Triodion.

Ode ii. Mode pl. 4. Heirmos (NM).

See now, see that I am your God, before all ages begotten from the Father, and in the last times conceived without man by the Virgin: and I have destroyed the sin of Adam the forefather in My love for mankind. (2) [KW]

Glory to You, our God, glory to You.

Groan and weep, my soul, turn back and repent. The day is at hand, the Judge is at the door. Make ready thine answer and cry aloud: I have sinned against Thee, O merciful Lord, compassionate and loving: do Thou take pity on me. [KW]

Glory to You, our God, glory to You.

O my soul, hate the destructive surfeiting of sin, and rejoice in the strict observance of the Fast. Take as thy food the commandments of salvation, which will enable thee through faith to enjoy eternal blessings. [KW]

Glory to You, our God, glory to You.

O ye angels, powers and principalities, archangels, dominions and thrones, rulers, cherubim and seraphim, pray to God, the Giver of all good, that we may be granted remission of our sins and release from the passions. [KW]

Most-holy Theotokos, save us.

Theotokion.

O all-blameless Lady, thou alone hast borne the eternal Word. He took flesh from thee, yet without changing He continued as He was before: and thou hast not known man, but hast remained a virgin after bearing child. Pray for us all that our life may be delivered from corruption. [KW]

From Triodion - - -

Canon 2 from the Triodion.

Ode ii. Mode pl. 4. (NM)

See now, see that I am your God.

Glory to You, our God, glory to You.

We have seen and we know that out of love for us Thou hast appointed this season to bring us to repentance. Receive, O merciful God, the prayers which we offer in the Fast: may they be set forth in Thy sight as fragrant incense and an acceptable sacrifice. [KW]

Glory to You, our God, glory to You.

I tremble and am full of fear when I reflect how greatly I have sinned. How shall I meet Thee? How shall I stand before Thy

judgement seat where there is no respect of persons? Spare me, then, O merciful Lord, in the hour when Thou shalt come to judge all the earth. [KW]

Glory. **For the Trinity.**

Unity in three Persons, supreme in Godhead and surpassing all perfection, Father unbegotten, Son only-begotten, Spirit proceeding from the Father and made manifest through the Son: single in Essence and in Nature, one Lordship and one Kingdom, save us all. [KW]

Both now. **Theotokion.**

The wonder of thy conceiving is past speech, O Mother and Virgin: for how hast thou given birth and yet remained undefiled? How dost thou bear child, without knowing a man? 'All this is understood by the Word of God, who was born from me in a new way, surpassing nature.' [KW]

Glory to You, our God, glory to You.

When the men of Nineveh repented and fasted, Thou hast delivered them from the wrath that threatened them; but Thou hast consumed with fire the men of Sodom in their wanton shamelessness. Deliver me, O Christ, from the punishment which they suffered. [KW]

Heirmos (NM). Mode pl. 4.

See now, see that I am your God, who have sanctified for you the tenth part of the days of every year as acceptable first fruits: and this commandment have I given to My people for their deliverance from the passions and as a beginning of salvation. [KW]

From Menaion ---

Canon for the Martyrs.

Ode iii. Mode 4. Heirmos.

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

Your Church rejoices in You, O Christ our God, and she cries out to You, * "You are my mighty strength, O Lord, * and You are my refuge and firm support." [SD]

Troparia.

Saints of God, intercede for us.

O Chrysanthos, you were gold tried in the fire of torments. You bore the seal of the sufferings of the King. [un]

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

[SAAS]

O Chrysanthos, you were gold tried in the fire of torments. You bore the seal of the sufferings of the King. [un]

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

O Chrysanthos, you forsook the quibbling of orators. You were caught in the nets of the disciples of Him that notably made you wise.

[un]

Glory.

O most wise Daria, you were obedient unto Christ your Lover. He espoused you to Himself through holy faith when you forsook the love of the flesh. [un]

Both now. **Theotokion.**

O immaculate Virgin, Jesus, who was born in the flesh from your womb, betrothed Daria to Himself as a pure bride and Martyr. [un]

Heirmos.

Your Church rejoices in You, O Christ our God, and she cries out to You, * "You are my mighty strength, O Lord, * and You are my refuge and firm support." [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 3. *N/M (Seeing how beautiful.)*

O all-blessed Martyr Chrysanthos, you greatly desired the fairest comeliness. You disdained visible beauties that pass away. You offered Daria the glorious to Christ the Master through your golden sayings. She finished her noble fight and put all her foes to shame. With her now, keep us all in remembrance who faithfully keep your holy memory. [un]

Glory. Both now. **Theotokion.**

Mode 3. *Seeing how beautiful.*

O Virgin, the untilled vineyard are you indeed; * and you produced the Lord, that ripest bunch of grapes, * that gushes forth the sweetest drink, the wine of salvation, for us, * gladdening the hearts and souls * and the bodies of everyone. * Therefore we pronounce you blest * as the cause of all these blessings on us, * and joining the Archangel we shout to you: * Rejoice, O Maiden full of grace! [SD]

From Menaion - - -

Canon for the Martyrs.

Ode iv. Mode 4. Heirmos.

Verse: Glory to Your strength, O Lord.

When the Church beheld You raised on the Cross unjustly, * You, the Sun of Righteousness, crucified for our sake, * she stood in her course and was amazed, and fittingly she cried out, * "Glory to Your power, O Lord my God." [SD]

Troparia.

Saints of God, intercede for us.

O Martyr, the rays of the Spirit flashed like lightning in your pure heart. They set you entirely ablaze with light. You eagerly cried: Glory to Your power, O Lord. [un]

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

O blessed Chrysanthos, because you had kept your body blameless, the Maker clothed you with an incorruptible garment woven of divine grace from above. He crowned you as a victor. [un]

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

You were noble of heart and shook off the pleasures of the body. You delighted in the incomparable divine beauty. You finished the course of your martyrdom rejoicing. [un]

Glory.

O victorious Athlete, you were deified by participation in a deifying union. You were brought in joy to dwell in the heavenly bridal chambers as a blameless bride of the Master of creation. [un]

Both now. **Theotokion.**

O immaculate Maid, God preserved you as a virgin after childbirth as you were before childbirth. He who is incomprehensible was incarnate of you. He brought the Martyr Daria to Himself as His bride. [un]

From Menaion - - -

Canon for the Martyrs.

Ode v. Mode 4. Heirmos.

Verse: O Lord our God, grant us peace.

My Lord, You are the light that has come to the world: holy light, * to restore us from the darkness of ignorance, * as we sing Your praises faithfully. [SD]

Troparia.

Saints of God, intercede for us.

O blessed victorious Athlete, you lifted up your mind above material things. You undid the evil of the enemy when you were bound.

[un]

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

[SAAS]

O blessed victorious Athlete, you lifted up your mind above material things. You undid

the evil of the enemy when you were bound.

[un]

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

O most sacred and all-lauded Chrysanthos, you were a lover of purity. You turned the fiery love of the virgin Daria unto the Lord. [un]

Glory.

O all-blessed Chrysanthos, you beheld the tyrant dashed down and trampled underfoot. You magnified the Master with a joyous mind.

[un]

Both now. **Theotokion.**

O all-pure Virgin, who is able to expound your mystery? You gave birth to God the Word in two natures. This surpassed mind and word. [un]

From Menaion - - -

Canon for the Martyrs.

Ode vi. Mode 4. Heirmos.

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

The Church cries out to You, O Lord my God, "With a voice of praise * I will sacrifice to You, * for I am cleansed of blood offered to the demons, * cleansed by the blood that for the sake of mercy poured out from Your side." [SD]

Troparia.

Saints of God, intercede for us.

O celebrated Chrysanthos, you were confined in an exceedingly gloomy prison. You sang the praise of the Master of all. Light from Heaven completely compassed you about and brightly illuminated you. [un]

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

O celebrated Chrysanthos, you were confined in an exceedingly gloomy prison. You sang the praise of the Master of all. Light from Heaven completely compassed you about and brightly illuminated you. [un]

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

O Martyr Chrysanthos, Rome had you as a golden star made glorious with august martyrdom. She is clothed with your struggles and divine miracles as with a robe. [un]

Glory.

O Virgin Martyr Daria, you were shown to be beautiful, right fair, and able. You were betrothed to the most comely Word through all manner of bodily suffering. [un]

Both now. **Theotokion.**

The Virgin bare You as a young child, the Word before the ages. Maidens follow after her because they long for you. They are brought as brides unto You, the King of all. [un]

Heirmos.

The Church cries out to You, O Lord my God, "With a voice of praise * I will sacrifice to You, * for I am cleansed of blood offered to the demons, * cleansed by the blood that for the sake of mercy poured out from Your side." [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Triodion - -

READER

For the Martyrs. Mode 1.

O Martyrs, you agreed in your beliefs, and as good soldiers * you were not in any way frightened by the threats of the tyrants; * but taking up the honorable Cross, * O Saints, you came with eagerness to Christ. * And when you finished the course of the race, * you received the victory from heaven. * Glory to Him whose might supported you. * Glory to Him who placed the crown on you. * Glory to Him who works healings for all through you. [SD]

Synaxarion.

From the Menaion.

On March 19 we commemorate the holy martyrs Chrysanthos and Daria.

On this day St. Claudius the tribune died after being cast into the sea.

On this day the holy martyr Hilary, the wife of St. Claudius, died by the sword.

On this day the holy martyrs Jason and Maurus, their sons, died by the sword.

On this day we also commemorate the holy martyr Pancharios.

On this day the Sts. Diodore the priest and Marian the deacon reposed after being closed up in a cave.

We also commemorate the holy new martyr Demetrios the joiner who died by the sword in the year 1564.

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

From Menaion - - -

CHOIR

Canon for the Martyrs.

Ode vii. Mode 4. Heirmos.

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

Inside the furnace * in Persia, those descendants of Abraham * were with love and longing for godliness consumed * rather than by fire, and they cried, * "You are blessed, O Lord, * in the holy temple of Your glory." [SD]

Troparia.

Saints of God, intercede for us.

O God-inspired Martyr, you have become the golden flower of Martyrs. You offered a host of athletes unto Christ by your divine words and miracles. We now faithfully magnify you with them. [un]

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

O God-inspired Martyr, you have become the golden flower of Martyrs. You offered a host of athletes unto Christ by your divine words and miracles. We now faithfully magnify you with them. [un]

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

O all-glorious Chrysanthos, you were confined naked in a place of mire. Jesus made you radiant with the bright glory of a divine fragrance. You most wisely loved Him in purity of mind. [un]

Glory.

O all-famed Martyr, Christ sent a wild beast to be the protector of your virginity. It manifestly hindered the effrontery of the impious. You sang: O Lord, blessed are You in the temple of Your glory. [un]

Both now. **Theotokion.**

O all-blameless Lady, Jesus is uncircumscribable according to His divine essence. O Virgin, in your womb He became circumscribed in the flesh like unto us. Blessed are you among women. [un]

Ode viii.

From Menaion - - -

Canon for the Martyrs.

Ode viii. Mode 4. Heirmos.

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

Daniel shut the lions' gaping mouths inside the den, of old, by stretching out his hands. * The Servants girt themselves with virtue; * and, as lovers of godliness, * they put out the mighty fire * in the furnace, and cried aloud, * singing, "Bless the Lord, all you works of the Lord." [SD]

Troparia.

Saints of God, intercede for us.

O blessed Chrysanthos, you set yourself with steadfast purpose against the vain-

mindful fellow. You endured the scraping of your body. You were burned with torches but not consumed. You sang with the Children: O all you works of the Lord, bless you the Lord.

[un]

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

O wise Chrysanthos, you were adorned with the wisdom of Christ. You made foolish the vaunting of the unwise. You put to shame the vengeful mind of him that deceived Eve. You piously captured his weapon. You offered an elect bride unto God through faith. [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]

O Athletes, you shunned a union of the flesh through a union of soul. You became chaste treasures of the Almighty. You were presented in the heavenly Temple, crying out unto Christ: O all you works of the Lord, bless you the Lord. [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]

They had mastered the passions of the flesh. Chrysanthos and Daria burned to ashes the fire of torments with the Spirit's dew by the will of God. They gained the crown of life as they sang: O all you works of the Lord, bless you the Lord. [un]

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

Theotokion.

O Virgin in all ways pure, God found you, blameless as you were, as a rose amidst the thorns of life. God dwelt in your womb, because it was immaculate. He has filled the world with mystical fragrance as it cries out: O all you works, praise you the Lord. [un]

(read)

Intermediate Verses of Ode Eight.

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

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

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

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

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

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

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

(sung)

From Triodion ---

Canon 1 from the Triodion.

Ode viii. Mode pl. 4. (NM) Inspired by 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]

Thou hast justified the Publican who groaned aloud, and hast taken pity on the Harlot who wept from her heart. O Saviour, save and take pity on the souls of those who sing Thy praises. [KW]

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

By fasting let us bring to the Lord the fruit of our virtuous deeds. Let us refrain from harmful thoughts, that we may share in perfect joy. [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]

The choirs of the angels, the company of the apostles and the army of the martyrs entreat Thee, O Jesus, to give Thy people pardon. [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.

With all the faithful, let us bless the Virgin: for she is the Mountain not cut by the hand of man, the Candlestick that bore the Light, the Ladder easy to climb, the dwelling-place of God. [KW]

Canon 2 from the Triodion.

Ode viii. Mode pl. 4. (NM)

Glorified in the holy mountain.

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

On this solemn day of abstinence let us all blow the trumpet and sing hymns: and keeping festival with holy joy, let us praise the Lord and exalt Him above all for ever. [KW]

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

Of old the man of God was led astray by the prophet and ate the food of disobedience, and he was devoured by a lion. Be watchful, then, my soul, and suffer not the serpent of gluttony to deceive thee. [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.

As Unity in Essence I sing Thy praises; as Trinity in Persons I venerate Thee, Father, Son and All-Holy Spirit. The power of Thy Kingdom that has no beginning I glorify unto all ages. [KW]

Both now. **Theotokion.**

O Theotokos, thou hast become the Mountain of God in which Christ came to dwell; and He has made into divine temples all those who sing: Praise ye the Lord, and exalt Him above all for ever. [KW]

Glory to You, our God, glory to You.

Come, ye people, let us greet the Fast with love, for it is the guardian of purity and the

mother of dispassion; and let us praise the Lord and exalt Him above all for ever. [KW]

We praise and we bless and we worship the Lord.

Heirmos. Mode pl. 4.

O extol Him, who on the holy mountain * showed His glory, as Lord, * and in the bush with fire * revealed to Moses knowledge of the mystery * of the Ever-Virgin, supremely exalting Him unto all the ages. [SD]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 4.

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

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

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

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

Verse: *For He who is mighty has done great things for me, and holy is His name. And His*

mercy is on those who fear Him from generation to generation. [NKJV]

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Martyrs.

Ode ix. Mode 4. Heirmos.

A cornerstone was cut out without hands * from a never-quarried mountain, * which

prefigured you, holy Virgin. * The stone is Christ, who joined the disparate natures. * As we rejoice because of this, O Theotokos, we magnify you. [SD]

Troparia.

Saints of God, intercede for us.

O Martyr, a divine army was added unto you when you sacredly spoke the things of God. You were delivered from unhallowed error. They were offered by the sword as unblemished sacrifices unto Him that was sacrificed as a lamb for our sakes. [un]

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

O victorious Athletes, you were as lambs in the midst of wild beasts. You proclaimed the divine Incarnation of Him Who emptied Himself even unto blood. Through sufferings, you have divinely inherited the portion that is without suffering. [un]

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

O Saints, today the city of Rome calls every city and countryside joyously to celebrate your divine contests and wrestlings. She sets them before us as an immaterial banquet. [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]

O Martyrs Chrysanthos and Daria, you have been taken up unto infinite glory. You stand together crowned before the Almighty Word. You intercede for us who ever call you blessed. [un]

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

Theotokion.

O Maiden, mind and heart tremble contemplating your incomprehensible childbirth. You gave birth unto God the Word. Through you He rescues from every necessity them that honor you. [un]

From Triodion - -

Canon 1 from the Triodion.

Ode ix. Mode pl. 4. (NM) The burning bush.

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]

The holy Fast enriches our heart, and makes it by the power of God increase in virtue, like a full ear of wheat. Let us therefore fast with gladness in these holy days, and so receive sanctification. [KW]

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

I am defiled by many sins, wounded and under condemnation. Look upon me in Thy mercy, O compassionate Lord: take pity and save me by the prayers of Thy saints. [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]

Alas for thee, most miserable soul, what answer shalt thou make? What fear will seize thee, when the Judge is seated on His throne and ten thousands of the angels stand at His side! Make haste, then, and repent before the end. [KW]

Verse: To give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God. [RSV]

Theotokion.

O chariot of the King, cloud of light, rich mountain, hill flowing with milk, we entreat thee, O Virgin who hast not known marriage: heal the passions of our souls. [KW]

Canon 2 from the Triodion.

Ode ix. Mode pl. 4. (NM) The burning bush.

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 keep a true fast before the Lord: let us abstain not only from food but from angry speech and lying, and from every other passion, that we may behold Easter in purity.

[KW]

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

[RSV]

Fasting bore Samuel as fruit; through fasting Samson grew up brave and strong; through fasting priests and prophets were made perfect: and through the holy Fast may we also be sanctified. [KW]

Glory. **For the Trinity.**

O Lord, the threefold Brightness of Thy single Power shines on our mind with the light of revelation; it turns us from the error that divides, and brings us to the divine life that unites. [KW]

Both now. **Theotokion.**

O Theotokos, thou art our armour and our rampart; thou art the defence of those that run to thee. And now we implore thine

intercession, that we may be delivered from our enemies. [KW]

Glory to You, our God, glory to You.

The Holy Spirit calls us to the rich banquet of the Fast: with gladness let us take our fill from His gifts of grace and sing His praises as our God. [KW]

Heirmos. Mode pl. 4.

Let us sing to Him who to Moses of old prefigured * in the burning bush the childbirth of ever-virgin Mary, * for the salvation of us the believers. * Let us ever praise Him and magnify. [SD]

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son

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

(Amen.)

From Horologion - - -

CHOIR

Photagoric Hymns
Mode 1.

O Christ, who make the light to rise, purify my soul of every sin, by the intercessions of the Forerunner, and save me.

[SD]

O Christ, who make the light to rise, purify my soul of every sin, by the intercessions of the Saints, and save me. [SD]

O Christ, who make the light to rise, purify my soul of every sin, by the intercessions of the Theotokos, and save me.

[SD]

READER

Lauds. (read)
Psalm 148.

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

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

Psalm 149.

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

Psalm 150.

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

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

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

Doxology *(read)*

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

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

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

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

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

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - - -

Idiomelon. Mode pl. 1.

In thine idleness, my soul, why art thou become a slave of sin? And in thy sickness why dost thou not run to the physician? Behold, now is the accepted time; behold, now is the true day of salvation. Rise up and wash thy face with tears of repentance, and make thy lamp burn brightly with the oil of good deeds, so that Christ our God may grant thee cleansing and great mercy. [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]

In thine idleness, my soul, why art thou become a slave of sin? And in thy sickness why dost thou not run to the physician? Behold, now is the accepted time; behold, now is the true day of salvation. Rise up and wash thy face with tears of repentance, and make thy lamp burn brightly with the oil of good deeds, so that Christ our God may grant thee cleansing and great mercy. [KW]

For the Martyrs.

Mode pl. 1.

Verse: *Have mercy on us, O Lord, have mercy on us, for we are greatly filled with contempt; our soul is greatly filled with it. We are*

a disgrace to those who prosper, and a contempt to the arrogant. [SAAS]

O Lord, Your medal-winning Martyrs imitated the angelic orders, by enduring the tortures as if they themselves were also bodiless. There singular hope was to obtain the promised blessings. At their intercession, grant peace to Your world, and great mercy to our souls, O Christ our God. [SD]

Glory. Both now. **Theotokion.**

Mode pl. 1.

Now we call you blessed, O Virgin Theotokos, and we glorify you, duty-bound as believers; the city unshakable, the wall indestructible, the firm and steadfast protection, and the place of refuge for our souls. [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.)

READER

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give

peace to the world. Protect this holy Church (or, Monastery); grant our departed fathers and brethren that they may dwell with the righteous, and accept us in repentance and confession; for You are good and love mankind.

(Amen.)

Prayer of St. Ephraim

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

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

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

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

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

or:

READER

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

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

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, **(local patron saint);** of the holy and righteous

ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

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

(Amen.)