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The Service of Matins

for Monday, March 4, 2019

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

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

**Menaion - March 4
Memory of St. Gerasimos of Jordan**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Ἦχος βαρύς. Τῇ Δευτέρᾳ Πρωΐ

Μηναῖον - Τῇ Δ' ΜΑΡΤΙΟΥ

Μνήμη τοῦ Ὁσίου Γερασίμου τοῦ ἐν τῷ
Ιορδάνῃ

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος δ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

*ἦ· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.*

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με,
καὶ τῷ ὀνόματι Κυρίου ἡμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Ἀπολυτίκιον.

Τοῦ Ὁρολογίου ---

Ἦχος δ'. Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι,
δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα
ταῖς ὑμῶν δεήσεσι, τειχίσῃτε ἡμᾶς, σκέπη
τῶν πτερυγῶν, τῆς αὔλου ὑμῶν δόξης,
φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς
καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε
ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

Δόξα. **Τὸ αὐτό.**

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος δ'.

Τῇ ἀνατραφείᾳ ἐν τῷ Ναῷ, εἰς τὰ
Ἅγια τῶν Ἀγίων, τῇ περιβεβλημένῃ τὴν
πίστιν καὶ τὴν σοφίαν, καὶ τὴν ἄμεμπτον

Triodion

Grave Mode. On Monday Morning

Menaion - March 4

Memory of St. Gerasimos of Jordan

MATINS

CHOIR

Mode 4.

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

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

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

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

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

Apolytikion.

From Horologion ---

Mode 4. You who were lifted.

O Chief Commanders of the heavenly
armies, * we the unworthy now entreat you in
earnest, * to fortify us by your supplications to
the Lord, * and shelter us beneath the wings
of your spiritual glory, * guarding us who
run to you and fervently entreat you: * As the
Commanders of the hosts on high, * rescue us
faithful from dangers of every kind. [SD]

Glory. **Repeat.**

From Octoechos ---

Both now. **Theotokion.**

Mode 4.

To you who were raised in the Temple, in
the Holy of Holies, and who were clothed in
faith and wisdom and measureless virginity,

παρθενίαν, ὁ Ἀρχιστράτηγος Γαβριήλ,
προσέφερεν οὐρανόθεν, τὸν ἀσπασμὸν
καὶ τὸ χαῖρε. Χαῖρε εὐλογημένη, χαῖρε
δεδοξασμένη, ὁ Κύριος μετὰ σοῦ.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 4. Καὶ εὐθύς, ἄνευ μικρᾶς
Συναπτῆς·*

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Ἦχος βαρύς.

Ἐχουσα ψυχὴ μου, τὸ ἱατρεῖον τῆς
μετανοίας, πρόσελθε προσπίπτουσα,
ἐν στεναγμοῖς κραυγάζουσα, τῷ ἱατρῷ
ψυχῶν τε καὶ σωμάτων. Ἐλευθέρωσόν με
φιλάνθρωπε, ἐκ τῶν ἐμῶν πλημμελημάτων,
συναρίθμησόν με τῇ Πόρνῃ, καὶ τῷ Ληστῇ
καὶ τῷ Τελώνῃ, καὶ δώρησαί μοι ὁ Θεός, τῶν
ἀνομιῶν μου τὴν συγχώρησιν, καὶ σῶσόν
με.

Στίχ. Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης με,
μηδὲ τῇ ὀργῇ σου παιδεύσης με.

Τοῦ Τελώνου τὴν μετάνοιαν οὐκ
ἐζήλωσα, καὶ τῆς Πόρνῃς τὰ δάκρυα
οὐ κέκτημαι· ἀπορῶ γὰρ ἐκ πωρώσεως,
τῆς τοιαύτης διορθώσεως, ἀλλὰ τῇ σῇ
εὐσπλαγχνίᾳ, Χριστέ ὁ Θεός, σῶσόν με ὡς
Φιλάνθρωπος.

Δόξα. Τῶν Μαρτύρων.

Οἱ Ἅγιοί σου Κύριε, ἐπὶ τῆς γῆς
ἀγωνισάμενοι, τὸν ἐχθρὸν κατεπάτησαν,
καὶ τῶν εἰδώλων τὴν πλάνην κατήργησαν·
διὸ καὶ τοὺς στεφάνους, παρὰ σοῦ
ἐκομίσαντο, τοῦ φιλανθρώπου Δεσπότη, καὶ
ἐλεήμονος Θεοῦ, τοῦ παρέχοντος τῷ
κόσμῳ, τὸ μέγα ἔλεος.

the Supreme Commander Gabriel from
heaven brought the salutation, "Rejoice";
"Rejoice, O blessed Maiden! Rejoice, O
glorified one! The Lord is with you." [SD]

*The appointed Kathisma of the Psalter may be read,
i.e. Kathisma 4. There is no litany, but immediately the
following:*

From Triodion ---

CHOIR

Kathisma I.

Grave Mode.

Since repentance will cure you from all
sickness, O my soul, / draw near to this house
of healing with tears and sighs. / Cry out to
the Physician of our bodies and souls: / O
Lord and Lover of mankind: free me from my
sins. / Number me with the harlot, the thief
and the publican; // grant me the forgiveness
of my transgressions, O God, and save me.

[OCA]

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

I have not emulated the repentance of the
publican; / I have not gained the tears of the
harlot. / In my blindness I cannot understand
how to amend my life as they did. // But in
your compassion, O God, save me, as the
Lover of mankind. [OCA]

Glory. For the Martyrs.

The saints, O Lord, contended bravely
on this earth; * they trampled the enemy and
overthrew the error of idolatry. * Therefore
they received crowns from you, O loving
Master, ** the God of all compassion, who
grants us great mercy. [OCA]

Καὶ νῦν. **Θεοτοκίον.**

Τιμιωτέρα τῶν ἐνδόξων Χερουβείμ
ὑπάρχεις, Παναγία Παρθένε· ἐκεῖνα γὰρ
τὴν Θεῖαν, μὴ φέροντα ἔλλαμψιν, πτέρυξι
κεκαλυμμένῳ προσώπῳ, τὴν λειτουργίαν
ἐπιτελοῦσιν, αὐτὴ δὲ σεσαρκωμένον
τὸν Λόγον, αὐτόπτως ὁρῶσα φέρεις, ὃν
ἀπαύστως ἰκέτευε, ὑπὲρ τῶν ψυχῶν ἡμῶν.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 5. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερενλογημένης, ἐνδόξου Δεσποίνης ἡμῶν
Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ
πάντων τῶν Ἀγίων μνημονεύσαντες, ἑαυτοὺς
καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν
Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ
Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Κάθισμα Β'.

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Ἦχος α'. Τοῦ λίθου σφραγισθέντος.

Ἡνέωκται τῆς Θείας, μετανοίας τὰ
πρόθυρα, προσέλθωμεν προθύμως,
ἀγνισθέντες τὰ σώματα, βρωμάτων, καὶ
παθῶν τὴν ἀποχήν, ποιοῦντες ὡς ὑπήκοοι

Both now. **Theotokion.**

O all-holy Virgin: you are higher in
honor than the glorious Cherubim./Unable
to endure the divine splendor,/they veil
their faces with their wings to perform their
ministry;/but you gaze with your own eyes
upon the incarnate Word.//Pray to him
without ceasing for our souls. [OCA]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 5. It would be followed by the short litany.*

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

Kathisma II.

CHOIR

From Triodion ---

Mode 1. (NM)

The gateway to divine repentance has
been opened: let us enter eagerly, purified
in our bodies and observing abstinence from
food and passions, as obedient servants of

Χριστοῦ, τοῦ καλέσαντος τὸν κόσμον, εἰς βασιλείαν τὴν ἐπουράνιον, δεκάτας τοῦ παντός ἐνιαυτοῦ, προσφέροντες τῷ πάντων Βασιλεῖ, ὅπως καὶ τὴν Ἀνάστασιν αὐτοῦ, πόθῳ κατίδωμεν.

Δόξα· καὶ νῦν.

Ἦχος α΄. *Τοῦ λίθου σφραγισθέντος.*

Τὰς χεῖράς σου τὰς θείας, αἷς τὸν Κτίστην ἐβάστασας, Παρθένε Παναγία σαρκωθέντα Θεότητι, προτείνασα δυσώπησον αὐτόν, λυτρώσασθαι ἡμᾶς ἐκ πειρασμῶν, καὶ παθῶν καὶ κινδύνων, τοὺς εὐφημοῦντάς σε πόθῳ, καὶ βοῶντάς σοι· Δόξα τῷ ἐνοικήσαντι ἐν σοί, δόξα τῷ προελθόντι ἐκ σοῦ, δόξα τῷ ἐλευθερώσαντι ἡμᾶς, διὰ τοῦ τόκου σου.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ΄)

Δόξα· καὶ νῦν.

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλυνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὕσσωπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·

Christ who has called the world into the heavenly Kingdom. Let us offer to the King of all a tenth part of the whole year, that we may look with love upon His Resurrection. [KW]

Glory. Both now.

Mode 1. (NM)

O most holy Virgin, thou hast carried in thine arms the Creator, God made flesh. Stretch those arms out towards Him, and entreat Him to deliver us from every passion, danger and temptation, for with love we praise thee and we cry aloud: Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free. [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

ἀγαλλιάσονται ὅστέα τεταπεινωμένα.
 Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν
 ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου
 ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν
 ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον
 ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με
 ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά
 σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.
 Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου
 σου καὶ πνεύματι ἡγεμονικῶ στήριζόν
 με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ
 ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με
 ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας
 μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν
 δικαιοσύνην σου. Κύριε, τὰ χεῖλή μου
 ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν
 αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα
 ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία
 τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν
 συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς
 οὐκ ἐξουθενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ
 εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ
 τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν
 δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.
 Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου
 μόσχους.

Τοῦ Μηναίου ---

ΧΟΡΟΣ

Κανὼν τοῦ Ὁσίου.

Ὡιδὴ α'. Ἦχος δ'. Ὁ Εἰρμός.

Στίχ. Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ
 δεδόξασται.

Ἄισομαί σοι Κύριε ὁ Θεός μου, ὅτι
 ἐξήγαγες λαόν, δουλείας Αἰγύπτου,
 ἐκάλυψας δὲ ἅρματα Φαραώ, καὶ τὴν
 δύναμιν.

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

From Menaion ---

CHOIR

Canon for the Devout Man.

Ode i. Mode 4. Heirmos

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

To You will I sing, O Lord my God, for
 You brought your people out from Egyptian
 bondage and smothered the chariots of
 Pharaoh and his company. [un]

Τροπάρια.

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὅπλον κατὰ πάσης τῆς μεθοδείας,
τοῦ ἀλλοτρίου κραταιόν, την νηστείαν
ἔχοντες, γενναίως πατήσωμεν, τὰ τούτου
μηχανήματα.

Στίχ. Αἰσωμεν τῷ Κυρίῳ· ἐνδόξως γὰρ
δεδόξασται, ἵππον καὶ ἀναβάτην ἔρριψεν εἰς
θάλασσαν.

Ὅπλον κατὰ πάσης τῆς μεθοδείας,
τοῦ ἀλλοτρίου κραταιόν, την νηστείαν
ἔχοντες, γενναίως πατήσωμεν, τὰ τούτου
μηχανήματα.

Στίχ. Βοηθὸς καὶ σκεπαστὴς ἐγένετό μοι
εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω
αὐτόν, Θεὸς τοῦ Πατρός μου, καὶ ὑψώσω
αὐτόν.

Ἐλλάμψει τοῦ Πνεύματος θεοφόρε,
καταυγασθεῖς, τὰ νοητὰ τῆς ψυχῆς σου
ὄμματα, πρὸς φῶς ἐνητένισας, δι' ἀρετῆς τὸ
ἄδυτον.

Στίχ. Κύριος συντρίβων πολέμους,
Κύριος ὄνομα αὐτῷ. Ἄρματα Φαραὼ καὶ τὴν
δύναμιν αὐτοῦ ἔρριψεν εἰς θάλασσαν.

Τῶν παρόντων Πάτερ δι' ἀκτησίας, τὸ
γεηρὸν ἀποβαλὼν ἄχθος ὡς ἀσώματος,
Γεράσιμε ἡνυσας, τὸν δρόμον τῆς
ἀσκήσεως.

Στίχ. Πόντῳ ἐκάλυψεν αὐτούς,
κατέδυσαν εἰς βυθὸν ὡσεὶ λίθος.

Θεοτοκίον.

Γῆθεν πρὸς οὐράνιον πολιτείαν, ἡμᾶς
ἀνείλκυσε Ἀγνή, ὁ ἄχραντος τόκος σου,
νηστείας ταῖς πτέρυξιν, εἰς οὐρανούς
ἀναγαγὼν ἡμᾶς.

Troparia.

Saint of God, intercede for us.

Because we have fasting as a strong
weapon against every stronghold of the
outsider, let us bravely trample down his
schemes. [un]

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

Because we have fasting as a strong
weapon against every stronghold of the
outsider, let us bravely trample down his
schemes. [un]

Verse: *The Lord became my helper and the
shield of my salvation; He is my God, and I will
glorify Him; my father's God, and I will exalt
Him. [SAAS]*

Enlightened with the beauty of the Spirit,
O God-bearer, through virtue you set the
noetic eyes of your soul upon the never-
setting light. [un]

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

Throwing off the burden of earthly
possessions through self-denial, you ran the
entire race of the ascetic life as though you
were without body, O Father Gerasimos. [un]

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

Theotokion.

Your perfect Child has led us to a
heavenly life from the earth, O pure one,
guiding us to the Heavens by the wings of
fasting. [un]

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ α'. Ἦχος α'. Ὡδὴν ἐπινίκιον.

Στίχ. Τότε ἔσπευσαν ἡγεμόνες Ἐδώμ, καὶ ἄρχοντες τῶν Μωαβιτῶν, ἔλαβεν αὐτοὺς τρόμος, ἐτάκησαν πάντες οἱ κατοικοῦντες Χαναάν.

Φαιδρὰ προεόρτια, τῆς ἐγκρατείας, λαμπρὰ τὰ προοίμια τῆς νηστείας σήμερον· διὸ συνδράμωμεν, ἐν πεποιθήσει ἀδελφοί, καὶ προθυμία πολλῇ.

Στίχ. Ἐπιέσοι ἐπ' αὐτοὺς φόβος καὶ τρόμος, μεγέθει βραχίονός σου ἀπολιθώθησαν.

Ἀδὰμ τὸν προπάτορα, τῇ παραβάσει, ζηλώσας ἐκβέβλημαι, τῆς τρυφῆς ὁ ἄθλιος· διὸ προσπίπτω σοι ἐν μετανοίᾳ καὶ κλαυθμῷ, Κύριε σῶσόν με.

Στίχ. Ἔως ἂν παρέλθῃ ὁ λαός σου, Κύριε, ἕως ἂν παρέλθῃ ὁ λαός σου οὗτος, ὃν ἐκτήσω.

Ἀρχὴ κατανύξεως, καὶ μετανοίας, κακῶν ἀλλοτρίωσις, καὶ παθῶν ἐγκράτεια· διὸ σπουδάσωμεν, ἀποκοπὴν τῶν πονηρῶν, ἔργων ποιήσασθαι.

Στίχ. Ὁ κατειργάσω, Κύριε, ἁγίασμα, ὃ ἡτοίμασαν αἱ χεῖρές σου.

Θεοτοκίον.

Νυκτὶ παραπτώσεων, ἡμαυρωμένος, πρὸς σὲ τὴν κυήσασαν, τοῖς ἐν σκότει Ἥλιον, δικαιοσύνης Χριστόν, νῦν καταφεύγω ἐκτενῶς, Δέσποινα σῶσόν με.

From Triodion ---

Canon 1 from the Triodion.

Ode i. Mode 1. Let us all sing. (N/M)

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away. [SAAS]

Today is the joyful forefeast of the time of abstinence, the bright threshold of the Fast. Therefore, brethren, together let us run the race with confident hope and with great eagerness. [KW]

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

In my transgressing I have followed our forefather Adam, and in my wretchedness I am cast out from joy. Therefore I fall down before Thee in repentance and with tears: save me, O Lord. [KW]

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

The beginning of contrition and repentance is to flee from sin and to abstain from passions. Let us hasten, then, to cut off our evil works. [KW]

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

Theotokion.

Darkened by the night of transgressions, urgently I flee to thee for refuge: for thou hast borne Christ, the Sun of righteousness that shines on those in darkness. O Lady, save me. [KW]

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ α'. Ἦχος α'. Ὡδὴν ἐπινίκιον.

Στίχ. Κύριος βασιλεύων τῶν αἰώνων,
καὶ ἐπ' αἰῶνα, καὶ ἔτι. Ὅτι εἰσῆλθεν ἵππος
Φαραὼ σὺν ἄρμασι καὶ ἀναβάταις εἰς
θάλασσαν.

Ἰδοὺ προηνέωκται, τῆς μετανοίας, ἡ
θύρα φιλόθεοι, δεῦτε οὖν σπουδάσωμεν,
τοῦ εἰσελθεῖν δι' αὐτῆς, πρὶν κλείσῃ ταύτην
ὁ Χριστός, ὡς ἀναξίοις ἡμῖν.

Στίχ. Οἱ δὲ υἱοὶ Ἰσραὴλ ἐπορεύθησαν διὰ
ξηρᾶς ἐν μέσῳ τῆς θαλάσσης.

Τὸ ἔαρ μηνύουσα, ἡγγικεν αὕτη, ἡ νῦν
προκαθάρσιος, ἑβδομάς ἡ πάνσεπτος, τῶν
ἱερῶν Νηστειῶν, τὰ σώματα καὶ τὰς ψυχάς,
πάντων φωτίζουσα.

Δόξα. **Τριαδικόν.**

Ασύγχυτε, ἄκτιστε, Τριάς ἀγία, μονὰς
ὑπεράγαθε, ὁ Πατήρ, καὶ ὁ Υἱός, καὶ
Πνεῦμα τὸ συγγενές, τοὺς προσκυνοῦντάς
σε πιστῶς, ἀεὶ περισώζε.

Καὶ νῦν. **Θεοτοκίον.**

Νενίκηνται πάναγνε, ἐν σοὶ οἱ ὄροι,
Παρθένε τῆς φύσεως· μένεις γὰρ τέξασα,
ἄνευ ἀνδρὸς τὸν Θεόν, ὡς πρὸ τοῦ τόκου
σεμνή, πάλιν ἀπήμαντος.

Τῆς Ὀκτωήχου ---

Ὡδὴ γ'.

Κανὼν Κατανυκτικός.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Ἅγιος εἶ, Κύριε, καὶ σὲ ὑμνεῖ τὸ
πνεῦμά μου.

Ὁ στερεώσας τῷ λόγῳ σου τὴν
οἰκουμένην, ἥτις οὐ σαλευθήσεται,

Canon 2 from the Triodion.

Ode i. Mode 1. Let us all sing. (N/M)

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

Behold, all who love God, the door of
repentance is already opened: come, let us
make haste to enter in, before Christ closes it
and we are shut out in our unworthiness. [KW]

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

Announcing the spring, the week of
cleansing that prepares us for the holy Fast is
now at hand, illumining the bodies and the
souls of all. [KW]

Glory. **For the Trinity.**

O Holy Trinity, uncreated, unconfused,
Unity supreme in love, the Father, the Son,
and the Spirit that is one with Them, do Thou
always save from death those that worship
Thee in faith. [KW]

Both now. **Theotokion.**

Most pure Virgin, in thee are the bounds
of nature overcome: for without man thou
hast given birth to God, yet after childbearing
thou hast remained inviolate, as thou wast
before. [KW]

From Octoechos ---

Ode iii.

Canon of Compunction.

Grave Mode. Heirmos

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

You are the One who by Your Word
established the world which shall not be

στερέωσον καὶ ἡμῶν τὴν διάνοιαν, εἰς τὸν φόβον σου Κύριε.

Τροπάρια.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Νυκτὶ ἀτόπων κατεσχέθην
ἀμαρτημάτων, φωτὶ μετανοίας με νῦν
καταύγασον, Φωτοδότα φιλάνθρωπε, ἵνα
πίστει δοξάζω σε.

Στίχ. Ἐστερεώθη ἡ καρδιά μου ἐν Κυρίῳ,
ὑψώθη κέρας μου ἐν Θεῷ μου, ἐπλατύνθη
ἐπ' ἐχθρούς μου τὸ στόμα μου, εὐφράνθην ἐν
σωτηρίῳ σου.

Αἱ τρίβοι πᾶσαι, ἃς διώδευσα ἐν τῷ βίῳ,
ἐν βαράθροις ἡδονῶν με κατεκρήμνισαν,
Ἰησοῦ μετανοίας μοι, θείας τρίβους
ὑπόδειξον.

Στίχ. Ὅτι οὐκ ἔστιν ἅγιος, ὡς ὁ Κύριος,
καὶ οὐκ ἔστι δίκαιος, ὡς ὁ Θεός ἡμῶν, καὶ οὐκ
ἔστιν ἅγιος πλὴν σου.

Γενναιοφρόνως διανύσαντες τὸν
ἀγῶνα, ἐπάθλων οὐρανίων ἡξιώθητε,
παναοίδιμοι μάρτυρες, ὑπὲρ πάντων
προσβεύοντες.

Στίχ. Μὴ καυχᾶσθε καὶ μὴ λαλεῖτε
ὑψηλὰ εἰς ὑπεροχὴν, μηδὲ ἐξελθέτω
μεγαλορρημοσύνη ἐκ τοῦ στόματος ὑμῶν.

Μυρίους πόρους ὑπομείναντες
ἀθλοφόροι, μυρίων ἀγαθῶν ἡξιώθητε,
μυριάσιν ἐνούμενοι, ἀσωμάτων Δυνάμεων.

shaken. Establish our minds on the fear of
You, Lord. [SD]

Troparia.

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

At night I am beset by unseemly sins. O
Giver of light, illumine me now with the light
of repentance, that with faith I may glorify
You who love humanity. [SD]

Verse: *My heart is strengthened in the Lord;
my horn is exalted in my God. I smile at my
enemies; I rejoice in Your salvation.* [SAAS]

I have followed paths in this life, which
have all brought me down to the pit of
hedonism. O Jesus, show me again the divine
paths of repentance. [SD]

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

O all-lauded Martyrs, you finished the
fight with valor, and you were granted the
heavenly awards. And now you intercede for
us all. [SD]

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

O medaled Martyrs, you endured
countless labors, and you received countless
blessings. And now you are united with the
countless bodiless hosts. [SD]

Στίχ. Ὅτι Θεὸς γνώσεων Κύριος, καὶ Θεὸς ἐτοιμάζων ἐπιτηδεύματα αὐτοῦ.

Θεοτοκίον.

Μόνη τεκοῦσα τὸν οὐράνιον Βασιλέα, Παρθένη ἐν ἐμοὶ τὴν βασιλεύουσαν, ἁμαρτίαν κατὰβαλε, καὶ οἰκτεῖρας σῶσόν με.

Τῆς Ὀκτωήχου ---

Κανὼν τῶν Ἀσωμάτων.

Ἦχος βαρύν. Ἐστερεώθη τῇ πίστει

Στίχ. Διδούς εὐχὴν τῷ εὐχομένῳ, καὶ εὐλόγησεν ἔτη δικαίου.

Μεσῖται θείας χρηματίζοντες ἐκφαντορίας, χοροὶ Ἀγγέλων ἁῶλως, κραυγάζετε πάντες· Ἅγιος εἶ Κύριε, ὁ μόνος παντοδύναμος.

Στίχ. Κύριος ἀσθενῇ ποιήσει τὸν ἀντίδικον αὐτοῦ, Κύριος ἅγιος.

Ἀγάπης νόμῳ τὰς θείας, Ἀρχάγγελοι ἐμφάσεις, διαδιδόντες εὐρύθμως, Χριστῷ μελωδεῖτε· Ἅγιος εἶ Κύριε, ὁ μόνος παντοδύναμος.

Στίχ. Μὴ καυχάσθω ὁ σοφὸς ἐν τῇ σοφίᾳ αὐτοῦ, καὶ μὴ καυχάσθω ὁ δυνατὸς ἐν τῇ δυνάμει αὐτοῦ, καὶ μὴ καυχάσθω ὁ πλούσιος ἐν τῷ πλούτῳ αὐτοῦ.

Τῆς πρώτης αἱγλης, δευτέρας λαμπρότητος ζηλοῦντες, οἱ εὐσεβοῦντες συμφώνως, Χριστῷ μελωδοῦσιν· Ἅγιος εἶ Κύριε, ὁ σῶζων τὰς ψυχὰς ἡμῶν.

Στίχ. Ἀλλ' ἢ ἐν τούτῳ καυχάσθω ὁ καυχώμενος, ἐν τῷ συνιεῖν καὶ γινώσκειν τὸν Κύριον, καὶ ποιεῖν κρίμα καὶ δικαιοσύνην ἐν μέσῳ τῆς γῆς.

Θεοτοκίον.

Ὁ ἐκ μὴ ὄντων τὰ πάντα, παραγαγὼν βουλήσει, ἐκ σοῦ Παρθένη τὴν σάρκα,

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

Theotokion.

O Virgin, only you gave birth to the heavenly King. Take pity on me, and defeat the sin that reigns in me, and save me. [SD]

From Octoechos ---

Canon for the Bodiless Hosts.

Grave Mode. N/M ()

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

O choirs of Angels, you are the mediators of divine revelations; and being immaterial you all unceasingly cry out: Holy are You, O Lord, the only almighty One! [SD]

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

O Archangels, obeying the law of love, you pass down in order the divine manifestations, and you sing to Christ: Holy are You, O Lord, the only almighty One! [SD]

Verse: Let not the man of learning boast in his understanding, nor let the man of might boast in his might, nor let the man of riches boast in his riches. [SAAS]

Those with correct belief aspire to the secondary brightness of the primary radiance, and in unison they sing to Christ: Holy are You, O Lord the savior of our souls! [SD]

Verse: Only let the one who boasts boast in this: to understand and to know the Lord and to do justice and righteousness in the midst of the earth. [SAAS]

Theotokion.

The Logos, who brought all things from nonexistence into being by His will,

δανείζεται Λόγος, ἄνθρωπος γενόμενος, δι' οἶκτον ὁ φιλάνθρωπος.

Κανὼν τοῦ Ὁσίου.

Τοῦ Μηναίου - - -

Ἦχος δ'. Ἐν Κυρίῳ Θεῷ μου.

Στίχ. Κύριος ἀνέβη εἰς οὐρανοῦς, καὶ ἐβρόντησεν, αὐτὸς κρινεῖ ἄκρα γῆς, δίκαιος ὢν.

Τῶν παθῶν τὰ θηρία, διὰ νηστείας ἀποκτείναντες, Χριστῷ δι' ἀπαθείας, καὶ καθαρότητος ἐγγίσωμεν.

Στίχ. Καὶ δώσει ἰσχὺν τοῖς βασιλεῦσιν ἡμῶν, καὶ ὑψώσει κέρας χριστῶν αὐτοῦ.

Πρὸς τὸν ἄϋλον πόθον, τὸν τοῦ Κυρίου, Πάτερ Ὁσιε, αἰεὶ ἐνατενίζων, ὕλης προσκαίρου κατεφρόνησας.

Δόξα.

Τὸν Χριστὸν ἐν τῇ γλώσσει, ἔχων αἰεὶ Πάτερ Γεράσιμε, τὸ ἀληθὲς τῶν λόγων, διεβεβαίου ἐν τοῖς θαύμασι.

Καὶ νῦν. **Θεοτοκίον.**

Ἐν νηστείαις καὶ πόνοις, τὸ ἀσθενὲς ἡμῶν τῆς φύσεως, ῥωννύουσα Παρθέने, κατὰ παθῶν τοῦτο ἐνίσχυσον.

Ὁ Εἰσμός.

Ἐν Κυρίῳ Θεῷ μου, ἐστερεώθη ἡ καρδιά μου· διὸ οἱ ἀσθενοῦντες περιεζώσαντο δύναμιν.

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

is borrowing flesh from you, O Virgin, becoming man in His pity and love for humanity. [SD]

Canon for the Devout Man.

From Menaion - - -

Mode 4. N/M ()

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

[SAAS]

Killing the feral fauna of the passions with fasting, let us come closer to Christ through dispassion and purity. [un]

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

Always looking towards the immaterial longing for the Lord, O righteous Father, you scorned the material and temporal. [un]

Glory.

With Christ always on your tongue, O Father Gerasimos, you verified the veracity of your speech by miracles. [un]

Both now. **Theotokion.**

Enfirm the infirmity of our nature with fasting and struggles, O Virgin One, and make it firm against the passions. [un]

Heirmos.

My heart is grounded in the Lord my God; and thus those without might have girded themselves with power. [un]

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.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἀγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ
καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Κάθισμα.

Τοῦ Μηναίου ---

Ἦχος α΄. Τοῦ λίθου σφραγισθέντος.

Τὴν κλίμακα τῶν θείων ἀρετῶν
διανύσας, πρὸς νοητῆς θεωρίας
ἀνελήλυθας ὕψος, καὶ θείων μυστηρίων τοῦ
Χριστοῦ, ἐμφάσεις ὑπεδέξω καθαρὰς, διὰ
τοῦτο, θεοφόρε, σὲ εὐσεβῶς τιμῶμεν καὶ
βοῶμεν· Δόξα τῷ ἐνισχύσαντι Χριστῷ, δόξα
τῷ σὲ στεφανώσαντι, δόξα τῷ ἐνεργοῦντι
διὰ σοῦ πᾶσιν ἰάματα.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος α΄. Τοῦ λίθου σφραγισθέντος.

Τὰς χεῖράς σου τὰς θείας, αἷς τὸν
Κτίστην ἐβάστασας, Παρθένε Θεοτόκε
σαρκωθέντα χρηστότητι, προτείνασα
δυσώπησον αὐτόν, λυτρώσασθαι ἡμᾶς ἀπὸ
παθῶν, πειρασμῶν τε καὶ κινδύνων, τοὺς
εὐφημοῦντάς σε πόθῳ καὶ βοῶντας· Δόξα
τῷ ἐνουκῆσαντι ἐν σοί, δόξα τῷ προελθόντι
ἐκ σοῦ, δόξα τῷ ἐλευθερώσαντι ἡμᾶς διὰ
τοῦ τόκου σου.

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

(To You, O Lord.)

PRIEST

For you are our God, and to you we give
glory, to the Father and the Son and the Holy
Spirit, now and forever and to the ages of
ages.

(Amen.)

CHOIR

Kathisma.

From Menaion ---

Mode 1. N/M (The stone.)

You fervently climbed the ladder of godly
morality and you reached the summit of
divine noetic vision, receiving meditations
unblemished and unmurky showing the
divine mysteries of Christ. Thus we honor you
with reverence, as we exclaim, God-bearer
Gerasimos: Glory to Christ, who strengthened
you. Glory to Him who gave you the crown.
Glory to Him who heals everyone through
you. [un]

Glory. Both now. **Theotokion.**

Mode 1. N/M (The stone.)

Reach out your divine hands that carried
the Creator, who in His great benevolence
took on flesh, O Virgin Theotokos; arduously
ask Him to redeem us from all varieties of
passions and temptations and all perils, we
who faithfully chant your praise and cry out
to you with yearning: *Glory to Him whose
will was to dwell in you. Glory to Him that

Τῆς Οκτωήχου - - -

Ὡδὴ δ'.

Κανὼν Κατανυκτικός.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Δόξα τῇ δυνάμει σου, Κύριε.

Ἐκάλυψεν οὐρανούς Χριστὲ ὁ Θεός, ἐν τῇ σῇ οἰκονομίᾳ, ἡ ἀρετὴ τῆς ἀφράστου, σοφίας σου Φιλάνθρωπε.

Τροπάρια.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ὁ θέλων πάντας Οἰκτίρμον σώζεσθαι, σῶσόν με τὸν παραβάντα, σοῦ τὰ προστάγματα Λόγε, καὶ μὴ ἐξουδενώσης με.

Στίχ. Κύριε, εἰσακήκοα τὴν ἀκοήν σου, καὶ ἐφοβήθην, Κύριε, κατενόησα τὰ ἔργα σου, καὶ ἐξέστην.

ὑπέκυψα τοῖς ἀλόγοις πάθεσι, καὶ τοῖς κτήνεσιν ὁ τάλας, ἐξωμοιώθην, Οἰκτίρμον, Λόγε Θεοῦ οἰκτεῖρον.

Στίχ. Ἐν τῷ ταραχθῆναι τὴν ψυχὴν μου ἐν ὀργῇ, ἐλέους μνησθήσῃ.

Στρεβλούμενοι καὶ πυρὶ καιόμενοι, κατεφλέξατε τὴν πλάνην, ἀναπτόμενοι τῷ ζήλῳ τῆς εὐσεβείας μάρτυρες.

Στίχ. Ὁ Θεὸς ἀπὸ Θαμνὰν ἤξει, καὶ ὁ Ἅγιος ἐξ ὄρους κατασκίου δασέος.

Παράδεισος νοητὸς ἐδείχθητε, μέσον ἔχοντες τὸ ξύλον, τὸ τῆς ζωῆς μακάριοι, Χριστὸν τὸν φυτουργὸν τοῦ παντός.

came forth from you. Glory to Him that has delivered us through your child-bearing. [un]

From Octoechos - - -

Ode iv.

Canon of Compunction.

Grave Mode. Heirmos

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

O Christ God who love humanity, in Your plan for our salvation, the excellence of Your ineffable wisdom covered the heavens. [SD]

Troparia.

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

O compassionate Logos, You will that all should be saved. I have transgressed Your commandments. Please have no contempt for me, but rather save me. [SD]

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

I have submitted to irrational passions, wretch that I am, and I have become like the animals. O compassionate Logos of God, take pity on me. [SD]

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

O Martyrs, as you were tortured and burnt in fire, you scorched deceptive error, for you were lit up with the zeal of the correct belief in God. [SD]

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

O blessed Martyrs, you had Christ the tree of life and Planter of all within you, and thus you were like Paradise. [SD]

Στίχ. Ἐκάλυψεν οὐρανοὺς ἡ ἀρετὴ
αὐτοῦ, καὶ τῆς αἰνέσεως αὐτοῦ πλήρης ἡ γῆ.

Θεοτοκίον.

Παρθένε ἀγνὴ θεοχαρίτωτε,
χαριτώσασα τὸν νοῦν μου, τοῦ σκοτασμοῦ
τῆς ἀγνοίας, τελείως ἐλευθέρωσον.

Τῆς Οὐκωήχου - - -

Κανὼν τῶν Ἀσωμάτων.

Ἦχος βαρὺς. Ἀκήκοα τὴν ἀκοήν σου

Στίχ. Διότι συκὴ οὐ καρποφορήσει, καὶ
οὐκ ἔσται γεννήματα ἐν ταῖς ἀμπέλοις.

Ίάσασθε τὰ τῆς ψυχῆς μου τραύματα,
παριστάμενοι Χριστῷ ὡς λειτουργοὶ
ἐκλεκτοί, χοροὶ Ἀγγέλων, τοῦτον
ἱκετεύοντες.

Στίχ. Ψεύσεται ἔργον ἐλαίας, καὶ τὰ
πεδία οὐ ποιήσει βρῶσιν.

Στρατεύματα τῶν Ἀσωμάτων Κύριε,
τὸν σὸν θρόνον εὐλαβῶς, περικυκλοῦντα
τρανῶς, αἰεὶ βοῶσι· Δόξα τῇ δυνάμει σου
Κύριε.

Στίχ. Ἐξέλιπον ἀπὸ βρώσεως πρόβατα,
καὶ οὐχ ὑπάρξουσι βόες ἐπὶ φάτναις.

Ἐξέστησαν τὰ τῶν Ἀγγέλων τάγματα,
καθορῶντά σε Χριστέ, μετὰ σαρκὸς ἐπὶ γῆς,
θνητοῖς ἀνθρώποις ἀναστρεφόμενον.

Στίχ. Ἐγὼ δὲ ἐν τῷ Κυρίῳ
ἀγαλλιάσομαι, χαρήσομαι ἐπὶ τῷ Θεῷ τῷ
Σωτῆρί μου.

Θεοτοκίον.

Πανύμνητε καὶ Θεομήτορ ἄχραντε, ἡ
τεκοῦσα τὸν Θεόν, ἀνερμηνεύτως σαρκί, σὲ
δυσωποῦμεν, πρέσβευε σωθῆναι ἡμᾶς.

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

Theotokion.

O pure Virgin full of grace divine, give
grace to my mind, and completely free it from
the darkness of ignorance. [SD]

From Octoechos - - -

Canon for the Bodiless Hosts.

Grave Mode. N/M ()

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

O choirs of Angels and select ministers, as
you stand near Christ and pray to Him, heal
the traumas of my soul. [SD]

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

O Lord, the armies of the bodiless
reverently surround Your throne, and they
ever cry aloud: "Glory to Your power, O
Lord!" [SD]

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

The ranks of Angels were amazed, when
they saw You, O Christ, on earth with a body,
dwelling among mortal men. [SD]

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

Theotokion.

O all-lauded and immaculate Mother of
God, inexplicably you gave birth to God in
the flesh. We implore you to intercede that He
save us. [SD]

Κανὼν τοῦ Ὁσίου.

Τοῦ Μηναίου ---

Ἦχος δ'. Τῆς σῆς ἐπὶ γῆς.

Στίχ. Κύριος ὁ Θεός μου δύναμὶς μου,
καὶ τάξει τοὺς πόδας μου εἰς συντέλειαν.

Τῆς σῆς ἐν τοῖς βροτοῖς εὐσπλαγχνίας,
Χριστὲ ὁ Θεός, δείγμα παρέσχου τὸν
καιρὸν τῆς ἐγκρατείας Σωτήρ, δι' οὗ ψυχὰς
καὶ σώματα καθαίρεις, καὶ ἀγιάζεις τῶν
δούλων σου.

Στίχ. Καὶ ἐπὶ τὰ ὑψηλὰ ἐπιβιβᾶ με, τοῦ
νικῆσαί με ἐν τῇ ᾠδῇ αὐτοῦ.

Τῶν ἀρετῶν τὴν κλίμακα ἀνύσας Σοφέ,
μυστικωτέρας θεωρίας, ἡξίωσαι· διὸ καὶ
χάριν εἴληφας ὁρᾶν, καὶ πρὸ καιροῦ τὰ
ἐσόμενα.

Δόξα.

Ἰδρῶσι τῶν ἀγώνων σου τῶν ἐνθέων,
τὴν ἄγονον κατήρδευσας ἔρημον, καὶ
καρποφόρον ἔδειξας, ἀνθρώπους τῷ Χριστῷ
συγκομίζουσιν.

Καὶ νῦν. **Θεοτοκίον.**

Ὡς στήριγμα Πιστῶν δεδομένη,
Παρθένε ἀγνή, παρὰ Χριστοῦ τοῦ σέ
δοξάσαντος, δύναμιν ἐν τῷ καιρῷ
περίζωσον, ἡμᾶς τῆς ἐγκρατείας ὑμνοῦντάς
σε.

Τῆς Ὁκτωήχου ---

Ὡδὴ ε'.

Κανὼν Κατανυκτικός.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Κύριε, ὁ Θεὸς ἡμῶν, εἰρήνην δὸς
ἡμῖν.

Οἱ ὀρθρίζοντες Λόγε, εἰς δόξαν σὴν καὶ
αἶνον, ἀνυμνοῦμεν ἀπαύστως, τὸν τύπον
τοῦ Σταυροῦ σου, ὃν ἔδωκας ἡμῖν, ὄπλον εἰς
βοήθειαν.

Canon for the Devout Man.

From Menaion ---

Mode 4. N/M ()

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

To prove Your love for mortals, O Christ
God, You have given the season of fasting, O
Savior, during which You clean and sanctify
the souls and bodies of Your servants. [un]

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

After you climbed the entire ladder of the
virtues, O wise Gerasimos, you were made
worthy of mystical visions, and you received
the grace to see things that had not yet come
to pass. [un]

Glory.

Through the sweat of your righteous
struggles, you watered the barren desert and
made its fruit manifest, as it led men to Christ.
[un]

Both now. **Theotokion.**

O immaculate Virgin, Because you have
been granted to the faithful as a support by
Christ who has made you glorious, strengthen
us with power who sing your praise in this
season of temperance. [un]

From Octoechos ---

Ode v.

Canon of Compunction.

Grave Mode. Heirmos

Verse: O Lord our God, grant us peace.

O Logos, we who rise early, to glorify and
praise You, unceasingly extol the sign of Your
Cross, which you have given us as a shield to
help us. [SD]

Τροπάρια.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ραθυμία τὸν βίον, ἀνήλωσα καὶ τρέμω,
τὸ ἀλάθητον βῆμα, ἐν ᾧ κριθῆναι μέλλω, ὁ
ἄσωτος ἐγώ, οἴκτειρόν με Κύριε.

Στίχ. Ἐκ νυκτὸς ὀρθρίζει τὸ πνεῦμά μου
πρὸς σέ, ὁ Θεός, διότι φῶς τὰ προστάγματά
σου ἐπὶ τῆς γῆς.

Ὅ τὰ ὄμματα Λόγε, τὰ τῶν τυφλῶν
φωτίσας, τῆς ψυχῆς μου τὰς κόρας, δεινῶς
ἀμαυρωθείσας, διάνοιξον ὁρᾶν, φῶς τῶν
προσταγμάτων σου.

Στίχ. Δικαιοσύνην μάθετε, οἱ
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Σταθηρᾷ διανοίᾳ, Χριστὸν
ὁμολογοῦντες, ὑπεμείνατε πᾶσαν,
βασάνων ἀλγηδόνα, γενναῖοι ἀθληταί· ὅθεν
μακαρίζεσθε.

Στίχ. Κύριε, ὑψηλὸς σου ὁ βραχίων, καὶ
οὐκ ἤδρισαν, γνόντες δέ, αἰσχυνθήτωσαν.

Διαπλεύσαντες πᾶσαν, βασάνων
τρικυμίαν, προσωρμίσθητε ὄρμῳ, τῆς ἄνω
Βασιλείας, γαλήνης ἀληθοῦς, μάστιγες
πληρούμενοι.

Στίχ. Ζῆλος λήψεται λαὸν ἀπαίδευτον,
καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Θεοτοκίον.

Διὰ σοῦ Παναγία, ποιήσας μεγαλεῖα, ὁ
Θεὸς ὑπὲρ λόγον, ἐκ σοῦ ἐσωματώθη· αὐτὸν
οὖν ἐκτενῶς, ὑπὲρ πάντων πρέσβευε.

Troparia.

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

I, the prodigal, have wasted my life in
laziness, and I tremble thinking about the
infallible tribunal, where I will be judged.
Take pity on me, O Lord. [SD]

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

O Logos, You gave sight to the eyes of the
blind. The eyes of my soul have become badly
darkened. I pray You, open them to see the
light of Your commandments. [SD]

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

O brave Martyrs, we call you blessed, for
you confessed Christ with a steady mind, and
you endured all the pain of the tortures. [SD]

Verse: *O Lord, Your arm is exalted, but they
did not know it. But when they know it, they shall
be ashamed.* [SAAS]

O Martyrs, you sailed through every
storm of the tortures, and you reached the
harbor of the Kingdom on high, where you
are filled with true serenity. [SD]

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

Theotokion.

O all-holy Virgin, God did great things
through you, beyond understanding, and
He was incarnate of you. Therefore earnestly
intercede with Him on behalf of all. [SD]

Τῆς Οκτωήχου ---

Κανὼν τῶν Ἀσωμάτων.

Ἦχος βαρύς. *Πρὸς σὲ ὀρθρίζω*

Στίχ. Πρόσθες αὐτοῖς κακά, Κύριε,
πρόσθες αὐτοῖς κακὰ τοῖς ἐνδόξοις τῆς γῆς.

Ἀγιωτάτοις, καὶ πολυφθόγοις
στόμασιν ἄδουσι, τὴν ὑπεράρχιον καὶ
ὑπέρθεον Ἀρχήν, Σεραφεῖμ ταῖς αὐλοῖς,
φωτοχυσίαις πυρσευόμενοι.

Στίχ. Κύριε, ἐν θλίψει ἐμνήσθημέν σου·
ἐν θλίψει μικρᾷ ἡ παιδεία σου ἡμῖν.

Τερωτάταις, ὅψεις καὶ πόδας πτέρυξι
σκέπονται, θεῖαν λαμπηδόνα μὴ τολμῶντες
καθορᾶν, Χερουβεῖμ τῆς σοφίας, τῆς
ὑπερθέου καταγώγια.

Στίχ. Καὶ ὡς ἡ ὠδίνουσα ἐγγίζει τοῦ
τεκεῖν, καὶ ἐπὶ τῇ ὠδίνι αὐτῆς ἐκέκραγεν,
οὕτως ἐγενήθημεν τῷ ἀγαπητῷ σου.

Νοήσει θεία, καὶ πανολβίῳ θρόνοι οἱ
ἐνδοξοὶ, ταῖς ὡραιόταταις ἐντρυφῶντες
ἀστραπαῖς, θεωροὶ τῶν ἀρρήτων,
ὑπερκοσμίως ἀναδείκνυσθε.

Στίχ. Οὐ πεσούμεθα, ἀλλὰ πεσοῦνται οἱ
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Θεοτοκίον.

Ὁ Νοῦς ὁ θεῖος, τῷ ἀνθρωπίνῳ
Πάναγνε μίγνυται, ἐν τῇ παναχράντῳ καὶ
πανάγνῳ σου γαστρὶ, ἐνωθεὶς ἀσυγχύτως,
ἀναλλοιώτως καθ' ὑπόστασιν.

From Octoechos ---

Canon for the Bodiless Hosts.

Grave Mode. N/M ()

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

The Seraphim, aflame with the
emanations of immaterial light, open their
most holy and eloquent mouths to sing in
praise of the super-principal and super-divine
First Principle. [SD]

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

The Cherubim, those hosts of super-
divine wisdom, dare not gaze at the divine
Radiance, but they cover their faces and feet
with their most sacred wings. [SD]

Verse: *As a woman with child is in pain and
cries out in her pangs, when she draws near the
time of her delivery, so we became Your beloved.*
[SAAS]

O glorious Thrones, by divine and all-
blessed intellection, you delight in the most
beautiful effulgences, and in a manner
completely supermundane, you behold things
ineffable. [SD]

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

Theotokion.

O all-pure Virgin, the divine Mind is
joined to the human, in your all-immaculate
and all-pure womb, and He unites with
it hypostatically, without confusion or
alteration. [SD]

Κανὼν τοῦ Ὁσίου.

Τοῦ Μηναίου - - -

Ἦχος δ'. Ὁ ἀνατείλας τὸ φῶς.

Στίχ. Ἀναστήσονται οἱ νεκροί, καὶ ἐγερθήσονται οἱ ἐν τοῖς μνημείοις, καὶ εὐφρανθήσονται οἱ ἐν τῇ γῇ

Τῆς χαμαιζήλου ἡμᾶς, προσπαθείας οἰκτίρμον, νηστεία, ἀφαρπάσας, πρὸς τὸ ὕψος ἔλκυσον, Ἰησοῦ τῆς σῆς ἀγαπήσεως.

Στίχ. Ἡ γὰρ δρόσος ἡ παρὰ σοῦ ἱαμα αὐτοῖς ἐστίν, ἡ δὲ γῆ τῶν ἀσεβῶν πεσεῖται.

Τῶν προσευχῶν ταῖς προσβολαῖς, παρατάξεις δαιμόνων, κατέτρωσας γενναίως, καὶ Χριστὸν Γεράσιμε, σὺ ἀνύμνεις Υἱὸν τοῦ Θεοῦ.

Δόξα.

Τὴν τῶν παθῶν διασχών, θεοφόρε ὁμίχλην, φωτὶ τῷ τῆς ἀγνείας, καὶ τῆς καθαρότητος, νοητῶς ἐπλησίασας.

Καὶ νῦν. **Θεοτοκίον.**

Ρύπου ἡμᾶς νοητοῦ, διὰ τῆς ἐγκρατείας, ἐκπλύνασα Παρθένε, καθαρὸς παράστησον, δοξολογεῖν τὸν Υἱὸν τοῦ Θεοῦ.

Τῆς Ὀκτωήχου - - -

ᾠδὴ ζ'.

Κανὼν Κατανυκτικός.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Ὡς τὸν προφήτην Ἰωνᾶν, σῶσον ἡμᾶς, Κύριε.

Ὁ Ἰωνᾶς ἐκ κοιλίας ᾄδου ἐβόα· Ἀνάγαγε ἐκ φθορᾶς τὴν ζωὴν μου· ἡμεῖς δέ σοι βοῶμεν· Παντοδύναμε Σωτὴρ ἐλέησον ἡμᾶς.

Canon for the Devout Man.

From Menaion - - -

Mode 4. N/M ()

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

[SAAS]

O compassionate Jesus, take us away through fasting from servile attachment, and lead us to the summit of Your love. [un]

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

O Gerasimos, through the war of your prayers, you valiantly impaled and wounded the legions of demons, and you praised Christ, the Son of God. [un]

Glory.

O God-bearer, by staying away from the murky haze of the passions, you noetically drew near to the light of self-control and purity. [un]

Both now. **Theotokion.**

O Virgin one, wash us clean of the filth of our minds through abstinence and make us pure, so that we may give glory to the Son of God. [un]

From Octoechos - - -

Ode vi.

Canon of Compunction.

Grave Mode. Heirmos

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

Jonah cried out from the belly of Hades: "Raise up my life from corruption." And we now pray to You: "O almighty Savior, have mercy on us." [SD]

Τροπάρια.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Ἐκύκλωσεν ἄβυσσός με πταισμάτων,
κατέδυσεν εἰς βυθὸν ἁμαρτίας, ἀνάγαγέ με
Λόγε, ὥς ποτὲ τὸν Ἰωνᾶν, ἐκ φθορᾶς πρὸς
ζωήν.

Στίχ. Ἐβόησα ἐν θλίψει μου πρὸς Κύριον
τὸν Θεόν μου, καὶ εἰσήκουσέ μου.

Χειμάζει με λογισμῶν τρικυμία, πρὸς
ὄρμον με ἀληθοῦς μετανοίας, κυβέρνησον
Οἰκτίρμον, ἐν γαλήνῃ συντηρῶν, τὴν
καρδίαν μου.

Στίχ. Ἀπέρριψάς με εἰς βάθη καρδίας
θαλάσσης, καὶ ποταμοὶ ἐκύκλωσάν με.

Οἱ ἅγιοι, θυρεῷ ἀληθείας, σκεπόμενοι,
τὰς ψευδεῖς τῶν τυράννων, ἐξέκλιναν
θωπείας, καὶ θανόντες σὺν Χριστῷ
βασιλεύουσιν.

Στίχ. Πάντες οἱ μετεωρισμοὶ σου καὶ τὰ
κύματά σου ἐπ' ἐμὲ διήλθον.

Ὑψούμενοι, πρὸς Θεὸν ἐν ἀγάπῃ,
ἐμίσησαν τὴν τοῦ κόσμου φιλίαν, οἱ
μάρτυρες καὶ φίλοι, τοῦ τῶν ὅλων ποιητοῦ
ἐχρημάτισαν.

Στίχ. Ἄρα προσθήσω τοῦ ἐπιβλέψαι με
πρὸς ναὸν τὸν ἅγιόν σου;

Θεοτοκίον.

Ὑμνοῦμέν σε, ὑπερῷμνητε Κόρη,
κῆσασαν ὑπερῷμνητον Λόγον, ὃν πᾶσαι αἱ
Δυνάμεις, ἀνυμνοῦσιν οὐρανῶν, ἀσιγήτοις
φωναῖς.

Troparia.

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

The deep ocean of transgressions has
encompassed me, it has plunged me into the
deep of sin. O Logos, raise me up again, as
once You raised Jonah, from corruption to life.

[SD]

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

I am distressed by a storm of thoughts. O
compassionate Lord, pilot me to the harbor
of genuine repentance, and keep my heart
serene. [SD]

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

The Saints were protected by the shield of
the truth, and they ignored the false flattery
of the tyrants. They died, and now they reign
with Christ. [SD]

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

The Martyrs were lifted up to God in love,
and they despised the friendship with the
world. And thus they became friends of the
Maker of all. [SD]

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

Theotokion.

We extol you, O Maiden greatly extolled.
You held in your womb the greatly extolled
Logos, whom all the hosts of heaven extol
with voices never silent. [SD]

Τῆς Οκτωήχου ---

Κανὼν τῶν Ἀσωμάτων.**Ἦχος βαρύς.** Ὁ Ἰωάννης ἐκ κοιλίας**Στίχ.** Περιεχύθη μοι ὕδωρ ἕως ψυχῆς μου, ἄβυσσος ἐκύκλωσέ με ἐσχάτη.

Νεανικῶς, ἀγλαΐαις τῆς Κυριαρχίας,
ἀστράπτουσαι, καὶ τὴν ἄρρητον δόξαν,
τὴν ταύτης ἀνυμνοῦσαι, Κυριότητες αἰεὶ
διαδείκνυνται.

Στίχ. Ἔδωκεν ἡ κεφαλὴ μου εἰς σχισμὰς
ὀρέων, κατέβην εἰς γῆν, ἧς οἱ μοχλοὶ αὐτῆς
κάτοχοι αἰώνιοι.

Νεανικῶς, ἀγλαΐαις τῆς Κυριαρχίας,
ἀστράπτουσαι, καὶ τὴν ἄρρητον δόξαν,
τὴν ταύτης ἀνυμνοῦσαι, Κυριότητες αἰεὶ
διαδείκνυνται.

Στίχ. Καὶ ἀναβήτω ἐκ φθορᾶς ἡ ζωὴ μου,
πρὸς σέ, Κύριε, ὁ Θεός μου.

Ἐρωτικῶς, δυναστείας τῆς
ὑπερδυνάμου, τὴν δύναμιν, κατοπτεύουσαι
θεῖαι, δυνάμεις, ἐν ἰσχύϊ, διαμένουσι σαφῶς
δυναμούμεναι.

Στίχ. Καὶ ἔλθοι πρὸς σέ ἡ προσευχή μου
πρὸς ναὸν τὸν ἅγιόν σου.

Θεοτοκίον.

Βασιλικῆς, ἐκ φυλῆς προαχθεῖσα
Παρθένε, γεγέννηκας ὑπὲρ φύσιν καὶ
λόγον, τὸν πάντων Βασιλέα, καὶ παρθένο
ἀληθῶς διετέλεσας.

Κανὼν τοῦ Ὁσίου.

Τοῦ Μηναίου ---

Ἦχος δ'. Ὡς Ἰωάννης τὸν προφήτην.

Στίχ. Φυλασσόμενοι μάταια καὶ ψευδῇ,
ἔλεον αὐτοῖς ἐγκατέλιπον.

Τῆς ἐγκρατείας τῇ αἵγλῃ,
ἐλλαμφθέντας ἡμᾶς καταξίωσον, ἰδεῖν τῆς

From Octoechos ---

Canon for the Bodiless Hosts.**Grave Mode. N/M ()**

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

The Dominions, flashing vigorously with
the effulgences of the divine Dominion, ever
extol Its ineffable glory. [SD]

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

The Dominions, flashing vigorously with
the effulgences of the divine Dominion, ever
extol Its ineffable glory. [SD]

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

The divine Powers gaze with intense love
on the power of the omnipotent Lordship,
and they are clearly empowered thereby and
remain in force. [SD]

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

Theotokion.

O Virgin, you descended from the royal
tribe, and you have given birth to the King of
all, in a manner passing nature and reason,
and truly you remained a virgin. [SD]

Canon for the Devout Man.

From Menaion ---

Mode 4. N/M ()

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

O Savior, grant us to be worthy who
have been made radiant with the beauty of

ἐγέρσεως Σῶτερ, τῆς σῆς τὴν θείαν δόξαν καὶ τὴν λαμπρότητα.

Στίχ. Ὅσα ἠνξάμην ἀποδώσω σοι εἰς σωτηρίαν μου τῷ Κυρίῳ.

Ὡς ἑωσφόρος ἐκλάμψας, ἐν τῷ σκότει τοῦ βίου Γεράσιμε, ἀνθρώπους εἰς φῶς πολιτείας, Ἀγγέλων ἀσωμάτων ἐχειραγώγησας.

Δόξα.

Τῇ εὐχῶν βακτηρίᾳ, κεφαλὰς νοουμένων συνέθλασας, θηρῶν παναοίδιμε Πάτερ, καὶ θήρας τῆς ἐκείνων ἀνθρώπους διέσωσας.

Καὶ νῦν. **Θεοτοκίον.**

Γνόντες τῶν πάντων Δεσπότην, διὰ σοῦ Θεοτόκε, ἐρρύσθημεν πλάνης τῶν εἰδώλων, καὶ πόθῳ, κυρίως σε Μητέρα Θεοῦ δοξάζομεν.

Ὁ Εἰσμός.

Ὡς Ἰωάνν τὸν προφήτην, ἐλυτρώσω τοῦ κήτους, Χριστὲ ὁ Θεός, καὶ τοῦ βυθοῦ πταισμάτων, ἀνάγαγε καὶ σῶσόν με, μόνε φιλάνθρωπε.

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,

abstinence so that we may behold the divine glory and radiance of Your resurrection. [un]

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

O Gerasimos, radiating like the morning star into the darkness of life, you led men to the light of the life of the bodiless Angels. [un]

Glory.

O all-celebrated Father, you squashed the heads of the noetic predators by the rod of prayer, and you saved men from becoming their kill. [un]

Both now. **Theotokion.**

O Mother of God, through you we have known the Master of all. We have been saved from the fallacy of the idols, and with desire we correctly glorify you as the Mother of God.

[un]

Heirmos.

O Christ God, the only Friend of mankind, just as you saved the Prophet Jonas from the monster of the sea, deliver me also from the depth of sins and save me. [un]

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.

ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ
σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Μηναίου ---

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον.

Ἦχος δ΄. Ἐπεφάνης σήμερον.

Ὡς ἀστήρ οὐράνιος ἐξανατείλας, ἱερῶς
ἐφαίδρυνας, τῶν ἀρετῶν σου τῷ φωτί, τοῦ
Ἰορδάνου τὴν ἔρημον, Ὅσιε Πάτερ, θεόφρον
Γεράσιμε.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ Δ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ
Ὁσίου Πατρὸς ἡμῶν Γερασίμου, τοῦ ἐν τῷ
Ἰορδάνῃ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων
Μαρτύρων Παύλου, καὶ Ἰουλιανῆς τῆς
αὐτοῦ ἀδελφῆς.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Μάρτυρες
Κοδράτος, Ἀκάκιος καὶ Στρατόνικος, οἱ ἀπὸ
δημίων πιστεύσαντες, ξίφει τελειοῦνται.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Γρηγόριος
Κύπρου ἐν εἰρήνῃ τελειοῦται.

Ταῖς τῶν σῶν Ἁγίων πρεσβείαις, ὁ Θεὸς
ἐλέησον ἡμᾶς. Ἀμήν.

(To You, O Lord.)

PRIEST

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

(Amen.)

From Menaion ---

READER

Kontakion.

Mode 4. You appeared today.

Like a star from heaven you arose and
shone forth; * with the light of your divine
and sacred virtues you made bright * the
whole Jordanian wilderness, * devout and
God-bearing father Gerasimos. [SD]

Synaxarion.

From the Menaion.

On March 4 we commemorate our devout
father Gerasimos of the Jordan.

On this day we also commemorate the
holy Martyrs Paul and his sister Juliana.

On this day the holy Martyrs Quadratus,
Akakios, and Stratonikos, former executioners
who came to the Faith, died by the sword.

On this day Saint Gregory of Cyprus died
in peace.

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

Τῆς Ὀκτωήχου ---

ΧΟΡΟΣ

Ὡδὴ ζ'.

Κανὼν Κατανυκτικός.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Τῶν Πατέρων καὶ ἡμῶν Θεός,
εὐλογητὸς εἶ.

Κάμινον καιομένην, ἐδρόσισας Σωτήρ,
Παῖδας δὲ διέσωσας, ὑμνοῦντας καὶ
λέγοντας· Εὐλογητὸς εἶ εἰς τοὺς αἰῶνας
Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν.

Τροπάρια.

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με.

Θῦσον ψυχὴ θυσίαν, αἰνέσεως Θεῷ,
σπεῦσον μετανόησον, ἐν ὧσ' ἡ πανήγυρις,
τοῦ βίου ἐστί, νῦν ἐμπορεύου, τῶν καλῶν
τὴν ἐπίδοσιν.

Στίχ. Εὐλογητὸς εἶ, Κύριε, ὁ Θεός
τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ
δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας.

Ἐγγίζει τοῦ θανάτου, ψυχὴ ἡ ἐκτομή,
καρποὺς ἀξίους ποιήσον, ὅπως μὴ ὥσπερ
ἄκαρπον, ἐκβληθῇ δένδρον, εἰς πῦρ
γεέννης, καὶ θρηνήσης ἀνόνητα.

Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς
ἐποίησας ἡμῖν, καὶ πάντα τὰ ἔργα σου
ἀληθινά, καὶ εὐθεῖαι αἱ ὁδοί σου, καὶ πᾶσαι αἱ
κρίσεις σου ἀληθεῖς.

Οἱ ἅγιοι τὴν κάμινον, τῆς πλάνης τῶν
αἱμάτων, τοῖς ὄμβροισι κατασβέσαντες,
ἐβόων ὡς οἱ Παῖδες· Εὐλογητὸς εἶ, εἰς τοὺς
αἰῶνας Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν.

From Octoechos ---

CHOIR

Ode vii.

Canon of Compunction.

Grave Mode. Heirmos

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

O Savior, You bedewed the burning
furnace, and You rescued those Servants, who
were extolling You and saying: "Blessed are
You unto the ages, O Lord, the God of our
fathers." [SD]

Troparia.

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

O my soul, sacrifice to God a sacrifice of
praise. Hurry and repent, while the market of
this life is still open. Now is the time to trade
by giving away your goods. [SD]

Verse: *Blessed are You and praiseworthy,
O Lord, the God of our fathers, and praised and
glorified is Your name unto the ages.* [SAAS]

O my soul, the cut off time of death is
approaching. Produce worthy fruits, so that
you are not rejected like a fruitless tree, and
thrown into hell fire, where you will lament to
no avail. [SD]

Verse: *For You are righteous in all You did
for us, and all Your works are true. Your ways are
upright, and all Your judgments are true.* [SAAS]

The holy Martyrs extinguished the
furnace of deceptive error with the shower
of their blood. And they shouted like those
Servants: "Blessed are You unto the ages, O
Lord, the God of our fathers." [SD]

Στίχ. Καὶ κρίματα ἀληθείας ἐποίησας
κατὰ πάντα, ἃ ἐπήγαγες ἡμῖν.

Υἱοὶ φωτὸς γεγόνατε, φωτὶ τῷ
ἀκροτάτῳ, ἀνακραθέντες μάρτυρες, καὶ
πάντας τοὺς ἐν σκότει, φωταγωγεῖτε, καὶ
τῆς ἀπάτης τὴν ἀχλὺν ἐκδιώκετε.

Στίχ. Καὶ ἐπὶ τὴν πόλιν τὴν ἁγίαν τὴν
τῶν Πατέρων ἡμῶν Ἱερουσαλήμ.

Θεοτοκίον.

Βάτος σε προεικόνιζεν, Ἀγνή, μὴ
φλεγόμενη· τὸ πῦρ γὰρ ἀπεκύησας,
τὸ ἄστεκτον Παρθένη· διὸ βοῶ σοι·
Κατάφλεξόν μου, τὰ ὑλώδη παθήματα.

Τῆς Οὐκωήχου ---

Κανὼν τῶν Ἀσωμάτων.

Ἦχος βαρύς. Κάμινον καιομένην

Στίχ. Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς
τῶν Πατέρων ἡμῶν, καὶ ὑπερύμνητος καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Δοξολογοῦσιν ἀκλινῶς, τὸν σὸν
θρόνον περιεστῶσαι, παντοδύναμε Κύριε,
αἱ ἐνδοξοὶ καὶ λαμπρόταται Ἐξουσίαι.
Εὐλογητὸς εἶ κράζουσαι, ὁ Θεὸς τῶν
Πατέρων ἡμῶν.

Στίχ. Καὶ εὐλογημένον τὸ ὄνομα τῆς
δόξης σου τὸ ἅγιον, τὸ ὑπερύμνητον καὶ
ὑπερυψούμενον εἰς τοὺς αἰῶνας.

Δοξολογοῦσιν ἀκλινῶς, τὸν σὸν
θρόνον περιεστῶσαι, παντοδύναμε Κύριε,
αἱ ἐνδοξοὶ καὶ λαμπρόταται Ἐξουσίαι.
Εὐλογητὸς εἶ κράζουσαι, ὁ Θεὸς τῶν
Πατέρων ἡμῶν.

Στίχ. Εὐλογημένος εἶ ἐν τῷ ναῷ
τῆς ἁγίας δόξης σου, ὁ ὑπερύμνητος, καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Ὀλικωτάταις σε Ἀρχαί, προθυμίαις,
περὶ τὴν μίαν ἀρχὴν αὐλῶς στρεφόμεναι, ἐν

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

O Martyrs, you became sons of the light,
being mingled with supreme light. And you
lead to the light all who are in the darkness,
and you dispel the mist of deception. [SD]

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

Theotokion.

O Pure Virgin, the bush that was not
consumed prefigured you, for you gave birth
to the unbearable fire. Therefore I cry out to
you: Burn away my material passions. [SD]

From Octoechos ---

Canon for the Bodiless Hosts.

Grave Mode. N/M ()

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

The glorious and most brilliant
Authorities, surrounding Your throne,
unwaveringly sing Your glory, O almighty
Lord; and they shout: "Blessed are You, the
God of the fathers!" [SD]

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

The glorious and most brilliant
Authorities, surrounding Your throne,
unwaveringly sing Your glory, O almighty
Lord; and they shout: "Blessed are You, the
God of the fathers!" [SD]

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

Principalities with superlative eagerness
revolve around You, the one Principle; and

ἀκαταπαύστοις, δοξολογίαις. Εὐλογητὸς εἶ
κράζουσιν, ὁ Θεὸς τῶν Πατέρων ἡμῶν.

Στίχ. Εὐλογημένος εἶ ὁ βλέπων
ἀβύσσους, ὁ καθήμενος ἐπὶ τῶν Χερουβείμ,
ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς
αἰῶνας.

Θεοτοκίον.

Μίαν ὑπόστασιν δυσὶν, ἐν οὐσίαις
Θεογεννητορ, Χριστὸν τὸν μόνον
φιλόανθρωπον, τὴν φρικτὴν ἐκτελοῦντα
οἰκονομίαν, ἄνευ σπορᾶς γεγέννηκας, τὸν
Θεὸν τῶν Πατέρων ἡμῶν.

Κανὼν τοῦ Ὁσίου.

Τοῦ Μηναίου ---

Ἦχος δ'. Ὁ ἐν τῷ ὄρει τῷ Μωσεῖ.

Στίχ. Εὐλογημένος εἶ ὁ ἐπὶ θρόνου
δόξης τῆς βασιλείας σου, ὁ ὑπερύμνητος καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Δι' ἐγκρατείας ἀναβάντες πρὸς ὄρος,
ἐνθέου πολιτείας καὶ σωφροσύνης, τὸν
φωτοδότην Κύριον, νοητῶς ἐνοπτριζώμεθα.

Στίχ. Εὐλογημένος εἶ ἐν τῷ στερεώματι
τοῦ οὐρανοῦ, ὁ ὑπερύμνητος καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Ἐν ἀκηράτοις ἀρετῶν παραδείσοις,
χορεύσας θεοφόρε, ἄνθη θαυμάτων,
ἐδρέψω πᾶσιν ἄφθονον, τούτων χάριν
δωρούμενος.

Δόξα.

Τὴν κατ' εἰκόνα θεοφόρε ἀξίαν
φυλάττων, φοβερὸς ἀνημέροις θηρσίν,
ἐδείχθης ἄδων ἀπαύστως τῷ Θεῷ
εὐχαριστήρια.

Καὶ νῦν. **Θεοτοκίον.**

Ἰσχὺν καὶ κράτος κατ' ἐχθρῶν
νοουμένων, νηστεία καὶ ἀγῶσι Θεοκυῆτορ,

they sing their unceasing doxologies, saying:
"Blessed are You, the God of the fathers!" [SD]

Verse: Blessed are You who behold the depths
and sit upon the cherubim. You are praiseworthy
and exalted beyond measure unto the ages [SAAS]

Theotokion.

O Mother of God, without seed you
have given birth to Christ, the only lover
of humanity, who as one hypostasis in two
essences, executed the plan for our salvation,
as the God of our fathers. [SD]

Canon for the Devout Man.

From Menaion ---

Mode 4. N/M ()

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

Climbing the mountain of a God-inspired
way of life by abstinence and self-control, we
will noetically see the Lord, the Giver of Light,
as in a mirror. [un]

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

O God-bearer, dancing in the
uncontaminated gardens of the virtues, you
harvested the flowers of wonder-working,
giving the excessive grace of it to everyone. [un]

Glory.

O God-bearer, because you had guarded
the honor that is after the image of God, you
were fearful to savage beasts, while constantly
singing songs of thanksgiving to God. [un]

Both now. **Theotokion.**

O pure Theotokos, we who praise and
hymn you, through fasting and struggles

ἡμᾶς αἰνοῦντας Ἀγνή, καὶ ὑμνοῦντάς σε
περίσωσον.

Ὡδὴ η'.

Τοῦ Μηναιίου - -

Κανὼν τοῦ Ὁσίου.

Ὡδὴ η'. Ἦχος δ'. Ὁ Εἰρμός.

Στίχ. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ
ὑπερυψοῦτε εἰς τοὺς αἰῶνας.

Τὸν Βασιλέα Χριστόν, ὃν ὠμολόγησαν
οἱ αἰχμάλωτοι Παῖδες, ἐν τῇ καμίνῳ
λέγοντες μεγάλη τῇ φωνῇ. Πάντα τὰ ἔργα
ὑμνεῖτε ὡς Κύριον.

Τροπάρια.

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὁ Βασιλεὺς τοῦ παντός, Δέσποτα Κύριε,
καὶ ἡμᾶς βασιλεῦσαι, παθῶν καὶ ἡδονῶν
τῶν σαρκικῶν, ὡς ἀγαθός, διὰ νηστείας
καὶ πόνων ἀξιώσον, ἵνα σε εὐλογῶμεν, εἰς
πάντας τοὺς αἰῶνας.

Στίχ. Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου,
τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν
εἰς τοὺς αἰῶνας.

Ὁ Βασιλεὺς τοῦ παντός, Δέσποτα Κύριε,
καὶ ἡμᾶς βασιλεῦσαι, παθῶν καὶ ἡδονῶν
τῶν σαρκικῶν, ὡς ἀγαθός, διὰ νηστείας
καὶ πόνων ἀξιώσον, ἵνα σε εὐλογῶμεν, εἰς
πάντας τοὺς αἰῶνας.

Στίχ. Εὐλογεῖτε, Ἄγγελοι Κυρίου,
οὐρανοὶ Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Τὸν Βασιλέα Χριστόν, ἐν τῇ καρδίᾳ σου
ἀπὸ βρέφους θεόφρον δεξάμενος, χαρίτων
τῶν αὐτοῦ, καὶ ἐπιλάμψεων θείων ὥφθης,
καταγώγιον τερπνόν, τοῦτον δοξάζων
ἐκάστοτε.

secure us with power and strength against
spiritual adversaries. [un]

Ode viii.

From Menaion - -

Canon for the Devout Man.

Ode viii. Mode 4. Heirmos

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

The youths in captivity confessed Christ
the King, exclaiming with a loud voice in the
oven: O all you works, praise and glorify Him
exceedingly for all the ages. [un]

Troparia.

Saint of God, intercede for us.

O Lord and Master, Ruler of all, because
You are righteous, ensure that we may rule
over the passions and desires of the flesh
through fasting and works, that we may bless
You for all the ages. [un]

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

O Lord and Master, Ruler of all, because
You are righteous, ensure that we may rule
over the passions and desires of the flesh
through fasting and works, that we may bless
You for all the ages. [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 godly-minded Gerasimos, having
received Christ the King into your heart as
an infant, you were a wonderful abode of His
gifts and divine enlightenment, giving glory
to Him constantly. [un]

Στίχ. *Εὐλογεῖτε, ὕδατα πάντα τὰ ὑπεράνω τῶν οὐρανῶν, πᾶσαι αἱ Δυνάμεις Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.*

Ἐν τῇ φλογὶ τῶν παθῶν Πάτερ
Γεράσιμε, μηδαμῶς σε φλεχθέντα, δρόσος ἡ
τῶν χαρίτων τοῦ Χριστοῦ ἐξ οὐρανοῦ, ὅλον
κατήρδευσε πόθῳ, τοῦτον ἀνυμνοῦντα,
ἐκτενῶς Θεὸν τῶν ὅλων.

Στίχ. *Εὐλογεῖτε, ἥλιος καὶ σελήνη,
ἀστρα τοῦ οὐρανοῦ, τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.*

Θεοτοκίον.

Ὁ σαρκωθεὶς ἐκ τῶν σῶν, ἄχραντε
Δέσποινα, παναγίων αἱμάτων, αὐτὸς
ἀποκαθαίρει μολυσμῶν σαρκικῶν, διὰ
νηστείας καὶ πόνων ἡμᾶς δυναμῶν, ταῖς
σαῖς ἀπαύστοις ἱκεσίαις Θεοτόκε Παρθένε.

Τοῦ Τριωδίου - -

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ η'. *Ἦχος α'.* *Ὅν φρίττουσιν Ἄγγελοι.*

Στίχ. *Εὐλογεῖτε, πάντα τὰ πετεινὰ τοῦ
οὐρανοῦ, τὰ θηρία καὶ πάντα τὰ κτήνη, τὸν
Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς
τοὺς αἰῶνας.*

Τὸν βίον μου ἅπαντα, ἀσώτως
δαπανῶν, πολίταις ἐδούλευσα, πικροῖς καὶ
πονηροῖς· ἀλλὰ με ποθοῦντα, πρὸς τοὺς
σοὺς οἰκτιρμοὺς, νῦν ἐπαναστρέψαι, Χριστέ
μὴ ὑπερίδης.

Στίχ. *Εὐλογεῖτε, υἱοὶ τῶν ἀνθρώπων,
εὐλογεῖτω Ἰσραὴλ τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.*

Ὁ τρόπος τοῦ βίου μου, αἰσχρὸς καὶ
χαλεπός, τὸ ἔλεος ἄμετρον, φιλόανθρωπε

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]*

O Father Gerasimos, you were not
scorched in the flame of the passions, because
you were thoroughly watered with the dew
of the graces of Christ from Heaven, while
passionately worshipping Him with love as
the God of everything. [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 pure Lady, He that took on flesh of
your all-holy blood, Himself cleanses us of
impurities of the flesh through fasting and
works, giving us might by your unceasing
prayers, O Virgin Mother of God. [un]

From Triodion - -

Canon 1 from the Triodion.

Ode viii. Mode 1. *Him
before whom the angels (NM).*

Verse: *Bless the Lord, all you birds of heaven,
all ou wild animals and cattle, and exalt Him
beyond measure, unto all the ages. [SAAS]*

Wasting my whole life as the Prodigal,
I have fallen into bondage to bitter and evil
citizens; but reject me not, O Christ, as I seek
now to turn back to Thy mercy. [KW]

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

My way of life is shameful and bitter, O
Saviour who lovest mankind, but Thy mercy

Σωτήρ, τῆς σῆς εὐσπλαγχνίας, μετανοίας
καιρὸν, δίδου μοι αἰτοῦντι, καὶ πόθῳ σε
ὑμνοῦντι.

Στίχ. Εὐλογεῖτε, Ἱερεῖς Κυρίου, δοῦλοι
Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.

Τοῦ Κάϊν τὴν δύστηνον, ἐπόθησα ζώην,
τοῦ νοῦ τὸ ἀξίωμα, νεκρώσας ἀληθῶς, καὶ
τρέμω τὴν κρίσιν, εὐεργέτα τὴν σὴν, μή με
κατακρίνης, σὺν τούτῳ εἰς αἰῶνας.

Στίχ. Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ
Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν
Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς
τοὺς αἰῶνας.

Θεοτοκίον.

Παρθένε πανύμνητε, ἡ μόνη, πρὸς
Θεόν, πιστῶν ἐνυπάρχουσα, βοήθεια
στεργά, τοῦ σκότους με ῥῦσαι, καὶ
κολάσεως, τῆς ἀποκειμένης, τοῖς πονηρῶς
βιοῦσιν.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος α'. Ὕμνον σοι προσφέρομεν.

Στίχ. Εὐλογεῖτε, Ἀνανία, Ἀζαρία, καὶ
Μισαήλ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.

Οὗτος ὁ καιρὸς ἐστὶ, τῆς μετανοίας· διὸ
εὐφρόνως ἐναρξώμεθα, ἀδελφοὶ ἐκβοῶντες·
Εὐλογεῖτε τὰ ἔργα Κυρίου τὸν Κύριον.

Στίχ. Εὐλογεῖτε, Ἀπόστολοι, Προφῆται,
καὶ Μάρτυρες Κυρίου, τὸν Κύριον· ὑμνεῖτε
καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Σήμερον τοῖς βρώμασιν, ἀποταχθέντες,
σπεύσωμεν ἔργῳ, καὶ τῶν πταισμάτων, τοῖς
ἐπαξίως μετανοοῦσιν.

and compassion are without measure. With
love I sing Thy praises: grant me, I entreat
Thee, time for repentance. [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]

I have longed after the unhappy life of
Cain, and I have slain that which is highest in
myself, my spiritual understanding. I tremble
at Thy judgement, O Benefactor; condemn me
not with him unto all the ages. [KW]

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

Theotokion.

O Virgin worthy of all praise, the only
sure hope of the faithful before God, deliver
me from the darkness and the punishment
prepared for sinners. [KW]

Canon 2 from the Triodion.

Ode viii. Mode 1. As the
Children in the furnace. (NM)

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

Now is the season of repentance; let us
begin it joyfully, O brethren, as we cry: O ye
works of the Lord, bless ye the Lord. [KW]

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

Today let us abstain from food and
through our actions strive truly to repent of

Στίχ. Εὐλογοῦμεν Πατέρα, Υἱὸν καὶ Ἅγιον Πνεῦμα, τὸν Κύριον· ὑμνοῦμεν, καὶ ὑπερψοῦμεν αὐτὸν εἰς τοὺς αἰῶνας.

Τριαδικόν.

Δόξα σοι ἄορατε Τριάς ἁγία, ἡ ἐν Μονάδι προσκυνουμένη, ἣν πιστῶς δοξάζομεν, σῶζε τοὺς δούλους σου, ἐκ πάσης βλάβης.

Καὶ νῦν. **Θεοτοκίον.**

Χαίροις παμμακάριστε, ἁγνή Παρθένε, χαῖρε Κυρίου δούλη, καὶ Μήτηρ, χαῖρε σκέπη τοῦ κόσμου, Θεοτόκε εὐλογημένη, Μαρία ὀλόφωτε.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Ὁ Εἰμός. Ἦχος α'.

Ὕμνον σοι προσφέρομεν τῶν ἁσωμάτων, ὥσπερ οἱ Παῖδες ἐν τῇ καμίνῳ, καὶ ὑμνοῦντες λέγομεν, εὐλογεῖτε πάντα τὰ ἔργα Κυρίου τὸν Κύριον.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον, καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτηρὶ μου.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

our transgressions. O ye works of the Lord, bless ye the Lord. ^[KW]

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

For the Trinity.

Glory to Thee, Holy Trinity, invisible, worshipped in Unity, whom we glorify with faith. Save Thy servants from all harm. ^[KW]

Both now. **Theotokion.**

Rejoice, pure and blessed Virgin! Hail, Handmaid and Mother of the Lord! Hail, Protection of the world, O blessed Theotokos, Mary full of light! ^[KW]

We praise and we bless and we worship the Lord.

Heirmos (NM). Mode 1.

As the Children in the furnace, we offer unto Thee the hymn of the angels and we sing Thy praises, saying: O ye works of the Lord, bless ye the Lord. ^[KW]

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. ^[INKJV]

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]

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοία καρδίας αὐτῶν.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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]

Στίχ. Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Τοῦ Μηναίου ---

Κανὼν τοῦ Ὁσίου.

Ὡδὴ θ'. Ἦχος δ'. Ὁ Εἰρμός.

Τὸν ἄσπορον τόκον σου, Θεοτόκε Ἄχραντε, Χριστὸν τὸν Θεὸν ἡμῶν, ἐν ὕμνοις ἀσιγήτοις μεγαλύνομεν.

Τροπάρια.

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὁ πλοῦτος τῆς χάριτος, τοῦ Ἁγίου Πνεύματος εἰς πάντας προστίθεται, τοὺς πόνοις ἐγκρατείας τοῦτον συλλέγοντας.

Στίχ. Εὐλογητὸς Κύριος ὁ Θεὸς τοῦ Ἰσραὴλ, ὅτι ἐπεσκέψατο καὶ ἐποίησε λύτρωσιν τῷ λαῷ αὐτοῦ.

Τὴν αὔλον Ὅσιε, ὑλικῶ ἐν σώματι, ζωὴν καὶ πολιτείαν διήνυσας, δοξάζων τὸν δυναμοῦντά σε Κύριον.

Στίχ. Καὶ ἤγειρε κέρας σωτηρίας ἡμῖν, ἐν οἴκῳ Δαυῖδ τοῦ παιδὸς αὐτοῦ.

Ὅλην σου τὴν ἔφεσιν, τῆς ψυχῆς Γεράσιμε, πρὸς μόνα τὰ ἀφθαρτα ἔχων, κατηξιώθης ὧν ἐπόθησας.

Στίχ. Καθὼς ἐλάλησε διὰ στόματος τῶν ἁγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.

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 Devout Man.

Ode ix. Mode 4. Heirmos

O pure Mother of God, the One whom you gave birth to without seed, Christ our God, we magnify with constant praise. [un]

Troparia.

Saint of God, intercede for us.

The richness of the grace of the Holy Spirit is offered to all who harvest it by the works of abstinence. [un]

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

O righteous Father, you lived an immaterial life and conversation in a material body, giving glory to the Lord who gave you strength. [un]

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

O Gerasimos, having all the yearning of your soul only on those things that do not expire, you were considered worthy of your desire. [un]

Verse: *As he spoke by the mouth of his holy prophets from of old. That we should be saved from*

Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς πάντων τῶν μισούντων ἡμᾶς.

Σὺν Ὅσις Ὅσιε, Χριστῷ παριστάμενος αὐτὸν καθικέτευε, ὑπὲρ τῶν ἐκτελούντων τὴν θείαν μνήμην σου.

Στίχ. Ποιῆσαι ἔλεος μετὰ τῶν Πατέρων ἡμῶν, καὶ μνησθῆναι διαθήκης ἀγίας αὐτοῦ.

Θεοτοκίον.

Ὑπερθεν ἐκλάμπουσα, ἡ σὴ χάρις Δέσποινα, φωτίζει τοὺς σὲ ἀκαταπαύστως, Θεομῆτορ μεγαλύνοντας.

Τοῦ Τριωδίου - - -

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ θ'. Ἦχος α'. Τὴν φωτοφόρον νεφέλην.

Στίχ. Ὁρκον, ὃν ᾤμοσε πρὸς Ἀβραάμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Εἰρηνικῇ καταστάσει, εἰλικρινεῖ διαθέσει, τὸν ἱερώτατον καιρὸν, τῆς ἀγίας Νηστείας, ὑποδεξώμεθα πιστοί, αἰτοῦντες τὴν ἄφεσιν, ὧν ἕκαστος ἐπλημμέλησεν, ὅπως τῆς ἐκεῖθεν, ἐπιτύχωμεν χαρᾶς.

Στίχ. Λατρεύειν αὐτῷ ἐν ὁσιότητι καὶ δικαιοσύνῃ ἐνώπιον αὐτοῦ, πάσας τὰς ἡμέρας τῆς ζωῆς ἡμῶν.

Ἰδοὺ καιρὸς μετανοίας, ἡ προεόρτιος αὕτη, τῶν Νηστειῶν εἰσαγωγή. Διανάστα ψυχὴ μου, τῷ εὐεργέτῃ καὶ Θεῷ, θερμῶς διαλλάγηθι, τῆς κρίσεως, ὅπως φύγῃς ἐκείνης τῆς δικαίας, καὶ φορικτῆς ὡς ἀληθῶς.

Στίχ. Καὶ σύ, Παιδίον, Προφήτης Ὑψίστου κληθήσῃ· προπορεύσῃ γὰρ πρὸ προσώπου Κυρίου ἐτοιμάσαι ὁδοὺς αὐτοῦ.

Τῶν Νηστειῶν τὰς εἰσόδους, καὶ τὰ προπύλαια πάντες, μὴ καθαρίσωμεν κακῶς, ἀκρασίᾳ, καὶ μέθῃ, ἀλλ' ἐν ἀγνείᾳ

our enemies, and from the hand of all who hate us.

[RSV]

O righteous one, as you stand before Christ with the saints, pray to Him for those that keep your holy memory. [un]

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

Theotokion.

O Lady Mother of God, your grace radiates from on high, enlightening those who constantly magnify you. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 1. (NM) Let us glorify the cloud of light.

Verse: The oath which he swore to our father Abraham, to grant us that we, be[ing] delivered from the hand of our enemies. [RSV]

O ye faithful, with peaceful hearts and in sincerity let us greet the holy season of the Fast: let us each ask for the remission of his sins, that we may be sharers in the joy that comes through forgiveness. [KW]

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

Behold, now is the season of repentance, the forefeast that prepares us for the Fast. Awake, my soul: with all thy heart be reconciled to thy God and Benefactor, and so escape His just and fearful judgement. [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]

As we all stand at the entrance and gateway of the Fast, let us not begin this time of cleansing in a sinful way with self-

λογισμῶν, προθύμως εἰσέλθωμεν,
ληψόμενοι ἀφθαρσίας στεφάνους, καὶ τῶν
πόνων, ἐπαξίως τοὺς καρπούς.

Στίχ. Τοῦ δοῦναι γνῶσιν σωτηρίας τῷ
λαῷ αὐτοῦ, ἐν ἀφέσει ἀμαρτιῶν αὐτῶν, διὰ
σπλάγχνα ἐλέους Θεοῦ ἡμῶν.

Θεοτοκίον.

Ὑπὲρ ἡμῶν δυσωποῦσα, τὸν ἀγαθὸν
μὴ ἐλλείπης, τὸν τὴν ἀσθένειαν ἡμῶν,
ἐπιστάμενον μόνον, λοιμοῦ λιμοῦ τε,
καὶ σεισμοῦ, καὶ πάσης κακώσεως,
λυτρώσασθαι, τὴν τιμῶσάν σε πόλιν
Θεοτόκε, ἡ ἐλπίς τῶν γηγενῶν.

Κανὼν Β' τοῦ Τριωδίου.

Ὡιδὴ θ'. Ἦχος α'. Σὲ τὴν ὁραθεῖσαν.

Στίχ. Ἐν οἷς ἐπεσκέψατο ἡμᾶς ἀνατολὴ
ἐξ ὕψους, ἐπιφᾶναι τοῖς ἐν σκότει καὶ σκιᾷ
θανάτου καθημένοις.

Εἰσηκται καιρὸς ψυχὴ μου, ὁ τῆς
μετανοίας, μὴ ἀμέλει, πεινῶσι δίδου ἄρτον,
προσεύχου τῷ Κυρίῳ, καθ' ἡμέραν καὶ
νύκτα, καὶ ὥραν ἵνα σώσῃ σε.

Στίχ. Τοῦ κατευθῦναι τοὺς πόδας ἡμῶν
εἰς ὁδὸν εἰρήνης.

Κρεῶν καὶ λοιπῶν βρωμάτων, ὥσπερ
ἀποχὴν ἐποιησάμεθα, οὕτω καὶ πᾶσαν
ἔχθραν, πρὸς τοὺς πλησίον ἅμα, πορνείαν
τε καὶ ψεῦδος, καὶ πᾶν κακὸν ἐκφύγωμεν.

Δόξα. Τριαδικόν.

Μίαν προσκυνῶ τῇ φύσει, ἀναρχον
Θεότητα, τρισὶ δὲ προσώποις, δοξάζω τὸν
Πατέρα, τὸν Υἱὸν καὶ τὸ Πνεῦμα, ἐν Τριάδι
μονάδα, ἀμέριστον καὶ σύνθρονον.

indulgence and drunkenness, but let us enter
eagerly with purity of thought, that we may
worthily receive crowns of immortality and
the fruit of our labours. [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 Theotokos, hope of those that dwell
on earth, cease not to entreat the loving
Lord on our behalf, for He alone knows our
weaknesses. May He deliver the people that
honours thee from plague and famine, from
earthquake and from all distress. [KW]

Canon 2 from the Triodion.

Ode ix. Mode 1. (NM)

Thou art the Gate that Ezekiel.

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]

The time for repentance has begun; be
not heedless, O my soul. Give bread to the
hungry, and pray unto the Lord each day and
night and hour, that He may save thee. [KW]

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

As we observe abstinence from meat
and other foods, so let us abstain also from
all hatred of our neighbour, from lust and
falsehood and from every evil. [KW]

Glory. For the Trinity.

I worship the Godhead that has no
beginning, one in Nature but three in Persons;
I glorify Father, Son and Spirit, Unity in
Trinity, undivided, one in throne. [KW]

Καὶ νῦν. **Θεοτοκίον.**

Σὺ εἶ τῶν πιστῶν Παρθέने, καύχημα
ἐλπίς καὶ προστασία, σὲ ῥδαῖς ἁσμάτων,
δοξάζομεν ἀπαύστως, Θεοτόκε Μαρία,
διάσωσον τοὺς δούλους σου.

Ὁ Εἰμός. Ἦχος α'.

Σὲ τὴν ὁραθεῖσαν πύλην, ὑπὸ Ἰεζεκιήλ
τοῦ Προφήτου, ἐν ἣ οὐδεὶς διήλθεν, εἰ μὴ
Θεὸς μόνος, Θεοτόκε Παρθέने, ἐν ὕμνοις
τιμῶμέν σε.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν
σε τὴν Θεοτόκον, τὴν ἀειμακάριστον
καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

ΔΙΑΚΟΝΟΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Both now. **Theotokion.**

O Virgin, thou art the glory, hope and
protection of the faithful. We sing thy praises
without ceasing, O Theotokos Mary; keep thy
servants safe from harm. [KW]

Heirmos (NM). Mode 1.

Thou art the gate that Ezekiel the Prophet
saw of old, through which none has ever
passed save God alone; and in our hymns, O
Theotokos Virgin, we magnify thee. [KW]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You
and give You glory, to the Father and the Son
and the Holy Spirit, now and forever and to
the ages of ages.

(Amen.)

ΧΟΡΟΣ

Τοῦ Ὡρολογίου - -

Ἑξαποστειλάριον.

Ἦχος β'. Γυναῖκες ἀκουτίσθητε.

Ἀρχάγγελοι καὶ Ἄγγελοι, Ἀρχαὶ καὶ Κυριότητες, Δυνάμεις καὶ Ἐξουσίαι, Θρόνοι καὶ πολυόμματα, τὰ Χερουβεὶμ, καὶ Σεραφεῖμ, ἅμα τὰ Ἑξαπτέρυγα, ὑπὲρ ἡμῶν πρεσβεύσατε, τοῦ λυτρωθῆναι κινδύνων, καὶ τοῦ πυρὸς τοῦ ἀσβέστου.

Θεοτοκίον.

Ἦχος β'. Γυναῖκες ἀκουτίσθητε.

Σύ μου προστάτις Ἀχραντε, καὶ ἰσχυρὸν προπύργιον, καὶ προστασία τοῦ κόσμου, καὶ σοὶ προσπίπτω κραυγάζων· τῶν ὀδυνῶν με λύτρωσαι, καὶ τοῦ πυρὸς ἐξάρπασον, τοῦ αἰωνίου Παρθένε, τὸν ἐπὶ σοὶ πεποιθότα.

ΑΝΑΓΝΩΣΤΗΣ

Οἱ Αἶνοι. (διαβαστά)

Ψαλμὸς ΡΜΗ' (148).

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε αὐτόν ἡλίος καὶ σελήνη, αἰνεῖτε αὐτόν πάντα τὰ ἄστρα καὶ τὸ φῶς. Αἰνεῖτε αὐτόν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν. Ἐστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία

CHOIR

From Horologion - -

Exaposteilarion.

Mode 2. N/M (O Women, hearken.)

Archangels and Angels, Principalities and Dominions, Powers and Authorities and Thrones, many-eyed Cherubim and now also six-winged Seraphim, intercede for us to be rescued from dangers and from the unquenchable fire. [EL]

Theotokion.

Mode 2. N/M (O Women, hearken.)

You are my defender, O All-pure, and my strong rampart, and defence of the world, and as I fall before you, I cry: O Virgin, rescue me from pains, and snatch me from the eternal fire, for I have put my trust in you. [EL]

READER

Lauds. (read)

Psalms 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

καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ πετεινὰ
 πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί,
 ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι
 καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων·
 αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη
 τὸ ὄνομα αὐτοῦ μόνου· ἡ ἐξομολόγησις
 αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει
 κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις
 αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι
 αὐτῷ.

Ψαλμὸς ΡΜΘ' (149).

Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεσις
 αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω
 Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ
 υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ
 αὐτῶν. Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ
 ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ
 ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος
 ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν
 σωτηρίᾳ. Καυχήσονται ὅσοι ἐν δόξῃ καὶ
 ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ
 ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ
 ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ
 ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς
 ἐν τοῖς λαοῖς, τοῦ δῆσαι τοὺς βασιλεῖς
 αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν
 ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν
 αὐτοῖς κρῖμα ἔγγραπτον· δόξα αὕτη ἔσται
 πᾶσι τοῖς ὁσίοις αὐτοῦ.

Ψαλμὸς ΡΝ' (150).

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,
 αἰνεῖτε αὐτόν ἐν στερεώματι τῆς δυνάμεως
 αὐτοῦ· αἰνεῖτε αὐτόν ἐπὶ ταῖς δυναστείαις
 αὐτοῦ, αἰνεῖτε αὐτόν κατὰ τὸ πλῆθος τῆς
 μεγαλυσύνῃς αὐτοῦ. Αἰνεῖτε αὐτόν ἐν ἤχῳ
 σάλπιγγος, αἰνεῖτε αὐτόν ἐν ψαλτηρίῳ
 καὶ κιθάρᾳ· αἰνεῖτε αὐτόν ἐν τυμπάνῳ καὶ

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]

Psalms 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]

Psalms 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;

χορῶ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ·
αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε
αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα
πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Δοξολογία (διαβαστά)

Σοὶ δόξα πρόπει, Κύριε, ὁ Θεὸς ἡμῶν,
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ,
καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν,
καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.
Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς
εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν
σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε,
δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ
τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ,
ἐπουράνιε Θεέ, Πάτερ παντοκράτορ·
Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ
Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς
τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἰρων τὴν
ἀμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ
αἰρων τὰς ἀμαρτίας τοῦ κόσμου. Πρόσδεξαι
τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ
τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ
μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς
Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.
Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,
καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,
καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ
γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·
ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.
Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός
μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί
σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός

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

σου τοῖς γινώσκουσί σε. Καταξίωσον,
Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους
φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε,
ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν
καὶ δεδοξασμένον τὸ ὄνομά σου εἰς
τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ
ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν
ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν
με τὰ δικαιώματά σου. Εὐλογητὸς εἶ,
Δέσποτα· συνέτισόν με τὰ δικαιώματά
σου. Εὐλογητὸς εἶ, Ἄγιε· φώτισόν με τοῖς
δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν
αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς.
Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ
δόξα πρόπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. Ἀμήν.

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν
τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Τὴν ἡμέραν πᾶσαν τελείαν, ἀγίαν,
εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν,
φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων
ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Συγγνώμην καὶ ἄφεσιν τῶν ἁμαρτιῶν
καὶ τῶν πλημμελημάτων ἡμῶν, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

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.)

Τὰ καλὰ καὶ συμφέροντα ταῖς ψυχαῖς
ἡμῶν καὶ εἰρήνην τῷ κόσμῳ, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὸν ὑπόλοιπον χρόνον τῆς ζωῆς ἡμῶν
ἐν εἰρήνῃ καὶ μετάνοιᾳ ἐκτελέσαι, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Χριστιανὰ τὰ τέλη τῆς ζωῆς ἡμῶν,
ἀνώδυνα, ἀνεπαίσχυντα, εἰρηνικά, καὶ
καλὴν ἀπολογίαν τὴν ἐπὶ τοῦ φοβεροῦ
βήματος τοῦ Χριστοῦ αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι Θεὸς ἐλέους, οἰκτιρῶν, καὶ
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ
ταπεινὰ ἐφορῶν, καὶ τῷ παντεφώρῳ σου ὄμματι
ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν
αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου

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,

Ἄγιε Ἀγίων· ἔκτεινον τὴν χεῖρά σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλάνθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

Σὸν γάρ ἐστι τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἰδιόμελον. Ἦχος γ'.

Πάντα τὸν χρόνον, ἡ νηστεία ὠφέλιμός ἐστι, τοῖς αἰρουμένοις καὶ ποιοῦσιν αὐτήν· οὔτε γὰρ ἐπήρεια δαιμόνων, κατατολμᾷ τοῦ νηστεύοντος, ἀλλὰ καὶ οἱ φύλακες τῆς ζωῆς ἡμῶν Ἄγγελοι, φιλοπονώτερον παραμένουσι, τοῖς διὰ νηστείας ἡμῖν κεκαθαρμένοις.

Στίχ. Πρὸς σὲ ἦρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ ἡμῶν πρὸς Κύριον τὸν Θεὸν ἡμῶν, ἕως οὗ οἰκτερῆσαι ἡμᾶς.

Πάντα τὸν χρόνον, ἡ νηστεία ὠφέλιμός ἐστι, τοῖς αἰρουμένοις καὶ ποιοῦσιν αὐτήν· οὔτε γὰρ ἐπήρεια δαιμόνων, κατατολμᾷ τοῦ νηστεύοντος, ἀλλὰ καὶ οἱ φύλακες τῆς ζωῆς ἡμῶν Ἄγγελοι, φιλοπονώτερον παραμένουσι, τοῖς διὰ νηστείας ἡμῖν κεκαθαρμένοις.

O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above.

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - - -

Idiomelon. Mode 3.

When we choose to observe the Fast, we always profit from it. For the devils dare not attack us when we fast, and the guardian angels that protect our life stand at our side with greater eagerness when we are cleansed by fasting. [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]

When we choose to observe the Fast, we always profit from it. For the devils dare not attack us when we fast, and the guardian angels that protect our life stand at our side with greater eagerness when we are cleansed by fasting. [KW]

Μαρτυρικόν.

Ἦχος γ'.

Στίχ. Ἐλέησον ἡμᾶς, Κύριε,
ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν
ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ
ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ
ἐξουδένωσις τοῖς ὑπερηφάνοις.

Τῶν ἁγίων Ἀθλοφόρων τὴν μνήμην,
δεῦτε λαοὶ ἅπαντες τιμήσωμεν, ὅτι θέατρον
γενόμενοι Ἀγγέλοις καὶ ἀνθρώποις, τὸν τῆς
νίκης στέφανον παρὰ Χριστοῦ ἐκομίσαντο,
καὶ πρεσβεύουσιν ὑπὲρ τῶν ψυχῶν ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος γ'.

Ἀσπόρως συνέλαβες ἐκ Πνεύματος
Ἁγίου, καὶ δοξολογοῦντες ἐκβοῶμεν σοι·
Χαῖρε Παναγία Παρθένε.

ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψίστε· τοῦ
ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν
ἀλήθειάν σου κατὰ νύκτα.

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

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.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,
ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,
συγχώρησον τὰς ἀνομίας ἡμῶν. Ἄγιε,
ἐπίσκεψαι καὶ ἰᾶσαι τὰς ἀσθενείας ἡμῶν,
ἐνεκεν τοῦ ὀνόματός σου.

For the Martyrs.

Mode 3.

Verse: *Have mercy on us, O Lord, have
mercy on us, for we are greatly filled with
contempt; our soul is greatly filled with it. We are
a disgrace to those who prosper, and a contempt to
the arrogant.* [SAAS]

Come, all peoples, let us honor the
memory of the holy Martyr Athletes. They
became a spectacle to Angels and men, and
they received the crown of victory from
Christ; and they intercede on behalf of our
souls. [SD]

Glory. Both now. **Theotokion.**

Mode 3.

Without seed you conceived by the Holy
Spirit. As we sing and glorify you, we cry out
to you: Rejoice, O all-holy Virgin! [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.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

ΙΕΡΕΥΣ

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἀπολυτίκιον.

Τοῦ Ὁρολογίου ---

Ἦχος δ'. Ὁ ὑψωθείς ἐν τῷ Σταυρῷ.

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς ὑμῶν δεήσεσι, τειχίσῃτε ἡμᾶς, σκέπη τῶν πτερυγῶν, τῆς αὔλου ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

Τῆς Ὀκτωήχου ---

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος δ'.

Ὅτι πάντων ὑπάρχεις τῶν ποιημάτων ὑπερτέρα, ἀνυμνεῖν σε ἀξίως, μὴ

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

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

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

PRIEST

For Thine is the Kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

CHOIR

Apolytikion.

From Horologion ---

Mode 4. *You who were lifted.*

O Chief Commanders of the heavenly armies, * we the unworthy now entreat you in earnest, * to fortify us by your supplications to the Lord, * and shelter us beneath the wings of your spiritual glory, * guarding us who run to you and fervently entreat you: * As the Commanders of the hosts on high, * rescue us faithful from dangers of every kind. [SD]

From Octoechos ---

Glory. Both now. **Theotokion.**

Mode 4.

We are unequipped to praise you worthily, O Theotokos, for you are the highest

εὐποροῦντες Θεοτόκε, δωρεὰν αἰτοῦμέν σε,
ἐλέησον ἡμᾶς.

ΔΙΑΚΟΝΟΣ

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα
ἐλεὸς Σου, δεόμεθά Σου, ἐπάκουσον καὶ
ἐλέησον.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ
ὀρθοδόξων χριστιανῶν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατικοῦ
βαθμοῦ) ἡμῶν (τοῦ δεῖνος).

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τῶν ἀδελφῶν ἡμῶν,
τῶν ἱερέων, ἱερομονάχων, ἱεροδιακόνων καὶ
μοναχῶν, καὶ πάσης τῆς ἐν Χριστῷ ἡμῶν
ἀδελφότητος.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς,
εἰρήνης, ὑγείας, σωτηρίας, ἐπισκέψεως,
συγχωρήσεως καὶ ἀφέσεως τῶν ἁμαρτιῶν
τῶν δούλων τοῦ Θεοῦ, πάντων τῶν
εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν, τῶν
κατοικούντων καὶ παρεπιδημούντων ἐν
τῇ (πόλει, κώμῃ), ταύτῃ, τῶν ἐνοριτῶν,
ἐπιτρόπων, συνδρομητῶν καὶ ἀφιερωτῶν
τοῦ ἁγίου ναοῦ τούτου.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τῶν μακαρίων
καὶ αἰοιδίμων κτιτόρων τῆς ἁγίας
Ἐκκλησίας ταύτης, καὶ ὑπὲρ πάντων τῶν
προαναπαυσασμένων πατέρων καὶ ἀδελφῶν
ἡμῶν, τῶν ἐνθάδε εὐσεβῶς, κειμένων, καὶ
ἀπανταχοῦ ὀρθοδόξων.

of all things created. Therefore, we entreat
you: As a gift to us, have mercy on us. [SD]

DEACON

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

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

Let us pray for pious and Orthodox
Christians.

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

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

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

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

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

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

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

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

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

Ἔτι δεόμεθα ὑπὲρ τῶν
καρποφορούντων καὶ καλλιεργούντων
ἐν τῷ ἁγίῳ καὶ πανσέπτῳ ναῷ τούτῳ,
κοπιώντων, ψαλλόντων καὶ ὑπὲρ τοῦ
περιεστῶτος λαοῦ, τοῦ ἀπεκδεχομένου τὸ
παρὰ σοῦ μέγα καὶ πλούσιον ἔλεος.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι ἐλεήμων καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Σοφία.

(Εὐλόγησον.)

ΙΕΡΕΥΣ

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν,
πάντοτε, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων. (Ἀμήν.)

Στερεώσαι, Κύριος ὁ Θεός, τὴν ἁγίαν
καὶ ἀμώμητον πίστιν τῶν εὐσεβῶν καὶ
ὀρθοδόξων Χριστιανῶν, σὺν τῇ ἁγίᾳ αὐτοῦ
Ἐκκλησίᾳ καὶ τῇ πόλει ταύτῃ εἰς αἰῶνας
αἰώνων.

ΑΝΑΓΝΩΣΤΗΣ

Ἀμήν.

*Ἀναστάντες δὲ ἀρχόμεθα· "Δεῦτε
προσκυνήσωμεν..." καὶ ψάλλομεν τὴν Α' Ὤραν.*

ἦ·

ΑΝΑΓΝΩΣΤΗΣ

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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

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

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

PRIEST

For You are a merciful God Who loves
mankind, and to You we offer up glory, to the
Father and to the Son and to the Holy Spirit,
now and forever and to the ages of ages.

(Amen.)

DEACON

Wisdom.

(Father, bless!)

PRIEST

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

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

READER

Amen.

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

or:

READER

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

ΙΕΡΕΥΣ

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
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ
σῶσον ἡμᾶς.

(Ἀμήν.)

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

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

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

PRIEST

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

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

(Amen.)