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The Service of Vespers

**on Thursday Evening
for Friday, March 29, 2019**

**Triodion - On Thursday of the Third Week
at Vespers**

**Menaion - March 29
Memory of the Holy Martyrs Mark, Bishop of Arethusa, Cyril the
Deacon**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Τῇ Πέμπτῃ Γ' Ἑβδομάδος εἰς τὸν
Ἑσπερινόν.

Μηναῖον - ΤΗ ΚΘ' ΜΑΡΤΙΟΥ

Μνήμη τῶν Ἁγίων Μαρτύρων, Μάρκου
Ἐπισκόπου Ἀρεθουσίων, Κυρίλλου
Διακόνου

ΕΣΠΕΡΙΝΟΣ

ΙΕΡΕΥΣ

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν
καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν
Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ
Θεῷ ἡμῶν.

Ψαλμὸς ΡΓ' (103).

Εὐλόγει ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου ἐμεγαλύνθης σφόδρα.
Ἐξομολόγησιν καὶ μεγαλοπρέπειαν
ἐνεδύσω, ἀναβαλλόμενος φῶς ὡς ἱμάτιον.
Ἐκτείνων τὸν οὐρανὸν ὥσει δέσιν, ὁ
στεγάζων ἐν ὕδασι τὰ ὑπερῶα αὐτοῦ.
Ὅ τιθεὶς νέφη τὴν ἐπίβασιν αὐτοῦ, ὁ
περιπατῶν ἐπὶ πτερύγων ἀνέμων. Ὁ
ποιῶν τοὺς Ἀγγέλους αὐτοῦ πνεύματα,
καὶ τοὺς λειτουργοὺς αὐτοῦ πυρὸς
φλόγα. Ὁ θεμελιῶν τὴν γῆν ἐπὶ τὴν
ἀσφάλειαν αὐτῆς, οὐ κλιθήσεται εἰς τὸν
αἰῶνα τοῦ αἰῶνος. Ἄβυσσος ὡς ἱμάτιον
τὸ περιβόλαιον αὐτοῦ, ἐπὶ τῶν ὀρέων

Triodion

On Thursday of the Third Week at
Vespers

Menaion - March 29

Memory of the Holy Martyrs Mark,
Bishop of Arethusa, Cyril the Deacon

VESPERS

PRIEST

Blessed is our God always, now and ever,
and to the ages of ages.

(Amen.)

READER

Come, let us worship and bow down
before God our King.

Come, let us worship and bow down
before Christ God our King.

Come, let us worship and bow down
before Him, Christ our King and God.

Psalms 103 (104).

Bless the Lord, O my soul. O Lord my
God, You are magnified exceedingly; You
clothe Yourself with thanksgiving and
majesty, who cover Yourself with light as
with a garment, who stretch out the heavens
like a curtain; You are He who covers His
upper chambers with water, who makes the
clouds His means of approach, who walks
on the wings of the winds, who makes His
angels spirits and His ministers a flame of
fire. He established the earth on its stable
foundation; it shall not be moved unto ages of
ages. The deep like a garment is His covering;
the waters shall stand upon the mountains;

στήσονται ὕδατα. Ἀπὸ ἐπιτιμήσεώς σου φεύξονται, ἀπὸ φωνῆς βροντῆς σου δειλιάσουσιν. Ἀναβαίνουνσιν ὄρη, καὶ καταβαίνουνσι πεδία εἰς τόπον, ὃν ἐθεμελίωσας αὐτά. Ὅριον ἔθου, ὃ οὐ παρελεύσονται, οὐδὲ ἐπιστρέψουσι καλύψαι τὴν γῆν. Ὁ ἐξαποστέλλων πηγὰς ἐν φάραγξιν, ἀναμέσον τῶν ὀρέων διελεύσονται ὕδατα· ποτιοῦσι πάντα τὰ θηρία τοῦ ἀγροῦ, προσδέξονται ὄναγροι εἰς δίψαν αὐτῶν. Ἐπ' αὐτὰ τὰ πετεινὰ τοῦ οὐρανοῦ κατασκηνώσει, ἐκ μέσου τῶν πετρῶν δώσουσι φωνήν. Ποτίζων ὄρη ἐκ τῶν ὑπερώων αὐτοῦ, ἀπὸ καρποῦ τῶν ἔργων σου χορτασθήσεται ἡ γῆ. Ὁ ἐξανατέλλων χόρτον τοῖς κτήνεσι, καὶ χλόην τῇ δουλείᾳ τῶν ἀνθρώπων. Τοῦ ἐξαγαγεῖν ἄρτον ἐκ τῆς γῆς, καὶ οἶνος εὐφραίνει καρδίαν ἀνθρώπου. Τοῦ ἱλαρύναι πρόσωπον ἐν ἐλαίῳ, καὶ ἄρτος καρδίαν ἀνθρώπου στηρίζει. Χορτασθήσεται τὰ ξύλα τοῦ πεδίου, αἱ κέδροι τοῦ Λιβάνου, ἃς ἐφύτευσας. Ἐκεῖ στρουθία ἐννοσσεύουσιν, τοῦ ἐρωδιοῦ ἡ κατοικία ἡγεῖται αὐτῶν. Ὅρη τὰ ὑψηλὰ ταῖς ἐλάφοις, πέτρα καταφυγὴ τοῖς λαγωαῖς. Ἐποίησε σελήνην εἰς καιροῦς, ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ, ἐν αὐτῇ διελεύσονται πάντα τὰ θηρία τοῦ δρυμοῦ. Σκύμνοι ὠρυόμενοι τοῦ ἀρπᾶσαι, καὶ ζητῆσαι παρὰ τῷ Θεῷ βρῶσιν αὐτοῖς. Ἀνέτειλεν ὁ ἥλιος, καὶ συνήχθησαν, καὶ εἰς τὰς μάνδρας αὐτῶν κοιτασθήσονται. Ἐξελεύσεται ἄνθρωπος ἐπὶ τὸ ἔργον αὐτοῦ, καὶ ἐπὶ τὴν ἐργασίαν αὐτοῦ ἕως ἑσπέρας. Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε, πάντα ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς κτίσεώς σου. Αὕτη ἡ θάλασσα ἡ μεγάλη

at Your rebuke they shall flee; at the sound of Your thunder, they shall be afraid. The mountains rise up, and the plains sink down to the place You founded for them. You set a boundary they shall not pass over; neither shall they return to cover the earth. You are He who sends springs into the valley; the waters shall pass between the mountains; they shall give drink to all the wild animals of the field; the wild asses shall quench their thirst; the birds of heaven shall dwell beside them; they shall sing from the midst of the rocks. You are He who waters the mountains from His higher places; the earth shall be satisfied with the fruit of Your works. You are He who causes grass to grow for the cattle, and the green plant for the service of man, to bring forth bread from the earth; and wine gladdens the heart of man, to brighten his face with oil; and bread strengthens man's heart. The trees of the plain shall be full of fruit, the cedars of Lebanon, which You planted; there the sparrows shall make their nests; the house of the heron takes the lead among them. The high mountains are for the deer; the cliff is a refuge for the rabbits. He made the moon for seasons; the sun knows its setting. You established darkness, and it was night, wherein all the wild animals of the forest will prowl about; the young lions roar and snatch their prey, and seek their food from God. The sun arises, and they are gathered together; and they shall be put to bed in their dens. Man shall go out to his work and to his labor until evening. O Lord, Your works shall be magnified greatly; You made all things in wisdom; the earth was filled with Your creation. There is this great and spacious sea:

καὶ εὐρύχωρος, ἐκεῖ ἐρπετὰ ὧν οὐκ ἔστιν ἀριθμός, ζῶα μικρὰ μετὰ μεγάλων. Ἐκεῖ πλοῖα διαπορεύονται, δράκων οὗτος, ὃν ἔπλασας ἐμπαίζειν αὐτή. Πάντα πρὸς σὲ προσδοκῶσι, δοῦναι τὴν τροφήν αὐτῶν εἰς εὐκαιρον, δόντος σου αὐτοῖς συλλέξουσιν. Ἀνοίξαντός σου τὴν χεῖρα, τὰ σύμπαντα πλησθήσονται χρηστότητος, ἀποστρέψαντος δέ σου τὸ πρόσωπον, ταραχθήσονται. Ἀντανελεῖς τὸ πνεῦμα αὐτῶν, καὶ ἐκλείψουσι, καὶ εἰς τὸν χοῦν αὐτῶν ἐπιστρέψουσιν. Ἐξαποστελεῖς τὸ πνεῦμα σου, καὶ κτισθήσονται, καὶ ἀνακαινίεις τὸ πρόσωπον τῆς γῆς. Ἦτω ἡ δόξα Κυρίου εἰς τοὺς αἰῶνας, εὐφρανθήσεται Κύριος ἐπὶ τοῖς ἔργοις αὐτοῦ. Ὁ ἐπιβλέπων ἐπὶ τὴν γῆν, καὶ ποιῶν αὐτὴν τρέμειν, ὁ ἀπτόμενος τῶν ὀρέων, καὶ καπνίζονται. Αἰσω τῷ Κυρίῳ ἐν τῇ ζωῇ μου, ψαλῷ τῷ Θεῷ μου ἕως ὑπάρχω. Ἦδυνθείη αὐτῷ ἡ διαλογία μου, ἐγὼ δὲ εὐφρανθήσομαι ἐπὶ τῷ Κυρίῳ. Ἐκλείποιεν ἁμαρτωλοὶ ἀπὸ τῆς γῆς, καὶ ἄνομοι, ὥστε μὴ ὑπάρχειν αὐτούς. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ.

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

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

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα. Δόξα σοι ὁ Θεός. (ἐκ γ')

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

the creeping things are there without number; the living things are there, both small and great; there the ships pass through; there is this dragon You formed to play therein. All things wait upon You, that You may give them food in due season. When You give it to them, they shall gather it; when You open Your hand, all things shall be filled with Your goodness. But when You turn Your face away, they shall be troubled; when You take away their breath, they shall die and return again to their dust. You shall send forth Your Spirit, and they shall be created, and You shall renew the face of the earth. Let the glory of the Lord be forever; the Lord shall be glad in His works; He looks upon the earth and makes it tremble; He touches the mountains, and they smoke. I will sing to the Lord all my life; I will sing to my God as long as I exist; may my words be pleasing to Him, and I shall be glad in the Lord. May sinners cease from the earth, and the lawless, so as to be no more. Bless the Lord, O my soul.

The sun knows its setting. You established darkness, and it was night.

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

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

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

Our hope, O Lord, glory to You.

Απαγγελλομένου επίσης τοῦ Προοιμιακοῦ, ὁ Ἱερεὺς ἵσταται ἀσκεπής ἐνώπιον τῆς ἁγίας Τραπέζης ἢ καὶ ἐνώπιον τῆς εἰκόνης τοῦ Σωτῆρος Χριστοῦ, ἱστάμενος ἐπὶ τοῦ Σολέα (ὡς ἐν τῷ Ὁρθρῳ), καὶ ἀναγινώσκει μυστικῶς τὰς Εὐχὰς τοῦ Λιχνικοῦ·

ΙΕΡΕΥΣ (μυστικῶς)

ΕΥΧΗ ΠΡΩΤΗ

Κύριε, οἰκτίρμον καὶ ἐλεῆμον, μακρόθυμε καὶ πολυέλεε, ἐνώτισαι τὴν προσευχὴν ἡμῶν, καὶ πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν· ποιήσον μεθ' ἡμῶν σημεῖον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὁδῷ σου τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὐφρανον τὰς καρδίας ἡμῶν, εἰς τὸ φοβεῖσθαι τὸ Ὄνομά σου τὸ ἅγιον· διότι μέγας εἶ σὺ, καὶ ποιῶν θαυμάσια· σὺ εἶ Θεὸς μόνος, καὶ οὐκ ἔστιν ὅμοιός σοι ἐν θεοῖς, Κύριε, δυνατὸς ἐν ἐλέει, καὶ ἀγαθὸς ἐν ἰσχύϊ, εἰς τὸ βοηθεῖν καὶ παρακαλεῖν, καὶ σῶζειν πάντας τοὺς ἐλπίζοντας εἰς τὸ Ὄνομά σου τὸ ἅγιον.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΔΕΥΤΕΡΑ

Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης ἡμᾶς, μηδὲ τῇ ὀργῇ σου παιδεύσης ἡμᾶς, ἀλλὰ ποιήσον μεθ' ἡμῶν κατὰ τὴν ἐπιείκειάν σου, ἱατρὲ καὶ θεραπευτὰ τῶν ψυχῶν ἡμῶν· ὁδήγησον ἡμᾶς ἐπὶ λιμένα θελήματός σου· φώτισον τοὺς ὀφθαλμοὺς τῶν καρδιῶν ἡμῶν, εἰς ἐπίγνωσιν τῆς σῆς ἀληθείας· καὶ δώρησαι ἡμῖν τὸ λοιπὸν τῆς παρούσης ἡμέρας εἰρηνικὸν καὶ ἀναμάρτητον, καὶ πάντα τὸν χρόνον τῆς ζωῆς ἡμῶν·

While the Opening Psalm is being read the Priest, bareheaded and standing in front of the Holy Table, says quietly the following Prayers at the Lighting of the Lamps.

PRIEST (inaudibly)

1st Prayer

O Lord, compassionate and merciful, long-suffering and full of mercy, listen to our prayer and attend to the voice of our supplication. Make for us a sign for good. Guide us in your way, to walk in your truth. Make glad our hearts to fear your holy Name, because you are great and do wondrous things. You alone are God, and there is none like you, O Lord, among gods: powerful in mercy and loving in strength to help and to console and to save all who hope in your holy Name. [EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. [EL]

2nd Prayer

Lord, do not rebuke us in your anger, nor chastise us in your wrath, but deal with us in accordance with your kindness, physician and healer of our souls. Guide us to the harbour of your will. Enlighten the eyes of our hearts to the knowledge of your truth and grant that the rest of the present day and the whole time of our life may be peaceful and without sin, at the prayers of the holy Mother of God and of all the Saints. [EL]

προσβείαις τῆς ἁγίας Θεοτόκου, καὶ πάντων τῶν Ἁγίων σου.

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

ΕΥΧΗ ΤΡΙΤΗ

Κύριε, ὁ Θεὸς ἡμῶν, μνήσθητι ἡμῶν τῶν ἁμαρτωλῶν καὶ ἀχρείων δούλων σου, ἐν τῷ ἐπικαλεῖσθαι ἡμᾶς τὸ ἅγιον ὄνομά σου, καὶ μὴ κατασχύνῃς ἡμᾶς ἀπὸ τῆς προσδοκίας τοῦ ἐλέους σου, ἀλλὰ χάρισαι ἡμῖν, Κύριε, πάντα τὰ πρὸς σωτηρίαν αἰτήματα· καὶ ἀξιώσον ἡμᾶς ἀγαπᾶν, καὶ φοβεῖσθαι σε ἐξ ὅλης τῆς καρδίας ἡμῶν, καὶ ποιεῖν ἐν πᾶσι τὸ θέλημά σου.

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.

ΕΥΧΗ ΤΕΤΑΡΤΗ

Ὅ τοῖς ἀσιγήτοις ὕμνοις καὶ ἀπαύστοις δοξολογίαις ὑπὸ τῶν ἁγίων δυνάμεων ἀνυμνούμενος, πλήρωσον τὸ στόμα ἡμῶν τῆς αἰνέσεώς σου, τοῦ δοῦναι μεγαλωσύνην τῷ ὀνόματί σου τῷ ἁγίῳ· καὶ δὸς ἡμῖν μερίδα καὶ κληρὸν μετὰ πάντων τῶν φοβουμένων σε ἐν ἀληθείᾳ καὶ φυλασσόντων τὰς ἐντολάς σου· προσβείαις τῆς ἁγίας Θεοτόκου καὶ πάντων τῶν ἁγίων σου.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ

For yours is the might, and yours is the kingdom, the power and the glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

3rd Prayer

Lord our God, remember us, sinners and your unprofitable servants, as we call upon your holy Name, and do not put us to shame from the expectation of your mercy, but graciously grant us, Lord, all the requests that are for salvation, and count us worthy to love and to fear you from our whole heart, and in all things to do your will. ^[EL]

For you, O God, are good and love mankind, and to you we give glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

4th Prayer

O Lord, who are praised by the holy Powers with never silent hymns and unceasing songs of glory, fill our mouth with your praise to give majesty to your holy Name, and give us a part and an inheritance with all who fear you in truth and who keep your commandments, at the prayers of the holy Mother of God and of all your Saints. ^[EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

Ἀγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΠΕΜΠΤΗ

Κύριε, Κύριε, ὁ τῇ ἀχραντῷ σου παλάμῃ συνέχων τὰ σύμπαντα, ὁ μακροθυμῶν ἐπὶ πάντας ἡμᾶς καὶ μετανοῶν ἐπὶ ταῖς κακίαις ἡμῶν, μνήσθητι τῶν οἰκτιρμῶν σου καὶ τοῦ ἐλέους σου· ἐπίσκεψαι ἡμᾶς ἐν τῇ σῇ ἀγαθότητι· καὶ δὸς ἡμῖν διαφυγεῖν καὶ τὸ λοιπὸν τῆς παρούσης ἡμέρας, ἐκ τῶν τοῦ πονηροῦ ποικίλων μηχανημάτων, καὶ ἀνεπιβούλευτον τὴν ζωὴν ἡμῶν διαφύλαξον, τῇ χάριτι τοῦ Παναγίου σου Πνεύματος.

Ἐλέει καὶ φιλανθρωπία τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΕΚΤΗ

Ὁ Θεός, ὁ μέγας καὶ θαυμαστός, ὁ ἀνεκδιηγῆτῳ ἀγαθωσύνη καὶ πλουσία προνοία διοικῶν τὰ σύμπαντα· ὁ καὶ τα ἐγκόσμια ἀγαθὰ ἡμῖν δωρησάμενος, καὶ κατεγγυήσας ἡμῖν τὴν ἐπηγγελμένην βασιλείαν, διὰ τῶν ἤδη κεχαρισμένων ἡμῖν ἀγαθῶν· ὁ ποιήσας ἡμᾶς καὶ τῆς νῦν ἡμέρας τὸ παρελθὸν μέρος ἀπὸ παντὸς ἐκκλίνειν κακοῦ, δώρησαι ἡμῖν καὶ τὸ ὑπόλοιπον ἀμέμπτως ἐκτελέσαι, ἐνώπιον τῆς ἀγίας δόξης σου, ὑμνοῦντάς σε τὸν μόνον ἀγαθόν, καὶ φιλάνθρωπον Θεὸν ἡμῶν.

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ

5th Prayer

Lord, Lord, who uphold the universe by your immaculate hand, who are long-suffering towards us all and who repent of evils, remember your acts of compassion and your mercy. Visit us in your loving kindness and grant that for the rest of the present day we may escape the manifold wiles of the evil one, and, by the grace of your All-holy Spirit, keep our life free from assault. [EL]

By the mercy and love for mankind of your Only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. Amen. [EL]

6th Prayer

O God, great and wonderful, who order the universe with inexpressible loving-kindness and rich providence; who have granted us also the blessings of this world and brought us near to the promised Kingdom through the blessings that have been bestowed on us already; who have made us turn aside from every evil during that part of the present day which is now over, grant us also to complete what remains without blame in the presence of your holy glory, as we sing your praise, who alone are our God, good and the Lover of mankind. [EL]

For you are our God and to you we give glory, to the Father, the Son and the Holy

καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΕΒΔΟΜΗ

Ὁ Θεὸς ὁ μέγας καὶ ὑψιστος, ὁ μόνος
ἔχων ἀθανασίαν, φῶς οἰκῶν ἀπρόσιτον, ὁ
πᾶσαν τὴν κτίσιν ἐν σοφίᾳ δημιουργήσας.
Ὁ διαχωρήσας ἀνὰ μέσον τοῦ φωτός, καὶ
ἀνὰ μέσον τοῦ σκότους, καὶ τὸν μὲν ἥλιον
θέμενος εἰς ἐξουσίαν τῆς ἡμέρας, σελήνην
δὲ καὶ ἀστέρας εἰς ἐξουσίαν τῆς νυκτός· ὁ
καταξιώσας ἡμᾶς τοὺς ἁμαρτωλοὺς καὶ
ἐπὶ τῆς παρούσης ὥρας προφθάσαι τὸ
πρόσωπόν σου ἐν ἐξομολογήσει, καὶ τὴν
ἐσπερινὴν σοι δοξολογίαν προσαγαγεῖν·
αὐτός, φιλάνθρωπε Κύριε, κατεύθυνον
τὴν προσευχὴν ἡμῶν ὡς θυμίαμα ἐνώπιόν
σου καὶ πρόσδεξαι αὐτὴν εἰς ὁσμὴν
εὐωδίας. Παράσχου δὲ ἡμῖν τὴν παροῦσαν
ἐσπέραν καὶ τὴν ἐπιοῦσαν νύκτα εἰρηνικὴν·
ἐνδυσον ἡμᾶς ὅπλα φωτός· ῥῦσαι ἡμᾶς
ἀπὸ φόβου νυκτερινοῦ καὶ ἀπὸ παντὸς
πράγματος ἐν σκότει διαπορευομένου· καὶ
δὸς ἡμῖν τὸν ὕπνον, ὃν εἰς ἀνάπαυσιν τῇ
ἀσθενείᾳ ἡμῶν ἐδωρήσω, πάσης διαβολικῆς
φαντασίας ἀπηλλαγμένον. Ναί, Δέσποτα
τῶν ἀπάντων, τῶν ἀγαθῶν χορηγέ· ἵνα,
καὶ ἐπὶ ταῖς κοίταις ἡμῶν κατανυγόμενοι,
μνημονεύωμεν ἐν νυκτὶ τοῦ ὀνόματός
σου, καὶ τῇ μελέτῃ τῶν σῶν ἐντολῶν
καταυγαζόμενοι, ἐν ἀγαλλιάσει ψυχῆς
διανιστῶμεν πρὸς δοξολογίαν τῆς σῆς
ἀγαθότητος, δεήσεις καὶ ἱκεσίας τῇ σῇ
εὐσπλαγχνίᾳ προσάγοντες ὑπὲρ τῶν ἰδίων
ἁμαρτημάτων καὶ παντὸς τοῦ λαοῦ σου,
ὃν ταῖς πρεσβείαις τῆς ἁγίας Θεοτόκου ἐν
ἐλέει ἐπίσκεψαι.

Spirit, now and for ever, and to the ages of
ages. Amen. [EL]

7th Prayer

Great and most high God, who
alone possess immortality, who dwell
in unapproachable light, who fashioned
all creation with wisdom, who made the
separation between the light and the darkness
and who placed the sun to have authority
over the day and the moon and the stars
to have authority over the night, who have
counted us sinners worthy even at this
present hour to come into your presence with
confession and thanksgiving and to offer
you our evening hymn of glory; do you, O
Lord who love mankind, direct our prayer
like incense before you and accept it as a
savour of sweet fragrance. Grant us that the
present evening and the coming night may
be peaceful, clothe us with weapons of light,
deliver us from every night-time fear and
from every deed that walks in darkness. And
give us sleep, which you have bestowed on us
for our rest in our weakness, freed from every
fantasy of the devil. Yes, Master of all things,
giver of blessings, may we also be filled with
compunction on our beds and call to mind
your Name in the night, and enlightened by
meditation on your commandments may we
rise with gladness of soul to give glory to
your loving-kindness, as we bring to your
compassion supplications and entreaties on
behalf of our own sins and those of all your
people. At the prayers of the holy Mother of
God visit them with mercy. [EL]

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.

*Πληρωθέντος τοῦ Προοιμιακοῦ Ψαλμοῦ, ὁ μὲν
Τερεὺς παραμένει ἐν εὐλαβείᾳ ἐνώπιον τῆς ἀγίας
Τραπεζῆς, ὁ δὲ Διάκονος ποιεῖ σχῆμα πρὸς τὸ Τερέα,
καὶ ἐξελθὼν τοῦ ἱεροῦ Βήματος, διὰ τῆς βορείας
πύλης, καὶ στὰς πρὸ τῆς Ὁραίας πύλης, καὶ βλέπων
κατ' ἐνώπιον τῆς εἰκόνης τοῦ Χριστοῦ, λέγει τὴν
Μεγάλην Συναπτὴν, ἥτοι τὰ "Εἰρηνικά."*

For you, O God, are good and love
mankind, and to you we give glory, Father,
Son and Holy Spirit, now and for ever, and to
the ages of ages. Amen. ^[EL]

*When the Opening Psalm is completed the Priest, in
front of the Holy Table, or the Deacon in his usual place
outside the Holy Doors, says the Litany of Peace.*

ΔΙΑΚΟΝΟΣ

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ἁγίου οἴκου τούτου, καὶ τῶν μετὰ πίστεως, εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῶν εὐσεβῶν καὶ Ὁρθοδόξων Χριστιανῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθνους, πάσης ἀρχῆς καὶ ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

DEACON

In peace, let us pray to the Lord.

(Lord, have mercy.)

For the peace from above and for the salvation of our souls, let us pray to the Lord.

(Lord, have mercy.)

For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

(Lord, have mercy.)

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

(Lord, have mercy.)

For pious and Orthodox Christians, let us pray to the Lord.

(Lord, have mercy.)

For (episcopal rank) (name), for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

(Lord, have mercy.)

For our country, for the president, and for all in public service, let us pray to the Lord.

(Lord, have mercy.)

For this city, and for every city and land, and for the faithful who live in them, let us pray to the Lord.

(Lord, have mercy.)

For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

(Lord, have mercy.)

Ὑπὲρ πλεόντων, ὁδοιπορούντων,
νοσούντων, καμνόντων, αἰχμαλώτων καὶ
τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ῥυσθῆναι ἡμᾶς ἀπὸ πάσης
θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, 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 πρέπει σοι πᾶσα δόξα, τιμὴ καὶ
προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 18. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

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, ἑαυτοὺς

For those who travel by land, sea, and air,
for the sick, the suffering, the captives and for
their salvation, let us pray to the Lord.

(Lord, have mercy.)

For our deliverance from all affliction,
wrath, danger, and necessity, 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 to You belong all glory, honor, and
worship, to the Father and to the Son and to
the Holy Spirit, now and forever and to the
ages of ages.

(Amen.)

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 18. It would be followed by the short litany.*

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

Commemorating our most holy, pure, blessed,
and glorious Lady, the Theotokos and ever-
virgin Mary, with all the saints, let us commend

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΧΟΡΟΣ

Ἦχος πλ. δ'.

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν
μου, εἰσάκουσόν μου, Κύριε. Κύριε,
ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου·
πρόσχες τῇ φωνῇ τῆς δεήσεώς μου, ἐν τῷ
κεκραγέναι με πρὸς σέ. Εἰσάκουσόν μου,
Κύριε.

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἐσπερινή. Εἰσάκουσόν μου,
Κύριε.

Θοῦ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν
περιοχῆς περὶ τὰ χεῖλη μου.

Μὴ ἐκκλίνης τὴν καρδίαν μου εἰς λόγους
πονηρίας, τοῦ προφασίζεσθαι προφάσεις ἐν
ἀμαρτίαις.

Σὺν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ
οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Παιδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με,
ἔλαιον δὲ ἀμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλὴν
μου.

Ὅτι ἔτι καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις
αὐτῶν· κατεπόθησαν ἐχόμενα πέτρας οἱ κριταὶ
αὐτῶν.

Ἀκούσονται τὰ ῥήματά μου, ὅτι ἠδύνθησαν·
ὥσπερ πάχος γῆς ἐρράγη ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ
ὅσα αὐτῶν παρὰ τὸν ἄδην.

ourselves and one another and our whole life to
Christ our God.

(To You, O Lord.)

PRIEST

For Yours is the dominion, and Yours 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

Mode pl. 4.

Lord, I have cried to You; hear me. Hear
me, O Lord. Lord, I have cried to You; hear
me. Give heed to the voice of my supplication
when I cry to You. Hear me, O Lord. [SAAS]

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice. Hear me, O Lord. [SAAS]

Set a watch, O Lord, before my mouth, a door of
enclosure about my lips.

Incline not my heart to evil words, to make
excuses in sins.

With men who work lawlessness; and I will not
join with their choice ones.

The righteous man shall correct me with mercy,
and he shall reprove me; but let not the oil of the sinner
anoint my head.

For my prayer shall be intense in the presence of
their pleasures. Their judges are swallowed up by the
rock.

They shall hear my words, for they are pleasant.
As a clod of ground is dashed to pieces on the earth, so
their bones were scattered beside the grave.

Ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ μου· ἐπὶ
σοὶ ἤλπισα, μὴ ἀντανέλης τὴν ψυχὴν μου.

Φύλαξόν με ἀπὸ παγίδος ἧς συνεστήσαντό μοι,
καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.

Πεσοῦνται ἐν ἀμφιβλήστῳ αὐτῶν οἱ
ἀμαρτωλοί· κατὰ μόνας εἰμὶ ἐγὼ ἕως ἂν παρέλθω.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου
πρὸς Κύριον ἐδεήθην.

Ἐκχεῶ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν
θλιψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

Ἐν τῷ ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ
ἔγνων τὰς τρίβους μου.

Ἐν ὁδῷ ταύτῃ, ἣ ἐπορευόμην, ἔκρυψαν παγίδα
μοι.

Κατενόουν εἰς τὰ δεξιὰ, καὶ ἐπέβλεπον, καὶ οὐκ
ἦν ὁ ἐπιγινώσκων με.

Ἀπώλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ
ἐκζητῶν τὴν ψυχὴν μου.

Ἐκέκραξα πρὸς σέ, Κύριε εἶπα· Σὺ εἶ ἡ ἐλπίς
μου, μερίς μου εἶ ἐν γῇ ζώντων.

Πρόσχεες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην
σφόδρα.

Ῥῥσαί με ἐκ τῶν καταδιωκόντων με, ὅτι
ἐκραταιώθησαν ὑπὲρ ἐμέ.

Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχὴν μου, τοῦ
ἐξομολογήσασθαι τῷ ὀνόματί σου.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὗ ἀνταποδῶς μοι.

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε,
εἰσάκουσον τῆς φωνῆς μου.

Γενηθήτω τὰ ὦτά σου προσέχοντα εἰς τὴν
φωνήν τῆς δεήσεώς μου.

For my eyes, O Lord, O Lord, are toward You; in
You I hope; take not my soul away.

Keep me from the snares they set for me, and from
the stumbling blocks of those who work lawlessness.

Sinners shall fall into their own net; I am alone,
until I escape.

I cried to the Lord with my voice, with my voice I
prayed to the Lord.

I shall pour out my supplication before Him; I
shall declare my affliction in His presence.

When my spirit fainted within me, then You knew
my paths.

For on the way I was going, they hid a trap for me.

I looked on my right, and saw there was no one
who knew me.

Refuge failed me, and there was no one who cared
for my soul.

I cried to You, O Lord; I said, "You are my hope,
my portion in the land of the living."

Attend to my supplication, for I was humbled
exceedingly.

Deliver me from my persecutors, for they are
stronger than I.

Bring my soul out of prison to give thanks to Your
name, O Lord.

The righteous shall wait for me, until You reward
me.

Out of the depths I have cried to You, O Lord; O
Lord, hear my voice.

Let Your ears be attentive to the voice of my
supplication.

Στιχηρὰ τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος πλ. α'. Χαίροις ἀσκητικῶν.

Ἐὰν ἀνομίας παρατηρήσης, Κύριε Κύριε,
τίς ὑποστήσεται; ὅτι παρὰ σοὶ ὁ ἰλασμός
ἐστίν.

Σῶτερ ὁ ἀληθὴς γλυκασμός, ὁ τὰ
πικρότατα Μερρᾶς πάλαι ὕδατα, γλυκάνας,
τυποῦντι τότε, ξύλῳ τοῦ Θεοῦ Σταυροῦ,
ἀπλωθεὶς ἐν τούτῳ, ὡς εὐδόκησας, χολῆς
ἀπεγεύσω δέ, τὴν πλευρὰν ἐκκεντούμενος,
ἐξ ἧς τῷ Κόσμῳ, ὕδωρ βρύεις ἀφέσεως, εἰς
ἀνάπλασιν, τοῦ βροτείου φυράματος· ὅθεν
δοξολογοῦμέν σου, τὴν ἄφατον δύναμιν,
καὶ δυσωποῦμεν. Παράσχου, ἡμῖν τὸν
φόβον σου Κύριε, καιρῷ τῆς Νηστείας, καὶ
συγχώρησιν πταισμάτων, καὶ μέγα ἔλεος.

Ἦχος πλ. α'. Χαίροις ἀσκητικῶν.

Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε,
Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον
σου. Ἦλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον.

Λόγε ὁ ἀπλωθεὶς ἐν σταυρῷ,
ἐπισυνάγων τὰ μακρὰν διεστῶτά σου,
ὑψώσας τὸν λογισμόν μου, ἀπὸ κοπρίας
παθῶν, ἀρεταῖς παντοίαις, καταπλούτισον,
διδούς τῇ καρδίᾳ μου, τὸν ἀγνότατον
φόβον σου, καὶ τῇ ψυχῇ μου, τὴν τελείαν
ἀγάπην, τῆς πρὸς σάρκα με, ἀγαπήσεως
τέμνουσαν, ὅπως δι' ἐγκρατείας σοι, εὐχῆς
καὶ δεήσεως, ἐν ταῖς παρούσαις ἡμέραις,
εὐαρεστήσω καὶ βλέψω σου, φαιδρῶς τὴν
ἡμέραν, τῆς Ἐγέρσεως λαμβάνων, τὸ μέγα
ἔλεος.

Stichera of the Triodion.

From Triodion ---

Mode pl. 1. N/M (Rejoice.)

*If You, O Lord, should mark transgression, O
Lord, who would stand? For there is forgiveness
with You. [SAAS]*

O Savior, the true sweetness, of old You
made the bitter waters of Marah sweet with
the wood, which was a figure of the divine
Cross. When You were crucified on it, it was
Your good pleasure to taste gall. When Your
side was pierced, You poured out the water
of forgiveness and refashioned our mortal
nature. Therefore we glorify Your ineffable
power, and we implore You: O Lord, during
this season of Lent, grant us the fear of You,
forgiveness of offences, and the great mercy.

[SD]

Mode pl. 1. N/M (Rejoice.)

*Because of Your law, O Lord, I waited for
You; my soul waited for Your word. My soul
hopes in the Lord. [SAAS]*

O Logos, You were stretched out on the
Cross, and You gathered those who had
gone far from You. Lift my thoughts from
the dunghill of the sinful passions, and make
it rich in all the virtues. To my heart grant
the purest fear of You; to my soul grant
perfect love, that severs me from love for my
body, so that through self-control, prayer,
and supplication I might be pleasing to You
in these days of Lent, and may cheerfully
celebrate the day of Your Resurrection, and
receive the great mercy. [SD]

Ἦχος α'. Νεφέλην σε φωτός.

Ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν Κύριον.

Τὴν τρίτην τῶν σεπτῶν, Νηστειῶν Ἑβδομάδα, Χριστέ Λόγε περᾶσαντες, τὸ ξύλον τοῦ ζωηφόρου Σταυροῦ σου, κατιδεῖν ἀξίωσον ἡμᾶς καὶ σεπτῶς προσκυνῆσαι, καὶ ἄδοντας ἀξίως, δοξάσαι τὸ κράτος σου, ὑμνῆσαι τὰ Πάθη σου, προφθάσαι τὴν ἔνδοξον καθαρώς, καὶ ἀγίαν Ἀνάστασιν, τὸ Πάσχα τὸ μυστικόν, δι' οὗ Ἀδὰμ ἐπανῆλθεν, εἰς τὸν Παράδεισον.

Στιχηρὰ τοῦ Μηναίου.

Τοῦ Μηναίου ---

Ἦχος α'. Σταυρὸς κατεπάγη ἐν Κρανίῳ.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλὴ παρ' αὐτῷ λύτρωσις, καὶ αὐτὸς λυτρώσεται τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Ἐνστάσει γενναία Ἱεράρχα, κατέβαλες ἐχθροῦ τὰς παρατάξεις, καὶ λαοὺς ἐκ τῆς πλάνης τῶν εἰδώλων ἐρρύσω.

Αἰνεῖτε τὸν Κύριον, πάντα τὰ ἔθνη, ἐπαινέσατε αὐτόν, πάντες οἱ λαοί.

Ἐκτάσει χειρῶν σου Ἱεράρχα, κρατύνας τοὺς συνάθλους σου ἐν πόνοις, ὡς ἀνίσχυρον ἐχθροῦ ἀνέδειξας τὸ κράτος.

Ὅτι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ' ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν αἰῶνα.

Ὡς Μύστης καὶ Μάρτυς τοῦ Δεσπότου, καὶ Διδάσκαλος σοφὸς τῆς Ἐκκλησίας, Ἱεράρχα δυσώπει ὑπὲρ ἡμῶν ἀπαύστως.

Mode 1. N/M (Nefelin Se Fotos)

From the morning watch until night; from the morning watch until night, let Israel hope in the Lord. [SAAS]

O Christ the Logos, when we have finished this third we of holy Lent, grant us to look upon the wood of your life-bearing Cross, and to solemnly venerate it. Grant us to sing in a manner that is worthy, to glorify Your power, to extol Your Passion, and in purity to arrive at the feast of Your glorious and holy Resurrection, Pascha, that mystical Passover, through which Adam returned to Paradise. [SD]

Stichera from the Menaion.

From Menaion ---

Mode 1. (NM) The Cross was planted.

For with the Lord there is mercy, and with Him is abundant redemption; and He shall redeem Israel from all his transgressions. [SAAS]

O Hierarchy, with valiant resistance, you cast down the arrays of the enemy, and you rescued people from the deceptive error of the idols. [SD]

Praise the Lord, all you Gentiles; praise Him, all you peoples. [SAAS]

O Hierarchy, you stretched out your hands, and strengthened your fellow athletes in their labors, and thus you showed that the power of the enemy was impotent. [SD]

For His mercy rules over us; and the truth of the Lord endures forever. [SAAS]

O Hierarchy, as an initiate and Martyr of the Master, and a wise teacher of the Church, unceasingly implore Him on our behalf. [SD]

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος α'. Πανεύφημοι μάρτυρες.

Σταύρωσιν τὴν ἄδικον Χριστέ, ἡ Παρθένος βλέπουσα, ὀδυρομένη ἐβόα σοι· Τέκνον γλυκύτατον, πῶς νεκρὸς ὁράσαι; πῶς τῷ ξύλῳ κρέμασαι, ὁ παῖσαν γῆν ἐδράσας τοῖς ὕδασι; Μὴ οὖν ἐάσης με, εὐεργέτα μόνην εὐσπλαγχνε, τὴν σὴν δούλην, καὶ Μητέρα δέομαι.

(Εἵσοδος οὐ γίνεται.)

ΑΝΑΓΝΩΣΤΗΣ

Φῶς ἱλαρὸν ἀγίας δόξης, ἀθανάτου Πατρός, οὐρανίου, ἀγίου, μάκαρος, Ἰησοῦ Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν, ἰδόντες φῶς ἐσπερινόν, ὑμνοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα Θεόν. Ἀξιόν σε ἐν παῖσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίαις, Υἱὲ Θεοῦ, ζῶν ὁ διδούς· * διὸ ὁ κόσμος σε δοξάζει.

Τὰ Ἀναγνώσματα

ΙΕΡΕΥΣ

Ἑσπέρας...

Τοῦ Τριωδίου - -

ΑΝΑΓΝΩΣΤΗΣ

Προκείμενον. Ἦχος πλ. δ'.

Ψαλμὸς ΝΕ' (55).

Ἐλέησόν με, ὁ Θεός, ὅτι κατεπάτησέ με ἄνθρωπος.

Κατεπάτησάν με οἱ ἐχθροί μου ὅλην τὴν ἡμέραν.

Γενέσεως τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

Glory. Both now. **Stavrotheotokion.**

Mode 1. *O Martyrs, extolled.*

The Virgin was watching You, O Christ, * being crucified unjustly, and lamenting she cried aloud, "O sweetest Son of mine, * how can you appear dead? * How can You be crucified? * For You of old established the earth on water. O most-merciful * Benefactor, I your handmaiden * and your Mother * pray You leave me not alone." [SD]

(No Entrance)

READER

Gladsome light of holy glory of the holy, blessed, heavenly, immortal Father, O Jesus Christ: arriving at the hour of sunset and having seen the evening light, we praise the Father, Son, and Holy Spirit, God. It is worthy for You to be praised at all times with happy voices, O Son of God and Giver of life; * and therefore the world glorifies You.

The Readings

PRIEST

The evening...

From Triodion - -

READER

Prokeimenon. Mode pl. 4.

Psalm 55 (56).

Have mercy on me, O Lord, for man tramples me down.

All day my enemies trample me down. [SAAS]

The reading is from the book of Genesis.

PRIEST

Wisdom. Let us be attentive.

ΑΝΑΓΝΩΣΤΗΣ

Κεφ. Ζ', 11 - Η', 3

Ἐγένετο ἐν τῷ ἑξακοσιοστῷ ἔτει, ἐν τῇ ζωῇ τοῦ Νῶε, τοῦ δευτέρου μηνός, ἑβδόμη καὶ εἰκάδι τοῦ μηνός, τῇ ἡμέρᾳ ταύτῃ ἐρράγησαν πᾶσαι αἱ πηγαὶ τῆς ἀβύσσου, καὶ οἱ καταρράκται τοῦ οὐρανοῦ ἤνεώχθησαν. Καὶ ἐγένετο ὁ ὑετὸς ἐπὶ τῆς γῆς τεσσαράκοντα ἡμέρας, καὶ τεσσαράκοντα νύκτας. Ἐν τῇ ἡμέρᾳ ταύτῃ εἰσῆλθε Νῶε, Σὴμ, Χάμ, Ἰάφεθ, οἱ υἱοὶ Νῶε, καὶ ἡ γυνὴ Νῶε, καὶ αἱ τρεῖς γυναῖκες τῶν υἱῶν αὐτοῦ μέτ' αὐτοῦ εἰς τὴν κιβωτόν, καὶ πάντα τὰ θηρία κατὰ γένος, καὶ πάντα τὰ κτήνη κατὰ γένος, καὶ πᾶν ἔρπετον κινούμενον ἐπὶ γῆς κατὰ γένος, καὶ πᾶν ὄρνεον πετεινὸν κατὰ γένος αὐτοῦ, εἰσῆλθον πρὸς Νῶε εἰς τὴν κιβωτόν, δύο δύο, ἄρσεν καὶ θῆλυ, ἀπὸ πάσης σαρκός, ἐν ᾧ ἔστι πνεῦμα ζωῆς. Καὶ τὰ εἰσπορευόμενα, ἄρσεν καὶ θῆλυ, ἀπὸ πάσης σαρκός, εἰσῆλθε, καθὰ ἐνετείλατο Κύριος ὁ Θεὸς τῷ Νῶε, καὶ ἔκλεισε Κύριος ὁ Θεὸς τὴν κιβωτόν ἔξωθεν αὐτοῦ. Καὶ ἐγένετο ὁ κατακλυσμὸς τεσσαράκοντα ἡμέρας, καὶ τεσσαράκοντα νύκτας ἐπὶ τῆς γῆς, καὶ ἐπληθύνθη τὸ ὕδωρ, καὶ ἐπῆρε τὴν κιβωτόν, καὶ ὑψώθη ἀπὸ τῆς γῆς, καὶ ἐπεκράτει τὸ ὕδωρ, καὶ ἐπληθύνετο σφόδρα ἐπὶ τῆς γῆς, καὶ ἐπεφέρετο ἡ κιβωτὸς ἐπάνω τοῦ ὕδατος, τὸ δὲ ὕδωρ ἐπεκράτει σφόδρα ἐπὶ τῆς γῆς, καὶ ἐκάλυψε πάντα τὰ ὄρη τὰ ὑψηλά, ἃ ἦν ὑποκάτω τοῦ οὐρανοῦ. Πεντεκαίδεκα πῆχεις ὑπεράνω ὑψώθη τὸ ὕδωρ, καὶ ἐπεκάλυψε πάντα τὰ ὄρη τὰ ὑψηλά. Καὶ ἀπέθανε πᾶσα σὰρξ κινουμένη ἐπὶ τῆς γῆς τῶν πετεινῶν, καὶ τῶν κτηνῶν, καὶ τῶν θηρίων, καὶ πᾶν ἔρπετον κινούμενον ἐπὶ

READER

7:11-8:3

In the six-hundredth year of Noah's life, in the second month, on the seventeenth day of the month, on that day, all the fountains of the great deep were broken up, and the floodgates of heaven were opened. Then it rained on the earth forty days and forty nights. On the very same day Noah and his wife, his sons, Shem, Ham, and Japheth, and their wives entered the ark. Also, all the wild animals after their kind, all cattle after their kind, every creeping thing moving upon the earth after its kind, and every bird after its kind, entered the ark with Noah, two by two, of all flesh in which is the breath of life. So those that entered, male and female of all flesh, went in as God commanded him. Then the Lord God shut him in the ark. Now the flood was on the earth forty days and forty nights. The waters increased and lifted up the ark, and it rose high above the earth. So the waters prevailed and greatly increased on the earth, and the ark moved about on the surface of the waters. The waters prevailed exceedingly on the earth, and all the high mountains under the whole heaven were covered. The waters prevailed fifteen cubits upward, and covered all the high mountains. And all flesh died that moves on the earth: birds and cattle, wild animals, and every creeping thing that moves on the earth, and every man. Thus all things in whose nostrils was the breath of life, and everything on dry land, died. So He blotted out all living things on the face of the earth: both man and cattle, creeping things and the birds of heaven. They were blotted out from the earth.

τῆς γῆς, καὶ πᾶς ἄνθρωπος, καὶ πάντα ὅσα ἔχει πνοὴν ζωῆς, καὶ πᾶν ὃ ἦν ἐπὶ τῆς ξηρᾶς ἀπέθανε. Καὶ ἐξήλειψε πᾶν τὸ ἀνάστημα, ὃ ἦν ἐπὶ προσώπου πάσης τῆς γῆς, ἀπὸ ἀνθρώπου ἕως κτήνους, καὶ ἔρπετων, καὶ τῶν πετεινῶν τοῦ οὐρανοῦ, καὶ ἐξηλείφθησαν ἀπὸ τῆς γῆς, καὶ κατελείφθη Νῶε μόνος, καὶ οἱ μετ' αὐτοῦ, ἐν τῇ κιβωτῷ. Καὶ ὑψώθη τὸ ὕδωρ ἐπὶ τῆς γῆς, ἡμέρας ἑκατὸν πεντήκοντα. Καὶ ἐμνήσθη ὁ Θεὸς τοῦ Νῶε, καὶ πάντων τῶν θηρίων, καὶ πάντων τῶν κτηνῶν, καὶ πάντων τῶν πετεινῶν, καὶ πάντων τῶν ἔρπετων, ὅσα ἦν μετ' αὐτοῦ ἐν τῇ κιβωτῷ, καὶ ἐπήγαγεν ὁ Θεὸς πνεῦμα ἐπὶ τὴν γῆν, καὶ ἐκόπασε τὸ ὕδωρ. Καὶ ἐπεκαλύφθησαν αἱ πηγαὶ τῆς ἀβύσσου, καὶ οἱ καταρράκται τοῦ οὐρανοῦ, καὶ συνεσχέθη ὁ ὑετὸς ἀπὸ τοῦ οὐρανοῦ, καὶ ἐνεδίδου τὸ ὕδωρ, πορευόμενον ἀπὸ τῆς γῆς, καὶ ἡλαττονοῦτο τὸ ὕδωρ, μετὰ ἑκατὸν πεντήκοντα ἡμέρας.

Προκείμενον. Ἦχος βαρύς.
Ψαλμὸς ΝC' (56).

Ἐλέησόν με, ὁ Θεός, ἐλέησόν με, ὅτι ἐπὶ σοὶ πέποιθεν ἡ ψυχὴ μου.

Καὶ ἐν τῇ σκιᾷ τῶν πτερυγῶν σου ἐλπῶ, ἕως οὗ παρέλθῃ ἡ ἀνομία.

Παροιμιῶν τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

Κεφ. Ι', 1-22

Υἱὸς σοφὸς εὐφραίνει πατέρα, υἱὸς δὲ ἄφρων λύπη τῇ μητρί, οὐκ ὠφελήσουσι θησαυροὶ ἀνόμους, δικαιοσύνη δὲ ῥύσεται ἐκ θανάτου, οὐ λιμοκτονήσει Κύριος ψυχὴν

Only Noah and those with him in the ark remained alive. Now the waters prevailed on the earth one hundred and fifty days. Then God remembered Noah, and whatever was with him in the ark: all the wild animals, all the cattle, all the birds, and all the creeping things. And God made a wind to pass over the earth, and the waters subsided. The fountains of the deep and the floodgates of heaven were also stopped, and the rain from heaven was restrained. And the waters receded continually from the earth. At the end of the hundred and fifty days the waters decreased. [SAAS]

Prokeimenon. Grave Mode.
Psalm 56 (57).

Have mercy on me, O God, have mercy on me, for my soul trusts in You.

And in the shadow of Your wings I will hope, until lawlessness shall pass away. [SAAS]

The reading is from the Proverbs of Solomon.

PRIEST

Wisdom. Let us be attentive.

READER

10:1-23

A wise son makes his father glad, but a son without discernment is a grief to his mother. Treasures do not benefit lawless men, but righteousness delivers from death. The

δικαίαν, ζωὴν δὲ ἀσεβῶν ἀνατρέψει.
 Πενία ἄνδρα ταπεινοῖ, χεῖρες δὲ ἀνδρείων
 πλουτίζουνσι. Διεσώθη ἀπὸ καύματος
 υἱὸς νοήμων, ἀνεμόφθορος δὲ γίνεται
 ἐν ἀμητῷ υἱὸς παράνομος. Εὐλογία
 Κυρίου ἐπὶ κεφαλὴν δικαίου, στόμα δὲ
 ἀσεβῶν καλύψει πένθος ἄωρον. Μνήμη
 δικαίου μέτ' ἐγκωμίων, ὄνομα δὲ ἀσεβοῦς
 σβέννυται. Σοφὸς ἐν καρδίᾳ δέξεται
 ἐντολάς. Ὁ δὲ ἄστεγος χεῖλεσι σκολιάζων
 ὑποσκελισθήσεται, ὃς πορεύεται ἀπλῶς,
 πορεύεται πεποιθώς. Ὁ δὲ διαστρέφων
 τὰς ὁδοὺς αὐτοῦ γνωσθήσεται, ὁ ἐννεύων
 ὀφθαλμοῖς μετὰ δόλου, συνάγει ἀνδράσι
 λύπας. Ὁ δὲ ἐλέγχων μετὰ παρρησίας
 εἰρηνοποιεῖ. Πηγὴ ζωῆς ἐν χειρὶ δικαίου,
 στόμα δὲ ἀσεβοῦς καλύψει ἀπώλεια.
 Μῖσος ἐγείρει νεῖκος, πάντας δὲ τοὺς
 μὴ φιλονεικοῦντας καλύψει φιλία. Ὅς
 ἐκ χειλέων προσφέρει σοφίαν, ῥάβδῳ
 τύπτει ἄνδρα ἀκάρδιον. Σοφοὶ κρύψουσιν
 αἴσθησιν, στόμα δὲ προπετοῦς ἐγγίζει
 συντριβή. Κτήσις πλουσίων, πόλις ὀχυρά,
 συντριβὴ δὲ ἀσεβῶν, πενία. Ἔργα δικαίων
 ζωὴν ποιεῖ, καρποὶ δὲ ἀσεβῶν, ἁμαρτίας.
 Ὅδοις δικαίας ζωῆς φυλάσσει παιδεία,
 παιδεία δὲ ἀνεξέλεγκτος πλανᾷται.
 Καλύπτουσιν ἔχθραν χεῖλη δίκαια, οἱ δὲ
 ἐκφέροντες λοιδορίας, ἀφρονέστατοί εἰσιν.
 Ἐκ πολυλογίας οὐκ ἐκφεύξη ἁμαρτίαν,
 φειδόμενος δὲ χειλέων, νοήμων ἔσθ. Ἄργυρος
 πεπυρωμένος γλῶσσα δικαίου,
 καρδία δὲ ἀσεβοῦς ἐκλείψει. Χεῖλη δικαίων
 ἐπίστανται ὑψηλά, οἱ δὲ ἄφρονες ἐν
 ἐνδείᾳ τελευτῶσιν. Εὐλογία Κυρίου ἐπὶ
 κεφαλὴν δικαίου, αὕτη πλουτίζει, καὶ οὐ μὴ
 προστεθῇ αὐτῇ λύπη ἐν καρδίᾳ.

Lord will not let the soul of the righteous man starve, but He overthrows the life of the ungodly. Poverty humbles a man, but the hands of courageous men enrich others. A son who is instructed will be wise, and he will use a man without discernment as a servant. A son with understanding is kept safe from the heat, but a lawless son is blasted by the wind at harvest time. The blessing of the Lord is upon the head of a righteous man, but untimely grief will cover the mouth of the ungodly. The remembrance of the righteous is with eulogies, but the name of an ungodly man is extinguished. The wise man in heart will receive the commandments, but the man unguarded in speech will be overthrown in his perverseness. He who walks in sincerity walks confidently, but he who perverts his ways will be known. He who winks his eyes deceitfully gathers grief for men, but he who reproves boldly is a peacemaker. A fountain of life is in the hand of a righteous man, but the mouth of an ungodly man will hide destruction. Hatred stirs up strife, but love covers all who are not lovers of strife. He who brings forth wisdom from his lips beats a heartless man with a rod. The wise will hide perception, but the mouth of a rash man approaches destruction. The acquisition of riches is a fortified city, but poverty is the destruction of the ungodly. The works of the righteous produce life, but the fruits of the ungodly produce sins. Instruction guards righteous ways of life, but instruction incapable of criticism goes astray. Righteous lips cover hatred, but those who bring forth abuse are very lacking in discernment. You will not escape sin by a multitude of words,

ΑΝΑΓΝΩΣΤΗΣ

Καταξιώσον, Κύριε, ἐν τῇ ἐσπέρᾳ 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, συνέτισον μὲ 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 πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἐσπερινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τὴν ἐσπέραν παῖσαν τελείαν, ἀγίαν, εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ Κυρίου αἰτησώμεθα.

but you of discreet lips will be forbearing. The tongue of a righteous man is silver tried in the fire, but the heart of an ungodly man shall fail. The lips of righteous men understand lofty things, but men without discernment die in want. The blessing of the Lord is upon the head of a righteous man; it enriches him, and grief of heart will not be added to it. [SAAS]

READER

O Lord, keep us this evening without sin. Blessed are you, O Lord, God of our fathers, and praised and glorified is your name to the ages. Amen. O Lord, let your mercy be upon us for we have set our hope in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, Master, grant me understanding of your commandments. Blessed are you, Holy One, enlighten me with your commandments. Lord, your mercy is forever. Do not despise the works of your hands. To you is due praise, to you is due song, to you is due glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. [HC]

(Amen.)

DEACON

Let us complete our evening 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 evening may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(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.)

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 μετανοίᾳ ἐκτελέσαι, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Χριστιανὰ τὰ τέλη τῆς ζωῆς ἡμῶν,
ἀνώδυνα, ἀνεπαίσχυντα, εἰρηνικά, καὶ
καλὴν ἀπολογία 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 ἀγαθὸς καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,
νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

For You, 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.)

PRIEST

Peace be with all.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, ὁ Θεὸς ἡμῶν, ὁ κλίνας οὐρανούς καὶ καταβάς ἐπὶ σωτηρίᾳ τοῦ γένους τῶν ἀνθρώπων, ἔπιδε ἐπὶ τοὺς δούλους σου καὶ ἐπὶ τὴν κληρονομίαν σου· σοὶ γὰρ τῷ φοβερῷ καὶ φιланθρώπῳ κριτῇ οἱ σοὶ δούλοι ὑπέκλιναν τὰς κεφαλὰς, τοὺς δὲ αὐτῶν ὑπέταξαν αὐχένας, οὐ τὴν ἐξ ἀνθρώπων ἀναμένοντες βοήθειαν, ἀλλὰ τὸ σὸν περιμένοντες ἔλεος καὶ τὴν σὴν ἀπεκδεχόμενοι σωτηρίαν· οὓς διαφύλαξον ἐν παντὶ καιρῷ καὶ κατὰ τὴν παροῦσαν ἐσπέραν καὶ τὴν προσιοῦσαν νύκτα, ἀπὸ παντὸς ἐχθροῦ, ἀπὸ πάσης ἀντικειμένης ἐνεργίας διαβολικῆς, καὶ διαλογισμῶν ματαίων καὶ ἐνθυμήσεων πονηρῶν.

ΙΕΡΕΥΣ

Εἴη τὸ κράτος τῆς βασιλείας σου εὐλογημένον καὶ δεδοξασμένον, τοῦ Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Ἰδιόμελον. Ἦχος πλ. β'.

Ἡ ἐν τῷ ξύλῳ τοῦ Σταυροῦ, κρεμασθεῖσα ζωὴ τῶν ἀπάντων, Χριστὲ ὁ Θεός, ζωοποίησόν μου τὴν ψυχὴν, τεθανατωμένην τοῖς παραπτώμασι, καὶ μὴ παντελῶς ἀπολέσθαι, τὸ σὸν συγχωρήσεις πρόβατον, ὁ Ποιμὴν ὁ καλός· ἀπεσκίρτησα γὰρ τῶν σῶν ἐντολῶν, καὶ τὸν τῆς ἀναμαρτησίας πλοῦτον, ὃν ἔδωρήσω μοι, διεσκόρπισα φιλαμαρτήμονι προαιρέσει, διεφθάρην τε, καὶ ἐβδελύχθην, ἐν τοῖς τῆς ἀσωτείας ἐπιτηδεύμασιν. Ἀλλ'

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST (in a low voice)

Lord our God, who bowed the heavens and came down for the salvation of the human race, look upon your servants and upon your inheritance, for to you, the fearful Judge who love mankind, your servants have bowed their heads and inclined their necks, not waiting for any human help, but awaiting your mercy and looking for your salvation. Guard them at every moment, during both the present evening and the approaching night, from every foe, from every hostile operation of the devil and from vain thoughts and evil desires.

PRIEST

May the might of your kingdom be blessed and glorified, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Triodion ---

CHOIR

Aposticha. From the Triodion.

Idiomelon. Mode pl. 2.

O Christ our God, the life of all, who were hung on the tree of the Cross, I pray You, make my soul alive again, for it has died because of transgressions. Forgive me, Your sheep, lest I be utterly lost, O Good Shepherd. Alas, I took a break from Your commandments, and thus willfully sinning, I squandered the fortune of sinlessness that You had given me. I have been corrupted, I have become abhorrent, for I have engaged in what is depraved. So I implore You to draw

ἀνακαίνισόν με, πρὸς μετάνοιαν ἐλκύσας, ὁ μόνος πολυέλεος.

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.

Ἦ ἐν τῷ ξύλῳ τοῦ Σταυροῦ, κρεμασθεῖσα ζωὴ τῶν ἀπάντων, Χριστὲ ὁ Θεός, ζωοποίησόν μου τὴν ψυχὴν, τεθανατωμένην τοῖς παραπτώμασι, καὶ μὴ παντελῶς ἀπολέσθαι, τὸ σὸν συγχωρήσεις πρόβατον, ὁ Ποιμὴν ὁ καλός· ἀπεσκίρτησα γὰρ τῶν σῶν ἐντολῶν, καὶ τὸν τῆς ἀναμαρτησίας πλοῦτον, ὃν ἐδωρήσω μοι, διεσκόρπισα φιλαμαρτήμονι προαιρέσει, διεφθάρην τε, καὶ ἐβδελύχθην, ἐν τοῖς τῆς ἀσωτείας ἐπιτηδεύμασιν. Ἀλλ' ἀνακαίνισόν με, πρὸς μετάνοιαν ἐλκύσας, ὁ μόνος πολυέλεος.

Μαρτυρικόν.

Ἦχος πλ. β'.

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.

Οἱ Μάρτυρές σου Κύριε, οὐκ ἡρνήσαντό σε, οὐκ ἀπέστησαν ἀπὸ τῶν ἐντολῶν σου, ταῖς αὐτῶν πρεσβείαις, ἐλέησον ἡμᾶς.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. β'. Τριήμερος ἀνέστης.

Ὁρῶσά σε σταυρούμενον, Χριστὲ ἡ σὲ κυήσασα, ἀνεβόα· Τί τὸ ξένον, ὁ ὀρῶ,

me to repentance and to renew me, O only very merciful Lord. [SD]

Verse: *I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look to the hands of their masters, as the eyes of the maidservant look to the hands of her mistress, so our eyes look to the Lord our God until He shall have compassion on us.* [SAAS]

O Christ our God, the life of all, who were hung on the tree of the Cross, I pray You, make my soul alive again, for it has died because of transgressions. Forgive me, Your sheep, lest I be utterly lost, O Good Shepherd. Alas, I took a break from Your commandments, and thus willfully sinning, I squandered the fortune of sinlessness that You had given me. I have been corrupted, I have become abhorrent, for I have engaged in what is depraved. So I implore You to draw me to repentance and to renew me, O only very merciful Lord. [SD]

For the Martyrs.

Mode pl. 2.

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]

Your Martyrs did not renounce You, O Lord, nor did they deviate from Your commandments. By their intercessions, have mercy on us. [SD]

Glory. Both now. **Theotokion.**

Mode pl. 2. O Christ, as it is written.

O Christ, when she who gave You birth * beheld You hanging on the Cross, * she cried

μυστήριον Υἱέ μου, πῶς ἐπὶ ξύλου θνήσκεις,
σαρκὶ κρεμάμενος, ζωῆς χορηγέ;

ΙΕΡΕΥΣ

Ὡδὴν τοῦ Θεοδόχου Συμεών.

Νῦν ἀπολύεις τον δοῦλόν σου, Δέσποτα,
κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ· ὅτι εἶδον
οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὃ
ἠτοίμασας κατὰ πρόσωπον πάντων τῶν
λαῶν· φῶς εἰς ἀποκάλυψιν ἐθνῶν, καὶ
δόξαν λαοῦ σου Ἰσραήλ.

ΛΑΟΣ

Τρισάγιον.

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

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

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

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

loudly: * O my Son, what is this * strange
mystery I witness? * How is it that You die
now, * crucified in the flesh, O Giver of life?

[SD]

PRIEST

Song of Simeon.

Lord, now You are letting Your servant
depart in peace, according to Your word; for
my eyes have seen Your salvation which You
have prepared before the face of all peoples.
A light to bring revelation to the Gentiles, and
the glory of Your people Israel. [NKJV]

PEOPLE

Trisagion Prayers.

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

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

All-holy Trinity, have mercy on us.
Lord, forgive our sins. Master, pardon our
transgressions. Holy One, visit and heal our
infirmities for your name's sake.

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

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

Our Father, who art in heaven, hallowed
be Thy name. Thy kingdom come, Thy will
be done, on earth as it is in heaven. Give us
this day our daily bread; and forgive us our
trespasses, as we forgive those who trespass

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

Τοῦ Ὡρολογίου ---

Ἀπολυτίκια. Ἦχος πλ. α'.

Θεοτόκε Παρθέने, χαῖρε κεχαριτωμένη Μαρία, ὁ Κύριος μετὰ σοῦ· εὐλογημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν ἡμῶν.

Βαπτιστὰ τοῦ Χριστοῦ, πάντων ἡμῶν μνήσθητι, ἵνα ρυσθῶμεν τῶν ἀνομιῶν ἡμῶν· σοὶ γὰρ ἐδόθη χάρις πρεσβεῦειν ὑπὲρ ἡμῶν.

Δόξα.

Ἰκετεύσατε ὑπὲρ ἡμῶν, ἅγιοι Ἀπόστολοι, καὶ Ἅγιοι πάντες, ἵνα ρυσθῶμεν κινδύνων καὶ θλίψεων, ὑμᾶς γὰρ θερμοὺς προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα.

Τὸ τελευταῖον τοῦτο τροπάριον κατὰ τὴν ἀρχαίαν τάξιν λέγεται χῦμα ὑπὸ τοῦ ἀναγνώστου. Σήμερον ὁμως συνήθως ψάλλεται καὶ τοῦτο, ὡς καὶ τὰ προηγούμενα.

Καὶ νῦν.

Ὑπὸ τὴν σὴν εὐσπλαγχνίαν, καταφεύγομεν Θεοτόκε, τὰς ἡμῶν ἱκεσίας μὴ παρίδῃς ἐν περιστάσει, ἀλλ' ἐκ κινδύνων λύτρωσαι ἡμᾶς, μόνη Ἁγνή, μόνη εὐλογημένη.

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

From Horologion ---

Apolytikia. Mode pl. 1.

O Virgin Theotokos, rejoice, Mary full of grace. The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb; for you have borne the Savior of our souls [SD]

O Baptist of Christ, be mindful of us all, that we may be delivered from our iniquities; for unto you was given the grace to intercede for us. [SD]

Glory.

Entreat earnestly for us, O holy Apostles and all Saints, that we be delivered from peril and affliction; for you are our fervent advocates before the Savior. [SD]

This final troparion, according to older rules, is simply recited by the Reader. In current practice, however, it is usually, sung much like the preceding hymns.

Both now.

Beneath your tender compassion we take refuge, O Theotokos. Despise not our supplications in distress, but deliver us from all peril. You alone are pure; you alone are blessed. [SD]

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν,
πάντοτε, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς
ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν
στήριξον· τὰ ἔθνη πρᾶνον· τὸν κόσμον
εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ
Μονήν) ταύτην καλῶς διαφύλαξον· τοὺς
προαπελθόντας πατέρας καὶ ἀδελφούς
ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς
ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε,
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

Εὐχή τοῦ Ἁγίου Ἐφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ
ἀργολογίας μὴ μοι δῶς.

Πνεῦμα δὲ σωφροσύνης,
ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης
χάρισαί μοι τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ
ὁρᾶν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν
τὸν ἀδελφόν μου.

READER

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

O heavenly King, uphold our rulers,
strengthen the Faith, calm the nations, give
peace to the world. Protect this holy Church
(or, Monastery); grant our departed fathers
and brethren that they may dwell with
the righteous, and accept us in repentance
and confession; for You are good and love
mankind.

(Amen.)

Prayer of St. Ephraim

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ιβ')

Παναγία Τριάς, τὸ Ὁμοούσιον κράτος, ἡ ἀδιαίρετος βασιλεία, ἡ πάντων τῶν ἀγαθῶν αἰτία, εὐδόκησον δὴ καὶ ἐπ' ἐμοὶ τῷ ἁμαρτωλῷ· στήριξον, συνέτισον τὴν καρδίαν μου, καὶ πᾶσαν περίελέ μου τὴν βεβηλότητα· φώτισόν μου τὴν διάνοιαν, ἵνα διὰ παντὸς δοξάζω, ὑμνῶ, προσκυνῶ καὶ λέγω· Εἷς Ἅγιος, εἷς Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Εἴη τὸ ὄνομα Κυρίου εὐλογημένον ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος. (ἐκ γ')

Ψαλμὸς ΛΓ' (33).

Εὐλογήσω τὸν Κύριον ἐν παντὶ καιρῷ, διὰ παντὸς ἡ αἰνεσις αὐτοῦ ἐν τῷ στόματί μου. Ἐν τῷ Κυρίῳ ἐπαινεθήσεται ἡ ψυχὴ μου· ἀκουσάτωσαν πρᾶεῖς, καὶ εὐφρανθήτωσαν. Μεγαλύνετε τὸν Κύριον σὺν ἐμοί, καὶ ὑψώσωμεν τὸ ὄνομα αὐτοῦ ἐπὶ τὸ αὐτό. Ἐξεζήτησα τὸν Κύριον, καὶ ἐπήκουσέ μου, καὶ ἐκ πασῶν τῶν θλίψεων μου ἐρρύσατό με. Προσέλθετε πρὸς αὐτὸν καὶ φωτίσθητε, καὶ τὰ πρόσωπα ὑμῶν οὐ μὴ καταισχυνθῇ. Οὗτος ὁ πτωχὸς ἐκέκραξε καὶ ὁ Κύριος εἰσήκουσεν αὐτοῦ καὶ ἐκ πασῶν τῶν θλίψεων αὐτοῦ ἔσωσεν αὐτόν. Παρεμβαλεῖ ἄγγελος Κυρίου κύκλῳ τῶν φοβουμένων αὐτόν καὶ ῥύσεται αὐτούς. Γεύσασθε καὶ ἴδετε ὅτι χρηστὸς ὁ Κύριος· μακάριος ἄνθρωπος, ὃς ἐλπίζει ἐπ' αὐτόν. Φοβήθητε τὸν Κύριον πάντες οἱ ἅγιοι αὐτοῦ, ὅτι οὐκ ἔστιν ὑστέρημα τοῖς φοβουμένοις αὐτόν. Πλούσιοι ἐπτώχευσαν καὶ ἐπείνασαν, οἱ δὲ ἐκζητοῦντες τὸν

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

READER

Lord, have mercy. (12)

All-Holy Trinity, the consubstantial dominion, the indivisible rule, and cause of every good: be well pleased, even with regard to me a sinner. Strengthen my heart and grant it understanding, and take away all my defilement. Illumine my mind, so that I may ever glorify, praise, worship, and say: One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

Blessed be the name of the Lord from this present time and unto the ages. (3)

Psalm 33 (34).

I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall be praised in the Lord; let the gentle hear, and be glad. Oh, magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me; and He delivered me from all my sojourning. Come to Him, and be enlightened, and your face shall never be ashamed. This poor man cried, and the Lord heard him, and saved him from all his afflictions. The Angel of the Lord shall encamp around those who fear Him, and He will deliver them. Oh, taste and see that the Lord is good; blessed is the man who hopes in Him. Fear the Lord, you His saints, for there is no want for those who fear Him. Rich men turned poor and went hungry; but those who seek the Lord shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, who loves to see good days? Keep

Κύριον οὐκ ἐλαττωθήσονται παντὸς ἀγαθοῦ. Δεῦτε, τέκνα, ἀκούσατέ μου φόβον Κυρίου διδάξω ὑμᾶς. Τίς ἐστιν ἄνθρωπος ὁ θέλων ζωὴν, ἀγαπῶν ἡμέρας ἰδεῖν ἀγαθάς; Παῦσον τὴν γλῶσσάν σου ἀπὸ κακοῦ καὶ χεῖλη σου τοῦ μὴ λαλῆσαι δόλον. Ἐκκλινον ἀπὸ κακοῦ καὶ ποιήσον ἀγαθόν, ζήτησον εἰρήνην καὶ δίωξον αὐτήν. Ὀφθαλμοὶ Κυρίου ἐπὶ δικαίους, καὶ ὅτα αὐτοῦ εἰς δέησιν αὐτῶν. Πρόσωπον δὲ Κυρίου ἐπὶ ποιῶντας κακὰ τοῦ ἐξολοθρεῦσαι ἐκ γῆς τὸ μνημόσυνον αὐτῶν. Ἐκέκραξαν οἱ δίκαιοι, καὶ ὁ Κύριος εἰσήκουσεν αὐτῶν, καὶ ἐκ πασῶν τῶν θλίψεων αὐτῶν ἐρρύσατο αὐτούς. Ἐγγὺς Κύριος τοῖς συντετριμμένοις τὴν καρδίαν καὶ τοὺς ταπεινοὺς τῷ πνεύματι σώσει. Πολλὰ αἱ θλίψεις τῶν δικαίων, καὶ ἐκ πασῶν αὐτῶν ῥύσεται αὐτοὺς ὁ Κύριος· φυλάσσει Κύριος πάντα τὰ ὅσα αὐτῶν, ἐν ἑξ αὐτῶν οὐ συντριβήσεται. Θάνατος ἀμαρτωλῶν πονηρός, καὶ οἱ μισοῦντες τὸν δίκαιον πλημμελήσουσι. Λυτρώσεται Κύριος ψυχὰς δούλων αὐτοῦ, καὶ οὐ μὴ πλημμελήσουσι πάντες οἱ ἐλπίζοντες ἐπ' αὐτόν.

Ψαλμὸς ΡΜΔ' (144).

Ὑψώσω σε, ὁ Θεός μου ὁ βασιλεὺς μου, καὶ εὐλογήσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Καθ' ἐκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Μέγας Κύριος καὶ αἰνετὸς σφόδρα, καὶ τῆς μεγαλωσύνης αὐτοῦ οὐκ ἔστι πέρας. Γενεὰ καὶ γενεὰ ἐπαινέσει τὰ ἔργα σου καὶ τὴν δύναμίν σου ἀπαγγελοῦσι. Τὴν μεγαλοπρέπειαν τῆς δόξης τῆς ἁγιωσύνης σου λαλήσουσι

your tongue from evil, and your lips from speaking deceit. Shun evil and do good; seek peace and pursue it. The eyes of the Lord are upon the righteous, and His ears are open to their supplications. The Lord's face is against those who do evil, so as to destroy their remembrance from the earth. The righteous cried, and the Lord heard them; and He delivered them from all their afflictions. The Lord is near those who are brokenhearted, and He will save the humble in spirit. Many are the afflictions of the righteous, but He will deliver them from them all. The Lord shall guard all their bones; not one of them shall be broken. The death of sinners is evil, and those who hate the righteous shall go wrong. The Lord will redeem the souls of His servants, and all who hope in Him shall not go wrong.

Psalm 144 (145)

I shall exalt You, my God and my King, and I shall bless Your name forever and unto ages of ages. Every day I shall bless you and praise Your name forever and unto ages of ages. Great is the Lord and exceedingly praiseworthy, and His greatness has no limit. Generation and generation shall praise Your works, and they shall declare Your power. They shall speak of the magnificence of the glory of Your holiness, and they shall describe Your wonders. They shall also speak of the

καὶ τὰ θαυμάσιά σου διηγῆσονται. Καὶ τὴν δύναμιν τῶν φοβερῶν σου ἐροῦσι καὶ τὴν μεγαλωσύνην σου διηγῆσονται. Μνήμην τοῦ πλήθους τῆς χρηστότητός σου ἐξερεῦξονται καὶ τῇ δικαιοσύνῃ σου ἀγαλλιάσονται. Οἰκτίρμων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος. Χρηστὸς Κύριος τοῖς σύμπασι, καὶ οἱ οἰκτιρμοὶ αὐτοῦ ἐπὶ πάντα τὰ ἔργα αὐτοῦ. Ἐξομολογησάσθωσάν σοι, Κύριε, πάντα τὰ ἔργα σου, καὶ οἱ ὅσιοί σου εὐλογησάτωσάν σε. Δόξαν τῆς βασιλείας σου ἐροῦσι καὶ τὴν δυναστείαν σου λαλήσουσι τοῦ γνωρίσαι τοῖς υἱοῖς τῶν ἀνθρώπων τὴν δυναστείαν σου καὶ τὴν δόξαν τῆς μεγαλοπρεπείας τῆς βασιλείας σου. Ἡ βασιλεία σου βασιλεία πάντων τῶν αἰώνων, καὶ ἡ δεσποτεία σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ. Πιστὸς Κύριος ἐν πᾶσι τοῖς λόγοις αὐτοῦ καὶ ὅσιος ἐν πᾶσι τοῖς ἔργοις αὐτοῦ. Ὑποστηρίζει Κύριος πάντας τοὺς καταπίπτοντας καὶ ἀνορθοῖ πάντας τοὺς κατερραγμένους. Οἱ ὀφθαλμοὶ πάντων εἰς σὲ ἐλπίζουσι, καὶ σὺ δίδως τὴν τροφήν αὐτῶν ἐν εὐκαιρίᾳ. Ἀνοίγεις σὺ τὰς χεῖράς σου καὶ ἐμπιπλᾷς πᾶν ζῶον εὐδοκίας. Δίκαιος Κύριος ἐν πάσαις ταῖς ὁδοῖς αὐτοῦ καὶ ὅσιος ἐν πᾶσι τοῖς ἔργοις αὐτοῦ. Ἐγγὺς Κύριος πᾶσι τοῖς ἐπικαλουμένοις αὐτόν, πᾶσι τοῖς ἐπικαλουμένοις αὐτόν ἐν ἀληθείᾳ. Θέλημα τῶν φοβουμένων αὐτόν ποιήσει καὶ τῆς δεήσεως αὐτῶν εἰσακούσεται καὶ σώσει αὐτούς. Φυλάσσει Κύριος πάντας τοὺς ἀγαπῶντας αὐτόν καὶ πάντας τοὺς ἀμαρτωλοὺς ἐξολοθρεύσει. Αἶνεσιν Κυρίου λαλήσει τὸ στόμα μου· καὶ εὐλογεῖτω πᾶσα σὰρξ τὸ ὄνομα τὸ ἅγιον αὐτοῦ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

power of Your awesome deeds and describe Your great majesty. They shall overflow with the memory of Your rich goodness, and shall greatly rejoice in Your righteousness. The Lord is gracious and merciful, longsuffering and abundant in mercy. The Lord is good to all, and His mercies are upon all His works. O Lord, let all Your works praise You and Your holy ones bless You. They shall tell of Your kingdom's glory, and they shall speak of Your power, that all the sons of men may know Your power and the glory of Your kingdom's magnificence. Your kingdom is a kingdom of all the ages, and Your dominion is from generation to generation. The Lord is faithful in His words and holy in all His works. The Lord supports all who stumble and restores all who are broken down. All eyes hope in You, and You give them their food in due season. You open Your hand and fill every living thing with Your pleasure. The Lord is righteous in all His ways and holy in all His works. The Lord is near to all who call on Him, to all who call upon Him in truth. He shall do the will of those who fear Him, and He shall hear their supplications and save them. The Lord keeps all who love Him, but all the sinners He shall utterly destroy. My mouth shall speak the Lord's praise, and let all flesh bless His holy name forever and unto ages of ages.

ΑΝΑΓΝΩΣΤΗΣ

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

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

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
όσίων καὶ θεοφόρων Πατέρων ἡμῶν· **(τοῦ**
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, καὶ
πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

READER

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

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

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.)