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Presanctified Liturgy

on Friday Evening

for Saturday, March 16, 2019

**Triodion - On Friday of the First Week
Saturday of the First Week. St. Theodore Tyro and Kolyva
Miracle.
at Vespers**

**Menaion - March 16
Memory of the Holy Martyr Sabinos the Egyptian**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Τῇ Παρασκευῇ Α' Ἑβδομάδος εἰς τὸν Ἑσπερινόν.

Ἦχος πλ. δ'. Τῇ Παρασκευῇ Ἑσπέρας

Σάββατον τῆς Α' Ἑβδομάδος. Τὸ διὰ Κολλύβων Θαῦμα τοῦ Ἁγίου Θεοδώρου τοῦ Τήρωνος.

ΠΡΟΗΓΙΑΣΜΕΝΗ

ΙΕΡΕΥΣ

Εὐλογημένη ἡ Βασιλεία τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΑΝΑΓΝΩΣΤΗΣ

Αμήν.

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 δέρριν, ὁ στεγάζων ἐν ὕδασι τὰ ὑπερῶα αὐτοῦ.
Ὁ 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

Triodion

On Friday of the First Week at Vespers

Mode pl. 4. On Friday Evening

Saturday of the First Week. St. Theodore Tyro and Kolyva Miracle.

PRESANCTIFIED

PRIEST

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

READER

Amen.

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

αἰῶνα τοῦ αἰῶνος. Ἄβυσσος ὡς ἱμάτιον
τὸ περιβόλαιον αὐτοῦ, ἐπὶ τῶν ὀρέων
στήσονται ὕδατα. Ἀπὸ ἐπιτιμῆσεώς
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

ages. The deep like a garment is His covering;
the waters shall stand upon the mountains;
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

ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς κτίσεώς σου. Αὕτη ἡ θάλασσα ἡ μεγάλη 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 ἀνακαινιεῖς 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. Αἰσῶ τῷ Κυρίῳ ἐν τῇ ζωῇ μου, ψαλῶ 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 αὐτοῦς. 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')

in wisdom; the earth was filled with Your creation. There is this great and spacious sea: 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)

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

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.)

Our hope, O Lord, glory to You.

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.)

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

(Κύριε, ἐλέησον.)

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 (χαμηλοφώνως)

ΕΥΧΗ Α' ΑΝΤΙΦΩΝΟΥ

Κύριε, οἰκτίρμον καὶ ἐλεῆμον, μακρόθυμε καὶ πολυέλεε, ἐνῶτισαι τὴν προσευχὴν ἡμῶν, καὶ πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν. Ποίησον μεθ' ἡμῶν σημεῖον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὁδῷ σου, τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὐφρανόντας καρδίας ἡμῶν, εἰς τὸ φοβεῖσθαι τὸ ὄνομά σου τὸ ἅγιον, διότι μέγας εἶ σύ, καὶ ποιῶν θαυμάσια. Σὺ εἶ Θεὸς μόνος, καὶ οὐκ ἔστιν ὁμοίός σοι ἐν θεοῖς, Κύριε· δυνατός ἐν ἐλέει, καὶ ἀγαθός ἐν ἰσχύϊ, εἰς τὸ βοηθεῖν, καὶ παρακαλεῖν, καὶ σώζειν πάντας τοὺς ἐλπίζοντας εἰς τὸ ὄνομά σου τὸ ἅγιον.

ΙΕΡΕΥΣ

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

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.)

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 (in a low voice)

PRAYER OF THE FIRST ANTIPHON

Compassionate and merciful, longsuffering and very merciful Lord, hear our prayer and attend to the voice of our supplication. Give us a favorable sign. Guide us in Your path that we may walk in Your truth. Gladden our hearts that we may fear Your holy name, for You are great and work wonders. Only You are God, O Lord, and there is none like You among the gods. You are great in mercy and gracious in strength and in aiding, exhorting, and saving all those who place their hope in Your holy name.

PRIEST

For to You belong all glory, honor, and worship, to the Father and the Son and the

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

ΑΝΑΓΝΩΣΤΗΣ

ΠΡΩΤΗ ΣΤΑΣΙΣ

Ψαλμὸς ΡΙΘ' (119).

Πρὸς Κύριον ἐν τῷ θλίβεσθαί με ἐκέκραξα, καὶ εἰσήκουσέ μου. Κύριε, ῥῦσαι τὴν ψυχὴν μου ἀπὸ χειλέων ἀδίκων καὶ ἀπὸ γλώσσης δολίας. Τί δοθείῃ σοι καὶ τί προστεθείῃ σοι πρὸς γλῶσσαν δολίαν; τὰ βέλη τοῦ δυνατοῦ ἠκονημένα, σὺν τοῖς ἄνθραξι τοῖς ἐρημικοῖς. Οἴμοι! Ὅτι ἡ παροιμία μου ἐμακρύνθη, κατεσκηνώσα μετὰ τῶν σκηνωμάτων κηδάρ. Πολλὰ παρώκησεν ἡ ψυχὴ μου. Μετὰ τῶν μισούντων τὴν εἰρήνην ἤμην εἰρηνικός· ὅταν ἐλάλουν αὐτοῖς, ἐπολέμουν με δωρεάν.

Ψαλμὸς ΡΚ' (120).

Ἦρα τοὺς ὀφθαλμούς μου εἰς τὰ ὄρη, ὅθεν ἦξει ἡ βοήθειά μου. Ἡ βοήθειά μου παρὰ Κυρίου τοῦ ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν. Μὴ δῶης εἰς σάλον τὸν πόδα σου, μηδὲ νυστάξῃ ὁ φυλάσσων σε. Ἰδοὺ οὐ νυστάξει οὐδὲ ὑπνώσει ὁ φυλάσσων τὸν Ἰσραήλ. Κύριος φυλάξει σε, Κύριος σκέπη σοι ἐπὶ χειρὰ δεξιάν σου· ἡμέρας ὁ ἥλιος οὐ συγκαύσει σε, οὐδὲ ἡ σελήνη τὴν νύκτα. Κύριος φυλάξει σε ἀπὸ παντὸς κακοῦ, φυλάξει τὴν ψυχὴν σου ὁ Κύριος. Κύριος φυλάξει τὴν εἰσοδόν σου καὶ τὴν ἐξοδόν σου ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

Ψαλμὸς ΡΚΑ' (121).

Εὐφράνθην ἐπὶ τοῖς εἰρηνόσι μοι· εἰς οἶκον Κυρίου πορευσόμεθα. Ἐστῶτες ἦσαν οἱ πόδες ἡμῶν ἐν ταῖς αὐλαῖς σου, Ἱερουσαλὴμ. Ἱερουσαλὴμ οἰκοδομουμένη

Holy Spirit, now and forever and to the ages of ages. (Amen.)

READER

First Stanza

Psalms 119 (120).

To the Lord in my affliction I cried out, and He heard me. O Lord, deliver my soul from unjust lips and from a deceitful tongue. What should be given You, and what added to You, against a deceitful tongue? The arrows of the Mighty One are sharpened with hot coals from the desert. Woe is me! My sojourning was prolonged; I dwelt with the tents of Kedar. My soul sojourned a long time as a resident alien. With those who hate peace, I was peaceful; when I spoke to them, they made war against me without cause. [SAAS]

Psalms 120 (121).

I lifted my eyes to the mountains; from where shall my help come? My help comes from the Lord, who made heaven and earth. Let not your foot be moved; neither let Him who keeps you slumber. Behold, He who keeps Israel shall neither slumber nor sleep. The Lord shall keep you; the Lord is your shelter at your right hand. The sun shall not burn you by day nor the moon by night. The Lord shall keep you from all evil; the Lord shall keep your soul. The Lord shall keep your coming in and your going out from this present time and unto the ages. [SAAS]

Psalms 121 (122).

I was glad when they said to me, "Let us go into the house of the Lord." Our feet stand in your courts, O Jerusalem. Jerusalem is built as a city whose compactness is complete.

ὡς πόλις, ἥς ἡ μετοχὴ αὐτῆς ἐπὶ τὸ αὐτό. Ἐκεῖ γὰρ ἀνέβησαν αἱ φυλαί, φυλαὶ Κυρίου, μαρτύριον τῷ Ἰσραήλ, τοῦ ἐξομολογήσασθαι τῷ ὀνόματι Κυρίου· ὅτι ἐκεῖ ἐκάθισαν θρόνοι εἰς κρίσιν, θρόνοι ἐπὶ οἶκον δαυΐδ. Ἐρωτήσατε δὴ τὰ εἰς εἰρήνην τὴν Ἱερουσαλήμ, καὶ εὐθηνία τοῖς ἀγαπῶσί σε· γενέσθω δὴ εἰρήνη ἐν τῇ δυνάμει σου καὶ εὐθηνία ἐν ταῖς πυργοβάρεσί σου. Ἕνεκα τῶν ἀδελφῶν μου καὶ τῶν πλησίων μου, ἐλάλουν δὴ εἰρήνην περὶ σου· Ἕνεκα τοῦ οἴκου Κυρίου τοῦ Θεοῦ ἡμῶν, ἐξεζήτησα ἀγαθὰ σοι.

Ψαλμὸς PKB' (122).

Πρὸς σέ ἦρα τοὺς ὀφθαλμοὺς 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 οἰκτειρῆσαι ἡμᾶς. 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.

Ψαλμὸς PKΓ' (123).

Εἰ μὴ ὅτι Κύριος ἦν ἐν ἡμῖν, εἰπάτω δὴ Ἰσραήλ· εἰ μὴ ὅτι Κύριος ἦν ἐν ἡμῖν ἐν τῷ ἐπαναστῆναι ἀνθρώπους ἐφ' ἡμᾶς, ἄρα ζῶντας ἂν κατέπιον ἡμᾶς ἐν τῷ ὀργισθῆναι τὸν θυμὸν αὐτῶν ἐφ' ἡμᾶς· ἄρα τὸ ὕδωρ ἂν κατεπόντισεν ἡμᾶς, χεῖμαρρον διήλθεν ἡ ψυχὴ ἡμῶν· ἄρα διήλθεν ἡ ψυχὴ ἡμῶν τὸ ὕδωρ τὸ ἀνυπόστατον. Εὐλογητὸς Κύριος, ὃς οὐκ ἔδωκεν ἡμᾶς εἰς θήραν τοῖς ὀδοῦσιν αὐτῶν. Ἡ ψυχὴ ἡμῶν ὡς στρουθίον ἐρρύσθη ἐκ τῆς παγίδος τῶν θηρευόντων·

There the tribes went up, the tribes of the Lord, a testimony to Israel, to give thanks to the name of the Lord. For thrones sat there for judgment, thrones over the house of David. Ask now for things regarding the peace of Jerusalem, and there is prosperity for those who love you; let there now be peace in your power and prosperity in your citadels. For the sake of my brothers and my neighbors, I indeed spoke peace concerning you; for the sake of the house of the Lord our God, I sought good things for you. [SAAS]

Psalm 122 (123).

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. 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]

Psalm 123 (124).

"If the Lord had not been with us," let Israel now say, "If the Lord had not been with us, when men rose up against us, then they would have swallowed us alive, when their anger raged against us, then the water would have drowned us; our soul would have passed through a torrent, then our soul would have passed through a water that is overwhelming." Blessed is the Lord, who did not give us as prey to their teeth. Our soul was delivered like a sparrow from the snare

ἡ παγὶς συνετρίβη, καὶ ἡμεῖς ἐρρύσθημεν.
Ἡ βοήθεια ἡμῶν ἐν ὀνόματι Κυρίου τοῦ
ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν.

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

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

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

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

ΔΙΑΚΟΝΟΣ

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ Β' ΑΝΤΙΦΩΝΟΥ

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 παρουσίας ἡμέρας εἰρηνικὸν καὶ
ἀναμάρτητον, καὶ πάντα τὸν χρόνον τῆς ζωῆς ἡμῶν,

of the hunters; the snare was broken, and we
were delivered. Our help is in the name of the
Lord, who made heaven and earth. [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)

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.

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 (in a low voice)

PRAYER OF THE SECOND ANTIPHON

O Lord, do not rebuke us in Your anger, nor
chastise us in Your wrath, but deal with us according to
Your forbearance, physician and healer of our souls.
Lead us to Your haven. Open the eyes of our hearts
with the knowledge of Your truth, and grant that the
remainder of this day and the remainder of our lives
may be peaceful and sinless, by the intercessions of the
holy Theotokos and of all the saints.

πρεσβείαις τῆς ἁγίας Θεοτόκου, καὶ πάντων τῶν Ἁγίων σου.

ΙΕΡΕΥΣ

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.)

ΑΝΑΓΝΩΣΤΗΣ

ΣΤΑΣΙΣ ΔΕΥΤΕΡΑ

Ψαλμὸς ΡΚΔ' (124).

Οἱ πεποιθότες ἐπὶ Κύριον ὡς ὄρος Σιών· οὐ σαλευθήσεται εἰς τὸν αἰῶνα ὁ κατοικῶν Ἱερουσαλήμ. Ὅρη κύκλω αὐτῆς, καὶ ὁ Κύριος κύκλω τοῦ λαοῦ αὐτοῦ ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος. Ὅτι οὐκ ἀφήσει Κύριος τὴν ῥάβδον τῶν ἀμαρτωλῶν ἐπὶ τὸν κληρὸν τῶν δικαίων, ὅπως ἂν μὴ ἐκτείνωσιν οἱ δίκαιοι ἐν ἀνομίαις χειρὰς αὐτῶν. Ἀγάθυνον, Κύριε, τοῖς ἀγαθοῖς καὶ τοῖς εὐθέσι τῇ καρδίᾳ· τοὺς δὲ ἐκκλίνοντας εἰς τὰς στραγγαλίας ἀπάξει Κύριος μετὰ τῶν ἐργαζομένων τὴν ἀνομίαν εἰρήνη ἐπὶ τὸν Ἰσραήλ.

Ψαλμὸς ΡΚΕ' (125).

Ἐν τῷ ἐπιστρέψαι Κύριον τὴν αἰχμαλωσίαν Σιών ἐγενήθημεν ὥσει παρακεκλημένοι. Τότε ἐπλήσθη χαρᾶς τὸ στόμα ἡμῶν καὶ ἡ γλῶσσα ἡμῶν ἀγαλλιάσεως. Τότε ἐροῦσιν ἐν τοῖς ἔθνεσιν· ἐμεγάλυνε Κύριος τοῦ ποιῆσαι μετ' αὐτῶν. Ἐμεγάλυνε Κύριος τοῦ ποιῆσαι μεθ' ἡμῶν, ἐγενήθημεν εὐφραινόμενοι. Ἐπίστρεψον, Κύριε, τὴν αἰχμαλωσίαν ἡμῶν ὡς χειμάρρους ἐν τῷ νότῳ. Οἱ σπεύροντες ἐν δάκρυσιν ἐν ἀγαλλιάσει θεριοῦσι. Πορευόμενοι ἐπορεύοντο καὶ ἔκλειον βάλλοντες τὰ σπέρματα αὐτῶν· ἐρχόμενοι

PRIEST

For yours is the dominion, and yours is the kingdom, the power, and the glory of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. (Amen.)

READER

Second Stanza

Psalm 124 (125).

Those who trust in the Lord are like Mount Zion; he who dwells in Jerusalem shall be unshaken forever. The mountains surround her, and the Lord surrounds His people from this present time and unto the ages. The Lord will not permit the rod of sinners to be upon the inheritance of the righteous, lest the righteous stretch out their hands in lawlessness. Do good, O Lord, to the good, and to the upright in heart; but those who turn aside to crooked ways, the Lord shall lead away with the workers of lawlessness. Peace be upon Israel. [SAAS]

Psalm 125 (126).

When the Lord returned the captives of Zion, we became like those who are comforted. Then our mouth was filled with joy, and our tongue with exceeding joy. Then they shall say among the Gentiles, "The Lord did great things with them." The Lord has done great things with us; we were glad. Return, O Lord, our captivity like streams in the south. Those who sow with tears shall reap with exceeding joy. They went forth and wept, carrying their seeds with them; but they shall return with exceeding joy, carrying their sheaves. [SAAS]

δὲ ἤξουσιν ἐν ἀγαλλιάσει αἶροντες τὰ
δράγματα αὐτῶν.

Ψαλμὸς PKC' (126).

Ἐάν μὴ Κύριος οἰκοδομήσῃ οἶκον,
εἰς μάτην ἐκοπίασαν οἱ οἰκοδομοῦντες·
ἐάν μὴ Κύριος φυλάξῃ πόλιν, εἰς μάτην
ἠγγρύπνησεν ὁ φυλάσσων. Εἰς μάτην ὑμῖν
ἐστὶ τὸ ὀρθρίζειν, ἐγείρεσθαι μετὰ τὸ
καθῆσθαι, οἱ ἐσθίοντες ἄρτον ὀδύνης,
ὅταν δῶ τοῖς ἀγαπητοῖς αὐτοῦ ὕπνον. Ἴδου
ἡ κληρονομία Κυρίου υἱοί, ὁ μισθὸς τοῦ
καρποῦ τῆς γαστροῦς. Ὡσεὶ βέλη ἐν χειρὶ
δυνατοῦ, οὕτως οἱ υἱοὶ τῶν ἐκτετιναγμένων.
Μακάριος ὃς πληρώσει τὴν ἐπιθυμίαν
αὐτοῦ ἐξ αὐτῶν· οὐ καταισχυνθήσονται,
ὅταν λαλῶσι τοῖς ἐχθροῖς αὐτῶν ἐν πύλαις.

Ψαλμὸς PKZ' (127).

Μακάριοι πάντες οἱ φοβούμενοι τὸν
Κύριον, οἱ πορευόμενοι ἐν ταῖς ὁδοῖς
αὐτοῦ. Τοὺς πόνους τῶν καρπῶν σου
φάγεσαι· μακάριος εἶ, καὶ καλῶς σοι ἔσται.
Ἡ γυνὴ σου ὡς ἄμπελος εὐθηνούσα ἐν
τοῖς κλίτεσι τῆς οἰκίας σου· οἱ υἱοὶ σου ὡς
νεόφυτα ἐλαιῶν κύκλῳ τῆς τραπέζης σου.
Ἴδου οὕτως εὐλογηθήσεται ἄνθρωπος
ὁ φοβούμενος τὸν Κύριον. Εὐλογῆσαι
σε Κύριος ἐκ Σιών, καὶ ἴδοις τὰ ἀγαθὰ
Ἱερουσαλὴμ πάσας τὰς ἡμέρας τῆς ζωῆς
σου· καὶ ἴδοις υἱοὺς τῶν υἱῶν σου. Εἰρήνη
ἐπὶ τὸν Ἰσραήλ.

Ψαλμὸς PKH' (128).

Πλεονάκις ἐπολέμησάν με ἐκ νεότητός
μου, εἰπάτω δὴ Ἰσραὴλ· πλεονάκις
ἐπολέμησάν με ἐκ νεότητός μου, καὶ γὰρ
οὐκ ἠδυνήθησάν μοι. Ἐπὶ τὸν νῶτόν μου
ἐτέκταινον οἱ ἁμαρτωλοί, ἐμάκρυναν τὴν
ἀνομίαν αὐτῶν. Κύριος δίκαιος συνέκοψεν

Psalm 126 (127).

Unless the Lord builds the house, those
who build it labor in vain; unless the Lord
guard the city, those who guard it stay awake
in vain. It is in vain for you to rise early, to
awaken from your rest, you who eat the
bread of grief, when He gives His beloved
ones sleep. Behold, children are the Lord's
inheritance; the fruit of the womb His reward.
Like arrows in the hand of a mighty one, so
are the children of those who were outcasts.
Blessed is the man who shall fulfill his desire
with them; they shall not be ashamed, when
they speak to their enemies at the gate. [SAAS]

Psalm 127 (128).

Blessed are all who fear the Lord, who
walk in His ways. You shall eat the fruits of
your labor; you are blessed, and it shall be
well with you. Your wife shall be like a vine,
prospering on the sides of your house; your
children like newly planted olive trees around
your table. Behold, so shall the man be blessed
who fears the Lord. May the Lord bless you
from Zion, and may you see the good things
of Jerusalem all the days of your life; may you
see your children's children. Peace be upon
Israel. [SAAS]

Psalm 128 (129).

"Many times they warred against me
from my youth," let Israel now say; "Many
times they warred against me from my youth,
yet they did not overcome me. The sinners
schemed behind my back; they prolonged
their lawlessness." The righteous Lord cut in

αὐχένας ἀμαρτωλῶν. Αἰσχυνθήτωσαν καὶ ἀποστραφήτωσαν εἰς τὰ ὀπίσω πάντες οἱ μισοῦντες Σιών. Γενηθήτωσαν ὡσεὶ χόρτος δωμαίων, ὃς πρὸ τοῦ ἐκσπασθῆναι ἐξηράνθη· οὐδὲ ἐπλήρωσε τὴν χεῖρα αὐτοῦ ὁ θερίζων καὶ τὸν κόλπον αὐτοῦ ὁ τὰ δράγματα συλλέγων, καὶ οὐκ εἶπαν οἱ παράγοντες· εὐλογία Κυρίου ἐφ' ὑμᾶς, εὐλογήκαμεν ὑμᾶς ἐν ὀνόματι Κυρίου.

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')

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

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

ΔΙΑΚΟΝΟΣ

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, 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.)

pieces the necks of sinners. Let all who hate Zion be shamed and turned back. Let them become like grass on the housetops, which withers before it is plucked up; like grass with which the reaper does not fill his hand, nor the gatherer of sheaves, his bosom; neither do those who pass by say to them, "The Lord's blessing be upon you; in the Lord's name, we bless you." [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)

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.

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.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ Γ' ΑΝΤΙΦΩΝΟΥ

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

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.)

ΑΝΑΓΝΩΣΤΗΣ

ΣΤΑΣΙΣ ΤΡΙΤΗ

Ψαλμὸς ΠΚ' (129).

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε, εἰσάκουσον τῆς φωνῆς μου· γεννηθήτω τὰ ᾠτά σου προσέχοντα εἰς τὴν φωνὴν τῆς δεήσεώς μου. Ἐὰν ἀνομίας παρατηρήσης, Κύριε Κύριε, τίς ὑποστήσεται; ὅτι παρὰ σοὶ ὁ ἰλασμός ἐστιν. Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε, Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον σου. Ἦλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν Κύριον. Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλὴ παρ' αὐτῷ λύτρωσις, καὶ αὐτὸς λυτρώσεται τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Ψαλμὸς ΡΛ' (130).

Κύριε, οὐχ ὑψώθη ἡ καρδιά μου, οὐδὲ ἐμετεωρίσθησαν οἱ ὀφθαλμοί μου, οὐδὲ ἐπορεύθην ἐν μεγάλοις, οὐδὲ ἐν θαυμασίοις ὑπὲρ ἐμέ. Εἰ μὴ ἐταπεινοφρόνουν, ἀλλὰ ὑψώσα τὴν ψυχὴν μου ὡς τὸ

PRIEST (in a low voice)

PRAYER OF THE THIRD ANTIPHON

O Lord, our God, be mindful of us Your sinful and useless servants as we call upon Your holy name. Let us not be shamed for expecting Your mercy, but grant us, O Lord, all our petitions which lead to salvation. Make us worthy to love and fear You with all our heart, and to do Your will in all things.

PRIEST

For you are a good and loving 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.)

READER

Third Stanza

Psalms 129 (130).

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. If You, O Lord, should mark transgression, O Lord, who would stand? For there is forgiveness with You. Because of Your law, O Lord, I waited for You; my soul waited for Your word. My soul hopes in the Lord, from the morning watch until night; from the morning watch until night, let Israel hope in the Lord. For with the Lord there is mercy, and with Him is abundant redemption; and He shall redeem Israel from all his transgressions. [SAAS]

Psalms 130 (131).

O Lord, my heart is not exalted, neither are my eyes raised up; neither am I carried along in great things, nor in things too marvelous for me. If I were not humble-minded, but exalted my soul, like a child

ἀπογεγαλακτισμένον ἐπὶ τὴν μητέρα
αὐτοῦ, ὡς ἀνταποδώσεις ἐπὶ τὴν ψυχὴν μου.
Ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν Κύριον, ἀπὸ τοῦ
νῦν καὶ ἕως τοῦ αἰῶνος.

Ψαλμὸς ΡΛΑ' (131).

Μνήσθητι, Κύριε, τοῦ Δαυῖδ καὶ πάσης
τῆς πραότητος αὐτοῦ, ὡς ὤμοσε τῷ Κυρίῳ,
ἠΰξατο τῷ Θεῷ Ἰακώβ. Εἰ εἰσελεύσομαι
εἰς σκὴνωμα οἴκου μου, εἰ ἀναβήσομαι ἐπὶ
κλίνης στρωμνῆς μου, εἰ δώσω ὕπνον τοῖς
ὀφθαλμοῖς μου καὶ τοῖς βλεφάροις μου
νυσταγμὸν καὶ ἀνάπαυσιν τοῖς κροτάφοις
μου, ἕως οὗ εὕρω τόπον τῷ Κυρίῳ, σκὴνωμα
τῷ Θεῷ Ἰακώβ. ἰδοὺ ἠκούσαμεν αὐτὴν ἐν
Εὐφραθᾷ, εὕρομεν αὐτὴν ἐν τοῖς πεδίοις τοῦ
δρυμοῦ· εἰσελευσώμεθα εἰς τὰ σκηνώματα
αὐτοῦ, προσκυνήσωμεν εἰς τὸν τόπον,
οὗ ἔστησαν οἱ πόδες αὐτοῦ. ἀνάστηθι,
Κύριε, εἰς τὴν ἀνάπαυσίν σου, σὺ καὶ ἡ
κιβωτὸς τοῦ ἁγιάσματος σου· οἱ ἱερεῖς
σου ἐνδύσονται δικαιοσύνην, καὶ οἱ ὅσιοί
σου ἀγαλλιάσονται. ἕνεκεν Δαυῖδ τοῦ
δούλου σου μὴ ἀποστρέψῃς τὸ πρόσωπον
τοῦ χριστοῦ σου. ὤμοσε Κύριος τῷ Δαυῖδ
ἀλήθειαν καὶ οὐ μὴ ἀθετήσῃ αὐτὴν Ἐκ
καρποῦ τῆς κοιλίας σου θήσομαι ἐπὶ
τὸν θρόνον σου· ἐὰν φυλάξωνται οἱ υἱοί
σου τὴν διαθήκην μου καὶ τὰ μαρτύριά
μου ταῦτα, ἃ διδάξω αὐτούς, καὶ οἱ υἱοὶ
αὐτῶν ἕως τοῦ αἰῶνος καθιοῦνται ἐπὶ τοῦ
θρόνου σου. ὅτι ἐξελέξατο Κύριος τὴν Σιών,
ἠρετίσατο αὐτὴν εἰς κατοικίαν ἑαυτῷ.
Αὕτη ἡ κατάπαυσις μου εἰς αἰῶνα αἰῶνος,
ᾧδε κατοικήσω, ὅτι ἠρετισάμην αὐτὴν·
τὴν θήραν αὐτῆς εὐλογῶν εὐλογήσω,
τοὺς πτωχοὺς αὐτῆς χορτάσω ἄρτων, τοὺς
ἱερεῖς αὐτῆς ἐνδύσω σωτηρίαν, καὶ οἱ ὅσιοι
αὐτῆς ἀγαλλιάσει ἀγαλλιάσονται· ἐκεῖ

weaned from his mother, so You would
reward my soul. Let Israel hope in the Lord
from this present time and unto the ages. [SAAS]

Psalm 131 (132).

Remember David, O Lord, and all his
meekness, how he swore to the Lord, how
he vowed to the God of Jacob, "I shall not
enter my dwelling, I shall not recline on my
bed, I shall not close my eyes in sleep nor
my eyelids for dozing, nor give any rest to
my temples, until I find a place for the Lord,
a tabernacle for the God of Jacob." Behold,
we heard of it in Ephrathah; we found it in
the plains of the wood; let us enter into His
tabernacles; let us worship at the place where
His feet stood. Arise, O Lord, into Your rest,
You and the ark of Your holiness; Your priests
shall clothe themselves in righteousness; Your
saints shall greatly rejoice. For Your servant
David's sake, do not turn away from the face
of Your anointed. The Lord swore to David
this truth, and He shall not reject it, "I shall
set upon your throne one from the fruit of
your loins. If your sons keep My covenant
and these testimonies I shall teach them, then
their sons shall sit upon your throne forever."
For the Lord has chosen Zion; He chose her
for His dwelling: "This is My place of rest
unto ages of ages; here I shall dwell, for I
have chosen her. Blessing, I shall bless her
provision; I shall satisfy her poor with bread;
and I shall clothe her priests with salvation,
and her saints shall rejoice exceedingly with
great joy; there I shall cause to spring up a
horn for David; there I prepared a lamp for
my anointed; his enemies I shall clothe with

ἐξανατελῶ κέρας τῷ Δαυΐδ, ἡτοιμάσα
λύχνον τῷ χριστῷ μου· τοὺς ἐχθροὺς αὐτοῦ
ἐνδύσω αἰσχύνην, ἐπὶ δὲ αὐτὸν ἐξανθήσει
τὸ ἁγίασμά μου.

Ψαλμὸς ΡΑΒ' (132).

Ἴδου δὴ τί καλὸν ἢ τί τερπνόν, ἀλλ' ἢ τὸ
κατοικεῖν ἀδελφούς ἐπὶ τὸ αὐτό; Ὡς μύρον
ἐπὶ κεφαλῆς τὸ καταβαῖνον ἐπὶ πώγωνα,
τὸν πώγωνα τοῦ Ἀαρών, τὸ καταβαῖνον ἐπὶ
τὴν ῥάιν τοῦ ἐνδύματος αὐτοῦ. Ὡς δρόσος
Ἀερμών ἢ καταβαίνουσα ἐπὶ τὰ ὄρη Σιών.
Ὅτι ἐκεῖ ἐνετείλατο Κύριος τὴν εὐλογίαν,
ζωὴν ἕως τοῦ αἰῶνος.

Ψαλμὸς ΡΛΓ' (133).

Ἴδου δὴ εὐλογεῖτε τὸν Κύριον, πάντες
οἱ δοῦλοι Κυρίου οἱ ἐστῶτες ἐν οἴκῳ Κυρίου,
ἐν αὐλαῖς οἴκου Θεοῦ ἡμῶν. Ἐν ταῖς νυξίν
ἐπάρατε τὰς χεῖρας ὑμῶν εἰς τὰ ἅγια καὶ
εὐλογεῖτε τὸν Κύριον. Εὐλογήσαι σε Κύριος
ἐκ Σιών ὁ ποιήσας τὸν οὐρανὸν καὶ τὴν γῆν.

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.

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

shame; upon him shall My sanctification
flourish." [SAAS]

Psalms 132 (133).

Behold now, what is so good or so
pleasant as for brothers to dwell together in
unity? It is like fragrant oil running down
upon the beard, the beard of Aaron, running
down upon the border of his garment; it is
like the dew of Hermon, running down upon
the mountains of Zion; for there the Lord
commanded the blessing and life forever. [SAAS]

Psalms 133 (134).

Behold now, bless the Lord, all you
servants of the Lord, who stand in the house
of the Lord, in the courts of the house of our
God. In the nights, lift up your hands to the
holy of holies and bless the Lord. May the
Lord bless you from Zion, He who made
heaven and earth. [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.

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

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 (χαμηλοφώνως)

ΕΥΧΗ Δ' ΑΝΤΙΦΩΝΟΥ

Ὁ 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, πρεσβείαις τῆς
ἁγίας Θεοτόκου καὶ πάντων τῶν ἁγίων σου.

ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, Θεὸς τοῦ
ἐλεεῖν καὶ σώζειν, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ
τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων. (Ἀμήν.)

ΧΟΡΟΣ

Ἦχος πλ. α'.

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.

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 (in a low voice)

You who are praised with incessant hymns and
ceaseless doxologies by the heavenly Powers, fill our
mouth with Your praise, so that we may exalt Your
holy name. Grant us a share and a part with all those
who fear You in truth and keep Your commandments,
through the intercessions of the holy Theotokos and all
Your saints.

PRIEST

For You are our God, the God of mercy
and salvation, and to You do we send up
glory, to the Father, and to the Son, and to the
Holy Spirit, both now and ever, and to the
ages of ages. (Amen.)

CHOIR

Mode pl. 1.

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.

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

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

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

Ακούσονται τὰ ῥήματά μου, ὅτι ἡδύνθησαν ὥσει πάχος γῆς ἐρῶράγη ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ ὅσα αὐτῶν παρὰ τὸν ἄδην.

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 ἀμφιβλήστρῳ αὐτῶν οἱ ἁμαρτωλοί· 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, ἔκρουσαν 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.

Πρόσχες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

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

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.

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.

Τοῦ Τριωδίου.

Στιχηρὸν Ἰδιόμελον. Ἦχος πλ. α'.

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

Δεῦτε πιστοὶ ἐπεργασμεθα, ἐν φωτὶ τὰ
ἔργα τοῦ Θεοῦ, ὡς ἐν ἡμέρᾳ εὐσχημόνως
περιπατήσωμεν, πᾶσαν ἄδικον συγγραφὴν
ἀφ' ἑαυτῶν, τοῦ πλησίον ἀφελώμεθα, μὴ
τιθέντες πρόσκομμα τούτῳ εἰς σκάνδαλον,
ἀφήσωμεν τῆς σαρκὸς τὴν εὐπάθειαν,
αὐξήσωμεν τῆς ψυχῆς τὰ χαρίσματα,
δώσωμεν ἐνδεέσιν ἄρτον, καὶ προσέλθωμεν
Χριστῷ, ἐν μετανοίᾳ βοῶντες· ὁ Θεὸς ἡμῶν,
ἐλέησον ἡμᾶς.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὐ
ἀνταποδῶς μοι.

Δεῦτε πιστοὶ ἐπεργασμεθα, ἐν φωτὶ τὰ
ἔργα τοῦ Θεοῦ, ὡς ἐν ἡμέρᾳ εὐσχημόνως
περιπατήσωμεν, πᾶσαν ἄδικον συγγραφὴν
ἀφ' ἑαυτῶν, τοῦ πλησίον ἀφελώμεθα, μὴ
τιθέντες πρόσκομμα τούτῳ εἰς σκάνδαλον,
ἀφήσωμεν τῆς σαρκὸς τὴν εὐπάθειαν,
αὐξήσωμεν τῆς ψυχῆς τὰ χαρίσματα,
δώσωμεν ἐνδεέσιν ἄρτον, καὶ προσέλθωμεν
Χριστῷ, ἐν μετανοίᾳ βοῶντες· ὁ Θεὸς ἡμῶν,
ἐλέησον ἡμᾶς.

Μαρτυρικά.

Ἦχος πλ. δ'.

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

Μάρτυρες Κυρίου, πάντα τόπον
ἀγιάζετε, καὶ πᾶσαν νόσον θεραπεύετε, καὶ
νῦν πρεσβεύσατε, ῥυσθῆναι τῶν παγίδων
τοῦ ἐχθροῦ, τὰς ψυχὰς ἡμῶν δεόμεθα.

From the Triodion.

Sticheron Idiomelon. Mode pl. 1.

*Bring my soul out of prison to give thanks to
Your name, O Lord. [SAAS]*

Come, O believers, let us do the works
of God in the light; let us conduct ourselves
becomingly as in the day. Of our own accord
let us get rid of every unjust contract with our
neighbor, and not put a stumbling block in
his way. Let us abandon the pleasures of the
flesh, and instead increase the spiritual gifts
of the soul. Let us give bread to those in need.
And thus let us go to Christ and cry out in
repentance: "O our God, have mercy on us."

[SD]

*The righteous shall wait for me, until You
reward me. [SAAS]*

Come, O believers, let us do the works
of God in the light; let us conduct ourselves
becomingly as in the day. Of our own accord
let us get rid of every unjust contract with our
neighbor, and not put a stumbling block in
his way. Let us abandon the pleasures of the
flesh, and instead increase the spiritual gifts
of the soul. Let us give bread to those in need.
And thus let us go to Christ and cry out in
repentance: "O our God, have mercy on us."

[SD]

For the Martyrs.

Mode pl. 4.

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

Martyrs of the Lord, you sanctify every
locality, and you heal every infirmity. And
now we pray you to intercede that our souls
be delivered from the snares of the enemy. [SD]

Ἦχος πλ. δ'.

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

Μάρτυρες Κυρίου, ἱκετεύσατε τὸν Θεὸν
ἡμῶν, καὶ αἰτήσασθε ταῖς ψυχαῖς ἡμῶν,
πληθὺς οἰκτιρμῶν, καὶ τὸν ἰλασμόν, τῶν
πολλῶν παραπτωμάτων δεόμεθα.

Ἦχος πλ. δ'.

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

Οἱ Μάρτυρές σου Κύριε, ἐπιλαθόμενοι
τῶν ἐν τῷ βίῳ, καταφρονήσαντες καὶ
τῶν βασάνων, διὰ τὴν μέλλουσαν ζωὴν,
ταύτης κληρονόμοι ἀνεδείχθησαν· ὅθεν
καὶ Ἀγγέλοις συναγάλλονται. Αὐτῶν ταῖς
ἱκεσίαις, δώρησαι τῷ λαῷ σου, τὸ μέγα
ἔλεος.

Ἦχος πλ. δ'.

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

Εἴ τις ἀρετὴ, καὶ εἴ τις ἔπαινος, πρόπει
τοῖς Ἁγίοις· ξίφεσι γὰρ ἔκλιναν τοὺς
αὐχένας, διὰ σὲ τὸν κλίναντα οὐρανοὺς καὶ
καταβάντα, ἐξέχεαν τὸ αἷμα αὐτῶν, διὰ σὲ
τὸν κενώσαντα ἑαυτόν, καὶ μορφὴν δούλου
λαβόντα, ἐταπεινώθησαν ἕως θανάτου, τὴν
πτωχείαν σου μιμούμενοι. Ὡν ταῖς εὐχαῖς,
κατὰ τὸ πληθὺς τῶν οἰκτιρμῶν σου, ὁ Θεὸς
ἐλέησον ἡμᾶς.

Mode pl. 4.

*Let Your ears be attentive to the voice of my
supplication. [SAAS]*

Martyrs of the Lord, we pray you
earnestly entreat our God, and ask for an
abundance of tender mercy for our souls, and
the forgiveness of our many sins. [SD]

Mode pl. 4.

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

Your martyr Saints, O Lord, having
become oblivious to life's endeavors * even
disdaining the tormenting tortures all for the
life which is to come, * came to be regarded
its inheritors. * Therefore they exult with the
angelic hosts. * Bestow upon Your people
great mercy, at the fervent appeals of these
Your Saints. [SD]

Mode pl. 4.

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

If there be virtue and if there be praise, it
is fitting for the Martyrs; for they bowed their
necks to the broadsword for You who bowed
the heavens and descended. They spilled their
blood for You who emptied yourself and took
the form of a servant; and they let themselves
be humbled, even unto death, in imitation of
Your poverty. So, according to the multitude
of Your tender mercies, through their prayers,
O God, have mercy on us. [SD]

Τοῦ Ἁγίου.

Τοῦ Τριωδίου ---

Ἰδιόμελον Α'. Ἦχος β'.

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

Δεῦτε φιλομάρτυρες πάντες, πνευματικῶς εὐφρανθῶμεν, καὶ πανηγυρίσωμεν· σήμερον γὰρ προτίθεται τράπεζαν μυστικὴν, ὁ μάρτυς Θεόδωρος, εὐφραίνουσιν τοὺς φιλεόρτους ἡμᾶς, τοῦ βοῆσαι πρὸς αὐτόν· Χαίροις Ἀθλοφόρε ἀήττητε, ὁ τὰς ἀπειλὰς τῶν τυράννων, ἐπὶ γῆς καταστρεψάμενος, χαίροις, ὁ τὸ πῆλινόν σου σῶμα, διὰ Χριστόν τὸν Θεόν, ἐκδεδωκώς ταῖς βασάνοις, χαίροις, ὁ ἐν ποικίλοις κινδύνοις, δόκιμος στρατιώτης ἀναδειχθείς, τῆς οὐρανίου στρατιᾶς. Διὸ δυσωποῦμέν σε, Μαρτύρων ἐγκαλλώπισμα, πρέσβευε, ὑπὲρ τῶν ψυχῶν ἡμῶν.

Ἰδιόμελον Β'. Ἦχος β'.

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

Τὴν Θεοδώρητον χάριν, τῶν θαυμάτων σου Μάρτυς Θεόδωρε, πᾶσιν ἐφαπλοῖς, τοῖς πίστει σοι προστρέχουσι· δι' ἧς εὐφημοῦμέν σε λέγοντες· Αἰχμαλώτους λυτροῦσαι, θεραπεύεις νοσοῦντας, πενομένους πλουτίζεις, καὶ διασώζεις πλέοντας, μάταιον δρασμόν ἐπέχεις οἰκετῶν, καὶ ζημίας φανέρωσιν ποιεῖς, τοῖς συληθεῖσιν Ἀθλητά, καὶ στρατιώτας παιδεύεις τῆς ἀρπαγῆς ἀπέχεσθαι, νηπίοις χαρίζεις, συμπαθῶς τὰ αἰτήματα, θερμὸς εὐρίσκη προστάτης, τοῖς ἐπιτελοῦσί σου τὸ ἱερόν μνημόσυνον, μεθ' ὧν καὶ ἡμῖν Ἀθλητὰ

For the Saint.

From Triodion ---

Idiomelon 1. Mode 2.

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

Martyr fans all, come now, let us spiritually make merry and celebrate! Today, the martyr Theodore is offering a mystical banquet, which makes us, who are fans of feast days, so glad, that we shout to him: "We salute you and say, Rejoice, O undefeated medalist! You crushed to the ground the threats made by the tyrants. Rejoice, for you gave your clay body over to torture for the sake of Christ God! Rejoice, for by many trials you were shown to be a tried and true soldier of the heavenly army! Therefore we entreat you, O adornment of martyrs: Intercede on behalf of our souls!" [SD]

Idiomelon 2. Mode 2.

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

You extend the God-given grace of your miracles to all who run to you in faith, O martyr Theodore. And we extol you for this and say: You deliver captives, you heal the sick, you give wealth to the poor, and you rescue those who sail the seas. You averted the useless escape of slaves, and you showed robbers what their loss would be. You admonished soldiers to refrain from plunder, and you granted children their requests sympathetically. You are an ardent protector of those who keep your sacred memory. Count us with them, O most holy Martyr, and

ἱερώτατε, τοῖς ἀνυμνοῦσί σου τὸ μαρτύριον,
αἰτῆσαι παρὰ Χριστοῦ τὸ μέγα ἔλεος.

Ἰδιόμελον Γ'. Ἦχος β'.

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

Δῶρον Θεοῦ ὑπέρτατον, ἀνεδείχθης
Μάρτυς Θεόδωρε, ὅτι καὶ μετὰ τέλος,
ὡς ζῶν, τοῖς προστρέχουσι παρέχεις τὰς
αἰτήσεις. Ὅθεν υἱὸν ἀρπαγέντα γυναικοῦ
ποτέ, δορυάλωτον ἐν ἀλλοπίστῳ στρατῷ,
ἐπιστᾶσα ἡ χήρα, τοῖς δάκρυσι τὸν Ναόν
σου κατέβρεχεν· αὐτὸς δὲ ὡς συμπαθής,
ἐφ' ἵππῳ λευκῷ ἐπιβάς, ταύτης τὸν παῖδα,
ἀοράτως παρέστησας, καὶ μετὰ τοῦτο σὺν
τούτῳ ἐνεργῶν, τοῖς θαύμασιν οὐκ ἔλιπες.
Ἄλλ' αἰτῆσαι Χριστὸν τὸν Θεόν, σωθῆναι
τὰς ψυχὰς ἡμῶν.

Ἰδιόμελον Δ'. Ἦχος β'.

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

Θείων δωρεῶν, ἐπώνυμόν σε γεραίρω,
τρισμακάρε Θεόδωρε· τοῦ φωτὸς γὰρ
τοῦ θείου, ἄδυτος φωστήρ ἀναδειχθεὶς,
κατέλαμψας ἄθλοις σου, τὴν σύμπασαν
Κτίσιν, καὶ πυρὸς ἀκμαιότερος φανείς,
τὴν φλόγα κατέσβεσας, καὶ τοῦ δολίου
δράκοντος, τὴν κάραν συνέτριψας· διὸ
ἐν τοῖς ἄθλοις σου, Χριστὸς ἐπικαμφθεὶς
ἐστεφάνωσε τὴν θείαν κάραν σου.
Μεγαλομάρτυς Ἀθλητά, ὡς ἔχων
παρρησίαν πρὸς Θεὸν ἐκτενῶς ἰκέτευε,
ὑπὲρ τῶν ψυχῶν ἡμῶν.

entreat Christ to grant great mercy to us who
extol your martyrdom! [SD]

Idiomelon 3. Mode 2.

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

You have proved to be a supreme gift
of God, according to your name, O martyr
Theodore, for you grant the requests of those
who pray to you, even after death, as if you
were alive. For example, when a widow's
son had been taken captive by foreign
soldiers, the woman came to your church and
drenched it in tears; you, being sympathetic,
mounted a white horse and invisibly returned
her son. Ever since then you do not cease to
do miracles. Now we entreat you to pray to
Christ God, for the salvation of our souls. [SD]

Idiomelon 4. Mode 2.

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

Thrice-blessed Theodore, I honor you as
the namesake of divine gifts. You were shown
to be a never-setting luminary of the divine
light, and thus you have illumined the entire
world with your martyric feats. Being more
powerful than fire, you put out the flames and
crushed the head of the wily serpent. During
your martyrdom, Christ was moved, and He
crowned your divine head. O Great Martyr
Medalist, since you have confidence before
God, fervently entreat Him on behalf of our
souls. [SD]

Τοῦ Τριωδίου --- Δόξα.

Ἦχος πλ. β'.

Ὁργάνῳ χρησάμενος ὁ δυσμενής,
τῷ συναποστάτῃ Τυράννῳ, δι' ἐπινοίας
χαλεπῆς, τὸν νηστεία καθαγνιζόμενον
λαὸν εὐσεβῇ, τοῖς ἐκ μισῶν θυσιῶν
κεχραμένοις βρώμασιν, ἐπειρᾶτο
καταμιαίνειν, ἀλλ' αὐτὸς τὸ ἐκείνου
μηχάνημα, σοφωτέρᾳ διέλυσας ἐπινοία,
ὄναρ ἐπιστάς, τῷ τότε Ἀρχιερεῖ, καὶ τὸ
βαθὺ τῆς γνώμης ἀνακαλύπτων, καὶ τὸ
ἄτοπον τοῦ ἐγχειρήματος ὑποδηλῶν,
καὶ δὴ σοι χαριστήρια θύοντες, σωτῆρα
ἐπιγραφόμεθα, ἐτήσιον ἀνάμνησιν τοῦ
γενομένου ποιούμενοι, καὶ τὸ λοιπὸν
ἐξαιτούμενοι, τῶν ἐπινοιῶν τοῦ πονηροῦ,
ἀβλαβεῖς περισώζεσθαι, ταῖς πρὸς Θεόν σου
πρεσβείαις, μάρτυς Θεόδωρε.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Ἦχος πλ. δ'.**

Τὸ α' Θεοτοκίον τοῦ Ἦχου.

Ὁ Βασιλεὺς τῶν οὐρανῶν, διὰ
φιλανθρωπίαν, ἐπὶ τῆς γῆς ὤφθη, καὶ τοῖς
ἀνθρώποις συνανέστράφη· ἐκ Παρθένου
γὰρ ἀγνῆς, σάρκα προσλαβόμενος καὶ ἐκ
ταύτης προελθὼν μετὰ τῆς προσλήψεως,
εἷς ἐστὶν Υἱός, διπλοῦς τὴν φύσιν, ἀλλ' οὐ
τὴν ὑπόστασιν· διὸ τέλειον αὐτὸν Θεόν, καὶ
τέλειον ἄνθρωπον, ἀληθῶς κηρύττοντες,
ὁμολογοῦμεν Χριστὸν τὸν Θεὸν ἡμῶν, ὃν
ικέτευε Μήτηρ ἀνύμφευτε, ἐλεηθῆναι τὰς
ψυχὰς ἡμῶν.

ΔΙΑΚΟΝΟΣ

(χαμηλοφώνως)

Τοῦ Κυρίου δεηθῶμεν.

Glory.

From Triodion ---

Mode pl. 2.

The devil used the tyrant, his fellow
apostate, as his instrument. He gave him the
foul idea, to attempt to defile the Orthodox
people who were purifying themselves by
fasting, by compelling them to eat foods that
were polluted by pagan sacrifice. But you,
O Saint, thwarted his plot with a wiser idea.
You appeared to the Archbishop in a dream,
and revealed to him the sinister plot, and how
awful the consequences would be. For this
we offer gratitude, and even call you savior;
and every year we remember this miracle.
And now we entreat you, O Martyr Theodore,
to preserve us unharmed by the plots of the
evil one, by your intercessions to God on our
behalf. [SD]

From Octoechos ---

Both now. **Mode pl. 4.**

The First Theotokion of the Mode.

The King of heaven, out of love for
mankind, appeared on earth and lived among
men. He is one Son, twofold in nature, but
not in hypostasis, for He took on flesh from
a pure Virgin, and came forth from her with
that which He had assumed. Therefore we
confess Christ our God, truly proclaiming
that He is one and the same, perfect God
and perfect man. Intently pray to Him, O
unwedded Mother, to have mercy on our
souls. [SD]

DEACON

(in a low voice)

Let us pray to the Lord.

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ ΤΗΣ ΕΙΣΟΔΟΥ

Ἐσπέρας καὶ πρωΐ καὶ μεσημβρίας, αἰνοῦμεν,
εὐλογοῦμεν, εὐχαριστοῦμεν καὶ δεόμεθα σου,
Δέσποτα τῶν πάντων, Φιλάνθρωπε, Κύριε.
Κατεύθυνον τὴν προσευχὴν ἡμῶν, ὡς θυμίαμα
ἐνώπιόν σου καὶ μὴ ἐκκλίνης τὰς καρδίας ἡμῶν εἰς
λόγους, ἢ εἰς λογισμοὺς πονηρίας, ἀλλὰ ῥῦσαι ἡμᾶς
ἐκ πάντων τῶν θηρευόντων τὰς ψυχὰς ἡμῶν· ὅτι
πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ ἡμῶν, καὶ ἐπὶ σοὶ
ἠλπίσαμεν· μὴ καταισχύνῃς ἡμᾶς, ὁ Θεὸς ἡμῶν.

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί.

ΑΝΑΓΝΩΣΤΗΣ

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

Τὰ Ἀναγνώσματα

ΙΕΡΕΥΣ

Ἐσπέρας...

Τοῦ Τριωδίου - - -

ΑΝΑΓΝΩΣΤΗΣ

Προκείμενον. Ἦχος πλ. α'.

Ψαλμὸς ΙΘ' (19).

Ἐπακούσαι σου Κύριος ἐν ἡμέρᾳ
θλίψεως.

ὑπερασπίσαι σου τὸ Ὄνομα τοῦ Θεοῦ
Ἰακώβ.

Γενέσεως τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

PRIEST (in a low voice)

Prayer of the Entrance

At evening, at morning and at midday we praise,
bless and give thanks, and we pray to you, Master of
all things, Lord who love mankind: Direct our prayer
before you like incense, and do not incline our hearts to
words or thoughts of evil, but deliver us from all that
hunt down our souls. For our eyes look to you, O Lord,
our Lord, and we have hoped in you.

DEACON

Wisdom. Arise.

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. 1.

Psalm 19 (20).

May the Lord hear you in the day of
afflictions.

May the name of the God of Jacob defend you.

[SAAS]

The reading is from the book of Genesis.

PRIEST

Wisdom. Let us be attentive.

ΑΝΑΓΝΩΣΤΗΣ

Κέφ. Β', 20 - Γ', 20

Ἐκάλεσεν Ἀδὰμ ὀνόματα πᾶσι τοῖς κτήνεσι, καὶ πᾶσι τοῖς πετεινοῖς τοῦ οὐρανοῦ, καὶ πᾶσι τοῖς θηρίοις τῆς γῆς, τῷ δὲ Ἀδὰμ οὐχ εὐρέθη βοηθός, ὅμοιος αὐτῷ. Καὶ ἐπέβαλεν ὁ Θεὸς ἔκστασιν ἐπὶ τὸν Ἀδὰμ, καὶ ὑπνώσε, καὶ ἔλαβε μίαν τῶν πλευρῶν αὐτοῦ, καὶ ἀνεπλήρωσε σάρκα ἀντ' αὐτῆς. Καὶ ὠκοδόμησε Κύριος ὁ Θεὸς τὴν πλευράν, ἣν ἔλαβεν ἀπὸ τοῦ Ἀδὰμ, εἰς γυναικα, καὶ ἤγαγεν αὐτὴν πρὸς τὸν Ἀδὰμ. Καὶ εἶπεν Ἀδὰμ· Τοῦτο νῦν ὅστουν ἐκ τῶν ὁστῶν μου, καὶ σὰρξ ἐκ τῆς σαρκός μου, αὕτη κληθήσεται Γυνή, ὅτι ἐκ τοῦ ἀνδρὸς αὐτῆς ἐλήφθη αὕτη. Ἐνεκεν τούτου, καταλείπει ἄνθρωπος τὸν πατέρα αὐτοῦ καὶ τὴν μητέρα, καὶ προσκολληθήσεται πρὸς τὴν γυναῖκα αὐτοῦ· καὶ ἔσονται οἱ δύο εἰς σάρκα μίαν. Καὶ ἦσαν οἱ δύο γυμνοὶ, ὃ τε Ἀδὰμ καὶ ἡ γυνὴ αὐτοῦ, καὶ οὐκ ἦσχύνοντο, ὃ δὲ ὄφεις ἦν φρονημώτατος πάντων τῶν θηρίων τῶν ἐπὶ τῆς γῆς, ὃν ἐποίησε Κύριος ὁ Θεός. Καὶ εἶπεν ὁ ὄφεις τῇ γυναικί· τί ὅτι εἶπεν ὁ Θεός· οὐ μὴ φάγητε ἀπὸ παντὸς ξύλου τοῦ ἐν τῷ Παραδείσῳ; Καὶ εἶπεν ἡ γυνὴ τῷ ὄφει· Ἀπὸ παντὸς ξύλου τοῦ ἐν τῷ Παραδείσῳ φαγώμεθα, ἀπὸ δὲ τοῦ καρποῦ τοῦ ξύλου, ὃ ἐστὶν ἐν μέσῳ τοῦ Παραδείσου, εἶπεν ὁ Θεός, οὐ φάγεσθε ἀπ' αὐτοῦ, οὐδὲ μὴ ἅψησθε αὐτοῦ, ἵνα μὴ θανάτῳ ἀποθανεῖσθε. Καὶ εἶπεν ὁ ὄφεις τῇ γυναικί· Οὐ θανάτῳ ἀποθανεῖσθε· ἥδει γὰρ ὁ Θεός, ὅτι ἡ δ' ἂν ἡμέρᾳ φάγητε ἀπ' αὐτοῦ, διανοιχθήσονται ὑμῶν οἱ ὀφθαλμοί, καὶ ἔσεσθε ὡς θεοί, γινώσκοντες καλὸν καὶ πονηρὸν. Καὶ εἶδεν ἡ γυνή, ὅτι καλὸν τὸ ξύλον εἰς βρώσιν,

READER

2:20-25, 3:1-20

So Adam gave names to all the cattle, to all the birds of heaven, and to all the wild animals of the field. But for Adam there was not found a helper comparable to him. Thus God brought a trance upon Adam, and he slept; and He took one of his ribs, and filled up the flesh in its place. Then the Lord God built the rib He took from Adam into a woman, and brought her to him. So Adam said, "This is now bone of my bones, and flesh of my flesh. She shall be called Woman, because she was taken out of Man. For this reason a man shall leave his father and mother and be joined to his wife; and the two shall become one flesh." Now the two were naked, both Adam and his wife, and were not ashamed. Now the serpent was more cunning than all the wild animals the Lord God made on the earth. And he said to the woman, "Has God indeed said, 'You shall not eat from every tree of the garden'?" And the woman said to the serpent, "We may eat the fruit from the trees of the garden; but from the fruit of the tree in the middle of the garden, God said, 'You shall not eat from it, nor shall you touch it, lest you die.' " Then the serpent said to the woman, "You shall not die by death. For God knows in the day you eat from it your eyes will be opened, and you will be like gods, knowing good and evil." So when the woman saw the tree was good for food, was pleasant to the eyes, and a tree beautiful to contemplate, she took its fruit and ate. She also gave it to her husband with her, and he ate. Then the eyes of the two were opened, and they knew they were naked.

καὶ ὅτι ἀρεστὸν τοῖς ὀφθαλμοῖς ἰδεῖν, καὶ ὠραῖόν ἐστι τοῦ κατανοῆσαι, καὶ λαβοῦσα ἡ γυνὴ ἀπὸ τοῦ καρποῦ αὐτοῦ, ἔφαγε, καὶ ἔδωκε καὶ τῷ ἀνδρὶ αὐτῆς μετ' αὐτῆς, καὶ ἔφαγον. Καὶ διηνοίχθησαν οἱ ὀφθαλμοὶ τῶν δύο, καὶ ἔγνωσαν ὅτι γυμνοὶ ἦσαν· καὶ ἔρῳαψαν φύλλα συκῆς, καὶ ἐποίησαν ἑαυτοῖς περιζώματα. Καὶ ἤκουσαν τῆς φωνῆς Κυρίου τοῦ Θεοῦ, περιπατοῦντος ἐν τῷ Παραδείσῳ τὸ δειλινόν, καὶ ἐκρύβησαν, ὅ τε Ἀδὰμ καὶ ἡ γυνὴ αὐτοῦ, ἀπὸ προσώπου Κυρίου τοῦ Θεοῦ ἐν μέσῳ τοῦ Παραδείσου. Καὶ ἐκάλεσε Κύριος ὁ Θεὸς τὸν Ἀδὰμ, καὶ εἶπεν αὐτῷ· Ἀδὰμ, ποῦ εἶ; Καὶ εἶπεν αὐτῷ· Τῆς φωνῆς σου ἤκουσα, περιπατοῦντος ἐν τῷ Παραδείσῳ, καὶ ἐφοβήθην, ὅτι γυμνός εἰμι, καὶ ἐκρύβην. Καὶ εἶπεν αὐτῷ ὁ Θεός· τίς ἀνήγγειλέ σοι ὅτι γυμνός εἶ; εἰ μὴ ἀπὸ τοῦ ξύλου, οὗ ἐνετειλάμην σοι τούτου μόνον μὴ φαγεῖν, ἀπ' αὐτοῦ ἔφαγες; Καὶ εἶπεν ὁ Ἀδὰμ· Ἡ γυνή, ἣν ἔδωκας μετ' ἐμοῦ, αὕτη μοι ἔδωκεν ἀπὸ τοῦ ξύλου, καὶ ἔφαγον. Καὶ εἶπε Κύριος ὁ Θεὸς τῇ γυναικί· τί τοῦτο ἐποίησας; καὶ εἶπεν ἡ γυνή, ὁ ὄφεις ἠπάτησέ με, καὶ ἔφαγον. Καὶ εἶπε Κύριος ὁ Θεὸς τῷ ὄφει· Ὅτι ἐποίησας τοῦτο, ἐπικατάρατος εἶ ἀπὸ πάντων τῶν κτηνῶν, καὶ ἀπὸ πάντων τῶν θηρίων τῆς γῆς, ἐπὶ τῷ στήθει σου καὶ τῇ κοιλίᾳ πορεύσῃ, καὶ γῆν φαγῇ πάσας τὰς ἡμέρας τῆς ζωῆς σου, καὶ ἔχθραν θήσω ἀνὰ μέσον σου, καὶ ἀνὰ μέσον τῆς γυναικός, καὶ ἀνὰ μέσον τοῦ σπέρματός σου, καὶ ἀνὰ μέσον τοῦ σπέρματος αὐτῆς, αὐτός σου τηρήσει κεφαλὴν, καὶ σὺ τηρήσεις αὐτοῦ πτέρναν. Καὶ τῇ γυναικί εἶπε· Πληθύνων πληθυνῶ τὰς λύπας σου, καὶ τὸν στεναγμόν σου, ἐν λύπαις τέξῃ τέκνα, καὶ πρὸς τὸν ἄνδρα σου ἡ ἀποστροφή σου, καὶ

So they sewed fig leaves together and made themselves coverings. Then they heard the voice of the Lord God walking in the garden that afternoon, and Adam and his wife hid themselves within the tree in the middle of the garden from the presence of the Lord God. So the Lord God called Adam and said to him, "Adam, where are you?" He replied, "I heard Your voice as You were walking in the garden, and I was afraid because I was naked; so I hid myself." Thus He said, "Who said you were naked? Have you eaten from the one tree from which I commanded you not to eat?" Then Adam said, "The woman You gave me, gave me of the tree, and I ate." So the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate." Thus the Lord God said to the serpent, "Because you have done this, you are cursed more than all cattle, and more than all the wild animals of the earth. On your breast and belly you shall go, and you shall eat dust all the days of your life. I will put enmity between you and the woman, and between your seed and her seed. He shall bruise your head, and you shall be on guard for His heel." To the woman He said, "I will greatly multiply your pain and your groaning, and in pain you shall bring forth children. Your recourse will be to your husband, and he shall rule over you." Then to Adam He said, "Because you heeded the voice of your wife, and ate from the one tree of which I commanded you, saying, 'You shall not eat from it,' cursed is the ground in your labors. In toil you shall eat from it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb

αὐτὸς σου κυριεύσει· τῷ δὲ Ἀδὰμ εἶπεν· Ὅτι ἤκουσας τῆς φωνῆς τῆς γυναικὸς σου, καὶ ἔφαγες ἀπὸ τοῦ ξύλου, οὗ ἐνετειλάμην σοι τούτου μόνου μὴ φαγεῖν, ἀπ' αὐτοῦ ἔφαγες, ἐπικατάρατος ἡ γῆ ἐν τοῖς ἔργοις σου, ἐν λύπαις φαγῇ αὐτὴν πάσας τὰς ἡμέρας τῆς ζωῆς σου, ἀκάνθας καὶ τριβόλους ἀνατελεῖ σοι, καὶ φαγῇ τὸν χόρτον τοῦ ἀγροῦ, ἐν ἰδρῶτι τοῦ προσώπου σου φαγῇ τὸν ἄρτον σου, ἕως τοῦ ἀποστρέψαι σε εἰς τὴν γῆν, ἐξ ἧς ἐλήφθης, ὅτι γῆ εἶ, καὶ εἰς γῆν ἀπελεύση. Καὶ ἐκάλεσεν Ἀδὰμ τὸ ὄνομα τῆς γυναικὸς αὐτοῦ, Ζωή, ὅτι αὕτη μήτηρ πάντων τῶν ζώντων.

Προκείμενον. Ἦχος πλ. β'.

Ψαλμὸς Κ' (20).

Ὑψώθητι, Κύριε, ἐν τῇ δυνάμει σου.

Κύριε, ἐν τῇ δυνάμει σου εὐφρανθήσεται ὁ βασιλεύς.

(ἐμμελῶς)

Κέλευσον.

ΙΕΡΕΥΣ

Σοφία. Ὁρθοί. Φῶς Χριστοῦ φαίνει πᾶσι.

ΑΝΑΓΝΩΣΤΗΣ

Παροιμιῶν τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

3:19-34

Ὁ Θεὸς τῇ σοφίᾳ ἐθεμελίωσε τὴν γῆν, ἡτοίμασε δὲ οὐρανούς ἐν φρονήσει. Ἐν αἰσθήσει αὐτοῦ ἄβυσσοι ἐρράγησαν, νέφη δὲ ἐρρύνει δρόσον. Υἱέ, μὴ παραρρυῆς, τήρησον δὲ ἐμὴν βουλήν καὶ ἔννοιαν, ἵνα ζῇ σὴ ψυχὴ, καὶ χάρις ἡ περὶ τῷ τραχήλῳ

of the field. In the sweat of your face you shall eat bread till you return to the ground from which you were taken. Earth you are, and to earth you shall return." So Adam called his wife's name Life, because she was the mother of all living. [SAAS]

Prokeimenon. Mode pl. 2.

Psalm 20 (21).

Be exalted, O Lord, in Your power.

O Lord, the king shall be glad in Your power.

[SAAS]

(sung)

Command!

PRIEST

Wisdom. Arise. The light of Christ shines upon all.

READER

The reading is from the Proverbs of Solomon.

PRIEST

Wisdom. Let us be attentive.

READER

3:21-37

God by wisdom founded the earth and prepared the heavens with discernment. With perception the depths were broken up, and the clouds flowed with dew. My son, do not be careless, but keep my counsel and thinking, that your soul may live, and grace

ἔσται δὲ ἰασις ταῖς σαρκί σου, καὶ ἐπιμέλεια τοῖς ὀστέοις σου· ἵνα πορεύῃ πεποιθῶς ἐν εἰρήνῃ πάσας τὰς ὁδοὺς σου, ὃ δὲ πούς σου οὐ μὴ προσκόπῃ. Ἐὰν γὰρ κάθῃ, ἄφοβος ἔσῃ, ἐὰν δὲ καθεύδῃς, ἡδέως ὑπνώσεις, καὶ οὐ φοβηθήσῃ πτόησιν ἐπελθοῦσαν, οὐδὲ ὀρμᾶς ἀσεβῶν ἐπερχομένης· ὁ γὰρ Κύριος ἔσται ἐπὶ πασῶν ὁδῶν σου, καὶ ἐρείσει σὸν πόδα, μὴ ἀγρευθῇς. Μὴ ἀπόσχου εὖ ποιεῖν ἐνδεῇ, ἡνίκα ἂν ἔχῃ ἡ χεὶρ σου βοηθεῖν. Μὴ εἴπῃς· Ἐπανελθὼν ἐπάνηκε, καὶ αὖριον δώσω, δυνατοῦ σου ὄντος εὖ ποιεῖν· οὐ γὰρ οἶδας τί τέξεται ἡ ἐπιούσα. Μὴ τέκταινε ἐπὶ σὸν φίλον κακά, παροικοῦντα καὶ πεποιθότα ἐπὶ σοί. Μὴ φιλεχθρήσῃς πρὸς ἄνθρωπον μάτην, ἵνα μήτι εἰς σὲ ἐργάσητε κακόν. Μὴ κτήσῃ κακῶν ἀνδρῶν ὀνειδίη, μηδὲ ζήλου τὰς ὁδοὺς αὐτῶν· ἀκάθαρτος γὰρ ἔναντι Κυρίου πᾶς παράνομος, ἐν δὲ δικαίοις οὐ συνεδρεύει. Κατάρα Κυρίου ἐν οἴκοις ἀσεβῶν, ἐπαύλεις δὲ δικαίων εὐλογοῦνται. Κύριος ὑπερηφάνοις ἀντιτάσσεται, ταπεινοῖς δὲ δίδωσι χάριν.

ΙΕΡΕΥΣ

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

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου, εἰσάκουσόν μου, Κύριε. Κύριε, ἐκέκραξα πρὸς

may be around your neck. And there will be healing for your flesh and care for your bones, that you may walk confidently in peace in all your ways, and your foot may not stumble. For if you sit down, you will be without fear, and if you lie down, your sleep will be pleasant. And do not be afraid of intimidation when it comes upon you, nor of the attack of the ungodly when it comes at you; for the Lord will be over all your ways, and He will plant your feet firmly, that you may not be shaken. Do not withhold doing good to the needy, when you may give a helping hand; do not say, when you are able to do good, "Come back tomorrow, and I will give you something"; for you do not know what the next day will bring forth. Do not devise evil things against your friend who dwells beside you and trusts in you. Do not be ready to quarrel with a man in vain, lest he do you some harm. Do not incur the reproach of evil men, neither seek their ways; for every lawless man is unclean before the Lord, and he does not sit among the righteous. The curse of God is in the houses of the ungodly, but He blesses the dwellings of the righteous. The Lord opposes the arrogant, but He gives grace to the humble. [SAAS]

PRIEST

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

Lord, I have cried to You; hear me. Hear me, O Lord. Lord, I have cried to You; hear me. Give

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

ΧΟΡΟΣ

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἑσπερινή.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἑσπερινή.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἑσπερινή.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν
μου θυσία ἑσπερινή.

ΙΕΡΕΥΣ

Κατευθυνθήτω ἡ προσευχή μου, ὡς
θυμίαμα ἐνώπιόν σου.

ΧΟΡΟΣ

Ἐπαρσις τῶν χειρῶν μου θυσία ἑσπερινή.

*heed to the voice of my supplication when I cry to
You. [SAAS]*

CHOIR

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice.

PRIEST

*Set a watch, O Lord, before my mouth, a door
of enclosure about my lips. [SAAS]*

CHOIR

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice.

PRIEST

*Incline not my heart to evil words, to make
excuses in sins. [SAAS]*

CHOIR

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice.

PRIEST

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

CHOIR

Let my prayer be set forth before You
as incense, the lifting up of my hands as the
evening sacrifice.

PRIEST

Let my prayer be set forth before You as
incense.

CHOIR

The lifting up of my hands as the evening
sacrifice. [SAAS]

ΔΙΑΚΟΝΟΣ

Εἵπωμεν πάντες ἐξ ὅλης τῆς ψυχῆς καὶ ἐξ ὅλης τῆς διανοίας ἡμῶν εἵπωμεν.

(Κύριε, ἐλέησον.)

Κύριε παντοκράτορ ὁ Θεὸς τῶν πατέρων ἡμῶν, δεόμεθά Σου, ἐπάκουσον καὶ ἐλέησον.

(Κύριε, ἐλέησον.)

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

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

Ἦτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν.

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

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

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

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε ὁ Θεὸς ἡμῶν, τὴν ἐκτενὴ ταύτην ἱκεσίαν πρόσδεξαι παρὰ τῶν σῶν δούλων καὶ ἐλέησον ἡμᾶς κατὰ τὸ πλῆθος τοῦ ἐλέους σου, καὶ τοὺς οἰκτιρμούς σου κατὰπεμψον ἐφ' ἡμᾶς, καὶ ἐπὶ πάντα τὸν λαόν σου, ἀπεκδεχόμενον τὸ παρὰ σοῦ μέγα καὶ πλούσιον ἔλεος.

ΙΕΡΕΥΣ

Ὅτι ἐλεήμων 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.)

DEACON

Let us all say with all our soul and with all our mind, let us all say.

(Lord, have mercy.)

Lord almighty, God of our fathers, we pray You, hear us and have mercy.

(Lord, have mercy.)

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.)

PRIEST (in a low voice)

Lord our God, accept this fervent supplication from Your servants, and have mercy on us in accordance with the abundance of Your mercy, and send down Your compassion upon us and upon all Your people who await Your great and rich 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.)

ΔΙΑΚΟΝΟΣ

Εὐξασθε οἱ Κατηχούμενοι τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

Οἱ πιστοί, ὑπὲρ τῶν Κατηχουμένων
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἵνα ὁ Κύριος αὐτοὺς ἐλεήσῃ.

(Κύριε, ἐλέησον.)

Κατηχήσῃ αὐτοὺς τὸν λόγον τῆς
ἀληθείας.

(Κύριε, ἐλέησον.)

Ἀποκαλύψῃ αὐτοῖς τὸ Εὐαγγέλιον τῆς
δικαιοσύνης.

(Κύριε, ἐλέησον.)

Ἐνώσῃ αὐτοὺς τῇ ἀγίᾳ αὐτοῦ Καθολικῇ
καὶ Ἀποστολικῇ Ἐκκλησίᾳ.

(Κύριε, ἐλέησον.)

Σῶσον, ἐλέησον, ἀντιλαβοῦ, καὶ
διαφύλαξον αὐτούς, ὁ Θεός, τῇ σῇ χάριτι.

(Κύριε, ἐλέησον.)

Οἱ Κατηχούμενοι τὰς κεφαλὰς ὑμῶν τῷ
Κυρίῳ κλίνατε.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ ΤΩΝ ΚΑΤΗΧΟΥΜΕΝΩΝ

Ὁ Θεός, ὁ Θεὸς ἡμῶν, ὁ κτίστης καὶ δημιουργὸς
τῶν πάντων, ὁ πάντας θέλων σωθῆναι καὶ εἰς
ἐπίγνωσιν ἀληθείας ἐλθεῖν, ἐπίβλεψον ἐπὶ τοὺς
δούλους σου τοὺς Κατηχουμένους, καὶ λύτρωσαι
αὐτοὺς τῆς παλαιᾶς πλάνης καὶ τῆς μεθοδείας
τοῦ ἀντικειμένου, καὶ προσκάλεσαι αὐτοὺς εἰς τὴν
ζωὴν τὴν αἰώνιον. Φωτίζων αὐτῶν τὰς ψυχὰς καὶ τὰ
σώματα, καὶ συγκαταριθμῶν αὐτοὺς τῇ λογικῇ σου
ποιμνῇ, ἐφ' ἣν τὸ ὄνομά σου τὸ ἅγιον ἐπικέκληται.

DEACON

Catechumens, pray to the Lord.

(Lord, have mercy.)

Let us, the faithful, pray for the
catechumens.

(Lord, have mercy.)

That the Lord will have mercy on them.

(Lord, have mercy.)

That He will teach them the word of
truth.

(Lord, have mercy.)

That He will reveal to them the gospel of
righteousness.

(Lord, have mercy.)

That He will unite them to His holy,
catholic, and apostolic Church.

(Lord, have mercy.)

Save them, have mercy on them, help
them, and protect them, O God, by Your
grace.

(Lord, have mercy.)

Catechumens, bow your heads to the
Lord.

(To You, O Lord.)

PRIEST (in a low voice)

PRAYER OF THE CATECHUMENS

O God, our God, creator and maker of all, You
wish all to be saved and to come to the knowledge of
the truth. Look upon your servants, the catechumens,
and free them from the old error and the devices of the
adversary, and call them to life eternal, illumining their
souls and bodies, and numbering them among Your
rational flock over whom Your holy name is invoked.

ΙΕΡΕΥΣ

Ἵνα καὶ αὐτοὶ σὺν ἡμῖν δοξάζωσι τὸ πάντιμον καὶ μεγαλοπρεπὲς ὄνομά σου, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(*Ἀμήν.*)

ΔΙΑΚΟΝΟΣ

Ὅσοι Κατηχούμενοι, προέλθετε. Οἱ Κατηχούμενοι, προέλθετε. Ὅσοι Κατηχούμενοι, προέλθετε· μή τις τῶν Κατηχουμένων. Ὅσοι πιστοί, ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(*Κύριε, ἐλέησον.*)

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

(*Κύριε, ἐλέησον.*)

ΙΕΡΕΥΣ (*χαμηλοφώνως*)

ΕΥΧΗ Α' ΤΩΝ ΠΙΣΤΩΝ

Ὁ Θεός, ὁ μέγας καὶ αἰνετός, ὁ τῷ ζωοποιῷ τοῦ Χριστοῦ σου θανάτῳ εἰς ἀφθαρσίαν ἡμᾶς ἐκ φθορᾶς μεταστήσας, σὺ πάσας ἡμῶν τὰς αἰσθήσεις τῆς ἐμπαθοῦς νεκρώσεως ἐλευθέρωσον, ἀγαθὸν ταύταις ἡγεμόνα τὸν ἔνδοθεν λογισμὸν ἐπιστήσας, καὶ ὀφθαλμὸς μὲν ἀπέστω παντὸς πονηροῦ βλέμματος, ἀκοὴ δὲ λόγοις ἀργοῖς ἀνεπίβατος, ἡ δὲ γλῶσσα καθαρυνέτω ῥημάτων ἀπρεπῶν. Ἀγνισον ἡμῶν τὰ χεῖλη, τὰ αἰνοῦντά σε, Κύριε, τὰς χεῖρας ἡμῶν ποιήσον, τῶν μὲν φαύλων ἀπέχεσθαι πράξεων, ἐνεργεῖν δὲ μόνα τὰ σοὶ εὐάρεστα, πάντα ἡμῶν τὰ μέλη, καὶ τὴν διάνοιαν, τῇ σῇ κατασφαλιζόμενος χάριτι.

ΙΕΡΕΥΣ

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

(*Ἀμήν.*)

PRIEST

So that with us they also may glorify Your most honorable and majestic name, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

(*Amen.*)

DEACON

Those who are catechumens, depart, catechumens depart. All those who are catechumens, depart. Let none of the catechumens remain. Again and again, in peace, let all of us, the faithful, pray to the Lord.

(*Lord, have mercy.*)

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

(*Lord, have mercy.*)

PRIEST (*in a low voice*)

FIRST PRAYER OF THE FAITHFUL

O God, great and praiseworthy, who through the life-giving death of Your Christ brought us from corruption to incorruption. Set free all our senses from deadly passions, setting over them as a good guide the understanding that is within us. Let our eyes abstain from evil sights; our hearing from idle talk; and our tongue cleansed from unsuitable speech. Purify our lips that sing Your praises, O Lord. Let our hands abstain from evil acts and produce only works that are pleasing to You, safeguarding by Your grace all our limbs and mind.

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.*)

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ Β' ΤΩΝ ΠΙΣΤΩΝ

Δέσποτα Ἄγιε, ὑπεράγαθε, δυσωποῦμέν σε,
τὸν ἐν ἐλέει πλούσιον, ἱλεων γενέσθαι ἡμῖν τοῖς
ἀμαρτωλοῖς, καὶ ἀξιούς ἡμᾶς ποιῆσαι τῆς ὑποδοχῆς
τοῦ μονογενοῦς σου Υἱοῦ, καὶ Θεοῦ ἡμῶν, τοῦ
Βασιλέως τῆς δόξης. Ἴδου γὰρ τὸ ἄχραντον αὐτοῦ
Σῶμα, καὶ τὸ ζωοποιὸν Αἷμα, κατὰ τὴν παροῦσαν
ὥραν εἰσπορευόμενα, τῇ μυστικῇ ταύτῃ προτίθεσθαι
μέλλει Τραπέζῃ, ὑπὸ πλήθους στρατιᾶς οὐρανοῦ
ἀοράτως δορυφορούμενα, ὧν τὴν μετάληψιν
ἀκατάκριτον ἡμῖν δώρησαι, ἵνα, δι' Αὐτῶν τὸ τῆς
διανοίας ὄμμα καταυγαζόμενοι, υἱοὶ φωτὸς καὶ
ἡμέρας γενώμεθα.

ΙΕΡΕΥΣ

Κατὰ τὴν δωρεὰν τοῦ Χριστοῦ σου,
μεθ' οὗ εὐλογητὸς εἶ σὺν τῷ παναγίῳ, καὶ
ἀγαθῷ, καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

ΤΟ ΧΕΡΟΥΒΙΚΟΝ

Νῦν αἱ Δυνάμεις τῶν οὐρανῶν σὺν
ἡμῖν ἀοράτως λατρεύουσιν. Ἴδου γὰρ
εἰσπορεύεται ὁ Βασιλεὺς τῆς δόξης.

ΙΕΡΕΥΣ (χαμηλοφώνως)

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

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. Wisdom.

(Lord, have mercy.)

PRIEST (in a low voice)

SECOND PRAYER OF THE FAITHFUL

Holy and exceedingly good Master, we beseech
You who are rich in mercy: be gracious with us sinners,
and make us worthy of receiving Your only-begotten
Son and our God, the King of glory. For behold, His
most-pure body and life-giving blood, entering at this
hour, are to be placed on this mystical Table, invisibly
escorted by a multitude of unseen heavenly hosts.
Grant that we may blamelessly partake of them, so
that having been illumined by them, we may become
children of the light and of the day.

PRIEST

Through the gift of Your Christ, with
whom You are blessed, together with Your
all-holy, good, and life-giving Spirit, now and
forever and to the ages of ages.

(Amen.)

CHOIR

CHERUBIC HYMN

Now the powers of heaven are invisibly
worshiping with us. For behold, the King of
glory enters in. [HC]

PRIEST (in a low voice)

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

ΧΟΡΟΣ

Ἴδου θυσία μυστική, τετελειωμένη,
δορυφορεῖται. Πίστει καὶ πόθῳ
προσέλθωμεν, ἵνα μέτοχοι ζωῆς αἰωνίου
γενώμεθα. Ἀλληλούϊα.

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑσπερινὴν δέησιν
ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῶν προτεθέντων καὶ
προαγιασθέντων τιμίων δώρων, τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὅπως ὁ φιλόανθρωπος Θεὸς ἡμῶν,
ὁ προσδεξάμενος αὐτὰ εἰς τὸ ἅγιον
καὶ ὑπερουράνιον καὶ νοερὸν αὐτοῦ
θυσιαστήριον εἰς ὁσμὴν εὐωδίας
πνευματικῆς, ἀντικαταπέμψῃ ἡμῖν τὴν
θείαν Χάριν καὶ τὴν δωρεὰν τοῦ Ἁγίου
Πνεύματος 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.)

Τὴν ἑσπέραν πᾶσαν τελείαν, ἁγίαν,
εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

CHOIR

Behold, a mystical and perfect sacrifice is
coming forth. Let us come forward with faith
and desire that we may become partakers of
eternal life. Alleluia. [HC]

DEACON

Let us complete our evening prayer to the
Lord.

(Lord, have mercy.)

For the precious and presanctified gifts
here presented, let us pray to the Lord.

(Lord, have mercy.)

That our God Who loves mankind, having
accepted them at His holy and celestial and
mystical altar as an offering of spiritual
fragrance, may in return send down upon
us the divine grace and the gift of the Holy
Spirit, let us pray.

(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.)

That the whole evening 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.

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

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

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

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

Τὴν ἐνότητα τῆς πίστεως καὶ
τὴν κοινωνίαν τοῦ Ἁγίου Πνεύματος
αἰτησάμενοι, ἑαυτοὺς καὶ ἀλλήλους καὶ
πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ
παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Ὁ τῶν ἀρρήτων καὶ ἀθεάτων Μυστηρίων
Θεός, παρ' ᾧ οἱ θησαυροὶ τῆς σοφίας καὶ τῆς
γνώσεως οἱ ἀπόκρυφοι, ὁ τὴν διακονίαν τῆς
Λειτουργίας ταύτης ἀποκαλύψας ἡμῖν καὶ θέμενος
ἡμᾶς τοὺς ἁμαρτωλοὺς διὰ τὴν πολλὴν σου
φιλανθρωπίαν, εἰς τὸ προσφέρειν σοι δῶρά τε
καὶ θυσίας ὑπὲρ τῶν ἡμετέρων ἁμαρτημάτων,
καὶ τῶν τοῦ λαοῦ ἀγνοημάτων, αὐτός, ἄορατε
Βασιλεῦ, ὁ ποιῶν μέγала καὶ ἀνεξιχνίαστα, ἐνδοξά
τε καὶ ἐξαισία, ὧν οὐκ ἔστιν ἀριθμός, ἔπιδε ἐφ'
ἡμᾶς τοὺς ἀναξίους δούλους σου, τοὺς τῷ ἁγίῳ
σου τούτῳ θυσιαστηρίῳ, ὡς τῷ Χερουβικῷ σου
παρισταμένους θρόνῳ, ἐφ' ᾧ ὁ μονογενὴς σου Υἱὸς
καὶ Θεὸς ἡμῶν, διὰ τῶν προκειμένων φρικτῶν
ἐπαναπαύεται Μυστηρίων. Καὶ πάσης ἡμᾶς καὶ
τὸν πιστὸν σου λαὸν ἐλευθερώσας ἀκαθαρσίας,
ἀγίασον πάντων ἡμῶν τὰς ψυχὰς καὶ τὰ σώματα,
ἀγιασμῷ ἀναφαιρέτῳ, ἵνα, ἐν καθαρῷ συνειδότη,
ἀνεπαισχύντῳ προσώπῳ, καὶ πεφωτισμένῃ καρδίᾳ,
τῶν θείων τούτων μεταλαμβάνοντες Ἀγιασμάτων,
καὶ ὑπ' Αὐτῶν ζωοποιούμενοι, ἐνωθῶμεν αὐτῷ τῷ
Χριστῷ σου, τῷ ἀληθινῷ Θεῷ ἡμῶν, τῷ εἰπόντι ὁ

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

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

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

Having asked for the unity of the faith
and for the communion of the Holy Spirit, let
us commend ourselves and one another and
our whole life to Christ our God.

(To You, O Lord.)

PRIEST (in a low voice)

O God of ineffable and unseen mysteries with
whom are the hidden treasures of wisdom and
knowledge, You have revealed to us the service
of this liturgy and by Your great compassion have
ordained that we sinners should offer to You gifts
and sacrifices for our sins and for the transgressions
of the people. You, O invisible King, whose works
are great and wondrous, glorious, marvelous, and
without number, look upon us who draw near to Your
holy Altar as the throne of the Cherubim upon which
rests Your only begotten Son and our God through the
awesome mysteries offered here. And when you have
freed us and Your faithful people from all impurities,
sanctify our souls and bodies with a sanctification
not to be taken away, so that with clear conscience, a
presence without shame, and enlightened heart, we
may participate in these divine sacraments. Through
them we are given life that we may be united to Your
Christ, our true God, who said: Whoever eats my
flesh and drinks my blood abides in me and I in him,
so that with Your Word, O Lord, abiding in us and
walking among us, we may become temples of Your

τρῶγων μου τὴν Σάρκα, καὶ πίνων μου τὸ Αἷμα,
ἐν ἑμοὶ μένει, καὶ ἐν αὐτῷ, ὅπως ἐνοικοῦντος ἐν
ἡμῖν καὶ ἐμπεριπατοῦντος τοῦ Λόγου σου, Κύριε,
γενώμεθα ναὸς τοῦ παναγίου καὶ προσκυνητοῦ
σου Πνεύματος, λελυτρωμένοι πάσης διαβολικῆς
μεθοδείας, ἐν πράξει, ἢ λόγῳ, ἢ κατὰ διάνοιαν
ἐνεργουμένης, καὶ τύχωμεν τῶν ἐπηγγελμένων ἡμῖν
ἀγαθῶν, σὺν πᾶσι τοῖς Ἁγίοις σου, τοῖς ἀπ' Αἰῶνός
σοι εὐαρεστήσασιν.

ΙΕΡΕΥΣ

Καὶ καταξιώσον ἡμᾶς, Δέσποτα,
μετὰ παρρησίας, ἀκατακρίτως, τολμᾶν
ἐπικαλεῖσθαι σὲ τὸν ἐπουράνιον Θεὸν
Πατέρα, καὶ λέγειν·

ΛΑΟΣ

ΚΥΡΙΑΚΗ ΠΡΟΣΕΥΧΗ

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
εἰσενέγκης 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.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

all holy and worshipful Spirit, having been freed from
every diabolical device working by deeds or words or
thoughts. Thus, shall we obtain the blessing You have
promised us, together with all Your saints, who from
all ages have pleased You.

PRIEST

And grant us, Master, with boldness and
without condemnation, to dare call You, the
heavenly God, Father, and to say:

PEOPLE

THE LORD'S PRAYER

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.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

ΙΕΡΕΥΣ (*χαμηλοφώνως*)

Ὁ Θεός, ὁ μόνος ἀγαθὸς καὶ εὐσπλαγχνος,
ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ ταπεινὰ ἐφορῶν,
ἐπιδε εὐσπλάγχνῳ ὄμματι ἐπὶ πάντα τὸν λαόν
σου, καὶ φύλαξον αὐτόν, καὶ ἀξίωσον πάντας ἡμᾶς
ἀκατακρίτως μετασχεῖν τῶν ζωοποιῶν σου τούτων
Μυστηρίων. Σοὶ γὰρ τὰς ἐαυτῶν ὑπεκλίναμεν
κεφαλὰς, ἀπεκδεχόμενοι τὸ παρὰ σοῦ πλούσιον
ἔλεος.

ΙΕΡΕΥΣ

Χάριτι καὶ οἰκτιρμοῖς 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.*)

ΙΕΡΕΥΣ (*χαμηλοφώνως*)

Πρόσχε, Κύριε Ἰησοῦ Χριστέ ὁ Θεὸς ἡμῶν, ἐξ
ἀγίου κατοικητηρίου σου, καὶ ἀπὸ θρόνου δόξης
τῆς Βασιλείας σου, καὶ ἐλθέ εἰς τὸ ἀγιάσαι ἡμᾶς, ὁ
ἄνω τῷ Πατρὶ συγκαθήμενος καὶ ὧδε ἡμῖν ἀοράτως
συνών. Καὶ καταξίωσον τῇ κραταίᾳ σου χειρὶ
μεταδοῦναι ἡμῖν τοῦ ἀχράντου Σώματός σου καὶ τοῦ
τιμίου Αἵματος καὶ δι' ἡμῶν παντὶ τῷ λαῷ.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

ΙΕΡΕΥΣ

Τὰ προηγιασμένα Ἅγια τοῖς ἀγίοις.

ΧΟΡΟΣ

Εἷς ἅγιος, εἷς Κύριος, Ἰησοῦς Χριστός, εἰς
δόξαν Θεοῦ Πατρός. Ἀμήν.

ΛΑΟΣ

ΕΥΧΑΙ ΠΡΟ ΤΗΣ ΘΕΙΑΣ ΚΟΙΝΩΝΙΑΣ

Πιστεύω, Κύριε, καὶ ὁμολογῶ, ὅτι σὺ
εἶ ἀληθῶς ὁ Χριστός, ὁ Υἱὸς τοῦ Θεοῦ
τοῦ ζῶντος, ὁ ἐλθὼν εἰς τὸν κόσμον
ἀμαρτωλοὺς σῶσαι, ὧν πρῶτός εἰμι
ἐγώ. Ἐτι πιστεύω, ὅτι τοῦτο αὐτό ἐστι τὸ

PRIEST (*in a low voice*)

O God, who only are good and compassionate,
who dwell on high and who look upon the lowly, look
with a compassionate eye upon all Your people, and
watch over them. Make us all worthy to partake of
these Your life giving mysteries without blame, for it is
before You that we have bowed our heads in the hope
of your abundant mercy.

PRIEST

Through the grace, compassion, and love
for mankind of Your only begotten Son, with
whom You are blessed, together with Your
all-holy, good, and life-creating Spirit, now
and forever and to the ages of ages.

(*Amen.*)

PRIEST (*in a low voice*)

Hearken, O Lord Jesus Christ our God, from Your
holy dwelling place and from the throne of glory of
Your Kingdom, and come to sanctify us, You Who are
enthroned with the Father on high and are present
among us invisibly here. And with Your mighty
hand, grant Communion of Your most pure Body and
precious Blood to us, and through us to all the people.

DEACON

Let us be attentive.

PRIEST

The holy presanctified gifts for the holy
people of God.

CHOIR

One is Holy, one is Lord, Jesus Christ, to
the glory of God the Father. Amen. [GOA]

PEOPLE

Prayers of Holy Communion

I believe and confess, Lord, that You are
truly the Christ, the Son of the living God,
Who came into the world to save sinners,
of whom I am the first. I also believe that
this is truly Your pure Body and that this

ἄχραντον Σῶμά σου καὶ τοῦτο αὐτό ἐστι τὸ τίμιον Αἷμά σου. Δέομαι οὖν σου· ἐλέησόν με καὶ συγχώρησόν μοι τὰ παραπτώματά μου, τὰ ἐκούσια καὶ τὰ ἀκούσια, τὰ ἐν λόγῳ, τὰ ἐν ἔργῳ, τὰ ἐν γνώσει καὶ ἀγνοίᾳ· καὶ ἀξιώσόν με ἀκατακρίτως μετασχεῖν τῶν ἀχράντων σου μυστηρίων, εἰς ἄφεσιν ἁμαρτιῶν καὶ εἰς ζωὴν αἰώνιον. Ἀμήν.

Ἐν ταῖς λαμπρότησι τῶν Ἀγίων σου, πῶς εἰσελεύσομαι ὁ ἀνάξιος; ἔὰν γὰρ τολμήσω συνεισελθεῖν εἰς τὸν νυμφῶνα, ὁ χιτῶν μὲ ἐλέγχει, ὅτι οὐκ ἔστι τοῦ γάμου, καὶ δέσμιος ἐκβαλοῦμαι ὑπὸ τῶν Ἀγγέλων. Καθάρισον, Κύριε, τὸν ῥύπον τῆς ψυχῆς μου, καὶ σῶσόν με ὡς φιλόανθρωπος.

Δέσποτα φιλόανθρωπε, Κύριε Ἰησοῦ Χριστέ, ὁ Θεός μου, μὴ εἰς κριμά μοι γένοιτο τὰ ἅγια ταῦτα, διὰ τὸ ἀνάξιον εἶναί με, ἀλλ' εἰς κάθαρσιν καὶ ἁγιασμόν ψυχῆς τε καὶ σώματος, καὶ εἰς ἀρραβῶνα τῆς μελλούσης ζωῆς καὶ βασιλείας. Ἐμοὶ δὲ τὸ προσκολλᾶσθαι τῷ Θεῷ ἀγαθόν ἐστι, τίθεσθαι ἐν τῷ Κυρίῳ τὴν ἐλπίδα τῆς σωτηρίας μου.

Τοῦ Δείπνου σου τοῦ μυστικοῦ, σήμερον Υἱὲ Θεοῦ, κοινωνόν με παράλαβε· οὐ μὴ γὰρ τοῖς ἐχθροῖς σου τὸ Μυστήριον εἶπω, οὐ φίλημά σοι δώσω, καθάπερ ὁ Ἰούδας, ἀλλ' ὡς ὁ Ληστής ὁμολογῶ σοι. Μνήσθητί μου Κύριε, [ὅταν ἔλθης] ἐν τῇ Βασιλείᾳ σου.

ΧΟΡΟΣ

Κοινωνικόν.

Γεύσασθε καὶ ἴδετε ὅτι χρηστός ὁ Κύριος. Ἀλληλουῖα.

is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, in knowledge or in ignorance. And make me worthy, without condemnation, to partake of Your pure Mysteries for the remission of sins and for eternal life. Amen.

How shall I, who am unworthy, enter into the splendor of Your saints? If I should dare to enter into the bridal chamber, my vesture will condemn me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. Cleanse, O Lord, the filth of my soul, and save me, as You are the one Who loves mankind. In Your love, Lord, cleanse my soul, and save me.

Master Who loves mankind, Lord Jesus Christ, my God, let not these Holy Gifts be to my judgment because I am unworthy, but rather for the purification and sanctification of both soul and body and the pledge of the life and Kingdom to come. It is good for me to cleave unto God and to place in Him the hope of my salvation.

O Son of God, receive me today as a partaker of Your mystical supper. For I will not speak of the mystery to Your enemies, nor will I give You a kiss, as did Judas. But like the thief, I confess to You: Remember me, Lord, in Your Kingdom.

CHOIR

Communion Hymn.

Taste and see that the Lord is good. Alleluia. [SAAS]

ΔΙΑΚΟΝΟΣ

Μετὰ φόβου Θεοῦ, πίστεως καὶ ἀγάπης
προσέλθετε.

Μεταλαμβάνει ὁ δοῦλος τοῦ Θεοῦ
(Ὄνομα) Σῶμα καὶ Αἷμα Χριστοῦ, εἰς
ἄφεσιν ἁμαρτιῶν καὶ ζωὴν αἰώνιον. Ἀμήν.

ΧΟΡΟΣ

Ὑμνοι καθὼς μεταλαμβάνει ὁ λαός.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ

ἀντὶ τοῦ "Εἶδομεν τὸ φῶς"

Ἦχος πλ. δ'.

Εὐλογῆσω τὸν Κύριον ἐν παντὶ καιρῷ
διὰ παντὸς ἡ αἰνεσις αὐτοῦ ἐν τῷ στόματί
μου. Ἄρτον οὐράνιον, καὶ ποτήριον ζωῆς
γεύσασθε καὶ ἴδετε ὅτι χρηστὸς ὁ Κύριος.
Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα.

ΔΙΑΚΟΝΟΣ (χαμηλοφώνως)

Ὑψωσον, Δέσποτα.

ΙΕΡΕΥΣ (χαμηλοφώνως)

Ὑψώθητι ἐπὶ τοὺς οὐρανοὺς ὁ Θεός καὶ ἐπὶ
πᾶσαν τὴν γῆν ἡ δόξα σου.

Εὐλογητὸς ὁ Θεὸς ἡμῶν.

ΙΕΡΕΥΣ

Πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Ὁρθοί, μεταλαμβάντες τῶν θείων, ἁγίων,
ἀχράντων, ἀθανάτων, ἐπουρανίων καὶ
ζωοποιῶν, φρικτῶν τοῦ Χριστοῦ μυστηρίων,
ἀξίως εὐχαριστήσωμεν τῷ Κυρίῳ.

(Δόξα σοι, Κύριε, δόξα σοι.)

DEACON

With the fear of God, faith, and love,
draw near.

The servant of God (Name) partakes
of the Body and Blood of Christ for the
remission of sins and life eternal.

CHOIR

Hymns During Holy Communion

PRIEST

Save, O God, Your people, and bless Your
inheritance.

CHOIR

After Communion

Mode pl. 4.

I will bless the Lord at all times; His
praise shall continually be in my mouth. Taste
the Bread of heaven and the Cup of Life, and
see that the Lord is good. Alleluia, Alleluia,
Alleluia. [HC]

DEACON (in a low voice)

Exalt, Master.

PRIEST (in a low voice)

Be exalted, O God, above the heavens, and let
Your glory be over all the earth.

Blessed is our God.

PRIEST

Always, now and forever and to the ages
of ages.

(Amen.)

DEACON

Arise! Having partaken of the divine,
holy, pure, immortal, heavenly, life-creating,
and awesome Mysteries of Christ, let us
worthily give thanks to the Lord.

(Glory to You, O Lord, glory to You.)

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

(Κύριε, ἐλέησον.)

Τὴν ἐσπέραν πᾶσαν, τελείαν, ἀγίαν,
εἰρηνικὴν καὶ ἀναμάρτητον αἰτησάμενοι,
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν, Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

ΕΥΧΗ ΜΕΤΑ ΤΗΝ ΘΕΙΑΝ ΜΕΤΑΛΗΨΙΝ

Εὐχαριστοῦμέν σοι τῷ Σωτῆρι τῶν ὅλων Θεῷ
ἐπὶ πᾶσιν οἷς παρέσχου ἡμῖν ἀγαθοῖς, καὶ ἐπὶ
τῇ μεταλήψει τοῦ ἁγίου Σώματος καὶ Αἵματος
τοῦ Χριστοῦ σου. Καὶ δεόμεθά σου, Δέσποτα
Φιλάνθρωπε, φύλαξον ἡμᾶς ὑπὸ τὴν σκέπην τῶν
πτερυγῶν σου, καὶ δὸς ἡμῖν μέχρι τῆς ἐσχάτης ἡμῶν
ἀναπνοῆς, ἐπαξίως μετέχειν τῶν ἁγιασμάτων σου,
εἰς φωτισμὸν ψυχῆς καὶ σώματος, εἰς βασιλείας
οὐρανῶν κληρονομίαν.

ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ὁ ἁγιασμὸς 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.)

ΙΕΡΕΥΣ

Ἐν εἰρήνῃ προέλθωμεν.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Δέσποτα Παντοκράτορ, ὁ πᾶσαν
τὴν κτίσιν ἐν σοφίᾳ δημιουργήσας,
ὁ διὰ τὴν ἄφατόν σου πρόνοιαν καὶ
πολλὴν ἀγαθότητα, ἀγαγὼν ἡμᾶς εἰς
τὰς πανσέπτους ἡμέρας ταύτας, πρὸς
καθαρισμὸν ψυχῶν καὶ σωμάτων,
πρὸς ἐγκράτειαν παθῶν, πρὸς ἐλπίδα
ἀναστάσεως, ὁ διὰ τεσσαράκοντα ἡμερῶν

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

(Lord, have mercy.)

Having prayed for a perfect, holy,
peaceful, and sinless evening, let us commit
ourselves, and one another, and our whole life
to Christ our God.

(To You, O Lord.)

PRIEST (in a low voice)

We thank You, O God, Savior of us all, for all the
good things you have given us, and for the communion
of Your holy Body and Blood of Your Christ. And
we pray to You, loving Master: Protect us under
the covering of Your wings and grant that we may
worthily partake of your blessings to the end of our
days, for the illumination of our soul and body to
inherit the kingdom of heaven.

PRIEST

For You are our sanctification 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.)

PRIEST

Let us go forth in peace.

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

Almighty Master, You created the
universe in wisdom. By Your ineffable
forethought and great goodness, You led us
to these sacred days for cleansing of souls and
bodies, for subduing passions, and for hope
of resurrection. For forty days, You shaped
the tablets written with godlike characters
for Your servant Moses. Grant also to us,

πλάκας χειρίσας τὰ θεοχάρακτα γράμματα
τῷ θεράποντί σου Μωσεῖ, παράσχου
καὶ ἡμῖν, Ἀγαθέ, τὸν ἀγῶνα τὸν καλὸν
ἀγωνίσασθαι, τὸν δρόμον τῆς νηστείας
ἐκτελέσαι, τὴν πίστιν ἀδιαίρετον τηρῆσαι,
τὰς κεφαλὰς τῶν ἀοράτων δρακόντων
συνθλάσαι, νικητὰς τε τῆς ἁμαρτίας
ἀναφανῆναι, καὶ ἀκατακρίτως φθάσαι
προσκυνῆσαι καὶ τὴν ἁγίαν Ἀνάστασιν. Ὅτι
ἡυλόγηται καὶ δεδόξασται τὸ πάντιμον καὶ
μεγαλοπρεπὲς ὄνομά σου, τοῦ Πατρὸς καὶ
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

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

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, ὁ Θεὸς ἡμῶν, ὁ ἀγαγὼν ἡμᾶς εἰς τὰς
πανσέπτους ἡμέρας ταύτας, καὶ κοινωνοὺς ἡμᾶς
ποιήσας τῶν φρικτῶν σου Μυστηρίων, σύναψον τῇ
λογικῇ σου ποιμνῇ, καὶ κληρονόμους ἀνάδειξον τῆς
Βασιλείας σου, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Εὐλογία Κυρίου καὶ ἔλεος αὐτοῦ
ἔλθοι ἐφ' ὑμᾶς, τῇ αὐτοῦ θεία χάριτι καὶ
φιλανθρωπία πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Δόξα σοι, Χριστέ ὁ Θεός, ἡ ἐλπίς ἡμῶν,
δόξα σοι.

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,

good lord, to fight the good fight, to finish
the course of the fast, to keep the faith whole,
to shatter the heads of unseen dragons, and
to show ourselves victorious over sin, and to
arrive blamelessly, without condemnation,
to worship also Your holy resurrection. For
blessed and glorified is Your honored and
magnificent name, of the Father and the Son
and the Holy Spirit, now and forever and to
the ages of ages.

(Amen.)

CHOIR

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

PRIEST (in a low voice)

O Lord our God, You have led us to these
sacred days and made us partakers of Your awesome
mysteries. Unite us with Your reasonable flock, and
make us inheritors of Your kingdom, now and forever
and to the ages of ages. Amen.

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

May the blessing and the mercy of the
Lord come upon you by His divine grace and
love for mankind, always, now and forever
and to the ages of ages.

(Amen.)

Glory to You, O Christ God, our hope.
Glory to You.

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

προστασίαις τῶν τιμίῳν ἐπουρανίων
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίῳ,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
οἰσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἀγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἀγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόφρων.

ΑΝΑΓΝΩΣΤΗΣ

Ψαλμὸς ΛΓ' (33).

Εὐλογῆσω τὸν Κύριον ἐν παντὶ καιρῷ,
διὰ παντὸς ἡ αἴνεσις αὐτοῦ ἐν τῷ στόματί
μου.

Ἐν τῷ Κυρίῳ ἐπαινεθήσεται ἡ ψυχὴ μου·
ἀκουσάτωσαν πραεῖς, 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 θλίψεών μου
ἐρύσαστό με.

Προσέλθετε πρὸς αὐτὸν καὶ φωτίσθητε,
καὶ τὰ πρόσωπα ὑμῶν οὐ μὴ καταισχυνηθῇ.

Οὗτος ὁ πτωχὸς ἐκέκραξε καὶ ὁ Κύριος
εἰσήκουσεν αὐτοῦ, καὶ ἐκ πασῶν τῶν
θλίψεων αὐτοῦ ἔσωσεν αὐτόν.

Παρεμβαλεῖ ἄγγελος Κυρίου κύκλῳ τῶν
φοβουμένων αὐτὸν καὶ ῥύσεται αὐτούς.

Γεύσασθε καὶ ἴδετε ὅτι χρηστὸς ὁ
Κύριος· μακάριος ἀνὴρ, ὃς ἐλπίζει ἐπ'
αὐτόν.

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.

READER

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.

Φοβήθητε τὸν Κύριον πάντες οἱ ἅγιοι αὐτοῦ, ὅτι οὐκ ἔστιν ὑστέρημα τοῖς φοβουμένοις αὐτόν.

Πλούσιοι ἐπτώχευσαν καὶ ἐπείνασαν, οἱ δὲ ἐκζητοῦντες τὸν Κύριον οὐκ ἐλαττωθήσονται παντὸς ἀγαθοῦ.

Δεῦτε, τέκνα, ἀκούσατέ μου· φόβον Κυρίου διδάξω ὑμᾶς.

Τίς ἐστὶν 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.

Ὁφθαλμοὶ Κυρίου ἐπὶ δικαίους, καὶ ὧτα αὐτοῦ εἰς δέησιν αὐτῶν.

Πρόσωπον δὲ Κυρίου ἐπὶ ποιοῦντας 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.

Πολλαὶ αἱ θλίψεις τῶν δικαίων, καὶ ἐκ πασῶν αὐτῶν ῥύσεται αὐτοὺς ὁ Κύριος.

Φυλάσσει Κύριος πάντα τὰ ὀστέα αὐτῶν, ἐν ἑξ αὐτῶν οὐ συντριβήσεται.

Θάνατος ἁμαρτωλῶν πονηρός, καὶ οἱ μισοῦντες τὸν δίκαιον πλημμελήσουσι.

Fear the Lord, you His saints, for there is no want for those who fear Him.

The wealthy have become poor and gone 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 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.

Λυτρώσεται Κύριος ψυχὰς δούλων
αὐτοῦ, καὶ οὐ μὴ πλημμελήσουσι πάντες οἱ
ἐλπίζοντες ἐπ' αὐτόν.

Ψαλμὸς ΡΜΔ' (144).

Ὑψώσω σε, ὁ Θεός μου ὁ βασιλεύς 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
ἀγιωσύνης σου λαλήσουσι καὶ τὰ θαυμάσιά
σου διηγῶνται.

Καὶ τὴν δύναμιν τῶν φοβερῶν
σου ἐροῦσι καὶ τὴν μεγαλωσύνην σου
διηγῶνται.

Μνήμην τοῦ πλήθους τῆς χρηστότητός
σου ἐξερεῦξονται καὶ τῇ δικαιοσύνῃ σου
ἀγαλλιάσονται.

Οἰκτίρων 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,

The Lord will redeem the souls of His
servants, and all who hope in Him shall not
go wrong. [GOA, SAAS]

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 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.

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 ὁσious ἐν πᾶσι τοῖς ἔργοις αὐτοῦ.

Ὑποστηρίζει Κύριος πάντας τοὺς
καταπίπτοντας καὶ ἀνορθοῖ πάντας τοὺς
κατερραγμένους.

Οἱ ὀφθαλμοὶ πάντων εἰς σὲ ἐλπίζουν,
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 ὁσious 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.

ΙΕΡΕΥΣ

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

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. [SAAS]

PRIEST

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

(Αμὴν.)

(Amen.)