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The Service of Matins

for Friday, November 29, 2019

**Octoechos - Mode pl. 2.
on Friday Morning**

**Menaion - November 29
Memory of the Holy Martyrs Paramonos and Philoumenos**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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The AGES Digital Chant Stand is supported in part by generous grants from Leadership 100 and the National Forum of Greek Orthodox Church Musicians.

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Octoechos - Mode pl. 2.

On Friday Morning

Menaion - November 29

Memory of the Holy Martyrs Paramonos
and Philoumenos

MATINS

CHOIR

Mode 4.

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

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

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

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

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

Apolytikion. For the Martyrs.

Mode 4. Come quickly.

Your Martyrs, O Lord, were worthily
awarded by You * the crowns of incorruption,
in that they contested for You our immortal
God. * Since they possessed Your power, they
defeated the tyrants, * dashing the demons'
powerless displays of defiance. * O Christ
God, at their fervent entreaties, save our souls.

[SD]

From Octoechos - - -

Glory. Both now. **Theotokion.**

Mode 4. Come quickly.

O Mother of Christ our God, all-blameless
Virgin most pure, * as Symeon told, a sword
pierced through your all-holy soul * when
you saw your Son and God * crucified by

transgressors of His own will, O Lady. * Cease
not to importune Him, * that He grant the
forgiveness * of failings to us your servants, *
O only most-blessed one. [SD]

*The appointed Kathisma of the Psalter may be read,
i.e. Kathisma 19. There is no litany, but immediately the
following:*

From Octoechos - - -

CHOIR

Kathisma I.

For the Cross.

Mode pl. 2.

The wood of Your Cross was merely
planted, O Christ, and the foundations of
death were shaken, O Lord. Hades had
swallowed You eagerly, but with trembling
it disgorged You. You have shown us Your
salvation, O Holy One, and we glorify You,
Son of God. Have mercy on us. [SD]

Verse: *Exalt the Lord our God, and worship at
the footstool of His feet; for He is holy.*

Your people condemned you to death,
O Lord,/yet you are the life of all:/with the
rod of Moses you led them on dry ground
through the Red Sea,/yet they nailed you
to the cross;/you fed them with honey from
the rock, yet they gave you gall./But you
willingly endured these things to free us from
the bondage of the enemy.//O Christ our God:
Glory to you. [OCA]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 2. You are the good hope.

O only Virgin Mother of God, * as the all-
blameless Ewe-lamb, * as you beheld your
only Son who from your pure blood was
incarnate * to hang upon the Cross of His
own will, * O Maiden, you cried out * while
shedding bitter tears: * "O most forbearing Son

of mine, * I hymn and I extol * Your plan for our salvation." [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 20. There is no litany, but immediately the following:

CHOIR

From Octoechos - - -

**Kathisma II.
For the Cross.
Mode pl. 2.**

Today the prophetic saying has been fulfilled. For, behold, we are worshiping in the place where Your feet stood, O Lord. And now that we have eaten from tree of salvation, we have obtained the freedom from the passions that come from sin, by the intercessions of the Theotokos, O only Lord who loves humanity. [SD]

Verse: God is our King before the ages; He worked salvation in the midst of the earth.

O Lord, Your Cross was sanctified. Truly cures are effected by it, for those who are sick in sins. Through it we worship You. Have mercy on us. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 2. *You are the good hope.*

The Virgin Mother stood by the cross * of the Lord who became incarnate * without passion from her * in an ineffable manner; * she wept and maternally cried out: "I cannot bear to see You crucified and dead, * who granted breath to everything * that lives upon the earth, * O my Son and my God." [SD]

From Octoechos - - -

**Kathisma III.
For the Cross.**

Mode pl. 2. *N/M (You are the good hope.)*

O blessed tree of the cross:/you heal all ills and expel all demons./You are the strength and protection of believers,/the prize of kings and true pride of the Orthodox,/the support of the Church of Christ://be our safeguard, our assurance and our rampart. [OCA]

Verse: God is wondrous in His saints.

For the Martyrs.

Light always dawns for the righteous. The saints were illumined in You, and they shine like stars forever, and they extinguish the lamp of the impious. By their prayers, You will light my lamp, O Lord, and save me. [SD]

Glory. Both now. **Stavrotheotokion.**

O all-holy Theotokos, during my lifetime, I pray do not abandon me, nor entrust me to merely human protection; rather you help me yourself and have mercy on me. [SD]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore

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

Synaxarion.

From the Menaion.

On November 29, we commemorate the contest of the holy Martyr Paramonos and his 370 fellow holy martyrs.

Today we also commemorate the holy Martyr Philumenos.

Today we commemorate our devout father Nicholas, Archbishop of Thessaloniki; and also the holy hieromartyr John of Persia; and the six holy Martyrs who were chased and then a rock split open and let them in.

On this day St. Urban, Bishop of Macedonia, died in peace.

On this day St. Dionysios, Bishop of Corinth, died after being wounded by a sword.

On this day devout St. Pancosmios died in peace.

On this day devout St. Pitiroun died in peace.

On this day the holy martyr Valerinus died by the sword.

On this day St. Fedros died when boiling pitch was poured over him.

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

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 4.

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

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

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

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

Verse: *For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.* [NKJV]

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

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

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

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

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

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

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

Heirmos. Mode 4.

A cornerstone was cut out without hands * from a never-quarried mountain, * which prefigured you, holy Virgin. * The stone is Christ, who joined the disparate natures. * As we rejoice because of this, O Theotokos, we magnify you. [SD]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Horologion - - -

Exaposteilarion.

Mode 3. *N/M (Having embellished.)*

Cross of my Christ, sceptre and victory of Sovereigns, glory of the Orthodox, guard those who worship you, that the multitudes of the unorthodox may be defeated. [EL]

Another.

Mode 2. *With the disciples.*

O Cross, you are the guardian of the whole world. * O Cross, you are the height of the Church's beauty. * O Cross, you are what strengthened the Emperors. * O Cross, the believers' firm support. * O Cross, the glory of Angels * and the defeat of the demons. [SD]

Stavrotheotokion.

Mode 3. *N/M (Having embellished.)*

As she stood by the Cross, Your Mother, who gave birth to You without seed, cried out lamenting: "Alas! O sweetest child of mine, how is it that You have set like the sun from my eyes? How is it that You are accounted among the dead?" [SD]

READER

Lauds. (read)

Psalm 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of

heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

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

them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you

have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

PRIEST

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

(Amen.)

From Octoechos - - -

CHOIR

Aposticha of the Octoechos.

Mode pl. 2.

I now have hope, because of the Cross, and I boast in it, saying: "O humane Lord, bring down the arrogance of those who do not confess You to be both God and man." [SD]

Verse: *We were filled with Your mercy in the morning, and in all our days we greatly rejoiced and were glad; gladden us in return for the days You humbled us, for the years we saw evil things. And behold Your servants and Your works, and guide their sons.* [SAAS]

We who are shielded by the Cross stand up to the enemy, and we are not frightened by his tactics and traps. For the proud one has been brought down, and he has been trampled by the power of Christ, who was nailed to the Cross. [SD]

Verse: *And let the brightness of the Lord our God be upon us, and prosper for us the works of our hands.* [SAAS]

O Lord, all creation celebrates at the memory of Your Saints: the heavens and the Angels are exultant, and the earth rejoices with its people. By their supplications, have mercy on us. [SD]

Glory. Both now. **Stavrotheotokion.**

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

As man, I have been nailed to a cross, * and truly I am put to death. * As a mortal, I am laid within a tomb, * but as God, I will in glory * rise again on the third day, * O holy Mother, ever-virgin and pure. [SD]

PRIEST

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [SAAS]

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

CHOIR

Apolytikion. For the Martyrs.

Mode 4. *Come quickly.*

Your Martyrs, O Lord, were worthily awarded by You * the crowns of incorruption, in that they contested for You our immortal God. * Since they possessed Your power, they defeated the tyrants, * dashing the demons' powerless displays of defiance. * O Christ God, at their fervent entreaties, save our souls.

[SD]

From Octoechos - - -

Glory. Both now. **Theotokion.**

Mode 4.

We magnify you, O Theotokos, and cry out: You are the bush in which, without being burnt, Moses saw, as a flame, the fire of Divinity. [SD]

DEACON

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

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

Let us pray for pious and Orthodox Christians.

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

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

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

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

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

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

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

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

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

Again we pray for those who bear fruit and do good works in this holy and all-venerable church, for those who labor and

those who sing, and for the people here present who await Your great and rich mercy.

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

PRIEST

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

(Amen.)

DEACON

Wisdom.

(Father, bless!)

PRIEST

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

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

READER

Amen.

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

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

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

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven,

the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, (local patron saint); of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

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

(Amen.)