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# The Service of Matins

**for Tuesday, April 2, 2019**

**Triodion - Mode 3.  
on Tuesday Morning**

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

**Menaion - April 2  
Memory of our Devout Father Titus**

**Texts in Greek and English**

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vol Orthodox Monastery of the Veil of our Lady

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**Τριώδιον**

Ἦχος γ'. Τῇ Τρίτῃ Πρωΐ

Τῇ Τρίτῃ Δ' Ἑβδομάδος εἰς τὸν Ὁρθρον.

**Μηναιὸν - ΤΗ Β' ΑΠΡΙΛΙΟΥ**

Μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Τίτου

**ΟΡΘΡΟΣ**

**ΧΟΡΟΣ**

**Ἦχος γ'.**

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β'.** Δικαιοσύνην μάθετε, οἱ  
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. γ'.** Ζῆλος λήψεται λαὸν  
ἀπαίδευστον, καὶ νῦν πῦρ τοὺς ὑπεναντίους  
ἔδεται.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. δ'.** Πρόσθες αὐτοῖς κακά, Κύριε,  
πρόσθες αὐτοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὁρολογίου ---

**Ὑμνοι Τριαδικοί**

**Ἦχος γ'.**

Πατέρα ἀναρχον, Υἱὸν συνάναρχον,  
Πνεῦμα συναῖδιον, Θεότητα μίαν  
χερουβικῶς δοξολογεῖν τολμῶντες λέγομεν·  
Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν.  
Πρεσβείαις τοῦ Προδρόμου σῶσον ἡμᾶς.

Δόξα.

Τριάς ὁμοούσιε καὶ ἀδιαίρετε, Μονὰς  
τρισυνπόστατε καὶ συναῖδιε, σοὶ ὡς Θεῷ τῶν

**Triodion**

Mode 3. On Tuesday Morning

On Tuesday of the Fourth Week at Matins

**Menaion - April 2**

Memory of our Devout Father Titus

**MATINS**

**CHOIR**

**Mode 3.**

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion ---

**Triadic Hymns**

**Mode 3.**

Daring to glorify the unoriginate Father,  
the co-unoriginate Son, and the co-eternal  
Spirit, the one Godhead, we utter in the  
manner of the Cherubim: Holy, holy, holy  
are You, our God. By the intercessions of the  
Forerunner save us. [SD]

Glory.

O Trinity, consubstantial and undivided,  
O Unity, with three hypostases and co-eternal,

Ἀγγέλων τὸν ὕμνον κραυγάζομεν· Ἄγιος, Ἄγιος, Ἄγιος εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀγίων σῶσον ἡμᾶς.

Καὶ νῦν.

Ἀθρόον ὁ Κριτὴς ἐπελεύσεται, καὶ ἐκάστου αἱ πράξεις γυμνωθήσονται· ἀλλὰ φόβῳ κράζομεν ἐν τῷ μέσῳ τῆς νυκτός· Ἄγιος, Ἄγιος, Ἄγιος εἶ ὁ Θεὸς ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ Ψαλτηρίου, ἧτοι Κάθισμα 10. Καὶ εὐθύς, ἄνευ μικρᾶς Συναπτῆς·*

Τοῦ Τριωδίου ---

**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Κάθισμα Α'. Κατανυκτικά.**

**Ἦχος γ'.**

Παροικοῦσα ἐν τῇ γῇ, ψυχὴ μου μετανόησον, χοῦς ἐν τάφῳ οὐχ ὕμνεϊ, πταισμάτων οὐ λυτροῦται, βόησον Χριστῷ τῷ Θεῷ. Καρδιογνώστα ἡμαρτον, πρὶν με καταδικάσης, φεῖσαί μου ὁ Θεός, καὶ ἐλέησόν με.

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

**Ἦχος γ'.**

Ἐν τῇ ὥρᾳ τῆς προσευχῆς, μετανοεῖν ἐπαγγέλλομαι, καὶ ὁ ἐχθρὸς ἐπιμελῶς ἁμαρτάνειν, ἐμβάλλει μοι ἄτοπα, ἀλλ' ἐξ αὐτοῦ με ῥῦσαι ὁ Θεός, καὶ ἐλέησόν με.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ'.**

Καταφυγὴ καὶ δύναμις ἡμῶν Θεοτόκε, ἡ κραταιὰ βοήθεια τοῦ κόσμου, ταῖς πρεσβείαις σου σκέπε τοὺς δούλους σου, ἀπὸ πάσης ἀνάγκης, μόνη εὐλογημένη.

to You as God we shout the hymn of the Angels: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

The Judge will arrive suddenly, and the actions of each of us will be laid bare. So, with fear, let us cry out in middle of the night: Holy, holy, holy are You, our God. Through the Theotokos have mercy on us. [SD]

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

From Triodion ---

**CHOIR**

**Kathisma I.**

**Kathisma I. For compunction.**

**Mode 3.**

O my soul, repent while you still sojourn on earth, for dust in the grave does not sing praise, nor is it released from transgressions. Cry out now to Christ God, "Knower of the hear, I have sinned. Before You condemn me, spare me, O God, and have mercy on me." [SD]

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

**Mode 3.**

At the time of prayer, I am commanded to repent, and yet the enemy persists to put unseemly thoughts in me to make me sin. I pray You to deliver me from him, O God, and have mercy on me. [SD]

Glory. Both now. **Theotokion.**

**Mode 3.**

You are our refuge and strength, O Theotokos, and for the world you are a mighty assistance. With your intercessions

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 8. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

### ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

### ΧΟΡΟΣ

Τοῦ Τριωδίου - - -

**Κάθισμα Β'. Τοῦ Τριωδίου.**

**Ἦχος πλ. δ'. Τὸ ἀσάλευτον στήριγμα.**

Ἐγκρατεία λαμπρύναντες, τὰς ψυχὰς  
ἡμῶν, τὸν Σταυρὸν προσκυνήσωμεν, τὸν  
σωτήριον, ἐν ᾧ Χριστὸς προσηλώθη, καὶ  
βοήσωμεν αὐτῷ· Χαῖρε νηστευόντων ἡ  
τρυφή, καὶ βεβαία βοήθεια. Χαῖρε ἀναιρέτα  
τῶν παθῶν, τῶν δαιμόνων ἀντίπαλε, χαῖρε  
Εὐλὸν μακάριον.

shelter your servants, from any hard  
necessity, O only blessed Lady. [SD]

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 8. It would be followed by the short litany.*

### DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

### PRIEST

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

(Amen.)

### CHOIR

From Triodion - - -

**Kathisma II. From the Triodion.**

**Mode pl. 4.**

Illumined in our souls through  
abstinence, let us venerate the saving Cross  
upon which Christ was nailed, and let us cry  
aloud to it: Hail, the delight and sure help of  
those that fast; hail, destroyer of the passions,  
adversary of the devils; hail, blessed Wood!

[KW]

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. δ'. Ἀντόμελον.**

Τὸ ἀσάλευτον στήριγμα, τὸ τῆς  
Πίστεως, καὶ σεβάσμιον δώρημα, τῶν  
ψυχῶν ἡμῶν, τὴν Θεοτόκον ἐν ὕμνοις  
μεγαλύνωμεν πιστοί. Χαῖρε ἡ τὴν πέτραν  
τῆς ζωῆς, ἐν γαστρὶ σου χωρήσασα,  
χαῖρε τῶν περάτων ἡ ἐλπίς, θλιβομένων  
ἀντίληψις, χαῖρε Νύμφη ἀνύμφευτε.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 9. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

### ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,  
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.)

Ὅτι ἡυλόγηταί σου τὸ ὄνομα, καὶ  
δεδοξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ  
τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ  
ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

### ΧΟΡΟΣ

Τοῦ Τριωδίου ---

**Κάθισμα Γ'. Τοῦ Τριωδίου.**

**Ἦχος πλ. δ'. Ὡς ἀπαρχάς.**

Ὅσπερ ζωὴν τῆς Κτίσεως, τὸν σὸν  
Σταυρὸν προκείμενον, ἡ Οἰκουμένη  
ἀσπάζεται Κύριε, καὶ προσκυνοῦσα κράζει  
σοι τῇ αὐτοῦ ἐνεργείᾳ, ἐν εἰρήνῃ βαθείᾳ,

Glory. Both now. **Theotokion.**

**Mode pl. 4.**

O ye faithful, let us magnify in hymns  
the Theotokos, unshakable foundation of  
the Faith and precious gift conferred upon  
our souls. Hail, for thou hast held within thy  
womb the Rock of life; hail, hope of all the  
ends of the earth, succour of the afflicted; hail,  
Bride without bridegroom! [KW]

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

### PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

### CHOIR

From Triodion ---

**Kathisma III. From the Triodion.**

**Mode pl. 4.**

The inhabited earth venerates Thy Cross,  
O Lord, as the life of the creation, and it cries  
to Thee: By the operation of Thy Cross and  
through abstinence, keep in profound peace

τούς ἀνυμνοῦντάς σε, τοὺς εὐλογοῦντάς σε,  
διὰ τῆς ἐγκρατείας συντήρησον Πολυέλεε.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. δ'. Ὡς ἀπαρχάς.**

Χαῖρε ἡ δι' Ἀγγέλου, τὴν χαρὰν τοῦ  
Κόσμου δεξαμένη, χαῖρε ἡ τεκοῦσα τὸν  
Ποιητὴν σου καὶ Κύριον, χαῖρε ἡ ἀξιοθεῖσα  
γενέσθαι Μήτηρ Θεοῦ.

### ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
πλυνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ  
τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν  
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία  
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ  
μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν  
σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς  
λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.  
Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν  
ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου  
γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ  
τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.  
Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι,  
πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.  
Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην·  
ἀγαλλιάσονται ὅστέα τεταπεινωμένα.  
Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου  
ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν  
ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον  
ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με  
ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά

those who praise and bless Thee, O most  
merciful. [KW]

Glory. Both now. **Theotokion.**

**Mode pl. 4.**

Hail, for through the Angel thou hast  
received the Joy of the world; hail, for thou  
hast borne thy Maker and thy Lord; hail, for  
thou wast counted worthy to become Mother  
of Christ our God! [KW]

### 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,



σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.  
 Απόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου  
 σου καὶ πνεύματι ἡγεμονικῶ στήριζόν  
 με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ  
 ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με  
 ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας  
 μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν  
 δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου  
 ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν  
 αἴνеспίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα  
 ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία  
 τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν  
 συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς  
 οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ  
 εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῇ τὰ  
 τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν  
 δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.  
 Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
 μόσχους.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ  
 εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
 τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
 ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων  
 καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ  
 πλούσια· πρεσβείαις τῆς παναχράντου  
 Δεσποίνης ἡμῶν Θεοτόκου καὶ  
 ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου  
 καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν  
 τιμιῶν ἐπουρανίων Δυνάμεων ἀσωμάτων,  
 ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου  
 Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου,  
 τῶν ἁγίων ἐνδόξων καὶ πανευφήμων  
 Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν  
 μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν  
 Διδασκάλων, Βασιλείου τοῦ Μεγάλου,  
 Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου  
 τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου  
 καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν  
 Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,

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

### PRIEST

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



Σπυρίδωνος Τριμυθούντος καὶ Νεκταρίου  
Πενταπόλεως τῶν θαυματουργῶν  
τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων  
Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου  
τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,  
Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ  
τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων  
Χαραλάμπους καὶ Ἐλευθερίου, τῆς  
ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων  
Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ  
Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἀγίου τοῦ  
Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων  
Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν  
Ἀγίων. Ἰκετεύομέν σε, μόνε πολυέλεε  
Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

#### ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

#### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Μηναίου ---

#### ΧΟΡΟΣ

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ α'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

**Στίχ.** Τῷ Κυρίῳ ᾄσωμεν· ἐνδόξως γὰρ  
δεδόξασται.

Υγρὰν διοδεύσας ὥσει ξηράν, καὶ  
τὴν αἰγυπτίαν, μοχθηρίαν διαφυγών, ὁ  
Ἰσραηλίτης ἀνεβόα· Τῷ Λυτρωτῇ καὶ Θεῷ  
ἡμῶν ᾄσωμεν.

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

#### CHOIR

Lord, have mercy. (12)

#### PRIEST

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

(Amen.)

From Menaion ---

#### CHOIR

**Canon for the Devout Man.**

**Ode i. Mode pl. 4. Heirmos.**

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

Of old when the Israelite had crossed \*  
the watery passage as if over a tract of land,  
\* fleeing from the misery of Egypt, \* he cried:  
"To God our Redeemer, O let us sing." [SD]

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὅλον με τοῖς πάθεσι τῆς σαρκός, δεινῶς ἐμπαγέντα, καὶ φθαρέντα ταῖς ἡδοναῖς, θησαυρὸς ὑπάρχων ἀπαθείας, ταῖς σαῖς πρεσβείαις με τίτε διάσωσον.

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

Τῇ θείᾳ τοῦ Πνεύματος ἐκλογῇ, Θεῷ προσηνέχθης, ἐκ σπαργάνων τῶν μητρικῶν, καὶ τῆς ἀπειράνδρου Θεοτόκου, μύστης καὶ λάτρης ἐχρημάτισας.

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

Ὡς τῆς ἐγκρατείας τὸν γλυκασμόν, θηλάσας ἀπώσω, τὴν πικρίαν τὴν τῶν παθῶν· ὅθεν ὑπὲρ μέλι καὶ κηρίον, ἡδύνεις Πάτερ τὰς ψυχὰς ἡμῶν.

Δόξα.

Νέον ὡς τοῦ Παύλου σε φοιτητήν, Τίτον εὐφημοῦμεν· τῶν ἐκείνου γὰρ ζηλωτῆς, ἀγώνων ἐδείχθης θεομάκαρ, καὶ σὺν αὐτῷ τὸ στέφος εἴληφας.

Καὶ νῦν. **Θεοτοκίον.**

Λόγον τὸν ἀμήτορα ἐκ Πατρός, ἀπάτορα τοῦτον, ἐπ' ἐσχάτων θεανδρικῶς, ἐκύησας μόνη Θεομήτορ, ὡς ὑπερτέρα πάσης κτίσεως.

(διαβαστά)

**Troparia.**

*Devout Saint of God, intercede for us.*

O Titus, you are a treasury of dispassion. I am bogged down from head to toe with fleshly passions and corrupted by sensual pleasures; therefore, save me at your intercessions [RB]

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

The Spirit divinely chose you, you were offered to God from the time you were swaddled as an infant, and you were initiated and became a servant of the Virgin Theotokos.

[RB]

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

O Father, you were nourished with the sweetness of self-control, you rejected the bitterness of the passions, and thus you sweeten our souls more than honey and the honey-comb. [RB]

Glory.

O Titus, we celebrate you as Paul's new disciple; for you imitated his struggles. O blessed man of God, you have been crowned with him. [RB]

Both now. **Theotokion.**

O Mother of God, you are higher than all of creation, and so, in these last times you alone conceived without a father the Word, as both God and man, from the Father without a mother. [RB]

(read)

ΑΝΑΓΝΩΣΤΗΣ

ΩΔΗ ΔΕΥΤΕΡΑ

Δόξα σοι, ὁ Θεὸς ἡμῶν· δόξα σοι.

Πρόσεχε οὐρανέ, καὶ λαλήσω, καὶ  
ἀκουέτω ἡ γῆ ῥήματα ἐκ στόματός μου.

Προσδοκάσθω ὡς ὑέτος τὸ ἀπόφθεγμα  
μου, καὶ καταβήτω ὡς δρόσος τὰ ῥήματά  
μου, ὡς ὄμβρος ἐπ' ἄγρωστιν καὶ ὡσεὶ  
νιφετὸς ἐπὶ χόρτον.

Ὅτι τὸ ὄνομα Κυρίου ἐκάλεσα· δότε  
μεγαλωσύνην τῷ Θεῷ ἡμῶν.

Θεός, ἀληθινὰ τὰ ἔργα αὐτοῦ, καὶ  
παῖσαι αἱ ὁδοὶ αὐτοῦ κρίσεις.

Θεὸς πιστός, καὶ οὐκ ἔστιν ἀδικία,  
δίκαιος καὶ ὁσιος Κύριος.

Ἠμάρτοσαν οὐκ αὐτῷ τέκνα μωμητά,  
γενεὰ σκολιὰ καὶ διεστραμμένη. Ταῦτα  
Κυρίῳ ἀνταποδίδετε;

Οὗτος λαὸς μωρὸς καὶ οὐχὶ σοφός; οὐκ  
αὐτὸς οὗτός σου πατήρ ἐκτήσατό σε καὶ  
ἐποίησέ σε καὶ ἔπλασέ σε;

Μνήσθητε ἡμέρας αἰῶνος, σύνετε ἔτη  
γενεᾶς γενεῶν.

Ἐπερώτησον τὸν πατέρα σου, καὶ  
ἀναγγελεῖ σοι, τοὺς πρεσβυτέρους σου, καὶ  
ἐροῦσί σοι.

Ὅτε διεμέριζεν ὁ Ὑψιστος ἔθνη, ὡς  
διέσπειρεν υἱοὺς Ἀδάμ, ἔστησεν ὅρια  
ἐθνῶν κατὰ ἀριθμὸν ἀγγέλων Θεοῦ,

Καὶ ἐγενήθη μερίς Κυρίου λαὸς αὐτοῦ  
Ἰακώβ, σχοίνισμα κληρονομίας αὐτοῦ  
Ἰσραήλ.

READER

Ode Two

*Glory to You, our God; glory to You!*

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

[SAAS]

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

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

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

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

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

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

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

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

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

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

Αὐτάρκησεν αὐτὸν ἐν γῇ ἐρήμῳ, ἐν δίψει καύματος ἐν γῇ ἀνύδρῳ· ἐκύκλωσεν αὐτὸν καὶ ἐπαίδευσεν αὐτὸν καὶ διεφύλαξεν αὐτὸν ὡς κόρην ὀφθαλμοῦ.

Ὡς ἀετὸς σκεπάσαι νοσσιὰν αὐτοῦ καὶ ἐπὶ τοῖς νεοσσοῖς αὐτοῦ ἐπεπόθησε, διεῖς τὰς πτέρυγας αὐτοῦ ἐδέξατο αὐτοὺς καὶ ἀνέλαβεν αὐτοὺς ἐπὶ τῷ μεταφρένων αὐτοῦ.

Κύριος μόνος ἤγεν αὐτοὺς καὶ οὐκ ἦν μετ' αὐτῶν θεὸς ἀλλότριος.

Ανεβίβασεν αὐτοὺς ἐπὶ τὴν ἰσχὺν τῆς γῆς, ἐψώμισεν αὐτοὺς γενήματα ἀγρῶν.

Ἐθήλασαν μέλι ἐκ πέτρας καὶ ἔλαιον ἐκ στερεᾶς πέτρας,

Βούτυρον βοῶν καὶ γάλα προβάτων μετὰ στέατος ἀρνῶν καὶ κριῶν, υἰῶν ταύρων καὶ τράγων, μετὰ στέατος νεφρῶν πυροῦ, καὶ αἶμα σταφυλῆς ἔπιον οἶνον.

Καὶ ἔφαγεν Ἰακώβ καὶ ἐνεπλήσθη, καὶ ἀπελάκτισεν ὁ ἠγαπημένος, ἐλιπάνθη, ἐπαχύνθη, ἐπλατύνθη· καὶ ἐγκατέλιπε τὸν Θεὸν τὸν ποιήσαντα αὐτὸν καὶ ἀπέστη ἀπὸ Θεοῦ σωτῆρος αὐτοῦ.

Παρώξυνάν με ἐπ' ἀλλοτρίοις, ἐν βδελύγμασιν αὐτῶν ἐξεπίκρανάν με.

Ἔθυσαν δαιμονίοις καὶ οὐ Θεῷ, θεοῖς, οἷς οὐκ ᾔδεισαν· καινοὶ καὶ πρόσφατοι ἦκασιν, οὓς οὐκ ᾔδεισαν οἱ πατέρες αὐτῶν.

Θεὸν τὸν γεννήσαντά σε ἐγκατέλιπες καὶ ἐπελάθου Θεοῦ τοῦ τρέφοντός σε.

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

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

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

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

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

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

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

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

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

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

Καὶ εἶδε Κύριος καὶ ἐζήλωσε καὶ  
παρωξύνθη δι' ὀργὴν υἱῶν αὐτοῦ καὶ  
θυγατέρων.

Καὶ εἶπεν· Ἀποστρέψω τὸ πρόσωπόν  
μου ἀπ' αὐτῶν καὶ δείξω τί ἔσται αὐτοῖς ἐπ'  
ἐσχάτων ἡμερῶν· ὅτι γενεὰ ἐξεστραμμένη  
ἐστίν, υἱοί, οἷς οὐκ ἔστι πίστις ἐν αὐτοῖς.

Αὐτοὶ παρεζήλωσάν με ἐπ' οὐ Θεῶ,  
παρώργισάν με ἐν τοῖς εἰδώλοις αὐτῶν·  
καὶ γὰρ παραζηλώσω αὐτοὺς ἐπ' οὐκ ἔθνει,  
ἐπὶ ἔθνει ἀσυνέτῳ παροργιῶ αὐτούς.

Ὅτι πῦρ ἐκκέκασται ἐκ τοῦ θυμοῦ  
μου, καυθήσεται ἕως ᾄδου κατωτάτου,  
καταφάγεται γῆν καὶ τὰ γενήματα αὐτῆς,  
φλέξει θεμέλια ὀρέων.

Συνάξω εἰς αὐτοὺς κακὰ καὶ τὰ βέλη  
μου συντελέσω εἰς αὐτούς.

Τηκόμενοι λιμῷ καὶ βρώσει ὀρνέων  
καὶ ὀπισθότονος ἀνίατος· ὀδόντας θηρίων  
ἐξαποστελῶ εἰς αὐτοὺς μετὰ θυμοῦ  
συρόντων ἐπὶ τῆς γῆς.

Ἐξωθεν ἀτεκνώσει αὐτοὺς μάχαιρα  
καὶ ἐκ τῶν ταμιείων φόβος· νεανίσκος σὺν  
παρθένῳ, θηλάζων μετὰ καθεστηκότος  
πρεσβυτέρου.

Εἶπα· Διασπερῶ αὐτούς, παύσω δὲ ἐξ  
ἀνθρώπων τὸ μνημόσυνον αὐτῶν.

Εἰ μὴ δι' ὀργὴν ἐχθρῶν, ἵνα μὴ  
μακροχρονίσωσι, καὶ ἵνα μὴ συνεπιθῶνται  
οἱ ὑπεναντίοι.

Μὴ εἴπωσιν· Ἡ χεὶρ ἡμῶν ἡ ὑψηλὴ καὶ  
οὐχὶ Κύριος ἐποίησε ταῦτα πάντα.

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

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

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

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

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

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

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

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

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

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

Ὅτι ἔθνος ἀπολωλεκὸς βουλήν ἔστι, καὶ οὐκ ἔστιν ἐν αὐτοῖς ἐπιστήμη καὶ οὐκ ἐφρόνησαν συνιέναι.

Ταῦτα πάντα καταδεξάσθωσαν εἰς τὸν ἐπιόντα χρόνον.

Πῶς διώξεται εἰς χιλίους καὶ δύο μετακινήσουσι μυριάδας, εἰ μὴ ὁ Θεὸς ἀπέδοτο αὐτοὺς καὶ Κύριος παρέδωκεν αὐτούς;

Οὐ γὰρ εἰσὶν οἱ θεοὶ αὐτῶν ὡς ὁ Θεὸς ἡμῶν· οἱ δὲ ἐχθροὶ ἡμῶν ἀνόητοι.

Ἐκ γὰρ ἀμπέλων Σοδόμων ἡ ἄμπελος αὐτῶν, καὶ ἡ κληματὶς αὐτῶν ἐκ Γομόρρας· ἡ σταφυλὴ αὐτῶν σταφυλὴ χολῆς, βότρους πικρίας αὐτοῖς.

Θυμὸς δρακόντων ὁ οἶνος αὐτῶν καὶ θυμὸς ἀσπίδων ἀνίατος.

Οὐκ ἰδοὺ ταῦτα συνῆκται παρ' ἐμοὶ καὶ ἐσφράγισται ἐν τοῖς θησαυροῖς μου;

Ἐν ἡμέρᾳ ἐκδικήσεως ἀνταποδώσω, ἐν καιρῷ, ὅταν σφαλῇ ὁ ποὺς αὐτῶν, ὅτι ἐγγὺς ἡμέρα ἀπωλείας αὐτοῖς, καὶ πάρεστιν ἕτοιμα ὑμῖν.

Ὅτι κρινεῖ Κύριος τὸν λαὸν αὐτοῦ καὶ ἐπὶ τοῖς δούλοις αὐτοῦ παρακληθήσεται.

Εἶδε γὰρ παραλελυμένους αὐτοὺς καὶ ἐκλελοιπότας ἐν ἐπαγωγῇ καὶ παρειμένους.

Καὶ εἶπε Κύριος· Ποῦ εἰσὶν οἱ θεοὶ αὐτῶν, ἐφ' οἷς ἐπεποίθειςαν ἐπ' αὐτοῖς;

Ὡν τὸ στέαρ τῶν θυσιῶν αὐτῶν ἡσθίετε καὶ ἐπίνετε τὸν οἶνον τῶν σπονδῶν αὐτῶν; Ἀναστήτωσαν καὶ βοηθησάτωσαν ὑμῖν καὶ γενηθήτωσαν ὑμῖν σκεπασταί.

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

Let them be concerned for the coming time.

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

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

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

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

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

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

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

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

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

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



Ἴδετε ἴδετε ὅτι ἐγὼ εἰμι, καὶ οὐκ ἔστι Θεὸς πλὴν ἐμοῦ· ἐγὼ ἀποκτενῶ καὶ ζῆν ποιήσω, πατάξω καὶ γὰρ ἰάσομαι, καὶ οὐκ ἔστιν ὃς ἐξελεῖται ἐκ τῶν χειρῶν μου.

Ὅτι ἀρῶ εἰς τὸν οὐρανὸν τὴν χειρὰ μου καὶ ὁμοῦμαι τῇ δεξιᾷ μου καὶ ἐρῶ· ζῶ ἐγὼ εἰς τὸν αἰῶνα.

Ὅτι παροξυνῶ ὡς ἀστραπὴν τὴν μάχαιράν μου, καὶ ἀνθέξεται κρίματος ἡ χεὶρ μου, καὶ ἀποδώσω δίκην τοῖς ἐχθροῖς καὶ τοῖς μισοῦσί με ἀνταποδώσω.

Μεθύσω τὰ βέλη μου ἀφ' αἵματος, καὶ ἡ μάχαιρά μου φάγεται κρέα, ἀφ' αἵματος τραυματιῶν καὶ αἰχμαλωσίας, ἀπὸ κεφαλῆς ἀρχόντων ἐθνῶν.

Εὐφράνθητε, οὐρανοί, ἅμα αὐτῷ, καὶ προσκυνήσατέ τον αὐτῷ πάντες ἄγγελοι Θεοῦ.

Εὐφράνθητε, ἔθνη μετὰ τοῦ λαοῦ αὐτοῦ, καὶ ἐνισχυσάτωσαν αὐτῷ πάντες υἱοὶ Θεοῦ· ὅτι τὸ αἷμα τῶν υἱῶν αὐτοῦ ἐκδικᾶται, καὶ ἐκδικήσῃ καὶ ἀνταποδώσῃ δίκην τοῖς ἐχθροῖς καὶ τοῖς μισοῦσιν ἀνταποδώσῃ, καὶ ἐκκαθαριεῖ Κύριος τὴν γῆν τοῦ λαοῦ αὐτοῦ.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**ΧΟΡΟΣ**

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ β'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι ὁ Θεός, ὁ πάλας τὸν Ἰσραήλ, ἐν Ἐρυθρᾷ θαλάσῃ διαγαγών, καὶ σώσας καὶ θρέψας, καὶ ἐκ δουλείας πικρᾶς, ἐλευθερώσας Φαραώ. (δίς)

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

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

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

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

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

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

(sung)

From Triodion ---

**CHOIR**

**Canon 1 from the Triodion.**

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

See now, see that I am God, who led the people of Israel in times of old through the Red Sea, and saved them and fed them, setting them free from the bitter bondage of Pharaoh. (2) [KW]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Μέσον τῆς Κτίσεως, ὃν καθυπέμεινας  
Σταυρόν, Μεσσία Λόγε Θεοῦ, τῷ τῆς  
Νηστείας σήμερον μεσασμῶ, πιστῶς  
προσκυνοῦμεν, αἰτούμενοι κατιδεῖν, καὶ τὴν  
Ἀνάστασιν τὴν σὴν.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ράβδῳ δυνάμεως, προτυπωθείση  
τῷ Μωσῇ, τὴν θάλασσαν τῶν παθῶν,  
διατεμόντες φθάσωμεν πρὸς γῆν, τῆς  
ἐπαγγελίας, καὶ μάννα τοῦ νοητοῦ,  
ἐμφορηθῶμεν δαψιλῶς.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τίς μὴ θρηνήσει σε; τίς μὴ πενθήσει  
σε ψυχῇ, ποθοῦσαν τὰ πονηρά, οὐκ  
ἐκζητοῦσαν πόθῳ τὰ ἀγαθὰ, δικαίου Κριτοῦ  
δέ, καταφρονοῦσαν αἰεὶ, μακροθυμοῦντος  
ἐπὶ σοί;

Υπεραγία Θεοτόκε, σῶσον ἡμᾶς.

**Θεοτοκίον.**

Σάρκα γενόμενον, ἀναλλοιώτως τὸν  
Χριστόν, Παρθένε κυφορεῖς, ὃν ἐκτενῶς  
ἰκέτευε, σαρκικῶν παθῶν ἀπαλλάξαι, τοὺς  
προσκυνοῦντας Σταυρόν, ὃν καθυπέμεινε  
σαρκί.

Τοῦ Τριωδίου - -

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡιδὴ β'. Ἦχος πλ. δ'. Ἰδετε**  
**ἴδετε..ὁ πρὸ τῶν αἰώνων.**

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἰδετε ἴδετε, ὅτι ἐγὼ εἰμι ὁ Θεὸς ἡμῶν, ὁ  
τῇ Οἰκουμένῃ, τὸν Σταυρόν μου παρασχών,  
ὄπλον σωτηρίας, εἰς τὸ νῦν προσκυνεῖσθαι  
αὐτόν, ὅπως οἱ ἀσπαζόμενοι, καταργῶσι  
τοῦ ἐχθροῦ μηχανήματα.

*Glory to You, our God, glory to You.*

Today, in the middle of the Fast, we  
worship with faith the Cross that Thou hast  
endured in the midst of the earth, O Messiah  
and Word of God, and we pray also to see  
Thy Resurrection. [KW]

*Glory to You, our God, glory to You.*

With the rod of power that was  
prefigured by Moses, let us divide in two the  
sea of the passions and so reach the promised  
land; and let us feast upon the spiritual  
Manna. [KW]

*Glory to You, our God, glory to You.*

Who will not weep for thee? Who will not  
mourn for thee, O soul that lovest evil? Thou  
dost not seek the good with eagerness, but  
dost always despise the righteous Judge, who  
shows longsuffering towards thee. [KW]

*Most-holy Theotokos, save us.*

**Theotokion.**

O Virgin, thou hast conceived Christ, who  
took flesh yet underwent no change. Pray to  
Him urgently, that He may deliver from the  
passions of the flesh those who venerate the  
Cross He endured in the flesh. [KW]

From Triodion - -

**Canon 2 from the Triodion.**

**Ode ii. Mode pl. 4. (NM)**  
**See now, see that I am your God.**

*Glory to You, our God, glory to You.*

See now, see that I am your God, who  
grants my Cross as a weapon of salvation, to  
be venerated by the inhabited earth: that those  
who reverence it may destroy the schemes of  
the enemy. [KW]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Μέγας εἶ Κύριε, καὶ πολυέλεος, ὅτι  
δέδωκας τὸν ζωοποιόν σου, προσκυνεῖσθαι  
νῦν Σταυρόν, ἔνθα σου αἱ χεῖρες, καὶ οἱ  
πόδες ἠλώθησαν· ἐν ᾧ τὸ αἷμα ἐρρῦη, τῆς  
ἀχράντου σου Πλευρᾶς, ζωὴν πηγάζον  
ἡμῖν.

Δόξα. **Τριαδικόν.**

Ὑπερτελεστάτη Μονάς, ὑπέρθεε,  
τρισυπόστατε, ἀγέννητε Πάτερ, καὶ Υἱὲ  
μονογενές, Πνεῦμα ἐκ Πατρὸς ἐκπορευθέν,  
δι' Υἱοῦ δὲ φανέν, οὐσία μία καὶ φύσις,  
κυριότης, βασιλεία, σῶσον πάντας ἡμᾶς.

Καὶ νῦν. **Θεοτοκίον.**

Ἀρρητον τὸ θαῦμα, τῆς σῆς κυήσεως  
Μητροπάρθενε· πῶς γὰρ καὶ λοχεύεις, καὶ  
ἀγενεύεις ἐν ταύτῳ; πῶς παιδοτοκεῖς, καὶ  
ἀγνοεῖς πεῖραν ὅλως ἀνδρός; Ὡς εἶδεν ὁ  
ὑπὲρ φύσιν, ἐξ ἐμοῦ καινοπρεπῶς, Λόγος  
Θεοῦ γεννηθείς.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Σὲ Μωσῆς ὁ μέγας, προδιετύπωσε,  
τὸν Σταυρὸν ἡμῖν, χεῖρας ἐκπετάσας,  
καὶ πορθήσας Ἀμαλήκ, σὲ ἐκτυποῦντες  
ἐν σκιαῖς καὶ ἀέρι, ἡμεῖς ἐκτρέπομεν  
καὶ νικῶμεν, τὸν ἀρχέκακον ἐχθρόν,  
ὑμνολογοῦντες Χριστόν.

**Ὁ Εἰρμός. Ἦχος πλ. δ'.**

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι ὁ Θεὸς ὑμῶν, ὁ  
πρὸ τῶν αἰώνων γεννηθείς ἐκ τοῦ Πατρὸς,  
καὶ ἐκ τῆς Παρθένου ἐπ' ἐσχάτων, δίχα  
ἀνδρὸς κυηθείς, καὶ λύσας τὴν ἁμαρτίαν,  
τοῦ προπάτορος Ἀδὰμ ὡς φιλόνητος.

*Glory to You, our God, glory to You.*

Great and most merciful art Thou, O  
Lord, for Thou hast given us for veneration  
Thy lifegiving Cross, on which Thy hands and  
feet were nailed; and Thy Blood flowed upon  
it from Thy most pure side, as a fountain of  
life for us. [KW]

Glory. **For the Trinity.**

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

Both now. **Theotokion.**

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

*Glory to You, our God, glory to You.*

When great Moses stretched out his hands  
and overthrew Amalek, he prefigured thee for  
us, O Cross. And when we make the sign of  
the Cross in dark places and the air, we turn  
to flight and defeat our enemy, the author of  
all evil, as we sing in praise of Christ. [KW]

**Heirmos (NM). Mode pl. 4.**

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

Τοῦ Μηναίου ---

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ γ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

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

Σὺ εἶ τὸ στερέωμα, τῶν προστρεχόντων σοι Κύριε· σὺ εἶ τὸ φῶς τῶν ἐσκοτισμένων, καὶ ὑμνεῖ σε τὸ πνεῦμά μου.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Μύρον αγιάσματος, ἐκ τῶν ἀσκητικῶν Ὅσιε, ἀρωμάτων, ὅλως συνετέθης, εἰς ὁσμὴν τοῦ Θεοῦ ἡμῶν.

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

Ὅπλον τὴν ἐγκράτειαν, καὶ θυρεὸν εὐχὴν Ὅσιε, ἔχων ἀεὶ, τὰς ἀρχὰς τοῦ σκότους, θριαμβεύσας κατήσχυνας.

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

Νόμον τὸν τοῦ Πνεύματος, ἀντιτιθεῖς σοφῶς ἔσβεσας, τὸν τῆς σαρκός, νόμον καὶ νομίμως, τῷ Κυρίῳ δεδούλευκας.

Δόξα.

Ἀπασαν τὴν ἔφεσιν, καὶ τὴν διάνοιαν Ὅσιε, πρὸς τὸν Χριστοῦ, πόθον προσερείσας, τῶν γηϊνῶν ἠλόγησας.

Καὶ νῦν. **Θεοτοκίον.**

Ἰλεων γενέσθαι μοι, ἐκδυσωπῶ ἀεὶ Δέσποινα, ταῖς σαῖς εὐχαῖς, τὸν ἐκ σοῦ τεχθέντα, ἐν ἡμέρᾳ τῆς κρίσεως.

From Menaion ---

**Canon for the Devout Man.**

**Ode iii. Mode pl. 4. Heirmos.**

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

Lord, You are the firm support \* of those run to You faithfully. \* You are the light \* of those who are darkened. \* And my spirit is praising You. [SD]

**Troparia.**

Devout Saint of God, intercede for us.

O righteous Father Titus, as myrrh of sanctification, you were infused completely with ascetic spices and became a sweet perfume unto our God [RB]

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

[SAAS]

O righteous one, abstinence was your weapon and prayer was your breastplate, and so you defeated the powers of darkness, putting them to shame. [RB]

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

You wisely held back the law of the flesh with the law of the Spirit, and you served the Lord lawfully. [RB]

Glory.

O righteous Father, you fixed all your desire and your mind upon yearning for Christ, and you held as nothing worldly cares.

[RB]

Both now. **Theotokion.**

O LADY, I entreat you that, at your prayers, He born of you may be merciful to me on the day of judgment. [RB]

**Ὁ Εἰμός.**

Σὺ εἶ τὸ στερέωμα, τῶν προστρεχόντων  
σοι Κύριε· σὺ εἶ τὸ φῶς τῶν ἐσκοτισμένων,  
καὶ ὑμνεῖ σε τὸ πνεῦμά μου.

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθώμεν.

(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**

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

(Ἀμήν.)

**ΧΟΡΟΣ**

**Κάθισμα.**

Τοῦ Μηναίου - -

**Ἦχος δ'.** Ταχὺ προκατάλαβε.

Δακρύων τοῖς ῥεύμασι, καθάπερ  
δένδρον σοφέ, αἰεὶ πιαινόμενος, δικαιοσύνης  
καρπούς, πλουσίως ἐξήνθησας· ὅθεν  
σε συνελθόντες, ἐπαξίως τιμῶμεν, Τίτε  
θαυματοφόρε, ἀσκητῶν ὠραιότης, ἀλλὰ  
ταῖς ἱκεσίαις ταῖς σαῖς, πάντας περισφύζε.

**Heirmos.**

Lord, You are the firm support \* of those  
run to You faithfully. \* You are the light \* of  
those who are darkened. \* And my spirit is  
praising You. [SD]

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

**PRIEST**

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

(Amen.)

**CHOIR**

**Kathisma.**

From Menaion - -

**Mode 4.** N/M (Come quickly.)

Wise Father, you shot up and brought  
forth abundant fruit of all righteousness as a  
tree that grew tall watered by unending rivers  
of tears. And so, wonderworking Titus, lovely  
flower of ascetics, we gather as we should to  
show you honor. And now, save us at your  
prayers to the Lord. [RB]

Δόξα. **Ἑτερον.**

**Ἦχος δ'. Ἐπεφάνης σήμερον.**

Τὸν τοῦ βίου τάραχον, ἐγκαταλείψας,  
καὶ ἡσύχως ἅπαντα, ζήσας τὸν βίον  
σου σοφέ, πρὸς τὸν Θεὸν μεταβέβηκας,  
θαυματοφόρε Πατὴρ ἡμῶν ὅσιε.

Καὶ νῦν. **Θεοτοκίον.**

**Ἦχος δ'. Ἐπεφάνης σήμερον.**

Ἐν τῇ σκέπῃ ἄχραντε, τῇ σῇ Παρθένε,  
προσφυγόντες ἅπαντες, δεόμεθά σου  
ἐκτενῶς, Μὴ διαλίπης πρεσβεύουσα, τῷ  
φιλανθρώπῳ σωθῆναι τοὺς δούλους σου.

Τοῦ Μηναίου ---

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ δ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Εἰσακήκοα Κύριε, τῆς οἰκονομίας σου  
τὸ μυστήριον, κατενόησα τὰ ἔργα σου, καὶ  
ἐδόξασά σου τὴν Θεότητα.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Σηπεδόνα Μακάριε, τὴν τῆς ἀμαρτίας  
παῖσαν διέπτυσας, καὶ τῷ βέλῃ τῆς  
ἀσκήσεως, τῶν δαιμόνων σμῆνος  
ἐτραυμάτισας.

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

Τῆς ἀγνείας τῷ ἔρωτι, τὴν ψυχὴν  
τρῶθεις θερμῶς ἠκολούθησας, τῷ Χριστῷ,  
καὶ εἰσελήλυθας, εἰς νυμφῶνα δόξης  
Παμμακάριστε.

Glory. **Another.**

**Mode 4. N/M (You appeared.)**

O Titus, you left behind the storm and  
stress of life. And so, O just Father, wise  
miracle-worker, since you lived your entire  
life in silence and stillness, you have passed  
over to dwell with God. [RB]

Both now. **Theotokion.**

**Mode 4. N/M (You appeared.)**

O pure Virgin, full of grace, we run to  
your mighty shelter for refuge, and we all  
entreat you earnestly: plead without ceasing  
to the God who loves mankind that we your  
servants will be saved through your holy  
prayers. [RB]

From Menaion ---

**Canon for the Devout Man.**

**Ode iv. Mode pl. 4. Heirmos.**

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

I have heard the report, O Lord, \* of Your  
incarnation, which is a mystery. \* I considered  
Your astounding works, \* and I glorified Your  
divinity. [SD]

**Troparia.**

*Devout Saint of God, intercede for us.*

O blessed Titus, you despised all of sin's  
rottenness, and you wounded the host of  
demons with the spear of asceticism. [RB]

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

O all-blessed one, the desire for purity  
pierced your soul. And so you zealously  
followed Christ, and entered into the bridal  
chamber of glory. [RB]



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

Ὡς λειμῶν εὐωδέστατος, καὶ τῶν ἀρετῶν παρὰδεισος ἔμψυχος, τὴν ἐγκράτειαν ἐξήνθησας, δι' ἧς πάντας τρέφεις τοὺς τιμῶντάς σε.

Δόξα.

Νομοθέτην ἀσκήσεως, καὶ τῆς ἀπλανοῦς εἰκόνα προάτητος, ὡς Μωσῆν σε καὶ Δαυῖδ ἀληθῶς, κεκτημένοι πάντες μακαρίζομεν.

Καὶ νῦν. **Θεοτοκίον.**

Χερουβὶμ ὑπερτέραν σε, καὶ τῶν Σεραφὶμ ὑμνοῦμεν Πανάμωμε· ὃν γὰρ τρέμουσι τὰ σύμπαντα, ἐν σαρκὶ ἐβάστασας ταῖς ἀγκάλαις σου.

Τοῦ Μηναίου - - -

**Κανὼν τοῦ Ὁσίου.**

**Ὡιδὴ ε'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

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

Ἵνα τί με ἀπώσω, ἀπὸ τοῦ προσώπου σου τὸ φῶς τὸ ἄδυτον, καὶ ἐκάλυψέ με, τὸ ἀλλότριον σκότος τὸν δείλαιον· ἀλλ' ἐπίστρεψόν με, καὶ πρὸς τὸ φῶς τῶν ἐντολῶν σου, τάς ὁδοὺς μου κατεύθυνον δέομαι.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Σβέσας πάντα τὰ πάθη, δρόσω τῶν ἀγώνων σου Τίτε μακάριε, καὶ τὸ πῦρ ἀνάψας, δαψιλῶς τῆς ἀγάπης καὶ πίστεως, ἐγκρατείας λύχνος, καὶ φωτισμὸς τῆς ἀπαθείας, καὶ ἡμέρας υἱὸς ἐχρημάτισας.

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

You have bloomed with self-control as though you were a sweet-smelling meadow and a living garden of the virtues, with which you feed all that honor you. [RB]

Glory.

We all call you blessed, for in truth we hold you as like Moses and David, a lawgiver of asceticism and an icon of unerring meekness. [RB]

Both now. **Theotokion.**

O all-blameless one, you are more exalted than the Cherubim and the Seraphim, and we praise you; for you have held in the flesh with your own arms Him before Whom all things tremble. [RB]

From Menaion - - -

**Canon for the Devout Man.**

**Ode v. Mode pl. 4. Heirmos.**

**Verse:** O Lord our God, grant us peace.

Why, O Lord, have You cast me \* away from Your countenance, O never-setting Light, \* and this foreign darkness \* now has covered me, mis'erable that I am? \* Do, I pray, convert me, and to the light of Your commandments \* guide my ways, I entreat You most fervently. [SD]

**Troparia.**

Devout Saint of God, intercede for us.

O blessed Titus, you quenched the passions with the mists of your struggles, and you built a fire of love and faith. And so you became a lamp of self-control, a beacon of passionlessness, and a son of the day. [RB]

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

Σβέσας πάντα τὰ πάθη, δρόσω τῶν ἀγώνων σου Τίτε μακάριε, καὶ τὸ πῦρ ἀνάψας, δαψιλῶς τῆς ἀγάπης καὶ πίστεως, ἐγκρατείας λύχνος, καὶ φωτισμὸς τῆς ἀπαθείας, καὶ ἡμέρας υἱὸς ἐχρημάτισας.

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

Τὸν τῆς πίστεως βότρυν, θεία γεωργία σου Πάτερ, ἐξέθρεψας, καὶ ληνοῖς ἀπέθου, καὶ ἐξέθλιψας πόνοις ἀσκήσεως, καὶ κρατῆρα πλήσας, πνευματικὸν τῆς ἐγκρατείας, κατευφραίνεις καρδίας τῆς ποιμένης σου.

Δόξα.

Ὑπομείνας γενναίως, προσβολὰς καὶ στίγματα δαιμόνων Ὅσιε, ἀνεδείχθης στῦλος, καρτερίας στηρίζων τὴν ποιμένην σου, βακτηρία θεία, ἐπὶ νομὰς τῆς ἐγκρατείας, καὶ ἐφ' ὕδωρ ἐκτρέφων μακάριε.

Καὶ νῦν. **Θεοτοκίον.**

Ὡς λιμένα σε πάντες, τεῖχος καὶ ὀχύρωμα καὶ σκέπη Ἀχραντε, καὶ πρὸς βασιλείαν, ἀκαταίσχυντον εἴσοδον ἔχοντες, τῆς ἡμῶν ἐλπίδος, μὴ ἐκπείσῃς ἐκδυσωποῦμεν, μητρικαῖς σου πρεσβείαις πανάμωμε.

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

[SAAS]

O blessed Titus, you quenched the passions with the mists of your struggles, and you built a fire of love and faith. And so you became a lamp of self-control, a beacon of passionlessness, and a son of the day. [RB]

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

O Father, you nurtured the grapes of faith with divine expertise, you put them in the winepress, and you pressed out the wine with ascetic struggles. And so you filled the spiritual cup of self-control, and you make the hearts of your flock to rejoice. [RB]

Glory.

O righteous Father, you bravely endured the attacks and wounds of the demons, you were a pillar of strength, you guided your flock in certainty with a divine staff, and you grazed your sheep in the pastures and the waters of self-control. [RB]

Both now. **Theotokion.**

O immaculate and all-blameless Virgin, we all have you as our refuge, high wall, fortress, and stronghold, and a gateway into the Kingdom that can never fall. And so we entreat you that at your motherly intercessions, we may not miss the mark of our hope. [RB]

Τοῦ Μηναίου ---

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ Γ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

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

Ἰλάσθητί μοι Σωτήρ· πολλὰ γὰρ αἰ ἀνομίαι μου, καὶ ἐκ βυθοῦ τῶν κακῶν, ἀνάγαγε δέομαι· πρὸς σὲ γὰρ ἐβόησα, καὶ ἐπάκουσόν μου, ὁ Θεὸς τῆς σωτηρίας μου.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Λύσας παθῶν τὴν ἀχλύν, καὶ τὴν ζοφώδη σκοτόμαιναν, ἡμέραν ἀνατολῆς, καὶ φῶς ἐν ταῖς τρίβοις σου, ἀνέτειλας Ὅσιε, ἐκ πολλῶν ἀγώνων, καὶ κινδύνων τῶν τῆς πίστεως.

**Στίχ.** Φυλασσόμενοι μάταια καὶ ψευδῇ, ἔλεον αὐτοῖς ἐγκατέλιπον.

Ὅλως ἐξέστης Θεῶ, τῷ ἔρωτι τῆς ἀσκήσεως, καὶ κόσμον καταλιπών, καὶ τὰ κοσμοκράτορος, ἐδράξω θεόληπτε, τῆς ὑπερκοσμίου, βασιλείας τὴν ἀπόλαυσιν.

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

Συνέλεξας ἐν ψυχῇ, τὸν θεῖον πλοῦτον τῆς χάριτος, τὴν ἁμεμπτον προσευχήν, ἀγνείαν σεμνότητα, ἀγρυπνίαν σύντονον, δι' ὧν ἐγνωρίσθης, οἶκος ὄντως τοῦ Θεοῦ ἡμῶν.

Δόξα.

Ὕλης τῆς κάτω σοφέ, παρέδραμες τὴν εὐτέλειαν, ἀϋλῳ δὲ προσευχῇ, τὸν

From Menaion ---

**Canon for the Devout Man.**

**Ode vi. Mode pl. 4. Heirmos.**

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

Be gracious to me, O Lord, \* for many are my iniquities; \* and bring me up from the deep \* of evils, I supplicate. \* For I have cried out to You, God of my salvation. \* O my Savior, hearken unto me. [SD]

**Troparia.**

*Devout Saint of God, intercede for us.*

O righteous Titus, you endured by many struggles and dangers for the Faith, and so you dispersed the foggy and dark night of passions, and you brought about the light of sunrise to illumine all your ways. [RB]

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

O God-inspired Titus, you loved asceticism and were captivated thoroughly by God; you abandoned the world and the things of the ruler of the world, and you held fast to the delight of the Kingdom that is beyond the world. [RB]

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

You gathered to your soul the divine riches of grace, immaculate prayer, purity, holiness, and intense focus, and so you were acknowledged as a house of our God. [RB]

Glory.

O wise Father, you passed over the crudeness of matter below, and in spiritual prayer you gave wings to your mind, and you

νοῦν ἀνεπτέρωσας, καὶ τῆς ἄνω λήξεως,  
κληρονόμος ὤφθης, διὰ βίου τελειότητος.

Καὶ νῦν. **Θεοτοκίον.**

Συνείληφας ἀληθῶς, Θεοῦ τὸν Λόγον  
ἐν μήτρᾳ σου, καὶ τοῦτον ὑπερφυῶς,  
Πανάμωμε τέτοκας, ὃν λιταῖς ἰλέωσαι, τῶν  
κινδύνων πάντας, ἐκλυτρώσασθαι τοὺς  
δούλους σου.

**Ὁ Εἰσμός.**

Ἰλάσθητί μοι Σωτήρ· πολλαὶ γὰρ αἱ  
ἀνομίαι μου, καὶ ἐκ βυθοῦ τῶν κακῶν,  
ἀνάγαγε δέομαι· πρὸς σὲ γὰρ ἐβόησα, καὶ  
ἐπάκουσόν μου, ὁ Θεὸς τῆς σωτηρίας μου.

#### 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

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

(Ἀμήν.)

became an heir of the inheritance of heaven  
through your blameless way of life. [RB]

Both now. **Theotokion.**

O all-blameless one, you truly conceived  
the Word of God in your womb and gave  
birth to Him who is beyond nature; at your  
intercessions make Him merciful, so that He  
may rescue all your servants from threats. [RB]

**Heirmos.**

Be gracious to me, O Lord, \* for many  
are my iniquities; \* and bring me up from  
the deep \* of evils, I supplicate. \* For I have  
cried out to You, God of my salvation. \* O my  
Savior, hearken unto me. [SD]

#### DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

#### PRIEST

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

(Amen.)

Τοῦ Τριωδίου ---

**ΑΝΑΓΝΩΣΤΗΣ**

**Μαρτυρικόν. Ἦχος γ'.**

Τὸ εὐψυχον τῆς καρτερίας ὑμῶν,  
ἐνίκησε τὰ μηχανήματα τοῦ ἀρχεκάκου  
ἐχθροῦ, Ἀθλοφόροι πανεύφημοι διὰ τοῦτο  
τῆς αἰωνίου κατηξιώθητε μακαριότητος,  
ἀλλὰ πρεσβεύσατε τῷ Κυρίῳ, τοῦ  
φιλοχρίστου λαοῦ σῶσαι τὸ ποίμνιον,  
Μάρτυρες ὑπάρχοντες τῆς ἀληθείας.

**Συναξάριον.**

Τοῦ Μηναίου.

Τῇ Β' τοῦ αὐτοῦ μηνός, μνήμη τοῦ  
Ὁσίου Πατρὸς ἡμῶν Τίτου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων  
Μαρτύρων καὶ ἀγαθέλων, Ἀμφιανοῦ καὶ  
Αἰδεσίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς Ἁγίας  
Παρθενομάρτυρος Θεοδώρας.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου  
Μάρτυρος Πολυκάρπου.

Τῇ αὐτῇ ἡμέρᾳ, ὁ ὅσιος Γρηγόριος ὁ ἐν  
τῷ κόλπῳ τῆς Νικομηδείας ἀσκήσας κατὰ  
τὸ ἄσμ' (1240), ἐν εἰρήνῃ τελειοῦται.

Ταῖς αὐτῶν ἀγίας πρεσβείαις, ὁ Θεός,  
ἐλέησον ἡμᾶς.

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ ζ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

**Στίχ.** Τῶν Πατέρων καὶ ἡμῶν Θεός,  
εὐλόγητός εἃ.

Οἱ ἐκ τῆς Ἰουδαίας, καταντήσαντες  
Παῖδες, ἐν Βαβυλῶνι ποτε, τῇ πίστει  
τῆς Τριάδος, τὴν φλόγα τῆς καμίνου,

From Triodion ---

**READER**

**For the Martyrs. Mode 3.**

Your wholehearted endurance  
vanquished the machinations of the enemy  
and author of evil, O all-lauded medal-  
winners. That is why you have been counted  
worthy of eternal blessedness. We entreat  
you to intercede with the Lord, that He save  
the flock of Christ-loving people, for You, O  
Martyrs, are witnesses of the truth. [SD]

**Synaxarion.**

From the Menaion.

On April 2 we commemorate our devout  
father Titus.

On this day we also commemorate the  
holy martyrs and brothers Amphianos and  
Aidesios.

On this day we also commemorate the  
holy virgin martyr Theodora.

On this day we also commemorate the  
holy martyr Polycarp.

On this day the devout Gregory, who  
struggled in asceticism in the Gulf of  
Nicomedia, reposed in peace in the year 1240.

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

From Menaion ---

**CHOIR**

**Canon for the Devout Man.**

**Ode vii. Mode pl. 4. Heirmos.**

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

Those Servants from Judea, \* who of old  
were deported and sent to Babylon, \* once  
treaded on the fire \* of the furnace by holding

κατεπάτησαν ψάλλοντες· Ὁ τῶν Πατέρων  
ἡμῶν, Θεὸς εὐλογητὸς εἶ.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Μὴ βραχεὶς ἀμαρτίαις, ποταμὸς  
ἐγκρατείας Πάτερ ἐδείχθης ἡμῖν, τὰ πάθη  
κατακλύζων, καὶ ῥύπον ἐκκαθαίρων, τῶν  
βοώντων ἐκ πίστεως, ὁ τῶν πατέρων ἡμῶν  
Θεὸς εὐλογητὸς εἶ.

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

Νῦν αὖλοις χορείαις, ὁμιλῶν θεομάκαρ  
καὶ τῆς λαμπρότητος, τῆς ἄνω βασιλείας,  
ἀλήκτως ἀπολαύων, ἐποπτεύεις τοὺς  
ψάλλοντας, ὁ τῶν πατέρων ἡμῶν Θεὸς  
εὐλογητὸς εἶ.

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

Ἐν τῇ ὁμολογίᾳ, τῇ τῆς Πίστεως Πάτερ  
ἔμεινας ἄτρεπτος· Χριστὸν γὰρ εἰκονίζων,  
σαρκὶ καὶ περιγράφων, προσεκύνεις  
καὶ ἔκραζες, ὁ τῶν Πατέρων ἡμῶν Θεὸς  
εὐλογητὸς εἶ.

**Δόξα.**

Ἰησοῦ τοῦ Δεσπότη, ἐν τῷ σώματι  
φέρων Πάτερ τὰ στίγματα, καμὲ  
καταστιχθέντα, τῷ βέλει τοῦ Βελίαρ,  
ιατρεύεις κραυγάζοντα, ὁ τῶν Πατέρων  
ἡμῶν Θεὸς εὐλογητὸς εἶ.

Καὶ νῦν. **Θεοτοκίον.**

Ὑπὲρ φύσιν καὶ λόγον, τὸν Δεσπότην  
τῶν ὅλων ἐκνοφόρησας, καὶ τρέφεις  
ἐκ μαζῶν σου, τὸν παῖσιν εὐκαιρίᾳ,

\* to the faith in the Trinity \* and chanted:  
Blessed are You the God of our fathers. [SD]

**Troparia.**

*Devout Saint of God, intercede for us.*

O Father, for us you were a river of  
abstinence never tainted with sins, drowning  
the passions, and washing away the stain  
of those who cry with faith: O God of our  
Fathers, blessed are You. [RB]

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

O blessed of God, you now are a  
member of the angelic choirs, and you  
enjoy ceaselessly the glory of the heavenly  
Kingdom. Watch over them that sing: O God  
of our Fathers, blessed are You. [RB]

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

O Father Titus, you were steadfast and  
unchanging in your confession of faith; for in  
portraying and circumscribing Christ in the  
flesh, you worshipped Him and shouted: O  
God of our Fathers, blessed are You. [RB]

**Glory.**

O Father, you carry the marks of Jesus  
the Master on your body; heal me too, for I  
am wounded with the arrow of Belial, and I  
shout: O God of our Fathers, blessed are You.  
[RB]

Both now. **Theotokion.**

O gracious Lady, you gave birth to the  
Master of all in a manner surpassing nature  
and rational thought, and with your breasts



ἐτοιμάζοντα τράπεζαν· Ὃν ἐκτενῶς Ἀγαθὴ  
ὑπὲρ ἡμῶν δυσώπει.

**Ὡδὴ η'.**

Τοῦ Μηναίου - - -

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ η'.** Ἦχος πλ. δ'. Ὁ Εἰρμός.

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

Τὸν Βασιλέα τῶν οὐρανῶν ὃν ὕμνοῦσι,  
στρατιαὶ τῶν Ἀγγέλων ὑμνεῖτε, καὶ  
ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Στήλην σε ἔμπνουν ὡς ἀληθῶς καὶ  
εἰκόνα, ἐγκρατείας Πάτερ κεκτημένοι, Τίτε  
σου τὴν μνήμην, τιμῶμεν εἰς αἰῶνας.

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

Θίασος χαίρει τῶν Μοναστῶν, καὶ  
χορεύει, τῶν Ὁσίων δῆμος καὶ Δικαίων·  
στέφος γὰρ ἀξίως, σὺν τούτοις ἐκομίσω.

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

Ὡραϊσμένος ταῖς ἀρεταῖς, εἰς νυμφῶνα,  
τῆς ἀρρήτου δόξης ἀνεκλήθης, ὕμνον  
ἀναμέλπων, Χριστῷ εἰς τοὺς αἰῶνας.

you fed Him that prepares a table for all in  
due season. Entreat him for us unceasingly. [RB]

**Ode viii.**

From Menaion - - -

**Canon for the Devout Man.**

**Ode viii. Mode pl. 4. Heirmos.**

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

O praise and bless Him \* who by the  
armies of Angels \* is extolled as King of the  
heavens, \* supremely exalting Him unto all  
the ages. [SD]

**Troparia.**

Devout Saint of God, intercede for us.

O Father Titus, we hold you as a living  
monument and image of self-control, and we  
honor your memory unto all the ages. [RB]

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

The company of monastics rejoice, and  
the righteous and the just dance; for together  
with them you have been deemed worthy to  
win a crown. [RB]

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

Being well-favored with the virtues, you  
were summoned to the bridal chamber of  
ineffable glory, singing hymns to Christ unto  
all the ages. [RB]

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

Τὴν διπλοῖδα τὴν ἱερὰν ἐστολίσω, καὶ τελῶν θυσίας ἀναιμάκτους, θῦμα προσηνέχθης, Θεῷ εἰς τοὺς αἰῶνας.

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

### **Θεοτοκίον.**

Ἐν τῇ νηδίῃ σου τὸν πρὸ σοῦ συλλαβοῦσα, Θεομῆτορ ἄχραντε Παρθένε, τέτοκας ἀφράστως, Χριστὸν τὸν Βασιλέα.

(διαβαστά)

### **Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὡδῆς.**

Εὐλογεῖτε, πᾶς ὄμβρος καὶ δρόσος, πάντα τὰ πνεύματα, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πῦρ καὶ καῦμα, ψῦχος καὶ καύσων, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε δρόσοι καὶ νιφετοί, πάγοι καὶ ψῦχος, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πάχνη καὶ χιόνες, ἀστραπαὶ καὶ νεφέλαι τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, φῶς καὶ σκότος, νύκτες καὶ ἡμέραι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ πάντα τὰ φυόμενα ἐν αὐτῇ, τὸν Κύριον·

**Verse:** Bless the Lord, all you waters above the heaven, all you powers of the Lord, and exalt Him beyond measure, unto all the ages. [SAAS]

You were clothed with the priestly vestments, you performed the bloodless Sacrifice, and so you were offered as a sacrifice to God unto all the ages. [RB]

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

### **Theotokion.**

O immaculate Virgin and Mother of God, you conceived in your womb Him that existed before you, and you ineffably gave birth to Christ the King. [RB]

(read)

### **Intermediate Verses of Ode Eight.**

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

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

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

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

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

Bless the Lord, you earth, you mountains and hills, and all you things growing on the

ὕμνεϊτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πηγαί, θάλασσα, καὶ ποταμοί, κήτη, καὶ πάντα τὰ κινούμενα ἐν τοῖς ὕδασι, τὸν Κύριον· ὕμνεϊτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ η'. Ἦχος πλ. δ'.**

**Ὁ στεγάζων ἐν ὕδασι.**

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

Ὁ συσσείσας θεμέλια, πάσης τῆς γῆς ὡς Θεός, ὑψωθείς ἐν ξύλῳ, ἄσειστον παῖσιν ἐδωρήσω, πιστοῖς ἔρεισμα Κύριε, τὸ σωτήριον ὄπλον τοῦ Σταυροῦ σου, ὃν περ προσκυνοῦντες, σὲ ὑπερυψοῦμεν, εἰς πάντα τοὺς αἰῶνας.

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

Ἀπαστράπτων θεώμενοι, ὑπὲρ ἡλίου αὐγάς, τοῦ Σταυροῦ τὸ ξύλον, δεῦτε νηστεία ἀστραπτόμενοι, νῦν ἀσπασώμεθα, ἀρνούμενοι χάριν φωτοφόρον, σκότος ἐκμειοῦσαν, τῶν ὑπερυψούντων, Χριστὸν εἰς τοὺς αἰῶνας.

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

Ὑδωρ ζῶν τὸ ἀλλόμενον, εἰς αἰωνίαν ζωὴν, σὺ ὑπάρχων Λόγε, αἷμα καὶ ὕδωρ, ἐκ πλευρᾶς ἐν Σταυρῷ, ἔβλυσας Δέσποτα, ἁμαρτίας χειμάρρους ἀναστέλλων. Ὅθεν

earth, and exalt Him beyond measure, unto all the ages.

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

(sung)

From Triodion ---

**Canon 1 from the Triodion.**

**Ode viii. Mode pl. 4.**

(NM) *O Thou who coverest.*

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

Lifted upon the Tree, as God Thou hast shaken the foundations of all the earth, O Lord, and given to the faithful the saving weapon of Thy Cross as a strong support that cannot be shaken. We venerate it and exalt Thee above all for ever. [KW]

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

Beholding the Wood of the Cross shining brighter than the sun's rays, let us now draw near, radiant with the lightning of the Fast. Let us kiss it, drawing from it the grace full of light that drives away the darkness, and let us exalt Christ above all for ever. [KW]

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

O Word, Thou art the living water that springs up for eternal life; and Thou hast poured forth blood and water from Thy side upon the Cross, O Master, checking the rivers

δυσωπῶ σε· Ξήρανον παθῶν μου, τὰς  
πονηρὰς ἐκβλύσεις.

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

### **Θεοτοκίον.**

Νοητὸν ὡς ἀγίασμα, τὸν ἐν ἀγίοις Θεόν,  
ἀναπεπαυμένον, τίκteis ἀγία, Θεομήτορ  
ἀγνή, πάντα τὰ πέρατα, ἀγιάζοντα θεία  
προσκυνήσει, σήμερον Παρθένε Ξύλου  
παναγίου, ἐν ᾧ σαρκὶ ἐπάγη.

### **Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδιὴ η'.** Ἦχος πλ. δ'. Ἄγγελοι καὶ οὐρανοί.

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

Δεῦτε ἴδωμεν λαοί, τὸ Ζωηφόρον Ξύλον,  
νῦν προκειμένον, ἐν ᾧ Χριστὸς ἐπάγη ὁ  
Θεὸς ἡμῶν, καὶ σὺ φόβῳ ὑμνοῦντες, τοῦτον  
προσκυνοῦμεν εἰς πάντας τοὺς αἰῶνας.

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

Τὸν τρισύνθετον Σταυρόν, ὡς τῆς  
Τριάδος τύπον ἀνυμνήσωμεν, καὶ  
προσκυνοῦντες φόβῳ ἀνακράξωμεν·  
Εὐλογοῦντες ὑμνοῦντες, καὶ ὑπερυψοῦντες  
Χριστὸν εἰς τοὺς αἰῶνας.

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

### **Τριαδικόν.**

Εἰς Θεὸς οὖν ἡ Τριάς, οὐ τοῦ Πατρὸς  
ἐκστάντος εἰς υἰότητα, οὐδὲ Υἱοῦ τραπέντος

of sin. Therefore I entreat Thee: dry up the  
evil streams of my passions. [KW]

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

[SAAS]

### **Theotokion.**

O pure and holy Virgin Mother of God,  
our spiritual sanctuary, thou hast borne God  
who takes His rest among His holy ones. This  
day He makes holy all the ends of the earth by  
the divine veneration of the all holy Cross, on  
which He was nailed in the flesh. [KW]

### **Canon 2 from the Triodion.**

**Ode viii. Mode pl. 4. (NM) O ye angels.**

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

Come, ye people, and behold the  
lifegiving Wood now set before us, on which  
Christ our God was crucified, and praising it  
with fear, let us venerate it for ever. [KW]

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

With fear we sing the praises of the Cross,  
made from three kinds of wood as a figure  
of the Trinity; and, venerating it with fear, let  
us raise our cry, as we bless, praise and exalt  
Christ above all for ever. [KW]

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

### **For the Trinity.**

The Trinity is one God: the Father is  
not begotten like the Son, nor does the Son

εἰς ἐκπόρευσιν, ἀλλ' ἰδίᾳ καὶ ἄμφω, ὡς Θεὸν  
τὰ τρία δοξάζω εἰς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Μόνῃ ἀφθόρως κύεις, μόνῃ θηλάζεις  
βρέφος μὴ λοχεύουσα, μόνῃ τὸν Κτίστην  
τίκτεῖς καὶ Δεσπότην σου, εἰ καὶ δούλη καὶ  
μήτηρ, σὲ Παρθενομήτορ, ὑμνοῦμεν εἰς  
αἰῶνας.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Τὸν τυφλὸν ἐκ γενετῆς, ὁ ὀμματώσας  
λόγῳ, πηρωθέν μου σύ, τὸ τῆς καρδίας  
ὄμμα, πάλιν ἄνοιξον, ἵνα βλέψω τὸ φῶς,  
τῶν σῶν προσταγμάτων, Χριστὲ εἰς τοὺς  
αἰῶνας.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.*

**Ὁ Εἰρμός. Ἦχος πλ. δ'.**

Ἄγγελοι καὶ οὐρανοί, τὸν ἐπὶ θρόνου  
δόξης ἐποχοῦμενον, καὶ ὡς Θεὸν ἀπαύστως  
δοξαζόμενον, εὐλογεῖτε, ὑμνεῖτε, καὶ  
ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

**ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν  
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

**ΧΟΡΟΣ**

**Ὡιδὴ θ'.**

**Μεγαλυνάριον. Ἦχος πλ. δ'.**

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

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,

proceed like the Spirit, but each keeps His  
distinctive properties; and I glorify the Three  
as Light and God for ever. [KW]

Both now. **Theotokion.**

Thou alone hast conceived and yet  
remained inviolate; thou alone hast given  
suck to thy child, yet hast not known the  
pains of travail; thou alone hast borne  
thy Maker and Master, and art both His  
Handmaid and His Mother. We sing thy  
praises, O Virgin Mother, for ever. [KW]

*Glory to You, our God, glory to You.*

O Christ, by a word Thou hast given  
sight to the man blind from birth; open once  
more the blinded eyes of my heart, that I may  
behold the light of Thy commandments for  
ever. [KW]

*We praise and we bless and we worship the  
Lord.*

**Heirmos (NM). Mode pl. 4.**

O ye angels and ye powers of heaven,  
sing to Him who sits upon the throne of  
majesty, and is glorified unceasingly as God:  
bless, praise and exalt Him above all for ever.

[KW]

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode pl. 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



τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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

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

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

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

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

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

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

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

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



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

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

Τοῦ Μηναίου ---

**Κανὼν τοῦ Ὁσίου.**

**Ὡδὴ θ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.**

Τὴν ἀγνὴν ἐνδόξως τιμήσωμεν, λαοὶ  
Θεοτόκον τὴν τὸ θεῖον πῦρ ἐν γαστρὶ  
ἀφλέκτως συλλαβοῦσαν ὕμνοις ἀσιγήτοις  
μεγαλύνωμεν.

**Τροπάρια.**

Ὅσιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἰατὴρ νοσοῦντων ἐν πάθεσι, θεόθεν  
ἐδείχθης, ἐλατὴρ δὲ Μακάριε, καὶ διώκτης  
πονηρῶν δαιμόνων· διὸ σε μακαρίζομεν.

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

Τὴν γῆν ὡς φθορᾶς οἰκητήριον,  
κατέλιπες Πάτερ, καὶ εἰς γῆν  
κατεσκήνωσας τῶν πραέων, καὶ σὺν αὐτοῖς  
ἀγάλλῃ, θείας ἀπολαύων τρυφῆς.

**Στίχ.** Καὶ ἤγειρε κέρασ σωτηρίας ἡμῖν,  
ἐν οἴκῳ Δαυὶδ τοῦ παιδὸς αὐτοῦ.

Ὅρον ἀπαρέγκλιτον πίστεως, καὶ τῆς  
ἐγκρατείας, ὑποτύπωσιν ἔχοντες, τοὺς σοὺς

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

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

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

From Menaion ---

**Canon for the Devout Man.**

**Ode ix. Mode pl. 4. Heirmos.**

The pure Theotokos who in her womb  
\* conceived the divine fire \* without being  
burned, let us honor gloriously, O peoples, \*  
magnifying her with never-silent hymns. [SD]

**Troparia.**

*Devout Saint of God, intercede for us.*

O blessed Titus, you were a doctor sent  
by God for those sick with passions, and you  
banished and chased away the evil demons.  
And so we call you blessed. [RB]

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

O Father, you abandoned the world as the  
dwelling place of corruption, and you lived in  
the land of the meek, with whom you rejoice,  
enjoying divine delight. [RB]

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

We magnify the Creator with hymns,  
for we have your struggles as a permanent

πόνους ἀληθῶς, τὸν Κτίστην, ἐν ὕμνοις μεγαλύνομεν.

**Στίχ.** Καθὼς ἐλάλησε διὰ στόματος τῶν ἁγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ. Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς πάντων τῶν μισούντων ἡμᾶς.

Σήμερον ἡμέρα ἐόρτιος· συγκαλεῖ γὰρ Τίτος, Μοναζόντων τὰ ποίμνια, εἰς χορείαν καὶ κοινὴν ἐστίασιν, καὶ βρῶσιν ἀκηράτου ζωῆς.

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

### **Θεοτοκίον.**

Ὁ ἐν σοὶ σκηνώσας Πανάμωμε, τὸν πρὶν τοὺς γενάρχας, κακοτρόπως πτερνίσαντα, βροτοκτόνον καταβαλὼν ἐτέχθη, καὶ πάντας ἡμᾶς ἔσωσεν.

Τοῦ Τριωδίου ---

### **Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ θ'. Ἦχος πλ. δ'. Εὐλογητὸς ὁ Κύριος.**

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

Εὐλογητὸς Κύριος, ὁ Θεὸς τοῦ Ἰσραὴλ, ὁ Σταυρῷ σου λύσας τὴν ἀρχαίαν ἀράν, καὶ τοῦτον ἡμῖν δωρησάμενος, κραταίωμα καὶ καταφυγὴν, καὶ ἀσφαλὴ κρηπίδα· δι' οὗ τοὺς ἐχθροὺς ἡμῶν, νῦν κερатиούμεν.

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

Ὅτι σειραῖς συσφίγγομαι, ἀμετρήτων μου κακῶν, καὶ τὰς τρίβους σου τὰς σωτηρίου Χριστέ, ἐκὼν ἐπιγινῶναι οὐ βούλομαι, τῷ σῶ με ἐπίστρεψον Σταυρῷ,

monument of faith and example of self-control. <sup>[RB]</sup>

**Verse:** As he spoke by the mouth of his holy prophets from of old. That we should be saved from our enemies, and from the hand of all who hate us.

<sup>[RSV]</sup>

Today is a day to celebrate; for Titus calls the flocks of monastics together to form a choir, and to enjoy a common banquet served with the food of immaculate life. <sup>[RB]</sup>

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

### **Theotokion.**

O all-blameless one, when He that dwelt in you was born, He defeated the destroyer of humanity that once wickedly caused our ancestors to stumble, and He saved us all. <sup>[RB]</sup>

From Triodion ---

### **Canon 1 from the Triodion.**

**Ode ix. Mode pl. 4. (NM)**  
*Blessed be the Lord God.*

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

Blessed be the Lord God of Israel, for He has destroyed the ancient curse by His Cross, which He has given to us as our support and refuge and firm foundation; and by its power we shall overthrow our enemies. <sup>[KW]</sup>

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

I am held fast in the bonds of my countless sins, O Christ, and deliberately I refuse to seek Thy paths which lead me to salvation. Turn me back by Thy Cross and

τὴν πώρωσίν μου λύων, δι' ἄφατον ἔλεος,  
τῆς σῆς εὐσπλαγχνίας.

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

Τὴν Φαρισαίου ἔπαρσιν, μιμησάμενος  
κακῶς, κατηνέχθην, πτώμα χαλεπὸν καὶ  
δεινόν, καὶ κεῖμαι ἐχθρῶν καταπάτημα,  
ἀλλ' οἴκτειρον σῶσόν με Χριστέ, σεαυτὸν  
δι' οἶκτον, ταπεινώσας ὕψιστε, Βασιλεῦ τῆς  
δόξης.

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

**Θεοτοκίον.**

Αἱ γενεαὶ σε ἅπασαι, μακαρίζουσιν  
Ἀγνή· Ἰησοῦς γὰρ ὁ μόνος, ὁ τεχθεὶς ἐκ τῆς  
σῆς νηδύος, αὐτὸς ὡς ἐπίσταται, ἐποίησε  
Κόρη μετὰ σοῦ, Παρθένε μεγαλεῖα, ὃν  
δυσώπει σῶζεσθαι, ποιμνὴν καὶ λαόν σου.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὦδιθ' Θ'. Ἦχος πλ. δ'. Εὐλογητὸς ὁ Κύριος.**

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

Εὐλογητὸς Κύριος, ὁ Θεὸς τοῦ Ἰσραὴλ,  
ὁ Σταυρῷ σου λύσας, τὴν ἀρχαίαν ἀράν,  
καὶ τοῦτον τιθεὶς ἡμῖν εἰς προσκύνησιν,  
αὐτὸν ἀσπαζόμενοι πιστῶς, αὐτὸν καὶ  
ἀνυμνοῦντες, σοῦ τὸ μέγα ἔλεος, ὑμνοῦμεν  
ἀπαύστως.

**Στίχ.** Τοῦ κατενθῦναι τοὺς πόδας ἡμῶν  
εἰς ὁδὸν εἰρήνης.

Τῆς Ἐκκλησίας καύχημα, σὺ εἰ τίμιε  
Σταυρέ, βασιλείας ὄπλον, καὶ τοῦ Κόσμου

free me from my blindness, in Thine ineffable  
mercy and compassion. [KW]

**Verse:** And you, child, will be called the  
prophet of the Most High; for you will go before  
the Lord to prepare his ways. [RSV]

Sinfully I have followed the Pharisee in  
his arrogance; bitter and terrible has been my  
fall, and I lie trampled by the enemy. But take  
pity on me, O Christ, and save me, for out of  
pity Thou hast humbled Thyself, O most high  
King of Glory. [KW]

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

**Theotokion.**

All generations call thee blessed, O pure  
Virgin: for Jesus, who was born from thy  
womb in a manner understood by Him alone,  
has magnified thee. Pray to Him for the  
salvation of thy flock and people. [KW]

**Canon 2 from the Triodion.**

**Ode ix. Mode pl. 4. (NM)**  
*Blessed be the Lord God.*

**Verse:** When the day shall dawn upon us from  
on high to give light to those who sit in darkness  
and in the shadow of death. [RSV]

Blessed be the Lord God of Israel, for  
He has destroyed the ancient curse by His  
Cross, which He has set before us for our  
veneration. Let us kiss the Cross in faith and  
sing its praises, as continually we glorify His  
great mercy. [KW]

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

O precious Cross, thou art the glory of  
the Church, the weapon of kings, the ensign

παντός, ειρήνης βραβεῖον θεότευκτον.  
Σταυρὲ Ὁρθοδόξων ἡ χαρά, τῆς Οἰκουμένης  
φύλαξ, φύλαξον ἀγίασον, τοὺς σὲ  
προσκυνοῦντας.

Δόξα. **Τριαδικόν.**

Τριάς ἀγία δόξα σοι, ἡ Ὁμότιμος  
Μονάς, θεία φύσις, μία βασιλεία φρικτή. Ὁ  
Πατήρ, ὁ Υἱὸς σὺν τῷ Πνεύματι, τὸ φῶς τὸ  
ἀπρόσιτον παντί, ἡ ἀναρχὸς Θεότης, σῶσον  
τοὺς λατρεύοντας, σοὶ τῷ πάντων Κτίστη.

Καὶ νῦν. **Θεοτοκίον.**

Ἐν τῷ Σταυρῷ ὡς ἴστατο, ἡ Ἀμνάς σου  
Ἰησοῦ, τὸν Ποιμένα, καὶ Δεσπότην αὐτῆς,  
ὁρῶσα πικρῶς ἐπωδύρετο, καὶ σπλάγχνα  
κινουσα ἐπὶ σοί, Χριστὲ ἀνεκαλεῖτο. τί τὸ  
ξένον θέαμα; ἡ ζωὴ πῶς θνήσκες;

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὸν Μανασσὴν ὡς ἔσωσας, μεταγνόντα  
ὁ Θεός, σῶσον καὶ ἐγώ, δάκρυσι μετανοοῦντα  
πικρῶς, καὶ μὴ ἀποστρέψῃς τὸν δοῦλόν  
σου· ἐξέκλινα γάρ μου τὴν ψυχὴν, ὡς πάλαι  
Ἰσραὴλ ἐκεῖνος, πάσας τὰς ἡμέρας μου, ζῶν  
ἐν ἀσωτία.

**Ὁ Εἰμός. Ἦχος πλ. δ'.**

Εὐλογητὸς ὁ Κύριος, ὁ Θεὸς τοῦ Ἰσραὴλ,  
ὁ ἐγείρας κέρας σωτηρίας ἡμῖν, ἐν οἴκῳ  
Δαυΐδ τοῦ παιδὸς αὐτοῦ· ἐν οἷς ἐπεσκέψατο  
ἡμᾶς, ἀνατολὴ ἐξ ὕψους, καὶ κατεύθυνεν  
ἡμᾶς, εἰς ὁδὸν ειρήνης.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν  
σε τὴν Θεοτόκον, τὴν ἀειμακάριστον  
καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ  
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,

fashioned by God and giving peace to all  
the world. O Cross, thou art the joy of the  
Orthodox, the guardian of the inhabited earth:  
keep and sanctify those who venerate thee. [KW]

Glory. **For the Trinity.**

Glory to Thee, O Holy Trinity, Unity  
equal in honour, divine Nature, one dread  
Dominion, Father, Son and Spirit, Light that  
no man can approach, Godhead that has no  
beginning: save those who worship Thee, O  
Creator of all. [KW]

Both now. **Theotokion.**

Standing by Thy Cross, O Jesus, Thy  
Mother looked on Thee her Lamb and  
Shepherd and Master. She lamented bitterly,  
and, wounded to her heart, she cried to Thee,  
O Christ, 'What is this strange sight? O Life,  
how dost Thou die?' [KW]

Glory to You, our God, glory to You.

As Thou hast saved repentant Manasses,  
O God, save me also, Thy servant, and reject  
me not, for I repent bitterly with tears. I have  
turned aside as Israel of old, living all my  
days like the Prodigal. [KW]

**Heirmos (NM). Mode pl. 4.**

Blessed be the Lord God of Israel, for He  
has raised up a horn of salvation for us in  
the house of His servant David; whereby the  
Dayspring from on high has visited us, and  
guided us into the way of peace. [KW]

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

τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### ΔΙΑΚΟΝΟΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Ὡρολογίου ---

### ΧΟΡΟΣ

#### Φωταγωγικά Ἦχος γ'.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ  
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,  
πρεσβείαις τοῦ Προδρόμου, καὶ σῶσόν με.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ  
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,  
πρεσβείαις τῶν Ἁγίων καὶ σῶσόν με.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ  
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,  
πρεσβείαις τῆς Θεοτόκου, καὶ σῶσόν με.

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

### DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

### PRIEST

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

(Amen.)

From Horologion ---

### CHOIR

#### Photagogic Hymns Mode 3.

Send out Your light, O Christ God, and  
enlighten our hearts, by the intercessions of  
the Forerunner, and save me. [SD]

Send out Your light, O Christ God, and  
enlighten our hearts, by the intercessions of  
the Saints, and save me. [SD]

Send out Your light, O Christ God, and  
enlighten our hearts, by the intercessions of  
the Theotokos, and save me. [SD]



**ΑΝΑΓΝΩΣΤΗΣ**

**Οἱ Αἶνοι. (διαβαστά)**  
**Ψαλμὸς ΡΜΗ' (148).**

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε αὐτόν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτόν πάντα τὰ ἄστροι καὶ τὸ φῶς. Αἰνεῖτε αὐτόν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν. Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινὰ πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνον· ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῷ ἐγγίζοντι αὐτῷ.

**Ψαλμὸς ΡΜΘ' (149).**

Ἀσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἴνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν. Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ

**READER**

**Lauds. (read)**  
**Psalms 148.**

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

**Psalms 149.**

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him;



ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ. Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δηῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

### Ψαλμὸς ΠΝ' (150).

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ· αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ· αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ· αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

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

### Δοξολογία (διαβαστά)

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ,

for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

### Psalms 150.

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

ἐπουράνιε Θεέ, Πάτερ παντοκράτορ·  
 Κύριε Υἱέ μονογενές, Ἰησοῦ Χριστέ, καὶ  
 Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς  
 τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν  
 ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ  
 αἴρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι  
 τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ  
 τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ  
 μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς  
 Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.  
 Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,  
 καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,  
 καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,  
 καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ  
 γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·  
 ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.  
 Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με  
 τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός  
 μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί  
 σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός  
 σου τοῖς γινώσκουσί σε. Καταξίωσον,  
 Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους  
 φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε,  
 ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν  
 καὶ δεδοξασμένον τὸ ὄνομά σου εἰς  
 τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ  
 ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν  
 ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν  
 με τὰ δικαιώματά σου. Εὐλογητὸς εἶ,  
 Δέσποτα· συνέτισόν με τὰ δικαιώματά  
 σου. Εὐλογητὸς εἶ, Ἅγιε· φώτισόν με τοῖς  
 δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν  
 αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.  
 Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ  
 δόξα πρόπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ  
 Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς  
 αἰῶνας τῶν αἰώνων. Ἀμήν.

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.

**ΔΙΑΚΟΝΟΣ**

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν  
τῷ Κυρίῳ.

*(Κύριε, ἐλέησον.)*

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

*(Κύριε, ἐλέησον.)*

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

*(Παράσχον, Κύριε.)*

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

*(Παράσχον, Κύριε.)*

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

*(Παράσχον, Κύριε.)*

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

*(Παράσχον, Κύριε.)*

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

*(Παράσχον, Κύριε.)*

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

*(Παράσχον, Κύριε.)*

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

**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.

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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

### ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

### ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ  
ταπεινὰ ἐφορῶν, καὶ τῷ παντεφώρῳ σου ὄμματι  
ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν  
αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου  
Ἄγιε Ἁγίων· ἔκτεινον τὴν χειρὰ σου τὴν ἀόρατον ἐξ  
ἀγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας  
ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως,  
ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον,  
δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια  
ἀγαθὰ σου.

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

(Ἀμήν.)

### ΧΟΡΟΣ

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - -

**Ἰδιόμελον. Ἦχος πλ. δ'.**

Τοῦ μεγαλάρχου Φαρισαίου, τὴν ἐξ  
οἰήσεως ἐννοοῦσα ψυχὴ μου κατάκρισιν,

(To You, O Lord.)

### PRIEST

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

(Amen.)

### PRIEST

Peace be with all.

(And with your spirit.)

### DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

### PRIEST (in a low voice)

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

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

(Amen.)

### CHOIR

**Aposticha. From the Triodion.**

From Triodion - -

**Idiomelon. Mode pl. 4.**

Consider, my soul, how the vainglorious  
Pharisee was condemned because of pride,

καὶ τοῦ ταπεινόφρονος Τελώνου, τὴν δι' ἐξαγορεύσεως πταισμάτων, ἐπιγνοῦσα δικαίωσιν, τοῦ μὲν ἀποθέσθαι κατεπείγου, τὴν ἐπ' ἀρετῆς προπέτειαν, τοῦ δὲ προλαβέσθαι, τὴν ἐφ' οἷς ἐπλημμέλησας ἐξομολόγησιν, διεγείρου τὴν ἀταπείνωτον σεαυτῇ καρπουμένη, διὰ μετριοπαθείας ὑψωσιν, παρὰ Χριστοῦ τοῦ ἔχοντος τὸ μέγα ἔλεος.

**Στίχ.** Πρὸς σὲ 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 οἰκτειρήσῃ ἡμᾶς.

Τοῦ μεγαλαύχου Φαρισαίου, τὴν ἐξ οἰήσεως ἐννοοῦσα ψυχὴ μου κατάκρισιν, καὶ τοῦ ταπεινόφρονος Τελώνου, τὴν δι' ἐξαγορεύσεως πταισμάτων, ἐπιγνοῦσα δικαίωσιν, τοῦ μὲν ἀποθέσθαι κατεπείγου, τὴν ἐπ' ἀρετῆς προπέτειαν, τοῦ δὲ προλαβέσθαι, τὴν ἐφ' οἷς ἐπλημμέλησας ἐξομολόγησιν, διεγείρου τὴν ἀταπείνωτον σεαυτῇ καρπουμένη, διὰ μετριοπαθείας ὑψωσιν, παρὰ Χριστοῦ τοῦ ἔχοντος τὸ μέγα ἔλεος.

### Μαρτυρικόν.

#### Ἦχος πλ. δ'.

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

Μεγάλως ἡγωνίσασθε Μάρτυρες, τὰς βασάνους τῶν ἀνόμων, ὑπομείναντες γενναίως, τὸν Χριστὸν ὁμολογοῦντες,

and how the humbleminded Publican was justified through confessing his transgressions. Make haste to reject the Pharisee's rash self-assurance, and to follow the Publican by confessing thine offences. Through control of the passions rouse thyself to attain the exaltation which cannot be abased, conferred on thee by Christ in His great mercy. [KW]

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

Consider, my soul, how the vainglorious Pharisee was condemned because of pride, and how the humbleminded Publican was justified through confessing his transgressions. Make haste to reject the Pharisee's rash self-assurance, and to follow the Publican by confessing thine offences. Through control of the passions rouse thyself to attain the exaltation which cannot be abased, conferred on thee by Christ in His great mercy. [KW]

### For the Martyrs.

#### Mode pl. 4.

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

Bravely have ye fought, O holy martyrs; steadfastly ye endured the tortures of lawless men, confessing Christ before kings. And,



ἐναντίον βασιλέων, καὶ πάλιν μεταστάντες  
ἐκ τοῦ βίου, δυνάμεις ἐνεργεῖτε ἐν τῷ  
Κόσμῳ, καὶ ἀσθενεῖς θεραπεύετε, ἐκ τῶν  
παθῶν αὐτῶν Ἅγιοι, πρεσβεύσατε, τοῦ  
σωθῆναι τὰς ψυχὰς ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**  
**Ἦχος πλ. δ'.**

Ἡ σκέπη σου Θεοτόκε Παρθέने,  
ἱατρειὸν ὑπάρχει πνευματικόν· ἐν αὐτῇ  
γὰρ καταφεύγοντες, ψυχικῶν νοσημάτων  
λυτρούμεθα.

### ΙΕΡΕΥΣ

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

### ΑΝΑΓΝΩΣΤΗΣ

**Τρισάγιον.**

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

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

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

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

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

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ

departing from this life, ye now work miracles  
throughout the world, healing from their  
passions those in sickness. Pray for the  
salvation of our souls. [KW]

Glory. Both now. **Theotokion.**  
**Mode pl. 4.**

Thy protection, O Theotokos Virgin, is  
a source of spiritual healing: taking refuge  
beneath it, we are delivered from the diseases  
of our souls. [KW]

### 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



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

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

### ΑΝΑΓΝΩΣΤΗΣ

Ἐν τῷ Ναῷ ἐστώτες τῆς δόξης σου, ἐν οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη ἐπουράνιε, ἀνοιξον ἡμῖν τὴν θύραν τοῦ ἐλέους σου.

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν στήριξον· τὰ ἔθνη πράυνον· τὸν κόσμον εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἡ Μονήν) ταύτην καλῶς διαφύλαξον· τοὺς

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

### PRIEST

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

(Amen.)

### READER

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

### PRIEST

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

(Amen.)

O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give peace to the world. Protect this holy Church (or, Monastery); grant our departed fathers and brethren that they may dwell with

προαπελθόντας πατέρας καὶ ἀδελφούς  
ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς  
ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε,  
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

### Εὐχή τοῦ Ἁγίου Ἐφραίμ

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

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

ἢ·

### ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
όσιων καὶ θεοφόρων Πατέρων ἡμῶν (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων

the righteous, and accept us in repentance  
and confession; for You are good and love  
mankind.

(Amen.)

### Prayer of St. Ephraim

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

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

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

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

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

or:

### READER

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

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

### PRIEST

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

Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

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.)