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The Service of Matins

for Friday, March 15, 2019

**Triodion - Mode pl. 4.
on Friday Morning**

**Triodion - On Friday of the First Week
at Matins**

**Menaion - March 15
Memory of the Holy Martyrs Agapius and those with him**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode pl. 4. On Friday Morning

On Friday of the First Week at Matins

Menaion - March 15

Memory of the Holy Martyrs Agapius and those with him

MATINS

CHOIR

Mode pl. 4.

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 pl. 4.

Daring not to look at You, the Cherubim in flight jubilantly cry out the inspired melody of the Thrice-holy Hymn. We sinners join them and also sing: Holy, holy, holy are You, O God. By the power of Your Cross save us. [SD]

Glory.

With hearts in heaven, let us emulate the Angels, and in fear let us bow before the

impartial Judge, as we shout the triumphal praise: Holy, holy, holy are You, O God. By the intercessions of the Saints save us. [SD]

Both now.

Bent down by our many offences, we dare not gaze at Your height. Rather we bow our soul along with our body, and we shout the hymn of the Angels to You: Holy, holy, holy are You, O God. Through the Theotokos have mercy on us. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 13. There is no litany, but immediately the following:

From Triodion - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode pl. 4. *When You, the Life of all.*

A tree once blossomed death in the middle of Eden. * The tree in the middle of the earth has produced life. * Tasting from the former, * we the incorrupt became corruptible, * whereas with the latter * we have delighted in incorruptibility. * For Christ our God has saved the human race * by means of His divine Cross. [SD]

Verse: *Exalt the Lord our God, and worship at the footstool of His feet.* [SAAS]

Mode pl. 4. *When he perceived.*

Of old the tree in the garden stripped us naked, * and by its taste did the enemy bring in death. * Now the tree of the Cross, which for all mankind is bearing * the garment of life, was planted upon the earth, * and therefore is all the world filled with every joy. * As we see it exalted now, let us, O peoples, cry aloud

* together unto God in faith: * Full of glory is
Your house, O Lord. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. *N/M (When he perceived.)*

Christ took flesh from your pure womb,
holy Virgin,/and was born from you in ways
beyond our understanding!/As you saw him
hang upon the Cross between two evildoers,/your heart was filled with anguish./You cried out with a mother's grief:/Woe is me, my Child!/What is this divine and ineffable act of your loving providence/by which you have restored your creature to life?//I sing the praises of your deep compassion! [OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 20. 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 2.

By your divine cross you have put to death the passions of my flesh;/by your passion you have given all men freedom from passions!/Count me worthy also, Lord, to see your holy resurrection,//that I may receive your great and abundant mercy! [OCA]

Glory. Both now. **Stavrotheotokion.**

Mode 2.

Guarded by the precious cross of your Son,/pure Lady and Theotokos,/we easily turn away all the assaults of the enemy!/Therefore we rightly call you blessed,//for you are the mother of light and the only hope of our souls! [OCA]

There is no reading of an additional Kathisma from the Psalter.

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 2.

You are the source and fountain of purity,/merciful Lord;/preserve us in the fast./Behold us as we fall before you:/look upon the lifting up of our hands,/for you stretched out your hands upon the tree/and were crucified for the sake of all the earth-born//only Lord of the angelic powers! [OCA]

Glory. Both now. **Stavrotheotokion.**

Mode 2.

Beholding you, Christ, stretched dead upon the tree,/your virgin mother cried out with bitter tears:/my Son, what is this fearful mystery?/How do you suffer willingly a shameful death upon the cross//when you give eternal life to all? [OCA]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalms 50 (51).

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

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

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

From Menaion ---

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; 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.)

CHOIR

Canon for the Martyrs. Ode i. Mode pl. 4. Heirmos

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

Let us sing to the Lord, who led His people across the Red Sea, for only He is greatly glorified. [SD]

Troparia.

Saints of God, intercede for us.

O Martyrs, as you dwell in the tabernacles of heaven, guard illumination to the people that commemorate you on the earth. [un]

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

O Martyrs, as you dwell in the tabernacles of heaven, guard illumination to the people that commemorate you on the earth. [un]

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

O champions of Christ of the highest nobility, you were shown to be towers of the Church. You tore down the walls of the insanity of idolatry. [un]

Glory.

O immitable Martyr Agapios, you were wounded with the love of the Ruler of all. You were excited to give your life for Him. [un]

Both now. **Theotokion.**

O Virgin, bright illumination to the eyes of my soul by the bright Light which dawned from you, so that I may magnify you. [un]

From Menaion - - -

Canon for the Martyrs.

Ode iii. Mode pl. 4. Heirmos

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

No one is holy like You are, O Lord, and no one is righteous like You our God. All creation extols You. No one is holy except for You, O Lord. [SD]

Troparia.

Saints of God, intercede for us.

O Martyr Agapios, you were ignited with the flame of Christ's love. You extinguished the pyre of the insanity of idolatry by the rivers of your blood. Therefore we honor you. [un]

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

[SAAS]

O Martyr Agapios, you were ignited with the flame of Christ's love. You extinguished the pyre of the insanity of idolatry by the rivers of your blood. Therefore we honor you. [un]

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

O blessed ones, through grace you were blades neatly slicing through tens of thousands of demons. Now you have joyously been gathered to the tens of thousands of noetic beings. [un]

Glory.

O divine Martyrs, you completed the racetrack of martyrdom with a noble temperament of spirit. You achieved the

Kingdom of above. It is there that you held your citizenship. [un]

Both now. **Theotokion.**

O Mother who is a virgin unto eternity, we have come to know the Creator. Because of his precious mercy, to those of us who praise you did He manifested in a body from your light-bearing womb. [un]

Heirmos.

No one is holy like You are, O Lord, and no one is righteous like You our God. All creation extols You. No one is holy except for You, O Lord. [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 1. N/M (The soldiers.)

May the seven-fold choir of the Martyrs be praised. They warded off every danger and trial from us, because they are custodians of the Faith and fortresses of the Church. The legions of demons are routed with fear by them, and while giving us their peace, they pray to the Master for us. [un]

Glory. Both now. **Stavrotheotokion.**

Mode 1. N/M (The soldiers.)

The immaculate she-lamb looked upon the Lamb and the Shepherd as he was suspended lifelessly on the Cross, and she grieved for Him. In her maternal screams of anguish she exclaimed: O my Son, in what manner will I suffer this voluntary Passion You suffer and Your divine condescension beyond expression, O God who is beyond goodness? [un]

From Menaion - - -

Canon for the Martyrs.

Ode iv. Mode pl. 4. Heirmos.

Verse: Glory to Your strength, O Lord.

The Prophet understood that You would be incarnate * from the Theotokos when he had considered * with divine vision, O Logos, the shaded mountain. * Afraid, he glorified Your power, O Lord. [SD]

Troparia.

Saints of God, intercede for us.

O Agapios, you nobly mimicked the sufferings of Christ, for whom you intensely longed for. You were willingly slain as though you were a lamb. You are a great Martyr who deserves our devotion. [un]

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

O Agapios, you nobly mimicked the sufferings of Christ, for whom you intensely longed for. You were willingly slain as though you were a lamb. You are a great Martyr who deserves our devotion. [un]

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

O wise Martyrs, You completely gave yourselves over to the sword. You colored your raiment with scarlet by your blood, and now clothed in it, you traverse about in the Heavens. [un]

Glory.

You had such a passionate love for God! Because of this you gave up the entirety of your will. By yielding to a brutal death, you have been guaranteed eternal life. [un]

Both now. **Theotokion.**

O pure and immaculate Virgin, you were given the Word to carry in your womb as though He were fragrant myrrh that washes the world of the putrid stench of sin. Therefore, we faithfully call you blessed. [un]

From Menaion - - -

Canon for the Martyrs.

Ode v. Mode pl. 4. Heirmos

Verse: O Lord our God, grant us peace.

O Lord, You shine light on the ends for the earth, from the night of ignorance to knowledge of God. Illumine me with the morning of Your love for humanity. [SD]

Troparia.

Saints of God, intercede for us.

O glorious Agapios, you became admired in works as well as in name. You struggled for the love of our God, who is the King of all. [un]

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

O glorious Agapios, you became admired in works as well as in name. You struggled for the love of our God, who is the King of all. [un]

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

O holy Martyrs, you deflected the speech of the clever despot. You totally demolished the army of the demons by serving as the infantry of Christ. [un]

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

O Martyrs of Christ, you threw down the heedless conceit of the unrighteous by your holy struggles. You took up the crown of everlasting life. [un]

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

Theotokion.

We faithfully bless you, O Mother of God, with holy songs of praise, crying: Rejoice, O gate by which only the Lord has ever crossed. [un]

(read)

Intermediate Verses of Ode Five.

O Lord our God, grant us peace, for You render everything to us. [SAAS]

O Lord our God, possess us; O Lord, we know no other besides You; we name Your name.

The dead will not see life; neither will physicians raise them. Therefore You brought evils upon them and destroyed them, and took away every male of theirs.

Because of Your fear, O Lord. We have been with child, we have been in pain, and we have given birth. We brought forth the spirit of Your salvation on the earth. [SAAS]

(sung)

From Triodion - -

Canon 1 from the Triodion.

Ode v. Mode 2. (N/M)

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

Seeing the sinfulness that is in me,/the deceitful enemy urges me on to sin and works with me:/for he truly rejoices over my perdition./But I entreat you, Savior,/grant me amendment of life that I may destroy him! [OCA]

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

By your cross you have triumphed over the powers of darkness./Deliver me from their wickedness,/for I am fallen into a depth of sin and a pit of iniquity;/but by your mercy, I hope to be saved. [OCA]

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

[SAAS]

You hung dead upon the cross:/restore life to my soul, deadened through sin, O

Christ,/count me worthy to attain your holy resurrection in peace,/obediently fulfilling your commandments. [OCA]

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

Theotokion.

Pure Maiden, you are a light to me in my infirmity /and the salvation of my darkened soul;/save me, O save me, for I perish!/
Clothe me, corrupted by my grievous sins,/in a garment of incorruption! [OCA]

Canon 2 from the Triodion.

Ode v. Mode 2. N/M
(With the night being over.)

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

You only are immortal,/yet accepted to be crucified in the flesh /at the place of the skull, O Lord,/giving men immortality and fashioning them anew. [OCA]

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

When the creation saw the outrage of your passion, Lord,/it was wholly changed, lamenting the murder by your own people./
But you patiently endured these things to save the whole world! [OCA]

Glory. **For the Trinity.**

All-holy Trinity, we worship you:/you are our refuge and our strength./We sing your praises in unity of nature:/send down on us the forgiveness of our sins. [OCA]

Both now. **Theotokion.**

Rejoice, Theotokos, Maiden of many names:/tabernacle, vessel of manna and

table,/candlestick that bears the light;/the burning bush, and the mountain overshadowed by God! [OCA]

Glory to You, our God, glory to You.

Saying farewell to the world and all that is in it,/let us now be crucified with Christ;/let us endure outrage, mockery and other sufferings,/that we may be glorified in him. [OCA]

Heirmos Mode 2.

The night is far spent, the day is at hand:/your light has shone upon the world!/
Therefore the ranks of angels sing your praises,/and they glorify you, O Lord! [OCA]
From Menaion - - -

Canon for the Martyrs.

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.

Saints of God, intercede for us.

Let us sing of the famous Agapios, Timolaos, Romulos, the two by the name of Alexander, and the two by the name of Dionysios. They battled with firmness in the contest, and the countless masses of the opposition were wrestled to the ground. [un]

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

Let us sing of the famous Agapios, Timolaos, Romulos, the two by the name

of Alexander, and the two by the name of Dionysios. They battled with firmness in the contest, and the countless masses of the opposition were wrestled to the ground. [un]

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

O Martyrs, rivers of cures spring from you as though a fountain. You divinely clean those born on earth of all their passions. Therefore we faithfully and joyfully praise your excellent works. [un]

Glory.

O seven Martyrs, you completed the sacred trial in obedience, and by your obedience did the almighty hand crown you as citizens of Heaven and cohorts of the Angels. [un]

Both now. **Theotokion.**

O Bride of God who is all-blameless, you have caused the flora of the wicked to wilt by your holy Scion. Pull out the evil of the enemy by the root, which sprouts up inside me every day. [un]

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.)

From Triodion - -

READER

For the Martyrs. Mode pl. 4.

When they had deadened burning impulses and movements * of sinful passions by their self-control and virtue, * then the Martyrs of Christ were given the divine grace * of driving away the illnesses of the sick * and working wonders, alive and after their death. * Paradoxical miracle it is indeed, that naked bones * should pour out cures abundantly. * Glory be to our only God. [SD]

Synaxarion.

From the Menaion.

On March 15 we commemorate the holy martyr Agapios and those with him: Plesius, Romulus, Timolaos, two named Alexander, and two named Dionysios.

On this day we also commemorate the holy Apostle Aristobulos, Bishop of Britain, brother of Barnabas the Apostle.

On this day we also commemorate the holy martyr Nicander of Egypt.

The holy new martyr Manuel the Cretan, who witnessed in Chios in the year 1792, died by the sword.

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

From Menaion - - -

CHOIR

Canon for the Martyrs.

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

Troparia.

Saints of God, intercede for us.

O renowned hoplites, you willingly yielded yourselves to be slain as though lambs. You had no fear of the tortures, but you cried out in joy: O God of our Fathers, blessed are You. [un]

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

O renowned hoplites, you willingly yielded yourselves to be slain as though lambs. You had no fear of the tortures, but you cried out in joy: O God of our Fathers, blessed are You. [un]

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

O Martyr Agapios, you were made radiant with the love of the Ruler of all. You yielded your head to the sword and were

added to the horde of the Martyrs, exclaiming, O God of our Fathers, blessed are You. [un]

Glory.

O glorious Martyrs, you are as though a lampstand with seven branches that stands in the temple of the Lord. You illumine the world with the wick of grace, as the world exclaims: O God of our Fathers, blessed are You. [un]

Both now. **Theotokion.**

O all-blameless one, free me from the shackles of transgressions beyond expression. Give me a torrent of tears as I chant to Him who dawned from you: O God of our Fathers, blessed are You. [un]

Ode viii.

From Menaion - - -

Canon for the Martyrs.

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 extol Him, who on the holy mountain * showed His glory, as Lord, * and in the bush with fire * revealed to Moses knowledge of the mystery * of the Ever-Virgin, supremely exalting Him unto all the ages. [SD]

Troparia.

Saints of God, intercede for us.

As healers of various maladies who use the surgery of the Holy Spirit, cure all of our diseases, that we may commend you and glorify your holy memory. [un]

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

As healers of various maladies who use the surgery of the Holy Spirit, cure all of our

diseases, that we may commend you and glorify your holy memory. [un]

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

O Martyr Agapios, you loved God while He loved you. Because of this, He accepted you and your companions with similar fervor into the heavenly bridal chambers when you had completed your holy trials. [un]

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

O Martyrs of the Lord, you were strengthened through your faith in the Master. You defeated the dominion of the liar. You abide in heavenly rest after you were gloriously clothed in victory. [un]

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

Theotokion.

O you who gave birth to the Spring of Dispassion, bring healing to the passions of my heart. Lead me to the holy life, so that I may glorify you forever, O Mother of the Savior. [un]

(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 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 2. N/

M (When God went down.)

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]

In your compassion you humbled yourself, and were lifted on the cross,/raising up with yourself/the one who had fallen of old through eating from the tree./Therefore you are glorified, Lord, alone greatest in love,/and we sing your praises for ever! [OCA]

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

I have fallen into the heavy sleep of sin through heedlessness,/but, my Christ, who

for my sake fell asleep on the cross,/awaken me, that the night of death not come on me.

[OCA]

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

Blinded by sensual pleasures,/I bear within me a darkened soul,/and the crafty enemy laughs when he sees me./But give me light, O Christ, and deliver me forever from his malice. [OCA]

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.

I have wasted my life in carelessness,/and my soul is heavy with the drowsiness of sin./I fly to your unsleeping intercession, all-pure Virgin:/do not let me slumber in the sleep of death! [OCA]

Canon 2 from the Triodion.

Ode viii. Mode 2. N/M (Within the bush.)

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

Crowned with thorns, O Christ, and clothed in a scarlet robe,/you shone with glory,/surpassing in beauty ail the sons of men. [OCA]

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

You drank gall and vinegar,/and from your divine side/poured a double stream of

life and incorruption/to those who praise and glorify you in faith forever. [OCA]

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.

O Godhead, one in Trinity,/undivided in nature yet divided in persons,/power that shall never be destroyed,/Father, Son and Spirit,/we sing your praises forever! [OCA]

Both now. **Theotokion.**

Pure Mother of God,/gate of heaven and door of salvation,/accept the prayer of all Christians/who call you blessed forever. [OCA]

Glory to You, our God, glory to You.

Cross, the sceptre of Christ and strength of the church,/the victory of kings and guardian of Christians!/You are my light, and my boast forever. [OCA]

We praise and we bless and we worship the Lord.

Heirmos Mode 2.

Let us praise him, who of old in the burning bush/figured the miracle of the Virgin to Moses on Sinai:/let us bless and exalt him above all forever! [OCA]

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

Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. ^[SD]

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Martyrs.

Ode ix. Mode pl. 4. Heirmos.

You are the Theotokos * lit'rally, O Virgin; * and we confess it, for we have been saved through you * whom we, O pure one, with choirs of angels magnify. ^[SD]

Troparia.

Saints of God, intercede for us.

O champions, you were beautified with the divine splendor of martyrdom. You now rejoice with the Lord forever as you stand in His presence. ^[un]

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

O champions, you were beautified with the divine splendor of martyrdom. You now rejoice with the Lord forever as you stand in His presence. ^[un]

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

O Martyrs, the Angels led you into the heavenly city with the light that never wanes when you were separated from your bodies.

^[un]

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.

[RSV]

O glorious Martyrs, continue to remember us to God as we commemorate your holy memorial on this day. [un]

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

Theotokion.

O one without blame, enlighten me who am in the murkiness foolhardiness by the light of contrition so that I may glorify and sing hymns of your wonderful works. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 2. *N/M (Lady, from your virginal belly.)*

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

Hateful thoughts have covered my soul with leprosy:/ cleanse it, word of God, with the sprinkling of your blood./ Christ, for my sake you have suffered shameful crucifixion:/ make me a partaker in your glory. [OCA]

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

I am bowed down to the earth, O Christ,/ by the burden of my sinful deeds,/ and in dark discouragement I cry to you, lover of mankind:/ by your precious blood heal the incurable wounds of my soul/ that I may sing the praises of your divinity. [OCA]

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]

I have made iniquity my food and heedlessness my drink,/ and I continue without any change./ I take pleasure in abstaining from food to no purpose,/ for such is not the fast the Lord has chosen. [OCA]

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

Theotokion.

You have destroyed the sentence of condemnation/ passed upon mankind of old;/ you are the restoration of our first mother eve,/ the cause of our reconciliation to God, our bridge to the creator!/ We magnify you, Theotokos! [OCA]

Canon 2 from the Triodion.

Ode ix. Mode 2. *(N/M)*

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

The creation quaked when you were crucified upon the tree!/ As God, in your tender mercy/ you have suffered in the flesh for our salvation. [OCA]

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

Great is the might of your cross, Lord,/ for signing ourselves with it/ we drive away at once the power of the demons. [OCA]

Glory. For the Trinity.

Unity of three co-equal persons,/ undivided Trinity, sovereign nature,/ Father, Son and divine Spirit, save us all. [OCA]

Both now. **Theotokion.**

Rejoice, Theotokos, the mercy-seat of the world! / We sinners, ever fleeing to you for refuge / gain reconciliation with God. [OCA]

Glory to You, our God, glory to You.

By the divine power of your cross, Lord, / give me the strength to offer to you / this time of pure and blameless fasting. [OCA]

Heirmos Mode 2.

Pure and undefiled Virgin Mother, / in faith and true devotion / we magnify you in song as the Theotokos! [OCA]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For all the powers of heaven praise You and give You glory, to the Father and the Son

and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

From Horologion - - -

CHOIR

Photagogic Hymns

Mode pl. 4.

You are the light, O Christ. In yourself illumine me, by the power of Your Cross, and save me. [SD]

You are the light, O Christ. In yourself illumine me, by the intercessions of the Saints, and save me. [SD]

You are the light, O Christ. In yourself illumine me, by the intercessions of the Theotokos, and save me. [SD]

READER

Lauds. (read)

Psalm 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth,

young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

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

Psalm 150.

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

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed

are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

And let us ask for a Christian end to our life, peaceful, without shame and suffering,

and for a good defense before the awesome judgment seat of Christ.

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

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.

Let us receive the proclamation of lent with joy! / For if our forefather adam had kept the fast, / we would not have been deprived of paradise. / The fruit which killed us was beautiful to see and good to eat, / so let us not be fooled by our eyes, / for after food is eaten, it is worthless. / Let us flee from intemperance, / so that we may not be conquered by passions after having our fill. / Let us sign ourselves with the blood of the one / who, for our sake, was voluntarily led to death, / so that the destroyer might not touch us. / So we will partake of the sacred pascha of Christ // for the salvation of our souls. [OCA]

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]

Let us receive the proclamation of lent with joy! / For if our forefather adam had kept the fast, / we would not have been deprived of paradise. / The fruit which killed us was beautiful to see and good to eat, / so let us not be fooled by our eyes, / for after food is eaten, it is worthless. / Let us flee from intemperance, / so that we may not be conquered by passions after having our fill. / Let us sign ourselves with the blood of the one / who, for our sake, was voluntarily led to death, / so that the destroyer might not touch us. / So we will partake of the sacred pascha of Christ // for the salvation of our souls. [OCA]

For the Martyrs.

Mode pl. 4. Automelon.

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]

What are we to call you, O holy ones?
* Cherubim, inasmuch as Christ has found repose in you. * Seraphim, for without ceasing you were glorifying Him. * Or Angels, from the body you had turned away. * Or Powers, you are active doing miracles. * Your names are many, and greater are * the spiritual gifts that you received. * So intercede, we entreat you, that our souls be saved. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. N/M (What a paradoxal.)

Creation was changed, Savior, / when it saw you crucified on golgotha. / It shook and trembled, not able to endure the sight. / The pure Virgin, your mother, wailed and cried: / woe is me, my child, my sweetest Savior! // what is this new and strange and glorious sight? [OCA]

PRIEST

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

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

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 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
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.)