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The Service of Matins

for Friday, March 8, 2019

**Octoechos - Grave Mode.
on Friday Morning**

**Triodion - On Friday of Cheese Week
at Matins**

**Menaion - March 8
Memory of St. Theophylact of Nicomedia**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Ἦχος βαρύς. Τῇ Παρασκευῇ Πρωΐ

Μηναῖον - ΤΗ Ε' ΜΑΡΤΙΟΥ

Μνήμη τοῦ Ὁσίου Θεοφυλάκτου,
Ἐπισκόπου Νικομηδείας

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος βαρύς.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. γ'. Ζῆλος λήψεται λαὸν
ἀπαίδευτον, 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 Ὡρολογίου ---

Ὑμνοι Τριαδικοί

Ἦχος βαρύς.

Ὁ ὑψίστη δυνάμει χερουβικῶς
ἀνυμνούμενος, καὶ θεϊκῇ δόξῃ ἀγγελικῶς
προσκυνούμενος, πρόσδεξαι καὶ ἡμᾶς
τοὺς ἁμαρτωλοὺς, ἀναξίως τολμῶντας
κραυγάζειν σοι Ἅγιος, Ἅγιος, Ἅγιος εἶ
ὁ Θεὸς ἡμῶν. Δυνάμει τοῦ Σταυροῦ σου
σῶσον ἡμᾶς.

Δόξα.

Ὡς ὕπνον τὸν ὄκνον, ἀποθεμένη ψυχῇ,
διόρθωσιν πρὸς ἔγερσιν, δεῖξον τῷ Κριτῇ,

Triodion

Grave Mode. On Friday Morning

Menaion - March 8

Memory of St. Theophylact of Nicomedia

MATINS

CHOIR

Grave Mode.

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

Grave Mode.

O Lord, in Your highest power You
are extolled by the cherubim, and in Your
divine glory You are worshiped by the angels.
Accept us sinners also, who dare unworthily
to cry to You: Holy, holy, holy are You, our
God! By the power of Your Cross save us. [SD]

Glory.

O my soul, cast off laziness as if it were
sleep, and show the Judge that you have

καὶ ἐν φόβῳ βόησον· Ἅγιος, Ἅγιος, Ἅγιος εἶ
ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀγίων σῶσον
ἡμᾶς.

Καὶ νῦν.

Τῇ ἀπροσίτῳ Θεότητι, τῇ ἐν Μονάδι
Τριάδι, τῶν Σεραφεὶμ τὸν Τρισάγιον
ἀναπέμποντες αἶνον, μετὰ φόβου
βοήσωμεν· Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς
ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 19. Καὶ εὐθύς, ἄνευ μικρᾶς
Συναπτῆς·*

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Κάθισμα Α'. Σταυρώσιμα.

Ἦχος βαρύς.

Πυρὸς φωτεινότερον, φλογὸς
ἐναργέστερον, τὸ ξύλον ἀνέδειξας
Χριστέ, τὸ τοῦ Σταυροῦ σου, καταφλέγον
ἀμαρτίας τῶν νοσούντων, καὶ φωτίζον τὰς
καρδίας τῶν ὑμνούντων, τὴν ἐκούσιόν σου
σταύρωσιν· Χριστέ ὁ Θεὸς δόξα σοι.

Στίχ. Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ
προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ,
ὅτι ἅγιός ἐστι.

Ἦχος βαρύς.

Ὁ δεσπόζων τῶν ἀσωμάτων Δυνάμεων,
καὶ γινώσκων τῆς ψυχῆς μου τὸ ῥάθυμον,
τῷ Σταυρῷ σου σῶσόν με, Χριστέ ὁ Θεός, ὡς
φιλάνθρωπος.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος βαρύς.

Τὸν σταυρωθέντα ὑπὲρ ἡμῶν, Χριστὸν
τὸν Θεόν, καὶ καθελόντα τοῦ θανάτου

woken and are mending your ways, and with
fear cry aloud: Holy, holy, holy are You, our
God! By the intercessions of the Saints save
us. [SD]

Both now.

To the unapproachable Godhead, the
Trinity in Unity, let us send up the Thrice-
Holy Hymn of the Seraphim; and with fear
cry aloud: 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 19. There is no litany, but immediately the
following:*

From Triodion ---

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Grave Mode.

You made Your Cross, O Christ, brighter
than any fire,/ clearer than any flame./ It
enlightens the hearts of men/ and burns the
sins of those in sickness,/ as they sing the
praises of Your voluntary crucifixion. // O
Christ our God: Glory to You. [OCA]

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

Grave Mode.

O Christ God, the commander of the
bodiless hosts, You know the laziness of my
soul. By Your Cross, save me, in Your love for
humanity. [SD]

Glory. Both now. **Stavrotheotokion.**

Grave Mode.

Christ our God was crucified for us, and
He brought down the dominion of death. O

τὸ κράτος, ἀπαύστως ἱκέτευε Θεοτόκε
Παρθένε, ἵνα σώσῃ τὰς ψυχὰς ἡμῶν.

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἢτοι Κάθισμα 20. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΙΕΡΕΥΣ

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,
ὑπερενλογημένης, ἐνδόξου Δεσποίνης ἡμῶν
Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ
πάντων τῶν Ἀγίων 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.)

Κάθισμα Β'.

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Ἦχος βαρύν. Ὡς ἔχουσα τὸ συμπαθές.

Ἀνύψωσον Ἐκκλησιῶν, τὸ κέρας τίμιε
Σταυρέ, κατάβαλε αἰρετικῶν, τῇ σῇ δυνάμει
τὴν ὀφρύν, καὶ εὐφρανον τῶν Ὁρθοδόξων
τὰς χορείας, ἀξίωσον προφθάσαι σου
πάντας ἡμᾶς τὴν προπομπήν, καὶ
καταπροσκυνῆσαί σε τὸ ὑποπόδιον
Χριστοῦ· ἐν σοὶ γὰρ ἐγκαυχώμεθα, Ἐύλον
εὐλογημένον.

Virgin Theotokos, unceasingly entreat Him to
save our souls. [SD]

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

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.)

Kathisma II.

CHOIR

From Triodion ---

Grave Mode. (NM) O blessed Theotokos.

O Holy Cross, raise up the horn of the
Churches; by thy power cast down the
arrogance of heretics and make glad the
congregations of the Orthodox. Count us all
worthy to be present when thou art carried
in procession,¹ and to venerate thee as the
footstool of Christ. ² For in thee, O blessed
Wood, we glory. [KW]

Δόξα· καὶ νῦν.

Ἦχος βαρύς. Ἀντόμελον.

Ὡς ἔχουσα τὸ συμπαθές, εἰς τὴν ταπείνωσιν ἡμῶν, καὶ βλέπουσα τοὺς ἐπὶ γῆς, εἰς εὐπερίστατον λαόν, σπλαγχνίσθητι, εὐλογημένη Θεοτόκε, ἐπίμεινον πρεσβεύουσα, μὴ ἀπολλώμεθα δεινῶς, ἱκέτευε ὡς ἄχραντος, τὸν εὐδιάλλακτον Θεόν, σωθῆναι τὰς ψυχὰς ἡμῶν, Παναγία Παρθένε.

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 οἰκτιρμῶν 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. Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἰδοὺ γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον 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 ἀπορρίψης με

Glory. Both now.

Grave Mode.

O blessed Theotokos, thou seest those on earth, and thou dost feel and suffer with us in our lowliness: take pity on thy people in distress. Pray for us constantly, lest we perish in our sins. O Virgin undefiled and all-holy, intercede for the salvation of our souls before the God who is always ready to forgive. [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.

ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Ἀπόδος 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 αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἅν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

Τῆς Οκτωήχου ---

ΧΟΡΟΣ

Ὡδὴ α'.

Κανὼν Σταυρώσιμος.

Ἦχος βαρὺς. Ὁ Εἰρμός.

Στίχ. Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ δεδόξασται.

Τῷ ἐκτινάξαντι Θεῷ, τὸν Φαραῶ ἐν θαλάσῃ Ἐρυθρᾷ, ἐπινίκιον ᾠδὴν ἄσωμεν, ὅτι δεδόξασται.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε ἡμᾶς τῇ δυνάμει σου.

Χριστὸς ὑψούμενος Σταυρῷ, πρὸς ἑαυτὸν πάντας εἴλκυσε βροτούς, καὶ κατέρραξεν ἐχθρὸν ἅπαντας, τὸν καταρράσσοντα.

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]

From Octoechos ---

CHOIR

Ode i.

Canon for the Cross.

Grave Mode. Heirmos

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

Let us sing a hymn of victory to God, who disposed of Pharaoh in the Red Sea, for He is glorified. [SD]

Troparia.

All-holy Cross of Christ, guard us by your power.

When Christ was lifted on the Cross, He drew all mortals to himself, and cast down the enemy who had cursed everyone. [SD]

Στίχ. Αἰσωμεν τῷ Κυρίῳ· ἐνδόξως γὰρ δεδόξασται, ἵππον καὶ ἀναβάτην ἔρριψεν εἰς θάλασσαν.

Πρεῖθρον ζωῆς μοι Ἰησοῦ, ἐκ ζωηφόρου ἐπήγασας πλευρᾶς, καὶ ἐνέκρωσας ἐχθρὸν Δέσποτα, νεκρὸς γενόμενος.

Στίχ. Βοηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω αὐτόν, Θεὸς τοῦ Πατρός μου, καὶ ὑψώσω αὐτόν.

Ἰκετηρίαν τῷ Χριστῷ, ὑπὲρ ἡμῶν οἱ Ἀθλοφόροι ἐκτενῇ, προσενέγκατε φοβικῆς ἅπαντας, ῥυσθῆναι κρίσεως.

Στίχ. Κύριος συντρίβων πολέμους, Κύριος ὄνομα αὐτῷ. Ἄρματα Φαραὼ καὶ τὴν δύναμιν αὐτοῦ ἔρριψεν εἰς θάλασσαν.

Σοβαρευόμενον ἐχθρόν, ταπεινωθέντες ὑμεῖς διὰ Χριστόν, κατεπτώσατε σοφοὶ Μάρτυρες, τῇ θεῇ χάριτι.

Στίχ. Πόντῳ ἐκάλυψεν αὐτούς, κατέδυσαν εἰς βυθὸν ὥσει λίθος.

Θεοτοκίον.

Τὸν ἀνατείλαντα ἐκ σοῦ, ὑπερβολῇ εὐσπλαγχνίας ἐν Σταυρῷ, καθορῶσα θρηνωδεῖς Δέσποινα, τοῦτον δοξάζουσα.

Κανὼν τοῦ Ἁγίου.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Αἰσωμεν τῷ Κυρίῳ.

Στίχ. Τότε ἔσπευσαν ἡγεμόνες Ἐδὼμ, καὶ ἄρχοντες τῶν Μωαβιτῶν, ἔλαβεν αὐτοὺς

Verse: Let us sing to the Lord, for He is greatly glorified. Horse and rider He has thrown into the sea. [SAAS]

O Master Jesus, from Your life-bearing side You poured out for me a stream of life, and becoming dead You put the enemy to death. [SD]

Verse: The Lord became my helper and the shield of my salvation; He is my God, and I will glorify Him; my father's God, and I will exalt Him. [SAAS]

O medaled Martyrs, offer fervent supplication to Christ on our behalf, that we all be delivered from the frightening judgment. [SD]

Verse: The Lord brings wars to nothing; the Lord is His name. Pharaoh's chariots and army He cast into the sea. [SAAS]

O wise Martyrs, you were humiliated for the sake of Christ, and by divine grace you completely overthrew the pompous enemy. [SD]

Verse: The sea covered them; they sank to the bottom like a stone. [SAAS]

Theotokion.

O Lady, when you saw on the Cross your Son, who rose from you in His extreme compassion, you lamented and also glorified Him. [SD]

Canon for the Saint.

From Menaion ---

Mode pl. 4. N/M ()

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took

τρόμος, ἐτάκησαν πάντες οἱ κατοικοῦντες
Χαναάν.

Θρόνῳ τῷ τοῦ Δεσπότου, Πάτερ
θεοφόρε Θεοφύλακτε, παριστάμενος πίστει,
τοὺς τελοῦντας τὴν μνήμην σου φύλαττε.

Στίχ. Ἐπιπέσοι ἐπ' αὐτοὺς φόβος
καὶ τρόμος, μεγέθει βραχίονός σου
ἀπολιθωθήτωσαν.

Ἐχρισέ σε ἀξίως, χάρις ἡ τοῦ
Πνεύματος Πανόλβιε, ἔνεκεν ἀληθείας, καὶ
τὸν τρόπον σου χάριν χρηστότητος.

Στίχ. Ἔως ἂν παρέλθῃ ὁ λαός σου,
Κύριε, ἔως ἂν παρέλθῃ ὁ λαός σου οὗτος, ὃν
ἐκτήσω.

Ἵνα τῶν οὐρανίων, Μάκαρ ἐπιτύχῃς τὰ
ἐπίγεια, κατεπάτησας πάντα, καὶ Χριστῷ
τῷ Θεῷ ἠκολούθησας.

Στίχ. Ὁ κατειργάσω, Κύριε, ἀγίασμα, ὃ
ἡτοίμασαν αἱ χεῖρές σου.

Θεοτοκίον.

Ὅλος ἐπιθυμία, ὃ ἐκ τῆς γαστροῦ
σου Θεονύμφευτε, εὐδοκήσας τεχθῆναι,
γλυκασμός τε καὶ φῶς Ἀγνὴ ἄδυτον.

Τοῦ Τριωδίου - - -

Κανὼν Α' τοῦ Τριωδίου.

Ὡιδὴ α'. Ἦχος πλ. δ'. Ὑγρὰν διοδεύσας.

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

Ὁ τῆς ἐγκρατείας θεῖος καιρός,
ἐπέλαμψε πᾶσι, μετανοίας τὸν φωτισμόν,

hold of them; all the inhabitants of Canaan melted
away. [SAAS]

O God-bearing Father Theophylact, you
stand at the Master's throne. Keep those who
faithfully commemorate you. [un]

Verse: Fear and dread fell upon them; by the
greatness of Your arm, let them become as stone.
[SAAS]

O all-blessed one, you were worthy to
receive the chrism of grace from the Holy
Spirit. You were worthy for the cause of Truth
and for the your righteousness in your paths.
[un]

Verse: Till Your people pass over, O Lord, till
Your people pass over, whom You purchased. [SAAS]

O blessed Theophylact, you stomped on
all the things of the earth as you followed
Christ. This was so that you may achieve the
things of heaven. [un]

Verse: The sanctuary, O Lord, which Your
hands established. [SAAS]

Theotokion.

O immaculate Bride of God, the One who
found delight in being born from your loins
is the fullness of yearning, sweetness, and
unending radiance. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode i. Mode pl. 4. (NM)
Having crossed the water.

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

The holy season of abstinence shines upon
us all with the light of repentance, driving

τὸ σκότος ἐξαίρων τῶν πταισμάτων, τοῦτον προθύμῳ καρδίᾳ δεξώμεθα.

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

Ἰδοὺ μετανοίας ἡ καλλονή, ψυχὰς μεταπλάττει, τῆς νηστείας προσαγωγή· ταύτῃ νηφαλέως εἰσελθόντες, καὶ τῶν πταισμάτων πιστοὶ λύσιν λάβωμεν.

Δόξα.

Ἀρχαὶ Ἐξουσίαι καὶ Χερουβίμ, καὶ πᾶσαι δυνάμεις, δυσωπήσατε τὸν καιρὸν, ἡμᾶς τῆς νηστείας ἐκτελέσαι, ἐν μετανοίᾳ καὶ πάσῃ σεμνότητι.

Καὶ νῦν. **Θεοτοκίον.**

Ἁγία Παρθένε ἡ τῶν πιστῶν, ἀντίληψις μόνη τὴν πρεσβείαν σου συνεργόν, καιρῶ τῆς νηστείας πᾶσι δίδου, τοῖς Θεοτόκον ἀγνήν σε γινώσκουσι.

Τῆς Ὁκτωήχου - - -

Ὡδὴ γ'.

Κανὼν Σταυρώσιμος.

Ἦχος βαρὺς. Ὁ Εἰρμός.

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

Ἐστερεώθη τῇ πίστει, Χριστοῦ ἡ Ἐκκλησία· καὶ γὰρ ἀπαύστως ἐν ὕμνοις, βοᾷ μελωδοῦσα· Ἅγιος εἶ Κύριε, καὶ σὲ ὑμνεῖ τὸ πνεῦμά μου.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε ἡμᾶς τῇ δυνάμει σου.

Ὁ ἀπαθὴς κατ' οὐσίαν, πῶς πάθος ὑπέστης; ὁ τὴν ζωὴν μοι ἐμπνέων, πῶς θνήσκεις ἐν ξύλῳ; Μέγα σου τὸ ἔλεος, καὶ ἡ μακροθυμία σου!

away the darkness of sin. Let us welcome the Fast with willing hearts. [KW]

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

See how the beauty of repentance forms the soul anew at the approach of Lent! With faith and vigilance let us enter on the Fast, and receive remission of our sins. [KW]

Glory.

Principalities and dominions, cherubim and all the powers of heaven, pray that we may spend the season of the Fast in repentance and a spirit of prayer. [KW]

Both now. **Theotokion.**

O holy Virgin, the only succour of the faithful, to all who acknowledge thee as pure Theotokos, grant the assistance of thy prayers during the season of the Fast. [KW]

From Octoechos - - -

Ode iii.

Canon for the Cross.

Grave Mode. Heirmos.

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

The Church is established in the faith of Christ; and she unceasingly sings hymns and says: "Holy are You, O Lord, and my spirit praises You." [SD]

Troparia.

All-holy Cross of Christ, guard us by your power.

How can You who in essence do not suffer undergo Passion? How can You who breathe life into me now die on the Cross? Great are Your mercy and Your longsuffering! [SD]

Στίχ. Ἐστερεώθη ἡ καρδία μου ἐν Κυρίῳ,
ὑψώθη κέρας μου ἐν Θεῷ μου, ἐπλατύνθη
ἐπ' ἐχθρούς μου τὸ στόμα μου, εὐφράνθην ἐν
σωτηρίῳ σου.

Σταυρῷ ληστῶν μέσον Λόγε, ἀδίκως
ἀνυψώθης, καὶ ἐδικαίωσας πίστει, τὸν
σὲ ἐπεγνωκότα, κτίστην πάσης κτίσεως,
ἐθελουσίως πάσχοντα.

Στίχ. Ὅτι οὐκ ἔστιν ἅγιος, ὡς ὁ Κύριος,
καὶ οὐκ ἔστι δίκαιος, ὡς ὁ Θεὸς ἡμῶν, καὶ οὐκ
ἔστιν ἅγιος πλήν σου.

Ἐέσεις σαρκὸς καρτεροῦντες, χειρῶν τε
ἀφαιρέσεις, καὶ τῶν ποδῶν καὶ παντοίων,
μελῶν Ἀθλοφόροι, δόξης ἐπετύχετε, ὑπὲρ
ἡμῶν πρεσβεύοντες.

Στίχ. Μὴ καυχᾶσθε καὶ μὴ λαλεῖτε
ὑψηλὰ εἰς ὑπεροχὴν, μηδὲ ἐξελθέτω
μεγαλορρημοσύνη ἐκ τοῦ στόματος ὑμῶν.

Ὑπερβολῇ τῶν βασάνων, ἐνθέως
λαμπρυνθέντες, τὴν ὑπερβάλλουσαν
δόξαν, Σοφοὶ νῦν κληροῦσθε, πάντοτε
πρεσβεύοντες, σωθῆναι τὰς ψυχὰς ἡμῶν.

Στίχ. Ὅτι Θεὸς γνώσεων Κύριος, καὶ
Θεὸς ἐτοιμάζων ἐπιτηδεύματα αὐτοῦ.

Θεοτοκίον.

Λύσιν ἡμῖν ὀφλημάτων, ἀγνή Παρθένε
δίδου, ταῖς μητρικαῖς σου πρεσβείαις, ἢ τὸν
Σταυρῷ παγέντα, ἄνθρωπον γενόμενον,
Θεὸν Λόγον κυήσασα.

Verse: My heart is strengthened in the Lord;
my horn is exalted in my God. I smile at my
enemies; I rejoice in Your salvation. [SAAS]

O Logos, You were unjustly crucified
between two robbers, and You justified the
one who recognized You as the Creator of all
creation, who was suffering willingly. [SD]

Verse: Because no one is holy like the Lord,
no one is righteous like our God, no one is holy but
You. [SAAS]

O medaled Athletes, you endured the
flaying of your skin, amputation of your
hands and feet and all your members; and for
this you obtained glory, and you intercede for
us. [SD]

Verse: Do not boast nor speak of high things;
let no arrogance come from your mouth. [SAAS]

O wise Martyrs, you were divinely
burnished by the extreme tortures, and now
you have inherited the surpassing glory. You
ever intercede for the salvation of our souls.
[SD]

Verse: For the Lord is the God of knowledge;
and God is preparing His actions. [SAAS]

Theotokion.

O pure Virgin, you were pregnant with
God the Logos. He became man and was
nailed to the Cross. As His mother, intercede
with Him to forgive us our debts. [SD]

Κανὼν τοῦ Ἁγίου.

Τοῦ Μηναίου - -

Ἦχος πλ. δ'. Σὺ εἶ τὸ στερέωμα.

Στίχ. Διδούς εὐχὴν τῷ εὐχομένῳ, καὶ εὐλόγησεν ἔτη δικαίου.

Νόμοις σὺ πειθόμενος, τοῖς τοῦ Δεσπότη σου ἔνδοξε, Ἀρχιερεῦ, νόμων παρὰ νόμων, βασιλέων ἠλόγησας.

Στίχ. Κύριος ἀσθενῇ ποιήσῃ τὸν ἀντίδικον αὐτοῦ, Κύριος ἅγιος.

Θεῖον ἐξεκόνισμα, Χριστοῦ καὶ ἁγίου ἔσβεσας, τὰς τῶν ἀσεβούντων ἀσεβείας ἀρνούμενος.

Στίχ. Μὴ καυχᾶσθω ὁ σοφὸς ἐν τῇ σοφίᾳ αὐτοῦ, καὶ μὴ καυχᾶσθω ὁ δυνατὸς ἐν τῇ δυνάμει αὐτοῦ, καὶ μὴ καυχᾶσθω ὁ πλούσιος ἐν τῷ πλούτῳ αὐτοῦ.

Ἐτλης τὸ μαρτύριον, τῆς συνειδήσεως πρότερον, ἀσκητικῶς, καὶ νῦν τῶν Μαρτύρων, ἀνεδήσω τὸν στέφανον.

Στίχ. Ἀλλ' ἢ ἐν τούτῳ καυχᾶσθω ὁ καυχώμενος, ἐν τῷ συνιέναι καὶ γινώσκειν τὸν Κύριον, καὶ ποιεῖν κρίμα καὶ δικαιοσύνην ἐν μέσῳ τῆς γῆς.

Θεοτοκίον.

Ἵνα τρίβον Δέσποτα, πρὸς ἀγιότητα φέρουσας, δείξης ἡμῖν, μήτραν παναγίαν, παναγίως κατέκνησας.

Canon for the Saint.

From Menaion - -

Mode pl. 4. N/M (Lord, You are the firm.)

Verse: The One who gives a prayer to the one praying, He blesses with righteous years. [SAAS]

O glorious high priest, you were submissive to the decrees of your Master. You scorned the decrees of sinful rulers because of how godly your mind was. [un]

Verse: The Lord makes His adversaries weak; the Lord is holy. [SAAS]

O high priest, you gave honor to the holy and perfect image of Christ. You rejected the wickedness of the wicked. [un]

Verse: Let not the man of learning boast in his understanding, nor let the man of might boast in his might, nor let the man of riches boast in his riches. [SAAS]

In the beginning you endured the martyrdom of thought through asceticism. Now you have taken up the Martyrs' crown.

[un]

Verse: Only let the one who boasts boast in this: to understand and to know the Lord and to do justice and righteousness in the midst of the earth.

[SAAS]

Theotokion.

O Master, in a way that was of complete holiness, You resided in a womb that itself was of complete holiness so that you may show us the way which brings one into holiness. [un]

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ἦχος πλ. δ'. Οὐρανίας ἀψίδος.

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

Τὰ ὀλέθρια πάθη, τὰ τῆς ψυχῆς φύγωμεν, τῇ ὑποδοχῇ τῆς νηστείας καὶ κατανύξεως, ἐπιδειξώμεθα, καρποὺς οἱ πρὶν ἁμαρτίαις, τὸν Θεὸν τὸν εὖσπλαγχνον παραπικράναντες.

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

Τὰς λαμπάδας ἐλαίῳ, τῶν ἀγαθῶν πράξεων, πάντες νῦν ἐφάψαι σπουδαίως προθυμηθείημεν, ὅπως εἰσέλθωμεν, σὺν ταῖς φρονίμοις Παρθένοις, εἰς τὸν φωτεινότατον νυμφῶνα χαίροντες.

Δόξα.

Θεγγόροι Προφῆται, θεοειδεῖς Μάρτυρες, θεῖοι Μαθηταὶ τοῦ Σωτῆρος, τοῦτον αἰτήσασθε, καλῶς ἀπάρξασθαι, καὶ εὐαρέστως τελέσαι, τὸ νηστείας στάδιον πάντας δεόμεθα.

Καὶ νῦν. **Θεοτοκίον.**

Ὡς αἰτίαν σε πάντων, τῶν ἀγαθῶν Δέσποινα, πάντες ἐκτενῶς δυσωποῦμεν, συνεισελθεῖν ἡμᾶς, τῇ μεσιτείᾳ σου, τῷ τῆς νηστείας ἀγῶνι, καὶ πέρας δωρήσασθαι, τούτου σωτήριον.

Ὁ Εἰρμός. Ἦχος πλ. δ'.

Οὐρανίας ἀψίδος, ὁροφουργὲ Κύριε, καὶ τῆς Ἐκκλησίας Δομῆτορ, σὺ με στερέεωσον, ἐν τῇ ἀγάπῃ τῇ σῇ, τῶν ἐφετῶν ἡ ἀκρότης, τῶν πιστῶν τὸ στήριγμα, μόνε φιλάνθρωπε.

From Triodion ---

Canon 1 from the Triodion.

Mode pl. 4. (NM) O Lord, Thou Builder.

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

[SAAS]

Through fasting let us flee from the passions that destroy the soul. In the past we grieved the merciful God with our sins: let us now show fruits of compunction. [KW]

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

With zeal and foresight let us all kindle our lamps with the oil of good works, that rejoicing we may enter with the wise virgins into the bridal chamber of light. [KW]

Glory.

O prophets divinely inspired, O godlike martyrs and holy disciples of the Saviour, we entreat you, pray to Him that all of us may rightly begin and acceptably complete the course of the Fast. [KW]

Both now. **Theotokion.**

Thou art the cause of all good things, O Lady. We entreat thee urgently: enter with us, by thy mediation, into the struggle of the Fast, and grant us to complete it for our souls' salvation. [KW]

Heirmos. Mode pl. 4.

O divine Master Builder of the celestial vault, * as the only Lover of mankind and Founder of the Church, * establish me, O Lord, in love for You, the believers' * firm support and ultimate object of all desire. [SD]

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 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 πλ. δ'. *Τὴν Σοφίαν καὶ Λόγον.*

Ἐξασκήσας ὁσίως Πάτερ σοφέ,
Ἱεράρχης ἐχρίσθης ἱερουργεῖν, τὰ θεῖα
μυστήρια, εἰς ψυχῶν περιποίησιν, τὴν
Χριστοῦ δὲ εἰκόνα, τιμήσας ὑπὴνεγκας,
ἐξορίας θλίψεις, καὶ χρόνιον κάθειρξιν·
ὅθεν μετὰ τέλος, ἀναβλύζων ἰάσεις,
ἰᾶσαι τοὺς κάμνοντας, καὶ φωτίζεις
τοὺς ψάλλοντας, Ἱεράρχα Θεοφύλακτε·
πρέσβευε Χριστῷ τῷ Θεῷ, τῶν πταισμάτων
ἄφεσιν δωρήσασθαι, τοῖς ἐορτάζουσι πόθω,
τὴν ἁγίαν μνήμην σου.

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 pl. 4. *N/M (By conceiving the wisdom.)*

O Father, you endured trials with piety.
You received chrism to be a hierarch so that
you could serve the most holy mysteries that
take and save the souls of mankind. You
suffered troubles, banishments and jail for
many years because you gave reverence to
the precious icon of Christ. Because of this,
streams of cures poured out from you after
death so that the sick may be cured. These
streams illumine those who sing: O prudent
Hierarch Theophylact, pray to Christ our God
that remission of sins will be given to all of
those who remember your holy memorial
with yearning. [un]

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.

Τὸν Ἀμνὸν καὶ Ποιμένα καὶ Λυτρωτὴν,
ἡ Ἀμνὰς θωροῦσα, ἐν τῷ Σταυρῷ, ἡλάλαζε
δακρύουσα, καὶ πικρῶς ἐκβοῶσα· Ὁ
μὲν κόσμος ἀγάλλεται, δεχόμενος
τὴν λύτρωσιν· τὰ δὲ σπλάγχνα μου
φλέγονται, ὀρώσης σου τὴν σταύρωσιν,
ἣν περ ὑπομένεις, διὰ σπλάγχνα ἐλέους.
Μακρόθυμε Κύριε, τοῦ ἐλέους ἡ ἄβυσσος,
καὶ πηγὴ ἀγαθότητος, σπλαγχνίσθητι καὶ
δώρησαι οὖν, τῶν πταισμάτων ἄφεσιν τοῖς
δούλοις σου, τοῖς ἀνυμνοῦσί σου πίστει, τὰ
θεῖα παθήματα.

Τῆς Ὀκτωήχου - - -

ᾠδὴ δ'.

Κανὼν Σταυρώσιμος.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Δόξα τῇ δυνάμει σου, Κύριε.

Εἰσακήκοα τὴν ἀκοήν σου, καὶ
ἐφοβήθην, κατενόησα τὰ ἔργα σου, καὶ
ἐξέστην Κύριε.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Ὡραιότατος καθάπερ βότρυς Σταυρῷ
ὑψώθης, εὐφροσύνης γλεῦκος Δέσποτα,
ἐναποστάξας φιλάνθρωπε.

Στίχ. Κύριε, εἰσακήκοα τὴν ἀκοήν σου,
καὶ ἐφοβήθην, Κύριε, κατενόησα τὰ ἔργα σου,
καὶ ἐξέστην.

Πολυδύνα ἀνθρώπων πάθη ἔπαυσας
ὄντως, πάθος Δέσποτα ἐκούσιον, ἐν τῇ
σαρκί σου δεξάμενος.

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. By conceiving the wisdom.

When the Ewe-lamb beheld hanging
on the Cross * the Redeemer and Shepherd
and Lamb of God, * she wept and she wailed
with grief, * and she bitterly cried aloud, *
"Now the world is receiving its redemption,
and it leaps for joy; * whereas I see You
crucified, and my heart burns inside of me. *
In your tender mercy You endure crucifixion,
* O Master, longsuffering, as the ocean of
mercy and the well of benevolence, * I pray
You show compassion and grant * to Your
servants the forgiveness of their sins, * as they
with faith are extolling Your divine Passion, O
Lord." [SD]

From Octoechos - - -

Ode iv.

Canon for the Cross.

Grave Mode. Heirmos

Verse: Glory to Your strength, O Lord.

I have heard Your report and was afraid;
I considered Your works and was greatly
astonished, O Lord. [SD]

Troparia.

All-holy Cross of Christ, guard us by your
power.

O Master who loves humanity, You were
lifted on the Cross like a most ripe cluster of
grapes, and You dripped with the sweet wine
that gladdens hearts. [SD]

Verse: Lord, I have heard Your report and
was afraid; I considered Your works and was
greatly astonished. [SAAS]

O Master, when You accepted Your
voluntary Passion in the flesh, You truly

Στίχ. Ἐν τῷ ταραχθῆναι τὴν ψυχὴν μου
ἐν ὀργῇ, ἐλέους μνησθήσῃ.

Ἐτραυματίσαν ἀνδρειωθέντες οἱ
Ἀθλοφόροι, τὸν πολέμιον καὶ ὥφθησαν,
ἱατροὶ τῶν ψυχῶν ἡμῶν.

Στίχ. Ὁ Θεὸς ἀπὸ Θαιμὰν ἦξει, καὶ ὁ
Ἄγιος ἐξ ὄρους κατασκίου δασέος.

Παρετάξαντο πρὸς τοὺς τυράννους οἱ
Ἀθλοφόροι, καὶ νικήσαντες ἐστέφθησαν,
νικητικοῖς διαδήμασι.

Στίχ. Ἐκάλυψεν οὐρανοὺς ἡ ἀρετὴ
αὐτοῦ, καὶ τῆς αἰνέσεως αὐτοῦ πλήρης ἡ γῆ.

Θεοτοκίον.

Ἀπεκύησας ἄνευ σπορᾶς Παρθένε τὸν
Λόγον, τὸν Σταυρῷ ἐξαφανίσαντα, τὴν
φθορὰν ἀγαθότητι.

Κανὼν τοῦ Ἀγίου.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Εἰσακήκοα Κύριε.

Στίχ. Διότι συκὴ οὐ καρποφορήσει, καὶ
οὐκ ἔσται γεννήματα ἐν ταῖς ἀμπέλοις.

Οὐ τὸ πῦρ ἐδειλίασας, τὸ τῶν
πειρασμῶν παμμάκαρ θεόπνευστε, οὐκ
ἐχαύνωσε τὸν τόνον σου, τῆς τρυφῆς τὸ
λεῖον Θεοφύλακτε.

Στίχ. Ψεύσεται ἔργον ἐλαίας, καὶ τὰ
πεδία οὐ ποιήσει βρῶσιν.

Φυλακὴν σου τῷ στόματι, ἔθετο
Χριστὸς καὶ χεῖλεσιν, Ὅσιε· ὅθεν ἔμεινας
ἀσάλευτος, ἀσεβῶν συστάντων ἐναντίον
σου.

put an end to the very painful sufferings of
humanity. [SD]

Verse: When my soul is troubled, You will in
wrath remember mercy. [SAAS]

The medaled Athletes competed with
valor, and they wounded the warring
opponent. And now they are physicians of
our souls. [SD]

Verse: God will come from Teman, the Holy
One from the mount of shaded leafy trees. [SAAS]

The medaled Athletes lined up against the
tyrants. They won, and they were awarded
crowns of victory. [SD]

Verse: His excellence covered the heavens,
and the earth was full of His praise. [SAAS]

Theotokion.

O Virgin, without seed you gave birth
to the Logos, who by His Cross vanquished
corruption, in His benevolence. [SD]

Canon for the Saint.

From Menaion ---

Mode pl. 4. N/M (I have heard.)

Verse: For though the fig tree will not bear
fruit and there be no grapes on the vines. [SAAS]

O all-blessed and God-inspired
Theophylact, You had no terror of the flame
of temptations. The easiness of pleasure did
not cause the disposition of your soul to laxen.

[un]

Verse: The labor of the olive tree fail and the
fields yield no food. [SAAS]

O righteous one, Christ established a
watch at your mouth and lips. When the
wicked gathered themselves before you, you
were not shaken. [un]

Στίχ. Ἐξέλιπον ἀπὸ βρώσεως πρόβατα,
καὶ οὐχ ὑπάρξουσι βόες ἐπὶ φάτναις.

ὑπομένων ὑπέμεινας, τὸν ἐπὶ
τὴν πέτραν πόδας σου στήσαντα, καὶ
προσέσχε σοι ὁ Ὑψιστος, τὴν αὐτοῦ εἰκόνα
προσκυνήσαντι.

Στίχ. Ἐγὼ δὲ ἐν τῷ Κυρίῳ
ἀγαλλιάσομαι, χαρήσομαι ἐπὶ τῷ Θεῷ τῷ
Σωτῆρί μου.

Θεοτοκίον.

Λυτρωθέντες τῷ τόκῳ σου, τοῦ τῆς
ἁμαρτίας χρέους πανάμωμε, χαριστήριον
ἐφύμνιον, ἀναμέλπομέν σοι Θεονύμφευτε.

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ἦχος πλ. δ'. Εἰσακήκοα Κύριε.

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

Ὡσπερ ὀρθρος προκύψασα, νῦν ἡ τῆς
νηστείας χάρις προβάλλεται, μετανοίας τὸν
καιρὸν ἡμῖν, ὀφλημάτων σκότος διαλύοντα.

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

Διαθρέψωμεν πένητας, ἔλεον ἐλέω
ἀντιλαμβάνοντες, καὶ νηστείας θείῳ ὕδατι,
ψυχικὰς κηλίδας ἀποπλύνωμεν.

Δόξα.

Ἐπουράνιοι Ἄγγελοι, τὸν ἀγαθοδότην
ἐκδυσωπήσατε, τὴν οἰκτρὰν ἡμῶν
μετάνοιαν, οἰκτιρμοῖς ἀμέτροις
ὑποδέξασθαι.

Verse: *Though the sheep have no pasture and
there be no oxen in the cribs. [SAAS]*

You looked for Him with anticipation and
long-suffering who set established your feet
upon the bedrock. You held reverence to His
icon, and The Most High attended to you. [un]

Verse: *Yet I will glory in the Lord; I will
rejoice in God my Savior. [SAAS]*

Theotokion.

O Virgin without blame, your childbirth
redeemed us from the debt of iniquity. O
Bride of God, we offer up a song of gratitude
to you. [un]

From Triodion ---

Canon 1 from the Triodion.

**Mode pl. 4. (NM) O Lord,
I have heard the mystery.**

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

Shining upon us as the dawn, the grace-
giving Fast provides us now with a time for
repentance, dispersing the darkness of our
sins. [KW]

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

God has shown mercy to us. Let us in our
turn show mercy: let us feed the poor, and
with the divine water of fasting let us wash
the defilement from our souls. [KW]

Glory.

O heavenly angels, entreat the Giver of
good to accept in His infinite mercy our poor
and mean repentance. [KW]

Καὶ νῦν. **Θεοτοκίον.**

Καθαρόν ἱλαστήριον, τῶν
ἀμαρτανόντων ἀγία Δέσποινα, μεσιτεία
σου διάρρηξον, τῶν ἀμαρτιῶν μου τὸ
χειρόγραφον.

Ὡδὴ ε'.

Κανὼν Α' τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Ἰνα τί με ἀπώσω.

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

Ἰνα 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, τὰς ὁδοὺς μου κατεύθυνον
δέομαι.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὴν παροῦσαν ἡμέραν, ἀπαρχὴν
ποιούμενοι βίου σεμνότητος ἑαυτοὺς
προθύμως, πρὸς ἀγῶνας πιστοὶ
εὐτρεπίσωμεν, τῆς σαρκὸς τοὺς πόνους,
καὶ τῆς ψυχῆς τὴν εὐκαρπίαν, τῷ τῶν ὅλων
Δεσπότῃ προσάγοντες.

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

Μωϋσῆν ἡ νηστεία, θείας θεοπτίας
ἀνέδειξε μέτοχον, τοῦτον οὖν ψυχὴ
μου, μιμουμένη νηστεία ἀνάλαβε, θείας
ἀναβάσεις, ἐν σεαυτῇ διαθεμένη, ὅπως ἴδῃς
Θεοῦ τὴν λαμπρότητα.

Both now. **Theotokion.**

O pure mercy-seat of sinners, Holy Lady,
through thy mediation tear up the record of
my sins. [KW]

Ode v.

Canon 1 from the Triodion.

From Triodion ---

Mode pl. 4. (NM) O Light that never sets.

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]

Glory to You, our God, glory to You.

Let us make this present day the first
beginning of a life of holiness; with faith and
eagerness let us prepare ourselves for ascetic
struggles, offering to the Master of all both the
labours of our flesh and the good fruits of our
soul. [KW]

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

The Fast enabled Moses to share in the
vision of God. Follow his example, O my soul;
establish within thyself by fasting a path of
ascent to God, and thou wilt behold His glory.

[KW]

Στίχ. Δικαιοσύνην μάθετε, οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

Θεοτοκίον.

Τῆς νηστείας τὴν πύλην, μέλλοντες εἰσερχεσθαι ἐκδυσωποῦμέν σε, τοῦ Θεοῦ τὴν πύλην, συνελθεῖν τοῖς οἰκέταις σου Δέσποινα, καὶ πλατύναι πάντως, τοὺς λογισμούς καὶ διανοίας, τὰ σωτήρια πράττειν θελήματα.

Τοῦ Τριωδίου - -

Κανὼν Β' τοῦ Τριωδίου.

Ἦχος πλ. β'. Τῷ Θεῷ φέγγει σου.

Στίχ. Κύριε, ὑψηλὸς σου ὁ βραχίων, καὶ οὐκ ᾔδεισαν, γνόντες δέ, αἰσχυνθήτωσαν.

Σταυρῷ τὰς χεῖρας προσηλωθεῖς, λόγχῃ τὴν πλευρὰν διανυγείς, τὸ γραμματεῖον φιλόανθρωπε, τοῦ παραπесόντος Ἀδὰμ διέρρηξας· διό σε Ζωοδότα ὕμνοις δοξάζομεν.

Στίχ. Ζῆλος λήπεται λαὸν ἀπαιδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Δολίως ὄφεις ὁ πονηρός, πάθη ἐπιθείς μοι ψυχικά, τοῦ Παραδείσου ἐξώρισε, σὺ δὲ τὰς παλάμας, ἐν τῷ Σταυρῷ προσπαγείς, πρὸς ὕψος ἀφθαρσίας Σῶτερ ἀνείλκυσας.

Στίχ. Πρόσθες αὐτοῖς κακά, Κύριε, πρόσθες αὐτοῖς κακὰ τοῖς ἐνδόξοις τῆς γῆς.

Ὁ τῆς νηστείας θεῖος καιρός, πάθη ἐκκαθαίρων ψυχικά, καὶ ψυχικοὺς πλύνων μώλωπας, ἦλθε νῦν ἐπέστη, πιστοὶ συνδράμωμεν, καὶ τοῦτον φιλοφρόνως ὑποδεξώμεθα.

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

Theotokion.

As we prepare, O Lady, to enter through the gateway of the Fast, we entreat thee, gateway of God, to enter in together with thy servants; enlarge our thoughts and understanding, that we may perform God's saving will. [KW]

From Triodion - -

Canon 2 from the Triodion.

Mode pl. 2. (NM) I entreat Thee, gracious Lord.

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

Thine hands nailed to the Cross, Thy side pierced by the lance, out of love for mankind Thou hast torn in pieces the record of the sins of fallen Adam. Therefore we glorify Thee in hymns, O Giver of life. [KW]

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

Deceitfully the evil serpent implanted passions in my soul and made me an exile from Paradise; but with Thine hands nailed to the Cross, O Saviour, Thou hast raised me up to incorruption. [KW]

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

The holy season of the Fast has come and is at hand, cleansing the passions of our soul and washing our spiritual wounds. O ye faithful, let us make haste and welcome it with gladness. [KW]

Στίχ. Κύριε, ἐν θλίψει ἐμνήσθημέν σου·
ἐν θλίψει μικρᾷ ἡ παιδεία σου ἡμῖν.

Καιρὸς ἐπέφανε ἀγαθός, θείαν
εὐφροσύνην τῆς ψυχῆς, ἅπαν ἐνδύων
τὸ πρόσωπον· δεῦτε γηθοσύνως
τοῦτον δεξώμεθα, νηστεία καὶ δεήσει
προκαθαιρόμενοι.

Στίχ. Καὶ ὡς ἡ ὠδίνουσα ἐγγίζει τοῦ
τεκεῖν, καὶ ἐπὶ τῇ ὠδίνι αὐτῆς ἐκέκραγεν,
οὕτως ἐγενήθημεν τῷ ἀγαπητῷ σου.

Νηστείαν, δάκρυα, προσευχήν, ἦθος
ταπεινὸν τῷ δι' ἡμᾶς, ταπεινωθέντι
προσάξωμεν, ὅπως ἐν ἡμέρᾳ τῆς
ἐγκρατείας, συγχώρησιν βραβεύσῃ τῶν
ἐπταισμένων ἡμῖν.

Στίχ. Οὐ πεσοῦμεθα, ἀλλὰ πεσοῦνται οἱ
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Θεοτοκίον.

Ταῖς φωτοβόλοις σου ἀστραπαῖς,
Δέσποινα τοῦ κόσμου ἀγαθή, τὸ τῆς ψυχῆς
μου ἀπέλασον σκότος, καὶ τὴν νύκτα τῆς
ἀμαρτίας μου, προθύμως ἵνα ψάλλω, καὶ
μακαρίζω σε.

Κανὼν Γ' τοῦ Τριωδίου

Τοῦ Τριωδίου - -

Ἦχος πλ. δ'. Ἵνα τί με ἀπώσω.

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

Τὸν Σταυρὸν προσκυνῶ σου, Κύριε
φιλάνθρωπε, δι' οὗ με ἔσωσας, καὶ ὑμνῶ τὰ
πάθη, τὰ σωτήρια καὶ θεῖα Δέσποτα, δι' ὧν
τῶν παθῶν μου, τῶν ἀλγεινῶν ἐρρύσθην
Λόγε, εἰς ζωὴν μετελθὼν τὴν ἀπῆμονα.

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

The precious season of the Fast is here,
clothing all of us with inward joy. Come,
let us welcome it with gladness, cleansing
ourselves through abstinence and prayer. [KW]

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]

To Him who humbled Himself for our
sake, let us bring fasting, tears, prayer and
humility, that in the day of abstinence He may
reward us with the remission of our sins. [KW]

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

Theotokion.

With the radiance of thy light, O gentle
Queen of the world, drive out the darkness
from my soul and disperse the night of my
sins, that I may sing thy praises eagerly and
call thee blessed. [KW]

Canon 3 from the Triodion.

From Triodion - -

Mode pl. 4. (NM) O Light that never sets.

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

[SAAS]

I venerate Thy Cross, through which
Thou hast saved me, O Lord who lovest
mankind, and I praise Thy divine and
redeeming Passion, O Word and Master,
which has freed me from the passions that

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

Τῷ Σταυρῷ πεποιθότες, τὴν τῶν
ἐναντίων ἀπάτην τρεπόμεθα, ἐν αὐτῷ
παγέντες, οἱ πιστοὶ γνωρισθέντες
ἐγνώσθημεν, τῷ Θεῷ ὡς ἄρνες, νεογενεῖς
ἐκλελεγμένοι, καὶ τὸ ἄδολον γάλα
πεπώκαμεν.

Δόξα. **Τριαδικόν.**

Τὸν Πατέρα καὶ Λόγον, πάντες καὶ
τὸ ἅγιον Πνεῦμα δοξάζομεν, ἐν μιᾷ τῇ
φύσει, γνωρισμόν, τηλαυγῇ ἐκτιθέμενοι,
προσκυνοῦντες ἅμφω, καὶ διαιροῦντες
τοῖς προσώποις, ἀσυγχύτως ἀτρέπτως
λατρεύοντες.

Καὶ νῦν. **Θεοτοκίον.**

Ἡ ἐλπίς τῶν περάτων, ἡ χαρὰ τῶν
δούλων σου, σὺ εἰ Παρθένη ἀγνή, τοὺς
τιμῶντας πόθῳ, τὴν Εἰκόνα σου φύλαττε
Πάναγνε, καὶ ταῖς σαῖς πρεσβείαις, πάντας
ἡμᾶς τοῦ ἀλλοτρίου, ἐλευθέρωσον ὡς
συμπαθέστατος.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὴν εὐθεῖαν ὁδόν σου, Κύριε
κατεύθυνον, πᾶσι τοῖς δούλοις σου, τοῖς
τιμῶσι πόθῳ, τῆς νηστείας τὸ στάδιον
στήριξον, καὶ ταῖς εἰς τὸ κρεῖττον,
ἐπαγωγαῖς τῆς σῆς ἀγίας, Βασιλείας ἡμᾶς
καταξίωσον.

afflict me, and brought me to a life of joyful
peace. [KW]

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

Trusting in the Cross, we defeat the
cunning of our enemies. Nailed to the Cross
in faith, we have drunk the milk of innocence.
[KW]

Glory. **For the Trinity.**

We all glorify and worship the Father and
the Word and the Holy Spirit; we proclaim
the revelation of their unity in Nature, and
we acknowledge the threeness of the Persons,
distinguished without alteration or confusion.
[KW]

Both now. **Theotokion.**

All-pure and holy Virgin, thou art the
hope of the ends of the earth, the joy of thy
servants. Watch over those who honour thine
ikon with love, and by thine intercessions
deliver us all from the enemy, for thou sharest
our anxiety and sorrow. [KW]

Glory to You, our God, glory to You.

O Lord, direct on Thy straight path all
Thy servants who honour Thee with love.
Strengthen us for the contest of the Fast, lead
us onwards, and count us worthy of Thy
Kingdom. [KW]

Ὡιδὴ Γ'.**Κανὼν Σταυρώσιμος.****Ἦχος βαρύς. Ὁ Εἰρμός.**

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

Ὁ Ἰωνᾶς ἐκ κοιλίας ᾗδου ἐβόα· Ἀνάγαγε
ἐκ φθορᾶς τὴν ζωὴν μου· ἡμεῖς δέ σοι
βοῶμεν· Παντοδύναμε Σωτὴρ ἐλέησον
ἡμᾶς.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Νοσήσασαν τῶν ἀνθρώπων τὴν φύσιν,
ἐπέφανας διὰ σπλάγχχνα ἐλέους, ἱατρὲ τῶν
νοσούντων, καὶ ἰάσω τῷ Σταυρῷ καὶ τῷ
πάθει σου.

Στίχ. Ἐβόησα ἐν θλίψει μου πρὸς Κύριον
τὸν Θεόν μου, καὶ εἰσήκουσέ μου.

Εὐλῶ τὸ πρὶν ὁ Ἀδὰμ κατεκρίθη, ξύλῳ
δὲ νῦν τοῦ Σταυροῦ δικαιούται, τὴν εἴσοδον
λαμβάνων, Παραδείσου καὶ τρυφῆς τὴν
ἀπόλαυσιν.

Στίχ. Ἀπέρριψάς με εἰς βάθη καρδίας
θαλάσσης, καὶ ποταμοὶ ἐκύκλωσάν με.

Ὑμνοῦμέν σε τὸν Σταυρῷ ὑψωθέντα,
δοξάζομεν τὸν ἀκάνθαις στεφθέντα,
καὶ δόξῃ στεφανοῦντα, τοὺς ἀνθρώπους
Βασιλεῦ ὑπεράγαθε.

Στίχ. Πάντες οἱ μετεωρισμοὶ σου καὶ τὰ
κύματά σου ἐπ' ἐμὲ διῆλθον.

Λυμαντικὴν ἀπωσάμενοι βλάβην,
οἱ Ἀθληταὶ τῆς εἰδωλομανίας, βασάνοις
ὁμιλοῦντες, καὶ θανόντες σὺν Χριστῷ
βασιλεύουσιν.

Ode vi.**Canon for the Cross.****Grave Mode. Heirmos.**

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

Jonah cried out from the belly of Hades:
"Raise up my life from corruption." And we
now pray to You: "O almighty Savior, have
mercy on us." [SD]

Troparia.

*All-holy Cross of Christ, guard us by your
power.*

Since human nature was sick, You
appeared on earth in Your tender-mercy, O
Physician of the sick, and by Your Cross and
Passion You cured it. [SD]

Verse: *I cried out in my affliction to the Lord,
my God, and He heard my voice.* [SAAS]

Of old, Adam was condemned because
of a tree. Now, by the tree of the Cross, he is
justified, and he is given entry to Paradise and
he enjoys its delight. [SD]

Verse: *You cast me into the depths of the
heart of the sea, and rivers encompassed me.* [SAAS]

O supremely good King, we extol You
who were lifted on the Cross; we glorify
You who wore the crown of thorns and who
crowned humanity with glory. [SD]

Verse: *All Your surging waters and Your
waves passed over me.* [SAAS]

The Athletes rejected all the destructive
harm of idolatry. They embraced the tortures
and died, and now they reign with Christ. [SD]

Στίχ. Ἀρα προσθήσω τοῦ ἐπιβλέψαι με
πρὸς ναὸν τὸν ἅγιόν σου;

Θεοτοκίον.

Ὑμνολογεῖς τὸν ἐκ σοῦ σαρκωθέντα,
καὶ θρηνηδεῖς ἐν Σταυρῷ ὑψωθέντα,
αὐτὸν κατανοοῦσα, μητροπάρενε Ἀγνή
παναμώμητε.

Κανὼν τοῦ Ἀγίου.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Χιτῶνά μοι παράσχου.

Στίχ. Περιεχύθη μοι ὕδωρ ἕως ψυχῆς
μου, ἄβυσσος ἐκύκλωσέ με ἐσχάτη.

Νεκρώσας τὰς αἰσθήσεις ἐγκρατῶς,
παθῶν ἐβασίλευσας, καὶ νῦν Θεοφύλακτε,
ἀπαθείας ἐντρύφῃς ταῖς λαμπρότησιν.

Στίχ. Ἔδυν ἡ κεφαλὴ μου εἰς σχισμὰς
ὀρέων, κατέβην εἰς γῆν, ἧς οἱ μοχλοὶ αὐτῆς
κάτοχοι αἰώνιοι.

Εἰκόνα τοῦ Σωτῆρος προσκυνεῖν, τοὺς
πάντας ἐδίδαξας, ἔργοις καὶ δόγμασι,
διαπρέψας ἐμφανῶς Θεοφύλακτε.

Στίχ. Καὶ ἀναβήτω ἐκ φθορᾶς ἡ ζωὴ μου,
πρὸς σέ, Κύριε, ὁ Θεός μου.

Νεφέλην σε τὸν ὄμβρον τῆς ζωῆς, ὁ
Χριστὸς ἀνέδειξε, Πάτερ πηγάζουσιν,
Ἱεράρχα τοῦ Χριστοῦ Θεοφύλακτε.

Στίχ. Καὶ ἔλθοι πρὸς σέ ἡ προσευχή μου
πρὸς ναὸν τὸν ἅγιόν σου.

Θεοτοκίον.

Ὠραῖος παρὰ πάντας τοὺς βροτούς, ὁ
Υἱός σου Πάναγνε, κάλλει Θεότητος, εἰ καὶ
σάρκα δι' ἡμᾶς ἀνελάβετο.

Verse: Shall I again look with favor toward
Your holy temple? [SAAS]

Theotokion.

O pure and all-blameless Virgin Mother,
you extol Him who was incarnate of you,
and you lament as you see Him lifted on the
Cross. [SD]

Canon for the Saint.

From Menaion ---

Mode pl. 4. N/M ()

Verse: Water is poured over me to my soul;
the lowest depth encircled me. [SAAS]

You held dominion over the passions
after slaying the senses with abstinence.
And now you take pleasure in the bounty of
dispassion, O Theophylact. [un]

Verse: My head plunged into the clefts of the
mountains. I descended into the earth, the bars of
which are everlasting barriers. [SAAS]

O Theophylact, you have been marked
by your works and teachings. By these you
taught everyone to praise the icon of the
Savior. [un]

Verse: Yet let my life ascend from corruption,
O Lord, my God. [SAAS]

O Father Theophylact, Hierarch of Christ,
you were displayed by Christ as a cloud
which rains the water of life. [un]

Verse: May my prayer be brought to You,
into Your holy temple. [SAAS]

Theotokion.

O immaculate one, your Son is more
beautiful than all mortals because of the
beauty of His Divine nature, even though He
incarnated for our cause. [un]

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ἦχος πλ. δ'. Ἰλάσθητί μοι Σωτήρ.

Στίχ. Φυλασσόμενοι μάταια καὶ ψευδῇ, ἔλεον αὐτοῖς ἐγκατέλιπον.

Νηστεύσας ὁ Λυτρωτής, τὸν ἐνεστῶτα καιρὸν ἡμῖν, ὠρίσατο ψυχικῶν, κηλίδων καθάρσιον, ζεύσῃ προσέλθωμεν, οἱ πιστοὶ καρδία, ὅπως λάβωμεν συγχώρησιν.

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

Ὁ τοῦ Τελώνου Χριστέ, τὸν στεναγμὸν προσδεξάμενος, καὶ Πόρνῃς τὸν ἐκ ψυχῆς, κλαυθμὸν προσαγόμενος, δέξαι ὡς φιλόανθρωπος, τὰς ἡμῶν δεήσεις, ἱλασμὸν ἡμῖν δωρούμενος.

Δόξα.

Κηρύκων καὶ Προφητῶν, Μαρτύρων καὶ Αποστόλων σου, Ὁσίων Ἱεραρχῶν, καὶ Χριστέ παρακλήσεσιν, πάντων Δικαίων σου, ἱλασμὸν πταισμάτων, ταῖς ψυχαῖς ἡμῶν κατάπεμψον.

Καὶ νῦν. **Θεοτοκίον.**

Ἡ μόνη τὸ ἀσθενές, τῆς ἀνθρωπίνης ὑπάρξεως, τῷ θείῳ σου τοκετῷ, Ἀγνὴ ἐπιρρώσασα, συνεργὸς μοι φάνηθι, πρὸς τὸ τῆς νηστείας, εἰσιόντι θεῖον στάδιον.

Ὁ Εἰμός. Ἦχος πλ. δ'.

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

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

From Triodion ---

Canon 1 from the Triodion.

Mode pl. 4. (NM) *Be merciful to me.*

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

By fasting, our Deliverer has appointed the present season for the cleansing of the stains upon our souls. With faith and fervent hearts let us draw near to receive pardon. [KW]

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

O Christ, Thou hast accepted the groaning of the Publican and the tears which the harlot offered Thee from her heart: accept our prayers also in Thy love for mankind and grant us forgiveness. [KW]

Glory.

At the supplications of Thy preachers and prophets, martyrs and apostles, holy bishops and of all the righteous, O Christ, send down upon our souls the cleansing of our offences.

[KW]

Both now. **Theotokion.**

O pure Virgin, thou alone hast brought strength to the weakness of man's nature by thy divine childbearing: come to my help as I enter now upon the holy contest of the Fast.

[KW]

Heirmos. Mode pl. 4.

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.

(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.)

Τοῦ Τριωδίου ---

ΑΝΑΓΝΩΣΤΗΣ

Μαρτυρικόν. Ἦχος βαρύς.

Οἱ Μάρτυρές σου Κύριε, τὸν ἐχθρὸν
ἐτροπώσαντο, καὶ τὴν πλάνην τῶν
εἰδώλων κατήσχυναν, καθοπλισάμενοι τοῦ
Σταυροῦ τὴν δύναμιν· διὸ καὶ σὺν Ἀγγέλοις
ἀνυμνοῦντές σε, κραυγάζουσι τὸν ἐπινίκιον
ῥυθμόν, δοξολογοῦντές σε, Χριστέ. Αὐτῶν
ταῖς ἱκεσίαις, δώρησαι ἡμῖν τὸ μέγα ἔλεος.

Συναξάριον.

Τοῦ Μηναιίου.

Τῇ Η΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ
Ὁσίου Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ
Θεοφυλάκτου, Ἐπισκόπου Νικομηδείας.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου
Πατρὸς ἡμῶν Παύλου Πλουσιάδος τοῦ
Ὁμολογητοῦ.

(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. Grave Mode.

Your Martyrs, O Lord, armed with the
power of the Cross, wounded the foe and
shamed the deception of idols; and so with
the Angels they hymn you, shouting the
triumphal hymn and glorifying you, O Christ.
At their entreaties grant us your great mercy.

[EL]

Synaxarion.

From the Menaion.

On March 8, we commemorate our
devout father Theophylactos the Confessor,
Bishop of Nikomedia.

On this day we also commemorate our
devout father Paul of Plousias, the Confessor.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου
Ἀποστόλου Ἑρμοῦ, οὗ μέμνηται ὁ
Ἀπόστολος Παῦλος ἐν τῇ πρὸς Ῥωμαίους
ἐπιστολῇ.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Μάρτυς Δίων
μαχαίρᾳ τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ὁσιος Δομέτιος ἐν
εἰρήνῃ τελειοῦται.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεὸς
ἐλέησον ἡμᾶς. Ἀμήν.

Τῆς Ὀκτωήχου ---

ΧΟΡΟΣ

Ὡδὴ ζ'.

Κανὼν Σταυρώσιμος.

Ἦχος βαρύς. Ὁ Εἰρμός.

Στίχ. Τῶν Πατέρων καὶ ἡμῶν Θεός,
εὐλογητὸς εἶ.

Κάμινον Παῖδες, πυρίφλεκτον
πάλαι, δροσοβολοῦσαν ὑπέδειξαν,
ἓνα Θεὸν ἀνυμνοῦντες καὶ λέγοντες· ὁ
ὑπερυψούμενος, τῶν Πατέρων Θεός, καὶ
ὑπερένδοξος.

Τροπάρια.

Σταυρὲ [πανάγιε] τοῦ Χριστοῦ, σκέπε
ἡμᾶς τῇ δυνάμει σου.

Βάρος κουφίζων, τῶν ἀνομιῶν μου,
μέσον ἀνόμων ἀνήρτησαι, ἐπὶ Σταυροῦ
Ἰησοῦ ὑπεράγαθε, ὁ ὑπερυψούμενος, τῶν
Πατέρων Θεός καὶ ὑπεράγαθος.

Στίχ. Εὐλογητὸς εἶ, Κύριε, ὁ Θεός
τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ
δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας.

Λόγῃ ἐνύγης, τὴν θείαν πλευράν σου,
καὶ τῆς πλευρᾶς τὸ ὀλίσθημα, ἐπανορθώσω·

On this day we also commemorate the
holy Apostle Hermes, whom the Apostle Paul
mentions in his Epistle to the Romans.

On this day the holy Martyr Dion died by
the sword.

On this day devout Saint Dometios died
in peace.

By their holy intercessions, O God, have
mercy on us. Amen.

From Octoechos ---

CHOIR

Ode vii.

Canon for the Cross.

Grave Mode. Heirmos.

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

Those Servants of old showed the fiery
furnace to be dewy, as they extolled the one
God and said: "O God of our fathers, You are
highly praised and exceedingly glorious unto
the ages." [SD]

Troparia.

All-holy Cross of Christ, guard us by your
power.

O supremely good Jesus, You were
lifted on the Cross between to outlaws, and
thus You lightened the weight of my own
lawlessness, O God of our fathers, exalted
beyond measure and supremely good. [SD]

Verse: Blessed are You and praiseworthy,
O Lord, the God of our fathers, and praised and
glorified is Your name unto the ages. [SAAS]

O Savior, You were pierced in the side
with a lance, and You rectified the fall of
Adam's side. And You command the flaming

φλογίνη ῥομφαία δέ, διδόναι μοι εἴσοδον,
Παραδείσου Σῶτερ προστάτεις πάντοτε.

Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς
ἐποίησας ἡμῖν, καὶ πάντα τὰ ἔργα σου
ἀληθινά, καὶ εὐθεῖαι αἱ ὁδοί σου, καὶ πᾶσαι αἱ
κρίσεις σου ἀληθεῖς.

Ἄστρον ἐν ὕψει, τεθεμελιωμένα, τῆς
Ἐκκλησίας οἱ Ἅγιοι, γεγεννημένοι τὴν κτίσιν
αὐγάζουσιν, ἄθλων ταῖς λαμπρότησι, καὶ
τῶν ἱαμάτων φαιδρότησι.

Στίχ. Καὶ κρίματα ἀληθείας ἐποίησας
κατὰ πάντα, ἃ ἐπήγαγες ἡμῖν.

Βίβλος προσφέρει, αἰὲ γεγραμμένους,
ζώντων Κυρίου τοὺς Μάρτυρας, τὰ
γεγραμμένα Θεοῦ δικαιώματα, προθύμως
φυλάξαντας, καὶ ἐνηθληκότας στερόρρωτα.

Στίχ. Καὶ ἐπὶ τὴν πόλιν τὴν ἁγίαν τὴν
τῶν Πατέρων ἡμῶν Ἱερουσαλήμ.

Θεοτοκίον.

Ἡ Παναγία, πανάγιον Λόγον, τὸν ἐξ
αὐτῆς ἀνατείλαντα, ἐν τῷ ἁγίῳ Σταυρῷ
ἀνυψούμενον, καὶ καθαγιαίνοντα, τοὺς
ἀνθρώπους ὁρῶσα ἐπωδύρετο.

Κανὼν τοῦ Ἁγίου.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Παῖδες Ἑβραίων.

Στίχ. Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς
τῶν Πατέρων ἡμῶν, καὶ ὑπερύμνητος καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Δρόμον τὸν θεῖον ἐκτελέσας, καὶ τὴν
πίστιν σου τηρήσας μέχρι τέλους, τῶν
σῶν πόνων Σοφέ, τὸν στέφανον ἐκτήσω,
ἀναβοῶν μακάριε· ὁ Θεὸς εὐλογητὸς εἶ.

sword from now on to allow me entry into
Paradise. [SD]

Verse: For You are righteous in all You did
for us, and all Your works are true. Your ways are
upright, and all Your judgments are true. [SAAS]

The Church's Saints have become like
stars set in the heights, and they illumine
creation with the splendor of their medals and
the cheer that their cures bring. [SD]

Verse: The judgments You made are true,
according to all You brought on us. [SAAS]

The Book of the living shows that the
Martyrs of the Lord are eternally recorded
in it, for they eagerly kept the recorded
commandments of God, and they competed in
martyrdom mightily. [SD]

Verse: And on Jerusalem, the holy city of our
fathers. [SAAS]

Theotokion.

The all-holy Lady lamented as she
watched the all-holy Logos, who had risen
from her, being lifted on the holy Cross and
thus sanctifying humanity. [SD]

Canon for the Saint.

From Menaion ---

Mode pl. 4. N/M (Servants, descendants.)

Verse: Blessed are You, O Lord God of our
fathers, for You are praiseworthy and exalted
beyond measure unto the ages. [SAAS]

O wise and blessed Theophylact, because
you completed the racetrack of righteousness
and guarded your faith to the end, the crown
of your works has been granted to you as you
exclaim: Blessed are You, O Lord our God,
forever and ever. [un]

Στίχ. Καὶ εὐλογημένον τὸ ὄνομα τῆς δόξης σου τὸ ἅγιον, τὸ ὑπερύμνητον καὶ ὑπερυψούμενον εἰς τοὺς αἰῶνας.

Ἄρματι θείων ἀρετῶν σου, ἐποχούμενος πρὸς ὕψος ἀνηνέχθης, τῷ Θεῷ δὲ τανῦν παρέστηκας κραυγάζων· Εὐλογητὸς εἶ Κύριε, ὁ Θεὸς εἰς τοὺς αἰῶνας.

Στίχ. Εὐλογημένος εἶ ἐν τῷ ναῷ τῆς ἁγίας δόξης σου, ὁ ὑπερύμνητος, καὶ ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Ἰδεν ὁ πλάσας κατὰ μόνας, τὰς καρδίας τῶν ἀνθρώπων Θεοφόρε, τῆς καρδίας τῆς σῆς, τὸ ἔνθεον καὶ θρόνοις, διδασκαλίας ἴδρυσε, Θεοφύλακτε τρισμάκαρ.

Στίχ. Εὐλογημένος εἶ ὁ βλέπων ἀβύσσους, ὁ καθήμενος ἐπὶ τῶν Χερουβείμ, ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Θεοτοκίον.

Σοὶ νῦν προσφεύγω Θεοτόκε, καὶ τῇ σκέπῃ σου καὶ θεία προστασία, λυτρωθῆναι δεινῶν, δεόμενος πταισμάτων, εὐλογημένη πάναγνε, ἡ Θεὸν σαρκὶ τεκοῦσα.

Τοῦ Τριωδίου - -

Κανὼν Α' τοῦ Τριωδίου.

Ἦχος πλ. δ'. Παῖδες Ἑβραίων.

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

Πάλαι ἐν ἄρματι πυρίνῳ, ἀνεφέρετο Ἠλίας τῇ νηστεία, λαμπρυνθείς, ὧ ψυχῇ, τοῦτον ἐκμιμούμενη, τὰς τῆς σαρκὸς θανάτωσον, ἀκρασίας ἐγκρατεία.

Verse: Blessed is Your name and the temple of your glory, and You are praised exceedingly and exalted beyond measure unto the ages. [SAAS]

You were delivered up to the heights as you rode in a chariot of your godly virtues. Now you stand in God's presence as you exclaim: Blessed are You, O Lord our God, forever and ever. [un]

Verse: You are blessed in the holy temple of Your glory, and are highly praised and exceedingly glorious unto the ages. [SAAS]

O God-bearer, Theophylact blessed three times, He that created the hearts of mankind Himself looked upon the righteousness of your heart, and he made it firm upon the thrones of teaching. [un]

Verse: Blessed are You who behold the depths and sit upon the cherubim. You are praiseworthy and exalted beyond measure unto the ages [SAAS]

Theotokion.

O Mother of God, now I run to you and your refuge and divine safe-keeping. I ask to be delivered from sorrowful transgressions. O immaculate and blessed Virgin, you gave birth to God incarnate. [un]

From Triodion - -

Canon 1 from the Triodion.

Mode pl. 4. (NM) The Hebrew Children in the furnace.

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

Glorified through fasting, Elijah once was taken up into heaven in a chariot of fire. Follow his example, O my soul, and kill the lusts of the flesh through abstinence. [KW]

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

Ἴδε καιρὸς τῆς ἐγκρατείας, ὑπεμφαίνων σοι τὸ φῶς τῆς σωτηρίας, μὴ ἀμέλει ψυχῇ, Θεοῦ μακροθυμοῦντος, ἀλλὰ προθύμως βόησον, Ἀγαθὲ οἰκτείρησόν με.

Δόξα.

Παῖδας στομώσασα νηστεία, διετήρησε τὸ πῦρ ἀκαταφλέκτους, Ἰησοῦ ταῖς αὐτῶν δέησεσι πυρὸς με, τοῦ αἰωνίου λύτρωσαι, τῇ πολλῇ σου εὐσπλαγχνία.

Καὶ νῦν. **Θεοτοκίον.**

Μόνῃ βοήθεια ἀνθρώπων, βοηθὸς ἡμῖν καιρῷ τῆς ἐγκρατείας, τοῖς σοῖς δούλοις γενοῦ, ὅπως ἐν μετανοίᾳ, εὐαρεστοῦντες λάβωμεν, οὐρανῶν τὴν βασιλείαν.

Ὡδὴ η'.

Κανὼν Α' τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος πλ. δ'. *Ἑπταπλασίως κάμινον.*

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

Ἑπταπλασίως κάμινον, τῶν Χαλδαίων ὁ Τύραννος, τοῖς θεοσεβέσιν ἐμμανῶς ἐξέκαυσε, δυνάμει δὲ κρείττονι, περισωθέντας τούτους ἰδὼν, τὸν Δημιουργὸν καὶ Λυτρωτὴν ἀνεβόα· οἱ Παῖδες εὐλογεῖτε, Ἱερεῖς ἀνυμνεῖτε, λαὸς ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τῆς μετανοίας κάμινον, προθυμία ἐκκαύσωμεν, καὶ τὰς ἡδονάς, ἐν αὐτῇ καταφλέξωμεν, ἀπάσας τοῦ σώματος, καὶ τοῦ πυρὸς τοῦ μέλλοντος, πείραν μὴ λαβεῖν,

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

Behold, now is the season of abstinence, revealing to thee the light of salvation. Be not heedless of the longsuffering God, O my soul, but cry aloud urgently: In Thy love take pity on me. [KW]

Glory.

Fasting quenched the fire and preserved the Children unburnt by the flames. At their prayers, O Jesus, in Thy great compassion, deliver me from the eternal fire. [KW]

Both now. **Theotokion.**

O only help of men, be the succour of us thy servants in this time of abstinence; may we gain God's mercy by repentance and receive the Kingdom of Heaven. [KW]

Ode viii.

Canon 1 from the Triodion.

From Triodion - - -

Mode pl. 4. (NM) The Chaldaean tyrant.

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

The tyrant king of Babylon * had the furnace made seven times * hotter for pious men, for he was furious. * But after he witnessed how * they by a higher power were saved, * he cried out, "O bless the Creator and Savior, * you Servants; and extol Him, * O you priests; and you peoples * supremely now exalt Him, unto all the ages." [SD]

Glory to You, our God, glory to You.

With eagerness let us heat the furnace of repentance and burn up in it all the pleasures of the body; let us entreat Him who is rich in

τόν πλούσιον ἐν ἐλέει, αἰτήσωμεν βοῶντες·
Ἱερεῖς εὐλογεῖτε, λαὸς ὑπερυψοῦτε, εἰς
πάντας τοὺς αἰῶνας.

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

Ὁ εἰσιῶν καιρὸς ἡμῖν, τῆς νηστείας
γενήσεται, πάσης ἁμαρτίας, ἀποχῆς
παραίτιος· μὴ οὖν κάτω κλίνωμεν, μηδὲ
ῥαθύμως δράμωμεν, ὅπως ἐν βραχείαις,
καὶ ὀλίγαις ἡμέραις, ἐτῶν πολλῶν κηλίδας,
κατανύξει καρδίας, ἐκπλύνωμεν τὸν μόνον,
Θεὸν ἡμῶν ὑμνοῦντες.

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

Θεοτοκίον.

Θεοκυῆτορ πάναγνε, ἐπὶ σὲ
καταφεύγομεν, οἴκτειρον ἡμᾶς, τῇ ἀγαθῇ
πρεσβείᾳ σου, καὶ δίδου εὐϊλατον, τὸν σὸν
Υἱὸν καὶ Κύριον, ἅπασιν ἡμῖν ἐν τῷ καιρῷ
τῆς νηστείας, τῆς νῦν, εἰσαγομένης, εἰς
πιστῶν σωτηρίαν, τῶν σὲ ὑμνολογούντων,
εἰς πάντας τοὺς αἰῶνας.

Τοῦ Τριωδίου - -

Κανὼν Β' τοῦ Τριωδίου.

Ἦχος πλ. β'. Νόμων πατρῶων.

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

Κλῆρον πατρῶον μὴ φυλάξαντες, τῆς
ἁμαρτίας νόμῳ κατεδουλώθημεν, ἀλλ'
ἐκτείνας τὰς παλάμας σου, ἐν τῷ Σταυρῷ
τῷ θεῷ, ἐλευθερίαν πᾶσιν, ἐδώρησας
δι' αὐτοῦ, ὃν σοι πίστει προσάγομεν, ἐν

mercy that we may escape from the fire that is
to come, and let us cry aloud: [KW]

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

Helped by the coming season of the Fast,
may we refrain from every sin. Let us not
turn aside to things below, let us not run with
slothfulness; but in a few short days, through
contrition of heart let us wipe away the stains
of many years, singing the praises of our only
God. [KW]

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]

Theotokion.

O all-pure Mother of God, to thee we flee
for refuge: take pity on us and, through thy
holy intercessions, win the mercy of thy Son
and Lord upon us all during the season of the
Fast that is now beginning. May it be a time of
salvation for the faithful who sing in praise of
thee for ever. [KW]

From Triodion - -

Canon 2 from the Triodion.

Mode pl. 2. (NM) Accepting danger.

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]

We have not guarded the inheritance
which the Father gave us, but have become
enslaved to the law of sin. Yet Thou hast
stretched out Thine hands upon the divine
Cross, and thereby Thou hast given freedom
to us all. With faith we offer to Thee this Thy

ἡμέραις ἁγίαις. Ἐλέησον ἡμᾶς Ἐλεῆμον, σὲ ὑπερυψοῦντας, εἰς πάντας τοὺς αἰῶνας.

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

Ὁ τῷ Σταυρῷ σου τὴν διάστασιν, καὶ τοῦ φραγμοῦ ἐξάρας τε τὸ μεσότοιχον, εἰρήνην ἐν τοῖς πέρασιν, ἐγκαίνισας πλουσίαν, εἰρηνευούση δίδου, διελθεῖν ἡμᾶς Χριστέ, καταστάσει τὴν μέλλουσιν νηστείαν, σὲ Κύριον ὑμνοῦντας ἀπαύστως, καὶ ὑπερυψοῦντας, εἰς πάντας τοὺς αἰῶνας.

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

Ἡ τῆς νηστείας χάρις σήμερον, ἡλιακὰς ἀκτῖνας, πᾶσι προβάλλεται, προκαθαίρουσα τὴν ζόφωσιν, τὴν ἐκ τῆς ἁμαρτίας, οἱ συσχεθέντες πάθεσι, ποικίλοις ἐν χαρᾷ, προσελθόντες δεξώμεθα τὸ δῶρον φιλοφρόνως. Τὸν Κύριον ὑμνεῖτε βοῶντες, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Πικρῶς τρυγῆσας ὁ Πρωτόπλαστος, ἐν Παραδείσῳ πάλαι, βρῶσιν παράλογον, ἀπερρίφη καὶ κατάκριτος, τῆς τρυφῆς ἐξεβλήθη, ἀλλ' ἐπὶ ξύλου, ἡλοῖς προσπαγεῖς, τὸ πονηρὸν γραμματεῖον, προσήλωσας τῆς αὐτοῦ ἁμαρτίας· διό σου τὴν πολλὴν εὐσπλαγχνίαν, ἀνυμνολογοῦμεν, εἰς πάντας τοὺς αἰῶνας.

Cross in these holy days: have mercy upon us, merciful Lord, as we exalt Thee above all for ever. [KW]

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

By Thy Cross, O Christ, Thou hast broken down the middle wall of partition, and restored the fullness of peace to the ends of the earth: grant us, O Lord, to spend the coming Fast in peace of soul, as we praise Thee without ceasing and exalt Thee above all for ever. [KW]

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]

Today the grace of the Fast shines upon all of us with the light of the sun, cleansing us from the gloom of sin. Though held fast by many passions, let us now approach in joy and thankfully accept this gift, crying aloud: Praise ye the Lord and exalt Him 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]

Tasting with bitterness the forbidden fruit in Paradise, the first man was condemned and cast out from blessedness. But, fixed with nails upon the Cross, Thou hast nailed to it the evil record of his sin. Therefore we sing for ever the praises of Thy great compassion.

[KW]

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

Νόμον νηστείας ἀπωσάμενοι, τῆς ἁμαρτίας, βόθρῳ, κατωλισθήσαμεν, καὶ νηστείας ἐδεήθημεν, τῆς νῦν εἰσαγομένης, ἣν περ Οἰκτίρμον, χάριν διανύουσιν ἡμῖν, οὐρανόθεν κατάπεμψον, καὶ εἰρήνην πλουσίαν. Τὸν Κύριον ὑμνεῖτε βοῶσι, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Θεοτοκίον.

Καταπιπτόντων ἐπανόρθωσις, ἁμαρτωλῶν μεσίτις, ξένων ἀνάψυξις, λυπουμένων ἡ παράκλησις, Παναγία Παρθένε, τὴν τῆς ψυχῆς μου λύπην διασκέδασον ἄγνή, καὶ παράκλησιν ἄνωθεν, ἐκ Θεοῦ μοι δοθῆναι, δυσώπει μελωδοῦντι προθύμως, σὲ ὑπερυψοῦντι, εἰς πάντας τοὺς αἰῶνας.

Κανὼν Γ' τοῦ Τριωδίου

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Ἄγγελοι καὶ οὐρανοί.

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

Καθηλούμενον σαρκί, ἐν τῷ Σταυρῷ Οἰκτίρμον, κατιδοῦσά σε, ἡ τῶν κτισμάτων φύσις, διεστρέφετο, φῶς ἡμέρας εἰς σκότος, ἐσαλεύετο ἡ γῆ, καὶ πάντα ἐκλονεῖτο.

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

Rejecting the law of fasting, we have slipped into the pit of sin. Greatly do we need the help of the Fast that is now beginning. As we pass through it, O merciful Lord, send down upon us from heaven grace and the fullness of Thy peace, for we cry aloud: Praise ye the Lord and exalt Him above all for ever.

[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.

Restoration of the fallen, mediator of sinners, refreshment of strangers, consolation of the sorrowful, O pure and holy Virgin, drive away the grief from my soul, and pray that God may send me consolation from on high, for eagerly I sing thy praises and exalt thee above all for ever. [KW]

Canon 3 from the Triodion.

From Triodion ---

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]

When the creation saw Thee crucified in the flesh upon the Cross, O merciful Lord, the light of day was turned to darkness, the earth quaked and all things were shaken. [KW]

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

Ἐν τῷ ὕψει τοῦ Σταυροῦ, τὴν τῶν ἀνθρώπων φύσιν, συνανύψωσας, καὶ ἐκ πλευρᾶς σου θείας, πλοῦτον ἔβλυσας σωτηρίας, τοῖς πίστει προσκυνοῦσι Σωτήρ, τὸ ἄχραντόν σου Πάθος.

Δόξα. **Τριαδικόν.**

Εἰς Θεὸς οὖν ἡ Τριάς, οὐ τοῦ Πατρὸς ἐκστάντος εἰς υἰότητα, οὐδὲ Υἱοῦ τραπέντος εἰς ἐκπόρευσιν, ἀλλ' ἴδια καὶ ἄμφω, φῶς Θεὸν τὰ τρία, δοξάζω εἰς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Πῶς ἐγέννησας, εἰπέ, τὸν ἐκ Πατρὸς ἀχρόνως προεκλάψαντα, καὶ σὺν ἁγίῳ Πνεύματι ἀνυμνούμενον; ἢ ὥς οἶδεν ὁ μόνος, εὐδοκήσας τεχθῆναι, ἐκ σοῦ εἰς τοὺς αἰῶνας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὴν μετάνοιαν ἡμῶν, ὥς ἀγαθὸς τῇ φύσει προσδεξάμενος, τῶν τοῦ ἐχθροῦ παγίδων ῥῦσαι Κύριε, ἵνα πίστει καὶ πόθῳ, σὴν νῦν ἀνυμνῶμεν, ἁγίαν δεσποτείαν.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Ὁ Εἰμός. Ἦχος πλ. δ'.

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

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

Raised up on the Cross, O Saviour, Thou hast raised up with Thyself the nature of man, and from Thy divine side Thou hast poured out the riches of salvation upon all who venerate with faith Thy most pure Passion. [KW]

Glory. **For the Trinity.**

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

Tell us, how hast thou given birth to the Son who shone forth timelessly from the Father, and who is glorified with the Holy Spirit? He alone can understand, who was pleased to be born from thee. [KW]

Glory to You, our God, glory to You.

Accept our penitence, O Lord, for Thou art by nature full of lovingkindness, and deliver us from the snares of the enemy, that with faith and love we may sing the praises of Thy holy Kingship. [KW]

We praise and we bless and we worship the Lord.

Heirmos. Mode pl. 4.

All you angels and the heavens, bless the One who on a throne of glory rides, * and who as God is glorified unceasingly. * Ever bless Him as Lord, and praise Him and supremely exalt unto all ages. [SD]

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

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

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

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὑψωσε ταπεινούς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε
κενοῦς.

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

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

Ὡδιὴ θ'.

Κανὼν Α' τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Ἐξέστη ἐπὶ τούτῳ.

Ἐξέστη ἐπὶ τούτῳ ὁ οὐρανός, καὶ τῆς
γῆς κατεπλάγη τὰ πέρατα, ὅτι Θεός, ὥφθη
τοῖς ἀνθρώποις σωματικῶς, καὶ ἡ γαστήρ
σου γέγονεν, εὐρυχωροτέρα τῶν οὐρανῶν·
διό σε Θεοτόκε, Ἀγγέλων καὶ ἀνθρώπων,
ταξιαρχίαι μεγαλύνουσι.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἴδου ὁ φωτοφόρος ἦλθε καιρός, ἡ
ἀγία ἡμέρα, ἐπέλαμψε, τὰ σκοτεινά, πάθη
σου ἀπόφευγε, ὦ ψυχὴ, καὶ τὰς αὐγὰς

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]

Ode ix.

Canon 1 from the Triodion.

From Triodion ---

Mode pl. 4. (NM) *Heaven was amazed.*

The heavens were astounded as a result,
* and the ends of the earth were astonished,
inasmuch as God * bodily appeared to the
human race, * O Theotokos, coming forth *
from your virgin womb which indeed became
* more spacious than the heavens. * And
therefore by the orders * of men and angels
you are magnified. ^[SD]

Glory to You, our God, glory to You.

Behold, the time of light has come, the
holy day shines upon us. Flee from thy dark
passions, O my soul, and welcome the dawn

ὑπόδεξαι, τὰς καθοδηγούσας σε πρὸς
τὸ φῶς, κατάνυξιν ὡς οἶνον, πίνουσα
ἐπευφραίνου, καὶ ἡδονῶν τὴν μέθην
μίσησον.

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

Ὡς ὄντως ἀγαθώτατος ὁ καιρὸς, τῆς
νηστείας Χριστέ, ὃν περ δέδωκας, πᾶσι
πιστοῖς, εἰς ἁμαρτημάτων ἀποτροπὰς, καὶ
ἰλασμόν σωτήριον, καὶ τῶν χαρισμάτων
ὑποδοχὴν, ἐν ᾧ σε δυσωποῦμεν, μετόχους
Σωτῆρ πάντα, τῶν ἀγαθῶν σου ἡμᾶς
ποίησον.

Στίχ. Καὶ ἡγείρε κέρας σωτηρίας ἡμῖν,
ἐν οἴκῳ Δαυὶδ τοῦ παιδὸς αὐτοῦ.

Θεοτοκίον.

Φιλάγαθε Παρθένε τὸν ἀγαθόν, ἡ
τεκοῦσα Σωτῆρα ἀγάθυνον, πάντα
ἡμᾶς, πάθεσιν ἀμέτροις καὶ λογισμοῖς,
κεκακωμένους Δέσποινα, καὶ βεβαρημένους
ἁμαρτιῶν, φορτίοις δυσβαστάκτοις, ἵνα σε
κατὰ χρέος, ὡς Θεοτόκον μεγαλύνωμεν.

Τοῦ Τριωδίου - - -

Κανὼν Β' τοῦ Τριωδίου.

Ἦχος πλ. β'. Ἀπορεῖ πᾶσα γλῶσσα.

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

Ατονεῖ πᾶσα φύσις, καὶ βροτῶν
καὶ Ἀγγέλων, τὴν εὐσπλαγχνίαν σου,
εὐχαριστεῖν Εὐεργέτα, ὅτι σάρκα θέλων,
δι' ἡμᾶς ἐπτώχευσας, καὶ ἐπὶ ξύλου ὑπὲρ
ἡμῶν ἐτάθης, κατάρα γεγονώς, ἵνα τὴν
πρὶν κατάραν ἀνέλῃς, τῆς ἀνθρωπότητος.

that leads thee to the light; make glad by
drinking the wine of compunction, and hate
the drunkenness of pleasure. [KW]

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

How excellent is this time of fasting,
which Thou hast ordained for all the faithful,
O Christ. It turns us from our sins, and
bestows upon us saving forgiveness and the
gifts of grace. We entreat Thee, O Saviour,
grant us in the coming Fast a share in Thy
blessings. [KW]

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

Theotokion.

O Virgin who lovest the righteous,
Mother of the righteous Saviour, direct us
all aright, for we are defiled by countless
passions and by unclean thoughts, and
weighed down by an intolerable burden of
sin: and enable us, O Lady, to magnify thee
with due praise as Theotokos. [KW]

From Triodion - - -

Canon 2 from the Triodion.

Mode pl. 2. (NM) Every tongue is at a loss.

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]

Mortal men and angels are alike too weak
to give Thee thanks for Thy compassion, O
Benefactor: for of Thine own will Thou hast
taken flesh, becoming poor for our sakes;
Thou wast stretched upon the Tree for us and

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

Φαιδρὰ ἡμέρα, ἡ τῆς ἐγκρατείας ἐπέστη, φαιδρῷ τῷ προσώπῳ, δεῦτε ὑπαντήσωμεν, ψυχὴ μου τῷ Δεσπότῃ, χάριν ἐκπεμφθῆναι ἄνωθεν, ἡμῖν αἰτοῦντες, καὶ τῶν πολλῶν σφαλμάτων διόρθωσιν εὐρεῖν, ὅπως φρικωδεστάτης γεέννης, μὴ πειραθῶμεν ἐκεῖ.

Στίχ. Ὁρκον, ὃν ᾤμοσε πρὸς Ἀβραάμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυθέντας.

Τοῖς ἐν τῷ σκότει, τῶν ἀμαρτιῶν συσχεθεῖσι, τῆς μετανοίας νῦν τὰ ἱερά εἰσόδια ἐπέστη, πάντων τὰς ψυχὰς φωτίζοντα· διὸ ψυχὴ μου, τὸν σκοτασμὸν ἔκκλινον, τοῦ κόρου τῶν παθῶν, σπεῦσον ἵνα τρυφῇς αἰωνίου, ἐπαπολαύσης ἐκεῖ.

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

Ἐπὶ τοῦ ξύλου χειρᾶς, ἐκουσίως ἀπλώσας, τὰ διεστῶτα πάντα συνηγάγω Ζωοδότα, τῇ δὲ λόγχῃ, σὴν διανυγεῖς μακρόθυμε πλευράν, τὴν ἥτταν τὴν ἐκ πλευρᾶς φυεῖσαν, ἠνώρθωσας ἡμῶν· ὅθεν εὐχαριστοῦντες, ὑμνοῦμεν τὴν εὐσπλαγχνίαν σου.

hast become accursed, to release mankind from the curse of old. [KW]

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

The bright and joyful day of abstinence is at hand. Come, my soul, with joyful face let us go to meet the Master, asking Him to send down grace upon us from on high, giving us the strength to correct our many faults, that so we may escape the terrors of Gehenna in the life to come. [KW]

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]

For those encompassed by the darkness of their sins, the holy gateway to repentance now stands open, bringing light to all. Then, O my soul, make haste: turn away from the dark self-indulgence of the passions, and so thou shalt receive eternal joy in the life to come. [KW]

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

Of Thine own will, O Giver of Life, Thou hast stretched out Thine hands upon the Cross, and gathered into unity all that was divided. Thy side was pierced by a spear, O longsuffering Lord, and so Thou hast raised us from the fall that was brought upon us through the woman from Adam's side. With thanksgiving, then, we sing in praise of Thy compassion. [KW]

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

Ἡ φωτοφόρος, νῦν ἐπιδημοῦσα
νηστεία, προσδεξιούται τράπεζαν ἀγώνων,
προτιθεῖσα· διὰ τοῦτο, ταύτης νηφαλέως
ἅπαντες, σεπτὸν κρατῆρα καθαρικῶν
δακρῶν ληψόμεθα πιστοί, ἵνα τῶν
ἀνηκέστων δακρῶν, μὴ πειραθῶμεν ἐκεῖ.

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

Θεοτοκίον.

Ἡ προστασία, πάντων τῶν εἰς σὲ
πεποιθότων, ἡ ἐν ἀνάγκαις, ἄγρυπνος
ὑπάρχουσα προστάτις Θεοτόκε, τῆς
αἰωνιζούσης λύτρωσαι, ὑμᾶς γεέννης, καὶ
τῶν ἀποκειμένων, κολάσεων πικρῶν, ὅπως
χρεωστικῶς ὑμνῶμεν, τὰ μεγαλεῖά σου.

Κανὼν Γ' τοῦ Τριωδίου

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Ἀλλότρινον τῶν μητέρων.

Στίχ. Ἐν οἷς ἐπεσκέψατο ἡμᾶς ἀνατολή
ἐξ ὕψους, ἐπιφᾶναι τοῖς ἐν σκότει καὶ σκιᾷ
θανάτου καθημένοις.

Τὰ στίγματα προσκυνοῦμεν σου,
ζωοδότα, δι' ὧν τῆς ἁμαρτίας τῶν παθῶν
λυτρωθέντες, τῷ τιμίῳ Σταυρῷ σου
ἐγνώσθημεν ἐσφραγισμένοι, εἰς σωτηρίαν
καὶ ἀντίληψιν, ἐκ πάσης προσβολῆς τοῦ
ἐχθροῦ.

Στίχ. Τοῦ κατευθῆναι τοὺς πόδας ἡμῶν
εἰς ὁδὸν εἰρήνης.

Καταύγασον τοῦ Σταυροῦ σου ταῖς
λαμπηδόσιν, ὁ σταυρωθεὶς βουλήσει

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]

The light-giving Fast is now at hand
and welcomes us, setting before us a table
of ascetic struggles. With sober vigilance,
ye faithful, let us all accept the holy cup of
cleansing tears, lest in the life to come we be
condemned to the weeping for which there is
no consolation. [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.

Thou art the protection of all that put
their hope in thee, O Theotokos, and their
unsleeping guardian in distress. Deliver us
from everlasting punishment and from the
bitter torments which await us, that with due
thankfulness we may sing the praises of thy
majesty. [KW]

Canon 3 from the Triodion.

From Triodion ---

Mode pl. 4. N/M (Virginity is a state.)

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]

O Giver of Life, we venerate Your
stigmata, by which we were redeemed from
the sinful passions, and we are recognized
as being sealed by Your precious Cross, for
salvation and help against all the enemy's
assaults. [SD]

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

All-merciful Lord, who of Your own will
were crucified for the salvation of all, shine

εἰς πάντων σωτηρίαν, τὰς ψυχὰς τῶν
 ὑμνούντων τὰ πάθη σου, παντελεῆμον, καὶ
 ἐν τῇ τριβῇ τῆς ζωῆς ἡμᾶς, εὐθυνον καὶ
 καθοδήγησον.

Δόξα. **Τριαδικόν.**

Ἀλλότριον τοῖς ἀνόμοις τὸ συνδοξάζειν,
 Τριάδα τὴν ἁγίαν, Πατέρα καὶ Υἱόν
 τε, καὶ τὸ Ἅγιον Πνεῦμα, τὴν ἄκτιστον
 παγκρατορίαν, δι' ἧς ὁ σύμπας κόσμος
 ἔκτισται, καὶ ἡδραστὰι τῷ κράτει αὐτῆς.

Καὶ νῦν. **Θεοτοκίον.**

Ἰλάσθητι ταῖς πρεσβείαις τῆς Θεοτόκου,
 οἰκτίρμον, τοῖς σοῖς δούλοις, ὁ βασιλεὺς
 τῆς δόξης, ὅταν ἔλθῃς τοῦ κρῖναι τὰ
 σύμπαντα, δικαιοκρίτα· εἰς σὲ γὰρ πάντες
 βεβαπτίσμεθα, καὶ σοὶ μόνῳ λατρεύομεν.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἠμάρτομεν παραβάντες τὰς ἐντολάς
 σου, καὶ τῆς ὁδοῦ τῶν θείων διαταγῶν
 σου πόρρω, ἐξενεύσαμεν πάντες,
 φιλάνθρωπε, δι' ἀμελείας· ἀλλ' ὥς
 οἰκτίρμων ἀνακάλεσαι, ἐκ πλάνης τὰς
 ψυχὰς ἡμῶν.

Ὁ Εἰμός. Ἦχος πλ. δ'.

Ἀλλότριον τῶν μητέρων ἡ παρθενία,
 καὶ ξένον ταῖς παρθένοις ἡ παιδοποιΐα,
 ἐπὶ σοὶ Θεοτόκε ἀμφοτέρω ὠκοномήθη.
 Διό σε πᾶσαι αἱ φυλαὶ τῆς γῆς, ἀπαύστως
 μακαρίζομεν.

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

the splendid rays of Your Cross on the souls
 of those who extol Your Passion, and guide
 and direct us on the path of life. [SD]

Glory. **For the Trinity.**

To lawless men it is foreign to glorify
 God, the Father and the Son and the Holy
 Spirit, the Holy Trinity, the uncreated
 universal dominion, by which the whole
 world was created, and by the dominion of
 which it was established. [SD]

Both now. **Theotokion.**

Compassionate King of glory, at the
 intercessions of the Theotokos, be gracious
 to Your servants when You come to judge
 the universe, O just Judge. For into You have
 we all been baptized, and only You do we
 worship. [SD]

Glory to You, our God, glory to You.

O loving Lord, we have all sinned and
 disobeyed Your commandments, and we
 have strayed far from the way of Your divine
 precepts, because of our indifference. We
 entreat You, O tender-lover Savior, to call our
 souls back from error. [SD]

Heirmos. Mode pl. 4.

Virginité is a state alien to mothers, * and
 childbirth is foreign to those who are virgins.
 * But in you, Theotokos, have both of these
 been accomplished. * And therefore we of
 every race on earth * unceasingly pronounce
 you blest. [SD]

It is truly right to bless you, Theotokos,
 ever blessed, most pure, and Mother of our
 God. Greater in honor than the Cherubim,
 and in glory greater beyond compare than the

ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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 Ἀγίων μνημονεύσαντες,
ἑαυτοὺς 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 Ὁρολογίου - -

ΧΟΡΟΣ

Φωταγωγικά

Ἦχος βαρύς.

Δυνάμει τοῦ Σταυροῦ σου, Κύριε, φῶς
κατάπεμψον ταῖς ψυχαῖς ἡμῶν, διὰ τὸ μέγα
σου ἔλεος.

Πρεσβείαις Κύριε τῶν Ἀγίων, φῶς
κατάπεμψον ταῖς ψυχαῖς ἡμῶν, διὰ τὸ μέγα
σου ἔλεος.

Πρεσβείαις Κύριε τῆς Θεοτόκου, φῶς
κατάπεμψον ταῖς ψυχαῖς ἡμῶν, διὰ τὸ μέγα
σου ἔλεος.

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

Grave Mode.

By the power of Your Cross, O Lord, send
down light to our souls, because of Your great
mercy. [SD]

By the intercessions of the Saints, O Lord,
send down light to our souls, because of Your
great mercy. [SD]

By the intercessions of the Theotokos, O
Lord, send down light to our souls, because of
Your great mercy. [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 ἄστροα 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 αἵνεσις 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 δησαὶ 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, οἰκτιρμῶν, 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. β'.

Πρὸ τοῦ σωτηρίου Σταυροῦ, τῆς
ἀμαρτίας βασιλευούσης, τῆς ἀσεβείας

(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. 2.

Before Christ's death upon the saving
Cross, sin ruled supreme and ungodliness

ἐπικρατούσης, τῶν ἀνθρώπων ἐμακαρίζετο, τρυφή σωματικὴ καὶ σαρκικῶν ὀρέξεων, ὀλίγοι κατεφρόνουν, ἀφ' οὗ δέ, τὸ τοῦ Σταυροῦ μυστήριον πέπρακται, καὶ δαιμόνων ἐσβέσθη τυραννὶς τῇ θεογνωσίᾳ, ἡ τῶν οὐρανῶν ἐπὶ γῆς ἀρετὴ πολιτεύεται· διὸ νηστεία τιμᾶται, ἐγκράτεια λάμπει, προσευχὴ κατορθοῦται, καὶ μάρτυς καιρὸς, ὁ παρὼν δεδομένος ἡμῖν, ὑπὸ τοῦ σταυρωθέντος Χριστοῦ τοῦ Θεοῦ, εἰς σωτηρίαν τῶν ψυχῶν ἡμῶν.

Στίχ. Πρὸς σὲ ἦρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ ἡμῶν πρὸς Κύριον τὸν θεὸν ἡμῶν, ἕως οὗ οἰκτερῆσαι ἡμᾶς.

Πρὸ τοῦ σωτηρίου Σταυροῦ, τῆς ἁμαρτίας βασιλευούσης, τῆς ἀσεβείας ἐπικρατούσης, τῶν ἀνθρώπων ἐμακαρίζετο, τρυφή σωματικὴ καὶ σαρκικῶν ὀρέξεων, ὀλίγοι κατεφρόνουν, ἀφ' οὗ δέ, τὸ τοῦ Σταυροῦ μυστήριον πέπρακται, καὶ δαιμόνων ἐσβέσθη τυραννὶς τῇ θεογνωσίᾳ, ἡ τῶν οὐρανῶν ἐπὶ γῆς ἀρετὴ πολιτεύεται· διὸ νηστεία τιμᾶται, ἐγκράτεια λάμπει, προσευχὴ κατορθοῦται, καὶ μάρτυς καιρὸς, ὁ παρὼν δεδομένος ἡμῖν, ὑπὸ τοῦ σταυρωθέντος Χριστοῦ τοῦ Θεοῦ, εἰς σωτηρίαν τῶν ψυχῶν ἡμῶν.

Μαρτυρικόν.

Ἦχος πλ. β'.

Στίχ. Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν

prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honour, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls. [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]

Before Christ's death upon the saving Cross, sin ruled supreme and ungodliness prevailed. Men were counted blessed because of sensual pleasures, and only a few despised the appetites of the flesh. But once the mystery of the Cross was brought to pass, the tyranny of the demons was quenched by the knowledge of God, and heavenly virtue came to dwell upon the earth. So fasting now is held in honour, abstinence is glorified, and prayer is offered up. As a testimony to these things, the present season has been given to us by the crucified Christ our God, for the salvation of our souls. [KW]

For the Martyrs.

Mode pl. 2.

Verse: *Have mercy on us, O Lord, have mercy on us, for we are greatly filled with*

ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ
ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ
ἐξουδένωσις τοῖς ὑπερηφάνοις.

Κύριε, ἐν τῇ μνήμῃ τῶν Ἀγίων
σου, πᾶσα ἡ κτίσις ἐορτάζει, οὐρανοὶ
ἀγάλλονται σὺν τοῖς Ἀγγέλοις, καὶ ἡ γῆ
εὐφραίνεται σὺν τοῖς ἀνθρώποις, αὐτῶν
ταῖς παρακλήσεσιν, ἐλέησον ἡμᾶς.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος πλ. β'. Τριήμερος ἀνέστης.

Ἡ Πάναγνος ὡς εἶδε σε, ἐπὶ Σταυροῦ
κρεμάμενον, ἀνεβόα, θρηνωδοῦσα
μητρικῶς· Υἱέ μου καὶ Θεέ μου,
γλυκύτατόν μου Τέκνον, πῶς φέρεις πάθος
ἐπονείδιστον;

ΙΕΡΕΥΣ

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

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἀγίῳ Πνεύματι.
Καὶ νῦν καὶ αἰεὶ, 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.

contempt; our soul is greatly filled with it. We are
a disgrace to those who prosper, and a contempt to
the arrogant. [SAAS]

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

Glory. Both now. **Stavrotheotokion.**

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

The all-pure Theotokos, O Lord, * was
watching You be crucified. * As a mother *
she was grieving and she cried, saying, "O my
sweetest Child, * how is it that You suffer *
this painful Passion, O my Son and my God?"

[SD]

PRIEST

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

READER

Trisagion Prayers.

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

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

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

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

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

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ
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 ἐστῶτες τῆς δόξης σου, ἐν
οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη
ἐπουράνιε, ἄνοιξον 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 Χερουβείμ, καὶ
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ,
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

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

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.)

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

(Amen.)

Εὐχὴ 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 ἀεί, 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

(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,

Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακεὶμ 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 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.)