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# The Service of Matins

**for Friday, March 29, 2019**

**Triodion - Mode 2.  
on Friday Morning**

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

**Menaion - March 29  
Memory of the Holy Martyrs Mark, Bishop of Arethusa, Cyril the  
Deacon**

**Texts in Greek and English**

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**vol** Orthodox Monastery of the Veil of our Lady

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**Τριώδιον**

Ἦχος β'. Τῇ Παρασκευῇ Πρωΐ

Τῇ Παρασκευῇ Γ' Ἑβδομάδος εἰς τὸν Ὅρθρον.

**Μηναῖον - ΤΗ ΚΘ' ΜΑΡΤΙΟΥ**

Μνήμη τῶν Ἁγίων Μαρτύρων, Μάρκου Ἐπισκόπου Ἀρεθουσίων, Κυρίλλου Διακόνου

**ΟΡΘΟΣ**

**ΧΟΡΟΣ**

Ἦχος β'.

**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 β'.

Ἀκτισε φύσις, ἡ τῶν ὅλων δημιουργὸς τὰ χεῖλη ἡμῶν ἀνοιξον, ὅπως ἀναγγέλλωμεν τὴν αἰνεσίαν σου βοῶντες· Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Δυνάμει τοῦ Σταυροῦ σου σῶσον ἡμᾶς.

**Triodion**

Mode 2. On Friday Morning

On Friday of the Third Week at Matins

**Menaion - March 29**

Memory of the Holy Martyrs Mark, Bishop of Arethusa, Cyril the Deacon

**MATINS**

**CHOIR**

Mode 2.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion ---

**Triadic Hymns**

Mode 2.

O uncreated nature and Creator of the universe, open our lips, so that we may proclaim Your praise and cry out: Holy, holy, holy are You, our God. By the power of Your Cross save us. [SD]

Δόξα.

Τὰς ἄνω δυνάμεις μιμούμενοι οἱ ἐπὶ γῆς, ἐπινίκιον ὕμνον προσφέρονέν σοι Ἀγαθέ, Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀγίων σῶσον ἡμᾶς.

Καὶ νῦν.

Τῆς κλίνης καὶ τοῦ ὕπνου, ἐξεγείρας με Κύριε, τὸν νοῦν μου φώτισον, καὶ τὴν καρδίαν καὶ τὰ χεῖλη μου ἀνοιξον, εἰς τὸ ὑμνεῖν σε, Ἁγία Τριάς, Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ Ψαλτηρίου, ἥτοι Κάθισμα 13. Καὶ εὐθύς, ἀνευ μικρᾶς Συναπτῆς·*

Τοῦ Τριωδίου ---

**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Κάθισμα Α'. Σταυρώσιμα.**

**Ἦχος β'.**

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ηὐδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὖς ἐπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαράς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

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

**Ἦχος β'.**

Σωτηρίαν εἰργάσω ἐν μέσῳ τῆς γῆς, Χριστέ ὁ Θεός, ἐπὶ Σταυροῦ τὰς ἀχράντους σου χεῖρας ἐξέτεινας, ἐπισυνάγων πάντα τὰ ἔθνη, κράζοντα· Κύριε δόξα σοι.

Glory.

We on earth, imitating the powers on high, send up a triumphal hymn to You, O good One: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

From my bed and sleep You have roused me, O Lord. Illumine my mind and heart, and open my lips to extol You, O Holy Trinity: 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 13. There is no litany, but immediately the following:*

From Triodion ---

**CHOIR**

**Kathisma I.**

**Kathisma I. For the Cross.**

**Mode 2.**

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world. [SD]

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

**Mode 2.**

You worked salvation in the midst of the earth, O Christ our God. You stretched out your immaculate hands on the Cross,

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος β'.**

Ὑπερδεδοξασμένη ὑπάρχεις, Θεοτόκε Παρθένε, ὕμνουμέν σε· διὰ γὰρ τοῦ Σταυροῦ τοῦ Υἱοῦ σου, κατεβλήθη ὁ ἄδης, καὶ ὁ θάνατος τέθηκε, νεκρωθέντες ἀνέστημεν, καὶ ζωῆς ἡξιώθημεν, τὸν Παράδεισον ἐλάβομεν, τὴν ἀρχαίαν ἀπόλαυσιν· διὸ εὐχαριστοῦντες δοξολογοῦμεν, ὡς κραταῖον Χριστὸν τὸν Θεὸν ἡμῶν, καὶ μόνον πολυέλεον.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ Ψαλτηρίου, ἥτοι Κάθισμα 20. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

### **ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

### **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.)

and gathered all the nations, who cry to You: "Lord, glory to You!" <sup>[SD]</sup>

Glory. Both now. **Stavrotheotokion.**

**Mode 2.**

You are supremely glorified, O Virgin Theotokos; we sing your praise. For by means of your Son's crucifixion has Hades been overthrown and death itself has died. We have risen, who once were dead, and have been made worthy of life. We received the original enjoyment of Paradise. And therefore with thanksgiving we send up glory to Christ our God because He is powerful and alone very merciful. <sup>[SD]</sup>

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 20. It would be followed by the short litany.*

### **DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

### **PRIEST**

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

(Amen.)

**ΧΟΡΟΣ**

Τοῦ Τριωδίου ---

**Κάθισμα Β'. Τοῦ Τριωδίου.**

**Ἦχος πλ. α'. Τὸν συνάναρχον Λόγον.**

Τῷ τῆς βρώσεως ξύλῳ, πάλαι  
θανέντες βροτοὶ τῷ Σταυρῷ σου οἰκτίρμον,  
ἀνεζώωθημεν· οὗ τῇ δυνάμει Ἀγαθέ, ἡμᾶς  
ἐνίσχυσον, τῆς ἐγκρατείας τὸν καιρὸν,  
ἐν κατανύξει διελθεῖν, ποιῶντας τὸ  
θέλημά σου, καὶ κατιδεῖν τὴν ἡμέραν, τῆς  
λαμπροφύρου Ἀναστάσεως.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος πλ. α'. Τὸν συνάναρχον Λόγον.**

Ἐν Σταυρῷ σε ὀρώσα, Χριστὲ ἡ  
Μήτηρ σου, ἐκουσίως ἐν μέσῳ, λήστων  
κρεμάμενον, καὶ κοπτομένη μητρικῶς,  
τὰ σπλάγχνα ἔλεγεν· Ἀναμάρτητε Υἱέ,  
πῶς ἀδίκως ἐν σταυρῷ ὥσπερ κακοῦργος  
ἐπάγης, τὸ τῶν ἀνθρώπων ὁ θέλων, ζῶσαι  
γένος ὡς εὐσπλαγχνος;

*Ἀνάγνωσις Καθίσματος τοῦ Ψαλτηρίου οὐ  
γίνεται.*

**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,  
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.)

**CHOIR**

From Triodion ---

**Kathisma II. From the Triodion.**

**Mode pl. 1. (NM)**

We mortals, who died of old through  
eating from the tree, are through Thy Cross  
restored to life, O merciful Lord. By its  
power, O loving Master, give us strength to  
pass through the season of abstinence with  
compunction, obedient to Thy will, and to see  
the day of Thy light giving Resurrection. [KW]

Glory. Both now. **Stavrotheotokion.**

**Mode pl. 1. (NM)**

When Thy Mother beheld Thee, O Christ,  
hanging by Thine own free choice upon  
the Cross between two thieves, then with  
a mother's grief her heart was pierced and  
she cried out: 'O sinless Son, how art Thou  
nailed unjustly to the Cross as an evildoer? It  
is because in Thy surpassing love Thou willest  
to restore mankind to life.' [KW]

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

**PRIEST**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(*Amén.*)

**ΧΟΡΟΣ**

Τοῦ Τριωδίου ---

**Κάθισμα Γ'. Τοῦ Τριωδίου.**

**Ἦχος α'.** Τοῦ λίθου σφραγισθέντος.

Τὴν σάρκα καθαρθέντας, ὑπὸ  
τῆς ἐγκρατείας, καὶ ἐν προσευχαῖς  
ἐλλαμφθέντας, τὰς ψυχὰς ἡμῶν Κύριε,  
τὸν τίμιον Σταυρόν σου καὶ σεπτόν,  
ἀξίωσον θεάσασθαι ἡμᾶς, καὶ ἐν φόβῳ  
προσκυνῆσαι, ἐν ὕμνωδίαῖς ᾄδοντας  
καὶ λέγοντας· Δόξα τῷ ζωηφόρῳ σου  
Σταυρῷ, δόξα τῇ θείᾳ Λόγχῃ σου· ὅθεν  
ἀνεζώωθημεν, μόνε φιλάνθρωπε.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος α'.** Τοῦ λίθου σφραγισθέντος.

Τὸν Ἄρνα ἐπὶ ξύλου, ἡ Ἀμνὰς  
θεωροῦσα, μετὰ ληστῶν μακρόθυμε,  
σταυρούμενόν σε Λόγε, καὶ λόγχῃ  
ἐκκεντούμενον πλευράν, ἡλάλαζε βοῶσα  
μητρικῶς· Τί τὸ ξένον καὶ φρικῶδες,  
Ἰησοῦ μου μυστήριον, πῶς καλύπτῃ  
τάφῳ, ὁ ἀπερίγραπτος Θεός; ἄφραστον τὸ  
τελούμενον! μή με τὴν τεκοῦσαν μόνην  
ἐάσης, Υἱέ μου γλυκύτατε.

**ΑΝΑΓΝΩΣΤΗΣ**

Κύριε, ἐλέησον. (*ἐκ γ'*)

Δόξα· καὶ νῦν.

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ

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

(*Amen.*)

**CHOIR**

From Triodion ---

**Kathisma III. From the Triodion.**

**Mode 1. (NM)**

With our flesh cleansed by abstinence and  
our souls filled with light by prayer, count us  
worthy, O Lord, to look upon Thy precious  
and venerable Cross and to reverence it with  
fear, singing hymns and saying: Glory to Thy  
lifegiving Cross; glory to the holy spear that  
pierced Thee, whereby we are restored to life,  
O Thou who alone lovest mankind. [KW]

Glory. Both now. **Stavrotheotokion.**

**Mode 1. (NM)**

When the Ewe saw Thee her Lamb,  
crucified upon the Tree between two thieves,  
O longsuffering Word, Thy side pierced by a  
spear, with a mother's grief she cried: 'What is  
this strange and fearful mystery, O my Jesus?  
How is God, whom nothing can contain,  
confined within a tomb? What words have  
power to describe these things? Forsake not  
Thy Mother, my beloved Child.' [KW]

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalms 50 (51).**

Have mercy on me, O God, according  
to Your great mercy; and according to the  
abundance of Your compassion, blot out my  
transgression. Wash me thoroughly from my



τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν ἁνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἁνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἁνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἄσεβεῖς 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 ἄν· 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 οἰκοδομηθῇ τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα.

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



Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου  
μόσχους.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
ὑψωσον κέρας Χριστιανῶν ὀρθοδόξων  
καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ  
πλούσια· πρεσβείαις τῆς παναχράντου  
Δεσποίνης ἡμῶν Θεοτόκου καὶ  
ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου  
καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν  
τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων,  
ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου  
Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου,  
τῶν ἁγίων ἐνδόξων καὶ πανευφήμων  
Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν  
μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν  
Διδασκάλων, Βασιλείου τοῦ Μεγάλου,  
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου  
τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου  
καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν  
Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,  
Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου  
Πενταπόλεως τῶν θαυματουργῶν·  
τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων  
Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου  
τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,  
Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ  
τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων  
Χαραλάμπους καὶ Ἐλευθερίου, τῆς  
ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων  
Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ  
Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ  
Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων  
Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν  
Ἁγίων. Ἰκετεύομέν σε, μόνη πολυέλεε  
Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

### PRIEST

O God, save your people and bless  
your inheritance. Look upon your world  
with mercy and compassion. Raise the  
Orthodox Christians in glory, and send  
down upon us your rich mercies, through  
the intercessions of our most pure Lady  
the Theotokos and ever-Virgin Mary, the  
power of the precious and life giving Cross,  
the protection of the honorable, bodiless  
Powers of heaven, the supplications of  
the honorable and glorious prophet, and  
forerunner John the Baptist, the holy, glorious,  
and praiseworthy Apostles, our Fathers  
among the Saints, the great hierarchs and  
ecumenical teachers, Basil the Great, Gregory  
the Theologian and John Chrysostom,  
Athanasios, Cyril, and John the Merciful,  
patriarchs of Alexandria; Nicholas, bishop  
of Myra, Spyridon, bishop of Trimythous,  
Nektarios of Pentapolis, the wonder-workers;  
the holy, glorious great Martyrs George  
the Victorious, Demetrios the Myrobletes,  
Theodore the Teron, and Theodore the  
General, Menas the Wonderworker, the  
Hieromartyrs Haralambos and Eleftherios;  
the holy, glorious, and victorious martyrs;  
the glorious great Martyr and all-laudable  
Euphemia; the holy and glorious Martyrs  
Thecla, Barbara, Anastasia, Katherine,  
Kyriake, Fotene, Marina, Paraskeve and Irene;  
of our holy God-bearing Fathers; (local patron  
saint); the holy and righteous ancestors of  
God Joachim and Anna, and of all your Saints.  
We beseech you, only merciful Lord, hear us  
sinners who pray to you and have mercy on  
us.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

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

(Ἀμήν.)

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Κανὼν τῶν Ματύρων.**

**Ὡιδὴ α'. Ἦχος α'. Ὁ Εἰρμός.**

**Στίχ.** Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ  
δεδοξασται.

Τῷ βοηθήσαντι Θεῷ, ἐν Αἰγύπτῳ  
τῷ Μωσῇ, καὶ δι' αὐτοῦ τὸν Φαραῶ,  
πανστρατιᾷ βυθίσαντι, ἐπινίκιον ᾠδὴν  
ἄσωμεν. Ὅτι δεδοξασται.

**Τροπάρια.**

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Τῆς Ἐκκλησίας τοῦ Χριστοῦ, τὸν  
λαμπτήρα τὸν φαιδρὸν, ἀνευφημῶμεν  
πιστοί, ὡς τῆς πίστεως φωτί, καταυγάσαντα  
λαοὺς, δοξάζοντας τὸν Ποιητὴν τοῦ παντός.

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

Τῆς Ἐκκλησίας τοῦ Χριστοῦ, τὸν  
λαμπτήρα τὸν φαιδρὸν, ἀνευφημῶμεν  
πιστοί, ὡς τῆς πίστεως φωτί, καταυγάσαντα  
λαοὺς, δοξάζοντας τὸν Ποιητὴν τοῦ παντός.

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

Ἐν τῷ λειμῶνι νοητῶς, τῷ τῆς Πίστεως  
Χριστοῦ, ἀνατραφεῖς καὶ ἀυξηθεῖς, Ἱεράρχα

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

(Amen.)

From Menaion ---

**CHOIR**

**Canon for the Hierarch.**

**Ode i. Mode 1. Heirmos**

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

To God who helped Moses in Egypt, and  
through him drowned Pharaoh with his entire  
army, let us sing a song of victory, for He is  
glorified. [SD]

**Troparia.**

Saint of God, intercede for us.

O believers, let us extol that shining lamp  
of the Church of Christ. He has shined the  
light of faith on all people, who glorify the  
Creator of the universe. [SD]

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

O believers, let us extol that shining lamp  
of the Church of Christ. He has shined the  
light of faith on all people, who glorify the  
Creator of the universe. [SD]

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

O blessed Hierarch, you were raised and  
you grew up in the meadow of the Faith of

πρὸς αὐτόν, τῷ τῆς ἀθλήσεως ὕψει,  
ἀνέδραμες μάκαρ φαιδρότατος.

Δόξα.

Κήρυξ καὶ Μύστης τοῦ Χριστοῦ,  
καθαρός τε λειτουργός, ὑπάρχων Μάρκε  
τὴν ψυχὴν, ὑπὲρ τούτου τέθεικας, καὶ  
προσήνεγκας αὐτῷ, ὡς θύματα τοὺς  
συνανθλοῦντάς σοι.

Καὶ νῦν. **Θεοτοκίον.**

Γένος ἀνθρώπων διὰ σοῦ, τῆς φθορᾶς  
ἀπαλλαγὴν, καὶ ἀφθαρσίας καὶ ζωῆς,  
ἀκηράτου ἐν Χριστῷ, κληρωσάμενον τιμὴν,  
δοξάζει σε Θεοχαρίτωτε.

Τοῦ Μηναίου ---

**Κανὼν τῶν Μαρτύρων.**

**Ὡιδὴ γ'. Ἦχος α'. Ὁ Εἰρμός.**

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

Στερέωμά μου γενοῦ, ὁ θεμελιώσας τὴν  
γῆν ἐπὶ τῶν ὑδάτων, ὅτι οὐκ ἐστὶν Ἅγιος  
πλὴν σοῦ Κύριε.

**Τροπάρια.**

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ἐξήρανας θολερούς, χειμάρρους τῆς  
πλάνης πυρὶ τῶν σῶν λόγων, καὶ νάματα  
γνώσεως Χριστοῦ, Μάρκε ἐπήγασας.

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

Ἐξήρανας θολερούς, χειμάρρους τῆς  
πλάνης πυρὶ τῶν σῶν λόγων, καὶ νάματα  
γνώσεως Χριστοῦ, Μάρκε ἐπήγασας.

Christ, and with great joy you ascend to Him  
swiftly by the loftiness of martyrdom. [SD]

Glory.

O Mark, you were a preacher, an initiate,  
and a pure minister of Christ, and you laid  
down your life for His sake. You also offered  
your fellow athlete as sacrifices to Him. [SD]

Both now. **Theotokion.**

O Maiden graced of God, you are  
glorified by the human race, which through  
you was delivered from corruption, was  
honored with incorruption, and received  
undefiled life in Christ. [SD]

From Menaion ---

**Canon for the Hierarch.**

**Ode iii. Mode 1. Heirmos.**

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

Become my stable support, \* O Lord who  
established the earth of old on the waters, \*  
for no one is holy except for You. [SD]

**Troparia.**

Saint of God, intercede for us.

O Mark, you dried up the murky streams  
of deceptive error with your words as  
with fire, and you poured out rivers of the  
knowledge of Christ. [SD]

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

[SAAS]

O Mark, you dried up the murky streams  
of deceptive error with your words as  
with fire, and you poured out rivers of the  
knowledge of Christ. [SD]

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

Ἐχθρῶν τὴν παρεμβολήν, ἐσκέδασας  
Μάρκε Χριστοῦ ἐπικλήσει, καὶ ἤθροισας  
λόγοις σου λαούς, εἰς τὴν ἀγάπην αὐτοῦ.

Δόξα.

Μαρτύρων συνασπισμός, ἔχων  
στρατηγούμενα Χριστὸν τὸν Σωτῆρα,  
τῆς πλάνης τὸν πόλεμον, τὸν ἄσπονδον  
ἐνίκησε.

Καὶ νῦν. **Θεοτοκίον.**

Ἐν θλίψεσι πλατυσμόν, ἔχοντες  
Παρθένε τὴν σὴν μεσιτείαν, οἱ πόθω  
τιμῶντές σε, ἐκ κινδύνων λυτρούμεθα.

**Ὁ Εἰσμός.**

Στερέωμά μου γενοῦ, ὁ θεμελιώσας τὴν  
γῆν ἐπὶ τῶν ὑδάτων, ὅτι οὐκ ἐστὶν Ἅγιος  
πλὴν σοῦ Κύριε.

**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 σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν  
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ

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

O Mark, you invoked Christ, and you  
scattered the camp of your enemies. You  
mustered the people to His love, by your  
words. [SD]

Glory.

Having Christ the Savior as commander,  
the hosts of Martyrs won the implacable war  
on error. [SD]

Both now. **Theotokion.**

O Virgin, your intercession changes our  
afflictions into ease. As we are delivered from  
perils by you, we honor you with longing. [SD]

**Heirmos.**

Become my stable support, \* O Lord who  
established the earth of old on the waters, \*  
for no one is holy except for You. [SD]

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

**PRIEST**

For you are our God, and to you we give  
glory, to the Father and the Son and the Holy

καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς  
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΧΟΡΟΣ**

**Κάθισμα.**

Τοῦ Μηναίου - - -

**Ἦχος α'.**

Ἀθλήσεως καύχημα, καὶ στεφάνων  
ἀξίωμα, οἱ ἔνδοξοι Ἀθλοφόροι,  
περιβέβληνται σε Κύριε· καρτερία γὰρ  
αἰκισμῶν, τοὺς ἀνόμους ἐτροπώσαντο,  
καὶ δυνάμει θεϊκῇ, ἐξ οὐρανοῦ τὴν  
νίκην ἐδέξαντο. Αὐτῶν ταῖς ἰκεσίαις,  
ἐλευθέρωσον τοῦ ἀοράτου ἐχθροῦ Σωτήρ,  
καὶ σῶσόν με.

Δόξα. **Ἔτερον.**

**Ἦχος α'.** *Τὸν τάφον σου Σωτήρ.*

Μαρτύρων καρτερούς, ὑπομείναντες  
πόνους, πρὸς ἄπονον ζωὴν, μετηνέχθητε  
ὄντως, καὶ νῦν ταῖς εὐχαῖς ὑμῶν, πάντα  
πόνον κουφίζετε, Μεγαλάννυμοι, ἐκ τῶν  
πιστῶς προσιόντων, τῇ σορῷ ὑμῶν, ἣν  
ἀσπαζόμενοι πόθῳ, ὑμᾶς μακαρίζομεν.

Καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος α'.**

Οἱ τὴν σὴν προστασίαν κεκτημένοι,  
Ἄχραντε, καὶ ταῖς σαῖς ἰκεσίαις τῶν δεινῶν  
ἐκλυτρούμενοι, τῷ Σταυρῷ τοῦ Υἱοῦ σου, ἐν  
παντὶ φρουρούμενοι, κατὰ χρέος σε πάντες,  
εὐσεβῶς μεγαλύνομεν.

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

(Amen.)

**CHOIR**

**Kathisma.**

From Menaion - - -

**Mode 1.**

O Lord, You are the pride of the contest,  
the very dignity of the laurel crowns, which  
the glorious prize-winning Martyrs have  
put on as a garment. For by their endurance  
under torture they put the lawless men to  
flight. And by divine power from heaven  
they received the victory. Through their  
supplications set me free from the invisible  
enemies, O Savior, and save me. [SD]

Glory. **Another.**

**Mode 1.** *The soldiers keeping watch.*

You patiently endured being tortured as  
martyrs. \* You now indeed enjoy the life on  
high free of suff'ring. \* And by your all-holy  
prayers you alleviate suffering \* of the faithful  
who approach your relics with reverence. \*  
As we honor you and venerate them with  
longing, \* Great Martyrs, we call you blest. [SD]

Both now. **Stavrotheotokion.**

**Mode 1.**

We have obtained your protection,  
O immaculate Lady, and by your earnest  
entreaties we are saved from calamities. In  
everything we are guarded by the Cross  
of your Son. We all dutifully magnify you  
piously. [SD]



Τοῦ Μηναίου ---

**Κανὼν τῶν Μαρτύρων.**

**Ὡδὴ δ'. Ἦχος α'. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Κατενόησα Παντοδύναμε τὴν σὴν οἰκονομίαν, καὶ μετὰ φόβου ἐδόξασά σε Σωτήρ.

**Τροπάρια.**

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ἐξήρνας θολεροὺς χειμάρρους τῆς πλάνης, καὶ τὸ ψεῦδος Μάκαρ σὺ κατεπολέμησας.

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

Ἐξήρνας θολεροὺς χειμάρρους τῆς πλάνης, καὶ τὸ ψεῦδος Μάκαρ σὺ κατεπολέμησας.

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

Ἐν πελάγει τῆς σοφίας σου τὴν Ἑλλήνων μωρίαν, Ἱερομάρτυς Μᾶρκε κατέδυσας.

Δόξα.

Τῶν συνάθλων σου τὴν παράταξιν, Ἱεράρχα Κυρίου, στερῶς καθώπλισας τοῖς διδάγμασιν.

Καὶ νῦν. **Θεοτοκίον.**

Ὡς ὑπέρμαχος οὖσα Ἀχραντε ἡμῶν τῶν σὲ ὑμνούντων, τῶν πολεμίων θράση κατάβαλε.

Τοῦ Μηναίου ---

**Κανὼν τῶν Μαρτύρων.**

**Ὡδὴ ε'. Ἦχος α'. Ὁ Εἰρμός.**

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

Ἐκ νυκτὸς ὀρθρίζοντες ὑμνοῦμέν σε Χριστέ, τὸν τῷ Πατρὶ συνάναρχον, καὶ

From Menaion ---

**Canon for the Hierarch.**

**Ode iv. Mode 1. Heirmos.**

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

O almighty One, I understood Your plan for our salvation, \* O Savior, and I glorified You with fear. [SD]

**Troparia.**

Saint of God, intercede for us.

O blessed Mark, you dried up the turbid torrents of deceptive error, and you won your war on falsehood. [SD]

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

O blessed Mark, you dried up the turbid torrents of deceptive error, and you won your war on falsehood. [SD]

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

O Hieromartyr Mark, in the ocean of your wisdom you sank the foolishness of the pagans. [SD]

Glory.

O Hierarchy of the Lord, with sound teachings you armed the array of your fellow combatants. [SD]

Both now. **Theotokion.**

O immaculate Virgin, you are the champion of us who extol you. We pray you cast down the arrogance of our foes. [SD]

From Menaion ---

**Canon for the Hierarch.**

**Ode v. Mode 1. Heirmos**

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

Rising early in the morning, we extol You, O Christ our God, who for us became poor,



Σωτήρα τῶν ψυχῶν ἡμῶν, Τὴν εἰρήνην τῷ κόσμῳ παράσχου φιλάνθρωπε.

**Τροπάρια.**

Ἄγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ἐν θυμῷ ἀντέστησας, πολεμίων Χριστοῦ ὡς μιμητής, μακροθυμίαν Ὅσιε, δι' ἧς ἐταπείνωσας, τούτων τὰ θράση καὶ ἐνίκησας.

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

Ἐν θυμῷ ἀντέστησας, πολεμίων Χριστοῦ ὡς μιμητής, μακροθυμίαν Ὅσιε, δι' ἧς ἐταπείνωσας, τούτων τὰ θράση καὶ ἐνίκησας.

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

Ταῖς πυκναῖς πληττόμενος, τῶν βελῶν αἰκίσεςιν Ὅσιε, τοὺς βάλλοντας κατέτρωσας· σὺ δὲ ἀπαράτρωτος, χάριτι θείᾳ συντετήρησαι.

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

Ὡς στεῖροὶ τῆς πίστεως, καὶ ἀήττητοι ὑπέρμαχοι σοφοί, γενναίως ἀντετάξασθε, τοῖς ἀπειθοῦσιν Ἄγιοι, καὶ πολεμοῦσι τὴν ἀλήθειαν.

**Στίχ.** Ζῆλος λήψεται λαὸν ἀπαίδεντον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

**Θεοτοκίον.**

Ῥυπωθεῖσαν πάθει, τῶν ἀνθρώπων ἄχραντε, ἐκ σοῦ τὴν φύσιν, ὁ Κτίστης προσλαβόμενος, ἀπέπλυνεν ἐκαίνισε, καὶ θείᾳ χάριτι ἐθέωσεν.

and endured the Cross and death in the flesh.

[SD]

**Troparia.**

*Saint of God, intercede for us.*

O righteous Mark, you humbled the audacity of the enemies by resisting their fury with long-suffering, by which you prevailed, in imitation of Christ. [SD]

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

O righteous Mark, you humbled the audacity of the enemies by resisting their fury with long-suffering, by which you prevailed, in imitation of Christ. [SD]

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

O righteous one, you were struck by a volley of arrows, but you wounded those who shot them, and you yourself were preserved unharmed by divine grace. [SD]

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

O wise and saintly men, strong and invincible champions of the Faith, you courageously opposed those who disobeyed the Faith and opposed the truth. [SD]

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

**Theotokion.**

O immaculate Virgin, from you our Creator took to himself our nature, defiled by passions as it was, and He washed it, renewed it, and by divine grace deified it. [SD]

(διαβαστά)

**Στίχοι Ἐνδιάμεσοι Πέμπτης Ὠδῆς.**

Κύριε, ὁ Θεὸς ἡμῶν, εἰρήνην δὸς ἡμῖν·  
πάντα γὰρ ἀπέδωκας ἡμῖν.

Κύριε, ὁ Θεὸς ἡμῶν, κτῆσαι ἡμᾶς, Κύριε,  
ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομα σου  
ὀνομάζομεν.

Οἱ δὲ νεκροὶ ζῶν οὐ μὴ ἴδωσιν, οὐδὲ  
ἰατροὶ οὐ μὴ ἀναστήσουσι, διὰ τοῦτο  
ἐπήγαγες καὶ ἀπώλεσας, καὶ ἥρας πᾶν  
ἄρσεν αὐτῶν.

Διὰ τὸν φόβον σου, Κύριε, ἐν γαστρὶ  
ἐλάβομεν, καὶ ὠδινήσαμεν, καὶ ἐτέκομεν  
πνεῦμα σωτηρίας, ὃ ἐποιήσαμεν ἐπὶ τῆς  
γῆς.

(ἐμμελῶς)

Τοῦ Τριωδίου - -

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ ε'. Ἦχος πλ. α'. Ὁ ἀναβαλλόμενος**

**Στίχ.** Πρόσθεες αὐτοῖς κακά, Κύριε,  
πρόσθεες αὐτοῖς κακὰ τοῖς ἐνδόξοις τῆς γῆς.

Ἰασαί με Κύριε, καὶ ἰαθήσομαι,  
τῷ μάλωπί σου, τοὺς τῆς ψυχῆς μου,  
ἐκκαθάρας μάλωπας, ὃ σαρκὶ τὰ πάθη,  
Χριστὲ καταδεξάμενος.

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

Σὲ ὡς ἐθεάσατο, σαρκὶ κρεμάμενον,  
Χριστὲ ἐν ξύλῳ, τὸ φῶς εἰς σκότος,  
μετέβαλεν ἥλιος καὶ γῆ ἐσαλεύθη, καὶ  
πέτραι διερράγησαν.

(read)

**Intermediate Verses of Ode Five.**

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

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

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

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

(sung)

From Triodion - -

**Canon 1 from the Triodion.**

**Ode v. Mode pl. 1. (NM)**

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

Heal me, O Lord, and I shall be healed; by  
Thy wounds cleanse the wounds of my soul,  
O Christ who hast accepted suffering in the  
flesh. [KW]

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

When the sun beheld Thee, O Christ,  
hanging in the flesh upon the Wood, its  
light was changed to darkness; and the earth  
quaked and the rocks were rent. [KW]

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

Ακανθοφορήσασαν, καὶ χερσωθεῖσάν μου, ψυχὴν παντοίων, παθῶν ιδέαις, Κύριε καθάρισον, ὁ στεφθεὶς ἀκάνθας δι' ἄκραν ἀγαθότητα.

**Στίχ.** Οὐ πεσούμεθα, ἀλλὰ πεσοῦνται οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

**Θεοτοκίον.**

Νέον ἀπεκύησας ὡς βρέφος Πάναγνε, τὸν Πλαστοργόν μου, ὃν δυσωποῦσα, πεπαλαιωμένον με ἐν πολλῇ κακίᾳ, ἀνακαινίσαι δέομαι.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ ε'. Ἦχος α'.** Ἐκ νυκτὸς ὀρθρίζοντες.

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

Ἐν τῷ τόπῳ τοῦ Κρανίου, Ἰουδαῖοί σε σταυρώσαντες Χριστέ, ἐκίνουν κεφαλὰς αὐτῶν, γελῶντες μυκτηρίζοντες· Σὺ δὲ ἡνέσχου, εἰς τὸ σῶσαι ἡμᾶς.

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

Ἐν τῷ τίτλῳ τοῦ Σταυροῦ σου, ἐπιγράψας ὁ Πιλᾶτος, τρισῶς τὸν ἕνα τῆς Τριάδος σε, ἐκὼν παθόντα ἐδήλου, ὑπὲρ τῆς πάντων σωτηρίας Χριστέ.

**Δόξα. Τριαδικόν.**

Τῆς ὑπερφώτου Τριάδος, τὸ τρισήλιον ὑμνήσωμεν πιστοί, φῶς τὸν Πατέρα σέβοντες, φῶς τὸν Υἱὸν δοξάζοντες, φῶς καὶ τὸ Πνεῦμα καταγγέλλοντες.

**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]

O Lord who in Thy surpassing love hast been crowned with thorns, cleanse my soul, for it is full of thorns and overgrown with the weeds of all the passions. [KW]

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

**Theotokion.**

O all-pure Virgin, thou hast brought forth my Creator as a new born babe. Entreat Him, then, I pray thee, to fashion me anew, who am grown old in evil. [KW]

**Canon 2 from the Triodion.**

**Ode v. Mode 1. (NM) Seeking The early.**

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

[SAAS]

At the place of the Skull, O Christ, the Jews who crucified Thee wagged their heads in laughter and mockery; and all this Thou hast endured for our salvation. [KW]

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

Pilate wrote the inscription on Thy Cross in three languages, O Christ, showing in this way that Thou art one of the Trinity; who suffered of Thine own will for the salvation of all. [KW]

**Glory. For the Trinity.**

O ye faithful, let us praise the threefold Sun of the Trinity supreme in radiance, honouring the Father as Light, glorifying the

Καὶ νῦν. **Θεοτοκίον.**

Τῶν Ἀγγέλων ἀνωτέραν, ὃ ἐκ σοῦ  
τεχθεὶς σε ἔδειξε Σεμνή· ὃν γὰρ ἐκεῖνοι  
τρέμουσιν, ὡς Θεῷ ἀτενίσαι, σὺ ἀγκαλίζῃ  
ὡς Υἱόν σου Ἀγνή.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Ὁ Σταυρὸς ὁ Πάνσεπτος, ὁ σωτήριος  
τοῦ Κόσμου φυλακτήρ, φρουρήσόν με  
νηστεύοντα, καὶ ἄξιον ἀνάδειξον, τῆς σῆς  
ἀχράντου προσκυνήσεως.

**Ὁ Εἰμός. Ἦχος α'.**

Ἐκ νυκτὸς ὀρθρίζοντες ὑμνοῦμέν σε  
Χριστέ, τὸν τῷ Πατρὶ συνάναρχον, καὶ  
Σωτῆρα τῶν ψυχῶν ἡμῶν, Τὴν εἰρήνην τῷ  
κόσμῳ παράσχου φιλόανθρωπε.

Τοῦ Μηναίου - - -

**Κανὼν τῶν Μαρτύρων.**

**Ὡδὴ Γ'. Ἦχος α'. Ὁ Εἰμός.**

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

Τὸν Προφήτην διέσωσας, ἐκ τοῦ κήτους  
Φιλόανθρωπε, καμὲ ἐκ τοῦ βυθοῦ τῶν  
πταισμάτων, ἀνάγαγε δέομαι.

**Τροπάρια.**

*Ἄγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.*

Ἀθεΐας ἐξήλεγξας, τὴν ἀπάτην Ἀοίδιμε,  
καὶ θεογνωσίας τῷ φέγγει, ἀνθρώπους  
ἐφώτισας.

Son as Light, and proclaiming the Spirit as  
Light. [KW]

Both now. **Theotokion.**

O pure and honoured Virgin, He who was  
born of thee has made thee higher than the  
angels. For they are afraid to gaze on Him as  
God, but thou hast carried Him in thine arms  
as thy Son. [KW]

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

O precious Cross, guardian and salvation  
of the world, watch over me as I fast and  
count me worthy to take part in thy holy  
veneration. [KW]

**Heirmos (NM). Mode 1.**

Seeking Thee early in the morning, we  
sing Thy praises, Christ our God, who hast  
for our sakes become poor and in Thy flesh  
endured the Cross and death. [KW]

From Menaion - - -

**Canon for the Hierarch.**

**Ode vi. Mode 1. Heirmos.**

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

As You saved Prophet Jonah from the  
belly of the whale of old, \* I pray raise me up  
from the sea of my sins, in Your love for man.

[SD]

**Troparia.**

*Saint of God, intercede for us.*

O celebrated Mark, you reproved the  
error of atheism, and with the splendor of  
divine knowledge you enlightened many  
people. [SD]

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

Αθεΐας ἐξήλεγξας, τὴν ἀπάτην Ἀοίδιμε,  
καὶ θεογνωσίας τῷ φέγγει, ἀνθρώπους  
ἐφώτισας.

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

Τῶν εἰδώλων κατέσεισας, τὰ τεμένη  
Μακάριε, καὶ σαλευομένους ἀνθρώπους, εἰς  
Χριστὸν ἐστήριξας.

Δόξα.

Τοὺς συνάθλους καθώπλισας, καὶ  
ἐχθροὺς ἐπολέμησας, Μάρκε σὺν Κυρίλλῳ,  
καὶ νίκης, βραβεῖα εἰλήφατε.

Καὶ νῦν. **Θεοτοκίον.**

Γηγενεῖς ἀνυψώθημεν, ὁ ἐχθρὸς  
τεταπείνεται, διὰ τοῦ ἀφράστου καὶ θείου,  
τόκου σου Ἀχραντε.

**Ὁ Εἰσμός.**

Τὸν Προφήτην διέσωσας, ἐκ τοῦ κήτους  
Φιλάνθρωπε, κάμῃ ἐκ τοῦ βυθοῦ τῶν  
πταισμάτων, ἀνάγαγε δέομαι.

**ΔΙΑΚΟΝΟΣ**

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

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

O celebrated Mark, you reprov'd the  
error of atheism, and with the splendor of  
divine knowledge you enlightened many  
people. [SD]

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

O blessed one, you shook the shrines of  
the idols, and tottering men you made to be  
steady in Christ. [SD]

Glory.

O Mark, together with Cyril you armed  
your fellow contestants and fought the foes,  
and you received the medals of victory. [SD]

Both now. **Theotokion.**

O immaculate Virgin, by your ineffable  
and divine childbirth, we who were born on  
earth have been lifted up, and the enemy has  
been cast down. [SD]

**Heirmos.**

As You saved Prophet Jonah from the  
belly of the whale of old, \* I pray raise me up  
from the sea of my sins, in Your love for man.  
[SD]

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

Commemorating our most holy, pure,  
blessed, and glorious Lady, the Theotokos  
and ever-virgin Mary, with all the saints, let

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 β'.

Ἐπὶ τὴν πέτραν τὴν ἀσάλευτον,  
θεμελιώσαντες οἱ Ἅγιοι, κατὰ τῶν  
τυράννων κραταιῶς ἠνδρίσαντο, καὶ διὰ  
βασάνων τῶν στεφάνων ἔτυχον, δι' αὐτῶν ὁ  
Θεός, σῶσον ἡμᾶς.

#### Συναξάριον.

Τοῦ Μηναίου.

Τῇ ΚΘ' τοῦ αὐτοῦ μηνός, μνήμη τῶν  
Ἁγίων Μαρτύρων, Μάρκου Ἐπισκόπου  
Ἀρεθουσίων, Κυρίλλου Διακόνου, καὶ  
ἐτέρων πολλῶν.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων  
Μαρτύρων Ἰωνᾶ, Βαραχησίου, καὶ τῶν σὺν  
αὐτοῖς ἐννέα Μαρτύρων.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου  
Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ Εὐσταθίου  
Βιθυνίας.

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

us commend ourselves and one another and  
our whole life to Christ our God.

(To You, O Lord.)

### PRIEST

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

(Amen.)

From Triodion - - -

### READER

#### For the Martyrs. Mode 2.

The Saints had their foundation on  
the unshakable rock, and they mightily  
contended against the tyrants, and through  
their tortures they obtained the crowns of  
victory. By their prayers for us, save us, O  
God. [SD]

#### Synaxarion.

From the Menaion.

On March 29 we commemorate the holy  
martyrs Mark, Bishop of Arethusa, Cyril the  
deacon, and many others.

On this day we also commemorate the  
holy martyrs Jonah, Barachisios, and the  
seven martyrs with them.

On this day we also commemorate our  
devout father and confessor Eustathios of  
Bithynia.

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



Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Κανὼν τῶν Μαρτύρων.**

**Ὡδὴ ζ'. Ἦχος α'. Ὁ Εἰρμός.**

**Στίχ.** Τῶν Πατέρων καὶ ἡμῶν Θεός,  
εὐλογητὸς εἶ.

Ὁ ἐν τῇ βάτῳ ὀφθεῖς, ἐν πυρὶ τῷ  
Νομοθέτῃ, καὶ τὸν τόκον τῆς ἀειπαρθένου  
ἐν αὐτῇ προτυπώσας, εὐλογητὸς εἶ Κύριε, ὁ  
Θεὸς τῶν Πατέρων ἡμῶν.

**Τροπάρια.**

Ἄγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Οἱ τῶν αἱμάτων κρουνοί, τῆς ἀθλήσεώς  
σου Μᾶρκε, ἀπέπνιξαν τοὺς τριστάτας τῆς  
ἀπάτης, καὶ θεῖον ἱάμα πᾶσιν ἔβλυσαν, τοῖς  
ὑμνοῦσι Χριστὸν τὸν Θεόν.

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

Οἱ τῶν αἱμάτων κρουνοί, τῆς ἀθλήσεώς  
σου Μᾶρκε, ἀπέπνιξαν τοὺς τριστάτας τῆς  
ἀπάτης, καὶ θεῖον ἱάμα πᾶσιν ἔβλυσαν, τοῖς  
ὑμνοῦσι Χριστὸν τὸν Θεόν.

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

Αἱ προσβολαὶ τοῦ ἐχθροῦ, ἐξησθένησαν  
εἰς τέλος, αἱ κατὰ σοῦ μηχανώμεναι,  
ἀήτητε Μᾶρκε· σὺ δὲ θεόθεν δύναμιν,  
ἀπροσμάχητον εἴληφας.

Δόξα.

Θῦμα σαυτὸν λογικόν, ἱερούργησας  
Κυρίῳ, τῇ μαχαίρᾳ τῆς ἀθλήσεως τυθείς,  
καὶ ἐνθέου Κυρίλλε τελειώσεως, πυρὶ  
δειχθεὶς ὀλοκαύτωμα.

From Menaion ---

**CHOIR**

**Canon for the Hierarchy.**

**Ode vii. Mode 1. Heirmos.**

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

When You appeared in the burning bush  
to the law-giver Moses, \* You prefigured there  
the childbirth of the Ever-Virgin. \* Blessed are  
You, O Lord, the God of our fathers. [SD]

**Troparia.**

*Saint of God, intercede for us.*

O Mark, the river of your martyric  
blood drowned the captains of error, and  
it provided divine cures to all who sing the  
praise of Christ God. [SD]

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

O Mark, the river of your martyric  
blood drowned the captains of error, and  
it provided divine cures to all who sing the  
praise of Christ God. [SD]

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

O invincible Mark, you received  
unassailable power from God, and thus the  
attacks that the enemy plotted against you  
were frustrated. [SD]

Glory.

O Cyril, sacrificed with the sword of  
martyrdom, you offered yourself as a rational  
sacrifice to the Lord; and you were a whole-  
burnt offering in a godly death by fire. [SD]

Καὶ νῦν. **Θεοτοκίον.**

Ἰσχὺν καὶ κράτος ἡμᾶς, ἱκεσίαις σου Παρθένε, τοὺς ἀπαύστως σε Κυρία, ὡς Θεοτόκον ὑμνοῦντας, κατὰ παθῶν ἐπένδυσον, καὶ προσβολῶν νοουμένων ἐχθρῶν.

**Ὡδὴ η'.**

Τοῦ Μηναίου ---

**Κανὼν τῶν Μαρτύρων.**

**Ὡδὴ η'. Ἦχος α'. Ὁ Εἰρμός.**

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

Ὑμνον σοι προσφέρομεν τῶν ἀσωμάτων, ὥσπερ οἱ Παῖδες ἐν τῇ καμίνῳ, καὶ ὑμνοῦντες λέγομεν, εὐλογεῖτε πάντα τὰ ἔργα Κυρίου τὸν Κύριον.

**Τροπάρια.**

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Λόγοις κατεκόσμησας τὴν Ἐκκλησίαν, καὶ αἱμάτων τοῖς ρείθροις, φαιδρῶς κατηγλαΐσας Ἱεράρχα, Χριστὸν ὑμνοῦσαν τὸν σὲ ἐνισχύσαντα.

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

Λόγοις κατεκόσμησας τὴν Ἐκκλησίαν, καὶ αἱμάτων τοῖς ρείθροις, φαιδρῶς κατηγλαΐσας Ἱεράρχα, Χριστὸν ὑμνοῦσαν τὸν σὲ ἐνισχύσαντα.

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

Ἀγρυπνα τὰ ὄμματα τῆς ψυχῆς σου ἔχων, τὴν ποιμήνην τοῦ Χριστοῦ, ἀσινῇ φυλάττεις Ἱεράρχα, τὴν ἀπαύστως ἐν ὕμνοις σε δοξάζουσιν.

Both now. **Theotokion.**

O Lady Theotokos, we unceasingly extol you, and we pray that, by your entreaties, you clothe us with strength to rule over the passions and to repel the attacks of spiritual enemies. [SD]

**Ode viii.**

From Menaion ---

**Canon for the Hierarch.**

**Ode viii. Mode 1. Heirmos**

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

We offer You a hymn of the Bodiless hosts, as did the Servants in the furnace. And we extol You and say: Bless the Lord, O all you works of the Lord. [SD]

**Troparia.**

Saint of God, intercede for us.

O Hierarch, you adorned the Church with your words, and made her illustrious with the streams of your blood, as she extols Christ who made you strong. [SD]

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

O Hierarch, you adorned the Church with your words, and made her illustrious with the streams of your blood, as she extols Christ who made you strong. [SD]

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

O Hierarch, with the eyes of your soul ever watchful, you keep the flock of Christ unharmed, as she unceasingly glorifies you.

[SD]

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

Μύρα εὐωδέστατα οἱ Ἀθλοφόροι, τὰ τῶν αἱμάτων ῥεῖθρα, προσῆξαν τῷ Δεσπότη λέγοντες· Εὐλογεῖτε πάντα τὰ ἔργα τὸν Κύριον.

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

**Θεοτοκίον.**

Ὁλάγαθον ἔχοντες σὲ προστασίαν, Θεογεννήτορ ἀγαθότητος, διὰ σοῦ τυγχάνομεν βοηθείας, παρὰ τοῦ ἀγαθοδότη Θεοῦ.

(διαβαστά)

**Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὡδῆς.**

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

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

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

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

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

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

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

The medaled Athletes offered their blood that was spilled to the Master as most fragrant perfume, saying: O all you works, bless you the Lord. [SD]

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

**Theotokion.**

O Mother of the God of goodness, we have you as our most good protector. We pray to receive help from God the Giver of Good, by your intercessions. [SD]

(read)

**Intermediate Verses of Ode Eight.**

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

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

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

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

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

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

ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

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

(ἐμμελῶς)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ η'. Ἦχος πλ. α'. Σοὶ τῷ παντουργῷ**

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

Ἦπλωσας σταυρῷ, τὰς σὰς Χριστὲ παλάμας, χειρὸς τοῦ Προπάτορος, τὸ ἀκρατὲς ἀναιρῶν, ξύλῳ δὲ ξύλου ἰάσω τὴν κατάραν· ὅθεν σε ὑμνοῦμεν, εἰς πάντας τοὺς αἰῶνας.

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

Σοὶ τῷ θελητῇ, τῆς σωτηρίας Λόγε, προσπίπτω, θελήματα τὰ πονηρότατα, παῦσον ἐν τάχει, ἐκ τῆς ἐμῆς καρδίας, ὁ σταυρὸν καὶ πάθη, θελήσει ὑπομείνας.

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

Ἄσωτον ζωὴν, ῥε रुपωμένον βίον, ποθήσας ἡμαῦρωμαι, ἐγὼ ὁ ἄσωτος, λάμπον ἀκτῖνα, ἐπιστροφῆς μοι Λόγε, ὁ ἡλίου φέγγος, τῷ πάσχειν ἀμαυρώσας.

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

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

(sung)

From Triodion ---

**Canon 1 from the Triodion.**

**Ode viii. Mode pl. 1. (NM)**

**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]

O Christ, Thou hast stretched out Thine hands upon the Cross, and so Thou hast destroyed the sin of our forefather who stretched out his hands in greed. By the Tree hast Thou healed the curse of the tree: therefore we sing Thy praises 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]

I fall down before Thee, O Word, who desirest my salvation. Cause the evil desires to vanish swiftly from my heart, O Thou who hast willingly endured the Cross and Passion.

[KW]

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

I have loved the guilty life of the Prodigal and my soul has grown dark. O Word who at Thy Passion hast darkened the light of the sun, shine upon me with Thy brightness, that I may turn back to Thee. [KW]

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

**Θεοτοκίον.**

Παῦσον τῆς ἐμῆς, πολυωδύνου πᾶσαν, καρδίας τὴν κάκωσιν, Μῆτερ Χριστοῦ τοῦ Θεοῦ, θραῦσον δαιμόνων, τὰ βέλη καὶ τὰ τόξα, τῶν ἐκπολεμούντων, τὴν ταπεινὴν ψυχὴν μου.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ η'. Ἦχος α'.** Τὸν τοὺς ὑμνολόγους ἐν καμίνῳ.

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

Τί σοι παθόντι προσενέγκωμεν, τῷ τῶν ἀπάντων Δεσπότη, ἡμεῖς οἱ τάλανες; δὲ ἡμᾶς γὰρ σταυρὸν κατεδέξω Χριστέ, ὑμνοῦμεν τοῦ ὑπερμετρήτου, ἐλέους σου τὴν χάριν.

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

Ἐπὶ ξύλου ἐπαράτου Χριστέ, Ἰουδαῖοί σε κτείναντες φθόνῳ, οὐκ ἐλυμήναντο, τὸ τῆς δόξης σου κράτος παρὰ νομοὶ· ὑπάρχεις γὰρ πάντων Δεσπότης, παθῶν ἐθελουσίως.

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

**Τριαδικόν.**

Τῆς ὑπερουσίου Θεότητος, τρία πρόσωπα σέβω, Πατέρα τὸν προάναρχον,

**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.**

Cause every ill to vanish from my greatly suffering heart, O Mother of Christ my God. Shatter the arrows and bows of the demons that make war against my humiliated soul. [KW]

**Canon 2 from the Triodion.**

**Ode viii. Mode 1. (NM)**  
Christ our God preserved.

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

In our wretchedness what shall we offer Thee, O Master of all, who hast suffered for us? Thou hast endured the Cross for our sake, O Christ, and we sing the praises of Thy grace and boundless mercy. [KW]

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

The lawless Jews who from envy killed Thee on the accursed tree, harmed not the power of Thy glory. For Thou remainest Master of all, and Thou hast suffered by Thine own free choice. [KW]

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

**For the Trinity.**

I honour the three Persons of the Godhead that transcends all being, and I glorify for ever the Father without beginning,



τὸν Υἱόν, καὶ τὸ Πνεῦμα τὸ ἅγιον τῇ φύσει,  
ἄτμητον οὐσίαν, δοξάζω εἰς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Τὴν τῶν οὐρανῶν ὑψηλοτέραν, καὶ  
Χερουβὶμ ὑπερτέραν, τὴν ἀγιόπρωτον,  
καὶ ἀμίαντον Κόρην, τοῦ πάντων Θεοῦ  
ὑμνοῦμεν, καὶ ὑπερυψοῦμεν, εἰς πάντα  
τοὺς αἰῶνας.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Τρισμακάριστε Σταυρε τοῦ Χριστοῦ,  
τὸ οὐρανόγραφον νίκος, ὁ ἐκ τῆς γῆς ἡμῖν  
ἐκβλαστήσας, τῆς σῆς προσκυνήσεως,  
ἀξιους δεῖξον ἡμᾶς πάντας, νηστεία  
καθαρθέντας.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.*

**Ὁ Εἰμός. Ἦχος α'.**

Τὸν τοὺς ὑμνολόγους ἐν καμίνῳ,  
διαφυλάξαντα Παῖδας, καὶ τὴν βροντῶσαν  
κάμινον, μεταβαλόντα εἰς δρόσον, Χριστὸν  
τὸν Θεὸν ὑμνεῖτε, καὶ ὑπερυψοῦτε αὐτὸν εἰς  
τοὺς αἰῶνας.

**ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν  
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

**ΧΟΡΟΣ**

**Ὡδὴ θ'.**

**Μεγαλυνάριον. Ἦχος α'.**

**Στίχ.** Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,  
καὶ ἠγαλλίασε 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.

the Son and the Holy Spirit, undivided in  
essence and nature. [KW]

Both now. **Theotokion.**

We praise her who is higher than the  
heavens and exalted above the cherubim, the  
first among the saints, the undefiled Maiden  
who bore the God of all, and we exalt her  
above all for ever. [KW]

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

O thrice-blessed Cross of Christ, while  
hidden in the earth thou hast given us a  
victory-written in the sky; grant that, cleansed  
by fasting, we may all be counted worthy to  
venerate thee. [KW]

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

**Heirmos (NM). Mode 1.**

Christ our God preserved the Children  
who sang His praises in the furnace, and He  
changed the roaring flames to dew; let us  
praise and exalt Him above all for ever. [KW]

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode 1.**

**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]



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Τοῦ Μηναίου - - -

**Κανὼν τῶν Μαρτύρων.**

**Ὡδὴ θ'. Ἦχος α'. Ὁ Εἰρμός.**

Σὲ τὴν ὁραθεῖσαν πύλην, ὑπὸ Ἰεζεκιήλ τοῦ Προφήτου, ἐν ἣ οὐδεὶς διήλθεν, εἰ μὴ Θεὸς μόνος, Θεοτόκε Παρθέने, ἐν ὕμνοις τιμῶμέν σε.

**Τροπάρια.**

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Σὺ τὰς λογικὰς λατρείας, καὶ θυσίας Πάτερ ἀναιμάκτους, προσφέρων Κυρίῳ, καρδιά ἀγνοτάτη, καθαρὸν ἱερεῖον, προσήχθης δι' ἀθλήσεως.

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

Σὺ τὰς λογικὰς λατρείας, καὶ θυσίας Πάτερ ἀναιμάκτους, προσφέρων Κυρίῳ, καρδιά ἀγνοτάτη, καθαρὸν ἱερεῖον, προσήχθης δι' ἀθλήσεως.

**Στίχ.** Καὶ ἤγειρε κέρας σωτηρίας ἡμῖν, ἐν οἴκῳ Δαυΐδ τοῦ παιδὸς αὐτοῦ.

Σὺ τῇ νοητῇ μαχαίρᾳ τῶν λόγων σου, τοῦ ψεύδους κεφαλὰς πολυμόρφους, Μάρκε τεμῶν, ἀνθρώποις τὴν ἀλήθειαν πᾶσι, κηρύξας ἐμεγάλυνας.

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

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

From Menaion - - -

**Canon for the Hierarch.**

**Ode ix. Mode 1. Heirmos**

O Virgin Theotokos, you are the gate that the Prophet Ezekiel saw and through which no one went except God alone. We honor you with hymns. [SD]

**Troparia.**

*Saint of God, intercede for us.*

O Father, first you offered rational service and unbloody sacrifices to the Lord with a pure heart. Then, through martyrdom, you offered yourself as a pure victim. [SD]

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

O Father, first you offered rational service and unbloody sacrifices to the Lord with a pure heart. Then, through martyrdom, you offered yourself as a pure victim. [SD]

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

O Mark, you cut off the many heads of falsehood, with the sword of your words; and you magnified the truth by proclaiming it to all. [SD]

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

Σοῦ τῶν ἀθλητῶν πρεσβείαις, καὶ Μυσταγωγῶν σου ἱκεσίαις εὐεργέτα, Μάρκου τε καὶ Κυρίλλου, καὶ τῶν συναθροφόρων, καὶ ἡμᾶς τῶν θείων χαρίτων καταξίωσον.

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

**Θεοτοκίον.**

Ὑπὸ οἰκτιρῶν οἰκείων, καὶ φιλανθρωπίας ἀπορρήτου, καμφθεὶς ὁ πάντων Κτίστης, ἐκ σοῦ Ἀγνὴ ἐτέχθη, καὶ φθαρέντας ἀνθρώπους, ἀνέπλασε καὶ ἐκαινούργησε.

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδιὴ θ'. Ἦχος πλ. α'. Ἡσαΐα χόρευε**

**Στίχ.** Ὅρκον, ὃν ὥμοσε πρὸς Ἀβραάμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Τὴν λιθώδη πώρωσιν, τῆς ψυχῆς μου, εὐσπλαγχνε Σωτήρ, ἀπόπλυνον καὶ πηγὴν, δός μοι ἀγαθέ, θείας κατανύξεως, ὁ ἐκ πλευρᾶς, βλύσας μοι ζωὴν, καὶ τὸ ἀνθρώπινον, ἀνελκύσας πρὸς σὲ Κύριε.

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

Ἐμαυτὸν ἀπέρριψα, εἰς τὰ βάθη, τῶν ἀμαρτιῶν, τὰ ὕψη καταλιπὼν, τὰ τῶν ἀρετῶν, ἀλλ' ἔλκυσον, σῶσόν με, ὁ ἀνελθὼν, ἐπὶ τοῦ Σταυροῦ, καὶ τὸ ἀνθρώπινον, ἀνελκύσας πρὸς σὲ Κύριε.

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

[RSV]

O Benefactor Christ, count us worthy of divine graces, by the intercessions of Your athletes, and by the entreaties of Your sacred clergy Mark and Cyril, and of their fellow martyrs. [SD]

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

**Theotokion.**

O pure Virgin, the Creator of all bowed down, in His compassion and ineffable love for man, and was born of you, and He refashioned and renewed humanity that had been corrupted. [SD]

From Triodion ---

**Canon 1 from the Triodion.**

**Ode ix. Mode pl. 1. (NM) Rejoice, Isaiah.**

**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]

O compassionate Saviour, take away the stony hardness of my soul, and grant me in Thy love a fountain of divine compunction: for Thou hast poured out life upon me from Thy side and lifted up mankind to Thee, O Lord. [KW]

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

Forsaking the heights of virtue I have thrown myself into the depths of sin. But draw me up and save me, for Thou hast ascended on the Cross and lifted up mankind to Thee, O Lord. [KW]

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

Γλυκασμὸς ὢν Κύριε, καὶ ἡδύτης, ὡς  
Δημιουργός, χολῆς ἐγεύσω Χριστέ, τὴν  
ἐξ ἡδονῆς, ὑπάρξασαν ἔκπτωσιν, τοῖς ἐξ  
Ἀδάμ, σὺ ἐπανορθῶν· ὅθεν ὑμνοῦμέν σε, οἱ  
σωθέντες σου τοῖς πάθεσι.

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

### **Θεοτοκίον.**

Παναγία Δέσποινα, ἡ ἐλπίς μου καὶ  
καταφυγή, τὰ τραύματα τῆς ἐμῆς, ἴασαι  
ψυχῆς, τὸν νοῦν μου εἰρήνευσον, ἵνα καὶ γὰρ  
χαίρων ἀνυμνῶ, τὰ μεγαλεῖά σου, Θεοτόκε  
ἀειπάροθεν.

### **Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ θ'. Ἦχος α'.** Σε ἦν περ εἶδε Μωσῆς.

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

Σὲ ὃν οἱ ἄνομοι Χριστέ, περιέβαλον  
παικτῶς, πορφύραν καὶ στέφανον, ὡς  
Βασιλέα παῖοντες, καλάμῳ τὴν κάραν σου  
σταυροῦντες φθόνῳ, καὶ χολὴν ποτίζοντες,  
ὕμνοις πάντες πιστοὶ μεγαλύνομεν.

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

Σὲ ὃν περ ἥλιος ἰδὼν, πεπονθότα  
ἐν σταυρῷ, τὸ φῶς ἐναπέκρυψε, πάσης  
ὁμοῦ τῆς κτίσεως, Δεσπότης ταῖς ὕβρεσι  
συγκλονομένης, καὶ σχιζομένων τῶν  
πετρῶν, ὕμνοις Χριστέ Σωτὴρ μεγαλύνομεν.

**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]

O Lord Christ who art sweetness and  
delight, Thou the Creator hast tasted gall and  
raised up Adam's children from their fall that  
came about through sensual pleasure. Saved  
by Thy Passion, we sing Thy praises. [KW]

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

### **Theotokion.**

All-holy Lady, my hope and refuge, heal  
the wounds of my soul and give peace to my  
mind, that even I may praise thy greatness,  
Ever Virgin Theotokos. [KW]

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

**Ode ix. Mode 1. (NM) Moses saw thee.**

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

The transgressors in mockery clothed  
Thee with purple, O Christ, and crowned  
Thee as King, striking Thy head with a reed;  
and from envy they crucified Thee and gave  
Thee gall to drink. In our hymns with all the  
faithful we magnify Thee. [KW]

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

When the sun beheld Thy sufferings  
upon the Cross, it hid its light; and seeing  
the outrages which Thou hast undergone, O  
Master, the whole creation quaked and the  
rocks were rent. In our hymns, Christ our  
Saviour, we magnify Thee. [KW]

Δόξα. **Τριαδικόν.**

Φῶς, καὶ ζωὴ καὶ παντουργός, ἡ  
τρισήλιος Μονάς, Θεός τε καὶ Κύριος, φωτὶ  
ἐνὶ λαμπόμενος, τρισὶ συναστράπτων  
τοῖς χαρακτηῖρσιν, ἐν μιᾷ Θεότητι, ταύτην  
πάντες πιστοὶ μεγαλύνομεν.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ ἦν Δαυῖδ ὁ μελωδός, προεκήρυξε  
Σιών, ἐν ἧπερ κατώκησεν, ὁ Οὐρανοῖς  
ἀχώρητος, καὶ ἀνεδομήσατο, ἐκ τῆς σαρκός  
σου. Κόσμου ἱλαστήριον, ὕμνοις Μήτηρ  
ἀγνή μεγαλύνομεν.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Σοῦ τὸν σωτήριον Σταυρόν, τὸν  
φωστήρα τῶν πιστῶν, ἀξιώσον Κύριε,  
δι' ἐγκρατείας τρέχοντας, προφθάσαι  
θεάσασθαι, καὶ προσκυνῆσαι, εἰς ἁγιασμόν  
ἡμῶν, ἵνα σε δι' αὐτοῦ μεγαλύνωμεν.

**Ὁ Εἰρμός. Ἦχος α'.**

Σὲ ἦν περ εἶδε Μωυσῆς, ἀκατάφλεκτον  
βάτον, καὶ κλίμακα ἔμψυχον, ἣν ὁ Ἰακώβ  
τεθέαται, καὶ πύλην οὐράνιον, δι' ἧς διήλθε  
Χριστὸς ὁ Θεὸς ἡμῶν, ὕμνοις, Μήτηρ ἀγνή,  
μεγαλύνομεν.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν  
σε τὴν Θεοτόκον, τὴν ἀειμακάριστον  
καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ  
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ  
ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,  
τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,  
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

**ΔΙΑΚΟΝΟΣ**

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

*(Κύριε, ἐλέησον.)*

Glory. **For the Trinity.**

O Unity of the threefold Sun, Light and  
Life and Maker of all, God and Lord, shining  
with a single light, three Persons in one  
Godhead: with all the faithful we magnify  
Thee. [KW]

Both now. **Theotokion.**

In prophecy David the Psalmist called  
thee Zion: for He whom the heavens cannot  
contain made thee His dwelling-place, and  
from thy flesh He formed the mercy-seat of  
the world. In our hymns, pure Mother, we  
magnify thee. [KW]

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

O Lord, through abstinence enable us to  
run swiftly to Thy saving Cross, the Light of  
the faithful, and to behold and venerate it for  
our sanctification; that so through the Cross  
we may magnify Thee. [KW]

**Heirmos (NM). Mode 1.**

Moses saw thee as a bush unconsumed  
by fire, and Jacob beheld thee as the living  
ladder and the gate of heaven, through which  
Christ our God has passed. In our hymns,  
pure Mother, we magnify thee. [KW]

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



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,  
ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Ὁρολογίου - - -

### ΧΟΡΟΣ

#### Φωταγωγικά

#### Ἦχος β'.

Τὸ φῶς σου τὸ αἰῶδιον, ἐξαπόστειλον  
Κύριε, καὶ φώτισον τὰ ὄμματα τὰ κρυπτά  
τῆς καρδίας μου, δυνάμει τοῦ Σταυροῦ σου,  
καὶ σῶσόν με.

Τὸ φῶς σου τὸ αἰῶδιον, ἐξαπόστειλον  
Κύριε, καὶ φώτισον τὰ ὄμματα τὰ κρυπτά  
τῆς καρδίας μου, πρεσβείαις τῶν Ἀγίων καὶ  
σῶσόν με.

Τὸ φῶς σου τὸ αἰῶδιον, ἐξαπόστειλον  
Κύριε, καὶ φώτισον τὰ ὄμματα τὰ κρυπτά  
τῆς καρδίας μου, πρεσβείαις τῆς Θεοτόκου,  
καὶ σῶσόν με.

### ΑΝΑΓΝΩΣΤΗΣ

Οἱ Αἱνοί. (διαβαστά)

Ψαλμὸς ΡΜΗ' (148).

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·  
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε  
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε

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

(Lord, have mercy.)

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

(To You, O Lord.)

### PRIEST

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

(Amen.)

From Horologion - - -

### CHOIR

#### Photagogic Hymns

#### Mode 2.

Send out Your eternal light, O Lord, and  
illumine the hidden eyes of my heart, by the  
power of Your Cross, and save me. [SD]

Send out Your eternal light, O Lord, and  
illumine the hidden eyes of my heart, by the  
intercessions of the Saints, and save me. [SD]

Send out Your eternal light, O Lord, and  
illumine the hidden eyes of my heart, by the  
intercessions of the Theotokos, and save me.

[SD]

### READER

Lauds. (read)

Psalm 148.

Praise the Lord from the heavens; praise  
Him in the highest. Praise Him, all you His  
angels; praise Him, all you His hosts. Praise



αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν πάντα τὰ ἄστροι καὶ τὸ φῶς. Αἰνεῖτε αὐτὸν 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, ἔρπετὰ καὶ πετεινὰ πτερωτὰ· 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 μόνου· 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 ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ. Καυχῆσονται 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

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; 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

ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δῆσαι 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 Πατρὶ, 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, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρός, ὁ αἰρὼν τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἰρὼν τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι

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-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

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 ἡμαρτόν 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 παρίδῃς. 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.

#### ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

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

#### DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(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 μετανοίᾳ ἐκτελέσαι, παρὰ τοῦ  
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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 Θεὸς ἐλέους, οἰκτιρῶν, καὶ  
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

## PRIEST

For You are the God of mercy and  
compassion and love for mankind, and to You  
we give glory, to the Father and the Son and

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

(Ἀμήν.)

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

**ΔΙΑΚΟΝΟΣ**

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ** (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ ταπεινὰ ἐφορῶν, καὶ τῷ παντεφύρῳ σου ὄμματι ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου Ἄγιε Ἀγίων· ἔκτεινον τὴν χειρὰ σου τὴν ἀόρατον ἐξ ἁγίου 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 γὰρ ἐστὶ τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἀγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΧΟΡΟΣ**

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἰδιόμελον. Ὑψος πλ. β'.**

Τῆς πατρικῆς δωρεᾶς διασκορπίσας τὸν πλοῦτον, ἀσωτία τὸν βίον κατηνάλωσα, τοῖς πονηροῖς λογισμοῖς τῆς ἀμαρτίας μου συναπαχθεῖς, καὶ γλυκασμῷ ἐμπαθείας ἐνηδόμενος, τοῖς ἀνοήτοις κτήνεσιν ὡμοιώθην, τῇ τῶν σωτηρίων ἐντολῶν παραβάσει. Ἀλλ' ὁ ἐπὶ σταυροῦ κρεμασθῆναι, δι' ἐμὲ εὐδοκήσας Χριστὲ ὁ Θεός, μὴ ἀποκηρύξης με τῆς σῆς υἰοθεσίας,

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.**

I have scattered the riches which the Father gave me and wasted my life as the Prodigal, carried away by the evil thoughts of sin. Taking pleasure in the sweetness of passion, I have transgressed Thy saving commandments and become like the unthinking beasts. O Christ my God, who for my sake wast pleased to hang upon the Cross, deprive me not of sonship, but accept me as I



ἀλλ' ἐπιστρέφοντα δέξαι, ὡς τὸν Ἄσωτον  
Υἱόν, καὶ σῶσόν με.

**Στίχ.** Πρὸς σὲ ἤρα 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  
οἰκτειρήσῃ ἡμᾶς.

Τῆς πατρικῆς δωρεᾶς διασκορπίσας τὸν  
πλοῦτον, ἄσωτίᾳ τὸν βίον κατηνάλωσα,  
τοῖς πονηροῖς λογισμοῖς τῆς ἁμαρτίας  
μου συναπαχθεῖς, καὶ γλυκασμῷ  
ἐμπαθείας ἐνηδόμενος, τοῖς ἀνοήτοις  
κτήνεσιν ὡμοιώθην, τῇ τῶν σωτηρίων  
ἐντολῶν παραβάσει. Ἀλλ' ὁ ἐπὶ σταυροῦ  
κρεμασθῆναι, δι' ἐμὲ εὐδοκήσας Χριστὲ ὁ  
Θεός, μὴ ἀποκηρύξης με τῆς σῆς υἱοθεσίας,  
ἀλλ' ἐπιστρέφοντα δέξαι, ὡς τὸν Ἄσωτον  
Υἱόν, καὶ σῶσόν με.

### Μαρτυρικόν.

#### Ἦχος πλ. β'.

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

Κύριε, ἐν τῇ μνήμῃ τῶν Μαρτύρων  
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, θρηνώδουσα  
ἀνεβόα μητρικῶς· Υἱέ μου καὶ Θεέ μου,

now turn back to Thee like the Prodigal Son,  
and save me. [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]

I have scattered the riches which the  
Father gave me and wasted my life as  
the Prodigal, carried away by the evil  
thoughts of sin. Taking pleasure in the  
sweetness of passion, I have transgressed Thy  
saving commandments and become like the  
unthinking beasts. O Christ my God, who for  
my sake wast pleased to hang upon the Cross,  
deprive me not of sonship, but accept me as I  
now turn back to Thee like the Prodigal Son,  
and save me. [KW]

### For the Martyrs.

#### Mode pl. 2.

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

At the commemoration of Thy martyrs,  
O Lord, the whole creation keeps festival;  
heaven with the angels greatly rejoices, and  
the earth with all mankind makes glad. At  
their intercessions have mercy on us. [KW]

Glory. Both now. **Stavrotheotokion.**

#### Mode pl. 2.

When the all-pure Virgin saw Thee  
hanging on the Cross, with a mother's grief  
she cried aloud: 'O my Son and my God! O



γλυκύτατόν μου Τέκνον, πῶς φέρεις πάθος ἐπονείδιστον;

**ΙΕΡΕΥΣ**

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

**ΑΝΑΓΝΩΣΤΗΣ**

**Τρισάγιον.**

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

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

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

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

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

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

my beloved Child! How dost Thou endure this shameful suffering?' [KW]

**PRIEST**

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

**READER**

**Trisagion Prayers.**

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

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

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

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

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

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will 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.

**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, ἀνοιξον ἡμῖν τὴν θύραν τοῦ  
ἐλέους σου.

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

**ΙΕΡΕΥΣ**

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

(Ἀμήν.)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς  
ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν  
στήριξον· τὰ ἔθνη πρᾶννον· τὸν κόσμον  
εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ  
Μονήν) 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.

(Ἀμήν.)

**PRIEST**

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

(Amen.)

**READER**

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

**PRIEST**

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

(Amen.)

O heavenly King, uphold our rulers,  
strengthen the Faith, calm the nations, give  
peace to the world. Protect this holy Church  
(or, Monastery); grant our departed fathers  
and brethren that they may dwell with  
the righteous, and accept us in repentance  
and confession; for You are good and love  
mankind.

(Amen.)

### Εὐχή τοῦ Ἁγίου Ἐφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ  
ἀργολογίας μή 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.*

ἦ·

### ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρόμου καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
οσίων καὶ θεοφόρων Πατέρων ἡμῶν (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλέησαι καὶ σῶσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

### Prayer of St. Ephraim

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

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

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

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

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

*or:*

### READER

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

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

### PRIEST

May Christ our true God, through  
the intercessions of His all-pure and all-  
immaculate holy Mother, the power of the  
precious and life-giving Cross, the protection  
of the honorable, bodiless powers of heaven,  
the supplications of the honorable, glorious  
prophet and forerunner John the Baptist, of  
the holy, glorious, and praiseworthy apostles,  
of the holy, glorious, and triumphant martyrs,  
of our righteous and God-bearing fathers,  
(local patron saint); of the holy and righteous  
ancestors of God Joachim and Anna, and of all  
the saints, have mercy on us and save us, for  
He is good and loves mankind.

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

(Ἀμήν.)

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

(Amen.)