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# The Service of Matins

**for Sunday, September 22, 2019**

**Octoechos - Mode pl. 1.  
on Sunday Morning**

**Eothinon 3**

**Menaion - September 22  
Memory of the Holy Hieromartyr Phocas**

**Katavasias of Theotokos**

**Text in English**

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vol Orthodox Monastery of the Veil of our Lady

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**Octoechos - Mode pl. 1.**

On Sunday Morning

**Menaion - September 22**

Memory of the Holy Hieromartyr Phocas

**MATINS**

**CHOIR**

**Mode pl. 1.**

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

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

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

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

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

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode pl. 1. Automelon.**

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our salvation, O believers, and let us sing His praise. \* For in His goodness He was pleased \* to ascend the Cross in the flesh, and to undergo death, \* and to raise up those who had died, \* by His glorious Resurrection. [SD]

Glory. **For the Hieromartyr.**

**Mode 4.**

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth,

and you shed your blood in struggling for the faith, O Hieromartyr Phocas. Intercede with Christ our God, beseeching Him to save our souls. [SD]

From Octoechos - - -

Both now. **Theotokion.**

**Mode 4.**

O Theotokos, through you became manifest to us on earth the mystery, which was hid from eternity, and which the Angels themselves knew not: that God, uniting natures without confusion, becomes a man and accepts crucifixion for our salvation voluntarily. By virtue of this, resurrecting man whom He had first created, He saved our souls from death. [SD]

**PRIEST**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

For Yours is the dominion, and Yours 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.)*

From Octoechos - - -

**CHOIR**

**Kathisma I.**

**Mode pl. 1.** *Let us worship the Word.*

Let us honor the Cross of the Lord with solemn praise, \* and His holy entombment extol with sacred hymns, \* and His Rising from the dead supremely glorify; \* for He despoiled the realm of death and the devil's might, for He is God; \* then He resurrected \* the dead from the graves together, \* and made the light to dawn on those in hell. [SD]

Glory.

Whereas You, O Lord, were labeled dead, yet in fact You put death to death. And You, the very emptier of graves, were yourself interred. Soldiers overhead were guarding the sepulcher, even as You below resurrected the dead of all ages. Lord almighty and incomprehensible, glory to You. [SD]

Both now. **Theotokion.**

*Let us worship the Word.*

O impassable gateway of God the Lord, rejoice. \* Wall and shelter of those who in you take refuge, rejoice. \* Stormless haven, rejoice, O Maid who knew not man \* and yet physically gave birth to your Creator and God. \* Never cease interceding \* on behalf of those extolling and worshipping the Son you bore. [SD]

From Octoechos - - -

**Kathisma II.**

**Mode pl. 1.**

After You had risen on the third day, O Lord, and after the Apostles had worshiped You, Peter cried out to You, "Women stood courageously, but I acted cowardly. The Robber stated Your divinity, but I disavowed You. Will You ever call me Your disciple

anymore, or will You again appoint me as a fisher of the deep? I pray You to receive me in repentance, O God, and save me." [SD]

Glory.

The violators of the Law had You crucified amid the convicts. Furthermore, they pierced Your side with a lance, O Lord of mercy. You accepted burial, You destroyed the gates of Hades, and on the third day You resurrected. The Women ran to see You, and they announced the resurrection to the Apostles. Supremely exalted Savior, whom the Angels extol, O blessed Lord, glory to You. [SD]

Both now. **Theotokion.**

*Let us worship the Word.*

Bride unwedded, who nevertheless engendered God, \* changing Eve's pain and sorrow into exultant joy, \* we the faithful now extol you and we honor you; \* for you have lifted us up from the primal curse. \* And now entreat importunately \* and unceasingly, O all-lauded \* and all-holy one, that we be saved. [SD]

**Resurrectional Evlogetaria.**

**Mode pl. 1.**

*Blessed are You, O Lord, teach me Your statutes.*

When the hosts of the Angels saw how You were accounted among the dead, they all marveled. You, O Savior, are the One who destroyed the might of death; and when You arose You raised Adam with yourself and from Hades liberated everyone. [SD]

*Blessed are You, O Lord, teach me Your statutes.*

"Why do you mingle the ointments with your tears full of pity, O women disciples?"

Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. "See for yourselves the empty tomb and understand, that the Savior has risen from the sepulcher."

[SD]

*Blessed are You, O Lord, teach me Your statutes.*

Very early in the morning, the myrrh-bearing women were hastening to Your tomb lamenting. But the Angel appeared to them and uttered, "The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles." [SD]

*Blessed are You, O Lord, teach me Your statutes.*

When the myrrh-bearing women had come with their spices to Your sepulcher, O Savior, they heard the voice of an Angel clearly speaking to them, "Why do you account among the dead the One who lives? For as God, He has risen from the sepulcher."

[SD]

Glory.

We bow down in worship to the Father and His Son and the Holy Spirit, the Holy Trinity, one in essence; and we cry aloud with the Seraphim: Holy, Holy, Holy are You, O Lord. [SD]

Both now.

Giving birth to the Giver of life, O Virgin, you delivered Adam from sin, and to Eve you have rendered joy in place of sorrow. He who from you became incarnate, God and man, has directed to life him who fell from it. [SD]

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

## 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 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.)*

## READER

From Octoechos - - -

### Hypakoe. Mode pl. 1.

Mentally amazed by the angelic apparition, inwardly illumined by the divine resurrection, the ointment-bearing women brought good tidings to the Apostles. "Proclaim the resurrection of the Lord among the Gentiles, as He works with you by means of miracles, granting us His great mercy." [SD]

## CHOIR

### Anavathmoi.

### Antiphon I. Mode pl. 1.

When I am afflicted, I sing to You, like David, O my Savior. Deliver my soul from a crafty tongue. [SD]

Blessed is the life of those who dwell in the desert, winged as they are by divine eros.

[SD]

Glory. Both now.

By the Holy Spirit are all things maintained, both seen and unseen; for, being autocratic, He is one of the Trinity, truly. [SD]

### Antiphon II.

O my soul, let us rise into the mountains; come, let us go there whence help comes. [SD]

Let Your soaring right hand protect me, O Christ, from treachery on every side. [SD]

Glory. Both now.

To the Holy Spirit we say, theologizing, "You are God, life, eros, light, nous; You are goodness; You reign to the ages." [SD]

### Antiphon III.

Because they said to me, "Let us go to the courts of the Lord," I am filled with great joy, and I send up my petitions. [SD]

On the house of David are the fearsome things to be fully accomplished; for therein will be fire, burning every shameful thought.

[SD]

Glory. Both now.

In the Holy Spirit, as in the Father and the Logos, is the principle of life; from Him is every living being endowed with a soul. [SD]

### Prokeimenon.

Arise, O Lord my God, for You reign unto the ages. (2)

**Verse:** *I will give thanks to You, O Lord, with my whole heart.*

Arise, O Lord my God, for You reign unto the ages. [SAAS]

From Octoechos - - -

### READER

### Resurrectional Kontakion.

You descended to Hades, my Savior, and shattered its gates, as the Almighty. As Creator, You raised the dead with yourself, and smashed the sting of death, O Christ. You freed Adam from the curse, O Lover of humanity. Therefore we all cry out to You, Save us, O Lord. [SD]

### Oikos.

The women heard the Angel's words, and put off their lament, becoming joyful. With trembling they looked upon the Resurrection. And behold, Christ came to them, saying, "Rejoice; take courage. I have overcome the world and have freed the prisoners. Go quickly to the Disciples and inform them, that I go before you to preach in the city of Galilee." Therefore we all cry out to You, Save us, O Lord. [GKD]

### Synaxarion.

From the Menaion.

On September 22, we commemorate the holy Hieromartyr Phocas the Wonderworker, who died after being severely burnt in a bath-house.

On this day we also commemorate Saint Phocas the gardener.

On this day we also commemorate the holy Martyr Isaac, and also Saint Martin.

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

**CHOIR**

**Katavasia of Theotokos**

**Ode i. Mode 4.**

I open my mouth and pray the Spirit fill it, like David said, \* to pour out a good word to the Queen and Mother of God. \* I will celebrate \* her feast with joy and gladness \* and sing to her merrily, lauding her miracles.

[SD]

**Ode iii.**

Establish your servants who extol you, \* O Mother of God, for they have formed \* a spiritual choir for you \* the living and abundant fount; \* and graciously in your divine glory give glorious crowns to them. [SD]

**Ode iv.**

When the Prophet Habakkuk heard the divine \* and incomprehensible counsel of Your Incarnation \* from the Virgin, O Most High, \* considering, he cried aloud: \* Glory to Your power, O Lord my God. [SD]

**Ode v.**

Amazed was the universe by your divine magnificence. \* You who were perpetually virgin \* carried the heavenly God of all in your womb \* and gave birth to the eternal Son, \* who awards salvation to all who sing hymns of praise to you. [SD]

**Ode vi.**

O godly-minded believers, come \* and celebrate this sacred and venerable feast and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [SD]

**Ode vii.**

Godly-minded three \* did not adore created things in the Creator's stead; \* rather, disdaining the threat \* of fire, they trampled it, and joyfully they sang: \* "O supremely praised \* and most exalted Lord and God \* of the fathers, You are blessed." [SD]

**Ode viii.**

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

Guiltless were those Servants in the furnace. \* The Son of the Theotokos went and rescued them. \* He who was prefigured then, \* having been incarnate now, \* is gathering the whole wide world into His Church to sing: \* "O all you works of the Lord, to all ages \* sing praises to the Lord and exalt Him beyond measure." [SD]

**DEACON**

Let us pray to the Lord.

*(Lord, have mercy.)*

**PRIEST**

For you are holy, our God, who rest among the Saints, 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.

**CHOIR**

Amen.

**Mode 2.**

Let everything that breathes praise the Lord. (2) Let everything that breathes praise the Lord. [SAAS]

**DEACON**

Let us pray to the Lord our God that we may be made worthy to hear the holy Gospel.



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

**DEACON**

Wisdom. Arise. Let us hear the Holy Gospel.

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**PRIEST**

The reading is from the Holy Gospel according to Mark.

**DEACON**

Let us be attentive.

*(Glory to You, O Lord, glory to You.)*

**PRIEST** *(from the altar table)*

*Eothinon 3  
Mark. 16:9-20*

When Jesus rose early on the first day of the week, He appeared first to Mary Magdalene, from whom He had cast out seven demons. She went and told those who had been with Him, as they mourned and wept. But when they heard that He was alive and had been seen by her, they would not believe it. After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. After this He appeared to the eleven themselves as they sat at table and He upbraided them for their unbelief and hardness of heart, because they had not believed those who saw Him after He had risen. And He said to them, "Go into all the world and preach the gospel to the whole creation. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will

accompany those who believe: in My name they will cast out demons; they will speak in new tongues; they will pick up serpents, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." So then the Lord Jesus, after He had spoken to them, was taken up into heaven, and sat down at the right hand of God. And they went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it. Amen. [RSV]

*(Glory to You, O Lord, glory to You.)*

**READER**

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

**CHOIR**

**Psalm 50 (51).**

**Mode 2.** *(or the Mode of the week)*

[Merciful,] Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.

Wash me thoroughly from my lawlessness and cleanse me from my sin.



For I know my lawlessness, and my sin is always before me.

Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged.

For behold, I was conceived in transgressions, and in sins my mother bore me.

Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow.

You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Turn Your face from my sins, and blot out all my transgressions.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit.

I will teach transgressors Your ways, and the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my mouth will declare Your praise.

For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings.

A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise.

Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built.

Then You will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings.

Then shall they offer young bulls on Your altar. And have mercy on me, O God. [SAAS]

Glory.

At the intercession of the Apostles, O Lord of mercy, blot out my many offences. [SD]

Both now.

At the intercession of the Theotokos, O Lord of mercy, blot out my many offences. [SD]

**Verse:** *Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression.*

Jesus, having risen from the grave as He foretold, has granted us eternal life and great mercy. [SD]

**DEACON**

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, the holy and glorious hieromartyr Phocas, whose memory we observe; and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

(Amen.)

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode 4.**

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

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

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

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

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

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

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

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

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

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

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

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

**Ode ix. Katavasia. Mode 4.**

All you born on earth, \* with festival lamps in hand, in spirit leap for joy; \* and all you the heavenly angelic orders, join in and celebrate; \* and honoring the sacred wonders of the Mother of God, \* sing the joyful salutation, "O rejoice, \* Theotokos, all-blest, ever-virgin pure!" [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 all the powers of heaven praise You and give You glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

**CHOIR**

**Mode 2.**

Holy is the Lord our God. (2) [SAAS]

Holy is the Lord our God. Exalt the Lord our God, and worship at the footstool of His feet.

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**The Third Eothinon.**

**Mode 2. On the mountain.**

Let no one doubt and disbelieve \* that Christ was resurrected. \* For unto Mary He appeared; \* Afterwards by those walking \* in the field was He seen clearly. \* To the eleven Mystics \* reclining, He appeared again. \* When He sent them to baptize, He did ascend \* into heaven from which He had descended, \* and with abundant miracles \* He did confirm their preaching. [SD]

**For the Hieromartyr.**

From Menaion - - -

**Mode 3. Having embellished heaven.**

As the perfection of Bishops \* and as the glory of Martyrs, \* Phocas, you are the great patron \* of those at sea and protector. \* Deliver us who extol you, \* O blessed one, out of perils. [SD]

**Theotokion.**

**Mode 3. *Having embellished heaven.***

The Lord and Master of Angels \* and the Creator of ages \* you procreated, O Virgin. \* Pray Him intently to make us \* your humble servants the comrades \* of those who are on His right hand. [SD]

**Lauds. Mode pl. 1.**

Let everything that breathes praise the Lord. Praise the Lord from the heavens, praise Him in the highest. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, all you His angels; praise Him, all you His hosts. It is fitting to sing a hymn to You, O God. [SAAS]

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

For He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds.

Kings of the earth and all peoples, princes and all judges of the earth.

Young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people.

A hymn for all His saints, for the children of Israel, a people who draw near to Him.

Sing to the Lord a new song, His praise in the assembly of His holy ones.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Let them praise His name with dance; with tambourine and harp let them sing to Him.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds.

The high praise of God shall be in their mouth and a two-edged sword in their hand.

To deal retribution to the nations, reproof among the peoples.

To shackle their kings with chains and their nobles with fetters of iron.

From Octoechos - - -

**Resurrectional Stichera.**

**Sticheron 1. Mode pl. 1.**

*To fulfill among them the written judgment: this glory have all His holy ones.* [SAAS]

Lord, although the tomb had been sealed by the transgressors of the law, You came forth from the sepulcher, just as You were born from the Theotokos. Your bodiless Angels did not know how You became incarnate; nor did the soldiers who guarded You perceive when You resurrected. For both have been sealed to those who would inquire, but the miracles have been revealed to those who faithfully worship the mystery. As we extol it, restore to us exultant joy and Your great mercy. [SD]

**Sticheron 2. Mode pl. 1.**

*Praise God in His saints; praise Him in the firmament of His power.* [SAAS]

Lord, after You smashed the eternal bars and broke the bonds, You rose from the tomb and left the grave clothes behind as evidence that truly You had been buried for three days. And You proceeded to Galilee, You who were in custody in a rock-hewn tomb. Great is Your mercy, incomprehensible Savior! Have mercy on us. [SD]

**Sticheron 3. Mode pl. 1.**

*Praise Him for His mighty acts; praise Him according to the abundance of His greatness.* [SAAS]

Lord, the women ran to the sepulcher to see You, the Christ, who had suffered for us. When they came, they found an Angel sitting on the stone that from fear had rolled away. The Angel called out to them, saying, "The Lord has risen. Tell the Disciples that resurrected from the dead is He who saves our souls." [SD]

**Sticheron 4. Mode pl. 1.**

*Praise Him with the sound of trumpet; praise Him with the harp and lyre.* [SAAS]

Lord, even as You came out of the sepulcher, though it was sealed shut, likewise You entered where Your Disciples were, the doors being also shut. You showed them the injuries sustained by Your body, which with long-suffering You accepted, Savior. As the progeny of David, You endured the wounds; as the Son of God, You freed the world. Great is Your mercy, incomprehensible Savior! Have mercy on us. [SD]

**Sticheron 5. Mode pl. 1.**

*Praise Him with timbrel and dance; praise Him with strings and flute.* [SAAS]

Lord, You are the King of the ages and the Maker of all things. For us You accepted bodily crucifixion and burial, so that You might free us all from Hades. You are our God; we know no other except for You. [SD]

**Sticheron 6. Mode pl. 1.**

*Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord.* [SAAS]

Lord, who can recount Your dazzling miracles, or who can relate Your awesome mysteries? For as You so willed, You became a human being for us, and thereby manifested the might of Your power. With Your cross, for the Robber You opened Paradise, and by Your burial You shattered the bars of Hades, and by Your resurrection You enriched the universe. O Compassionate, glory to You! [SD]

**Sticheron 7. Mode pl. 1.**

*Arise, O Lord my God, let Your hand be lifted high, and do not forget Your poor to the end.* [SAAS]

The myrrh-bearing women arrived at Your sepulcher very early in the morning, seeking to anoint You, the immortal Word and God. And being urged by the Angel's words that rang in their ears, they returned with joy, to inform the Apostles openly that You the life of all had resurrected, and that You grant expiation to the world and great mercy. [SD]



**Sticheron 8. Mode pl. 1.**

*I will give thanks to You, O Lord, with my whole heart; I will tell of all Your wondrous things.*

[SAAS]

The men who guarded the sepulcher that had received God said to the Judeans, "Oh the folly of your counsel! You attempted to guard Him who is uncircumscribed, but you labored in vain. You wanted to hide the resurrection of the One who was crucified, but instead you made it widely known. Oh the folly of your Sanhedrin! Why do you again take counsel to conceal what cannot be hid? Listen, instead, to us, and be willing to believe the truth of what occurred. An Angel, who appeared like lightning, descended from heaven and rolled the stone away. For fear of him, we became like dead men. And he addressed himself to the mighty-minded Myrrh-bearing women and said to them, 'Do you not see that the guards are mortified, and that the seals are broken, and that Hades is emptied? Why do you seek as though He were dead the very One who has abolished Hades' victory and who has shattered the sting of death? Go quickly and annunciate the Resurrection to the Apostles, and fearlessly cry aloud: Truly the Lord is risen, He who possesses great mercy.'"

[SD]

From Octoechos - - -

Glory. **Mode 3.**

**The Third Eothinon.**

When Mary Magdalene announced the good news of the Savior's resurrection from the dead and His appearance, the Disciples would not believe. So they were upbraided for their hardness of heart. But once they were fully equipped with the signs and miracles,

they were sent out to preach. So then You, O Lord, were taken up to Your Father, the Source of Light; and they went and preached the word everywhere, and were confirmed by the miracles. Therefore we, who have been enlightened by them, glorify Your resurrection from the dead, O Lord who loves humanity.

[SD]

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You!

[SD]

**Great Doxology**

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. [SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, 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 hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen.

Let Your mercy be on us, O Lord, as we have set our hope on You.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Blessed are You, O Lord. Teach me Your statutes.

Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You.

Lord, I have fled to You. 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.

Continue Your mercy to those who know You.

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.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

*After the Doxology, sing the following Resurrectional Troparion.*

**Mode pl. 4.** (or the Mode of the week)

When You rose from the sepulcher and broke the bonds of Hades, You repealed the sentence of death, O Lord, and delivered all from the snares of the enemy. And when You showed yourself to Your Apostles, You sent them out to preach, and through them You granted peace to the whole world, O only very merciful One. [SD]

*Or, according to common practice:*

**Mode 4.** (or the Mode of the week)

Today has salvation come to pass in the world. Let us sing to Him who resurrected from the tomb and is the Author of our life. For, destroying death by death, He gave us the victory and the great mercy. [SD]