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# The Service of Matins

**for Wednesday, March 13, 2019**

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

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

**Menaion - March 13  
Memory of the Translation of the Relic St. Nikephoros of  
Constantinople**

**Texts in Greek and English**

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

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**Τριώδιον**

Ἦχος πλ. δ'. Τῇ Τετάρτῃ Πρωΐ

Τῇ Τετάρτῃ Α' Ἑβδομάδος εἰς τὸν Ὅρθρον.

**Μηναῖον - ΤΗΙ ΙΓ' ΜΑΡΤΙΟΥ**

Μνήμη τῆς Ἀνακομιδῆς τοῦ  
Λειψάνου τοῦ Ἁγίου Νικηφόρου  
Κωνσταντινουπόλεως

**ΟΡΘΡΟΣ**

**ΧΟΡΟΣ**

**Ἦχος πλ. δ'.**

**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 Ὁρολογίου - - -

**Ὑμνοι Τριαδικοί**

**Ἦχος πλ. δ'.**

Ὁρᾶν σε μὴ τολμῶντα τὰ Χερουβεῖμ,  
ἱπτάμενα κραυγάζει ἀλαλαγμῶ, τὸ ἔνθεον  
μέλος τῆς Τρισαγίας φωνῆς, μεθ' ὧν καὶ  
ἡμεῖς βοῶμεν οἱ ἁμαρτωλοί· Ἅγιος, Ἅγιος,  
Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Δυνάμει τοῦ Σταυροῦ  
σου σῶσον ἡμᾶς.

**Triodion**

Mode pl. 4. On Wednesday Morning

On Wednesday of the First Week at  
Matins

**Menaion - March 13**

Memory of the Translation of the Relic St.  
Nikephoros of Constantinople

**MATINS**

**CHOIR**

**Mode pl. 4.**

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

**Triadic Hymns**

**Mode pl. 4.**

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

[SD]

Δόξα.

Εἰς οὐρανὸν τὰς καρδίας ἔχοντες,  
 Ἀγγελικὴν μιμησώμεθα τάξιν, καὶ ἐν φόβῳ  
 τῷ ἀδεκάστῳ προσπέσωμεν, ἐπινίκιον  
 ἀνακράζοντες αἶνον· Ἅγιος, Ἅγιος, Ἅγιος εἶ  
 ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀγίων σῶσον  
 ἡμᾶς.

Καὶ νῦν.

Κατακαμπτόμενοι τῷ πλήθει, τῶν  
 πταισμάτων ἡμῶν, καὶ μὴ τολμῶντες  
 ἀτενίσαι τῷ ὕψει σου, τὴν ψυχὴν σὺν τῷ  
 σώματι κλίναντες, μετὰ Ἀγγέλων τὸν  
 ὕμνον βοῶμέν σοι· Ἅγιος, Ἅγιος, Ἅγιος εἶ  
 ὁ Θεὸς ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον  
 ἡμᾶς.

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

Τοῦ Τριωδίου ---  
**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Κάθισμα Α'. Σταυρώσιμα.**

**Ἦχος πλ. δ'.**

Βλέπων ὁ Ληστής τὸν ἀρχηγὸν τῆς  
 ζωῆς, ἐπὶ Σταυροῦ κρεμάμενον, ἔλεγεν·  
 Εἰ μὴ Θεὸς ὑπῆρχε σαρκωθείς, ὁ σὺν  
 ἡμῖν σταυρωθείς, οὐκ ἂν ὁ ἥλιος τὰς  
 ἀκτῖνας ἐναπέκρουσεν, οὐδὲ ἡ γῆ σειομένη  
 ἐκυμαίνετο. Ἀλλ' ὁ πάντων ἀνεχόμενος·  
 Μνήσθητί μου Κύριε, ἐν τῇ Βασιλείᾳ σου.

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

**Ἦχος πλ. δ'.**

Ἐν μέσῳ δύο Ληστῶν, ζυγὸς  
 δικαιοσύνης, εὐρέθη ὁ Σταυρός σου, τοῦ  
 μὲν καταγομένου εἰς ἄδην, τῷ βάρει  
 τῆς βλασφημίας, τοῦ δὲ κουφιζομένου

Glory.

With hearts in heaven, let us emulate  
 the Angels, and in fear let us bow before the  
 impartial Judge, as we shout the triumphal  
 praise: Holy, holy, holy are You, O God. By  
 the intercessions of the Saints save us. [SD]

Both now.

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

*The appointed Kathisma of the Psalter may be read,  
 i.e. Kathisma 19. There is no litany, but immediately the  
 following:*

From Triodion ---  
**CHOIR**

**Kathisma I.**

**Kathisma I. For the Cross.**

**Mode pl. 4.**

When the Robber saw the Author of life  
 hanging on the Cross, he said, "If He who is  
 crucified with us were not God incarnate, the  
 sun would not have hid its rays, nor would  
 the earth have quaked and trembled. I pray  
 You who endure everything, remember me, O  
 Lord, in Your Kingdom." [SD]

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

**Mode pl. 4.**

Between the two robbers, Your Cross  
 was a balance of justice. One was weighed  
 down to hell by the weight of his blasphemy,  
 the other floated up from his sins to the

πταισμάτων, πρὸς γνῶσιν θεολογίας,  
Χριστὲ ὁ Θεός, δόξα σοι.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος πλ. δ'.** *Τὴν Σοφίαν καὶ Λόγον.*

Τὸν Ἀμνὸν καὶ Ποιμένα, καὶ Λυτρωτὴν,  
ἢ Ἀμνάς θεωροῦσα, ἐν τῷ Σταυρῷ, ὠλόλυξε  
δακρύνουσα, καὶ πικρῶς ἀνεκραύγαζεν·  
Ὁ μὲν κόσμος ἀγάλλεται, δεχόμενος τὴν  
λύτρωσιν, τὰ δὲ σπλάγχνα μου φλέγονται,  
ὁρώσης σου τὴν σταύρωσιν, ἣν περ  
ὑπομένεις, διὰ σπλάγχνα ἐλέους, Θεὲ  
ὑπεράγαθε, ἀνεξίκακε Κύριε· ἡ πιστῶς  
ἐκβοήσωμεν· Σπλαγχνίσθητι Παρθένε ἐφ'  
ἡμᾶς, καὶ πταισμάτων δώρησαι τὴν ἄφεσιν,  
τοῖς προσκυνοῦσιν ἐν πίστει, αὐτοῦ τὰ  
παθήματα.

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 11. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

### 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,

knowledge of theology. O Christ God, glory  
to You. [SD]

Glory. Both now. **Stavrotheotokion.**

**Mode pl. 4.** *By conceiving the wisdom.*

When the Ewe-lamb beheld hanging on  
the Cross \* the Redeemer and Shepherd and  
Lamb of God, \* she wept and she wailed with  
grief, \* and she bitterly cried aloud, \* "Now  
the world is receiving its redemption, and it  
leaps for joy; \* whereas I see You crucified,  
and my heart burns inside of me. \* In your  
tender mercy You endure crucifixion, \* O  
God most benevolent, and long-suffering  
Lord of all." Now with faith we pray to her,  
\* "O Virgin, show compassion to us, \* and  
forgiveness of offences grant to us \* who with  
faith duly honor your Son's holy suffering." [SD]

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 11. 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

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

(Ἀμήν.)

# ΧΟΡΟΣ

Τοῦ Τριωδίου ---

## Κάθισμα Β'. Τοῦ Τριωδίου.

### Ἦχος β'. Ὁ εὐσχήμων Ἰωσήφ.

Ὁ τοῖς πάθεσι τοῖς σοῖς, πᾶσιν  
ἀπάθειαν διδούς, Φιλάνθρωπε τὰ πάθη,  
τῆς σαρκός μου νεκρώσας τῷ σῷ Σταυρῷ,  
τὸ θεῖον καταξίωσον Πάθος ἰδεῖν, διὰ  
νηστείας εὐαρεστοῦντα τῇ δόξῃ σου, ἵνα  
λάβω πλουσίως τὸ μέγα ἔλεος.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

### Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.

Ἡ Παρθένος καὶ Μήτηρ σου Χριστέ,  
ἐπὶ ξύλου ὀρῶσά σε, νεκρὸν ἠπλωμένον,  
κλαίουσα πικρῶς· Υἱέ μου ἔλεγε, τί τὸ  
φοβερὸν τοῦτο, ὁ πᾶσι δωρούμενος  
ζωὴν τὴν αἰώνιον μυστήριον, ἐκουσίως  
ἐν Σταυρῷ πῶς θνήσκεις, θάνατον  
ἐπονείδιστον.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἥτοι Κάθισμα 12. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

# 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.

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

(Amen.)

# CHOIR

From Triodion ---

## Kathisma II. From the Triodion.

### Mode 2. (not metered)

Through your Passion, loving Lord, / you  
have given all men freedom from passions, /  
putting to death the passions of my flesh by  
your Cross. / Count me worthy, then, to see  
your divine Passion: / that having been well-  
pleasing to your glory in the fast, // I may  
receive your great and abundant mercy! [OCA]

Glory. Both now. **Stavrotheotokion.**

### Mode 2. (not metered)

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

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 12. It would be followed by the short litany.*

# PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Σοί, Κύριε.)

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

(Ἀμήν.)

**ΧΟΡΟΣ**

Τοῦ Τριωδίου ---

**Κάθισμα Γ'. Τοῦ Τριωδίου.**

**Ἦχος β'. Τὸν ζωοποιὸν Σταυρόν.**

Τὸν φωτοποιὸν καιρόν, ὃν νῦν  
ἀφιέρωσας, καὶ ἐδωρήσω ἡμῖν, τῆς  
ἐγκρατείας Κύριε, σὺ ἀξίωσον ἡμᾶς,  
ἐν κατανύξει πάντας, εἰλικρινῶς  
περαιώσασθαι, εἰρηνεύοντας τοῦ Σταυροῦ  
τῇ Ἰσχύϊ, μόνε Φιλάνθρωπε.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.**

Τῷ τιμίῳ Σταυρῷ τοῦ Υἱοῦ σου,  
φυλαττόμενοι Δέσποινα ἀγνή Θεοτόκε,  
πᾶσαν προσβολὴν τοῦ πολεμήτορος,  
ἅπαντες ῥαδίως ἐκτρεπόμεθα· διό σε κατὰ  
χρέος μακαρίζομεν, ὡς Μητέρα τοῦ φωτός,  
καὶ μόνην ἐλπίδα τῶν ψυχῶν ἡμῶν.

**ΑΝΑΓΝΩΣΤΗΣ**

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

**Ψαλμὸς Ν' (50).**

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός  
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον  
πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ  
τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν  
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία  
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ  
μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν  
σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς

(To You, O Lord.)

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

(Amen.)

**CHOIR**

From Triodion ---

**Kathisma III. From the Triodion.**

**Mode 2. (not metered)**

Lord, you have consecrated and given us  
this light-giving season of abstinence, / enable  
us all to pass through it in compunction and  
sincerity, / living in peace by the power of the  
Cross, // only Lover of mankind! [OCA]

Glory. Both now. **Stavrotheotokion.**

**Mode 2. (not metered)**

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

**READER**

Lord, have mercy. (3)

Glory. Both now.

**Psalms 50 (51).**

Have mercy on me, O God, according  
to Your great mercy; and according to the  
abundance of Your compassion, blot out my  
transgression. Wash me thoroughly from my  
lawlessness and cleanse me from my sin. For  
I know my lawlessness, and my sin is always  
before me. Against You only have I sinned  
and done evil in Your sight; that You may be  
justified in Your words, and overcome when



λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Απόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἅν· ὁλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·

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

### PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the



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, μόνε πολυέλεε  
Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
δεομένων σου καὶ ἐλέησον ἡμᾶς.

#### ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

#### ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία  
τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ  
εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ

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.

#### 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

καὶ ζωοποιῶ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Μηναίου ---

**ΧΟΡΟΣ**

**Ὡδὴ α΄. Ἦχος β΄. Ὁ Εἰσμός.**

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

Δεῦτε λαοί, ἄσωμεν ἄσμα Χριστῷ  
τῷ Θεῷ, τῷ διελόντι θάλασσαν, καὶ  
ὀδηγήσαντι, τὸν λαὸν ὃν ἀνῆκε, δουλείας  
Αἰγυπτίων, ὅτι δεδόξασται.

**Τροπάρια.**

Ἀμαρτιῶν, τάφῳ δεινῷ συσχεθέντα με,  
τῇ ἀθανάτῳ νεύσει σου καὶ τῇ εὐσπλαγχνῶν  
σου, ἀναστήσας παλάμη, ζώωσον ὡς  
οἰκτίρμον, καὶ πολέλεος.

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

Τὰς γενικάς, τῶν ἀρετῶν τελειότητας,  
τετραμερῶς κτησάμενος, καὶ ὡς ἐν ἄρματι,  
ἐπιβὰς Θεοφόρε, εἰς νύσσαν θεωρίας, ἤρθης  
ἐκ πράξεως.

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

Σὺ τῆς ζωῆς, τῆς ἀκηράτου δεξάμενος,  
ἐκ τοῦ κρατήρος Ὅσιε, τὸ θεῖον ἔπιες, καὶ  
νηφάλιον πόμα· διὸ καὶ τῆς σοφίας, δοχεῖον  
γέγονας.

Δόξα.

Ἀπελαθείς, θρόνου καὶ δόξης καὶ  
ποιμνης σου, χειρὶ βιαία Ὅσιε, τῶν τῆς

all-holy, good and life-giving Spirit, now and  
forever and to the ages of ages.

(Amen.)

From Menaion ---

**CHOIR**

**Ode i. Mode 2. Heirmos.**

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

Peoples, now come \* and let us sing a  
song to Christ our God, \* who by His prophet  
split the sea and through it led across \* His  
people and possession, out of Egyptian  
bondage, \* for He was glorified. [SD]

**Troparia.**

Being held in the terrible grave of sins,  
raise me up by your immortal disposition and  
your compassionate hand, and make me live  
as compassionate and very merciful. [VPA]

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

Having acquired the four-part  
completeness belonging to the virtues and,  
as though having climbed in a chariot, you  
went from deeds to the winning post of divine  
vision. [VPA]

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

When you took up the pure life,  
Venerable one, you drank the divine and  
unmixed drink from the cup. Therefore, you  
also became a vessel of wisdom. [VPA]

Glory.

Having been driven away from your  
cathedra, glory, and flock by violent hands

αίρέσεως, θυμοφθόρων θηρίων, νυνὶ πρὸς  
τὴν οἰκεῖαν, μάνδραν εἰσήλασας.

Καὶ νῦν. **Θεοτοκίον.**

Τὸν τοῦ Πατρὸς, Λόγον τῷ λόγῳ  
συνείληφας, καὶ ὑπὲρ λόγον τέτοκας,  
καὶ μετὰ κύησιν, ὑπὲρ φύσιν καὶ λόγον,  
Παρθένος ὡς πρὸ τόκου, πάλιν διέμεινας.

Τοῦ Μηναίου - - -

**Ωιδὴ γ'. Ἦχος β'. Ὁ Εἰμός.**

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

Στερέωσον ἡμᾶς ἐν σοὶ Κύριε, ὁ ξύλῳ  
νεκρώσας τὴν ἁμαρτίαν, καὶ τὸν φόβον  
σου ἐμφύτευσον, εἰς τὰς καρδίας ἡμῶν τῶν  
ὑμνούντων σε.

**Τροπάρια.**

Τῷ ὄπλῳ τοῦ Σταυροῦ θωρακισάμενος,  
τὸ θεῖον ἐκτύπωμα τοῦ Σωτῆρος,  
περιγράφων προσεκύνεις εὐσεβῶς,  
πατρικοῖς ἐφεπόμενος θεσπίσμασιν.

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

Τῷ ὄπλῳ τοῦ Σταυροῦ θωρακισάμενος,  
τὸ θεῖον ἐκτύπωμα τοῦ Σωτῆρος,  
περιγράφων προσεκύνεις εὐσεβῶς,  
πατρικοῖς ἐφεπόμενος θεσπίσμασιν.

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

Ἡ ποίμνη τὸν ποιμένα σε ποθήσασα,  
τὸν ταύτης κατ' ὄνομα συγκαλοῦντα, καὶ

of the soul-destroying beasts of heresy,  
Venerable one, you now entered into the fold  
suitable to you. [VPA]

Both now. **Theotokion.**

By a word you conceived the Word of  
the Father and bore him in a manner beyond  
words, and after birth, beyond nature and  
reason, you still remained a virgin as before  
birth. [VPA]

From Menaion - - -

**Ode iii. Mode 2. Heirmos.**

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

Establish us in You, Lord, we pray to You,  
\* who mortified sin by Your crucifixion, \*  
and implant in us the fear of You \* within the  
hearts of Your servants who sing Your praise.

[SD]

**Troparia.**

Having the weapon of the Cross as a  
breastplate, and outlining the divine imprint  
of the Savior, you piously venerated it,  
following the patristic teachings. [VPA]

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

Having the weapon of the Cross as a  
breastplate, and outlining the divine imprint  
of the Savior, you piously venerated it,  
following the patristic teachings. [VPA]

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

The flock, yearning for you, the shepherd,  
runs to you who calls them by name and

τοὺς λύκους ἐκδιώκοντα, τῇ τῆς πίστεως  
ῥάβδῳ σοὶ προστρέχει Σοφέ.

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

Ὡς πάλαι Ἰωσήφ τοῦ θείου σώφρονος,  
τὸ σῶμα ὁ Ἰσραὴλ συγκομίζει· οὕτω νῦν  
ἡ Ἐκκλησία Χριστοῦ, τὴν σορὸν τῶν  
λειψάνων σου σεβάζεται.

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

### **Θεοτοκίον.**

Ναὸς καὶ ἱερόν κατοικητήριον,  
τοῦ Λόγου ὑπάρχουσα Θεοτόκε, τῶν  
πταισμάτων ἱλαστήριον, Παναγία γενοῦ  
μοι Θεονύμφευτε.

(διαβαστά)

### **Στίχοι Ἐνδιάμεσοι Τρίτης Ὠδῆς.**

Τόξον δυνατῶν ἡσθένησε, καὶ οἱ  
ἀσθενοῦντες περιεζώσαντο δύναμιν.

Πλήρεις ἄρτων ἡλαττώθησαν, καὶ οἱ  
πεινῶντες παρήκαν γῆν, ὅτι στεῖρα ἔτεκεν  
ἐπτά, καὶ ἡ πολλὴ ἐν τέκνοις ἡσθένησε.

Κύριος θανατοῖ καὶ ζωογονεῖ, κατάγει  
εἰς ᾄδου καὶ ἀνάγει.

Κύριος πτωχίζει καὶ πλουτίζει, ταπεινοῖ  
καὶ ἀνυψοῖ.

Ἀνιστᾷ ἀπὸ γῆς πέννητα, καὶ ἀπὸ  
κοπρίας ἐγείρει πτωχόν, τοῦ καθίσαι αὐτὸν  
μετὰ δυναστῶν λαοῦ, καὶ θρόνον δόξης  
κατακληρονομῶν αὐτοῖς.

(ἐμμελῶς)

drives away the wolves with the rod of faith,  
O wise one. [VPA]

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

As of old Israel carried the body of the  
divine and chaste Joseph, so now the Church  
of Christ honors the bier of your relics. [VPA]

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

### **Theotokion.**

Being a temple and holy dwelling of  
the Logos, O Theotokos, become for me  
propitiation for my errors, O bride of God. [VPA]

(read)

### **Intermediate Verses of Ode Three.**

He weakened the bow of mighty men,  
and those who are weak are girded with  
strength. [SAAS]

Those who were full of bread were made  
empty, and the hungry have forsaken the  
land. The barren woman has borne seven,  
and she who has many children has become  
feeble.

The Lord kills and makes alive; He brings  
down to Hades and raises up.

The Lord makes poor and rich; He brings  
low and lifts up.

He raises the poor from the earth. He lifts  
the needy from the dung heap, to set them  
among princely people and make them inherit  
a throne of glory. [SAAS]

(sung)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ γ'. Ἦχος β'. Ἐξήνηθησεν ἡ ἔρημος.**

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

Σταυρώσωμεν τὰ μέλη δι' ἐγκρατείας, νήψωμεν εἰς προσευχὰς ὡς γέγραπται, καὶ κατ' ἵχνος πολιτευσώμεθα, τοῦ παθόντος, καὶ πάθη ἐκθανατώσαντος.

**Στίχ.** Κύριος ἀσθενῇ ποιήσει τὸν ἀντίδικον αὐτοῦ, Κύριος ἅγιος.

Ἐμέσαντες τὴν ἔμπικρον, ἁμαρτίαν σπεύσωμεν, τῷ τὴν χολὴν θελήματι, γευσαμένῳ εὐαρεστῆσαι Χριστῷ, τῷ Σταυρῷ καθελόντι τὸν ἀρχέκακον.

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

Συνήθειαν λαβοῦσα, ἡ ἁμαρτία ἔλκει με, εἰς παντελῇ ἀπώλειαν, ἀλλὰ σύ με ἐκ ταύτης λύτρωσαι, τῷ Σταυρῷ σου οἰκτίρμον πολυέλεε.

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

**Θεοτοκίον.**

Δεσπόζουσα ἀπάντων, τῶν ποιημάτων Δέσποινα, ὡς τὸν Δεσπότην τέξασα, τῆς δουλείας με ἐλευθέρωσον, τοῦ δολίου καὶ μόνου πολεμήτορος.

From Triodion ---

**Canon 1 from the Triodion.**

**Ode iii. Mode 2. N/M (The wilderness.)**

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

Let us crucify our members through abstinence; / and as it is written, let us be vigilant in prayer, / living after the example of him who suffered; / by his Passion, putting to death the passions. [OCA]

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

Rejecting the bitter food of sin, / let us seek to please Christ, / who of his own will tasted gall / and by the Cross cast down the author of evil. [OCA]

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

Sin has become a habit for me, / and it drags me down to complete perdition. / But by your Cross deliver me from my sinfulness, / compassionate Lord of many mercies! [OCA]

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

[SAAS]

**Theotokion.**

Lady who bore the Master, / Queen of all creation, / set me free from bondage to the deceitful enemy! [OCA]



**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ γ'. Ἦχος β'.**

*Στερέωσον ἡμᾶς ἐν σοὶ Κύριε.*

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

Τὸ ξύλον τοῦ Σταυροῦ τὴν ἐγκράτειαν, τῷ Κόσμῳ ἐξήνθησεν, ἦν ἐκ πόθου, ἀσπασάμενοι τρυφήσωμεν, παγκαρπίαν τῶν θείων ἐντολῶν τοῦ Χριστοῦ.

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

Ἐγκράτειαν παθῶν καὶ νῦν φέροντες, τὴν σάρκα σταυρώσωμεν τῷ Κυρίῳ, καὶ νεκρόν, αὐτῆς τὸ φρονημα, ἀποδείξωμεν πάντες τῇ ἐνθέῳ ζωῇ.

Δόξα. **Τριαδικόν.**

Τὰ τρία τῆς μιᾶς μορφῆς πρόσωπα, δοξάζω Πατέρα Υἱὸν καὶ Πνεῦμα, ἐν τῷ κράτος τῆς Θεότητος, βασιλείαν ἀπάντων, καὶ λαμπρότητα.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ Τόκος σου Ἀγνή φρικτὸς πέφυκε· Θεὸς γὰρ ὑπάρχει ἐνανθρωπήσας, ὁ ἀνάρχος ἐκ Πατρὸς γεννηθεὶς, καὶ ἐκ σοῦ ἐπ' ἐσχάτων πλήν ἀνδρὸς κυηθεὶς.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τὴν Σταύρωσιν ὑμῶν καὶ τὴν λόγχευσιν, τῆς θείας Πλευρᾶς σου, ἐξ ἧς τὸ πόμα, τὸ ἀθάνατον ἀρύομαι, καθ' ἐκάστην Χριστέ, καὶ ἀγιάζομαι.

**Ὁ Εἰμός. Ἦχος β'.**

Στερέωσον ἡμᾶς ἐν σοὶ Κύριε, ὁ ξύλω νεκρώσας τὴν ἁμαρτίαν, καὶ τὸν φόβον

**Canon 2 from the Triodion.**

**Ode iii. Mode 2. N/M (Establish us in You.)**

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

[SAAS]

From the tree of the Cross/the flower of abstinence grows for all the world./ Then let us accept the fast with love,/ and take pleasure in the fruit of Christ's divine commandments. [OCA]

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

Abstaining from the passions,/let us crucify our flesh for the sake of the Lord:/ by our life in Christ,/let us all show that the pride of the flesh is dead. [OCA]

Glory. **For the Trinity.**

I glorify three persons in one nature,/ Father, Son and Spirit,/the one power of the Godhead,/one kingdom over all and one brightness! [OCA]

Both now. **Theotokion.**

Your childbearing, pure Lady, fills our hearts with fear,/for it is God who has become man,/beyond time, begotten from the Father,/and in the last days brought forth by you through a virgin birth. [OCA]

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

I praise your crucifixion, O Christ,/and the piercing of your divine side,/from which each day I draw an immortal drink/and am sanctified. [OCA]

**Heirmos Mode 2.**

Establish us in Yourself, O Lord;/the wood of the Cross put sin to death,/and



σου ἐμφύτευσον, εἰς τὰς καρδίας ἡμῶν τῶν  
ὕμνουόντων σε.

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

(Ἀμήν.)

### ΧΟΡΟΣ

#### Κάθισμα.

Τοῦ Μηναίου - -

**Ἦχος γ'. Θείας πίστεως.**

Νίκαις ἔσπεψας τὴν Ἐκκλησίαν,  
πλάνην ἔτρεψας κακοδοξίας, Νικηφόρος  
φερωνύμως γενόμενος, καὶ ἀγιάζεις τοῦ  
κόσμου τὰ πέρατα, συγκομιδῇ τοῦ ἁγίου  
Λειψάνου σου, Πάτερ Ὅσιε, Χριστὸν τὸν  
Θεὸν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα  
ἔλεος.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος γ'. Θείας πίστεως.**

Ἡ ἀμίαντος Ἀμνὰς τοῦ Λόγου, ἡ  
ἀκήρατος Παρθενομήτωρ, ἐν τῷ Σταυρῷ  
θεασαμένη κρεμᾶμενον, τὸν ἐξ αὐτῆς

implanted the fear of You in our hearts/as we  
sing praises to You. [OCA]

### DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

### PRIEST

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

(Amen.)

### CHOIR

#### Kathisma.

From Menaion - -

**Mode 3. N/M (Your confession.)**

You crowned the Church with victories,  
having turned away the deceit of false  
doctrine, O Nikephoros who fittingly bore  
your name, and you sanctify the ends of the  
world through the gathering of your holy  
relics, venerable father. Entreat Christ God  
that great mercy be granted unto us. [VPA]

Glory. Both now. **Stavrotheotokion.**

**Mode 3. Your confession.**

When the undefiled Ewe of the Logos, \*  
the immaculate Mother and Virgin, \* watched  
as her Son who was born without labor from

ἀνωδίνως βλαστήσαντα, μητροπρεπῶς  
θρηνηδοῦσα ἐκραύγαζεν· Οἶμοι τέκνον μου!  
πῶς πάσχεις θέλων ῥύσασθαι, παθῶν τῆς  
ἀτιμίας τὸν ἄνθρωπον!

Τοῦ Μηναίου - - -

**Ωιδὴ δ'. Ἦχος β'. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Εἰσακήκοα Κύριε, τὴν ἀκοὴν τῆς  
σῆς οἰκονομίας, καὶ ἐδόξασά σε μόνε  
φιλάνθρωπε.

**Τροπάρια.**

Κιβωτὸς ἀγιάσματος, ἐξ ἧς πηγὴν  
ἰάσεων ἀντλοῦμεν, ἡ σορὸς σου γέγονε τοῖς  
τιμῶσί σε.

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

Κιβωτὸς ἀγιάσματος, ἐξ ἧς πηγὴν  
ἰάσεων ἀντλοῦμεν, ἡ σορὸς σου γέγονε τοῖς  
τιμῶσί σε.

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

Τὰς αἰρέσεις ἐδίωξας, καὶ τὴν τῆς  
ποιμνῆς μάνδραν ἡσφαλίσω, διδαχαῖς  
ἐνθέοις περιφραζάμενος.

Δόξα.

Κατὰ χρέος τιμῶμέν σου, τὴν τῶν  
Λειψάνων Μάκαρ μυροθήκην, ὡς ζωῆς  
πηγάζουσιν, εὐωδία πιστοῖς.

Καὶ νῦν. **Θεοτοκίον.**

Νοητὸν σε Παράδεισον, τῆς ζωῆς τὸ  
ξύλον δεξαμένην, ἐν γαστρὶ Παρθένε  
Χριστὸν δοξάζομεν.

her \* was at His Passion mistreated and  
crucified, \* she as a mother lamented and  
cried aloud, \* "Alas! My Child, how is it that  
You suffer now? \* To rescue from the sinful  
passions all mankind." [SD]

From Menaion - - -

**Ode iv. Mode 2. Heirmos.**

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

I have heard the report, O Lord, \* of your  
eternal plan for our salvation, \* and I glorified  
You, the only Friend of man. [SD]

**Troparia.**

For those who honor you, your bier  
becomes an ark of sanctification from which  
we draw a spring of healings. [VPA]

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

For those who honor you, your bier  
becomes an ark of sanctification from which  
we draw a spring of healings. [VPA]

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

You drove away heresies and secured  
the fold of your flock, fenced around by god-  
inspired teachings. [VPA]

Glory.

We honor, as is worthy, the myrrh-chest  
of your relics, blessed one, as it springs forth  
the aroma of life for the faithful. [VPA]

Both now. **Theotokion.**

We glorify you, noetic paradise who  
received in your womb the tree of life, O  
Virgin. [VPA]

Τοῦ Μηναίου ---

**Ὡδὴ ε΄. Ἦχος β΄. Ὁ Εἰρμός.**

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

Ὁ τοῦ φωτὸς χορηγός, καὶ τῶν αἰώνων ποιητὴς Κύριος, ἐν τῷ φωτὶ τῶν προσταγμάτων, ὁδήγησον ἡμᾶς· ἐκτός σου γὰρ ἄλλον, Θεὸν οὐ γινώσκουμεν.

**Τροπάρια.**

Ἐχθροὶ αἰσχύνονται νῦν, αἰρεσιάρχαι σὺν αὐτοῖς μαίνονται, τὴν σὴν σορὸν ὀρῶντες θεόφρον, πιστῶς τιμωμένην, ὑπὸ βασιλέως καὶ πάσης τῆς ποιμένης σου.

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

Ἐχθροὶ αἰσχύνονται νῦν, αἰρεσιάρχαι σὺν αὐτοῖς μαίνονται, τὴν σὴν σορὸν ὀρῶντες θεόφρον, πιστῶς τιμωμένην, ὑπὸ βασιλέως καὶ πάσης τῆς ποιμένης σου.

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

Ἡ ἱερά σου σορός, τὰ τῶν δαιμόνων πονηρὰ πνεύματα, ὡς φοβερὰ μάστιξ ἐκδιώκει, καὶ νίκην κατ' αὐτῶν, Νικηφόρε δόξης, θεόθεν κομίζεται.

Δόξα.

Τοῦ συνειδότος ἐν σοί, τὸ χωνευτήριον πυρὶ Πνεύματος, ἀναφλεχθέν, ὡς χρυσὸν τῇ πίστει, σὲ ἔδειξε λαμπρόν, τῶν αἰρετιζόντων, ἐλέγχον τὸ κίβδηλον.

Καὶ νῦν. **Θεοτοκίον.**

Ὁραιοθεῖσα Σεμνή, τῇ ἐπελεύσει τοῦ σεπτοῦ Πνεύματος, Θεὸν μαζοῖς θηλάζεις,

From Menaion ---

**Ode v. Mode 2. Heirmos.**

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

Lord, the provider of light, \* and the Creator of the ages, we pray \* that You will guide us in the light of Your all-holy commands. \* Except for You, we do not know any other God. [SD]

**Troparia.**

Enemies are ashamed now and the leaders of heresies are raging seeing your bier being faithfully honored by the king and your entire flock, godly-minded one. [VPA]

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

[SAAS]

Enemies are ashamed now and the leaders of heresies are raging seeing your bier being faithfully honored by the king and your entire flock, godly-minded one. [VPA]

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

Your holy bier drives away the evil spirits of demons like a fearsome whip and receives a victory of glory from God against them, O Nikephoros. [VPA]

Glory.

The furnace of your conscience being inflamed with the fire of the Spirit shows you as bright gold through faith, putting to shame the deceit of the heretics. [VPA]

Both now. **Theotokion.**

Having been beautified, august one, by the coming of the holy Spirit, you nurse God

καὶ τοῦτον συνέχεις ἀγκάλαις, τὸν πᾶσαν  
τὴν κτίσιν, παλάμαις συνέχοντα.

Τοῦ Μηναίου - - -

**Ὡιδὴ Γ'. Ἦχος β'. Ὁ Εἰμός.**

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

Ἐν ἀβύσσῳ πταισμάτων κυκλούμενος,  
τὴν ἀνεξιχνίαστον τῆς εὐσπλαγχνίας σου,  
ἐπικαλοῦμαι ἄβυσσον· Ἐκ φθορᾶς ὁ Θεός  
με ἀνάγαγε.

**Τροπάρια.**

Ὑπὲρ πίστεως πάθη ὑπέμεινας,  
ὑπὲρ τῆς Πατέρων σεπτῆς παραδόσεως,  
ὑπερορίας ἤνεγκας, δι' ὧν δόξαν ἐκτήσω  
ὑπέρτιμον.

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

Ὑπὲρ πίστεως πάθη ὑπέμεινας,  
ὑπὲρ τῆς Πατέρων σεπτῆς παραδόσεως,  
ὑπερορίας ἤνεγκας, δι' ὧν δόξαν ἐκτήσω  
ὑπέρτιμον.

**Στίχ.** Ὅσα ἠὲ ξάμην ἀποδώσω σοι εἰς  
σωτηρίαν μου τῷ Κυρίῳ.

Ἡ ἑδραία σου πίστις καὶ ἔνστασις, τὰς  
τῶν τυραννούντων ἀνοίας διέσεισε, στῦλος  
πυρὸς δὲ γέγονε, τῇ σεπτῇ Ἐκκλησίᾳ  
Μακάριε.

Δόξα.

Ὡς φαιδρὸς μαργαρίτας καὶ λίθους  
Σοφέ, ὑπερδιαυγεῖς τὴν σορὸν καὶ τὴν  
κόνιν σου, ἡ Ἐκκλησία φέρουσα, ὀρθοτόμῳ  
στεφάνῳ καλλύνεται.

Καὶ νῦν. **Θεοτοκίον.**

Τὸν ἀπόρρητον τρόπον τοῦ τόκου σου,  
γλῶσσαι γηγενῶν καὶ Ἀγγέλων γεραίρουνσι,

with your breasts and hold in your arms the  
one who holds all creation in his palms. [VPA]

From Menaion - - -

**Ode vi. Mode 2. Heirmos.**

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

In the sea now surrounded by all my sins,  
\* I invoke the sea of Your incomprehensible \*  
compassion and Your tender love. \* Raise me  
up from corruption, O God, I pray. [SD]

**Troparia.**

You suffered passions for the faith, for  
the holy tradition of the Fathers you endured  
exiles, through which you gained most  
honorable glory. [VPA]

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

You suffered passions for the faith, for  
the holy tradition of the Fathers you endured  
exiles, through which you gained most  
honorable glory. [VPA]

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

Your steadfast faith and opposition shook  
the folly of the tyrants and made you a fiery  
pillar for the holy church, blessed one. [VPA]

Glory.

The Church is adorned with a rightly-  
divided crown, bearing your most bier and  
dust as bright pearls and most translucent  
stones, wise one. [VPA]

Both now. **Theotokion.**

Tongues of mortals and angels praise  
the unutterable manner of your birth-giving,

τῶν ποιημάτων Δέσποινα, ὑπερτέραν σε πάντων δοξάζουσαι.

**Ὁ Εἰμός.**

Ἐν ἀβύσσῳ πταισμάτων κυκλούμενος, τὴν ἀνεξιχνίαστον τῆς εὐσπλαγχνίας σου, ἐπικαλοῦμαι ἄβυσσον· Ἐκ φθορᾶς ὁ Θεός με ἀνάγαγε.

**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**

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 πλ. δ'.**

Τῆς στενῆς καὶ τεθλιμμένης ὁδοῦ, ἀκλινεῖς ὁδοιπόροι γεγόνατε, ἅγιοι Μάρτυρες· τῶν γὰρ πειρασμῶν τὴν τρικυμίαν ὑπεμείνατε, καὶ τῶν ἀσωμάτων Λειτουργῶν τὴν πολιτείαν ἀνελάβετε, πέτρα ὑπομονῆς, καὶ θεμέλιοι εὐσεβείας

glorifying you, Lady, who are more excellent than all created things. [VPA]

**Heirmos.**

In the sea now surrounded by all my sins, \* I invoke the sea of Your incomprehensible \* compassion and Your tender love. \* Raise me up from corruption, O God, I pray. [SD]

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

**PRIEST**

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

(Amen.)

From Triodion ---

**READER**

**For the Martyrs. Mode pl. 4.**

O holy Martyrs, you became unwavering travelers on the narrow and hard way. For you endured the storm of temptations, and you adopted the way of life of the bodiless ministers. You proved to be the rock of patience and foundations of true belief.

ἀνεδείχθητε, πρεσβεύσατε Χριστῷ τῷ Θεῷ,  
ὕπὲρ τῶν ψυχῶν ἡμῶν.

**Συναξάριον.**

Τοῦ Μηναίου.

Τῇ ΙΓ' τοῦ αὐτοῦ μηνός, μνήμη τῆς  
Ἀνακομιδῆς τοῦ Λειψάνου τοῦ ἐν Ἀγίοις  
Πατρὸς ἡμῶν Νικηφόρου, Πατριάρχου  
Κωνσταντινουπόλεως.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἀγίου  
Ἱερομάρτυρος Πουπλίου, Ἐπισκόπου  
Ἀθηνῶν.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἀγίων  
Μαρτύρων Ἀφρικανοῦ, Πουπλίου, καὶ  
Τερεντίου, ὧν ἡ Σύναξις τελεῖται ἐν τῷ  
Παυλοπετρεῖῳ.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Ἀβιβος ἐξ  
Ἑρμουπόλεως, λίθῳ προσδεθείς, καὶ ἐν  
ποταμῷ βληθείς, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ἁγία Μάρτυς Χριστίνα  
ἡ ἐκ Περσίδος, μαστιζομένη, τελειοῦται.

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

Τοῦ Μηναίου - -

**ΧΟΡΟΣ**

**Ὡδὴ ζ'. Ἦχος β'. Ὁ Εἰρμός.**

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

Εἰκόνοιο χρυσεῖς, ἐν πεδίῳ Δαυὶδ  
λατρευομένης, οἱ τρεῖς σου Παῖδες  
κατεφρόνησαν, ἀθεωτάτου προστάγματος,  
μέσον δὲ πυρὸς ἐμβληθέντες, δροσιζόμενοι  
ἔψαλλον· Εὐλογητὸς εἶ ὁ Θεός, ὁ τῶν  
Πατέρων ἡμῶν.

Intercede with Christ God on behalf of our  
souls. [SD]

**Synaxarion.**

From the Menaion.

On March 13 we commemorate  
the recovery of the relics of our father  
among the saints Nikephoros, Patriarch of  
Constantinople.

On this day we also commemorate the  
holy hieromartyr Publius, Bishop of Athens.

On this day we also commemorate the  
holy martyrs Aphricanus, Publius, and  
Terence; the services in their honor were held  
at the monastery called Paulopetron.

On this day St. Habib of Hermoupolis  
died when he was tied to stone and cast into a  
river.

On this day the holy martyr Christina of  
Persia died after being scourged.

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

From Menaion - -

**CHOIR**

**Ode vii. Mode 2. Heirmos.**

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

The image of gold \* was in Babylon on  
Dura being worshiped. \* But Your three  
Servants showed complete disdain \* for  
that abominable decree. \* Thrown into the  
fiery furnace, \* in the midst of it they were  
bedewed, \* singing: Blessed are You, O God of  
our Fathers. [SD]



**Τροπάρια.**

Τῇ θείᾳ ῥοπῇ, ἀδιάφθορα τηρεῖται τὰ ἐντάφια, καὶ τὰ ὅστᾳ σου θείῳ νεύματι, τὴν ἀρμονίαν μὴ λύσαντα, πᾶσαν ἀκαθάρτων πνευμάτων, διασκεδάζει κακόνοιαν. Εὐλογητός εἶ ὁ Θεός, ὁ τῶν Πατέρων ἡμῶν.

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

Τῇ θείᾳ ῥοπῇ, ἀδιάφθορα τηρεῖται τὰ ἐντάφια, καὶ τὰ ὅστᾳ σου θείῳ νεύματι, τὴν ἀρμονίαν μὴ λύσαντα, πᾶσαν ἀκαθάρτων πνευμάτων, διασκεδάζει κακόνοιαν. Εὐλογητός εἶ ὁ Θεός, ὁ τῶν Πατέρων ἡμῶν.

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

Συντρέχει Ποιμὴν, Βασιλεύς τε εὐσεβῆς καὶ τῶν ἐν τέλει πληθύς, καὶ ὑποθέντες τῇ ἐνδόξῳ σου, σορῶ ἀυχένας θεόληπτε, ὥσπερ κιβωτῶ παναγία, δορυφοροῦσι καὶ ψάλλουσιν· Εὐλογητός εἶ ὁ Θεός, ὁ τῶν Πατέρων ἡμῶν.

**Δόξα.**

Ὁ Θεῖος σηκός, τῶν τοῦ Λόγου Μαθητῶν ὑποδεχέσθω σεμνῶς, τῶν Ἀποστόλων τὸν συνόμιλον, καὶ τῶν Μαρτύρων τὸν σύσκηνον, τῶν Ἱεραρχῶν τὴν κρηπίδα, καὶ τὸν Ὁσίων ὁμότροπον· Εὐλογητός εἶ, ὁ Θεός, ὁ τῶν Πατέρων ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Ὅρων Μωϋσῆς, βάτον ἄφλεκτον πυρὶ ἀναπτομένην, ἐν τῷ Σιναίῳ Μῆτερ πάναγνε, προδιετύπου τὴν μήτραν σου· πῦρ γὰρ συλλαβοῦσα τὸ θεῖον, οὐ κατεφλέχθης,

**Troparia.**

By divine power your burial vestments are kept incorrupt and your bones, by divine command, not having lost their union, scatter all evil thought of unclean spirits. Blessed are you, the God of our Fathers. [VPA]

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

By divine power your burial vestments are kept incorrupt and your bones, by divine command, not having lost their union, scatter all evil thought of unclean spirits. Blessed are you, the God of our Fathers. [VPA]

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

The shepherd, the pious king, the flock, and the fulness of those in authority come together and placing their necks beneath your glorious bier and though it were a most holy ark, God-inspired one, they guard it and chant: Blessed are you, the God of our Fathers. [VPA]

**Glory.**

Let the divine shrine of the disciples of the Logos honorably receive the companion of the apostles and the co-dweller of the martyrs, the foundation of the hierarchs and the one had the manner of life of the devout. Blessed are you, the God of our Fathers. [VPA]

Both now. **Theotokion.**

When Moses saw the bush on Sinai aflame but not unconsumed by fire, your womb was being foreshadowed, all-pure mother; for having conceived the divine fire,

ἀλλ' ἔτεκες, τὸν τοῦ φωτὸς δημιουργόν,  
Θεὸν καὶ Ἄνθρωπον.

**Ὡδὴ η'.**

Τοῦ Μηναίου - -

**Ὡδὴ η'. Ἦχος β'. Ὁ Εἰσμός.**

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

Τὸν ἐν καμίνῳ τοῦ πυρός, τῶν Ἑβραίων  
τοῖς Παισὶ συγκαταβάντα, καὶ τὴν φλόγα  
εἰς δρόσον, μεταβαλόντα Θεόν, ὑμνεῖτε τὰ  
ἔργα ὡς Κύριον, καὶ ὑπερυψοῦτε εἰς πάντας  
τοὺς αἰῶνας.

**Τροπάρια.**

Ἐν τῷ λιμένι τῆς ζωῆς, ἐκ πολλῶν  
τρικυμιῶν ἔφθασας Πάτερ, τῇ τοῦ  
Πνεύματος αὐρα, καὶ τὸ τοῦ φόρτου  
καλόν, ἀβρόχῳ ποδὶ σου διέσωσας, καὶ νῦν  
ἀπολαύεις τῆς ἐκεῖσε γαλήνης.

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

Ἐν τῷ λιμένι τῆς ζωῆς, ἐκ πολλῶν  
τρικυμιῶν ἔφθασας Πάτερ, τῇ τοῦ  
Πνεύματος αὐρα, καὶ τὸ τοῦ φόρτου  
καλόν, ἀβρόχῳ ποδὶ σου διέσωσας, καὶ νῦν  
ἀπολαύεις τῆς ἐκεῖσε γαλήνης.

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

Τάφον ὁρῶντες οἱ πιστοί, εἰς κοινὸν  
θυσιαστήριον ληφθέντα, ἐν ᾧ θεῖαι  
τελοῦνται ὁλοκαυτώσεις, πιστῶς, καὶ ἔνδον,  
νεκρὸν ἱερώτατον, τὸν θαυματουργὸν τὸν  
Θεὸν ὑπερυψοῦμεν.

you were not burned, but gave birth to the  
creator of light, both God and man. [VPA]

**Ode viii.**

From Menaion - -

**Ode viii. Mode 2. Heirmos.**

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

When God went down into the fire \* of  
the furnace with the holy Hebrew Servants,  
\* He converted the flames there into dew  
refreshing them. \* Extol Him as Lord, O  
you works of His, \* and exalt Him beyond  
measure, \* unto all the ages. [SD]

**Troparia.**

By the breeze of the Spirit, you reached  
the harbor of life away from many swells,  
Father, and preserved the goodness of your  
load with unwetted feet and now you enjoy  
the peace that is there. [VPA]

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

By the breeze of the Spirit, you reached  
the harbor of life away from many swells,  
Father, and preserved the goodness of your  
load with unwetted feet and now you enjoy  
the peace that is there. [VPA]

**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]

The faithful, seeing the grave which had  
been acquired as a new altar of sacrifice,  
in which divine whole-burnt offerings are  
performed faithfully, and within a most  
holy dead one, we greatly exalt the wonder-  
working God. [VPA]

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

Χαίρει τὸ ποῖμνιον φαιδρῶς, ἐορτάζει  
Μοναστῶν λαμπρὰ χορεία, καὶ πιστῶν  
Βασιλέων ἡ εὐσεβῆς πορφυρίς, καὶ πᾶσα  
δυναστῶν ὁμήγουρις, ἐπὶ τῇ σεμνῇ κομιδῇ  
τῶν σῶν λειψάνων.

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

**Θεοτοκίον.**

Λόγῳ τὸν Λόγον ἐν γαστρὶ, τὸν  
τὰ πάντα συστησάμενον τῷ λόγῳ,  
συλλαβοῦσα ἀσπόρως Θεοκυῆτορ  
Ἀγνή Παρθέने, ὑπὲρ λόγον τέτοκας, ὃν  
ὑπερυψοῦμεν εἰς πάντας τοὺς αἰῶνας.

(διαβαστά)

**Στίχοι Ἐνδιάμεσοι Ὁγδόης Ὠδῆς.**

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.

**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 flock manifestly rejoices, the choir  
of monastics brightly celebrates with the  
sacred purple robe of faithful kings and every  
gathering of rulers, at the august recovery of  
your relics. [VPA]

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

**Theotokion.**

By a word conceiving the Word seedlessly  
in your womb, why by a word put all things  
together, God-bearing pure virgin, you gave  
birth beyond words to the one whom we  
greatly exalt unto all the ages. [VPA]

(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.

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ πάντα τὰ φυτόμενα ἐν αὐτῇ, τὸν Κύριον· 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.**

**Ὡδὴ η'. Ἦχος β'. Κάμινός ποτε.**

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

Κάμιнос παθῶν, φλογίζει τὴν ψυχὴν μου, ἀλλὰ τῇ δρόσῳ τοῦ ἐλέους σου, ταύτην καταμάρanon, ὁ πηγάσας ἀπαθείας κρουνούς, Πλευρᾶς ἐξ ἀκηράτου σου, σταυρούμενος Εὐεργέτα, διὰ πολλὴν συγκατάβασιν.

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

Ὑψωσας ἡμᾶς, πεσόντας εἰς κακίαν, τῇ ἐν Σταυρῷ σου ἀνυψώσει Χριστέ· ὅθεν ὀλισθήσαντα, ἁμαρτίας εἰς τὰ βάραθρα, ἀνάγαγε καὶ στήριξον, πέτρα με σωτηρίας, ὅπως δοξάζω τὸ κράτος σου.

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

Λόγχῃ σου Χριστέ, παθῶν τὴν σηπεδόνα, ἀποκαθάρας τῆς καρδίας μου, ὅλον με ὑγείωσον, ὃν ὁ ὄφις ἐτραυμάτισεν,

Bless the Lord, you earth, you mountains and hills, and all you things growing on the earth, and exalt Him beyond measure, unto all the ages.

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

(sung)

From Triodion ---

**Canon 1 from the Triodion.**

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

**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]

The furnace of the passions consumes my soul;/but quench its flames with the dew of your mercy./For in your loving self-abasement, Benefactor,/at your crucifixion,/you made a fountain of dispassion to flow from your pure side. [OCA]

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

Lifted upon your Cross, O Christ,/you have raised up us who were fallen into evil./I have slipped into the pit of sin:/bring me out and set me firmly on the rock of salvation,/that I may glorify your power! [OCA]

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

Through the lance that pierced your side, O Christ,/you have cleansed my heart from the corruption of the passions./I have been wounded by the poisonous bite of the

όδοῦσιν ἰοβόλοις τε, καὶ δίδου μοι  
ἀκλονήτως, θείας πρὸς τρίβους πορεύεσθαι.

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

**Θεοτοκίον.**

Σὲ τὴν φαεινὴν, λαμπάδα καὶ λυχνίαν,  
ἐν ἣ τὸ πῦρ τῆς Θεότητος, οἰκῆσαν ἐφώτισε,  
τοὺς νυκτῶδει συσχεθέντας φθορᾷ,  
Ἀμιάντε γεραίρομεν, ἅπαντες, εὐλογοῦντες·  
Εὐλογημένη τὸν Τόκον σου.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδιὴ η'. Ἦχος β'.** Τὸν ἐν τῇ βάτῳ Μωσῆ.

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

Τὸν μεταξὺ τῶν ληστῶν, σταυρωθέντα  
ἐν ξύλῳ, καὶ τῇ λόγχῃ νυγέντα, τὴν  
ζωήρρυντον πλευράν, ὑμνεῖτε, εὐλογεῖτε, καὶ  
ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Ὁ κρίνων πᾶσαν τὴν γῆν, κριτηρίῳ  
παρέστης, ἐρραπίσθης ἐπαίχθης, ἐν Σταυρῷ  
ἀνηροτήθης, φθορᾷ με ἀπαλλάττων, τῆς  
πάλαι ἁμαρτίας, εἰς πάντας τοὺς αἰῶνας.

serpent./Heal me in every part,/and make  
me walk unwavering upon the paths of God.

[OCA]

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

[SAAS]

**Theotokion.**

We all honor you, undefiled Virgin,/as  
the shining lamp and candlestick/in which  
the fire of the Godhead came to dwell,/bringing  
light to those held fast in the dark  
night of corruption,/and we bless your  
childbearing, blessed among women! [OCA]

**Canon 2 from the Triodion.**

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

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

Let us praise him who was crucified upon  
the tree between two thieves,/and whose life-  
giving side was pierced by a lance:/let us  
bless and exalt him above all forever! [OCA]

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

You judge all the earth/yet you stood  
before the judgment seat of Pilate!/You were  
struck on the cheek, mocked, and hung upon  
the Cross,/delivering me forever from the  
corruption of the ancient sin. [OCA]



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

**Τριαδικόν.**

Θεότης μία Τριάς, ἡ ἀμέριστος φύσις, μεριστὴ δὲ προσώποις, τὸ ἀνώλεθρον κράτος, Πάτερ Υἱὲ καὶ Πνεῦμα, σὲ ἀνυμνολογοῦμεν, εἰς πάντας τοὺς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Θεοκυῆτορ Ἀγνή, ἡ οὐράνιος πύλη, ἡ σωτήριος θύρα, πάντων τῶν Χριστιανῶν, τὴν δέησιν προσδέχου, τῶν σὲ μακαριζόντων, εἰς πάντας τοὺς αἰῶνας.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Σταυρὲ Χριστοῦ ὁ Ληστήν, ὁδηγήσας πρὸς πίστιν, καὶ ἐμὲ πρὸς τὸν δρόμον, εὐτόνως τῶν Νηστειῶν, ἀξιώσον προφθάσαι, εἰς τὴν προσκύνησίν σου, καὶ ζωοποιηθῆναι.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

**Ὁ Εἰμός. Ἦχος β'.**

Τὸν ἐν τῇ βάτῳ Μωσῇ, τῆς Παρθένου τὸ θαῦμα, ἐν Σιναίῳ τῷ ὄρει, προτυπώσαντά ποτε, ὑμνεῖτε, εὐλογεῖτε, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

**ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

**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.**

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

Both now. **Theotokion.**

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

Glory to You, our God, glory to You.

Cross of Christ, you brought the thief to faith, / and me to the season of the fast: / count me worthy to venerate you at the feast that is to come, / and to be filled with life. [OCA]

We praise and we bless and we worship the Lord.

**Heirmos Mode 2.**

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

**DEACON**

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



ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος β'.

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

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

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

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

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

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

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

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

CHOIR

Ode ix.

Megalynarion. Mode 2.

**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]

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

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

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

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

Τοῦ Μηναίου - - -

**Ὡδὴ θ'. Ἦχος β'. Ὁ Εἰρμός.**

Τὸν ἐκ Θεοῦ Θεὸν Λόγον, τὸν ἀρρήτῳ  
σοφία ἦκοντα καινουργῆσαι τὸν Ἀδάμ,  
βρώσει φθορᾶ πεπτωκότα δεινῶς, ἐξ ἀγίας  
Παρθένου, ἀφράστως σαρκωθέντα δι'  
ἡμᾶς, οἱ πιστοὶ ὁμοφρόνως, ἐν ὕμνοις  
μεγαλύνομεν.

**Τροπάρια.**

Ἐπὶ τῇ σῇ πανηγύρει, καὶ τοῖς ἐπαίνοις  
σου Πάτερ,, Ἀγγέλων συγχορεύουσα  
πληθὺς, τὸν ὑπεράγιον Κύριον, εὐχαρίστως  
δοξάζει, καὶ τὴν εἰρήνην ἄνωθεν ἡμῖν,  
ἐξαίτεται τοῖς πίστει, τιμῶσί σου τὸ  
λείψανον.

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

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

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

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

From Menaion - - -

**Ode ix. Mode 2. Heirmos.**

Being from God, God the Logos \* with  
ineffable wisdom \* came to make Adam  
new who fell through food \* into corruption  
unhappily. \* From an all-holy Virgin \*  
ineffably He took on flesh for us. \* We the  
faithful extol Him concordantly and magnify.

[SD]

**Troparia.**

The multitude of angels dances together  
at your festal assembly and your praises,  
Father; glorifying the most holy Lord with  
thanksgiving and peace from above is gained  
for us who with faith honor your relic. [VPA]

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

Ἐπὶ τῇ σῇ πανηγύρει, καὶ τοῖς ἐπαίνοις  
σου Πάτερ,, Ἀγγέλων συγχορεύουσα  
πληθὺς, τὸν ὑπεράγιον Κύριον, εὐχαρίστως  
δοξάζει, καὶ τὴν εἰρήνην ἄνωθεν ἡμῖν,  
ἐξαίτεται τοῖς πίστει, τιμῶσί σου τὸ  
λείψανον.

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

Ἡ τῶν λειψάνων σου χάρις, ὡς σεπτὸν  
ιατρεῖον, τῇ ἀσθενείᾳ γένοιτο ἡμῖν, καὶ ἡ  
πρεσβεία Πανεύφημε, ἰλαστήριον πᾶσι, καὶ  
πρὸς Θεὸν ὁδὸς καὶ ὁδηγός, τοῖς ἐν πίστει  
καὶ πόθῳ, τιμῶσί σε μακάριε.

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

Νικητικαῖς πανοπλίαις, τοὺς πιστοὺς  
θωρακίσας, Παντάναξ τῇ χειρὶ σου  
Βασιλεῖς, κατὰ βαρβάρων ἐνίσχυσον,  
καὶ τὴν σὴν Ἐκκλησίαν, ὡς ἀσφαλῆ  
κρηπίδα τῶν πιστῶν, τοῦ Ὁσίου πρεσβείαις,  
ὀρθοτομοῦσαν, φύλαττε.

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

### **Θεοτοκίον.**

Ὡς κραταιὰν προστασίαν, ὡς ἐλπίδα  
καὶ τεῖχος, καὶ ἄγκυραν καὶ σκέπην  
ἀσφαλῆ, καὶ ἀπροσμάχητον ἔρεισμα, καὶ  
ἀχείμαστον ὄρμον, καὶ μόνον καταφύγιον,

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

The multitude of angels dances together  
at your festal assembly and your praises,  
Father; glorifying the most holy Lord with  
thanksgiving and peace from above is gained  
for us who with faith honor your relic. [VPA]

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

Let the grace of your relics become for  
us as a pure medicine in illness and your  
intercession, all-famous one, a mercy-seat for  
all and a path towards God and a guide to  
those who with faith and yearning honor you,  
blessed one. [VPA]

**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]

Having put the armor of victorious  
weapons upon the faithful by your hand, O  
King of all, strengthen the kings against the  
barbarians, and by the intercessions of the  
venerable one guard your Church as a firm  
foundation of the faithful, teaching rightly.  
[VPA]

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

### **Theotokion.**

Having gained you as a strong protection,  
hope, wall, anchor, steadfast shelter,  
unconquerable support, peaceful harbor, and  
only refuge, pure one, we are all saved, all-  
hymned one. [VPA]

Ἀγνή, κεκτημένον σε πάντες, σωζόμεθα  
Πανύμνητε.

Τοῦ Τριωδίου - - -

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδὴ θ'. Ἦχος β'. Ἀνάρχου Γεννήτορος.**

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

Ἡλίου φαιδρότερον, Νηστεία  
ἀναλάμπασα, ἡ πολύφωτος χάρις  
εὐαγγελίζεται, πᾶσι τοῦ Σταυροῦ τὰς  
ἀκτῖνας, καὶ τὰς αὐγὰς, τοῦ τιμίου Πάθους,  
καὶ τῆς Ἀναστάσεως, τὴν ἡμέραν τὴν  
σωτήριον.

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

Ἀγνεΐαν ποθήσωμεν, πορνείαν  
ἀποφύγωμεν, τὴν ὁσφὺν σωφροσύνη  
περιζωσώμεθα, ὅπως καθαροὶ ἐποφθῶμεν,  
τῷ καθαρῷ, καὶ μόνῳ ἐκ πάντων, ζητοῦντι  
τὴν κάθαρσιν, τῷ Σωτῆρι τῶν ψυχῶν ἡμῶν.

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

Χριστὲ ἐκ τοῦ φόβου σου, καθήλωσον  
τὰς σάρκας μου, ὁ Σταυρῷ προσηλώσας,  
τὴν ἁμαρτίαν Ἀδάμ, λῦσον τῶν κακῶν  
μου τὴν δέησιν· τοῦ πονηροῦ σύντριψον τὰ  
βέλη, τῇ λόγχῃ σου Δέσποτα, καὶ τῆς τούτου  
βλάβης ῥυσαί με.

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

**Θεοτοκίον.**

Κριτὴν δικαιοτάτον, καὶ μόνον  
εὐδιάλλακτον, ἡ τεκοῦσα Παρθένε, Χριστὸν

From Triodion - - -

**Canon 1 from the Triodion.**

**Ode ix. Mode 2. N/M (To us has appeared.)**

**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]

The fast shines upon us all more brightly  
than the sun, /bringing us the light of grace, /  
proclaiming the good news of the Cross, /of  
the precious Passion, and the saving day of  
resurrection. [OCA]

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

Let us love chastity and flee from  
fornication! /Let us gird our loins with  
temperance /that we may appear in purity  
before the Savior of our souls, /who alone is  
pure and desires the purification of us all. [OCA]

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

Nail my flesh with the fear of you,  
O Christ, /who nailed the sin of adam to  
the Cross. /Loose me from the bonds of  
wickedness, /shatter the arrows of the evil one  
with your lance, Master, /and deliver me from  
all his mischief. [OCA]

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

**Theotokion.**

Virgin Maiden who bore Christ the Lord, /  
the just Judge who alone is ever ready to

τὸν Κύριον, ῥῦσαί με τῆς κρίσεως Κόρη,  
καὶ τοῦ πυρός, καὶ τῆς τιμωρίας, ἣν μοι  
προεξένησεν, ἀμαρτίας ἢ ἀπόλαυσις.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡιδὴ Θ'. Ἦχος β'. Τὴν ἀγνὴν καὶ ἄχραντον.**

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

Ὡ τῆς εὐσπλαχνίας σου! ὅτι Σταυρὸν  
ἠνέσχου, ἥλους καὶ λόγχην Κύριε, δι' ἐμὲ  
τὸν κατάκριτον φθορᾷ· διὸ ὕμνω σε Χριστέ.

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

Τὸν Σταυρὸν, τὸν κάλαμον, τοὺς ἥλους  
καὶ τὴν λόγχην, τὰ ζωηρά σου Πάθη, πᾶς  
ὁ λαὸς προσκυνοῦντες, ἐν ᾠδαῖς Χριστέ  
ὑμνοῦμέν σε.

**Δόξα. Τριαδικόν.**

Μονὰς τρισυποστατε, Τριάς ἐνικωτάτη,  
Κυριαρχία φύσις, ἰσοκλεής, Πάτερ Υἱέ, καὶ  
θεῖον Πνεῦμα, σῶσον πάντας ἡμᾶς.

**Καὶ νῦν. Θεοτοκίον.**

Χαίροις ἱλαστήριον, τοῦ Κόσμου  
Θεοτόκε, ἐν ᾧ προσφεύγοντες πάντες  
ἀμαρτωλοί, πρὸς Θεὸν καταλλαγὰς ἀεὶ  
εὐρίσκομεν.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Τῷ Σταυρῷ σου Κύριε, καμὲ  
ἐνδυναμώσας, τῶν Νηστειῶν μοι δώρησαι  
Ἀγαθέ, εὐσθενῶς ἀποπληρῶσαι τὴν  
περίοδον.

forgive,/ deliver me from the condemnation,/ from the fire and torment that I deserve to suffer/because of my delight in sin. [OCA]

**Canon 2 from the Triodion.**

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

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

How great is your compassion!/ For you endured the Cross, the nails and the lance, O Lord,/ for my sake, who am condemned to corruption./ Therefore I sing your praises, O Christ. [OCA]

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

With all your people we worship your life-giving Passion,/ the Cross, the reed, the nails and the lance,/ praising you in our songs, O Christ. [OCA]

**Glory. For the Trinity.**

Unity in three coequal persons,/ undivided Trinity, sovereign nature:/ Father, Son and divine Spirit, save us all. [OCA]

**Both now. Theotokion.**

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

Glory to You, our God, glory to You.

Through your Cross, loving Lord, you gave me strength: grant that I may complete the time of the fast with good courage! [OCA]



**Ὁ Εἰμός. Ἦχος β'.**

Τὴν ἀγνὴν καὶ ἄχραντον, Μητέρα καὶ Παρθένον, ὧδαῖς ἀσμάτων ἅπαντες οἱ πιστοί, εὐσεβῶς ὡς Θεοτόκον μεγαλύνομεν.

Ἀξιόν 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.)

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 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.)

**Heirmos Mode 2.**

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

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

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

**PRIEST**

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

(Amen.)



Τοῦ Ὁρολογίου ---

**ΧΟΡΟΣ**

**Φωταγωγικά  
Ἦχος πλ. δ'.**

Φῶς ὑπάρχων Χριστέ, φώτισόν με ἐν  
σοί, δυνάμει τοῦ Σταυροῦ σου, καὶ σῶσόν  
με.

Φῶς ὑπάρχων Χριστέ, φώτισόν με ἐν  
σοί, πρεσβείαις τῶν Ἀγίων καὶ σῶσόν με.

Φῶς ὑπάρχων Χριστέ, φώτισόν με ἐν  
σοί, πρεσβείαις τῆς Θεοτόκου, καὶ σῶσόν  
με.

**ΑΝΑΓΝΩΣΤΗΣ**

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

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·  
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε  
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε  
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε  
αὐτόν ἡλῖος καὶ σελήνη, αἰνεῖτε αὐτόν  
πάντα τὰ ἄστρα καὶ τὸ φῶς. Αἰνεῖτε αὐτόν  
οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ  
ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν  
τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ  
ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ  
ἐκτίσθησαν. Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα  
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα  
ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν  
Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι  
ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος,  
πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον  
αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα  
καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία  
καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινὰ  
πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί,  
ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι  
καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων·

From Horologion ---

**CHOIR**

**Photagogic Hymns  
Mode pl. 4.**

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

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

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

**READER**

**Lauds. (read)  
Psalm 148.**

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

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, λαῶ ἐγγίζοντι  
αὐτῷ.

**Ψαλμὸς PMΘ' (149).**

Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεσις  
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. Καυχήσονται ὅσοι ἐν δόξῃ καὶ  
ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ  
ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ  
ρόμφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ  
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 PN' (150).**

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

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  
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]

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 Πατρὸς, ὁ αἰρων τὴν  
ἀμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ  
αἰρων τὰς ἀμαρτίας τοῦ κόσμου. Πρόσδεξαι  
τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ  
τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ  
μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς  
Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.  
Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,  
καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,  
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε,  
καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ  
γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με·  
ἴασαι τὴν ψυχὴν μου, ὅτι 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

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

**Doxology** (read)

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

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, Ἄγιε· φώτισόν με τοῖς  
δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν  
αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης.  
Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ  
δόξα πρέπει, 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.

(Κύριε, ἐλέησον.)

Τὴν ἡμέραν πᾶσαν τελείαν, ἁγίαν,  
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.)

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

### DEACON

Let us complete our morning prayer to  
the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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 ἀπολογία τὴν ἐπὶ τοῦ φοβεροῦ  
βήματος τοῦ Χριστοῦ αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

#### ΙΕΡΕΥΣ

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

(Ἀμήν.)

#### ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

#### ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

#### ΙΕΡΕΥΣ (χαμηλοφώνως)

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

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

#### PRIEST

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

(Amen.)

#### PRIEST

Peace be with all.

(And with your spirit.)

#### DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

#### PRIEST (in a low voice)

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



δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

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

(Ἀμήν.)

## ΧΟΡΟΣ

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἰδιόμελον. Ἦχος πλ. δ'.**

Νηστεία, τῶν λογισμῶν τὰ πάθη, δεῦτε δουλώσωμεν, πνευματικαῖς ἑαυτοὺς πτέρυξι περιστείλαντες, ἵνα τὴν τοῦ ἐχθροῦ, κινουμένην ζάλην, κοῦφοι περάσαντες, ἄξιοι γενώμεθα, τῆς τοῦ Σταυροῦ προσκυνήσεως, τοῦ ὑπὲρ τοῦ Κόσμου σφαγέντος ἐκουσίως, Υἱοῦ τοῦ Θεοῦ, καὶ πνευματικῶς ἐορτάσωμεν, τὴν ἐκ νεκρῶν τοῦ Σωτῆρος Ἀνάστασιν, ἐπ' ὅρους ἀρθέντες, Μαθηταῖς συνδοξάσωμεν, τὸν ἐξουσίαν λαβόντα πᾶσαν, Υἱὸν ἐκ Πατρὸς τὸν φιλάνθρωπον.

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

Νηστεία, τῶν λογισμῶν τὰ πάθη, δεῦτε δουλώσωμεν, πνευματικαῖς ἑαυτοὺς πτέρυξι περιστείλαντες, ἵνα τὴν τοῦ ἐχθροῦ, κινουμένην ζάλην, κοῦφοι περάσαντες, ἄξιοι γενώμεθα, τῆς τοῦ Σταυροῦ προσκυνήσεως, τοῦ ὑπὲρ τοῦ Κόσμου σφαγέντος ἐκουσίως, Υἱοῦ τοῦ

granting us your blessings both of this world and of the world above.

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

(Amen.)

## CHOIR

**Aposticha. From the Triodion.**

From Triodion ---

**Idiomelon. Mode pl. 4.**

Come, let us battle thoughts of passion through fasting, / shielding ourselves with spiritual wings / so that we may endure the enemy's storm with ease! / That we may be worthy of adoring the Cross / of the Son of God who was voluntarily slain for the world, / that we may spiritually celebrate the Savior's resurrection from the dead! / Ascending the mountain with the disciples, / we will glorify the one who received all authority from the Father, // the Son and Lover of mankind! [OCA]

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

Come, let us battle thoughts of passion through fasting, / shielding ourselves with spiritual wings / so that we may endure the enemy's storm with ease! / That we may be worthy of adoring the Cross / of the Son of God who was voluntarily slain for the world, / that we may spiritually celebrate the Savior's



Θεοῦ, καὶ πνευματικῶς ἐορτάσωμεν, τὴν ἐκ νεκρῶν τοῦ Σωτῆρος Ἀνάστασιν, ἐπ' ὄρους ἀρθέντες, Μαθηταῖς συνδοξάσωμεν, τὸν ἐξουσίαν λαβόντα πᾶσαν, Υἱὸν ἐκ Πατρὸς τὸν φιλάνθρωπον.

**Μαρτυρικόν.**

**Ἦχος πλ. δ'.**

**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.

Μάρτυρες Χριστοῦ οἱ ἀήττητοι, οἱ νικήσαντες τὴν πλάνην, τῇ δυνάμει τοῦ Σταυροῦ, ἀπελάβετε τὴν χάριν τῆς αἰωνίου ζωῆς, τυράννων ἀπειλὰς οὐκ ἐπτοήθητε, βασάνοις αἰκιζόμενοι εὐφραίνεσθε, καὶ νῦν τὰ αἵματα ὑμῶν γέγονεν ἰάματα ταῖς ψυχαῖς ἡμῶν, πρεσβεύσατε, τοῦ σωθῆναι τὰς ψυχὰς ἡμῶν.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

**Ἦχος πλ. δ'.** Ὡ τοῦ παραδόξου.

Τί τὸ ὁρώμενον θέαμα, ὁ τοῖς ἐμοῖς ὀφθαλμοῖς, καθορᾶται, ὦ Δέσποτα; ὁ συνέχων ἅπασαν, Κτίσιν ξύλῳ ἀνήρτησαι, καὶ θανατοῦσαι, ὁ πᾶσιν νέμων ζωὴν, ἡ Θεοτόκος κλαίουσα ἔλεγεν, ὅτε ἐώρακεν, ἐν Σταυρῷ ἡ πάναγνος, τὸν ἐξ αὐτῆς, ἀρρήτως ἐκλάμπαντα, Θεὸν καὶ ἄνθρωπον.

**ΙΕΡΕΥΣ**

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

resurrection from the dead! / Ascending the mountain with the disciples, / we will glorify the one who received all authority from the Father, // the Son and Lover of mankind! [OCA]

**For the Martyrs.**

**Mode pl. 4.**

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

Invincible martyrs of Christ, / you defeated deceit with the power of the Cross / and received the grace of eternal life! / The threats of your torturers, you did not fear! / You were glad of being wounded by them, / and now your blood is the healing of our souls! // pray that our souls may be saved! [OCA]

Glory. Both now. **Stavrotheotokion.**

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

What is this sight I behold with my eyes, Master? / The one who sustains all creation is raised on the wood! / The one who gives life to all is made to die! / The most pure Theotokos lamented in tears, / when she beheld the God and man on the Cross // who ineffably shone from her! [OCA]

**PRIEST**

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

**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. Ἅγιε,  
ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν,  
ἐνεκεν τοῦ ὀνόματός σου.

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

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

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

**ΙΕΡΕΥΣ**

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

(Ἀμήν.)

**ΑΝΑΓΝΩΣΤΗΣ**

Ἐν τῷ Ναῷ ἐστῶτες τῆς δόξης σου, ἐν  
οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη

**READER**

**Trisagion Prayers.**

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

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

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

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

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

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

**PRIEST**

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

(Amen.)

**READER**

Standing in your glorious church, O  
Theotokos, we think we are standing in

ἐπουράνιε, ἄνοιξον ἡμῖν τὴν θύραν τοῦ ἐλέους σου.

Κύριε, ἐλέησον. (μ')

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

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεῖμ, 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 πρᾶνον· τὸν κόσμον εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ Μονὴν) ταύτην καλῶς διαφύλαξον· τοὺς προαπελθόντας πατέρας καὶ ἀδελφούς ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(Ἀμήν.)

### Εὐχὴ τοῦ Ἁγίου Ἐφραίμ

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

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

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

heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

### PRIEST

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

(Amen.)

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

(Amen.)

### Prayer of St. Ephraim

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

ἤ·

### 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 ὁσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

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

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

or:

### READER

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

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

### PRIEST

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

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

(Amen.)