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The Service of Matins

for Monday, March 11, 2019

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

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

**Menaion - March 11
Memory of St. Sophronius of Jerusalem**

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 Δευτέρᾳ Πρωΐ

Τῇ Δευτέρᾳ Α' Ἑβδομάδος εἰς τὸν Ὅρθρον.

Μηναῖον - ΤΗ ΙΑ' ΜΑΡΤΙΟΥ

Μνήμη τοῦ Ἀγίου Σωφρονίου Ἱεροσολύμων

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος πλ. δ'.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. γ'. Ζῆλος λήψεται λαὸν ἀπαίδευστον, 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. Προστασίαις τῶν Ἀσωμάτων σῶσον ἡμᾶς.

Triodion

Mode pl. 4. On Monday Morning

On Monday of the First Week at Matins

Menaion - March 11

Memory of St. Sophronius of Jerusalem

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 protection of the Bodiless Hosts have mercy on 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 4. Καὶ εὐθύς, ἀνευ μικρᾶς
Συναπτῆς·*

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Κάθισμα Α'. Κατανυκτικά.

Ἦχος πλ. δ'.

Ὅμματι εὐσπλάγχνῳ Κύριε, ἴδε τὴν
ἐμὴν ταπείνωσιν, ὅτι κατὰ μικρὸν ἡ
ζωή μου δαπανᾶται, καὶ ἐξ ἔργων ἐμοὶ
οὐχ ὑπάρχει σωτηρία, διὰ τοῦτο δέομαι.
Ὅμματι εὐσπλάγχνῳ Κύριε, ἴδε τὴν ἐμὴν
ταπείνωσιν, καὶ σῶσόν με.

Στίχ. Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης με,
μηδὲ τῇ ὀργῇ σου παιδεύσης με.

Ἦχος πλ. δ'.

Ὡς τοῦ Κριτοῦ παρόντος, μερίμνησον
ψυχή, καὶ τῆς φρικτῆς ἡμέρας, τὴν ὥραν
ἐννοοῦ· ἡ γὰρ κρίσις ἀνίλεώς ἐστι, τοῖς μὴ
πράξασιν ἔλεος· διὸ πρὸ τέλους βόησον.

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 4. There is no litany, but immediately the
following:*

From Triodion ---

CHOIR

Kathisma I.

Kathisma I. For compunction.

Mode pl. 4.

With your compassionate eye, O Lord,
see my humiliation, for little by little my
life is being squandered, and there is no
salvation for me from works; therefore I ask
this: with your compassionate eye, Lord, see
my humiliation and save me. [EL]

Verse: O Lord, do not rebuke me in Your
wrath, nor chasten me in Your anger. [SAAS]

Mode pl. 4.

As though the Judge were present, be
anxious, my soul, and think on the moment of
the dread day; for the judgement is merciless
for those who have not acted with mercy;

Φεῖσαί μου Σωτήρ· μόνος γὰρ ὑπάρχεις
φιλάνθρωπος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. δ'.

Ἡ νοητὴ πύλη τῆς ζωῆς ἡμῶν, ἄχραντε
Θεοτόκε, τοὺς προστρέχοντάς σοι πιστῶς,
λύτρωσαι τῶν κινδύνων, ἵνα δοξάζωμεν
τὸν πανάγιον τόκον σου, εἰς σωτηρίαν τῶν
ψυχῶν ἡμῶν.

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 5. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Αντιλαβοῦ, 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 φιλάνθρωπος Θεὸς
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,
νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Β'. Τοῦ Τριωδίου.

Ἦχος β'. Εὐσπλαγχνίας ὑπάρχουσα.

Τῆς Νηστείας τῇ θείᾳ ἀπαρχῇ,
κατάνυξιν κτησώμεθα ψυχῆς, ἐκβοῶντες·
Δέσποτα Χριστέ, τὴν προσευχὴν ἡμῶν

therefore before the end cry out: Spare me, O
Saviour, for you alone love humankind. [EL]

Glory. Both now. **Theotokion.**

Mode pl. 4.

O immaculate Theotokos, as the
intelligible Gate of life, rescue from peril
those who run to you with faith, so that we
may glorify your all-holy childbirth, for the
salvation of our souls. [SD]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 5. It would be followed by the short litany.*

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode 2. N/M (Since you are the source.)

Let us acquire compunction of soul/as
God-given first-fruits of the fast./Let us cry:
Accept our prayer as pure incense, O Christ

δέξαι, ἐκλεκτὸν ὥσπερ θυμίαμα, καὶ
ῥῦσαι δεόμεθα δυσώδους φθορᾶς ἡμᾶς,
καὶ κολάσεως φρικτῆς, ὁ μόνος ὑπάρχων
εὐδιάλλακτος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος β'. Ἀντόμελον.

Εὐσπλαγχνίας ὑπάρχουσα πηγὴ,
συμπαθείας ἀξίωσον ἡμᾶς, Θεοτόκε,
βλέψον εἰς λαὸν τὸν ἁμαρτήσαντα, δεῖξον
ὡς αἰὲν τὴν δυναστείαν σου· εἰς σὲ γὰρ
ἐλπίζοντες, τὸ Χαῖρε βοῶμέν σοι, ὡς ποτὲ ὁ
Γαβριήλ, ὁ τῶν Ἀσωμάτων Ἀρχιστράτηγος.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 6. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

ΙΕΡΕΥΣ

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

(Σοί, Κύριε.)

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

(Ἀμήν.)

our Master./Deliver us, we entreat you, from
the stench of corruption/and from fearful
torment.//for you alone are ready to forgive!

[OCA]

Glory. Both now. **Theotokion.**

Mode 2.

Grant us your mercy, Theotokos, fount
of tender compassion./Look upon the people
who have sinned,/and manifest, as always
your power./For trusting in you, we cry
out as once did Gabriel, chief of the bodiless
hosts://Rejoice, full of grace, the Lord is with
you! [OCA]

*The appointed Kathisma of the Psalter may be read, i.e.
Kathisma 6. It would be followed by the short litany.*

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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.)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Γ'. Τοῦ Τριωδίου.

Ἦχος β'. *Τὴν ἄχραντον Εἰκόνα σου.*

Τὴν πάνσεπτον ἐγκράτειαν,
ἐναρξώμεθα φαιδρῶς, ἀκτῖνας
ἀπολάμποντες, τῶν ἀγίων ἐντολῶν,
Χριστοῦ τοῦ Θεοῦ ἡμῶν, ἀγάπης τὴν
λαμπρότητα, προσευχῆς τὴν ἀστραπὴν,
ἀγνείας καθαρότητα, εὐανδρείας τὴν ἰσχύν,
ὅπως λαμπροφόροι προφθάσωμεν, εἰς
τὴν ἀγίαν καὶ τριήμερον Ἀνάστασιν, τὴν
καταλάμπουσαν ἀφθαρσίαν τῷ κόσμῳ.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος β'. *Τὴν ἄχραντον Εἰκόνα σου.*

Τὴν ἄμαχον πρεσβείαν σου, κεκτημένος
ἐν δεινοῖς, λυτροῦμαι τῶν θλιβόντων με,
παρ' ἐλπίδα θαυμαστῶς, ὦ Μῆτερ Θεοῦ
ἡμῶν· προφθάνεις γὰρ σὺ πάντοτε, τοῖς
αἰτοῦσί σε πιστῶς, τὸν ζόφον ἐκδιώκουσα,
τῶν πολλῶν ἀμαρτιῶν. Ὅθεν εὐχαρίστως
βοῶμέν σοι· Δέξαι Δέσποινα, βραχέα
χαριστήρια, ἀνθ' ὧν ὑπάρχεις μοι ἐν πᾶσι
βοήθεια.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός
σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν
σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον
πλυνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ
τῆς ἀμαρτίας μου καθάρισόν με. Ὅτι τὴν
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἀμαρτία
μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ
μόνῳ ἡμαρτον καὶ τὸ πονηρὸν ἐνώπιόν

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode 2.

Let us begin the all-holy season of fasting
with joy;/let us shine with the bright radiance
of the holy commandments of Christ our
God:/with the brightness of love and the
splendor of prayer,/the strength of good
courage and the purity of holiness!/So,
clothed in garments of light,/let us hasten to
the holy resurrection on the third day, // that
shines on the world with the glory of eternal
life! [OCA]

Glory. Both now. **Theotokion.**

Mode 2.

Beyond all hope, I am wondrously set
free, Mother of God,/from all that troubles
me,/for I have obtained in my distress your
invincible intercession!/You are always
swift to help those who beseech you in faith,/
dispelling the darkness of their many sins./
Therefore, with thanksgiving, I cry to you:/
Accept, Lady, this small offering of grateful
praise, // and be my help in all things! [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

σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς 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 ὕσσῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς 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 ἀντανέλης ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἄσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἂν· ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῇ τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι

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

PRIEST

O God, save your people and bless your inheritance. Look upon your world

τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·
 ὕψωσον 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
 Χαράλαμπος καὶ Ἐλευθερίου, τῆς
 ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ
 πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων
 Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,
 Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,
 Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ
 Θεοφόρων Πατέρων ἡμῶν· **(τοῦ Ἁγίου τοῦ
 Ναοῦ)**· τῶν ἁγίων καὶ δικαίων Θεοπατόρων
 Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν
 Ἁγίων. Ἰκετεύομέν σε, μόνη πολυέλεε
 Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν
 δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. **(ιβ')**

ΙΕΡΕΥΣ

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

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

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 αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Μηναίου ---

ΧΟΡΟΣ

Ὡδὴ α΄. Ἦχος δ΄. Ὁ Εἰμός.

Στίχ. Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ δεδόξασται.

Ἀνοίξω τὸ στόμα μου, καὶ πληρωθήσεται Πνεύματος, καὶ λόγον ἐρεῦξομαι, τῇ Βασιλίδι Μητρὶ, καὶ ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω γηθόμενος, ταύτης τὰ θαύματα.

Τροπάρια.

Σωφρόνως διέπλευσας, τῆς σωφροσύνης τὸ πέλαγος, ταῖς αὔραις τοῦ Πνεύματος, οἰακιζόμενος, καὶ συνήθροισας, πολλὴν περιουσίαν, σοφίας χαρίσματι, Πάτερ Σωφρόνιε.

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

Σωφρόνως διέπλευσας, τῆς σωφροσύνης τὸ πέλαγος, ταῖς αὔραις τοῦ Πνεύματος, οἰακιζόμενος, καὶ συνήθροισας, πολλὴν περιουσίαν, σοφίας χαρίσματι, Πάτερ Σωφρόνιε.

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

Ὡς Ἄγγελος γέγονας, τῆς τοῦ Χριστοῦ Ἀναστάσεως, καὶ πρόεδρος ἐνθεος, τοῦ θείου Μνήματος, τοῦ πλουτήσαντος, πηγὴν

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

(Amen.)

From Menaion ---

CHOIR

Ode i. Mode 4. Heirmos.

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

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

[SD]

Troparia.

You navigated the sea of self-control with temperance steered by the breeze of the Spirit and you gathered together a great wealth of wisdom through grace, Father Sophronios. [VPA]

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

You navigated the sea of self-control with temperance steered by the breeze of the Spirit and you gathered together a great wealth of wisdom through grace, Father Sophronios. [VPA]

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

You became a messenger of Christ's resurrection and a divine presider of the divine sepulcher which has become rich in the

ἀθανασίας, Χριστὸν τὸν ἐγείραντα, πτώσιν τοῦ γένους ἡμῶν.

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

Φαιδρότητι λόγων σου, διανοίας ὀξύτητι, τὸν κόσμον ἐφαίδρυνας, θεολογήσας τρανώς, τρισυπόστα τον, Θεότητος οὐσίαν, Μονάδα τρισάριθμον, Πάτερ Σωφρόνιε.

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

Θεοτοκίον.

Ὁ ὢν φύσει ἄκτιστος, καὶ τῷ Πατρὶ συναΐδιος, καὶ χρόνων ὑπέρτερος, καὶ προαιώνιος, ἐκ σοῦ Δέσποινα, κτιστὸς καὶ ὑπὸ χρόνον, ὡς ἄνθρωπος γίνεται, σῶζων τὸν ἄνθρωπον.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Πρώτης Ὠδῆς.

Ἡ δεξιὰ σου, Κύριε, δεδοξασται ἐν ἰσχύϊ, ἡ δεξιὰ σου χεὶρ, Κύριε, ἔθραυσεν ἐχθρούς. Καὶ τῷ πλήθει τῆς δόξης σου συνέτριψας τοὺς ὑπεναντίους.

Ἀπέστειλας τὴν ὀργὴν σου, κατέφαγεν αὐτοὺς ὥσει καλάμην.

Καὶ διὰ πνεύματος τοῦ θυμοῦ σου διέστη τὸ ὕδωρ, ἐπάγη ὥσει τεῖχος τὰ ὕδατα, ἐπάγη τὰ κύματα ἐν μέσῳ τῆς θαλάσσης.

Εἶπεν ὁ ἐχθρός· Διώξας καταλήψομαι, μεριῶ σκῦλα, ἐμπλήσω ψυχὴν μου, ἀνελῶ τῇ μαχαίρᾳ μου, κυριεύσει ἡ χεὶρ μου.

spring of immortality, Christ who raises the falls of our race. [VPA]

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

By the splendor of your words and the sharpness of your mind you illumined the world, having clearly theologized the tri-hypostatic nature of the Godhead, a unity in three numbers, Father Sophronios. [VPA]

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

Theotokion.

He who is by nature uncreated and co-eternal with the Father, and beyond years and before the ages, becomes created from you, O Lady, and under the ages as man, saving humanity. [VPA]

(read)

Intermediate Verses of Ode One.

Your right hand, O God, is glorified in strength; Your right hand, O God, dashed the enemy in pieces. In the greatness of Your glory You broke the adversaries to pieces. [SAAS]

You sent forth Your wrath; it consumed them like stubble.

By the Spirit of Your anger the waters were gathered together; the waves stood upright in the midst of the sea; the depths congealed in the heart of the sea.

The enemy said, 'I will pursue, I will overtake, I will divide the spoils; I will satisfy my soul; I will destroy with my sword; my hand shall have dominion.'

Ἀπέστειλας τὸ πνεῦμά σου, ἐκάλυψεν αὐτοὺς θάλασσα, ἔδυσαν ὥσεί μόλυβδος ἐν ὕδατι σφοδρῶ.

Τὶς ὅμοιός σοι ἐν θεοῖς, Κύριε; τὶς ὅμοιός σοι; Δεδοξασμένος ἐν Ἁγίοις, θαυμαστὸς ἐν δόξαις, ποιῶν τέρατα.

Ἐξέτεινας τὴν δεξιάν σου, κατέπιεν αὐτοὺς γῆ.

Ὡδήγησας τῇ δικαιοσύνῃ σου τὸν λαόν σου τοῦτον, ὃν ἐλυτρώσω, παρεκάλεσας τῇ ἰσχύϊ σου εἰς κατάλυμα ἅγιόν σου.

Ἦκουσαν ἔθνη, καὶ ὠργίσθησαν, ὠδῖνες ἔλαβον κατοικοῦντας Φιλιστειίμ.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡδιὴ α'. Ἦχος β'. Δευτε λαοί.

Στίχ. Τότε ἔσπενσαν ἡγεμόνες Ἐδὼμ, καὶ ἄρχοντες τῶν Μωαβιτῶν, ἔλαβεν αὐτοὺς τρόμος, ἐτάκησαν πάντες οἱ κατοικοῦντες Χαναάν.

Πῶς τὴν ἐμήν, νῦν ἀποκλαύσομαι ἔκπτωσιν, ποίαν ἀρχὴν ποιήσομαι, τῆς σωτηρίας μου, ὃ ἀσώτως βιώσας; Οἰκτίρμον οἷς περ οἶδας, κρίμασι, σῶσόν με.

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

Ἴδε καιρὸς, ἴδε ἡμέρα σωτήριος, ἡ τῆς Νηστείας εἵσοδος, ψυχὴ γρηγόρησον, καὶ παθῶν τὰς εἰσόδους, ἀπόκλεισον Κυρίῳ, ἐνατενίζουσα.

You sent forth Your Spirit; the sea covered them; they sank like lead in the mighty waters.

Who is like You, O Lord, among the gods? Who is like You, glorified in holiness, marvelous in praises, doing wonders?

You stretched out Your right hand; the earth swallowed them up.

In righteousness You guided Your people whom You redeemed; in strength You called them to Your holy resting place.

The nations heard and were angry; pangs seized the inhabitants of Philistia. [SAAS]

(sung)

From Triodion ---

Canon 1 from the Triodion.

Ode i. Mode 2. N/M (Peoples, now come.)

Verse: The princes of Edom and the chiefs of the Moabites were dismayed; trembling took hold of them; all the inhabitants of Canaan melted away. [SAAS]

How shall I begin to weep for my failures? / Where can I make a start for salvation? / I have lived as a Prodigal. / Save me by the ways that are Your, Bountiful One.

[OCA]

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

[SAAS]

This is the time of repentance. / This is the day of salvation. / This is the beginning of the fast. / Be vigilant, my soul! / Close the door of your passions, and seek the Lord. [OCA]

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

Ἀμαρτιῶν, ἡ τρικυμία χειμάζουσα, ἐπὶ
βυθὸν καθέλκει με τῆς ἀπογνώσεως, ἀλλὰ
σοῦ τῷ πελάγει, προστρέχω τοῦ ἐλέους.
Σῶσόν με Κύριε.

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

Θεοτοκίον.

Ἡ τὴν πηγὴν, τῆς ἀπαθείας κυήσασα,
τραυματισθέντα πάθεσι, Κόρη θεράπευσον,
καὶ πυρὸς αἰωνίου, ἐξάρπασόν με μόνη,
θεοχαρίτωτε.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ α'. Ἦχος β'. Δεῦτε λαοί.

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

Δεῦτε λαοί, σήμερον ὑποδεξώμεθα,
τῶν Νηστειῶν τὸ χάρισμα, ὡς θεοδώρητον,
καιρὸν τῆς μετανοίας, ἐν ταύτῃ τὸν
Σωτῆρα, ἰλεωσόμεθα.

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

Ἐφθασε νῦν, εἰσῆκται ὁ τῶν ἀγώνων
καιρὸς, τὸ τῆς Νηστείας στάδιον, προθύμως
ἅπαντες, ἀπαρξώμεθα ταύτης, τὰς ἀρετὰς
Κυρίου, ὡς δῶρα φέροντες.

Δόξα. Τριαδικόν.

Μονὰς ἀπλή, τρίφωτε ἀρχικωτάτη
Ἐνάς, πανσθενεστάτη πάνζωε, Θεὲ καὶ
Κύριε, Πατὴρ ὁ παντοκράτωρ, ὁ Υἱὸς καὶ τὸ
Πνεῦμα, σῶζε τοὺς σέβοντάς σε.

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

The tempest of my sins has drawn me to
the depths of despair./But I flee to the sea of
Your mercy:/O Lord, save me! [OCA]

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

Theotokion.

O Maiden, who gave birth to the source of
dispassion, heal me who am wounded by the
passions, and snatch me from the eternal fire,
O Lady grace by God. [SD]

Canon 2 from the Triodion.

Ode i. Mode 2. N/M (Peoples, now come.)

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

O peoples, come and let us welcome
today the gift of Lent, as a God-given season
of repentance; and during it, let us seek the
Savior's forgiveness. [SD]

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

This is the time of great spiritual efforts,/
The course of the Fast./Let us all begin with
sincerity,/Bearing good works to the Lord as
gifts. [OCA]

Glory. For the Trinity.

Let us praise the simple unity of three
Lights,/The most powerful and ever-existing
and ever-acting Lord and God:/The Father
Almighty, the Son and the Spirit! [OCA]

Καὶ νῦν. **Θεοτοκίον.**

Τὸ τοῦ Θεοῦ, ἅγιον ὄρος ὑμνήσωμεν,
Μαρίαν τὴν ἀμίαντον, ἐξ ἧς ἀνέτειλεν,
ὁ τῆς δικαιοσύνης, Ἥλιος τοῖς ἐν σκότει,
Χριστὸς ἡ πάντων ζωή.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἄρμα πυρός, ἔλαβεν Ἠλίαν τὸν
θαυμαστὸν νηστεία ὀπλισάμενον. Μωσῆν
ἀνέδειξε θεατὴν τῶν ἀρρήτων, καὶ ἡμεῖς
ταύτην ἐλόντες, ὁψόμεθα τὸν Χριστόν.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Βρῶσιν Ἀδάμ, ἔφαγε, καὶ Παραδείσου
αὐτόν, ἡ ἀκρασία ἐξωσεν, ἡμᾶς δὲ Κύριε, ἡ
Νηστεία λαβοῦσα, ἀξιους μετανοίας, δείξει
φιλάνθρωπε.

Ὁ Εἰρμός. Ἦχος β'.

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

Τοῦ Μηναίου - - -

Ὡδὴ γ'. Ἦχος δ'. Ὁ Εἰρμός.

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

Οὐκ ἐν σοφίᾳ καὶ δυνάμει καὶ πλούτῳ
καυχώμεθα, ἀλλ' ἐν σοὶ τῇ τοῦ Πατρὸς,
ἐνυποστάτῳ Σοφίᾳ Χριστέ· οὐ γάρ ἐστιν
Ἅγιος, πλὴν σοῦ φιλάνθρωπε.

Τροπάρια.

Στηριζομένη, βακτηρία τῶν λόγων
σου Ὅσιε, τὰς ὁρμὰς τῶν δυσσεβῶν, καὶ
θεομάχων αἰρέσεων, ἐλαύνει διώκουσα, ἡ
Ἐκκλησία Χριστοῦ.

Both now. **Theotokion.**

Let us sing of the holy mount of God, / of
the immaculate Mary, / From whom the Sun
of Righteousness arose, / And shone light on
those who were in darkness: / Christ the life of
all. [OCA]

Glory to You, our God, glory to You.

The fiery chariot received Elijah / who was
strengthened by fasting. / By Fasting, Moses
was a seer of ineffable things, / and by it, we
shall see Christ. [OCA]

Glory to You, our God, glory to You.

Adam ate the food / and was cast out of
paradise for his indulgence. / But we receive
the fast with joy, Lord: / Show us worthy of
perfect repentance, Lover of mankind. [OCA]

Heirmos Mode 2.

Come, people, let us sing a song to Christ
our God / Who parted the sea and through it
led His people / whom He had brought out
of the bondage of Egypt: / For He has been
glorified! [OCA]

From Menaion - - -

Ode iii. Mode 4. Heirmos.

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

Not in our wisdom, * nor in power and
wealth do we boast, O Lord; * but we boast
in You, the Father's personified Wisdom, O
Christ. * No one else is holy but for You who
love mankind. [SD]

Troparia.

Made firm by the staff of your words,
venerable one, the Church of Christ expels
and drives away the assaults of the impious

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

Ὑπερμαχήσας, τοῦ σεπτοῦ θεοφόρου κηρύγματος, ἀνεδείχθης νικητῆς, τῇ συμμαχίᾳ τοῦ Πνεύματος, σοφῶς δυναμούμενος, Πάτερ Σωφρόνιε.

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

Νεκρώσας πᾶσαν, φθειρομένης σαρκὸς ἡδυπάθειαν, τὴν ἀκήρατον ψυχὴν, δι' εὐσεβείας ἐζώσας, καὶ ταύτην ἀνέδειξας, ἔνθεον ὄργανον.

Δόξα.

Ἡ θεολόγος, καὶ τερπνὴ καὶ μελιῤῥυτος γλῶσσά σου, τοὺς τοῦ λόγου ποταμούς, ἀναπηγάξει θεόληπτε, τὰ θεῖα διδάγματα, πᾶσι προχέουσα.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ τὴν τεκοῦσαν τὸν Θεόν, Θεοτόκον δοξάζομεν, τῷ Γεννήματι τῷ σῶ, προσηγορίαν ἀρμόζοντες, καὶ κλῆσιν κατάλληλον, πάναγνε Δέσποινα.

Ὁ Εἰμός.

Οὐκ ἐν σοφίᾳ καὶ δυνάμει καὶ πλούτῳ καυχώμεθα, ἀλλ' ἐν σοὶ τῇ τοῦ Πατρός, ἐνυποστάτῳ Σοφίᾳ Χριστέ· οὐ γάρ ἐστιν Ἅγιος, πλὴν σοῦ φιλόανθρωπε.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

and of the heresies which fight against God.

[VPA]

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

[SAAS]

Having been a champion of august preaching, God-bearer, you were shown to be a victor through the power of the Spirit, being wisely empowered, Father Sophronios. [VPA]

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

You put to death all the pleasure of the corrupted flesh and enlivened your pure soul through piety and showed it as a divine organ. [VPA]

Glory.

Your theologizing, delightful, and sweet-sounding tongue springs up rivers of the Word, God-inspired one, gushing forth divine teachings for all. [VPA]

Both now. **Theotokion.**

We glorify you who gave birth to God, O Theotokos, fitting together a corresponding name and calling, all-pure Lady. [VPA]

Heirmos.

Not in our wisdom, * nor in power and wealth do we boast, O Lord; * but we boast in You, the Father's personified Wisdom, O Christ. * No one else is holy but for You who love mankind. [SD]

DEACON

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

(Lord, have mercy.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι 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 δ'. Ταχὺ προκατάλαβε.

Τοῖς λόγοις ἐκόσμησας τὴν Ἐκκλησίαν
Χριστοῦ, τοῖς ἔργοις ἐτήρησας τὸ κατ'
εἰκόνα Θεοῦ, Σωφρόνιε Ὅσιε· ἔλαμψε γὰρ
ἐν κόσμῳ, ἢ ἐν σοὶ σωφροσύνη, χάριτας
διδαγμάτων, ἀπαστράπτουσα πᾶσι, τοῖς
πίστει ἐορτάζουσι Πάτερ τὴν μνήμην σου.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος δ'. Ταχὺ προκατάλαβε.

Ἐκαίνισας Ἀχραντε τῷ θείῳ τόκῳ σου,
φθαρεῖσαν τοῖς πάθεσι τῶν γηγενῶν τὴν
θνητὴν, οὐσίαν καὶ ἡγειρας, πάντας ἐκ τοῦ
θανάτου, πρὸς ζωὴν ἀφθαρσίας· ὅθεν σε
κατὰ χρέος, μακαρίζομεν πάντες, Παρθένε
δεδοξασμένη, ὡς προεφήτευσας.

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 4. N/M (Come quickly.)

You adorned the Church of Christ by
your words, and by your works you kept
that which is according to the image of God,
venerable Sophronios, for your soundness of
mind illumined the world, shining with gifts
of teachings on all who with faith celebrate
your memory, O Father. [VPA]

Glory. Both now. **Theotokion.**

Mode 4. N/M (Come quickly.)

By your divine childbirth, undefiled one,
you renewed the mortal nature which had
been corrupted by the passions of those on
earth and you lifted everyone up from death
towards the life of incorruption. Therefore, as
it proper, we all bless you, Virgin glorified as
you had foretold. [VPA]

Τοῦ Μηναίου ---

Ὡδὴ δ'. Ἦχος δ'. Ὁ Εἰρμός.

Στίχ. Δόξα τῇ δυνάμει σου, Κύριε.

Ὁ καθήμενος ἐν δόξῃ, ἐπὶ θρόνου
Θεότητος, ἐν νεφέλῃ κούφῃ, ἦλθεν Ἰησοῦς ὁ
ὑπέρθεος, τῇ ἀκηράτῳ παλάμῃ καὶ διέσωσε,
τοὺς κραυγάζοντας· δόξα Χριστὲ τῇ δυνάμει
σου.

Τροπάρια.

Μίαν ἄναρχον οὐσίαν, ἐν τρισὶν
ὑποστάσεσιν, ἰδικαῖς τελείαις, Πάτερ
σὺ σοφῶς ἐδογματίσας, διαιρουμένην
ἀτμήτως, ἐνουμένην τε ἀσυγχύτως,
βουλήσει μᾶ καὶ Θεότητι.

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

Ἐχων σῶφρονας τὰς φρένας, καὶ τὸν
νοῦν σωφρονέστερον, οὐ φυρμὸν ἐφρόνεις,
Πάτερ οὐ τροπὴν οὐδὲ σύγχυσιν, τῶν
ἠνωμένων ἀτρέπτως δύο φύσεων, ἐν ἐνὶ
Χριστῷ, μονογενεῖ ἀπαστραπτουσάν.

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

Λαμπρυνόμενος ἐνθέως, φωτισμῷ τῷ
τοῦ Πνεύματος, τὴν δεινὴν μανίαν, τὴν
τοῦ Νεστορίου διέλυσας, ταυτοβουλία καὶ
γνώμη τοῦ τὴν ἔνωσιν, δογματίσαντος, ἐπὶ
Χριστοῦ δύο φύσεων.

Δόξα.

Πύρρον ἐφλεξας ἀνάρτην, τῷ πυρὶ
τῶν δογμάτων σου, ἀθετοῦντα δύο, εἶναι
τοῦ Χριστοῦ τὰ θελήματα, ταῖς διαφόροις
οὐσίαις τὰ κατάλληλα, ἐνεργείας τε, ἅμα
διπλᾶς Πάτερ Ὅσιε.

From Menaion ---

Ode iv. Mode 4. Heirmos.

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

He who sits in holy glory * on the throne
of divinity, * Jesus our most high God, * on a
swift and light cloud has come to us, * and by
the might of His undefiled hand has saved *
those who cry to Him: Glory to Your power,
O Christ. [SD]

Troparia.

Father, you wisely taught one
beginningless nature in three hypostases, each
one perfect, separated without division and
united without confusion through one will
and Godhead [VPA]

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

Having self-restraint in heart and a most
self-restrained mind, you did not consider
mixture or mode nor confusion of the two
natures united unchangeably shining in one
only-begotten Christ. [VPA]

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

Divinely illumined with the illumination
of the Spirit, you did away with the awful
madness of Nestorius who had taught the
unity in Christ of two natures in one will and
thought. [VPA]

Glory.

By the fire of your teachings you burned
Pyrrhos (who was holding to denying that
there are two wills in Christ, according to the
different natures, and also the two operations.

[VPA]

Καὶ νῦν. **Θεοτοκίον.**

Ὁραιοῦθης ὑπὲρ πᾶσαν, τῶν Ἀγγέλων
εὐπρέπειαν, ὡς τεκοῦσα τούτων, Κόρη
ποιητὴν τε καὶ Κύριον, ἐκ σῶν ἀχράντων
αἱμάτων σωματούμενον, τὸν ὀνόμενον,
πάντας αὐτόν τοὺς δοξάζοντας.

Τοῦ Μηναίου - -

Ὡδὴ ε΄. Ἦχος δ΄. Ὁ Εἰρμός.

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

Ἀσεβεῖς οὐκ ὄψονται, τὴν δόξαν σου
Χριστέ· ἀλλ' ἡμεῖς σε Μονογενές, πατρικῆς
ἀπαύγασμα, δόξης Θεότητος, ἐκ νυκτός
ὀρθρίζοντες, ἀνυμνοῦμέν σε φιλόανθρωπε.

Τροπάρια.

Τὴν σεπτὴν ἀνάστασιν, καὶ τάφον
τῆς ζωῆς, ἀκλινεῖ πόθῳ θεωρῶν, θεωρίας
ἤντλησας κρυφιομύστους, καὶ πιστοῖς
μετέδωκας, Ἱεράρχα τῆς ἐλλάμψεως.

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

Τὴν σεπτὴν ἀνάστασιν, καὶ τάφον
τῆς ζωῆς, ἀκλινεῖ πόθῳ θεωρῶν, θεωρίας
ἤντλησας κρυφιομύστους, καὶ πιστοῖς
μετέδωκας, Ἱεράρχα τῆς ἐλλάμψεως.

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

Ὀλικῶς ἐπόθησας, τὸν μόνον ἀγαθόν,
πυρσωθείς φέγγει νοητῷ, καὶ πηγὴν
ἡγάπησας τῆς ἀφθαρσίας, θεωρίαις
Πάνσοφε, πρὸς αὐτὴν ἀνατεινόμενος.

Both now. **Theotokion.**

You were beautified above all the
comeliness of angels, as having given birth to
their creation and Lord, O maiden, who has
taken a body from your spotless blood and
who draws to himself all who glorify him. [VPA]

From Menaion - -

Ode v. Mode 4. Heirmos.

Verse: O Lord our God, grant us peace.

The ungodly will not see Your glory, O
Christ. * Rather we in the morning rise early
and we sing Your praise, * only-begotten Son,
the reflection of the Father's glory, Lord who
loves mankind. [SD]

Troparia.

With steadfast yearning beholding the
pure resurrection and grave of life, you
drew up visions of illumination of hidden
teaching and distributed them to the faithful,
O hierarch. [VPA]

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

[SAAS]

With steadfast yearning beholding the
pure resurrection and grave of life, you
drew up visions of illumination of hidden
teaching and distributed them to the faithful,
O hierarch. [VPA]

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

You wholly yearned after the only good,
being aflame with noetic light, and you loved
the stream of incorruption, being lifted up
towards it through visions. [VPA]

Δόξα.

Ναὸς ζῶν καὶ ἔμψυχος, ἐγένου τοῦ
Θεοῦ, νεκρωθεὶς πᾶσι τοῖς ἐν γῇ, τὴν τοῦ
λόγου τράπεζαν εὐθηνουμένην, κεκτημένος
Ὅσιε, καὶ λυχνίαν τὴν τῆς πίστεως.

Καὶ νῦν. **Θεοτοκίον.**

Ἐν δυσὶ νοούμενον, οὐσίαις τὸν
Χριστόν, τὸν Υἱὸν τὸν μονογενῆ, τοῦ Θεοῦ
τὸν ἀναρχον, σάρκα γενόμενον, ὑπὲρ λόγον
τέτοκας, Θεομήτορ ἀπειρόγαμε.

Τοῦ Μηναίου ---

Ὡδὴ Γ'. Ἦχος δ'. Ὁ Εἰμός.

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

Θύσω σοι, μετὰ φωνῆς αἰνέσεως Κύριε,
ἡ Ἐκκλησία βοᾷ σοι, ἐκ δαιμόνων λύθρου
κεκαθαρμένη, τῷ δι' οἶκτον, ἐκ τῆς πλευρᾶς
σου ῥεύσαντι αἵματι.

Τροπάρια.

Πλουσίως, ἐξεχύθη ἡ χάρις τοῦ
Πνεύματος, τοῦ παναγίου θεόφρον, ἐν
τοῖς χεῖλεσί σου· ὅθεν ὁ φθόγγος, τῶν σῶν
λόγων, τοῦ ποταμοῦ μιμεῖται τὰ ῥεύματα.

Στίχ. Φυλασσόμενοι μάταια καὶ ψευδῇ,
ἔλεον αὐτοῖς ἐγκατέλιπον.

Πλουσίως, ἐξεχύθη ἡ χάρις τοῦ
Πνεύματος, τοῦ παναγίου θεόφρον, ἐν
τοῖς χεῖλεσί σου· ὅθεν ὁ φθόγγος, τῶν σῶν
λόγων, τοῦ ποταμοῦ μιμεῖται τὰ ῥεύματα.

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

Ὡς φοῖνιξ, ἐν τῷ οἴκῳ Κυρίου
ἐξήνθησας, τῇ εὐκαρπία τῶν λόγων,

Glory.

You became a living and animate temple
of God, having put to death all things of the
earth, gaining the rich table of the Logos and
the lamp of faith, Venerable one. [VPA]

Both now. **Theotokion.**

Unwedded mother of God, you gave
birth beyond understanding to Christ,
understood in two natures, the only-begotten
and beginningless Son of God, having become
flesh. [VPA]

From Menaion ---

Ode vi. Mode 4. Heirmos.

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

The Church cries out to You, O Lord my
God, "With a voice of praise * I will sacrifice
to You, * for I am cleansed of blood offered to
the demons, * cleansed by the blood that for
the sake of mercy poured out from Your side."

[SD]

Troparia.

The grace of the all-holy Spirit was richly
poured out on your lips, godly-minded one.
Therefore the sound of your words is like the
flowing of a river. [VPA]

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

The grace of the all-holy Spirit was richly
poured out on your lips, godly-minded one.
Therefore the sound of your words is like the
flowing of a river. [VPA]

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

You bloomed like a palm tree in the house
of the Lord with the good fruit of your words,

καθαρῶ τε βίῳ καταγλυκαίνων, τὰς
καρδίας, Ἱεράρχα, τῶν πίστει τιμώντων σε.

Δόξα.

Νεκροῦται, τῇ ζωτικῇ ῥομφαίᾳ τῆς
γλώττης σου, τὸ τῶν αἱρέσεων στίφος,
καὶ θρασεῖα φάλαγξ τῶν θεομάχων,
σφαττομένη, θανατοῦται δογμάτων σου
ξίφεσιν.

Καὶ νῦν. **Θεοτοκίον.**

Ὑμνοῦμεν, Θεοτόκε τὸν ἄχραντον
τόκον σου, δι' οὗ σωζόμεθα πάντες, καὶ
θανάτου βρόχων καὶ δεινотάτης, ἁμαρτίας,
καὶ τῶν μυχῶν τοῦ Ἄιδου λυτρούμεθα.

Ὁ Εἰρμός.

Θύσω σοι, μετὰ φωνῆς αἰνέσεως Κύριε,
ἡ Ἐκκλησία βοᾷ σοι, ἐκ δαιμόνων λύθρου
κεκαθαρμένη, τῷ δι' οἶκτον, ἐκ τῆς πλευρᾶς
σου ῥεύσαντι αἵματι.

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

(Σοί, Κύριε.)

making sweet by your pure life the hearts of
those who honor you with faith, O hierarch.

[VPA]

Glory.

By the living sword of your mouth the
army of heresies is put to death and the
daring ranks of those who fight against God,
slain, die by the sword of your teachings [VPA]

Both now. **Theotokion.**

O Theotokos, we hymn your spotless
birth-giving through which we all are saved
and are delivered from the noose of death and
most fearful sin and the innermost parts of
Hades. [VPA]

Heirmos.

The Church cries out to You, O Lord my
God, "With a voice of praise * I will sacrifice
to You, * for I am cleansed of blood offered to
the demons, * cleansed by the blood that for
the sake of mercy poured out from Your side."

[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.)

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 ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου - - -

ΑΝΑΓΝΩΣΤΗΣ

Μαρτυρικόν. Ἦχος πλ. δ'.

Φωστῆρες νοεροί, ἀνεδείχθητε ἅγιοι Μάρτυρες· τὴν γὰρ ἀχλὺν τῆς πλάνης, κατηγορήσατε διὰ τῆς πίστεως, τὰς ψυχικὰς ὑμῶν λαμπάδας ἐφαιδρύνετε, καὶ τῷ Νυμφίῳ μετὰ δόξης συνεισήλθετε, εἰς τὸν οὐράνιον νυμφῶνα, καὶ νῦν ἱκετεύσατε, σωθῆναι δεόμεθα τὰς ψυχὰς ἡμῶν.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ ΙΑ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Σωφρονίου, Ἀρχιεπισκόπου Ἱεροσολύμων.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Ἱερομάρτυρος Πιονίου, Πρεσβυτέρου τῆς ἐν Σμύρνῃ Ἀγίας Ἐκκλησίας.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Γεωργίου, Θεοφόρου καὶ Θαυματουργοῦ, τοῦ ἐν τῷ Διῦππειῷ λεγομένου, τοῦ Νεοφανοῦς.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων Μαρτύρων Τροφίμου καὶ Θαλλοῦ, τῶν ἐν Λαοδικείᾳ μαρτυρησάντων.

Τῇ αὐτῇ ἡμέρᾳ, ἡ εἰς Κωνσταντινούπολιν ἀνακομιδὴ τῶν Λειψάνων τοῦ Ἁγίου Μάρτυρος Ἐπιμάχου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς Ὁσίας Μητρὸς ἡμῶν Θεοδώρας τῆς Βασιλίσσης.

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.

Holy Martyrs, you were shown to be spiritual luminaries; for by faith you ended the fogginess of error, you brightened the lamps of our souls, and with glory you entered the celestial bridal hall with the Bridegroom. Now we pray you entreat Him to save our souls. [SD]

Synaxarion.

From the Menaion.

On March 11 we commemorate our devout father Sophronios, Archbishop of Jerusalem.

On this day we also commemorate the holy hieromartyr Pionius, priest of the holy Church in Smyrna.

On this day we also commemorate our devout father George, the God-bearer and Wonderworker, the newly appeared, who was in the church called Diipeum.

On this day we also commemorate the holy martyrs Trophimos and Thallus who witnessed in Laodiceia.

On this day we also commemorate the translation to Constantinople of the relics of the holy martyr Epimachos.

On this day we also commemorate our devout mother Theodora the Empress.

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

Τοῦ Μηναίου - - -

ΧΟΡΟΣ

Ὡδὴ ζ'. Ἦχος δ'. Ὁ Εἰρμός.

Στίχ. Τῶν Πατέρων καὶ ἡμῶν Θεός, εὐλογητὸς εἶ.

Ὁ διασώσας ἐν πυρί, τοὺς Ἀβραμιαῖους σου Παῖδας, καὶ τοὺς Χαλδαίους ἀνελών, οἷς ἀδίκως δίκαιους ἐνήδρευσαν, ὑπερύμνητε Κύριε, ὁ Θεὸς ὁ τῶν Πατέρων, εὐλογητὸς εἶ.

Τροπάρια.

Μετὰ τῆς ἄνωθεν ῥοπῆς, ταῖς αἰρετικαῖς γλωσσαλγίαις, ἀντιταττόμενος Σοφέ, νικηφόρος γενόμενος ἔψαλλες· Ὑπερύμνητε Κύριε, ὁ Θεὸς ὁ τῶν Πατέρων εὐλογητὸς εἶ.

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

Μετὰ τῆς ἄνωθεν ῥοπῆς, ταῖς αἰρετικαῖς γλωσσαλγίαις, ἀντιταττόμενος Σοφέ, νικηφόρος γενόμενος ἔψαλλες· Ὑπερύμνητε Κύριε, ὁ Θεὸς ὁ τῶν Πατέρων εὐλογητὸς εἶ.

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

Ὁλος ἀνάθημα Θεῷ, τὰς τῶν Ἀσκητῶν φυτουργίας, περιϋπτάμενος σοφέ, τὸν λειμῶνα τὸν σὸν κατεφύτευσας, ἀρετῶν ἐμμελέτημα, τῷ Θεῷ τῷ ἐν ὑψίστοις καθιερώσας.

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

From Menaion - - -

CHOIR

Ode vii. Mode 4. Heirmos.

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

You saved Your Servants in the fire,
* Abraham's three youthful descendants;
* and the Chaldeans You destroyed, * for they plotted unjustly against the just. * O supremely extolled and praised * Lord, the God of our fathers, You are blessed. [SD]

Troparia.

Battling against heretical babbling with help from above, wise one, and becoming victorious, you chanted: Greatly hymned Lord, the God of our Fathers, you are blessed.

[VPA]

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

Battling against heretical babbling with help from above, wise one, and becoming victorious, you chanted: Greatly hymned Lord, the God of our Fathers, you are blessed.

[VPA]

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

Dedicated to God, flying around the garden of the ascetics, and having planted your meadow for the practice of the virtues, you dedicated it to God in the highest. [VPA]

Δόξα.

Νόμῳ πειθόμενος Χριστοῦ, τῆς σῆς ἐπιστήμης τὸν πλοῦτον, τοῖς δεομένοις εὐσεβῶς, ἀναμέλπων θεόφρον μετέδωκας· Ὑπερύμνητε Κύριε, ὁ Θεὸς ὁ τῶν Πατέρων εὐλογητός εἶ.

Καὶ νῦν. **Θεοτοκίον.**

Ἀγιασθεῖσα τὴν ψυχὴν, καὶ προκαθαρθεῖσα τὸ σῶμα, τῇ ἐπελεύσει ἐπὶ σέ, τοῦ Ἁγίου Πανάμωμε Πνεύματος, τοῦ Ὑψίστου τὴν δύναμιν, ἐν γαστρὶ σου συλλαβοῦσα τίκεις ἀσπόρως.

Ὡδὴ η'.

Τοῦ Μηναίου ---

Ὡδὴ η'. Ἦχος δ'. Ὁ Εἰρμός.

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

Παῖδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ τόκος τῆς Θεοτόκου διεσώσατο, τότε μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος, τὴν οἰκουμένην ἅπασαν, ἀγείρει ψάλλουσιν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

Τροπάρια.

Ἱεραρχικῆς Ἱερουργίας, τῷ μύρῳ καθηγιασθῆς τῷ τῆς χάριτος, ἔνθα πεφανέρωται, κόσμου ἡ σωτήριος Ἱεραρχία, πάνσοφε, Πάτερ Σωφρόνιε· Τὸν Κύριον ὑμνεῖτε κραυγάζων, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

Glory.

Obeying the law of Christ, you shared the riches of your knowledge with those who lacked them, godly-minded one, chanting: Greatly hymned Lord, the God of our Fathers, you are blessed. [VPA]

Both now. **Theotokion.**

Having been sanctified in soul and purified beforehand in body by the coming of the Holy Spirit upon you, all-blameless one, you bore Him, having conceived without seed in your womb the power of the Most High.

[VPA]

Ode viii.

From Menaion ---

Ode viii. Mode 4. Heirmos.

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

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

Troparia.

You were sanctified with the myrrh of the grace of hierarchical service, where the hierarchy of the salvation of the world, all-wise Father Sophronios, shouting: Hymn the Lord and greatly exalt him unto all the ages

[VPA]

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

Σοφίαν τιμῶν διαφερόντως, στεφάνῳ τῷ τῶν χαρίτων ἑστεφάνωσαι, δόξαν τὴν ἀμάραντον, πλοῦτον ἀναφαίρετον, τὸ τῆς σοφίας, Ἐνδοξε δῶρον δεξάμενος, καὶ Κύριον ὑμνεῖτε, κραυγάζων, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Ἱεροπρεπῶς Ἱερομύστα, τὴν θείαν δικαιοσύνην ἐνδυσάμενος, ἱθυνας Πανόλβιε, Πάτερ γενναιότατα, τὸ τοῦ Δεσπότης ποιμνιον λόγοις καὶ πράξεσι· Τὸν Κύριον ὑμνεῖτε κραυγάζων, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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

Μεγαλοπρεπῶς καὶ ὑπὲρ λόγον, ὁ Λόγος ὁ τῷ Πατρὶ Πάτερ συνάναρχος, λόγον σοι δεδώρηται, λόγους διατρέφοντα, καὶ γλωσσαλγίας λύοντα τὰς τῶν αἰρέσεων, τὸν Κύριον ὑμνεῖτε βοῶντα, καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

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

Θεοτοκίον.

Ἀγιοπρεπῆς Ναὸς ἐδείχθης, τοῦ Λόγου τοῦ πᾶσαν κτίσιν ἀγιάσαντος, ὄρος πῖον ἅγιον, ὄρος ἐμφανέστατον,

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

Honoring wisdom especially, you were crowned with the crown of gifts of wisdom: unfading glory and riches not to be taken away, glorious one, and having received the gift, you are shouting: Hymn the Lord and greatly exalt him unto all the ages [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]

Being clothed with divine righteousness in a priestly manner, O teacher of sacred things, you guided in a most courageous manner the flock of the Master through your words and deeds, all-famous Father, crying out: Hymn the Lord and greatly exalt him unto all the ages [VPA]

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]

Magnificently and beyond understanding, the Logos who is co-beginningless with the Father gives you, Father, a mind which brings up words that undo the babblings of heresies, as you cry out: Hymn the Lord and greatly exalt him unto all the ages [VPA]

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

Theotokion.

You were shown to be a sanctified temple of the Logos who sanctifies all creation, a rich holy mountain, a manifest mountain, blessed,

εὐλογημένη Δέσποινα μόνη πανύμνητε. Διὸ σε Θεομῆτορ ὑμνοῦμεν, καὶ ὑπερυψοῦμεν εἰς πάντας τοὺς αἰῶνας.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὁδῆς.

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

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

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

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

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

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ πάντα τὰ φυόμενα ἐν αὐτῇ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

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

(ἐμμελῶς)

only all-hymned Lady. Therefore we hymn you, mother of God, and we greatly exalt you 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.

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)

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος β'. Τὸν ἐν καμίνῳ τοῦ πυρός.

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

Πυρποληθέντα ἡδοναῖς, καὶ ψυχῆς τὸ ὀπτικὸν ἀμαυρωθέντα, τῷ πυρὶ τοῦ σοῦ φόβου, ἀνακαινίσας Χριστέ, φωτί με σωτηρίας αὐγασσον, ἵνα σε δοξάζω, εἰς πάντας τοὺς αἰῶνας.

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

Κόρον μισήσασα παθῶν, ἐστιάθητι καλῶν τῇ καρκεῖα, καὶ ἡδύνθητι μᾶλλον, τῇ ἐκ νηστείας τρυφῇ, πικρίας ἡδονῶν ἐκκλίνουσα, ταπεινὴ ψυχὴ μου, καὶ ζῆθι εἰς αἰῶνας.

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

Πεπωρωμένος τὴν ψυχὴν, καὶ τῇ μέθῃ τῶν παθῶν ἐσκοτισμένος, οὐδαμῶς ἀτενίζω, πρὸς σὲ τὸν μόνον Θεόν· διό με οἴκτειρον καὶ φώτισον, καὶ τῆς μετανοίας ὑπάνοιξόν μοι πύλας.

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

Θεοτοκίον.

Ἡ οὐρανῶσασα ἡμῶν, τὴν γεώδη καὶ φθαρτὴν Ἀγνὴ οὐσίαν, τῇ θερμῇ σου πρεσβείᾳ, κατευθυνθῆναι ἡμῶν, ἐντεύξεις

From Triodion ---

Canon 1 from the Triodion.

**Ode viii. Mode 2. N/
M (When God went down.)**

Verse: Bless the Lord, all you birds of heaven, all ou wild animals and cattle, and exalt Him beyond measure, unto all the ages. [SAAS]

Christ, by the light of the fear of You, / renew my soul, / which is in darkness and burning with bitterness; / show me the light of salvation so that I may glorify You forever.

[OCA]

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

Having despised the fullness of passions, my humble soul, / be nourished by food of good deeds. / Take joy in the sweetness of fasting, / avoiding the woe of sweetness, and be enriched forever. [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]

My soul was blinded, darkened by the drunkenness of passions. / In no way can I look to You, O God. / Therefore, be bountiful to me and enlighten me / and open to me the gates of true repentance. [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.

Pure Virgin, / you have transformed our earthly and corruptible existence / into a spiritual heaven. / By your prayers, direct our

καὶ δεήσεις ποιήσον, πρὸς τὸν σὸν καὶ πάντων, Θεὸν καὶ Βασιλέα.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος β'. Τὸν πάλαι δροσίσαντα.

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

Φαιδρῶς εἰσδεξώμεθα, τῆς Νηστείας τὴν εἴσοδον πιστοί, καὶ μὴ σκυθρωπάσωμεν, ἀλλὰ νίψωμεν τὰ πρόσωπα ἡμῶν, ἀπαθείας τῷ ὕδατι, εὐλογοῦντες, καὶ ὑπερυψοῦντες, Χριστὸν εἰς τοὺς αἰῶνας.

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

Ἐλαίῳ ἀλείψαντες, συμπαθείας ψυχῆς τὴν κεφαλὴν, μὴ βαττολογήσωμεν, τῷ Πατρὶ ἡμῶν τῷ ἐν τοῖς οὐρανοῖς, προσευχὰς ἀναπέμποντες, εὐλογοῦντες, καὶ ὑπερυψοῦντες, αὐτὸν εἰς τοὺς αἰῶνας.

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

Τριαδικόν.

Ἀἰδίων ἀναρχον, τὸν Πατέρα ὑμνήσωμεν πιστοί, Υἱὸν δὲ συνἀναρχον, καὶ Πνεῦμα συνεκλάμψαν ἐκ Πατρὸς, Ὁμοούσια Πρόσωπα, μιᾶς ὄντα, τῆς παντοδυνάμου, ἀρχῆς καὶ ἐξουσίας.

Καὶ νῦν. **Θεοτοκίον.**

Μαρία θεόκλητε, ἱλαστήριον ὄντως τῶν πιστῶν· ἐκ σοῦ γὰρ ἡ ἄφεσις, παροχεύεται τοῖς πᾶσι δαψιλῶς, τὸν Υἱόν σου καὶ Κύριον,

entreaties and supplications to your Son, / the God and King of all. [OCA]

Canon 2 from the Triodion.

Ode viii. Mode 2. (N/M)

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

Faithful, Let us enter the fast with joy! / Let us not be sad, / but let us clean our faces with the waters of passionlessness, / blessing and exalting Christ forever! [OCA]

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

Anointing our heads with the oil of mercy, / let us not use many words / praying to our Father who is in heaven, / but let us bless and exalt Christ forever! [OCA]

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

For the Trinity.

Faithful, let us hymn the Father, / ever-existing from before eternity; / the Son, who is equally without beginning / and the Spirit, shining forth from the Father: / the three consubstantial persons, / one all-powerful principle and Authority. [OCA]

Both now. **Theotokion.**

Mary, the chosen of God, / the true purification of the faithful: / from you, forgiveness is given to all in abundance. / Do

μὴ ἐλλίπης, εὐμενιζομένη, ὑπὲρ τῶν σὲ
ὑμνούντων.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Νηστεύσας ὁ Κύριος, τεσσαράκοντα
μέτρον ἡμερῶν, τὰς νῦν ἀφιέρωσε, καὶ
ἡγίασεν ἡμέρας ἀδελφοί, ἐν αἷς φθάσαντες
κράζομεν· Εὐλογεῖτε, καὶ ὑπερυψοῦτε,
Χριστόν εἰς τοὺς αἰῶνας.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

Ὁ Εἰμός. Ἦχος β'.

Τὸν πάλαι δροσίσαντα, τῶν Ἑβραίων
τοὺς Παῖδας ἐν φλογί, καὶ φλέξαντα
Κύριον, τοὺς Χαλδαίους παραδόξως ἐν
αὐτῇ, ἀνυμνήσωμεν λέγοντες· Εὐλογεῖτε,
καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν
ὑμνοῖς τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡιδῇ θ'.

Μεγαλυνάριον. Ἦχος δ'.

Στίχ. Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον,
καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ
σωτηῇρί μου.

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

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

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

not cease to intercede before your Son and
Lord/for all who sing and magnify you! [OCA]

Glory to You, our God, glory to You.

The Lord consecrated and sanctified these
Forty Days of the Fast/by fasting Himself
for forty days./Having entered into them,
brethren, let us cry aloud:/Blessing and
exalting Christ forever! [OCA]

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

Heirmos Mode 2.

Let us sing with joy to the Lord/who
sprinkled dew upon the Hebrew Youths of
old/and marvelously burned the Chaldeans
in the furnace:/bless and exalt him forever!

[OCA]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 4.

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

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

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

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

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

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

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξάπέστειλε
κενοῦς.

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

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

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

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

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

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

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

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

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

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

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

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

Τοῦ Μηναίου - -

Ὡδὴ θ'. Ἦχος δ'. Ὁ Εἰσμός.

Λίθος ἀχειρότμητος ὄρους, ἐξ
ἀλαξεύτου σου Παρθένε, ἀκρογωνιαίος
ἐτμήθη, Χριστὸς συνάψας τὰς διεστώσας
φύσεις. Διὸ ἐπαγαλλόμενοι σὲ Θεοτόκε
μεγαλύνομεν.

Τροπάρια.

Ῥῆσις ἐκ χειλέων σου θείων,
προερχομένη θεοῶν ἡμῶν, τὰς τῶν εὐσεβῶν
διανοίας, καταγλυκαίνει διὰ τῆς χάριτος, ὥς
περ κηρίον στάζουσα, τῶν νοημάτων τὴν
εὐπρέπειαν.

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

Ἐνδον οὐρανίων ἀδύτων, περιπολεύεις
θηγόρε, περὶ τὸν τῶν ὅλων Δεσπότην
καὶ Βασιλέα, ἔνθα χορεύουσιν, Ἀγγελικαὶ
λαμπρότητες, καὶ τῶν Ἁγίων τὰ
στρατεύματα.

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

Ζωὴν μετερχόμενος Πάτερ, ἐπὶ τῆς
γῆς τὴν τῶν Ἀγγέλων, τῆς ἀγγελικῆς ἐν
οὐρανοῖς, κατηξιώθης μακαριότητος· ἔνθα
Χριστὸν δυσώπησον, σωθῆναι πάντας τοὺς
ὑμνοῦντάς σε.

Στίχ. Καθὼς ἐλάλησε διὰ στόματος τῶν
ἁγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.

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

From Menaion - -

Ode ix. Mode 4. Heirmos.

A cornerstone was cut out without hands
* from a never-quarried mountain, * which
prefigured you, holy Virgin. * The stone is
Christ, who joined the disparate natures. * As
we rejoice because of this, O Theotokos, we
magnify you. [SD]

Troparia.

A word going forth from your divine lips,
O you who speak about God, makes sweet
the minds of the pious faithful by grace, like
a honeycomb dripping the comeliness of
understandings. [VPA]

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

O God-inspired one, you walk about
within the innermost heavenly places around
the Lord and King of all, where the angelic
luminaries and the ranks of the saints dance.

[VPA]

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

Seeking the life of the angels while upon
the earth, Father, you were made worthy of
the angelic blessedness in heaven, entreat
Christ there that all who hymn you be saved.

[VPA]

Verse: As he spoke by the mouth of his holy
prophets from of old. That we should be saved from

Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς πάντων τῶν μισούντων ἡμᾶς.

Ὡς τῶν ἀρωμάτων φιάλαι, αἱ σιαγόνες σου θεόφρον, νάρδου πιστικῆς πολυτίμου, σοφίας γέμων ὥφθης ἀλάβαστρον, Σῶμα Χριστοῦ τὸ τίμιον, ἀρωματίζων τοῖς σοῖς δόγμασι.

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

Θεοτοκίον.

Νεφέλην σε κούφην Παρθένε, ὁ Ἡσαΐας ἐθεώρει· ἐπὶ σοὶ γὰρ Κύριος ἐλθὼν, καθεῖλε πάντα τὰ χειροποίητα, καὶ τὴν αὐτοῦ ἐπίγνωσιν, τοῖς σὲ ὕμνουσιν ἐφάνέρωσε.

Τοῦ Τριωδίου - - -

Κανὼν Α' τοῦ Τριωδίου.

Ὡιδὴ θ'. Ἦχος β'. Τὸν ἐκ Θεοῦ Θεὸν Λόγον.

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

Ἡ τῆς Νηστείας ἡμέρα, ἀποχὴ ἁμαρτίας, γενέσθω σοι ψυχὴ, καὶ πρὸς Θεὸν νεῦσις ὁμοῦ καὶ οἰκείωσις, ὅπως φύγῃς κακίας τὰ βάραθρα, καὶ μόνας τὰς ὁδοὺς, τὰς φερούσας ποθέσης, πρὸς τὴν ἐκεῖ κατάπαυσιν.

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

Καὶ λογισμοῖς ὀλισθήσας, καὶ σαρκὶ πλημμελήσας, ὀδύρομαι καὶ στένω καὶ βοῶ· Σῶσόν με Κύριε, σῶσόν με, ἀνεξίκακε μόνε, καὶ μὴ καταδικάσης με εἰς πῦρ, τῆς γεέννης ἐκείνης, τὸν καταδίκης ἄξιον.

our enemies, and from the hand of all who hate us.

[RSV]

As bowls of aromatic herbs, your jaws, godly-minded one, you were seen as an alabaster of wisdom of the nard of most precious faith, spicing up the precious body of Christ with your teachings. [VPA]

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

Theotokion.

Isaiah saw you, O Virgin, as a light cloud, for coming upon you, the Lord destroyed all things made by hand and revealed the knowledge of himself to those who hymn you. [VPA]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 2. N/M (Being from God.)

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]

This is the first day of the Fast./For you, soul, let it be the setting aside of sin,/the return to God; to life with Him./Flee from the abyss of evil./Love only those ways which lead to peace,/resting before and within God.

[OCA]

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

Having been tempted by foul thoughts,/I have sinned in the flesh,/but yet I cry out: Save me, Lord;/save me, only gracious One./Do not condemn me to the fires of Gehenna,/though I am fully worthy of such condemnation. [OCA]

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

Τὸν φωτεινὸν τῆς Νηστείας, ἐνδυθέντες
χιτῶνα, κραιπάλῃς σκοτεινὸν καὶ δυσαχθές,
ἀποδυσώμεθα ἔνδυμα, καὶ φαιδροὶ
γεγονότες, ταῖς θεαῖς ἀρεταῖς τὰ φωταυγῇ,
τοῦ Σωτῆρος ἐν πίστει, ὁψόμεθα παθήματα.

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

Θεοτοκίον.

Ἐξασθενήσασαν πάσαις, προσβολαῖς
τῶν κακίστων, δαιμόνων τὴν ἀθλίαν
μου ψυχὴν, ἴασαι ἄχραντε Δέσποινα,
ἱατρὸν τετοκυῖα, Χριστὸν τὴν ἀπολύτρωσιν
ἡμῶν, τῶν εἰδότην σε Κόρην, Παρθένον
ἀδιάφθορον.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ θ'. Ἦχος β'. Τὴν ὑπερφνωῶ σαρκί.

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

Νῦν ἐπέστη ὁ καιρὸς, τῶν ἀγίων
Νηστείων, ἐναρξώμεθα ταύτης, ἐν καλαῖς
ἀναστροφαῖς· εἰς κρίσεις γὰρ καὶ μάχας, μὴ
νηστεύετε φησίν.

Στίχ. Τοῦ κατευθῦναι τοὺς πόδας ἡμῶν
εἰς ὁδὸν εἰρήνης.

Ἐν τῷ ὄρει τῷ Χωρήβ, τῇ νηστεία
καθαρθείς, εἶδε Θεὸν Ἠλίας, καθαρῶμεν
καὶ ἡμεῖς, νηστεία τὴν καρδίαν, καὶ
ὁψόμεθα Χριστόν.

Δόξα. Τριαδικόν.

Μίαν φύσιν προσκυνῶ, τρία Πρόσωπα
ὑμνῶ, ἓνα Θεὸν τῶν ὅλων, τὸν Πατέρα

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]

Clothed with the radiant garments of
the Fast, /let us shed the dark and greivous
garments of debauchery, /so that, illumined
by divine good works, /we may behold in
faith the radiant Passion of the Savior. [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.

Heal my wretched soul, /made weak
by the attacks of the most evil devil, /most
pure Queen, who gave birth to the healer,
Christ, /the Redemption of us who know
you, /undefiled Virgin and Handmaiden. [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]

Now the time of the holy Fast has come. /
Let us begin it with a return to good actions, /
for it is written, In quarrels and fights, you
shall not fast. [OCA]

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

Cleansed by fasting on Mount Horeb, /
Elijah saw God. /Let us also cleanse our hearts
with fasting, /and we shall see Christ. [OCA]

Glory. For the Trinity.

I bow down to the one Essence; /I sing to
the three Persons: /the One God of all, Father,

καὶ Υἱὸν καὶ τὸ ἅγιον Πνεῦμα, τὴν αἰδίδιον ἀρχήν.

Καὶ νῦν. **Θεοτοκίον.**

Ἡ Ἀγνή παιδοποιεῖς, ἡ Παρθένος γαλουχεῖς, πῶς ἐν ταύτῳ τὰ δύο, παρθενεύεις τίκτουσα; Θεὸς ἐστὶν ὁ δράσας, μὴ ἐκζήτει μοι τὸ πῶς.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἡμέρα μία μὲν φησί, βίος ὅλος γηγενῶν, τοῖς κάμνουσιν ἐκ πόθου, τεσσαράκοντα εἰσὶν, ἡμέραι τῆς Νηστείας, ἃς τελέσωμεν παιδρῶς.

Ὁ Εἰμός. Ἦχος β'.

Τὴν ὑπερφυῶς σαρκί, συλλαβοῦσαν ἐν γαστρὶ, τὸν ἐκ Πατρὸς ἀχρόνως, προεκλάμψαντα Λόγον, ἐν ὕμνοις ἀσιγήτοις, μεγαλύνωμεν πιστοί.

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

ΔΙΑΚΟΝΟΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

Son and Holy Spirit, / the ever-existing Life.

[OCA]

Both now. **Theotokion.**

The pure One bears a Child; / the Virgin gives milk. How can this be? / The Virgin has borne; God has done it! / Do not ask me how this can be! [OCA]

Glory to You, our God, glory to You.

Only one day, he said, / is the life of those on earth. / For those who make the effort in love, / there are Forty Days of the Fast / for us to accomplish with joy! [OCA]

Heirmos Mode 2.

Faithful, let us magnify the Theotokos / who has ineffably given birth in the flesh to the Word of God / who shone from the Father before all ages! [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.

ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Ὁρολογίου ---

ΧΟΡΟΣ

Φωταγωγικά

Ἦχος πλ. δ'.

Φῶς ὑπάρχων Χριστέ, φώτισόν με
ἐν σοί, προστασίαις τῶν Ἀσωμάτων, 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 ἥλιος καὶ σελήνη, αἰνεῖτε αὐτόν
πάντα τὰ ἄστροι 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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion ---

CHOIR

Photagogic Hymns

Mode pl. 4.

You are the light, O Christ. In yourself
illumine me, by the protection of the Bodiless
Hosts, 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)

Psalms 148.

Praise the Lord from the heavens; praise
Him in the highest. Praise Him, all you His
angels; praise Him, all you His hosts. Praise
Him, sun and moon; praise Him, all you
stars and light. Praise Him, you heavens of
heavens, and you waters above the heavens.
Let them praise the Lord's name, for He
spoke, and they were made; He commanded,
and they were created. He established them
forever and unto ages of ages; He set forth
His ordinance, and it shall not pass away.
Praise the Lord from the earth, you dragons

ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ πετεινὰ πτερωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ 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 ΡΜΘ'(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 ῥομφαῖαι 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 κριμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars, wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

Psalm 149.

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

Ψαλμός PN' (150).

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

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

Δοξολογία (διαβαστά)

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν,
καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ,
καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν,
καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.
Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς
εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν
σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε,
δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ
τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ,
ἐπουράνιε Θεέ, Πάτερ παντοκράτορ·
Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ
Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς
τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἰρων τὴν
ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ
αἰρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι
τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ
τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ
μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς
Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν.
Καθ' ἐκάστην ἡμέραν εὐλογήσω σε,
καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα,

Psalms 150.

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

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

Doxology (read)

To you belongs glory, O Lord our God,
and to you we send up glory, to the Father
and the Son and the Holy Spirit, now and
forever and to the ages of ages. Amen. Glory
to God in the highest, and on earth peace,
good will to men. We praise you, we bless
you, we worship you, we glorify you, and
we thank you, for your great glory. Lord,
King, Heavenly God, Father Almighty; only-
begotten Son, Lord Jesus Christ and Holy
Spirit. Lord God, the Lamb of God, the Son
of the Father, who take away the sin of the
world, have mercy on us, you who take away
the sins of the world. Accept our supplication,
you who sit at the right of the Father, and
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

καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με· ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι. Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε. Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε· δίδαξόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Δέσποτα· συνέτισόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Ἄγιε· φώτισόν με τοῖς δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης. Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ δόξα πρόπει, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τὴν ἡμέραν πᾶσαν τελείαν, ἀγίαν, εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν,
φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων
ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Συγγνώμην καὶ ἄφεσιν τῶν ἁμαρτιῶν
καὶ τῶν πλημμελημάτων ἡμῶν, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὰ καλὰ καὶ συμφέροντα ταῖς ψυχαῖς
ἡμῶν καὶ εἰρήνην τῷ κόσμῳ, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

Τὸν ὑπόλοιπον χρόνον τῆς ζωῆς ἡμῶν
ἐν εἰρήνῃ καὶ μετανοίᾳ ἐκτελέσαι, παρὰ τοῦ
Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

PRIEST

Peace be with all.

(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 ἐκλínaμεν τὸν αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου Ἄγιε Ἀγίων· ἐκτεῖνον τὴν χεῖρά σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

Σὸν γὰρ ἐστὶ τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρί, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἰδιόμελον. Ἦχος πλ. α'.

Ἐλήλυθεν ἡ Νηστεία, ἡ μήτηρ τῆς σωφροσύνης, ἡ κατήγορος τῆς ἀμαρτίας, καὶ συνήγορος τῆς μετανοίας, ἡ πολιτεία τῶν Ἀγγέλων, καὶ σωτηρία τῶν ἀνθρώπων, οἱ πιστοὶ ἀνακράζωμεν· ὁ Θεὸς ἐλέησον ἡμᾶς.

Στίχ. Πρὸς σὲ ἤρα τοὺς ὀφθαλμούς μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν Κυρίων αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST (in a low voice)

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

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

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion ---

Idiomelon. Mode pl. 1.

The Fast is here, the mother of chastity, / the accuser of sins, the advocate of repentance / the life of angels and the salvation of men, / faithful, let us cry: // O God, have mercy on us. [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

τῆς Κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ
ἡμῶν πρὸς Κύριον τὸν θεὸν ἡμῶν, ἕως οὗ
οἰκτειρῆσαι ἡμᾶς.

Ἐλήλυθεν ἡ Νηστεία, ἡ μήτηρ τῆς
σωφροσύνης, ἡ κατήγορος τῆς ἀμαρτίας,
καὶ συνήγορος τῆς μετανοίας, ἡ πολιτεία
τῶν Ἀγγέλων, καὶ σωτηρία τῶν ἀνθρώπων,
οἱ πιστοὶ ἀνακράζωμεν· ὁ Θεὸς ἐλέησον
ἡμᾶς.

Μαρτυρικόν.

Ἦχος πλ. α'.

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.

Εὐλογημένος ὁ στρατός, τοῦ Βασιλέως
τῶν οὐρανῶν· εἰ γὰρ καὶ γηγενεῖς
ὑπῆρχον οἱ Ἀθλοφόροι, ἀλλὰ ἀγγελικὴν
ἀξίαν ἔσπευδον φθάσαι, τῶν σωμάτων
καταφρονήσαντες, καὶ διὰ τῶν παθημάτων,
τῆς τῶν Ἀσωμάτων ἀξιοθέντες τιμῆς.
Εὐχαῖς αὐτῶν Κύριε, σῶσον τὰς ψυχὰς
ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. α'.

Σὲ τὴν τοῦ Θεοῦ Μητέρα καὶ Παρθένον
ἀγνήν, καὶ τῶν Χερουβὶμ ἁγιωτέραν, ἐν
φωναῖς ἁσμάτων μεγαλύνομεν, ὅτι ψυχῇ
καὶ σώματι, Θεοτόκον ὁμολογοῦμεν, ὡς
κυρίως γεννήσασαν, Θεὸν σεσαρκωμένον·
πρέσβευε Πάναγνε, ὑπὲρ τῶν ψυχῶν ἡμῶν.

ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε· τοῦ

*our eyes look to the Lord our God until He shall
have compassion on us. [SAAS]*

The Fast is here, the mother of
chastity, / the accuser of sins, the advocate
of repentance / the life of angels and the
salvation of men, / faithful, let us cry: // O God,
have mercy on us. [OCA]

For the Martyrs.

Mode pl. 1.

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]

Blessed is the army of the heavenly
King! / Though on earth they endured great
sufferings, / they achieved the rank of angels. /
They did not care for the flesh / and became
equals to the bodiless hosts. // By their prayers,
Lord, save our souls. [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1.

We magnify you in song, Mother of God: /
pure Virgin, more holy than the Cherubim, /
for with souls and bodies we confess you to
be the Theotokos / who truly gave birth to the
incarnate God. // Pure one, intercede for our
souls. [OCA]

PRIEST

It is good to give thanks to the Lord
and to sing to Your name, O Most High, to

ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου κατὰ νύκτα.

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

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

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἰάσαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν 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.)

proclaim Your mercy in the morning and Your truth at night. [SAAS]

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

ΑΝΑΓΝΩΣΤΗΣ

Ἐν τῷ Ναῷ ἐστῶτες τῆς δόξης σου, ἐν οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη ἐπουράνιε, ἄνοιξον ἡμῖν τὴν θύραν τοῦ ἐλέους σου.

Κύριε, ἐλέησον. (μ')

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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

(Ἀμήν.)

Εὐχή 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 σὺ δούλῳ.

READER

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

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

ἤ·

ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,
προστασίαις τῶν τιμίων ἐπουρανίων
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσίων 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.)

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

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

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

or:

READER

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

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

PRIEST

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

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

(Amen.)