

**eMatins powered by AGES**

# The Service of Matins

**for Sunday, September 15, 2019**

**Octoechos - Mode 4.  
on Sunday Morning**

**Eothion 2**

**Menaion - September 14  
Sunday after the Feast**

**Katavasias of the Cross**

**Text in English**

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vol Orthodox Monastery of the Veil of our Lady

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**Octoechos - Mode 4.**

On Sunday Morning

**Menaion - September 14**

Sunday after the Feast

**MATINS**

**CHOIR**

**Mode 4.**

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

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

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

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

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

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode 4.**

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

Glory. **Repeat.**

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

Both now.

**Apolytikion. For the Cross.**

From Menaion - - -

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

**PRIEST**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

For Yours is the dominion, and Yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

*(Amen.)*

From Octoechos - - -

**CHOIR**

**Kathisma I.**

**Mode 4.**

Looking up at the entrance to the sepulcher, and unable to endure the Angel's radiance, the myrrh-bearing women were trembling and said in astonishment: Has He been stolen, who to the Robber opened up Paradise? Has He arisen, who spoke of rising before even suffering? He is truly risen as

Christ our God, granting those in Hades life and resurrection. [SD]

Glory.

*Joseph marveled.*

By Your voluntary will, O Savior, You endured the Cross, \* and by mortal men were You into a new tomb interred, \* who by a word had created the entire world. \* Therefore being bound was the enemy Death \* plundered of his spoils catastrophically. \* And those in Hades all together cried aloud at Your life-bearing resurrection: \* The Christ is risen, the Life-bestower, \* and He abides forever. [SD]

From Menaion - - -

Both now. **For the Feast.**

**Mode 1.** *The stone had been secured.*

We venerate the wood of Your Cross, O humane One, \* for You, the Life of all, were nailed to it. \* O Savior, You opened Paradise to the Robber who approached You with faith. \* He was counted worthy of delight, confessing You, Remember me, O Lord. \* Accept us as You accepted him, \* for we now cry, We all have sinned \* against Your compassion. Do not abandon us. [SD]

From Octoechos - - -

**Kathisma II.**

**Mode 4.** *Come quickly.*

O Savior, immortal as You are, from Hades You rose, \* by virtue of Your own resurrection raising Your world \* together, O Christ our God. \* Mightily You have broken death's dominion, O Master. \* You as the Lord of mercy showed to all the resurrection. \* We therefore glorify You who alone love humanity. [SD]

Glory.

*Joseph marveled.*

From exalted heights above descended Gabriel and came, \* and he sat upon the rock wherein the Rock of life had lain. \* Arrayed in white, he cried out to the weeping women: \* "Cease now from your mourning and cries of lament, \* you women who are always moved to sympathy. \* Take courage; for truly risen \* is He for whom you weep and are seeking. \* And therefore, cry out to the Apostles, \* "The Lord has truly risen." [SD]

From Menaion - - -

Both now. **For the Feast.**

**Mode pl. 2.**

The wood of Your Cross was merely planted, O Christ, and the foundations of death were shaken, O Lord. Hades had swallowed You eagerly, but with trembling it disgorged You. You have shown us Your salvation, O Holy One, and we glorify You, Son of God. Have mercy on us. [SD]

**Resurrectional Evlogetaria.**

**Mode pl. 1.**

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

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

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

"Why do you mingle the ointments with your tears full of pity, O women disciples?" Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. "See for

yourselves the empty tomb and understand,  
that the Savior has risen from the sepulcher."

[SD]

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

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

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

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

[SD]

Glory.

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

Both now.

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

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

## DEACON

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

## PRIEST

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

*(Amen.)*

## READER

From Octoechos - -

### Hypakoe. Mode 4.

The women bearing myrrh hurried to declare the matter of Your paradoxal rising to Your Apostles, O Christ, that as God You arose, granting the world great mercy. [SD]

## CHOIR

### Anavathmoi.

### Antiphon I. Mode 4.

Since my youth have many passions waged war against me. O my Savior, nonetheless help me and save me. [SD]

You, the haters of Zion, be put to shame by the Lord, for like thatch in fire you will be completely dried up. [SD]

Glory. Both now.

From the Holy Spirit every soul receives life, and through cleansing is lifted and brightened, in a hidden, sacred manner, by the trinal Monad. [SD]

### Antiphon II.

I cried to You, O Lord, from the depth of my soul with fervor. Let Your divine ears be responsive to me. [SD]

Whosoever has acquired hope in the Lord is superior to all whatsoever might grieve him. [SD]

Glory. Both now.

From the Holy Spirit do the streams of grace well forth; they irrigate everything created, so that life be engendered. [SD]

### Antiphon III.

Let my heart be lifted up unto You, O Logos; and none of the world's delights will entice me to be earthly-minded. [SD]

Whereas one has filial affection for his mother, for the Lord we ought to have a love even more fervent. [SD]

Glory. Both now.

In the Holy Spirit is the wealth of knowledge of God, contemplation and wisdom. For in Him the Logos discloses all the dogmas of the Father. [SD]

### Prokeimenon.

Arise, O Lord; help us, and redeem us, because of the glory of Your name. (2)

**Verse:** *O God, we heard with our ears.*

Arise, O Lord; help us, and redeem us, because of the glory of Your name. [SAAS]

### READER

From Menaion - - -

### Kontakion of the Feast.

#### Mode 4. Automelon.

You who were lifted on the cross voluntarily, \* O Christ our God, bestow Your tender compassions \* upon Your new community to which You gave Your name. \* Cause our faithful emperors to be glad in Your power, \* granting them the victories against their adversaries. \* And for an ally, Lord, may they have You, \* peace as their armor, the trophy invincible. [SD]

From Octoechos - - -

### Resurrectional Kontakion.

Savior and Deliverer is He who raised up from the tomb and from the bonds those born on earth, for He is God; and He destroyed Hades' bars and gates, and on the third day arose, as the Master of all. [SD]

### Oikos.

To Him who from the dead arose, Christ the Life-Giver, on the third day from the tomb; who crushed the gates of death today by the power which is His; who slew Hades and ground away the sting of death, and rescued Adam and Eve: to Him let us all, born on earth, now sing, earnestly shouting our grateful praise. For He, alone our mighty God, on the third day arose, as the Master of all. [GKD]

### Synaxarion.

From the Menaion.

On September 15, we commemorate the holy Great Martyr Nikitas.

On this day we also commemorate our devout father Philotheus the Presbyter and Wonderworker.

On this day we also commemorate Saint Porphyrius who had been a mime.

On this day we also commemorate the finding of the relic of Saint Akakius, Bishop of Melitine.

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

On this day two holy Maidens died by the sword.

On this day was the finding of the relic of St. Stephen the Proto-martyr.

Our father among the saints Bessarion, Archbishop of Larissa, died in peace.

Devout St. Gerasimus, founder of the Holy Trinity Monastery, also called Soubria, near Macrynitsa, Zagora, died in peace.

The holy Neomartyr John the Cretan, who witnessed in New Ephesus in the year 1811, died by the sword.

By the prayers of Your Martyrs, O Christ God, have mercy and save us. Amen.

## CHOIR

### Katavasia of the Cross

#### Ode i. Mode pl. 4.

Moses prefigured the Cross. \* Lifting up the rod, he stretched out his hand and split the Sea for Israel to cross on land. \* Then he stretched it out again, \* and the sea returned and covered Pharaoh's chariots. \* The Cross was thus portrayed as our invincible armor. \* So let us sing to the Lord, \* Christ our God, for He is greatly glorified. [SD]

#### Ode iii.

The rod of Aaron is seen as typifying the mystery; \* for it budded, and thus was the

priest selected. \* Now in the Church, that was barren once, the Cross of Christ, like a tree, \* has blossomed forth, \* as power and a firm support. [SD]

#### Ode iv.

I have heard the report, O Lord, \* of Your incarnation, which is a mystery. \* I considered Your astounding works, \* and I glorified Your divinity. [SD]

#### Ode v.

Tree of the Cross, you are thrice-blessed, \* for Jesus Christ, who is King and Lord, was crucified on you. \* Through you fallen is the one who by a tree deceived us, \* for he was lured by God who in the flesh indeed \* was hung and nailed to you, \* and who grants to our souls His peace. [SD]

#### Ode vi.

In the belly of the sea beast \* the prophet Jonah prayed with his arms extended crosswise; \* thus he clearly prefigured the saving Passion of Christ. \* When after three days he emerged, \* he was depicting the supernal resurrection from the dead \* of Christ God, who was physically nailed to the Cross \* and by His third-day arising illumined the universe. [SD]

#### Ode vii.

The impious tyrant's preposterous decree disturbed the populace, \* breathing threats and blasphemous pronouncements hateful to God. \* His brutal anger did not intimidate \* the three Servants, nor did the consuming fire. \* But when the dew-laden breeze whistled against the fire, they joined it and together sang, \* "Blessed are You, O Lord.



You are highly praised, O God, the God of our fathers." [SD]

**Ode viii.**

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

You three pious Servants, \* same in number as the Trinity, \* bless God the Father, Maker of all; \* sing a hymn to the Word who condescended \* and who changed the fire in the furnace into dew; \* as for the all-holy Spirit, who gives life to all, exalt It \* beyond measure unto the ages. [SD]

**DEACON**

Let us pray to the Lord.

*(Lord, have mercy.)*

**PRIEST**

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

**CHOIR**

Amen.

**Mode 2.**

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

**DEACON**

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

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

**DEACON**

Wisdom. Arise. Let us hear the Holy Gospel.

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**PRIEST**

The reading is from the Holy Gospel according to Mark.

**DEACON**

Let us be attentive.

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

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

*Eothinon 2  
Mark. 16:1-8*

When the Sabbath was past, Mary Magdalene, and Mary the mother of James and Salome, bought spices, so that they might go and anoint Jesus. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb, for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid. [RSV]

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

**READER**

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate,



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

**CHOIR**

**Psalm 50 (51).**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Glory.

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

Both now.

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

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

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

**DEACON**

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable

Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (**local patron saint**); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

(Amen.)

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode pl. 4.**

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

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

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

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

to God the Word, and are truly Theotokos.

You do we magnify. [SD]

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

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

You do we magnify. [SD]

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

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

You do we magnify. [SD]

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

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

You do we magnify. [SD]

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

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

You do we magnify. [SD]

## **Ode ix. Katavasia. Mode pl. 4.**

Theotokos, you are mystical Paradise, \* for without husbandry you have blossomed Christ, \* by whom on earth the Cross, as a life-bearing tree, has been planted and watered. \* As it is now exalted, \* we adore Him and worship Him and magnify you. [SD]

### **DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

### **PRIEST**

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

*(Amen.)*

### **CHOIR**

#### **Mode 2.**

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

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

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**The Second Eothinon**

**Mode 2. *On the mountain.***

The women with the myrrh rejoiced \*  
when they saw that the great stone \* had from  
the tomb been rolled away. \* For they had  
seen a young man sitting within on the right  
side. \* And he addressed them, saying: \* "Lo,  
Christ has risen from the dead. \* Go and tell  
His disciples and Peter too, \* to proceed to  
Galilee on the mountain. \* For He will there  
appear to you \* His friends, as He foretold  
you." [SD]

**For the Feast.**

From Menaion - - -

**Mode 2. *With the disciples.***

O Cross, you are the guardian of the  
whole world. \* O Cross, you are the height of  
the Church's beauty. \* O Cross, you are what  
strengthened the Emperors. \* O Cross, the  
believers' firm support. \* O Cross, the glory of  
Angels \* and the defeat of the demons. [SD]

**Lauds. Mode 4.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

From Octoechos - - -

**Resurrectional Stichera.**

**Sticheron 1. Mode 4.**

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

You endured crucifixion and death,  
O Lord, and resurrected from the dead. O  
Almighty One, we glorify Your resurrection.  
[SD]

**Sticheron 2. Mode 4.**

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

O Christ, by means of Your Cross, You  
have set us free from the ancient curse; and by  
means of Your death, You have neutralized  
the devil who tyrannized our nature; and by  
Your rising, You filled all things with joy.  
Therefore we shout to You, who rose from the  
dead, "Glory to You, O Lord." [SD]

**Sticheron 3. Mode 4.**

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

By means of Your Cross, O Lord, direct us  
to Your truth, O Christ our Savior; and deliver  
us from the snares of the foe. You who rose  
from the dead, raise us who are fallen because  
of sin, extending Your hand, O Lord who  
loves humanity, at the intercession of Your  
holy ones. [SD]

**Sticheron 4. Mode 4.**

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

Only-begotten Logos of God, while  
departing not from the Father's bosom,  
You came to earth for love of humanity,  
immutably becoming human; and You  
physically endured the Cross and death,

although impassible in divinity. Having risen  
from the dead, You granted the human race  
immortality, as the only almighty One. [SD]

**For the Cross.**

From Menaion - - -

**Mode pl. 4. What a paradoxal.**

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

What a paradoxal miracle! \* Behold, the  
life-bearing plant, \* the all-holy and precious  
Cross,\* is appearing on display \* and is carried  
aloft today. \* Now all the ends of the earth  
do glorify, \* and all the demons are greatly  
terrified. \* Oh, what a gift is this \* that to  
mortals has been granted! Hence, O Christ \*  
the only compassionate, \* do thereby save our  
souls. [SD]

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

What a paradoxal miracle! \* Behold, the  
life-bearing plant, \* the all-holy and precious  
Cross,\* is appearing on display \* and is carried  
aloft today. \* Now all the ends of the earth  
do glorify, \* and all the demons are greatly  
terrified. \* Oh, what a gift is this \* that to  
mortals has been granted! Hence, O Christ \*  
the only compassionate, \* do thereby save our  
souls. [SD]

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

What a paradoxal miracle! \* The Cross  
that held the Most High \* like a grape cluster  
full of life \* is observed by all to be \* exalted  
from the earth today: \* the Cross, through  
which we have all been drawn to God, \* and  
by which death was completely swallowed



up. \* O immaculate Tree, \* whereby we again enjoy the deathless food \* that was in Eden of old, \* and Christ we glorify. [SD]

**Verse:** *God is our King before the ages; He worked salvation in the midst of the earth.* [SAAS]

What a paradoxal miracle! \* Behold the breadth and the length \* of the Cross are the same as those \* of the sky. For by divine \* grace it hallows the universe. \* By it barbarian nations are subdued, \* by it the scepters of kings have been secured. \* O holy and divine \* ladder whereby to the heavens we return, \* as we offer songs of praise \* exalting Christ the Lord. [SD]

From Octoechos ---

Glory. **Mode 2.**

### **The Second Eothinon**

The women with their ointments went with Mary to the tomb, and they wondered how they would attain what they desired. Then they saw that the stone was rolled back, and also a godly young man who tried to quiet the disturbance of their souls. For he said, "The Lord Jesus has risen. Therefore, preach it to His Disciples and preachers, that they should go quickly to Galilee; and you will see Him, risen from the dead, as the Giver of Life and Lord." [SD]

Both now. **Theotokion.**

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

for so was Your good pleasure. Glory to You!

[SD]

### **Great Doxology**

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

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

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

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

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

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

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

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

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

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

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

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

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

Lord, I have fled to You. Teach me to do Your will, for You are my God.

For with You is the fountain of life; in Your light we shall see light.

Continue Your mercy to those who know You.

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

Glory to the Father and the Son and the Holy Spirit.

Both now and ever and to the ages of ages. Amen.

Holy Immortal, have mercy on us.

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

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

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

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