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The Service of Matins

for Wednesday, March 27, 2019

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

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

**Menaion - March 27
Memory of the Holy Martyr Matrona of Thessaloniki**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 2. On Wednesday Morning

On Wednesday of the Third Week at
Matins

Menaion - March 27

Memory of the Holy Martyr Matrona of
Thessaloniki

MATINS

CHOIR

Mode 2.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

Triadic Hymns

Mode 2.

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

Glory.

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

Both now.

From my bed and sleep You have roused
me, O Lord. Illumine my mind and heart, and
open my lips to extol You, O Holy Trinity:
Holy, holy, holy are You, our God. Through
the Theotokos have mercy on us. [SD]

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

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode 2.

The life-giving Cross of Your goodness,
which we the unworthy have from You
as a gift, we present to You, O Lord, as
an intercessor. Save our leaders and our
nation and keep them in peace, through the
Theotokos, O only One who loves humanity.
[SD]

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

Mode 2.

The enemy took Adam captive through
eating from the tree. And You, O Lord,
likewise took the enemy captive through the
tree of the Cross and Your Passion. By means
of it, You the second Adam went to seek the
one deceived, and to make the one who died
alive again. O God, glory to You! [SD]

Glory. Both now. **Stavrotheotokion.**

Mode 2.

O Christ, Your virgin Mother saw You stretched out on the Cross, and she cried bitterly and said, "O my Son, what is this awful mystery? You who give life eternal to all, who is it that You voluntarily dies a painful death on a cross?" [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 11. It would be followed by the short litany.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For You, O God, are good and love mankind, and to You we offer glory, to the 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 3. (NM) Gabriel marvelled.

Raised upon the Cross, O Master, through the Wood Thou hast quenched the flame of sin; suffering death by Thine own choice, Thou hast slain the enemy. Therefore I entreat Thee: put to death the desires of my flesh and

bring to life my miserable heart, cleansing me from all defilement through the Fast that kills the passions, for Thou art merciful. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 3. Seeing how beautiful.

O tender-loving Lord, willingly You endured * a very painful death by being crucified. * And as Your Mother witnessed it, O Christ, she was pricked to the heart. * She was aching inwardly * and lamented maternally. * At her earnest prayers for us, * with compassion take pity on us, * and save the world, O merciful Savior * who takes away the sin of the world. [SD]

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

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode 2.

As we continue the joyful celebration of the Fast, we cry aloud: Keep us all in peace, O Lord, deliver us from every snare of the enemy, and in Thy surpassing love count us worthy to venerate with fear Thy precious Cross, through which Thou grantest to the inhabited earth Thy mercy, O Thou who alone art most merciful. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 2.

Beholding Thee, O Christ, stretched dead upon the Tree, Thy Virgin Mother cried aloud with bitter tears: 'O my Son, what is this fearful mystery? How dost Thou, who givest life eternal unto all, suffer willingly a shameful death upon the Cross?' [KW]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalms 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your

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

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious

prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

From Menaion ---

CHOIR

Canon for the Woman Saint.

Ode i. Mode 4. Heirmos.

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

The people of Israel in ancient times traversed the Red Sea on foot, * and yet they kept their feet from getting wet. * And when Moses uplifted his arms * in cruciform, they drove away * Amalek's forces in the wilderness. [SD]

Troparia.

Saint of God, intercede for us.

O Matrona, brighten with joy those who extol you, as you dance round about God, the Cause of all, with the divine orders of bodiless hosts, and as delight in the divine illumination. [SD]

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

O Matrona, brighten with joy those who extol you, as you dance round about God, the Cause of all, with the divine orders of bodiless hosts, and as delight in the divine illumination. [SD]

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

Christ our God took you from the yoke of servitude and made you His Martyr and bride, inasmuch as He himself accepted the form of a servant, wishing to free it from the bonds of corruption and death. [SD]

Glory.

The female sex was by grace made manly, and through physical weakness by divine

strength, it brought down that arrogance that once boasted so much that it could wipe out the sea. [SD]

Both now. **Theotokion.**

O Lord, Your Mother became the gate of Your condescension towards us. She ineffably flashed as with lightning and brought forth You, who are mystically called Orient and Sun and Light, twofold in nature, the One who loves humanity. [SD]

From Menaion - - -

Canon for the Woman Saint.

Ode iii. Mode 4. Heirmos.

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

Your Church rejoices in You, O Christ our God, and she cries out to You, * "You are my mighty strength, O Lord, * and You are my refuge and firm support." [SD]

Troparia.

Saint of God, intercede for us.

All-blessed Matrona, firm in mind, you endured painful torture in prison at the hands of that unlawful, terrible woman. [SD]

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

All-blessed Matrona, firm in mind, you endured painful torture in prison at the hands of that unlawful, terrible woman. [SD]

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

O Martyr, with fortitude you endured the painful sensations of being whipped. You

received divine splendor in return for the darkness you experienced. [SD]

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

The river of your blood extinguished the fire of ungodliness, and it also watered the faithful as with streams of the true faith in God. [SD]

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

Theotokion.

O all-pure Virgin, we extol you using images foreshadowing you in divine Scripture. You are the tablet, you are the ark, for you held within your womb the unoriginate Logos of God. [SD]

(read)

Intermediate Verses of Ode Three.

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

[SAAS]

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

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

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

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

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode iii. Mode 3. (NM)

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

Crucified with Him who was crucified for our sake, let us put to death all the members of the flesh by fasting, prayer and supplication. [KW]

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

O Lord, who by Thy Crucifixion hast plucked out the thorn of sin, pluck out all thorny thoughts from my mind. [KW]

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

Arming our mind with fasting and fenced about by the power of the Cross, let us overthrow the hostile ranks of demons. [KW]

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

Theotokion.

From thee the Word came forth incarnate, O Virgin undefiled, and in His tender mercy He has set to rights the fall of our first parents. [KW]

Canon 2 from the Triodion.

Ode iii. Mode 2. (NM) O
Lord, who hast put sin to death.

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

Thy life-creating Cross, O Lord, is my seal unto salvation: for by its virtue I overthrow the adversary and praise Thee as God mighty in power. [KW]

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

The Tree of the Cross has borne a fruit that gives eternal life unto the world; and as we eat of it, O Christ, we are delivered from death. [KW]

Glory. **For the Trinity.**

I glorify three Persons in one Nature, Father, Son and Spirit, the one Power of the Divinity that rules and reigns alone as God. [KW]

Both now. **Theotokion.**

Thy childbearing, O pure Lady, fills our hearts with fear. For it is God who has become man, begotten outside time from the Father and in the last days brought forth by thee through a virgin birth. [KW]

Glory to You, our God, glory to You.

The grace of the Cross shines out upon the world, O merciful Lord, preparing all of us for the coming celebration of Thy divine Sufferings. Grant us to venerate with faith Thy Holy Passion. [KW]

Heirmos (NM). Mode 2.

O Lord, who hast put sin to death by the Wood of the Cross, be Thou our strength and

our support, and graft Thy fear in our hearts, as we sing in praise of Thee. [KW]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Kathisma.

From Menaion ---

Mode 4. N/M (Come quickly.)

O fans of feast days, a splendid holiday has arrived, the glorious memory of the glorious medaled Athletes of Christ. It gladdens the whole world, as it shines with rays of miracles in the world, and it brings endless grace to the people. O Savior, at her entreaties, save Your world. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode 4. Come quickly.

O Mother of Christ our God, all-blameless Virgin most pure, * as Symeon told, a sword pierced through your all-holy soul * when you saw your Son and God * crucified by

transgressors of His own will, O Lady. * Cease not to importune Him, * that He grant the forgiveness * of failings to us your servants, * O only most-blessed one. [SD]

From Menaion ---

Canon for the Woman Saint.

Ode iv. Mode 4. Heirmos.

Verse: Glory to Your strength, O Lord.

When the Church beheld You raised on the Cross unjustly, * You, the Sun of Righteousness, crucified for our sake, * she stood in her course and was amazed, and fittingly she cried out, * "Glory to Your power, O Lord my God." [SD]

Troparia.

Saint of God, intercede for us.

O Matrona, enabled by divine might, you have escaped being the slave of your bitter mistress. For serving God alone, you had a disposition of soul that would not be abased.

[SD]

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

O Matrona, enabled by divine might, you have escaped being the slave of your bitter mistress. For serving God alone, you had a disposition of soul that would not be abased.

[SD]

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

O victorious Martyr, that most impious woman roared in frenzy and drunkenly writhed with fury, as she mutilated your body with the viciousness of those Jews of old.

[SD]

Glory.

O Martyr, you exhibit great fortitude when you were incarcerated in dark places and tormented with hunger. But in return God rewarded you with the banquet table of immortality. [SD]

Both now. **Theotokion.**

O true Mother of God, the golden lampstand in the Temple prefigured you: you held God incarnate, who illumines all things with the splendor of divinity. [SD]

From Menaion - - -

Canon for the Woman Saint.

Ode v. Mode 4. Heirmos.

Verse: O Lord our God, grant us peace.

My Lord, You are the light that has come to the world: holy light, * to restore us from the darkness of ignorance, * as we sing Your praises faithfully. [SD]

Troparia.

Saint of God, intercede for us.

O Giver of Life, godly-minded Matrona had You as a splendid crown of glory, and she departed out of darkness to light divine. [SD]

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

[SAAS]

O Giver of Life, godly-minded Matrona had You as a splendid crown of glory, and she departed out of darkness to light divine. [SD]

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

O blessed Matrona, Christ stood you firmly on the rock of the Faith, and He wisely directed your steps to Him. [SD]

Glory.

O all-blessed Matrona, your mind is truly divine and wise and godly, and you are radiant in the chorus of the Martyrs. [SD]

Both now. **Theotokion.**

O Mother of God, you gave birth the Lord, who united the form of God and the form of man, as Paul said, in an unconfused and unmingled union. [SD]

From Menaion - - -

Canon for the Woman Saint.

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.

Saint of God, intercede for us.

O prizewinner Matrona, you have now rightly picked what Eve once desired; for, by your unremitting striving toward God, you were deified, and you have rightly been granted eternal glory. [SD]

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

O prizewinner Matrona, you have now rightly picked what Eve once desired; for, by your unremitting striving toward God, you were deified, and you have rightly been granted eternal glory. [SD]

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

In Christ there is neither slave nor free, but only beautiful virtue, adorned with the

practice of true religion. And you, O invincible medaled Athlete, were like a sculptor of such.

[SD]

Glory.

In Christ there is neither slave nor free, but only beautiful virtue, adorned with the practice of true religion. And you, O invincible medaled Athlete, were like a sculptor of such.

[SD]

Both now. **Theotokion.**

O all-blameless Virgin, we say you are the temple of God, His bridal chamber, a vessel, lampstand, and also the tablet, wherein the Word, who for pity's sake became incarnate, was inscribed. [SD]

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.)

PRIEST

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

(Amen.)

From Triodion - -

READER

For the Martyrs. Mode 2.

O victorious Athletes of the Lord, blessed is the ground that was watered with your blood, and holy are the dwellings that received your spirits. You prevailed over the enemy in the stadium, and you openly proclaimed Christ. We pray you will earnestly entreat Him for us, that He save our souls, since He is good. [SD]

Synaxarion.

From the Menaion.

On March 27 we commemorate the holy martyr Matrona of Thessaloniki.

On this day devout St. Kerycos of Apros reposed in peace.

On this day we also commemorate the holy martyrs Philetos the senator and Lydia his wife, and their two children Macedon and Theopreprios, the public official Cronides, and the duke Amphilochios.

On this day the holy martyrs John and Baruchios died by the sword.

On this day the prophet Anani reposed in peace.

On this day we also commemorate our devout father Paul, Bishop of Corinth, brother of Peter the worker of signs of the most holy diocese of Argos, and our devout father Eftychios.

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

From Menaion - - -

CHOIR

Canon for the Woman Saint.

Ode vii. Mode 4. Heirmos.

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

Inside the furnace * in Persia, those
descendants of Abraham * were with love and
longing for godliness consumed * rather than
by fire, and they cried, * "You are blessed, O
Lord, * in the holy temple of Your glory." [SD]

Troparia.

Saint of God, intercede for us.

O all-famed Matrona, you departed to
be your Lord and Lover, having favor with
Him and confidence, and you gratefully sang:
"Blessed are You, O Lord, in the temple of
Your glory." [SD]

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

O all-famed Matrona, you departed to
be your Lord and Lover, having favor with
Him and confidence, and you gratefully sang:
"Blessed are You, O Lord, in the temple of
Your glory." [SD]

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

O glorious Matrona, full of virtues of
every kind, with joy and gladness you passed
over from the earth to the heavenly choir, and
you received an immortal inheritance. [SD]

Glory.

O glorious Matrona, full of virtues of
every kind, with joy and gladness you passed
over from the earth to the heavenly choir, and
you received an immortal inheritance. [SD]

Both now. **Theotokion.**

O all-blameless Lady and Virgin Mother,
you gave birth to the Father's incarnate Word
in a manner surpassing words. You shine
brightly, adorned with all the virtues. Blessed
are you among women! [SD]

Ode viii.

From Menaion - - -

Canon for the Woman Saint.

Ode viii. Mode 4. Heirmos.

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

Daniel shut the lions' gaping mouths
inside the den, of old, by stretching out his
hands. * The Servants girt themselves with
virtue; * and, as lovers of godliness, * they put
out the mighty fire * in the furnace, and cried
aloud, * singing, "Bless the Lord, all you works
of the Lord." [SD]

Troparia.

Saint of God, intercede for us.

O modest Matrona, once you were
released from the flesh, you were granted to
behold the shining beams of abundant light,
and to dwell in a heavenly manor, instead of
that dark and gloomy place where you were
locked up; and you cried out: O all you works,
bless you the Lord. [SD]

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

O modest Matrona, once you were released from the flesh, you were granted to behold the shining beams of abundant light, and to dwell in a heavenly manor, instead of that dark and gloomy place where you were locked up; and you cried out: O all you works, bless you the Lord. [SD]

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

O glorious Matrona, how beautiful is the crown that the Almighty laid on you, with His life-giving right hand! He beheld you, His bride, red with your blood, and He rejoiced and made you shine. To Him we cry out: O Lord, all we Your works praise You. [SD]

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]

O glorious Matrona, how beautiful is the crown that the Almighty laid on you, with His life-giving right hand! He beheld you, His bride, red with your blood, and He rejoiced and made you shine. To Him we cry out: O Lord, all we Your works praise You. [SD]

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

Theotokion.

O all-pure, all-blameless Lady, you gave birth to God literally, and thus you are literally the Mother of God. You bear a divine title that truly corresponds with your

childbirth. Therefore, with godly thoughts, we the faithful glorify you, the Theotokos. [SD]

(read)

Intermediate Verses of Ode Eight.

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

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

Bless the Lord, you dewes 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)

From Triodion - -

Canon 1 from the Triodion.

Ode viii. Mode 3. (NM)

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

O Giver of Light, who by the Cross hast triumphed over the principalities and

dominions of darkness, when Thou shalt come in power to judge the whole world, do not denounce my hidden sins, O Word, that I may glorify Thy great compassion. [KW]

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

O just and longsuffering Lord, Thou the Judge hast stood as prisoner before the judgement seat of Pilate; and by Thy Cross Thou hast condemned the enmity that separated man from God. Deliver, then, from eternal condemnation those who cry to Thee in fear and glorify Thy lovingkindness. [KW]

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

Of old the Holy Children, strengthened by the fire of fasting, quenched with dew from God the fiercely burning flames. By fasting let us also quench the furnaces of all the passions, that we may escape from the flame of Gehenna. [KW]

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.

From thee, O Maiden who hast not known marriage, the Wisdom of God built for Himself a house and took flesh in His humble love that no word can describe. For thou alone from all generations hast been chosen, O Undeified, as the dwelling of the eternal Word. [KW]

Canon 2 from the Triodion.

Ode viii. Mode 2. (NM)
The Lord of old foreshadowed.

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

O Christ, whose word upholds the universe, for my sake Thou hast borne all things, buffeting and spitting and crucifixion. I praise for ever the greatness of Thy love for mankind. [KW]

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

As a lamb Thou wast offered in sacrifice, O Christ, and Thy side was pierced by a lance, that Thou mightest save me, the lost sheep, from the snares of the devil and keep me for ever in Thy good fold. [KW]

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

For the Trinity.

O Godhead, one in Trinity, undivided in Nature yet divided in Persons, Power that shall never be destroyed, Father, Son and Spirit, we sing Thy praises for ever. [KW]

Both now. **Theotokion.**

O pure Mother of God, Gate of heaven, Door of salvation, accept the prayer of all Christians who call thee blessed for ever. [KW]

Glory to You, our God, glory to You.

Thy Cross, O Christ, is the glory of priests, the strength of kings, the light of all the faithful. Grant me to behold and worship it, and to sing in praise of it for ever. [KW]

We praise and we bless and we worship the Lord.

Heirmos (NM). Mode 2.

The Lord of old foreshadowed the miracle of the Virgin to Moses in the bush upon Mount Sinai: let us praise, bless and exalt Him above all forever. [KW]

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 4.

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

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

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Woman Saint.

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.

Saint of God, intercede for us.

O Martyr, this illustrious day of your memory shines with heavenly light and the splendid emissions of the Tri-solar illumination. Pray that those who extol you today may be filled with light. [SD]

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

O Martyr, this illustrious day of your memory shines with heavenly light and the splendid emissions of the Tri-solar illumination. Pray that those who extol you today may be filled with light. [SD]

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

O victorious Athlete, you have obtained the heavenly inheritance in the Church of the first-born, as a reward for the pain you experienced when you were whipped. As you celebrate there now, keep us safe here by your intercessions. [SD]

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

O all-venerable Matrona, truly you are now united to Christ, your immortal Bridegroom. You glow all over with His divine stigmata, and you shine brightly with your own precious blood of martyrdom. [SD]

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

Theotokion.

O Virgin Theotokos, I pray you break the cords of my sins, and fill my heart with

gladness, since you gave birth to the Well of compassion, so that I may worthily magnify you, who alone among women are called blessed of God. [SD]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 3. (NM)

Verse: The oath which he swore to our father Abraham, to grant us that we, be[ing] delivered from the hand of our enemies. [RSV]

The serpent that Moses raised upon his staff prefigured Thee, O Christ, who wast raised of Thine own will upon the Cross: for Thou hast healed us from the poison of the evil one, and in Thy love Thou drawest all men to Thyself. [KW]

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

Cleanse me by the fire of Thy fear, O Christ; kindle Thy divine love in my soul, and fence me about with Thy Cross: for the deceiver that caused man's fall of old has craftily beguiled me and darkened my understanding with lust. [KW]

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

O brethren, let us fast from shameful thoughts and evil actions; let us purify our hearts and through the divine virtues let us ascend with wings to heaven, turning away from the evil impulses that creep upon the ground; and grant us, robed in light, to behold the great Passover. [KW]

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

Theotokion.

He who is rich by nature freely chose to wear our poverty, which He took from thee, O Virgin; and He who is invisible, whom the choirs of angels praise on high, became visible to our eyes, and in His love He has formed anew our broken image. [KW]

Canon 2 from the Triodion.

Ode ix. Mode 2. (NM) *Thou art the living spiritual ladder.*

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]

Thou hast stretched Thine arms upon the Cross and made Thine own the four ends of the earth; through Thee, O Son of God, we have found access to the Father, and we all magnify Thee. [KW]

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

The transgressors set a crown of thorns upon Thine head, O Christ; they struck Thee and they crucified Thee. Seeing these things, all the earth was shaken; but we have been saved and we magnify Thee. [KW]

Glory. **For the Trinity.**

Holy and threefold Light of the Godhead, ever upholding and protecting all things, Father, Son and Spirit of Life, with never-silent hymns we magnify Thee. [KW]

Both now. **Theotokion.**

Thou art the shining cloud of the Spirit, O Theotokos, out of which the Light that no

man can approach has shone upon us, Christ the great Sun of righteousness; and with our hymns we magnify thee. [KW]

Glory to You, our God, glory to You.

O Cross of Christ, thou art our light, our holy token and ensign of victory. Make abstinence sweet for us and count us worthy to venerate thee. [KW]

Heirmos (NM). Mode 2.

Thou art the living spiritual ladder, whereby our God came down: through Him we have found the way of ascent to heaven, and with never-silent hymns we magnify thee. [KW]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion - -

CHOIR

Photagogic Hymns

Mode 2.

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

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

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

READER

Lauds. *(read)*

Psalm 148.

Praise the Lord from the heavens; praise Him in the highest. Praise Him, all you His angels; praise Him, all you His hosts. Praise Him, sun and moon; praise Him, all you stars and light. Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created. He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away. Praise the Lord from the earth, you dragons and all the deeps, Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars,

wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger, let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven. And He shall exalt the horn of His people, a hymn for all His saints, for the children of Israel, a people who draw near to Him. [SAAS]

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]

Psalm 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 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.)

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.

(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 2.

Though honoured as a son by the loving Father, in my foolishness I did not understand. I have deprived myself of glory, sinfully wasting the wealth of grace. I have forsaken the divine food, eating in servile bondage at the table of an unclean citizen. He has sent me into his soul destroying field, and living like the Prodigal I have fed with the beasts; I was enslaved to the pleasures and could not eat my fill. But now I have turned back, and I shall cry to the compassionate and merciful Father: I have sinned against heaven and before Thee; have mercy upon me. [KW]

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

Though honoured as a son by the loving Father, in my foolishness I did not understand. I have deprived myself of glory, sinfully wasting the wealth of grace. I have forsaken the divine food, eating in servile bondage at the table of an unclean citizen. He has sent me into his soul destroying field, and living like the Prodigal I have fed with the beasts; I was enslaved to the pleasures and could not eat my fill. But now I have turned back, and I shall cry to the compassionate and

merciful Father: I have sinned against heaven and before Thee; have mercy upon me. [KW]

For the Martyrs.

Mode 2.

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

The multitude of Thy martyrs intercedes with Thee, O Christ: Have mercy upon us in Thy love for mankind. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 2. (NM)

At the Crucifixion of thy Son and God, great was the agony thou hast endured, O Undeified. Weeping and lamenting, thou hast cried aloud bitterly: 'Woe is me, beloved Child! How unjustly dost Thou suffer, desiring to deliver the earth-born sons of Adam.' Therefore, O most holy Virgin, in faith we beseech thee: cause Him to look on us with mercy. [KW]

PRIEST

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

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

READER

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

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

For you are blessed unto the ages of ages.

Amen. ^[HC]

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

or:

READER

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

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

PRIEST

May Christ our true God, through the intercessions of His all-pure and all-immaculate holy Mother, the power of the

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

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

(Amen.)