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The Service of Matins

for Thursday, March 21, 2019

**Triodion - Mode 1.
on Thursday Morning**

**Triodion - On Thursday of the Second Week
at Matins**

**Menaion - March 21
Memory of our St. Iakovos the Bishop and Confessor**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 1. On Thursday Morning

On Thursday of the Second Week at
Matins

Menaion - March 21

Memory of our St. Iakovos the Bishop and
Confessor

MATINS

CHOIR

Mode 1.

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 1.

As we are led up to a noetic and
immaterial perception of the bodiless hosts, by
means of physical depictions, and as we wait
for the illumination, that comes from the
Godhead in three Hypostases, let us imitate
the cherubim, and sing aloud the Thrice-Holy
Hymn to the only God: Holy, holy, holy are

You, our God. By the intercessions of the
Apostles save us. [SD]

Glory.

Let us join all the heavenly hosts, and
send up our Thrice-holy praise, and like the
cherubim shout to Him who is in the highest:
Holy, holy, holy are You, our God. By the
intercessions of the Hierarch save us. [SD]

Both now.

Having risen from sleep, we fall before
You, O good One, and to You we sing the
Angels' hymn, O almighty One: 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 6. There is no litany, but immediately the
following:*

From Triodion - -

CHOIR

Kathisma I.

Kathisma I. For the Apostles.

Mode 1. The stone had been secured.

The fishermen undid the knots of the
philosophers * with the pole of the Cross
and the net of the word of truth. * They
enlightened the Gentiles to worship You, * the
true God, and glorify You piously. * For this
reason we cry out to You, who empowered
Your Apostles: "Glory to the Father and the
Son! * Glory to the consubstantial Spirit!
* Glory to God who through those men
enlightened the world." [SD]

Verse: *Their proclamation went forth into all the earth, and their words to the ends of the world.*

[SAAS]

Mode 1.

O wise fishermen of the civilized world, from God you received a compassionate heart, and thus you intercede on behalf of us who cry out: "Lord, save Your people and Your city, and free our souls from the woes that beset us, by the prayers of Your Apostles." [SD]

Glory. Both now. **Theotokion.**

Mode 1.

We have obtained your protection, O immaculate Lady, and by your earnest entreaties we are saved from calamities. In everything we are guarded by the Cross of your Son. We all dutifully magnify you piously. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 14. 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.

Christ the Vine bore you as clusters of grapes, and ye give to the earth the new wine of salvation, O God-bearing apostles. I entreat you, therefore, to deliver me from the drunkenness of sensual pleasures; grant to my soul tears of compunction on this holy day of the Fast, that I may gain salvation and life. [KW]

Glory. Both now. **Theotokion.**

Mode 3. (NM) Gabriel marvelled.

I call to mind the measureless riches of thy compassion and the unconquerable strength of thy power, and I run to thee for protection. Oppressed by troubles and utterly perplexed, with tears I cry from the depths of my heart: O Virgin Theotokos, help me, for thou art the only Guardian of the world. [KW]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 15. 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 pl. 2.

Be merciful to us, O Lord, in this holy season, give us grace always to weep before Thee from our hearts, washing away the defilement of our souls, and growing ever more obedient to Thy holy commandments, that in our fasting we may truly please Thee: and grant us all to see Thy Holy Passion, at the prayers of Thine apostles who brought salvation to the world. Glory to Thee. [KW]

Glory. Both now. **Theotokion.**

Mode pl. 2.

O pure and holy Theotokos, Virgin and Mother, cause the fountain of thy compassion to flow plenteously upon us, and grant us the remission of our faults: for thou art our Guardian and divine Protection. [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 Saint.

Ode i. Mode 2. Heirmos.

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

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

Troparia.

Saint of God, intercede for us.

O James, you had received the enlightenment of your Master in your soul. You forsook the world and its murky deception. You attained to glory that transcends the world. [un]

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

O James, you had received the enlightenment of your Master in your soul. You forsook the world and its murky deception. You attained to glory that transcends the world. [un]

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

O righteous Father, you took the Cross upon your shoulders. You followed after the Crucified. You lived in solitude with all wisdom. You diminished the passions through abstinence. [un]

Glory.

O blessed James, from your tender youth you became a vessel receptive of the Spirit's

gifts. You became a citizen and heir of the Zion on high. [un]

Both now. **Theotokion.**

O Maid, you alone gave birth to God, whom nothing can contain. In His goodness He was contained in you. Implore Him that those who praise you may be saved. [un]

From Menaion - - -

Canon for the Saint.

Ode iii. Mode 2. Heirmos.

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

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

[SD]

Troparia.

Saint of God, intercede for us.

Your way of life was delightful. Your speech was inspired and seasoned with the salt of love. Your heart was readily moved with compunction. For this reason, with faith we call you blessed. [un]

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

[SAAS]

Your way of life was delightful. Your speech was inspired and seasoned with the salt of love. Your heart was readily moved with compunction. For this reason, with faith we call you blessed. [un]

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

O all-blessed Father James, you venerated the holy icon of Christ, who appeared in a

body for our sakes. You endured persecutions and perils and pains. [un]

Glory.

You offered yourself as a pure sacrifice to the Lord, by putting sin to death. As a lawful hierarch, you offered Him the bloodless Sacrifice. [un]

Both now. **Theotokion.**

O Virgin, we call you golden censer, the vessel of the divine manna, and the throne and most delightful palace of God. [un]

Heirmos.

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

[SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Kathisma.

From Menaion ---

Mode 3. N/M (Seeing how beautiful.)

O Father blessed by God, we are amazed before the splendor of your thoughts, the beauty of your wise teachings of piety, and the persecutions that you endured for the holy icons. Therefore, as is fitting, we honor you, far-famed and all-lauded James, sacred priest of your Fashioner. Thus with praises we cry out to you: O Saint, grant us salvation by your prayers. [un]

Glory. Both now. **Theotokion.**

Mode 3.

O Mother of God, every man rightly runs for refuge to where he can be saved. And what other refuge is there like you who shelters our souls? [un]

From Menaion ---

Canon for the Saint.

Ode iv. Mode 2. Heirmos.

Verse: Glory to Your strength, O Lord.

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

Troparia.

Saint of God, intercede for us.

O all-blessed James, you were washed with streams of tears. You became a pure vessel of the Spirit. [un]

Verse: Lord, I have heard Your report and was afraid; I considered Your works and was greatly astonished. [SAAS]

O all-blessed James, you were washed with streams of tears. You became a pure vessel of the Spirit. [un]

Verse: When my soul is troubled, You will in wrath remember mercy. [SAAS]

You put to sleep the pleasures of the body with night-long supplications. You were seen to be an unsleeping lamp of dispassion. [un]

Verse: God will come from Teman, the Holy One from the mount of shaded leafy trees. [SAAS]

O righteous Hierarch, you were humble, moderate, compassionate, guileless, and sober minded. [un]

Verse: His excellence covered the heavens, and the earth was full of His praise. [SAAS]

Theotokion.

O sovereign Lady, perpetually virgin, you inexpressibly conceived God. Deliver us all from temptations and afflictions. [un]

(read)

Intermediate Verses of Ode Four.

His brightness will be like the light; horns will be in His hand, and He established a mighty love of His strength. [SAAS]

Before His face a word will go forth; it will go out by the shoes of His feet.

The earth stood and was shaken to and fro; He looked and the nations melted away.

The mountains were shattered by force; the everlasting hills wasted away. In the place of distresses, I saw His eternal ways.

The tents of the Ethiopians will be dismayed, even the tents of the land of Midian.

When the Most High divided the nations, when He scattered the sons of Adam, He set

the boundaries of the nations by the number
of God's angels.

You will stretch your bow against
scepters, says the Lord. The land of rivers shall
be torn asunder.

Many peoples will see you and be in
travail, dispersing waters from its course. The
abyss uttered its voice; raising its form on
high.

The sun arose, and the moon stood in
its course; at the light of Your arrows they
went forth, at the flashing of Your gleaming
weapons.

You will bring low the land with
threatening; You will break the nations in
wrath.

You went forth for the salvation of Your
people, to save Your anointed ones. You
brought death upon the heads of the lawless;
You brought bonds upon their neck.

You cut off the heads of rulers in
amazement; they shall tremble in it. They
will break their bridles like a poor man eating
secretly.

You ran your horses into the sea, churning
up the many waters.

I kept watch, and my belly trembled
from the sound of the prayer of my lips; and
trembling penetrated into my bones. And my
very frame of mind was troubled.

I shall rest in the day of tribulation to go
up to the people of my sojourn. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode iv. Mode 3. (NM) Wast
Thou angry with the rivers.

*Verse: For though the fig tree will not bear
fruit and there be no grapes on the vines. [SAAS]*

Let us cease from the drunkenness of soul-
destroying pleasures, and by fasting let us
drink deeply from the cup of compunction. [KW]

*Verse: The labor of the olive tree fail and the
fields yield no food. [SAAS]*

O my soul, fast from all excess of food,
and take thy delight in the contemplation
of what is good; and thou shalt eat at the
heavenly table. [KW]

*Verse: Though the sheep have no pasture and
there be no oxen in the cribs. [SAAS]*

O divine apostles of the Saviour, blazing
coals of spiritual fire, burn up the grossness of
my passions. [KW]

*Verse: Yet I will glory in the Lord; I will
rejoice in God my Savior. [SAAS]*

Theotokion.

O pure Virgin Mother of God, from thine
own flesh hast thou given flesh to Christ: put
to death the passions of my flesh. [KW]

Canon 2 from the Triodion.

Ode iv. Mode pl. 2. (NM) The
Prophet heard of Thy coming.

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

O twelve apostles, Peter, Paul, James and
John, Andrew, Bartholomew, Philip, Thomas
and Matthew, James with Simon and Jude,
pray to Christ for our salvation. [KW]

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

O holy apostles, once ye let down your net and caught a hundred and fifty and three fishes; and now ye have let down the net of your teachings into the sea of life, and mystically ye have caught the nations of the earth, bringing them as an offering to the Lord. [KW]

Glory. **For the Trinity.**

I glorify the Son and the Spirit who come from the Father as light and ray from the sun; the One begotten as Offspring, the Other proceeding and sent forth; divine and coeternal Trinity, adored by all creation. [KW]

Both now. **Theotokion.**

O honoured Virgin, who hast given birth yet kept thy purity, thou hast borne both God and man, a single Person with a twofold Nature. This thy miracle, O Virgin Mother, fills every ear and mind with wonder. [KW]

Glory to You, our God, glory to You.

Through the radiance of your preaching ye have become the light of the world, as Christ said to you. O apostles, pray for us that with good courage we may complete the time of abstinence and venerate the Lord's Resurrection. [KW]

Heirmos. Mode pl. 2.

On hearing about Your advent, * O Lord, the Prophet Habakkuk of old was frightened: * that You purposed from a Virgin to be born * and appear to humankind. And thus he said: * O Lord, I have heard Your report and I am frightened. * Glory to Your power, O Lord my God. [SD]

From Menaion ---

Canon for the Saint.

Ode v. Mode 2. Heirmos.

Verse: O Lord our God, grant us peace.

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

Troparia.

Saint of God, intercede for us.

O righteous Father, you loved true glory. You abominated that which is highly esteemed among men. You became a luminary, conspicuous with the splendor of humility. [un]

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

[SAAS]

O righteous Father, you loved true glory. You abominated that which is highly esteemed among men. You became a luminary, conspicuous with the splendor of humility. [un]

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

O Father and Hierarch, godly-minded James, you set yourself like a pillar. You stood in prayers throughout the night. You received the divine rays in the eye of your soul,. [un]

Glory.

O righteous one, in much self-control, in fervent vigil, in prayer and hardship, you sought God. He has carried you to the mansions on high. [un]

Both now. **Theotokion.**

O immaculate Virgin, because you are compassionate, heal my heart, which is wounded by the attacks of the enemy. You ineffably gave birth to Him who was wounded in the flesh on the Cross. [un]

From Menaion - - -

Canon for the Saint.

Ode vi. Mode 2. Heirmos.

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

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

Troparia.

Saint of God, intercede for us.

O righteous James, the rivers of your tears dried up a sea of evil passions. They gained consolation on high for your venerable soul. [un]

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

O righteous James, the rivers of your tears dried up a sea of evil passions. They gained consolation on high for your venerable soul. [un]

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

O all-celebrated Father, you were forbearing, meek, guileless, righteous, sweet, humble-minded, moderate, and full of illumination. [un]

Glory.

O wise shepherd James, your memorial is glorified with the memorial of the divine shepherds. Like the Good Shepherd, you shepherded your flock in righteousness. [un]

Both now. **Theotokion.**

He who made the universe by His will, willed to dwell in your virginal womb. He made rich with incorruption those who were diseased with corruption, for He is compassionate. [un]

Heirmos.

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Triodion - - -

READER

For the Martyrs. Mode 1.

Let all of us beseech the holy Martyrs of Christ God. * To Him they ever pray for our salvation and safety. * So let us all go to them, and approach them with ardent faith. * They pour out the grace of cures and

healings profusely. * They defeat the hosts of evil spirits and demons, * as guardians of the Faith. [SD]

Synaxarion.

From the Menaion.

On March 21 we commemorate our devout father Iakovos the bishop and confessor.

On this day we also commemorate our father among the saints Thomas, Patriarch of Constantinople.

On this day we also commemorate the holy martyrs Philemon and Domninus.

On this day we also commemorate our devout father Beryllus, Bishop of Catania.

On this day St. Serapion of Sidon reposed in peace.

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

From Menaion - - -

CHOIR

Canon for the Saint.

Ode vii. Mode 2. Heirmos.

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

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

Troparia.

Saint of God, intercede for us.

O Father, you endured many persecutions and unrelenting temptations. You warded off the enemies of the icons as a zealot of

righteousness. O James, you enlightened all who saw, while crying: Blessed are You, the God of our Fathers. [un]

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

O Father, you endured many persecutions and unrelenting temptations. You warded off the enemies of the icons as a zealot of righteousness. O James, you enlightened all who saw, while crying: Blessed are You, the God of our Fathers. [un]

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

O blessed one, you brought to mind the dread coming of Christ. You passed your whole life in compunction. You found complete cleansing of offences, eternal consolation, true enlightenment, and unspeakable glory. [un]

Glory.

In meekness of soul, you were a lamb of Christ the Shepherd. O Father, you were tended by Him. You became a shepherd of rational sheep in the Spirit, ever singing together with them: Blessed are You, the God of our Fathers. [un]

Both now. **Theotokion.**

O venerable Mary, pure and blessed Ever-virgin, You restore those who fall and give redemption to those who sin. Save me, the prodigal. Save me, who cries out to your Son: Blessed are You, the God of our Fathers. [un]

Ode viii.

From Menaion - - -

Canon for the Saint.

Ode viii. Mode 2. Heirmos.

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

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

Troparia.

Saint of God, intercede for us.

O righteous James, your most pure mind communed with the pure emissions of light. It wisely declined from the darkness of the demons and the murk of the passions, as you cried: Praise you Christ unto the ages. [un]

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

O righteous James, your most pure mind communed with the pure emissions of light. It wisely declined from the darkness of the demons and the murk of the passions, as you cried: Praise you Christ unto the ages. [un]

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 wise and all-blessed Father, you quenched the fiery darts of the enemy with the showers of your unceasing tears. You were aflame with the love of Christ. You burned up the wildly overgrown thorns of the pleasures.

[un]

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 wise James, divine and full of light, by your prayers preserve from temptations and perils this flock that you have gathered by your teachings. Preserve those who with faith celebrate your sacred and august memorial. [un]

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

Theotokion.

O Virgin Mother of God, you are the living fountain that brought forth the Water of Life. Give my soul a drink, withered up as it is by the burning heat of sin, so that I may glorify you unto all the ages. [un]

(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)

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode 3. (NM) In His divine power.

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]

Slain by many sins, I bear in life a soul that is dead. Take pity on me and help me with your lifegiving intercessions, O disciples of the Saviour and eyewitnesses of God. [KW]

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

Encompassed by a mist of sin, I have in very truth drawn near to the hell of despair. Therefore give me light, O mystic rays of the Sun of glory and eyewitnesses of God. [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]

O miserable soul, abstain from the passions and be saved. For abstinence from food is not acceptable as a fast, unless we also correct our faults. [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.

Moses in prophecy foresaw thee, Virgin Mother of God, as the burning bush: quench the furnace of my passions, snatch me from the fire of Gehenna, and save me. [KW]

Canon 2 from the Triodion.

Ode viii. Mode pl. 2.

(NM) The hosts of heaven.

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

As the twelve tribes came from Jacob, so has the company of the twelve apostles gone forth from Thee, O Christ, into the world. Through their preaching all the faithful have been born again, and they sing Thy praises for ever. [KW]

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

Ye have overthrown the chariots of the invisible Pharaoh as in the Red Sea, O apostles, and ye have led the Lord's people into the land of the knowledge of God; and they sing His praises for ever. [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.

I honour God one in Essence, I sing the praises of the three Persons, distinct from one another yet not differing in Nature, for there is one Godhead and one power in the three, Father, Son and Spirit. [KW]

Both now. **Theotokion.**

From thy womb filled with radiance,
Christ has come forth as a bridegroom from
his chamber, and as a great Light He has
illuminated those in darkness. As lightning has
the Sun of righteousness shone forth, O pure
Virgin, and given light to the world. [KW]

Glory to You, our God, glory to You.

Ye were initiated by Christ into the
mysteries, and now ye are enthroned with
Him on high, at all times making fervent
intercession on behalf of us sinners. Pray
for us, that we may complete the Fast with
sincerity of heart. [KW]

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

Heirmos. Mode pl. 2.

Him whom the hosts of the heavens
glorify, * at whom quake the Cherubim and
the Seraphim, * every breath and creation,
* extol Him now and bless Him, * and exalt
supremely, unto all the ages. [SD]

DEACON

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

CHOIR

Ode ix.

Megalyrnarion. Mode 2.

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

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

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

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

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

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

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

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

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 Saint.

Ode ix. Mode 2. Heirmos.

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

Troparia.

Saint of God, intercede for us.

O most sacred Father, peer of the righteous, after your many labors, and after innumerable pains, sweat, and veritable tribulations, you have come to rest in the heavenly port, bearing the riches of divine virtues. [un]

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

O most sacred Father, peer of the righteous, after your many labors, and after innumerable pains, sweat, and veritable tribulations, you have come to rest in the heavenly port, bearing the riches of divine virtues. [un]

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

O Father James, we honor you as a star that outshines the day, a house of the Spirit, a rose wholly fragrant with mystical sweetness, a towering tree, a partaker of eternal glory, and a wise hierarch. [un]

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 godly-minded Hierarch, our Father James, the torrents of your tears indeed poured abundantly into the earth of your heart. They have fattened a ripe ear of wheat, which ever feeds the souls of those who honor you with faith. [un]

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

Theotokion.

Spare me, O Lord, spare me when You come to judge me. Do not condemn me to the fire nor rebuke me in Your anger. O Christ, the Virgin that gave You birth beseeches You, and so do the multitudes of the Angels and the glorious James. [un]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode 3. (NM) In the bush upon Mount Sinai.

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]

O apostles, ye are rivers flowing from the spiritual Fountain and supplying living water to the pure in heart: through your prayers dry

up the streams of my sin and lead me to the paths of salvation. [KW]

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

My miserable soul is tossed in the tempest of sin. O good Pilot, stretch out Thy right hand to me as once Thou hast to Peter; let not the deep waters of despondency cover me, and let me not become food for the monster that devours our souls, O most merciful Christ. [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]

The choir of the apostles prays to Thee, O Jesus King of all, and the ranks of angels entreat Thee: in the abundance of Thy mercies grant to Thy people deliverance from evil, amendment of life and a place in Thy Kingdom. [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.

O pure Virgin Mother, Ark of holiness, in thee virginity and childbearing are combined in ways surpassing nature. Therefore I cry to thee in faith: Sanctify me wholly and deliver me from every operation of the passions that afflict me. [KW]

Canon 2 from the Triodion.

Ode ix. Mode pl. 2. (NM)

Conception without seed.

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]

Living in the world as though ye had no body, ye were like angels in the flesh, O all-blessed apostles. Ye carried in your hearts the Word alone, and drew the nations to the one faith in Christ; and by your knowledge ye have proved the wise and eloquent to be fools. [KW]

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

O Peter, rock and foundation stone of the faith; O Paul, herald and teacher to the Gentiles; O sons of Zebedee, with the other eight apostles: pray fervently to Christ on our behalf, that we may complete the remainder of the Fast with all our strength. [KW]

Glory. For the Trinity.

O Father, single only-Begetter of the only-Begotten Son; O only Light and Brightness from the one and only Light; and Thou, one and only Holy Spirit from the one God, true Lord from the Lord: O holy Three in One, save me as I tell of Thy divinity. [KW]

Both now. Theotokion.

The manner of thy childbearing fills me with wonder, O all-blameless Lady. How hast thou conceived without seed Him whom none can comprehend? How hast thou remained a Virgin and yet become a Mother? 'Accept the miracle with faith, and worship the Child that is born: for all that He wills, He has the power to do.' [KW]

Glory to You, our God, glory to You.

In the power of the Spirit ye went out to kings and rulers, fearing neither fire nor sword; as the Lord's chief captains, ye have put to flight all error and brought salvation to mankind, O all-blessed apostles. [KW]

Heirmos. Mode pl. 2.

The birth is ineffable, conceived without the seed of man; the unwed Mother's * childbirth was free of all corruption. The birth of God * makes new again the natures. * And thus, in Orthodox manner all * generations magnify you as the Mother and the Bride of God. [SD]

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 1.

O Christ, who make the light to rise, purify my soul of every sin, by the intercessions of the Apostles, and save me. [SD]

O Christ, who make the light to rise, purify my soul of every sin, by the intercessions of the Hierarch, and save me. [SD]

O Christ, who make the light to rise, purify my soul of every sin, 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 pl. 4.

In this season of repentance, let us stretch out our hands in works of mercy; and then the ascetic struggles of the Fast will bring us to eternal life. For nothing saves the soul so much as generosity to those in need, and almsgiving combined with fasting will deliver a man from death. Let us do all this with gladness, for there is no better way, and it will bring salvation to our souls. [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]

In this season of repentance, let us stretch out our hands in works of mercy; and then the ascetic struggles of the Fast will bring us to eternal life. For nothing saves the soul so much as generosity to those in need, and almsgiving combined with fasting will deliver a man from death. Let us do all this with gladness, for there is no better way, and it will bring salvation to our souls. [KW]

For the Martyrs.

Mode pl. 4.

Verse: *Have mercy on us, O Lord, have mercy on us, for we are greatly filled with contempt; our soul is greatly filled with it. We are*

a disgrace to those who prosper, and a contempt to the arrogant. [SAAS]

Putting on the breastplate of the Faith and armed with the sign of the Cross, ye showed yourselves courageous fighters. Bravely ye resisted tyrants and cast down the delusions of the devil; and ye were rewarded with a victor's crown. Intercede with Christ on our behalf, for the salvation of our souls. [KW]

Glory. Both now. **Theotokion.**

Mode pl. 4.

I run to thy protection, O holy Virgin Theotokos, and I know that I shall find salvation: for thou, pure Lady, hast the power to help me. [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.)