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The Service of Vespers

on Monday Evening

for Tuesday, March 12, 2019

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

**Menaion - March 12
Memory of our St. Theophanis of Sigriani**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Τῇ Δευτέρᾳ Α' Ἑβδομάδος εἰς τὸν Ἑσπερινόν.

Μηναῖον - ΤΗΙ Β' ΜΑΡΤΙΟΥ

Μνήμη τοῦ Ὁσίου Θεοφάνους τῆς Σιγριανῆς

ΕΣΠΕΡΙΝΟΣ

Ἄν προηγήθηκε ἡ Θ' Ὥρα, ἄρχεται ὁ Ἑσπερινὸς χωρὶς τὸ "Εὐλογητός..."

ΙΕΡΕΥΣ

Εὐλογητός ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν αὐτῷ, Χριστῷ τῷ Βασιλεῖ καὶ Θεῷ ἡμῶν.

Ψαλμὸς ΡΓ' (103).

Εὐλόγει ἡ ψυχὴ μου, τὸν Κύριον.
Κύριε ὁ Θεός μου ἐμεγαλύνθης σφόδρα.
Ἐξομολόγησιν καὶ μεγαλοπρέπειαν ἐνεδύσω, ἀναβαλλόμενος φῶς ὡς ἱμάτιον.
Ἐκτείνων τὸν οὐρανὸν ὥσει δέσριν, ὁ στεγάζων ἐν ὕδασι τὰ ὑπερῶα αὐτοῦ.
Ὅ τιθεὶς νέφη τὴν ἐπίβασιν αὐτοῦ, ὁ περιπατῶν ἐπὶ πτερυγῶν ἀνέμων.
Ὁ ποιῶν τοὺς Ἀγγέλους αὐτοῦ πνεύματα, καὶ τοὺς λειτουργοὺς αὐτοῦ πυρὸς φλόγα.
Ὁ θεμελιῶν τὴν γῆν ἐπὶ τὴν ἀσφάλειαν αὐτῆς, οὐ κλιθήσεται εἰς τὸν αἰῶνα τοῦ αἰῶνος. Ἄβυσσος ὡς ἱμάτιον

Triodion

On Monday of the First Week at Vespers

Menaion - March 12

Memory of our St. Theophanis of Sigriani

VESPERS

If preceded by the Ninth Hour, Vespers begins without "Blessed is our God..."

PRIEST

Blessed is our God always, now and ever, and to the ages of ages.

(Amen.)

READER

Come, let us worship and bow down before God our King.

Come, let us worship and bow down before Christ God our King.

Come, let us worship and bow down before Him, Christ our King and God.

Psalms 103 (104).

Bless the Lord, O my soul. O Lord my God, You are magnified exceedingly; You clothe Yourself with thanksgiving and majesty, who cover Yourself with light as with a garment, who stretch out the heavens like a curtain; You are He who covers His upper chambers with water, who makes the clouds His means of approach, who walks on the wings of the winds, who makes His angels spirits and His ministers a flame of fire. He established the earth on its stable foundation; it shall not be moved unto ages of ages. The deep like a garment is His covering;

τὸ περιβόλαιον αὐτοῦ, ἐπὶ τῶν ὀρέων
στήσονται ὕδατα. Ἀπὸ ἐπιτιμήσεώς
σου φεύξονται, ἀπὸ φωνῆς βροντῆς
σου δειλιάσουσιν. Ἀναβαίνουνσιν ὄρη,
καὶ καταβαίνουνσι πεδία εἰς τόπον, ὃν
ἐθεμελίωσας αὐτά. Ὅριον ἔθου, ὃ οὐ
παρελεύσονται, οὐδὲ ἐπιστρέψουσι
καλύψαι τὴν γῆν. Ὁ ἐξαποστέλλων
πηγὰς ἐν φάραγξιν, ἀναμέσον τῶν ὀρέων
διελεύσονται ὕδατα· ποτιοῦσι πάντα τὰ
θηρία τοῦ ἀγροῦ, προσδέξονται ὄναγροι
εἰς δίψαν αὐτῶν. Ἐπ' αὐτὰ τὰ πετεινὰ
τοῦ οὐρανοῦ κατασκηνώσει, ἐκ μέσου
τῶν πετρῶν δώσουσι φωνήν. Ποτίζων
ὄρη ἐκ τῶν ὑπερώων αὐτοῦ, ἀπὸ καρποῦ
τῶν ἔργων σου χορτασθήσεται ἡ γῆ. Ὁ
ἐξανατέλλων χόρτον τοῖς κτήνεσι, καὶ
χλόην τῇ δουλείᾳ τῶν ἀνθρώπων. Τοῦ
ἐξαγαγεῖν ἄρτον ἐκ τῆς γῆς, καὶ οἶνος
εὐφραίνει καρδίαν ἀνθρώπου. Τοῦ ἱλαρύναι
πρόσωπον ἐν ἐλαίῳ, καὶ ἄρτος καρδίαν
ἀνθρώπου στηρίζει. Χορτασθήσεται τὰ
ξύλα τοῦ πεδίου, αἱ κέδροι τοῦ Λιβάνου, ἃς
ἐφύτευσας. Ἐκεῖ στρουθία ἐννοσσεύσουσι,
τοῦ ἐρωδιοῦ ἡ κατοικία ἡγεῖται αὐτῶν. Ὅρη
τὰ ὑψηλὰ ταῖς ἐλάφοις, πέτρα καταφυγὴ
τοῖς λαγωαῖς. Ἐποίησε σελήνην εἰς καιροῦς,
ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἐθου σκότος,
καὶ ἐγένετο νύξ, ἐν αὐτῇ διελεύσονται
πάντα τὰ θηρία τοῦ δρυμοῦ. Σκύμνοι
ὠρυόμενοι τοῦ ἀρπαῆσαι, καὶ ζητῆσαι παρὰ
τῷ Θεῷ βρῶσιν αὐτοῖς. Ἀνέτειλεν ὁ ἥλιος,
καὶ συνήχθησαν, καὶ εἰς τὰς μάνδρας
αὐτῶν κοιτασθήσονται. Ἐξελεύσεται
ἄνθρωπος ἐπὶ τὸ ἔργον αὐτοῦ, καὶ ἐπὶ
τὴν ἐργασίαν αὐτοῦ ἕως ἑσπέρας. Ὡς
ἐμεγαλύνθη τὰ ἔργα σου, Κύριε, πάντα
ἐν σοφίᾳ ἐποίησας, ἐπληρώθη ἡ γῆ τῆς

the waters shall stand upon the mountains;
at Your rebuke they shall flee; at the sound
of Your thunder, they shall be afraid. The
mountains rise up, and the plains sink down
to the place You founded for them. You set
a boundary they shall not pass over; neither
shall they return to cover the earth. You are
He who sends springs into the valley; the
waters shall pass between the mountains; they
shall give drink to all the wild animals of the
field; the wild asses shall quench their thirst;
the birds of heaven shall dwell beside them;
they shall sing from the midst of the rocks.
You are He who waters the mountains from
His higher places; the earth shall be satisfied
with the fruit of Your works. You are He who
causes grass to grow for the cattle, and the
green plant for the service of man, to bring
forth bread from the earth; and wine gladdens
the heart of man, to brighten his face with oil;
and bread strengthens man's heart. The trees
of the plain shall be full of fruit, the cedars
of Lebanon, which You planted; there the
sparrows shall make their nests; the house
of the heron takes the lead among them.
The high mountains are for the deer; the
cliff is a refuge for the rabbits. He made the
moon for seasons; the sun knows its setting.
You established darkness, and it was night,
wherein all the wild animals of the forest
will prowl about; the young lions roar and
snatch their prey, and seek their food from
God. The sun arises, and they are gathered
together; and they shall be put to bed in their
dens. Man shall go out to his work and to his
labor until evening. O Lord, Your works shall
be magnified greatly; You made all things
in wisdom; the earth was filled with Your

κτίσεώς σου. Αὕτη ἡ θάλασσα ἡ μεγάλη καὶ εὐρύχωρος, ἐκεῖ ἐρπετὰ ὧν οὐκ ἔστιν ἀριθμός, ζῶα μικρὰ μετὰ μεγάλων. Ἐκεῖ πλοῖα διαπορεύονται, δράκων οὗτος, ὃν ἔπλασας ἐμπαίζειν αὐτή. Πάντα πρὸς σὲ προσδοκῶσι, δοῦναι τὴν τροφήν αὐτῶν εἰς εὐκαιρον, δόντος σου αὐτοῖς συλλέξουσιν. Ἀνοίξαντός σου τὴν χεῖρα, τὰ σύμπαντα πλησθήσονται χρηστότητος, ἀποστρέψαντος δέ σου τὸ πρόσωπον, ταραχθήσονται. Ἀντανελεῖς τὸ πνεῦμα αὐτῶν, καὶ ἐκλείψουσι, καὶ εἰς τὸν χοῦν αὐτῶν ἐπιστρέψουσιν. Ἐξαποστελεῖς τὸ πνεῦμα σου, καὶ κτισθήσονται, καὶ ἀνακαίνιεις τὸ πρόσωπον τῆς γῆς. Ἦτω ἡ δόξα Κυρίου εἰς τοὺς αἰῶνας, εὐφρανθήσεται Κύριος ἐπὶ τοῖς ἔργοις αὐτοῦ. Ὁ ἐπιβλέπων ἐπὶ τὴν γῆν, καὶ ποιῶν αὐτὴν τρέμειν, ὁ ἀπτόμενος τῶν ὀρέων, καὶ καπνίζονται. Αἰσω τῷ Κυρίῳ ἐν τῇ ζωῇ μου, ψαλῶ τῷ Θεῷ μου ἕως ὑπάρχω. Ἦδυνθείη αὐτῷ ἡ διαλογία μου, ἐγὼ δὲ εὐφρανθήσομαι ἐπὶ τῷ Κυρίῳ. Ἐκλείποιεν ἀμαρτωλοὶ ἀπὸ τῆς γῆς, καὶ ἄνομοι, ὥστε μὴ ὑπάρχειν αὐτοῦς. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Ὁ ἥλιος ἔγνω τὴν δύσιν αὐτοῦ. Ἔθου σκότος, καὶ ἐγένετο νύξ.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας.

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

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα. Δόξα σοι ὁ Θεός. (ἐκ γ')

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

creation. There is this great and spacious sea: the creeping things are there without number; the living things are there, both small and great; there the ships pass through; there is this dragon You formed to play therein. All things wait upon You, that You may give them food in due season. When You give it to them, they shall gather it; when You open Your hand, all things shall be filled with Your goodness. But when You turn Your face away, they shall be troubled; when You take away their breath, they shall die and return again to their dust. You shall send forth Your Spirit, and they shall be created, and You shall renew the face of the earth. Let the glory of the Lord be forever; the Lord shall be glad in His works; He looks upon the earth and makes it tremble; He touches the mountains, and they smoke. I will sing to the Lord all my life; I will sing to my God as long as I exist; may my words be pleasing to Him, and I shall be glad in the Lord. May sinners cease from the earth, and the lawless, so as to be no more. Bless the Lord, O my soul.

The sun knows its setting. You established darkness, and it was night.

O Lord, Your works shall be magnified greatly; You made all things in wisdom. [SAAS]

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

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

Our hope, O Lord, glory to You.

Ἀπαγγελλομένου ἐπίσης τοῦ Προοιμιακοῦ, ὁ Ἱερεὺς ἵσταται ἀσκεπὴς ἐνώπιον τῆς ἁγίας Τραπέζης ἢ καὶ ἐνώπιον τῆς εἰκόνης τοῦ Σωτῆρος Χριστοῦ, ἱστάμενος ἐπὶ τοῦ Σολέα (ὡς ἐν τῷ Ὁρθρῳ), καὶ ἀναγινώσκει μυστικῶς τὰς Εὐχὰς τοῦ Λιχνικοῦ·

ΙΕΡΕΥΣ (μυστικῶς)

ΕΥΧΗ ΠΡΩΤΗ

Κύριε, οἰκτίρμον καὶ ἐλεῆμον, μακρόθυμε καὶ πολυέλεε, ἐνώτισαι τὴν προσευχὴν ἡμῶν, καὶ πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν· ποιήσον μεθ' ἡμῶν σημεῖον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὁδῷ σου τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὐφρανον τὰς καρδίας ἡμῶν, εἰς τὸ φοβεῖσθαι τὸ Ὄνομά σου τὸ ἅγιον· διότι μέγας εἶ σὺ, καὶ ποιῶν θαυμάσια· σὺ εἶ Θεὸς μόνος, καὶ οὐκ ἔστιν ὅμοιός σοι ἐν θεοῖς, Κύριε, δυνατὸς ἐν ἐλέει, καὶ ἀγαθὸς ἐν ἰσχύϊ, εἰς τὸ βοηθεῖν καὶ παρακαλεῖν, καὶ σῶζειν πάντας τοὺς ἐλπίζοντας εἰς τὸ Ὄνομά σου τὸ ἅγιον.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΔΕΥΤΕΡΑ

Κύριε, μὴ τῷ θυμῷ σου ἐλέγξης ἡμᾶς, μηδὲ τῇ ὀργῇ σου παιδεύσης ἡμᾶς, ἀλλὰ ποιήσον μεθ' ἡμῶν κατὰ τὴν ἐπιείκειάν σου, ἰατρὲ καὶ θεραπευτὰ τῶν ψυχῶν ἡμῶν· ὁδήγησον ἡμᾶς ἐπὶ λιμένα θελήματός σου· φώτισον τοὺς ὀφθαλμοὺς τῶν καρδιῶν ἡμῶν, εἰς ἐπίγνωσιν τῆς σῆς ἀληθείας· καὶ δώρησαι ἡμῖν τὸ λοιπὸν τῆς παρούσης ἡμέρας εἰρηνικὸν καὶ ἀναμάρτητον, καὶ πάντα τὸν χρόνον τῆς ζωῆς ἡμῶν·

While the Opening Psalm is being read the Priest, bareheaded and standing in front of the Holy Table, says quietly the following Prayers at the Lighting of the Lamps.

PRIEST (inaudibly)

1st Prayer

O Lord, compassionate and merciful, long-suffering and full of mercy, listen to our prayer and attend to the voice of our supplication. Make for us a sign for good. Guide us in your way, to walk in your truth. Make glad our hearts to fear your holy Name, because you are great and do wondrous things. You alone are God, and there is none like you, O Lord, among gods: powerful in mercy and loving in strength to help and to console and to save all who hope in your holy Name. [EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. [EL]

2nd Prayer

Lord, do not rebuke us in your anger, nor chastise us in your wrath, but deal with us in accordance with your kindness, physician and healer of our souls. Guide us to the harbour of your will. Enlighten the eyes of our hearts to the knowledge of your truth and grant that the rest of the present day and the whole time of our life may be peaceful and without sin, at the prayers of the holy Mother of God and of all the Saints. [EL]

προσβείαις τῆς ἁγίας Θεοτόκου, καὶ πάντων τῶν Ἁγίων σου.

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

ΕΥΧΗ ΤΡΙΤΗ

Κύριε, ὁ Θεὸς ἡμῶν, μνήσθητι ἡμῶν τῶν ἁμαρτωλῶν καὶ ἀχρείων δούλων σου, ἐν τῷ ἐπικαλεῖσθαι ἡμᾶς τὸ ἅγιον ὄνομά σου, καὶ μὴ κατασχύνῃς ἡμᾶς ἀπὸ τῆς προσδοκίας τοῦ ἐλέους σου, ἀλλὰ χάρισαι ἡμῖν, Κύριε, πάντα τὰ πρὸς σωτηρίαν αἰτήματα· καὶ ἀξιώσον ἡμᾶς ἀγαπᾶν, καὶ φοβεῖσθαι σε ἐξ ὅλης τῆς καρδίας ἡμῶν, καὶ ποιεῖν ἐν πᾶσι τὸ θέλημά σου.

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΤΕΤΑΡΤΗ

Ὁ τοῖς ἀσιγήτοις ὕμνοις καὶ ἀπαύστοις δοξολογίαις ὑπὸ τῶν ἁγίων δυνάμεων ἀνυμνούμενος, πλήρωσον τὸ στόμα ἡμῶν τῆς αἰνέσεώς σου, τοῦ δοῦναι μεγαλωσύνην τῷ ὀνόματί σου τῷ ἁγίῳ· καὶ δὸς ἡμῖν μερίδα καὶ κληρὸν μετὰ πάντων τῶν φοβουμένων σε ἐν ἀληθείᾳ καὶ φυλασσόντων τὰς ἐντολάς σου· προσβείαις τῆς ἁγίας Θεοτόκου καὶ πάντων τῶν ἁγίων σου.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ

For yours is the might, and yours is the kingdom, the power and the glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

3rd Prayer

Lord our God, remember us, sinners and your unprofitable servants, as we call upon your holy Name, and do not put us to shame from the expectation of your mercy, but graciously grant us, Lord, all the requests that are for salvation, and count us worthy to love and to fear you from our whole heart, and in all things to do your will. ^[EL]

For you, O God, are good and love mankind, and to you we give glory, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

4th Prayer

O Lord, who are praised by the holy Powers with never silent hymns and unceasing songs of glory, fill our mouth with your praise to give majesty to your holy Name, and give us a part and an inheritance with all who fear you in truth and who keep your commandments, at the prayers of the holy Mother of God and of all your Saints. ^[EL]

For to you belong all glory, honour and worship, Father, Son and Holy Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

Ἀγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΠΕΜΠΤΗ

Κύριε, Κύριε, ὁ τῇ ἀχραντῷ σου παλάμῃ συνέχων τὰ σύμπαντα, ὁ μακροθυμῶν ἐπὶ πάντας ἡμᾶς καὶ μετανοῶν ἐπὶ ταῖς κακίαις ἡμῶν, μνήσθητι τῶν οἰκτιρμῶν σου καὶ τοῦ ἐλέους σου· ἐπίσκεψαι ἡμᾶς ἐν τῇ σῇ ἀγαθότητι· καὶ δὸς ἡμῖν διαφυγεῖν καὶ τὸ λοιπὸν τῆς παρούσης ἡμέρας, ἐκ τῶν τοῦ πονηροῦ ποικίλων μηχανημάτων, καὶ ἀνεπιβούλευτον τὴν ζωὴν ἡμῶν διαφύλαξον, τῇ χάριτι τοῦ Παναγίου σου Πνεύματος.

Ἐλέει καὶ φιλανθρωπία τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΕΥΧΗ ΕΚΤΗ

Ὁ Θεός, ὁ μέγας καὶ θαυμαστός, ὁ ἀνεκδιηγῆτῳ ἀγαθωσύνη καὶ πλουσία προνοία διοικῶν τὰ σύμπαντα· ὁ καὶ τα ἐγκόσμια ἀγαθὰ ἡμῖν δωρησάμενος, καὶ κατεγγυήσας ἡμῖν τὴν ἐπηγγελμένην βασιλείαν, διὰ τῶν ἤδη κεχαρισμένων ἡμῖν ἀγαθῶν· ὁ ποιήσας ἡμᾶς καὶ τῆς νῦν ἡμέρας τὸ παρελθὸν μέρος ἀπὸ παντὸς ἐκκλίνειν κακοῦ, δώρησαι ἡμῖν καὶ τὸ ὑπόλοιπον ἀμέμπτως ἐκτελέσαι, ἐνώπιον τῆς ἀγίας δόξης σου, ὑμνοῦντάς σε τὸν μόνον ἀγαθόν, καὶ φιλάνθρωπον Θεὸν ἡμῶν.

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ

5th Prayer

Lord, Lord, who uphold the universe by your immaculate hand, who are long-suffering towards us all and who repent of evils, remember your acts of compassion and your mercy. Visit us in your loving kindness and grant that for the rest of the present day we may escape the manifold wiles of the evil one, and, by the grace of your All-holy Spirit, keep our life free from assault. ^[EL]

By the mercy and love for mankind of your Only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and for ever, and to the ages of ages. Amen. ^[EL]

6th Prayer

O God, great and wonderful, who order the universe with inexpressible loving-kindness and rich providence; who have granted us also the blessings of this world and brought us near to the promised Kingdom through the blessings that have been bestowed on us already; who have made us turn aside from every evil during that part of the present day which is now over, grant us also to complete what remains without blame in the presence of your holy glory, as we sing your praise, who alone are our God, good and the Lover of mankind. ^[EL]

For you are our God and to you we give glory, to the Father, the Son and the Holy

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

ΕΥΧΗ ΕΒΔΟΜΗ

Ὁ Θεὸς ὁ μέγας καὶ ὑψιστος, ὁ μόνος
ἔχων ἀθανασίαν, φῶς οἰκῶν ἀπρόσιτον, ὁ
πᾶσαν τὴν κτίσιν ἐν σοφίᾳ δημιουργήσας.
Ὁ διαχωρήσας ἀνὰ μέσον τοῦ φωτός, καὶ
ἀνὰ μέσον τοῦ σκότους, καὶ τὸν μὲν ἥλιον
θέμενος εἰς ἐξουσίαν τῆς ἡμέρας, σελήνην
δὲ καὶ ἀστέρας εἰς ἐξουσίαν τῆς νυκτός· ὁ
καταξιώσας ἡμᾶς τοὺς ἁμαρτωλοὺς καὶ
ἐπὶ τῆς παρούσης ὥρας προφθάσαι τὸ
πρόσωπόν σου ἐν ἐξομολογήσει, καὶ τὴν
ἐσπερινὴν σοι δοξολογίαν προσαγαγεῖν·
αὐτός, φιλάνθρωπε Κύριε, κατεύθυνον
τὴν προσευχὴν ἡμῶν ὡς θυμίαμα ἐνώπιόν
σου καὶ πρόσδεξαι αὐτὴν εἰς ὁσμὴν
εὐωδίας. Παράσχου δὲ ἡμῖν τὴν παροῦσαν
ἐσπέραν καὶ τὴν ἐπιοῦσαν νύκτα εἰρηνικὴν·
ἔνδυσον ἡμᾶς ὅπλα φωτός· ῥῦσαι ἡμᾶς
ἀπὸ φόβου νυκτερινοῦ καὶ ἀπὸ παντός
πράγματος ἐν σκότει διαπορευομένου· καὶ
δὸς ἡμῖν τὸν ὕπνον, ὃν εἰς ἀνάπαυσιν τῇ
ἀσθενείᾳ ἡμῶν ἐδωρήσω, πάσης διαβολικῆς
φαντασίας ἀπηλλαγμένον. Ναί, Δέσποτα
τῶν ἀπάντων, τῶν ἀγαθῶν χορηγέ· ἴνα,
καὶ ἐπὶ ταῖς κοίταις ἡμῶν κατανυγόμενοι,
μνημονεύωμεν ἐν νυκτὶ τοῦ ὀνόματός
σου, καὶ τῇ μελέτῃ τῶν σῶν ἐντολῶν
καταυγαζόμενοι, ἐν ἀγαλλιάσει ψυχῆς
διανιστῶμεν πρὸς δοξολογίαν τῆς σῆς
ἀγαθότητος, δεήσεις καὶ ἱκεσίας τῇ σῇ
εὐσπλαγχνίᾳ προσάγοντες ὑπὲρ τῶν ἰδίων
ἁμαρτημάτων καὶ παντός τοῦ λαοῦ σου,
ὃν ταῖς πρεσβείαις τῆς ἁγίας Θεοτόκου ἐν
ἐλέει ἐπίσκεψαι.

Spirit, now and for ever, and to the ages of
ages. Amen. [EL]

7th Prayer

Great and most high God, who
alone possess immortality, who dwell
in unapproachable light, who fashioned
all creation with wisdom, who made the
separation between the light and the darkness
and who placed the sun to have authority
over the day and the moon and the stars
to have authority over the night, who have
counted us sinners worthy even at this
present hour to come into your presence with
confession and thanksgiving and to offer
you our evening hymn of glory; do you, O
Lord who love mankind, direct our prayer
like incense before you and accept it as a
savour of sweet fragrance. Grant us that the
present evening and the coming night may
be peaceful, clothe us with weapons of light,
deliver us from every night-time fear and
from every deed that walks in darkness. And
give us sleep, which you have bestowed on us
for our rest in our weakness, freed from every
fantasy of the devil. Yes, Master of all things,
giver of blessings, may we also be filled with
compunction on our beds and call to mind
your Name in the night, and enlightened by
meditation on your commandments may we
rise with gladness of soul to give glory to
your loving-kindness, as we bring to your
compassion supplications and entreaties on
behalf of our own sins and those of all your
people. At the prayers of the holy Mother of
God visit them with mercy. [EL]

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.
Ἀμήν.

*Πληρωθέντος τοῦ Προοιμιακοῦ Ψαλμοῦ, ὁ μὲν
Τερεὺς παραμένει ἐν εὐλαβείᾳ ἐνώπιον τῆς ἁγίας
Τραπέζης, ὁ δὲ Διάκονος ποιεῖ σχῆμα πρὸς τὸ Τερέα,
καὶ ἐξελθὼν τοῦ ἱεροῦ Βήματος, διὰ τῆς βορείας
πύλης, καὶ στὰς πρὸ τῆς Ὁραίας πύλης, καὶ βλέπων
κατ' ἐνώπιον τῆς εἰκόνης τοῦ Χριστοῦ, λέγει τὴν
Μεγάλην Συναπτὴν, ἥτοι τὰ "Εἰρηνικά."*

For you, O God, are good and love
mankind, and to you we give glory, Father,
Son and Holy Spirit, now and for ever, and to
the ages of ages. Amen. ^[EL]

*When the Opening Psalm is completed the Priest, in
front of the Holy Table, or the Deacon in his usual place
outside the Holy Doors, says the Litany of Peace.*

ΔΙΑΚΟΝΟΣ

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ἁγίου οἴκου τούτου, καὶ τῶν μετὰ πίστεως, εὐλαβείας καὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῶν εὐσεβῶν καὶ Ὁρθοδόξων Χριστιανῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθνους, πάσης ἀρχῆς καὶ ἐξουσίας ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ εὐκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

DEACON

In peace, let us pray to the Lord.

(Lord, have mercy.)

For the peace from above and for the salvation of our souls, let us pray to the Lord.

(Lord, have mercy.)

For the peace of the whole world, for the stability of the holy churches of God, and for the unity of all, let us pray to the Lord.

(Lord, have mercy.)

For this holy house and for those who enter it with faith, reverence, and the fear of God, let us pray to the Lord.

(Lord, have mercy.)

For pious and Orthodox Christians, let us pray to the Lord.

(Lord, have mercy.)

For (episcopal rank) (name), for the honorable presbyterate, for the diaconate in Christ, and for all the clergy and the people, let us pray to the Lord.

(Lord, have mercy.)

For our country, for the president, and for all in public service, let us pray to the Lord.

(Lord, have mercy.)

For this city, and for every city and land, and for the faithful who live in them, let us pray to the Lord.

(Lord, have mercy.)

For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

(Lord, have mercy.)

Ὑπὲρ πλεόντων, ὁδοιπορούντων,
νοσούντων, καμνόντων, αἰχμαλώτων καὶ
τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ὑπὲρ τοῦ ῥυσθῆναι ἡμᾶς ἀπὸ πάσης
θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, τοῦ
Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ
προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

*Μετὰ τὰ εἰρηνικὰ καὶ τὴν ἐκφώνησιν
ἀναγινώσκεται τὸ ἐνδιάτακτον κάθισμα τοῦ
Ψαλτηρίου. Ἐν ταῖς ἐνορίαις σήμερον συνήθως
δὲν γίνεται στιχολογία τοῦ Ψαλτηρίου εἰμὴ μόνον
εἰς πανηγυρικοὺς Ἑσπερινοὺς καὶ εἰς τοὺς μετὰ
Προηγιασμένης τοιούτους. Ὑπὸ πολλῶν ἐπίσης
τηρεῖται ἡ τάξις τῆς στιχολογίας τοῦ α' καθίσματος
τῷ Σαββάτῳ ἑσπέρας.*

*Παρατίθεται εἰς ξεχωριστὰς σελίδας πρὸς
χρῆσιν τῶν βουλομένων.*

For those who travel by land, sea, and air,
for the sick, the suffering, the captives and for
their salvation, let us pray to the Lord.

(Lord, have mercy.)

For our deliverance from all affliction,
wrath, danger, and necessity, 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 to You belong all glory, honor, and
worship, to the Father and to the Son and to
the Holy Spirit, now and forever and to the
ages of ages.

(Amen.)

*After the Peace Litany and the exclamation comes the
reading of the appointed Kathisma of the Psalter. In parishes
today it is customary to omit the recitation of the Psalter
except on festal Vespers and at Presanctified Liturgy. Many
will also keep the order of reciting the First Kathisma at
vespers on Saturday evening.*

*The appointed Psalms are offered here on separate pages
for those who wish to include them.*

ΑΝΑΓΝΩΣΤΗΣ

ΚΑΘΙΣΜΑ ΔΕΚΑΤΟΝ ΟΓΔΟΟΝ

Στάσις Α'

Ψαλμός ΡΙΘ' (119).

Πρὸς Κύριον ἐν τῷ θλίβεσθαί με
ἐκέκραξα, καὶ εἰσήκουσέ μου.

Κύριε, ρῦσαι τὴν ψυχὴν μου ἀπὸ
χειλέων ἀδίκων καὶ ἀπὸ γλώσσης δολίας.

Τί δοθείη σοι καὶ τί προστεθείη σοι πρὸς
γλώσσαν δολίαν;

Τὰ βέλη τοῦ δυνατοῦ ἠκονημένα, σὺν
τοῖς ἄνθραξι τοῖς ἐρημικοῖς.

Οἶμοι! ὅτι ἡ παροικία μου ἐμακρύνθη,
κατεσκήνωσα μετὰ τῶν σκηνωμάτων
Κηδάρ· πολλὰ παρώκησεν ἡ ψυχὴ μου.

Μετὰ τῶν μισούντων τὴν εἰρήνην ἤμην
εἰρηνικός· ὅταν ἐλάλουν αὐτοῖς, ἐπολέμουν
με δωρεάν.

Ψαλμός ΡΚ' (120).

Ἦρα τοὺς ὀφθαλμούς μου εἰς τὰ ὄρη,
ὅθεν ἦξει ἡ βοήθειά μου.

Ἡ βοήθειά μου παρὰ Κυρίου τοῦ
ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν.

Μὴ δῶης εἰς σάλον τὸν πόδα σου, μηδὲ
νυστάξῃ ὁ φυλάσσων σε.

Ἴδου οὐ νυστάξει οὐδὲ ὑπνώσει ὁ
φυλάσσων τὸν Ἰσραήλ.

Κύριος φυλάξει σε, Κύριος σκέπη σοι
ἐπὶ χειρὰ δεξιάν σου·

Ἡμέρας ὁ ἥλιος οὐ συγκαύσει σε, οὐδὲ ἡ
σελήνη τὴν νύκτα.

Κύριος φυλάξει σε ἀπὸ παντὸς κακοῦ,
φυλάξει τὴν ψυχὴν σου ὁ Κύριος.

READER

KATHISMA 18.

First Stanza.

Psalm 119 (120).

To the Lord in my affliction I cried out,
and He heard me. [SAAS]

O Lord, deliver my soul from unjust lips
and from a deceitful tongue.

What should be given You, and what
added to You, against a deceitful tongue?

The arrows of the Mighty One are
sharpened with hot coals from the desert.

Woe is me! My sojourning was prolonged;
I dwelt with the tents of Kedar. My soul
sojourned a long time as a resident alien.

With those who hate peace, I was
peaceful; when I spoke to them, they made
war against me without cause.

Psalm 120 (121).

I lifted my eyes to the mountains; from
where shall my help come? [SAAS]

My help comes from the Lord, who made
heaven and earth.

Let not your foot be moved; neither let
Him who keeps you slumber.

Behold, He who keeps Israel shall neither
slumber nor sleep.

The Lord shall keep you; the Lord is your
shelter at your right hand.

The sun shall not burn you by day nor the
moon by night.

The Lord shall keep you from all evil; the
Lord shall keep your soul.

Κύριος φυλάξει τὴν εἰσοδὸν σου καὶ τὴν
ἐξοδὸν σου ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

Ψαλμὸς ΡΚΑ' (121).

Εὐφράνθην ἐπὶ τοῖς εἰρηκόσι μοι εἰς
οἶκον Κυρίου πορευσόμεθα.

Ἑστῶτες ἦσαν οἱ πόδες ἡμῶν ἐν ταῖς
ἀύλαις σου, Ἱερουσαλήμ.

Ἱερουσαλήμ οἰκοδομουμένη ὡς πόλις,
ἥς ἡ μετοχὴ αὐτῆς ἐπὶ τὸ αὐτό.

Ἐκεῖ γὰρ ἀνέβησαν αἱ φυλαί, φυλαὶ
Κυρίου, μαρτύριον τῷ Ἰσραήλ, τοῦ
ἐξομολογήσασθαι τῷ ὀνόματι Κυρίου·

Ὅτι ἐκεῖ ἐκάθισαν θρόνοι εἰς κρίσιν,
θρόνοι ἐπὶ οἶκον Δαυῖδ.

Ἐρωτήσατε δὴ τὰ εἰς εἰρήνην τὴν
Ἱερουσαλήμ, καὶ εὐθηνία τοῖς ἀγαπῶσί σε.

Γενέσθω δὴ εἰρήνη ἐν τῇ δυνάμει σου
καὶ εὐθηνία ἐν ταῖς πυργοβάρεσί σου.

Ἕνεκα τῶν ἀδελφῶν μου καὶ τῶν
πλησίων μου, ἐλάλουν δὴ εἰρήνην περὶ σοῦ.

Ἕνεκα τοῦ οἴκου Κυρίου τοῦ Θεοῦ ἡμῶν,
ἐξεζήτησα ἀγαθὰ σοι.

Ψαλμὸς ΡΚΒ' (122).

Πρὸς σὲ ἦρα τοὺς ὀφθαλμούς μου τὸν
κατοικοῦντα ἐν τῷ οὐρανῷ.

Ἴδου ὡς ὀφθαλμοὶ δούλων εἰς χεῖρας
τῶν κυρίων αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης
εἰς χεῖρας τῆς κυρίας αὐτῆς, οὕτως οἱ
ὀφθαλμοὶ ἡμῶν πρὸς Κύριον τὸν Θεὸν
ἡμῶν, ἕως οὗ οἰκτειρῆσαι ἡμᾶς.

The Lord shall keep your coming in and
your going out from this present time and
unto the ages.

Psalms 121 (122).

I was glad when they said to me, "Let us
go into the house of the Lord." [SAAS]

Our feet stand in your courts, O
Jerusalem.

Jerusalem is built as a city whose
compactness is complete.

There the tribes went up, the tribes of the
Lord, a testimony to Israel, to give thanks to
the name of the Lord.

For thrones sat there for judgment,
thrones over the house of David.

Ask now for things regarding the peace
of Jerusalem, and there is prosperity for those
who love you.

Let there now be peace in your power and
prosperity in your citadels.

For the sake of my brothers and my
neighbors, I indeed spoke peace concerning
you.

For the sake of the house of the Lord our
God, I sought good things for you.

Psalms 122 (123).

I lift my eyes to You, who dwell in
heaven. [SAAS]

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.

Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν ἐξουδενώσεως, Ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

Ψαλμὸς ΡΚΓ' (123).

Εἰ μὴ ὅτι Κύριος ἦν ἐν ἡμῖν, εἰπάτω δὴ Ἰσραήλ.

Εἰ μὴ ὅτι Κύριος ἦν ἐν ἡμῖν ἐν τῷ ἐπαναστῆναι ἀνθρώπους ἐφ' ἡμᾶς,

Ἄρα ζῶντας ἂν κατέπιον ἡμᾶς, ἐν τῷ ὀργισθῆναι τὸν θυμὸν αὐτῶν ἐφ' ἡμᾶς·

Ἄρα τὸ ὕδωρ ἂν κατεπόντισεν ἡμᾶς, χεῖμαρρον διήλθεν ἡ ψυχὴ ἡμῶν·

Ἄρα διήλθεν ἡ ψυχὴ ἡμῶν τὸ ὕδωρ τὸ ἀνυπόστατον.

Εὐλογητὸς Κύριος, ὃς οὐκ ἔδωκεν ἡμᾶς εἰς θήραν τοῖς ὁδοῦσιν αὐτῶν.

Ἡ ψυχὴ ἡμῶν ὥς στρουθίον ἐρρύσθη ἐκ τῆς παγίδος τῶν θηρευόντων· ἡ παγὶς συνετρίβη, καὶ ἡμεῖς ἐρρύσθημεν.

Ἡ βοήθεια ἡμῶν ἐν ὀνόματι Κυρίου τοῦ ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν.

Δόξα· καὶ νῦν. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι ὁ Θεός. (ἐκ γ')

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

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.

Psalm 123 (124).

"If the Lord had not been with us," let Israel now say. [SAAS]

If the Lord had not been with us, when men rose up against us.

Then they would have swallowed us alive, when their anger raged against us.

Then the water would have drowned us; our soul would have passed through a torrent.

Then our soul would have passed through a water that is overwhelming.

Blessed is the Lord, who did not give us as prey to their teeth.

Our soul was delivered like a sparrow from the snare of the hunters; the snare was broken, and we were delivered.

Our help is in the name of the Lord, who made heaven and earth.

Glory. Both now. Alleluia.

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

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

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

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

Στάσις Β'.

Ψαλμὸς ΡΚΔ' (124).

Οἱ πεποιθότες ἐπὶ Κύριον ὡς ὄρος Σιών·
οὐ σαλευθήσεται εἰς τὸν αἰῶνα ὁ κατοικῶν
Τερουσαλήμ.

Ὅρη κύκλῳ αὐτῆς, καὶ ὁ Κύριος κύκλῳ
τοῦ λαοῦ αὐτοῦ ἀπὸ τοῦ νῦν καὶ ἕως τοῦ
αἰῶνος.

Ὅτι οὐκ ἀφήσει Κύριος τὴν ράβδον
τῶν ἀμαρτωλῶν ἐπὶ τὸν κληρὸν τῶν
δικαίων, ὅπως ἂν μὴ ἐκτείνωσιν οἱ δίκαιοι
ἐν ἀνομίαις χεῖρας αὐτῶν.

Ἀγάθυνον, Κύριε, τοῖς ἀγαθοῖς καὶ τοῖς
εὐθέσι τῇ καρδίᾳ·

Τοὺς δὲ ἐκκλίνοντας εἰς τὰς
στραγαλιὰς ἀπάξει Κύριος μετὰ τῶν
ἐργαζομένων τὴν ἀνομίαν εἰρήνῃ ἐπὶ τὸν
Ἰσραήλ.

Ψαλμὸς ΡΚΕ' (125).

Ἐν τῷ ἐπιστρέψαι Κύριον τὴν
αἰχμαλωσίαν Σιών ἐγενήθημεν ὥσει
παρακεκλημένοι.

Τότε ἐπλήσθη χαρᾶς τὸ στόμα ἡμῶν καὶ
ἡ γλῶσσα ἡμῶν ἀγαλλιάσεως.

Τότε ἐροῦσιν ἐν τοῖς ἔθνεσιν· ἐμεγάλυνε
Κύριος τοῦ ποιῆσαι μετ' αὐτῶν.

Ἐμεγάλυνε Κύριος τοῦ ποιῆσαι μεθ'
ἡμῶν, ἐγενήθημεν εὐφραινόμενοι.

Ἐπίστρεψον, Κύριε, τὴν αἰχμαλωσίαν
ἡμῶν ὡς χειμάρρους ἐν τῷ νότῳ.

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

Second Stanza.

Psalm 124 (125).

Those who trust in the Lord are like
Mount Zion; he who dwells in Jerusalem shall
be unshaken forever. [SAAS]

The mountains surround her, and the
Lord surrounds His people from this present
time and unto the ages.

The Lord will not permit the rod of
sinners to be upon the inheritance of the
righteous, lest the righteous stretch out their
hands in lawlessness.

Do good, O Lord, to the good, and to the
upright in heart.

But those who turn aside to crooked
ways, the Lord shall lead away with the
workers of lawlessness. Peace be upon Israel.

Psalm 125 (126).

When the Lord returned the captives
of Zion, we became like those who are
comforted. [SAAS]

Then our mouth was filled with joy, and
our tongue with exceeding joy.

Then they shall say among the Gentiles,
"The Lord did great things with them."

The Lord has done great things with us;
we were glad.

Return, O Lord, our captivity like streams
in the south.

Οἱ σπείροντες ἐν δάκρυσιν ἐν
ἀγαλλιάσει θεριοῦσι.

Πορευόμενοι ἐπορεύοντο καὶ ἔκλαιον
βάλλοντες τὰ σπέρματα αὐτῶν.

Ἐρχόμενοι δὲ ἤξουσιν ἐν ἀγαλλιάσει
αἶροντες τὰ δράγματα αὐτῶν.

Ψαλμὸς ΡΚΖ' (126).

Ἐάν μὴ Κύριος οἰκοδομήσῃ οἶκον,
εἰς μάτην ἐκοπίασαν οἱ οἰκοδομοῦντες·
ἐάν μὴ Κύριος φυλάξῃ πόλιν, εἰς μάτην
ἠγγρύπησεν ὁ φυλάσσων.

Εἰς μάτην ὑμῖν ἐστι τὸ ὀρθρίζειν,
ἐγείρεσθαι μετὰ τὸ καθῆσθαι, οἱ ἐσθιόντες
ἄρτον ὀδύνης, ὅταν δῶ τοῖς ἀγαπητοῖς
αὐτοῦ ὕπνον.

Ἴδου ἡ κληρονομία Κυρίου υἱοί, ὁ μισθὸς
τοῦ καρποῦ τῆς γαστροῦς.

Ὡσεὶ βέλη ἐν χειρὶ δυνατοῦ, οὕτως οἱ
υἱοὶ τῶν ἐκτετιναγμένων.

Μακάριος ὃς πληρώσει τὴν ἐπιθυμίαν
αὐτοῦ ἐξ αὐτῶν· οὐ καταισχυνθήσονται,
ὅταν λαλῶσι τοῖς ἐχθροῖς αὐτῶν ἐν πύλαις.

Ψαλμὸς ΡΚΖ' (127).

Μακάριοι πάντες οἱ φοβούμενοι τὸν
Κύριον, οἱ πορευόμενοι ἐν ταῖς ὁδοῖς αὐτοῦ.

Τοὺς πόνους τῶν καρπῶν σου φάγεσαι·
μακάριος εἶ, καὶ καλῶς σοι ἔσται.

Ἡ γυνὴ σου ὡς ἄμπελος εὐθηνούσα ἐν
τοῖς κλίτεσι τῆς οἰκίας σου· οἱ υἱοὶ σου ὡς
νεόφυτα ἐλαιῶν κύκλῳ τῆς τραπέζης σου.

Ἴδου οὕτως εὐλογηθήσεται ἄνθρωπος ὁ
φοβούμενος τὸν Κύριον.

Those who sow with tears shall reap with
exceeding joy.

They went forth and wept, carrying their
seeds with them.

But they shall return with exceeding joy,
carrying their sheaves.

Psalm 126 (127).

Unless the Lord builds the house, those
who build it labor in vain; unless the Lord
guard the city, those who guard it stay awake
in vain. [SAAS]

It is in vain for you to rise early, to
awaken from your rest, you who eat the bread
of grief, when He gives His beloved ones
sleep.

Behold, children are the Lord's
inheritance; the fruit of the womb His reward

Like arrows in the hand of a mighty
one, so are the children of those who were
outcasts.

Blessed is the man who shall fulfill his
desire with them; they shall not be ashamed,
when they speak to their enemies at the gate.

Psalm 127 (128).

Blessed are all who fear the Lord, who
walk in His ways. [SAAS]

You shall eat the fruits of your labor; you
are blessed, and it shall be well with you.

Your wife shall be like a vine, prospering
on the sides of your house; your children like
newly planted olive trees around your table.

Behold, so shall the man be blessed who
fears the Lord.

Εὐλογῆσαι σε Κύριος ἐκ Σιών, καὶ ἴδοις
τὰ ἀγαθὰ Ἱερουσαλήμ πάσας τὰς ἡμέρας
τῆς ζωῆς σου.

Καὶ ἴδοις υἱοὺς τῶν υἱῶν σου. εἰρήνη ἐπὶ
τὸν Ἰσραήλ.

Ψαλμὸς ΡΚΗ' (128).

Πλεονάκις ἐπολέμησάν με ἐκ νεότητός
μου, εἰπάτω δὴ Ἰσραήλ.

Πλεονάκις ἐπολέμησάν με ἐκ νεότητός
μου, καὶ γὰρ οὐκ ἠδυνήθησάν μοι.

Ἐπὶ τὸν νῶτόν μου ἐτέκταινον οἱ
ἀμαρτωλοί, ἐμάκρυναν τὴν ἀνομίαν αὐτῶν.

Κύριος δίκαιος συνέκοψεν αὐχένας
ἀμαρτωλῶν.

Αἰσχυνθήτωσαν καὶ ἀποστραφήτωσαν
εἰς τὰ ὀπίσω πάντες οἱ μισοῦντες Σιών.

Γενηθήτωσαν ὡσεὶ χόρτος δωμάτων, ὃς
πρὸ τοῦ ἐκσπασθῆναι ἐξηράνθη·

Οὗ οὐκ ἐπλήρωσε τὴν χεῖρα αὐτοῦ
ὁ θερίζων καὶ τὸν κόλπον αὐτοῦ ὁ τὰ
δράγματα συλλέγων,

Καὶ οὐκ εἶπαν οἱ παράγοντες· εὐλογία
Κυρίου ἐφ' ὑμᾶς, εὐλογῆκαμεν ὑμᾶς ἐν
ὀνόματι Κυρίου.

Δόξα· καὶ νῦν. Ἀλληλουῖα.

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

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.
Δόξα σοι ὁ Θεός. (ἐκ γ')

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

May the Lord bless you from Zion, and
may you see the good things of Jerusalem all
the days of your life.

May you see your children's children.
Peace be upon Israel.

Psalms 128 (129).

"Many times they warred against me from
my youth," let Israel now say. [SAAS]

Many times they warred against me from
my youth, yet they did not overcome me.

The sinners schemed behind my back;
they prolonged their lawlessness.

The righteous Lord cut in pieces the necks
of sinners.

Let all who hate Zion be shamed and
turned back.

Let them become like grass on the
housetops, which withers before it is plucked
up.

Like grass with which the reaper does not
fill his hand, nor the gatherer of sheaves, his
bosom.

Neither do those who pass by say to
them, "The Lord's blessing be upon you; in the
Lord's name, we bless you."

Glory. Both now. Alleluia.

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

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

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

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

Στάσις Γ'.

Ψαλμὸς ΡΚ' (129).

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε. Κύριε,
εἰσάκουσον τῆς φωνῆς μου.

Γενηθήτω τὰ ὦτά σου προσέχοντα εἰς
τὴν φωνὴν τῆς δεήσεώς μου.

Ἐὰν ἀνομίας παρατηρήσης, Κύριε
Κύριε, τίς ὑποστήσεται; Ὅτι παρὰ σοὶ ὁ
ἰλασμός ἐστιν.

Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε,
Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον
σου. Ἦλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον.

Ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ
φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν
Κύριον.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλὴ
παρ' αὐτῷ λύτρωσις. Καὶ αὐτὸς λυτρώσεται
τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Ψαλμὸς ΡΛ' (130).

Κύριε, οὐχ ὑψώθη ἡ καρδιά μου, οὐδὲ
ἐμετεωρίσθησαν οἱ ὀφθαλμοί μου.

Οὐδὲ ἐπορεύθην ἐν μεγάλοις, οὐδὲ ἐν
θαυμασίοις ὑπὲρ ἐμέ.

Εἰ μὴ ἐταπεινοφρόνουν, ἀλλὰ ὕψωσα
τὴν ψυχὴν μου ὡς τὸ ἀπογεγαλακτισμένον
ἐπὶ τὴν μητέρα αὐτοῦ, ὡς ἀνταποδώσεις ἐπὶ
τὴν ψυχὴν μου.

Ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν Κύριον, ἀπὸ
τοῦ νῦν καὶ ἕως τοῦ αἰῶνος.

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

Third Stanza.

Psalm 129 (130).

Out of the depths I have cried to You, O
Lord. O Lord, hear my voice. [SAAS]

Let Your ears be attentive to the voice of
my supplication.

If You, O Lord, should mark
transgression, O Lord, who would stand? For
there is forgiveness with You.

Because of Your law, O Lord, I waited for
You; my soul waited for Your word. My soul
hopes in the Lord.

From the morning watch until night; from
the morning watch until night, let Israel hope
in the Lord.

For with the Lord there is mercy, and
with Him is abundant redemption. And He
will redeem Israel from all his transgressions.

Psalm 130 (131).

O Lord, my heart is not exalted, neither
are my eyes raised up. [SAAS]

Neither am I carried along in great things,
nor in things too marvelous for me.

If I were not humble-minded, but exalted
my soul, like a child weaned from his mother,
so You would reward my soul.

Let Israel hope in the Lord from this
present time and unto the ages.

Ψαλμὸς ΡΛΑ' (131).

Μνήσθητι, Κύριε, τοῦ Δαυῖδ καὶ πάσης
τῆς πραότητος αὐτοῦ.

Ὡς ὥμοσε τῷ Κυρίῳ, ἠΐξατο τῷ Θεῷ
Ἰακώβ·

Εἰ εἰσελεύσομαι εἰς σκὴνωμα οἴκου μου,
εἰ ἀναβήσομαι ἐπὶ κλίνης στρωμνῆς μου,

Εἰ δώσω ὕπνον τοῖς ὀφθαλμοῖς μου
καὶ τοῖς βλεφάροις μου νυσταγμὸν καὶ
ἀνάπαυσιν τοῖς κροτάφοις μου,

Ἔως οὗ εὕρω τόπον τῷ Κυρίῳ, σκὴνωμα
τῷ Θεῷ Ἰακώβ.

Ἴδου ἠκούσαμεν αὐτὴν ἐν Ἐφραθᾷ,
εὕρομεν αὐτὴν ἐν τοῖς πεδίοις τοῦ δρυμοῦ.

Εἰσελευσόμεθα εἰς τὰ σκηνώματα
αὐτοῦ, προσκυνήσομεν εἰς τὸν τόπον, οὗ
ἔστησαν οἱ πόδες αὐτοῦ.

Ἀνάστηθι, Κύριε, εἰς τὴν ἀνάπαυσίν
σου, σὺ καὶ ἡ κιβωτὸς τοῦ ἁγιάσματος σου.

Οἱ ἱερεῖς σου ἐνδύσονται δικαιοσύνην,
καὶ οἱ ὅσιοί σου ἀγαλλιάσονται.

Ἐνεκεν Δαυῖδ τοῦ δούλου σου μὴ
ἀποστρέψῃς τὸ πρόσωπον τοῦ χριστοῦ σου.

Ὡμοσε Κύριος τῷ Δαυῖδ ἀλήθειαν καὶ
οὐ μὴ ἀθετήσῃ αὐτήν.

Ἐκ καρποῦ τῆς κοιλίας σου θήσομαι ἐπὶ
τοῦ θρόνου σου.

Ἐὰν φυλάξωνται οἱ υἱοί σου τὴν
διαθήκην μου καὶ τὰ μαρτύριά μου ταῦτα, ἃ
διδάξω αὐτούς.

Καὶ οἱ υἱοὶ αὐτῶν ἕως τοῦ αἰῶνος
καθιοῦνται ἐπὶ τοῦ θρόνου σου.

Psalms 131 (132).

Remember David, O Lord, and all his
meekness. [SAAS]

How he swore to the Lord, how he vowed
to the God of Jacob.

I shall not enter my dwelling, I shall not
recline on my bed.

I shall not close my eyes in sleep nor my
eyelids for dozing, nor give any rest to my
temples.

Until I find a place for the Lord, a
tabernacle for the God of Jacob.

Behold, we heard of it in Ephrathah; we
found it in the plains of the wood.

Let us enter into His tabernacles; let us
worship at the place where His feet stood.

Arise, O Lord, into Your rest, You and the
ark of Your holiness.

Your priests shall clothe themselves
in righteousness; Your saints shall greatly
rejoice.

For Your servant David's sake, do not
turn away from the face of Your anointed.

The Lord swore to David this truth, and
He shall not reject it.

I shall set upon your throne one from the
fruit of your loins.

If your sons keep My covenant and these
testimonies I shall teach them.

Then their sons shall sit upon your throne
forever.

Ὅτι ἐξελέξατο Κύριος τὴν Σιών,
ἡρετίσατο αὐτὴν εἰς κατοικίαν ἑαυτῷ.

Αὕτη ἡ κατάπαυσις μου εἰς αἰῶνα
αἰῶνος, ὧδε κατοικήσω, ὅτι ἡρετισάμην
αὐτήν·

Τὴν θύραν αὐτῆς εὐλογῶν εὐλογήσω,
τοὺς πτωχοὺς αὐτῆς χορτάσω ἄρτων.

Τοὺς ἱερεῖς αὐτῆς ἐνδύσω σωτηρίαν, καὶ
οἱ ὅσιοι αὐτῆς ἀγαλλιάσει ἀγαλλιάσονται.

Ἐκεῖ ἐξανατελῶ κέρας τῷ Δαυΐδ,
ἡτοίμασα λύχνον τῷ χριστῷ μου.

Τοὺς ἐχθροὺς αὐτοῦ ἐνδύσω αἰσχύνην,
ἐπὶ δὲ αὐτὸν ἐξανθήσει τὸ ἁγίασμά μου.

Ψαλμὸς ΡΛΓ' (133).

Ἴδου δὴ εὐλογεῖτε τὸν Κύριον, πάντες οἱ
δοῦλοι Κυρίου, οἱ ἐστῶτες ἐν οἴκῳ Κυρίου,
ἐν ἀύλαϊς οἴκου Θεοῦ ἡμῶν.

Ἐν ταῖς νυξὶν ἐπάρατε τὰς χεῖρας ὑμῶν
εἰς τὰ ἅγια καὶ εὐλογεῖτε τὸν Κύριον.

Εὐλογῆσαι σε Κύριος ἐκ Σιών ὁ ποιήσας
τὸν οὐρανὸν καὶ τὴν γῆν.

Ψαλμὸς ΡΛΓ' (133).

Ἴδου δὴ εὐλογεῖτε τὸν Κύριον, πάντες οἱ
δοῦλοι Κυρίου, οἱ ἐστῶτες ἐν οἴκῳ Κυρίου,
ἐν ἀύλαϊς οἴκου Θεοῦ ἡμῶν.

Ἐν ταῖς νυξὶν ἐπάρατε τὰς χεῖρας ὑμῶν
εἰς τὰ ἅγια καὶ εὐλογεῖτε τὸν Κύριον.

Εὐλογῆσαι σε Κύριος ἐκ Σιών ὁ ποιήσας
τὸν οὐρανὸν καὶ τὴν γῆν.

For the Lord has chosen Zion; He chose
her for His dwelling.

This is My place of rest unto ages of ages.
Here I shall dwell, for I have chosen her.

Blessing, I shall bless her provision; I shall
satisfy her poor with bread.

And I shall clothe her priests with
salvation, and her saints shall rejoice
exceedingly with great joy.

There I shall cause to spring up a horn
for David; there I prepared a lamp for my
anointed.

His enemies I shall clothe with shame;
upon him shall My sanctification flourish.

Psalm 133 (134).

Behold now, bless the Lord, all you
servants of the Lord, who stand in the house
of the Lord, in the courts of the house of our
God. [SAAS]

In the nights, lift up your hands to the
holy of holies and bless the Lord.

May the Lord bless you from Zion, He
who made heaven and earth.

Psalm 133 (134).

Behold now, bless the Lord, all you
servants of the Lord, who stand in the house
of the Lord, in the courts of the house of our
God. [SAAS]

In the nights, lift up your hands to the
holy of holies and bless the Lord.

May the Lord bless you from Zion, He
who made heaven and earth.

Δόξα· καὶ νῦν. Ἀλληλούϊα.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.
Δόξα σοι ὁ Θεός. (ἐκ γ')

Ἡ ἐλπίς ἡμῶν, Κύριε, δόξα σοι.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Glory. Both now. Alleluia.

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

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

Our hope, O Lord, glory to You.

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

(Amen.)

ΧΟΡΟΣ

Ἦχος β'.

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου, εἰσάκουσόν μου, Κύριε. Κύριε, ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου· πρόσχες τῇ φωνῇ τῆς δεήσεώς μου, ἐν τῷ κεκραγέναι με πρὸς σέ. Εἰσάκουσόν μου, Κύριε.

Κατευθυνθήτω ἡ προσευχή μου, ὡς θυμίαμα ἐνώπιόν σου, ἔπαρσις τῶν χειρῶν μου θυσία ἑσπερινή. Εἰσάκουσόν μου, Κύριε.

Θοῦ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν περιοχῆς περὶ τὰ χεῖλη μου.

Μὴ ἐκκλίνης τὴν καρδίαν μου εἰς λόγους πονηρίας, τοῦ προφασίζεσθαι προφάσεις ἐν ἁμαρτίαις.

Σὺν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Παιδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με, ἔλαιον δὲ ἁμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλὴν μου.

Ὅτι ἔτι καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις αὐτῶν· κατεπόθησαν ἐχόμενα πέτρας οἱ κριταὶ αὐτῶν.

Ἀκούσονται τὰ ῥήματά μου, ὅτι ἠδύνθησαν· ὥσεί πάχος γῆς ἐρῶράγη ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ ὀστᾶ αὐτῶν παρὰ τὸν ἄδην.

Ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ μου· ἐπὶ σοὶ ἤλπισα, μὴ ἀντανέλης τὴν ψυχὴν μου.

Φύλαξόν με ἀπὸ παγίδος ἧς συνεστήσαντό μοι, καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.

Πεσοῦνται ἐν ἀμφιβλήστῳ αὐτῶν οἱ ἁμαρτωλοί· κατὰ μόνας εἰμὶ ἐγὼ ἕως ἂν παρέλθω.

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου πρὸς Κύριον ἐδεήθην.

Ἐκχεῶ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν θλίψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

CHOIR

Mode 2.

Lord, I have cried to You; hear me. Hear me, O Lord. Lord, I have cried to You; hear me. Give heed to the voice of my supplication when I cry to You. Hear me, O Lord. [SAAS]

Let my prayer be set forth before You as incense, the lifting up of my hands as the evening sacrifice. Hear me, O Lord. [SAAS]

Set a watch, O Lord, before my mouth, a door of enclosure about my lips.

Incline not my heart to evil words, to make excuses in sins.

With men who work lawlessness; and I will not join with their choice ones.

The righteous man shall correct me with mercy, and he shall reprove me; but let not the oil of the sinner anoint my head.

For my prayer shall be intense in the presence of their pleasures. Their judges are swallowed up by the rock.

They shall hear my words, for they are pleasant. As a clod of ground is dashed to pieces on the earth, so their bones were scattered beside the grave.

For my eyes, O Lord, O Lord, are toward You; in You I hope; take not my soul away.

Keep me from the snares they set for me, and from the stumbling blocks of those who work lawlessness.

Sinners shall fall into their own net; I am alone, until I escape.

I cried to the Lord with my voice, with my voice I prayed to the Lord.

I shall pour out my supplication before Him; I shall declare my affliction in His presence.

Ἐν τῷ ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ ἔγνωσ τὰς τρίβους μου.

Ἐν ὁδῷ ταύτῃ, ἣ ἐπορευόμην, ἔκρυψαν παγίδα μοι.

Κατενόουν εἰς τὰ δεξιὰ, καὶ ἐπέβλεπον, καὶ οὐκ ἦν ὁ ἐπιγινώσκων με.

Ἀπώλετο φυγὴ ἀπ' ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχὴν μου.

Ἐκέκραξα πρὸς σέ, Κύριε εἶπα· Σὺ εἶ ἡ ἐλπίς μου, μερίς μου εἶ ἐν γῇ ζώντων.

Πρόσχεες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

Ῥῥσαί με ἐκ τῶν καταδιωκόντων με, ὅτι ἐκραταιώθησαν ὑπὲρ ἐμέ.

Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχὴν μου, τοῦ ἐξομολογήσασθαι τῷ ὀνόματί σου.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὐ ἀνταποδῶς μοι.

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε, εἰσάκουσον τῆς φωνῆς μου.

Γενηθῆτω τὰ ὦτά σου προσέχοντα εἰς τὴν φωνὴν τῆς δεήσεώς μου.

Τοῦ Τριωδίου ---

Ἦχος β'. Πάντας ὑπερέβην.

Ἐὰν ἀνομίας παρατηρήσης, Κύριε Κύριε, τίς ὑποστήσεται; ὅτι παρὰ σοὶ ὁ ἰλασμός ἐστιν.

Πᾶσαν ἀμαρτίαν διεπραξάμην, πάντας ὑπερέβην τῇ ἀσωτίᾳ, ἐὰν θελήσω μετανοῆσαι, οὐκ ἔχω δακρύων ὀχετούς, ἐὰν ῥαθύμως καὶ νῦν βιώσω, κολάσει ὑπόδικός εἰμι. Ἀλλὰ δός μοι διόρθωσιν μόνε ἀγαθέ, ὁ Θεός, καὶ ἐλέησόν με.

When my spirit fainted within me, then You knew my paths.

For on the way I was going, they hid a trap for me.

I looked on my right, and saw there was no one who knew me.

Refuge failed me, and there was no one who cared for my soul.

I cried to You, O Lord; I said, "You are my hope, my portion in the land of the living."

Attend to my supplication, for I was humbled exceedingly.

Deliver me from my persecutors, for they are stronger than I.

Bring my soul out of prison to give thanks to Your name, O Lord.

The righteous shall wait for me, until You reward me.

Out of the depths I have cried to You, O Lord; O Lord, hear my voice.

Let Your ears be attentive to the voice of my supplication.

From Triodion ---

Mode 2.

If You, O Lord, should mark transgression, O Lord, who would stand? For there is forgiveness with You. [SAAS]

Having engaged in every sin,/having surpassed all men in immorality,/although I wish to repent I do not have a flow of tears./ Since now I live in laziness/I am condemned to tortures/but grant me repentance, O Good One//and have mercy on me. [OCA]

Ἦχος β'. Πάντας ὑπερέβην.

Ἐνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε,
Κύριε, ὑπέμεινεν ἡ ψυχὴ μου εἰς τὸν λόγον
σου. Ἦλπισεν ἡ ψυχὴ μου ἐπὶ τὸν Κύριον.

Ὅμβρους μοι παράσχου Χριστέ
δακρῶν, ἐν τῇ τῆς Νηστείας τερπνῇ
ἡμέρᾳ, ὅπως πενθήσω καὶ ἀποπλύνω, τὸν
ρύπον τὸν ἐκ τῶν ἡδονῶν, καὶ ἐποφθῶ σοι
κεκαθαρμένος, ἡνίκα Κριτὴς ἐξ οὐρανοῦ,
μέλλης ἔρχεσθαι Κύριε, κρῖναι τοὺς
βροτούς, ὡς κριτὴς, καὶ δίκαιος μόνος.

Ἦχος πλ. α'. Ὅσιε Πάτερ.

Ἀπὸ φυλακῆς πρωΐας μέχρι νυκτός· ἀπὸ
φυλακῆς πρωΐας ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν
Κύριον.

Δεῦτε προθύμως, τὸ στερρὸν ὄπλον
τῆς Νηστείας, ἔχοντες ὡς θυρεόν,
πᾶσαν μεθοδεῖαν πλάνης τοῦ ἐχθροῦ,
ἀποστρέψωμεν πιστοί, μὴ θελχθῶμεν
ταῖς ἡδοναῖς τῶν παθῶν, μὴ τὸ πῦρ
τῶν πειρασμῶν δειλιάσωμεν, δι' ὧν
Χριστὸς ὁ φιλόανθρωπος, βραβεῖοις
τῆς ὑπομονῆς στεφανώσῃ ἡμᾶς· ὅθεν
παρησία προσευχόμενοι, προσπίπτομεν
κραυγάζοντες, αἰτούμενοι εἰρήνην, καὶ ταῖς
ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

Στιχηρὰ τοῦ Μηναίου.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Ὡ τοῦ παραδόξου.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλὴ
παρ' αὐτῷ λύτρωσις, καὶ αὐτὸς λυτρώσεται
τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Πάτερ θεόφρον Θεόφανες, θεοφανείας
Χριστοῦ, κεκλημένος ἐπώνυμος, ζωηφόροις
ἴχνεσι, τοῖς αὐτοῦ ἠκολούθησας, καὶ τὰ
τερπνὰ τοῦ βίου κατέλιπες, ἐνατενίζων
τῷ ποθουμένῳ σοι, κάλλει πανάριστε, καὶ

Mode 2.

*Because of Your law, O Lord, I waited for
You; my soul waited for Your word. My soul
hopes in the Lord. [SAAS]*

On the beautiful day of the fast/grant me
clouds of tears, O Christ,/that I may weep
and wash away the filth of my desire for
sweet things/and appear before you as one
who is clean/when you, Lord, will descend
from the heavens to judge all men//as the
only righteous Judge! [OCA]

Mode pl. 1. N/M (God-bearing Father.)

*From the morning watch until night; from the
morning watch until night, let Israel hope in the
Lord. [SAAS]*

Come, O faithful!/With great fervor;
having the mighty weapon of the fast as
a shield,/let us turn away all charms of
the enemy./Let us not be scorched by the
sweetness of our passions,/nor fear the
fires of temptations,/for Christ the Lover
of mankind will crown us with honor for
patience./Let us fall down, praying with
boldness, and crying out://asking peace for
our souls and great mercy. [OCA]

Stichera from the Menaion.

From Menaion ---

Mode pl. 4. What a paradoxal.

*For with the Lord there is mercy, and with
Him is abundant redemption; and He shall redeem
Israel from all his transgressions. [SAAS]*

Father Theophanis, you were named for
the Theophany * and appearance of Christ the
Lord, * and you followed faithfully * in His
steps that are full of life. * And you renounced
the delights of earthly life, * you fixed your
gaze on the beauty you so loved. * O godly-

ταῖς θείαις νεύσεσι ταῖς πρὸς αὐτόν, ἄριστα
θεούμενος, καὶ τελεώτατα.

*Αἰνεῖτε τὸν Κύριον, πάντα τὰ ἔθνη,
ἐπαινέσατε αὐτόν, πάντες οἱ λαοί.*

Πάτερ θεόφρον Θεόφανες, ὑπερορίας
πικρᾶς, ἀσθενῶς διακείμενος, καρτερῶς
ὑπήνεγκας, ἀφειδήσας τοῦ σώματος, ὑπὲρ
σεπτῶν εἰκόνων πανεύφημε, θυμῷ λεόντων
ἐξοριζόμενος, ὧν κατορχούμενος, τὰς
βουλὰς ἐμώρυνας, καὶ λογισμούς, ὄντας
ματαιόφρονας, καὶ νοῦν ἀλάστορα.

*Ὅτι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ’
ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν
αἰῶνα.*

Ὅντως ἀμοιβὰς τῶν πόνων σου, τῶν
ἀγαθῶν ὁ δοτὴρ, δαψιλῶς σοι δεδώρηται,
ἀπελαύνειν δαίμονας, θεραπεύειν
νοσήματα, παρεσχηκῶς Τρισμάκαρ τὴν
δύναμιν, καὶ ἀξιῶσας σε τῆς ἀφράστου
χαρᾶς, ἔνθα χορεύουσι, τῶν Ἀγγέλων
τάγματα, διὰ παντός, πρόσωπον θεώμενον,
τοῦ Παντοκράτορος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. δ’. Ὡ τοῦ παραδόξου.

Δεῦρο ψυχὴ μου στενάζουσα, καὶ τῶν
δακρύων πηγᾶς, ἐκ καρδίας προσφέρουσα,
τῇ Παρθένῳ βόησον, καὶ Μητρὶ τοῦ Θεοῦ
ἡμῶν. Διὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου
Ἀγνή, τῆς φοβερᾶς με ῥῦσαι κολάσεως, καὶ
κατασκήνωσον, ἔνθα ἡ ἀνάπαυσις καὶ ἡ
χαρὰ, ἡ διαιωνίζουσα, καὶ ἡ ἀπόλαυσις.

mindful Saint, * through divine attraction to
Him you who are * excellent were deified *
indeed most perfectly. [SD]

*Praise the Lord, all you Gentiles; praise Him,
all you peoples.* [SAAS]

Father Theophanis, you endured most
bitter banishment * with great fortitude, even
though * you were physically infirm; * you
neglected your body's needs. * All-lauded
Saint, by the savage lions' wrath * you were
exiled for the sake of the august * Icons.
Triumphantly * you displayed the madness
of their silly plans * and their vain unstable
thoughts, * and their conceited mind. [SD]

*For His mercy rules over us; and the truth of
the Lord endures forever.* [SAAS]

Truly has the Giver of good things richly
bestowed on you * the rewards for your
labors all: * He gave you authority * over
demons to drive them out, * and grace for
curing diseases and to heal, * thrice-blessed
Saint, and He granted you the joy, * which is
ineffable, * where angelic regiments forever
dance, * as you gaze upon the face of God the
Ruler of all. [SD]

Glory. Both now. **Theotokion.**

Mode pl. 4. What a paradoxal.

Come now, O my soul, and heave a sigh,
and from the bottom of your heart * offer
torrents of burning tears * to the Virgin and
cry out * to the Mother of Christ our God, "In
your immense tender-love deliver me * from
that most frightening punishment of hell, *
pure Maiden, settle me * in the place where

(Εἵσοδος οὐ γίνεται.)

ΑΝΑΓΝΩΣΤΗΣ

Φῶς ἱλαρὸν ἀγίας δόξης, ἀθανάτου
Πατρός, οὐρανίου, ἁγίου, μάκαρος, Ἰησοῦ
Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν,
ιδόντες φῶς ἐσπερινόν, ὑμνοῦμεν Πατέρα,
Υἱόν, καὶ ἅγιον Πνεῦμα Θεόν. Ἄξιόν σε ἐν
πᾶσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίαις,
Υἱὲ Θεοῦ, ζῶν ὁ διδούς· * διὸ ὁ κόσμος σε
δοξάζει.

Τὰ Ἀναγνώσματα

ΙΕΡΕΥΣ

Ἑσπέρας...

Τοῦ Τριωδίου - -

ΑΝΑΓΝΩΣΤΗΣ

Προκείμενον. Ἦχος πλ. β'.

Ψαλμὸς Γ' (3).

Τοῦ Κυρίου ἡ σωτηρία, καὶ ἐπὶ τὸν λαόν
σου ἡ εὐλογία σου.

Κύριε, τί ἐπληθύνθησαν οἱ θλίβοντές με;

Γενέσεως τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

Κεφ. Α', 1-13

Ἐν ἀρχῇ ἐποίησεν ὁ θεὸς τὸν οὐρανὸν
καὶ τὴν γῆν. Ἡ δὲ γῆ ἦν ἀόρατος καὶ
ἀκατασκεύαστος, καὶ σκότος ἐπάνω τῆς
ἀβύσσου, καὶ πνεῦμα θεοῦ ἐπεφέρετο
ἐπάνω τοῦ ὕδατος. καὶ εἶπεν ὁ θεός·
Γενηθήτω φῶς. καὶ ἐγένετο φῶς. καὶ εἶδεν
ὁ θεὸς τὸ φῶς ὅτι καλόν. καὶ διεχώρισεν ὁ
θεὸς ἀνὰ μέσον τοῦ φωτὸς καὶ ἀνὰ μέσον

there is rest and also joy, * holy comforts and
delights for all eternity." [SD]

(No Entrance)

READER

Gladsome light of holy glory of the holy,
blessed, heavenly, immortal Father, O Jesus
Christ: arriving at the hour of sunset and
having seen the evening light, we praise the
Father, Son, and Holy Spirit, God. It is worthy
for You to be praised at all times with happy
voices, O Son of God and Giver of life; * and
therefore the world glorifies You.

The Readings

PRIEST

The evening...

From Triodion - -

READER

Prokeimenon. Mode pl. 2.

Psalm 3.

Salvation is of the Lord, and Your blessing
is upon Your people.

O Lord, why do those who afflict me multiply?

[SAAS]

The reading is from the book of Genesis.

PRIEST

Wisdom. Let us be attentive.

READER

1:1-13

In the beginning God made heaven and
earth. The earth was invisible and unfinished;
and darkness was over the deep. The Spirit of
God was hovering over the face of the water.
Then God said, "Let there be light"; and there
was light. God saw the light; it was good;
and God divided the light from the darkness.
God called the light Day; the darkness He

τοῦ σκοτούς. καὶ ἐκάλεσεν ὁ θεὸς τὸ φῶς
 ἡμέραν καὶ τὸ σκότος ἐκάλεσεν νύκτα.
 καὶ ἐγένετο ἑσπέρα καὶ ἐγένετο πρωί,
 ἡμέρα μία. Καὶ εἶπεν ὁ θεός· Γενηθήτω
 στερέωμα ἐν μέσῳ τοῦ ὕδατος καὶ ἔστω
 διαχωρίζον ἀνὰ μέσον ὕδατος καὶ ὕδατος.
 καὶ ἐγένετο οὕτως. καὶ ἐποίησεν ὁ θεὸς
 τὸ στερέωμα, καὶ διεχώρισεν ὁ θεὸς ἀνὰ
 μέσον τοῦ ὕδατος, ὃ ἦν ὑποκάτω τοῦ
 στερεώματος, καὶ ἀνὰ μέσον τοῦ ὕδατος
 τοῦ ἐπάνω τοῦ στερεώματος. καὶ ἐκάλεσεν
 ὁ θεὸς τὸ στερέωμα οὐρανόν. καὶ εἶδεν ὁ
 θεὸς ὅτι καλόν. καὶ ἐγένετο ἑσπέρα καὶ
 ἐγένετο πρωί, ἡμέρα δευτέρα. Καὶ εἶπεν
 ὁ θεός· Συναχθήτω τὸ ὕδωρ τὸ ὑποκάτω
 τοῦ οὐρανοῦ εἰς συναγωγὴν μίαν, καὶ
 ὀφθήτω ἡ ξηρά. καὶ ἐγένετο οὕτως. καὶ
 συνήχθη τὸ ὕδωρ τὸ ὑποκάτω τοῦ οὐρανοῦ
 εἰς τὰς συναγωγὰς αὐτῶν, καὶ ὤφθη ἡ
 ξηρά. καὶ ἐκάλεσεν ὁ θεὸς τὴν ξηρὰν γῆν
 καὶ τὰ συστήματα τῶν ὑδάτων ἐκάλεσεν
 θαλάσσας. καὶ εἶδεν ὁ θεὸς ὅτι καλόν. καὶ
 εἶπεν ὁ θεός· Βλαστησάτω ἡ γῆ βοτάνην
 χόρτου, σπεῖρον σπέρμα κατὰ γένος καὶ
 καθ' ὁμοιότητα, καὶ ξύλον κάρπιμον ποιοῦν
 καρπόν, οὗ τὸ σπέρμα αὐτοῦ ἐν αὐτῷ κατὰ
 γένος ἐπὶ τῆς γῆς. καὶ ἐγένετο οὕτως. καὶ
 ἐξήνεγκεν ἡ γῆ βοτάνην χόρτου, σπεῖρον
 σπέρμα κατὰ γένος καὶ καθ' ὁμοιότητα,
 καὶ ξύλον κάρπιμον ποιοῦν καρπόν, οὗ τὸ
 σπέρμα αὐτοῦ ἐν αὐτῷ κατὰ γένος ἐπὶ τῆς
 γῆς. καὶ εἶδεν ὁ θεὸς ὅτι καλόν. καὶ ἐγένετο
 ἑσπέρα καὶ ἐγένετο πρωί, ἡμέρα τρίτη.

Προκείμενον. Ἦχος πλ. α'.

Ψαλμὸς Δ' (4).

Κύριος εἰσακούσεται μου ἐν τῷ
 κεκραγέναι με πρὸς αὐτόν.

called Night; and there was evening and
 morning, one day. Then God said, "Let there
 be a firmament in the midst of the water, and
 let it divide the water from the water"; and it
 was so. Thus God made the firmament, and
 God divided the water under the firmament
 from the water above the firmament. So God
 called the firmament Heaven, and God saw
 that it was good ; and there was evening and
 morning, the second day. Then God said, "Let
 the water under heaven be gathered together
 into one place, and let the dry land appear";
 and it was so. The water under heaven was
 gathered into its places, and the dry land
 appeared. So God called the dry land Earth,
 and the gathering together of the waters He
 called Seas; and God saw that it was good.
 Then God said, "Let the earth bring forth the
 herb of grass, bearing seed according to its
 kind and likeness. Let the fruit tree bear fruit,
 whose seed is in itself according to its kind on
 earth." It was so. Thus the earth brought forth
 the herb of grass, bearing seed according to
 its kind and likeness. The fruit tree bore fruit,
 whose seed is in itself according to its kind on
 earth. God saw that it was good. So evening
 and morning were the third day. [SAAS]

Prokeimenon. Mode pl. 1.

Psalms 4.

The Lord will hear me when I cry to Him.

Ἐν τῷ ἐπικαλεῖσθαι με εἰσήκουσάς μου, ὁ
Θεὸς τῆς δικαιοσύνης μου.

Παροιμιῶν τὸ ἀνάγνωσμα.

ΙΕΡΕΥΣ

Σοφία. Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

Κεφ. Α', 1-20

Παροιμῖαι Σολομῶντος υἱοῦ Δαυΐδ, ὃς
ἐβασίλευσεν ἐν Ἰσραήλ, γνῶναι σοφίαν καὶ
παιδείαν, καὶ νοῆσαι λόγον φρονήσεως,
δέξασθαι τε στροφὰς λόγων, νοῆσαι τε
δικαιοσύνην ἀληθῆ, καὶ κρῖμα κατευθύνειν,
ἵνα δῶ ἀκάκοις πανουργίαν. Παιδὶ δὲ
νέῳ, αἰσθησὶν τε καὶ ἔννοιαν. Τῶν τε γὰρ
ἀκούσας σοφός, σοφώτερος ἔσται, ὁ δὲ
νοήμων κυβέρνησιν κτήσεται, νοήσει τε
παραβολήν, καὶ σκοτεινὸν λόγον, ῥήσεις
τε σοφῶν καὶ αἰνίγματα. Ἀρχὴ σοφίας,
φόβος Κυρίου, σύνεσις δὲ ἀγαθὴ πᾶσι τοῖς
ποιοῦσιν αὐτήν, εὐσέβεια εἰς Θεόν, ἀρχὴ
αἰσθήσεως, σοφίαν δὲ καὶ παιδείαν, ἀσεβεῖς
ἐξουθενήσουσιν. Ἄκουε, Υἱέ, νόμους πατρός
σου, καὶ μὴ ἀπώση θεσμούς μητρός σου.
Στέφανον γὰρ χαρίτων δέξῃ σὴ κορυφῇ,
καὶ κλοιὸν χρύσεον περὶ σῶ τραχήλῳ. Υἱέ,
μὴ σὲ πλανήσωσιν ἀσεβεῖς ἄνδρες, μηδὲ
βουληθῆς, ἐὰν παρακαλέσωσί σε, λέγοντες·
ἐλθὲ μεθ' ἡμῶν, κοινώνησον αἵματος,
κρύψωμεν δὲ εἰς γῆν ἄνδρα δίκαιον ἀδίκως,
καταπίωμεν δὲ αὐτόν, ὥσπερ Ἄιδης ζῶντα,
καὶ ἄρωμεν τὸ μνημόσυνον αὐτοῦ ἀπὸ
τῆς γῆς, τὴν κτῆσιν αὐτοῦ τὴν πολυτελῆ
καταλαβόμεθα, πλήσωμεν δὲ οἴκους
ἡμετέρους σκύλων, τὸν δὲ κληρὸν σου
βάλε ἐν μέσῳ ἡμῶν, κοινὸν δὲ βαλλάντιον
κτησώμεθα πάντες, καὶ μαρσίπιον ἐν
γεννηθήτω ἡμῖν· Υἱέ μου, μὴ πορευθῆς ἐν

*You heard me when I called, O God of my
righteousness.* [SAAS]

The reading is from the Proverbs of
Solomon.

PRIEST

Wisdom. Let us be attentive.

READER

1:1-20

The Proverbs of Solomon, the son of
David, who reigned in Israel, to know
wisdom and instruction, and to understand
words of discernment; to receive both
subtlety of words, and to understand true
righteousness and upright judgment; so as
to give astuteness to the simple, and both
perception and understanding to a young
man; for a wise man who hears these things
will be wiser, and the man of understanding
will gain direction. He will understand both a
parable and a hidden saying, both wise words
and riddles. The fear of God is the beginning
of wisdom, and there is good understanding
in all who practice it; and godliness toward
God is the beginning of perception, but the
ungodly despise wisdom and instruction.
Hear, my son, the instruction of your father,
and do not reject the laws of your mother.
For you will receive a crown of grace on
your head and a gold chain around your
neck. My son, do not let the ungodly lead
you astray, and do not consent if they invite
you, saying, "Come with us; take part in
bloodshed, and let us hide a righteous man
in the earth unjustly; and let us swallow him,
just as Hades does the living, and let us take
away his remembrance from the earth; let
us seize his valuable property, and let us fill
our houses with spoils; cast your lot with us

ὁδῶ μετ' αὐτῶν, ἔκκλινον δὲ τὸν πόδα σου ἐκ τῶν τριβῶν αὐτῶν· οἱ γὰρ πόδες αὐτῶν εἰς κακίαν τρέχουσι, καὶ ταχινοὶ εἰσι τοῦ ἐκχέαι αἷμα. Οὐ γὰρ ἀδίκως ἐκτείνεται δίκτυα πετρωτοῖς. Αὐτοὶ γὰρ οἱ φόνου μετέχοντες, θησαυρίζουσιν ἑαυτοῖς κακά, ἢ δὲ καταστροφή ἄνδρῶν παρανόμων, κακὴ. Αὗται αἱ ὁδοὶ εἰσι πάντων τῶν συντελούντων τὰ ἄνομα· τῇ γὰρ ἀσεβείᾳ τὴν ἑαυτῶν ψυχὴν ἀφαιροῦνται. Σοφία ἐν ἐξόδοις ὑμνεῖται, ἐν δὲ πλατεῖαις παρόρησίαν ἔχει.

ΑΝΑΓΝΩΣΤΗΣ

Καταξίωσον, Κύριε, ἐν τῇ ἑσπέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἡλπίσαμεν ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Δέσποτα, συνέτισον μὲ τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Ἄγιε, φώτισόν με τοῖς δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς. Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑσπερινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

and let us acquire a common bag; let there be one purse for us." Do not walk in the way with them, but turn away your foot from their paths. For their feet run to evil, and they make haste to shed blood. For nets are not spread before birds for no reason, for those who participate in murder store up evils for themselves; and evil is the destruction of lawless men. These are the ways of all who accomplish lawless things, for they take away their own soul in ungodliness. Wisdom sings in the streets; she moves boldly in the squares.

[SAAS]

READER

O Lord, keep us this evening without sin. Blessed are you, O Lord, God of our fathers, and praised and glorified is your name to the ages. Amen. O Lord, let your mercy be upon us for we have set our hope in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, Master, grant me understanding of your commandments. Blessed are you, Holy One, enlighten me with your commandments. Lord, your mercy is forever. Do not despise the works of your hands. To you is due praise, to you is due song, to you is due glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. [HC]

(Amen.)

DEACON

Let us complete our evening prayer to the Lord.

(Lord, have mercy.)

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

(Κύριε, ἐλέησον.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,

(Lord, have mercy.)

That the whole evening 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, O God, are good and love
mankind, and to You we offer glory, to the

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

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, ὁ Θεὸς ἡμῶν, ὁ κλῖνας οὐρανούς καὶ
καταβάς ἐπὶ σωτηρία τοῦ γένους τῶν ἀνθρώπων,
ἔπιδε ἐπὶ τοὺς δούλους σου καὶ ἐπὶ τὴν κληρονομίαν
σου· σοὶ γὰρ τῷ φοβερῷ καὶ φιλανθρώπῳ κριτῇ
οἱ σοὶ δούλοι ὑπέκλιναν τὰς κεφαλὰς, τοὺς δὲ
αὐτῶν ὑπέταξαν αὐχένας, οὐ τὴν ἐξ ἀνθρώπων
ἀναμένοντες βοήθειαν, ἀλλὰ τὸ σὸν περιμένοντες
ἔλεος καὶ τὴν σὴν ἀπεκδεχόμενοι σωτηρίαν·
οὓς διαφύλαξον ἐν παντὶ καιρῷ καὶ κατὰ τὴν
παροῦσαν ἐσπέραν καὶ τὴν προσιοῦσαν νύκτα,
ἀπὸ παντὸς ἐχθροῦ, ἀπὸ πάσης ἀντικειμένης
ἐνεργίας διαβολικῆς, καὶ διαλογισμῶν ματαίων καὶ
ἐνθυμήσεων πονηρῶν.

ΙΕΡΕΥΣ

Εἴη τὸ κράτος τῆς βασιλείας σου
εὐλογημένον καὶ δεδοξασμένον, τοῦ
Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ ἁγίου
Πνεύματος, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Ἰδιόμελον. Ἦχος γ'.

Νηστεύσωμεν νηστείαν δεκτὴν,
εὐάρεστον τῷ Κυρίῳ, ἀληθὴς νηστεία, ἡ τῶν
κακῶν ἀλλοτριώσεις, ἐγκράτεια γλώσσης,
θυμοῦ ἀποχή, ἐπιθυμιῶν χωρισμός,
καταλαλιᾶς, ψεύδους, καὶ ἐπιπορκίας· ἡ

Father and to the Son and to the Holy Spirit,
now and forever, and to the 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)

Lord our God, who bowed the heavens and came
down for the salvation of the human race, look upon
your servants and upon your inheritance, for to you,
the fearful Judge who love mankind, your servants
have bowed their heads and inclined their necks, not
waiting for any human help, but awaiting your mercy
and looking for your salvation. Guard them at every
moment, during both the present evening and the
approaching night, from every foe, from every hostile
operation of the devil and from vain thoughts and evil
desires.

PRIEST

May the might of your kingdom be
blessed and glorified, of the Father and the
Son and the Holy Spirit, now and forever and
to the ages of ages.

(Amen.)

From Triodion ---

CHOIR

Aposticha. From the Triodion.

Idiomelon. Mode 3.

Let us present a good fast, well-pleasing
to the Lord! / A true fast is alienation from
the evil one; / the holding of one's tongue, the
laying aside of all anger, / the removal of all
sensuality, / of accusation, falsehood and sins

τούτων ἔνδεια, νηστεία ἐστίν, ἀληθῆς καὶ εὐπρόσδεκτος.

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

Νηστεύσωμεν νηστείαν δεκτὴν, εὐάρεστον τῷ Κυρίῳ, ἀληθῆς νηστεία, ἡ τῶν κακῶν ἀλλοτρίωσις, ἐγκράτεια γλώσσης, θυμοῦ ἀποχή, ἐπιθυμιῶν χωρισμός, καταλαλιᾶς, ψεύδους, καὶ ἐπιπορκίας· ἡ τούτων ἔνδεια, νηστεία ἐστίν, ἀληθῆς καὶ εὐπρόσδεκτος.

Μαρτυρικόν.

Ἦχος γ'. Αὐτόμελον.

Στίχ. Ἐλέησον ἡμᾶς, Κύριε, ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν ἐξουδενώσεως, ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ ἐξουδένωσις τοῖς ὑπερηφάνοις.

Μεγάλη τῶν μαρτύρων σου Χριστέ ἡ δύναμις ἐν μνήματι γὰρ κεῖνται καὶ πνεύματα διώκουσι, τῇ πίστει τῆς Τριάδος ἀγωνισάμενοι ὑπὲρ τῆς εὐσεβείας.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

Ἦχος γ'.

Θεοτόκε ἡ προστασία πάντων τῶν δεομένων, εἰς σὲ θαρροῦμεν, εἰς σὲ καυχώμεθα, ἐν σοὶ πᾶσα ἡ ἐλπίς ἡμῶν ἐστι, πρέσβευε τῷ ἐκ σοῦ τεχθέντι, ὑπὲρ ἀχρείων δούλων σου.

of swearing.//The weakening of these will make the fast true and well-pleasing. [OCA]

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

Let us present a good fast, well-pleasing to the Lord!/A true fast is alienation from the evil one;/the holding of one's tongue, the laying aside of all anger,/the removal of all sensuality,/of accusation, falsehood and sins of swearing.//The weakening of these will make the fast true and well-pleasing. [OCA]

For the Martyrs.

Mode 3.

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]

Great is the might of your martyrs, O Christ,/for though they lie in their tombs they drive away demons/and defeat the power of the enemy./They have lived their lives in battle for piety//by faith in the Trinity. [OCA]

Glory. Both now. **Theotokion.**

Mode 3.

Theotokos, protection of all who pray to you,/we have boldness, and exult in you!/We put all our hope in you; pray for your corrupt servants, to the One whom you bore.

[OCA]

ΙΕΡΕΥΣ

Ὡδὴν τοῦ Θεοδόχου Συμεών.

Νῦν ἀπολύεις τον δοῦλόν σου, Δέσποτα,
κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ· ὅτι εἶδον
οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὃ
ἠτοίμασας κατὰ πρόσωπον πάντων τῶν
λαῶν· φῶς εἰς ἀποκάλυψιν ἐθνῶν, καὶ
δόξαν λαοῦ σου Ἰσραήλ.

ΛΑΟΣ

Τρισάγιον.

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

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,
ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε,
ἐπίσκεψαι καὶ ἰᾶσαι τὰς ἀσθενείας ἡμῶν,
ἐνεκεν τοῦ ὀνόματός σου.

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

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

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

PRIEST

Song of Simeon.

Lord, now You are letting Your servant
depart in peace, according to Your word; for
my eyes have seen Your salvation which You
have prepared before the face of all peoples.
A light to bring revelation to the Gentiles, and
the glory of Your people Israel. [NKJV]

PEOPLE

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.

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΧΟΡΟΣ

Τοῦ Ὡρολογίου - - -

Ἀπολυτίκια. Ἦχος πλ. α'.

Θεοτόκε Παρθέने, χαῖρε κεχαριτωμένη
Μαρία, ὁ Κύριος μετὰ σοῦ· εὐλογημένη σὺ
ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς
κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν
ἡμῶν.

Βαπτιστὰ τοῦ Χριστοῦ, πάντων ἡμῶν
μνησθητι, ἵνα ῥυσθῶμεν τῶν ἀνομιῶν
ἡμῶν· σοὶ γὰρ ἐδόθη χάρις πρεσβεῦειν ὑπὲρ
ἡμῶν.

Δόξα.

Ἰκετεύσατε ὑπὲρ ἡμῶν, ἅγιοι
Ἀπόστολοι, καὶ Ἅγιοι πάντες, ἵνα ῥυσθῶμεν
κινδύνων καὶ θλίψεων, ὑμᾶς γὰρ θερμοὺς
προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα.

*Τὸ τελευταῖον τοῦτο τροπάριον κατὰ τὴν
ἀρχαίαν τάξιν λέγεται χῦμα ὑπὸ τοῦ ἀναγνώστου.
Σήμερον ὁμως συνήθως ψάλλεται καὶ τοῦτο, ὡς καὶ τὰ
προηγούμενα.*

Καὶ νῦν.

Ὑπὸ τὴν σὴν εὐσπλαγχνίαν,
καταφεύγομεν Θεοτόκε, τὰς ἡμῶν
ἱκεσίας μὴ παρίδης ἐν περιστάσει, ἀλλ' ἐκ
κινδύνων λύτρωσαι ἡμᾶς, μόνη Ἄγνη, μόνη
εὐλογημένη.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (μ')

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.)

CHOIR

From Horologion - - -

Apolytikia. Mode pl. 1.

O Virgin Theotokos, rejoice, Mary full
of grace. The Lord is with you. Blessed are
you among women, and blessed is the fruit of
your womb; for you have borne the Savior of
our souls [SD]

O Baptist of Christ, be mindful of us all,
that we may be delivered from our iniquities;
for unto you was given the grace to intercede
for us. [SD]

Glory.

Entreat earnestly for us, O holy Apostles
and all Saints, that we be delivered from
peril and affliction; for you are our fervent
advocates before the Savior. [SD]

*This final troparion, according to older rules, is simply
recited by the Reader. In current practice, however, it is
usually, sung much like the preceding hymns.*

Both now.

Beneath your tender compassion we
take refuge, O Theotokos. Despise not our
supplications in distress, but deliver us from
all peril. You alone are pure; you alone are
blessed. [SD]

READER

Lord, have mercy. (40)

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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

(Ἀμήν.)

Εὐχή τοῦ Ἁγίου Ἐφραίμ

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

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]

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ιβ')

Παναγία Τριάς, τὸ Ὁμοούσιον κράτος, ἡ ἀδιαίρετος βασιλεία, ἡ πάντων τῶν ἀγαθῶν αἰτία, εὐδόκησον δὴ καὶ ἐπ' ἐμοὶ τῷ ἁμαρτωλῷ· στήριξον, συνέτισον τὴν καρδίαν μου, καὶ παῖσαν περιέλε μου τὴν βεβηλότητα· φώτισόν μου τὴν διάνοιαν, ἵνα διὰ παντὸς δοξάζω, ὕμνῶ, προσκυνῶ καὶ λέγω· Εἷς Ἅγιος, εἷς Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Εἴη τὸ ὄνομα Κυρίου εὐλογημένον ἀπὸ τοῦ νῦν καὶ ἕως τοῦ αἰῶνος. (ἐκ γ')

Ψαλμὸς ΛΓ' (33).

Εὐλογήσω τὸν Κύριον ἐν παντὶ καιρῷ, διὰ παντὸς ἡ αἰνεσις αὐτοῦ ἐν τῷ στόματί μου. Ἐν τῷ Κυρίῳ ἐπαινεθήσεται ἡ ψυχὴ μου· ἀκουσάτωσαν πραεῖς, καὶ εὐφρανθήτωσαν. Μεγαλύνετε τὸν Κύριον σὺν ἐμοί, καὶ ὑψώσωμεν τὸ ὄνομα αὐτοῦ ἐπὶ τὸ αὐτό. Ἐξεζήτησα τὸν Κύριον, καὶ ἐπήκουσέ μου, καὶ ἐκ πασῶν τῶν θλίψεων μου ἐρρύσατό με. Προσέλθετε πρὸς αὐτὸν καὶ φωτίσθητε, καὶ τὰ πρόσωπα ὑμῶν οὐ μὴ καταισχυνθῇ. Οὗτος ὁ πτωχὸς ἐκέκραξε καὶ ὁ Κύριος εἰσήκουσεν αὐτοῦ καὶ ἐκ πασῶν τῶν θλίψεων αὐτοῦ ἔσωσεν αὐτόν. Παρεμβαλεῖ ἄγγελος Κυρίου κύκλῳ τῶν φοβουμένων αὐτόν καὶ ῥύσεται αὐτούς. Γεύσασθε καὶ ἴδετε ὅτι χρηστὸς ὁ Κύριος· μακάριος ἀνὴρ, ὃς ἐλπίζει ἐπ' αὐτόν. Φοβήθητε τὸν Κύριον πάντες οἱ ἅγιοι αὐτοῦ, ὅτι οὐκ ἔστιν ὑστέρημα τοῖς φοβουμένοις αὐτόν. Πλούσιοι ἐπτώχευσαν καὶ ἐπέινασαν, οἱ δὲ ἐκζητοῦντες τὸν Κύριον οὐκ ἐλαττωθήσονται παντὸς ἀγαθοῦ. Δεῦτε, τέκνα, ἀκούσατέ μου·

READER

Lord, have mercy. (12)

All-Holy Trinity, the consubstantial dominion, the indivisible rule, and cause of every good: be well pleased, even with regard to me a sinner. Strengthen my heart and grant it understanding, and take away all my defilement. Illumine my mind, so that I may ever glorify, praise, worship, and say: One is Holy, One is Lord, Jesus Christ, to the Glory of God the Father. Amen.

Blessed be the name of the Lord from this present time and unto the ages. (3)

Psalms 33 (34).

I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall be praised in the Lord; let the gentle hear, and be glad. Oh, magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me; and He delivered me from all my sojourning. Come to Him, and be enlightened, and your face shall never be ashamed. This poor man cried, and the Lord heard him, and saved him from all his afflictions. The Angel of the Lord shall encamp around those who fear Him, and He will deliver them. Oh, taste and see that the Lord is good; blessed is the man who hopes in Him. Fear the Lord, you His saints, for there is no want for those who fear Him. Rich men turned poor and went hungry; but those who seek the Lord shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of the Lord. Who is the man who desires life, who loves to see good days? Keep your tongue from evil, and your lips from speaking deceit. Shun evil and do good; seek

φόβον Κυρίου διδάξω ὑμᾶς. Τίς ἐστὶν ἄνθρωπος ὁ θέλων ζωὴν, ἀγαπῶν ἡμέρας ἰδεῖν ἀγαθάς; Παῦσον τὴν γλῶσσάν σου ἀπὸ κακοῦ καὶ χεῖλη σου τοῦ μὴ λαλῆσαι δόλον. Ἐκκλινον ἀπὸ κακοῦ καὶ ποιήσον ἀγαθόν, ζήτησον εἰρήνην καὶ δίωξον αὐτήν. Ὀφθαλμοὶ Κυρίου ἐπὶ δικαίους, καὶ ὦτα αὐτοῦ εἰς δέησιν αὐτῶν. Πρόσωπον δὲ Κυρίου ἐπὶ ποιοῦντας κακὰ τοῦ ἐξολοθρεῦσαι ἐκ γῆς τὸ μνημόσυνον αὐτῶν. Ἐκέκραξαν οἱ δίκαιοι, καὶ ὁ Κύριος εἰσήκουσεν αὐτῶν, καὶ ἐκ πασῶν τῶν θλίψεων αὐτῶν ἐξόρυστο αὐτούς. Ἐγγὺς Κύριος τοῖς συντετριμμένοις τὴν καρδίαν καὶ τοὺς ταπεινοὺς τῷ πνεύματι σώσει. Πολλὰ αἱ θλίψεις τῶν δικαίων, καὶ ἐκ πασῶν αὐτῶν ῥύσεται αὐτοὺς ὁ Κύριος· φυλάσσει Κύριος πάντα τὰ ὅσα αὐτῶν, ἐν ἑξ αὐτῶν οὐ συντριβήσεται. Θάνατος ἀμαρτωλῶν πονηρός, καὶ οἱ μισοῦντες τὸν δίκαιον πλημμελήσουσι. Λυτρώσεται Κύριος ψυχὰς δούλων αὐτοῦ, καὶ οὐ μὴ πλημμελήσουσι πάντες οἱ ἐλπίζοντες ἐπ' αὐτόν.

ΑΝΑΓΝΩΣΤΗΣ

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

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

Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,
προστασίαις τῶν τιμίων ἐπουρανίων
Δυνάμεων Ἀσωμάτων, ἰκεσίαις τοῦ τιμίου,

peace and pursue it. The eyes of the Lord are upon the righteous, and His ears are open to their supplications. The Lord's face is against those who do evil, so as to destroy their remembrance from the earth. The righteous cried, and the Lord heard them; and He delivered them from all their afflictions. The Lord is near those who are brokenhearted, and He will save the humble in spirit. Many are the afflictions of the righteous, but He will deliver them from them all. The Lord shall guard all their bones; not one of them shall be broken. The death of sinners is evil, and those who hate the righteous shall go wrong. The Lord will redeem the souls of His servants, and all who hope in Him shall not go wrong.

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. Lord, have mercy.
Lord, have mercy.

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

ἐνδόξου, προφήτου, Προδροῦμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλάνθρωπος.

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

(Ἀμήν.)

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.)