

eMatins powered by AGES

The Service of Matins

for Sunday, March 31, 2019

**Octoechos - Mode 3.
on Sunday Morning**

Eothinon 11

**Triodion - Third Sunday of Lent
Third Sunday of Lent. Veneration of the Cross
on Sunday Morning at Matins**

Katavasias of Third Sunday of Lent

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Οκτώηχος

Ἦχος γ'.

Τῇ Κυριακῇ Πρωῖ

Τριώδιον

Κυριακὴ Γ' τῶν Νηστειῶν τῆς
Σταυροπροσκυνήσεως

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος γ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι
Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

ἤ. Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Στίχ. β'. Πάντα τὰ ἔθνη ἐκύκλωσάν με,
καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Στίχ. γ'. Παρὰ Κυρίου ἐγένετο αὕτη καὶ
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Οκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος γ'.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιášθω
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι
αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ
τὸν θάνατον, πρωτότοκος τῶν νεκρῶν
ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς,
καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα. Τοῦ Σταυροῦ.

Τοῦ Τριωδίου ---

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,

Octoechos

Mode 3.

On Sunday Morning

Triodion

Third Sunday of Lent. Veneration of the
Cross.

MATINS

CHOIR

Mode 3.

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

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

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

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

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

From Octoechos ---

Resurrectional Apolytikion.

Mode 3.

Let the heavens sing for joy, and let
everything on earth be glad. For with
His Arm the Lord has worked power. He
trampled death under foot by means of death;
and He became the firstborn from the dead.
From the maw of Hades He delivered us; and
He granted the world His great mercy. [SD]

Glory. For the Cross.

From Triodion ---

Mode 1.

Save, O Lord, Your people and bless Your
inheritance, granting victory to the faithful

καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

Τῆς Οκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος α΄. *Τοῦ λίθου σφραγισθέντος.*

Τοῦ Γαβριὴλ φθεγξαμένου σοι Παρθένε
τὸ Χαῖρε, σὺν τῇ φωνῇ ἐσαρκοῦτο ὁ τῶν
ὅλων Δεσπότης, ἐν σοὶ τῇ ἀγίᾳ κιβωτῶ, ὡς
ἔφη ὁ δίκαιος Δαυΐδ. Ἐδείχθης πλατυτέρα
τῶν οὐρανῶν, βαστάσασα τὸν Κτίστην
σου. Δόξα τῷ ἐνοικήσαντι ἐν σοί· δόξα τῷ
προελθόντι ἐκ σοῦ· δόξα τῷ ἐλευθερώσαντι
ἡμᾶς, διὰ τοῦ τόκου σου.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

Ὅτι 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.)

over the enemy, and by Your Cross protecting
Your commonwealth. [GOA]

From Octoechos - - -

Both now. **Theotokion.**

Mode 1. *The stone had been secured.*

When Gabriel had uttered rejoice to you,
O Virgin, * then with the voice was the Lord
of all becoming incarnate * in you whom the
holy Ark of old * prefigured, as righteous
David said. * You carried your Creator and
proved to be more spacious than the heavens.
* Glory to Him who dwelt inside of you; *
glory to Him who came forth from You; *
glory be to Him who through your childbirth
has set us free. [SD]

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

Τῆς Ὀκτωήχου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Ἦχος γ'.

Χριστὸς ἐκ νεκρῶν ἐγήγερται, ἡ ἀπαρχὴ τῶν κεκοιμημένων. Ὁ Πρωτότοκος τῆς κτίσεως, καὶ Δημιουργὸς πάντων τῶν γεγονότων, τὴν καταφθαρεῖσαν φύσιν τοῦ γένους ἡμῶν, ἐν ἑαυτῷ ἀνεκαίνισεν. Οὐκ ἔτι θάνατε κυριεύεις· ὁ γὰρ τῶν ὅλων Δεσπότης, τὸ κράτος σου κατέλυσε.

Δόξα.

Σαρκὶ τοῦ θανάτου γευσάμενος Κύριε, τὸ πικρὸν τοῦ θανάτου ἐξέτεμες τῇ Ἐγέρσει σου, καὶ τὸν ἄνθρωπον κατ' αὐτοῦ ἐνισχύσας, τῆς ἀρχαίας κατάρας τὴν ἥτταν ἀνακαλούμενος, ὁ ὑπερασπιστὴς τῆς ζωῆς ἡμῶν, Κύριε δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ τὴν μεσιτεύσασαν τὴν σωτηρίαν τοῦ γένους ἡμῶν, ἀνυμνοῦμεν Θεοτόκε Παρθένε· ἐν τῇ σαρκὶ γὰρ τῇ ἐκ σοῦ προσληφθείσῃ, ὁ Υἱός σου καὶ Θεὸς ἡμῶν τὸ διὰ Σταυροῦ καταδεξάμενος πάθος, ἐλυτρώσατο ἡμᾶς, ἐκ φθορᾶς ὡς φιλάνθρωπος.

Τῆς Ὀκτωήχου ---

Κάθισμα Β'.

Ἦχος γ'. Τὴν ὡραιότητα.

Τὸ ἀναλλοίωτον τὸ τῆς Θεότητος, καὶ τὸ ἐκούσιον πάθος σου Κύριε, εἰς ἑαυτὸν καταπλαγείς, ὁ Ἄιδης ἐπωδύρετο. Τρέμω τὴν τοῦ σώματος, μὴ φθαρεῖσαν ὑπόστασιν, βλέπω τὸν ἀόρατον, μυστικῶς πολεμοῦντά με· διὸ καὶ οὖς κατέχω κραυγάζουσι· Δόξα Χριστὲ τῇ Ἀναστάσει σου.

From Octoechos ---

CHOIR

Kathisma I.

Mode 3.

Christ has risen from the dead, the first of those who have fallen asleep. The Artificer of all things that were made was first born before all creation; now He has renewed the corrupted nature of our human race in himself. O Death, you no longer have dominion, for the Master of all has destroyed your power. [SD]

Glory.

When You had physically tasted death, O Lord, You curtailed its bitterness by Your resurrection, and You strengthened humanity against it, by reversing the failure related to the primal curse, O Defender of our life. Glory to You, O Lord. [SD]

Both now. **Theotokion.**

Unto you who mediated the salvation of our race we sing praises, O Virgin Theotokos. For your Son and our God in the flesh that He assumed from you accepted suffering by means of crucifixion and has thereby set us free from corruption, in His love for man. [SD]

From Octoechos ---

Kathisma II.

Mode 3. Seeing how beautiful.

At Your Divinity's immutability, * and at Your suffering's intentionality, * amazed was Hades, Lord, and thus lamented to itself and said: * I tremble at this human frame's uncorrupted hypostasis. * I see the invisible One waging war on me secretly. * Hence those whom I am holding are crying out: * Glory to Your resurrection, O Christ. [SD]

Δόξα.

Τὴν ὠραιότητα.

Τὸ ἀκατάληπτον τὸ τῆς Σταυρώσεως,
καὶ ἀνερμήνευτον τὸ τῆς Ἑγέρσεως,
θεολογοῦμεν οἱ πιστοί, ἀπόρητον
Μυστήριον· σήμερον γὰρ θάνατος, καὶ ὁ
Αἴδης ἐσκύλευται, γένος δὲ ἀνθρώπινον
ἀφθαρσίαν ἐνδέδεται διὸ καὶ εὐχαρίστως
κραυγάζομεν· Δόξα Χριστὲ τῇ Ἀναστάσει
σου.

Καὶ νῦν. **Θεοτοκίον.**

Τὴν ὠραιότητα.

Τὸν ἀκατάληπτον καὶ ἀπερίγραπτον,
τὸν ὁμοούσιον Πατρὶ καὶ Πνεύματι, ἐν τῇ
γαστρὶ σου μυστικῶς, ἐχώρησας Θεομήτορ,
μίαν καὶ ἀσύγχυτον, τῆς Τριάδος ἐνέργειαν,
ἔγνωμεν τῷ Τόκῳ σου, ἐν τῷ κόσμῳ,
δοξάζεσθαι· διὸ καὶ εὐχαρίστως βοῶμέν σοι·
Χαῖρε ἡ Κεχαριτωμένη.

Κάθισμα Γ'. Τοῦ Σταυροῦ.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Τὸ προσταχθέν.

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ
ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρός,
εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ
ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις
φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος
ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες
προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ
συμφώνως ἀνακραῶμεν, πλήρης δόξης ὁ
οἶκος αὐτοῦ.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ
ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρός,
εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ
ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις

Glory.

Seeing how beautiful.

We the believers now theologize about
* the inexplicable, incomprehensible *
unspoken mystery of Your crucifixion and
resurrection. * For today the realm of death
and of Hades has been despoiled, * and vested
is the human race with incorruptibility. * And
therefore in thanksgiving we cry aloud: *
Glory to Your resurrection, O Christ. [SD]

Both now. **Theotokion.**

Seeing how beautiful.

You carried mystically within your
womb the One * incomprehensible,
uncircumscribable, * and coessential with the
Father and the Spirit, O Mother of God. * By
your giving birth, we know that the Trinity's
energy, * singular and unconfused, in the
world should be glorified. * And therefore in
thanksgiving we cry to you: * Rejoice, O Lady
full of grace. [SD]

Kathisma III. For the Cross.

From Triodion ---

Mode pl. 4. When he perceived.

Of old the tree in the garden stripped us
naked, * and by its taste did the enemy bring
in death. * Now the tree of the Cross, which
for all mankind is bearing * the garment
of life, was planted upon the earth, * and
therefore is all the world filled with every joy.
* As we see it revered today, let us, O peoples,
cry aloud * together unto God in faith: * Full
of glory is Your house, O Lord. [SD]

Glory. Both now. **Repeat.**

Of old the tree in the garden stripped us
naked, * and by its taste did the enemy bring
in death. * Now the tree of the Cross, which
for all mankind is bearing * the garment

φέρον ἐπάγει ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ συμφώνως ἀνακράζωμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Οκτωήχου ---

Ὑπακοή. Ἦχος γ'.

Ἐκπλήττων τῇ ὁράσει, δροσίζων τοῖς ῥήμασιν, ὁ ἀστράπτων Ἄγγελος, ταῖς μυροφόροις ἔλεγε· Τὸν ζῶντα τί ζητεῖτε ἐν μνήματι; ἡγέρθη κενώσας τὰ μνήματα τῆς φθορᾶς ἀλλοιωτήν, γνῶτε τὸν ἀναλλοιώτον, εἶπατε τῷ Θεῷ· Ὡς φοβερὰ τὰ ἔργα σου! ὅτι τὸ γένος ἔσωσας τῶν ἀνθρώπων.

of life, was planted upon the earth, * and therefore is all the world filled with every joy. * As we see it revered today, let us, O peoples, cry aloud * together unto God in faith: * Full of glory is Your house, O Lord. [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 blessed is your name, and glorified is your kingdom, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

(Amen.)

READER

From Octoechos ---

Hypakoe. Mode 3.

Astounding in appearance, refreshing by the words he spoke, the flashing Angel said to the myrrh-bearing women: Why do you look in a tomb for the Living One? He is risen and has emptied the tombs. Know Him, the unchanging Changer of corruption. Say to God: How awesome are Your works! For You have saved the human race. [SD]

ΧΟΡΟΣ

**Οἱ Ἀναβαθμοί.
Ἀντίφωνον Α'. Ἦχος γ'.**

Τὴν αἰχμαλωσίαν Σιών, σὺ ἐξείλου ἐκ
Βαβυλῶνος καὶ ἐκ τῶν παθῶν, πρὸς ζωὴν
ἔλκυσον Λόγε.

Ἐν τῷ Νότῳ οἱ σπείροντες δάκρυσιν
ἐνθέοις, θεριοῦσι στάχυν, ἐν χαρᾷ
ἀειζῶϊας.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πᾶσα ἀγαθοδωρία, ὡς
Πατρὶ καὶ Υἱῷ συναστράπτει, ἐν ᾧ τὰ πάντα
ζῇ καὶ κινεῖται.

Ἀντίφωνον Β'.

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τῶν
ἀρετῶν, μάτην κοπιῶμεν, τὴν δὲ ψυχὴν
σκέποντος, οὐδεὶς ἡμῶν πορθεῖται τὴν
πόλιν.

Τοῦ καρποῦ τῆς γαστροῦ, τῷ Πνεύματι
υἰοποιητῶς σοι τῷ Χριστῷ, ὡς Πατρὶ οἱ
Ἅγιοι πάντοτε εἰσὶ.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνθεωρεῖται πᾶσα
ἀγιότης σοφία· οὐσιοὶ πᾶσαν γὰρ κτίσιν·
αὐτῷ λατρεύσωμεν· Θεὸς γάρ, ὡς Πατρί τε
καὶ Λόγῳ.

Ἀντίφωνον Γ'.

Οἱ φοβούμενοι τὸν Κύριον, μακάριοι
τρίβους βαδιοῦνται, τῶν ἐντολῶν φάγονται·
ζωηρὰν γὰρ παγκαρπίαν.

Κύκλω τῆς τραπέζης σου εὐφράνθητι,
καθορῶν σου Ποιμενάρχα, τὰ ἔκγονα
φέροντα, κλάδους ἀγαθοεργίας.

CHOIR

**Anavathmoi.
Antiphon I. Mode 3.**

You rescued the captivity of Zion out of
Babylon, O Logos; do also draw me up from
the passions to life. [SD]

Those who sow shedding godly tears
when the south wind is blowing, joyously will
harvest ears of life everlasting. [SD]

Glory. Both now.

In the Holy Spirit, as in the Father and
the Son, radiates intrinsically every gift of
goodness. And in Him all things both live and
move. [SD]

Antiphon II.

Unless the Lord build the house of the
virtues, in vain do we labor. But if He protect
the soul, no one can conquer our city. [SD]

O Christ the Fruit of the womb, by the
Spirit are the saints forever as adopted sons to
You as to a father. [SD]

Glory. Both now.

In the Holy Spirit are perceived all
holiness and wisdom, for He gives substance
to all creation. Since He is God, let us worship
Him, as we do the Father and Logos. [SD]

Antiphon III.

Those who fear the Lord are blessed: they
will walk in the ways of the commandments;
for they will eat every kind of vivifying
produce. [SD]

Gazing on your offspring round about
your table bearing branches of good works, be
glad, O arch-pastor. [SD]

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ὁ πᾶς πλοῦτος τῆς δόξης, ἐξ οὗ χάρις καὶ ζωὴ πάσῃ τῇ κτίσει· σὺν Πατρὶ γάρ, ἀνυμνεῖται καὶ τῷ Λόγῳ.

Προκείμενον.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὁ Κύριος ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν οἰκουμένην, ἣτις οὐ σαλευθήσεται. (δίς)

Στίχ. Ἀσατε τῷ Κυρίῳ ᾠσμα καινόν.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὁ Κύριος ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν οἰκουμένην, ἣτις οὐ σαλευθήσεται.

Τῆς Ὁκτωήχου ---

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιμον.

Ἐξανέστης σήμερον, ἀπὸ τοῦ τάφου Οἰκτίρμον, καὶ ἡμᾶς ἐξήγαγες, ἐκ τῶν πυλῶν τοῦ θανάτου, σήμερον Ἀδὰμ χορεύει, καὶ χαίρει Εὐᾶ, ἅμα δέ, καὶ οἱ Προφῆται, σὺν Πατριάρχαις, ἀνυμνοῦσιν ἀκαταπαύστως, τὸ θεῖον κράτος τῆς ἐξουσίας σου.

Ὁ Οἶκος.

Ὁ οὐρανὸς καὶ ἡ γῆ σήμερον χορευέτωσαν, καὶ Χριστὸν τὸν Θεὸν ὁμοφρόνως ὑμνεῖτωσαν, ὅτι τοὺς δεσμίους ἐκ τῶν τάφων ἀνέστησε. Συγχαίρει πᾶσα ἡ κτίσις, προσφέρουσα ἐπάξια ᾠσματα, τῷ πάντων Κτίστη καὶ Λυτρωτῇ ἡμῶν, ὅτι τοὺς βροτοὺς ἐξ ᾄδου σήμερον, ὡς Ζωοδότης συνανελκύσας, πρὸς οὐρανοὺς συνανυψοῖ, καὶ καταράσσει τοῦ ἐχθροῦ τὰς ἐπάρσεις, καὶ πύλας τοῦ ᾄδου διαθλάττει, τῷ θείῳ κράτει τῆς ἐξουσίας αὐτοῦ.

Glory. Both now.

With the Holy Spirit is all the wealth of glory. From Him issue grace and life to all creation, for He is extolled with the Father and the Logos. [SD]

Prokeimenon.

Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken." (2)

Verse: Oh, sing a new song to the Lord.

Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken." [SAAS]

From Octoechos ---

READER

Resurrectional Kontakion.

From the tomb You rose today, O Lord of tender compassion, also from the gates of death You led us out, O our Savior. On this day is Adam dancing and Eve rejoices, and with them together Patriarchs and the Prophets are unceasingly extolling the divine power of Your authority. [SD]

Oikos.

Let heaven and earth dance for joy today, and in oneness of mind extol Christ God, for He resurrected the prisoners from their tombs. All creation rejoices together, offering worthy songs to the Creator of all and our Redeemer, for today as the Giver of Life, having drawn mortals up from Hades, He exalts them to heaven together, and lays a curse on the enemy's haughtiness, and smashes the gates of Hades, by the divine power of His authority. [CKD]

Κοντάκιον. Τοῦ Σταυροῦ.

Κοντάκιον.

Τοῦ Τριωδίου ---

Ἦχος βαρὺς. Ἀυτόμελον.

Οὐκέτι φλογίνη ῥομφαία φυλάττει
τὴν πύλην τῆς Ἑδέμ· αὐτῇ γὰρ ἐπῆλθε
παράδοξος σβέσις τὸ ξύλον τοῦ Σταυροῦ,
θανάτου τὸ κέντρον, καὶ Ἄιδου τὸ νίκος
ἐλήλαται, ἐπέστης δὲ Σωτὴρ μου βοῶν
τοῖς ἐν Ἄιδῃ· Εἰσάγεσθε πάλιν εἰς τὸν
Παράδεισον.

Ὁ Οἶκος.

Τρεῖς σταυροὺς ἐπήξατο ἐν Γολγοθᾷ ὁ
Πιλᾶτος, δύο τοῖς ληστεύσασιν, καὶ ἓνα τοῦ
Ζωοδότου, ὃν εἶδεν ὁ Ἄιδης, καὶ εἶπε τοῖς
κάτω· ὦ λειτουργοί μου καὶ δυνάμεις μου
τίς ὁ ἐμπήξας ἦλον τῇ καρδίᾳ μου; ξυλίνη
με λόγχῃ ἐκέντησεν ἄφνω καὶ διαρρήσομαι,
τὰ ἔνδον μου πονῶ, τὴν κοιλίαν μου ἀλγῶ,
τὰ αἰσθητήριά μου, μαιμάσσει τὸ πνεῦμά
μου, καὶ ἀναγκάζομαι ἐξερεύξασθαι τὸν
Ἀδὰμ καὶ τοὺς ἐξ Ἀδὰμ, ξύλῳ δοθέντας μοι·
ξύλον γὰρ τούτους εἰσάγει πάλιν εἰς τὸν
Παράδεισον.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ ΛΑ΄ τοῦ αὐτοῦ μηνός, ἡ Ἀθλησις τοῦ
Ἁγίου Ἱερομάρτυρος Ὑπατίου, Ἐπισκόπου
Γαγγρῶν.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου
Πατρὸς ἡμῶν Ἀκακίου, Ἐπισκόπου
Μελιτινῆς, τοῦ Ὁμολογητοῦ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων
Μαρτύρων τῶν ἐν Περσίδι μαρτυρησάντων,
Αὐδᾶ Ἐπισκόπου, Βενιαμνὶν Διακόνου,
καὶ τῶν σὺν αὐτοῖς ἐννέα Μαρτύρων, καὶ
ἄλλων πολλῶν Ἁγίων, τῶν εἰς φυλακὴν

Kontakion. For the Cross.

Kontakion.

From Triodion ---

Grave Mode. Automelon.

The fiery sword is not guarding the
entrance to Eden anymore. For it was
extinguished in paradoxical manner by the
tree of the Cross. The sting of death and the
victory of Hades have been stricken. And
You, my Savior, came and cried out to those
in Hades: Enter again into Paradise. ^[SD]

Oikos.

On Golgotha did Pilate lift up crosses
three: two for those guilty of larceny, and one
for Him who gives us life, whom Hades spied
and voiced to those below, "My ministers and
governors: my heart! - who has affixed it with
a nail? A lance of wood abruptly pierced me
through, and I am rent in twain. My inner
parts distressingly are pained, my belly aches,
the organs of my senses. My breathing pants
and am compelled Adam and those of Adam
to expel, who by a tree were given me. For
it is a tree that leads them back again into
Paradise." ^[CKD]

Synaxarion.

From the Menaion.

On March 31 was the contest of the holy
hieromartyr Hypatios, Bishop of Gangra.

On this day we also commemorate our
devout father Akakios the Confessor, Bishop
of Melitine.

On this day we also commemorate the
holy martyrs who witnessed in Persia: Audas
the bishop, Benjamin the deacon, and nine
other martyrs with them, and many other
Saints who were imprisoned, and were eaten

βληθέντων, καὶ ὑπὸ μυῶν καὶ γαλῶν, τῶν συγκλεισθέντων αὐτοῖς, βιβρωσκομένων.

Ὁ Ἅγιος Μάρτυς Μένανδρος κατὰ πετρῶν γυμνὸς συρόμενος τελειοῦται.

Οἱ Ἅγιοι τριάκοντα ὀκτὼ Μάρτυρες, συγγενεῖς ὄντες, ξίφει τελειοῦνται.

Ὁ Ὁσῖος Πατὴρ ἡμῶν Βλάσιος, ὁ ἐξ Ἀμορίου ἔχων τὴν γέννησιν, ἐν εἰρήνῃ τελειοῦται.

Ὁ Ὁσῖος Πατὴρ ἡμῶν Στέφανος ὁ θαυματουργὸς ἐν εἰρήνῃ τελειοῦται.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Κυριακῇ τρίτῃ τῶν Νηστειῶν, τὴν Προσκύνησιν ἐορτάζομεν τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ.

Στίχοι.

Τὸν Σταυρὸν γῇ σύμπασα προσκυνησάτω,
Δι' οὗ περ ἔγνωκε σὲ προσκυνεῖν, Λόγε.

Τῇ αὐτοῦ δυνάμει, Χριστὲ ὁ Θεός,
καὶ ἡμᾶς τῶν τοῦ πονηροῦ διαφύλαξον
ἐπηρειῶν, καὶ τὰ θεῖά σου Πάθη, καὶ
τὴν ζωηφόρον Ἀνάστασιν προσκυνῆσαι
ἀξίωσον, τὸ τεσσαρακονθήμερον εὐμαρῶς
διανύσαντας στάδιον, καὶ ἐλέησον ἡμᾶς ὡς
μόνος ἀγαθὸς καὶ φιλόανθρωπος.

ΧΟΡΟΣ

**Καταβασίαι τῆς Γ'
Κυριακῆς τῶν Νηστειῶν
Ὡδὴ α'. Ἦχος α'.**

Ὁ θεϊότατος προετύπωσε πάλαι Μωσῆς,
ἐν Ἐρυθρᾷ θαλάσσῃ, διαβιβάσας Ἰσραὴλ,
τῷ Σταυρῷ σου τὴν ὑγρὰν, τῇ ῥάβδῳ τεμῶν,
ῥοδὴν σοι ἐξόδιον, ἀναμέλπων Χριστὲ ὁ
Θεός.

alive by mice and weasels enclosed with them.

The holy martyr Menandros reposed after being dragged naked over stones.

The holy thirty-eight martyrs who were relatives died by the sword.

Our devout father Blaise, who was born in Amorion, reposed in peace.

Our devout father Stephen the wonderworker reposed in peace.

From the Triodion.

On this day, the third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross.

Let all the earth adore the Cross,
Through which it learned to adore You, the Word.

By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-day fast with ease, and have mercy on us, as You alone are good and love humanity.

CHOIR

Katavasias of Third Sunday of Lent

Ode i. Mode 1.

That most godly prophet Moses prefigured Your Cross * in the Red Sea of old, O Savior. * For he divided the water with the rod in his hand, * and led Israel across, * and sang You a sacred ode of exodus, O Christ our God. [SD]

Ὡδὴ γ'.

Στερέωσον Δεσπότη Χριστέ, τῷ
Σταυρῷ σου ἐν πέτρᾳ με τῇ τῆς πίστεως μὴ
σαλευθῆναι τὸν νοῦν, ἐχθροῦ προσβολαῖς
τοῦ δυσμενοῦς, μόνος γὰρ εἶ ἅγιος.

Ὡδὴ δ'.

Ἐπὶ Σταυροῦ σε Δυνατὲ φωστῆρ ὁ
μέγας κατιδὼν τρόμῳ ἐπαρθεῖς τάς ἀκτῖνας
συνέστειλεν ἔκρυψε, πᾶσα δὲ Κτίσις
ὑμνησεν, ἐν φόβῳ τὴν σὴν μακροθυμίαν·
καὶ γὰρ ἐπλήσθη ἡ γῆ, τῆς σῆς αἰνέσεως.

Ὡδὴ ε'.

Ὁρθρίζοντές σε ἀνυμνοῦμεν, Σωτῆρ τοῦ
Κόσμου εἰρήνην, εὐράμενοι τῷ Σταυρῷ σου,
δι οὗ ἀνεκαίνισας, τὸ γένος τὸ ἀνθρώπινον,
φῶς πρὸς, ἀνέσπερον ἄγων ἡμᾶς.

Ὡδὴ ς'.

Τὸν τύπον τοῦ θεοῦ Σταυροῦ Ἰωνᾶς ἐν
κοιλίᾳ τοῦ κήτους, τεταμέναις παλάμαις,
προδιεχάραξε καὶ ἀνέθορε σεσωσμένος τοῦ
θηρὸς τῇ δυνάμει σου Λόγε.

Ὡδὴ ζ'.

Φλογώσεως ὁ Παῖδας ῥυσάμενος σάρκα
προσλαβόμενος, ἦλθεν ἐπὶ γῆς καὶ Σταυρῷ
προσηλωθεὶς, σωτηρίαν ἡμῖν ἔδωρήσατο,
ὁ μόνος εὐλογητὸς τῶν Πατέρων Θεός, καὶ
ὑπερένδοξος.

Ode iii.

O Christ, set me firmly on the rock of the
Faith, by the power of Your all-holy Cross, *
so that my mind will not move when tempted
by the enemy's assaults. * Only You are holy,
O Lord. [SD]

Ode iv.

O mighty Lord, when the sun beheld You
hanging on the Cross, * that great luminary
shuddered, * retracted and hid its rays; and
all creation fearfully * sang a hymn extolling
Your forbearance. * Indeed the earth has been
filled with Your praise, O God. [SD]

Ode v.

We rise early and we extol You, * for
through Your Cross we found peace that
passes all understanding. * Through it You,
the Savior of the world, renewed the human
race, * leading us to the unsetting light. [SD]

Ode vi.

When Jonah was in the belly of the
whale, * he extended his arms and thus
foreshadowed the figure of Your holy Cross,
O Lord. * Then he bounded forth * from the
monster, being saved by Your power, O
Logos. [SD]

Ode vii.

The same One who saved those Servants
from the furnace fire * has become incarnate
now. * He has come to earth. * He was nailed
upon the Cross. * He has granted salvation
to us. * He alone is the God of our fathers,
blessed and exceedingly glorious. [SD]

Ὡδὴ η'.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

*Χεῖρας ἐν τῷ λάκκῳ βληθεὶς τῶν
λεόντων, ποτὲ ὁ μέγας ἐν Προφήταις,
σταυροειδῶς ἐκπετάσας, Δανιὴλ ἀβλαβής,
ἐκ τῆς τούτων καταβρώσεως σέσωσται,
εὐλογῶν Χριστόν, τὸν Θεὸν εἰς τοὺς αἰῶνας.*

ΔΙΑΚΟΝΟΣ

*Τοῦ Κυρίου δεηθῶμεν.
(Κύριε, ἐλέησον.)*

ΙΕΡΕΥΣ

*Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν
ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.*

ΧΟΡΟΣ

Ἀμήν.

Ἦχος β'.

*Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δὶς)
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.*

ΔΙΑΚΟΝΟΣ

*Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς
ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον
τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.*

*(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,
ἐλέησον.)*

ΔΙΑΚΟΝΟΣ

*Σοφία. Ὁρθοί. Ακούσωμεν τοῦ ἁγίου
Εὐαγγελίου.*

ΙΕΡΕΥΣ

*Εἰρήνη πᾶσι.
(Καὶ τῷ πνεύματί σου.)*

Ode viii.

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

*Daniel, who is known as one great among
the Prophets, * was cast into the lions' den
and was preserved from being eaten; * for he
stretched out his hands in the form of a cross
and was kept unharmed, * as he was blessing
Christ our God unto the ages. [SD]*

DEACON

*Let us pray to the Lord.
(Lord, have mercy.)*

PRIEST

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

CHOIR

Amen.

Mode 2.

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

DEACON

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

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

DEACON

*Wisdom. Arise. Let us hear the Holy
Gospel.*

PRIEST

*Peace be with all.
(And with your spirit.)*

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ἰωάννην ἀγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ (ἀπὸ τῆς ἀγίας τραπέζης)

Ἑωθινὸν ΙΑ'
Ἰωάννην ΚΑ' 15-25

Τῷ καιρῷ ἐκείνῳ, ἐφάνερωσεν ἑαυτὸν
ὁ Ἰησοῦς τοῖς μαθηταῖς αὐτοῦ, ἐγερθεὶς
ἐκ νεκρῶν, καὶ λέγει τῷ Σίμωνι Πέτρῳ·
Σίμων Ἰωνᾶ, ἀγαπᾷς με πλέον τούτων;
Λέγει αὐτῷ· Ναὶ Κύριε, σὺ οἶδας ὅτι φιλῶ
σε. Λέγει αὐτῷ· Βόσκει τὰ ἀρνία μου. Λέγει
αὐτῷ πάλιν δεύτερον· Σίμων Ἰωνᾶ ἀγαπᾷς
με; Λέγει αὐτῷ· Ναί, Κύριε, σὺ οἶδας ὅτι
φιλῶ σε. Λέγει αὐτῷ· Ποίμαινε τὰ πρόβατά
μου. Λέγει αὐτῷ τὸ τρίτον· Σίμων Ἰωνᾶ,
φιλεῖς με; ἔλυπήθη ὁ Πέτρος, ὅτι εἶπεν
αὐτῷ τὸ τρίτον, φιλεῖς με; Καὶ εἶπεν αὐτῷ·
Κύριε, σὺ πάντα οἶδας, σὺ γινώσκεις ὅτι
φιλῶ σε. Λέγει αὐτῷ ὁ Ἰησοῦς. Βόσκει
τὰ πρόβατά μου. Ἀμὴν ἀμὴν λέγω σοι,
ὅτε ἡς νεώτερος, ἐζώννυες σεαυτόν, καὶ
περιεπάτεις ὅπου ἤθελες, ὅταν δὲ γηράσῃς,
ἐκτενεῖς τὰς χεῖράς σου, καὶ ἄλλος σε
ζώσει, καὶ οἴσει ὅπου οὐ θέλεις. Τοῦτο
δὲ εἶπε, σημαίνων ποίῳ θανάτῳ δοξάσει
τὸν Θεόν. Καὶ τοῦτο εἰπὼν, λέγει αὐτῷ·
Ἀκολούθει μοι. Ἐπιστραφεὶς δὲ ὁ Πέτρος
βλέπει τὸν μαθητὴν ὃν ἠγάπα ὁ Ἰησοῦς,
ἀκολουθοῦντα, ὃς καὶ ἀνέπεσεν ἐν τῷ
δείπνῳ ἐπὶ τὸ στῆθος αὐτοῦ καὶ εἶπε· Κύριε,
τίς ἐστὶν ὁ παραδιδούς σε; τοῦτον ἰδὼν ὁ
Πέτρος λέγει τῷ Ἰησοῦ· Κύριε, οὗτος δὲ
τί; λέγει αὐτῷ ὁ Ἰησοῦς· Ἐὰν αὐτὸν θέλω
μένειν ἕως ἔρχομαι, τί πρὸς σέ; σύ μοι

PRIEST

The reading is from the Holy Gospel
according to John.

DEACON

Let us be attentive.

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

PRIEST (from the altar table)

Eothinon 11
John. 21:14-25

At that time, Jesus revealed himself to the
disciples after he was raised from the dead.
And he said to Simon Peter, "Simon, son of
John, do you love me more than these?" He
said to him, "Yes, Lord; you know that I love
you." He said to him, "Feed my lambs." A
second time he said to him, "Simon, son of
John, do you love me?" He said to him, "Yes,
Lord; you know that I love you." He said to
him, "Tend my sheep." He said to him the
third time, "Simon, son of John, do you love
me?" Peter was grieved because he said to
him the third time, "Do you love me?" And
he said to him, "Lord, you know everything;
you know that I love you." Jesus said to him,
"Feed my sheep. Truly, truly, I say to you,
when you were young, you girded yourself
and walked where you would; but when you
are old, you will stretch out your hands, and
another will gird you and carry you where
you do not wish to go." (This he said to show
by what death he was to glorify God.) And
after this he said to him, "Follow me." Peter
turned and saw following them the disciple
whom Jesus loved, who had lain close to his
breast at the supper and had said, "Lord, who
is it that is going to betray you?" When Peter
saw him, he said to Jesus, "Lord, what about
this man?" Jesus said to him, "If it is my will

ἀκολουθεῖ μοι. Ἐξηλθεν οὖν ὁ λόγος οὗτος εἰς τοὺς ἀδελφούς. Ὅτι ὁ μαθητὴς ἐκεῖνος οὐκ ἀποθνήσκει, καὶ οὐκ εἶπεν αὐτῷ ὁ Ἰησοῦς, ὅτι οὐκ ἀποθνήσκει· ἀλλ' ἐὰν αὐτὸν θέλω μένειν ἕως ἔρχομαι, τί πρὸς σέ; Οὗτός ἐστιν ὁ μαθητὴς ὁ μαρτυρῶν περὶ τούτων, καὶ γράψας ταῦτα, καὶ οἶδαμεν ὅτι ἀληθὴς ἐστιν ἡ μαρτυρία αὐτοῦ. Ἔστι δὲ καὶ ἄλλα πολλὰ ὅσα ἐποίησεν ὁ Ἰησοῦς, ἅτινα ἐὰν γράφηται καθ' ἓν, οὐδὲ αὐτὸν οἶμαι τὸν κόσμον χωρῆσαι τὰ γραφόμενα βιβλία. Ἀμήν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν, τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἀγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἀγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ· Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὥλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν' (50).

Ἦχος β'. (ἡ τῆς ἐβδομάδος.)

[Ελεήμων,] Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

that he remain until I come, what is that to you? Follow me!" The saying spread abroad among the brethren that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, "If it is my will that he remain until I come, what is that to you?" This is the disciple who is bearing witness to these things, and who has written these things; and we know that his testimony is true. But there are also many other things which Jesus did; were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Amen. [RSV]

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

READER

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

[GOA]

CHOIR

Psalm 50 (51).

Mode 2. (or the Mode of the week)

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

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διαπαντός.

Σοὶ μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.

Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

Ῥαντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὅστέα τεταπεινωμένα.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον.

Καρδίαν καθαράν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με.

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.

Διδάξω ἀνόμους τὰς ὁδούς σου, καὶ
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῦσαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς
σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου
τὴν δικαιοσύνην σου.

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ
στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν·
ὀλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον,
καρδίαν συντετριμμένην καὶ
τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

Αγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου
τὴν Σιών, καὶ οἰκοδομηθῇ τὰ τεῖχη
Ιερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης,
ἀναφορὰν καὶ ὀλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν
σου μόσχους. Καὶ ἐλέησόν με, ὁ Θεός.

Ἰδιόμελα τοῦ Τριωδίου.

Δόξα. **Ἦχος πλ. δ'.**

Τῆς μετανοίας ἀνοιξόν μοι πύλας
Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου,
πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον
τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ' ὡς
οἰκτίρων κάθαρον, εὐσπλάγχνῳ σου ἐλέει.

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,
Θεοτόκε· αἰσχροῖς γὰρ κατερρύπωσα, τὴν
ψυχὴν ἀμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,
ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβεῖαις
ῥῦσαί με, πάσης ἀκαθαρσίας.

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

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

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

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

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

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

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

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

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O
Giver of Life, for early in the morning my
spirit hastens to Your holy temple, bringing
the temple of my body all defiled. But as one
compassionate, cleanse me, I pray, by Your
loving-kindness and mercy. [SD]

Both now. **Same Mode.**

Guide me in the paths of salvation, O
Theotokos, for I have befouled my soul with
shameful sins and I heedlessly squandered
all of my life's resources. By your intercession
deliver me from every uncleanness. [SD]

Ἰδιόμελον. Ἦχος πλ. β'.

Στίχ. Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου.

Τὰ πλήθη τῶν πεπραγμένων μοι δεινῶν, ἐννοῶν ὁ τάλας, τρέμω τὴν φοβερὰν ἡμέραν τῆς κρίσεως· ἀλλὰ θαρρῶν εἰς τὸ ἔλεος τῆς εὐσπλαγχνίας σου, ὡς ὁ Δαυῖδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ μέγα σου ἔλεος.

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων Χαράλαμπος καὶ Ἐλευθερίου, τῆς

Idiomelon. Mode pl. 2.

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

When I ponder in my wretchedness on the many terrible things that I have done, I tremble for that fearful day, the Day of Judgment. But trusting in the mercy of Your compassion, like David I cry to You, "Have mercy on me, O God, according to Your great mercy." [SD]

DEACON

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

ἀγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος α'.

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

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

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

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

DEACON

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

CHOIR

Ode ix.

Megalynarion. Mode 1.

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]

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

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

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

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

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

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]

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

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

Ὡδιὴ θ'. Καταβασία. Ἦχος α'.

ὦ Μῆτερ Παρθένε, καὶ Θεοτόκε ἀψευδής, ἡ τεκοῦσα ἀσπόρως, Χριστὸν τὸν Θεὸν ἡμῶν, τὸν ἐν Σταυρῷ ὑψωθέντα σαρκί, σὲ οἱ πιστοί, ἅπαντες ἀξίως, σὺν τούτῳ νῦν μεγαλύνομεν.

ΔΙΑΚΟΝΟΣ

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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

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

Ode ix. Katavasia. Mode 1.

O true Theotokos and virgin Mother, you conceived * without seed, and you gave birth to the Savior, Christ our God, * who in the flesh was lifted on the Cross. * All we, the faithful, worthily now praise you * and magnify you along with Him. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

ΧΟΡΟΣ

Ἦχος β'.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. Ὑψοῦτε
Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ
ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου ---

Ἐξαποστειλάριον.

Τὸ ΙΑ' Ἐωθινόν.

Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.

Μετὰ τὴν θείαν Ἐγερσιν, τρις τῷ
Πέτρῳ, φιλεῖς με, πυθόμενος ὁ Κύριος
τῶν ιδίων προβάτων, προβάλλεται
ποιμενάρχην, ὃς ἰδὼν ὃν ἡγάπα, ὁ Ἰησοῦς
ἐπόμενον, ἤρετο τὸν Δεσπότην. Οὗτος δὲ
τί; Ἐὰν θέλω, ἔφησε, μένειν τοῦτον, ἕως καὶ
πάλιν ἔρχομαι, τί πρὸς σὲ φίλε Πέτρε;

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.

Σταυρὸν Χριστοῦ τὸν τίμιον, σήμερον
προτεθέντα ἰδόντες προσκυνήσωμεν, καὶ
πιστῶς εὐφρανθῶμεν, κατασπαζόμενοι
πόθῳ, τὸν ἐν τούτῳ θελήσει, σταυρωθέντα
αἰτούμενοι, Κύριον ἀξιῶσαι, πάντας ἡμᾶς,
τὸν Σταυρὸν τὸν τίμιον προσκυνῆσαι,
καὶ φθάσαι τὴν Ἀνάστασιν, πάντας
ἀκατακρίτως.

Θεοτοκίον.

Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.

Τὸ ξύλον ἐν ᾧ Πάνσεμνε τὰς ἀχράντους
παλάμας, ὑπὲρ ἡμῶν ἐξέτεινε, προσπαγεῖς
ὁ Υἱός σου, νῦν εὐσεβῶς προσκυνοῦμεν,
δὸς ἡμῖν τὴν εἰρήνην, καὶ τὰ κοσμοσωτήρια,

CHOIR

Mode 2.

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

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

For He is holy.

From Octoechos ---

Exaposteilarion.

The Eleventh Eothinon.

Mode 2. On the mountain.

"Do you love me?" the Lord inquired *
three times of Peter after * the divine rising
from the dead. * Whereupon He appoints
him * to be the chief shepherd of His sheep. *
And, seeing the disciple * whom Jesus loved
following them, * he asked the Master, "Lord,
what about him?" * And He said, "If it is my
will that this one * remain until I come again, *
what is that to you, friend Peter?" [SD]

Exaposteilarion. From the Triodion.

From Triodion ---

Mode 2. On the mountain.

Today the precious Cross of Christ * is
to be set before us. * Seeing it let us faithfully
* venerate it with gladness, * thereby with
longing saluting * the Lord who by His own
will * was thereon crucified for us, * and let
us pray Him that He account us all * worthy
of revering His Cross most precious, * and
of arriving uncondemned * at the bright
Resurrection. [SD]

Theotokion.

Mode 2. On the mountain.

Your Son stretched out immaculate *
hands and was nailed for our sake * onto
the Cross, the wood of which * we are now
venerating with faith, all-decorous Maiden.

φθάσαι πάνσεπτα Πάθη, καὶ τὴν λαμπράν,
καὶ κοσμοχαρμόσυνον προσκυνῆσαι, τοῦ
Πάσχα κυριώνυμον καὶ φωσφόρον ἡμέραν.

Οἱ Αἶνοι. Ἦχος γ'.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ
Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ
πρέπει ὕμνος τῷ Θεῷ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν
πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ
ὔδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ
ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς
ἐνετείλατο, καὶ ἐκτίσθησαν.

Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα
τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ
πᾶσαι ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα
καταιγίδος, τὰ ποιῶντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα
καὶ πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἐρπετὰ καὶ
πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ
πάντες κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ
νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη
τὸ ὄνομα αὐτοῦ μόνου.

* Grant to us peace, we pray you, * and the
world-saving, all-divine * Passion may we
attain; and may we adore * the resplendent
day when the world rejoices, * the shining
day that bears the name * of the Lord, namely
Pascha. [SD]

Lauds. Mode 3.

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

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

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

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

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

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

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

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

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

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

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

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

Ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρασ λαοῦ αὐτοῦ.

Ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι αὐτῷ.

Ἀσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς.

Τοῦ δεῖσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Οἰκτιρήχου ---

Στιχηρὰ Ἀναστάσιμα.

Στιχηρὸν Α'. Ἦχος γ'.

Τοῦ ποιῆσαι ἐν αὐτοῖς κρίμα ἐγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Δεῦτε πάντα τὰ ἔθνη, γνῶτε τοῦ φρικτοῦ μυστηρίου τὴν δύναμιν· Χριστὸς γὰρ ὁ Σωτὴρ ἡμῶν, ὁ ἐν ἀρχῇ Λόγος, ἐσταυρώθη δι' ἡμᾶς, καὶ ἐκὼν ἐτάφη, καὶ ἀνέστη ἐκ νεκρῶν, τοῦ σῶσαι τὰ σύμπαντα. Αὐτὸν προσκυνήσωμεν.

Στιχηρὸν Β'. Ἦχος γ'.

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἀγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Διηγῆσαντο πάντα τὰ θαυμάσια, οἱ φύλακές σου Κύριε, ἀλλὰ τὸ συνέδριον τῆς

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

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

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

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

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

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

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

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

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

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

From Octoechos ---

Resurrectional Stichera.

Sticheron 1. Mode 3.

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

O come, all you nations. Know the power of the awe-inspiring mystery. For Christ our Savior, the Logos who was in the beginning, voluntarily for us was crucified and buried, and He rose from the dead to save the universe. Let us worship Him. [SD]

Sticheron 2. Mode 3.

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

Those who guarded You reported all the marvelous events, O Lord. However the

ματαιότητος, πληρώσαν δώρων τὴν δεξιὰν αὐτῶν, κρύπτειν ἐνόμιζον τὴν ἀνάστασίν σου, ἣν ὁ κόσμος δοξάζει. Ἐλέησον ἡμᾶς.

Στιχηρὸν Γ'. Ἦχος γ'.

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Χαρᾶς τὰ πάντα πεπλήρωται, τῆς Ἀναστάσεως τὴν πεῖραν εἰληφότα. Μαρία γὰρ ἡ Μαгдаληνή, ἐπὶ τὸ μνήμα ἦλθεν, εὗρεν Ἄγγελον ἐπὶ τὸν λίθον καθήμενον, τοῖς ἱματίοις ἐξαστράπτοντα καὶ λέγοντα· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν, οὐκ ἔστιν ὧδε, ἀλλ' ἐγήγερται, καθὼς εἶπε, προάγων ἐν τῇ Γαλιλαίᾳ.

Στιχηρὸν Δ'. Ἦχος γ'.

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Ἐν τῷ φωτί σου Δέσποτα, ὁψόμεθα φῶς φιλάνθρωπε· ἀνέστης γὰρ ἐκ τῶν νεκρῶν, σωτηρίαν τῷ γένει τῶν ἀνθρώπων δωρούμενος, ἵνα σε πᾶσα κτίσις δοξολογῇ, τὸν μόνον ἀναμάρτητον. Ἐλέησον ἡμᾶς.

Τοῦ Σταυροῦ.

Τοῦ Τριωδίου ---

Ἦχος δ'. Ὡς γενναῖον ἐν Μάρτυσι.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Ἐν φωναῖς ἀλαλάζωμεν, ἐν ᾠδαῖς μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον, ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν· Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν τὰς ψυχὰς καὶ τὰ σώματα, τῇ δυνάμει σου, καὶ παντοίας ἐκ βλάβης ἐναντίων,

Sanhedrin of futility filled their hands with gifts, thinking that in this way they could hide Your resurrection, which the world glorifies. Have mercy on us. [SD]

Sticheron 3. Mode 3.

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

The universe was filled with joy in the experience of Your resurrection. Mary Magdalene came unto the tomb and found an Angel sitting upon the stone. With his garments flashing like lightning, he said to her, "Why do you seek among the dead the One who is alive? He is not here, but has risen as He said, and is going before you to Galilee." [SD]

Sticheron 4. Mode 3.

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

In Your light we will see light, O Master who loves humanity; for You have risen from the dead, and You granted salvation to the human race, so that all creation may glorify You, only sinless One. Have mercy on us. [SD]

For the Cross.

From Triodion ---

Mode 4. To a brave one.

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

Let us joyfully cry aloud, and in odes let us magnify * the all-precious Cross and salute it with a kiss. * And let us cry out to it and say, * O Cross ever-ven'erable, by the power you possess, * sanctify us in every way, soul and body too. * From all manner of injury

διατήρησον ἀτρώτους τοὺς εὐσεβῶς
προσκυνοῦντάς σε.

*Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις,
αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ.
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.*

Ἐν φωναῖς ἀλαλάζωμεν, ἐν ᾠδαῖς
μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον,
ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν·
Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν
τὰς ψυχὰς καὶ τὰ σώματα, τῇ δυνάμει
σου, καὶ παντοίας ἐκ βλάβης ἐναντίων,
διατήρησον ἀτρώτους τοὺς εὐσεβῶς
προσκυνοῦντάς σε.

Στίχ. Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ
προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Προσελθόντες ἀρύσατε, μὴ κενούμενα
νάματα, τοῦ Σταυροῦ τῇ χάριτι,
προερχόμενα, ἰδοὺ προκείμενον βλέποντες
τὸ Ἔξυλον τὸ ἅγιον, χαρισμάτων τὴν
πηγὴν ἀρδομένην τῷ Αἵματι καὶ τῷ ὕδατι
τοῦ Δεσπότου τῶν ὅλων, τοῦ ἐν τούτῳ,
ἐκουσίως ὑψωθέντος καὶ τοὺς βροτοὺς
ἀννυψώσαντος.

Στίχ. Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ
αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς
γῆς.

Ἐκκλησίας ἐδραῖωμα, βασιλέων
κραταῖωμα μοναζόντων καύχημα καὶ
διάσωμα, σὺ εἰ Σταυρὲ πανσεβάσμιε,
διὸ προσκυνοῦντές σε, καὶ καρδίας καὶ
ψυχὰς, φωτιζόμεθα σήμερον, θείᾳ χάριτι,
τοῦ ἐν σοὶ προσπαγέντος, καὶ τὸ κράτος,
τοῦ δολίου καθελόντος καὶ τὴν ἀρὰν
ἀφανίσαντος.

arising from our enemies preserve us * who
venerate in piety. [SD]

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

Let us joyfully cry aloud, and in odes let
us magnify * the all-precious Cross and salute
it with a kiss. * And let us cry out to it and
say, * O Cross ever-ven'erable, by the power
you possess, * sanctify us in every way, soul
and body too. * From all manner of injury
arising from our enemies preserve us * who
venerate in piety. [SD]

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

Come, believers, and faithfully * draw the
waters that never fail, * issuing abundantly
by the Cross's grace, * as we behold set before
us now * the wood of the holy tree, * yes,
the wellspring of the gifts * of the Spirit,
which is itself * watered by the blood * and
the water that issued from the Master who
was willingly exalted * thereon, exalting
humanity. [SD]

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

The support of the Church are you, * and
the strength of the emperors; * boast of the
monastics and their deliverance * are you, all-
ven'erable Cross of Christ. * And now as we
venerate * you today, our hearts and souls *
are illumined ineffably by the grace divine
* of the Lord who was nailed to you and
brought down * the dominion of the sly one, *
and who abolished the ancient curse. [SD]

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

Ἦχος πλ. δ'.

Τὴν ὑψηλόφρονα γνώμην τῶν
κακίστων Φαρισαίων ὁ πάντων Κύριος
παραβολικῶς ἐκφεύγειν ταύτην ἐδίδαξε
καὶ μὴ ὑψηλοφρονεῖν, παρ' ὃ δεῖ φρονεῖν,
πάντας ἐπαίδευσεν ὑπογραμμὸς καὶ τύπος
ὁ αὐτὸς γενόμενος, μέχρι Σταυροῦ καὶ
θανάτου, ἑαυτὸν ἐκένωσεν. Εὐχαριστοῦντες
οὖν σὺν τῷ Τελώνῃ εἰπώμεν, ὁ παθὼν
ὑπὲρ ἡμῶν καὶ ἀπαθὴς διαμείνας Θεὸς τῶν
παθῶν ἡμᾶς ῥῦσαι, καὶ σῶσον τὰς ψυχὰς
ἡμῶν.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Ὑπερευλογημένη ὑπάρχεις, Θεοτόκε
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,
ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται,
ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται,
ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς
ἐξωποιοήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως
εὐδοκήσας δόξα σοι.

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα
ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν
ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε,
προσκυνοῦμέν σε, δοξολογοῦμέν σε,
εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου
δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ
παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ
Χριστέ, καὶ Ἅγιον Πνεῦμα.

Glory. **From the Triodion.**

From Triodion - - -

Mode pl. 4.

To flee the high-minded opinion of the
Pharisees most wicked, the Lord of all things
taught us by way of parable, and instructed us
all not to think of ourselves more highly than
we ought. He Himself became our model and
example, having emptied Himself even unto
the Cross and death. In thanksgiving, then,
with the Publican let us say, "You endured the
Passion for us and yet remained dispassionate
God, from our sinful passions free us, and
grant salvation to our souls." [GKD]

From Octoechos - - -

Both now. **Theotokion.**

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

Great Doxology

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

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

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

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ
Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἁμαρτίαν
τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς
ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ
καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ
ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος
Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ
Πατρὸς. Ἀμήν.

Καθ' ἐκάστην ἡμέραν εὐλογῆσω σε καὶ
αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς
τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ,
ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν
Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ
δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς
αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς,
καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν
γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν
με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ κατέφυγον. Δίδαξόν με
τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός
μου.

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

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

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

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

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

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

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

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

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

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

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

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

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὁψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

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.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:

ΙΕΡΕΥΣ

Σοφία. Ὁρθοί.

Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

ΧΟΡΟΣ

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα. (δίς)

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:

PRIEST

Wisdom. Arise.

Mode 1.

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

CHOIR

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. (2)

ΙΕΡΕΥΣ

Τὸν Σταυρόν σου προσκυνοῦμεν,
Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν
δοξάζομεν.

ΧΟΡΟΣ

Τὸν Σταυρόν σου προσκυνοῦμεν,
Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν
δοξάζομεν. (δύς)

The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.

ΧΟΡΟΣ

Ἦχος β'.

Δεῦτε πιστοὶ τὸ ζωοποιὸν Ξύλον
προσκυνήσωμεν, ἐν ᾧ Χριστὸς ὁ Βασιλεὺς
τῆς δόξης ἐκουσίως χειρὰς ἐκτείνας
ὑψωσεν ἡμᾶς εἰς τὴν ἀρχαίαν μακαριότητα,
οὓς πρὶν ὁ ἐχθρὸς, δι' ἡδονῆς συλήσας,
ἐξορίστους Θεοῦ πεποίηκε. Δεῦτε πιστοὶ
Ξύλον προσκυνήσωμεν, δι' οὗ ἡξιώθημεν,
τῶν ἀοράτων ἐχθρῶν συντρίβειν τὰς κάρας.
Δεῦτε πᾶσαι αἱ πατριαὶ τῶν ἐθνῶν τὸν
Σταυρόν τοῦ Κυρίου ὕμνοις τιμήσωμεν.
Χαίροις Σταυρὲ τοῦ πεσόντος Ἀδὰμ ἡ
τελεία λύτρωσις, ἐν σοὶ οἱ πιστότατοι
Βασιλεῖς ἡμῶν καυχῶνται ὡς τῇ σῇ
δυνάμει, Ἰσραηλίτην λαόν, κραταιῶς
ὑποτάττοντες. Σὲ νῦν μετὰ φόβου,
Χριστιανοὶ ἀσπαζόμεθα, καὶ τὸν ἐν σοὶ
προσπαγέντα Θεὸν δοξάζομεν λέγοντες·
Κύριε ὁ ἐν αὐτῷ προσπαγείς, ἐλέησον ἡμᾶς
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Ἦχος πλ. δ'.

Σήμερον ὁ Δεσπότης τῆς Κτίσεως,
καὶ Κύριος τῆς δόξης, τῷ Σταυρῷ

PRIEST

We venerate Your Cross, O Master, and
we glorify Your Holy Resurrection. [GOA]

CHOIR

We venerate Your Cross, O Master, and
we glorify Your Holy Resurrection. (2)

The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.

CHOIR

Mode 2.

Come, O believers, let us venerate the
life-giving Cross. For Christ, the King of
glory, voluntarily extended His hands on it
and raised us up to the original blessedness,
after the enemy long ago had captured us
with the bait of pleasure, and caused us to
be exiled from God. Come, O believers, let
us venerate the Cross, by which we have
been granted to crush the skulls of our
invisible enemies. Come, all you families of
the Gentiles, let us sing hymns to honor the
Cross of the Lord. "We salute you, O Cross,
for you are the complete redemption of Adam
who had fallen. In you our most faithful
leaders boast, for by your power they have
mightily subdued the foreign enemy. Now we
Christians with fear and awe salute you with
a kiss, and we glorify God who was nailed to
you, and we say, 'O Lord, who were nailed to
the Cross, have mercy on us, for You are good
and You love humanity.'" [SD]

Mode pl. 4.

Today the Master of creation and Lord of
glory is nailed to the Cross and He is pierced

προσπῆγγνυται, καὶ τὴν πλευρὰν κεντᾶται·
 χολῆς καὶ ὄξους γεύεται, ὁ γλυκασμὸς
 τῆς Ἐκκλησίας· στέφανον ἐξ ἀκανθῶν
 περιβάλλεται, ὁ καλύπτων Οὐρανὸν
 τοῖς νέφεσι· χλαῖναν ἐνδύεται χλεύης,
 καὶ ῥαπίζεται πηλίνῃ χειρὶ, ὁ τῇ χειρὶ
 πλάσας τὸν ἄνθρωπον· τὸν νῶτον
 φραγγελοῦται, ὁ περιβάλλων τὸν Οὐρανὸν
 ἐν νεφέλαις· ἐμπτυσμοὺς καὶ μάστιγας
 δέχεται, ὀνειδισμοὺς καὶ κολαφισμούς, καὶ
 πάντα ὑπομένει, δι' ἐμὲ τὸν κατάκριτον, ὁ
 Λυτρωτὴς μου καὶ Θεός, ἵνα σώσῃ Κόσμον
 ἐκ πλάνης ὡς, εὐσπλαγχνος.

Δόξα. **Ἦχος πλ. δ'.**

Σήμερον ὁ ἀπρόσιτος τῇ οὐσίᾳ προσιτός
 μοι γίνεται, καὶ πάσχει πάθη, ἐλευθερῶν
 με τῶν παθῶν, ὁ φῶς παρέχων τυφλοῖς
 ὑπὸ ἀνόμων χειλέων ἐμπτύεται, καὶ
 δίδωσι τὸν νῶτον ὑπὲρ αἰχμαλώτων εἰς
 μάστιγας. Τοῦτον ἡ Ἀγνή καὶ Μήτηρ, ἐπὶ
 Σταυροῦ θεωροῦσα, ὀδυνηρῶς ἐφθέγγετο·
 οἴμοι Τέκνον ἐμόν! τί τοῦτο πεποίηκας;
 ὁ ὠραῖος κάλλει παρὰ πάντας βροτούς,
 ἄπνους ἄμορφος φαίνει, οὐκ ἔχων εἶδος
 οὐδὲ κάλλος· οἴμοι τὸ ἐμόν φῶς! οὐ δύναμαι
 ὑπνοῦντα καθορᾶν σε· τὰ σπλάγχνα
 τιτρώσκομαι καὶ δεινὴ μοι ῥομφαία τὴν
 καρδίαν διέρχεται. Ἀνυμνῶ σου τὰ Πάθη,
 προσκυνῶ σου τὸ εὐσπλαγχνον, μακρόθυμε
 Κύριε δόξα σοι.

Καὶ νῦν. **Ἦχος πλ. β'. Εἰρμολογικόν.**

Σήμερον τὸ προφητικὸν πεπλήρωται
 λόγιον· ἰδοὺ γὰρ προσκυνοῦμεν εἰς
 τὸν τόπον, οὗ ἔστησαν οἱ πόδες σου
 Κύριε, καὶ ξύλου σωτηρίας γευσάμενοι,
 τῶν ἐξ ἁμαρτίας παθῶν ἐλευθερίας

in the side. He tastes gall and vinegar, He
 who is the sweetness of the Church. He is
 crowned with a crown of thorns, He who
 covers the sky with clouds. He is dressed
 in a robe to be ridiculed, and He is smitten
 by a hand formed of clay, He who formed
 humanity with His own hand. He takes a
 flogging on the back, He who circles the sky
 with clouds. He takes the spitting and the
 whips, the beatings and the taunts; and He
 endures it all for me, who am condemned, in
 order so save the world from delusion, for He
 is compassionate, my Redeemer and my God.

[SD]

Glory. **Mode pl. 4.**

Today, He who is unapproachable in His
 essence becomes approachable to me; and
 He is suffering the Passion, thus freeing me
 from the passions. He who gives sight to the
 blind is spit on by lawless lips, and He takes
 a whipping on the back for the sake of us
 captives. When His pure Mother saw Him
 on the Cross, in pain she uttered, "Woe is me,
 my Child! Why have You done this! You who
 are more beautiful than all men, I see You not
 breathing, unsightly, without form or beauty.
 Woe is me, my Light! I cannot bear to see
 You sleeping. I am wounded to the core, and
 an awful sword is piercing my heart. I extol
 Your Passion, I worship Your compassion. O
 longsuffering Lord, glory to You!" [SD]

Both now. **Mode pl. 2. Heirmologic.**

Today the prophetic saying has been
 fulfilled. For, behold, we are worshipping in
 the place where Your feet stood, O Lord.
 And now that we have eaten from tree of
 salvation, we have obtained the freedom

ἐτύχομεν, πρεσβείαις τῆς Θεοτόκου, μόνε
φιλάνθρωπε.

*When the veneration is finished, the priest returns the
cross to the holy altar.*

ΧΟΡΟΣ

Σῶσον, Κύριε, τὸν λαόν σου καὶ
εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς
βασιλεῦσι κατὰ βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

ἤ·

ᾠχος δ'. (ἡ τῆς ἐβδομάδος.)

Σήμερον σωτηρία τῷ κόσμῳ γέγονεν.
Ἄισωμεν τῷ ἀναστάντι ἐκ τάφου καὶ
ἀρχηγῷ τῆς ζωῆς ἡμῶν· καθελὼν γὰρ τῷ
θανάτῳ τὸν θάνατον, τὸ νίκος ἔδωκεν ἡμῖν,
καὶ τὸ μέγα ἔλεος.

from the passions that come from sin, by the
intercessions of the Theotokos, O only Lord
who loves humanity. [SD]

*When the veneration is finished, the priest returns the
cross to the holy altar.*

CHOIR

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

or:

Mode 4. (or the Mode of the week)

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