

Μηνναῖον - ΤΗΙ ΙΓ' ΑΠΡΙΛΙΟΥ

Τριώδιον

ΤΩΙ ΣΑΒΒΑΤΩΙ τῆς Ε' ΕΒΔΟΜΑΔΟΣ
τῶν ΝΗΣΤΕΙΩΝ

ΛΕΙΤΟΥΡΓΙΑ

Ἀντίφωνον Α'. Ἦχος β'.

Στίχ. α'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ
ἅγιον αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. β'. Εὐλόγει, ἡ ψυχὴ μου, τὸν
Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς
ἀνταποδόσεις αὐτοῦ.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Στίχ. γ'. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε
τὸν θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ
πάντων δεσπόζει.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Menaion - April 13

Triodion

Saturday of the Fifth Week of Lent

LITURGY

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Antiphon I. Mode 2.

Verse 1: Bless the Lord, O my soul, and
everything within me, bless His holy name. [SAAS]

Through the intercessions of the
Theotokos, Savior, save us. [GOA]

Verse 2: Bless the Lord, O my soul, and
forget not all His rewards. [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

Verse 3: The Lord prepared His throne in
heaven, and His Kingdom rules over all. [SAAS]

Through the intercessions of the
Theotokos, Savior, save us.

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

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

Through the intercessions of the
Theotokos, Savior, save us.

Ἀντίφωνον Β'. Ἦχος β'.

Στίχ. α'. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον·
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ τῷ Θεῷ
μου ἕως ὑπάρχω.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. β'. Μακάριος οὗ ὁ Θεὸς Ἰακώβ
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ Κύριον τὸν
Θεὸν αὐτοῦ.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Στίχ. γ'. Βασιλεύσει Κύριος εἰς τὸν
αἰῶνα, ὁ Θεός σου, Σιών, εἰς γενεὰν καὶ
γενεάν.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἐν ἁγίοις
θαυμαστός, ψάλλοντάς σοι, Ἀλληλούϊα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

Ὁ Μονογενὴς Υἱὸς καὶ Λόγος τοῦ Θεοῦ,
ἀθάνατος ὑπάρχων καὶ καταδεξάμενος διὰ
τὴν ἡμετέραν σωτηρίαν σαρκωθῆναι ἐκ τῆς
ἁγίας Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
ἀτρέπτως ἐνανθρωπήσας, σταυρωθεὶς τε,
Χριστὲ ὁ Θεός, θανάτῳ θάνατον πατήσας,
εἰς ὧν τῆς Ἁγίας Τριάδος, συνδοξαζόμενος
τῷ Πατρὶ καὶ τῷ Ἁγίῳ Πνεύματι, σῶσον
ἡμᾶς.

Antiphon II. Mode 2.

Verse 1: Praise the Lord, O my soul! I shall
praise the Lord while I live; I shall sing to my God
as long as I exist. [SAAS]

Save us, O Son of God, Who are
wondrous in Your saints. We sing to You,
Alleluia. [GOA]

Verse 2: Blessed is he whose help is the God
of Jacob; his hope is in the Lord his God. [SAAS]

Save us, O Son of God, Who are
wondrous in Your saints. We sing to You,
Alleluia.

Verse 3: The Lord shall reign forever; your
God, O Zion, to all generations. [SAAS]

Save us, O Son of God, Who are
wondrous in Your saints. We sing to You,
Alleluia.

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

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

Only begotten Son and Logos of God,
being immortal, You condescended for
our salvation to take flesh from the holy
Theotokos and ever-virgin Mary and, without
change, became man. Christ, our God, You
were crucified and conquered death by death.
Being one of the Holy Trinity, glorified with
the Father and the Holy Spirit: Save us. [GOA]

Ἀντίφωνον Γ'. Ἦχος πλ. δ'. Ψαλμὸς 44.

Στίχ. α'. Ἀκουσον, θύγατερ, καὶ ἴδε καὶ κλῖνον τὸ οὖς σου καὶ ἐπιλάθου τοῦ λαοῦ σου καὶ τοῦ οἴκου τοῦ πατρός σου.

Στίχ. β'. Τὸ πρόσωπόν σου λιτανεύσουσιν οἱ πλούσιοι τοῦ λαοῦ.

Στίχ. γ'. Μνησθήσομαι τοῦ ὀνόματός σου ἐν πάσῃ γενεᾷ καὶ γενεᾷ.

Ἀπολυτίκιον. Τῆς Θεοτόκου.

Ἦχος πλ. δ'. Ἀυτόμελον.

Τὸ προσταχθὲν μυστικῶς, λαβὼν ἐν γνώσει, ἐν τῇ σκηνῇ τοῦ Ἰωσήφ, σπουδῇ ἐπέστη, ὁ Ἀσώματος λέγων τῇ Ἀπειρογάμῳ ὁ κλίνας τῇ καταβάσει τοὺς οὐρανοὺς, χωρεῖται ἀναλλοιώτως ὅλος ἐν σοί. Ὁν καὶ βλέπων ἐν μήτρᾳ σου, λαβόντα δούλου μορφὴν, ἐξίσταμαι κραυγάζειν σοι χαῖρε, Νύμφη ἀνύμφευτε!

Antiphon III. Mode pl. 4. Psalm 44.

Verse 1: Listen, O daughter, behold and incline your ear, and forget your people and your father's house. [SAAS]

Verse 2: The rich among the people shall entreat your favor. [SAAS]

Verse 3: I will remember your name from generation to generation. [SAAS]

Apolytikion. For the Theotokos.

Mode pl. 4. Automelon.

When he perceived what had secretly been ordered, * to the abode of Joseph urgently reported * the unbodied one saying unto the Unwedded: * "The Lord who has bowed the heavens in His descent, * in you is contained completely and without change; * and beholding Him in your womb * taking the form of a slave, * astounded I cry out to you: * Rejoice, O unwedded Bride." [SD]

*Ἡ, ἀντὶ τῶν Ἀντιφώνων, κατὰ τὸ τυπικόν,
ψάλλονται τὰ Τυπικά καὶ οἱ Μακαρισμοί.*

Ψαλμὸς 102.

Ψαλμὸς 145.

Οἱ Μακαρισμοί.

Ἦχος δ'.

Ἐν τῇ Βασιλείᾳ σου μνήσθητι ἡμῶν
Κύριε, ὅταν ἔλθῃς ἐν τῇ Βασιλείᾳ σου.
Μακάριοι οἱ πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν
ἐστὶν ἡ Βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ
παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ
κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν
δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Ὁ Κανὼν τοῦ Ἀκαθίστου

Ὡιδὴ γ'. Ἦχος δ'. Τὸν σοὺς ὑμνολόγους.

Τοῦ Τριωδίου ---

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ
ἐλεηθήσονται.

Στάχυν ἡ βλαστήσασα τὸν θεῖον, ὡς
χώρα ἀνήροτος σαφῶς, χαῖρε ἔμψυχε
τράπεζα, ἄρτον ζωῆς χωρήσασα, χαῖρε τοῦ
ζῶντος ὕδατος, πηγὴ ἀκένωτος Δέσποινα.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ
τὸν Θεὸν ὄψονται.

Δάμαλις τὸν μόσχον ἢ τεκοῦσα, τὸν
ἄμωμον, χαῖρε τοῖς πιστοῖς, χαῖρε ἀμνάς
κύήσασα, Θεοῦ ἀμνὸν τὸν αἶροντα, κόσμου
παντὸς τὰ πταίσματα, χαῖρε θερμὸν
ἱλαστήριον.

*An optional alternative to the Antiphons are the Typika
(Psalms 102 and 145), and the Beatitudes with the appointed
troparia, which are provided here.*

Psalm 102.

Psalm 145.

The Beatitudes.

Mode 4.

In Your kingdom. Remember us, O Lord,
when You come in Your kingdom. Blessed are
the poor in spirit, for theirs is the kingdom of
heaven [RSV]

Blessed are those who mourn, for they
shall be comforted. [RSV]

Blessed are the meek, for they shall inherit
the earth. [RSV]

Blessed are those who hunger and thirst
for righteousness, for they shall be satisfied.

[RSV]

The Canon of the Akathist

Ode iii. Mode 4. Establish your servants.

From Triodion ---

Blessed are the merciful, for they shall obtain
mercy. [RSV]

Rejoice, blessed Virgin! You have borne
Christ, * the Wheat that came forth from land
unploughed. * The Table symbolizes you, *
who held the Lord, the Bread of life. * Rejoice,
O never empty well * of living water, O Bride
of God! [SD]

Blessed are the pure in heart, for they shall see
God. [RSV]

For us the believers you have mothered
* the unblemished Bull, the Lamb of God,
* who takes away the sins of the world; *
we therefore call you Heifer and Ewe. *

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ Υἱοὶ
Θεοῦ κληθήσονται.

Ὁρθρος φαεινὸς χαῖρε ἡ μόνη,
τὸν Ἥλιον φέρουσα Χριστόν, φωτὸς
κατοικητήριον, χαῖρε τὸ σκότος λύσασα,
καὶ τοὺς ζοφώδεις δαίμονας, ὀλοτελῶς
ἐκμειώσασα.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν
δικαιοσύνης, ὅτι αὐτῶν ἐστὶν ἡ Βασιλεία τῶν
οὐρανῶν.

Χαῖρε πύλη μόνη ἦν ὁ Λόγος, διώδευσε
μόνος ἡ μοχλούς, καὶ πύλας Ἰδου
Δέσποινα, τῷ τόκῳ σου συντρίψασα, χαῖρε ἡ
Θεία εἴσοδος, τῶν σωζομένων πανύμνητε.

Ὁ Κανὼν τοῦ Ἀκαθίστου

Τοῦ Τριωδίου ---

Ὡδὴ Γ'. Ἦχος δ'. Τὴν Θεῖαν ταύτην.

Μακάριοι ἐστὲ ὅταν ὀνειδίσωσιν ὑμᾶς,
καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα
καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

Παστὰς τοῦ Λόγου ἀμόλυντε, αἰτία τῆς
τῶν πάντων θεώσεως, χαῖρε Πανάχραντε,
τῶν Προφητῶν περιήχημα, χαῖρε τῶν
Ἀποστόλων, τὸ ἐγκαλλώπισμα.

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς
ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Ἐκ σοῦ ἡ δρόσος ἀπέσταξε, φλογμὸν
πολυθείας ἡ λύσασα ὅθεν βοῶμέν σοι
Χαῖρε, ὁ πόκος ὁ ἔνδρσοος, ὃν Γεδεὼν
Παρθένε, προεθεάσατο.

Rejoice! You are the Mercy Seat, * from which
forgiveness has come to us. [SD]

*Blessed are the peacemakers, for they shall be
called sons of God. [RSV]*

Christ the Sun of Righteousness has risen
* from you, Bride of God and shining Dawn.
* Rejoice, for as the dwelling place * of Him
who is the Light of the world, * you drove
away the night of sin, * and darkest demons
now fade away. [SD]

*Blessed are those who are persecuted for
righteousness' sake, for theirs is the kingdom of
heaven. [RSV]*

The East Gate, through which the Prince
alone went, * prefigured your body; for the
Lord * alone came forth from you. Rejoice!
* Your Son has shattered Hades' gates. *
Rejoice, all-lauded and divine * gateway of
those who are being saved! [SD]

The Canon of the Akathist

From Triodion ---

Ode vi. Mode 4. O godly-minded believers.

*Blessed are you when men revile you and
persecute you and utter all kinds of evil against
you falsely [for my sake]. [RSV]*

O bridal chamber of God the Word, * we
credit the theosis of all to you. O Virgin pure,
rejoice! * The Prophets' echoing prophecies, *
fulfilled in you, adorned what Apostles then
proclaimed. [SD]

*Rejoice and be glad, for your reward is great
in heaven. [RSV]*

The fleece upon which alone the dew *
for Gideon dripped down once prefigured
you, to whom we sing: Rejoice! * From you,

Δόξα.

Ἴδού σοι Χαῖρε κραυγάζομεν· λιμὴν ἡμῖν
γενοῦ θαλαττεύουσι καὶ ὀρμητήριον, ἐν τῷ
πελάγει τῶν θλίψεων, καὶ τῶν σκανδάλων
πάντων, τοῦ πολεμήτορος.

Καὶ νῦν.

Χαρᾶς αἰτία χαρίτωσον, ἡμῶν τὸν
λογισμὸν τοῦ κραυγάζειν σοι· Χαῖρε ἡ
ἄφλεκτος βάτος· νεφέλη Ὀλόφωτε, ἡ τοὺς
πιστοὺς ἀπαύστως, ἐπισκιάζουσα.

O Virgin, did Christ come forth * as healing
Dew, extinguishing pagan passions all. [SD]

Glory.

Behold, we greet you and sing: Rejoice!
* As we are tossed about on the stormy sea
of life's adversities * and all the snares of our
enemy, * become for us the port and Fair
Haven we desire. [SD]

Both now.

O cause of joy, you inspire us * to call you
unconsumed burning bush and shining pillar
of a cloud, * because the Lord was in you as
well. * You always guard the faithful, who
sing to you: Rejoice! [SD]

Εἰσοδικόν. Ἦχος β'.

Δεῦτε προσκυνήσωμεν καὶ
προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ
Θεοῦ, ὁ ἐν ἁγίοις θαυμαστός, ψάλλοντάς
σοι, Ἀλληλουῖα.

**Ὑμνοι μετὰ τὴν Μικρὰν Εἴσοδον
Ἀπολυτίκιον.**

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. Αὐτόμελον.

Τὸ προσταχθὲν μυστικῶς, λαβὼν ἐν
γνώσει, ἐν τῇ σκηνῇ τοῦ Ἰωσήφ, σπουδῇ
ἐπέστη, ὁ Ἀσώματος λέγων τῇ Ἀπειρογάμῳ·
ὁ κλίνας τῇ καταβάσει τοὺς οὐρανοὺς,
χωρεῖται ἀναλλοιώτως ὅλος ἐν σοί. Ὁν καὶ
βλέπων ἐν μήτρᾳ σου, λαβόντα δούλου
μορφὴν, ἐξίσταμαι κραυγάζειν σοι χαῖρε,
Νύμφη ἀνύμφευτε!

Κοντάκιον.

Ἦχος πλ. δ'. Αὐτόμελον.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε.
Ἀλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον,
Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,
Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

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

Entrance Hymn. Mode 2.

Come, let us worship and bow down
before Christ. Save us, O Son of God, Who
are wondrous in Your saints. We sing to You,
Alleluia. [GOA]

**Hymns After the Small Entrance.
Apolytikion.**

From Triodion ---

Mode pl. 4. Automelon.

When he perceived what had secretly
been ordered, * to the abode of Joseph
urgently reported * the unbodied one saying
unto the Unwedded: * "The Lord who has
bowed the heavens in His descent, * in you is
contained completely and without change; *
and beholding Him in your womb * taking the
form of a slave, * astounded I cry out to you: *
Rejoice, O unwedded Bride." [SD]

Kontakion.

Mode pl. 4. Automelon.

O Champion General, I your City now
inscribe to you
Triumphant anthems as the tokens of my
gratitude,
Being rescued from the terrors, O Theotokos.
Inasmuch as you have power unassailable,
From all kinds of perils free me, so that unto
you
I may cry aloud: Rejoice, O unwedded Bride.
[SD]

THE TRISAGION HYMN

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

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

Ὁ Ἀπόστολος

Τῆς Θεοτόκου.

Προκείμενον. Ἦχος γ'. Ὡδὴ Ἐνάτη.

Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον καὶ
ἠγαλλίασε τὸ πνεῦμά μου.

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν
τῆς δούλης αὐτοῦ.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

9:1-7

Ἀδελφοί, εἶχεν ἡ πρώτη σκηνὴ
δικαιώματα λατρείας τό τε Ἅγιον
κοσμικόν. Σκηνὴ γὰρ κατεσκευάσθη ἡ
πρώτη ἐν ᾗ ἡ τε λυχνία καὶ ἡ τράπεζα
καὶ ἡ πρόθεσις τῶν ἄρτων, ἣτις λέγεται
Ἅγια. Μετὰ δὲ τὸ δεύτερον καταπέτασμα
σκηνὴ ἡ λεγομένη Ἅγια Ἁγίων, χρυσοῦν
ἔχουσα θυμιατήριον καὶ τὴν κιβωτὸν τῆς
διαθήκης περικεκαλυμμένην πάντοθεν
χρυσίῳ, ἐν ᾗ στάμνος χρυσῆ ἔχουσα τὸ
μάννα καὶ ἡ ῥάβδος Ἀαρὼν ἡ βλαστήσασα
καὶ αἱ πλάκες τῆς διαθήκης, ὑπεράνω δὲ
αὐτῆς Χερουβὶμ δόξης κατασκιάζοντα
τὸ ἱλαστήριον· περὶ ὧν οὐκ ἔστι νῦν
λέγειν κατὰ μέρος. Τούτων δὲ οὕτω
κατεσκευασμένων εἰς μὲν τὴν πρώτην
σκηνὴν διὰ παντὸς εἰσίσιασιν οἱ ἱερεῖς τὰς
λατρείας ἐπιτελοῦντες, εἰς δὲ τὴν δευτέραν
ἅπαξ τοῦ ἐνιαυτοῦ μόνος ὁ ἀρχιερεὺς, οὐ
χωρὶς αἵματος, ὃ προσφέρει ὑπὲρ ἑαυτοῦ
καὶ τῶν τοῦ λαοῦ ἀγνοημάτων.

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.

The Epistle

For the Theotokos.

Prokeimenon. Mode 3. Ode ix.

My soul magnifies the Lord, and my spirit
rejoices in God my Savior. [RSV]

Verse: For he has regarded the low estate of
his handmaiden. [RSV]

The reading is from Paul's Letter to the
Hebrews.

9:1-7

Brethren, the first covenant had
regulations for worship and an earthly
sanctuary. For a tent was prepared, the outer
one, in which were the lamp stand and the
table and the bread of the Presence; it is called
the Holy Place. Behind the second curtain
stood a tent called the Holy of Holies, having
the golden altar of incense and the ark of
the covenant covered on all sides with gold,
which contained a golden urn holding the
manna, and Aaron's rod that budded, and
the tables of the covenant; above it were the
cherubim of glory overshadowing the mercy
seat. Of these things we cannot now speak in
detail. These preparations having thus been
made, the priests go continually into the outer
tent, performing their ritual duties; but into
the second only the high priest goes, and he
but once a year, and not without taking blood
which he offers for himself and for the errors
of the people. [RSV]

Ἀλληλούϊα. Ἦχος πλ. δ'. Ψαλμὸς 131.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Ἀνάστηθι, Κύριε, εἰς τὴν
ἀνάπαυσίν σου.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Ὡμοσε Κύριος τῷ Δαυΐδ
ἀλήθειαν καὶ οὐ μὴ ἀθετήσῃ αὐτήν.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τὸ Εὐαγγέλιον

Τῆς Θεοτόκου.

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

α' 39-49, 56

Ἐν ταῖς ἡμέραις ἐκείναις ἀναστᾶσα
Μαριὰμ ἐπορεύθη εἰς τὴν ὄρεινὴν μετὰ
σπουδῆς εἰς πόλιν Ἰούδα, καὶ εἰσῆλθεν
εἰς τὸν οἶκον Ζαχαρίου καὶ ἡσπάσατο
τὴν Ἑλισάβετ. καὶ ἐγένετο ὡς ἤκουσεν
ἡ Ἑλισάβετ τὸν ἀσπασμὸν τῆς Μαρίας,
ἐσκίρτησεν τὸ βρέφος ἐν τῇ κοιλίᾳ αὐτῆς·
καὶ ἐπλήσθη Πνεύματος ἁγίου ἡ Ἑλισάβετ
καὶ ἀνεφώνησε φωνῇ μεγάλη καὶ εἶπεν·
Εὐλογημένη σὺ ἐν γυναιξί καὶ εὐλογημένος
ὁ καρπὸς τῆς κοιλίας σου. καὶ πόθεν μοι
τοῦτο ἵνα ἔλθῃ ἡ μήτηρ τοῦ Κυρίου μου
πρὸς μέ; ἰδοὺ γὰρ ὡς ἐγένετο ἡ φωνὴ τοῦ
ἀσπασμοῦ σου εἰς τὰ ὦτά μου, ἐσκίρτησεν
τὸ βρέφος ἐν ἀγαλλιάσει ἐν τῇ κοιλίᾳ
μου. καὶ μακαρία ἡ πιστεύσασα ὅτι ἔσται
τελείωσις τοῖς λελαλημένοις αὐτῇ παρὰ
Κυρίου. Καὶ εἶπε Μαριὰμ· Μεγαλύνει ἡ
ψυχὴ μου τὸν Κύριον καὶ ἡγαλλίασε τὸ
πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου, ὅτι
ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης
αὐτοῦ. ἰδοὺ γὰρ ἀπὸ τοῦ νῦν μακαριοῦσί με
πᾶσαι αἱ γενεαί. ὅτι ἐποίησέ μοι μεγάλα ὁ
δυνατός καὶ ἅγιον τὸ ὄνομα αὐτοῦ, ἔμεινε

Alleluia. Mode pl. 4. Psalm 131.

Alleluia. Alleluia. Alleluia.

Verse 1: Arise, O Lord, into Your rest. [SAAS]

Alleluia. Alleluia. Alleluia.

Verse 2: The Lord swore to David this truth,
and He shall not reject it. [SAAS]

Alleluia. Alleluia. Alleluia.

The Gospel

For the Theotokos.

The reading is from the Holy Gospel
according to Luke.

1:39-49, 56

In those days, Mary arose and went with
haste into the hill country, to a city of Judah,
and she entered the house of Zacharias and
greeted Elizabeth. And when Elizabeth heard
the greeting of Mary, the babe leaped in her
womb; and Elizabeth was filled with the
Holy Spirit and she exclaimed with a loud
cry, "Blessed are you among women, and
blessed is the fruit of your womb! And why is
this granted me, that the mother of my Lord
should come to me? For behold, when the
voice of your greeting came to my ears, the
babe in my womb leaped for joy. And blessed
is she who believed that there would be a
fulfillment of what was spoken to her from
the Lord." And Mary said, "My soul magnifies
the Lord, and my spirit rejoices in God my
Savior, for he has regarded the low estate of
his handmaiden. For behold, henceforth all
generations will call me blessed; for he who
is mighty has done great things for me, and
holy is his name." And Mary remained with
her about three months, and returned to her
home. [RSV]

δὲ Μαριὰμ σὺν αὐτῇ ὥσεὶ μῆνας τρεῖς καὶ
ὑπέστρεψεν εἰς τὸν οἶκον αὐτῆς.

Ὕμνος εἰς τὴν Θεοτόκον.

Ὡδὴ θ'. Καταβασία. Ἦχος δ'.

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι
λαμπαδουχούμενος, πανηγυρίζετω δέ,
αὔλων Νόων φύσις γεραίρουσα, τὰ ἱερὰ
θαυμάσια τῆς Θεομήτορος, καὶ βοάτω·
Χαίροις παμμακάριστε, Θεοτόκε Ἀγνή
ἀειπάρθενε.

Κοινωνικόν. Ψαλμὸς 115.

Ποτήριον σωτηρίου λήψομαι καὶ τὸ
ὄνομα Κυρίου ἐπικαλέσομαι. Ἀλληλούϊα.

Ὕμνος μετὰ τὴν Θ. Κοινωνίαν.

Ἦχος β'.

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν
Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθεῖ,
ἀδιαίρετον Τριάδα προσκυνοῦντες· αὕτη
γὰρ ἡμᾶς ἔσωσεν.

ΑΠΟΛΥΣΙΣ

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, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφήμεων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακείμ καὶ Ἀννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Hymn to the Theotokos.

Ode ix. Katavasia. Mode 4.

All you born on earth, * with festival
lamps in hand, in spirit leap for joy; * and
all you the heavenly angelic orders, join in
and celebrate; * and honoring the sacred
wonders of the Mother of God, * sing the
joyful salutation, "O rejoice, * Theotokos, all-
blest, ever-virgin pure!" [SD]

Communion Hymn. Psalm 115.

I will take up the cup of salvation, and call
upon the name of the Lord. Alleluia. [SAAS]

Hymn after Holy Communion.

Mode 2.

We have seen the true light; we have
received the heavenly Spirit; we have found
the true faith, worshiping the undivided
Trinity, for the Trinity has saved us. [GOA]

THE DISMISSAL

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

Κανόνας Νηστείας

Κατάλυσις οίνου καὶ ἐλαίου.

Εἶναι Σαββατοκύριακο τῆς Μ. Τεσσαρακοστῆς.

Fasting Rule

Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.

It is Saturday or Sunday in Lent.