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The Service of Matins

for Wednesday, April 10, 2019

**Triodion - Mode 4.
on Wednesday Morning**

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

**Menaion - April 10
Memory of the Holy Martyrs Terence, Pompey, Maximus,
Makarios, Africanus, and those with them**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode 4. On Wednesday Morning

On Wednesday of the Fifth Week at
Matins

Menaion - April 10

Memory of the Holy Martyrs Terence,
Pompey, Maximus, Makarios, Africanus, and
those with them

MATINS

CHOIR

Mode 4.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

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

Alleluia. Alleluia. Alleluia.

From Horologion - - -

Triadic Hymns

Mode 4.

Like the Cherubim we dare to glorify the
unoriginate Father, and You, O Christ God,
and Your all-holy Spirit, and we say: Holy,
holy, holy are You our God. By the power of
Your Cross save us. [SD]

Glory.

Now like the order of Angels in heaven,
and the ranks of people on earth, with we
offer You a hymn of victory, O good One.
Holy, holy, holy are You our God. By the
intercessions of the Saints save us. [SD]

Both now.

We mortals dare to offer You the hymn of
Your noetic ministers, and we say: Holy, holy,
holy are You our God. Through the Theotokos
have mercy on us. [SD]

*The appointed Kathisma of the Psalter may be read,
i.e. Kathisma 20. There is no litany, but immediately the
following:*

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For the Cross.

Mode 4.

You ransomed us from the curse of the
Law by Your precious Blood. You were nailed
to the Cross, and You were pierced with a
spear, and You gushed forth immortality for
humanity. Our Savior, glory to You! [SD]

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

Mode 4. Automelon.

Come quickly, O Lord, and prevent us
from being enslaved * to foes who speak
blasphemies against You, Christ our God, *
and boastingly threaten us. * Annihilate by the
power * of Your Cross those who fight us. *
Let them know how the faith of the Orthodox
has power, * accepting Your Mother's prayers
for us in Your love of man. [SD]

Glory. Both now. **Stavrotheotokion.**

Mode 4. *Come quickly.*

O Mother of Christ our God, all-blameless Virgin most pure, * as Symeon told, a sword pierced through your all-holy soul * when you saw your Son and God * crucified by transgressors of His own will, O Lady. * Cease not to importune Him, * that He grant the forgiveness * of failings to us your servants, * O only most-blessed one. [SD]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

For You, O God, are good and love mankind, and to You we offer glory, to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages.

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode pl. 4.

Sinfully Adam ate from the tree, and reaped in bitterness the fruits of his greed; but Thou wast lifted on the Tree, O merciful Lord,

and hast delivered him from his grievous condemnation. Therefore we raise our cry to Thee: Grant us, Master, to abstain from the fruit that brings corruption, and to do Thy will, that we may receive Thy mercy. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4.

O holy Virgin, Christ took flesh from thy pure womb and was born from thee in ways beyond our understanding; seeing Him hang between two evildoers on the Cross, thy heart was filled with anguish, and with a mother's grief thou hast cried out: 'Woe is me, my Child! What is this divine and ineffable act of Thy loving providence, whereby Thou hast restored to life Thy creature? I sing the praises of Thy deep compassion.' [KW]

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

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

CHOIR

From Triodion - - -

Kathisma III. From the Triodion.

Mode 2.

Singing the praises of the most holy Wood of the Cross, we ever venerate Thy boundless love, O Christ our God. For through the Cross Thou hast put to shame the hosts of the enemy, and hast given a sign to those that set their trust in Thee. Therefore in thanksgiving we cry aloud to Thee: Grant that with good courage and in peace we may all complete the time of the Fast. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode 2.

When the Ewe-Lamb saw the innocent Shepherd hanging on the Wood, with a mother's grief she cried aloud: 'O my Son, Thou hast spread out a cloud for Thy people as they journeyed through the wilderness, but with ingratitude they have condemned Thee to death. Woe is me! I have no husband, and now I have no Child. But, arise, O Sun, and let Thy light shine forth; and I shall be glorified among the children of mortal men.' [KW]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalms 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be

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

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us

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

CHOIR

Lord, have mercy. **(12)**

PRIEST

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

(Amen.)

From Menaion ---

CHOIR

Canon for the Saints.

Ode i. Mode pl. 4. Heirmos.

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

Of old when the Israelite had crossed * the watery passage as if over a tract of land, * fleeing from the misery of Egypt, * he cried: "To God our Redeemer, O let us sing." **[SD]**

Troparia.

Saints of God, intercede for us.

O sacred team of famous medaled Athletes, earnestly entreat Christ, the Lord who has many mercies, to diminish my many wicked deeds, so that I may honor and extol your memory. **[SD]**

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

O medaled Athletes, you offered yourselves as a living sacrifice to the Giver of Life, and you would not show honor to lifeless gods, for you worshiped the true and living God. **[SD]**

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

When the forty Athletes preached the Logos in the stadium, they annulled the decree that was hateful to God, who became incarnate to save the world from its irrationality. **[SD]**

Glory.

The wise Martyrs were preserved by divine love, and they were moved to righteous

wrath. Thus they bravely resisted the mindless wrath of the ungodly tyrant. [SD]

Both now. **Theotokion.**

O all-lauded Virgin, all-holy Lady, I extol you, for only you gave God a body from your precious blood, and you gave birth to Him, wondrously and ineffably. [SD]

From Menaion - - -

Canon for the Saints.

Ode iii. Mode pl. 4. Heirmos.

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

Lord, You are the firm support * of those who have recourse unto You. You are the light * of those who are benighted. * And my spirit sings praise to You. [SD]

Troparia.

Saints of God, intercede for us.

The Athletes competed mightily, when they proclaimed the Lord before tyrants with their sacred mouths. [SD]

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

The Athletes competed mightily, when they proclaimed the Lord before tyrants with their sacred mouths. [SD]

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

The Athletes were of one mind. They trampled the deceitful error of paganism, and they chose to die for Christ. [SD]

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

The team of Athletes, who together with the St. Terence were bound for Christ's sake, broke the bonds of vanity. [SD]

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

Theotokion.

O pure Mother, who conceived the surpassingly good Lord, save me and end the turbulence in my soul. [SD]

(read)

Intermediate Verses of Ode Three.

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

[SAAS]

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

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

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

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

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode iii. Mode pl. 4.

(NM) *O Lord, Thou Builder.*

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

Stretching out Thine hands upon the Cross, O just Judge, Thou hast condemned the enmity that separated man from God; and now save me the prodigal condemned by my sins, for I have provoked Thee, O longsuffering Saviour. [KW]

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

As the beasts I have desired a way of life that inflames the passions; I have departed far from Thy commandments, loving Saviour, and have become the servant of alien and unclean citizens. But now I turn back to Thee: accept me and save me. [KW]

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

As once Thou hast opened the ears and loosed the tongue of the man with an impediment in his speech, open now the ears of my soul that is grown deaf in its understanding, and count it worthy to hear Thy saving word, O Jesus who alone lovest mankind. [KW]

Verse: Only let the one who boasts boast in this: to understand and to know the Lord and to do

justice and righteousness in the midst of the earth.

[SAAS]

Theotokion.

All-holy Lady, Gate of salvation, Bridge to God, Protector of Christians, pilot me on my way, O Virgin, for I am beset by the troubles of this life and tossed to and fro. [KW]

Canon 2 from the Triodion.

Ode iii. Mode 2. (NM)

O God, the husbandman.

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

[SAAS]

In Thy tender love Thou hast mounted on the Cross, O Christ, and drawn me up from the pit of the passions, raising me to heaven.

[KW]

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

Stretching out Thy hands upon the Cross, O Christ, Thou hast embraced all the nations that were far from Thee, and hast brought them close to Thy dominion. [KW]

Glory. **For the Trinity.**

Unity in three Persons, Trinity supreme in Essence, one Godhead, Father, Son and Spirit of righteousness, save those who honour Thee.

[KW]

Both now. **Theotokion.**

Who among those born on earth can praise thee as is right, O Virgin Mother? For thou alone wast chosen among women, and art blessed by all. [KW]

Glory to You, our God, glory to You.

For my sake, who have provoked Thee by my disobedience, Thou wast lifted up on the

Cross, O Jesus, and Thy side was pierced and
Thou hast tasted gall. [KW]

Heirmos (NM). Mode 2.

O God, the husbandman of all good trees
and fruit, make fruitful my barren mind in
Thy compassion. [KW]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

Mode pl. 4. N/M (By conceiving the wisdom.)

The Martyr Athletes dyed purple robes
for themselves with their own blood; and
beautifully bearing the marks, and shining
with the light of the tri-solar light, they offered
themselves to Christ, while they illumine us
who call them blest. Therefore, as we observe
their luminous and solemn memory, we
receive cures and healings as gifts from them.
Let us cry out to them in faith: "O brave Saints,

intercede with Christ, to grant forgiveness to
us who honor you and who faithfully keep
your splendid memory." [SD]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4. N/M (By conceiving the wisdom.)

"The chorus of Your Disciples is hiding
in fear, and Your acquaintances stand far
off now. I am alone as I am overcome and
pricked by sorrow at You unjust slaughter,
my Son." So the Virgin spoke, as she tore
her hair. Come, all creation, tremble now,
and commiserate with the Lord's Mother,
and lament with her. With fear cry out:
"Glory to You, Maker of all, for You suffer
voluntarily, O most benevolent Lord, and You
are willingly crucified to save humanity." [SD]

From Menaion - - -

Canon for the Saints.

Ode iv. Mode pl. 4. Heirmos.

Verse: Glory to Your strength, O Lord.

I have heard the report, O Lord, * of Your
incarnation, which is a mystery. * I considered
Your astounding works, * and I glorified Your
divinity. [SD]

Troparia.

Saints of God, intercede for us.

O Martyrs, you were made resplendent
through the intense pain you endured, and
you were made shinier than sapphire and
gold by persevering in your contests. [SD]

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

O Saints, you drive away all pain and
death of soul and body, for you received
life-giving power from the Holy Trinity, the
Source of Life. [SD]

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

As the godly-minded Martyrs were experiencing pains and torments, they shouted, "We do not renounce the Lord. We do not senselessly offer sacrifice to demons."

[SD]

Glory.

O blessed Martyrs, you heal the ailments of humanity, for you abound with gifts of healing, inexhaustible grace, and unending strength. [SD]

Both now. **Theotokion.**

O all-blameless Lady, who gave birth to the Logos and Savior, when I am surrounded by temptations, I pray to you to help me. Please hurry and save me! [SD]

From Menaion - - -

Canon for the Saints.

Ode v. Mode pl. 4. Heirmos.

Verse: O Lord our God, grant us peace.

To You we rise in early morn, * and cry out, Save us, O Lord; * for You only are our God; * we have no other except for You. [SD]

Troparia.

Saints of God, intercede for us.

O famous medaled Athletes, your endurance was like a wrecking ball, by which you demolished the strongholds of deceitful error. [SD]

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

[SAAS]

O famous medaled Athletes, your endurance was like a wrecking ball, by which

you demolished the strongholds of deceitful error. [SD]

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

O blessed Martyrs, with the rivers of your blood you dried up the ocean of delusion, and you irrigate every soul. [SD]

Glory.

O medaled Athletes, you were filled with sayings from God, and in the Spirit you confounded the folly of the ancient sages. [SD]

Both now. **Theotokion.**

O immaculate Maiden, our transcendent God has become man from you. He appeared and saved humanity. [SD]

From Menaion - - -

Canon for the Saints.

Ode vi. Mode pl. 4. Heirmos.

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

My prayer * shall I pour out before the Lord, * and to Him shall I proclaim my afflictions, * in that my soul has been flooded with evils, * and very near unto Hades my life has drawn. * Therefore, like Jonah I entreat: * Raise me up from corruption, O Lord my God.

[SD]

Troparia.

Saints of God, intercede for us.

O Jesus, strengthened by You, the venerable and victorious Martyrs cut the cords of the enemy's power. They proved to be truly mighty when, although weak in body, they wrestled with the strong one and threw him to the ground. [SD]

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

O Jesus, strengthened by You, the venerable and victorious Martyrs cut the cords of the enemy's power. They proved to be truly mighty when, although weak in body, they wrestled with the strong one and threw him to the ground. [SD]

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

O Terence, Martyr of Christ, you defeated the multiform serpent. You crushed his head under foot, and for this you received the crown of victory. And now you converse with the holy Angels. [SD]

Glory.

The shrine of the holy Martyrs abounds with cures and alleviates suffering. It washes away stain of the soul. It drowns arrays of demons. It irrigates the hearts of true believers with the waters of grace. [SD]

Both now. **Theotokion.**

O Theotokos, Prophet Habakkuk foresaw you as an overshadowed mountain, from where God came forth ineffably incarnate and saved the world, which was troubled with the waves of bitter sin. [SD]

Heirmos.

My prayer * shall I pour out before the Lord, * and to Him shall I proclaim my afflictions, * in that my soul has been flooded with evils, * and very near unto Hades my life has drawn. * Therefore, like Jonah I entreat: * Raise me up from corruption, O Lord my God.

[SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Triodion - - -

READER

For the Martyrs. Mode 4.

Your Martyrs, O Lord, were worthily awarded by You * the crowns of incorruption, in that they contested for You our immortal God. * Since they possessed Your power, they defeated the tyrants, * dashing the demons' powerless displays of defiance. * O Christ God, at their fervent entreaties, save our souls.

[SD]

Synaxarion.

From the Menaion.

On April 10, we commemorate the holy martyrs Terence, Africanos, Maximos, Pompey, and another thirty-six; and also those with the blessed Zeno and Alexander and Theodore.

On this day we also commemorate the holy Prophetess Olda.

On this day we also commemorate the holy martyrs Iakovos the priest and Azas the deacon.

The holy new martyr Demos, who witnessed in Smyrna in the year 1763, died by the sword.

On this day we also commemorate our father among the saints Gregory V, the new hieromartyr, Archbishop of Constantinople and Ecumenical Patriarch, who witnessed by hanging in that city in the year 1821.

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

From Menaion - - -

CHOIR

Canon for the Saints.

Ode vii. Mode pl. 4. Heirmos.

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

Servants, descendants of the Hebrews, * bravely trampled down the flame within the furnace; * and they changed into dew * the fire, and they chanted: * Blessed are You, O Lord, the God * of our fathers to the ages. [SD]

Troparia.

Saints of God, intercede for us.

O wise Martyrs, with ears were ready to hear, you piously fulfilled the commandments of Christ, and you eagerly sang: "O Lord our God, blessed are You unto ages of ages." [SD]

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

O medaled Athletes, you set the God-given laws in opposition to the unlawful

decrees of tyrants who commanded you to renounce Christ, to whom we sing: "O Lord our God, blessed are You unto ages of ages."

[SD]

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

O Martyrs, you renounced the body, and surrendered your members to torture, for the love of Him who appeared on earth and took flesh, to whom you sing: "O Lord our God, blessed are You unto ages of ages." [SD]

Glory.

O brave Martyrs, you fixed the eye of your mind on heaven, and you endured torture with great valor of soul, as you sang: "O Lord our God, blessed are You unto ages of ages."

[SD]

Both now. **Theotokion.**

O Theotokos, the original parents of humanity suffered a change because of the sin of their fateful disobedience. But you restored them to their former life when, without change, you conceived Christ in your womb.

[SD]

Ode viii.

From Menaion - - -

Canon for the Saints.

Ode viii. Mode pl. 4. Heirmos.

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

The tyrant king of Babylon * had the furnace made seven times * hotter for pious men, for he was furious. * But after he witnessed how * they by a higher power were saved, * he cried out, "O bless the Creator and Savior, * you Servants; and extol Him, * O you

priests; and you peoples * supremely now exalt Him, unto all the ages." [SD]

Troparia.

Saints of God, intercede for us.

The godly-minded and famous holy Martyrs, Terence, Africanus, Maximus, Pompey, Macarius, Theodore, and the chorus of their fellow Martyrs, all confessed Christ, the Savior of all, and out of love for Him they bravely competed. [SD]

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

The athletes were tortured on the rack, whipped with cords, ruthlessly mutilated, pierced with tridents, thrown to beasts, and branded on their chests, all for the sake of Christ; and they sang: "O priests, sing a hymn to the Lord; O people, exalt Him, unto all the ages." [SD]

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

The victorious Martyrs spoke the message of life, and thus they saved those who were being slain by deceptive error, and they also slew the foes. In the various tortures they endured, they portrayed the death and radiant Passion of Christ, for which they received a blessed end, praising Christ unto the ages. [SD]

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

Headed by Terence the great, the divine forty medaled Athletes delight the minds of the faithful, like a well-tuned harp plucked

by the Spirit, and they sing: "Bless the Lord, O priests; and exalt Him, O people, unto all the ages." [SD]

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

Theotokion.

O all-blameless Lady, revive my dead soul; raise my fallen soul; heal my wounded soul, with the spear that pierced the divine side of the Savior who was incarnate of your womb. Him do the Servants bless, to Him the priests sing a hymn, and the people exalt Him, unto all the ages. [SD]

(read)

Intermediate Verses of Ode Eight.

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

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

Bless the Lord, you dewes and snows, you frost and cold, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you hoarfrosts and snows, you lightning and clouds, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you light and darkness, you night and day, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you earth, you mountains and hills, and all you things growing on the earth, and exalt Him beyond measure, unto all the ages.

Bless the Lord, you springs, you seas and rivers, you sea-monsters and everything that moves in the waters, and exalt Him beyond measure, unto all the ages. [SAAS]

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode pl. 4.

(NM) The Chaldaean tyrant.

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

With Thine unsleeping eye look upon me and take pity on me: for I am held fast by the drowsiness of sloth and lie upon the bed of the passions, a slave to the sleep of sensual pleasure. Thou hast bowed Thine head upon the Cross, O Christ, and of Thine own will Thou hast awaked from sleep; and Thou hast driven away the night of sin, for Thou art the Light of righteousness. [KW]

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

I was adorned at Baptism with Thy rich gifts of grace; but instead I have loved the poverty of evil, and in my misery I have become a stranger to the virtues. I have wandered into a far country of sin: but make me turn back, O Saviour, and embrace me, fencing me round with Thy Cross unto eternity. [KW]

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

Cast aside, my soul, the drunkenness of the passions, and by fasting seek the cleansing

wine of tears that makes glad the heart of man, withering lust and putting out the furnace of the flesh. Make haste to be crucified with Christ, who for thy sake was nailed upon the Wood, and to live with Him unto eternity.

[KW]

Verse: Bless the Lord, O spirits and souls of the righteous, O holy ones and humble in heart, and exalt Him beyond measure, unto all the ages.

[SAAS]

Theotokion.

Most pure Mother of God, cleanse the wounds of my soul and the scars of my sins, bathing them in the fountain that flows from thy Son's side. To thee I cry, O full of grace, to thee I flee for refuge, and I call upon thee. [KW]

Canon 2 from the Triodion.

Ode viii. Mode 2. (NM) With every mortal.

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

The angels and we men born on earth sing for ever the praises of Jesus, who was crucified in the flesh, yet did not suffer in His divine nature. [KW]

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

At Thy Crucifixion, O Christ, choosing an accursed and shameful death, Thou hast delivered us from corruption and saved us. [KW]

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

For the Trinity.

With the chembim, O Trinity, I praise Thee, singing: Holy, Holy, Holy, one Godhead, simple, without beginning, beyond the understanding of all. [KW]

Both now. **Theotokion.**

In songs of praise, pure Virgin, all generations honour thee with gladness, for thou hast borne the Maker. O dread wonder and all-blessed work! [KW]

Glory to You, our God, glory to You.

Solely for the sake of my salvation, O Christ, Thou hast consented to suffer all things. I sing the praises of Thy Crucifixion, nails and death unto all eternity. [KW]

We praise and we bless and we worship the Lord.

Heirmos (NM). Mode 2.

With every mortal born on earth, let us sing to God who is glorified in heaven by the voices of the angels; and let us praise Him unto all eternity. [KW]

DEACON

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

CHOIR

Ode ix.

Megalyrnarion. Mode pl. 4.

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

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

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Saints.

Ode ix. Mode pl. 4. Heirmos.

All hearers shuddered when they heard * the unheard of condescension of God to us: * that voluntarily * the Most High came down, and even bodily, * and from a Virgin's womb was born, * becoming a man from her. * Hence, the immaculate * Theotokos we believers now magnify. [SD]

Troparia.

Saints of God, intercede for us.

The Martyrs' shrine pours out cures and healing, for its perpetual source is the spring of the Holy Spirit. Come now, fans of the Martyrs, let us eagerly draw from it, and let us be sanctified in body, heart and soul, as we faithfully magnify our Savior Christ. [SD]

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

O admirable medaled Athletes of Christ, you blossomed like divine flowers of the field, like mystical roses, and you have filled the Church with a sweet and holy fragrance. You have expelled the enemy's foul-smelling error by grace divine. [SD]

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

O believers, today let us extol the achievements of Maximus, Alexander, Theodore, Zeno, Pompey, Africanus, and Terence with the rest of their fellow athletes, and let us faithfully praise them and call them blest. [SD]

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

[RSV]

O my soul, pay attention: the Second Coming of the Creator is approaching. Thrones have been set, the judgment seat is ready, and the benevolent Judge cries out: "Prepare yourselves." Therefore let us earnestly cry out in prayer: "O Savior, save me, at the entreaties of Your Martyrs." [SD]

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

Theotokion.

O Lady, the gate of the Light, illumine my imperiled soul, for it is darkened because of my transgressions. I pray you, O unfailing protection of the faithful: Make me a partaker of the divine day, so that I may glorify you. [SD]

From Triodion - - -

Canon 1 from the Triodion.

Ode ix. Mode pl. 4. (NM) *Heaven was amazed.*

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

Seeing Thee nailed upon the Cross, O King of all, the sun hid its rays; and the whole earth was seized with trembling, looking on Thee suffering of Thine own will, though

Thou art by nature impassible. And so I pray to Thee, O Christ the physician: Heal the passions of my soul. [KWL]

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

Forsaking the ways of salvation, I have gone along the path that leads to hell; round me is the deep darkness of lust, the slippery places of the passions, and the tempest of temptation. Therefore I entreat Thee: Save me by Thy Cross, O Christ, for Thou alone art rich in mercy. [KWL]

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

Beset by the storm of temptations, drowning in the waves of passion, and assailed by the tempest of lust, I have now reached the sea of the Fast that is mild and calm. Pilot me across it by Thy Cross, O compassionate Lord, and bring me to the harbour of salvation. [KWL]

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

Theotokion.

Without seed, O Virgin, and without the desires of the flesh thou hast conceived the Word of God who created all things; and without corruption and the pangs of travail thou hast given birth to Him. Therefore with both tongue and heart we confess thee to be Theotokos and we magnify thee. [KWL]

Canon 2 from the Triodion.

Ode ix. Mode 2. (NM) O Theotokos undefiled.

Verse: When the day shall dawn upon us from on high to give light to those who sit in darkness and in the shadow of death. [RSV]

Of Thine own will, O our Saviour, Thou hast endured Crucifixion, to deliver us all from death and to give us life. [KWL]

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

By a tree was I killed, and by the Tree of the Cross have I returned to life: for my Christ was nailed upon it and has slain the enemy. [KWL]

Glory. **For the Trinity.**

Let us with one mind worship the Son who coexists with the Father, and the Holy Spirit who is ever present with them. [KWL]

Both now. **Theotokion.**

O marvellous wonder! O strange tidings! How dost thou give birth as a mother, O pure Lady, while still remaining inviolate as a virgin? [KWL]

Glory to You, our God, glory to You.

I sing of Thy lance, I praise Thy nails, the sponge, the reed and the Cross: for through them I have been saved, O Jesus my God. [KWL]

Heirmos (NM). Mode 2.

O Theotokos undefiled, we magnify for ever thy virginity, that was not burnt by the fire of the Godhead. [KWL]

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

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion - - -

CHOIR

Photagogic Hymns

Mode 4.

O Lord, who cause the light to rise on
Your world, purify from every sin my soul,
which is in the darkness; by the power of Your
Cross, and save me. [SD]

O Lord, who cause the light to rise on
Your world, purify from every sin my soul,
which is in the darkness; by the intercessions
of the Saints, and save me. [SD]

O Lord, who cause the light to rise on
Your world, purify from every sin my soul,
which is in the darkness; by the intercessions
of the Theotokos, and save me. [SD]

READER

Lauds. *(read)*

Psalm 148.

Praise the Lord from the heavens; praise
Him in the highest. Praise Him, all you His
angels; praise Him, all you His hosts. Praise
Him, sun and moon; praise Him, all you
stars and light. Praise Him, you heavens of
heavens, and you waters above the heavens.
Let them praise the Lord's name, for He
spoke, and they were made; He commanded,
and they were created. He established them
forever and unto ages of ages; He set forth His
ordinance, and it shall not pass away. Praise
the Lord from the earth, you dragons and all
the deeps, Fire and hail, snow and ice, stormy
wind, which perform His word, mountains
and all the hills, fruitful trees and all cedars,
wild animals and all cattle, creeping things
and flying birds, kings of the earth and all
peoples, princes and all judges of the earth,
young men and maidens, elders with younger,
let them praise the Lord's name, for His name
alone is exalted; His thanksgiving is in earth
and heaven. And He shall exalt the horn of
His people, a hymn for all His saints, for the
children of Israel, a people who draw near to
Him. [SAAS]

Psalm 149.

Sing to the Lord a new song, His praise
in the assembly of His holy ones. Let Israel
be glad in Him who made him, and let the
children of Zion greatly rejoice in their King.
Let them praise His name with dance; with
tambourine and harp let them sing to Him;
for the Lord is pleased with His people, and
He shall exalt the gentle with salvation. The
holy ones shall boast in glory, and they shall

greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. [SAAS]

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication,

you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

(Grant this, O Lord.)

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

(Grant this, O Lord.)

For pardon and remission of our sins and transgressions, let us ask the Lord.

(Grant this, O Lord.)

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

(Grant this, O Lord.)

That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.

(Grant this, O Lord.)

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

For You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

Holy Lord, dwelling on high and beholding things below and, with your eye that observes all, keeping watch over the whole creation, to you we have bowed the neck of our soul and body, and we beseech you, O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above.

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - -

Idiomelon. Mode 3.

Forsaking the height of the virtues, O my soul, thou hast descended to the depths of sin, and fallen among evil thieves upon the road; and now thou dost lie covered with rotting sores, prostrate and helpless. But cry aloud to Christ thy God, who was crucified and wounded of His own will for thy sake: 'Take care of me, O Lord, and save me.' [KW]

Idiomelon. Mode pl. 4.

Verse: *I lift my eyes to You, who dwell in heaven. Behold, as the eyes of servants look to the hands of their masters, as the eyes of the maidservant look to the hands of her mistress, so*

our eyes look to the Lord our God until He shall have compassion on us. [SAAS]

In my misery I have been wounded by thieving thoughts and left half dead, O Lord. The company of the prophets passed me by, seeing me at the point of death, incurable by human skills. Therefore, in my cruel suffering, with humbleness of heart I cry to Thee: O Christ my God, in Thy compassion pour upon me Thy great mercy. [KW]

For the Martyrs.

Mode pl. 4.

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

Invincible martyrs of Christ, ye triumphed over falsehood by the power of the Cross, and gained as your reward the grace of life eternal. Ye felt no terror at the threats of tyrants, and when ye suffered torment ye rejoiced; and now your blood has become the healing of our souls. Intercede for our salvation. [KW]

Glory. Both now. **Stavrotheotokion.**

Mode pl. 4.

When the all-pure Virgin saw Thee hanging in the flesh upon the Cross, her heart was wounded and she cried with tears: 'O Word, where hast Thou gone, O most beloved Jesus, my Son and my Lord? I am Thy Mother: leave me not alone, O Christ.' [KW]

PRIEST

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim

Your mercy in the morning and Your truth at night. [SAAS]

READER

Trisagion Prayers.

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

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

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

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

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

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

PRIEST

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

(Amen.)

READER

Standing in your glorious church, O Theotokos, we think we are standing in

heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

For you are blessed unto the ages of ages. Amen. [HC]

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

or:

READER

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

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

PRIEST

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

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

(Amen.)