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# The Service of Matins

**for Tuesday, March 26, 2019**

**Triodion - Mode 2.  
on Tuesday Morning**

**Triodion - On Tuesday of the Third Week  
at Matins**

**Menaion - March 26  
Synaxis in Honor of the Chief Commander Gabriel**

**Text in English**

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**vol** Orthodox Monastery of the Veil of our Lady

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**Triodion**

Mode 2. On Tuesday Morning

On Tuesday of the Third Week at Matins

**Menaion - March 26**

Synaxis in Honor of the Chief

Commander Gabriel

**MATINS**

**CHOIR**

**Mode 2.**

**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 2.**

O uncreated nature and Creator of the universe, open our lips, so that we may proclaim Your praise and cry out: Holy, holy, holy are You, our God. By the intercessions of the Forerunner save us. [SD]

Glory.

We on earth, imitating the powers on high, send up a triumphal hymn to You, O

good One: Holy, holy, holy are You, our God. By the intercessions of the Saints save us. [SD]

Both now.

From my bed and sleep You have roused me, O Lord. Illumine my mind and heart, and open my lips to extol You, O Holy Trinity: 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 10. There is no litany, but immediately the following:*

From Triodion - -

**CHOIR**

**Kathisma I.**

**Kathisma I. For compunction.**

**Mode 2.**

Have mercy on me, said David, and I too cry to you: I have sinned, O Saviour, wipe away my sins through repentance and have mercy on me. [EL]

**Verse:** *O Lord, do not rebuke me in Your wrath, nor chasten me in Your anger.* [SAAS]

**Mode 2.**

Have mercy on me, have mercy on me, lamented David for two sins; for ten thousand offences I cry to you: He watered his couch with tears, while I have not found one drop; I despair and entreat, have mercy on me, O God, according to your great mercy. [EL]

Glory. Both now. **Theotokion.**

**Mode 2.**

Mother of God, do not despise as I entreat help from you; for on you has my soul hoped, have mercy on me. [EL]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 8. 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 1. (NM)**

Let us cleanse ourselves by fasting and by prayer, and serve God through acts of mercy to the poor. Let us lament and groan with fervent tears, while we still have time for conversion, that we may be delivered from everlasting lamentation in the flames of hell. And let us give glory to Christ who has ordained repentance for all mortal men, calling upon them to turn back in righteousness. [KW]

Glory. Both now. **Theotokion.**

**Mode 1. (NM)**

O most holy Virgin, thou hast carried in thine arms the Creator, God made flesh. Stretch our those arms towards Him and

entreat Him to deliver us from every passion, danger and temptation, for with love we praise thee and we cry aloud: Glory be to Him who dwelt in thee; glory be to Him who from thee came forth; glory be to Him who through thy childbearing has set us free. [KW]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 9. 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 3.**

Gladdened by the Fast and greatly rejoicing in song, gaining mastery over all the passions through our prayers, let us trample underfoot the snares of the devil, and cry aloud with one accord to Christ: Count us worthy to look upon Thy Cross, in Thy compassion granting us great mercy. [KW]

Glory. Both now. **Theotokion.**

**Mode 3.** (NM) *Gabriel marvelled.*

O Virgin Mother, blessed of God, cure the sickness of my soul, for I am held prisoner by my sins; and sighing from my heart I cry to thee: All-blameless Theotokos, I have greatly sinned; accept me, that with boldness I may call upon thee: Hail, dwelling-place of God.

[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 Archangel.**

**Ode i. Mode 4. Heirmos.**

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

I open my mouth and pray the Spirit fill it, like David said, \* to pour out a good word to the Queen and Mother of God. \* I will celebrate \* her feast with joy and gladness \* and sing to her merrily, lauding her miracles.

[SD]

**Troparia.**

*Archangel of God, intercede for us.*

O Archangel, you are a light through immaterial participation in that most lofty, divine, and immaterial Light: I entreat you, by

your intercessions, enlighten my mind, so that I may extol you. [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 Archangel, you are a light through immaterial participation in that most lofty, divine, and immaterial Light: I entreat you, by your intercessions, enlighten my mind, so that I may extol you. [SD]

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

That foremost of the bodiless minds declared the ineffable joy coming into the world because of goodness. Let us form inspired choirs today to honor him joyfully. [SD]

Glory.

O Gabriel, we your fans have you as our great advocate and helper before God, and a wall and support. You rescue us from perils and from the harm of the serpent, and for this we sing your praise. [SD]

Both now. **Theotokion.**

O Lady who knew not wedlock, when Gabriel saw you, so pure and blameless, he radiantly said to you, "Rejoice!" You are the boast and magnificence of the Angels and the salvation of mortals. [SD]

(read)

**READER**

**Ode Two**

*Glory to You, our God; glory to You!*

Take heed, O heaven, and I will speak; and let the earth hear the words of my mouth.

[SAAS]



Let my proverbial saying be awaited as the rain, and let my words come down as raindrops on the wild grass, and as snowfall on the sown grass.

For I invoke the Lord's name: ascribe greatness to our God.

He is God, His works are true; and all His ways are judgment.

A faithful God and without injustice; righteous and holy is the Lord.

They sinned; the blameworthy children are not His, a generation twisted and perverse. Is this how you repay the Lord?

O foolish and unwise people, is He not your Father, who acquired you? Has He not made and created you?

Remember the days of old, consider the years of many generations.

Ask your father, and he will tell you; your elders, and they will tell you:

When the Most High divided the nations, when He scattered the sons of Adam, He set the boundaries of the nations by the number of God's angels.

For the Lord's portion became the people of Jacob; the allotment of His inheritance is Israel.

He provided for him in the desert, in thirst of heat in a waterless place. He encircled him; He instructed him; He guarded him carefully as the apple of His eye.

As an eagle covers its nest, yearns after its young, spreading out its wings, taking them up, carrying them on its back.

So the Lord alone led them, and there was no foreign god with them.

He raised them on the strength of the land; He fed them on the produce of the fields.

He suckled them on honey from the rock and oil from the solid rock.

Butter of oxen and milk of sheep, with fat of lambs and goats, of sons of bulls and goats, with the choicest wheat; and you drank wine, the blood of grapes.

So Jacob ate and was filled, and the beloved kicked; he grew fat, he grew thick, he is obese. Then he forsook God who made him and stood back from God his Savior.

They provoked Me to wrath against foreign gods; with their abominations they embittered Me.

They sacrificed to demons, and not to God, to gods they did not know; new ones, recent gods arrived, which their fathers did not know.

You abandoned the God who begot you, and forgot the God who nourished you.

So the Lord saw it, and was jealous; and He was provoked to anger by His sons and daughters.

Then He said, I will turn My face from them, and I will make known what their end will be; for they are a perverse generation, sons in whom is no faith.

They provoked Me to jealousy by what is not God; they moved Me to anger by their idols; but I will provoke them to jealousy by

those who are not a nation; I will move them to anger by a foolish nation.

For a fire is kindled in My anger, and shall burn to the lowest Hades; it shall consume the land with its produce And set on fire the foundations of the mountains.

I will gather evils on them; I will spend My arrows on them.

They shall be wasted with hunger, devoured by birds and incurable disease; I will also send against them the teeth of wild animals With the anger of things crawling on the earth.

The sword shall make them childless outside, and fear from the inner chambers, for the young man and virgin, the nursing child with the elder of gray hairs.

I said, I will scatter them; I will make their memory cease from among men.

But for the wrath of the enemy, lest they live long, lest their adversary make a joint attack.

Lest they should say, "Our hand is high; and it is not the Lord who did all this."

For they are a nation void of counsel, nor is there understanding in them. They were not wise to understand these things.

Let them be concerned for the coming time.

How could one chase a thousand and two put ten thousand to flight unless God had sold them, and the Lord delivered them up?

For our God is not like their gods, but our enemies are foolish.

For their vineyard is of the vineyard of Sodom, and their vine is of Gomorrah. Their grapes are grapes of gall; their clusters are bitter.

Their wine is the wrath of serpents, and the incurable wrath of asps.

Behold, is this not laid up in store with Me, sealed up among My treasures?

I shall repay on the day of vengeance; in time, when their foot shall slip; for the day of their calamity is at hand, and is waiting, ready for them.

For the Lord will judge His people, and have compassion on His servants.

For He sees them disabled and left in distress and weakened.

The Lord said, 'Where are their gods in which they trusted?'

Who ate the fat of their sacrifices, and drank the wine of their drink offerings? Let them rise and help you and be your defender.

Now see, I, even I, am He, and there is no God besides Me; I kill and I make alive; I wound and I heal; nor is there any who can deliver from My hands.

For I raise My hand to heaven, and I swear by My right hand, and say, "As I live forever."

For I whet My sword like lightning; and My hand takes hold on judgment. I will render vengeance on My enemies, and repay those who hate Me.

I will make My arrows drunk from blood; and My sword shall devour flesh from the



blood of the slain and the captives, from the heads of the leaders of the enemy.

Rejoice, O Heavens, together with Him, and worship Him, all the sons of God.

Rejoice, O Gentiles, with His people; and let all the angels of God be strong with Him; for He will avenge the blood of His sons and render vengeance to His adversaries; and the Lord will purify His people's land. [SAAS]

*(sung)*

From Triodion - - -

**CHOIR**

**Canon 1 from the Triodion.**

**Ode ii. Mode 1. Heirmos (NM).**

See now, see that I am God, who saved the people of Israel when they were in bondage, and appointed Moses to lead them in the wilderness, for I am mighty in My power. (2)

[KW]

*Glory to You, our God, glory to You.*

The Father in His great love has adopted me as His son through the washing of Baptism, and has bestowed upon me the riches of His many blessings. But by mine own free choice I have become enslaved to fruitless thoughts, and so have fallen into poverty. [KW]

*Glory to You, our God, glory to You.*

Be merciful, O Lord, be merciful, be merciful; do not pass judgement on me, righteous Judge, but in Thy great compassion accept my feeble cry of sorrow and reject me not, O Christ. [KW]

*Glory to You, our God, glory to You.*

Putting off the loathsome garment of self-indulgence, let us put on the shining robe of abstinence, and so in joy and glory let us

come to the brightness of the Redeemer's Resurrection. [KW]

*Most-holy Theotokos, save us.*

**Theotokion.**

Save me, O save me, Mother of the Saviour. O pure Lady, look on my distress, for each day the countless number of my sins brings my unhappy soul to despair. [KW]

From Triodion - - -

**Canon 2 from the Triodion.**

**Ode ii. Mode 3. (NM) See now, see.**

*Glory to You, our God, glory to You.*

See now, see, that I am your God, the spring that flows with salvation for you: let every mortal man through abstinence draw water from this fountain. [KW]

*Glory to You, our God, glory to You.*

See now, see, that I have appointed for you this holy season of the Fast as a spiritual banquet. [KW]

Glory. **For the Trinity.**

Let us glorify the Trinity and worship the Unity: the only-begotten Son without beginning from the Father without beginning, and the Spirit enthroned with the Son and coeternal with the Father. [KW]

Both now. **Theotokion.**

O all-blameless Virgin, intercede before the Saviour without ceasing on behalf of those who confess thee to be truly Theotokos in body and soul, that they may be delivered from all distress. [KW]

*Glory to You, our God, glory to You.*

Great art Thou, O Lord, and marvellous are Thy works: of old Thou hast saved Daniel

from being eaten in the lions' den, for he was protected by fasting. [KW]

**Heirmos (NM). Mode 3.**

See now, see, that I am the Saviour of the world, the true Light, the Fountain of life, the Son of God. [KW]

From Menaion - - -

**Canon for the Archangel.**

**Ode iii. Mode 4. Heirmos.**

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

Establish your servants who extol you,  
\* O Mother of God, for they have formed  
\* a spiritual choir for you \* the living and  
abundant fount; \* and graciously in your  
divine glory give glorious crowns to them. [SD]

**Troparia.**

*Archangel of God, intercede for us.*

O Gabriel, you are immaterial, and  
immaterially illumined by participation in that  
most immaterial Light; you are known as a  
secondary light, ever enlightening material  
mortals who extol you. [SD]

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

[SAAS]

O Gabriel, you are immaterial, and  
immaterially illumined by participation in that  
most immaterial Light; you are known as a  
secondary light, ever enlightening material  
mortals who extol you. [SD]

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

O great among Angels, you were granted  
very great glory, since you revealed to us the  
great mystery, by which we who of earth have

been lifted to the great height. And for this we  
greatly honor you. [SD]

Glory.

O Chief Commander Gabriel, we ever  
seek you with longing. Come down from  
heaven and appear to us, and calm the storm  
of trials and afflictions that has risen against  
us. [SD]

Both now. **Theotokion.**

O Maiden, Gabriel disclosed the mystery  
that had been hidden of old, when he cried  
out to you: "Rejoice, O palace of God! In His  
compassion, He will dwell in you, and He will  
deify all mortals. [SD]

**Heirmos.**

Establish your servants who extol you,  
\* O Mother of God, for they have formed  
\* a spiritual choir for you \* the living and  
abundant fount; \* and graciously in your  
divine glory give glorious crowns to them. [SD]

**DEACON**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

**PRIEST**

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

Spirit, now and forever and to the ages of ages.

(Amen.)

**CHOIR**

**Kathisma.**

From Menaion - - -

**Mode 1. The soldiers keeping watch.**

That leader of the hosts of the Angels, great Gabriel, \* with exultation joins them in unceasingly shouting \* the thrice-holy hymn in praise of the all-holy Trinity. \* Come, believers all, let us with faith now extol him \* with uplifted voice, and let us honor him gaily \* with minds that are purified. [SD]

Glory. Both now. **Theotokion.**

**Mode 4. You who were lifted.**

You are the chief among the bodiless ministers, \* Gabriel, and as such to you was entrusted \* that truly awesome mystery ordained before all time, \* yes, the secret childbirth of the all-holy Virgin. \* You called out "Rejoice" to her, the Maiden highly favored. \* We the believers therefore rightfully \* ever extol you and joyfully honor you. [SD]

From Menaion - - -

**Canon for the Archangel.**

**Ode iv. Mode 4. Heirmos.**

*Verse: Glory to Your strength, O Lord.*

When the Prophet Habakkuk heard the divine \* and incomprehensible counsel of Your Incarnation \* from the Virgin, O Most High, \* considering, he cried aloud: \* Glory to Your power, O Lord my God. [SD]

**Troparia.**

*Archangel of God, intercede for us.*

O praiseworthy Gabriel, in times of old, you stood by the Prophet Daniel, and you filled his spirit with the revelation of

unknown things, and thus gladdened him with participation in the Divine Sovereignty. [SD]

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

O praiseworthy Gabriel, in times of old, you stood by the Prophet Daniel, and you filled his spirit with the revelation of unknown things, and thus gladdened him with participation in the Divine Sovereignty. [SD]

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

O Gabriel, we joyfully praise you, even with our mouths of clay. You are fiery by nature. Rescue us from the eternal fire, by your divine intercessions. [SD]

Glory.

O Commander of the angelic hosts, you stand with joy near the King of heaven, and you wear a divine garment that flashes with ineffable glory brighter than the sun. [SD]

Both now. **Theotokion.**

O all-blameless Virgin, Gabriel perceived how you wholly purified by the Holy Spirit, and he cried out to you: "Rejoice! You are the redemption from the curse and the restoration of the forefathers." [SD]

From Menaion - - -

**Canon for the Archangel.**

**Ode v. Mode 4. Heirmos.**

*Verse: O Lord our God, grant us peace.*

Amazed was the universe by your divine magnificence. \* You who were perpetually virgin \* carried the heavenly God of all in your womb \* and gave birth to the eternal Son, \* who awards salvation to all who sing hymns of praise to you. [SD]

**Troparia.**

*Archangel of God, intercede for us.*

As you are illumined by participation in the First Mind, we say you are a second light. With the countless hosts of the Angels you cry out: "Holy is the omnific Father, the co-unoriginate Son, and the Spirit who shares the throne with Them." [SD]

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

[SAAS]

As you are illumined by participation in the First Mind, we say you are a second light. With the countless hosts of the Angels you cry out: "Holy is the omnific Father, the co-unoriginate Son, and the Spirit who shares the throne with Them." [SD]

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

O great Gabriel, leader of the divine bodiless hosts and adornment of all who faithfully extol you, great is your glory, your form is fiery, and your beauty is exceptional, astonishing every mind. [SD]

Glory.

O Chief Commander Gabriel, the godly Zacharias of old saw you standing before him at the time of incense. He became speechless, for he did not believe the awesome message that you did delivered to him. [SD]

Both now. **Theotokion.**

O all-blameless Maiden, you are a temple of sanctification. At the voice of Archangel Gabriel, you conceived the All-holy God, who rests in the saints, sanctifies all, and delivers us from evil. [SD]

From Menaion ---

**Canon for the Archangel.**

**Ode vi. Mode 4. Heirmos.**

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

O godly-minded believers, come \* and celebrate this sacred and venerable feast and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [SD]

**Troparia.**

*Archangel of God, intercede for us.*

O brilliant, celestial Mind, you are illumined by the divine rays that transcend mind and speech. Our human tongues are unable to honor you. [SD]

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

O brilliant, celestial Mind, you are illumined by the divine rays that transcend mind and speech. Our human tongues are unable to honor you. [SD]

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

By your luminous prayers to the Master, snatch from the darkness of passions those who extol you, O bright ray of the Sun and Chief Commander of His fiery ministers. [SD]

Glory.

O Archangel, by your supplications to the Creator of all, frustrate the plans of the heathen, strengthen the Orthodox Faith, and end the schisms in the Church. [SD]

Both now. **Theotokion.**

O pure Virgin, you accepted Gabriel's godly words, and you conceived in the flesh

the Logos, who exists before the ages, and who rescues the world from irrationality. [SD]

**Heirmos.**

O godly-minded believers, come \* and celebrate this sacred and venerable feast and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [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 2.**

You make Your saints shinier than gold, and You glorify Your devout ones, since You are good. Being implored by them, O Christ our God, bring peace into our lives, in Your love for man, and set forth our prayer as incense, O Lord who alone repose in the saints. [SD]

**Synaxarion.**

From the Menaion.

On March 26 we hold services in honor of the Archangel Gabriel, which practice was instituted very early on, since he ministered the divine and supernal and ineffable mystery.

On this day we also commemorate the holy twenty-six martyrs who witnessed in the land of the Goths: two priests Bathouses and Wirkas with Wirkas's two sons and three daughters, and the monk Arpylas; the laymen Abippas, Agnas, Ryax, Hgarthax, Eskoes, Silas, Sigetzas, Suerilas, Seimblas, Thermas, Filgas; and the women Anna, Alla, Baris, Moiko, Mamika, Wirko, and Animais.

On this day we also commemorate the holy martyrs Quadratus, Theodosios, Manuel, and another fourty in the Anatolia.

On this day we also commemorate our devout father Stephen the confessor, Abbot of Triglia.

On this day we read the edifying story about the monk Malchus who was taken captive.

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

From Menaion ---

**CHOIR**

**Canon for the Archangel.**

**Ode vii. Mode 4. Heirmos.**

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

Godly-minded three \* did not adore created things in the Creator's stead; \* rather, disdaining the threat \* of fire, they trampled it, and joyfully they sang: \* "O supremely praised \* and most exalted Lord and God \* of the fathers, You are blessed." [SD]



**Troparia.**

*Archangel of God, intercede for us.*

O glorious Gabriel, of old in the Temple of God, you announced the birth of John to Zacharias, as he was singing to our Redeemer and God: "Blessed are You, O exceedingly praised Lord and God of our Fathers." [SD]

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

O glorious Gabriel, of old in the Temple of God, you announced the birth of John to Zacharias, as he was singing to our Redeemer and God: "Blessed are You, O exceedingly praised Lord and God of our Fathers." [SD]

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

O Gabriel, the glorious majesty of your house sanctifies the souls of the faithful, and it urges them to sing in a loud voice: "Blessed are You, O exceedingly praised Lord and God of our Fathers." [SD]

Glory.

O Chief Commander, you are mystically illumined by participation in the First Light, and thus you are known as a second light, ever illumining those who sing: "Blessed are You, O exceedingly praised Lord and God of our Fathers." [SD]

Both now. **Theotokion.**

O pure Virgin Mother, the Chief Commander Gabriel was sent to announce to you the joy, by which sorrow has ceased, and the curse is truly reversed, and blessing has blossomed for the faithful, unto all the ages. [SD]

**Ode viii.**

From Menaion ---

**Canon for the Archangel.**

**Ode viii. Mode 4. Heirmos.**

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

Guiltless were those Servants in the furnace. \* The Son of the Theotokos went and rescued them. \* He who was prefigured then, \* having been incarnate now, \* is gathering the whole wide world into His Church to sing: \* "O all you works of the Lord, to all ages \* sing praises to the Lord and exalt Him beyond measure." [SD]

**Troparia.**

*Archangel of God, intercede for us.*

O Archangel, the sacred people joyously extols you with sacred words of sacred speech; for to the Virgin, one of us, you announced the Logos, the cause of all, who became flesh like us, in a manner past understanding and speech. We therefore honour you, unto all the ages. [SD]

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

O Archangel, you are united immaterially to the great and primordial Mind. You sing with fiery mouth the awe-inspiring hymn, which all the choirs of Angels sing: "O all you works, praise the Lord, and exalt Him beyond measure unto 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]

O Gabriel, first leader of the Angels, you are adorned with divine glory, and you go



throughout heaven and earth, doing the holy will of Christ, the God of all. You are the boast of all who ever extol you with faith. [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]*

O sacred Gabriel, the Logos, who chose to dwell among men in the flesh in His own Person, sent you ahead to prepare the sacred palace. And you sang: "Praise the Lord, and exalt Him beyond measure 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.**

Let us extol the blessed Virgin. She is the delightful throne of the King; she is superior to all creation, for she alone gave being to Him who transcends being. Through a strange and ineffable birth, He has deified mortals with a more excellent union. [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 dews and snows, you frost and cold, and exalt Him beyond measure, unto all the ages.

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

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

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

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

(sung)

From Triodion - -

### **Canon 1 from the Triodion.**

**Ode viii. Mode 1. Him before whom the angels (NM).**

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

I lament and weep as I think of the hour when I shall stand before the fearful throne, and be called to account for the many evil deeds that I have done in ignorance and in knowledge. [KW]

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

Moses, having found in fasting a means of purification, spoke with God who alone is pure. O my soul, be purified by fasting, and so draw near to the God of love. [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]*

Let us love fasting, the mother of virtues, and hate pleasure, the begetter of passions; and let us cry: Father who art in heaven, save us, O save us, at the prayers of Thy saints. [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.**

O pure Virgin Mary, at the hour of judgement pray to the Judge whom thou hast borne, that He may take pity on me and save me from condemnation; for thou art the only protection of mankind. [KW]

### **Canon 2 from the Triodion.**

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

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

Entering as initiates into the dazzling grace of the Fast, let us shine as lightning with the virtues, and by our peaceful faces and our peaceful way of life let us display the peace that is within our souls. [KW]

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

By fasting Elisha gave back to the Shunnamite her child alive. From this let us learn, O brethren, how great a blessing is the Fast, and how it is a grace given by God. [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 Father we worship the Son and the Holy Spirit in unity of essence, and from our mouths of clay we cry with the angels: Glory in the highest to God in Trinity. [KW]

Both now. **Theotokion.**

Thou alone, O full of divine grace, hast given birth while still remaining virgin. O great mystery, dread and marvellous! For thou hast borne God made flesh, the Saviour of the world. [KW]

*Glory to You, our God, glory to You.*

O brethren, let not one of us be sunk in idleness and sloth. This is the time for work, the hour of solemn festival. Who, then, is wise and in one day will gain eternal life? [KW]

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

### **Heirmos (NM). Mode 3.**

In His divine power the Lord descended into the flames and was seen walking with the Children of the Hebrews: O ye priests, bless and exalt Him above all for ever. [KW]

### **DEACON**

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

### **CHOIR**

**Ode ix.**

### **Megalynarion. Mode 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 Archangel.**

#### **Ode ix. Mode 4. Heirmos.**

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]

#### **Troparia.**

*Archangel of God, intercede for us.*

O sacred Gabriel, you stand awesomely at the throne of grace, ministering and flashing with incomprehensible effusions of light. You are sacredly deified, appearing as a light. And by your mediations you illumine those who faithful honor you. [SD]

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

O Gabriel, you are as a starry heaven, shining with divine rays. As a commander, you carry a supremely bright scepter, and you run throughout all the earth, doing the will of the Master; and you deliver the faithful from evil. [SD]

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

O Gabriel, by your fervent protection, calm the terrible storm continually raised up against your servants by foreign enemies; end the schisms in the Church; obtain forgiveness of sins for those who honor you; and grant success to our elected officials. [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 most handsome and glorious duo, Michael and Gabriel, since you are our defenders who imitate the Master's goodness in all things, stand near the throne of the divine glory, and pray that we all may receive forgiveness of sins and deliverance from evil. [SD]

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

### **Theotokion.**

O all-pure Birthgiver of God, the brilliance of your childbirth has shone forth and illumined the entire world; it has destroyed the champion of darkness. You are the boast of the Angels and the salvation of all people, who with unceasingly sing your praise. [SD]

From Triodion - - -

### **Canon 1 from the Triodion.**

**Ode ix. Mode 1. (NM)** *Let us glorify the cloud of light.*

*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]

Having fallen into a sea of sin, a deep of despair, a tempest of thoughts and a storm of

passions, to Thee I raise my cry: O Abyss of mercy, help me and in Thy compassion grant me, as the rain from heaven, cleansing for my sins. [KW]

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

O ye faithful, let us cleanse the body through fasting, the spirit through abstinence, and the soul through tears. So in purity let us go with joy to meet Him who is pure, and to look upon the saving Passion that the Redeemer endured for our sake. [KW]

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

I groan like the Publican; I weep like the Harlot; and I cry out like the Thief, 'Remember me, O merciful Lord.' With the blind man I call unto Thee, O Son of God, 'Open the eyes of my soul, for they are blinded by the wickedness of the deceitful enemy who makes me stumble.' [KW]

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

### **Theotokion.**

O ye faithful, let us bless the Virgin, for she is the Mountain not cut by hand of man, the Gate through which none may pass; she is higher than the heaven and all creation, the beauty and the excellency of Jacob, the golden Vessel of manna, the Bridge, and the Mother of the Creator. [KW]

**Canon 2 from the Triodion.**

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

*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]

Knowing the present days to be sacred above all others, let us offer up prayers to God with a pure conscience, kneeling often on the ground, and let us say: O Lord, accept at all times the petitions and entreaties of Thy servants. [KW]

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

The people, so it is written, sat down to eat and drink, and then rose up to dance and worship the carved image of Belphegor. Behold the grievous fruits of gluttony! But let us fast, and we shall be glorified like great Moses. [KW]

Glory. **For the Trinity.**

The Trinity supreme in Godhead is by Essence an undivided Unity; though single in Nature, it is distinguished in Persons; though indivisible, it is divided; though one, it is three: Father, Son and Spirit of Life, together guarding all things. [KW]

Both now. **Theotokion.**

Who has ever heard of a virgin that bore child and a mother that knew not man? O Mary, this miracle hast thou accomplished, but tell me how? 'Do not enquire into the mystery of my childbearing: it is altogether true, yet beyond man's understanding.' [KW]

*Glory to You, our God, glory to You.*

O Lord, since Thy wrath against sinners is not to be endured, who shall stand unafraid when it threatens him? Boundless is Thy mercy: save me in Thy compassion, and judge me not according to my many sinful works.

[KW]

**Heirmos (NM). Mode 3.**

In the bush upon Mount Sinai Moses saw thee, who hast conceived within thy womb the fire of the Godhead, and yet wast not consumed. Daniel saw thee as a mountain not cut by hand of man, and Isaiah proclaimed thee as the Rod that blossomed from the root of David. [KW]

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 2.**

Send out Your eternal light, O Lord, and illumine the hidden eyes of my heart, by the intercessions of the Forerunner, and save me.

[SD]

Send out Your eternal light, O Lord, and illumine the hidden eyes of my heart, by the intercessions of the Saints, and save me. [SD]

Send out Your eternal light, O Lord, and illumine the hidden eyes of my heart, 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. Grave Mode.**

I confess to Thee, O Lord, that I have sinned as the Prodigal. I dare not raise my eyes to heaven, whence I have fallen in my wretchedness. I have sinned against heaven and before Thee, and am not worthy to be called Thy son. I openly proclaim my guilt; I have no need of others to accuse me or bear witness; for my own life of sinful prodigality triumphantly condemns me; my evil habits cry aloud against me; my nakedness puts me to shame, and the rags which clothe me bring disgrace upon me. O compassionate Father, only-begotten Son, and Holy Spirit, receive me in repentance and have mercy upon me. [KW]

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

I confess to Thee, O Lord, that I have sinned as the Prodigal. I dare not raise my eyes to heaven, whence I have fallen in my wretchedness. I have sinned against heaven and before Thee, and am not worthy to be called Thy son. I openly proclaim my guilt; I have no need of others to accuse me or bear

witness; for my own life of sinful prodigality triumphantly condemns me; my evil habits cry aloud against me; my nakedness puts me to shame, and the rags which clothe me bring disgrace upon me. O compassionate Father, only-begotten Son, and Holy Spirit, receive me in repentance and have mercy upon me. [KW]

**For the Martyrs.  
Grave Mode.**

**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]

In the midst of the arena, before the lawless pagans, the victorious martyrs cried aloud rejoicing: 'O Lord, glory to Thee.' [KW]

Glory. Both now. **Theotokion.  
Grave Mode.**

Thou wast born, O Christ, of a Virgin in ways surpassing all interpretation; Thou hast brought light to those in darkness, and they cry: 'O Lord, glory to Thee.' [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. <sup>[HC]</sup>

*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 He who for us men and for our salvation condescended to become incarnate of the the Holy Spirit and the Virgin Mary,

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.)*