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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**

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Τριώδιον

Ἦχος δ'. Τῇ Τετάρτῃ Πρωΐ

Τῇ Τετάρτῃ Ε' Ἑβδομάδος εἰς τὸν
Ὅρθρον.

Μηναῖον - ΤΗΙ Γ' ΑΠΡΙΛΙΟΥ

Μνήμη τῶν Ἁγίων Μαρτύρων
Τερεντίου, Πομπηίου, Μαξίμου, Μακαρίου,
Ἀφρικανοῦ, καὶ τῶν σὺν αὐτοῖς

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος δ'.

Στίχ. α'. Ἐκ νυκτὸς ὀρθρίζει τὸ
πνεῦμά μου πρὸς σέ, ὁ Θεός, διότι φῶς τὰ
προστάγματά σου ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Δικαιοσύνην μάθετε, οἱ
ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. γ'. Ζῆλος λήψεται λαὸν
ἀπαίδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους
ἔδεται.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. δ'. Πρόσθες αὐτοῖς κακά, Κύριε,
πρόσθες αὐτοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὡρολογίου - - -

Ὑμνοι Τριαδικοί

Ἦχος δ'.

Τὸν ἀναρχόν σου Πατέρα, καὶ
σέ, Χριστέ ὁ Θεός, καὶ τὸ πανάγιόν
σου Πνεῦμα, χερουβικῶς δοξολογεῖν
τολμῶντες, λέγομεν Ἅγιος, Ἅγιος, Ἅγιος
εἰ ὁ Θεὸς ἡμῶν. Δυνάμει τοῦ Σταυροῦ σου
σῶσον ἡμᾶς.

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]

Δόξα.

Ὡς αἱ τάξεις νῦν τῶν Ἀγγέλων ἐν οὐρανῷ, καὶ στάσεις φόβῳ ἀνθρώπων ἐπὶ τῆς γῆς, ἐπινίκιον ὕμνον προσφερόμεν σοι Ἀγαθέ· Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἁγίων σῶσον ἡμᾶς.

Καὶ νῦν.

Τῶν νοερῶν σου λειτουργῶν, προσφέρειν, οἱ θνητοὶ τὸν ὕμνον τολμῶντες, λέγομεν· Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Διὰ τῆς Θεοτόκου ἐλέησον ἡμᾶς.

Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ Ψαλτηρίου, ἥτοι Κάθισμα 20. Καὶ ἐνθὺς, ἄνευ μικρᾶς Συναπτῆς·

Τοῦ Τριωδίου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Κάθισμα Α'. Σταυρώσιμα.

Ἦχος δ'.

Ἐξηγόρασας ἡμᾶς, ἐκ τῆς κατάρας τοῦ νόμου, τῷ τιμίῳ σου αἵματι, τῷ Σταυρῷ προσηλωθεὶς, καὶ τῇ λόγχῃ κεντηθεὶς, τὴν ἀθανασίαν ἐπήγασας ἀνθρώποις. Σωτὴρ ἡμῶν δόξα σοι.

Στίχ. Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ, ὅτι ἅγιός ἐστι.

Ἦχος δ'. Αὐτόμελον.

Ταχὺ προκατάλαβε, πρὶν δουλωθῆναι ἡμᾶς, ἐχθροῖς βλασφημοῦσί σε, καὶ ἀπειλοῦσιν ἡμῖν, Χριστὲ ὁ Θεὸς ἡμῶν· ἄνελε τῷ Σταυρῷ σου, τοὺς ἡμᾶς πολεμοῦντας· γνώτωσαν πῶς ἰσχύει, Ὁρθοδόξων ἡ πίστις, πρεσβείαις τῆς Θεοτόκου, μόνε φιλάνθρωπε.

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

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος δ'. Ταχὺ προκατάλαβε.

Παρθένε πανάμωμε, Μήτηρ Χριστοῦ
τοῦ Θεοῦ, ῥομφαία διηλθέ σου, τὴν
παναγίαν ψυχὴν, ἥνικα σταυρούμενον,
ἔβλεψας ἐκουσίως, τὸν Υἱὸν καὶ Θεόν
σου, ὃν περ εὐλογημένη, δυσωποῦσα μὴ
παύσῃ, συγχώρησιν πταισμάτων, ἡμῖν
δωρήσασθαι.

*Αναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 11. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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.)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Β'. Τοῦ Τριωδίου.

Ἦχος πλ. δ'. Τὸ προσταχθέν.

Εὐλου γευσάμενος, Ἀδὰμ μὴ
προσηκόντως, τῆς ἀκρασίας τοὺς καρποὺς
πικρῶς ἐτρύγησεν, ὑψωθεὶς δὲ ἐν ξύλῳ
τοῦτον ἐλυτρώσω, Οἰκτίρμον, τῆς καταδίκης
τῆς χαλεπῆς· διό σοι ἀναβοῶμεν· Δίδου
ἡμῖν, ἐγκρατεύεσθαι Δέσποτα, ἀπὸ καρποῦ
φθοροποιοῦ, καὶ πράττειν σου τὸ θέλημα,
ὅπως εὐρωμεν ἔλεος.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος πλ. δ'. Τὸ προσταχθέν.

Τὸν ἐξ αἱμάτων σου ἀγνῶν
σωματωθέντα, καὶ ὑπὲρ ἔννοιαν ἐκ σοῦ
Σεμνὴ τεχθέντα, ἐπὶ ξύλου κρεμάμενον
μέσον τῶν κακούργων, ὀρῶσα, τὰ
σπλάγχνα ἡλγεις, καὶ μητρικῶς, θρηνοῦσα,
ἐβόας· Οἶμοι Τέκνον ἐμόν! τίς ἡ θεία καὶ
ἄφατος, οἰκονομία σου δι' ἧς, ἐζώσας τὸ
πλάσμα σου. Ἀνυμνῶ σου τὸ εὖσπλαγχνον.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ
Ψαλτηρίου, ἥτοι Κάθισμα 12. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

ΙΕΡΕΥΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχράντου,
ὑπερευλογημένης, ἐνδόξου Δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,

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.

ἐαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

(Σοί, Κύριε.)

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

(Ἀμήν.)

ΧΟΡΟΣ

Τοῦ Τριωδίου ---

Κάθισμα Γ'. Τοῦ Τριωδίου.

Ἦχος β'. Τὴν ἄχραντον Εἰκόνα σου.

Τὸ ξύλον τὸ πανάγιον, ἀνυμνοῦντες
τοῦ Σταυροῦ, τὴν ἄκραν ἀγαθότητα,
προσκυνοῦμέν σου ἀεὶ, Χριστέ ὁ Θεός·
ἐν τούτῳ γὰρ κατήσχυνας, τὰς δυνάμεις
τοῦ ἐχθροῦ, καὶ ἔδωκας σημείωσιν, τοῖς
πιστεύουσιν εἰς σέ· ὅθεν εὐχαρίστως
βοῶμέν σοι· Πάντας ἀξιώσον, εὐθύμως
εἰρηνεύοντας, ἀποπληρῶσαι τῆς Νηστείας
τὸν χρόνον.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος β'. Τὴν ἄχραντον Εἰκόνα σου.

Τὸν ἄμωμον Ποιμένα σε, καθορῶσα ἡ
Ἀμνάς, ἐν ξύλῳ ἀναρτώμενον, θρηνωδοῦσα
μητρικῶς, ἐβόα· θανάτῳ σε, Υἱὲ κατέκρινεν
ὁ ἀχάριστος λαός, ἀνθ' ὧν νεφέλην
ἤπλωσας, εἰς διάβασιν αὐτῷ, οἱμοὶ
ἀτεκνοῦμαι ἢ ἀνανδρός! ἀλλ' ἐξανάστηθι
καὶ λάμψον Ἥλιε, καὶ δοξασθήσομαι ἐν
τοῖς υἱοῖς τῶν γηγενῶν.

ΑΝΑΓΝΩΣΤΗΣ

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

(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.

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε. Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὕσσῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στηρίζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἰμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιᾶσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἅν' ὀλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεός

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

οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τείχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων Χαράλαμπους καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων

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

Ἰωακεὶμ καὶ Ἄννης, καὶ πάντων σου τῶν Ἁγίων. Ἰκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τοῦ Μηναίου - - -

ΧΟΡΟΣ

Κανὼν τῶν Ἁγίων.

Ὡδὴ α'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Τῷ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ δεδόξασται.

Υγρὰν διοδεύσας ὥσεὶ ξηρὰν, καὶ τὴν αἰγυπτίαν, μοχθηρίαν διαφυγών, ὁ Ἰσραηλίτης ἀνεβόα· Τῷ Λυτρωτῇ καὶ Θεῷ ἡμῶν ἄσωμεν.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Πληθὺς Ἀθλοφόρων πανευκλεῶν, Χριστὸν ἐκδυσώπει, πλήθος ἔχοντα οἰκτιρμῶν, τὰ πλήθη μειῶσαι τῶν κακῶν μου, ὅπως τὴν σὴν εὐφημήσω πανήγυριν.

Στίχ. Κύριος βασιλεύων τῶν αἰώνων, καὶ ἐπ' αἰῶνα, καὶ ἔτι. Ὅτι εἰσῆλθεν ἵππος Φαραὼ σὺν ἄρμασι καὶ ἀναβάταις εἰς θάλασσαν.

Λατρεύοντες ζώντι καὶ ἀληθεῖ, Θεῷ Ἀθλοφόροι, τοῖς ἀψύχοις σέβας θεοῖς,

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

οὐδόλως ἐνείματε, καὶ ζῶσα, τῷ ζωοδότῃ
θυσία προσήχθητε.

Στίχ. Οἱ δὲ υἱοὶ Ἰσραὴλ ἐπορεύθησαν διὰ
ξηρᾶς ἐν μέσῳ τῆς θαλάσσης.

Ἠκύρωσαν δόγμα θεοστυγές, καὶ
μέσον σταδίου, τεσσαράκοντα Ἀθληταί,
ἐκήρυξαν Λόγον σαρκωθέντα, τὸν ἀλογίας
τὸν κόσμον ῥυσάμενον.

Δόξα.

Θυμὸν ἀλογώτατον δυσσεβοῦς,
τυράννου γενναίως, ἀπεκρούσαντο οἱ
σοφοί, ἀγάπη τηρούμενοι τῇ θεῖᾳ, καὶ πρὸς
θυμὸν κινηθέντες τὸν δίκαιον.

Καὶ νῦν. **Θεοτοκίον.**

Ὑμνῶ σε Παρθένε ὅτι Θεόν, πανύμνητε
μόνη, ἐσωμάτωσας ἐκ τῶν σῶν, τιμίων
αἱμάτων Παναγία, καὶ ὑπὲρ λόγον φρικτῶς
ἀπεκύησας.

Τοῦ Μηναίου - -

Κανὼν τῶν Ἁγίων.

Ωιδὴ γ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Ἅγιος εἶ, Κύριε, καὶ σὲ ὑμνεῖ τὸ
πνεῦμά μου.

Σὺ εἶ τὸ στερέωμα, τῶν προστρεχόντων
σοι Κύριε· σὺ εἶ τὸ φῶς τῶν ἐσκοτισμένων,
καὶ ὑμνεῖ σε τὸ πνεῦμά μου.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Στόμασιν ἐκήρυξαν, τοῖς ἱεροῖς αὐτῶν
Κύριον, οἱ Ἀθληταί, ἔναντι τυράννων,
ἐναθλοῦντες στερότάτα.

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
run to You faithfully. * You are the light * of
those who are darkened. * And my spirit is
praising 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]

Στίχ. Ἐστερεώθη ἡ καρδία μου ἐν Κυρίῳ,
ὕψωθη κέρας μου ἐν Θεῷ μου, ἐπλατύνθη
ἐπ' ἐχθρούς μου τὸ στόμα μου, εὐφράνθην ἐν
σωτηρίῳ σου.

Στόμασιν ἐκήρυξαν, τοῖς ἱεροῖς αὐτῶν
Κύριον, οἱ Ἀθληταί, ἔναντι τυράννων,
ἐναθλοῦντες στερότάτα.

Στίχ. Ὅτι οὐκ ἔστιν ἅγιος, ὡς ὁ Κύριος,
καὶ οὐκ ἔστι δίκαιος, ὡς ὁ Θεὸς ἡμῶν, καὶ οὐκ
ἔστιν ἅγιος πλὴν σου.

Μίαν γνώμην ἔχοντες, οἱ Ἀθληταί
θανεῖν εἶλοντο, διὰ Χριστόν, καὶ πολυθεΐας,
πλάνην πᾶσαν ἐπάτησαν.

Στίχ. Μὴ καυχᾶσθε καὶ μὴ λαλεῖτε
ὕψηλὰ εἰς ὑπεροχὴν, μηδὲ ἐξελέτω
μεγαλορρημοσύνη ἐκ τοῦ στόματος ὑμῶν.

Ἐλυσαν τὸν σύνδεσμον, τῆς
ματαιότητος δέσμιοι, διὰ Χριστόν, οἱ περὶ
τὸν Θεῖον, γεγονότες Τερέντιον.

Στίχ. Ὅτι Θεὸς γνώσεων Κύριος, καὶ
Θεὸς ἐτοιμάζων ἐπιτηδεύματα αὐτοῦ.

Θεοτοκίον.

Σῶσόν με κυήσασα τὸν ὑπεράγαθον
Κύριον, Μήτηρ ἀγνή, παῦσον τῆς ψυχῆς
μου, πολυτάραχον κλύδωνα.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Τρίτης Ὠδῆς.

Τόξον δυνατῶν ἡσθένησε, καὶ οἱ
ἀσθενοῦντες περιεζώσαντο δύναμιν.

Πλήρεις ἄρτων ἡλαττώθησαν, καὶ οἱ
πεινῶντες παρῆκαν γῆν, ὅτι στεῖρα ἔτεκεν
ἐπτά, καὶ ἡ πολλὴ ἐν τέκνοις ἡσθένησε.

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.

Κύριος θανατοῖ καὶ ζωογονεῖ, κατὰγει εἰς ᾄδου καὶ ἀνάγει.

Κύριος πτωχίζει καὶ πλουτίζει, ταπεινοῖ καὶ ἀνυψοῖ.

Ἀνιστᾷ ἀπὸ γῆς πένητα, καὶ ἀπὸ κοπρίας ἐγείρει πτωχόν, τοῦ καθίσαι αὐτὸν μετὰ δυναστών λαοῦ, καὶ θρόνον δόξης κατακληρονομῶν αὐτοῖς.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ γ'. Ἦχος πλ. δ'. Οὐρανίας ἀψίδος.

Στίχ. Διδούς εὐχὴν τῷ εὐχομένῳ, καὶ εὐλόγησεν ἔτη δικαίου.

Κατακρίνας τὴν ἔχθραν, ἐν τῷ Σταυρῷ ἔτεινας, σοῦ Δικαιοκρίτα παλάμας, νῦν δὲ κατάκριτον, ὄντα με πταίσμασι, σῶσον τὸν ἄσωτον Σῶτερ, τὸν παραπικράναντα, σὲ τὸν μακρόθυμον.

Στίχ. Κύριος ἀσθενῇ ποιήσει τὸν ἀντίδικον αὐτοῦ, Κύριος ἅγιος.

Τὴν κτηνώδη ποθήσας, παθοποιὸν βίωσιν, σοῦ τῶν ἐντολῶν ἐμακρύνθην, Σῶτερ πανάγαθε, ξένοις δουλούμενος, καὶ ἀκαθάρτοις πολίταις, νῦν δὲ ἐπιστρέφοντα, δέξαι καὶ σῶσόν με.

Στίχ. Μὴ καυχάσθω ὁ σοφὸς ἐν τῇ σοφίᾳ αὐτοῦ, καὶ μὴ καυχάσθω ὁ δυνατὸς ἐν τῇ δυνάμει αὐτοῦ, καὶ μὴ καυχάσθω ὁ πλούσιος ἐν τῷ πλούτῳ αὐτοῦ.

Μογγιλάλου ὡς πάλαι, τὰς ἀκοὰς ἤνοιξας, ἄνοιξον ψυχῆς μου τὰ ὦτα, γνώμη κωφεύοντα, καὶ ἐνωτίζεσθαι, σοῦ τὸν

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

σωτήριον λόγον, Ἰησοῦ ἀξίωσον, μόνε φιλάνθρωπε.

Στίχ. Ἀλλ' ἢ ἐν τούτῳ καυχάσθω ὁ καυχώμενος, ἐν τῷ συνιεῖν καὶ γινώσκειν τὸν Κύριον, καὶ ποιεῖν κρῖμα καὶ δικαιοσύνην ἐν μέσῳ τῆς γῆς.

Θεοτοκίον.

Ἡ σωτήριος πύλη, ἡ πρὸς Θεὸν γέφυρα τῶν Χριστιανῶν ἡ προστάτις, πάναγνε Δέσποινα, περιστατούμενον, ταῖς συμφοραῖς με τοῦ βίου, καὶ κλυδωνιζόμενον, Κόρη κυβέρησον.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ γ'. Ἦχος β'.
Στειρωθέντα μου τὸν νοῦν.

Στίχ. Κύριος ἀνέβη εἰς οὐρανούς, καὶ ἐβρόντησεν, αὐτὸς κρινεῖ ἅκρα γῆς, δίκαιος ὢν.

Διὰ σπλάγχνα οἰκτιρμῶν, ἀνελθὼν ἐν τῷ Σταυρῷ, ἀνείλκυσάς με, ἐκ βαράθρων παθῶν, καὶ ἀνύψωσας Χριστὲ εἰς τὰ οὐράνια.

Στίχ. Καὶ δώσει ἰσχὺν τοῖς βασιλεῦσιν ἡμῶν, καὶ ὑψώσει κέρας χριστῶν αὐτοῦ.

Ἐκπετάσας ἐν Σταυρῷ, τὰς παλάμας σου Χριστέ, τὰ ἔθνη πάντα, τὰ μακρὰν ἀπὸ σοῦ, ἡγκαλίσω κατεγγύς, στήναι τοῦ κράτους σου.

Δόξα. Τριαδικόν.

Τρισυπόστατε Μονάς, ὑπερούσιε Τριάς, Θεότης μία, ὁ Πατήρ, καὶ ὁ Υἱός, καὶ τὸ Πνεῦμα τὸ εὐθές, σῶζε τοὺς σέβοντάς σε.

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]

Καὶ νῦν. **Θεοτοκίον.**

Τὶς αἰνεῖν σε γηγενῶν, κατ' ἀξίαν
ἱκανοί, Παρθενομήτορ· σὺ γὰρ ἐν γυναιξί,
μόνη, ὥφθης ἐκλεκτή, καὶ παμμακάριστος.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἀνυψώθης ἐν Σταυρῷ, ἐλογχεύθης τὴν
πλευράν, χολῆς ἐγεύσω, δι' ἐμὲ Ἰησοῦ, τὸν
ἐκ τῆς παρακοῆς, παραπικράναντά σε.

Ὁ Εἰμός. Ἦχος β'.

Στειωθέντα μου τὸν νοῦν, καρποφόρον
ὁ Θεὸς ἀνάδειξόν με, γεωργὲ τῶν καλῶν,
φυτουργὲ τῶν ἀγαθῶν, τῇ εὐσπλαγχνίᾳ
σου.

ΔΙΑΚΟΝΟΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθώμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὺ εἰ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν
δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ
καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς
τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

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.)

ΧΟΡΟΣ

Κάθισμα.

Τοῦ Μηναίου ---

Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.

Ἐξ αἱμάτων οἰκείων οἱ Ἀθληταί, ἑαυτοῖς πορφυρίδα βάψαντες, νῦν ὠραῖοι τοῖς στίγμασι, τῷ Χριστῷ προσηνέχθησαν, τρισηλίου δόξης φωτὶ λαμπρυνόμενοι, καὶ ἡμᾶς φωτίζοντες, αὐτοὺς μακαρίζοντας· ὅθεν τὴν φωσφόρον, καὶ σεπτὴν αὐτῶν μνήμην, τελοῦντες λαμβάνομεν, ἱαμάτων χαρίσματα, οἷς ἐν πίστει βοήσωμεν· Πρεσβεύσατε γενναῖοι τῷ Χριστῷ, δωρηθῆναι ἄφεσιν τοῖς μέλπουσι, καὶ πιστῶς ἐκτελοῦσι, τὴν πάμφωτον μνήμην ὑμῶν.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος πλ. δ'. Τὴν Σοφίαν καὶ Λόγον.

Μαθητῶν ὑπεκρύβη φόβῳ χορός, οἱ γνωστοὶ δὲ μακρόθεν ἴστανται νῦν, μόνη δὲ συνέχομαι, καὶ τῇ λύπῃ τιτρώσκομαι, τὴν σφαγὴν σου τέκνον, ὁρῶσα τὴν ἄδικον, ἡ Παρθένος ἔλεγε, τὰς ὄψεις σπαράττουσα· Δεῦρο πᾶσα κτίσις, νῦν τῷ τρόμῳ ληφθεῖσα, συνάληψον, θρήνησον, τῇ Μητρὶ τοῦ Κυρίου σου, καὶ σὺν φόβῳ ἀνάκραξον· Δόξα σοὶ τῷ πάντων Ποιητῇ, ὅτι θέλων πάσχεις ὑπεράγαθε, καὶ ἐκουσίως σταυροῦσαι, τοῦ σῶσαι τὸν ἄνθρωπον.

Τοῦ Μηναίου ---

Κανὼν τῶν Ἀγίων.

Ὡδὴ δ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Δόξα τῇ δυνάμει σου, Κύριε.

Εἰσακήκοα Κύριε, τῆς οἰκονομίας σου τὸ μυστήριον, κατενόησα τὰ ἔργα σου, καὶ ἐδόξασά σου τὴν Θεότητα.

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 Your 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]

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ὡραιώθητε μάρτυρες, πόνων ἐπιδόσεσι
φαιδρυνόμενοι, ὑπὲρ σάπφειρον χρυσίον τε,
καρτεροῖς ἀγῶσιν ἐλαμπρύνθητε.

Στίχ. Κύριος ὁ Θεός μου δύναμις μου,
καὶ τάξει τοὺς πόδας μου εἰς συντέλειαν.

Ζωηφόρον ἐνέργειαν, ἐκ ζωαρχικῆς
Τριάδος δεξάμενοι, πάντα πόνον, πᾶσαν
νέκρωσιν, ψυχῶν καὶ σωμάτων ἀπελαύνετε.

Στίχ. Καὶ ἐπὶ τὰ ὑψηλὰ ἐπιβιβᾶ με, τοῦ
νικῆσαί με ἐν τῇ ὁδῇ αὐτοῦ.

Οὐκ ἀρνούμεθα Κύριον, δαίμοσιν
ἀφρόνως οὐκ ἐπιθύομεν, οἱ θεόφρονες
ἐκραύγαζον, ὁμιλοῦντες πόνοις καὶ
κολάσεσιν.

Δόξα.

Ἱαμάτων χαρίσματα, χάριν
ἀδαπάνητον, ῥῶσιν ἄπαυστον,
ἀναβλύζοντες Μακάριοι, τῶν ἀνθρώπων
πάθη θεραπεύετε.

Καὶ νῦν. **Θεοτοκίον.**

Σὲ πανάμωμε Δέσποινα, πειρασμοῖς
κυκλούμενος εἰς βοήθειαν, προσκαλοῦμαι·
Σπεῦσον σῶσόν με, τὸν Σωτῆρα Λόγον ἢ
κυήσασα.

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]

Τοῦ Μηναίου ---

Κανὼν τῶν Ἀγίων.

Ὡδὴ ε΄. Ἦχος πλ. δ΄. Ὁ Εἰρμός.

Στίχ. Κύριε, ὁ Θεὸς ἡμῶν, εἰρήνην δὸς ἡμῖν.

Ὁρθρίζοντες βοῶμέν σοι Κύριε· Σῶσον ἡμᾶς· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Καθείλετε τῆς πλάνης ὀχύρωμα, Ἀθλοφόροι, ταῖς ἀναμοχλεύσεσι, τῆς καρτερίας πανεύφημοι.

Στίχ. Ἀναστήσονται οἱ νεκροί, καὶ ἐγερθήσονται οἱ ἐν τοῖς μνημείοις, καὶ εὐφρανθήσονται οἱ ἐν τῇ γῇ

Καθείλετε τῆς πλάνης ὀχύρωμα, Ἀθλοφόροι, ταῖς ἀναμοχλεύσεσι, τῆς καρτερίας πανεύφημοι.

Στίχ. Ἡ γὰρ δρόσος ἡ παρὰ σου ἱάμα αὐτοῖς ἐστίν, ἡ δὲ γῆ τῶν ἀσεβῶν πεσεῖται.

Αἱμάτων ἐπιρροαῖς ξηράναντες, τῆς ἀπάτης, τὸν βυθὸν μακάριοι, πᾶσαν ψυχὴν κατηρδεύσατε.

Δόξα.

Λογίων τῶν ἐνθέων πληρούμενοι, Ἀθλοφόροι, τῶν σοφῶν ἐλύσατε, τὴν ἀλογίαν ἐν Πνεύματι.

Καὶ νῦν. **Θεοτοκίον.**

Λυτρούμενος ἐπέφανε Ἀχραντε, τοὺς ἀνθρώπους, ἐκ σοῦ ὁ ὑπέρθεος, ἄνθρωπος Κόρη γενόμενος.

From Menaion ---

Canon for the Saints.

Ode v. Mode pl. 4. Heirmos.

Verse: O Lord our God, grant us peace.

We rise at early morn and cry out to You, * "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]

Τοῦ Μηναιίου ---

Κανὼν τῶν Ἀγίων.

Ὡδὴ Γ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Ὡς τὸν προφήτην Ἰωνᾶν, σῶσον ἡμᾶς, Κύριε.

Τὴν δέησιν ἐκχεῶ πρὸς Κύριον, καὶ αὐτῷ ἀπαγγελῶ μου τὰς θλίψεις, ὅτι κακῶν ἡ ψυχὴ μου ἐπλήσθη, καὶ ἡ ζωὴ μου τῷ Ἄϊδι προσήγγισε, καὶ δέομαι ὡς Ἰωνᾶς· Ἐκ φθορᾶς ὁ Θεός με ἀνάγαγε.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ἰσχυῖ σου Ἰησοῦ νευρούμενοι, ἐξενεύρισαν ἐχθροῦ δυναστείαν, καὶ δυνατοί, ἀνεδείχθησαν ὄντως, δι' ἀσθενείας σαρκὸς προσπαλαίοντες, καὶ ῥίψαντες τὸν ἰσχυρόν, οἱ σεπτοὶ καὶ καλλίνικοι Μάρτυρες.

Στίχ. Φυλασσόμενοι μάταια καὶ ψευδῇ, ἔλεον αὐτοῖς ἐγκατέλιπον.

Ἰσχυῖ σου Ἰησοῦ νευρούμενοι, ἐξενεύρισαν ἐχθροῦ δυναστείαν, καὶ δυνατοί, ἀνεδείχθησαν ὄντως, δι' ἀσθενείας σαρκὸς προσπαλαίοντες, καὶ ῥίψαντες τὸν ἰσχυρόν, οἱ σεπτοὶ καὶ καλλίνικοι Μάρτυρες.

Στίχ. Ὅσα ἡνξάμην ἀποδώσω σοι εἰς σωτηρίαν μου τῷ Κυρίῳ.

Νενίκηκας, τὸν πολυμορφον ὄφιν, καὶ τὴν τούτου τοῖς ποσὶ σου συντρίψας, ὡς ἀληθῶς, κεφαλὴν νικηφόρον, τῇ κορυφῇ σου διάδημα εἵληφας, Τερέντιε Μάρτυς Χριστοῦ, τῶν ἁγίων Ἀγγέλων συμμέτοχε.

Δόξα.

Ἱάματα, ἡ σορὸς τῶν Μαρτύρων, ἀναβλύζει, καὶ τὰ πάθη καθαίρει, καὶ τῶν

From Menaion ---

Canon for the Saints.

Ode vi. Mode pl. 4. Heirmos.

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

I pour out my supplication to the Lord, * and I tell Him all about my afflictions, * and that my soul has been flooded with evils, * and that my life has come close to being in hell. * Like Prophet 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

ψυχῶν, ἀποπλύνει τὸν ῥύπον, καὶ τῶν
δαιμόνων βυθίζει τὰς φάλαγγας, ἀπάντων
δὲ τῶν εὐσεβῶν, τὰς καρδίας ἀρδεύει τῇ
χάριτι.

Καὶ νῦν. **Θεοτοκίον.**

Κατάσκιον, προεώρα σε ὄρος, ὁ
Προφήτης Ἀββακούμ Θεοτόκε, ἐκ σοῦ Θεός,
ὕπὲρ λόγον προῆλθε, σεσαρκωμένος, καὶ
κόσμον διέσωσε, τῷ κλύδωνι τῆς χαλεπῆς,
ἁμαρτίας δεινῶς συνεχόμενον.

Ὁ Εἰρμός.

Τὴν δέησιν ἐκχεῶ πρὸς Κύριον, καὶ
αὐτῷ ἀπαγγελῶ μου τὰς θλίψεις, ὅτι κακῶν
ἡ ψυχὴ μου ἐπλήσθη, καὶ ἡ ζωὴ μου τῷ
Ἄϊδι προσήγγισε, καὶ δέομαι ὡς Ἰωνᾶς· Ἐκ
φθορᾶς ὁ Θεός με ἀνάγαγε.

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ
σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

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.

I pour out my supplication to the Lord, *
and I tell Him all about my afflictions, * and
that my soul has been flooded with evils, *
and that my life has come close to being in
hell. * Like Prophet 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.

(Ἀμήν.)

Τοῦ Τριωδίου ---

ΑΝΑΓΝΩΣΤΗΣ

Μαρτυρικόν. Ὕχος δ'.

Οἱ Μάρτυρές σου Κύριε, ἐν τῇ ἀθλήσει αὐτῶν, στεφάνους ἐκομίσαντο τῆς ἀφθαρσίας, ἐκ σοῦ τοῦ Θεοῦ ἡμῶν· σχόντες γὰρ τὴν ἰσχύν σου, τοὺς τυράννους καθεῖλον, ἔθραυσαν καὶ δαιμόνων, τὰ ἀνίσχυρα θράση. Αὐτῶν ταῖς ἱκεσίαις, Χριστέ ὁ Θεός, σῶσον τὰς ψυχὰς ἡμῶν.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ Ι' τοῦ αὐτοῦ μηνός, μνήμη τῶν Ἁγίων Μαρτύρων Τερεντίου, Ἀφρικανοῦ, Μαξίμου, Πομπηίου, καὶ ἐτέρων τριάκοντα ἑξ· ἔτι δὲ καὶ τῶν περὶ τὸν μακάριον Ζήνωνα καὶ Ἀλέξανδρον καὶ Θεόδωρον.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς Ἁγίας Προφήτιδος Ὀλδᾶς.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων Μαρτύρων Ἰακώβου Πρεσβυτέρου καὶ Ἀζᾶ Διακόνου.

Ὁ Ἅγιος Νεομάρτυς Δῆμος ὁ ἐν Σμύρνῃ μαρτυρήσας κατὰ τὸ ἔτος αψξγ' (1763), ξίφει τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ ἐν ἀγίοις πατρὸς ἡμῶν Γρηγορίου τοῦ Ε', τοῦ νέου ἱερομάρτυρος, ἀρχιεπισκόπου Κωνσταντινουπόλεως καὶ Οἰκουμενικοῦ Πατριάρχου, τοῦ δι' ἀγχόνης μαρτρήσαντος ἐν αὐτῇ κατὰ τὸ ἔτος αωκα' (1821).

Ταῖς τῶν Ἁγίων σου πρεσβείαις, Χριστέ ὁ Θεός, ἐλέησον ἡμᾶς.

(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.

Τοῦ Μηναίου ---

ΧΟΡΟΣ**Κανὼν τῶν Ἀγίων.****Ὡδὴ ζ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.****Στίχ.** Τῶν Πατέρων καὶ ἡμῶν Θεός,
εὐλογητὸς εἶ.

Παῖδες Ἑβραίων ἐν καμίνῳ,
κατεπάτησαν τὴν φλόγα θαρσαλέως, καὶ
εἰς δρόσον τὸ πῦρ, μετέβαλον βοῶντες·
Εὐλογητὸς εἶ Κύριε, ὁ Θεὸς εἰς τοὺς αἰῶνας.

Τροπάρια.*Ἄγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.*

Ὡτα εὐήκοα πρὸς θείαν, ἀποπλήρωσιν
Χριστοῦ τῶν προσταγμάτων, κεκτημένοι
Σοφοί, ἐμέλπετε προθύμως· Εὐλογητὸς εἶ
Κύριε, ὁ Θεὸς εἰς τοὺς αἰῶνας.

Στίχ. Εὐλογημένος εἶ ὁ ἐπὶ θρόνου
δόξης τῆς βασιλείας σου, ὁ ὑπερύμνητος καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Νόμους ἐνθέους Ἀθλοφόροι,
ἀντεθήκατε προσταγμασιν ἀνόμων,
κελευόντων Χριστὸν ἀρνεῖσθαι· ὧ βοῶμεν·
Εὐλογητὸς εἶ Κύριε ὁ Θεὸς εἰς τοὺς αἰῶνας.

Στίχ. Εὐλογημένος εἶ ἐν τῷ στερεώματι
τοῦ οὐρανοῦ, ὁ ὑπερύμνητος καὶ
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Μέλη ποιναῖς ἐκδεδωκότες,
ἀπηρνήσασθε τὸ σῶμα δι' ἀγάπην, τοῦ
ὀφθέντος ἐν γῇ, καὶ σάρκα εἰληφότος· ὧ
μελωδεῖτε Μάρτυρες· ὁ Θεὸς εὐλογητὸς εἶ.

Δόξα.

Ἄνω τὸ ὄμμα διανοίας, ἀνατείναντες
Γενναῖοι τὰς βασάνους, στεῖροτάτη ψυχῇ,

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

ἠνέγκατε βοῶντες· Εὐλογητὸς εἶ Κύριε, ὁ Θεὸς εἰς τοὺς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Ῥεύσαντας πάλαι τοὺς γεννάρχας,
παραβάσεως ἀτόπου πλημμελεία, ἐν νηδύϊ
Χριστόν, ἀρρέυστως συλλαβοῦσα, πρὸς τὴν
ζωὴν ἀνήγαγες, τὴν ἀρχαίαν Θεοτόκε.

Ὡιδὴ η'.

Τοῦ Μηναίου ---

Κανὼν τῶν Ἀγίων.

Ὡιδὴ η'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Στίχ. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ
ὑπερυψοῦτε εἰς τοὺς αἰῶνας.

Ἑπταπλασίως κάμινον, τῶν
Χαλδαίων ὁ τύραννος, τοῖς θεοσεβέσιν,
ἐμμανῶς ἐξέκαυσε· δυνάμει δὲ κρείττονι,
περισωθέντας τούτους ἰδὼν, τὸν
Δημιουργὸν καὶ Λυτρωτὴν ἀνεβόα, οἱ
παῖδες εὐλογεῖτε, ἱερεῖς ἀνυμνεῖτε, λαὸς
ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Τυραννικοῦ πρὸ βήματος, ὁ θεόφρων
Τερέντιος, σὺν Ἀφρικανῷ τε, Μάξιμος
Πομπήϊος, ὁ θεῖος Μακάριος, καὶ ὁ κλεινὸς
Θεόδωρος, ἅμα τῇ λοιπῇ τῶν συμμαρτύρων
χορείᾳ, Χριστὸν ὁμολογοῦσι, τὸν Σωτῆρα
τῶν ὅλων, καὶ τούτου τῇ ἀγάπῃ, γενναίως
ἐναθλοῦσιν.

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 the
chorus of their fellow Martyrs, all confessed
Christ, the Savior of all, and out of love for
Him they bravely competed. [SD]

Στίχ. Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ὑπὲρ Χριστοῦ στρεβλούμενοι, καὶ βουνεύροις τυπτόμενοι, καὶ ἀνηλεῶς, οἱ Ἀθηταὶ ξεόμενοι, τριβόλοις κεντούμενοι, καὶ τοῖς θηρσὶ ῥιπτούμενοι, καὶ πυρακτωθεῖσιν, ὀβελίσκοις τὰ στέρνα, φλεγόμενοι ἐβόων· Ἱερεῖς ἀνυμνεῖτε, λαὸς ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

Στίχ. Εὐλογεῖτε, Ἄγγελοι Κυρίου, οὐρανοὶ Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ῥῆμα ζωῆς προφέροντες, οἱ καλλίνικοι Μάρτυρες, τεθανατωμένους, ἐν τῇ πλάνῃ ἔσωσαν, ἐχθροὺς ἐθανάτωσαν, καὶ τοῦ Χριστοῦ τὸν θάνατον, καὶ τὰ φωταυγῇ ἐξεικονίζοντες πάθη, βασάνοις πολυτρόποις, τὸ μακάριον τέλος, ἐδέξαντο ὑμνοῦντες, Χριστὸν εἰς τοὺς αἰῶνας.

Στίχ. Εὐλογεῖτε, ὕδατα πάντα τὰ ὑπεράνω τῶν οὐρανῶν, πᾶσαι αἱ Δυνάμεις Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ὡσπερ κιθάρα εὐρυθμος, κρουομένη τῷ Πνεύματι, καὶ τὰς διανοίας, τῶν πιστῶν ἡδύνουσα, τετράριθμος πέφυκε, τῶν Ἀθλοφόρων θεία δεκάς, θεῖον κορυφαῖον, κεκτημένη βοῶντα· Τερέντιον τὸν μέγαν, Ἱερεῖς εὐλογεῖτε, λαὸς ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

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]

Στίχ. Εὐλογεῖτε, ἥλιος καὶ σελήνη,
ἄστρο τοῦ οὐρανοῦ, τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Θεοτοκίον.

Νενεκρωμένην ζώωσον, πεπτωκυῖαν
ἀνάστησον, τετραυματισμένην, τὴν
ψυχὴν μου ἱάσαι, τῇ λόγχῃ Πανάμωμε,
τῇ κεντησάσῃ θεῖαν πλευράν, τοῦ ἐκ τῆς
γαστροῦ σου, σαρκωθέντος Σωτῆρος, ὃν
Παῖδες εὐλογοῦσιν, Ἱερεῖς ἀνυμνοῦσι, λαοὶ
ὑπερυψοῦσιν, εἰς πάντα τοὺς αἰῶνας.

(διαβαστά)

Στίχοι Ἐνδιάμεσοι Ὁγδότης Ὡδῆς.

Εὐλογεῖτε, πᾶς ὄμβρος καὶ δρόσος,
πάντα τὰ πνεύματα, τὸν Κύριον· ὑμνεῖτε
καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πῦρ καὶ καῦμα, ψῦχος
καὶ καύσων, τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε δρόσοι καὶ νιφετοί, πάγοι καὶ
ψῦχος, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πάχνη καὶ χιόνες, ἀστραπαὶ
καὶ νεφέλαι τὸν Κύριον· ὑμνεῖτε καὶ
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, φῶς καὶ σκότος, νύκτες καὶ
ἡμέραι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ
πάντα τὰ φυόμενα ἐν αὐτῇ, τὸν Κύριον·
ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς
αἰῶνας.

Εὐλογεῖτε, πηγαί, θάλασσα, καὶ
ποταμοί, κήτη, καὶ πάντα τὰ κινούμενα

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 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

ἐν τοῖς ὕδασι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος πλ. δ'.

Ἑπταπλασίως κάμινον.

Στίχ. Εὐλογεῖτε, πάντα τὰ πετεινὰ τοῦ οὐρανοῦ, τὰ θηρία καὶ πάντα τὰ κτήνη, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Τῷ ἀκοιμήτῳ ὄμματι, ἐπιβλέψας με οἴκτειρον, τῷ τῆς ῥαθυμίας νυσταγμῷ κρατούμενον, καὶ ὕπνῳ, δουλεύοντα, τῶν ἡδονῶν ἐν κλίνῃ παθῶν, ὁ ἐπὶ Σταυροῦ τὴν κεφαλὴν σου προσκλίνας, καὶ θέλων ἀφυπνώσας, καὶ τὴν νύκτα μειώσας, Χριστέ τῆς ἁμαρτίας, φῶς ὢν δικαιοσύνης.

Στίχ. Εὐλογεῖτε, υἱοὶ τῶν ἀνθρώπων, εὐλογεῖτω Ἰσραὴλ τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Πλουτοποιοῖς χαρίσμασι, κοσμηθεὶς ἐκ βαπτίσματος, μᾶλλον τὴν πενίαν τῶν κακῶν ἠγάπησα, καὶ ξένος γεγένημαι, τῶν ἀρετῶν ὁ τάλας ἐγώ, χώραν εἰς μακράν, ἀποδημήσας κακίας· διό με ἐπιστρέψας, ἐναγκάλισαι Σῶτερ, τῷ σῷ Σταυρῷ τειχίζων, εἰς πάντας τοὺς αἰῶνας.

Στίχ. Εὐλογεῖτε, Ἱερεῖς Κυρίου, δοῦλοι Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Μέθην παθῶν ἀπόρριψον, καὶ δακρύων ἐκζήτησον, τὸν καθαρτικὸν διὰ νηστείας οἶνον ψυχῇ, καρδίαν εὐφραίνοντα, καὶ

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

ἡδονὰς μαραίνοντα, καὶ τὰς τῆς σαρκός,
ἀποτεφροῦντα καμίνοῦς, καὶ σπεῦσον
τῷ παγέντι, διὰ σὲ ἐπὶ ξύλου, Χριστῷ
συσταυρωθῆναι, καὶ ζῆσαι εἰς αἰῶνας.

Στίχ. *Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ
Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν
Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς
τοὺς αἰῶνας.*

Θεοτοκίον.

Θεογεννήτορ πάναγνε, τῆς ψυχῆς μου
τὰ τραύματα, καὶ τῆς ἀμαρτίας τὰς οὐλὰς
ἐξάλειψον, πηγαῖς ἀποσμήχουσα, ταῖς ἐκ
πλευρᾶς τοῦ τόκου σου, καὶ τοῖς ἐξ αὐτῆς,
ἀποκαθαίρουσα ῥείθροις· πρὸς σὲ γὰρ
ἀνακράζω, καὶ πρὸς σὲ καταφεύγω, καὶ σὲ
ἐπικαλοῦμαι, τὴν Κεχαριτωμένην.

Κανὼν Β' τοῦ Τριωδίου.

Ὡδὴ η'. Ἦχος β'. *Τὸν
ἐν φωναῖς Ἀγγελικαῖς.*

Στίχ. *Εὐλογεῖτε, Ἀνανία, Ἀζαρία, καὶ
Μισαήλ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε
αὐτὸν εἰς τοὺς αἰῶνας.*

Τὸν σταυρωθέντα σαρκικῶς, καὶ θεϊκῶς
μὴ παθόντα Ἰησοῦν, ὑμνοῦσιν οἱ ἄγγελοι,
καὶ ἡμεῖς οἱ γηγενεῖς, εἰς τοὺς αἰῶνας
ἅπαντας.

Στίχ. *Εὐλογεῖτε, Ἀπόστολοι, Προφῆται,
καὶ Μάρτυρες Κυρίου, τὸν Κύριον· ὑμνεῖτε
καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.*

Ἐν τῇ σταυρώσει σου Χριστέ,
τὸν ἐπονείδιστον θάνατον ἐλών, τὸν
ἐπικατάρατον, ἔσωσας ἡμᾶς, φθορᾶς
ἐκλυτρωσάμενος.

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]

Στίχ. Εὐλογοῦμεν Πατέρα, Υἱὸν καὶ Ἅγιον Πνεῦμα, τὸν Κύριον· ὑμνοῦμεν, καὶ ὑπερυψοῦμεν αὐτὸν εἰς τοὺς αἰῶνας.

Τριαδικόν.

Χερουβικῶς σὲ ὦ Τριάς, Ἅγιος, Ἅγιος, Ἅγιος ὑμνῶ, τὴν μίαν Θεότητα, ἀναρχον ἀπλήν, καὶ πᾶσιν ἀκατάληπτον.

Καὶ νῦν. **Θεοτοκίον.**

Τοῖς ἐγκωμίοις σε Ἀγνή, λαμπρῶς γεραίρουνσι· πᾶσαι αἱ γενεαὶ τὸν Κτίστην γὰρ τέτοκας· ὦ θαῦμα φρικτόν, καὶ ἔργον παμμακάριστον!

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Πάντα ὑπήνεγκας παθεῖν, ὑπὲρ ἑνὸς τοῦ σωθῆναί με Χριστὲ ὑμνῶ σου τὴν Σταύρωσιν, τοὺς ἥλους, τὴν σφαγὴν εἰς τοὺς αἰῶνας ἅπαντας.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Ὁ Εἰμός. Ἦχος β'.

Τὸν ἐν φωναῖς Ἀγγελικαῖς, ἐν οὐρανοῖς δοξαζόμενον Θεόν, αἰνέσωμεν ἅπαντες οἱ γηγενεῖς, εἰς τοὺς αἰῶνας ἅπαντας.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος πλ. δ'.

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

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ,

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.

Megalynarion. 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

τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν,
τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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

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

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

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὕψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε
κενοῦς.

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

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

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

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

Τοῦ Μηναίου ---

Κανὼν τῶν Ἁγίων.

Ὡδὴ θ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Ἐφριξε πᾶσα ἀκοή, τὴν ἀπόρρητον
Θεοῦ συγκατάβασιν, ὅπως ὁ Ὑψιστος, ἐκὼν
κατήλθεν μέχρι καὶ σώματος, Παρθενικῆς
ἀπὸ γαστροῦ, γενόμενος ἄνθρωπος·
διὸ τὴν ἄχραντον, Θεοτόκον οἱ πιστοὶ
μεγαλύνομεν.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ἰαμα βρύει ἡ σορὸς, τῶν Μαρτύρων
ἐκ πηγῆς θείου Πνεύματος, ἐπαρδομένη
αἰεὶ, προθύμως δεῦτε ἀπαρυσώμεθα, σῶμα,
καρδίαν καὶ ψυχὴν, καθαγιαζόμενοι, καὶ
τόν Σωτῆρα Χριστόν, μεγαλύνοντες πιστῶς
φιλομάρτυρες.

Στίχ. Εὐλογητὸς Κύριος ὁ Θεὸς τοῦ
Ἰσραὴλ, ὅτι ἐπεσκέψατο καὶ ἐποίησε
λύτρωσιν τῷ λαῷ αὐτοῦ.

Ὡς ἄνθη θεῖα τοῦ ἀγροῦ, ὥσπερ ῥόδα
μυστικὰ ἐξηνθήσατε, καὶ εὐωδίας σεπτῆς,
τὴν Ἐκκλησίαν ἀπεπληρώσατε, πλάνην
δυσώδη τοῦ ἐχθροῦ, μακρὰν ἀπελαύνοντες,

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

τῇ θείᾳ χάριτι, Ἀθλοφόροι τοῦ Χριστοῦ
ἀξιόγαστοι.

Στίχ. Καὶ ἤγειρε κέρασ σωτηρίας ἡμῖν,
ἐν οἴκῳ Δαυῖδ τοῦ παιδὸς αὐτοῦ.

Σήμερον Μάξιμον πιστοί, καὶ
Ἀλέξανδρον ὁμοῦ καὶ Θεόδωρον, Ζήνωνα,
Πομπήιον, Ἀφρικανόν τε καὶ τὸν Τερέντιον,
σὺν τοῖς λοιποῖς συναθληταῖς, πιστῶς
εὐφημήσωμεν, καὶ μακαρίσωμεν,
ἀνυμνοῦντες τὰ αὐτῶν προτερήματα.

Στίχ. Καθὼς ἐλάλησε διὰ στόματος τῶν
ἀγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ.
Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς
πάντων τῶν μισούντων ἡμᾶς.

Ἦγγικε, πρόσεχε ψυχῇ, ἡ τοῦ Κτίστου
τελευταία ἐπέλευσις, οἱ θρόνοι τίθενται, καὶ
τὸ κριτήριον ἤδη πάρεστιν, ὁ δὲ Κριτὴς ὡς
ἀγαθός, βοᾷ· Ἐτοιμάσθητε· Σπεῦσον οὖν
βόησον, τῶν Μαρτύρων σου λιταῖς Σῶτερ
σῶσόν με.

Στίχ. Ποιῆσαι ἔλεος μετὰ τῶν Πατέρων
ἡμῶν, καὶ μνησθῆναι διαθήκης ἀγίας αὐτοῦ.

Θεοτοκίον.

Φώτισον πύλη τοῦ φωτός, τὴν
ψυχὴν μου ταῖς δειναῖς ἀμαυρότησι,
τῶν παραβάσεων, ἐσκοτισμένην καὶ
κινδυνεύουσαν, καὶ τῆς ἡμέρας κοινωνόν,
τῆς θείας ἀνάδειξον, ὅπως δοξάζω σε,
προστασία τῶν Πιστῶν ἀκαταίσχυντε.

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]

Τοῦ Τριωδίου ---

Κανὼν Α' τοῦ Τριωδίου.

Ὡδιὴ θ'. Ἦχος πλ. δ'. Ἐξέστη ἐπὶ τούτῳ.

Στίχ. Ὁρκον, ὃν ᾤμοσε πρὸς Ἀβραάμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Ὁρῶν σε ἠπλωμένον ἐπὶ Σταυροῦ, τὰς ἀκτῖνας συνέστειλεν ἥλιος, πᾶσα δὲ γῆ, τρόμῳ ἐκλονεῖτο Παμβασίλειῦ, ἐθελουσίως βλέπουσα, πάσχοντα τὸν φύσει σε ἀπαθῆ· διό σε ἱκετεύω, τὰ πάθη τῆς ψυχῆς μου, ὡς ἱατρὸς Χριστὲ θεράπευσον.

Στίχ. Λατρεύειν αὐτῷ ἐν ὁσιότητι καὶ δικαιοσύνῃ ἐνώπιον αὐτοῦ, πάσας τὰς ἡμέρας τῆς ζωῆς ἡμῶν.

Ὁδοὺς σωτηριώδεις καταλιπών, τὰς εἰς Αἶδην φερούσας διώδευσα, σκότος βαθύ, ἔχων περικύκλω τὰς ἡδονάς, καὶ τῶν παθῶν τὸν ὀλισθον, καὶ τὴν καταγίδα τῶν πειρασμῶν· διό σε ἱκετεύω τῷ σῷ Σταυρῷ με σῶσον, Χριστὲ ὡς μόνος πολυέλεος.

Στίχ. Καὶ σύ, Παιδίον, Προφήτης Ὑψίστου κληθήσῃ· προπορεύσῃ γὰρ πρὸ προσώπου Κυρίου ἐτοιμάσαι ὁδοὺς αὐτοῦ.

Χειμῶνι συνεχόμενος πειρασμῶν, καὶ παθῶν τρικυμίαις ποντούμενος, καὶ ἡδονῶν, σάλῳ χειμαζόμενος χαλεπῶς, τὸ τῆς Νηστείας πέλαγος, ἔφθασα τὸ πρᾶον καὶ γαληνόν, ἐν ᾧ με κυβερνήσας, τῷ σῷ Σταυρῷ Οἰκτίρμον, πρὸς σωτηρίαν ἐγκαθόρμισον.

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. [KW]

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. [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]

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. [KW]

Στίχ. Τοῦ δοῦναι γνῶσιν σωτηρίας τῷ λαῷ αὐτοῦ, ἐν ἀφέσει ἁμαρτιῶν αὐτῶν, διὰ σπλάγχνα ἐλέους Θεοῦ ἡμῶν.

Θεοτοκίον.

Συνέλαβες Παρθένε δίχα σποράς, τὸν τὰ σύμπαντα δημιουργήσαντα, Λόγον Θεοῦ, ἄνευ θελημάτων τῶν τῆς σαρκός, ἄνευ φθοράς δὲ τέτοκας, ἄνευθεν ὠδίνων τῶν μητρικῶν· διό σε Θεοτόκον, καὶ γλώσση καὶ καρδίᾳ, ὁμολογοῦντες μεγαλύνομεν.

Κανὼν Β' τοῦ Τριωδίου.

Ὡιδὴ θ'. Ἦχος β'. Τὴν παρθενίαν σου.

Στίχ. Ἐν οἷς ἐπεσκέψατο ἡμᾶς ἀνατολὴ ἐξ ὕψους, ἐπιφάναι τοῖς ἐν σκότει καὶ σκιᾷ θανάτου καθημένοις.

Ἐκὼν ὑπέμεινας, σταυρωθῆναι Σωτὴρ ἡμῶν, ἵνα παράσχῃς πᾶσι ζωὴν, τοῦ θανάτου ἐκλυτρωσάμενος.

Στίχ. Τοῦ κατευθῆναι τοὺς πόδας ἡμῶν εἰς ὁδὸν εἰρήνης.

Εὐλῶ νενέκρωμαι, καὶ Σταυροῦ ξύλῳ ἔζησα, ἐν ᾧ ὁ Χριστὸς μου προσηλωθεὶς, τὸν ἐχθρόν μου ἐθανάτωσε.

Δόξα. Τριαδικόν.

Ὡς συνυπάρχοντα, τὸν Υἱόν τῷ Γεννήτορι καὶ Πνεῦμα τὸ ἅγιον συμπαρόν, ὁμοφρόνως προσκυνήσωμεν.

Καὶ νῦν. **Θεοτοκίον.**

Θαῦμα παράδοξον, καὶ ἐξαίσιον ἄκουσμα! πῶς καὶ ὥς μήτηρ τίκεις Ἀγνή, καὶ οὐκ ἔγνωσ ὥς παρθένος φθοράν;

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. [KW]

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. [KW]

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. [KW]

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. [KW]

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? [KW]

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ὑμνῶ τὴν λόγχην σου, ἀνυμνῶ καὶ τοὺς ἥλους σου τὸν σπόγγον τὸν κάλαμον τὸν Σταυρόν, δι' ὧν σέσωσμαι, Ἰησοῦ ὁ Θεός.

Ὁ Εἰμός. Ἦχος β'.

Τὴν παρθενίαν σου Θεοτόκε ἀμιάντε, ἣν οὐ κατέφλεξε, τὸ πῦρ τῆς Θεότητος, ὕμνοις ἀσιγήτοις μεγαλύνομεν.

Ἀξιὸν ἐστὶν ὡς ἀληθῶς μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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. [KW]

Heirmos (NM). Mode 2.

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

Τοῦ Ὁρολογίου ---

ΧΟΡΟΣ

**Φωταγωγικά
Ἦχος δ'.**

Ὁ τὸ φῶς ἀνατέλλων τῷ κόσμῳ σου,
τὴν ἐν σκότει ψυχὴν μου ὑπάρχουσιν, ἀπὸ
πάσης ἁμαρτίας καθάρισον, δυνάμει τοῦ
Σταυροῦ σου, καὶ σῶσόν με.

Ὁ τὸ φῶς ἀνατέλλων τῷ κόσμῳ σου,
τὴν ἐν σκότει ψυχὴν μου ὑπάρχουσιν, ἀπὸ
πάσης ἁμαρτίας καθάρισον, πρεσβείαις τῶν
Ἀγίων καὶ σῶσόν με.

Ὁ τὸ φῶς ἀνατέλλων τῷ κόσμῳ σου,
τὴν ἐν σκότει ψυχὴν μου ὑπάρχουσιν, ἀπὸ
πάσης ἁμαρτίας καθάρισον, πρεσβείαις τῆς
Θεοτόκου, καὶ σῶσόν με.

ΑΝΑΓΝΩΣΤΗΣ

**Οἱ Αἶνοι. (διαβαστά)
Ψαλμὸς ΡΜΗ' (148).**

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε
αὐτόν ἡλιος καὶ σελήνη, αἰνεῖτε αὐτόν
πάντα τὰ ἄστρα καὶ τὸ φῶς. Αἰνεῖτε αὐτόν
οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ
ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν
τὸ ὄνομα Κυρίου, ὅτι αὐτὸς εἶπε, καὶ
ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ
ἐκτίσθησαν. Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα
καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα
ἔθετο, καὶ οὐ παρελεύσεται. Αἰνεῖτε τὸν
Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι
ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος,
πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον
αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα
καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία
καὶ πάντα τὰ κτήνη, ἔρπετά καὶ πετεινά

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

περωτά· βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς· νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου· ἡ ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. Καὶ ὑψώσει κέρας λαοῦ αὐτοῦ· ὕμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραήλ, λαῷ ἐγγίζοντι αὐτῷ.

Ψαλμὸς ΡΜΘ' (149).

Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἰνεῖσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν. Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ, ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ. Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν αὐτοῖς κριμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Ψαλμὸς ΡΝ' (150).

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτόν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ· αἰνεῖτε αὐτόν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτόν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτόν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτόν ἐν ψαλτηρίῳ καὶ κιθάρᾳ· αἰνεῖτε αὐτόν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτόν ἐν χορδαῖς καὶ ὀργάνῳ·

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]

Psalms 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]

Psalms 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

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

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

Δοξολογία (διαβαστά)

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἰρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἰρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν. Καθ' ἐκάστην ἡμέραν εὐλογήσω σε, καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα, καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με· ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι. Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί σου ὁψόμεθα φῶς. Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε. Καταξίωσον,

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

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

ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινὴν δέησιν ἡμῶν τῷ Κυρίῳ.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Τὴν ἡμέραν πᾶσαν τελείαν, ἁγίαν, εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ Κυρίου αἰτησώμεθα.

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Παράσχον, Κύριε.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι Θεὸς ἐλέους, οἰκτιρμῶν, καὶ
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΔΙΑΚΟΝΟΣ

Τὰς κεφαλὰς ἡμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ
ταπεινὰ ἐφορῶν, καὶ τῷ παντεφώρῳ σου ὄμματι
ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν
αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου

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,

Ἅγιε Ἀγίων· ἔκτεινον τὴν χεῖρά σου τὴν ἀόρατον ἐξ ἁγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως, ὡς ἀγαθὸς καὶ φιλόανθρωπος Θεὸς συγχώρησον, δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια ἀγαθὰ σου.

Σὸν γάρ ἐστι τὸ ἐλεεῖν καὶ σώζειν ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΧΟΡΟΣ

Ἀπόστιχα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἰδιόμελον. Ἦχος γ'.

Τὸ ὕψος τῶν ἀρετῶν, καταλιποῦσα ψυχὴ μου, ἐπὶ τὸ βάθος τῆς ἁμαρτίας κατελήλυθας, πονηροῖς ὁδοστάταις ἐμπεσοῦσα, τραυμάτων δὲ ὁδωδότην γέμουσα, κεῖται ἐρριμμένη ἄπορος. Διὸ βόησον Χριστῷ τῷ Θεῷ, τῷ διὰ σὲ σταυρωθέντι, καὶ μώλωπας ἐκουσίως δεξαμένῳ. Ἐπιμελήθητί μου Κύριε, καὶ σῶσόν με.

Ἰδιόμελον. Ἦχος πλ. δ'.

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

Τοῖς ληστρικοῖς λογισμοῖς, τραυματισθεὶς ὁ δαίλαιος, ἡμίθνητος γέγονα Κύριε. Προφητῶν δὲ ὁ χορὸς παρεῖδεν, ἡμιθανῇ κατιδὼν τυγχάνοντα, καὶ τέχναις ἀνθρωπίναις ἀνιάτρευτον. Διὸ χαλεπῶς ὀδυνώμενος, ἐν ταπεινώσει

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

καρδίας κραυγάζω σοι. Χριστὲ ὁ Θεός,
ἐπίχεε ὡς εὐσπλαγχνος, ἐπ' ἐμὲ τὸ μέγα
σου ἔλεος.

Μαρτυρικόν.

Ἦχος πλ. δ'.

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

Μάρτυρες Χριστοῦ οἱ ἀήττητοι, οἱ
νικήσαντες τὴν πλάνην, τῇ δυνάμει τοῦ
Σταυροῦ, ἀπελάβετε τὴν χάριν τῆς αἰωνίου
ζωῆς, τυράννων ἀπειλὰς οὐκ ἐπτοήθητε,
βασάνοις αἰκιζόμενοι ἠὲ φραίνεσθε, καὶ
νῦν τὰ αἵματα ὑμῶν, γέγονεν ἰάματα ταῖς
ψυχαῖς ἡμῶν, πρεσβεύσατε, τοῦ σωθῆναι
τὰς ψυχὰς ἡμῶν.

Δόξα· καὶ νῦν. **Σταυροθεοτοκίον.**

Ἦχος πλ. δ'.

Ἡ Πάναγνος ὡς εἶδε σε, σαρκὶ
κρεμάμενον τῷ ξύλῳ, τὴν καρδίαν
ἐτιτρώσκετο καὶ ὠλόλυζε δακρύνουσα· Λόγε,
ποῦ μου ἔδυσ παμφίλτατε Ἰησοῦ, Υἱέ μου
καὶ Κύριε; μὴ λίπης με μόνην, Χριστὲ τὴν
τεκοῦσάν σε.

ΙΕΡΕΥΣ

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε· τοῦ
ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν
ἀλήθειάν σου κατὰ νύκτα.

ΑΝΑΓΝΩΣΤΗΣ

Τρισάγιον.

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

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)

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

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

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

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

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

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Ἐν τῷ Ναῷ ἐστῶτες τῆς δόξης σου, ἐν
οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη
ἐπουράνιε, ἄνοιξον ἡμῖν τὴν θύραν τοῦ
ἐλέους σου.

Κύριε, ἐλέησον. (μ')

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)

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

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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

(Ἀμήν.)

Εὐχή τοῦ Ἁγίου Ἐφραίμ

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

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

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

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν
αἰώνων. Ἀμήν.

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

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

Ἀναστάντες δὲ ἀρχόμεθα· "Δεῦτε προσκυνήσωμεν..." καὶ ψάλλομεν τὴν Α' Ὦραν.

ἤ·

ΑΝΑΓΝΩΣΤΗΣ

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

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,
ταῖς πρεσβείαις τῆς παναχράντου
καὶ παναμώμου ἁγίας αὐτοῦ Μητρός,
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,
προστασίαις τῶν τιμίων ἐπουρανίων
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,
ἐνδόξου, προφήτου, Προδρόμου καὶ
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων
καὶ πανευφύμων Ἀποστόλων, τῶν ἁγίων
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν
οσίων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων
Θεοπατόρων Ἰωακεὶμ καὶ Ἄννης, καὶ
πάντων τῶν Ἁγίων, ἐλεῆσαι καὶ σῶσαι
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

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

(Ἀμήν.)

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.)