

**eMatins powered by AGES**

# The Service of Matins

**for Sunday, April 14, 2019**

**Octoechos - Mode pl. 1.  
on Sunday Morning**

**Eothion 2**

**Triodion - Fifth Sunday of Lent  
Fifth Sunday of Lent: St. Mary of Egypt  
on Sunday Morning at Matins**

**Katavasias of Theotokos**

**Text in English**

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

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## AGES DCS Website

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**Octoechos**

**Mode pl. 1.**

On Sunday Morning

**Triodion**

Fifth Sunday of Lent: Our Devout Mother  
Saint Mary of Egypt

**MATINS**

**CHOIR**

**Mode pl. 1.**

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

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

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

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

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

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode pl. 1. Automelon.**

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our salvation, O believers, and let us sing His praise. \* For in His goodness He was pleased \* to ascend the Cross in the flesh, and to undergo death, \* and to raise up those who had died, \* by His glorious Resurrection. [SD]

From Triodion - - -

Glory. **For the Devout Woman.**

**Mode pl. 4.**

In you, O Mother, is preserved undistorted what was made in the image of

God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels. [SD]

From Octoechos - - -

Both now. **Theotokion.**

**Mode pl. 4.**

Born of a Virgin, O Good One who also endured crucifixion for our sake, who by death took the spoils of death as plunder and showed resurrection, being God, O despise not the ones that You formed with Your own hand. Demonstrate Your love for man, O Lord of mercy, and accept Your Mother, the Theotokos, who intercedes on our behalf, O Savior, and save us a despairing people. [SD]

**PRIEST**

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

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

*(Amen.)*

From Octoechos - - -

**CHOIR**

**Kathisma I.**

**Mode pl. 1.** *Let us worship the Word.*

Let us honor the Cross of the Lord with solemn praise, \* and His holy entombment extol with sacred hymns, \* and His Rising from the dead supremely glorify; \* for He despoiled the realm of death and the devil's might, for He is God; \* then He resurrected \* the dead from the graves together, \* and made the light to dawn on those in hell. [SD]

Glory.

Whereas You, O Lord, were labeled dead, yet in fact You put death to death. And You, the very emptier of graves, were yourself interred. Soldiers overhead were guarding the sepulcher, even as You below resurrected the dead of all ages. Lord almighty and incomprehensible, glory to You. [SD]

Both now. **Theotokion.**

*Let us worship the Word.*

O impassable gateway of God the Lord, rejoice. \* Wall and shelter of those who in you take refuge, rejoice. \* Stormless haven, rejoice, O Maid who knew not man \* and yet physically gave birth to your Creator and God. \* Never cease interceding \* on behalf of those extolling and worshipping the Son you bore. [SD]

From Octoechos - - -

**Kathisma II.**

**Mode pl. 1.**

After You had risen on the third day, O Lord, and after the Apostles had worshiped You, Peter cried out to You, "Women stood courageously, but I acted cowardly. The Robber stated Your divinity, but I disavowed You. Will You ever call me Your disciple

anymore, or will You again appoint me as a fisher of the deep? I pray You to receive me in repentance, O God, and save me." [SD]

Glory.

The violators of the Law had You crucified amid the convicts. Furthermore, they pierced Your side with a lance, O Lord of mercy. You accepted burial, You destroyed the gates of Hades, and on the third day You resurrected. The Women ran to see You, and they announced the resurrection to the Apostles. Supremely exalted Savior, whom the Angels extol, O blessed Lord, glory to You. [SD]

Both now. **Theotokion.**

*Let us worship the Word.*

Bride unwedded, who nevertheless engendered God, \* changing Eve's pain and sorrow into exultant joy, \* we the faithful now extol you and we honor you; \* for you have lifted us up from the primal curse. \* And now entreat importunately \* and unceasingly, O all-lauded \* and all-holy one, that we be saved. [SD]

**Resurrectional Evlogetaria.**

**Mode pl. 1.**

*Blessed are You, O Lord, teach me Your statutes.*

When the hosts of the Angels saw how You were accounted among the dead, they all marveled. You, O Savior, are the One who destroyed the might of death; and when You arose You raised Adam with yourself and from Hades liberated everyone. [SD]

*Blessed are You, O Lord, teach me Your statutes.*

"Why do you mingle the ointments with your tears full of pity, O women disciples?"

Thus the Angel who was shining in the tomb cried to the myrrh-bearing women. "See for yourselves the empty tomb and understand, that the Savior has risen from the sepulcher."

[SD]

*Blessed are You, O Lord, teach me Your statutes.*

Very early in the morning, the myrrh-bearing women were hastening to Your tomb lamenting. But the Angel appeared to them and uttered, "The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles." [SD]

*Blessed are You, O Lord, teach me Your statutes.*

When the myrrh-bearing women had come with their spices to Your sepulcher, O Savior, they heard the voice of an Angel clearly speaking to them, "Why do you account among the dead the One who lives? For as God, He has risen from the sepulcher."

[SD]

Glory.

We bow down in worship to the Father and His Son and the Holy Spirit, the Holy Trinity, one in essence; and we cry aloud with the Seraphim: Holy, Holy, Holy are You, O Lord. [SD]

Both now.

Giving birth to the Giver of life, O Virgin, you delivered Adam from sin, and to Eve you have rendered joy in place of sorrow. He who from you became incarnate, God and man, has directed to life him who fell from it. [SD]

Alleluia. Alleluia. Alleluia. Glory to You, O God. (3)

## DEACON

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

*(Lord, have mercy.)*

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

*(Lord, have mercy.)*

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

*(To You, O Lord.)*

## PRIEST

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

*(Amen.)*

## READER

From Octoechos - - -

### Hypakoe. Mode pl. 1.

Mentally amazed by the angelic apparition, inwardly illumined by the divine resurrection, the ointment-bearing women brought good tidings to the Apostles. "Proclaim the resurrection of the Lord among the Gentiles, as He works with you by means of miracles, granting us His great mercy." [SD]

## CHOIR

### Anavathmoi.

### Antiphon I. Mode pl. 1.

When I am afflicted, I sing to You, like David, O my Savior. Deliver my soul from a crafty tongue. [SD]

Blessed is the life of those who dwell in the desert, winged as they are by divine eros.

[SD]

Glory. Both now.

By the Holy Spirit are all things maintained, both seen and unseen; for, being autocratic, He is one of the Trinity, truly. [SD]

### Antiphon II.

O my soul, let us rise into the mountains; come, let us go there whence help comes. [SD]

Let Your soaring right hand protect me, O Christ, from treachery on every side. [SD]

Glory. Both now.

To the Holy Spirit we say, theologizing, "You are God, life, eros, light, nous; You are goodness; You reign to the ages." [SD]

### Antiphon III.

Because they said to me, "Let us go to the courts of the Lord," I am filled with great joy, and I send up my petitions. [SD]

On the house of David are the fearsome things to be fully accomplished; for therein will be fire, burning every shameful thought.

[SD]

Glory. Both now.

In the Holy Spirit, as in the Father and the Logos, is the principle of life; from Him is every living being endowed with a soul. [SD]

### Prokeimenon.

Arise, O Lord my God, for You reign unto the ages. (2)

**Verse:** *I will give thanks to You, O Lord, with my whole heart.*

Arise, O Lord my God, for You reign unto the ages. [SAAS]

From Octoechos - - -

### READER

### Resurrectional Kontakion.

You descended to Hades, my Savior, and shattered its gates, as the Almighty. As Creator, You raised the dead with yourself, and smashed the sting of death, O Christ. You freed Adam from the curse, O Lover of humanity. Therefore we all cry out to You, Save us, O Lord. [SD]

### Oikos.

The women heard the Angel's words, and put off their lament, becoming joyful. With trembling they looked upon the Resurrection. And behold, Christ came to them, saying, "Rejoice; take courage. I have overcome the world and have freed the prisoners. Go quickly to the Disciples and inform them, that I go before you to preach in the city of Galilee." Therefore we all cry out to You, Save us, O Lord. [GKD]

### Kontakion.

From Triodion - - -

### Mode 3. On this day.

You were once completely full of fornication of all kinds. But today you show yourself a Bride of Christ through repentance. Longingly you imitated the Angels' lifestyle. With the Cross, being your weapon, you trampled demons. Therefore, glorious Saint Mary, you have appeared as a bride of heaven's realm. [SD]

### Oikos.

Ewe of Christ and daughter, now in song we praise you, O Mary most renowned. Accounted the Egyptians' nursling, but yet fleeing all their error, you were altogether offered as a seedling precious to the Church. With self-control and supplication, you

practiced asceticism beyond the measure of human nature. Therefore you were exalted in Christ, through way of life and practice. Glorious Saint Mary, you have appeared as a bride of heaven's realm. [SD]

**Synaxarion.**

**From the Menaion.**

On April 14 we commemorate the holy Apostles of the Seventy, Aristarchos, Pudens, and Trophimos.

On this day we also commemorate the holy Martyr Ardalion the Mime.

On this day we also commemorate the holy woman Martyr Thomais.

On this day was the contest and martyrdom of the holy Neo-martyr Demetrios of Peloponnesos, who was from Ligudista, Tryphilia, and who died by the sword in Tripoli in the year 1803.

**From the Triodion.**

On this day, the fifth Sunday of Lent, we have been enjoined to observe the memory of our devout Mother Mary of Egypt.

**Verses**

Her spirit is gone, the flesh long discarded.  
O earth, now hide the dead bones of Mary.

By her intercessions, O God, have mercy on us and save us. Amen.

**CHOIR**

**Katavasia of Theotokos**

**Ode i. Mode 4.**

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

and sing to her merrily, lauding her miracles.

[SD]

**Ode iii.**

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

**Ode iv.**

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

**Ode v.**

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

**Ode vi.**

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

**Ode vii.**

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



**Ode viii.**

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

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

**DEACON**

Let us pray to the Lord.

*(Lord, have mercy.)*

**PRIEST**

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

**CHOIR**

Amen.

**Mode 2.**

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

**DEACON**

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

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

**DEACON**

Wisdom. Arise. Let us hear the Holy Gospel.

**PRIEST**

Peace be with all.

*(And with your spirit.)*

**PRIEST**

The reading is from the Holy Gospel according to Mark.

**DEACON**

Let us be attentive.

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

**PRIEST** *(from the altar table)*

*Eothinon 2  
Mark. 16:1-8*

When the Sabbath was past, Mary Magdalene, and Mary the mother of James and Salome, bought spices, so that they might go and anoint Jesus. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb, for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid. [RSV]

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

**READER**

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and



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

**CHOIR**

**Psalm 50 (51).**

**Mode 2.** *(or the Mode of the week)*

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

Wash me thoroughly from my lawlessness and cleanse me from my sin.

For I know my lawlessness, and my sin is always before me.

Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged.

For behold, I was conceived in transgressions, and in sins my mother bore me.

Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow.

You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Turn Your face from my sins, and blot out all my transgressions.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit.

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

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

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

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

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

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

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

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

**Idiomela from the Triodion.**

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O Giver of Life, for early in the morning my spirit hastens to Your holy temple, bringing the temple of my body all defiled. But as one

compassionate, cleanse me, I pray, by Your loving-kindness and mercy. [SD]

Both now. **Same Mode.**

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

**Idiomelon. Mode pl. 2.**

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

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

**DEACON**

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous,

Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs 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, our devout Mother Mary of Egypt, whose memory we celebrate, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

**CHOIR**

Lord, have mercy. (12)

**PRIEST**

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

(Amen.)

**DEACON**

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

**CHOIR**

**Ode ix.**

**Megalynarion. Mode 4.**

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **Ode ix. Katavasia. Mode 4.**

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

#### **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.)*

**CHOIR**

**Mode 2.**

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

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

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**The Second Eothinon**

**Mode 2. *On the mountain.***

The women with the myrrh rejoiced \* when they saw that the great stone \* had from the tomb been rolled away. \* For they had seen a young man sitting within on the right side. \* And he addressed them, saying: \* "Lo, Christ has risen from the dead. \* Go and tell His disciples and Peter too, \* to proceed to Galilee on the mountain. \* For He will there appear to you \* His friends, as He foretold you." [SD]

**For the Devout Woman.**

**Exaposteilarion. From the Triodion.**

From Triodion - - -

**Mode 3. *Having embellished heaven.***

We have you as an example \* of true repentance, O devout Mary. \* To Christ pray intently \* that in this season of the Fast \* we be granted to praise you \* in songs with faith and longing. [SD]

**Theotokion.**

**Mode 3. *Having embellished heaven.***

We boast in you, immaculate Theotokos. \* We have you as an advocate with the Godhead. \* Stretch forth your hand, which is unassailable, \* and crush our every enemy. \* And send help to us your servants \* from God's holy place, O Lady. [SD]

**Lauds. Mode pl. 1.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

From Octoechos - - -

### **Resurrectional Stichera.**

#### **Sticheron 1. Mode pl. 1.**

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

Lord, although the tomb had been sealed by the transgressors of the law, You came forth from the sepulcher, just as You were born from the Theotokos. Your bodiless Angels did not know how You became incarnate; nor did the soldiers who guarded You perceive when You resurrected. For both have been sealed to those who would inquire, but the miracles have been revealed to those who faithfully worship the mystery. As we extol it, restore to us exultant joy and Your great mercy. [SD]

#### **Sticheron 2. Mode pl. 1.**

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

Lord, after You smashed the eternal bars and broke the bonds, You rose from the tomb and left the grave clothes behind as evidence that truly You had been buried for three days. And You proceeded to Galilee, You who were

in custody in a rock-hewn tomb. Great is Your mercy, incomprehensible Savior! Have mercy on us. [SD]

#### **Sticheron 3. Mode pl. 1.**

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

Lord, the women ran to the sepulcher to see You, the Christ, who had suffered for us. When they came, they found an Angel sitting on the stone that from fear had rolled away. The Angel called out to them, saying, "The Lord has risen. Tell the Disciples that resurrected from the dead is He who saves our souls." [SD]

#### **Sticheron 4. Mode pl. 1.**

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

Lord, even as You came out of the sepulcher, though it was sealed shut, likewise You entered where Your Disciples were, the doors being also shut. You showed them the injuries sustained by Your body, which with long-suffering You accepted, Savior. As the progeny of David, You endured the wounds; as the Son of God, You freed the world. Great is Your mercy, incomprehensible Savior! Have mercy on us. [SD]

### **Stichera. For the Devout Woman.**

From Triodion - - -

#### **Mode pl. 2. When the saints deposited.**

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

Your prolonged polluted state \* with all your prior defilements \* like a wall prevented you \* from beholding the august holy sites of Christ. \* Then your mind went to God, \* when a prick of conscience \* and awareness of



what you had done \* had their effect on you, \* to a higher lifestyle converting you. \* For gazing at the icon of \* ever-blessed Mary the Maid of God, \* you condemned your every \* transgression in the past, all-lauded one, \* and then with confidence you adored \* the all-precious Cross of Christ. [SD]

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

Your prolonged polluted state \* with all your prior defilements \* like a wall prevented you \* from beholding the august holy sites of Christ. \* Then your mind went to God, \* when a prick of conscience \* and awareness of what you had done \* had their effect on you, \* to a higher lifestyle converting you. \* For gazing at the icon of \* ever-blessed Mary the Maid of God, \* you condemned your every \* transgression in the past, all-lauded one, \* and then with confidence you adored \* the all-precious Cross of Christ. [SD]

**Verse:** *I waited patiently for the Lord, and He heeded me; and He heard my supplication.* [SAAS]

After you had worshiped in \* the Holy Lands with rejoicing, \* therein also you received \* the salvific means for your \* road to excellence. \* And you ran earnestly \* the fine way of virtue. \* Having crossed the Jordan River's stream, \* unhesitatingly \* you began your residence in the place \* where John the Baptist lived before. \* And by your ascetical way of life \* you subdued the passions' \* ferociousness with confidence, O Saint, \* and carnal throbbings you minimized, \* Mother ever-memorable. [SD]

**Verse:** *And He established my feet on a rock and kept straight my steps.* [SAAS]

Dwelling in the wilderness, \* you blotted out every image \* of the passions from your soul, \* having in their place instead \* printed on your soul \* the sublime Godlike form \* of the holy virtues. \* And you shone forth to such an extent \* that you were able to \* fly across the waters, O blessed one, \* and levitate above the ground \* when you raised your hands up to God in prayer. \* Now, O blessed Mother \* all-glorious Saint Mary, as you stand \* before the Master with confidence, \* importunately pray for us. [SD]

Glory. **From the Triodion.**  
From Triodion - - -

### **Mode 1.**

The Kingdom of God is not food and drink, but righteousness and ascetic practice and holiness; therefore rich men will never enter it, but only those who place their treasures into the hands of the needy. This is what David the Prophet teaches when he says, "Righteous is the man, who is merciful day in and out, who delights in the Lord. He walks in the light; he will not stumble." All of this was written for our edification, that, while fasting, we do acts of kindness; and the Lord will give us, instead of earthly gifts, the things of heaven. [SD]

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling

we cry out: O Christ our God, You are blessed,  
for so was Your good pleasure. Glory to You!

[SD]

### Great Doxology

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know  
You.

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

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

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

Holy Immortal, have mercy on us.

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

*After the Doxology, sing the following Resurrectional  
Troparion.*

### Mode pl. 4. (or the Mode of the week)

When You rose from the sepulcher and  
broke the bonds of Hades, You repealed the  
sentence of death, O Lord, and delivered all  
from the snares of the enemy. And when You  
showed yourself to Your Apostles, You sent  
them out to preach, and through them You



granted peace to the whole world, O only very merciful One. [SD]

*Or, according to common practice:*

**Mode 4.** *(or the Mode of the week)*

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