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The Service of Matins

for Tuesday, March 12, 2019

**Triodion - Mode pl. 4.
on Tuesday Morning**

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

**Menaion - March 12
Memory of our St. Theophanis of Sigriani**

Text in English

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vol Orthodox Monastery of the Veil of our Lady

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Triodion

Mode pl. 4. On Tuesday Morning

On Tuesday of the First Week at Matins

Menaion - March 12

Memory of our St. Theophanis of Sigriani

MATINS

CHOIR

Mode pl. 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 pl. 4.

Daring not to look at You, the Cherubim in flight jubilantly cry out the inspired melody of the Thrice-holy Hymn. We sinners join them and also sing: Holy, holy, holy are You, O God. By the intercessions of the Forerunner save us. [SD]

Glory.

With hearts in heaven, let us emulate the Angels, and in fear let us bow before the

impartial Judge, as we shout the triumphal praise: Holy, holy, holy are You, O God. By the intercessions of the Saints save us. [SD]

Both now.

Bent down by our many offences, we dare not gaze at Your height. Rather we bow our soul along with our body, and we shout the hymn of the Angels to You: Holy, holy, holy are You, O God. Through the Theotokos have mercy on us. [SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 10. There is no litany, but immediately the following:

From Triodion - - -

CHOIR

Kathisma I.

Kathisma I. For compunction.

Mode pl. 4.

As the harlot I fall down before you that I may receive forgiveness, and instead of precious ointment I offer you the tears from my heart, Christ God, that you may take pity on me as on her, O Saviour, and grant me pardon of my sins; for like her I cry to you: Deliver me from the mire of my deeds. [EL]

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

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

Reflecting on that dread day, my soul, watch, lighting your lamp and shining with the oil of mercy; for you do not know when the voice will come to you which says: Behold the Bridegroom. See then, my soul, that you do not doze and remain outside knocking like the five virgins; but persevere unsleeping, that you may meet Christ God with rich oil and the

he may give you the divine bridal chamber of his glory. ^[EL]

Glory. Both now. **Theotokion.**

Mode pl. 4.

O Believers, let us magnify the Theotokos in hymns. She is the unshakable support of the Faith, and the venerable gift to our souls. "Rejoice! for in your womb you contained the Rock of life. Rejoice! as the hope of all the earth, and the help of those in trouble! Rejoice, O unwedded Bride!" ^[SD]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 8. It would be followed by the short litany.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

From Triodion ---

Kathisma II. From the Triodion.

Mode 2.

The grace of the holy fast is most blessed:/ for through fasting Moses was glorified, /

receiving the Law written upon tablets. / Through fasting the three Children were made stronger than the fire! / Let us, then, quench the burning passions of the flesh. / Let us cry out to Christ the Savior: // grant us all conversion and deliver us from gehenna! ^[OCA]

Glory. **Another.**

Mode 2. N/M (Since you are the source.)

The season of repentance is at hand: / show the fruits of abstinence, O my soul! / Consider those who repented in the past / and cry aloud to Christ: / I have sinned, O loving Master; save me, / as you saved the Publican who sighed with sorrow from his heart, // for you alone are rich in mercy! ^[OCA]

Both now. **Theotokion.**

Mode 2. N/M (Since you are the source.)

Theotokos, the fervent advocate of Christians, / ever entreat your Son, / that he may deliver us from all the malice and cunning of the enemy, / and in his tender mercy, grant us the forgiveness of our sins, // at your intercessions, Mother and Virgin! ^[OCA]

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 9. It would be followed by the short litany.

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

CHOIR

From Triodion ---

Kathisma III. From the Triodion.

Mode pl. 1.

As we begin the second day of saving abstinence, / we cry to you, O Lord: / Pierce our hearts with compunction, / for we are your servants, / and accept the prayers we offer you in fear. / Allow us to complete the course of the fast without stumbling, // granting us cleansing and great mercy! [OCA]

Glory. Both now. **Theotokion.**

Mode pl. 1. N/M (Let us worship the Word.)

Root that has put forth the divine flower, / tabernacle and candlestick, / golden vessel of manna, / holy table bearing the bread of life: / with John the Forerunner, intercede before him / since he is your Son and God, / that he may grant mercy and salvation to us all // who acknowledge you to be the Theotokos! [OCA]

READER

Lord, have mercy. (3)

Glory. Both now.

Psalm 50 (51).

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

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

PRIEST

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox

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

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

From Menaion ---

CHOIR

Canon for the Devout Man.

Ode i. Mode 4. Heirmos.

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

The people of Israel in ancient times traversed the Red Sea on foot, * and yet they kept their feet from getting wet. * And when Moses uplifted his arms * in cruciform, they drove away * Amalek's forces in the wilderness. [SD]

Troparia.

Saint of God, intercede for us.

Being aflame with reverence you followed in the footsteps of God who has appeared in the flesh that you may become rich from that whose name you fittingly bore, given beforehand through foreknowledge. [VPA]

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

Being aflame with reverence you followed in the footsteps of God who has appeared in the flesh that you may become rich from that whose name you fittingly bore, given beforehand through foreknowledge. [VPA]

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

Being aflame with reverence you followed in the footsteps of God who has appeared in the flesh that you may become rich from that whose name you fittingly bore, given beforehand through foreknowledge. [VPA]

Glory.

Leo, the tyrant, rushing headlong like a beast, pursued the chosen ones, not bearing

to see them honoring the icon of Christ. With them, he also sentenced you, Theophanes, to exile. [VPA]

Both now. **Theotokion.**

Seedlessly, by the will of the Father, you conceived from the divine Spirit the Son of God and gave birth in the flesh to is from the Father without a mother and, for us, from you without a father. [VPA]

(read)

READER

Ode Two

Glory to You, our God; glory to You!

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

[SAAS]

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

They provoked Me to jealousy by what is not God; they moved Me to anger by their idols; but I will provoke them to jealousy by those who are not a nation; I will move them to anger by a foolish nation.

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

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

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

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

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

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

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

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

Let them be concerned for the coming time.

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

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

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

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

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

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

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

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

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

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

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

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

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

I will make My arrows drunk from blood; and My sword shall devour flesh from the blood of the slain and the captives, from the heads of the leaders of the enemy.

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

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

(sung)

From Triodion ---

CHOIR

Canon 1 from the Triodion.

Ode ii. Mode 2. Heirmos

Behold; behold! I am he/who saved the people of Israel in the sea/and nourished them in the wilderness./I drew water from a rock for mortal men/so that I might raise up the one who had fallen into corruption,/and draw him to me by my mercy. (2) [OCA]

Glory to You, our God, glory to You.

Soul, be temperant;/be vigilant, sigh and weep./Reject all the burden of sin by fasting./Flee from the fire of passions by true and fervent repentance,/and rending the garments of mourning with tears, be clothed anew. [OCA]

Glory to You, our God, glory to You.

Let us all leave behind the base assaults of the pleasures, and let us approach the mountain of excellent actions. And as we enter the dark cloud of divine contemplation, let be mystically deified and see only Christ, that beloved beauty. [SD]

Glory to You, our God, glory to You.

Woe is me! Who will I become?/And what shall I do?/I have committed sins without conscience,/and have not feared the Master./Therefore, even before the Judgment, I stand condemned./Save me and bring me back, O righteous and gracious Judge,/though I have angered You more than all other men.

[OCA]

Most-holy Theotokos, save us.

Theotokion.

Unsown earth, which brought forth the Nourisher of all:/He who opened His hands, and of His own good will/satisfies every living thing by His power:/strengthen with the Living Bread/the hearts weakened by satisfaction with wicked transgression. [OCA]

From Triodion ---

Canon 2 from the Triodion.

Ode ii. Mode pl. 1. (N/M)

Glory to You, our God, glory to You.

Come, let us gather in the chamber of our soul,/rendering prayers to the Lord and crying:/Our Father, in heaven,/forgive and

remit our transgressions,/since You alone are compassionate! [OCA]

Glory to You, our God, glory to You.

Showing our souls joyful in the Fast,/let us not grieve the loss of our days of pleasure,/for this loss brings instruction in virtue. [OCA]

Glory. **For the Trinity.**

The Unity of three Persons,/unoriginate, uncreated Lord,/King of all the ages,/A multitude of angels and all mortal nature glorify You:/Father, Son, and Holy Spirit! [OCA]

Both now. **Theotokion.**

Let us hymn the most virtuous glory of mankind,/for in her we have been deified:/You have borne, for our sake, the God and Savior,/the Christ who has released us from the curse. [OCA]

Glory to You, our God, glory to You.

Who quenched the flames?/Who closed the mouths of beasts?/The Fast, which delivered the Youths from the furnace,/and Daniel the prophet from the teeth of the lion./So let us even now welcome it, brethren. [OCA]

Heirmos Mode pl. 1.

Behold, behold that I am God!/By my own will I was clothed in the flesh so that I might save Adam,/who had fallen into sin by the deceit of the enemy! [OCA]

From Menaion - - -

Canon for the Devout Man.

Ode iii. Mode 4. Heirmos.

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

Not in our wisdom, * nor in power and wealth do we boast, O Lord; * but we boast in You, the Father's personified Wisdom, O

Christ. * No one else is holy but for You who love mankind. [SD]

Troparia.

Saint of God, intercede for us.

You were seen to be filled with divine light, O Theophanes, having been united through love to the one for whom you yearned. Therefore we honor your glorious memory [VPA]

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

[SAAS]

You were seen to be filled with divine light, O Theophanes, having been united through love to the one for whom you yearned. Therefore we honor your glorious memory [VPA]

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

Having given up the impious teachings of Leo, you most piously strengthened the precepts of the Church. Therefore Christ glorified you with miracles. [VPA]

Glory.

Venerable one, your soul, fortified through hope and faith, strengthens with firmness the weakness of the flesh, making the body, its fellow-servant, a suitable dwelling for God. [VPA]

Both now. **Theotokion.**

You, who gave birth to God in the flesh without a husband, strengthen me who am harassed by the attacks of the passions, for I have no other help but you, pure one. [VPA]

Heirmos.

Not in our wisdom, * nor in power and wealth do we boast, O Lord; * but we boast in You, the Father's personified Wisdom, O Christ. * No one else is holy but for You who love mankind. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Kathisma.

From Menaion - - -

Mode 3. N/M (Your confession.)

Having gained divine zeal, you loathed ungodly teaching and battled many kinds of dangers, being sent unrighteously into exile and you were piously perfected, all-blessed Father Theophanes; Entreat Christ God that great mercy be granted to us. [VPA]

Glory. Both now. **Theotokion.**

Mode 3. Your confession.

When the only Lord became incarnate * in your womb, He was not separated * from divine nature, but He remained as God * who had assumed human nature, and after birth * kept you, His Mother, a Virgin all-blameless and pure, * as before His birth. To Him now pray fervently, * entreating that He grant us His great mercy. [SD]

From Menaion - - -

Canon for the Devout Man.

Ode iv. Mode 4. Heirmos.

Verse: Glory to Your strength, O Lord.

When the Church beheld You raised on the Cross unjustly, * You, the Sun of Righteousness, crucified for our sake, * she stood in her course and was amazed, and fittingly she cried out, * "Glory to Your power, O Lord my God." [SD]

Troparia.

Saint of God, intercede for us.

The heavenly kingdom was prepared for you, glorious one, as an athlete, for rejoicing you were moved from the earthly tent, crying out to your Master: Glory to your power, O Lord. [VPA]

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

You were shown to be a crown-bearer, O Theophanes, for you did not refuse honor to the pure icon of Christ, god-bearer and therefore you were shouting: Glory to your power, O Lord. [VPA]

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

The venerable one, having been sent by the command of the impious tyrant, did not provide for the weakness of the flesh, crying out to the Creator: Glory to your power, O Lord. [VPA]

Glory.

You were magnified through miracles, god-bearer, for Christ repaid you for your steadfastness. Therefore, as from a spring, you give rise to healings for those in need [VPA]

Both now. **Theotokion.**

You conceived without a husband, O Virgin, and after birth you were again seen as a virgin. Therefore, with ceaseless voices and undoubting faith we cry to you 'Rejoice,' O Lady. [VPA]

From Menaion - - -

Canon for the Devout Man.

Ode v. Mode 4. Heirmos.

Verse: O Lord our God, grant us peace.

My Lord, You are the light that has come to the world: holy light, * to restore us from the darkness of ignorance, * as we sing Your praises faithfully. [SD]

Troparia.

Saint of God, intercede for us.

The venerable Theophanes, illumined by the Spirit, preached the teaching of the faith in an orthodox manner with a most pious word.

[VPA]

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

[SAAS]

The venerable Theophanes, illumined by the Spirit, preached the teaching of the faith in

an orthodox manner with a most pious word.

[VPA]

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

To those living in poverty you distributed riches of every kind in a godly-minded manner following the command of the Master, all-lauded one. [VPA]

Glory.

Having your soul according to the icon of the Creator, you venerate the Master's immaculate icon, kissing it with fervor. [VPA]

Both now. **Theotokion.**

Bride of God, we put you forward as an unbreakable weapon against the enemies, for we gained you as the anchor and hope of our salvation. [VPA]

From Menaion - - -

Canon for the Devout Man.

Ode vi. Mode 4. Heirmos.

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

The Church cries out to You, O Lord my God, "With a voice of praise * I will sacrifice to You, * for I am cleansed of blood offered to the demons, * cleansed by the blood that for the sake of mercy poured out from Your side." [SD]

Troparia.

Saint of God, intercede for us.

Guide my life towards virtue, Venerable one, making smooth the path of asceticism by your prayers, Father and make me worthy to travel unswervingly and eagerly, blessed one.

[VPA]

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

Guide my life towards virtue, Venerable one, making smooth the path of asceticism by your prayers, Father and make me worthy to travel unswervingly and eagerly, blessed one.

[VPA]

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

You finished your life wisely, venerable one and with prudence you had courage and righteousness and you showed yourself adorned with the whole circle of virtues. [VPA]

Glory.

You went upon the path of martyric glory, O Theophanes, as having honored the images of the maiden mother of God and the martyrs, Father, and having opposed their banishers.

[VPA]

Both now. **Theotokion.**

O wonder newer than all wonders! That a virgin, having conceived in her womb without a husband the one who holds all things, did not lack the space to hold Him. [VPA]

Heirmos.

The Church cries out to You, O Lord my God, "With a voice of praise * I will sacrifice to You, * for I am cleansed of blood offered to the demons, * cleansed by the blood that for the sake of mercy poured out from Your side." [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Triodion - -

READER

For the Martyrs. Mode pl. 4.

This tabernacle today is flooded with heavenly light; for in it the armies of Angels rejoice, and with them the choirs of the Righteous are glad, at the commemoration of the Victors. At their entreaties, O Christ, send down upon your world peace and great mercy. [EL]

Synaxarion.

From the Menaion.

On March 12 we commemorate our devout father Theophanes of Sigriane the Confessor, who lies in the Monastery of the Great Field.

On this day we commemorate our devout father Gregory the Dialogist, Pope of Rome.

On this day the righteous Phineas reposed in peace.

On this day our devout and God-bearing father Symeon the New Theologian reposed in peace.

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

From Menaion - - -

CHOIR

Canon for the Devout Man.

Ode vii. Mode 4. Heirmos.

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

Inside the furnace * in Persia, those
descendants of Abraham * were with love and
longing for godliness consumed * rather than
by fire, and they cried, * "You are blessed, O
Lord, * in the holy temple of Your glory." [SD]

Troparia.

Saint of God, intercede for us.

Having acquired that according to the
image and received the likeness by a most
bright life, Father, you shone most brightly
through both, crying: Blessed are you, my God
and Lord. [VPA]

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

Having acquired that according to the
image and received the likeness by a most
bright life, Father, you shone most brightly
through both, crying: Blessed are you, my God
and Lord. [VPA]

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

You were beautified with the crown of
confession, Father; by deed you refuted the
words of the impious and confirmed the
faithful, crying: Blessed are you, my God and
Lord. [VPA]

Glory.

With a most firm mind you bore the pains
of the body patiently and with eagerness,
crying out to your Master with thanksgiving:
Blessed are you, my God and Lord. [VPA]

Both now. **Theotokion.**

Rejoice, sanctified divine dwelling place of
the Most High, for through you, O Theotokos,
joy is given to those who cry: Blessed are you
among women, all-blameless Lady. [VPA]

Ode viii.

From Menaion - - -

Canon for the Devout Man.

Ode viii. Mode 4. Heirmos.

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

Daniel shut the lions' gaping mouths
inside the den, of old, by stretching out his
hands. * The Servants girt themselves with
virtue; * and, as lovers of godliness, * they put
out the mighty fire * in the furnace, and cried
aloud, * singing, "Bless the Lord, all you works
of the Lord." [SD]

Troparia.

Saint of God, intercede for us.

Beholding the firmness of your
opposition, Leo, the depraved tyrant, sent
you into most bitter exile, but you suffered it,
crying out with joy: All the works of the Lord,
bless the Lord. [VPA]

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

Knowing that the honor of the icon is
carried over to the prototype, you ran to the
stadium as a most upright athlete and, having

been shown victorious, you received a crown singing: All you works hymn the Lord. [VPA]

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 Lord of all gave you a heavenly dwelling instead of the earthly one and instead of straits you found the wideness of rejoicing in the paradise of delight, crying with the martyrs: all you works of the Lord bless the Lord. [VPA]

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]

You were illumined with the noetic light of the divine Spirit, blessed Theophanes. Therefore you now spring up cure to those who run to you with faith and fervently honor your holy coffin and cry out: All you works hymn the Lord. [VPA]

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

Theotokion.

In all generations, you alone, O pure Virgin, were shown to be the mother of God. You became the dwelling-place of the Godhead, all-blameless one, not having been burned by the fire of the unapproachable light. Therefore we all bless you, O Mary bride of God. [VPA]

(read)

Intermediate Verses of Ode Eight.

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

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

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

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

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

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

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

(sung)

From Triodion - - -

Canon 1 from the Triodion.

Ode viii. Mode 2. N/M (Within the bush.)

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]

Soul, put aside the wicked sleep of laziness,/and persevere with sincere vigilance in the Lord's commands./The torch-bearing Bridegroom is drawing near;/let us hasten to greet Him! [OCA]

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

Wounded by wicked pleasures,/ heal
me with the bountiful cure of Your merciful
divine will, O Word,/ and I will glorify You
with thanksgiving forever. [OCA]

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

Restrain yourself, soul, from harmful
passions,/ from hate and envy and from
every evil./ Be nourished in the Fast with the
spiritual meat from heaven,/ which is the
Word of God. [OCA]

*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.

Pure Bearer of God,/ heal the inclinations
of my soul,/ the passions of my heart; the
instability of my mind./ You are the only
helper of us sinners; the invincible wall. [OCA]

Canon 2 from the Triodion.

Ode viii. Mode pl. 1. (N/M)

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

Having raised our souls toward heaven
through abstinence,/ let us offer acceptable
prayers to the Lord. [OCA]

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

Receiving the spirit of compunction,/ let us weep for the salvation of our souls,/ glorifying Christ throughout all ages. [OCA]

*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.

Trinity consubstantial,/ Unity uncreated,
God of all:/ we exalt You throughout all ages.
[OCA]

Both now. **Theotokion.**

Pray for all those who magnify you
in song, pure One./ Deliver them from all
temptations and dangers. [OCA]

Glory to You, our God, glory to You.

Spitting out the food of the rich,/ come,
let us fast with Lazarus,/ that we also may be
comforted in the bosom of Abraham. [OCA]

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

Heirmos Mode pl. 1.

The Maker of all creation/ whom the
angels all fear:/ sing and exalt him, people,
throughout all ages! [OCA]

DEACON

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

CHOIR

Ode ix.

Megalyarion. Mode 4.

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

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

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

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

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

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

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

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

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

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

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

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

From Menaion - - -

Canon for the Devout Man.

Ode ix. Mode 4. Heirmos.

A cornerstone was cut out without hands * from a never-quarried mountain, * which prefigured you, holy Virgin. * The stone is Christ, who joined the disparate natures. * As we rejoice because of this, O Theotokos, we magnify you. [SD]

Troparia.

Saint of God, intercede for us.

Having dispersed all your livelihood to those in need, God-bearer, you manifestly received in return your righteousness which brings forth for you, instead of the enjoyment of corruptible things, that which remains unto the ages. [VPA]

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

You heal illnesses, all-blessed one, by the power of the Paraclete, manifestly drive away demons by his work, all-famous one. Therefore we, the faithful, beholding these, bless you, god-bearer. [VPA]

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

The light-bearing day of your translation, godly-minded one, summons all the faithful to participation in holiness. Now, rejoicing, we celebrate it, most-holy one. [VPA]

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]

Dispense your plentiful grace to the one who has eagerly woven the words of your praises, godly-minded one, by your acceptable intercessions showing him who is of the same name with you to be of the same manner of life, most holy one. [VPA]

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

Theotokion.

Take the entreaties of your people to your Son, O Theotokos, graciously making him merciful that those who hymn you be delivered from dangers and crises, for you are the protectress of our life. [VPA]

Canon 1 from the Triodion.

Ode ix. Mode 2. N/M (Among the earthborn.)

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]

Who among men has sinned against the Lord as much as I? / Who has remained in sin for as long as I, a wretched man? / But, O God, the Fountain of mercy, have compassion on me. [OCA]

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

Angelic powers who look on God, / entreat the One who is quick to forgive, / to save the soul, lost and adrift on the sea of this life's pleasures, / in a tempest of passions, / suffering from attacks of hostile spirits. [OCA]

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]

Come, soul, take wing. / By the efforts of the fast arise from indolence. / Be filled with the vision of joy, / and behold God in faith! [OCA]

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

Theotokion.

Who can worthily proclaim your praise, / pure Virgin who gave birth ineffably to the exalted Master and Lord, / to whom the angelic hosts sing praise. / Pray to Him for all of us who have sinned exceedingly, / unwedded Bride. [OCA]

Canon 2 from the Triodion.

Ode ix. Mode pl. 1. (N/M)

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]

This is the acceptable time./This is the time for repentance./Let us offer our virtues to God as gifts,/and set aside the works of darkness,/by putting on the armor of light/the apostle Paul proclaims. [OCA]

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

As the Lord killed the enemy by fasting,/so let us also come to destroy his arrows and spears,/saying: Get behind me, Satan!/when he comes to tempt us. [OCA]

Glory. For the Trinity.

I hymn the Trinity in Unity:/eternal, honorable, life-giving;/indivisible, consubstantial./Unbegotten Father, begotten Word and Son, and Holy Spirit,/save us who hymn You! [OCA]

Both now. Theotokion.

Your fruit is above all understanding, Mother of God,/for in you conception took place without man,/and your childbearing was virginal./God was born of you,/and we magnify and bless you, Virgin. [OCA]

Glory to You, our God, glory to You.

Through fasting, let us look on God,/as we approach the mount of prayer with a pure heart,/and receive the tablet of His commandments as Moses did,/shining spiritually with them in the presence of God's love. [OCA]

Heirmos Mode pl. 1.

Rejoice, Isaiah,/a virgin is with child,/and shall bear a son Emmanuel: both God and man./And Orient is his name,/whom magnifying, we call the Virgin blessed. [OCA]

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

From Horologion ---

CHOIR

Photagoric Hymns

Mode pl. 4.

You are the light, O Christ. In yourself illumine me, by the intercessions of the Forerunner, and save me. [SD]

You are the light, O Christ. In yourself illumine me, by the intercessions of the Saints, and save me. [SD]

You are the light, O Christ. In yourself illumine me, by the intercessions of the Theotokos, and save me. [SD]

READER

Lauds. (read)

Psalm 148.

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

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

Psalm 149.

Sing to the Lord a new song, His praise in the assembly of His holy ones. Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King. Let them praise His name with dance; with tambourine and harp let them sing to Him; for the Lord is pleased with His people, and He shall exalt the gentle with salvation. The holy ones shall boast in glory, and they shall greatly rejoice on their beds; the high praise of God shall be in their mouth and a two-edged sword in their hand, to deal retribution to the nations, reproving among the peoples, to shackle their kings with chains and their nobles with fetters of iron, to fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

Psalm 150.

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

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

Doxology *(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace, good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the Son of the Father, who take away the sin of the world, have mercy on us, you who take away the sins of the world. Accept our supplication, you who sit at the right of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; teach me to do your will, for you are my God. For with you is the fountain of life; in your light we shall see light. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments.

Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

DEACON

Let us complete our morning prayer to the Lord.

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(Grant this, O Lord.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

PRIEST

Peace be with all.

(And with your spirit.)

DEACON

Let us bow our heads to the Lord.

(To You, O Lord.)

PRIEST *(in a low voice)*

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

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

(Amen.)

CHOIR

Aposticha. From the Triodion.

From Triodion - - -

Idiomelon. Mode 3.

Let us begin the pure fast, O people,/ which is the salvation of our souls./Let us serve the Lord with fear;/let us anoint our heads with the oil of good deeds./Let us wash our faces with waters of purity./Let us not use empty phrases in prayer,/but as we have been taught, let us cry out:/Our Father in heaven, forgive us our trespasses,//for you are the Lover of mankind. [OCA]

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]

Let us begin the pure fast, O people,/ which is the salvation of our souls./Let us serve the Lord with fear;/let us anoint our heads with the oil of good deeds./Let us wash our faces with waters of purity./Let us not use empty phrases in prayer,/but as we have been taught, let us cry out:/Our Father in heaven, forgive us our trespasses,//for you are the Lover of mankind. [OCA]

For the Martyrs.

Mode 3.

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]

The warriors of Christ/have rejected fear of kings and tormentors,/and with boldness and courage they confessed him:/our King,

the Lord and God of all, // and now they pray
for our souls. [OCA]

Glory. Both now. **Theotokion.**

Mode 3.

O Theotokos, protection of all who pray
to you, / we have boldness and exult in you. /
We put all our hope in you. // pray for your
corrupt servants, to the one whom you bore.

[OCA]

PRIEST

It is good to give thanks to the Lord and to
sing to Your name, O Most High, to proclaim
Your mercy in the morning and Your truth at
night. [SAAS]

READER

Trisagion Prayers.

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

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

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

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

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

Our Father, who art in heaven, hallowed
be Thy name. Thy kingdom come, Thy will
be done, on earth as it is in heaven. Give us
this day our daily bread; and forgive us our
trespasses, as we forgive those who trespass

against us. And lead us not into temptation,
but deliver us from evil.

PRIEST

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

(Amen.)

READER

Standing in your glorious church, O
Theotokos, we think we are standing in
heaven. O heavenly Gate, open to us the door
of your mercy.

Lord, have mercy. (40)

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

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

In the name of the Lord, Father, bless!

PRIEST

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

(Amen.)

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

(Amen.)

Prayer of St. Ephraim

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

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

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

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

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

or:

READER

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

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

PRIEST

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

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

(Amen.)