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# The Service of Matins

**Sunday, March 13, 2016**

**Cheesefare**

**Mode pl. 4. Eothinon 8**

**Katavasias of Triodion Sunday 1 and 4**

**Text in Greek**

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**ΧΟΡΟΣ**

**Ἦχος πλ. δ'.**

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.  
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι  
Κυρίου.

**Στίχ. α'.** Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ  
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

**Στίχ. β'.** Πάντα τὰ ἔθνη ἐκύκλωσάν με,  
καὶ τῷ ὀνόματι Κυρίου ἡμνάμην αὐτούς.

**Στίχ. γ'.** Παρὰ Κυρίου ἐγένετο αὕτη καὶ  
ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὀκτωήχου ---

**Ἀπολυτίκιον Ἀναστάσιμον.**

**Ἦχος πλ. δ'.**

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος,  
ταφὴν καταδέξω τριήμερον, ἵνα ἡμᾶς  
ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ  
Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Δόξα. **Τὸ αὐτό.**

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος,  
ταφὴν καταδέξω τριήμερον, ἵνα ἡμᾶς  
ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ  
Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. δ'.**

Ὁ δι' ἡμᾶς γεννηθεὶς ἐκ Παρθένου, καὶ  
σταύρωσιν ὑπομείνας ἀγαθέ, ὁ θανάτῳ  
τὸν θάνατον σκυλεύσας, καὶ Ἐγερσιν  
δείξας ὡς Θεός, μὴ παρίδης οὓς ἔπλασας  
τῇ χειρὶ σου· δείξον τὴν φιλανθρωπίαν σου  
ἐλεῆμον, δέξαι τὴν τεκοῦσάν σε Θεοτόκον  
πρεσβεύουσαν ὑπὲρ ἡμῶν καὶ σῶσον Σωτὴρ  
ἡμῶν, λαὸν ἀπεγνωσμένον.

**CHOIR**

**Mode pl. 4.**

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 holy name.

**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. 4.**

You descended from on high, O  
compassionate One, and condescended to  
be buried for three days, so that from the  
passions You might set us free. Our life and  
resurrection, O Lord, glory be to You. (SD)

Glory. **Repeat.**

You descended from on high, O  
compassionate One, and condescended to  
be buried for three days, so that from the  
passions You might set us free. Our life and  
resurrection, O Lord, glory be to You. (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)

## 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 σὸν τὸ κράτος καὶ σοῦ ἐστὶν  
ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα,  
τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου  
Πνεύματος, νῦν καὶ αἰεὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων.

(Ἀμήν.)

Τῆς Ὀκτωήχου ---

## ΧΟΡΟΣ

### Κάθισμα Α'.

Ἦχος πλ. δ'. Ἀυτόμελον.

Ἀνέστης ἐκ νεκρῶν, ἡ ζωὴ τῶν  
ἀπάντων, καὶ Ἄγγελος φωτός, ταῖς Γυναιξὶν  
ἐβόα· Παύσασθε τῶν δακρῶν, τοῖς  
Ἀποστόλοις εὐαγγελίσασθε, κράξατε  
ἀνυμνοῦσαι· Ὅτι ἀνέστη Χριστὸς ὁ Κύριος,  
ὁ εὐδοκήσας σῶσαι ὡς Θεός, τὸ γένος τῶν  
ἀνθρώπων.

Δόξα.

Τὴν Σοφίαν καὶ Λόγον.

Ἀναστὰς ἐκ τοῦ τάφου ὡς ἀληθῶς, ταῖς  
ὁσίαις προσέταξας Γυναιξί, κηρῦξαι τὴν  
Ἐγερσιν, Ἀποστόλοις ὡς γέγραπται, καὶ

## DEACON

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

(Lord, have mercy.)

Help us, save us, have mercy upon us and  
protect us, O God, by your grace.

(Lord, have mercy.)

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

(To You, O Lord.)

## PRIEST

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

(Amen.)

From Octoechos ---

## CHOIR

### Kathisma I.

Mode pl. 4. Automelon.

When You, the Life of all, from the dead  
resurrected, \* a shining Angel cried to the  
lamenting women, \* "Cease from your tears.  
Announce unto the Apostles the tidings full  
of joy. \* Cry out in exaltation, that Christ the  
Lord has arisen from the dead. \* For He so  
willed to save the human race, as God, in His  
good pleasure." (SD)

Glory.

By conceiving the wisdom.

After having in truth risen from the tomb,  
You commanded the venerable women \* to  
proclaim Your arising to the Apostles, as it

δρομαῖος ὁ Πέτρος, ἐπέστη τῷ μνήματι, καὶ τὸ φῶς ἐν τῷ τάφῳ, ὁρῶν κατεπλήττετο· ὅθεν καὶ κατείδε, τὰ ὁθόνια μόνα, χωρὶς τοῦ θείου σώματος, ἐν αὐτῷ κατακείμενα, καὶ πιστεύσας ἐβόησε· Δόξα σοι Χριστέ ὁ Θεός, ὅτι σῶζεις ἅπαντας Σωτὴρ ἡμῶν· τοῦ Πατρὸς γὰρ ὑπάρχεις ἀπαύγασμα.

Καὶ νῦν. **Θεοτοκίον.**  
*Τὴν Σοφίαν καὶ Λόγον.*

Τὴν οὐράνιον πύλην καὶ κιβωτόν, τὸ πανάγιον ὄρος τὴν φωταυγῇ, νεφέλην ὑμνήσωμεν, τὴν οὐράνιον κλίμακα, τὸν λογικὸν Παράδεισον, τῆς Εὐας τὴν λύτρωσιν, τῆς οἰκουμένης πάσης, τὸ μέγα κειμήλιον, ὅτι σωτηρία, ἐν αὐτῇ διεπράχθη· τῷ κόσμῳ καὶ ἄφεςις τῶν ἀρχαίων ἐγκλημάτων· διὰ τοῦτο βοῶμεν αὐτῇ. Πρέσβευε τῷ σῶ Υἱῷ καὶ Θεῷ, τῶν πταισμάτων ἄφεςιν δωρήσασθαι, τοῖς εὐσεβῶς προσκυνοῦσι, τὸν πανάγιον Τόκον σου.

Τῆς Ὀκτωήχου ---

**Κάθισμα Β'.**  
**Ἦχος πλ. δ'.**

Ἄνθρωποι τὸ μνημᾶ σου, Σωτὴρ ἐσφραγίσαντο, Ἄγγελος τὸν λίθον, ἐκ τῆς θύρας ἀπεκύλισε. Γυναῖκες ἐθεάσαντο, ἐγηγερμένον ἐκ νεκρῶν, καὶ αὗται εὐηγγελίσαντο τοῖς Μαθηταῖς σου ἐν Σιών. Ὅτι ἀνέστης ἡ ζωὴ τῶν ἀπάντων, καὶ διελύθη τὰ δεσμὰ τοῦ θανάτου. Κύριε δόξα σοι.

Δόξα.

Τὰ μύρα τῆς ταφῆς, αἱ Γυναῖκες κομίσασαι, φωνῆς Ἀγγελικῆς, ἐκ τοῦ τάφου

is written. \* And Peter ran quickly and came to the sepulcher. \* And beholding the light in the tomb, he was quite amazed. \* Also he observed that the grave clothes were lying \* alone in the sepulcher without the divine body. \* And believing he cried aloud, \* "Glory be to You, Christ God our Savior, for You save all people, \* inasmuch as You are the Father's radiance." (SD)

Both now. **Theotokion.**  
*By conceiving the wisdom.*

Let us sing hymns in praise of the holy ark \* and the heavenly gate and the shining cloud, \* the all-holy mountain, and the heavenly ladder, \* the rational Paradise, and the redemption of Eve, \* the magnificent treasure of the entire universe. \* For in her and through her for the world was salvation \* accomplished and forgiveness of its ancient transgressions. \* Let us therefore cry out to her, \* "Intercede with your Son and our God \* that remission of offenses be bestowed \* on those who piously worship the all-holy Child you bore." (SD)

From Octoechos ---

**Kathisma II.**  
**Mode pl. 4.**

Human beings sealed Your tomb, O Savior; an Angel rolled the stone away from the door. The women saw You resurrected from the dead, and they announced the good tidings to the Disciples in Zion: that You the life of all resurrected, and that the bonds of death have been loosed. Glory to You, O Lord.

(SD)

Glory.

The women who were bringing the burial spices heard the voice of an Angel coming

ἤκουον. Παύσασθε τῶν δακρύνων, καὶ ἀντὶ λύπης χαρὰν κομίσασθε, κράξατε ἀνυμνοῦσαι, ὅτι ἀνέστη Χριστὸς ὁ Κύριος, ὁ εὐδοκήσας σῶσαι ὡς Θεός, τὸ γένος τῶν ἀνθρώπων.

Καὶ νῦν. **Θεοτοκίον.**

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἡγιασμένη νάε, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

**Εὐλογητάρια Ἀναστάσιμα.**

**Ἦχος πλ. α'.**

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.*

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὁρῶν σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου δὲ Σωτῆρ, τὴν ἰσχὺν καθελόντα, καὶ σὺν ἑαυτῷ τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ Αἰδου πάντας ἐλευθερώσαντα.

*Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.*

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν, ὦ Μαθήτριαι κιρνᾶτε; ὁ ἀστράπτων ἐν τῷ τάφῳ Ἀγγελος, προσεφθέγγετο ταῖς Μυροφόροις· Ἴδετε ὑμεῖς τὸν τάφον καὶ ἦσθητε· ὁ Σωτὴρ γὰρ ἐξανέστη τοῦ μνήματος.

from the sepulcher: "Cease from your tears, and instead of sorrow bring joy. Sing praises; cry aloud that Christ the Lord has risen. He is the One who as God was well pleased to save the human race." (SD)

Both now. **Theotokion.**

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you. (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)

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ  
δικαιώματά σου.

Λίαν πρωΐ, Μυροφόροι ἔδραμον,  
πρὸς τὸ μνήμά σου θρηνολογοῦσαι· ἀλλ'  
ἐπέστη, πρὸς αὐτὰς ὁ Ἄγγελος, καὶ εἶπε·  
θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν  
Ἀνάστασιν δέ, Ἀποστόλοις εἶπατε.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ  
δικαιώματά σου.

Μυροφόροι γυναῖκες, μετὰ μύρων  
ἐλθοῦσαι, πρὸς τὸ μνήμά σου, Σῶτερ  
ἐνηχοῦντο. Ἀγγέλου τρανῶς, πρὸς αὐτὰς  
φθεγγομένου· Τὶ μετὰ νεκρῶν, τὸν ζῶντα  
λογίζεσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ  
μνήματος.

Δόξα.

Προσκυνοῦμεν Πατέρα, καὶ τὸν τούτου  
Υἱόν τε, καὶ τὸ Ἅγιον Πνεῦμα, τὴν Ἁγίαν  
Τριάδα, ἐν μιᾷ τῇ οὐσίᾳ, σὺν τοῖς Σεραφεῖμ,  
κράζοντες τό· Ἅγιος, Ἅγιος, Ἅγιος εἶ, Κύριε.

Καὶ νῦν.

Ζωοδότῃν τεκοῦσα, ἐλυτρώσω Παρθένε,  
τὸν Ἀδὰμ ἁμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ,  
ἀντὶ λύπης παρέσχες, ῥεύσαντα ζωῆς, ἴθυνε  
πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθεὶς Θεὸς  
καὶ ἄνθρωπος.

Ἀλληλουῖα. Ἀλληλουῖα. Ἀλληλουῖα.  
Δόξα σοι ὁ Θεός. (ἐκ γ')

### ΔΙΑΚΟΝΟΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

*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.)



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

(Σοί, Κύριε.)

### ΙΕΡΕΥΣ

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

(Ἀμήν.)

Τῆς Ὀκτωήχου - -

### ΑΝΑΓΝΩΣΤΗΣ

#### Ὑπακοή.

Αἱ Μυροφόροι τοῦ Ζωοδότου ἐπιστᾶσαι  
τῷ μνήματι, τὸν Δεσπότην ἐζήτουν,  
ἐν νεκροῖς τὸν ἀθάνατον, καὶ χαρᾶς  
εὐαγγέλια, ἐκ τοῦ Ἀγγέλου δεξάμεναι, τοῖς  
Ἀποστόλοις ἐμήνουν· Ὅτι ἀνέστη Χριστὸς ὁ  
Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

### ΧΟΡΟΣ

#### Οἱ Ἀναβαθμοί.

#### Ἀντίφωνον Α'. Ἦχος πλ. δ'.

Ἐκ νεότητός μου ὁ ἐχθρὸς με πειράζει,  
ταῖς ἡδοναῖς φλέγει με· ἐγὼ δὲ πεποιθώς, ἐν  
σοὶ Κύριε τροποῦμαι τοῦτον.

Οἱ μισοῦντες Σιών, γεννηθήτωσαν δὴ,  
πρὶν ἐκσπασθῆναι ὡς χόρτος· συγκόψει γὰρ  
Χριστός, αὐχένας αὐτῶν, τομῇ βασάνων.

Help us, save us, have mercy upon us and  
protect us, O God, by your grace.

(Lord, have mercy.)

Remembering our most holy, pure,  
blessed, and glorious Lady, the Theotokos  
and ever-virgin Mary, with all the saints, let  
us commit 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.)

From Octoechos - -

### READER

#### Hypakoe.

The myrrh-bearing women came to the  
grave of the Giver of life seeking the immortal  
Master among the dead. And receiving good  
tidings of joy from the Angel, they reported  
to the Apostles, that Christ God had risen,  
granting the world great mercy. (SD)

### CHOIR

#### Anavathmoi.

#### Antiphon I. Mode pl. 4.

From my youth does the enemy tempt  
me, and with the pleasures he scorches me.  
But trusting You, O Lord, monumentally do I  
defeat him. (SD)

Let the haters of Zion become as the grass  
is before it is plucked up. For Christ will also  
cut their necks with the cutting sword of  
torments. (SD)



Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, τὸ ζῆν τὰ πάντα, φῶς  
ἐκ φωτός, Θεὸς μέγας, σὺν Πατρὶ ὑμνοῦμεν  
αὐτὸ καὶ τῷ Λόγῳ.

**Ἀντίφωνον Β'.**

Ἡ καρδιά μου τῷ φόβῳ σου σκεπέσθω,  
ταπεινοφρονοῦσα, μὴ ὑψωθείσα ἀποπέση,  
ἐκ σοῦ Πανοικτίρμον.

Ἐπὶ τὸν Κύριον ὁ ἐσχηκὼς ἐλπίδα, οὐ  
δείσει τότε, ὅτε πυρὶ τὰ πάντα κρινεῖ καὶ  
κολάσει.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πᾶς τις θεῖος βλέπει  
καὶ προλέγει, τερατουργεῖ ὑψίστα, ἐν τρισὶν  
ἓνα Θεὸν μέλπων· εἰ γὰρ καὶ τριλαμπεῖ,  
μοναρχεῖ τὸ θεῖον.

**Ἀντίφωνον Γ'.**

Ἐκέκραξά σοι Κύριε, πρόσχες, κλινόν  
μοι τὸ οὖς σου βοῶντι, καὶ κάθαρον πρὶν  
ἄρῃς με, ἀπὸ τῶν ἐνθένδε.

Ἐπὶ τὴν μητέρα αὐτοῦ γῆν, δύνων πᾶς  
αὐθις ἀναλύσει, τοῦ λαβεῖν βασάνους, ἢ  
γέρα τῶν βεβιωμένων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, θεολογία μονὰς  
τρισαγία· ὁ Πατὴρ γὰρ ἀναρχος, ἐξ οὗ ἔφυ  
ὁ Υἱὸς ἀχρόνως, καὶ τὸ Πνεῦμα σύμμορφον,  
σύνθρονον, ἐκ Πατρὸς συνεκλάμψαν.

Glory. Both now.

In the Holy Spirit is the life of all things  
living. He is light from light and great God.  
Him do we extol with the Father and Logos.

(SD)

**Antiphon II.**

With the fear of You, Lord, let my heart  
be covered and be humble-minded, lest it be  
exalted and fall from You, all-compassionate  
Master. (SD)

He who has set his hope on the Lord will  
not fear when He will judge and punish all  
things with fire. (SD)

Glory. Both now.

In the Holy Spirit every divine man sees  
and speaks as a prophet. He does sublime  
miracles, praising the one God in three  
persons. For though It is three lights, yet the  
Godhead rules as monarch. (SD)

**Antiphon III.**

I cried to You, O Lord. Attend; incline  
Your ear to me who am shouting, and purify  
me prior to taking me from this life. (SD)

Everyone will set in the earth, his mother,  
and will again return thence to receive the  
torments or honors for his life's actions. (SD)

Glory. Both now.

From the Holy Spirit was bestowed  
theology. Thrice-holy Monad: Father  
unoriginate, from whom timelessly the Son  
did issue, and the Spirit, sharing both form  
and throne, shone at once from the Father. (SD)

**Ἀντίφωνον Δ'.**

Ἴδου δὴ τί καλόν, ἢ τί τερπνόν, ἀλλ' ἢ  
τὸ κατοικεῖν ἀδελφοὺς ἅμα; ἐν τούτῳ γὰρ  
Κύριος, ἐπηγγείλατο ζωὴν αἰώνιαν.

Τοῦ ἐνδύματος αὐτοῦ, ὃ τὰ κρίνα τοῦ  
ἀγροῦ κοσμῶν, κελεύει μὴ δεῖν φροντίζειν.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνοεῖδεῖ αἰτία, πάντα  
ἔχεται εἰρηνοβραβεύτως. Θεὸς τοῦτο γὰρ  
ἐστι, Πατρί τε καὶ Υἱῷ, ὁμοούσιον κυρίως.

**Προκείμενον.**

Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός  
σου, Σιών, εἰς γενεὰν καὶ γενεάν. (δίς)

**Στίχ.** Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον.

Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός  
σου, Σιών, εἰς γενεὰν καὶ γενεάν.

Τῆς Ὀκτωήχου - -

**ΑΝΑΓΝΩΣΤΗΣ**

**Κοντάκιον Ἀναστάσιμον.**

Ἐξαναστὰς τοῦ μνήματος, τοὺς  
τεθνεώτας ἡγείρας, καὶ τὸν Ἀδὰμ  
ἀνέστησας, καὶ ἡ Εὐὰ χορεύει ἐν τῇ  
σῇ Ἀναστάσει, καὶ κόσμου τὰ πέρατα  
πανηγυρίζουσι, τῇ ἐκ νεκρῶν Ἐγέρσει σου  
Πολυέλεε.

**Ὁ Οἶκος.**

Τὰ τοῦ Αἰδου σκυλεύσας βασιλεία, καὶ  
νεκροὺς ἀναστήσας Μακρόθυμε, Γυναίξι  
Μυροφόροις συνήντησας, ἀντὶ λύπης,  
χαρὰν κομισάμενος, καὶ Ἀποστόλοις σου  
ἐμήνυσας τὰ τῆς νίκης σύμβολα, Σωτὴρ  
μου ζωοδότα, καὶ τὴν κτίσιν ἐφώτισας  
φιλάνθρωπε· διὰ τοῦτο καὶ κόσμος

**Antiphon IV.**

Behold, what is so good or so delightful as  
for brothers to reside together? For in this has  
the Lord promised life everlasting. (SD)

He who so adorns the lilies of the field  
commands not to be concerned about one's  
own raiment. (SD)

Glory. Both now.

In the Holy Spirit, the unifying Cause, are  
all things sustained in peaceful coexistence.  
This is so for He is God, with the Father and  
the Son being truly one in essence. (SD)

**Prokeimenon.**

The Lord shall reign forever; your God, O  
Zion, to all generations. (2)

**Verse:** Praise the Lord, O my soul!

The Lord shall reign forever; your God, O  
Zion, to all generations. (SAAS)

From Octoechos - -

**READER**

**Resurrectional Kontakion.**

When You had risen from the grave,  
You also raised those who had died and  
resurrected Adam; and now Eve is celebrating  
in Your Resurrection, and the ends of the  
world keep festival, for Your rising from the  
dead, O Most-Merciful. (SD)

**Oikos.**

Having plundered the realms of Hades  
and raised the dead, O Longsuffering, You  
met the Myrrh-bearing women and gave them  
joy instead of sorrow. And Your Apostles You  
informed of the symbols of victory, my life-  
giving Savior, and You illumined creation,  
O Lover of man. Therefore the world also

συγχαίρει, τῇ ἐκ νεκρῶν Ἐγέρσει σου πολυέλεε.

**Κοντάκιον.**

Τοῦ Τριωδίου ---

**Ἦχος πλ. β'. Αὐτόμελον.**

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ,  
τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν  
ὑπερασπιστά, στήριζον, συνέτισον τὴν  
καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον,  
ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλῃ μου,  
οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι Ἐλεῆμον,  
ἐλέησόν με τὸν παραπεσόντα.

**Ὁ Οἶκος.**

Ἐκάθισεν Ἀδὰμ τότε, καὶ ἔκλαυσεν  
ἀπέναντι τῆς τρυφῆς τοῦ Παραδείσου, χερσὶ  
τύπτων τὰς ὀψεις, καὶ ἔλεγεν· Ἐλεῆμον,  
ἐλέησόν με τὸν παραπεσόντα.

Ἰδὼν Ἀδὰμ τὸν Ἄγγελον, ὠθήσαντα,  
καὶ κλείσαντα τὴν τοῦ Θεοῦ κήπου θύραν,  
ἀνεστέναξε μέγα, καὶ ἔλεγεν· Ἐλεῆμον,  
ἐλέησόν με τὸν παραπεσόντα.

Συνάληψον Παράδεισε, τῷ κτήτορι  
πτωχεύσαντι, καὶ τῷ ἥχῳ σου τῶν φύλλων,  
ικέτευσον τὸν Πλάστην, μὴ κλείσῃ σε.  
Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Παράδεισε πανάρετε, πανάγιε,  
πανόλβιε, ὁ δι' Ἀδὰμ πεφυτευμένος, καὶ διὰ  
τὴν Εὐὰν κεκλεισμένος, ἰκέτευσον Θεὸν διὰ  
τὸν παραπεσόντα. Ἐλεῆμον, ἐλέησόν με τὸν  
παραπεσόντα.

**Συναξάριον.**

*Τοῦ Μηναίου.*

Τῇ ΙΓ' τοῦ αὐτοῦ μηνός, μνήμη τῆς  
Ἀνακομιδῆς τοῦ Λειψάνου τοῦ ἐν Ἀγίοις

rejoices, for Your rising from the dead, O  
Most-Merciful. (SD)

**Kontakion.**

From Triodion ---

**Mode pl. 2. (not metered)**

O guide to wisdom, provider of prudence,  
disciplinarian of fools, and defender of the  
poor, fortify and discipline my heart, O  
Master; You, give me a word, O Word of the  
Father. For behold, I will not hinder my lips  
from crying to You: O merciful Lord, have  
mercy on me who have fallen. (SD)

**Oikos.**

In times of old did Adam sit and cry  
in sorrow opposite the delights he had in  
Paradise; his hands upon did his forehead  
strike, as he said this: O merciful Lord, have  
mercy on me who have fallen. (SD)

Beholding the angel thrusting him, and  
closing the holy garden's gate, Adam wailed  
mightily to state: O merciful Lord, have mercy  
on me who have fallen.

O Paradise, now sympathize with your  
owner who was pauperized, and by the  
rustling of your leaves, beg the Maker not  
close you, please: O merciful Lord, have  
mercy on me who have fallen.

Paradise most excellent, most holy and  
most radiant, for Adam you were planted,  
because of Eve you were disbanded, beseech  
God for the fallen: O merciful Lord, have  
mercy on me who have fallen.

**Synaxarion.**

*From the Menaion.*

On March 13 we commemorate  
the recovery of the relics of our father

Πατρὸς ἡμῶν Νικηφόρου, Πατριάρχου  
Κωνσταντινουπόλεως.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου  
Ἱερομάρτυρος Πουπλίου, Ἐπισκόπου  
Ἀθηνῶν.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων  
Μαρτύρων Ἀφρικανοῦ, Πουπλίου, καὶ  
Τερεντίου, ὧν ἡ Σύναξις τελεῖται ἐν τῷ  
Παυλοπετρείῳ.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Ἄβιβος ἐξ  
Ἑρμοῦπόλεως, λίθῳ προσδεθείς, καὶ ἐν  
ποταμῷ βληθείς, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ἁγία Μάρτυς Χριστίνα  
ἡ ἐκ Περσίδος, μαστιζομένη, τελειοῦται.

among the saints Nikephoros, Patriarch of  
Constantinople.

On this day we also commemorate the  
holy hieromartyr Publius, Bishop of Athens.

On this day we also commemorate the  
holy martyrs Aphricanus, Publius, and  
Terence; the services in their honor were held  
at the monastery called Paulopetrion.

On this day St. Habib of Hermoupolis  
died when he was tied to stone and cast into a  
river.

On this day the holy martyr Christina of  
Persia died after being scourged.

*Τοῦ Τριωδίου.*

Τῇ αὐτῇ ἡμέρᾳ, ἀνάμνησιν ποιούμεθα  
τῆς ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς  
ἐξορίας τοῦ Πρωτοπλάστου Ἀδάμ.

*Στίχοι.*

Κόσμος γενάρχαις πικρὰ συνθρηνησάτω.  
Βρώσει γλυκεῖα, συμπεσὼν πεπτωκόσι.

Τῇ ἀφάτῳ σου εὐσπλαγχνία, Χριστέ ὁ  
Θεὸς ἡμῶν, τῆς τρυφῆς τοῦ Παραδείσου  
ἡμᾶς καταξιώσον, καὶ ἐλέησον, ὡς μόνος  
φιλόανθρωπος. Ἀμήν.

**ΧΟΡΟΣ**

**Καταβασίαι τῆς Κυριακῆς  
τοῦ Τελώνου, καὶ τῆς Τυρινῆς  
Ὡδὴ α'. Ἦχος πλ. β'.**

Ὡς ἐν ἡπείρῳ πεζεύσας ὁ Ἰσραήλ,  
ἐν ἀβύσσῳ ἵχνεσι, τὸν διώκτην Φαραώ,  
καθορῶν ποντούμενον, Θεῷ ἐπινίκιον  
ᾠδὴν, ἐβόα, ἄσωμεν.

**Ὡδὴ γ'.**

Οὐκ ἔστιν ἅγιος ὡς σὺ, Κύριε ὁ Θεός  
μου, ὁ ὑψώσας τὸ κέρασ, τῶν πιστῶν σου  
Ἀγαθέ, καὶ στερεώσας αὐτούς, ἐν τῇ πέτρᾳ  
τῆς ὁμολογίας σου.

**Ὡδὴ δ'.**

Χριστός μου δύναμις, Θεὸς καὶ Κύριος,  
ἡ σεπτὴ Ἐκκλησία θεοπρεπῶς, μέλπει

*From the Triodion.*

On this day, we remember the expulsion  
of the first-formed Adam from the Garden of  
Eden.

*Verses*

Let the world now bitterly mourn with Eve and Adam,  
for it fell together with them who fell by sweet eating.

By Your ineffable compassion, O Christ  
our God, make us worthy of the delights of  
Paradise and have mercy, as You alone love  
mankind. Amen.

**CHOIR**

**Katavasias of Triodion Sunday 1 and 4**

**Ode i. Mode pl. 2.**

The host of Israel traversed the sea on  
foot, \* as if walking over land; \* and as they  
beheld therein \* the pursuer Pharaoh drown,  
they cried, \* "Let us sing to God a canticle of  
victory." (SD)

**Ode iii.**

O Lord my God, there is no one \* that  
is holy as You are, \* who exalted the horn  
of those who are faithful to You, \* O good  
One; and on the rock \* of Your confession You  
established them. (SD)

**Ode iv.**

O Christ, my strength are You, \* my God  
and Lord are You, \* the divine congregation,

ἀνακράζουσα, ἐκ διανοίας καθαρᾶς, ἐν  
Κυρίῳ ἐορτάζουσα.

**Ὡδὴ ε'.**

Τῷ θείῳ φέγγει σου Ἀγαθέ, τάς  
τῶν ὀρθριζόντων σοι ψυχάς, πόθῳ  
καταύγαυσον δέομαι, σὲ εἰδέναι Λόγε Θεοῦ,  
τὸν ὄντως Θεόν, ἐκ ζόφου τῶν πταισμάτων  
ἀνακαλούμενον.

**Ὡδὴ Ϛ'.**

Τοῦ βίου τὴν θάλασσαν, ὑψουμένην  
καθορῶν, τῶν πειρασμῶν τῷ κλύδωνι,  
ἐν εὐδίῳ λιμένι σου προσδραμών, βοῶ  
σοι· Ἀνάγαγε ἐκ φθορᾶς τὴν ζωὴν μου  
Πολυέλεε.

**Ὡδὴ ϛ'.**

Δροσοβόλον μὲν τὴν κάμινον  
εἰργάσατο, Ἄγγελος τοῖς Ὁσίοις Παισὶ,  
τοὺς Χαλδαίους δὲ καταφλέγον πρόσταγμα  
Θεοῦ, τὸν Τύραννον ἔπεισε βοᾶν.  
Εὐλογητὸς εἶ ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν.

**Ὡδὴ η'.**

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.*

Ἐκ φλογὸς τοῖς Ὁσίοις, δρόσον  
ἐπήγασας, καὶ δικαίου θυσίαν, ὕδατι  
ἔφλεξας· ἅπαντα γὰρ δρᾶς Χριστέ, μόνῳ  
τῷ βούλεσθαι σὲ ὑπερυψοῦμεν εἰς πάντα  
τοὺς αἰῶνας.

**ΔΙΑΚΟΝΟΣ**

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

aptly for God, \* sings in chorus crying out to  
Him in purity of mind, \* as she celebrates the  
feast in the Lord. (SD)

**Ode v.**

With Your divine light, O good One,  
shine \* on the souls of those who longingly  
rise to You early, I supplicate, \* so that they  
may know You the very God, Word of God,  
\* who call them to return from the gloom  
offences bring. (SD)

**Ode vi.**

Perceiving the open sea of temporal life  
to rise, \* and billow with the surging waves \*  
of temptations, and fleeing for refuge in Your  
calm port, I cry to You: \* Raise my life from  
corruption, O most merciful Lord. (SD)

**Ode vii.**

Once the Angel caused the fiery furnace  
to emit \* dew to refresh the three holy youths.  
\* The Chaldeans were by command of God  
completely burnt. \* And therefore the tyrant  
was convinced \* to cry aloud, "O God of our  
fathers, blessed are You." (SD)

**Ode viii.**

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

You made dew gush from fire for the  
devout young men, \* and with water You  
burned up the just one's sacrifice. \* You  
accomplish all, O Christ, \* simply by willing  
it. \* Unto all the ages supremely we exalt You.

(SD)

**DEACON**

Let us pray to the Lord.

(Lord, have mercy.)

**ΙΕΡΕΥΣ**

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ**

Ἀμήν.

**Ἦχος β'.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δίς)  
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

**ΔΙΑΚΟΝΟΣ**

Καὶ ὑπὲρ τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

**ΔΙΑΚΟΝΟΣ**

Σοφία! Ὁρθοί! Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνην πᾶσι.

(Καὶ τῷ πνεύματί σου.)

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

**ΔΙΑΚΟΝΟΣ**

Πρόσχωμεν!

(Δόξα σοι, Κύριε, δόξα σοι.)

**ΙΕΡΕΥΣ**

*Εωθινὸν Ἡ  
Ἰωάννην (Κ' 11-18)*

Τῷ καιρῷ ἐκείνῳ, Μαρία εἰστήκει πρὸς τὸ μνημεῖον κλαίουσα ἔξω ὥς οὖν ἔκλαιε, παρέκυψεν εἰς τὸ μνημεῖον, καὶ θεωρεῖ δύο ἀγγέλους ἐν λευκοῖς καθεζομένους,

**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 John.

**DEACON**

Let us be attentive!

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

**PRIEST**

*Eothinon 8  
John. (20:11-18)*

At that time, Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb, and she saw two angels in white, sitting where the body of Jesus has



ἓνα πρὸς τῇ κεφαλῇ, καὶ ἓνα πρὸς τοῖς ποσίν, ὅπου ἔκειτο τὸ σῶμα τοῦ Ἰησοῦ, καὶ λέγουσιν αὐτῇ ἐκεῖνοι· Γύναι, τί κλαίεις; λέγει αὐτοῖς· Ὅτι ἤραν τὸν Κύριόν μου, καὶ οὐκ οἶδα ποῦ ἔθηκαν αὐτόν· καὶ ταῦτα εἰποῦσα ἐστράφη εἰς τὰ ὀπίσω, καὶ θεωρεῖ τὸν Ἰησοῦν ἐστῶτα, καὶ οὐκ ᾔδει ὅτι Ἰησοῦς ἐστι. Λέγει αὐτῇ ὁ Ἰησοῦς· Γύναι, τί κλαίεις; τίνα ζητεῖς; ἐκείνη δοκοῦσα ὅτι ὁ κηπουρὸς ἐστι, λέγει αὐτῷ· Κύριε, εἰ σὺ ἐβάστασας αὐτόν, εἰπέ μοι ποῦ αὐτόν ἔθηκας, καὶ γὰρ αὐτόν ἀρῶ· λέγει αὐτῇ ὁ Ἰησοῦς· Μαρία· στραφεῖσα ἐκείνη λέγει αὐτῷ· Ῥαββουνί· ὃ λέγεται Διδάσκαλε· λέγει αὐτῇ ὁ Ἰησοῦς, Μὴ μου ἅπτου· οὐπω γὰρ ἀναβέβηκα πρὸς τὸν πατέρα μου, πορεύου δὲ πρὸς τοὺς ἀδελφούς μου, καὶ εἰπὲ αὐτοῖς· Ἀναβαίνω πρὸς τὸν πατέρα μου καὶ πατέρα ὑμῶν, καὶ Θεόν μου καὶ Θεὸν ὑμῶν· ἔρχεται Μαρία ἡ Μαγδαληνὴ ἀπαγγέλλουσα τοῖς μαθηταῖς ὅτι ἑώρακε τὸν Κύριον· καὶ ταῦτα εἶπεν αὐτῇ.

(Δόξα σοι, Κύριε, δόξα σοι.)

### ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν, τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἀγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἀγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ·

lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid Him." Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing Him to be the gardener, she said to Him, "Sir, if you have carried Him away, tell me where you have laid Him, and I will take Him away." Jesus said to her, "Mary." She turned and said to Him in Hebrew, "Rabboni," which means Teacher. Jesus said to her, "Do not touch Me, for I have not yet ascended to the Father; but go to My brethren and say to them, I am ascending to My Father and your Father, to My God and your God." Mary Magdalene went and said to the disciples, "I have seen the Lord," and she told them that He had said these things to her. (RSV)

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

### READER

Having seen the Resurrection of Christ, let us worship the Holy Lord Jesus, the only sinless one. Your Cross do we worship, O Christ, and Your holy Resurrection do we hymn and glorify. For You are our God, we know no other but You, we call upon Your name. Come all the faithful, let us worship the holy Resurrection of Christ; for behold through the Cross, joy has come in all the world. Ever blessing the Lord, we extol His Resurrection. For enduring the Cross for us, He destroyed death by death. (SD)

Σταυρόν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ  
θάνατον ὤλεσεν.

**ΧΟΡΟΣ**

**Ψαλμὸς Ν' (50).**

**Ἦχος β'.** (ἡ τῆς ἐβδομάδος.)

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 διαπαντός.

Σοὶ μόνῳ ἥμαρτον 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.

Ῥαντιεῖς με ὕσσῳ, καὶ  
καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ  
χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ  
εὐφροσύνην, ἀγαλλιᾶσονται ὅστέα  
τεταπεινωμένα.

Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν  
ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου  
ἐξάλειψον.

**CHOIR**

**Psalm 50 (51).**

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

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.

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  
ἀντανέλης ἀπ' ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ  
σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ  
στήριζόν με.

Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ  
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῦσαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς  
σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου  
τὴν δικαιοσύνην σου.

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ  
στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν·  
ὀλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον,  
καρδίαν συντετριμμένην καὶ  
τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου  
τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη  
Ἱερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης,  
ἀναφορὰν καὶ ὀλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν  
σου μόσχους. [Καὶ ἐλέησόν με, ὁ Θεός.]

**Ἰδιόμελα τοῦ Τριωδίου.**

Δόξα. **Ἦχος πλ. δ'.**

Τῆς μετανοίας ἀνοιξόν μοι πύλας  
Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου,

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

πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον  
τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ' ὡς  
οἰκτιρῶν κάθαρν, εὐσπλάγχνῳ σου ἐλέει.

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,  
Θεοτόκε· αἰσχροῖς γὰρ κατερρύπωσα, τὴν  
ψυχὴν ἁμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,  
ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις  
ῥῦσαί με, πάσης ἀκαθαρσίας.

**Ἰδιόμελον. Ἦχος πλ. β'.**

**Στίχ.** Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα  
ἔλεός σου καὶ κατὰ τὸ πληθὺς τῶν οἰκτιρμῶν  
σου ἐξάλειψον τὸ ἀνόμημά μου.

Τὰ πλήθη τῶν πεπραγμένων μοι  
δεινῶν, ἐννοῶν ὁ τάλας, τρέμω τὴν  
φοβεράν ἡμέραν τῆς κρίσεως· ἀλλὰ θαρρῶν  
εἰς τὸ ἔλεος τῆς εὐσπλαγχνίας σου, ὡς ὁ  
Δαυῖδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ  
μέγα σου ἔλεος.

## ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεός τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
ὑψῶσον 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 πανευφήμεων  
Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν  
μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν  
Διδασκάλων, Βασιλείου τοῦ Μεγάλου,

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,

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 Χαράλαμπος καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνας, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ 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 αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

#### ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

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.)

#### DEACON

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



ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. Ἦχος πλ. β'.

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

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

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

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

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

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

CHOIR

Ode ix.

Megalynarion. Mode pl. 2.

**Verse:** My soul magnifies the Lord, and my  
spirit rejoices in God my Savior. (RSV)

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 low estate  
of his handmaiden. For behold, henceforth all  
generations will call me blessed. (RSV)

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.

**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. (RSV)

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.

**Verse:** He has shown strength with his arm,  
he has scattered the proud in the imagination of  
their hearts. (RSV)

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.

**Στίχ.** Καθεῖλε δυνάστας ἀπὸ θρόνων,  
καὶ ὑψωσε ταπεινούς, πεινῶντας ἐνέπλησεν  
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε  
κενούς.

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

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

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

### **Καταβασία. Ἦχος πλ. β'.**

Θεὸν ἀνθρώποις ἰδεῖν ἀδύνατον, ὃν  
οὐ τολμᾷ Ἀγγέλων ἀτενίσαι τὰ τάγματα,  
διὰ σοῦ δὲ Πάναγνε ὥράθη βροτοῖς, Λόγος  
σεσαρκωμένος, ὃν μεγαλύνοντες, σὺν ταῖς  
οὐρανίαις Στρατιαῖς, σὲ μακαρίζομεν.

### **ΔΙΑΚΟΝΟΣ**

Ἦτι 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 Ἀγίων μνημονεύσαντες,

**Verse:** *He has put down the mighty from  
their thrones, and exalted those of low degree; he  
has filled the hungry with good things, and the  
rich he has sent empty away. (RSV)*

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.

**Verse:** *He has helped his servant Israel,  
in remembrance of his mercy, as he spoke to our  
fathers, to Abraham and to his posterity for ever.  
(RSV)*

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.

### **Katavasia. Mode pl. 2.**

For man to see God it is impossible, \* for  
even the angelic armies dare not to gaze on  
Him. \* But through you, O all-pure Maid, the  
Logos appeared incarnate unto mortals.\* Him  
do we magnify, \* and together with the hosts  
of heaven we pronounce you blest. (SD)

### **DEACON**

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

(Lord, have mercy.)

Help us, save us, have mercy upon us and  
protect us, O God, by your grace.

(Lord, have mercy.)

Remembering our most holy, pure,  
blessed, and glorious Lady, the Theotokos  
and ever-virgin Mary, with all the saints, let



ἐαυτοὺς 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 ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

# ΧΟΡΟΣ

**Ἦχος β'.**

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (ἐκ γ')

Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ  
προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν  
αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Οκτωήχου - - -

**Ἐξαποστειλᾶριον.**

**Τὸ Η' Ἑωθινόν.**

**Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.**

Δύο Ἀγγέλους βλέψασα, ἔνδοθεν τοῦ  
μνημείου, Μαρία ἐξεπλήττετο, καὶ Χριστὸν  
ἀγνοοῦσα, ὡς Κηπουρὸν ἐπηρώτα, Κύριε  
ποῦ τὸ σῶμα, τοῦ Ἰησοῦ μου τέθεικας;  
κλήσει δὲ τοῦτον γνοῦσα εἶναι αὐτόν, τὸν  
Σωτῆρα ἤκουσε· Μή μου ἅπτου, πρὸς τὸν  
Πατέρα ἄπειμι, εἰπὲ τοῖς ἀδελφοῖς μου.

Τοῦ Τριωδίου - - -

**Ἦχος β'. Γυναῖκες ἀκουτίσθητε.**

Τῆς ἐντολῆς σου Κύριε, παρήκουσα  
ὁ ἄθλιος, καὶ γυμνωθεὶς τῆς σῆς δόξης,  
αἰσχύνῃς πέπλησμαι, οἶμοι! καὶ τῆς τρυφῆς  
ἐκβέβλημαι, τοῦ Παραδείσου εὐσπλαγχνε.  
Ἐλεῆμον ἐλέησον, τὸν στερηθέντα δικαίως,  
τῆς ἀγαθότητος τῆς σῆς.

us commit 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. (3) (SAAS)

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

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**The Eighth Eothinon.**

**Mode 2. On the mountain.**

When Mary Magdalene beheld \* inside  
the tomb two Angels, \* she was struck with  
astonishment. \* Not knowing it was Jesus \*  
supposing He was the gardener, \* "Sir," she  
questioned Him, saying, \* "where have you  
laid the body of \* my Jesus?" Then He called  
her, and then she knew \* that it was the Savior  
himself. And she heard, \* "Touch me not. To  
my brothers tell \* that I go to the Father." (SD)

From Triodion - - -

**Mode 2. O Women, hearken.**

Wretch that I am, I disobeyed \* Your  
good commandment, O my Lord.\* And being  
stripped of Your glory,\* alas! with shame I  
am laden.\* And I have been evicted from \*  
the pure delights of Paradise.\* O Merciful  
and Compassionate, \* have mercy on me

**Ἔτερον.**

**Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.**

Αποικισθέντες Κύριε, Παραδείσου  
τὸ πρῶτον, διὰ τῆς ξύλου βρώσεως,  
ἀντεισήγαγες πάλιν, διὰ Σταυροῦ καὶ τοῦ  
Πάθους, σοῦ Σωτῆρ καὶ Θεέ μου, δι' οὗ  
ἡμᾶς ὀχύρωσον, τὴν Νηστείαν πληρῶσαι,  
ἀγνοπρεπῶς, καὶ τὴν θείαν Ἐγερσιν  
προσκυνῆσαι, τὸ Πάσχα τὸ σωτήριον, σὲ  
Τεκούσης πρεσβείαις.

**Θεοτοκίον.**

**Οἱ Αἶνοι. Ἦχος πλ. δ'.**

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.  
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε  
αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ  
Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ·  
αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Σοὶ  
πρέπει ὕμνος τῷ Θεῷ.

Τῆς Οἰκωήχου ---

**Στιχηρὰ Ἀναστάσιμα.**

**Στιχηρὸν Α'. Ἦχος πλ. δ'.**

Τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον·  
δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

Κύριε, εἰ καὶ κριτηρίῳ παρέστης, ὑπὸ  
Πιλάτου κρινόμενος, ἀλλ' οὐκ ἀπελείφθης  
τοῦ θρόνου, τῷ Πατρὶ συγκαθεζόμενος,  
καὶ ἀναστὰς ἐκ νεκρῶν, τὸν κόσμον  
ἠλευθέρωσας, ἐκ τῆς δουλείας τοῦ  
ἀλλοτρίου, ὡς οἰκτιρῶν καὶ Φιλάνθρωπος.

who rightly \* have been deprived of Your  
goodness. (SD)

**Another.**

**Mode 2. On the mountain.**

We were expelled of old, O Lord, \* from  
the Garden of Eden,\* for wrongly eating from  
the tree.\* But, O my God and Savior,\* You  
once again have restored us \* through Your  
Cross and Your Passion.\* Thereby, O Master,  
fortify \* and enable us purely to finish Lent  
\* and to worship Your divine resurrection,\*  
Pascha our saving Passover,\* by the prayers of  
Your Mother. (SD)

**Theotokion.**

**Lauds. Mode pl. 4.**

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)

From Octoechos ---

**Resurrectional Stichera.**

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

To fulfill among them the written judgment:  
this glory have all His holy ones. (SAAS)

Lord, even if You stood on trial and  
suffered Pontius Pilate to be Your judge, yet  
You did not leave Your divine throne, seated  
with the Father as You are. And when You  
rose from the dead, You freed the world from  
servitude that was imposed on it by the Devil,  
O Compassionate who love mankind. (SD)

**Στιχηρὸν Β'. Ἦχος πλ. δ'.**

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ,  
αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως  
αὐτοῦ.

Κύριε, εἰ καὶ ὡς νεκρὸν ἐν μνημείῳ,  
Ἰουδαῖοι σε κατέθεντο, ἀλλ' ὡς Βασιλέα  
ύπνουντα, στρατιῶταί σε ἐφύλαττον, καὶ ὡς  
ζωῆς θησαυρόν, σφραγίδι ἐσφραγίσαντο·  
ἀλλὰ ἀνέστης καὶ παρέσχες, ἀφθαρσίαν  
ταῖς ψυχαῖς ἡμῶν.

**Στιχηρὸν Γ'. Ἦχος πλ. δ'.**

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις  
αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς  
μεγαλowsύνης αὐτοῦ.

Κύριε, ὄπλον κατὰ τοῦ διαβόλου, τὸν  
Σταυρόν σου ἡμῖν δέδωκας· φοῖττει γὰρ  
καὶ τρέμει, μὴ φέρων καθορᾶν αὐτοῦ τὴν  
δύναμιν· ὅτι νεκροὺς ἀνιστᾷ καὶ θάνατον  
κατήργησε· διὰ τοῦτο προσκυνοῦμεν, τὴν  
Ταφὴν σου καὶ τὴν Ἑγερσιν.

**Στιχηρὸν Δ'. Ἦχος πλ. δ'.**

Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε  
αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Ὁ Ἄγγελός σου Κύριε, ὁ τὴν Ἀνάστασιν  
κηρύξας, τοὺς μὲν φύλακας ἐφόβησε, τὰ  
δὲ Γύναια ἐφώνησε λέγων· Τί ζητεῖτε τὸν  
ζῶντα μετὰ τῶν νεκρῶν; ἀνέστη Θεός ὢν,  
καὶ τῇ οἰκουμένη ζωὴν ἐδωρήσατο.

**Sticheron 2. Mode pl. 4.**

*Praise God in His saints. praise Him in the  
firmament of His power. (SAAS)*

Lord, even if the Judeans had You  
buried as a lifeless body in a grave, yet a  
guard of soldiers was watching over You as  
though a sleeping king; and with a seal they  
secured the tomb as a treasure-house of life.  
But You arose and unto our souls granted  
incorruptibility. (SD)

**Sticheron 3. Mode pl. 4.**

*Praise Him for His mighty acts, praise Him  
according to the abundance of His greatness. (SAAS)*

Lord, as a weapon against the Adversary  
You have given us Your holy Cross. Gripped  
with fear he trembles unable to endure to look  
upon its might, because it raises the dead, and  
death itself it neutralized. For this reason we  
adore Your three-day burial and rising again.

(SD)

**Sticheron 4. Mode pl. 4.**

*Praise Him with the sound of trumpet, praise  
Him with the harp and lyre. (SAAS)*

O Lord, Your angel messenger, when he  
proclaimed Your resurrection, \* caused the  
guardians to be afraid but the women's fear  
allayed, \* and addressed them, "Wherefore  
seek you among the dead the One who lives?  
\* He rose, for He is God, and the gift of life He  
has given to the universe." (SD)

**Στιχηρὸν Ε'. Ἦχος πλ. δ'.**

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ,  
αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Ἐπαθες διὰ σταυροῦ, ὁ ἀπαθὴς τῇ  
Θεότητι, ταφὴν κατεδέξω τριήμερον,  
ἵνα ἡμᾶς ἐλευθερώσῃς τῆς δουλείας τοῦ  
ἐχθροῦ, καὶ ἀθανατίσας, ζωοποιήσῃς ἡμᾶς  
Χριστέ ὁ Θεός, διὰ τῆς Ἀναστάσεώς σου  
φιλάνθρωπε.

**Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Στιχηρὸν Ζ'. Ἰδιόμελον. Ἦχος πλ. α'.**

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

Οἶμοι! ὁ Ἀδάμ, ἐν θρῆνῳ κέκραγεν,  
ὅτι ὄφρις καὶ γυνή, θεϊκῆς παρρησίας με  
ἔξωσαν, καὶ Παραδείσου τῆς τρυφῆς ξύλου  
βρῶσις ἥλλοτριώσεν. Οἶμοι! οὐ φέρω  
λοιπὸν τὸ ὄνειδος, ὁ ποτὲ βασιλεὺς τῶν  
ἐπιγείων πάντων κτισμάτων Θεοῦ, νῦν  
αἰχμάλωτος ὤφθην, ὑπὸ μιᾶς ἀθέσμου  
συμβουλῆς, καὶ ὁ ποτὲ δόξαν ἀθανασίας  
ἡμφιεσμένος, τῆς νεκρώσεως τὴν δοράν,  
ὥς θνητὸς ἐλεεινῶς περιφέρω. Οἶμοι! τίνα  
τῶν θρῆνων συνεργάτην ποιήσομαι; Ἀλλὰ  
σὺ Φιλάνθρωπε, ὁ ἐκ γῆς δημιουργήσας με,  
εὐσπλαγχνίαν φορέσας, τῆς δουλείας τοῦ  
ἐχθροῦ, ἀνακάλεσαι καὶ σῶσόν με.

**Στιχηρὸν Ζ'. Ἰδιόμελον. Ἦχος πλ. α'.**

Ἀνάστηθι, Κύριε ὁ Θεός μου, ὑψωθήτω  
ἡ χεὶρ σου, μὴ ἐπιλάβῃ τῶν πενήτων σου εἰς  
τέλος.

Τὸ στάδιον τῶν ἀρετῶν ἡνέφκται,  
οἱ βουλόμενοι ἀθλῆσαι εἰσέλθετε,

**Sticheron 5. Mode pl. 4.**

*Praise Him with timbrel and dance, praise  
Him with strings and flute. (SAAS)*

You suffered by means of the Cross,  
though in Divinity impassible. You accepted  
three-day burial, so that You might liberate us  
from our slavery to the enemy, and making us  
immortal might bring us to life, O Christ our  
God, through Your resurrection, O Lord who  
loves humanity. (SD)

**From the Triodion.**

From Triodion ---

**Sticheron 6. Idiomelon. Mode pl. 1.**

*Praise Him with resounding cymbals, praise  
Him with triumphant cymbals. Let everything that  
breathes praise the Lord. (SAAS)*

"Woe is me!" cried Adam in lament,  
"that a serpent and a woman have deprived  
me of intimate communion with God; and  
eating from the tree has estranged me from  
the Paradise of delight. Woe is me, for I  
cannot bear the disgrace! Once the king of  
all God's creatures on the earth, I am now  
viewed as a hostage because of one piece of  
illicit advice; and though once vested with  
the glory of immortality, I, as mortal, carry  
about the skin of deadness lamentably. Woe  
is me! Which lamentation shall I enlist to  
collaborate with me? But You, Friend of man,  
who fashioned me from the earth, and who  
donned compassion; recall me from servitude  
to the enemy and save me." (SD)

**Sticheron 7. Idiomelon. Mode pl. 1.**

*Arise, O Lord my God, let Your hand be lifted  
high, and do not forget Your poor to the end. (SAAS)*

The stadium of virtue is now open; those  
who wish to compete, enter therein, girded

ἀναζωσάμενοι τὸν καλὸν τῆς Νηστείας  
ἀγῶνα· οἱ γὰρ νομίμως ἀθλοῦντες,  
δικαίως στεφανοῦνται, καὶ ἀναλαμβάντες  
τὴν πανοπλίαν τοῦ Σταυροῦ, τῷ ἐχθρῷ  
ἀντιμαχησώμεθα, ὡς τεῖχος ἄρρηκτον  
κατέχοντες τὴν Πίστιν, καὶ ὡς θώρακα  
τὴν προσευχήν, καὶ περικεφαλαίαν τὴν  
ἐλεημοσύνην, ἀντὶ μαχαίρας τὴν νηστείαν,  
ἣτις ἐκτέμνει ἀπὸ καρδίας πᾶσαν κακίαν.  
Ὁ ποιῶν ταῦτα, τὸν ἀληθινὸν κομίζεται  
στέφανον, παρὰ τοῦ Παμβασιλέως Χριστοῦ,  
ἐν τῇ ἡμέρᾳ τῆς Κρίσεως.

**Στιχηρὸν Η'. Ἰδιόμελον. Ἦχος πλ. β'.**

Ἐξομολογήσομαί σοι, Κύριε, ἐν ὅλῃ  
καρδίᾳ μου, διηγῆσομαι πάντα τὰ θαυμάσιά  
σου.

Ἀδὰμ τοῦ Παραδείσου διώκεται, τροφῆς  
μεταλαβὼν ὡς παρήκοος, Μωσῆς θεόπτης  
ἐχρημάτισε, νηστεία τὰ ὄμματα, τῆς  
ψυχῆς καθηράμενος. Διὸ τοῦ Παραδείσου  
οἰκήτορες γενέσθαι ἐπιποθοῦντες,  
ἀπαλλαγῶμεν τῆς ἀλυσιτελοῦς τροφῆς,  
καὶ Θεὸν καθορᾶν ἐφιέμενοι, Μωσαϊκῶς  
τὴν τετράδα, τῆς δεκάδος νηστεύσωμεν,  
προσευχῇ καὶ τῇ δεήσει, εἰλικρινῶς  
προσκαρτεροῦντες, κατευνάσωμεν τῆς  
ψυχῆς τὰ παθήματα, ἀποσοβήσωμεν  
τῆς σαρκὸς τὰ οἰδήματα, κοῦφοι πρὸς  
τὴν ἄνω πορείαν μετίωμεν, ὅπου αἱ τῶν  
Ἀγγέλων χορεῖαι, ἀσιγήτοις φωναῖς, τὴν  
ἀδιαίρετον ἀνυμνοῦσι Τριάδα, καθορᾶν τὸ  
ἀμήχανον κάλλος, καὶ δεσποτικόν. Ἐκεῖ  
ἀξίωσον ἡμᾶς, Υἱὲ Θεοῦ ζωοδότα, τοὺς  
ἐπὶ σοὶ πεποιθότας, συγχορεῦσαι ταῖς τῶν  
Ἀγγέλων στρατιαῖς, ταῖς τῆς τεκούσης σε  
Μητρὸς Χριστὲ πρεσβείαις, καὶ Ἀποστόλων,  
καὶ τῶν Μαρτύρων, καὶ πάντων τῶν Ἁγίων.

for the good contest of Lent, for those who  
compete according to the rules shall receive  
their laurels rightfully. Taking up the full  
armor of the Cross, let us do battle against  
the Enemy. As an impregnable wall, we have  
the Faith, prayer as our breastplate, and acts  
of mercy as our helmet. Instead of sword,  
there is fasting, which cuts every evil from  
the heart. He who does this shall attain a  
true crown from Christ, the King of all, on  
Judgment Day. (SD)

**Sticheron 8. Idiomelon. Mode pl. 2.**

*I will give thanks to You, O Lord, with my  
whole heart; I will tell of all Your wondrous  
things. (SAAS)*

Adam was evicted from Paradise as one  
disobedient, after partaking of its luxury.  
Moses saw God, after cleansing the eyes of his  
soul by fasting. Hence if we desire to become  
residents of Paradise, let us divorce ourselves  
from baleful delights, and desiring to see  
God, as did Moses let us fast the Four Times  
Ten. By sincerely persevering in prayer and  
supplication, let us suppress the passions of  
our souls; let us avert the swellings of the  
flesh; thus lightened, let us set off on the  
journey to things above, where the choirs  
of angels in unbroken song sing praise to  
the undivided Trinity, to see the irresistible  
beauty of the Master. O Son of God and Giver  
of Life, we who set our hope on You entreat:  
Make us worthy of dancing with the armies  
of angels, O Christ, at the intercession of Your  
Mother, the Apostles, Martyrs and all the  
Saints. (SD)



Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἦχος πλ. β'.**

Ἐφθασε καιρός, ἡ τῶν πνευματικῶν  
ἀγώνων ἀρχή, ἡ κατὰ τῶν δαιμόνων νίκη,  
ἡ πάνοπλος ἐγκράτεια, ἡ τῶν Ἀγγέλων  
εὐπρέπεια, ἡ πρὸς Θεὸν παρρησία· δι'  
αὐτῆς γὰρ Μωϋσῆς, γέγονε τῷ Κτίστῃ  
συνόμιλος, καὶ φωνὴν ἀοράτως, ἐν ταῖς  
ἀκοαῖς ὑπεδέξατο· Κύριε, δι' αὐτῆς ἀξιώσον  
καὶ ἡμᾶς, προσκυνῆσαι σου τὰ Πάθη καὶ  
τὴν ἀγίαν Ἀνάστασιν, ὡς φιλάνθρωπος.

Τῆς Οἰκωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Ὑπερευλογημένη ὑπάρχεις, Θεοτόκε  
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,  
ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται,  
ἡ κατάρρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται,  
ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς  
ἐξωποιοήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·  
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως  
εὐδοκίῃσας δόξα σοι.

## Ἡ ΜΕΓΑΛΗ ΔΟΞΟΛΟΓΙΑ

Δόξα σοι τῷ δείξαντι τὸ φῶς. 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 αἴρων τὴν ἁμαρτίαν

Glory. **From the Triodion.**

From Triodion - - -

**Mode pl. 2.**

The time has come - the start of our  
spiritual contests, the victory over demons,  
the full armor of self-control, the angels'  
dignity, the confidence before God. Thereby  
did Moses become conversant with the  
Creator, and heard the invisible voice. Lord,  
through fasting make us worthy to worship  
Your Passion and holy Resurrection, as You  
love humanity. (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,

τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ ὁ μόνος Ἅγιος, σὺ εἶ ὁ 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.

Καταξίωσον, 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.

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Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σέ 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.

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.



Παράτεινον τὸ ἔλεός σου τοῖς  
γινώσκουσί σε.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος  
Ἀθάνατος, ἐλέησον ἡμᾶς.

*Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν  
Τροπάριον Ἀναστάσιμον.*

**Ἦχος πλ. δ'.** (ἡ τῆς ἐβδομάδος.)

Ἀναστὰς ἐκ τοῦ μνήματος, καὶ τὰ δεσμὰ  
διαρρήξας τοῦ Ἄιδου, ἔλυσας τὸ κατάκριμα,  
τοῦ θανάτου Κύριε, πάντας ἐκ τῶν παγίδων  
τοῦ ἐχθροῦ ῥυσάμενος, ἐμφανίσας σεαυτὸν  
τοῖς, Ἀποστόλοις σου, ἐξαπέστειλας αὐτοὺς  
ἐπὶ τὸ κήρυγμα, καὶ δι' αὐτῶν τὴν εἰρήνην  
παρέσχες τῇ οἰκουμένῃ, μόνε πολυέλεε.

*ἡ ὡς συνήθως·*

**Ἦχος δ'.** (ἡ τῆς ἐβδομάδος.)

Σήμερον σωτηρία τῷ κόσμῳ γέγονεν.  
Ἄισωμεν τῷ ἀναστάντι ἐκ τάφου καὶ  
ἀρχηγῷ τῆς ζωῆς ἡμῶν· καθελὼν γὰρ τῷ  
θανάτῳ τὸν θάνατον, τὸ νίκος ἔδωκεν ἡμῖν,  
καὶ τὸ μέγα ἔλεος.

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 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)