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Katavasias of Theotokos

Text in Greek

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Fr. Seraphim Dedes 5100 Spring Meadow Ln. Monroe, NC 28110

Phone: 704-719-3074

Email: seraphimdedes@gmail.com

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Initiatives: info@agesinitiatives.org

ΧΟΡΟΣ

$^{\circ}$ H χ o ς α' .

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

Στίχ. α'. Έξομολογεῖσθε τῷ Κυρίῳ καὶ ἐπικαλεῖσθε τὸ ὄνομα τὸ ἄγιον αὐτοῦ.

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

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

Απολυτίκιον.

Τοῦ Μηναίου - - -

Ήχος α'.

Τὰς ἀλγηδόνας τῶν Ἁγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὀδύνας, ἴασαι φιλάνθρωπε δεόμεθα.

Δόξα. Τὸ αὐτό.

Τὰς ἀλγηδόνας τῶν Ἁγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὀδύνας, ἴασαι φιλάνθρωπε δεόμεθα.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. Θεοτοκίον.

*Ηχος α'. Τοῦ λίθου σφραγισθέντος.

Τοῦ Γαβοιὴλ φθεγξαμένου σοι Παρθένε τὸ Χαῖρε, σὺν τῆ φωνῆ ἐσαρκοῦτο ὁ τῶν ὅλων Δεσπότης, ἐν σοὶ τῆ ἁγία κιβωτῷ, ὡς ἔφη ὁ δίκαιος Δαυΐδ. Ἐδείχθης πλατυτέρα τῶν οὐρανῶν, βαστάσασα τὸν Κτίστην σου. Δόξα τῷ ἐνοικήσαντι ἐν σοί δόξα τῷ προελθόντι ἐκ σοῦ δόξα τῷ ἐλευθερώσαντι ἡμᾶς, διὰ τοῦ τόκου σου.

CHOIR

Mode 1.

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

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

Apolytikion.

From Menaion - - -

Mode 1.

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, as the only One who loves humanity. (SD)

Glory. Repeat.

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, as the only One who loves humanity. (SD)

From Octoechos - - -

Both now. Theotokion.

Mode 1. *The stone had been secured.*

When Gabriel had uttered rejoice to you, O Virgin, * then with the voice was the Lord of all becoming incarnate * in you whom the holy Ark of old * prefigured, as righteous David said. * You carried your Creator and proved to be more spacious than the heavens. * Glory to Him who dwelt inside of you; * glory to Him who came forth from You; *

ΔΙΑΚΟΝΟΣ

Έτι καὶ ἔτι ἐν εἰρήνη τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Αντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ χάριτι.

(Κύριε, ἐλέησον.)

Τῆς Παναγίας ἀχοάντου, 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

Ότι σὸν τὸ κράτος καὶ σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα, τοῦ Πατρὸς καὶ τοῦ Υίοῦ καὶ τοῦ Άγίου Πνεύματος, νῦν καὶ ἀεὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Άμήν.)

Κάθισμα Α΄. Τοῦ Τοιωδίου.

Τοῦ Τριωδίου - - -

ΧΟΡΟΣ

Ήχος β΄. Εὐσπλαγχνίας ὑπάρχουσα.

Μετ' εἰρήνης διελθεῖν ἡμᾶς τοὺς ταπεινούς, τὴν προκαθάρσιμον εὐδόκησον τῶν Νηστειῶν, τῆ ἀφάτω φιλανθρωπία σου Χριστὲ ὁ Θεός, κατάβαλε τοῦ ἐχθροῦ τὰ πανουργεύματα, καὶ τῷ Σταυρῷ σου πάντας διάσωσον, ὁ μόνος γινώσκων τὰ ἐγκάρδια.

Δόξα καὶ νῦν.

*Ηχος β'. Εὐσπλαγχνίας ὑπάρχουσα.

Παρεστῶσα τῷ Σταυρῷ σου, ἡ ἀσπόρως τεκοῦσά σε, καὶ μὴ φέρουσα ὁρᾶν ἀδίκως

glory be to Him who through your childbirth has set us free. (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 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.)

Kathisma I. From the Triodion.

From Triodion - - -

CHOIR

Mode 2. (not metered)

* through the days of cleansing that prepare us for the fast. * In your ineffable love for mankind, Christ our God, * destroy the evil plans of the enemy. * Preserve us all by your Cross, ** for you alone know the secrets of our hearts. (OCA)

Glory. Both now.

Mode 2. (not metered)

Your virgin mother, standing by your Cross, * could not bear to see you suffering

πάσχοντα, ώλοφύρετο κλαυθμῷ καὶ ἀνεβόα σοι· Πῶς πάσχεις ὁ τῆ φύσει ἀπαθής, γλυκύτατε Υἱέ; Ύμνῶ σου τὴν ἄκραν ἀγαθότητα.

Κάθισμα Β'. Τῶν Μαρτύρων.

Τοῦ Μηναίου - - -

'**Ήχος δ'.** Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ.

Άνδοειοτάτω λογισμῷ ὑπελθόντες, τὴν μαρτυρίαν θαυμαστοὶ Άθλοφόροι, διὰ πυρὸς καὶ ὕδατος διήλθετε, καὶ διεβιβάσθητε, σωτηρίας πρὸς πλάτος, κλῆρον κομισάμενοι, οὐρανῶν βασιλείαν, ἐν ἦ ποιεῖσθε τὰς ὑπὲρ ἡμῶν, θείας δεήσεις, σοφοὶ Τεσσαράκοντα.

Δόξα.

Καὶ νῦν.

Ήχος δ'. Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ.

Τοῦ εὐχαρίστως ἀνυμνεῖν ἐκ καρδίας, καὶ ἐξαιτεῖσθαι ἐκτενῶς Θεοτόκε, τὰ σὰ ἐλέη δώρησαι τοῖς δούλοις σου, κράζουσι καὶ λέγουσι Παναγία Παρθένε, πρόφθασον καὶ λύτρωσαι, ἐξ ἐχθρῶν ἀοράτων, καὶ ὁρατῶν καὶ πάσης ἀπειλῆς σὺ γὰρ ὑπάρχεις, ἡμῶν ἡ ἀντίληψις.

Κάθισμα Γ'.

Τοῦ Μηναίου - - -

Ήχος πλ. α΄. Τὸν συνάναρχον Λόγον.

Τῶν Άγίων Μαρτύρων τὸ ἐγκαλλώπισμα, ἡ θεόστεπτος αὕτη καὶ θεοσύλλεκτος, τῶν Τεσσαράκοντα πληθύς, ἀνευφημήσθωσαν νῦν διὰ κρυμοῦ γὰρ καὶ πυρός, δοκιμασθέντες οἱ σοφοί, ἐδείχθησαν

unjustly. * Weeping and lamenting, she cried out to you: * Child, dear to my heart, * how do you suffer your passion when by nature you are impassible? ** I sing the praises of your perfect love! (OCA)

Kathisma II. For the Martyrs.

From Menaion -

Mode 4. You who were lifted.

With a courageous frame of mind, wondrous Martyrs, * you undertook Your testimony as Christians, * and you went through both fire and water, as the Psalmist said. * You were led into that wide place of rest and salvation, * receiving the inheritance of the kingdom of heaven. * O holy Forty Martyrs, being there, * pray to the Savior, * entreating on our behalf. (5D)

Glory.

Both now.

Mode 4. You who were lifted.

That we may gratefully whole-heartedly praise you, * O Theotokos, and entreat you in earnest, * All-holy Virgin, grant your tender mercies to us, * your unworthy servants who now cry out to you saying: * Quickly come and rescue us * from all threatening danger * and from our enemies, both seen and unseen. * For you are truly * our helper in time of need. (5D)

Kathisma III.

From Menaion - - -

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

Let the favorite ornament of the martyred saints, * this divinely recruited, divinely crowned platoon * of the Forty Martyrs now be extolled with hymns. * Truly wise, these men were tested by icy cold and fire, * and

στοατιῶται, Χοιστοῦ τοῦ παμβασιλέως, καὶ ποεσβεύουσι τοῦ σωθῆναι ἡμᾶς.

Δόξα.

Καὶ νῦν.

Ήχος πλ. α'. Τὸν συνάναρχον Λόγον.

Τὴν ταχεῖάν σου σκέπην, καὶ τὴν βοήθειαν, καὶ τὸ ἔλεος δεῖξον, ἐπὶ τοὺς δούλους σου, καὶ τὰ κύματα άγνὴ καταπράϋνον, τῶν ματαίων λογισμῶν, καὶ τὴν πεσοῦσάν μου ψυχήν, ἀνάστησον Θεοτόκε· οἶδα γὰρ ὅτι Παρθένε, ἰσχύεις ὅσα καὶ βούλεσαι.

ΔΙΑΚΟΝΟΣ

Έτι καὶ ἔτι ἐν εἰρήνη τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Άντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ 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

Ότι ηὐλόγηταί σου τὸ ὄνομα, καὶ δεδόξασταί σου ἡ βασιλεία, τοῦ Πατρὸς καὶ τοῦ Υίοῦ καὶ τοῦ Άγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

 $(A\mu\eta\nu.)$

they were shown to be soldiers * of Christ the almighty Ruler. * And they intercede that we be saved. (SD)

Glory.

Both now.

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

I implore you to show forth your promptness to provide * your protection and help and your mercy unto me, * O pure Maid, and calm the waves of unruly thoughts, * and resurrect the fallen soul of me your servant, I entreat, * O all-holy Theotokos. * I know, I know, O Virgin, * that you can do whatever you wish. (5D)

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 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.)

ΧΟΡΟΣ

Άντίφωνον Α'. Ήχος δ'.

Ἐκ νεότητός μου πολλὰ πολεμεῖ με πάθη, ἀλλ' αὐτὸς ἀντιλαβοῦ, καὶ σῶσον Σωτήο μου. (δίς)

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ τοῦ Κυρίου ὡς χόρτος γάρ, πυρὶ ἔσεσθε ἀπεξηραμμένοι. (δίς)

Δόξα.

Άγίω Πνεύματι πᾶσα ψυχὴ ζωοῦται, καὶ καθάρσει ύψοῦται λαμπρύνεται, τῆ τριαδικῆ Μονάδι ἱεροκρυφίως.

Καὶ νῦν.

Άγίω Πνεύματι, ἀναβλύζει τὰ τῆς χάριτος ὁεῖθρα, ἀρδεύοντα, ἄπασαν τὴν κτίσιν πρὸς ζωογονίαν.

Ποοκείμενον. Ψαλμὸς ΞΕ΄ (65).

 Δ ιήλθομεν διὰ πυρὸς καὶ ὕδατος, καὶ ἐξήγαγες ἡμᾶς εἰς ἀναψυχήν. (δίς)

Στίχ. Ότι ἐδοκίμασας ἡμᾶς, ὁ Θεός, ἐπύρωσας ἡμᾶς, ὡς πυροῦται τὸ ἀργύριον.

Διήλθομεν διὰ πυρὸς καὶ ὕδατος, καὶ ἐξήγαγες ἡμᾶς εἰς ἀναψυχήν.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ότι Άγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν Αγίοις ἐπαναπαύη, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατοὶ καὶ τῷ Υίῷ καὶ τῷ Αγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

CHOIR

Antiphon I. Mode 4.

Since my youth have many passions waged war against me. O my Savior, nonetheless help me and save me. (2) (5D)

You, the haters of Zion, be put to shame by the Lord, for like thatch in fire you will be completely dried up. (2) (SD)

Glory.

From the Holy Spirit every soul receives life, and through cleansing is lifted and brightened, in a hidden, sacred manner, by the trinal Monad. (SD)

Both now.

From the Holy Spirit do the streams of grace well forth; they irrigate everything created, so that life be engendered. (5D)

Prokeimenon. Psalm 65 (66).

We went through fire and water, and You led us into a refreshing place. (2)

Verse: For You, O God, tested us; You tried us in the fire, as silver is purified by fire.

We went through fire and water, and You led us into a refreshing place. (SAAS)

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

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

ΧΟΡΟΣ

Ἀμήν.

Ήχος β'.

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

ΔΙΑΚΟΝΟΣ

Καὶ ὑπέο τοῦ καταξιωθῆναι ἡμᾶς τῆς ἀκροάσεως τοῦ άγίου Εὐαγγελίου, Κύριον τὸν Θεὸν ἡμῶν ἱκετεύσωμεν.

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

ΔΙΑΚΟΝΟΣ

Σοφία! Όρθοί! Ακούσωμεν τοῦ άγίου Εὐαγγελίου.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν!

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ

(15:17-27; 16:1-2)

Εἶπεν ὁ Κὐριος τοῖς ἑαυτοῦ μαθηταῖς Ταῦτα ἐντέλλομαι ὑμῖν, ἵνα ἀγαπᾶτε ἀλλήλους. Εἰ ὁ κόσμος ὑμᾶς μισεῖ, γινώσκετε ὅτι ἐμὲ πρῶτον ὑμῶν μεμίσηκεν. εἰ ἐκ τοῦ κόσμου ἦτε, ὁ κόσμος ἂν τὸ ἴδιον ἐφίλει ὅτι δὲ ἐκ τοῦ κόσμου οὐκ ἐστέ, ἀλλ' ἐγὼ ἐξελεξάμην ὑμᾶς ἐκ τοῦ κόσμου, διὰ τοῦτο μισεῖ ὑμᾶς ὁ κόσμος. μνημονεύετε τοῦ λόγου οὖ ἐγὼ εἶπον ὑμῖν οὐκ ἔστι δοῦλος μείζων τοῦ κυρίου

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

(15:17-27: 16:1-2)

The Lord said to his disciples: "This I command you, to love one another. If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted me, they will persecute you; if

αὐτοῦ. εἰ ἐμὲ ἐδίωξαν, καὶ ὑμᾶς διώξουσιν εὶ τὸν λόγον μου ἐτήρησαν, καὶ τὸν ύμέτερον τηρήσουσιν. ἀλλὰ ταῦτα πάντα ποιήσουσιν ὑμῖν διὰ τὸ ὄνομά μου, ὅτι οὐκ οἴδασι τὸν πέμψαντά με. εἰ μὴ ἦλθον καὶ ἐλάλησα αὐτοῖς, ἁμαρτίαν οὐκ εἶχον· νῦν δὲ πρόφασιν οὐκ ἔχουσι περὶ τῆς άμαρτίας αὐτῶν. ὁ ἐμὲ μισῶν καὶ τὸν πατέρα μου μισεῖ. εἰ τὰ ἔργα μὴ ἐποίησα έν αὐτοῖς ἃ οὐδεὶς ἄλλος πεποίηκεν, άμαρτίαν οὐκ εἶχον νῦν δὲ καὶ ἑωράκασι καὶ μεμισήκασι καὶ ἐμὲ καὶ τὸν πατέρα μου. άλλ' ἵνα πληρωθῆ ὁ λόγος ὁ γεγραμμένος έν τῷ νόμῳ αὐτῶν, ὅτι ἐμίσησάν με δωρεάν. ὅταν δὲ ἔλθη ὁ παράκλητος ὃν έγὼ πέμψω ὑμῖν παρὰ τοῦ πατρός, τὸ Πνεῦμα τῆς ἀληθείας ὁ παρὰ τοῦ πατρὸς ἐκπορεύεται, ἐκεῖνος μαρτυρήσει περὶ ἐμοῦ· καὶ ὑμεῖς δὲ μαρτυρεῖτε, ὅτι ἀπ' ἀρχῆς μετ' ἐμοῦ ἐστε. Ταῦτα λελάληκα ὑμῖν ἵνα μὴ σκανδαλισθῆτε. ἀποσυναγώγους ποιήσουσιν ύμᾶς: ἀλλ' ἔρχεται ὥρα ἵνα πᾶς ὁ ἀποκτείνας ὑμᾶς δόξη λατρείαν προσφέρειν τῷ Θεῷ.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΑΝΑΓΝΩΣΤΗΣ

Ψαλμὸς N' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ απὸ τῆς ἁμαρτίας μου καθάρισόν με. Ότι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μού ἐστι διὰ παντός. Σοὶ μόνῳ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.

they kept my word, they will keep yours also. But all this they will do to you on my account, because they do not know him who sent me. If I had not come and spoken to them, they would not have sin; but now they have no excuse for their sin. He who hates me hates my Father also. If I had not done among them the works which no one else did, they would not have sin; but now they have seen and hated both me and my Father. It is to fulfill the word that is written in their law, 'They hated me without a cause.' But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me; and you also are witnesses, because you have been with me from the beginning. I have said all this to you to keep you from falling away. They will put you out of the synagogues; indeed, the hour is coming when whoever kills you will think he is offering service to God." (RSV)

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

READER

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

Ίδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν άμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἰδοὺ γὰο ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κούφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσώπω, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲο χιόνα λευκανθήσομαι. Ακουτιεῖς μοι ἀγαλλίασιν καὶ εὐφοοσύνην άγαλλιάσονται ὀστέα τεταπεινωμένα. Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν άμαςτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαράν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον έν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψης με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἄγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Απόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριξόν με. Διδάξω ἀνόμους τὰς ὁδούς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με έξ αίμάτων, ὁ Θεὸς, ὁ Θεὸς τῆς σωτηρίας μου άγαλλιάσεται ή γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χείλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. Ότι εὶ ἠθέλησας θυσίαν, ἔδωκα άν όλοκαυτώματα οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετοιμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει. Ἁγάθυνον, Κύριε, ἐν τῆ εὐδοκία σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τείχη Ίερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

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)

Τοῦ Μηναίου - - -

ΧΟΡΟΣ

Δ όξ α . Ήχος β' .

Ταῖς τῶν Ἀθλοφόρων πρεσβείαις, Ἐλεῆμον, ἐξάλειψον τὰ πλήθη τῶν ἐμῶν ἐγκλημάτων.

Καὶ νῦν.

Ταῖς τῆς Θεοτόκου ποεσβείαις, Ἐλεῆμον, ἐξάλειψον τὰ πλήθη τῶν ἐμῶν ἐγκλημάτων.

Ίδιόμελον. Ήχος β'.

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

Ποοφητικῶς ἀνεβόα ὁ Δαυΐδ ἐν ψαλμοῖς· Διήλθομεν διὰ πυοὸς καὶ ὕδατος, καὶ ἐξήγαγες ἡμᾶς εἰς ἀναψυχήν, ὑμεῖς δὲ Μάρτυρες Χριστοῦ, δι' αὐτῶν τῶν ἔργων τὸ λόγιον πληροῦντες, διήλθετε διὰ πυρός τε καὶ ὕδατος, καὶ εἰσήλθετε εἰς τὴν βασιλείαν τῶν οὐρανῶν. Διὸ πρεσβεύσατε, τεσσαράκοντα ὄντες Ἀθληταί, δωρηθῆναι ἡμῖν τὸ μέγα ἔλεος.

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληφονομίαν σου ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιφμοῖς τῷψωσον κέφας Χριστιανῶν ὀρθοδόξων καὶ κατάπεμψον 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, ίκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἀγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν άγίοις Πατέρων ἡμῶν

From Menaion - - -

CHOIR

Glory. Mode 2.

At the intercession of the holy Martyrs, O Lord of mercy, blot out my many offences. (SD)

Both now.

At the intercession of the Theotokos, O Lord of mercy, blot out my many offences. (5D)

Idiomelon. Mode 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. (SAAS)

In the Psalms, David prophetically said, "We went through fire and water, and You led us into a refreshing place." And you, O Martyrs of Christ, fulfilled this saying in very deed. For you went through fire and water, and you entered the kingdom of heaven. Therefore, O Forty Athletes, intercede on our behalf, that great mercy be granted to us. (5D)

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

μεγάλων Γεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χουσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Αλεξανδοίας: Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως των θαυματουργων τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων Χαραλάμπους καὶ Ἐλευθερίου, τῆς άγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας τῶν ἁγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Άναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνας, Παρασκευῆς καὶ Εἰρήνης τῶν ὁσίων καὶ Θεοφόρων Πατέρων ήμῶν (τοῦ Άγίου τοῦ Ναοῦ) τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ίωακεὶμ καὶ Άννης καὶ τῶν Άγίων μεγάλων Τεσσαράκοντα Μαρτύρων, τῶν ἐν τῆ λίμνη Σεβαστείας μαρτυρησάντων, ὧν καὶ τὴν μνήμην ἐπιτελοῦμεν καὶ πάντων σου τῶν Ἁγίων. Ἱκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιομοῖς καὶ φιλανθοωπία τοῦ μονογενοῦς σου Υίοῦ, μεθ' οὖ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

 $(A\mu\eta\nu.)$

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; the holy and glorious Great Forty Martyrs of Sebastia, whose memory we celebrate; and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

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

(Amen.)

Τοῦ Μηναίου - - -

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον.

Ἡχος πλ. β΄. Τὴν ὑπὲρ ἡμῶν.

Πᾶσαν στρατιὰν τοῦ κόσμου καταλιπόντες, τῷ ἐν οὐρανοῖς Δεσπότη προσεκολλήθητε, Ἀθλοφόροι Κυρίου Τεσσαράκοντα· διὰ πυρὸς γὰρ καὶ ὕδατος, διελθόντες μακάριοι, ἐπαξίως ἐκομίσασθε, δόξαν ἐκ τῶν οὐρανῶν, καὶ στεφάνων πληθύν.

Ό Οἶκος.

Τῷ ἐν θοόνῳ ἀστέκτῳ ἐποχουμένῳ, τῷ ἐκτείναντι τὸν οὐρανὸν καθάπερ δέὸἱιν, τῷ τὴν γῆν ἑδοάσαντι, καὶ συνάξαντι τὰ ύδατα εἰς τὰς συναγωγὰς αὐτῶν, τῷ τὰ πάντα ἐκ μὴ ὄντων ποιήσαντι ὑπάρχειν, καὶ πᾶσι χορηγοῦντι πνοὴν καὶ ζωήν, τῷ προσδεχομένῳ τῶν Ἀρχαγγέλων τὸν ύμνον, καὶ ὑπ' ἀγγέλων δοξαζομένω, καὶ ύπὸ πάντων προσκυνουμένω, Χριστῷ τῷ παντοκράτορι, τῷ Πλάστη καὶ Θεῷ ἡμῶν, προσπίπτω ὁ ἀνάξιος προσάγων μου τὴν δέησιν, λόγου χάριν αἰτῶν, ἵνα ἰσχύσω εὐσεβῶς ὑμνῆσαι κάγὼ τοὺς Άγίους, οὓς αὐτὸς ἔδειξας νικητάς, δωρησάμενος αὐτοῖς δόξαν ἐκ τῶν οὐρανῶν, καὶ στεφάνων πληθύν.

Συναξάριον.

Τοῦ Μηναίου.

Τῆ Θ΄ τοῦ αὐτοῦ μηνός, μνήμη τῶν Άγίων μεγάλων Τεσσαράκοντα Μαρτύρων, τῶν ἐν Σεβαστείᾳ τῆ πόλει μαρτυρησάντων.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Άγίου Μάρτυρος Οὐρπασιανοῦ.

From Menaion - - -

READER

Kontakion.

Mode pl. 2. When You had fulfilled.

When you had forsaken every worldly battalion, then you joined yourselves unto the Master in heaven, as the Lord's forty-numbered contenders who won the prize. Inasmuch as you have gone through fire and through water, O blessed ones, you worthily received * heavenly glory from on high, and manifold crowns. (SD)

Oikos.

O Christ the Ruler over all, our Creator and God, the One who is carried on an insufferable throne, who stretched out the heavens like a curtain, established the earth, and gathered the water into its places, who brought all things from nothingness into being, and who gives breath and life to all, who receives priase from the Archangels, and is glorified by Angels and worshipped by all: I the unworthy come before You and bring my prayer, asking for the grace of speech, so that I may piously extol the holy Martyrs, whom You showed to be victorious, and to whom You have given * heavenly glory from on high, and manifold crowns. (5D)

Synaxarion.

From the Menaion.

On March 9, we commemorate the holy and great Forty Martyrs, who witnessed in the city of Sebastia.

On this day we commemorate the holy Martyr Urpasian.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Άγίου Καισαρίου, ἀδελφοῦ τοῦ Άγίου Γρηγορίου τοῦ Θεολόγου.

Τῆ αὐτῆ ἡμέρα, οἱ Ἅγιοι Μάρτυρες, Πάππος, Μάμμη, Πατήρ, Μήτηρ, καὶ δύο τέκνα, ξίφει τελειοῦνται.

On this day we also commemorate Saint Kesarios, brother of Saint Gregory the Theologian.

On this day the holy Martyrs, a Grandfather, Grandmother, Father Mother and to Children, died by the sword.

Τοῦ Τριωδίου.

Ταῖς αὐτῶν ἁγίαις ποεσβείαις, ὁ Θεὸς ἐλέησον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου Ὠιδὴ α'. Ἡχος δ'.

Άνοίξω τὸ στόμα μου, καὶ πληρωθήσεται Πνεύματος, καὶ λόγον ἐρεύξομαι, τῆ Βασιλίδι Μητρί, καὶ ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω γηθόμενος, ταύτης τὰ θαύματα.

'Ωιδή γ'.

Τοὺς σοὺς ὑμνολόγους Θεοτόκε, ὡς ζῶσα καὶ ἄφθονος πηγή, θίασον συγκροτήσαντας πνευματικόν, στερέωσον καὶ ἐν τῆ θεία δόξη σου, στεφάνων δόξης ἀξίωσον.

'Ωιδή δ'.

Τὴν ἀνεξιχνίαστον θείαν βουλήν, τῆς ἐκ τῆς Παρθένου σαρκώσεως, σοῦ τοῦ Ὑψίστου, ὁ Προφήτης, Ἀββακούμ, κατανοῶν ἐκραύγαζε· Δόξα τῆ δυνάμει σου Κύριε.

Ω ιδ $\dot{\eta}$ ε'.

Ἐξέστη τὰ σύμπαντα, ἐπὶ τῆ θεία δόξη σου σὺ γὰο ἀπειοόγαμε Παοθένε, ἔσχες ἐν μήτοα, τὸν ἐπὶ πάντων Θεόν, καὶ τέτοκας ἄχοονον Υίόν, πᾶσι τοῖς ὑμνοῦσί σε, σωτηρίαν βοαβεύοντα.

'Ωιδή ζ'.

Τὴν θείαν ταύτην καὶ πάντιμον, τελοῦντες ἑορτὴν οἱ θεόφρονες, τῆς Θεομήτορος, δεῦτε τάς χεῖρας κροτήσωμεν, τὸν ἐξ αὐτῆς τεχθέντα Θεὸν δοξάζοντες.

From the Triodion.

By their holy intercessions, O God, have mercy on us. Amen.

CHOIR

Katavasias of Theotokos Ode i. Mode 4.

My mouth shall I open wide, * and it will thus be with Spirit filled. * A word shall I then pour out * unto the Mother and Queen. * I will joyously * attend the celebration * and sing to her merrily, * lauding her miracles. (SD)

Ode iii.

Establish your servants who extol you,

* O Mother of God, for they have formed

* a spiritual choir for you * the living and
abundant fount; * and crowns of glory
graciously * in your divine glory grant to
them. (SD)

Ode iv.

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

Ode v.

Amazed was the universe * by your divine magnificence. * For while never consummating wedlock, * you held, O Virgin, the God of all in your womb, * and gave birth unto a timeless Son * Who awards salvation to * all who chant hymns of praise to you. (5D)

Ode vi.

Let us possessed of a godly mind, * observing this divine and all-venerable feast in honor of * the Theotokos, come clap our

'Ωιδή ζ'.

Οὐκ ἐλάτρευσαν τῆ κτίσει οἱ θεόφρονες, παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν, ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον. Ὑπερύμνητε, ὁ τῶν Πατέρων Κύριος, καὶ Θεὸς εὐλογητὸς εἶ.

'Ωιδή η'.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Παῖδας εὐαγεῖς ἐν τῆ καμίνω, ὁ τόκος τῆς Θεοτόκου διεσώσατο, τότε μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος, τὴν οἰκουμένην ἄπασαν, ἀγείρει ψάλλουσαν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

'Ωιδὴ θ'. Μεγαλυνά<mark>οιον. Ήχος δ</mark>'.

Στίχ. Μεγαλύνει ή ψυχή μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

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

hands, * while glorifying God who was truly born of her. (SD)

Ode vii.

Godly-minded three * did not adore created things * in the Creator's stead, * but bravely trampling upon * the threat of the furnace fire chanted joyfully: * "O supremely praised * and most exalted Lord and God * of the fathers, You are blessed." (SD)

Ode viii.

We praise and we bless and we worship the Lord.

Pious Servants stood within the furnace.

* The Son of the Theotokos went and rescued them. * He who was prefigured then, * manifestly active now, * is gathering together the entire universe * to sing the hymn: * "O praise and supremely * exalt the Lord, O all you His works, unto the ages." (SD)

DEACON

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

CHOIR

Ode ix. Megalynarion. Mode 4.

Verse: My soul magnifies the Lord, and my spirit 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)

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

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

Στίχ. Ότι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἄγιον τὸ ὄνομα αὐτοῦ, καί το ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεὰν τοῖς φοβουμένοις αὐτόν.

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε 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. Άντελάβετο Ίσραὴλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς

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.

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

Πατέρας ήμῶν, τῷ Αβραάμ, 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. Ήχος δ'.

Άπας γηγενής, σκιοτάτω τῷ πνεύματι λαμπαδουχούμενος, πανηγυοιζέτω δέ, αὔλων Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυμάσια τῆς Θεομήτορος, καὶ βοάτω Χαίροις παμμακάριστε, Θεοτόκε Άγνὴ ἀειπάρθενε.

ΔΙΑΚΟΝΟΣ

Έτι καὶ ἔτι ἐν εἰρήνη τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

Άντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ 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

Ότι 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 αἰωνων.

(Ἀμήν.)

fathers, to Abraham and to his posterity for ever.

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 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * heavenly intelligences * of incorporeal Angels, celebrate * and honor thus the sacred feast of the Mother of God, * crying loudly: * O rejoice, all-blessed one, * ever-virgin and pure, who gave birth to God. (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 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.)

ΧΟΡΟΣ

Έξαποστειλάριον.

Τοῦ Μηναίου - - -

Ήχος β΄. Γυναῖκες ἀκουτίσθητε.

Χορὸς τετραδεκάριθμος, Μαρτύρων Τεσσαράκοντα, τῆς ὑπερθέου Τριάδος, τῶν άρετῶν τετρακτύϊ, πυρὸς ἀέρος ὕδατος, καὶ γῆς στοιχείων τετράδος, ἄσμασι θείοις ύμνείσθω, ύπὲς Χριστοῦ ὡς ἀθλήσας, τοῦ τῶν ἀπάντων Δεσπότου.

Έτερον.

Έτερον.

Σταυροθεοτοκίον.

Οἱ Αἶνοι. Ἡχος α'.

Πᾶσα πνοή αἰνεσάτω τὸν Κύριον. Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Σοὶ πρέπει ὕμνος τῷ Θεῶ.

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

Ίδιόμελον. Τοῦ Τοιωδίου.

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

Τοῦ Τοιωδίου - -

Ίδιόμελον. Ήχος α'.

Βοωμάτων νηστεύουσα ψυχή μου, καὶ παθῶν μὴ καθαρεύουσα, μάτην ἐπαγάλλη τῆ ἀτροφία εἰ μὴ γὰρ ἀφορμή σοι γένηται πρὸς διόρθωσιν, ὡς ψευδὴς μισεῖσαι παρά Θεοῦ, καὶ τοῖς κακίστοις δαίμοσιν όμοιοῦσαι, τοῖς μηδέποτε σιτουμένοις· μὴ οὖν ἁμαρτάνουσα, τὴν νηστείαν ἀχρειώσης, άλλ' ἀκίνητος, πρὸς ὁρμὰς ἀτόπους μένε,

CHOIR

Exaposteilarion.

From Menaion -

Mode 2. O Women, hearken.

The unit of the two score men * of the all-holy Trinity, * the choir of forty Martyrs * contended for Christ the Savior. * Let them be praised in sacred songs, * for they endured the elements, * fire and air and water * and earth with the fourfold virtues, * all for the almighty Master. (SD)

Another.

Another.

Stavrotheotokion.

Lauds. Mode 1.

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

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

Idiomelon. From the Triodion.

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

From Triodion - -

Idiomelon. Mode 1.

In vain do you rejoice in not eating, my soul! * You abstain from food, but are not purified from passions! * If you have no desire for improvement, * you will be despised as a lie in the eyes of God! * You will be compared to evil demons, who never eat! * If you continue in sin, you will perform a useless fast: * therefore, remain in constant

δοκοῦσα παρεστάναι ἐσταυρωμένῳ τῷ Σωτῆρι, μᾶλλον δὲ συσταυροῦσθαι, τῷ διὰ σὲ σταυρωθέντι, ἐκβοῶσα πρὸς αὐτόν Μνήσθητί μου Κύριε, ὅταν ἔλθης ἐν τῆ βασιλεία σου.

Στιχηρά. Τῶν Μαρτύρων.

Τοῦ Μηναίου - - -

Ήχος πλ. α΄. Χαίροις ἀσκητικῶν.

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

Δεῦτε μαφτυφικὴν Ἀδελφοί, μέτ' ἐγκωμίων ἀνυμνήσωμεν φάλαγγα, τῷ κφύει πυφποληθεῖσαν, καὶ τὸν τῆς πλάνης κφυμόν, διαπύφω ζήλω πυφπολήσασαν, στφατὸν γενναιότατον, ἱερώτατον σύνταγμα, συνασπισμόν τε, ἀφὸαγῆ καὶ ἀνίκητον, τοὺς τῆς πίστεως, πεφιβόλους καὶ φύλακας, Μάφτυφας τεσσαφάκοντα, χοφείαν τὴν ἔνθεον, τῆς ἐκκλησίας τοὺς πφέσβεις, τοὺς δυνατῶς ἱκετεύοντας, Χριστὸν καταπέμψαι, ταῖς ψυχαῖς ἡμών εἰρήνην, καὶ μέγα ἔλεος.

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

Χαίφοις συναγωγή κφαταιά, καὶ Τεφὰ καὶ τφοπαιοῦχος παφάταξις, οἱ πύφγοι τῆς εὐσεβείας, οἱ στφατιῶται Χφιστοῦ, οἱ στεἀδοὶ ὁπλῖται καὶ ἀήττητοι, τὸν νοῦν εὐτονώτατοι, καὶ ψυχὴν ἀνδφειότατοι, τῷ ὄντι θεῖοι, καὶ Θεῷ ποθεινότατοι, χοφὸς Ἅγιος καὶ θεόλεκτον σύστημα, Μάφτυφες τεσσαφάκοντα, οἱ ἴσοι τὴν ἄθλησιν, ἴσοι τὴν γνώμην καὶ ἴσους, καὶ τοὺς στεφάνους

warfare, * that you may stand before the crucified Savior, * or rather that you may be crucified with him who died for your sake: ** Remember me, Lord, when you come in your kingdom! (OCA)

Stichera. For the Martyrs.

From Menaion - -

Mode pl. 1. Rejoice.

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

* with hymns extolling the platoon of the martyred saints, * for they were consumed by freezing, * and they themselves thus consumed * the chill of delusion by their ardent zeal. * An army most valorous, a contingent most hallowed, * they fought as comrades, all for one and invincible. * They were guardians of the Faith, a protective wall. * Such are the forty martyred saints, a chorus inspired by God, * the Church's great intercessors, who make entreaties most powerful * to Christ, that He send down * lasting peace upon the world and great mercy on our souls. (5D)

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

Mighty, sacred assembly, rejoice. * O decorated and unbeatable regiment,* the towers of true religion, you are the soldiers of Christ,* rugged men in armor and invincible.* Most focused in intellect, and most manly in soul are you,* truly divine men, and exceedingly loved by God,* and a holy choir, and a God-chosen army corps.* O forty Martyrs of the Lord, all equal in suffering,* in frame of mind you were equal, and you received equal laurel crowns.* To Christ pray

δεξάμενοι, Χοιστὸν δυσωπεῖτε, ταῖς ψυχαῖς ήμῶν δοθῆναι, τὸ μέγα ἔλεος.

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

Χαίφοις τφοπαιοφόφος πληθύς, ή ἐν πολέμοις ἀνδφικῶς ἀφιστεύσασα, ἀστέφες οἱ διελθόντες, διὰ πυφὸς καὶ κφυμοῦ, καὶ ὑδάτων πῆξιν διαλύσαντες, οἱ γῆν οὐφανώσαντες, καὶ τὰ πάντα φωτίσαντες, οἱ ἐν τοῖς κόλποις, Ἀβφαὰμ νῦν θαλπόμενοι, οἱ χοφεύοντες, σὺν Ἁγγέλων στφατεύμασι, Μάφτυφες τεσσαφάκοντα, τὰ ἄνθη τὰ πνέοντα, τήν εὐωδίαν τῆς ὄντως, πνευματικῆς διαδόσεως, Χφιστὸν δυσωπεῖτε, ταῖς ψυχαῖς ἡμῶν δοθῆναι, τὸ μέγα ἔλεος.

Δόξα.

Τοῦ Μηναίου - - -

$^{\circ}$ H χ o ς $\pi\lambda$. α' .

Ἀθλοφόςοι Χριστοῦ, τὴν πάνσεπτον νηστείαν φαιδροτέραν ἀπειργάσασθε, τῆ μνήμη τῆς ἐνδόξου ὑμῶν ἀθλήσεως Τεσσαράκοντα γὰρ ὄντες, τὴν τεσσαρακονθήμερον ἁγιάζετε, τὸ σωτήριον πάθος μιμησάμενοι, διὰ τῆς ὑπὲρ Χριστοῦ ὑμῶν ἀθλήσεως. Διὸ ἔχοντες παὐξησίαν πρεσβεύσατε, ἐν εἰρήνη καταντῆσαι ἡμᾶς, εἰς τὴν τριήμερον Ἀνάστασιν τοῦ Θεοῦ, καὶ Σωτῆρος τῶν ψυχῶν ἡμῶν.

Τῆς Ὀκτωήχου - -

Καὶ νῦν. Θεοτοκίον.

Μακαρίζομέν σε Θεοτόκε Παρθένε, καὶ δοξάζομέν σε οἱ πιστοὶ κατὰ χρέος, τὴν πόλιν τὴν ἄσειστον, τὸ τεῖχος, τὸ ἄρρηκτον,

intently,* and entreat Him that He grant His great mercy to our souls. (5D)

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

Rejoice, O holy prize-winning band,
* manfully fighting in the battles with
excellence, * O stars who, after you passed
through * the test of fire and cold,* by your
ardent faith did melt the frozen lake. * A
heaven you made of earth; you illumined the
universe. * You now are kept warm in the
bosom of Abraham, * and in chorus dance
with angelical regiments. * O forty Martyrs of
the Lord, the flowers of Paradise * emitting
spiritual fragrance indeed dispensing the
Spirit's gifts. * To Christ pray intently, * and
entreat Him that He grant His great mercy to
our souls. (SD)

Glory.

From Menaion - - -

Mode pl. 1.

O victorious Martyrs of Christ, you have made the all-holy Fast even more cheerful by the memory of your glorious contest.

Being forty in number, you sanctify the forty-day fast of Lent, for you imitated the saving Passion of Christ by contesting for His sake.

Therefore, since you have confidence before Him, intercede for us that we may peacefully reach the three-day Resurrection of our God and the Savior of our souls.

From Octoechos - - -

Both now. Theotokion.

Now we call you blessed, O Virgin Theotokos, and we glorify you, dutybound as believers; the city unshakable, the wall indestructible, the firm and steadfast τὴν ἀρραγῆ προστασίαν, καὶ καταφυγήν τῶν ψυχῶν ἡμῶν.

Η ΜΕΓΑΛΗ ΔΟΞΟΛΟΓΙΑ

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Υμνοῦμέν σε, εὐλογοῦμέν σε, ποοσκυνοῦμέν 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 Υίὸς τοῦ Πατρός, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Ποόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾳ τοῦ Πατοός, καὶ ἐλέησον ἡμᾶς.

Ότι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Καθ' έκάστην ἡμέραν εὐλογήσω σε καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Καταξίωσον, Κύοιε, ἐν τῆ ἡμέοᾳ ταύτη, ἀναμαοτήτους 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.

protection, and the place of refuge for our souls. (5D)

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. (5D)

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

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

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

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

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

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

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

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

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

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Κύοιε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾳ̃ καὶ γενεᾳ̃. Ἐγὼ εἶπα· Κύοιε, ἐλέησόν με, ἴασαι τὴν ψυχήν μου, ὅτι ἥμαοτόν σοι.

Κύριε, πρὸς σὲ κατέφυγον. Δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὰ εἶ ὁ Θεός μου.

Ότι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὀψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Άγιος ὁ Θεός, Άγιος Ἰσχυρός, Άγιος Άθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

Δόξα Πατοὶ καὶ Υίῷ καὶ Άγίῳ Πνεύματι.

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

Άγιος Άθάνατος, ἐλέησον ἡμᾶς.

Άγιος ὁ Θεός, Άγιος Ἰσχυρός, Άγιος Αθάνατος, ἐλέησον ἡμᾶς.

Απολυτίκιον.

Τοῦ Μηναίου - - -

 $^{\circ}$ H χ o ς α' .

Τὰς ἀλγηδόνας τῶν Ἁγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὀδύνας, ἴασαι φιλάνθρωπε δεόμεθα.

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

Apolytikion.

From Menaion - - -

Mode 1.

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, as the only One who loves humanity. (SD)