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The Service of Matins

Sunday, March 6, 2016

Meatfare

Grave Mode. Eothion 7

Katavasias of Triodion Sunday 3

Text in Greek

Sources

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ΧΟΡΟΣ

Ἦχος βαρύς.

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 ἡμνάνην αὐτούς.

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

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος βαρύς.

Κατέλυσας τῷ Σταυρῷ σου τὸν
θάνατον, ἠνέφξας τῷ Ληστῇ τὸν
Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον
μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις
κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ
Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα. **Τὸ αὐτό.**

Κατέλυσας τῷ Σταυρῷ σου τὸν
θάνατον, ἠνέφξας τῷ Ληστῇ τὸν
Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον
μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις
κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ
Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος βαρύς.

Ὡς τῆς ἡμῶν Ἀναστάσεως θησαύρισμα,
τοὺς ἐπὶ σοὶ πεποιθότας Πανύμνητε, ἐκ
λάκκου καὶ βυθοῦ πταισμάτων ἀνάγαγε·
σὺ γὰρ τοὺς ὑπευθύνους τῇ ἁμαρτίᾳ,
ἔσωσας τεκοῦσα τὴν σωτηρίαν, ἢ πρὸ τόκου

CHOIR

Grave Mode.

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.

Grave Mode.

By means of Your Cross, O Lord, You
abolished death. To the robber You opened
Paradise. The lamentation of the myrrh-
bearing women You transformed, and You
gave Your Apostles the order to proclaim to
all that You had risen, O Christ our God, and
granted the world Your great mercy. (SD)

Glory. **Repeat.**

By means of Your Cross, O Lord, You
abolished death. To the robber You opened
Paradise. The lamentation of the myrrh-
bearing women You transformed, and You
gave Your Apostles the order to proclaim to
all that You had risen, O Christ our God, and
granted the world Your great mercy. (SD)

From Octoechos ---

Both now. **Theotokion.**

Grave Mode.

O all-praised Lady, our resurrection's
treasury, do from the pit and the deep of
offences draw us up, as we have put our trust
in you. For you have saved us who were liable
for sin, by giving birth unto our salvation.

Παρθένος, καὶ ἐν τόκῳ Παρθένος, καὶ μετὰ
τόκον πάλιν οὔσα Παρθένος.

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 ἀεὶ εἰς τοὺς αἰῶνας τῶν
αἰώνων.

(Ἀμήν.)

Τῆς Ὀκτωήχου ---

ΧΟΡΟΣ

Κάθισμα Α'.

Ἦχος βαρύς.

Ἡ Ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ
σφραγίς ἐν τῷ λίθῳ ἐπέκειτο, ὡς Βασιλέα
ύπνουντα, στρατιῶται ἐφύλαττον Χριστόν,
καὶ Ἄγγελοι ἐδόξαζον, ὡς Θεὸν ἀθάνατον.
Γυναῖκες δὲ ἐκραύγαζον· Ἀνέστη ὁ Κύριος,
παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα.

Τῇ τριήμερῳ ταφῇ σου σκυλεύσας τὸν
θάνατον, καὶ φθαρέντα τὸν ἄνθρωπον, τῇ

Virgin prior to bearing; and in bearing, a
Virgin; and after bearing, still a Virgin. (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.)

From Octoechos ---

CHOIR

Kathisma I.

Grave Mode.

Life was laid in the sepulcher, and a seal
was laid on the stone. And as if guarding
a king in his sleep, so the soldiers guarded
Christ; and Angels glorified Him as the
immortal God. The women cried aloud, "The
Lord has risen, and granted the world great
mercy." (SD)

Glory.

In Your three-day entombment You
despoiled death. By Your life-bearing rising
You have resurrected corrupted man, in Your

ζωηφόρῳ Ἐγέρσει σου, ἀναστήσας Χριστὲ ὁ
Θεός, ὡς φιλάνθρωπος δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Τὸν σταυρωθέντα ὑπὲρ ἡμῶν,
καὶ ἀναστάντα Χριστὸν τὸν Θεόν, καὶ
καθελόντα τοῦ θανάτου τὸ κράτος,
ἀπαύστως ἰκέτευε, Θεοτόκε Παρθένε, ἵνα
σώση τὰς ψυχὰς ἡμῶν.

Τῆς Οἰκτιρήχου - - -

Κάθισμα Β'.

Ἦχος βαρύς.

Ἐσφραγισμένου τοῦ μνήματος, ἡ Ζωὴ
ἐκ τάφου ἀνέτειλας Χριστὲ ὁ Θεός, καὶ
τῶν θυρῶν κεκλεισμένων, τοῖς Μαθηταῖς
ἐπέστης, ἡ πάντων ἀνάστασις· Πνεῦμα
εὐθὲς δι' αὐτῶν ἐγκαινίζων ἡμῖν, κατὰ τὸ
μέγα σου ἔλεος.

Δόξα.

Ἐπὶ τὸ μνήμα ἔδραμον Γυναῖκες,
μετὰ δακρῶν μύρα φέρουσαι, καὶ
στρατιωτῶν φυλασσόντων σε, τὸν τῶν
ὅλων Βασιλέα, ἔλεγον πρὸς ἑαυτάς· Τίς
ἀποκυλίσει ἡμῖν τὸν λίθον; ἀνέστη ὁ
μεγάλης Βουλῆς Ἄγγελος, πατήσας τὸν
θάνατον· Παντοδύναμε Κύριε, δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε,
λιμὴν καὶ προστασία τοῦ γένους τῶν
ἀνθρώπων· ἐκ σοῦ γὰρ ἐσαρκώθη ὁ
Λυτρωτὴς τοῦ κόσμου· μόνη γὰρ ὑπάρχεις
Μήτηρ καὶ Παρθένος, αἰεὶ εὐλογημένη καὶ
δεδοξασμένη, πρέσβευε Χριστῷ τῷ Θεῷ,
εἰρήνην δωρήσασθαι, πάσῃ τῇ οἰκουμένῃ.

love for humanity, O Christ God. Glory to
You. (SD)

Both now. **Theotokion.**

O Virgin Maid who gave birth to God,
never cease to entreat Christ our God who
was crucified for our sake and resurrected
and destroyed death's dominion, and beseech
Him that He save our souls. (SD)

From Octoechos - - -

Kathisma II.

Grave Mode.

O Life, You rose from the sepulcher, even
though the tomb was secured with a seal,
O Christ God. And though the doors had
been bolted, You came to Your disciples, O
Resurrection of all. Through them You renew
a right spirit in us, according to Your great
mercy. (SD)

Glory.

In tears, the women bearing sweet spices
went in haste to Your sepulcher. And they
were saying to each other, "Who will roll
away the stone for us?" For You, the King of
all, were guarded by soldiers. The Angel of
great Counsel has risen, after trampling on
death. O Lord almighty, glory to You. (SD)

Both now. **Theotokion.**

Rejoice, Maiden full of grace, O Virgin
Theotokos; a haven and protection are you for
all of mankind. From you did the Redeemer
of the world become incarnate, only you are
both a Mother and a Virgin. O Lady ever
blessed and ever filled with glory, intercede
with Christ God, beseeching Him to grant
peace to the universe. (SD)

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
ἐαυτῷ τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ Ἄιδου
πάντας ἐλευθερώσαντα.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

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

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ
δικαιώματά σου.

Λίαν πρωῒ, 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 τρανώς, πρὸς αὐτὰς
φθεγγομένου· Τί μετὰ νεκρῶν, τὸν ζῶντα
λογίζεσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ
μνήματος.

Resurrectional Evlogetaria.

Mode pl. 1.

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

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

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

"Why do you mingle the ointments with
your tears full of pity, O women disciples?"
Thus the Angel who was shining in the tomb
cried to the myrrh-bearing women. "See for
yourselves the empty tomb and understand,
that the Savior has risen from the sepulcher."

(SD)

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

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

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

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

(SD)

Δόξα.

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

Καὶ νῦν.

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

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

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

Glory.

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

Both now.

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

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

DEACON

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

(Lord, have mercy.)

Help us, save us, have mercy 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.)

Τῆς Οκτωήχου ---

ΑΝΑΓΝΩΣΤΗΣ

Ὑπακοή.

Ὁ ἡμετέραν μορφὴν ἀναλαβὼν, καὶ ὑπομείνας Σταυρὸν σωματικῶς, σῶσόν με τῇ Ἀναστάσει σου, Χριστέ ὁ Θεός, ὡς φιλάνθρωπος.

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α΄. Ἦχος βαρύς.

Τὴν αἰχμαλωσίαν Σιών, ἐκ πλάνης ἐπιστρέψας, καὶ Σωτὴρ ζώωσον, ἐξαίρων δουλοπαθείας.

Ἐν τῷ νότῳ ὁ σπείρων θλίψεις, νηστείας μετὰ δακρύων, οὗτος χαρὰς δρέψεται, δράγματα ἀειζωοτροφίας.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πηγὴ τῶν θείων θησαυρισμάτων, ἐξ οὗ σοφία, σύνεσις, φόβος, αὐτῷ αἶνεσις, δόξα, τιμὴ καὶ κράτος.

Ἀντίφωνον Β΄.

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τὸν τῆς ψυχῆς, μάτην κοπιῶμεν· πλὴν γὰρ αὐτοῦ, οὐ πρᾶξις, οὐ λόγος τελεῖται.

Τοῦ καρποῦ τῆς γαστροῦ, οἱ Ἅγιοι πνευματοκινήτως, ἀναβλαστοῦσι πατρῶα δόγματα νιοθεσίας.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, τὰ σύμπαντα τὸ εἶναι ἔχει· πρὸ πάντων γὰρ Θεός, τῶν ὅλων κυριότης, φῶς ἀπρόσιτον, ζωὴ τῶν πάντων.

From Octoechos ---

READER

Hypakoe.

O Christ God, who took our form and bodily endured the Cross, save me by Your resurrection, as One who loves mankind. (SD)

CHOIR

Anavathmoi.

Antiphon I. Grave Mode.

You restored from wandering the captivity of Zion. From slavery to passions seize me, and quicken me, O Savior. (SD)

In the south he who sows afflictions with tears and with fasting will reap the sheaves of joy, the staff of life everlasting. (SD)

Glory. Both now.

In the Holy Spirit is the source of divine treasures; from Him is fear, understanding and wisdom; to Him praise is due, glory, honor and dominion. (SD)

Antiphon II.

Unless the Lord build the house of the soul, in vain do we labor; for without Him no action or word is accomplished. (SD)

As of the fruit of the womb, the Saints being moved by the Spirit, because of their adoption, produce His fatherly dogmas. (SD)

Glory. Both now.

In the Holy Spirit does everything have its being; for He is God before all, and universal lordship, unapproachable light, and the life of all things. (SD)

Αντίφωνον Γ'.

Οἱ φοβούμενοι τὸν Κύριον, ὁδοὺς ζωῆς
εὐρόντες, νῦν καὶ αἰεὶ μακαριοῦνται, δόξη
ἀκηράτῳ.

Κύκλω τῆς τραπέζης σου, ὡς στελέχη
βλέπων τὰ ἔκγονά σου, χαῖρε εὐφραίνου,
προσάγων ταῦτα, τῷ Χριστῷ Ποιμενάρχα.

Δόξα· καὶ νῦν.

Αἰγίῳ Πνεύματι, βυθὸς χαρισμάτων,
πλοῦτος δόξης, κριμάτων βάθος μέγα,
ὁμόδοξον Πατρὶ καὶ Υἱῷ λατρευτὸν γάρ.

Προκείμενον.

Ανάστηθι, Κύριε ὁ Θεός μου, ὑψωθήτω
ἡ χεὶρ σου, μὴ ἐπιλάβῃ τῶν πενήτων σου εἰς
τέλος. (δίς)

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

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

Τῆς Ὀκτωήχου - -

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιμον.

Οὐκέτι τὸ κράτος τοῦ θανάτου, ἰσχύσει
κατέχειν τοὺς βροτούς· Χριστὸς γὰρ
κατήλθε συντρίβων, καὶ λύων τὰς δυνάμεις
αὐτοῦ, δεσμεῖται ὁ Αἰδης, Προφῆται
συμφώνως ἀγάλλονται. Ἐπέστη λέγοντες
Σωτήρ, τοῖς ἐν πίστει, ἐξέρχεσθε οἱ πιστοὶ
εἰς τὴν ἀνάστασιν.

Ὁ Οἶκος.

Ἔτρεμε κάτωθεν τὰ καταχθόνια
σήμερον ὁ Αἰδης καὶ ὁ θάνατος τὸν ἕνα
τῆς Τριάδος, ἡ γῆ ἐκλονεῖτο, πυλωροὶ δὲ
Αἰδου ἰδόντες σε ἔπηξαν, ἡ κτίσις δὲ πᾶσα

Antiphon III.

They who fear the Lord and find the ways
of life thereby both now and ever will be
blessed with glory immortal. (SD)

As you see your offspring round about
your table like saplings, rejoice and be glad as
you offer them to Christ, O chief shepherd. (SD)

Glory. Both now.

In the Holy Spirit is an abyss of divine
gifts, a wealth of glory, a great depth of
judgments; He is identical in glory to the
Father and the Son, for He is worshipped. (SD)

Prokeimenon.

Arise, O Lord my God, let Your hand be
lifted high, and do not forget Your poor to the
end. (2)

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

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

From Octoechos - -

READER

Resurrectional Kontakion.

No longer will death's dominion have
power to detain mortal men. For Christ went
down and smashed and destroyed its powers.
Now Hades is bound, and the Prophets in
unison exult and declare: The Savior has
appeared to those with faith. Come out, you
faithful, to the Resurrection. (SD)

Oikos.

The netherworld below was trembling
today -- Hades and Death before One of the
Trinity. The earth was convulsing; and the
wardens of hell, seeing You, cowered in fear,

σύν τοῖς Προφήταις χαίρουσα ψάλλει σοι,
ἐπινίκιον ᾠδὴν τῷ λυτρωτῇ ἡμῶν Θεῷ τῷ
καταλύσαντι νῦν θανάτου τὴν δύναμιν.
Ἀλαλάξωμεν καὶ βοήσωμεν τῷ Ἀδάμ, καὶ
τοῖς ἐξ Ἀδάμ. Ξύλον τοῦτον εἰσήγαγεν·
ἐξέρχεσθε οἱ πιστοὶ εἰς τὴν ἀνάστασιν.

Κοντάκιον.

Τοῦ Τριωδίου - -

Ἦχος α'.

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης,
καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ
πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι
ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύονται,
τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου,
καὶ ἀξιώσον, ἐκ δεξιῶν σου μὲ στήναι,
Κριτὰ δικαιοτάτε.

Ὁ Οἶκος.

Τὸ φοβερόν σου κριτήριον
ἐνθυμούμενος, ὑπεράγαθε Κύριε, καὶ τὴν
ἡμέραν τῆς κρίσεως, φρίττω καὶ πτοοῦμαι
ὑπὸ τῆς συνειδήσεως τῆς ἐμῆς ἐλεγχόμενος,
ὅταν μέλλῃς καθέζεσθαι ἐπὶ τοῦ θρόνου
σου, καὶ ποιεῖν τὴν ἐξέτασιν, τότε ἀρνεῖσθαι
τὰς ἁμαρτίας οὐδεὶς ἐξισχύσει, ἀληθείας
ἐλεγχούσης, καὶ δειλίας κατεχούσης,
μέγα μὲν ἡχήσει τότε, πῦρ τὸ τῆς γεέννης·
ἁμαρτωλοὶ δὲ βρῦξουσιν. Διό με ἐλέησον πρὸ
τέλους, καὶ φεῖσαί μου, Κριτὰ δικαιοτάτε.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ Σ' τοῦ αὐτοῦ μηνός, μνήμη τῶν
Ἀγίων Μαρτύρων, τῶν ἐν τῷ Ἀμορίῳ
ἀθλήσαντων, Θεοδώρου, Κωνσταντίνου,

yet creation all, rejoicing with the Prophets,
sings an ode of triumph to You, our Redeemer
and God, who now has destroyed the power
of Death. To Adam and to those who were
born of him let us shout in triumph and cry
aloud, "A Tree has brought this man back in.
Come out, you faithful, to the Resurrection."

(SD)

Kontakion.

From Triodion - -

Mode 1.

When You come down to the earth, O
God, in Your glory, all things will cower
tremulous, and a river of fire will draw
before Your Judgment Seat; the books shall
be opened up, and public knowledge will
things hidden be. Rescue me, then, I pray,
from unquenchable fire, and count me worthy
to stand at Your right hand, O You, the most
righteous Judge. (SD)

Oikos.

Considering well Your fearsome
judgment, exceedingly good Lord, and the
Judgment Day, I shudder and am frightened
at the accusations of my conscience. When
You are seated on Your throne and conduct
the examination, no one can deny their sins,
accused by the truth and possessed by terror.
Great will be the sound of the Gehenna fire,
then, and the gnashing of sinners. Therefore,
have mercy on me before the end, and pity
me, O You, the most righteous Judge. (SD)

Synaxarion.

From the Menaion.

On March 6, we commemorate the
holy Martyrs who witnessed in Amorion:

Καλλίστου, Θεοφίλου, Βασσώη, καὶ τῶν σὺν αὐτοῖς.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἀρκαδίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Ἡσυχίου τοῦ Θαυματουργοῦ.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Εὐφρόσυνος, ὕδωρ κοχλάζον ποτισθεὶς, τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς εὐρέσεως τοῦ τιμίου Σταυροῦ ὑπὸ τῆς μακαρίας Ἑλένης.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς εὐρέσεως τῶν τιμίων ἥλων.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Ἰουλιανός καὶ Εὐβουλος ξίφει τελειοῦνται.

Theodore, Kallistos, Theophilos, Bassoes, and those with them.

On this day we commemorate our devout fater Arcadios.

On this day we commemorate devout Saint Hesychios the Wonder-worker.

On this day Saint Efphrosynos died when boiling water was poured down his throat.

On this day we commemorate the finding of the precious Cross by blessed St. Helen.

On this day we commemorate the finding of the precious nails.

On this day Saints Julian and Evoulos died by the sword.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, τῆς δευτέρας καὶ
ἀδεκάστου Παρουσίας τοῦ Κυρίου ἡμῶν
Ἰησοῦ Χριστοῦ μνηΐαν ποιούμεθα.

Στίχοι.

Ὅτε κρίνων γῆν, ὁ Κριτὴς πάντων κάθη.
Τῆς, Δεῦτε, φωνῆς ἄξιον καμὲ κρίνεις.

Τῇ ἀφάτῳ φιλανθρωπία σου, Χριστέ
ὁ Θεός, τῆς εὐκταίας σου φωνῆς ἡμᾶς
καταξιώσον, καὶ τοῖς ἐκ δεξιῶν σου
συναρίθμησον, καὶ ἐλέησον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασίαι τῆς Κυριακῆς τῆς Ἀπόκρεω
Ὡδὴ α΄. Ἦχος πλ. β΄.

Βοηθὸς καὶ σκεπαστὴς ἐγένετό μοι εἰς
σωτηρίαν, οὗτός μου Θεός, καὶ δοξάσω
αὐτόν, Θεὸς τοῦ Πατρὸς μου καὶ ὑψώσω
αὐτόν· ἐνδόξως γὰρ δεδόξασται.

Ὡδὴ γ΄.

Στερέωσον, Κύριε, ἐπὶ τὴν πέτραν τῶν
ἐντολῶν σου, σαλευθεῖσαν τὴν καρδίαν
μου, ὅτι μόνος Ἅγιος ὑπάρχεις καὶ Κύριος.

Ὡδὴ δ΄.

Ἀκήκοεν ὁ Προφήτης, τὴν ἔλευσίν
σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις ἐκ
Παρθένου τίκτεσθαι, καὶ ἀνθρώποις
δείκνυσθαι, καὶ ἔλεγεν· Ἀκήκοα τὴν ἀκοήν

From the Triodion.

On this day, we also remember the second
and impartial coming of our Lord Jesus
Christ.

Verses

When You the Judge will sit in judgment,
May You judge me worthy of the "Come" invitation.

In Your ineffable love for humanity, O
Christ our God, make us worthy of Your
auspicious voice, number us among those
at Your right hand, and have mercy on us.
Amen.

CHOIR

Katavasia of Triodion Sunday 3
Ode i. Mode pl. 2.

He became for me a helper and a shelterer
for salvation. * He is my God, and I will
glorify Him, * the God of my father, and Him
will I exalt, * for He is greatly glorified. (SD)

Ode iii.

Establish upon the rock of Your
commandments my heart, O Master, * sorely
shaken as it is, O Lord. * Only You are holy,
and again only You are Lord. (SD)

Ode iv.

On hearing about Your advent, * O Lord,
the Prophet Habakkuk of old was frightened:
* that You purposed from a Virgin to be born
* and appear to humankind. And thus he said:

σου καὶ ἐφοβήθην, δόξα τῇ δυνάμει σου
Κύριε.

Ὡδὴ ε'.

Ἐκ νυκτὸς ὀρθρίζοντα Φιλάνθρωπε,
φώτισον δέομαι, καὶ ὁδήγησον καμέ, ἐν τοῖς
προστάγμασί σου, καὶ δίδαξον με ποιεῖν, ἀεὶ
τὸ θέλημά σου.

Ὡδὴ Ϛ'.

Ἐβόησα, ἐν ὅλῃ καρδίᾳ μου, πρὸς τὸν
οἰκτίρμονα Θεόν, καὶ ἐπήκουσέ μου, ἐξ
Ἰαίδου κατωτάτου, καὶ ἀνήγαγεν, ἐκ φθορᾶς
τὴν ζωὴν μου.

Ὡδὴ ϛ'.

Ἡμάρτομεν, ἠνομήσαμεν, ἠδικήσαμεν
ἐνώπιόν σου, οὐδὲ συνετηρήσαμεν, οὐδὲ
ἐποιήσαμεν, καθὼς ἐνετείλω ἡμῖν, ἀλλὰ μὴ
παραδώης ἡμᾶς εἰς τέλος, ὁ τῶν Πατέρων
Θεός.

Ὡδὴ η'.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

Ὅν Στρατιαὶ οὐρανῶν δοξάζουσι καὶ
φρίττει τὰ Χερουβὶμ καὶ τὰ Σεραφίμ, πᾶσα
πνοὴ καὶ κτίσις ὑμνεῖτε, εὐλογεῖτε, καὶ
ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν
Ἀγίοις ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν

* O Lord, I have heard Your report and I am
frightened. * Glory to Your power, O Lord my
God. (SD)

Ode v.

Early in the morning I awake from night.
* Lover of man, I pray, * give me light and
guide me in the way of Your commandments,
* and teach me ever to do Your holy will, O
Savior. (SD)

Ode vi.

I cried aloud and shouted with all my
heart * unto the tender-loving God, * and He
heard my voice from the lowest depths of
Hades, * and He raised my life from the pit of
corruption. (SD)

Ode vii.

We sinned, O Lord, and we broke Your
law, * we behaved unrighteously before You,
* and neither have we kept Your word, nor
acted according to the way You commanded
for us. * Yet, O God of the fathers, we pray, do
not utterly deliver us up. (SD)

Ode viii.

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

Him whom the hosts of the heavens
glorify, * at whom quake the Cherubim and
the Seraphim, * every breath and creation,
* extol Him now and bless Him, * and exalt
supremely, unto all the ages. (SD)

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

For you are holy, our God, who rest
among the Saints, and to you we give glory,

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

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν!

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ

*Εὐθινὸν Ζ'
Ἰωάννην (Κ' 1-10)*

Τῇ μιᾷ τῶν Σαββάτων Μαρία ἡ
Μαγδαληνὴ ἔρχεται πρωῒ σκοτίας ἔτι
οὕσης, εἰς τὸ μνημεῖον· καὶ βλέπει τὸν
λίθον ἠρμένον ἐκ τοῦ μνημείου. Τρέχει
οὖν, καὶ ἔρχεται πρὸς Σίμωνα Πέτρον,
καὶ πρὸς τὸν ἄλλον μαθητὴν, ὃν ἐφίλει
ὁ Ἰησοῦς, καὶ λέγει αὐτοῖς· Ἦσαν τὸν

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 7
John. (20:1-10)*

On the first day of the week, Mary
Magdalene came to the tomb early, while it
was still dark, and saw that the stone had
been taken away from the tomb. So she
ran, and went to Simon Peter and the other
disciples, the one whom Jesus loved, and said
to them, "They have taken the Lord out of the

Κύριον ἐκ τοῦ μνημείου, καὶ οὐκ οἶδαμεν ποῦ ἔθηκαν αὐτόν. Ἐξῆλθεν οὖν ὁ Πέτρος καὶ ὁ ἄλλος μαθητής, καὶ ἤρχοντο εἰς τὸ μνημεῖον. Ἐτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητής προέδραμε τάχιον τοῦ Πέτρου, καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας, βλέπει κείμενα τὰ ὀθόνια· οὐ μέντοι εἰσῆλθεν. Ἐρχεται οὖν Σίμων Πέτρος ἀκολουθῶν αὐτῷ, καὶ εἰσῆλθεν εἰς τὸ μνημεῖον, καὶ θεωρεῖ τὰ ὀθόνια κείμενα· καὶ τὸ σουδάριον, ὃ ἦν ἐπὶ τῆς κεφαλῆς αὐτοῦ, οὐ μετὰ τῶν ὀθονίων κείμενον, ἀλλὰ χωρὶς ἐντετυλιγμένον εἰς ἓνα τόπον. Τότε οὖν εἰσῆλθε καὶ ὁ ἄλλος μαθητής ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε, καὶ ἐπίστευσεν. Οὐδέπω γὰρ ᾔδεισαν τὴν Γραφήν, ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. Ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.

(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· Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

tomb, and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying and the napkin, which had been on His head, not lying with the linen cloths, but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that He must rise from the dead. Then the disciples went back to their homes.

(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)

ΧΟΡΟΣ

Ψαλμὸς Ν' (50).

Ἦχος β'. (ἡ τῆς ἐβδομάδος.)

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 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 νικήσῃς 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.

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

Καρδίαν καθαράν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.

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.

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

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 ἡγεμονικῶ στήριζόν με.

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

Ῥῥσαί 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 οἰκοδομηθῇ 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 ἀνοιζόν μοι πύλας Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ' ὡς οἰκτίρων κάθαρον, εὐσπλάγχυν σου ἐλέει.

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

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

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

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

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

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

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

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

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

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

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

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

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,
Θεοτόκε· αἰσχροῖς γὰρ κατερρύπωσα, τὴν
ψυχὴν ἀμαρτίαις, 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 πληθος 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·
ὑψωσον κέρας 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,
ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου
Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου,
τῶν ἁγίων ἐνδόξων καὶ πανευφήμων
Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν
μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν
Διδασκάλων, Βασιλείου τοῦ Μεγάλου,
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου
τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου

compassionate, cleanse me, I pray, by Your
loving-kindness and mercy. (SD)

Both now. **Same Mode.**

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

Idiomelon. Mode pl. 2.

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

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

DEACON

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

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
 Χαράλάμπους 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 ἀεὶ καὶ
 εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν
 ὕμνοις τιμῶντες μεγαλύνωμεν.

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 ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ
σωτήρῳ μου.

Τὴν τιμιωτέραν τῶν Χερουβίμ, 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 Χερουβίμ, 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 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.

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 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. 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'.

Ἀσπόρου συλλήψεως, ὁ τόκος
ἀνερμήνευτος, Μητρὸς ἀνάνδρου,
ἄσπορος ἡ κύσις. Θεοῦ γὰρ ἡ γέννησις
καινοποιεῖ τὰς φύσεις· διό σε πᾶσαι αἱ
γενεαί, ὡς Θεόνυμφον Μητέρα, ὀρθοδόξως
μεγαλύνομεν.

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 Ἁγίων 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.

The birth is ineffable, conceived without
the seed of man; the unwed Mother's *
childbirth was free of all corruption. The birth
of God * makes new again the natures. * And
thus, in Orthodox manner all * generations
magnify you as the Mother and the Bride of
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

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν
οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,
νῦν καὶ 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 - - -

Ἐξαποστειλάριον.

Τὸ Ζ' Ἑωθινόν.

Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.

Ὅτι ἦραν τὸν Κύριον, τῆς Μαρίας
εἰπούσης, ἐπὶ τὸν τάφον ἔδραμον, Σίμων
Πέτρος, καὶ ἄλλος, Μύστης Χριστοῦ, ὃν
ἠγάπα, ἔτρεχον δὲ οἱ δύο, καὶ εὗρον τὰ
ὀθόνια, ἔνδον κείμενα μόνα, καὶ κεφαλῆς,
ἦν δὲ τὸ σουδάριον χωρὶς τούτων· διὸ πάλιν
ἠσύχασαν, τὸν Χριστὸν ἕως εἶδον.

Τοῦ Τριωδίου - - -

Ἦχος β'. Τοῖς Μαθηταῖς συνέλθωμεν.

Τὴν φοβερὰν τῆς κρίσεως, καὶ ἀρρήτου
σου δόξης, ἡμέραν ἐνθυμούμενος, φρίττω,
Κύριε ὦλως, καὶ τρέμων φόβῳ κραυγάζω,
ἐπὶ γῆς ὅταν ἔλθῃς, κρῖναι, Χριστέ, τὰ
σύμπαντα, ὁ Θεὸς μετὰ δόξης, τότε οἰκτρὸν,
ἀπὸ πάσης ῥῦσαί με τιμωρίας, ἐκ δεξιῶν
σου, Δέσποτα, ἀξιώσας με στήναι.

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 Seventh Eothinon.

Mode 2. On the mountain.

When Mary Magdalene had said * that
the Lord had been taken, * to the tomb Simon
Peter ran * as did the other mystic of Christ,
who was the beloved. * Both of them ran
together * and found the linen cloths inside *
by themselves lying, and also not with these
* was the napkin from His head lying rolled
up. * And therefore they went back in peace *
until they saw the Lord Christ. (SD)

From Triodion - - -

Mode 2. On the mountain.

Bringing to mind the imminent * fearful
day of the judgment,* Lord, and of Your
ineffable * glory, I shudder wholly,* and
trembling fearfully cry out:* O Christ when
You again come * on earth to judge the
universe,* O my God, in Your glory, I
pray You free * miserable me then from all

Ἑτερον.

Ἦχος β'. Γυναῖκες ἀκουντίσθητε.

Ἴδου ἡμέρα ἔρχεται, Κυρίου
παντοκράτορος, καὶ τίς ὑποίσει τὸν φόβον,
τῆς Παρουσίας ἐκείνου· ἡμέρα γὰρ θυμοῦ
ἐστὶ, καὶ κλίβανος καιόμενος, ἐν ᾗ Κριτὴς
καθέζεται, καὶ κατ' ἀξίαν ἐκάστῳ τῶν
πράξεων ἀπονέμων.

Θεοτοκίον.

Ἦχος β'. Γυναῖκες ἀκουντίσθητε.

Τὴν ὥραν τῆς ἐτάσεως, καὶ τῆς φορικτῆς
ἐλεύσεως, τοῦ φιλανθρώπου Δεσπότου,
κατανοῶν ὅλως τρέμω, καὶ σκυθρωπάζων
κράζω σοι· Κριτὰ μου δικαιοσύνη, καὶ μόνε
πολυέλεε, μετανοοῦντά με δέξαι, τῆς
Θεοτόκου πρεσβείαις.

Οἱ Αἶνοι. Ἦχος βαρὺς.

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 Ὁκτωήχου ---

Στιχηρὰ Ἀναστάσιμα.

Στιχηρὸν Α'. Ἦχος βαρὺς.

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

Ἀνέστη Χριστὸς ἐκ νεκρῶν, λύσας
θανάτου τὰ δεσμά, εὐαγγελίζου γῇ χαρὰν
μεγάλην, αἰνεῖτε οὐρανοὶ Θεοῦ τὴν δόξαν.

perdition,* and count me worthy thus to stand
* at Your right hand, O Master. (SD)

Another.

Mode 2. O Women, hearken.

Behold, the great and fearful day * is
coming, of Almighty Lord. * And who will
endure the fear of * His imminent Second
Coming? * For it will be a day of wrath,* the
burning furnace will be there, * the Judge will
sit upon His throne,* and unto each He will
render* according to their own actions. (SD)

Theotokion.

Mode 2. O Women, hearken.

When I reflect upon the hour * of the
interrogation, Lord, * and of the frightening
coming * of You the Lover of mankind, *
I shake all over and I cry * dejected: O my
Judge most just * and only very merciful,*
accept me now in repentance,* through
prayers of the Theotokos. (SD)

Lauds. Grave Mode.

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. Grave Mode.

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

Christ has risen from the dead, having
loosed the bonds of death; O earth, proclaim
the good tidings of great joy; O heavens,
praise the glory of God. (SD)

Στιχηρὸν Β'. Ἦχος βαρὺς.

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

Ἀνάστασιν Χριστοῦ θεασάμενοι,
προσκυνήσωμεν ἅγιον Κύριον, Ἰησοῦν τὸν
μόνον ἀναμάρτητον.

Στιχηρὸν Γ'. Ἦχος βαρὺς.

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

Χριστοῦ τὴν Ἀνάστασιν, προσκυνοῦντες
οὐ πανόμεθα· αὐτὸς γὰρ ἡμᾶς ἔσωσεν, ἐκ
τῶν ἀνομιῶν ἡμῶν, ἅγιος Κύριος Ἰησοῦς, ὁ
δείξας τὴν Ἀνάστασιν.

Στιχηρὸν Δ'. Ἦχος βαρὺς.

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

Τί ἀνταποδώσωμεν τῷ Κυρίῳ, περὶ
πάντων ὧν ἀνταπέδωκεν ἡμῖν, δι' ἡμᾶς
Θεὸς ἐν ἀνθρώποις, διὰ τὴν καταφθαρεῖσαν
φύσιν, ὁ Λόγος σὰρξ ἐγένετο, καὶ
ἐσκήνωσεν ἐν ἡμῖν, πρὸς τοὺς ἀχαρίστους
ὁ Εὐεργέτης, πρὸς τοὺς αἰχμαλώτους
ὁ Ἐλευθερωτής, πρὸς τοὺς ἐν σκότει
καθημένους, ὁ ἥλιος τῆς δικαιοσύνης ἐπὶ
τὸν Σταυρόν ὁ ἀπαθής, ἐπὶ τὸν Ἄϊδην τὸ
φῶς, ἐπὶ τὸν θάνατον ἡ ζωὴ, ἡ Ἀνάστασις
διὰ τοὺς πεσόντας, πρὸς ὃν βοήσωμεν, ὁ
Θεὸς ἡμῶν δόξα σοι.

Στιχηρὸν Ε'. Ἦχος βαρὺς.

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

Πύλας Ἄϊδου συνέτριψας Κύριε, καὶ
θανάτου τὸ κράτος κατήργησας, τῇ κραταιᾷ
δυνάμει σου, καὶ συνήγειρας νεκρούς, τοὺς

Sticheron 2. Grave Mode.

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

Having seen the Resurrection of Christ,
let us worship the holy Lord Jesus, the only
sinless One. (SD)

Sticheron 3. Grave Mode.

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

We do not cease to adore the Resurrection
of Christ; for He it is who saved us from our
iniquities. Holy is Lord Jesus who showed us
the Resurrection. (SD)

Sticheron 4. Grave Mode.

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

What shall we give to the Lord in return
for all that He has rendered to us? For us did
God come among men. For our corrupted
nature did the Logos become flesh and
dwell among us. The Benefactor came to
the ungrateful; the Liberator to the captives;
the Sun of Righteousness to those who sit in
darkness. He who is dispassionate suffered
on the cross; the Light shone in Hell. He who
is Life has trampled on death. For the fallen
He is the resurrection. Let us cry out to Him,
Glory to You our God. (SD)

Sticheron 5. Grave Mode.

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

O Lord, You have shattered the gates
of Hell, and You have put an end to death's
dominion, all by Your own mighty power.

ἀπ' αἰῶνος ἐν σκότει καθεύδοντας, τῇ θείᾳ
καὶ ἐνδόξῳ Ἀναστάσει σου, ὡς Βασιλεὺς τοῦ
παντός, καὶ Θεὸς παντοδύναμος.

Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Στιχηρὸν Ζ'. Ἰδιόμελον. Ἦχος πλ. β'.

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

Ἐννοῶ τὴν ἡμέραν ἐκείνην καὶ τὴν
ῥᾶν, ὅταν μέλλωμεν πάντες, γυμνοὶ
καὶ ὡς κατάκριτοι, τῷ ἀδεκάστῳ Κριτῇ
παρίστασθαι· τότε σάλπιγξ ἡχήσει μέγα,
καὶ τὰ θεμέλια τῆς γῆς σεισθήσονται, καὶ οἱ
νεκροὶ ἐκ τῶν μνημάτων ἐξαναστήσονται,
καὶ ἡλικία μία πάντες γενήσονται, καὶ
πάντων τὰ κρυπτὰ φανερὰ παρίστανται
ἐνώπιόν σου, καὶ κόψονται, καὶ κλαύσονται,
καὶ εἰς τὸ πῦρ τὸ ἐξώτερον ἀπελεύσονται,
οἱ μηδέποτε μετανοήσαντες, καὶ ἐν χαρᾷ
καὶ ἀγαλλιάσει, ὁ τῶν Δικαίων κλῆρος,
εἰσελεύσεται εἰς παστάδα οὐράνιον.

Στιχηρὸν Ζ'. Ἰδιόμελον. Ἦχος πλ. β'.

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

Ὡ ποία ῥᾶ τότε, καὶ ἡμέρα φοβερά,
ὅταν καθίσῃ ὁ Κριτὴς ἐπὶ θρόνου φοβεροῦ!
βίβλοι ἀνοίγονται, καὶ πράξεις ἐλέγχονται,
καὶ τὰ κρυπτὰ τοῦ σκότους δημοσιεύονται,
Ἄγγελοι περιτρέχουσιν, ἐπισυνάγοντες
πάντα τὰ ἔθνη. Δεῦτε ἀκούσατε βασιλεῖς
καὶ ἄρχοντες, δοῦλοι καὶ ἐλεύθεροι,
ἀμαρτωλοὶ καὶ δίκαιοι, πλούσιοι καὶ
πένητες, ὅτι ἔρχεται Κριτὴς, ὁ μέλλων
κρίναι πᾶσαν τὴν οἰκουμένην, καὶ τίς
ὑποστήσεται ἀπὸ προσώπου αὐτοῦ, ὅταν

And You raised up with yourself the dead
who lay in darkness from when time began,
by Your divine and glorious resurrection, as
the King over all and as God omnipotent. (SD)

From the Triodion.

From Triodion ---

Sticheron 6. Idiomelon. Mode pl. 2.

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

I ponder that day and hour, when we all,
naked and as convicts, will appear before the
Judge we cannot bribe. Then a great trumpet
will sound and the foundations of the earth
will be shaken, and the dead will be raised
from the graves, and all will become of one
stature. And all that which is hidden will be
presented overtly before You, and they shall
mourn and wail who have never repented,
and they shall depart into the outer fire. And
with joy and exaltation will the lot of the
righteous enter into the heavenly chamber. (SD)

Sticheron 7. Idiomelon. Mode pl. 2.

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

O what an hour and fearful day shall
that be, when the Judge shall sit upon His
fearsome throne! Books will be opened,
deeds will be checked, and the hidden works
of darkness will be made public. Angels
speed about, gathering all the nations. Come,
hearken, kings and rulers, slaves and freemen,
sinners and righteous, rich men and paupers,
He is coming who is about to judge the whole
world; and who shall bear His countenance,
when angels are at hand to accuse your acts,

Ἄγγελοι παρίστανται, ἐλέγχοντες τὰς πράξεις, τὰς διανοίας, τὰς ἐνθυμήσεις, τὰ ἐν νυκτὶ καὶ ἐν ἡμέρᾳ; ὦ ποία ὥρα τότε! Ἀλλὰ πρὸ τοῦ φθάσαι τὸ τέλος, σπούδασον κράζουσα, ψυχὴ· ὁ Θεός, ἐπίστρεψον, σῶσόν με, ὡς μόνος εὐσπλαγχνος.

Στιχηρὸν Η'. Ἰδιόμελον. Ἦχος πλ. δ'.

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

Δανιὴλ ὁ Προφήτης, ἀνὴρ ἐπιθυμιῶν γενόμενος, τὸ ἐξουσιαστικὸν Θεοῦ θεωρήσας, οὕτως ἐβόα· Κριτήριον ἐκάθισε, καὶ βίβλοι ἠνεώχθησαν. Βλέπε, ψυχὴ μου, νηστεύεις; τὸν πλησίον σου μὴ ἀθέτει. βρωμάτων ἀπέχῃ; τὸν ἀδελφόν σου μὴ κατακρίνης, μὴ τῷ πυρὶ παραπεμπομένη, κατακαῆς ὡσεὶ κηρός, ἀλλ' ἀνεμποδίστως εἰσάξῃ σε Χριστός, εἰς τὴν βασιλείαν αὐτοῦ.

Δόξα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - -

Ἦχος α'.

Προκαθάρωμεν ἑαυτούς, ἀδελφοί, τῇ βασιλίδι τῶν ἀρετῶν· ἰδοὺ γὰρ παραγένονε, πλοῦτον ἡμῖν ἀγαθῶν κομίζουσα, τῶν παθῶν κατευνάξει τὰ οἰδήματα, καὶ τῷ Δεσπότη καταλλάττει τοὺς πταίσαντας· διὸ μετ' εὐφροσύνης ταύτην ὑποδεξώμεθα, βοῶντες Χριστῷ τῷ Θεῷ, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, ἀκατακρίτους ἡμᾶς διαφύλαξον, δοξολογοῦντάς σε τὸν μόνον ἀναμάρτητον.

Τῆς Οκτωήχου - -

Καὶ νῦν. Θεοτοκίον.

Ὑπερευλογημένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὁ ἄδης ἠχμαλώτισταί, ὁ Ἀδὰμ ἀνακέκληται, ἡ κατάρρα νενέκρωται, ἡ Εὐὰ ἡλευθέρωται,

your thoughts, your desires, be they of day or night? O what an hour that shall be! But before the end arrives, O soul, make haste to cry, "O God, convert me, save me as You alone are compassionate." (SD)

Sticheron 8. Idiomelon. Mode pl. 4.

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

Daniel the prophet, a man of goodly desires, considered God's authority, and cried out thus and said, "The Judgment Seat was set up and books were opened." Look, my soul, are you fasting? Do not neglect your neighbor! Are you abstaining from food? Do not condemn your brother, lest you be sent to the fire that will burn you up as wax. But unimpeded, let Christ lead you into His kingdom. (SD)

Glory. From the Triodion.

From Triodion - -

Mode 1.

Let us first cleanse ourselves, O brethren, by the queen of virtues, for behold, she is here, providing us with a wealth of blessings! She suppresses our swelling passions, and reconciles offenders with the Master. Therefore, let us welcome her with a cheerful heart, crying out to Christ our God, "You who rose from the dead, keep us uncondemned as we glorify You, the only sinless One." (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

ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς
ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως
εὐδοκήσας δόξα σοι.

Η 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
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 μόνος Ἅγιος, σὺ εἶ μόνος
Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ
Πατρὸς. Ἀμήν.

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

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ,
ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν
Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ

curse has been neutralized, and Eve has
been liberated; death has been put to death,
and we have been brought to life. Therefore
extolling we cry out: O Christ our God, You
are blessed, for so was Your good pleasure.
Glory to You! (SD)

GREAT DOXOLOGY

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

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

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

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

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

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

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

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

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

δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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.

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 ἀεὶ, 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.

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

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

After the Doxology, sing the following Resurrectional Troparion.

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.

ἢ 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.

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)