

**eMatins powered by AGES**

# The Service of Matins

**for Sunday, March 3, 2019**

**Octoechos - Grave Mode.  
on Sunday Morning**

**Eothion 7**

**Triodion - Meatfare Sunday  
on Sunday Morning at Matins**

**Katavasias of Triodion Sunday 3**

**Texts in Greek and English**

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vol Orthodox Monastery of the Veil of our Lady

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Ὁκτώηχος

Ἦχος βαρύς.

Τῆ Κυριακῆ Πρωῖ

Τριώδιον

ΚΥΡΙΑΚΗ ΤΗΣ ΑΠΟΚΡΕΩ

ΟΡΘΟΣ

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.

ἦ· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,  
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

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

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

Τῆς Ὁκτωήχου ---

**Ἀπολυτίκιον Ἀναστάσιμον.**

Ἦχος βαρύς.

Κατέλυσας τῷ Σταυρῷ σου τὸν  
θάνατον, ἠνέωξας 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, ἠνέωξας τῷ Ληστῇ τὸν  
Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον  
μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις

Octoechos

Grave Mode.

On Sunday Morning

Triodion

Meatfare Sunday

MATINS

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 name.

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

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

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

From Octoechos ---

**Resurrectional Apolytikion.**

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

κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ  
Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

**Ἦχος βαρῦς.**

Ὡς τῆς ἡμῶν Ἀναστάσεως θησαύρισμα,  
τοὺς ἐπὶ σοὶ πεποιθότας Πανύμνητε, ἐκ  
λάκκου καὶ βυθοῦ πταισμάτων ἀνάγαγε·  
σὺ γὰρ τοὺς ὑπευθύνους τῇ ἁμαρτία,  
ἔσωσας τεκοῦσα τὴν σωτηρίαν, ἢ πρὸ τόκου  
Παρθένος, καὶ ἐν τόκῳ Παρθένος, καὶ μετὰ  
τόκον πάλιν οὔσα Παρθένος.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, 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.)

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 Οκτωήχου ---

**ΧΟΡΟΣ**

**Κάθισμα Α'.**

**Ἦχος βαρῦς.**

Ἡ Ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ  
σφραγίς ἐν τῷ λίθῳ ἐπέκειτο, ὡς Βασιλέα  
ὑπνοῦντα, στρατιῶται ἐφύλαττον Χριστόν,

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.  
Virgin prior to bearing; and in bearing, a  
Virgin; and after bearing, still a Virgin. [SD]

**PRIEST**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

From Octoechos ---

**CHOIR**

**Kathisma I.**

**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

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  
ζωηφόρῳ Ἐγέρσει σου, ἀναστήσας Χριστὲ ὁ  
Θεός, ὡς φιλόανθρωπος 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 Οκτωήχου ---

**Κάθισμα Β'.**

**Ἦχος βαρῦς.**

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

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  
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

ἀνθρώπων· ἐκ σοῦ γὰρ ἐσαρκώθη ὁ  
Λυτρωτῆς τοῦ κόσμου· μόνη γὰρ ὑπάρχεις  
Μήτηρ καὶ Παρθένος, ἀεὶ εὐλογημένη καὶ  
δεδοξασμένη, πρέσβευε Χριστῷ τῷ Θεῷ,  
εἰρήνην δωρήσασθαι, πάσῃ τῇ οἰκουμένην.

**Εὐλογητάρια Αναστάσιμα.**

**Ἦχος πλ. α'.**

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

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὀρῶν  
σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου  
δὲ Σωτήρ, 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 κιονᾶτε; ὁ ἀστράπτων ἐν  
τῷ τάφῳ Ἄγγελος, προσεφθέγγετο ταῖς  
Μυροφόροις· Ἴδετε ὑμεῖς τὸν τάφον  
καὶ ἦσθητε· ὁ Σωτήρ γὰρ ἐξανέστη τοῦ  
μνήματος.

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

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

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]

**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]

Εὐλογητὸς εἶ, Κύριε, διδάξόν με τὰ  
δικαιώματά σου.

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

Δόξα.

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

Καὶ νῦν.

Ζωοδότην τεκοῦσα, ἐλυτρώσω Παρθένη,  
τὸν Ἀδὰμ ἀμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ,  
ἀντὶ λύπης παρέσχες, ρεύσαντα ζωῆς, ἴθυνε  
πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθεὶς 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,  
ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν  
ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

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

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

[SD]

Glory.

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

Both now.

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

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

### DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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



(Σοί, Κύριε.)

**ΙΕΡΕΥΣ**

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

(Ἀμήν.)

**ΑΝΑΓΝΩΣΤΗΣ**

Τῆς Ὀκτωήχου ---

**Ὑπακοή. Ἦχος βαρῦς.**

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

**ΧΟΡΟΣ**

**Οἱ Ἀναβαθμοί.**

**Ἀντίφωνον Α΄. Ἦχος βαρῦς.**

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

Ἐν τῷ νότῳ ὁ σπείρων θλίψεις, νηστείας μετὰ δακρῶν, οὗτος χαρᾶς δρέψεται, δράγματα ἀειζωοτροφίας.

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύματι, πηγὴ τῶν θείων θησαυρισμάτων, ἐξ οὗ σοφία, σύνεσις, φόβος, αὐτῷ αἰνεσις, 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 γαστροῦς, οἱ Ἅγιοι πνευματοκινήτως, ἀναβλαστοῦσι πατρῶα δόγματα υἰοθεσίας.

(To You, O Lord.)

**PRIEST**

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

(Amen.)

**READER**

From Octoechos ---

**Hypakoe. Grave Mode.**

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]



Δόξα· καὶ νῦν.

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

### Ἀντίφωνον Γ'.

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

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

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, βυθὸς χαρισμάτων, πλοῦτος δόξης, κριμάτων βάθος μέγα, ὁμόδοξον Πατρὶ καὶ Υἱῷ· λατρευτὸν γὰρ.

### Προκείμενον.

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

**Στίχ.** Ἐξομολογήσομαί σοι, Κύριε, ἐν ὅλῃ καρδίᾳ μου.

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

Τῆς Οκτωήχου ---

**ΑΝΑΓΝΩΣΤΗΣ**

### Κοντάκιον Ἀναστάσιμον.

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

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]

### 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.*

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]

**Ὁ Οἶκος.**

Ἐτρεμε κάτωθεν τὰ καταχθόνια  
σήμερον ὁ Ἄιδης καὶ ὁ θάνατος τὸν ἕνα  
τῆς Τριάδος, ἡ γῆ ἐκλονεῖτο, πυλωροὶ δὲ  
Ἄιδου ἰδόντες σε ἔπτηξαν, ἡ κτίσις δὲ πᾶσα  
σύν τοῖς Προφήταις χαίρουσα ψάλλει σοι,  
ἐπινίκιον ᾠδὴν τῷ λυτρωτῇ ἡμῶν Θεῷ τῷ  
καταλύσαντι νῦν θανάτου τὴν δύναμιν.  
Ἀλαλάζωμεν καὶ βοήσωμεν τῷ Ἀδάμ, καὶ  
τοῖς ἐξ Ἀδάμ. Ἐύλον τοῦτον εἰσήγαγεν·  
ἐξέρχεσθε οἱ πιστοὶ εἰς τὴν ἀνάστασιν.

Τοῦ Τριωδίου ---

**Κοντάκιον.**

**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 ἀξίωσον, ἐκ δεξιῶν σου μὲ στήναι,  
Κριτὰ δικαιοῦτατε.

**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 καθεῖσεσθαι ἐπὶ τοῦ θρόνου  
σου, καὶ ποιεῖν τὴν ἐξέτασιν, τότε ἀρνεῖσθαι  
τὰς ἀμαρτίας οὐδεὶς ἐξισχύσει, ἀληθείας  
ἐλεγχούσης, καὶ δειλίας κατεχούσης,  
μέγα μὲν ἠχήσει τότε, πῦρ τὸ τῆς γεέννης·  
ἀμαρτωλοὶ δὲ βρῦξοσι. Διό με ἐλέησον πρὸ  
τέλους, καὶ φεῖσαί μου, Κριτὰ δικαιοῦτατε.

**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,  
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."

[GKD]

From Triodion ---

**Kontakion.**

**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. [GKD]

**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. [GKD]

**Συναξάριον.**

Τοῦ Μηναίου.

Τῇ Γ' τοῦ αὐτοῦ μηνός, μνήμη τῶν Ἁγίων Μαρτύρων Εὐτροπίου, Κλεονίκου καὶ Βασιλίσκου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Ἱερομάρτυρος Θεοδωρήτου, Πρεσβυτέρου Ἀντιοχείας.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Ζήνων καὶ Ζωΐλος ἐν εἰρήνῃ τελειοῦνται.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ὁσία Πιαμῶν ἡ παρθένος ἐν εἰρήνῃ τελειοῦται.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, τῆς δευτέρας καὶ ἁδεκάστου Παρουσίας τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μνεῖαν ποιούμεθα.

Στίχοι.

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

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

**ΧΟΡΟΣ**

**Καταβασίαι τῆς Κυριακῆς τῆς Ἀπόκρεω**  
**Ὡδιὴ 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.

**Ὡδιὴ γ'.**

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

**Synaxarion.**

From the Menaion.

On March 3 we commemorate the holy Martyrs Eftropios, Kleonikos, and Vasiliskos.

On this day we also commemorate the holy Hieromartyr Theodoritos, Presbyter of Antioch.

On this day Saints Zeno and Zoilos died in peace.

On this day the devout Saint Piamon the virgin died in peace.

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]

**Ὡιδὴ δ'.**

Ἀκήκοεν ὁ Προφήτης, τὴν ἔλευσίν σου Κύριε, καὶ ἐφοβήθη, ὅτι μέλλεις ἐκ Παρθένου τίκεσθαι, καὶ ἀνθρώποις δείκνυσθαι, καὶ ἔλεγεν· Ἀκήκοα τὴν ἀκοήν σου καὶ ἐφοβήθην, δόξα τῇ δυνάμει σου Κύριε.

**Ὡιδὴ ε'.**

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

**Ὡιδὴ Ϛ'.**

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

**Ὡιδὴ ϛ'.**

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

**Ὡιδὴ η'.**

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.*

Ὅν Στρατιαὶ οὐρανῶν δοξάζουσι καὶ φρίπτει τὰ Χερουβείμ καὶ τὰ Σεραφεῖμ, πᾶσα πνοὴ καὶ κτίσις ὑμνεῖτε, εὐλογεῖτε, καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

**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: \* 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]

**ΔΙΑΚΟΝΟΣ**

Τοῦ Κυρίου δεηθῶμεν.  
(Κύριε, ἐλέησον.)

**ΙΕΡΕΥΣ**

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

**ΧΟΡΟΣ**

Ἀμήν.

**Ἦχος β'.**

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

**ΔΙΑΚΟΝΟΣ**

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

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

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.  
(Καὶ τῷ πνεύματί σου.)

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

**ΔΙΑΚΟΝΟΣ**

Πρόσχωμεν.  
(Δόξα σοι, Κύριε, δόξα σοι.)

**DEACON**

Let us pray to the Lord.  
(Lord, have mercy.)

**PRIEST**

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

**CHOIR**

Amen.

**Mode 2.**

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

**DEACON**

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

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

**DEACON**

Wisdom. Arise. Let us hear the Holy Gospel.

**PRIEST**

Peace be with all.  
(And with your spirit.)

**PRIEST**

The reading is from the Holy Gospel according to John.

**DEACON**

Let us be attentive.  
(Glory to You, O Lord, glory to You.)

**ΙΕΡΕΥΣ** (ἀπὸ τῆς ἀγίας τραπέζης)

Ἐωθινὸν Ζ'  
Ἰωάννην Κ' 1-10

Τῇ μιᾷ τῶν Σαββάτων Μαρία ἡ Μαγδαληνὴ ἔρχεται πρωΐ σκοτίας ἔτι οὔσης, 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 Κύριον ἐκ τοῦ μνημείου, καὶ οὐκ οἶδαμεν ποῦ ἔθηκαν αὐτόν. Ἐξῆλθεν οὖν ὁ Πέτρος καὶ ὁ ἄλλος μαθητής, καὶ ἤρχοντο εἰς τὸ μνημεῖον. Ἐτρέχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητής προέδραμε τάχιον τοῦ Πέτρον, 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 ἤδεισαν τὴν Γραφήν, ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. Ἀπήλθον 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.

**PRIEST** (from the altar table)

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 disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the 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 beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate



Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντός εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ· Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

**ΧΟΡΟΣ**

**Ψαλμὸς Ν' (50).**

**Ἦχος β'.** (ἡ τῆς ἑβδομάδος.)

[Ελεήμων,] Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου καὶ κατὰ τὸ πλήθος τῶν οἰκτιρομῶν 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 ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.

Ἴδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

Ἴδοὺ γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

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

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὅστέα τεταπεινωμένα.

the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death.

[GOA]

**CHOIR**

**Psalm 50 (51).**

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

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

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

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

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

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

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

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

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



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

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

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.

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

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

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

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

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

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

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

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα.

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

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

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

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

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

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

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

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

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

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

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

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

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

**Ἰδιόμελα τοῦ Τριωδίου.**

Δόξα. Ἦχος πλ. δ'.

Τῆς μετανοίας ἀνοιξόν μοι πύλας  
Ζωοδότα· ὀρθρίζει γὰρ τὸ πνεῦμά μου,  
πρὸς ναὸν τὸν ἅγιόν σου, ναὸν φέρον  
τοῦ σώματος, ὅλον ἐσπιλωμένον· ἀλλ' ὡς  
οἰκτιρῶν κάθαρον, εὐσπλάγχνῳ σου ἐλέει.

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 πλήθος 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 εὐσπλαχνίας σου, ὡς ὁ  
Δαυῖδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ  
μέγα σου ἔλεος.

**ΔΙΑΚΟΝΟΣ**

Σῶσον ὁ Θεός τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι  
τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς·  
ὑψῶσον κέρας Χριστιανῶν ὀρθοδόξων  
καὶ 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

**Idiomela from the Triodion.**

Glory. **Mode pl. 4.**

Open to me the gates of repentance, O  
Giver of Life, for early in the morning my  
spirit hastens to Your holy temple, bringing  
the temple of my body all defiled. But as one  
compassionate, cleanse me, I pray, by Your  
loving-kindness and mercy. <sup>[SD]</sup>

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. <sup>[SD]</sup>

**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." <sup>[SD]</sup>

**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

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  
 καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν  
 Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,  
 Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου  
 Πενταπόλεως τῶν θαυματουργῶν·  
 τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων  
 Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου  
 τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,  
 Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ  
 τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων  
 Χαράλαμπος καὶ Ἐλευθερίου, τῆς  
 ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
 πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων  
 Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
 Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
 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 εἶ, 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.

forerunner John the Baptist, the holy, glorious,  
 and praiseworthy Apostles, our Fathers  
 among the Saints, the great hierarchs and  
 ecumenical teachers, Basil the Great, Gregory  
 the Theologian and John Chrysostom,  
 Athanasios, Cyril, and John the Merciful,  
 patriarchs of Alexandria; Nicholas, bishop  
 of Myra, Spyridon, bishop of Trimythous,  
 Nektarios of Pentapolis, the wonder-workers;  
 the holy, glorious great Martyrs George  
 the Victorious, Demetrios the Myrobletes,  
 Theodore the Teron, and Theodore the  
 General, Menas the Wonderworker, the  
 Hieromartyrs Haralambos and Eleftherios;  
 the holy, glorious, and victorious martyrs;  
 the glorious great Martyr and all-laudable  
 Euphemia; the holy and glorious Martyrs  
 Thecla, Barbara, Anastasia, Katherine,  
 Kyriake, Fotene, Marina, Paraskeve and Irene;  
 of our holy God-bearing Fathers; **(local patron  
 saint)**; the holy and righteous ancestors of  
 God Joachim and Anna, and of all your Saints.  
 We beseech you, only merciful Lord, hear us  
 sinners who pray to you and have mercy on  
 us.

#### CHOIR

Lord, have mercy. (12)

#### PRIEST

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

(Amen.)

#### DEACON

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

**ΧΟΡΟΣ**

**Ὡδιὴ θ'.**

**Μεγαλυνάριον. Ἦχος πλ. β'.**

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

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

**Στίχ.** Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινῶσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

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

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

Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεὶμ, 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 has rejoiced in God my Savior.* [NKJV]

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

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

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

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

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

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

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

**Στίχ.** Καθεῖλε δυνάστας ἀπὸ θρόνων,  
καὶ ὑψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν  
ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε  
κενοῦς.

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

### **Ὡιδὴ θ'. Καταβασία. Ἦχος πλ. β'.**

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

### **ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

(Κύριε, ἐλέησον.)

Ἀντιλαβοῦ, 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,

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

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

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

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

### **Ode ix. Katavasia. Mode 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 on us, and  
protect us, O God, by Your grace.

(Lord, have mercy.)

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



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 αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΧΟΡΟΣ**

**Ἦχος β'.**

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. Ὑψοῦτε  
Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ  
ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

Τῆς Οκτωήχου ---

**Ἐξαποστειλᾶριον.**

**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 εὔρον τὰ  
ὀθόνια, ἔνδον κείμενα μόνα, καὶ κεφαλῆς,  
ἦν δὲ τὸ σουδάριον χωρὶς τούτων· διὸ πάλιν  
ἠσύχασαν, τὸν Χριστὸν ἕως εἶδον.

**Ἐξαποστειλᾶριον. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

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

Τὴν φοβερὰν τῆς κρίσεως, καὶ ἀρρήτου  
σου δόξης, ἡμέραν ἐνθυμουμένος, φρίττω,  
Κύριε ὄλω, καὶ τρέμων φόβῳ κραυγάζω,  
ἐπὶ γῆς ὅταν ἔλθῃς, κρῖναι, Χριστέ, τὰ  
σύμπαντα, ὁ Θεὸς μετὰ δόξης, τότε οἰκτρόν,

us commend ourselves and one another and  
our whole life to Christ our God.

(To You, O Lord.)

**PRIEST**

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

(Amen.)

**CHOIR**

**Mode 2.**

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

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

For He is holy.

From Octoechos ---

**Exaposteilarion.**

**The 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]

**Exaposteilarion. From the Triodion.**

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

ἀπὸ πάσης ρῦσαί με τιμωρίας, ἐκ δεξιῶν σου, Δέσποτα, ἀξιώσας με στήναι.

**Ἔτερον.**

Τοῦ Τριωδίου ---

**Ἦχος β΄.** *Γυναῖκες ἀκουτίσθητε.*

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

**Θεοτοκίον.**

**Ἦχος β΄.** *Γυναῖκες ἀκουτίσθητε.*

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

**Οἱ Αἶνοι. Ἦχος βαρύς.**

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

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

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν πάντα τὰ ἄστρα καὶ τὸ φῶς.

Αἰνεῖτε αὐτὸν οἱ οὐρανοὶ τῶν οὐρανῶν καὶ τὸ ὕδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ ὄνομα Κυρίου.

Ὅτι αὐτὸς εἶπε, καὶ ἐγενήθησαν, αὐτὸς ἐνετείλατο, καὶ ἐκτίσθησαν.

pray You free \* miserable me then from all perdition,\* and count me worthy thus to stand \* at Your right hand, O Master. [SD]

**Another.**

From Triodion ---

**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]

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

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

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



Ἔστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα  
τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ  
πᾶσαι ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα  
καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα  
καὶ πᾶσαι κέδροι.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ  
πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ  
πάντες κριταὶ γῆς.

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ  
νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη  
τὸ ὄνομα αὐτοῦ μόνου.

Ἡ ἔξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ  
ὑψώσει κέρας λαοῦ αὐτοῦ.

Ὑμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ,  
λαῶ ἐγγίζοντι αὐτῶ.

Ἄσατε τῷ Κυρίῳ ἄσμα καινόν, ἢ αἴνεσις αὐτοῦ  
ἐν ἐκκλησίᾳ ὁσίων.

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν,  
καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ  
αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῶ, ἐν  
τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῶ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῶ αὐτοῦ καὶ ὑψώσει  
πραεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται  
ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ  
ὄμοφαῖαι δίστομοι ἐν ταῖς χερσίν αὐτῶν.

Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς  
ἐν τοῖς λαοῖς.

Τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ  
τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Τῆς Οκτωήχου ---

**Στιχηρὰ Ἀναστάσιμα.**

**Στιχηρὸν Α'. Ἦχος βαρῦς.**

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

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

**Στιχηρὸν Β'. Ἦχος βαρῦς.**

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 βαρῦς.**

Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστεῖαις  
αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλήθος τῆς  
μεγαλωσύνης αὐτοῦ.

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

**Στιχηρὸν Δ'. Ἦχος βαρῦς.**

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 Σταυρὸν ὁ ἀπαθής, ἐπὶ τὸν Ἄϊδην τὸ  
φῶς, ἐπὶ τὸν θάνατον ἡ ζωὴ, ἡ Ἀνάστασις

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]

**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

διὰ τοὺς πεσόντας, πρὸς ὃν βοήσωμεν, ὁ  
Θεὸς ἡμῶν δόξα σοι.

**Στιχηρὸν Ε΄. Ἦχος βαρῦς.**

*Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῶ,  
αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὄργάνῳ.*

Πύλας Ἰδαίου συνέτριψας Κύριε, καὶ  
θανάτου τὸ κράτος κατήργησας, τῇ κραταιᾷ  
δυνάμει σου, καὶ συνήγειρας νεκρούς, τοὺς  
ἀπ' αἰῶνος ἐν σκότει καθεύδοντας, τῇ θείᾳ  
καὶ ἐνδόξῳ Ἀναστάσει σου, ὡς Βασιλεὺς τοῦ  
παντός, καὶ Θεὸς παντοδύναμος.

**Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Στιχηρὸν Σ΄. 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  
ῥῶραν, ὅταν μέλλωμεν πάντες, γυμνοὶ  
καὶ ὡς κατάκριτοι, τῷ ἀδεκάστῳ Κριτῇ  
παρίστασθαι· τότε σάλπιγξ ἠχήσει 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 κλήρος,  
εἰσελεύσεται εἰς παστάδα οὐράνιον.

**Στιχηρὸν Ζ΄. Ἰδιόμελον. Ἦχος πλ. β΄.**

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

Ὡ ποία ὥρα τότε, καὶ ἡμέρα φοβερά,  
ὅταν καθίσῃ ὁ Κριτῆς ἐπὶ θρόνου φοβεροῦ!

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.  
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.

[CKD]

**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

βίβλοι ἀνοίγονται, καὶ πράξεις ἐλέγχονται, καὶ τὰ κρυπτὰ τοῦ σκότους δημοσιεύονται, Ἄγγελοι περιτρέχουσιν, ἐπισυνάγοντες πάντα τὰ ἔθνη. Δεῦτε ἀκούσατε βασιλεῖς καὶ ἄρχοντες, δούλοι καὶ ἐλεύθεροι, ἁμαρτωλοὶ καὶ δίκαιοι, πλούσιοι καὶ πένητες, ὅτι ἔρχεται Κριτής, ὁ μέλλον κρῖναι πᾶσαν τὴν οἰκουμένην, καὶ τίς ὑποστήσεται ἀπὸ προσώπου αὐτοῦ, ὅταν Ἄγγελοι παρίστανται, ἐλέγχοντες τὰς πράξεις, τὰς διανοίας, τὰς ἐνθυμήσεις, τὰ ἐν νυκτὶ καὶ ἐν ἡμέρα; 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 ὄλη 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 ἀπέχη; 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 παραγέγονε, πλοῦτον ἡμῖν ἀγαθῶν κομίζουσα, τῶν παθῶν κατευνάζει τὰ οἰδήματα, καὶ τῷ Δεσπότη καταλλάττει τοὺς πταίσαντας· διὸ μετ' εὐφροσύνης ταύτην ὑποδεξώμεθα,

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, 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." [GKD]

**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. [GKD]

**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

βοῶντες Χριστῷ τῷ Θεῷ, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, ἀκατακρίτους ἡμᾶς διαφύλαξον, δοξολογοῦντάς σε τὸν μόνον ἀναμάρτητον.

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

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

### **Ἡ Μεγάλη Δοξολογία**

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

Ἵμνοῦμέν 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.

heart, crying out to Christ our God, "You who rose from the dead, keep us uncondemned as we glorify You, the only sinless One." [GKD]

From Octoechos ---

Both now. **Theotokion.**

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ our God, You are blessed, for so was Your good pleasure. Glory to You! [SD]

### **Great Doxology**

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

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

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

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

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

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



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

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

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

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

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

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

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὀψόμεθα 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.

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

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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.*

**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.

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

Holy Immortal, have mercy on us.

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

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

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

When You rose from the sepulcher and broke the bonds of Hades, You repealed the sentence of death, O Lord, and delivered all from the snares of the enemy. And when You showed yourself to Your Apostles, You sent them out to preach, and through them You granted peace to the whole world, O only very merciful One. [SD]

*Or, according to common practice:*

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

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