

eMatins powered by AGES

The Service of Matins

for Saturday, March 13, 2021

**Triodion - On Saturday of Cheese Week
Memory of the Holy Ascetics
on Saturday Morning at Matins**

**Menaion - March 13
Katavasias of Saturday of Cheese Week**

Texts in Greek and English

Sources

AC Copyright © 2019 by Anthony Cook

VPA Copyright © 2016 by Virgil Peter Andronache

RB Copyright © 2019 by Richard Barrett

TC Copyright © 2020 by Thomas Carroll

SD Copyright © 2021 by Fr. Seraphim Dedes

GKD Copyright © 2017 by George K. Duvall

GOA © The Greek Orthodox Archdiocese of America

HC Liturgical Texts courtesy and copyright of Holy Cross Press, Brookline, MA

AGH Copyright © 2019 by Andreas Houpos

EL Copyright Archimandrite Ephrem [Lash] ©

KW © Metropolitan Kallistos Ware

NKJV Scripture taken from the New King James Version™. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

OCA Copyright © 1996–2015. All rights reserved.

RSV Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

SAAS Scripture taken from the St. Athanasius Academy Septuagint™. Copyright © 2008 by St. Athanasius Academy of Orthodox Theology. Used by permission. All rights reserved.

Disclaimer

The translation, rubrics, Greek and English texts are for the purposes of worship only and is subject to change without notice and should not be construed as a commitment by the authors, translators, developers, and personnel associated with its publication. Efforts are taken to make this booklet complete and accurate, but no warranty of fitness is implied.

All rights reserved. The materials contained within this booklet remain the property of all contributing translators. It is published solely for the purpose of providing a source of worship materials to the parishes of the Orthodox Church and may be copied and otherwise reproduced as needed by the parish toward this end; however, it may not be reprinted, reproduced, transmitted, stored in a retrieval system, or translated into any language in any form by any means — electronic, mechanical, recording, or otherwise — for the purpose of sale without the express written permission.

AGES DCS Website

<https://www.agesinitiatives.com/dcs/public/dcs>

Fonts

Font copyright (c) 2010 Google Corporation with Reserved Font Arimo, Tinos and Cousine.

Copyright (c) 2012 Red Hat, Inc. with Reserved Font Name Liberation. This Font Software is licensed under the SIL Open Font License, Version 1.1.

The AGES Digital Chant Stand is supported in part by generous grants from Leadership 100 and the National Forum of Greek Orthodox Church Musicians.

This document was produced using the AGES Liturgical Workbench. For more information, contact AGES Initiatives: info@agesinitiatives.org

Βιβλία - Πηγαί

Τριώδιον

Τῷ Σαββάτῳ τῆς Τυρινῆς - Μνήμη τῶν ἐν Ἀσκήσει Λαμψάντων. - εἰς τὸν Ὅρθρον.

ΟΡΘΡΟΣ

ΧΟΡΟΣ

Ἦχος δ΄.

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.

Ἀπολυτίκιον.

Τοῦ Τριωδίου ---

Ἦχος δ΄.

Ὁ Θεὸς τῶν πατέρων ἡμῶν, ὁ ποιῶν ἀεὶ μεθ' ἡμῶν κατὰ τὴν σὴν ἐπιείκειαν, μὴ ἀποστήσης τὸ ἔλεός σου ἀφ' ἡμῶν, ἀλλὰ ταῖς αὐτῶν ἰκεσίαις, ἐν εἰρήνῃ κυβέρνησον τὴν ζωὴν ἡμῶν.

Δόξα. **Τὸ αὐτό.**

Τοῦ Τριωδίου ---

Ἦχος δ΄.

Ὁ Θεὸς τῶν πατέρων ἡμῶν, ὁ ποιῶν ἀεὶ μεθ' ἡμῶν κατὰ τὴν σὴν ἐπιείκειαν, μὴ ἀποστήσης τὸ ἔλεός σου ἀφ' ἡμῶν, ἀλλὰ ταῖς αὐτῶν ἰκεσίαις, ἐν εἰρήνῃ κυβέρνησον τὴν ζωὴν ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου ---

Ἦχος δ΄.

Τὸ ἀπ' αἰῶνος ἀπόκρυφον, καὶ Ἀγγέλοις ἄγνωστον μυστήριον, διὰ σοῦ Θεοτόκε τοῖς ἐπι

Books - Sources

Triodion

On Saturday of Cheese Week - Memory of the Holy Ascetics - at Matins

MATINS

CHOIR

Mode 4.

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

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

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.

Apolytikion.

From Triodion ---

Mode 4.

O God of our Fathers, since You always deal with us in accordance with Your gentleness, do not withdraw Your mercy from us, but at their fervent entreaties, pilot our life in peace. [SD]

Glory. **Repeat.**

From Triodion ---

Mode 4.

O God of our Fathers, since You always deal with us in accordance with Your gentleness, do not withdraw Your mercy from us, but at their fervent entreaties, pilot our life in peace. [SD]

Both now. **Theotokion.**

From Octoechos ---

Mode 4.

O Theotokos, through you became manifest to us on earth the mystery, which was hid from

γῆς πεφανέρωται· Θεὸς ἐν ἀσυγχύτῳ ἐνώσει σαρκούμενος, καὶ Σταυρὸν ἐκουσίως ὑπὲρ ἡμῶν καταδεξάμενος· δι' οὗ ἀναστήσας τὸν πρωτόπλαστον, ἔσωσεν ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

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.)

ΧΟΡΟΣ

Κάθισμα Α΄.

Τοῦ Τριωδίου - - -

Ἦχος πλ. δ΄. Τὸ προσταχθέν.

Ταῖς τῶν πατέρων ἀστραπαῖς καταυγασθέντες, ὡς εἰς Παράδεισον τερπνὸν νῦν εἰσιόντες, τῆς τρυφῆς τοῦ χειμάρρου καταπολεύσωμεν, καὶ τούτων τὰς ἀριστείας θαμβητικῶς, σκοποῦντες ἀμιλληθῶμεν ταῖς ἀρεταῖς, τῷ Σωτῆρι κραυγάζοντες· Εὐχαῖς αὐτῶν ὁ Θεός, μετόχους ἡμᾶς ποιήσον, οὐρανῶν Βασιλείας σου.

eternity, and which the Angels themselves knew not: that God, uniting natures without confusion, becomes a man and accepts crucifixion for our salvation voluntarily. By virtue of this, resurrecting man whom He had first created, He saved our souls from death. [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.)

CHOIR

Kathisma I.

From Triodion - - -

Mode pl. 4. When he perceived.

As we are shined on by the lightning of the fathers, * as if we enter now a most delightful garden, * let us fully enjoy the river of Your delight. * With wonder we view the excellence of their deeds * and virtues, so let us strive to emulate them. * Let us pray to the Savior, "By their intercessions, O God, * account us worthy to become * the partakers of Your kingdom and rule." [SD]

Δόξα. **Ὅμοιον.**

Τὸν ἀρχηγὸν τῶν Μοναστῶν Παῦλον
συμφώνως, σὺν Ἀντωνίῳ τῷ σοφῷ καὶ Εὐθυμίῳ,
ἀνυμνήσωμεν πάντες, σὺν τοῖς λοιποῖς Πατράσι,
καὶ τούτους καθικετεύσωμεν, ὅπως Χριστόν,
ἀπαύστως ἐκδυσωπῶσιν ὑπὲρ ἡμῶν, τῶν τὴν θείαν
καὶ πάμφωτον, ἐπιτελούντων μνήμην αὐτῶν, ἐν
ἄσμασι δοξάζοντες, τὸν Σωτῆρα καὶ Κύριον.

Καὶ νῦν. **Θεοτοκίον.**

Εὐχαριστοῦμέν σοι ἀεὶ Θεοτόκε, καὶ
μεγαλύνομεν Ἀγνή καὶ προσκυνοῦμεν,
ἀνυμνοῦντες τὸν τόκον σου Κεχαριτωμένη,
βωῶντες ἀκαταπαύστως· Σῶσον ἡμᾶς, Παρθένε
παντελεῆμον ὡς ἀγαθή, καὶ δαιμόνων ἐξάρπασον,
λογοθεσίου φοβεροῦ, ἐν ὥρᾳ τῆς ἐτάσεως, μὴ
αἰσχυνθῶμεν οἱ δοῦλοί σου.

Κάθισμα Β΄.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ΄. Ἀνέστης ἐκ νεκρῶν.

Ἀντώνιον ὁμοῦ, καὶ Εὐθύμιον πάντες,
σὺν πᾶσι τοῖς λοιποῖς, θεοφόροις Πατράσιν,
εὐφημήσωμεν ὕμνοις, αὐτῶν τὴν μνήμην
πανηγυρίζοντες· οὗτοι γὰρ τῷ Κυρίῳ, ὑπὲρ τοῦ
κόσμου παντὸς πρεσβέουσιν, ἵνα ῥυσθῶμεν τῆς
ἀρχαίας ἀρᾶς, λυτρωθέντες κολάσεως.

Δόξα. **Τὸ προσταχθέν.**

Ὡς εἰς λειμῶνα ἀρετῶν ἀνθηφοροῦντα,
τῶν θεοφόρων Ἀσκητῶν περιπατοῦντες, τῆς
ὀσμῆς πληρούμεθα τῆς ἡδυπνόου· τοῖς ἄθλοις
γὰρ στομωθέντες τῶν πειρασμῶν, τὸ σῶμα τῆ
ἐγκρατείας δουλοπρεπῶς, καθυπέταξαν πνεύματι,
ἀγγελικὴν ἐπὶ γῆς, πολιτείαν βιώσαντες, δόξης οὖν
ἠξιώθησαν.

Glory. **Same Melody.**

Let us with one voice now extol those great
monastics, * St. Paul their chief, and most wise
Anthony, and also * Saint Eftymius, and the rest
of the Fathers. * And let us entreat them all, so
that they will pray * unceasingly unto Christ on
behalf of us * who observe their divine and most
resplendent memory today, * while singing songs
to glorify * God our Savior, the Lord of all. [SD]

Both now. **Theotokion.**

We ever thank you, O all-holy Theotokos, *
and magnify you the all-pure one; and we worship
* and extol your divine Son, Maiden highly
favored. * All-merciful Virgin, therefore we cry
aloud * unceasingly praying, Save us, since you
are good. * Snatch me out from the frightening *
examination of accounts * by demons in the hour
of trial. * May we your servants not be ashamed.

[SD]

Kathisma II.

From Triodion ---

Mode pl. 4. When You, the Life of all.

Come all, let us extol all the God-bearing
Fathers, * Saint Anthony the Great and Eftymius
also, * and all the rest, and let us observe their holy
memory festively. * For they make intercession
unto the Lord on behalf of the whole world, * that
we be freed from the ancestral curse * and rescued
from perdition. [SD]

Glory. **When he perceived.**

As we remember the God-bearing great
Ascetics, * it is like walking in a meadow full
of flowers * of their virtues, that fill us with
their sweetest fragrance. * They struggled and
thus temptations were overcome. * Their bodies
became their servants through self-control * and
submitted to the spirit. And as they dwelt here on

Καὶ νῦν. **Θεοτοκίον.** *Τὸ προσταχθέν.*

Τῶν Ἀσωμάτων σου Χριστέ, καὶ τοῦ Προδρόμου, τῶν Μαθητῶν, τῶν Προφητῶν, καὶ τῶν Μαρτύρων, τῶν Ἁγίων πάντων τε, καὶ τῶν Ὁσίων, πρεσβείαις τῆς ἀπειράνδρου καὶ ἀγαθῆς, Μητρὸς σου, ἐκδυσωπούμενος, δὸς ἡμῖν, τῷ φωτί σου πορεύεσθαι, καὶ καταξίωσον ἡμᾶς, τυχεῖν τῆς Βασιλείας σου, διὰ σπλάγχχνα ἐλέους σου.

ΑΝΑΓΝΩΣΤΗΣ

Ψαλμὸς Ν' (50).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρισμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με. Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἀμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός. Σοὶ μόνῳ ἤμαρτον 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 ἀμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἀμαρτιῶν 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 το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους

earth * they were living an angelic life. * They were worthily glorified. ^[SD]

Both now. **Theotokion.** *When he perceived.*

Being implored by the earnest intercessions * of all Your bodiless angelic hosts, the Prophets, * the Disciples, the Forerunner and the holy Martyrs, * and all the devout Monastics and all Your Saints, * Your good ever-virgin Mother, O Christ, to us * grant to walk in Your light, and also count us worthy to obtain * Your uncreated kingdom and rule, * in Your mercy and tender love. ^[SD]

READER

Psalm 50 (51).

Have mercy on me, O God, according to Your great mercy; and according to the abundance of Your compassion, blot out my transgression. Wash me thoroughly from my lawlessness and cleanse me from my sin. For I know my lawlessness, and my sin is always before me. Against You only have I sinned and done evil in Your sight; that You may be justified in Your words, and overcome when You are judged. For behold, I was conceived in transgressions, and in sins my mother bore me. Behold, You love truth; You showed me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to

τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σέ ἐπιστρέψουσι.
 Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, 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.

Κοντάκιον.

Τοῦ Τριωδίου - - -

ᾠχος πλ. δ΄. Ὡς ἀπαρχάς.

Ὡς εὐσεβείας κήρυκας, καὶ ἀσεβείας φίμωτρα,
 τῶν θεοφόρων τὸν δῆμον ἐφαίδρυνας, Κύριε, τὴν
 ὑφήλιον λάμποντα. Ἐν εἰρήνῃ τελεία, ταῖς αὐτῶν
 ἰκεσίαις, τοὺς σέ δοξάζοντας καὶ μεγαλύνοντας,
 διαφύλαξον, ψάλλειν καὶ ᾄδειν σοι, Ἀλληλούϊα.

Ὁ Οἶκος.

Τοῖς τοῦ βίου τερπνοῖς ἐνητένισα, λογισμοῖς
 θεωρῶν τὰ γινόμενα, καὶ μετρήσας αὐτῶν τὰ
 ἐπώδυνα, τὴν ζωὴν τῶν βροτῶν ἐταλάνισα,
 ὑμᾶς δὲ μόνους ἐμακάρισα, τοὺς μερίδα καλὴν
 ἐπιλεξαμένους, τὸ παθεῖν τῷ Χριστῷ, καὶ μένειν
 σὺν αὐτῷ, καὶ συμπάλλειν αἰεὶ τῷ Προφήτῃ Δαυΐδ,
 Ἀλληλούϊα.

Συναξάριον

Τοῦ Μηναίου.

Τῇ ΙΓ΄ τοῦ αὐτοῦ μηνός, μνήμη τῆς
 Ἀνακομιδῆς τοῦ Λειψάνου τοῦ ἐν Ἁγίοις
 Πατρὸς ἡμῶν Νικηφόρου, Πατριάρχου
 Κωνσταντινουπόλεως.

You. Deliver me from bloodguiltiness, O God,
 the God of my salvation, and my tongue shall
 greatly rejoice in Your righteousness. O Lord, You
 shall open my lips, and my mouth will declare
 Your praise. For if You desired sacrifice, I would
 give it; You will not be pleased with whole burnt
 offerings. A sacrifice to God is a broken spirit, a
 broken and humbled heart God will not despise.
 Do good, O Lord, in Your good pleasure to Zion,
 and let the walls of Jerusalem be built; then You
 will be pleased with a sacrifice of righteousness,
 with offerings and whole burnt offerings; then
 shall they offer young bulls on Your altar. [SAAS]

Kontakion.

From Triodion - - -

Mode pl. 4. O Planter of creation.

O Lord, you made the host of God-bearing
 Saints shine as preachers of godliness and silencers
 of godlessness, and they lit up the entire earth.
 By their entreaties, preserve us in peace, as we
 glorify and magnify You and chant and sing to
 You: Alleluia. [SD]

Oikos.

I observed the delights of earthly life, and
 considered what goes on in peoples' minds; and
 I weighed their pain, and I deemed their life
 unhappy. Only you did I call blessed, you Saints
 who chose the good portion, to suffer with Christ
 and remain with Him, and ever sing with the
 Prophet David: Alleluia. [SD]

Synaxarion

From the Menaion.

On March 13 we commemorate the recovery
 of the relics of our father among the saints
 Nikephoros, Patriarch of Constantinople.

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

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

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

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

Τοῦ Τριωδίου.

Τῷ Σαββάτῳ τῆς Τυρινῆς, μνεῖαν ἐπιτελοῦμεν πάντων τῶν ἐν ἀσκήσει λαμπάντων ἁγίων Ἄνδρῶν τε καὶ Γυναικῶν.

Στίχοι

Ψυχαῖς Δικαίων, ὧν αἰεὶ μνήμη μένει,
Χοᾶς μενούσας, προσκομίζω τοὺς λόγους.

Ταῖς τῶν Ὁσίων σου πάντων πρεσβείαις
Χριστέ ὁ Θεὸς ἡμῶν, ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

**Καταβασία τοῦ Σαββάτου τῆς Τυρινῆς
Ὡδὴ α΄. ᾠχος πλ. δ΄.**

Ἄσμα ἀναπέμψωμεν λαοί, τῷ θαυμαστῷ Θεῷ ἡμῶν, τῷ ἀπαλλάξαντι τὸν Ἰσραὴλ ἐκ δουλείας, ὠδὴν ἐπινίκιον, ἄδοντες καὶ βοῶντες· Ἄσωμέν σοι τῷ μόνῳ Δεσπότη.

Ὡδὴ β΄.

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἰμι ὁ Θεὸς ὑμῶν, ὁ πρὸ τῶν αἰώνων γεννηθείς ἐκ τοῦ Πατρός, καὶ ἐκ τῆς Παρθένου ἐπ' ἐσχάτων, δίχρα ἄνδρὸς κυηθείς, καὶ λύσας τὴν ἁμαρτίαν, τοῦ προπάτορος Ἀδάμ, ὡς φιλόανθρωπος.

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

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

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

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

From the Triodion.

On the Saturday of Cheese-fare week, we commemorate all the holy men and women who excelled in asceticism.

Verses

I offer these words as an abiding libation to the souls of the Righteous whose memory abides forever.

By the intercessions of all Your monastic Saints, O Christ our God, have mercy on us. Amen.

CHOIR

**Katavasia of Saturday of Cheese Week
Ode i. Mode pl. 4.**

O ye people, let us raise a song to our God who works wonders, for He set Israel free from bondage; and with a hymn of victory let us cry aloud: 'Let us sing to Thee, our only Master.' ^[KW]

Ode ii.

See now, see that I am your God, before all ages begotten from the Father, and in the last times conceived without man by the Virgin: and I have destroyed the sin of Adam the forefather in My love for mankind. ^[KW]

Ὡδή γ΄.

Οὐκ ἔστιν ἅγιος ὡς ὁ Κύριος, καὶ οὐκ ἔστι δίκαιος, ὡς ὁ Θεὸς ἡμῶν, ὃν ὑμνεῖ πᾶσα κτίσις, οὐκ ἔστιν ἅγιος πλὴν σοῦ Κύριε.

Ὡδή δ΄.

Ἐξ ὄρους κατασκίου, Λόγε ὁ προφήτης, τῆς μόνης Θεοτόκου, μέλλοντος σαρκουῖσθαι, θεοπτικῶς κατενόησε καὶ ἐν φόβῳ ἐδοξολόγει σου τὴν δύναμιν.

Ὡδή ε΄.

Τῆς τῶν παθῶν με ἀχλύος, ὡς ἐκ νυκτὸς βαθυτάτης λυτρούμενος, ὀρθρίζειν ἀξίωσον, τὸ πνεῦμά μου δέομαι, ἐν φωτὶ ἡμέρας, τῶν σῶν προσταγμάτων Χριστέ.

Ὡδή ς΄.

Συνεχόμενον δέξαι με φιλάνθρωπε, ἐκ πταισμάτων πολλῶν, προσπίπτοντα τοῖς οἰκτιρμοῖς σου, ὡς τὸν Προφήτην Κύριε, καὶ σῶσόν με.

Ὡδή ζ΄.

Ὁ τοὺς Παῖδας δροσίσας ἐν καμίνῳ, καὶ παρθένον φυλάξας μετὰ τόκον, τὴν σὲ τεκοῦσαν, εὐλογητὸς εἶ Κύριε, ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν.

Ὡδή η΄.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Τὸν ἐν ὄρει ἁγίῳ δοξασθέντα, καὶ ἐν βάτῳ πυρὶ τὸ τῆς Ἀειπαρθένου, τῷ Μωϋσῆ μυστήριον γνωρίσαντα, Κύριον ὑμνεῖτε, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

The Patriarchal Typikon indicates, as usual, that the entire canon be sung. Typically in parishes only the Katavasias are chanted. Ode ix is presented in its entirety, for the enrichment and edification of both singers and

Ode iii.

No one is holy like You are, O Lord, and no one is righteous like You our God. All creation extols You. No one is holy except for You, O Lord. ^[SD]

Ode iv.

The Prophet understood that You would be incarnate * from the Theotokos when he had considered * with divine vision, O Logos, the shaded mountain. * Afraid, he glorified Your power, O Lord. ^[SD]

Ode v.

Deliver me, I pray, from the dark night of the passions, and enable my spirit, O Christ, to seek Thee early in the morning, guided by the light of Thy commandments. ^[KW]

Ode vi.

Held fast by many sins, I fall down like the Prophet before Thy tender mercies. Accept me also in Thy love for mankind, O Lord, and save me. ^[KW]

Ode vii.

Thou hast refreshed the Children with dew in the furnace, and Thou hast preserved Thy Mother as a Virgin after childbirth: Blessed art Thou, O Lord God of our fathers. ^[KW]

Ode viii.

We praise and we bless and we worship the Lord.

O extol Him, who on the holy mountain * showed His glory, as Lord, * and in the bush with fire * revealed to Moses knowledge of the mystery * of the Ever-Virgin, supremely exalting Him unto all the ages. ^[SD]

The Patriarchal Typikon indicates, as usual, that the entire canon be sung. Typically in parishes only the Katavasias are chanted. Ode ix is presented in its entirety, for the enrichment and edification of both singers and

listeners. Since this Saturday of Cheesefare week is not a great feast, Ode ix is, as usual, preceded by the Magnificat.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. ᾠχος πλ. δ'.

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

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

listeners. Since this Saturday of Cheesefare week is not a great feast, Ode ix is, as usual, preceded by the Magnificat.

DEACON

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

CHOIR

Ode ix.

The Magnificat. Mode pl. 4.

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

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

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

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

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

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

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

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

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

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

Ὡδὴ θ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

Τὸν προδηλωθέντα ἐν ὄρει τῷ Νομοθέτῃ, ἐν
πυρὶ καὶ βᾶτῳ τόκον τὸν τῆς Ἀειπαρθένου, εἰς
ἡμῶν τῶν πιστῶν σωτηρίαν, ὕμνοις ἀσιγήτοις
μεγαλύνωμεν.

Τροπάρια.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Τίς τὴν παρρησίαν, ἐρεύξεται Ἀμβροσίου;
τοῦ Ἱεροθέου δέ, πῶς τὴν σοφίαν ἐξείποι; καὶ

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

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

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

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

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

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

Ode ix. Mode pl. 4. Heirmos.

Let us sing to Him who to Moses of old
prefigured * in the burning bush the childbirth
of ever-virgin Mary, * for the salvation of us the
believers. * Let us magnify Him with unceasing
hymns. [SD]

Troparia.

Saints of God, intercede for us.

Who can describe the boldness of Ambrose?
Who can recount the wisdom of Hierotheos,

Ἀλεξάνδρων τῶν θεοσόφων Πατέρων, τὴν ὑπὲρ
τῆς πίστεως στερρότητα;

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Φαίδιμος ὁ θεῖος, Σπυρίδων ὁ θεοφόρος,
σὺν τῷ Ἀντιπάτρῳ, Παμβῶ, Παλλαδίῳ, καὶ
Νόννῳ, Ἰερωνύμῳ, καὶ Γερμανῶ τῷ παντίμῳ, ὡς
θεοφωστῆρες ἀνυμνείσθωσαν.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ὁ πολὺς τὰ θεῖα, Διονύσιος τιμάσθω, ὡς
τῶν οὐρανίων μύστης, ὁ πολὺαθλος Κλήμης,
Φλαβιανός τε, καὶ Παῦλος ὁ μέγας, τῆς ὁμολογίας
οἱ προκήρυκες.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Μιχαὴλ Συνάδων, ὑμνείσθω σὺν Ταρασίῳ,
Νικηφόρος αὐθις, σὺν Θεοδώρῳ τῷ πάνυ, καὶ
Θεοφάνη, ὁ Ἰερώνυμος ὄντως, οἱ ὑπασπισταὶ τῶν
χαρακτήρων Χριστοῦ.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Πέτρος καὶ Ἰγνάτιος, οἱ ὄντως θεοφόροι,
ὡς Χριστοῦ ἀπόστολοι, καὶ ἱερόαθλοι ὄντες,
ἀνυμνείσθωσαν ἅμα σὺν Πολυκάρπῳ, καὶ
Κυπριανῶ τῷ χριστομάρτυρι.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Ὅσοι Πατέρες, καὶ Ἱεράρχαι Κυρίου, σὺν
Ἱερομάρτυσι, καὶ Γυναιξίν ἀγίαις, ὀνομαστοὶ καὶ
ἀνόνημοι πάντες, εὐξασθε σωθῆναι τὰς ψυχὰς
ἡμῶν.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Μαρτυρικόν.

Ἐν ταῖς οὐρανίαις, μοναῖς τῆς δόξης Κυρίου,
σὺν χοροῖς τῶν Μαρτύρων, καὶ Ἀποστόλων
τρυφῶντες, ὑπὲρ ἡμῶν τῶν ἐν γῆ τὰς αἰτήσεις,
Μάρτυρες τῷ κτίστῃ προσαγάγετε.

and the steadfastness with which the Alexanders
struggled in defence of the faith? [KW]

Saints of God, intercede for us.

Let us praise the divine Phaidimos and God-
bearing Spyridon, Antipatros, Pambo, Palladios
and Nonnos, with Jerome and all honoured
Germanos: for they are shining lights of God. [KW]

Saints of God, intercede for us.

Let us honour Dionysios, great in the
knowledge of God, initiate of the heavenly
mysteries, and Clement, who laboured much, with
Flavian and Paul the Great, the heralds of the faith.

[KW]

Saints of God, intercede for us.

Let us praise Michael of Synada and Tarasios,
Nikephoros and illustrious Theodore, with
Theophanes and Jerome, the defenders of the ikons
of Christ. [KW]

Saints of God, intercede for us.

Let praise be given to Peter and Ignatios, who
in very truth bore God in their hearts, the apostles
of Christ who suffered for His sake, and also to
Polycarp and Cyprian the martyr of the Lord. [KW]

Saints of God, intercede for us.

O holy fathers and hierarchs of the Lord,
martyr priests and bishops, and women saints, all
those whom we have named and all whose names
we do not know: pray for the salvation of our
souls. [KW]

Saints of God, intercede for us.

For the Martyrs.

As ye rejoice, O martyrs, in the heavenly
mansions of the glory of the Lord, with the choir
of the apostles, pray to the Creator for all of us on
earth. [KW]

Δόξα.

Ὁ εἷς ἐν Τριάδι Θεός, δόξα σοι ἀπαύστως· εἰ γὰρ καὶ Θεὸς ἕκαστον, ἀλλ' εἷς τῇ φύσει πέλεις, ὁ Πατὴρ, ὁ Υἱὸς καὶ τὸ πνεῦμα, τοῖς τρισσοφάεσιν ιδιώμασι.

Καὶ νῦν. **Θεοτοκίον.**

Βάτον καιομένην πυρί, καὶ μὴ φλεγομένην, προεώρα πάλαι Μωσῆς, ἐν Σιναίῳ τῷ, ὄρει, σὴν θεόδεκτόν σου γαστέρα Παρθένε, ὑποδεχομένην τὸ ἀκήρατον πῦρ.

Καταβασία. Ἦχος πλ. δ'.

Τὸν προδηλωθέντα ἐν ὄρει τῷ Νομοθέτῃ, ἐν πυρὶ καὶ βιάτῳ τόκον τὸν τῆς Ἀειπαρθένου, εἰς ἡμῶν τῶν πιστῶν σωτηρίαν, ὕμνοις ἀσιγήτοις μεγαλύνωμεν.

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.

(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.)

Glory.

O God, one in three, glory be to Thee without ceasing. Each is God, for Father, Son and Spirit are one in Nature, though threefold and distinct in the splendour of their Persons. ^[KW]

Both now. **Theotokion.**

The bush which burned with fire and yet was not consumed, that Moses saw of old upon Mount Sinai, was a foreshadowing of thy womb, O Virgin, which received the pure fire of the Godhead. ^[KW]

Katavasia. Mode pl. 4.

Let us sing to Him who to Moses of old prefigured * in the burning bush the childbirth of ever-virgin Mary, * for the salvation of us the believers. * Let us magnify Him with unceasing hymns. ^[SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

ΧΟΡΟΣ

Ἐξαποστειλάριον.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Γυναῖκες ἀκουτίσθητε.*

Οἱ κόσμον ἀρνησάμενοι, καὶ τὸν Σταυρὸν ἀράμενοι, πληθὺς ὁσίων Πατέρων, σὺν τοῖς χοροῖς τῶν Μαρτύρων, Ἱεραρχῶν ὁμήγυρις, καὶ Γυναικῶν τὸ σύνταγμα, ἡμᾶς καταφαιδρύνετε, τοῦ ἀνυμνῆσαι ἀξίως, ὑμῶν τὴν ἀμφωτον μνήμην.

Ἄτερον.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Τοὺς ἐν ἀσκήσει λάμπσαντας, Θεοφόρους Πατέρας, καὶ Ἱεράρχας ἅμα τε, Γυναικῶν τὰς ὁσίας, καὶ τῶν Ἱερομαρτύρων, τὰς χορείας ἐν ὕμνοις, φαιδρῶς ἀνευφημήσωμεν, ὅπως ἀγιασθῶμεν, καὶ ταῖς εὐχαῖς τούτων, καὶ πρεσβείαις τῆς Θεοτόκου, τὸν δρόμον διανύσωμεν, εὐμαρῶς τῆς νηστείας.

Οἱ Αἴνοι. Ἦχος πλ. δ΄.

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

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

Αἰνεῖτε αὐτόν ἡλιος καὶ σελήνη, αἰνεῖτε αὐτόν πάντα τὰ ἄστρα καὶ τὸ φῶς.

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

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

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

CHOIR

Exaposteilarion.

From Triodion - - -

Mode 2. *O Women, hearken.*

All you who had renounced the world * and who had taken up the Cross, * O holy monastic Fathers, * and you the choirs of Martyrs, * assemblage of the Hierarchs, and company of women Saints, * you make us bright and full of joy * that we may worthily praise you * and your all-resplendent memory. [SD]

Another.

Mode 2. *On the mountain.*

Come let us splendidly extol * those who were great Ascetics, * and the most holy Hierarchs, * and the God-bearing Fathers, * and praise the all-honored choirs * of noble Hieromartyrs, * also the righteous women Saints, * so that we might be sanctified and may run * and with ease complete the course of the great Fast, * by intercessions of the Saints * and of the Theotokos. [SD]

Lauds. Mode pl. 4.

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

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

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

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

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

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

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

Πῦρ, χάλαζα, χιόν, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιῶντα τὸν λόγον αὐτοῦ.

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

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετά 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 ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρας λαοῦ αὐτοῦ.

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

Ἄσατε τῷ Κυρίῳ ῥῆσμα καινόν, ἢ αἶνεσις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

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

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραιεῖς ἐν σωτηρίᾳ.

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιᾶσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

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

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

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

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

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.

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

Praise God in His saints; praise Him in the firmament of His power.

Τοῦ Τριωδίου - - -

Ἦχος πλ. δ'. Ὁ ἐν Ἐδέμ Παράδεισος.

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

Τὴν τῶν Πατέρων ἅπαντες πληθύν, ὁσίως
ἀσκήσασαν, ἐν ᾧδαῖς ἐγκωμιάσωμεν πιστοί,
τοὺς Ἱεράρχας δὲ Χριστοῦ, εὐφημήσωμεν
ἄσμασι, θεοφρόνως ὁμοψύχως ἀδελφοί· ἐν
ἐγκρατεία γὰρ ἔζησαν, καὶ ἐν νηστεία καθαροῖ,
καὶ τοῦ Χριστοῦ κατετράνωσαν, τὸ Εὐαγγέλιον
ἡμῖν, μεθ' ὧν ἀνυμνήσωμεν, Γυναικῶν τὰς
θεοφόρους καὶ λαμπράς, τὴν αὐτῶν πολιτείαν,
θεοπρεπῶς ζηλοῦντες ἐν ψυχῇ, ἵνα εὕρωμεν ἐκεῖ,
πλημμελημάτων τὴν συγχώρησιν.

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

Τοὺς ἐν ἀσκήσει λάμπσαντας φαιδρῶς, ὁσίως
τε ζήσαντας, εὐφημήσωμεν ἐνδόξως ἀδελφοί,
ὡς βιοτεύσαντας καλῶς, πρὸς ζωὴν τὴν αἰώνιον,
εὐσεβῶς μετοικισθέντας ἐν χαρᾷ, πρὸς ληξίν τε
τὴν ἀνώλεθρον, καὶ μακαρίαν τὴν ἐκεῖ, δι' ἀρετῆς
καὶ σεμνότητος, εὐθυδρομήσαντας ἰδού, ἀξίως
τιμήσωμεν, ὅπως τύχωμεν ἐλέους ἐκ Θεοῦ, τῇ
αὐτῶν παρακλήσει, καὶ αἰωνίου δόξης καὶ χαρᾶς,
καὶ ῥυσθῶμεν τῶν ἐκεῖ, ἀπαραιτήτων κολάσεων.

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

Ἱεραρχῶν ἀπάντων ὁ χορός, Δικαίων
ὁμήγυρις, Ἀσκητῶν τε καὶ ὁσίων Γυναικῶν,
τῶν βιωσάντων εὐσεβῶς, δυσωπηθέντες χάριτι·
Ἴκετεύσατε τὸν μόνον ἀγαθόν, καὶ πανοικτίρμονα
Κύριον, τοῦ οἰκτειρῆσαι καὶ ἡμᾶς, καὶ τῆς
ἐκεῖ κατακρίσεως, ῥυσθείημεν διαπαντός,
ταῖς προσευχαῖς ὑμῶν σοφοί, καὶ μελλούσης
ἀπολαύσεως, τρυφᾶν διηνεκῶς, εἰς αἰῶνας

From Triodion - - -

Mode pl. 4. (not metered)

*Praise Him for His mighty acts; praise Him
according to the abundance of His greatness. [SAAS]*

All believers, let us praise in song the great
company of the Fathers. Brethren, let us with
a godly mind and singleness of soul extol the
Hierarchs of Christ. For they lived in self-control
and pure fasting, and they made the Gospel of
Christ known to all of us. Let us also sing the
praises of the God-bearing and illustrious Women,
and wholeheartedly and piously aspire to their way
of life, so that in the next life we may obtain the
forgiveness of sins. [SD]

*Praise Him with the sound of trumpet; praise
Him with the harp and lyre. [SAAS]*

Brethren, let us gloriously extol those who
shined splendidly in asceticism and lived in devout
monasticism. And let us worthily honor those
who lived well and who piously moved to eternal
life with joy, to that indestructible and blessed
destination in the next life. Through virtue and
decorum they went straight there. By their prayers,
may we receive mercy from God, eternal glory and
joy, and may we be delivered from unavoidable
punishment in the next life. [SD]

*Praise Him with timbrel and dance; praise
Him with strings and flute. [SAAS]*

We implore you, Hierarchs and Righteous,
Ascetics, men and women Monastics, all you
who lived piously in grace. Entreat our all-
compassionate Lord, who alone is good, to have
mercy on us. By your prayers, O wise Saints, may
we ever be delivered from condemnation in the
next life, so that we may continually enjoy the
future delights, forever and ever, greatly rejoicing

αίωνων, ἀγαλλιώμενοί τε καὶ ἡμεῖς, αἶνον ὕμνοις ἀπαύστως, τῷ Ζωοδότῃ ἀνακράζοντες.

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

Θεοπρεπῆ πανήγυριν πιστοί, κροτήσωμεν σήμερον, ἐν τῇ μνήμῃ τῶν Ἁγίων δαψιλῶς Ἱεραρχῶν, καὶ Ἀσκητῶν, καὶ Ἱερομαρτύρων, καὶ ὁσίων Γυναικῶν, καὶ εὐσεβῶν· τῶν γὰρ φθαρτῶν κατεφρόνησαν, καὶ τῶν προσκαίρων ἀληθῶς, καὶ ὡς ἀράχνην ἠγήσαντο, καὶ ὥσπερ σκύβαλα αὐτά, ἵνα κερδήσωσι, τὸν Χριστὸν καὶ τὰ βασιλεία αὐτοῦ, καὶ τὰ θεῖα ἐκεῖνα, ἃ ὀφθαλμὸς οὐκ εἶδεν, οὐς οὐδὲ ἤκουσε ποτέ, ὧν πρεσβείαις ὁ Θεός, ρῦσαι φθορᾶς τὰς ψυχὰς ἡμῶν.

Δόξα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος πλ. β'.

Ὅσοι Πατέρες, εἰς πᾶσαν τὴν γῆν ἐξῆλθεν ὁ φθόγγος, τῶν κατορθωμάτων ὑμῶν, δι' ὧν ἐν τοῖς οὐρανοῖς, εὗρετε μισθὸν τῶν καμάτων ὑμῶν, τῶν δαιμόνων ὠλέσατε τὰς φάλαγγας, τῶν Ἀγγέλων ἐφθάσατε τὰ τάγματα, ὧν τὸν βίον ἀμέμπτως ἐζηλώσατε, παρρησίαν ἔχοντες πρὸς Κύριον, εἰρήνην αἰτήσασθε ταῖς ψυχαῖς ἡμῶν.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Θεοτόκε, σὺ εἶ ἡ ἄμπελος ἡ ἀληθινή, ἡ βλαστήσασα τὸν καρπὸν τῆς ζωῆς, σὲ ἱκετεύομεν, πρέσβευε Δέσποινα, μετὰ τῶν Ὁσίων καὶ πάντων τῶν ἁγίων, ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Ἡ Μεγάλη Δοξολογία

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

and unceasingly shouting hymns of praise to the Giver of Life. [SD]

Praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. [SAAS]

O believers, let us hold a lavish celebration today, worthy of God, for the memory of the Saints, the Ascetics and Hieromartyrs and devout women Monastics. For they truly disdained things corruptible and temporary, and they considered them as mere cobwebs and rubbish, so that they might obtain Christ and His kingdom and those divine things which eye has not seen nor ear ever heard. By their intercessions, O God, deliver our souls from destruction. [SD]

Glory. **From the Triodion.**

From Triodion - - -

Mode pl. 2.

Devout Fathers, the proclamation of your achievements went forth into all the earth. For your labors you found the reward in heaven. You destroyed the arrays of demons, and you attained to the orders of the Angels, whose lifestyle you emulated blamelessly. Since you have confidence before the Lord, ask Him to grant peace to our souls. [SD]

From Octoechos - - -

Both now. **Theotokion.**

Theotokos, you are the true vine that produced the fruit of life. Lady, we fervently entreat you to intercede along with the devout ones and all the saints, that our souls be treated mercifully. [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]

Ἕμνοῦμέν 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 Πατρός, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

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

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

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

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

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

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

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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, ἵασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι.

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

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

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

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

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

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

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

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

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

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.

Κύριε, πρὸς σὲ 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.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

Ἀπολυτίκιον.

Τοῦ Τριωδίου - - -

Ἦχος δ'.

Ὁ Θεὸς τῶν πατέρων ἡμῶν, ὁ ποιῶν ἀεὶ μεθ' ἡμῶν κατὰ τὴν σὴν ἐπιείκειαν, μὴ ἀποστήσης τὸ ἔλεός σου ἀφ' ἡμῶν, ἀλλὰ ταῖς αὐτῶν ἱκεσίαις, ἐν εἰρήνῃ κυβέρνησον τὴν ζωὴν ἡμῶν.

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

Apolytikion.

From Triodion - - -

Mode 4.

O God of our Fathers, since You always deal with us in accordance with Your gentleness, do not withdraw Your mercy from us, but at their fervent entreaties, pilot our life in peace. [SD]