

**eMatins powered by AGES**

# The Service of Matins

**for Sunday, March 14, 2021**

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

**Eothion 7**

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

**Menaion - March 14  
Katavasias of Triodion Sunday 1 and 4**

**Texts in Greek and English**

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**Βιβλία - Πηγαί**

**Ὀκτώηχος - ᾠχος βαρύς.**

Τῇ Κυριακῇ Πρωΐ

**Τριώδιον**

Κυριακῇ τῆς Τυρινῆς

---

**ΟΡΘΟΣ**

**ΧΟΡΟΣ**

**ᾠχος 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 θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὀκτωήχου - - -

**Ἀπολυτίκιον Ἀναστάσιμον.**

**ᾠχος 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 Χριστέ 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 κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστέ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

**Books - Sources**

**Octoechos - Grave Mode.**

On Sunday Morning

**Triodion**

Cheesefare Sunday

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**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 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.

From Octoechos - - -

**Resurrectional Apolytikion.**

**Grave Mode.**

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

Glory. **Repeat.**

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου ---

**Ἦχος βαρύς.**

Ὡς τῆς ἡμῶν Ἀναστάσεως θησαύρισμα,  
τοὺς ἐπὶ σοὶ πεποιθότας Πανύμνητε, ἐκ λάκκου  
καὶ βυθοῦ πταισμάτων ἀνάγαγε· σὺ γὰρ τοὺς  
ὑπευθύνους τῇ ἁμαρτίᾳ, ἔσωσας τεκοῦσα τὴν  
σωτηριάν, 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. )

**ΧΟΡΟΣ**

**Κάθισμα Α΄.**

Τῆς Ὀκτωήχου ---

**Ἦχος βαρύς.**

Ἡ Ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ σφραγίς  
ἐν τῷ λίθῳ ἐπέκειτο, ὡς Βασιλέα ὑπνοῦντα,  
στρατιῶται ἐφύλαττον Χριστόν, καὶ Ἄγγελοι  
ἐδόξαζον, ὡς Θεὸν ἀθάνατον. Γυναῖκες δὲ

risen, O Christ our God, and granted the world  
Your great mercy. [SD]

Both now. **Theotokion.**

From Octoechos ---

**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. )

**CHOIR**

**Kathisma I.**

From Octoechos ---

**Grave Mode.**

Life was laid in the sepulcher, and a seal was  
laid on the stone. And as if guarding a king in his  
sleep, so the soldiers guarded Christ; and Angels  
glorified Him as the immortal God. The women

ἐκραύγαζον· Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα.

Τῇ τριημέρῳ 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 σώσῃ τὰς ψυχὰς ἡμῶν.

Τῆς Ὀκτωήχου - - -

**Κάθισμα Β΄.**  
**Ἦχος βαρύς.**

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

Δόξα.

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

Καὶ νῦν. **Θεοτοκίον.**

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

cried aloud, "The Lord has risen, and granted the world great mercy." <sup>[SD]</sup>

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. <sup>[SD]</sup>

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.

<sup>[SD]</sup>

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. Then, although the doors were shut, You came to Your Disciples, O Resurrection of all. Through them You renew a right spirit in us, according to Your great mercy. <sup>[SD]</sup>

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. <sup>[SD]</sup>

Both now. **Theotokion.**

Rejoice, Maiden full of grace, O Virgin Theotokos; a haven and protection are you for all of mankind. From you did the Redeemer of the world become incarnate, only you are both a Mother and a Virgin. O Lady ever blessed and

**Εὐλογητάρια Ἀναστάσιμα.**

**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 ἑαυτῷ τὸν Ἄδὰμ ἐγείραντα, καὶ ἐξ Ἄδου πάντας ἐλευθερώσαντα.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν, ὧ Μαθήτριάι κινῶνται; 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 πρωΐ, Μυροφόροι ἔδραμον, πρὸς τὸ μνήμά σου θρηνηλογοῦσαι· ἀλλ' ἐπέστη, πρὸς αὐτάς ὁ Ἄγγελος, καὶ εἶπε· θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν Ἀνάστασιν δέ, Ἀποστόλοις εἶπατε.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

ever filled with glory, intercede with Christ God, beseeching Him to grant peace to the universe. <sup>[SD]</sup>

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

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

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

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

Δόξα.

Προσκυνοῦμεν Πατέρα, καὶ τὸν τούτου Υἱὸν  
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 Παρθένε, τὸν  
Ἀδὰμ ἀμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ, ἀντὶ λύπης  
παρέσχες, ρεύσαντα ζωῆς, ἴθυνε πρὸς ταύτην δέ, ὁ  
ἐκ σοῦ σαρκωθείς Θεὸς καὶ ἄνθρωπος.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. 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.

( Σοί, Κύριε. )

**ΙΕΡΕΥΣ**

Ὅτι ἠυλόγηταί 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. )

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.

( 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. )

**ΑΝΑΓΝΩΣΤΗΣ**

Τῆς Ὀκτωήχου ---

**Ὑπακοή. Ἦχος βαρύς.**

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

**ΧΟΡΟΣ**

**Οἱ Ἀναβαθμοί.**

**Ἀντίφωνον Α΄. Ἦχος βαρύς.**

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

Ἐν τῷ νότῳ ὁ σπεύρων θλίψεις, νηστείας  
μετὰ δακρύων, οὗτος χαρᾶς δρέψεται, δράγματα  
ἀειζωοτροφίας.

Δόξα· καὶ νῦν.

Ἄγιω Πνεύματι, πηγὴ τῶν θείων  
θησαυρισμάτων, ἐξ οὗ σοφία, σύνεσις, φόβος,  
αὐτῷ αἴνεσις, 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.

Δόξα· καὶ νῦν.

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

**Ἀντίφωνον Γ΄.**

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

**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]

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]



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

Δόξα· καὶ νῦν.

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

### Προκείμενον.

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

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

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

### ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου ---

### Κοντάκιον Ἀναστάσιμον.

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

### Ὁ Οἶκος.

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

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]

### READER

From Octoechos ---

### Resurrectional Kontakion.

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

[SD]

### Oikos.

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

### Κοντάκιον τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

**Ἦχος πλ. β΄. Αὐτόμελον.**

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

### Ὁ Οἶκος.

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

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

Συνάληγσον Παράδεισε, τῷ κτήτορι πτωχεύσαντι, καὶ τῷ ἤχῳ σου τῶν φύλλων, ἰκέτευσον τὸν Πλάστην, μὴ κλείσῃ σε. Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

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

### Συναξάριον

Τοῦ Μηναιίου.

Τῇ ΙΔ΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Βενεδίκτου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Μάρτυρος Ἀλεξάνδρου, τοῦ ἐν Πίδνῃ.

### Kontakion from Triodion.

From Triodion - - -

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

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

[GKD]

### Oikos.

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

[GKD]

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

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

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

### Synaxarion

From the Menaion.

On March 14 we commemorate our devout father Benedict.

On this day we commemorate the holy martyr Alexander of Pidne.

Τῆ αὐτῆ ἡμέρᾳ, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν καὶ Ὁμολογητοῦ Εὐσχήμονος, Ἐπισκόπου Λαμψάκου.

**Τοῦ Τριωδίου.**

Τῆ αὐτῆ ἡμέρᾳ, ἀνάμνησιν ποιούμεθα τῆς ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς ἐξορίας τοῦ Πρωτοπλάστου Ἀδάμ.

**Στίχοι**

Κόσμος γενάρχαις πικρὰ συνθρηνησάτω.  
Βρώσει γλυκεία, συμπεσὼν πεπτωκόσι.

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

**ΧΟΡΟΣ**

**Καταβασία τῆς Κυριακῆς  
τοῦ Τελώνου, καὶ τῆς Τυρινῆς  
ᾠδῆ α΄. ᾠχος πλ. β΄.**

Ὡς ἐν ἠπείρῳ πεζεύσας ὁ Ἰσραήλ, ἐν ἀβύσσῳ ἴχνησι, τὸν διώκτην Φαραῶ, καθορῶν ποντούμενον, Θεῷ ἐπινίκιον ᾠδὴν, ἐβόα, ᾄσωμεν.

**ᾠδῆ γ΄.**

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

**ᾠδῆ δ΄.**

Χριστός μου δύναμις, Θεὸς καὶ Κύριος, ἡ σεπτὴ Ἐκκλησία θεοπρεπῶς, μέλπει ἀνακράζουσα, ἐκ διανοίας καθαρᾶς, ἐν Κυρίῳ ἐορτάζουσα.

**ᾠδῆ ε΄.**

Τῷ θείῳ φέγγει σου Ἀγαθέ, τὰς τῶν ὀρθριζόντων σοι ψυχὰς, πόθῳ καταύγαυσον

On this day we commemorate our devout father Efschemon the Confessor, Bishop of Lampsacus.

**From the Triodion.**

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

**Verses**

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

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

**CHOIR**

**Katavasia of Triodion Sunday 1 and 4**

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

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

**Ode iii.**

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

**Ode iv.**

O Christ, my strength are You, \* my God and Lord are You, \* the divine congregation, aptly for God, \* sings in chorus crying out to Him in purity of mind, \* as she celebrates the feast in the Lord.

[SD]

**Ode v.**

With Your divine light, O good One, shine \* on the souls of those who longingly rise to You early, I supplicate, \* so that they may know You

δέομαι, σὲ εἰδέναι Λόγε Θεοῦ, τὸν ὄντως Θεόν, ἐκ ζόφου τῶν πταισμάτων ἀνακαλούμενον.

### Ὦδὴ Ϛ´.

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

### Ὦδὴ ϛ´.

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

### Ὦδὴ η´.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.*

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

### 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 αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

### ΧΟΡΟΣ

Ἀμήν.

the very God, Word of God, \* who call them to return from the gloom offences bring. [SD]

### Ode vi.

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

### Ode vii.

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

### Ode viii.

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

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

### DEACON

Let us pray to the Lord.

( *Lord, have mercy.* )

### 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.

**Ἦχος β΄.**

Πᾶσα πνοή αἰνεσάτω τὸν Κύριον. (δ΄)  
Αἰνεσάτω πνοή πᾶσα τὸν Κύριον.

**ΔΙΑΚΟΝΟΣ**

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

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

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου  
Εὐαγγελίου.

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

( Καὶ τῷ πνεύματί σου. )

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ  
ἀνάγνωσμα.

**ΔΙΑΚΟΝΟΣ**

Πρόσχωμεν.

( Δόξα σοι, Κύριε, δόξα σοι. )

**ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)**

Ἐωθινὸν Ζ΄  
Ἰωάννην Κ΄ 1-10

Τῇ μιᾷ τῶν Σαββάτων Μαρία ἡ Μαγδαληνὴ  
ἔρχεται πρῶτὸ 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· Ἔβρασαν τὸν Κύριον ἐκ τοῦ μνημείου,  
καὶ οὐκ οἶδαμεν ποῦ ἔθηκαν αὐτόν. Ἐξηλθεν  
οὖν ὁ Πέτρος καὶ ὁ ἄλλος μαθητής, καὶ ἤρχοντο  
εἰς τὸ μνημεῖον. Ἔτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ  
ἄλλος μαθητής προέδραμε τάχιον τοῦ Πέτρου,  
καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας,  
βλέπει κείμενα τὰ ὀθόνια· οὐ μέντοι εἰσῆλθεν.

**Mode 2.**

Let everything that breathes praise the Lord.  
(2) Let everything that breathes praise the Lord.

[SAAS]

**DEACON**

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

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

**DEACON**

Wisdom. Arise. Let us hear the Holy Gospel.

**PRIEST**

Peace be with all.

( And with your spirit. )

**PRIEST**

The reading is from the Holy Gospel  
according to John.

**DEACON**

Let us be attentive.

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

**PRIEST (from the altar table)**

Eothinon  
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

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 μαθητὴς ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε, καὶ ἐπίστευσεν. Οὐδέπω γὰρ ἤδεισαν τὴν Γραφήν, ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. Ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.

( Δόξα σοι, Κύριε, δόξα σοι. )

### ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι,  
προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν,  
τὸν μόνον ἀναμάρτητον. Τὸν Σταυρὸν σου,  
Χριστέ, προσκυνοῦμεν καὶ τὴν ἁγίαν σου  
ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ  
εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν,  
τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ  
πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν  
ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ  
ἐν ὄλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν  
Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ· Σταυρὸν  
γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

### ΧΟΡΟΣ

**Ψαλμὸς Ν' (50).**

**Ἦχος β'.** (ἡ τῆς ἐβδομάδος.)

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

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου  
καὶ ἀπὸ τῆς ἀμαρτίας μου καθάρισόν με.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ  
ἀμαρτία μου ἐνώπιόν μου ἐστὶ διαπαντός.

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 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.

Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.

Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσθησέ με ἡ μήτηρ μου.

Ἴδου 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.

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

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἠγεμονικῶ στήριξόν 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.

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 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.

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

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

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης,  
ἀναφορὰν καὶ ὀλοκαυτώματα.

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

**Ἰδιόμελα τοῦ Τριωδίου.**

Δόξα. ᾠχος πλ. δ'.

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

Καὶ νῦν. Ὁ αὐτός.

Τῆς σωτηρίας εὐθυνόν μοι τρίβους, Θεοτόκε·  
αἰσχυραῖς γὰρ κατεβύβωσα, τὴν ψυχὴν ἀμαρτίαις,  
ὡς ραθύμως τὸν βίον μου, ὅλον ἐκδαπανήσας, ταῖς  
σαῖς πρεσβείαις ρῦσαι με, πάσης ἀκαθαρσίας.

**Ἰδιόμελον. ᾠχος πλ. β'.**

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

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

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

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

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

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

**Idiomela from the Triodion.**

Glory. **Mode pl. 4.**

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

Both now. **Same Mode.**

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

**Idiomelon. Mode pl. 2.**

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

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



## ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν Ὁρθοδόξων καὶ κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσσοστόμου, 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 Χαραλάμπους 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 ἀμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

## ΧΟΡΟΣ

Κύριε, ἐλέησον. **(β')**

## 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.

## DEACON

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

( Ἀμήν. )

### ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

### ΧΟΡΟΣ

**Ὡδὴ θ´.**

**Μεγαλυνάριον. ᾠχὸς πλ. β´.**

**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.

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.

### CHOIR

**Ode ix.**

**The Magnificat. 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]

**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'. Καταβασία. ᾠχος πλ. β'.**

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

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

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

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

**DEACON**

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

( 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. )

### 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)

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

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

**Ἐξαποστειλάριον.**

**Τὸ Ζ΄ Ἐωθινόν.**

**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.

( 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. )

### CHOIR

**Mode 2.**

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

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

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**The Seventh Eothinon.**

**Mode 2. On the mountain.**

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

**Ἐξαποστειλάριον. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἦχος β΄. Γυναῖκες ἀκουσίσητε.**

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

**Ἄτερον.**

Τοῦ Τριωδίου - - -

**Ἦχος β΄. Τοῖς Μαθηταῖς συνέλθωμεν.**

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

**Οἱ Αἶνοι. Ἦχος βαρῦς.**

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 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.

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

**Exaposteilarion. From the Triodion.**

From Triodion - - -

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

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

**Another.**

From Triodion - - -

**Mode 2. On the mountain.**

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

**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.

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 ἕσμα καινόν, ἡ αἴνεσις 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 πρᾶεῖς 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 δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

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 Ὀκτωήχου ---

**Στιχηρὰ Ἀναστάσιμα.****ᾠχος βαρύς.**

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

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

**ᾠχος βαρύς.**

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

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

**ᾠχος βαρύς.**

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

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

**ᾠχος βαρύς.**

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

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

From Octoechos ---

**Resurrectional Stichera.****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]

**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]

**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]

**Grave Mode.**

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

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

**Ἦχος βαρύς.**

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

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

**Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἰδιόμελον. Ἦχος πλ. α'.**

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

Οἴμοι! ὁ Ἀδάμ, ἐν θρήνῳ κέκραγεν, ὅτι ὄφεις καὶ γυνή, θεϊκῆς παρρησίας με ἔξωσαν, καὶ Παραδείσου τῆς τρυφῆς ξύλου βρῶσις ἠλλοτριώσεν. Οἴμοι! οὐ φέρω λουπὸν τὸ ὄνειδος, ὁ ποτὲ βασιλεὺς τῶν ἐπιγείων πάντων κτισμάτων Θεοῦ, νῦν αἰχμάλωτος ὤφθη, ὑπὸ μιᾶς ἀθέσμου συμβουλῆς, καὶ ὁ ποτὲ δόξαν ἀθανασίας ἠμφισμένοσ, τῆς νεκρώσεως τὴν δοράν, ὡς θνητὸς ἔλεεινῶς περιφέρω. Οἴμοι! τίνα τῶν θρήνων συνεργάτην ποιήσομαι; Ἄλλὰ σὺ Φιλάνθρωπε, ὁ ἐκ γῆς δημιουργήσας με, εὐσπλαγχνίαν φορέσας, τῆς δουλείας τοῦ ἐχθροῦ, ἀνακάλεσαι καὶ σῶσόν με.

**Ἰδιόμελον. Ἦχος πλ. α'.**

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

Τὸ στάδιον τῶν ἀρετῶν ἠνέφκται, οἱ βουλόμενοι ἀθλῆσαι εἰσέλθετε, ἀναζωσάμενοι τὸν καλὸν τῆς Νηστείας ἀγῶνα· οἱ γὰρ νομίμως ἀθλοῦντες, δικαίως στεφανοῦνται, καὶ ἀναλαβόντες τὴν πανοπλίαν τοῦ Σταυροῦ, τῷ

**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 - - -

**Idiomelon. Mode pl. 1.**

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

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

**Idiomelon. Mode pl. 1.**

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

The stadium of virtue is now open; those who wish to compete, enter therein, girded for the good contest of Lent, for those who compete according to the rules shall receive their laurels rightfully. Taking up the full armor of the Cross, let us do



ἐχθρῶ ἀντιμαχησώμεθα, ὡς τεῖχος ἄρρηκτον κατέχοντες τὴν Πίστιν, καὶ ὡς θώρακα τὴν προσευχὴν, καὶ περικεφαλαίαν τὴν ἐλεημοσύνην, ἀντὶ μαχαίρας τὴν νηστείαν, ἣτις ἐκτέμνει ἀπὸ καρδίας πᾶσαν κακίαν. Ὁ ποιῶν ταῦτα, τὸν ἀληθινὸν κομίζεται στέφανον, παρὰ τοῦ Παμβασιλέως Χριστοῦ, ἐν τῇ ἡμέρᾳ τῆς Κρίσεως.

**Ἰδιόμελον. ᾠχος πλ. β΄.**

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

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

**Δόξα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**ᾠχος πλ. β΄.**

Ἐφθασε καιρὸς, ἡ τῶν πνευματικῶν ἀγώνων ἀρχή, ἡ κατὰ τῶν δαιμόνων νίκη, ἡ πάνοπλος ἐγκράτεια, ἡ τῶν Ἀγγέλων εὐπρέπεια, ἡ πρὸς Θεὸν παρρησία· δι' αὐτῆς γὰρ Μωϋσῆς, γέγονε τῷ Κτίστῃ συνόμιλος, καὶ φωνὴν ἀοράτως, ἐν ταῖς

battle against the Enemy. As an impregnable wall, we have the Faith, prayer as our breastplate, and acts of mercy as our helmet. Instead of sword, there is fasting, which cuts every evil from the heart. He who does this shall attain a true crown from Christ, the King of all, on Judgment Day. [GKD]

**Idiomelon. Mode pl. 2.**

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

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

**Glory. From the Triodion.**

From Triodion - - -

**Mode pl. 2.**

The time has come - the start of our spiritual contests, the victory over demons, the full armor of self-control, the angels' dignity, the confidence before God. Thereby did Moses become conversant with the Creator, and heard

ἀκοαῖς ὑπεδέξατο· Κύριε, δι' αὐτῆς ἀξίωσον καὶ ἡμᾶς, προσκυνῆσαί σου τὰ Πάθη καὶ τὴν ἁγίαν Ἀνάστασιν, ὡς φιλόανθρωπος.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἐπευλογημένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὁ ἄδης ἠχμαλώτισται, ὁ Ἄδαμ 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.

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

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

the invisible voice. Lord, through fasting make us worthy to worship Your Passion and holy Resurrection, as You love humanity. [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.

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

Καταξιώσον, 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 ἤμαρτόν 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.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

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.

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.

Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν Τροπάριον Ἀναστάσιμον.

**ᾠχος πλ. δ'.** (ἢ τῆς ἐβδομάδος.)

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

*ἢ ὡς συνήθως·*

**ᾠχος δ'.** (ἢ τῆς ἐβδομάδος.)

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

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

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