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# The Service of Matins

**Thursday, March 2, 2017**

**Katavasia of Theotokos**

**Texts in Greek and English**

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**Τριώδιον**

Ἦχος γ'. Τῆ Πέμπτη Πρωΐ

Τῆ Πέμπτη Α' Ἑβδομάδος εἰς τὸν Ὅρθρον.

**Μηναίων**

**ΤΗΙ Β' ΜΑΡΤΙΟΥ**

Μνήμη τοῦ Ἁγίου Μάρτυρος Ἡσυχίου τοῦ Συγκλητικοῦ.

**ΟΡΘΡΟΣ**

**ΧΟΡΟΣ**

**Ἦχος γ'.**

**Στίχ. α'.** Ἐκ νυκτὸς ὀρθρίζει τὸ πνεῦμά μου πρὸς σέ, ὁ Θεός, διότι φῶς τὰ προστάγματα σου ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. β'.** Δικαιοσύνην μάθετε, οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. γ'.** Ζῆλος λήψεται λαὸν ἀπαίδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

**Στίχ. δ'.** Πρόσθεσ ἀντοῖς κακά, Κύριε, πρόσθεσ ἀντοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Τοῦ Ὁρολογίου ---

**Ὑμνοι Τριαδικοί**

**Ἦχος γ'.**

Πατέρα ἀναρχον, Υἱὸν συνάναρχον, Πνεῦμα συναΐδιον, Θεότητα μίαν χειρουβικῶς δοξολογεῖν τολμῶντες λέγομεν· Ἅγιος, Ἅγιος, Ἅγιος εἰ ὁ Θεὸς ἡμῶν. Πρεσβείαις τῶν Ἀποστόλων σῶσον ἡμᾶς.

**Triodion**

Mode 3. On Thursday Morning

On Thursday of the First Week at Matins

**Menaion**

**March 2**

Memory of the Holy Martyr Hesychius the Senator

**MATINS**

**CHOIR**

**Mode 3.**

**Verse 1:** *My spirit rises early in the morning to You, O God, for Your commands are a light upon the earth.* (SAAS)

Alleluia. Alleluia. Alleluia.

**Verse 2:** *Learn righteousness, you who dwell on the earth.* (SAAS)

Alleluia. Alleluia. Alleluia.

**Verse 3:** *Jealousy will seize an untaught people; and now fire will devour the adversaries.* (SAAS)

Alleluia. Alleluia. Alleluia.

**Verse 4:** *Bring more evils on them, O Lord, bring more evils on them, on the glorious of the earth.* (SAAS)

Alleluia. Alleluia. Alleluia.

From Horologion ---

**Triadic Hymns**

**Mode 3.**

Daring to glorify the unoriginate Father, the co-unoriginate Son, and the co-eternal Spirit, the one Godhead, we utter in the manner of the Cherubim: Holy, holy, holy are You, our God. By the intercessions of the Apostles save us. (SD)

Δόξα.

Τριάς ὁμοούσιε καὶ ἀδιαίρετε, Μονὰς  
τρισυπόστατε καὶ συναΐδιε, σοὶ ὡς Θεῶ τῶν  
Ἀγγέλων τὸν ὕμνον κραυγάζομεν· Ἅγιος,  
Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Πρεσβείαις  
τοῦ Ἱεράρχου σῶσον ἡμᾶς.

Καὶ νῦν.

Ἀθρόον ὁ Κριτὴς ἐπελεύσεται, καὶ  
ἐκάστου αἱ πράξεις γυμνωθήσονται· ἀλλὰ  
φόβῳ κράζομεν ἐν τῷ μέσῳ τῆς νυκτός·  
Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεὸς ἡμῶν. Διὰ τῆς  
Θεοτόκου ἐλέησον ἡμᾶς.

*Ἀναγινώσκεται τὸ οἰκειὸν Κάθισμα τοῦ  
Ψαλτηρίου, ἧτοι Κάθισμα 6. Καὶ εὐθύς, ἀνευ μικρᾶς  
Συναπτῆς·*

Τῆς Οκτωήχου ---

**ΧΟΡΟΣ**

**Κάθισμα Α'. Αποστολικά.**

**Ἦχος γ'. Θείας πίστεως.**

Θεῖοι κήρυκες τῆς ἀληθείας, καὶ  
διδάσκαλοι τῆς Ἐκκλησίας, ἀνεδείχθητε  
αὐτόπται Ἀπόστολοι· καὶ γὰρ εἰδώλων  
τὴν πλάνην πατήσαντες, καὶ τὴν Τριάδα  
τρανώως ἐκηρύξατε, ἦν πρεσβεύσατε  
μακάριοι, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

**Στίχ.** *Εἰς πᾶσαν τὴν γῆν ἐξηλθεν ὁ  
φθόγγος αὐτῶν καὶ εἰς τὰ πέρατα τῆς  
οἰκουμένης τὰ ῥήματα αὐτῶν.*

**Ἦχος γ'. Θείας πίστεως.**

Δεῦτε ἅπαντες, τοὺς Ἀποστόλους,  
εὐφημήσωμεν, ἄσμασι θείοις· τῶν εἰδώλων  
γὰρ τὴν πλάνην βυθίσαντες, πρὸς θεῖον  
φῶς τοὺς βροτοὺς ἐπανήγαγον, καὶ τῇ  
Τριάδι πιστεῦειν ἐδίδαξαν· ὅθεν σήμερον,

Glory.

O Trinity, consubstantial and undivided,  
O Unity, with three hypostases and co-eternal,  
to You as God we shout the hymn of the  
Angels: Holy, holy, holy are You, our God. By  
the intercessions of the Hierarch save us. (SD)

Both now.

The Judge will arrive suddenly, and the  
actions of each of us will be laid bare. So, with  
fear, let us cry out in middle of the night:  
Holy, holy, holy are You, our God. Through  
the Theotokos have mercy on us. (SD)

*The appointed Kathisma of the Psalter may be read,  
i.e. Kathisma 6. There is no litany, but immediately the  
following:*

From Octoechos ---

**CHOIR**

**Kathisma I. For the Apostles.**

**Mode 3. Your confession.**

You were shone to be the divine  
preachers \* of the truth of God, and to be  
teachers \* of the Church, O Apostles and  
eyewitnesses. \* For you trampled the ruse of  
idolatry, \* and you publicly proclaimed the  
Holy Trinity. \* Intercede on our behalf with  
our Triune God, \* entreating that great mercy  
be given to us. (SD)

**Verse:** *Their proclamation went forth into all  
the earth, and their words to the ends of the world.*

(SAAS)

**Mode 3. Your confession.**

Come all people let us with divine hymns  
\* sing in praise of the holy Apostles. \* For they  
sank the deceit of idolatry, \* and led humanity  
back to the light of God, \* and taught the  
world to believe in the Trinity. \* Let us honor

αὐτοὺς εὐσεβῶς γεραίροντες, δοξάσωμεν  
Χριστὸν τὸν Θεὸν ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ΄.** *Τὴν ὠραιότητα.*

Ὡς ἀγεώργητος Παρθένε ἄμπελος,  
τὸν ὠραιότατον βότρυν ἐβλάστησας,  
ἀναπηγάζοντα ἡμῖν τὸν οἶνον τὸν  
σωτήριον, τὸν πάντων εὐφραίνοντα τὰς  
ψυχὰς καὶ τὰ σώματα· ὅθεν ὡς αἰτίαν  
σε, τῶν καλῶν μακαρίζοντες, αἰεὶ σὺν τῷ  
Ἀγγέλῳ βοῶμέν σοι· Χαῖρε ἡ κεχαριτωμένη.

*Ἀναγιώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἤτοι Κάθισμα 14. Μεθ' ὃ ἡ μικρὰ Συναπτὴ.*

### ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

*(Κύριε, ἐλέησον.)*

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

*(Κύριε, ἐλέησον.)*

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

*(Σοί, Κύριε.)*

### ΙΕΡΕΥΣ

Ὅτι ἀγαθὸς καὶ φιλόανθρωπος Θεὸς  
ὑπάρχεις καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,  
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι,  
νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

*(Ἀμήν.)*

and extol them today most piously \* and  
thereby glorify Christ our Lord and God. *(SD)*

Glory. Both now. **Theotokion.**

**Mode 3.** *Seeing how beautiful.*

O Virgin, the untilled vineyard are you  
indeed; \* and you produced the Lord, that  
ripest bunch of grapes, \* that gushes forth the  
sweetest drink, the wine of salvation, for us,  
\* gladdening the hearts and souls \* and the  
bodies of everyone. \* Therefore we pronounce  
you blest \* as the cause of all these blessings  
on us, \* and joining the Archangel we shout to  
you: \* Rejoice, O Maiden full of grace! *(SD)*

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 14. It would be followed by the short litany.*

### 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 You, O God, are good and love  
mankind, and to You we offer glory, to the  
Father and to the Son and to the Holy Spirit,  
now and forever, and to the ages of ages.

*(Amen.)*

**ΧΟΡΟΣ**

Τοῦ Τριωδίου ---

**Κάθισμα Β'. Τοῦ Τριωδίου.**

**Ἦχος β'. Ὁ σοφίσας ὑπερ ῥήτορας.**

Ὁ φωστῆρας ἐν τοῖς πέρασιν τοὺς  
Μαθητὰς ἀναδείξας, τῷ κηρύγματι Λόγε  
Θεοῦ, τὰς καρδίας ἡμῶν φώτισον, φωτὶ  
ἀρετῶν καὶ νηστεία καθαρον, διδούς  
μετάνοιαν ἐπιστροφῆς τοῖς δούλοις σου, εἰς  
τὸ δοξάζειν σε Σωτῆρ, ὁ μόνος ὑπάρχων  
ὑπεράγαθος.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος β'.**

Θεοτόκε μὴ παρίδης με, δεόμενον  
ἀντιλήψεως τῆς ὑπὸ σοῦ· ἐπὶ σοὶ γὰρ  
πέποιθεν ἡ ψυχὴ μου· Ἐλέησόν με.

*Ἀναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ  
Ψαλτηρίου, ἦτοι Κάθισμα 15. Μεθ' ὃ ἡ μικρὰ Συναπτή.*

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου  
δεηθῶμεν.

*(Κύριε, ἐλέησον.)*

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

*(Κύριε, ἐλέησον.)*

Τῆς Παναγίας ἀχράντου,  
ὑπερευλογημένης, ἐνδόξου Δεσποίνης  
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας  
μετὰ πάντων τῶν Ἁγίων μνημονεύσαντες,  
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.)*

**CHOIR**

From Triodion ---

**Kathisma II. From the Triodion.**

**Mode 2. (not metered)**

Word of God, you made your disciples  
as stars \* illumining the ends of the earth by  
their preaching! \* Illumine our hearts with  
the light of the virtues; \* cleanse us through  
fasting; \* grant your servants repentance and  
conversion \*\* that we may glorify you, O  
Savior, the only all-loving One! *(OCA)*

Glory. Both now. **Theotokion.**

**Mode 2.**

I need your help, Theotokos! \* Do not turn  
from me, for my soul trusts in you: \*\* have  
mercy on me! *(OCA)*

*The appointed Kathisma of the Psalter may be read, i.e.  
Kathisma 15. It would be followed by the short litany.*

**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.)*

**ΧΟΡΟΣ**

Τοῦ Τριωδίου ---

**Κάθισμα Γ'. Τοῦ Τριωδίου.**

**Ἦχος πλ. α'.** *Ἀγιωτέρα τῶν Χερουβίμ.*

Τὴν φαιδρότεραν τῶν ἀρετῶν, τὴν  
συμπολίτιν τῶν οὐρανῶν, ἐγκράτειαν,  
δυσωποῦμεν, σὲ τῶν Ἀποστόλων τὴν  
δωδεκάδα, πρέσβευε εἰρηνικῶς διανῦσαι,  
καὶ κομίσασθαι τοὺς καρποὺς τῆς σωτηρίας·  
ὕμεῖς γὰρ ὄντως τῶν γηγενῶν ὑπάρχετε,  
κραταίωμα, καὶ καταφυγὴ τῶν ψυχῶν  
ἡμῶν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος πλ. α'.** *Ἀγιωτέρα τῶν Χερουβίμ.*

Ἀγιωτέρα τῶν Χερουβίμ, ὑψηλοτέρα  
τῶν οὐρανῶν, πανύμνητε Θεοτόκε, σὲ ἐν  
ἀληθείᾳ ὁμολογοῦντες, ἔχομεν ἁμαρτωλοὶ  
σωτηρίαν, καὶ εὐρίσκομεν ἐν πειρασμοῖς  
προστασίαν· διὸ μὴ παύση ὑπὲρ ἡμῶν  
πρεσβεύουσα, κραταίωμα, καὶ καταφυγὴ  
τῶν ψυχῶν ἡμῶν.

**ΑΝΑΓΝΩΣΤΗΣ**

Κύριε, ἐλέησον. (ἐκ γ')

Δόξα· καὶ νῦν.

**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 ἁμαρτίας μου καθάρισόν με. Ὅτι τὴν  
ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία  
μου ἐνώπιόν μου ἐστὶ διὰ παντός. 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 ἐκίσσησέ με ἡ μήτηρ μου. Ἴδου

**CHOIR**

From Triodion ---

**Kathisma III. From the Triodion.**

**Mode pl. 1. (not metered)**

We entreat you, twelve Apostles: \*  
intercede for us that we may in peace practice  
abstinence, \* the most glorious of the virtues  
that abides in heaven, \* so may we gain the  
fruits of salvation! \*\* For you are indeed a  
strong support to us on earth and a refuge for  
our souls! (OCA)

Glory. Both now. **Theotokion.**

**Mode pl. 1. (not metered)**

As we confess you in truth, Theotokos,  
\* to be worthy of all praise; \* truly higher  
than the heavens \* and more holy than the  
cherubim, \* we sinners gain salvation \* and  
find protection in temptation! \* Do not cease  
to intercede on our behalf, \*\* for you are a  
strong support and a refuge for our souls! (OCA)

**READER**

Lord, have mercy. (3)

Glory. Both now.

**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

γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι. Ραντιεῖς με ὑσσωπῶ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα. Απόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθές ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ το Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ. Απόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με. Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. Ρῦσαί με ἐξ αἰμάτων, ὁ Θεός, ὁ Θεός 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 Θεός οὐκ ἐξουδενώσει. Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθῆτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

### ΙΕΡΕΥΣ

Σῶσον ὁ Θεός τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατὰπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβεΐαις τῆς παναχράντου

me the unknown and secret things of Your wisdom. You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow. You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice. Turn Your face from my sins, and blot out all my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit. I will teach transgressors Your ways, and the ungodly shall turn back to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue shall greatly rejoice in Your righteousness. O Lord, You shall open my lips, and my mouth will declare Your praise. For if You desired sacrifice, I would give it; You will not be pleased with whole burnt offerings. A sacrifice to God is a broken spirit, a broken and humbled heart God will not despise. Do good, O Lord, in Your good pleasure to Zion, and let the walls of Jerusalem be built; then you will be pleased with a sacrifice of righteousness, with offerings and whole burnt offerings; then shall they offer young bulls on Your altar. (SAAS)

### PRIEST

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



Δεσποίνης ἡμῶν Θεοτόκου καὶ  
 ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου  
 καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν  
 τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων,  
 ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου  
 Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου,  
 τῶν ἁγίων ἐνδόξων καὶ πανευφήμων  
 Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν  
 μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν  
 Διδασκάλων, Βασιλείου τοῦ Μεγάλου,  
 Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου  
 τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου  
 καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν  
 Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις,  
 Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου  
 Πενταπόλεως τῶν θαυματουργῶν·  
 τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων  
 Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου  
 τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος,  
 Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ  
 τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων  
 Χαράλαμπος καὶ Ἐλευθερίου, τῆς  
 ἁγίας ἐνδόξου Μεγαλομάρτυρος καὶ  
 πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων  
 Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας,  
 Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης,  
 Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ  
 Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ  
 Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων  
 Ἰωακείμ καὶ Ἄννης· καὶ πάντων σου τῶν  
 Ἁγίων. Ἰκετεύομέν σε, μόνη πολυέλεε  
 Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν  
 δεομένων σου καὶ ἐλέησον ἡμᾶς.

**ΧΟΡΟΣ**

Κύριε, ἐλέησον. (ιβ')

**ΙΕΡΕΥΣ**

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιλανθρωπία  
 τοῦ μονογενοῦς σου Υἱοῦ, μεθ' οὗ  
 εὐλογητὸς εἶ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ  
 καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ  
 εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

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 and life-giving Spirit, now and  
 forever and to the ages of ages.

(Amen.)

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## ΧΟΡΟΣ

**Ὁ Κανὼν τοῦ Μηναίου.**

**Ὡιδὴ α'. Ἦχος δ'. Ὁ Εἰρμός.**

**Στίχ.** Τῶ Κυρίῳ ἄσωμεν· ἐνδόξως γὰρ δεδόξασται.

Ἄισομαί σοι Κύριε ὁ Θεός μου, ὅτι ἐξήγαγες λαόν, δουλείας Αἰγύπτου, ἐκάλυψας δὲ ἄρματα Φαραώ, καὶ τὴν δύναμιν.

### **Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ταῖς θείαις λαμπρότησι τοῦ Σωτῆρος, λελαμπρυσμένος, Ἀθλητά, τοὺς πίστει τελοῦντας, τὴν σὴν ἀγίαν ἄθλησιν, φωτὸς ἐνθέου πλήρωσον.

**Στίχ.** Κύριος βασιλεύων τῶν αἰώνων, καὶ ἐπ' αἰῶνα, καὶ ἔτι. Ὅτι εἰσῆλθεν ἵππος Φαραώ σὺν ἄρμασι καὶ ἀναβάταις εἰς θάλασσαν.

Ταῖς θείαις λαμπρότησι τοῦ Σωτῆρος, λελαμπρυσμένος, Ἀθλητά, τοὺς πίστει τελοῦντας, τὴν σὴν ἀγίαν ἄθλησιν, φωτὸς ἐνθέου πλήρωσον.

**Στίχ.** Οἱ δὲ υἱοὶ Ἰσραὴλ ἐπορεύθησαν διὰ ξηρᾶς ἐν μέσῳ τῆς θαλάσσης.

Ὅλος ἀνακείμενος τῶ Σωτῆρι, τὸν δι' αὐτὸν καρτερικῶς, θάνατον ὑπέστης, Ἡσύχιε πανόλβιε καὶ θείας ζωῆς ἔτυχες.

*The Menaion canon presented here is not the same as the Greek. Due to unavailability of a free full Menaion in English, we are using a general canon for today's commemoration.*

## CHOIR

**The Canon from the General Menaion.**

**Ode i. Mode pl. 4. The Heirmos.**

**Verse:** *Let us sing to the Lord, for He is greatly glorified.*

On crossing the water as though dry land, \* escaping from Egypt \* and its miseries in his flight, \* the Israelite raised his voice and cried aloud, \* 'To our Redeemer and our God now let us sing!' (EL)

### **Troparia.**

*Saint of God, intercede for us.*

Revered Martyr of Christ, having accomplished the godly contest, you have been found worthy of the heavenly kingdom, as you intercede on behalf of the world. (EL)

**Verse:** *The Lord reigns forever and ever and ever. For Pharaoh's horses went with his chariots and horsemen into the sea. (SAAS)*

Revered Martyr of Christ, having accomplished the godly contest, you have been found worthy of the heavenly kingdom, as you intercede on behalf of the world. (EL)

**Verse:** *But the children of Israel walked on dry ground in the midst of the sea. (SAAS)*

By godly struggles you changed the tyrant's decree; but, brave athlete, I beg you by your mediations take pity on me, who am always being changed for the worse. (EL)

Δόξα.

Νόμοις τοῦ Δεσπότη συμπεφραγμένους,  
τῶν ἀνομούντων, πονηράς, ἀπώσω  
θωπείας, Ἡσύχιε πανόλβιε ἀθλῶν  
καρτερικώτατα.

Καὶ νῦν. **Θεοτοκίον.**

Παρθένος διέμεινας μετὰ τόκον, ὡς πρὸ  
τοῦ τόκου ἀληθῶς, τὸν Κτίστην τεκοῦσα,  
ὄν αἰτησαί Πανάμωμε, σωθῆναι τοὺς  
ὑμνοῦντάς σε.

**Ὁ Κανὼν τοῦ Μηναίου.**

**Ὡιδὴ γ'. Ἦχος δ'. Ὁ Εἰρμός.**

**Στίχ.** Ἅγιος εἶ, Κύριε, καὶ σὲ ὑμνεῖ τὸ  
πνεῦμά μου.

Τόξον δυνατῶν ἠσθένησε, καὶ οἱ  
ἀσθενοῦντες, περιεζώσαντο δύναμιν· διὰ  
τοῦτο ἐστερεώθη, ἐν Κυρίῳ ἡ καρδιά μου.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἄνω πρὸς Θεὸν τὸ φρόνημα, ἔχων  
Ἀθλοφόρε, τῶν διωκτῶν κατεπάλαισας,  
δυναστείαν ὀλεθροτόκον, ἐναθλῶν  
καρτερικώτατα.

**Στίχ.** Κύριος ἀνέβη εἰς οὐρανοὺς, καὶ  
ἐβρόντησεν, ἀπὸς κρινεῖ ἄκρα γῆς, δίκαιος  
ὢν.

Ἄνω πρὸς Θεὸν τὸ φρόνημα, ἔχων  
Ἀθλοφόρε, τῶν διωκτῶν κατεπάλαισας,  
δυναστείαν ὀλεθροτόκον, ἐναθλῶν  
καρτερικώτατα.

Glory.

You were declared to be a temple of the  
all-powerful, O Martyr of Christ; by your  
prayers show those who sing your praises in  
your honoured shrine to be the dwellings of  
the Spirit. (EL)

Both now. **Theotokion.**

He who is full empties himself, O Pure  
one, in your womb, yet does not empty his  
Father's bosom; implore him therefore to  
grant salvation to those who honour you with  
faith. (EL)

**The Canon from the General Menaion.**

**Ode iii. Mode pl. 4. Heirmos**

**Verse:** Holy are You, O Lord, and my spirit  
praises You.

You are the foundation, Lord, of those  
who have recourse to you; you are the light  
of those in darkness; and my spirit sings your  
praise. (EL)

**Troparia.**

Saint of God, intercede for us.

Abandoning race and fame, Martyr of  
Christ, you were eager to die; and so you  
enjoy eternal life. (EL)

**Verse:** The Lord went up into the heaven and  
thundered. The Lord judges the ends of the earth.

(SAAS)

Abandoning race and fame, Martyr of  
Christ, you were eager to die; and so you  
enjoy eternal life. (EL)

**Στίχ.** Καὶ δώσει ἰσχὺν τοῖς βασιλεῦσιν ἡμῶν, καὶ ὑψώσει κέρασ χριστῶν αὐτοῦ.

Μόνον τοῦ Χριστοῦ ἐράσμιον, κάλλος ἀγαπήσας, κάλλη τοῦ κόσμου παρέδραμες, καὶ ἀθλήσας δικαιοσύνης, ἀνεδήσω, Μάκαρ στέφανον.

Δόξα.

Μίαν ἐπιγνοὺς Θεότητα, τῆς πολυθειᾶς ἀπεβδελύξω τὸ ἄστατον, Ἀθλοφόρε, καὶ μαρτυρίῳ ἐλαμπρύνθης, ἀξιάγαστε.

Καὶ νῦν. **Θεοτοκίον.**

Ἔστη μέχρι σοῦ ὁ θάνατος· τῆς ἀθανασίας γὰρ τὴν πηγὴν ἀπεκύησας, Παναγία, Χριστὸν τὸν μόνον, ὑπεράγαθον Θεὸν ἡμῶν.

**Ὁ Εἰμός.**

Τόξον δυνατῶν ἠσθένησε, καὶ οἱ ἀσθενοῦντες, περιεζώσαντο δύναμιν· διὰ τοῦτο ἐστερεώθη, ἐν Κυρίῳ ἡ καρδιά μου.

### **ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

**Verse:** *He gives strength to our leaders, and He will exalt the horn of His Christ.* (SAAS)

Give help, O Martyr, to us who are always endangered by the insults of the world and by fearful troubles. (EL)

Glory.

You have found bliss and are full of every illumination; intercede then, O Champion, that all may be enriched with righteousness.

(EL)

Both now. **Theotokion.**

You carried the ear of corn that had not been husbanded, O Immaculate, which nourishes the hearts of all of us who faithfully sing your praise. (EL)

**Heirmos.**

You are the foundation, Lord, of those who have recourse to you; you are the light of those in darkness; and my spirit sings your praise. (EL)

### **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.)

**ΙΕΡΕΥΣ**

Ὅτι σὺ εἶ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰῶνων.

(*Ἀμήν.*)

**ΧΟΡΟΣ**

**Κάθισμα.**

Τοῦ Μηναίου ---

**Ἦχος γ΄. Τὴν ὠραιότητα.**

Ἀκαταγώνιστος Ἀθλητῆς γέγονας, τοῦ Παντοκράτορος, μάκαρ Ἡσύχιε, ἐν τῷ καιρῷ τῶν διωγμῶν, τῆς σαρκὸς μὴ φεισάμενος· ὅθεν θανατούμενος, ποταμίῳ ἐν ὕδασι, τούτοις ἐναπέπνιξας, τὸν πολέμιον δράκοντα· διὸ ἐν εὐφροσύνῃ, τὴν θείαν μνήμην σου Μάρτυς ἐορτάζομεν.

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ΄. Τὴν ὠραιότητα.**

Ἀκατανόητον, καὶ ἀκατάληπτον, ὑπάρχει Δέσποινα, θεοχαρίτωτε, τὸ πεπραγμένον ἐπὶ σοί, φρικτὸν ὄντως μυστήριον! τὸν γὰρ ἀπερίληπτον, συλλαβοῦσα ἐκύησας, σάρκα περιθέμενον, ἐξ ἀχράντων αἱμάτων σου, ὃν πάντοτε Ἄγνη ὡς Υἱόν σου, δυσώπει τοῦ σῶσαι τὰς ψυχὰς ἡμῶν.

**Ὁ Κανὼν τοῦ Μηναίου.**

**Ὡιδὴ δ΄. Ἦχος δ΄. Ὁ Εἰρμός.**

**Στίχ.** Δόξα τῇ δυνάμει σου, Κύριε.

Δι' ἀγάπησιν οἰκτίρομον, τῆς σῆς εἰκόνοσ ἐπὶ Σταυροῦ σου ἔστης, καὶ ἐτάκησαν τὰ ἔθνη· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἰσχύς μου καὶ ὕμνησις.

**PRIEST**

For you are our God, 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.

(*Amen.*)

**CHOIR**

**Kathisma.**

From Menaion ---

**Mode pl. 1. (not metered)**

Radiant with the forms of virtues, made beautiful by the light of martyrdom, you shine more brightly than the sun, wise Martyr, strong as steel, and you truly illumine those who faithfully celebrate your light-bearing memorial, all-glorious Champion, and who venerate your relics. <sup>(EL)</sup>

Glory. Both now. **Theotokion.**

**Mode pl. 1. (not metered)**

Hail gate of the Lord, through which none may pass; hail wall and protection of those who flee to you; hail haven without storms and who did not know wedlock; who bore in the flesh your Maker and God, do not cease to intercede for those who hymn and worship your offspring. <sup>(EL)</sup>

**The Canon from the General Menaion.**

**Ode iv. Mode pl. 4. The Heirmos.**

**Verse:** *Glory to Your strength, O Lord.*

I have heard, Lord, the mystery \* of your dispensation, I heard and was afraid, \* I have meditated on your works \* and exalt and glorify your Deity. <sup>(EL)</sup>

**Τροπάρια.**

Ἄγιο τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Γενναιότητι πανόλβιε διανοίας, τῷ  
δυσσεβεῖ Τυράννω, ἀντετάξω ξοάνοις,  
θύειν σε προστάσسونτι, Ἡσύχιε ἔνδοξε.

*Στίχ.* Κύριε, εἰσακήκοα τὴν ἀκοήν σου,  
καὶ ἐφοβήθην, Κύριε, κατενόησα τὰ ἔργα σου,  
καὶ ἐξεστὴν.

Γενναιότητι πανόλβιε διανοίας, τῷ  
δυσσεβεῖ Τυράννω, ἀντετάξω ξοάνοις,  
θύειν σε προστάσسونτι, Ἡσύχιε ἔνδοξε.

*Στίχ.* Ἐν τῷ ταραχθῆναι τὴν ψυχὴν μου  
ἐν ὀργῇ, ἐλέους μνησθήσῃ.

Ἱερεῖον ὥσπερ ἄμωμον προσηνέχθης,  
τῷ ὑπὲρ σοῦ τυθέντι, διὰ σπλάγχνα ἐλέους  
μέγιστε Ἡσύχιε, Μαρτύρων ἀγλαΐσμα.

*Στίχ.* Ὁ Θεὸς ἀπὸ Θαμὰν ἦξει, καὶ ὁ  
Ἅγιος ἐξ ὄρους κατασκίου δασέος.

Στηριγμὸς σοὶ καὶ κραταίωμα ὁ  
Δεσπότης, ἐν τῷ καιρῷ τῶν ἄθλων,  
Παναοίδιμε ὦφθη· ὅθεν τὸν ἐπίκηρον, οὐκ  
ἔπτηξας θάνατον.

*Στίχ.* Ἐκάλυψεν οὐρανοὺς ἡ ἀρετὴ  
αὐτοῦ, καὶ τῆς αἰνέσεως αὐτοῦ πλήρης ἡ γῆ.

**Θεοτοκίον.**

Τὸν ἀκήρατον βλαστήσασα Κόρη  
βότρυν, ἀθανασίας γλεῦκος ἀποστάζοντα  
παῖσιν, ὦφθης παναμώμητε, καὶ Μήτηρ  
ἀλόχευτος.

(διαβαστά)

**Troparia.**

*Saint of God, intercede for us.*

I have disregarded God's laws, I  
have lived in every lawlessness; hasten,  
holy Martyr, help me, who am under  
condemnation, I implore you. (EL)

*Verse: Lord, I have heard Your report and  
was afraid; I considered Your works and was  
greatly astonished. (SAAS)*

I have disregarded God's laws, I  
have lived in every lawlessness; hasten,  
holy Martyr, help me, who am under  
condemnation, I implore you. (EL)

*Verse: When my soul is troubled, You will in  
wrath remember mercy. (SAAS)*

Bound for the Lord's sake, you undid all  
the wickedness of the foe; from which save,  
O Martyr, all those who faithfully make their  
prayer to you. (EL)

*Verse: God will come from Teman, the Holy  
One from the mount of shaded leafy trees. (SAAS)*

On the day of judgement, when we stand  
before the Lord to be judged, become a helper  
for us who are under condemnation, glorious  
Martyr. (EL)

*Verse: His excellence covered the heavens,  
and the earth was full of His praise. (SAAS)*

**Theotokion.**

You gave a body to God, who dwelt in  
you in a manner past understanding; ask  
him, O All-blameless, that we may be found  
worthy of eternal glory. (EL)

(read)

**Στίχοι Ἐνδιάμεσοι Τετάρτης Ὁδῆς.**

Καὶ φέγγος αὐτοῦ ὡς φῶς ἔσται, κέρατα ἐν χερσὶν αὐτοῦ, καὶ ἔθετο ἀγάπησιν κραταιὰν ἰσχύος αὐτοῦ.

Πρὸ προσώπου αὐτοῦ πορεύσεται λόγος, καὶ ἐξελεύσεται εἰς παιδείαν κατὰ πόδας αὐτοῦ.

Ἔστη, καὶ ἐσαλεύθη ἡ γῆ, ἐπέβλεψε, καὶ ἐτάκη ἔθνη.

Διεθρύβη τὰ ὄρη βία, ἐτάκησαν βουνοὶ αἰώνιοι, πορείας αἰωνίους αὐτοῦ ἀντὶ κόπων εἶδον.

Σκηνώματα Αἰθιόπων, πτοηθήσονται καὶ αἱ σκηναὶ γῆς Μαδιάμ.

Ὅτε διεμέριζεν ὁ Ὑψιστος ἔθνη, ὡς διέσπειρεν υἱοὺς Ἀδάμ, ἔστησεν ὄρια ἔθνῶν κατὰ ἀριθμὸν ἀγγέλων Θεοῦ,

Ἐντείνων ἐντενεῖς τὸ τόξον σου ἐπὶ σκῆπτρα, λέγει Κύριος, ποταμῶν ῥαγήσεται γῆ.

Ὅψονταί σε καὶ ὠδινήσουσι λαοί, σκορπίζων ὕδατα πορείας, ἔδωκεν ἡ ἄβυσσος φωνὴν αὐτῆς, ὕψος φαντασίας αὐτῆς.

Ἐπήρθη ὁ ἥλιος, καὶ ἡ σελήνη ἔστη ἐν τῇ τάξει αὐτῆς, εἰς φῶς βολίδες σου πορεύσονται, εἰς φέγγος ἀστραπῆς ὄπλων σου.

Ἐν ἀπειλῇ ὀλιγώσεις γῆν, καὶ ἐν θυμῷ πατάξεις ἔθνη.

Ἐξῆλθες εἰς σωτηρίαν λαοῦ σου, τοῦ σῶσαι τὸν χριστόν σου ἐλήλυθας, ἔβαλες

**Intermediate Verses of Ode Four.**

His brightness will be like the light; horns will be in His hand, and He established a mighty love of His strength.

Before His face a word will go forth; it will go out by the shoes of His feet.

The earth stood and was shaken to and fro; He looked and the nations melted away.

The mountains were shattered by force; the everlasting hills wasted away. In the place of distresses, I saw His eternal ways.

The tents of the Ethiopians will be dismayed, even the tents of the land of Midian.

When the Most High divided the nations, when He scattered the sons of Adam, He set the boundaries of the nations by the number of God's angels.

You will stretch your bow against scepters, says the Lord. The land of rivers shall be torn asunder.

Many peoples will see you and be in travail, dispersing waters from its course. The abyss uttered its voice; raising its form on high.

The sun arose, and the moon stood in its course; at the light of Your arrows they went forth, at the flashing of Your gleaming weapons.

You will bring low the land with threatening; You will break the nations in wrath.

You went forth for the salvation of Your people, to save Your anointed ones. You

εἰς κεφαλὰς ἀνόμων θάνατον, ἐξήγειρας  
δεσμούς ἕως τραχήλου εἰς τέλος.

Διέκοψας ἐν ἐκστάσει κεφαλὰς  
δυναστῶν, σεισθήσονται ἐν αὐτοῖς,  
διανοίξουσι χαλινούς αὐτῶν, ὡς ὁ ἐσθίων  
πτωχὸς λάθρα.

Καὶ ἐπεβίβασας εἰς θάλασσαν τοὺς  
ἵππους σου, ταράσσοντας ὕδατα πολλά.

Ἐφυλαξάμην, καὶ ἐπτοήθη ἡ καρδία  
μου, ἀπὸ φωνῆς προσευχῆς χειλέων μου,  
καὶ εἰσῆλθε τρόμος εἰς τὰ ὀστέα μου, καὶ ἐν  
ἐμοὶ ἐταράχθη ἡ ἰσχὺς μου.

Αναπαύσομαι ἐν ἡμέρᾳ θλίψεώς μου,  
τοῦ ἀναβῆναί με εἰς λαὸν παροικίας μου.

(ἐμμελῶς)

Τοῦ Τριωδίου ---

### Κανὼν Α' τοῦ Τριωδίου.

Ὡιδὴ δ'. Ἦχος β'. Ἐλήλυθας ἐκ Παρθένου.

*Στίχ.* Διότι συκῆ οὐ καρποφορήσει, καὶ  
οὐκ ἔσται γεννήματα ἐν ταῖς ἀμπέλοις.

Ἐγκρατείας, τὰς αὐγὰς δεχομένη  
ἀστράφθητι, ψυχὴ καὶ ἀπόφυγε, τῆς  
ἀμαρτίας τὴν ζόφωσιν, ὅπως ἀνατείλη σοι,  
ἡ τῆς ἀφέσεως αἴγλη θεῷ Πνεύματι.

*Στίχ.* Ψεύσεται ἔργον ἐλαίας, καὶ τὰ  
πεδία οὐ ποιήσει βρώσιν.

Αγκίστρω με, ἡδονῆς δελεάσας ὁ δόλιος,  
αἰχμάλωτον ἤρπασεν, ἀλλ' οἱ τὸν κόσμον  
Ἀπόστολοι, λόγῳ σαγηνεύσαντες, ἐκ τῆς  
αὐτοῦ με κακίας ἐκλυτρώσατε.

*Στίχ.* Ἐξέλιπον ἀπὸ βρώσεως πρόβατα,  
καὶ οὐχ ὑπάρξουσι βόες ἐπὶ φάτναις.

Ἐδείχθητε, τοῦ Ἡλίου τῆς δόξης  
αὐγάσματα Ἀπόστολοι ἔνδοξοι, πλάνης

brought death upon the heads of the lawless;  
You brought bonds upon their neck.

You cut off the heads of rulers in  
amazement; they shall tremble in it. They  
will break their bridles like a poor man eating  
secretly.

You ran your horses into the sea,  
churning up the many waters.

I kept watch, and my belly trembled  
from the sound of the prayer of my lips; and  
trembling penetrated into my bones. And my  
very frame of mind was troubled.

I shall rest in the day of tribulation to go  
up to the people of my sojourn.

(sung)

From Triodion ---

### Canon 1 from the Triodion.

Ode iv. Mode 2. (not metered)

*Verse:* For though the fig tree will not bear  
fruit and there be no grapes on the vines; (SAAS)

Become as lightning, my soul, \* receiving  
the flashing rays of abstinence, \* and flee from  
the obscurity of sin: \* that through the divine  
spirit \* the light of forgiveness may enlighten  
you as the rising sun. (OCA)

*Verse:* The labor of the olive tree fail and the  
fields yield no food; (SAAS)

The deceiver enticed and captured me  
with the hook of pleasure. \* But, Apostles,  
as by your preaching \* you have caught the  
whole world in your net \* deliver me from his  
malice. (OCA)

*Verse:* Though the sheep have no pasture and  
there be no oxen in the cribs; (SAAS)

Glorious Apostles, \* you shine as rays  
from the Sun of glory. \* You dispel the eclipse



αὐχμὸν ἀπελαύνοντες, καὶ με οὖν φωτίσατε  
τὸν ὑπὸ πάσης κακίας σκοτιζόμενον.

*Στίχ.* Ἐγὼ δὲ ἐν τῷ Κυρίῳ  
ἀγαλλιάσομαι, χαρήσομαι ἐπὶ τῷ Θεῷ τῷ  
Σωτήρῳ μου.

**Θεοτοκίον.**

Κεκράξομαι, ἐν νυκτὶ καὶ ἡμέρᾳ  
θλιβόμενος, πρὸς σὲ καὶ σωθήσομαι, καὶ  
ἡδονῶν ὑπερβήσομαι, τείχος καὶ βοήθεια,  
τῆ σῆ Παρθένε δυνάμει τειχιζόμενος.

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡιδὴ δ'. Ἦχος πλ. α'.**  
*Τὰ ἔργα τῆς οἰκονομίας*

*Στίχ.* Κύριος ὁ Θεός μου δύναμις μου,  
καὶ τάξει τοὺς πόδας μου εἰς συντέλειαν.

Τοῦ Ἡλίου, τῆς δικαιοσύνης  
ὑπάρχοντες, Ἀπόστολοι, λαμπηδόνες  
παμφαεῖς, φωτίζετε τὸν περιγίειον κόσμον,  
τὸν ζόφον τῆς ἀπάτης διώκοντες.

*Στίχ.* Καὶ ἐπὶ τὰ ὑψηλὰ ἐπιβιβᾶ με, τοῦ  
νικῆσαί με ἐν τῇ ᾠδῇ αὐτοῦ.

Λύρα ὄντες, τοῦ Σωτήρος  
πνευματοκίνητος, Ἀπόστολοι,  
γνωρισθέντες ἐπὶ γῆς, τὸ εὐηχόν  
μελουργεῖτε ὑμῶν ἔπος, καὶ Κόσμον πρὸς  
Θεὸν ἐπιστρέφετε.

**Δόξα. Τριαδικόν.**

Τὴν Τριάδα, ἐν μοναδικῇ οὐσιότητι,  
δοξάζοντες ἓνα Κύριον Θεόν, ὑμνήσωμεν  
τὸν ἀγέννητον Πατέρα, Υἱὸν τὸν γεννητόν,  
καὶ τὸ Πνεῦμα τὸ ζῶν.

Καὶ νῦν. **Θεοτοκίον.**

Παρθένος, ἐν γαστρὶ συνέλαβε Κύριε,  
καὶ ἔτεκε, σὲ τὸν Ἐμμανουήλ· ἐξῆλθες γὰρ  
εἰς σωτηρίαν λαοῦ σου, τοῦ σῶσαι τοὺς  
χριστούς σου Φιλάνθρωπε.

of error. \* Let your light also fall on me, \* for I  
am darkened by every evil. (OCA)

*Verse:* Yet I will glory in the Lord; I will  
rejoice in God my Savior. (SAAS)

**Theotokion.**

I cry out to you day and night in my  
affliction. \* Encircled by your help and  
strength, Virgin, I shall be saved, \* and shall  
leap over the wall of sensual pleasure. (OCA)

**Canon 2 from the Triodion.**

**Ode iv. Mode pl. 1. (not metered)**

*Verse:* The Lord God is my strength; He will  
direct my feet to the end; (SAAS)

Shining with the radiance of the Sun of  
Righteousness, Apostles, \* you give light to  
this earthly world, \* driving away the gloom  
of error. (OCA)

*Verse:* He will set me upon high places, so to  
conquer by His song. (SAAS)

Apostles, you are the lyre of the Savior,  
played by the Spirit; \* preaching to the ends of  
the earth, \* you sing a melody pleasing to the  
ear, \* converting the world to God. (OCA)

**Glory. For the Trinity.**

Let us glorify the Trinity in unity of  
essence; \* let us sing the praises of the one  
Lord God, \* the Father unbegotten, \* the Son  
begotten and the Spirit of life. (OCA)

Both now. **Theotokion.**

A Virgin has conceived, Lord, \* and given  
birth to you, Emmanuel; \* for you are come to  
bring salvation to your people, \* and to save

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἀποστόλων, δωδεκάς ἡ θεία καὶ πάνσεπτος, ἰκέτευε, τὸν Χριστὸν ὑπὲρ ἡμῶν, δεόμεθα διελθεῖν ἡμᾶς εὐτόνως, τὸ τεσσαρακονθήμερον στάδιον.

### Ὁ Εἰρμός.

Τὰ ἔργα τῆς οἰκονομίας σου Κύριε, ἐξέστησαν τὸν προφήτην Ἀββακούμ· ἐξῆλθες γὰρ εἰς σωτηρίαν λαοῦ σου, τοῦ σῶσαι τοὺς χριστούς σου ἐλήλυθας.

### Ὁ Κανὼν τοῦ Μηναίου.

Ὡιδὴ ε΄. Ἦχος δ΄. Ὁ Εἰρμός.

*Στίχ.* Κύριε, ὁ Θεὸς ἡμῶν, εἰρήνην δὸς ἡμῖν.

Σὺ Κύριέ μου φῶς, εἰς τὸν κόσμον ἐλήλυθας, φῶς ἅγιον ἐπιστρέφον, ἐκ ζοφώδους ἀγνοίας, τοὺς πίστει ἀνυμνοῦντάς σε.

### Τροπάρια.

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὁ νοῦς σου τῷ φωτί, τῷ ἀῦλω λαμπόμενος, διέλυσε τῆς ἀπάτης, τὴν πολύθεον πλάνην, Ἡσύχιε μακάριε.

*Στίχ.* Ἀναστήσονται οἱ νεκροί, καὶ ἐγερθήσονται οἱ ἐν τοῖς μνημείοις, καὶ εὐφρανθήσονται οἱ ἐν τῇ γῆ.

Ὁ νοῦς σου τῷ φωτί, τῷ ἀῦλω λαμπόμενος, διέλυσε τῆς ἀπάτης, τὴν πολύθεον πλάνην, Ἡσύχιε μακάριε.

all your anointed \* in your love for mankind.

(OCA)

*Glory to You, our God, glory to You.*

Divine and honored company of the twelve Apostles, \* we entreat you to pray to Christ for us \* that with a firm resolve \* we may pass through the period of the forty days.

(OCA)

### Heirmos.

The works of your providence, Lord, \* filled the prophet Habakkuk with wonder, \* for you have come to bring salvation to your people, \* and to save all your anointed ones.

(OCA)

### The Canon from the General Menaion.

Ode v. Mode pl. 4. Heirmos

*Verse:* O Lord our God, grant us peace.

Rising at dawn, O Lord, we cry out to you, 'Save us! For you are our God, we know no other but you'. (EL)

### Troparia.

*Saint of God, intercede for us.*

United with the heavenly powers, brave Champion, intercede that those who sing your praise on earth may be saved. (EL)

*Verse:* The dead shall rise up; and those in the tombs shall arise. Those in the earth shall be glad.

(SAAS)

United with the heavenly powers, brave Champion, intercede that those who sing your praise on earth may be saved. (EL)

**Στίχ.** Ἡ γὰρ δρόσος ἢ παρὰ σοῦ ἴαμα  
αὐτοῖς ἐστίν, ἢ δὲ γῆ τῶν ἀσεβῶν πεσεῖται.

Νοήσεσι φαιδραῖς, καὶ καλαῖς  
ἀναβάσσει, θεούμενος ἀθεΐας, Ἀθλοφόρε  
Παμμάκαρ, τὸ ἄστατον διέφυγες.

Δόξα.

Ἡσύχασας λιπῶν, πολυτάραχον  
ἀγνοίαν, καὶ εἴληφας Ἀθλοφόρε, ἀντὶ  
κόπων καὶ πόνων, τὴν θεῖαν ἀγαλλίασιν.

Καὶ νῦν. **Θεοτοκίον.**

Σὺ μόνη ἐπὶ γῆς, τὸν οὐράνιον τέτοκας,  
Πανάμωμε Θεὸν Λόγον, ὃν ὕμνεῖ πᾶσα  
κτίσις, ὡς ποιητὴν καὶ Κύριον.

**Ὁ Κανὼν τοῦ Μηναίου.**

**Ὦδιθ' ζ'. Ἦχος δ'. Ὁ Εἰρμός.**

**Στίχ.** Ὡς τὸν προφήτην Ἰωνᾶν, σῶσον  
ἡμᾶς, Κύριε.

Ἐβόησε, προτυπῶν τὴν ταφὴν τὴν  
τριήμερον, ὁ προφήτης Ἰωνᾶς, ἐν τῷ κήτει  
δεόμενος· Ἐκ φθορᾶς με ῥῦσαι, Ἰησοῦ  
βασιλεῦ τῶν δυναμῶν.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἐψώσας σου, πρὸς Θεὸν τῆς καρδίας  
τὸν ἔρωτα, ἀπερῶριφης, ποταμίσις ἐν  
ρείθροις Ἡσύχιε, ἐν αὐτοῖς τὸ τέλος, τὸ  
μακάριον Μάρτυς εὐράμενος.

**Στίχ.** Φυλασσόμενοι μάταια καὶ ψευδῆ,  
ἔλεον αὐτοῖς ἐγκατέλιπον.

Ἐψώσας σου, πρὸς Θεὸν τῆς καρδίας  
τὸν ἔρωτα, ἀπερῶριφης, ποταμίσις ἐν  
ρείθροις Ἡσύχιε, ἐν αὐτοῖς τὸ τέλος, τὸ  
μακάριον Μάρτυς εὐράμενος.

**Verse:** For your dew is a healing for them, but  
the land of the ungodly shall come to an end. (SAAS)

Heal, I cry to you, revered Martyr, the  
chronic passions of my soul, by making  
supplication to the Lover of mankind. (EL)

Glory.

In accordance with laws you competed;  
empower us then to keep the laws of the  
Almighty, glorious Martyr. (EL)

Both now. **Theotokion.**

Virgin Mother of God, implore your Son  
to give us pardon of faults and his mercy. (EL)

**The Canon from the General Menaion.**

**Ode vi. Mode pl. 4. Heirmos**

**Verse:** Save us, O Lord, like You saved the  
Prophet Jonah.

Have mercy on me, O Saviour, for my  
offences are many; and bring me up from the  
deep of evils, I beg; for to you I have cried;  
and hearken to me, O God of my salvation. (EL)

**Troparia.**

Saint of God, intercede for us.

Wise Martyr, a light which never sets  
has dawned for you who struggled, and holy  
tents of joy received you. As you dwell in  
them remember those who sing your praise  
on earth. (EL)

**Verse:** Those who follow vanity and lies  
forsake their own mercy. (SAAS)

Wise Martyr, a light which never sets  
has dawned for you who struggled, and holy  
tents of joy received you. As you dwell in  
them remember those who sing your praise  
on earth. (EL)

**Στίχ.** Ὅσα ἠὺξάμην ἀποδώσω σοι εἰς σωτηρίαν μου τῷ Κυρίῳ.

Χειμάρρους σε, τῆς τρυφῆς ἐπαξίως ἐδέξατο, δεδεγμένον, τὸ μακάριον τέλος Ἡσύχιε, ποταμοῦ ἐν ῥεῖθροις, ᾧ στίφος δαιμόνων ἀπέπνιξας.

Δόξα.

Ἰσχύϊ τε, καὶ δυνάμει παμμακάρο τοῦ Πνεύματος, μυριάδας, ἀοράτων ἐχθρῶν κατεπάτησας, καὶ στεφθεὶς ταῖς νίκαις, τῶν Ἀγγέλων χοροῖς συνηρίθμησαι.

Καὶ νῦν. **Θεοτοκίον.**

Οἰκήσας σου, τὴν ἀγίαν γαστέρα ὁ Κύριος Θεοτόκε, τῆς Τριάδος τερπνὰ καταγώγια, ἐκτελεῖ τοὺς πίστει, ἀληθείας σε νῦν μακαρίζοντας.

**Ὁ Εἰμός.**

Ἐβόησε, προτυπῶν τὴν ταφὴν τὴν τριήμερον, ὁ προφήτης Ἰωνᾶς, ἐν τῷ κήτει δέομενος· Ἐκ φθορᾶς με ῥῦσαι, Ἰησοῦ βασιλεῦ τῶν δυνάμεων.

**ΔΙΑΚΟΝΟΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

**Verse:** *As much as I vowed, I shall offer up to You, to You, the Lord of Deliverance.* (SAAS)

Revered Martyr, you accomplished great struggles on earth; by your sacred prayers rescue us from great evils, dangers and tribulations, that we may glorify you with love. (EL)

Glory.

Do not declare me, Jesus, to be one condemned when I stand before your dread throne, O Word; but take pity, save me at the godly mediations of your Saint, O you of many mercies. (EL)

Both now. **Theotokion.**

Hallow my mind and guide my soul to light, All-holy Maiden, Mother of God and ever-Virgin who ineffably bore God who rests among the saints. (EL)

**Heirmos.**

Have mercy on me, O Saviour, for my offences are many; and bring me up from the deep of evils, I beg; for to you I have cried; and hearken to me, O God of my salvation. (EL)

**DEACON**

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ**

Σὺ γὰρ εἶ ὁ Βασιλεὺς τῆς εἰρήνης καὶ σωτὴρ τῶν ψυχῶν ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

Τοῦ Τρωαδίου ---

**ΑΝΑΓΝΩΣΤΗΣ**

**Μαρτυρικόν. Ἦχος γ'.**

Θωρακισάμενοι, τὴν πανοπλίαν Χριστοῦ, καὶ ἐνδυσάμενοι, ὄπλα τῆς Πίστεως, τὰς παρατάξεις τοῦ ἐχθροῦ, ἀθλητικῶς κατεβάλετε· προθύμως τῇ ἐλπίδι γάρ, τῆς ζωῆς ὑπεμείνατε, πάσας τῶν τυράννων πρίν, ἀπειλὰς τε καὶ μάστιγας· διὸ καὶ τοὺς στεφάνους ἐδέξασθε, Μάρτυρες Χριστοῦ οἱ καρτερόψυχοι.

**Συναξάριον.**

*Τοῦ Μηναίου.*

Τῇ Β' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου Μάρτυρος Ἡσυχίου τοῦ Συγκλητικοῦ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Ἱερομάρτυρος Θεοδότου, Ἐπισκόπου Κυρηνίας τῆς Κύπρου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Μάρτυρος Κοῖντου τοῦ Θαυματουργοῦ.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῶν Ἁγίων Μαρτύρων Νέστορος καὶ Τριβιμίου.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ἁγίου Μάρτυρος Τρωαδίου, καὶ τῶν σὺν αὐτῷ, μαρτυρησάντων ἐπὶ Δεκίου Βασιλέως.

Τῇ αὐτῇ ἡμέρᾳ, ἡ Ἁγία Παρθένος Εὐθαλία ξίφει τελειοῦται.

(To You, O Lord.)

**PRIEST**

For You are the King of peace and the savior of our souls, 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.

(Amen.)

From Triodion ---

**READER**

**For the Martyrs. Mode 3.**

Covered with the full armor of Christ, and wearing the shield of the Faith, as combatants you brought down the armies of the enemy. In the hope that life would follow, you enthusiastically endured every threat and torture from the tyrants. That is why you received the crowns, O valiant Martyrs of Christ. (SD)

**Synaxarion.**

*From the Menaion.*

On March 2, we commemorate the holy Martyr Hesychios the Senator.

On this day we also commemorate the holy Hieromartyr Theodotos, Bishop of Kyrenia, Cyprus.

On this day we also commemorate the holy Martyr Quintus the Wonder-worker.

On this day we also commemorate the holy Martyrs Nestor and Trivimios.

On this day we also commemorate the holy Martyr Troadios and those with him, who witnessed under Emperor Decius.

On this day the holy virgin Efthalia died by the sword.

Τῇ αὐτῇ ἡμέρᾳ, οἱ Ἅγιοι Μάρτυρες  
Ἀνδρόνικος καὶ Ἀθανασία ξίφει  
τελειοῦνται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τοῦ Ὁσίου  
Νικολάου ἱερέως τοῦ Πλανᾶ.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεὸς  
ἐλέησον ἡμᾶς. Ἀμήν.

#### ΧΟΡΟΣ

**Ὁ Κανὼν τοῦ Μηναίου.**

**Ὡιδὴ ζ'. Ἦχος δ'. Ὁ Εἰρμός.**

*Στίχ.* Τῶν Πατέρων καὶ ἡμῶν Θεός,  
εὐλογητὸς εἶ.

Ἀβραμιαῖοί ποτε, ἐν Βαβυλῶνι Παῖδες,  
καμίνου φλόγα κατεπάτησαν, ἐν ὕμνοις  
κραυγάζοντες· ὁ τῶν Πατέρων Θεὸς  
εὐλογητὸς εἶ.

#### Τροπάρια.

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Νεανικῶς τῷ ἐχθρῷ, περιπλακεῖς τὴν  
τούτου, ἰσχὺν Παμμάρκαρ ἐταπείνωσας,  
κραυγάζων Ἡσύχιε· Ὁ τῶν Πατέρων ἡμῶν,  
Θεὸς εὐλογητὸς εἶ.

*Στίχ.* Εὐλογημένος εἶ ὁ ἐπὶ θρόνου  
δόξης τῆς βασιλείας σου, ὁ ὑπερύμνητος καὶ  
ὑπερυψούμενος εἰς τοὺς αἰῶνας.

Νεανικῶς τῷ ἐχθρῷ, περιπλακεῖς τὴν  
τούτου, ἰσχὺν Παμμάρκαρ ἐταπείνωσας,  
κραυγάζων Ἡσύχιε· Ὁ τῶν Πατέρων ἡμῶν,  
Θεὸς εὐλογητὸς εἶ.

On this day the holy Martyrs Andronikos  
and Athanasia died by the sword.

On this day we also commemorate St.  
Nicholas Planas the Priest.

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

#### CHOIR

**The Canon from the General Menaion.**

**Ode vii. Mode pl. 4. The Heirmos.**

*Verse:* Blessed are You, the God of our fathers.

The Three Youths from Judea \* who  
attained to the faith of the holy Trinity \* in  
Babylon of old, \* sang out as they trampled \*  
on the furnace's raging flames, \* 'Blessed are  
you, O God, the God of our Fathers!' (EL)

#### Troparia.

Saint of God, intercede for us.

Joy of Martyrs, save me from the world's  
stumbling blocks, the dishonour of passions  
and every tribulation, and grant that I may  
sing each day: God of our fathers, blessed are  
you! (EL)

*Verse:* Blessed are You on the throne of Your  
kingdom, and You are praised and exalted beyond  
measure unto the ages. (SAAS)

Joy of Martyrs, save me from the world's  
stumbling blocks, the dishonour of passions  
and every tribulation, and grant that I may  
sing each day: God of our fathers, blessed are  
you! (EL)

**Στίχ.** *Εὐλογημένος εἶ ἐν τῷ στερεώματι τοῦ οὐρανοῦ, ὁ ὑπερύμνητος καὶ ὑπερυψούμενος εἰς τοὺς αἰῶνας.*

Ἀπὸ περάτων τῆς γῆς, ἕως περάτων Μάρτυς, ἡ σὴ ἀνδρεία καταγγέλλεται, καὶ τὰ κατορθώματα, καὶ ἡ βεβαία πίστις, Ἡσυχίε θεόφρον.

Δόξα.

Ἰσχυροτάταις νευραῖς, ἀπαγχονήσας Μάρτυς, τῶν σῶν ἀγώνων τὸν ἀντίπαλον, ἐπίδοξον θάνατον ἐν πνιγμονῇ ὑδάτων, Ἡσυχίε ἐδέξω.

Καὶ νῦν. **Θεοτοκίον.**

Νενεκρωμένους ἡμᾶς, τῇ ἁμαρτία πάντας, ζῶν τεκοῦσα ἀνεζώωσας· διό σοι κραυγάζομεν, Θεοκυῆτορ Κόρη, αἰεὶ δεδοξασμένη.

**Ὁ Κανὼν τοῦ Μηναιίου.**

**Ὡιδὴ η΄. Ἦχος δ΄. Ὁ Εἰρμός.**

**Στίχ.** *Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε εἰς τοὺς αἰῶνας.*

Πάντα τὰ ἔργα τοῦ Θεοῦ, καὶ πᾶσα κτίσις, εὐλογεῖτε τὸν Κύριον, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ· ὑμνεῖτε λαοὶ καὶ ὑπερυψοῦτε εἰς πάντας τοὺς αἰῶνας.

**Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ἐναπεδύσω ἀνδρικῶς πρὸς τοὺς ἀγῶνας, Χριστὸν ἔχων συλλήπτορα Ἐνδοξε, καὶ κατὰ κράτος νικήσας, ἐδέξω στέφος ἄφθαρτον, καὶ ζῆς εἰς τοὺς αἰῶνας.

**Verse:** *Blessed are You in the firmament of heaven, for You are praised and glorified unto the ages.* (SAAS)

My good protector, do not utterly despise me who am storm-tossed by the troubles of life, but take pity on me by your prayers, and save me who sing: God of our fathers, blessed are you! (EL)

Glory.

Save me, all-blessed one, by your fervent help from foul sloth, dread sin and blackness, for I have recourse to you in faith, that I may faithfully honour you to all the ages. (EL)

Both now. **Theotokion.**

Having squandered the years of my life in great indifference, O Virgin, I fall down before you and cry out: Rouse me, save me, as I cry to your Son: God of our fathers, blessed are you! (EL)

**The Canon from the General Menaion.**

**Ode viii. Mode pl. 4. Heirmos**

**Verse:** *O you works, to the Lord sing a hymn, and exalt Him beyond measure unto the ages.*

Victorious by your grace over tyrant and over flame, the Youths, firmly upholding your commandments, cried out, 'All you works of the Lord, bless the Lord, and highly exalt him to all the ages'. (EL)

**Troparia.**

*Saint of God, intercede for us.*

You were tried, O invincible, like gold in a fire of torments, and were revealed as an imprint of the sufferings of Christ as you cried out: All you works of the Lord, bless the Lord!

(EL)

**Στίχ.** Εὐλογεῖτε, πάντα τὰ ἔργα Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ἐναπεδύσω ἀνδρικῶς πρὸς τοὺς ἀγῶνας, Χριστὸν ἔχων συλλήπτορα Ἐνδοξε, καὶ κατὰ κράτος νικήσας, ἐδέξω στέφος ἄφθαρτον, καὶ ζῆς εἰς τοὺς αἰῶνας.

**Στίχ.** Εὐλογεῖτε, Ἄγγελοι Κυρίου, οὐρανοὶ Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Στήσας τὰ ρεύματα Σοφῆ τῆς ἀθεΐας, ἱεροῖς ἀγωνίσμασιν, ἐμβληθεὶς ἐν ποταμῶ, ἐν τούτῳ ἐδέξω τὸ τέλος ὑμνῶν, τὸν Χριστὸν εἰς τοὺς αἰῶνας.

**Στίχ.** Εὐλογεῖτε, ὕδατα πάντα τὰ ὑπεράνω τῶν οὐρανῶν, πᾶσαι αἱ Δυνάμεις Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ὡς βασιλεύσας εὐκλεῶς κατὰ τῆς πλάνης, βασιλείοις κατέλιπες, ἔνδοξε, διατριβάς τε καὶ μέγα ἀξίωμα, καὶ τῷ Βασιλεῖ, τοῦ παντὸς προσεκολλήθης.

**Στίχ.** Εὐλογεῖτε, ἥλιος καὶ σελήνη, ἄστρα τοῦ οὐρανοῦ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

### **Θεοτοκίον.**

Ἰερώτατός σε καλεῖ Προφήτης πύλην, ἀδιόδευτον Ἀχραντε, ὁ Κτίστης δι' ἧς διῆλθεν, ὡς μόνος ἐπίστασαι, πάλιν κεκλεισμένην, λιπὼν ὡς πρὸ τοῦ τόκου.

(διαβαστά)

**Verse:** Bless the Lord, all you works of the Lord, and exalt Him beyond measure, unto all the ages. (SAAS)

You were tried, O invincible, like gold in a fire of torments, and were revealed as an imprint of the sufferings of Christ as you cried out: All you works of the Lord, bless the Lord!

(EL)

**Verse:** Bless the Lord, you angels of the Lord, and exalt Him beyond measure, unto all the ages.

(SAAS)

By your prayers, holy Martyr, save me who am storm-tossed and trapped by the dread deceptions of the Stranger, as I cry out: All you works of the Lord, bless the Lord! (EL)

**Verse:** Bless the Lord, you heavens, and exalt Him beyond measure, unto all the ages. (SAAS)

You abolished all the power of the boaster, deliver me, glorious Martyr, from his wickedness as I cry aloud: All you works of the Lord, bless the Lord! (EL)

**Verse:** Bless the Lord, you sun and moon, you stars of heaven, and exalt Him beyond measure, unto all the ages. (SAAS)

### **Theotokion.**

You gave birth ineffably to the benefactor who became man through compassion, Mother of God, and who saves those who sing: All you works of the Lord, bless the Lord! (EL)

(read)



**Στίχοι Ἐνδιάμεσοι Ὁγδοῆς Ὡδῆς.**

Εὐλογεῖτε, πᾶς ὄμβρος καὶ δρόσος,  
πάντα τὰ πνεύματα, τὸν Κύριον· ὑμνεῖτε  
καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πῦρ καὶ καῦμα, ψῦχος  
καὶ καύσων, τὸν Κύριον· ὑμνεῖτε καὶ  
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε δρόσοι καὶ νιφετοί, πάγοι καὶ  
ψῦχος, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε  
αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, πάχλαι καὶ χιόνες, ἀστραπαὶ  
καὶ νεφέλαι τὸν Κύριον· ὑμνεῖτε καὶ  
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, φῶς καὶ σκότος, νύκτες καὶ  
ἡμέραι, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε  
αὐτὸν εἰς τοὺς αἰῶνας.

Εὐλογεῖτε, γῆ, ὄρη καὶ βουνοί, καὶ  
πάντα τὰ φυόμενα ἐν αὐτῇ, τὸν Κύριον·  
ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς  
αἰῶνας.

Εὐλογεῖτε, πηγαί, θάλασσα, καὶ  
ποταμοί, κήτη, καὶ πάντα τὰ κινούμενα  
ἐν τοῖς ὕδασι, τὸν Κύριον· ὑμνεῖτε καὶ  
ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

(ἔμμελῶς)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡιδὴ η'. Ἦχος β'. Τῶ  
δόγματι τῶ τυραννικῶ.**

**Στίχ.** Εὐλογεῖτε, πάντα τὰ πετεινὰ τοῦ  
οὐρανοῦ, τὰ θηρία καὶ πάντα τὰ κτήνη, τὸν  
Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς  
τοὺς αἰῶνας.

Νηστεύσωμεν, πᾶσαν ἡδονήν,  
παιίνοντες τὰς αἰσθήσεις νηστεία, καὶ  
κατανύξεως πόμα θερμῶς, πιώμεθα

**Intermediate Verses of Ode Eight.**

Bless the Lord, every shower and dew, all  
you winds, and exalt Him beyond measure,  
unto all the ages.

Bless the Lord, you fire and heat, you  
winter cold and summer heat, and exalt Him  
beyond measure, unto all the ages.

Bless the Lord, you dews and snows,  
you frost and cold, and exalt Him beyond  
measure, unto all the ages.

Bless the Lord, you hoarfrosts and snows,  
you lightning and clouds, and exalt Him  
beyond measure, unto all the ages.

Bless the Lord, you light and darkness,  
you night and day, and exalt Him beyond  
measure, unto all the ages.

Bless the Lord, you earth, you mountains  
and hills, and all you things growing on the  
earth, and exalt Him beyond measure, unto  
all the ages.

Bless the Lord, you springs, you seas and  
rivers, you sea-monsters and everything that  
moves in the waters, and exalt Him beyond  
measure, unto all the ages.

(sung)

From Triodion ---

**Canon 1 from the Triodion.**

**Ode viii. Mode 2. (not metered)**

**Verse:** Bless the Lord, all you birds of heaven,  
all you wild animals and cattle, and exalt Him  
beyond measure, unto all the ages. (SAAS)

Let us abstain from every pleasure; \* let  
us enrich our powers of perception through  
fasting, \* and let us drink gladly the cup of

ψάλλοντες· Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

**Στίχ.** Εὐλογεῖτε, υἱοὶ τῶν ἀνθρώπων, εὐλογεῖτω Ἰσραὴλ τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Τῆς στάσεως, τῆς ἐκ δεξιῶν, γενέσθαι με κοινωνὸν δυσωπεῖτε, ὅταν καθίσητε κρῖναι βροτούς, σὺν Χριστῷ Ἀπόστολοι, τὸν πολλαῖς ἀμαρτίαις, καὶ κρῖσει ὑπεύθυνον.

**Στίχ.** Εὐλογεῖτε, Ἱερεῖς Κυρίου, δοῦλοι Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ἐν ἄρματι, θείων ἀρετῶν, νηστεία καθαρθέντες ἐπιβῶμεν, καὶ πρὸς αἰθέριον ὕψος τὸν νοῦν, πτερώσωμεν ψάλλοντες· Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

**Στίχ.** Εὐλογεῖτε, πνεύματα καὶ ψυχαὶ Δικαίων, ὅσοι καὶ ταπεινοὶ τῇ καρδίᾳ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

### **Θεοτοκίον.**

Διέμεινας, ἀφλεκτος τὸ πῦρ, τεκοῦσα τῆς Θεότητος Παρθένε, ἀλλὰ κατάφλεξον πάθη ψυχῶν, τῶν πίστει βοῶντων σοι, τὴν φωνὴν τοῦ Ἀγγέλου, χαρᾶς μόνη πρόξενε.

### **Κανὼν Β' τοῦ Τριωδίου.**

**Ὡδὴ η'.** Ἦχος πλ. α'. Οἱ ὅσιοί σου Παῖδες

**Στίχ.** Εὐλογεῖτε, Ἀνανία, Ἀζαρία, καὶ Μισαήλ, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Τοῦ Πνεύματος τὰς σάλπιγγας, τοῦ Χριστοῦ τοὺς Μαθητάς, ἀνυμνοῦντες

compunction, as we sing: \* All works of the Lord, bless the Lord! (OCA)

**Verse:** Bless the Lord, O children of men; bless the Lord, O Israel, and exalt Him beyond measure, unto all the ages. (SAAS)

Apostles, when you sit with Christ to judge mortal men, \* though I deserve condemnation for my many sins, \* intercede for me, that I may be granted a place at his right hand. (OCA)

**Verse:** Bless the Lord, O priests of the Lord, O servants of the Lord, and exalt Him beyond measure, unto all the ages. (SAAS)

Cleansed by the fast, \* let us go up into the chariot of the divine virtues, \* making our mind ascend on wings to the height of heaven, as we sing: \* All works of the Lord, bless the Lord! (OCA)

**Verse:** Bless the Lord, O spirits and souls of the righteous, O holy ones and humble in heart, and exalt Him beyond measure, unto all the ages. (SAAS)

### **Theotokion.**

Virgin, you bore the fire of the Godhead, yet remained unconsumed. \* Burn up the passions of our souls, \* for in faith we call on you with the angelic salutation, \* since it is you alone who bring us joy! (OCA)

### **Canon 2 from the Triodion.**

**Ode viii. Mode pl. 1. (not metered)**

**Verse:** Bless the Lord, O Hananiah, Azariah, and Mishael, and exalt Him beyond measure, unto all the ages. (SAAS)

We praise the trumpets of the Spirit, the disciples of Christ, \* and we cry aloud: \* All works of the Lord, bless the Lord! (OCA)

βοῶμεν· Εὐλογεῖτε τὰ ἔργα Κυρίου τὸν Κύριον.

*Στίχ.* Εὐλογεῖτε, Απόστολοι, Προφῆται, καὶ Μάρτυρες Κυρίου, τὸν Κύριον· ὑμνεῖτε καὶ ὑπερυψοῦτε αὐτὸν εἰς τοὺς αἰῶνας.

Ὡς πρεσβευτὰς τοῦ Κόσμου, καὶ πλάνης φυγαδευτὰς, τοὺς Μαθητὰς ὑμνοῦμεν Χριστοῦ· Εὐλογεῖτε βοῶντες, τὰ ἔργα Κυρίου τὸν Κύριον.

*Στίχ.* Εὐλογοῦμεν Πατέρα, Υἱὸν καὶ Ἅγιον Πνεῦμα, τὸν Κύριον· ὑμνοῦμεν, καὶ ὑπερυψοῦμεν αὐτὸν εἰς τοὺς αἰῶνας.

### **Τριαδικόν.**

Τριάδα παναγίαν, τὴν ἐν Πατρὶ καὶ Υἱῷ, καὶ Πνεύματι, ὑμνοῦντες ψάλλομεν Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

Καὶ νῦν. **Θεοτοκίον.**

Τὸν ἄρρητόν σου Τόκον, πάντες ὑμνοῦμεν βροτοί, εὐσεβῶς ἐκβοῶντες Ἀγνή· Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἀπόστολοι πρεσβεύσατε, ἐν εἰρήνῃ ἡμᾶς, τὰς ἰλαστηρίους ἡμέρας τελεῖν. Εὐλογεῖτε βοῶντας, τὰ ἔργα Κυρίου τὸν Κύριον.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

### **Ὁ Εἰρμός.**

Οἱ ὅσιοί σου Παῖδες, ἐν τῇ καμίνῳ Χριστέ, ἀνυμνοῦντες ἔλεγον· Εὐλογεῖτε τὰ ἔργα, Κυρίου τὸν Κύριον.

### **ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

*Verse:* Bless the Lord, O Apostles, Prophets, and Martyrs of the Lord, and exalt Him beyond measure, unto all the ages. (SAAS)

We praise the disciples of Christ \* who offer intercession for the world and drive away all error, \* and we cry aloud: \* All works of the Lord, bless the Lord! (OCA)

*Verse:* We bless the Lord: Father, Son, and Holy Spirit; we sing a hymn to Him and exalt Him beyond measure unto the ages. (SAAS)

### **For the Trinity.**

We praise the all-holy Trinity, \* Father, Son and Spirit, \* and we sing: All works of the Lord, bless the Lord! (OCA)

Both now. **Theotokion.**

With all mankind we sing the praises of your ineffable childbearing, \* and with true devotion we cry aloud, pure Virgin: \* All works of the Lord, bless the Lord! (OCA)

*Glory to You, our God, glory to You.*

Pray for us, Apostles, \* that we may complete these days of propitiation in peace, \* as we cry aloud: \* All works of the Lord, bless the Lord! (OCA)

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

### **Heirmos.**

Your holy Children \* sang your praises in the furnace, O Christ, \* and they said: All works of the Lord, bless the Lord! (OCA)

### **DEACON**

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

**Ὡιδὴ θ'.**

**Μεγαλυνάριον. Ἦχος δ'.**

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

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

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

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

**Στίχ.** Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ το ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβουμένοις αὐτόν.

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

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

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

**Ode ix.**

**Megalynarion. 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.

**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.

**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.

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

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

**Στίχ.** Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ,  
μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς  
Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι  
αὐτοῦ ἕως αἰῶνος.

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

### **Ὁ Κανὼν τοῦ Μηναιίου.**

#### **Ὡιδὴ θ'. Ἦχος δ'. Ὁ Εἰρμός.**

Εὐὰ μὲν τῷ τῆς παρακοῆς νοσήματι,  
τὴν κατάραν εἰσφύκισατο, σὺ δὲ Παρθένε  
Θεοτόκε, τῷ τῆς κυφορίας βλαστήματι, τῷ  
κόσμῳ τὴν εὐλογίαν ἐξήνθησας. Ὅθεν σε  
πάντες μεγαλύνομεν.

### **Τροπάρια.**

Ἄγιε τοῦ Θεοῦ, πρέσβευε ὑπὲρ ἡμῶν.

Ὡραῖος τῷ εἶδει τῆς ψυχῆς Ἡσύχιε,  
ἐγνωρίσθης καὶ τοῦ σώματος· σὺ γὰρ  
ἀξίωμα καὶ πλοῦτον, κατέλιπες καὶ  
δόξαν ἐπίκηρον, καὶ μόνῳ τῷ Χριστῷ  
ἠκολούθησας, δήμοις Μαρτύρων  
συναπτόμενος.

**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.

**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.

### **The Canon from the General Menaion.**

#### **Ode ix. Mode pl. 4. Heirmos**

Everything that hears trembles at the  
ineffable condescension of God: how the Most  
High came down even to take a body and  
become man of a virgin womb; and so we  
faithful magnify the immaculate Mother of  
God. (EL)

### **Troparia.**

*Saint of God, intercede for us.*

That with godly voices we may call  
you blessed, revered Martyr, who nobly  
struggled and smashed the goads of the  
deceiver, save us, who have gained you as our  
noble protector, from dangers, afflictions and  
troubles of many kinds. (EL)

**Στίχ.** Εὐλογητὸς Κύριος ὁ Θεὸς τοῦ Ἰσραήλ, ὅτι ἐπεσκέψατο καὶ ἐποίησε λύτρωσιν τῷ λαῷ αὐτοῦ.

Ὁραῖος τῷ εἶδει τῆς ψυχῆς Ἡσύχιε, ἐγνωρίσθης καὶ τοῦ σώματος· σὺ γὰρ ἀξίωμα καὶ πλοῦτον, κατέλιπες καὶ δόξαν ἐπίκηρον, καὶ μόνῳ τῷ Χριστῷ ἠκολούθησας, δήμοις Μαρτύρων συναπτόμενος.

**Στίχ.** Καὶ ἤγειρε κέρασ σωτηρίας ἡμῖν, ἐν οἴκῳ Δαυῖδ τοῦ παιδὸς αὐτοῦ.

Συνέτριψας ξόανα σοφῆ Ἡσύχιε, ἀπωλείας καὶ ἠγάπησας, μᾶλλον θανεῖν βιαιοτάτως, ζωὴν ὅπως κερδήσης τὴν μέλλουσαν, σὺν πᾶσι τοῖς καλῶς ἐναθλήσασιν· ὅθεν σε πιστεῖ μακαρίζομεν.

**Στίχ.** Καθὼς ἐλάλησε διὰ στόματος τῶν ἁγίων, τῶν ἀπ' αἰῶνος Προφητῶν αὐτοῦ. Σωτηρίαν ἐξ ἐχθρῶν ἡμῶν, καὶ ἐκ χειρὸς πάντων τῶν μισούντων ἡμᾶς.

Ἡ μνήμη σου σήμερον ἡμῖν Ἡσύχιε, Θεομάκαρ ἐπεδήμησε, πάντων φωτίζουσα καρδίας, ἐν ταύτῃ τῶν πιστῶς εὐφημούντων σου, τοὺς πόνους, τὰ γενναῖα παλαίσματα, καὶ τὰ τῶν πόνων ἀγωνίσματα.

**Στίχ.** Ποιῆσαι ἔλεος μετὰ τῶν Πατέρων ἡμῶν, καὶ μνησθῆναι διαθήκης ἁγίας αὐτοῦ.

### **Θεοτοκίον.**

Φῶς ἡμῖν ἀνέτειλεν ἐκ σοῦ Πανάμωμε, ὁ τῶν ὄλων μόνος Κύριος, καὶ κατελάμπρυνε τὰς πάντων καρδίας, θεϊκαῖς ἐπιγνώσεσι, καὶ σκότος ἀγνωσίας ἐμείωσεν· Ὅθεν σε πάντες μακαρίζομεν.

**Verse:** Blessed be the Lord God of Israel, for he has visited and redeemed his people. (RSV)

That with godly voices we may call you blessed, revered Martyr, who nobly struggled and smashed the goads of the deceiver, save us, who have gained you as our noble protector, from dangers, afflictions and troubles of many kinds. (EL)

**Verse:** And has raised up a horn of salvation for us in the house of his servant David. (RSV)

Like the dawn, like the morning star you have dawned, revered Martyr, and enlightened by your teachings all the ends of the earth, and banished the dread darkness of the demons; and so enlighten me, darkened in soul by sloth. (EL)

**Verse:** As he spoke by the mouth of his holy prophets from of old. That we should be saved from our enemies, and from the hand of all who hate us. (RSV)

Establish all those who faithfully ever take refuge under your protection, revered Martyr, lest we be overwhelmed by life's troubles and the wiles of the evil one, who year by year magnify and glorify you. (EL)

**Verse:** To perform the mercy promised to our fathers, and to remember his holy covenant. (RSV)

### **Theotokion.**

Wretch that I am, I tremble at your impartial tribunal, O only King; keep me then uncondemned in your compassion, the all-pure Lady, who ineffably gave you a body, implore s you insistently, O Christ of many mercies. (EL)

Τοῦ Τριωδίου ---

**Κανὼν Α' τοῦ Τριωδίου.**

**Ὡδιὴ θ'. Ἦχος β'. Ἡ τὸν ἀχώρητον Θεόν.**

*Στίχ.* Ὅρκον, ὃν ᾤμοσε πρὸς Ἀβραάμ τὸν πατέρα ἡμῶν, τοῦ δοῦναι ἡμῖν ἀφόβως, ἐκ χειρὸς τῶν ἐχθρῶν ἡμῶν ῥυσθέντας.

Ἀπερριμμένος ἡδονῶν, ἀχανές εἰς πέλαγος, τὴν τῆς σῆς εὐσπλαγχνίας ἄβυσσον, προσκαλοῦμαι Κυβερνητὰ με σῶσον.

*Στίχ.* Λατρεύειν αὐτῷ ἐν ὁσιότητι καὶ δικαιοσύνῃ ἐνώπιον αὐτοῦ, πάσας τὰς ἡμέρας τῆς ζωῆς ἡμῶν.

Τῆς εὐσπλαγχνίας ἡ πηγῆ, δός μοι νῦν κατάνυξιν, στεναγμόν, ὅπως ἀποκλαύσωμαι, τῶν κακῶν μου, τὰς ἀπείρους θαλάσσας.

*Στίχ.* Καὶ σύ, Παιδίον, Προφήτης Ὑψίστου κληθήσῃ· προπορεύσῃ γὰρ πρὸ προσώπου Κυρίου ἐτοιμάσαι ὁδοὺς αὐτοῦ.

Τῶν Μαθητῶν σου Ἰησοῦ, ταῖς σεπταῖς δεήσεσι, τὴν σεπτὴν δίδου μοι Ἀνάστασιν, προσκυνῆσαι, καὶ τὰ θεῖά σου Πάθη.

*Στίχ.* Τοῦ δοῦναι γνῶσιν σωτηρίας τῷ λαῷ αὐτοῦ, ἐν ἀφέσει ἁμαρτιῶν αὐτῶν, διὰ σπλάγχνα ἐλέους Θεοῦ ἡμῶν.

**Θεοτοκίον.**

Ἡ οὐρανῶσασα ἡμῶν, τὸ γεῶδες φύραμα, τῇ ἐν σοί, τοῦ Θεοῦ Πανάμωμε, ἐνοικήσει, ῥῦσαι πάντας κινδύνων.

From Triodion ---

**Canon 1 from the Triodion.**

**Ode ix. Mode 2. (not metered)**

*Verse:* The oath which he swore to our father Abraham, to grant us that we, [being] delivered from the hand of our enemies. (RSV)

Cast into the yawning deep of sensual pleasure, \* I call upon the abyss of your tender mercies: \* O Helmsman, save me! (OCA)

*Verse:* [That we] might serve him without fear, in holiness and righteousness before him all the days of our life. (RSV)

Fountain of compassion, \* give me compunction and cries of sorrow, \* that I may lament the endless ocean of my evil deeds. (OCA)

*Verse:* And you, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways. (RSV)

At the holy prayers of your disciples, Jesus, \* grant that I may venerate your divine Passion \* and your dread resurrection. (OCA)

*Verse:* To give knowledge of salvation to his people in the forgiveness of their sins, through the tender mercy of our God. (RSV)

**Theotokion.**

You made our earthly nature heavenly, undefiled Virgin, \* for God took up his dwelling in your womb: \* Deliver us all from danger! (OCA)

**Κανὼν Β' τοῦ Τριωδίου.**

**Ὡιδὴ Θ'. Ἦχος πλ. α'.**  
*Μεγαλύνομεν Χριστέ*

*Στίχ.* Ἐν οἷς ἐπεσκέψατο ἡμᾶς ἀνατολὴ  
ἐξ ὕψους, ἐπιφᾶναι τοῖς ἐν σκότει καὶ σκιᾷ  
θανάτου καθημένοις.

Ἐκ τῶν πηγῶν προφητικῶς, τῶν τοῦ  
Σωτῆρος ἐξαντλήσαντες, οἱ Ἀπόστολοι,  
ὔδωρ ἀθανασίας, τοῖς διψῶσι δόγματα  
ζωῆς, ποτίζουσι πάντοτε.

*Στίχ.* Τοῦ κατευθῦναι τοὺς πόδας ἡμῶν  
εἰς ὁδὸν εἰρήνης.

Τοῦ Βασιλέως οὐρανῶν, φανέντες  
ἄρχοντες Ἀπόστολοι, ὑπετάξατε, πᾶσαν  
τὴν οἰκουμένην, τοῦτον μόνον σέβειν,  
προσκυβεῖν, καὶ δοξολογεῖν ὡς Θεόν.

**Δόξα. Τριαδικόν.**

Τριάς ἀμέριστε Μονάς, ἡ παντουργὸς  
καὶ παντοδύναμος, ὁ Πατὴρ ὁ Υἱός, καὶ τὸ  
ἅγιον Πνεῦμα, σὺ Θεὸς μου Κύριος καὶ φῶς,  
καὶ σὲ ἀνυμνῶν προσκυνῶ.

**Καὶ νῦν. Θεοτοκίον.**

Σὲ Μητροπάρθενε ἀγνή, μακαριοῦμεν  
γενεαὶ γενεῶν, ὅτι γέγονας, ἱλαστήριον  
Κόσμου, τὸν Σωτῆρα καὶ Δημιουργόν,  
ἀρρήτως κυήσασα.

*Δόξα σοι ὁ Θεὸς ἡμῶν, δόξα σοι.*

Τῶν Ἀποστόλων ὁ χορὸς, τοὺς  
ἀνυμνοῦντάς σε περισῶζε· καὶ ἀξίωσον,  
ἐν κατανύξει καρδίας, τὰς ἡμέρας πάσας  
διελθεῖν, τῶν φωτοποιῶν Νηστειῶν.

**Ὁ Εἰρμός.**

Μεγαλύνομεν Χριστέ, τὴν σὴν  
πανάμωμον Μητέρα ἀγνήν, ὅτι ἔτεκέ σε,  
ὑπερφυῶς κατὰ σάρκα, πάσης πλάνης καὶ  
καταφθορᾶς, ἡμᾶς λυτρωσάμενον.

**Canon 2 from the Triodion.**

**Ode ix. Mode pl. 1. (not metered)**

*Verse:* When the day shall dawn upon us from  
on high to give light to those who sit in darkness  
and in the shadow of death. (RSV)

The Apostles prophetically drew the  
water of immortality \* from the fountain of  
the Savior, \* ever giving the thirsty drink from  
the teachings of life. (OCA)

*Verse:* To guide our feet into the way of peace.  
(RSV)

Apostles, princes of the king of heaven, \*  
you have subdued the whole inhabited earth,  
\* so that it honors him alone, \* worshipping  
and giving glory to him as God. (OCA)

**Glory. For the Trinity.**

Trinity, undivided unity, \* all-creative  
and all-powerful, \* Father, Son and Holy  
Spirit, \* you are my God, and Lord and light; \*  
I sing your praises and I worship you. (OCA)

**Both now. Theotokion.**

We and every generation shall call you  
blessed, pure virgin Mother, \* for you are the  
mercy-seat of the world, \* who have ineffably  
borne the Savior and Creator. (OCA)

*Glory to You, our God, glory to You.*

Choir of the Apostles, \* keep safe those  
who praise you, \* and grant that they may  
pass with a contrite heart \* through all the  
days of the light-giving fast. (OCA)

**Heirmos.**

We magnify, O Christ, your all-blameless  
and pure Mother, \* for in ways past nature,  
according to the flesh, \* she bore you, our  
deliverer from all error and corruption. (OCA)



Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

### ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

*(Κύριε, ἐλέησον.)*

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

*(Κύριε, ἐλέησον.)*

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

*(Σοί, Κύριε.)*

### ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

*(Ἀμήν.)*

Τοῦ Ὁρολογίου ---

### ΧΟΡΟΣ

#### Φωταγωγικά

#### Ἦχος γ'.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου, πρεσβείαις τῶν Ἀποστόλων, καὶ σῶσόν με.

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου, πρεσβείαις τοῦ Ἱεράρχου, καὶ σῶσόν με.

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos.

### 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.)*

From Horologion ---

### CHOIR

#### Photagogic Hymns

#### Mode 3.

Send out Your light, O Christ God, and enlighten our hearts, by the intercessions of the Apostles, and save me. *(SD)*

Send out Your light, O Christ God, and enlighten our hearts, by the intercessions of the Hierarch, and save me. *(SD)*

Ἐξαπόστειλον τὸ φῶς σου, Χριστέ  
ὁ Θεός, καὶ φώτισον τὴν καρδίαν μου,  
προσβείαις τῆς Θεοτόκου, καὶ σῶσόν με.

**ΑΝΑΓΝΩΣΤΗΣ**

**Οἱ Αἶνοι.** (διαβαστά)  
**Ψαλμὸς ΡΜΗ' (148).**

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν·  
αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Αἰνεῖτε  
αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε  
αὐτόν, πᾶσαι αἱ δυνάμεις αὐτοῦ. Αἰνεῖτε  
αὐτόν ἡλῖος 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. Αἰνεῖτε τὸν  
Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι  
ἄβυσσοι· πῦρ, χάλαζα, χιών, κρύσταλλος,  
πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον  
αὐτοῦ· τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα  
καρποφόρα καὶ πᾶσαι κέδροι· τὰ θηρία  
καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ πετεινὰ  
πτερωτὰ· 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· ὕμνος πᾶσι τοῖς ὁσίοις  
αὐτοῦ, τοῖς υἱοῖς Ἰσραὴλ, λαῶ ἐγγίζοντι  
αὐτῷ.

**Ψαλμὸς ΡΜΘ' (149).**

Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν, ἡ αἶνεσις  
αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων. Εὐφρανθήτω

Send out Your light, O Christ God, and  
enlighten our hearts, by the intercessions of  
the Theotokos, and save me. (SD)

**READER**

**Lauds.** (read)  
**Psalms 148.**

Praise the Lord from the heavens; praise  
Him in the highest. Praise Him, all you His  
angels; praise Him, all you His hosts. 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.  
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. (SAAS)

**Psalms 149.**

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

Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν 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 πραεῖς ἐν σωτηρίᾳ. Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσίν αὐτῶν τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς, τοῦ δησαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς, τοῦ ποιῆσαι ἐν αὐτοῖς κριμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

**Ψαλμὸς ΠΝ' (150).**

Αἰνεῖτε τὸν θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτόν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ· αἰνεῖτε αὐτόν ἐπὶ ταῖς δυναστεῖαις αὐτοῦ, αἰνεῖτε αὐτόν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ. Αἰνεῖτε αὐτόν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτόν ἐν ψαλτηρίῳ καὶ κιθάρα· αἰνεῖτε αὐτόν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτόν ἐν χορδαῖς καὶ ὄργάνῳ· αἰνεῖτε αὐτόν ἐν κυμβάλοις εὐήχοις, αἰνεῖτε αὐτόν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. Ἀλληλουῖα.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**ΔΟΞΟΛΟΓΙΑ** (διαβαστά)

Σοὶ δόξα πρέπει, Κύριε, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς

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. (SAAS)

**Psalm 150.**

Praise God in His saints; praise Him in the firmament of His power; praise Him for His mighty acts; praise Him according to the abundance of His greatness. Praise Him with the sound of a trumpet; praise Him with the harp and lyre; praise Him with timbrel and dance; praise Him with strings and flute; praise Him with resounding cymbals; praise Him with triumphant cymbals; let everything that breathes praise the Lord. Alleluia. (SAAS)

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

**DOXOLOGY** (read)

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Glory to God in the highest, and on earth peace,

εἰρήνη ἐν ἀνθρώποις εὐδοκία. Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν. Κύριε Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα. Κύριε ὁ Θεός, ὁ Ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἶρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἶρων τὰς ἁμαρτίας τοῦ κόσμου. Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς. Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρὸς. Ἀμήν. Καθ' ἐκάστην ἡμέραν εὐλογήσω σε, καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα, καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος. Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με· ἴασαι τὴν ψυχὴν μου, ὅτι ἥμαρτόν σοι. 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. 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, Δέσποτα· συνέτισόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Ἅγιε· φώτισόν με τοῖς δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδης. Σοὶ πρόπει αἶνος, σοὶ πρόπει ὕμνος, σοὶ

good will to men. We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory. Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit. Lord God, the Lamb of God, the 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 of the Father, and have mercy on us. For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages. Lord, you have become for us a refuge from generation to generation. I have said: Lord, have mercy on me, heal my soul, for I have sinned against you. Lord, to you I have fled; 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. Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin. Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen. Let your mercy, Lord, come upon us, just as we have hoped in you. Blessed are you, O Lord, teach me your commandments. Blessed are you, O Master, make me understand your commandments. Blessed are you, O Holy One, enlighten me with your commandments. Lord, your mercy remains forever, do not turn away from the works of your hands. To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

δόξα πρέπει, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

### ΔΙΑΚΟΝΟΣ

Πληρώσωμεν τὴν ἑωθινήν δέησιν ἡμῶν τῷ Κυρίῳ.

*(Κύριε, ἐλέησον.)*

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

*(Κύριε, ἐλέησον.)*

Τὴν ἡμέραν πᾶσαν τελείαν, ἁγίαν, εἰρηνικὴν καὶ ἀναμάρτητον, παρὰ τοῦ Κυρίου αἰτησώμεθα.

*(Παράσχου, Κύριε.)*

Ἄγγελον εἰρήνης, πιστὸν ὁδηγόν, φύλακα τῶν ψυχῶν καὶ τῶν σωμάτων ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα.

*(Παράσχου, Κύριε.)*

Συγγνώμην καὶ ἄφεσιν τῶν ἁμαρτιῶν καὶ τῶν πλημμελημάτων ἡμῶν, παρὰ τοῦ Κυρίου αἰτησώμεθα.

*(Παράσχου, Κύριε.)*

Τὰ καλὰ καὶ συμφέροντα ταῖς ψυχαῖς ἡμῶν καὶ εἰρήνην τῷ κόσμῳ, παρὰ τοῦ Κυρίου αἰτησώμεθα.

*(Παράσχου, Κύριε.)*

Τὸν ὑπόλοιπον χρόνον τῆς ζωῆς ἡμῶν ἐν εἰρήνῃ καὶ μετάνοιᾳ ἐκτελέσαι, παρὰ τοῦ Κυρίου αἰτησώμεθα.

*(Παράσχου, Κύριε.)*

Χριστιανὰ τὰ τέλη τῆς ζωῆς ἡμῶν, ἀνώδυνα, ἀνεπαίσχυντα, εἰρηνικά, καὶ καλὴν ἀπολογία τὴν ἐπὶ τοῦ φοβεροῦ βήματος τοῦ Χριστοῦ αἰτησώμεθα.

*(Παράσχου, Κύριε.)*

Τῆς Παναγίας ἀχράντου, ὑπερευλογημένης, ἐνδόξου Δεσποίνης

### DEACON

Let us complete morning our prayer 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.)*

That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

*(Grant this, O Lord.)*

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

*(Grant this, O Lord.)*

For pardon and remission of our sins and transgressions, let us ask the Lord.

*(Grant this, O Lord.)*

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

*(Grant this, O Lord.)*

That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.

*(Grant this, O Lord.)*

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

*(Grant this, O Lord.)*

Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos

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 Θεὸς ἐλέους, οἰκτιρῶν, καὶ  
φιλανθρωπίας ὑπάρχεις, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

**ΙΕΡΕΥΣ**

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματι σου.)

**ΔΙΑΚΟΝΟΣ**

Τὰς κεφαλὰς ὑμῶν τῷ Κυρίῳ κλίνομεν.

(Σοί, Κύριε.)

**ΙΕΡΕΥΣ** (χαμηλοφώνως)

Κύριε, Ἄγιε, ὁ ἐν ὑψηλοῖς κατοικῶν καὶ τὰ  
ταπεινὰ ἐφορῶν, καὶ τῷ παντεφώρῳ σου ὄμματι  
ἐπιβλέπων ἐπὶ πᾶσαν τὴν κτίσιν, σοὶ ἐκλίναμεν τὸν  
αὐχένα τῆς ψυχῆς καὶ τοῦ σώματος, καὶ δεόμεθά σου  
Ἄγιε Ἁγίων· ἔκτεινον τὴν χειρὰ σου τὴν ἀόρατον ἐξ  
ἀγίου κατοικητηρίου σου, καὶ εὐλόγησον πάντας  
ἡμᾶς· καὶ εἴτι ἡμάρτομεν ἐκουσίως ἢ ἀκουσίως,  
ὡς ἀγαθὸς καὶ φιλόφρων Θεὸς συγχώρησον,  
δωρούμενος ἡμῖν τὰ ἐγκόσμια καὶ ὑπερκόσμια  
ἀγαθὰ σου.

Σὸν γὰρ ἐστὶ τὸ ἐλεεῖν καὶ σώζειν  
ἡμᾶς, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν  
ἀναπέμπομεν, τῷ Πατρὶ, καὶ τῷ Υἱῷ, καὶ τῷ  
Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων.

(Ἀμήν.)

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 You are the God of mercy and  
compassion and love for mankind, and to You  
we give glory, to the Father and the Son and  
the Holy Spirit, now and forever and to ages  
of ages.

(Amen.)

**PRIEST**

Peace be with all.

(And with your spirit.)

**DEACON**

Let us bow our heads to the Lord.

(To You, O Lord.)

**PRIEST** (in a low voice)

Holy Lord, dwelling on high and beholding things  
below and, with your eye that observes all, keeping  
watch over the whole creation, to you we have bowed  
the neck of our soul and body, and we beseech you,  
O Holy of Holies: Stretch forth your invisible hand  
from your holy dwelling and bless us all. And, as  
you are good and love humankind, pardon us if we  
have sinned in anything, voluntarily or involuntarily,  
granting us your blessings both of this world and of the  
world above.

For Yours it is to show mercy and to save  
us, O our God, and to You we give glory, to  
the Father and the Son and the Holy Spirit,  
now and forever and to ages of ages.

(Amen.)

**ΧΟΡΟΣ**

**Ἀπόστιχα. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

**Ἰδιόμελον. Ἦχος γ'.**

Κύριε, ἐμοὶ τῷ ἁμαρτωλῷ ἔθου  
μετάνοιαν, ἐμὲ τὸν ἀνάξιον, σῶσαι  
βουλόμενος, ἀμετροῦ ἔλεει σου, σοὶ  
προσπίπτω δεόμενος. Ἐν νηστείαις,  
τὴν ψυχὴν μου σύγκαμψον, ὅτι πρὸς σὲ  
κατέφυγον, τὸν μόνον Πολυέλεον.

**Στίχ.** Πρὸς σὲ ἦρα τοὺς ὀφθαλμοὺς  
μου τὸν κατοικοῦντα ἐν τῷ οὐρανῷ. Ἴδου ὡς  
ὀφθαλμοὶ δούλων εἰς χεῖρας τῶν κυρίων  
αὐτῶν, ὡς ὀφθαλμοὶ παιδίσκης εἰς χεῖρας  
τῆς κυρίας αὐτῆς, οὕτως οἱ ὀφθαλμοὶ  
ἡμῶν πρὸς Κύριον τὸν Θεὸν ἡμῶν, ἕως οὗ  
οἰκτειρῆσαι ἡμᾶς.

Κύριε, ἐμοὶ τῷ ἁμαρτωλῷ ἔθου  
μετάνοιαν, ἐμὲ τὸν ἀνάξιον, σῶσαι  
βουλόμενος, ἀμετροῦ ἔλεει σου, σοὶ  
προσπίπτω δεόμενος. Ἐν νηστείαις,  
τὴν ψυχὴν μου σύγκαμψον, ὅτι πρὸς σὲ  
κατέφυγον, τὸν μόνον Πολυέλεον.

**Μαρτυρικόν.**

**Ἦχος γ'.**

**Στίχ.** Ἐλέησον ἡμᾶς, Κύριε,  
ἐλέησον ἡμᾶς, ὅτι ἐπὶ πολὺ ἐπλήσθημεν  
ἐξουδένωσης, Ἐπὶ πλεῖον ἐπλήσθη ἡ ψυχὴ  
ἡμῶν. Τὸ ὄνειδος τοῖς εὐθηνούσι, καὶ ἡ  
ἐξουδένωσις τοῖς ὑπερηφάνοις.

Ὡς φωστῆρες ἐν Κόσμῳ λάμπετε,  
καὶ μετὰ θάνατον ἅγιοι Μάρτυρες, τὸν  
ἀγῶνα τὸν καλὸν ἀγωνισάμενοι, ἔχοντες  
παρρησίαν, Χριστὸν ἰκετεύσατε, ἐλεηθῆναι  
τὰς ψυχὰς ἡμῶν.

**CHOIR**

**Aposticha. From the Triodion.**

From Triodion ---

**Idiomelon. Mode 3.**

You have appointed repentance for me,  
a sinner, Lord, \* wanting to save me, an  
unworthy man, because of your great mercy.  
\* I fall down to you in prayer: \* Humble my  
soul through fasting, for I have fled to you, \*\*  
Lord of great mercy! (OCA)

**Verse:** I lift my eyes to You, who dwell  
in heaven. Behold, as the eyes of servants look  
to the hands of their masters, as the eyes of the  
maidservant look to the hands of her mistress, so  
our eyes look to the Lord our God until He shall  
have compassion on us. (SAAS)

You have appointed repentance for me,  
a sinner, Lord, \* wanting to save me, an  
unworthy man, because of your great mercy.  
\* I fall down to you in prayer: \* Humble my  
soul through fasting, for I have fled to you, \*\*  
Lord of great mercy! (OCA)

**For the Martyrs.**

**Mode 3.**

**Verse:** Have mercy on us, O Lord, have  
mercy on us, for we are greatly filled with  
contempt. Our soul is greatly filled with it. We are  
a disgrace to those who prosper, and a contempt to  
the arrogant. (SAAS)

Even after death you shine as lights in the  
world, holy Martyrs! \* You tied yourselves  
to noble tasks; \* therefore you now have  
boldness before Christ: \*\* Entreat him to have  
mercy on our souls. (OCA)

Δόξα· καὶ νῦν. **Θεοτοκίον.**

**Ἦχος γ'.**

Θεοτόκε ἡ προστασία πάντων τῶν  
δεομένων, εἰς σὲ θαρροῦμεν, εἰς σὲ  
καυχώμεθα, ἐν σοὶ πᾶσα ἐλπίς ἡμῶν ἐστι.  
Πρέσβευε τῷ ἐκ σοῦ Τεχθέντι, ὑπὲρ ἀχρείων  
δούλων σου.

**ΙΕΡΕΥΣ**

Ἀγαθὸν τὸ ἐξομολογεῖσθαι τῷ Κυρίῳ  
καὶ ψάλλειν τῷ ὀνόματί σου, Ὑψιστε. Τοῦ  
ἀναγγέλλειν τῷ πρωῒ τὸ ἔλεός σου καὶ τὴν  
ἀλήθειάν σου κατὰ νύκτα.

**ΑΝΑΓΝΩΣΤΗΣ**

**Τρισάγιον.**

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.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε,  
ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα,  
συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε,  
ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν,  
ἐνεκεν τοῦ ὀνόματός σου.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε,  
ἐλέησον.

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς,  
ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ  
βασιλεία σου. Γενηθήτω τὸ θέλημά σου,  
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον  
ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ  
ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ  
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ

Glory. Both now. **Theotokion.**

**Mode 3.**

You are the mediator of those who pray,  
Theotokos. \* In you we have confidence, and  
in you we rejoice; \* all our hope we have put  
in you. \*\* Pray to your Son for your unworthy  
servants! (OCA)

**PRIEST**

It is good to give thanks to the Lord  
and to sing to Your name, O Most High. To  
proclaim Your mercy in the morning and  
Your truth at night.

**READER**

**Trisagion Prayers.**

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.

All-holy Trinity, have mercy on us.  
Lord, forgive our sins. Master, pardon our  
transgressions. Holy One, visit and heal our  
infirmities for your name's sake.

Lord, have mercy. Lord, have mercy.  
Lord, have mercy.

Glory to the Father and the Son and the  
Holy Spirit. Both now and ever and to the  
ages of ages. Amen.

Our Father, who art in heaven, hallowed  
be Thy name. Thy kingdom come, Thy will  
be done, on earth as it is in heaven. Give us  
this day our daily bread; and forgive us our  
trespasses, as we forgive those who trespass



εισενέγκης ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**ΙΕΡΕΥΣ**

Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(*Ἀμήν.*)

**ΑΝΑΓΝΩΣΤΗΣ**

Ἐν τῷ Ναῶ ἐστῶτες τῆς δόξης σου, ἐν οὐρανῷ ἐστάναι νομίζομεν· Θεοτόκε, πύλη ἐπουράνιε, ἀνοιξον ἡμῖν τὴν θύραν τοῦ ἐλέους σου.

Κύριε, ἐλέησον. (*μ'*)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

**ΙΕΡΕΥΣ**

Ὁ ὢν εὐλογητός, Χριστὸς ὁ Θεὸς ἡμῶν, πάντοτε, νῦν, καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

(*Ἀμήν.*)

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς ἄρχοντας ἡμῶν στερέωσον· τὴν πίστιν στήριξον· τὰ ἔθνη πράνον· τὸν κόσμον εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν (ἢ Μονήν) ταύτην καλῶς διαφύλαξον· τοὺς προαπελθόντας πατέρας καὶ ἀδελφοὺς ἡμῶν ἐν σκηναῖς δικαίων τάξον· καὶ ἡμᾶς ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

(*Ἀμήν.*)

against us. And lead us not into temptation, but deliver us from evil.

**PRIEST**

For Thine 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.*)

**READER**

Standing in your glorious church, O Theotokos, we think we are standing in heaven. O heavenly Gate, open to us the door of your mercy.

Lord, have mercy. (*40*)

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

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.

In the name of the Lord, Father, bless!

**PRIEST**

Blessed are You, Christ our God, always now and forever and to the ages of ages.

(*Amen.*)

O heavenly King, uphold our rulers, strengthen the Faith, calm the nations, give peace to the world. Protect this holy Church (or, Monastery); grant our departed fathers and brethren that they may dwell with the righteous, and accept us in repentance and confession; for You are good and love mankind.

(*Amen.*)

### Εὐχὴ τοῦ Ἁγίου Ἐφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,  
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας καὶ  
ἀργολογίας μὴ μοι δῶς.

Πνεῦμα δὲ σωφροσύνης,  
ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης  
χάρισαί μοι τῷ σῶ δούλω.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ  
οῤῥαν τὰ ἐμὰ πταισμάτα, καὶ μὴ κατακρίνειν  
τὸν ἀδελφόν μου.

Ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν  
αἰῶνων. Ἀμήν.

*Ἀναστάντες δὲ ἀρχόμεθα: "Δεῦτε  
προσκυνήσωμεν..." καὶ ψάλλομεν τὴν Α' Ὠραν.*

ἦ·

### ΑΝΑΓΝΩΣΤΗΣ

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.  
Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν  
αἰῶνων. Ἀμήν.

Κύριε, ἐλέησον. (ἐκ γ') Εὐλόγησον.

### ΙΕΡΕΥΣ

Χριστὸς ὁ ἀληθινὸς Θεὸς ἡμῶν,  
ταῖς πρεσβείαις τῆς παναχράντου  
καὶ παναμώμου ἀγίας αὐτοῦ Μητρός,  
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,  
προστασίαις τῶν τιμίων ἐπουρανίων  
Δυνάμεων Ἀσωμάτων, ἱκεσίαις τοῦ τιμίου,  
ἐνδόξου, προφήτου, Προδρομοῦ καὶ  
βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων  
καὶ πανευφήμων Ἀποστόλων, τῶν ἁγίων  
ἐνδόξων καὶ καλλινίκων μαρτύρων· τῶν  
όσιων καὶ θεοφόρων Πατέρων ἡμῶν· (τοῦ  
Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων  
Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ  
πάντων τῶν Ἁγίων, ἐλέησαι καὶ σώσαι  
ἡμᾶς, ὡς ἀγαθὸς καὶ φιλόανθρωπος.

### Prayer of St. Ephraim

O Lord and Master of my life, do not  
permit the spirit of laziness and meddling, the  
lust for power and idle talk to come into me.

Instead, grant me, your servant, the spirit  
of prudence, humility, patience and love.

Yes, Lord and King, give me the power  
to see my own faults and not to judge my  
brother.

For you are blessed unto the ages of ages.  
Amen. (HC)

*Then we begin the First Hour, saying: "Come let us  
worship..."*

or:

### READER

Glory to the Father and the Son and the  
Holy Spirit. Both now and ever and to the  
ages of ages. Amen.

Lord, have mercy. (3) Father, bless!

### PRIEST

May Christ our true God, through  
the intercessions of His all-pure and all-  
immaculate holy Mother, the power of the  
precious and life-giving Cross, the protection  
of the honorable, bodiless powers of heaven,  
the supplications of the honorable, glorious  
prophet and forerunner John the Baptist, of  
the holy, glorious, and praiseworthy apostles,  
of the holy, glorious, and triumphant martyrs,  
of our righteous and God-bearing fathers,  
(local patron saint); of the holy and righteous  
ancestors of God Joachim and Anna, and of all  
the saints, have mercy on us and save us, for  
He is good and loves mankind.

Δι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν,  
Κύριε Ἰησοῦ Χριστέ ὁ Θεός, ἐλέησον καὶ  
σῶσον ἡμᾶς.

(Ἀμήν.)

Through the prayers of our holy fathers,  
Lord Jesus Christ, our God, have mercy on us  
[and save us].

(Amen.)