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**DIGITAL CHANT STAND**  
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

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**The Service of Matins**  
**for Sunday, March 19, 2023**

**Octoechos - Grave Mode**  
**on Sunday Morning**  
**Eothion 7**

**Triodion - Third Sunday of Lent**  
**Third Sunday of Lent. Veneration of the Cross**  
**on Sunday Morning at Matins**

**Menaion - March 19**  
**Katavasias of Third Sunday of Lent**

**Text in English**

**Links to Matins Ordinary**

**Bilingual**

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## Sources

[ **GOASD** ] Greek Orthodox Archdiocese of America. Fr. Seraphim Dedes. [ **AC** ] Anthony Cook. [ **GKD** ] George K. Duvall. [ **KW** ] Kallistos Ware. [ **RB** ] Richard Barrett. [ **SD** ] Fr. Seraphim Dedes.  
[ **TC** ] Thomas Carroll. [ **VPA** ] Virgil Peter Andronache. [ **GOA** ] Greek Orthodox Archdiocese of America. [ **HC** ] Holy Cross Orthodox Press. [ **OCA** ] Orthodox Church in America.

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**Books - Sources**

**Octoechos - Grave Mode.**

On Sunday Morning

**Triodion**

Third Sunday of Lent. Veneration of the Cross

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**MATINS**

**CHOIR**

**Grave Mode.**

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

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

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

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

From Octoechos - - -

**Resurrectional Apolytikion.**

**Grave Mode.**

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

Glory. **For the Cross.**

From Triodion - - -

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

Both now. **Theotokion.**

From Octoechos - - -

**Mode 1. The stone had been secured.**

When Gabriel had uttered rejoice to you, O Virgin, \* then with the voice was the Lord of all becoming incarnate \* in you whom the holy Ark of old \* prefigured, as righteous David said. \* You carried your Creator and proved to be more spacious than the heavens. \* Glory to Him who dwelt inside of you! \* Glory to Him who came forth from You! \* Glory be to Him who through your childbirth has set us free! [SD]

**PRIEST**

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

*( Lord, have mercy. )*

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

*( Lord, have mercy. )*

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

*( To You, O Lord. )*

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

*( Amen. )*

**CHOIR**

**Kathisma I.**

From Octoechos - - -

**Grave Mode.**

Life was laid in the sepulcher, and a seal was laid on the stone. And as if guarding a king

in his sleep, so the soldiers guarded Christ; and Angels glorified Him as the immortal God. The women cried aloud, "The Lord has risen, and granted the world great mercy." <sup>[SD]</sup>

Glory.

In Your three-day entombment You despoiled death. By Your life-bearing rising You have resurrected corrupted man, in Your love for humanity, O Christ God. Glory to You. <sup>[SD]</sup>

Both now. **Theotokion.**

O all-praised Lady, our resurrection's treasury, do from the pit and the deep of offences draw us up, as we have put our trust in you. For you have saved us who were liable for sin, by giving birth unto our salvation. Virgin prior to bearing; and in bearing, a Virgin; and after bearing, still a Virgin. <sup>[SD]</sup>

From Octoechos - - -

**Kathisma II.  
Grave Mode.**

O Life, You rose from the sepulcher, even though the tomb was secured with a seal, O Christ God. Then, although the doors were shut, You came to Your Disciples, O Resurrection of all. Through them You renew a right spirit in us, according to Your great mercy. <sup>[SD]</sup>

Glory.

In tears, the women bearing sweet spices went in haste to Your sepulcher. And they were saying to each other, "Who will roll away the stone for us?" For You, the King of all, were guarded by soldiers. The Angel of great

Counsel has risen, after trampling on death. O Lord almighty, glory to You. <sup>[SD]</sup>

Both now. **Theotokion.**

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

**Kathisma III. For the Cross.**

From Triodion - - -

**Mode pl. 4. When he perceived.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. <sup>[SD]</sup>

Glory. Both now. **Repeat.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. <sup>[SD]</sup>

**PRIEST**

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

( *Lord, have mercy.* )

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

( *Lord, have mercy.* )

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

( *To You, O Lord.* )

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

( *Amen.* )

**READER**

From Octoechos - - -

**Hypakoe. Grave Mode.**

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

**CHOIR**

**Anavathmoi.**

**Antiphon I. Grave Mode.**

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

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

Glory. Both now.

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

**Antiphon II.**

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

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

Glory. Both now.

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

**Antiphon III.**

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

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

Glory. Both now.

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

**Prokeimenon.**

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

**Verse:** *I will give thanks to You, O Lord, with my whole heart.*

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

**PRIEST**

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

*( Lord, have mercy. )*

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

*( Lord, have mercy. )*

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

*( To You, O Lord. )*

For 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. )*

**READER**

From Octoechos - - -

**Resurrectional Kontakion.**

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

**Oikos.**

The netherworld below was trembling today -- Hades and Death before One of the Trinity. The earth was convulsing; and the wardens of hell, seeing You, cowered in fear, yet creation all, rejoicing with the Prophets, sings an ode of triumph to You, our Redeemer and God, who now has destroyed the power of Death. To Adam and to those who were born of him let us shout in triumph and cry aloud, "A Tree has brought this man back in. Come out, you faithful, to the Resurrection." [GKD]

**Kontakion from Triodion.**

From Triodion - - -

**Grave Mode. Automelon.**

The fiery sword is not guarding the entrance to Eden anymore. For it was extinguished in paradoxical manner by the tree of the Cross. The sting of death and the victory of Hades have been stricken. And You, my Savior, came and cried out to those in Hades: Enter again into Paradise. [SD]

**Oikos.**

On Golgotha did Pilate lift up crosses three: two for those guilty of larceny, and one for Him who gives us life, whom Hades spied and voiced to those below, "My ministers and governors: my heart! - who has affixed it with a nail? A lance of wood abruptly pierced me through, and I am rent in twain. My inner parts distressingly are pained, my belly aches, the organs of my senses. My breathing pants and am compelled Adam and those of Adam to expel, who by a tree were given me. For it is a

tree that leads them back again into Paradise."

[GKD]

*Stand for the reading of the Synaxarion.*

### **Synaxarion**

*From the Menaion.*

On March 19 we commemorate the holy martyrs Chrysanthos and Daria.

On this day St. Claudius the tribune died after being cast into the sea.

On this day the holy martyr Hilary, the wife of St. Claudius, died by the sword.

On this day the holy martyrs Jason and Maurus, their sons, died by the sword.

On this day we also commemorate the holy martyr Pancharios.

On this day the Sts. Diodore the priest and Marian the deacon reposed after being closed up in a cave.

We also commemorate the holy new martyr Demetrius the joiner who died by the sword in the year 1564.

*From the Triodion.*

On this day, the third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross.

Let all the earth adore the Cross,  
Through which it learned to adore You, the Word.

By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-

day fast with ease, and have mercy on us, as You alone are good and love humanity.

### **CHOIR**

#### **Katavasia of Third Sunday of Lent**

##### **Ode i. Mode 1.**

That most godly prophet Moses prefigured Your Cross \* in the Red Sea of old, O Savior.

\* For he divided the water with the rod in his hand, \* and led Israel across, \* and sang You a sacred ode of exodus, O Christ our God. [SD]

##### **Ode iii.**

O Christ, set me firmly on the rock of the Faith, by the power of Your all-holy Cross, \* so that my mind will not move when tempted by the enemy's assaults. \* Only You are holy, O Lord. [SD]

##### **Ode iv.**

O mighty Lord, when the sun beheld You hanging on the Cross, \* that great luminary shuddered, \* retracted and hid its rays; and all creation fearfully \* sang a hymn extolling Your forbearance. \* Indeed the earth has been filled with Your praise, O God. [SD]

##### **Ode v.**

We rise early and we extol You, \* for through Your Cross we found peace that passes all understanding. \* Through it You, the Savior of the world, renewed the human race, \* leading us to the unsetting light. [SD]

##### **Ode vi.**

When Jonah was in the belly of the whale, \* he extended his arms and thus foreshadowed the figure of Your holy Cross, O Lord. \* Then

he bounded forth \* from the monster, being saved by Your power, O Logos. [SD]

**Ode vii.**

The same One who saved those Servants from the furnace fire \* has become incarnate now. \* He has come to earth. \* He was nailed upon the Cross. \* He has granted salvation to us. \* He alone is the God of our fathers, blessed and exceedingly glorious. [SD]

**Ode viii.**

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

Daniel, who is known as one great among the Prophets, \* was cast into the lions' den and was preserved from being eaten; \* for he stretched out his hands in the form of a cross and was kept unharmed, \* as he was blessing Christ our God unto the ages. [SD]

*Stand for the Gospel reading.*

**DEACON**

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

**PRIEST**

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

**CHOIR**

Amen.

**Mode 2.**

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

**DEACON**

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

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

**DEACON**

Wisdom. Arise. Let us hear the holy Gospel.

**PRIEST**

Peace be with all.

( *And with your spirit.* )

**PRIEST**

The reading is from the holy Gospel according to John.

Let us be attentive.

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

**PRIEST (from the altar table)**

*Eothinon 7  
John. 20:1-10*

On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying and the napkin, which had been on His



head, not lying with the linen cloths, but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that He must rise from the dead. Then the disciples went back to their homes. [RSV]

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

**READER**

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death. [GOA]

**CHOIR**

**Psalm 50 (51).**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Idiomela from the Triodion.**

Glory. **Mode pl. 4.**

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

Both now. **Same Mode.**

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

**Idiomelon. Mode pl. 2.**

**Verse:** *Have mercy on me, O God, according to Your great mercy; and according*

*to the abundance of Your compassion, blot out my transgression.*

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

**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 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. )

*Stand for the singing of Ode ix.*

**DEACON**

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

**CHOIR**

**Ode ix.**

**The Magnificat. Mode 1.**

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

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

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

[NKJV]

Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to

God the Word, and are truly Theotokos. You do we magnify. [SD]

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

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

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

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

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

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

**Verse:** *He has helped His servant Israel, in remembrance of His mercy, as He spoke*

to our fathers, to Abraham and to his seed forever. [NKJV]

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

**Ode ix. Katavasia. Mode 1.**

O true Theotokos and virgin Mother, you conceived \* without seed, and you gave birth to the Savior, Christ our God, \* who in the flesh was lifted on the Cross. \* All we, the faithful, worthily now praise you \* and magnify you along with Him. [SD]

**PRIEST**

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

*( Lord, have mercy. )*

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

*( Lord, have mercy. )*

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

*( To You, O Lord. )*

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

*( Amen. )*

**CHOIR**

**Mode 2.**

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

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

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**Eothinon 7.**

**Mode 2. On the mountain.**

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

**Exaposteilarion. From the Triodion.**

From Triodion - - -

**Mode 2. On the mountain.**

*Τοῖς Μαθηταῖς συνέλωμεν.*

Today the precious Cross of Christ \* is to be set before us. \* Seeing it let us faithfully \* venerate it with gladness, \* thereby with longing saluting \* the Lord who by His own will \* was thereon crucified for us, \* and let us pray Him that He account us all \* worthy of revering His Cross most precious, \* and of arriving uncondemned \* at the bright Resurrection. [SD]

**Theotokion.**

**Mode 2. On the mountain.**

*Τοῖς Μαθηταῖς συνέλωμεν.*

Your Son stretched out immaculate \* hands and was nailed for our sake \* onto

the Cross, the wood of which \* we are now venerating with faith, all-decorous Maiden. \* Grant to us peace, we pray you, \* and the world-saving, all-divine \* Passion may we attain; and may we adore \* the resplendent day when the world rejoices, \* the shining day that bears the name \* of the Lord, namely Pascha.

[SD]

**Lauds. Grave Mode.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

From Octoechos - - -

**Resurrectional Stichera.**

**Grave Mode.**

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

[SAAS]

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

**Grave Mode.**

*Praise God in His saints; praise Him in the firmament of His power.* [SAAS]

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

**Grave Mode.**

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

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

**Grave Mode.**

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

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

**For the Cross.**

From Triodion - - -

**Mode 4. To a brave one.**

*Ὡς γενναῖον ἐν Μάρτυσι.*

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

Let us joyfully cry aloud, and in odes let us magnify \* the all-precious Cross and salute it with a kiss. \* And let us cry out to it and say, \* O Cross ever-ven'erable, by the power you possess, \* sanctify us in every way, soul and body too. \* From all manner of injury arising

from our enemies preserve us \* who venerate in piety. [SD]

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

Let us joyfully cry aloud, and in odes let us magnify \* the all-precious Cross and salute it with a kiss. \* And let us cry out to it and say, \* O Cross ever-ven'erable, by the power you possess, \* sanctify us in every way, soul and body too. \* From all manner of injury arising from our enemies preserve us \* who venerate in piety. [SD]

**Verse:** *Exalt the Lord our God, and worship at the footstool of His feet; for He is holy.* [SAAS]

Come, believers, and faithfully \* draw the waters that never fail, \* issuing abundantly by the Cross's grace, \* as we behold set before us now \* the wood of the holy tree, \* yes, the wellspring of the gifts \* of the Spirit, which is itself \* watered by the blood \* and the water that issued from the Master who was willingly exalted \* thereon, exalting humanity. [SD]

**Verse:** *God is our King before the ages; He worked salvation in the midst of the earth.* [SAAS]

The support of the Church are you, \* and the strength of the emperors; \* boast of the monastics and their deliverance \* are you, all-ven'erable Cross of Christ. \* And now as we venerate \* you today, our hearts and souls \* are illumined ineffably by the grace divine \* of the Lord who was nailed to you and brought

down \* the dominion of the sly one, \* and who abolished the ancient curse. [SD]

Glory. **From the Triodion.**

From Triodion - - -

**Mode pl. 4.**

To flee the high-minded opinion of the Pharisees most wicked, the Lord of all things taught us by way of parable, and instructed us all not to think of ourselves more highly than we ought. He Himself became our model and example, having emptied Himself even unto the Cross and death. In thanksgiving, then, with the Publican let us say, "You endured the Passion for us and yet remained dispassionate God, from our sinful passions free us, and grant salvation to our souls." [GKD]

From Octoechos - - -

Both now. **Theotokion.**

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

[SD]

*Stand for the Great Doxology.*

**Great Doxology**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

*As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:*

**PRIEST**

Wisdom. Arise.

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

**CHOIR**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. (2)

**PRIEST**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection. [GOA]

**CHOIR**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection. (2)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

**CHOIR**

**Mode 2.**

Come, O believers, let us venerate the life-giving Cross. For Christ, the King of glory, voluntarily extended His hands on it and raised us up to the original blessedness, after the enemy long ago had captured us with the bait of pleasure, and caused us to be exiled from God. Come, O believers, let us venerate the Cross, by which we have been granted to crush the skulls of our invisible enemies. Come, all you families of the Gentiles, let us sing hymns to honor the Cross of the Lord. "We salute you, O Cross, for you are the complete redemption of Adam who had fallen. In you our most faithful leaders boast, for by your power they have mightily subdued the foreign enemy. Now we Christians with fear and awe salute you with a kiss, and we glorify God who was nailed to you, and we say, 'O Lord, who were nailed



to the Cross, have mercy on us, for You are good and You love humanity." <sup>[SD]</sup>

**Mode pl. 4.**

Today the Master of creation and Lord of glory is nailed to the Cross and He is pierced in the side. He tastes gall and vinegar, He who is the sweetness of the Church. He is crowned with a crown of thorns, He who covers the sky with clouds. He is dressed in a robe to be ridiculed, and He is smitten by a hand formed of clay, He who formed humanity with His own hand. He takes a flogging on the back, He who circles the sky with clouds. He takes the spitting and the whips, the beatings and the taunts; and He endures it all for me, who am condemned, in order so save the world from delusion, for He is compassionate, my Redeemer and my God. <sup>[SD]</sup>

Glory. **Mode pl. 4.**

Today, He who is unapproachable in His essence becomes approachable to me; and He is suffering the Passion, thus freeing me from the passions. He who gives sight to the blind is spit on by lawless lips, and He takes a whipping on the back for the sake of us captives. When His pure Mother saw Him on the Cross, in pain she uttered, "Woe is me, my Child! Why have You done this! You who are more beautiful than all men, I see You not breathing, unsightly, without form or beauty. Woe is me, my Light! I cannot bear to see You sleeping. I am wounded to the core, and an awful sword is piercing my heart. I extol

Your Passion, I worship Your compassion. O longsuffering Lord, glory to You!" <sup>[SD]</sup>

Both now. **Mode pl. 2. Heirmologic.**

Today the prophetic saying has been fulfilled. For, behold, we are worshiping in the place where Your feet stood, O Lord. And now that we have eaten from the tree of salvation, we have obtained the freedom from the passions that come from sin, by the intercessions of the Theotokos, O only Lord who loves humanity. <sup>[SD]</sup>

*When the veneration is finished, the priest returns the cross to the holy altar.*

**CHOIR**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. <sup>[GOA]</sup>

*or:*

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

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

*Or, according to the older practice:*

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

When You rose from the sepulcher and broke the bonds of Hades, You repealed the sentence of death, O Lord, and delivered all from the snares of the enemy. And when You showed yourself to Your Apostles, You sent them out to preach, and through them You

granted peace to the whole world, O only very  
merciful One. <sup>[SD]</sup>