
DIGITAL CHANT STAND
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

The Service of Matins
for Sunday, March 17, 2024

Octoechos - Mode pl. 4
on Sunday Morning
Eothion 8

Triodion - Cheesefare Sunday
on Sunday Morning at Matins

Menaion - March 17
Katavasias of Triodion Sunday 1 and 4

Texts in Greek and English

Links to Matins Ordinary

Bilingual

dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/gr-en/bk.matinsordinary.normal.pdf

English

dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/en/bk.matinsordinary.normal.pdf

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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Βιβλία - Πηγαι

Ὁκτώηχος - ᾠχος πλ. δ'.

Τῇ Κυριακῇ Πρωΐ

Τριώδιον

Κυριακὴ τῆς Τυρινῆς

ΟΡΘΡΟΣ

ΧΟΡΟΣ

ᾠχος πλ. δ'.

Θεὸς Κύριος καὶ ἐπέφανεν ἡμῖν.
Εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχ. α'. Ἐξομολογεῖσθε τῷ Κυρίῳ καὶ
ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

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

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

Τῆς Ὁκτωήχου - - -

Ἀπολυτίκιον Ἀναστάσιμον.

ᾠχος πλ. δ'.

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφὴν
κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης
τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν,
Κύριε δόξα σοι.

Δόξα. **Τὸ αὐτό.**

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφὴν
κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης
τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν,
Κύριε δόξα σοι.

Books - Sources

Octoechos - Mode pl. 4.

On Sunday Morning

Triodion

Cheesefare Sunday

MATINS

CHOIR

Mode pl. 4.

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

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

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.

Mode pl. 4.

You descended from on high, O
compassionate One, and consented to a three-
day burial, to free us from the passions. O
Lord, our life and resurrection, glory to You!

[GOASD]

Glory. **Repeat.**

You descended from on high, O
compassionate One, and consented to a three-
day burial, to free us from the passions. O
Lord, our life and resurrection, glory to You!

[GOASD]

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου - - -

Ἦχος πλ. δ'.

Ὁ δι' ἡμᾶς γεννηθεὶς ἐκ Παρθένου, καὶ σταύρωσιν ὑπομείνας Ἀγαθέ, ὁ θανάτῳ τὸν θάνατον σκυλεύσας, καὶ ἔγερσιν δείξας ὡς Θεός, μὴ παρίδῃς οὓς ἔπλασας τῇ χειρὶ σου· δείξον τὴν φιλανθρωπίαν σου Ἐλεῆμον· δέξαι τὴν τεκοῦσάν σε Θεοτόκον, πρεσβεύουσαν ὑπὲρ ἡμῶν, καὶ σῶσον Σωτὴρ ἡμῶν, λαὸν ἀπεγνωσμένον.

ΙΕΡΕΥΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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.

ΧΟΡΟΣ

Σοί, Κύριε.

ΙΕΡΕΥΣ

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

Both now. **Theotokion.**

From Octoechos - - -

Mode pl. 4.

You were born of a Virgin, and You endured crucifixion for us, O good Lord. By Your death You divested death of spoils, and You displayed resurrection, as God. Please do not despise us, the work of Your hand. Demonstrate Your loving kindness, O merciful Master. Defer to Your Mother, the Theotokos, when she intercedes on our behalf, and save us, Your people in despair, O Savior. [GOASD]

PRIEST

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

CHOIR

Lord, have mercy.

PRIEST

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

CHOIR

Lord, have mercy.

PRIEST

Remembering our all-holy, immaculate, most 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.

CHOIR

To You, O Lord.

PRIEST

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

ΧΟΡΟΣ

Ἀμήν.

ΧΟΡΟΣ

Κάθισμα Α'.

Τῆς Ὀκτωήχου - - -

Ἦχος πλ. δ'. *Αὐτόμελον.*

Ἀνέστης ἐκ νεκρῶν, ἡ ζωὴ τῶν ἀπάντων,
καὶ Ἄγγελος φωτός, ταῖς γυναῖξιν ἐβόα·
Πάυσασθε τῶν δακρύων, τοῖς Ἀποστόλοις
εὐαγγελίσασθε· κράξατε ἀνυμνοῦσαι· Ὅτι
ἀνέστη Χριστὸς ὁ Κύριος, ὁ εὐδοκήσας σῶσαι
ὡς Θεός, τὸ γένος τῶν ἀνθρώπων.

Δόξα.

Ἦχος πλ. δ'. *Τὴν Σοφίαν καὶ Λόγον.*

Ἀναστὰς ἐκ τοῦ τάφου ὡς ἀληθῶς,
ταῖς ὁσίοις προσέταξας γυναῖξί, κηρῦξαι
τὴν ἔγερσιν, Ἀποστόλοις ὡς γέγραπται· καὶ
δρομαῖος ὁ Πέτρος, ἐπέστη τῷ μνήματι, καὶ
τὸ φῶς ἐν τῷ τάφῳ, ὁρῶν κατεπλήττετο·
ὄθεν κατεῖδε, τὰ ὀθόνια μόνα, χωρὶς τοῦ
θείου σώματος, ἐν αὐτῷ κατακείμενα· καὶ
πιστεύσας ἐβόησε· Δόξα σοι Χριστέ ὁ Θεός,
ὅτι σῶζεις ἅπαντας Σωτὴρ ἡμῶν· τοῦ Πατρὸς
γὰρ ὑπάρχεις ἀπαύγασμα.

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος πλ. δ'. *Τὴν Σοφίαν καὶ Λόγον.*

Τὴν οὐράνιον πύλην καὶ κιβωτόν,
τὸ πανάγιον ὄρος τὴν φωταυγῇ, νεφέλην
ὕμνήσωμεν, τὴν οὐράνιον κλίμακα, τὸν
λογικὸν Παράδεισον, τῆς Εὐας τὴν λύτρωσιν,

CHOIR

Amen.

CHOIR

Kathisma I.

From Octoechos - - -

Mode pl. 4. *Automelon.*

Ἀνέστης ἐκ νεκρῶν.

O Life of all, You rose from the dead; and
an Angel, * his countenance like lightning,
called out to the women, * “Weep no more!
But go quickly and bring to the Apostles the
tidings of joy. * Sing out in exultation, ‘Truly
risen from the dead is Christ the Lord, * who
was well pleased to save the human race, as
God our only Savior.’” [GOASD]

Glory.

Mode pl. 4. *By conceiving the wisdom.*

Τὴν Σοφίαν καὶ Λόγον.

Having risen indeed from the tomb, O
Lord, * as recorded in Scripture, You told the
devout * women to proclaim Your resurrection
to the Apostles. * Then Peter came out and he
ran to the tomb; * he was amazed beholding
the light in the sepulcher. * Looking in he
saw that Your holy body was missing; * the
napkin and linen cloths were by themselves,
lying separately. * Then he believed it and
cried aloud, * “Glory to You, Christ God, for
You save all people, O Savior! * You are the
reflection of the Father’s glory!” [GOASD]

Both now. **Theotokion.**

Mode pl. 4. *By conceiving the wisdom.*

Τὴν Σοφίαν καὶ Λόγον.

Let us sing hymns extolling the holy ark *
and the heavenly gate and the shining cloud, *
the all-holy mountain, and the heavenly ladder,
* the allegorical Paradise and the release of

τῆς οἰκουμένης πάσης, τὸ μέγα κειμήλιον· ὅτι σωτηρία, ἐν αὐτῇ διεπράχθη, τῷ κόσμῳ καὶ ἄφεις, τῶν ἀρχαίων ἐγκλημάτων· διὰ τοῦτο βοῶμεν αὐτῇ· Πρέσβευε τῷ σῶ Υἱῷ καὶ Θεῷ, τῶν πταισμάτων ἄφειν δωρήσασθαι, τοῖς εὐσεβῶς προσκυνοῦσι τὸν πανάγιον τόκον σου.

Τῆς Ὀκτωήχου - - -

Κάθισμα Β'.

Ἦχος πλ. δ'.

Ἄνθρωποι τὸ μνημά σου, Σωτὴρ ἐσφραγίσαντο, Ἄγγελος τὸν λίθον, ἐκ τῆς θύρας ἀπεκύλισε. Γυναῖκες ἐθεάσαντο, ἐγηγερμένον ἐκ νεκρῶν, καὶ αὗται εὐηγγελίσαντο τοῖς Μαθηταῖς σου ἐν Σιών· Ὅτι ἀνέστης ἡ ζωὴ τῶν ἀπάντων, καὶ διελύθη τὰ δεσμὰ τοῦ θανάτου. Κύριε δόξα σοι.

Δόξα.

Ἦχος πλ. δ'. Ἀνέστης ἐκ νεκρῶν.

Τὰ μύρα τῆς ταφῆς, αἱ γυναῖκες κομίσασαι, φωνῆς ἀγγελικῆς, ἐκ τοῦ τάφου ἤκουον· Παύσασθε τῶν δακρύων, καὶ ἀντὶ λύπης χαρὰν κομίσασθε· κράξατε ἀνυμνοῦσαι, ὅτι ἀνέστη Χριστὸς ὁ Κύριος, ὁ εὐδοκήσας σῶσαι ὡς Θεός, τὸ γένος τῶν ἀνθρώπων.

Καὶ νῦν. **Θεοτοκίον.**

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, Ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων

Eve, * the great and precious treasure of the entire world. * For in her humanity's salvation was accomplished; * through her has the world received the forgiveness of age-old sins. * Let us therefore cry out to her, * "Intercede with your Son and our God, that He grant forgiveness of their offenses * to those who reverently honor your all-holy childbirth."

[GOASD]

From Octoechos - - -

Kathisma II.

Mode pl. 4.

Human beings put a seal on Your tomb; an Angel rolled the stone away from its door. Women saw You risen from the dead, O Savior, and they brought the joyful news to Your disciples in Zion, that You the life of all had risen, and that the bonds of death were shattered. Glory to You, O Lord! [GOASD]

Glory.

Mode pl. 4. Automelon.

Ἀνέστης ἐκ νεκρῶν.

The women who were taking the burial spices * heard an angelic voice from the sepulcher saying, * "Weep no more! And instead of your sorrow take with you the tidings of joy. * Sing out in exultation, 'Truly risen from the dead is Christ the Lord, * who was well pleased to save the human race, as God our only Savior.'" [GOASD]

Both now. **Theotokion.**

In you, O Lady full of grace, all creation rejoices, the hosts of Angels and the human race. O consecrated temple and allegorical Paradise, virgins boast of you. For God became incarnate from you, yes, our eternally

Θεὸς ἡμῶν. Τὴν γὰρ σὴν μήτραν, θρόνον
ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν
οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει,
Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.

Εὐλογητάρια Ἀναστάσιμα.

Ἦχος πλ. α'.

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

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὁρῶν
σε, ἐν νεκροῖς λογισθέντα, τοῦ θανάτου δὲ
Σωτῆρ, τὴν ἰσχὺν καθελόντα, καὶ σὺν ἑαυτῷ
τὸν Ἀδὰμ ἐγείραντα, καὶ ἐξ Ἄδου πάντας
ἐλευθερώσαντα.

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

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν, ὦ
Μαθήτριάι κινρᾶτε; ὁ ἀστράπτων ἐν τῷ τάφῳ
Ἄγγελος, προσεφθέγγετο ταῖς Μυροφόροις·
Ἴδετε ὑμεῖς τὸν τάφον καὶ ἦσθητε· ὁ Σωτὴρ
γὰρ ἐξανέστη τοῦ μνήματος.

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

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

existing God became a child from you. He
made a throne of your womb, and He made
your body wider than the heavens. In you, O
Lady full of grace, all creation rejoices. Glory
to you! [GOASD]

Resurrectional Evlogetaria.

Mode pl. 1.

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

When the hosts of the Angels saw how
You were accounted among the dead, they all
marveled. You, O Savior, are the One who
destroyed the might of death; and when You
arose You raised Adam with yourself and from
Hades liberated everyone. [SD]

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

“Why do you mingle the ointments with
your tears full of pity, O women disciples?”
Thus the Angel who was shining in the tomb
cried to the myrrh-bearing women. “See for
yourselves the empty tomb and understand,
that the Savior has risen from the sepulcher.”

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

Very early in the morning, the myrrh-
bearing women were hastening to Your tomb
lamenting. But the Angel appeared to them and
uttered, “The time for lamentation has ended;
weep no more. Go announce the Resurrection
to the Apostles.”

Εὐλογητὸς εἶ, Κύριε, δίδασόν με τὰ
δικαιώματά σου.

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

Δόξα.

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

Καὶ νῦν.

Ζωοδότην τεκοῦσα, ἐλυτρώσω Παρθένε,
τὸν Ἀδὰμ ἀμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ,
ἀντὶ λύπης παρέσχες, ρέυσαντα ζωῆς, ἵθυνε
πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθείς Θεὸς καὶ
ἄνθρωπος.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα
σοι, ὁ Θεός. (3)

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

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

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

Glory.

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

Both now.

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

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

PRIEST

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

CHOIR

Lord, have mercy.

PRIEST

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

CHOIR

Lord, have mercy.

ΙΕΡΕΥΣ

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.

ΧΟΡΟΣ

Σοί, Κύριε.

ΙΕΡΕΥΣ

Ὅτι ἡυλόγηταί 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.

ΧΟΡΟΣ

Ἀμήν.

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου ---

Ὑπακοή. ᾠδὴ πλ. δ'.

Αἱ μυροφόροι τοῦ ζωοδότου, ἐπιστᾶσαι
τῷ μνήματι, τὸν Δεσπότην ἐζήτουν, ἐν νεκροῖς
τὸν ἀθάνατον· καὶ χαρὰς εὐαγγέλια, ἐκ τοῦ
Ἀγγέλου δεξάμεναι, τοῖς Ἀποστόλοις ἐμήνουν·
Ὅτι ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ
μέγα ἔλεος.

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α'. ᾠδὴ πλ. δ'.

Ἐκ νεότητός μου, ὁ ἐχθρὸς με πειράζει,
ταῖς ἡδοναῖς φλέγει με· ἐγὼ δὲ πεποιθώς, ἐν
σοῖ Κύριε, τροποῦμαι τοῦτον.

Οἱ μισοῦντες Σιών, γενηθήτωσαν δὴ,
πρὶν ἐκσπασθῆναι ὡς χόρτος· συγκόψει γὰρ
Χριστός, αὐχένας αὐτῶν, τομῇ βασάνων.

PRIEST

Remembering our all-holy, immaculate,
most 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.

CHOIR

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 ever and to the ages
of ages.

CHOIR

Amen.

READER

From Octoechos ---

Hypakoe. Mode pl. 4.

The Myrrh-bearing Women went to
the tomb of the Giver of Life, seeking the
immortal Master among the dead. And
receiving good tidings of joy from the Angel,
they reported to the Apostles, that the Lord had
risen, granting the great mercy to the world.

[GOASD]

CHOIR

Anavathmoi.

Antiphon 1. Mode pl. 4.

From my youth the enemy tempts me, with
the pleasures he inflames me. But trusting in
You, O Lord, I repel and vanquish him. [GOASD]

Let those who hate Zion become like the
grass before it is plucked up. For Christ will
cut their necks in pieces with the cutting blade
of torments. [GOASD]

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, τὸ ζῆν τὰ πάντα, φῶς ἐκ φωτός, Θεὸς μέγας· σὺν Πατρὶ ὑμνοῦμεν αὐτὸ καὶ τῷ Λόγῳ.

Ἀντίφωνον Β΄.

Ἡ καρδιά μου, τῷ φόβῳ σου σκεπέσθω, ταπεινοφρονοῦσα· μὴ ὑψωθείσα ἀποπέσῃ, ἐκ σοῦ Πανοικτίρμον.

Ἐπὶ τὸν Κύριον, ὁ ἐσχηκὼς ἐλπίδα, οὐ δείσει τότε, ὅτε πυρὶ τὰ πάντα, κρινεῖ καὶ κολάσει.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, πᾶς τις θεῖος βλέπει καὶ προλέγει, τερατουργεῖ ὕψιστα, ἐν τρισὶν ἑνα Θεὸν μέλπων· εἰ γὰρ καὶ τριλαμπεῖ, μοναρχεῖ τὸ θεῖον.

Ἀντίφωνον Γ΄.

Ἐκέκραξά σοι Κύριε, πρόσχες, κλῖνόν μοι τὸ οὖς σου βοῶντι, καὶ κάθαρον πρὶν ἄρῃς με, ἀπὸ τῶν ἐνθένδε.

Ἐπὶ τὴν μητέρα αὐτοῦ γῆν, δύνων πᾶς αὐτῇ ἀναλύσει, τοῦ λαβεῖν βασάνους, ἢ γέρα τῶν βεβιωμένων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, θεολογία μονὰς τρισαγία· ὁ Πατὴρ γὰρ ἄναρχος, ἐξ οὗ ἔφυ ὁ Υἱὸς ἀχρόνως, καὶ τὸ Πνεῦμα σύμμορφον, σύνθρονον, ἐκ Πατρὸς συνεκλάμψαν.

Glory. Both now.

In the Holy Spirit is the life of all things living. He is light from light and great God. We extol Him with the Father and the Logos.

[GOASD]

Antiphon 2.

Let my heart be humble-minded and covered with the fear of You, O Lord, lest it be exalted and fall from You, all-compassionate Master. [GOASD]

Whoever hopes in the Lord will not fear when He will judge and punish all things with fire. [GOASD]

Glory. Both now.

In the Holy Spirit every holy person sees and speaks as a prophet. They do sublime miracles, praising the one God in three persons. For though It shines with three-fold light, yet the Godhead rules as monarch. [GOASD]

Antiphon 3.

I cried to You, O Lord. Attend to me. Incline Your ear to me who am crying, and purify me prior to taking me from this life. [GOASD]

Everyone who sets in the earth, his mother, will again return thence, to receive the torments or honors for his life's actions. [GOASD]

Glory. Both now.

From the Holy Spirit comes theology. One God, thrice-holy: The Father is without beginning, and the Son came from Him eternally, and the Spirit, sharing form and throne, shone at once from the Father. [GOASD]

Ἀντίφωνον Δ΄.

Ἴδου δὴ τί καλόν, ἢ τί τερπνόν, ἀλλ' ἢ
τὸ κατοικεῖν ἀδελφοὺς ἅμα· ἐν τούτῳ γὰρ
Κύριος, ἐπηγγείλατο ζωὴν αἰώνιαν.

Τοῦ ἐνδύματος αὐτοῦ, ὁ τὰ κρίνα τοῦ
ἀγροῦ κοσμῶν, κελεύει μὴ δεῖν φροντίζειν.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνοιδεῖ αἰτία, πάντα
ἔχεται εἰρηνοβραβεύτως· Θεὸς τοῦτο γάρ ἐστι,
Πατρί τε καὶ Υἱῷ, ὁμοούσιον κυρίως.

Προκείμενον.

Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός
σου, Σιών, εἰς γενεὰν καὶ γενεάν. (δ΄)

Στίχ. Αἶνει, ἡ ψυχὴ μου, τὸν Κύριον.

Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ Θεός
σου, Σιών, εἰς γενεὰν καὶ γενεάν.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Τῆς παναγίας, ἀχράντου,
ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν,
Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ
πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς

Antiphon 4.

Behold now, what is so good or so
pleasant as for brethren to dwell together? For
in this the Lord has promised life everlasting.

[GOASD]

He who adorns the lilies of the field
commands us not to be concerned about our
clothing. [GOASD]

Glory. Both now.

In the Holy Spirit, the unifying Cause, all
things are sustained in peaceful coexistence.
This is so for He is God, with the Father and
the Son being truly one in essence. [GOASD]

Prokeimenon.

The Lord shall reign forever; your God, O
Zion, to all generations. (2)

Verse: Praise the Lord, O my soul!

The Lord shall reign forever; your God, O
Zion, to all generations. [SAAS]

PRIEST

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

CHOIR

Lord, have mercy.

PRIEST

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

CHOIR

Lord, have mercy.

PRIEST

Remembering our all-holy, immaculate,
most blessed, and glorious Lady, the
Theotokos and ever-virgin Mary, with all

καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν
Χριστῷ τῷ Θεῷ παραθώμεθα.

ΧΟΡΟΣ

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
ἀγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου - - -

Κοντάκιον Ἀναστάσιμον.

Ἐξαναστὰς τοῦ μνήματος, τοὺς τεθνεῶτας
ἡγειρας, καὶ τὸν Ἀδὰμ ἀνέστησας· καὶ ἡ Εὐὰ
χορεύει, ἐν τῇ σῇ ἀναστάσει, καὶ κόσμου τὰ
πέρατα πανηγυρίζουσι, τῇ ἐκ νεκρῶν ἐγέρσει
σου Πολυέλεε.

Ὁ Οἶκος.

Τὰ τοῦ ᾄδου σκυλεύσας βασίλεια, καὶ
νεκροὺς ἀναστήσας Μακρόθυμε, γυναιξὶ
Μυροφόροις συνήντησας, ἀντὶ λύπης χαρὰν
κομισάμενος· καὶ Ἀποστόλοις σου ἐμήνυσας,
τὰ τῆς νίκης σύμβολα, Σωτὴρ μου ζωοδότα,
καὶ τὴν κτίσιν ἐφώτισας Φιλάνθρωπε· διὰ
τοῦτο καὶ κόσμος συγχαίρει, τῇ ἐκ νεκρῶν
ἐγέρσει σου πολυέλεε.

the saints, let us commend ourselves and one
another and our whole life to Christ our God.

CHOIR

To You, O Lord.

PRIEST

For You are the King of peace and the
savior of our souls, and to You we offer up
glory, to the Father and the Son and the Holy
Spirit, now and ever and to the ages of ages.

CHOIR

Amen.

READER

From Octoechos - - -

Resurrectional Kontakion.

When You rose from the grave, You
also raised the dead, and You resurrected
Adam. Because of Your Resurrection, Eve is
rejoicing, and people the world over celebrate
Your resurrection from the dead, O very
merciful Lord. [GOASD]

Oikos.

When You ransacked the realm of Hades,
and You raised the dead, O long-suffering
Master, You met the Myrrh-bearing Women,
and You gave them joy in place of sorrow.
You showed Your Apostles the marks of
Your victory, O Savior and Giver of Life,
and You illumined creation, O benevolent
God. Therefore the world also celebrates Your
resurrection from the dead, O very merciful
Lord. [GOASD]

Κοντάκιον τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος πλ. β΄. Αὐτόμελον.

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

Ὁ Οἶκος.

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

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

Συνάληψον Παράδεισε, τῷ κτήτορι
πτωχεύσαντι, καὶ τῷ ἥχῳ σου τῶν φύλλων,
ικέτευσον τὸν Πλάστην, μὴ κλείσῃ σε.
Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

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

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.

Kontakion from Triodion.

From Triodion - - -

Mode pl. 2. (not metered)

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

Oikos.

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

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

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

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

Stand for the reading of the Synaxarion.

Συναξάριον

Τοῦ Μηναιίου.

Τῇ ΙΖ΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἀλεξίου τοῦ ἀνθρώπου τοῦ Θεοῦ.

Τῇ αὐτῇ ἡμέρᾳ, συνέφθασε καὶ ἡ μνήμη τῆς μετὰ φιλανθρωπίας ἐπενεχθείσης ἡμῖν φοβεραῖς ἀπειλῆς τοῦ Σεισμοῦ, ἧς παρ’ ἐλπίδα ἐλυτρώσατο ἡμᾶς ὁ φιλάνθρωπος Κύριος· γέγονε δὲ ἐπὶ Κωνσταντίνου Βασιλέως.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ἅγιος Μάρτυς Παῦλος ὑπὲρ τῶν Ἀγίων Εἰκόνων πυρὶ τελειοῦται.

Τῇ αὐτῇ ἡμέρᾳ, ὁ Ὁσιος Θεοστήρικτος, ὁ Ὁμολογητής, ἐν εἰρήνῃ τελειοῦται.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, ἀνάμνησιν ποιούμεθα τῆς ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς ἐξορίας τοῦ Πρωτοπλάστου Ἀδάμ.

Στίχοι

Κόσμος γενάρχαις πικρὰ συνθρηνησάτω.
Βρώσει γλυκεῖα, συμπεσὼν πεπτωκόσι.

Τῇ ἀφάτῳ σου εὐσπλαγχνία, Χριστέ ὁ Θεὸς ἡμῶν, τῆς τρυφῆς τοῦ Παραδείσου ἡμᾶς καταξίωσον, καὶ ἐλέησον, ὡς μόνος φιλάνθρωπος. Ἀμήν.

ΧΟΡΟΣ

**Καταβασίαι τῆς Κυριακῆς
τοῦ Τελώνου, καὶ τῆς Τυρινῆς
ᾠδὴ α΄. ᾠδὴ πλ. β΄.**

Ὡς ἐν ἡπείρῳ πεζεύσας ὁ Ἰσραήλ, ἐν ἀβύσσῳ ἵχνεσι, τὸν διώκτην Φαραώ, καθορῶν ποντούμενον Θεῷ, ἐπινίκιον ᾠδὴν, ἐβόα ᾄσωμεν.

Synaxarion

From the Menaion.

On March 17 we commemorate our devout father Alexios the man of God.

On this day we commemorate the fearful threat of earthquake which our humane Lord brought upon us in his benevolence, and from which He delivered us in a manner beyond hope; the threat came during the reign of the emperor Constantine.

On this day the holy martyr Paul died by fire for the sake of the holy icons.

On this day devout St. Theosterictos the confessor reposed in peace.

From the Triodion.

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

Verses

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

By Your ineffable compassion, O Christ our God, make us worthy of the delights of Paradise and have mercy, as our only benevolent Lord. Amen.

CHOIR

Katavasias of Triodion Sunday 1 and 4

Ode i. Mode pl. 2.

When they had walked through the Red Sea as over land, * the people of Israel watched as Pharaoh and his host * in pursuit were drowned. Then Moses said, * “Let us sing a song of victory to God our Lord.” [GOASD]

Ὡδή γ'.

Οὐκ ἔστιν ἅγιος ὡς σύ, Κύριε ὁ Θεός μου, ὁ ὑψώσας τὸ κέρασ, τῶν πιστῶν σου ἀγαθέ, καὶ στερεώσας ἡμᾶς, ἐν τῇ πέτρᾳ, τῆς ὁμολογίας σου.

Ὡδή δ'.

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

Ὡδή ε'.

Τῷ θείῳ φέγγει σου Ἀγαθέ, τὰς τῶν ὀρθριζόντων σοι ψυχάς, πόθῳ καταύγαυσον δέομαι, σὲ εἰδέναι Λόγε Θεοῦ, τὸν ὄντως Θεόν, ἐκ ζόφου τῶν πταισμάτων, ἀνακαλούμενον.

Ὡδή ς'.

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

Ὡδή ζ'.

Δροσοβόλον μὲν τὴν κάμινον εἰργάσατο, Ἄγγελος τοῖς ὁσίοις παισί· τοὺς Χαλδαίους δὲ καταφλέγον, πρόσταγμα Θεοῦ, τὸν τύραννον ἔπεισε βοᾶν· Εὐλογητὸς εἶ ὁ Θεός, ὁ τῶν πατέρων ἡμῶν.

Ode iii.

No one is holy like the Lord, * no one righteous like our God. * Being good, You exalted Your believers' horn of strength, * firmly establishing us * on the rock of confession of faith in You. [GOASD]

Ode iv.

The holy Church of God exclaims befittingly, * "Christ is God and my Lord, and He is my strength." * She is celebrating in the Lord and sings to Him * from a mind that has been purified. [GOASD]

Ode v.

With Your divine light illumine souls, * who with yearning early in the morning rise to You, O good Lord, I pray, * so that they may know You, Word of God, as truly God, * who calls them back from darkness and from the night of sin. [GOASD]

Ode vi.

I see when my life becomes rough and stormy like the sea; * temptations feel like turbulence. * So I turn to the safe harbor of Your Church, * and calmly I pray to You: * Raise my life from corruption, very merciful Lord. [GOASD]

Ode vii.

In the furnace the Lord's Angel saved the pious men, * blowing through it a dew-laden breeze, * while Chaldean men were completely burned, at God's command, * persuading the tyrant to confess * and cry aloud, "O God of our fathers, blessed are You." [GOASD]

Ὡδὴ η'.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.

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

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Εὐαγγελίου.

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Ὅτι ἅγιος εἶ, ὁ Θεὸς ἡμῶν, καὶ ἐν ἁγίοις
ἐπαναπαύῃ, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν,
τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι,
νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

Ἦχος β'.

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

ΔΙΑΚΟΝΟΣ

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

ΧΟΡΟΣ

Κύριε, ἐλέησον. (3)

ΔΙΑΚΟΝΟΣ

Σοφία. Ὅρθοί. Ακούσωμεν τοῦ ἁγίου
Εὐαγγελίου.

Ode viii.

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

From the flame You refreshed pious
Servants as with dew * and with water
consumed the righteous Prophet's sacrifice.
* You accomplish all, O Christ, simply by
willing it. * We exalt You beyond measure,
unto all the ages. [GOASD]

Stand for the Gospel reading.

DEACON

Let us pray to the Lord.

CHOIR

Lord, have mercy.

PRIEST

For You, our God, are holy, and You rest
among the holy ones, and to You we offer up
glory, to the Father and the Son and the Holy
Spirit, now and ever 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.

CHOIR

Lord, have mercy. (3)

DEACON

Wisdom. Arise. Let us hear the holy
Gospel.

ΙΕΡΕΥΣ

Ειρήνη πᾶσι.

ΧΟΡΟΣ

Καὶ τῷ πνεύματί σου.

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου
τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

ΧΟΡΟΣ

Δόξα σοι, Κύριε, δόξα σοι.

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

Ἐωθινὸν Η'
Ἰωάννην κ' 11-18

Τῷ καιρῷ ἐκείνῳ, Μαρία εἰστήκει πρὸς
τῷ μνημείῳ κλαίουσα ἔξω. ὡς οὖν ἔκλαιε,
παρέκυψεν εἰς τὸ μνημεῖον καὶ θεωρεῖ δύο
ἀγγέλους ἐν λευκοῖς καθεζομένους, ἓνα πρὸς
τῇ κεφαλῇ καὶ ἓνα πρὸς τοῖς ποσίν, ὅπου
ἔκειτο τὸ σῶμα τοῦ Ἰησοῦ. καὶ λέγουσιν
αὐτῇ ἐκεῖνοι· γύναι, τί κλαίεις; λέγει αὐτοῖς·
ὅτι ἤραν τὸν Κύριόν μου, καὶ οὐκ οἶδα ποῦ
ἔθηκαν αὐτόν. καὶ ταῦτα εἰποῦσα ἐστράφη
εἰς τὰ ὀπίσω, καὶ θεωρεῖ τὸν Ἰησοῦν ἐστῶτα,
καὶ οὐκ ᾔδει ὅτι Ἰησοῦς ἐστί. λέγει αὐτῇ ὁ
Ἰησοῦς· γύναι, τί κλαίεις; τίνα ζητεῖς; ἐκείνη
δοκοῦσα ὅτι ὁ κηπουρός ἐστί, λέγει αὐτῷ·
κύριε, εἰ σὺ ἐβάστασας αὐτόν, εἰπέ μοι ποῦ
ἔθηκαν αὐτόν, καὶ γὰρ αὐτὸν ἀρῶ. λέγει αὐτῇ ὁ
Ἰησοῦς· Μαρία. στραφεῖσα ἐκείνη λέγει αὐτῷ·
ῥαββουνί, ὃ λέγεται, διδάσκαλε. λέγει αὐτῇ ὁ
Ἰησοῦς· μή μου ἅπτου· οὐπω γὰρ ἀναβέβηκα
πρὸς τὸν πατέρα μου· πορεύου δὲ πρὸς τοὺς
ἀδελφούς μου καὶ εἰπὲ αὐτοῖς· ἀναβαίνω
πρὸς τὸν πατέρα μου καὶ πατέρα ὑμῶν, καὶ

PRIEST

Peace be with all.

CHOIR

And with your spirit.

PRIEST

The reading is from the holy Gospel
according to John.

DEACON

Let us be attentive.

CHOIR

Glory to You, O Lord, glory to You.

PRIEST (from the altar table)

Eothinon 8
John. 20:11-18

At that time, Mary stood weeping outside
the tomb, and as she wept she stooped to look
into the tomb, and she saw two angels in white,
sitting where the body of Jesus has lain, one
at the head and one at the feet. They said to
her, "Woman, why are you weeping?" She said
to them, "Because they have taken away my
Lord, and I do not know where they have laid
Him." Saying this, she turned round and saw
Jesus standing, but she did not know that it
was Jesus. Jesus said to her, "Woman, why are
you weeping? Whom do you seek?" Supposing
Him to be the gardener, she said to Him, "Sir,
if you have carried Him away, tell me where
you have laid Him, and I will take Him away."
Jesus said to her, "Mary." She turned and said
to Him in Hebrew, "Rabboni," which means
Teacher. Jesus said to her, "Do not touch
Me, for I have not yet ascended to the Father;
but go to My brethren and say to them, I am
ascending to My Father and your Father, to

Θεόν μου καὶ Θεὸν ὑμῶν. ἔρχεται Μαρία ἡ Μαγδαληνὴ ἀπαγγέλλουσα τοῖς μαθηταῖς ὅτι εἶδρακε τὸν Κύριον, καὶ ταῦτα εἶπεν αὐτῇ.

ΧΟΡΟΣ

Δόξα σοι, Κύριε, δόξα σοι.

ΑΝΑΓΝΩΣΤΗΣ

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

ΧΟΡΟΣ

Ψαλμὸς Ν' (50).

ᾠδὴ β'. (ἡ τῆς ἐβδομάδος.)

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

Ἐπὶ πλεῖον πλυνόν με ἀπὸ τῆς ἀνομίας μου
καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με.

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

Σοὶ μόνῳ ἥμαρτον, καὶ τὸ πονηρὸν
ἐνώπιόν σου ἐποίησα· ὅπως ἂν δικαιωθῇς ἐν

My God and your God.” Mary Magdalene
went and said to the disciples, “I have seen the
Lord,” and she told them that He had said these
things to her. [RSV]

CHOIR

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

τοῖς λόγοις σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.

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

Ἴδου γὰρ ἀλήθειαν ἠγάπησας· τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

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

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα.

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

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

Μὴ ἀπορρίψης με ἀπὸ τοῦ προσώπου σου, καὶ τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.

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

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

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

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

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.

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

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

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

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης,
ἀναφορὰν καὶ ὀλοκαυτώματα.

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

Ἰδιόμελα τοῦ Τριωδίου.

Δόξα. **Ἦχος πλ. δ'.**

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

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,
Θεοτόκε· αἰσχροῖς γὰρ κατεβρύπωσα, τὴν
ψυχὴν ἀμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,
ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις ῥῦσαί
με, πάσης ἀκαθαρσίας.

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

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

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

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

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

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

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

Both now. **Same Mode.**

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

Ἰδιόμελον. ᾠχος πλ. β'.

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

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

ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς 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·

πρεσβείαις τῆς παναχράντου δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων ἁσωμάτων, 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 καὶ Κυρίλλου, Ἰωάννου τοῦ Ἐλεήμονος πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος ἐπισκόπου Τριφυθοῦντος, καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων μεγαλομαρτύρων Γεωργίου τοῦ τροπαιοφόρου, Δημητρίου τοῦ μυροβλήτου, Θεοδώρου τοῦ ψήρωνος, Θεοδώρου τοῦ στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν ἱερομαρτύρων

Idiomelon. Mode pl. 2.

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

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

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 all-immaculate Lady Theotokos and ever-virgin Mary, by the power of the precious and life-giving Cross, the protection of the honorable, heavenly, bodiless powers, the supplications of the honorable, 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 wonderworkers; the holy, glorious, great martyrs George the triumphant, Demetrios the myrrh-streamer, Theodore the soldier, and Theodore the general; Menas the wonderworker; Charalambos and Eleutherios, the hieromartyrs; the holy, glorious, and victorious martyrs; the glorious great Martyr

Χαραλάμπους καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ θεοφόρων πατέρων ἡμῶν· (τοῦ ἁγίου τοῦ ναοῦ)· τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν ἁγίων·

ἱκετεύομέν σε, μόνε πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρμοῖς καὶ φιланθρωπία 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.

ΧΟΡΟΣ

Ἀμήν.

Ὁ λαὸς ἵσταται διὰ τὴν Θ' Ὠδήν.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὠδὴ θ'.

Μεγαλυνάριον. Ὑψος πλ. β'.

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

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

and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; our venerable and God-bearing fathers; (local patron saint); holy and righteous ancestors of God Joachim and Anna; and 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 for humankind of Your only-begotten Son, with whom You are blessed, and Your all-holy, good and life-creating Spirit, now and ever and to the ages of ages.

CHOIR

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 pl. 2.

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

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

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

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

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

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

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

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

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

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. [GOASD]

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. [GOASD]

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. [GOASD]

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

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

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

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

Ὡδὴ θ'. Καταβασία. Ἦχος πλ. β'.

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

ΙΕΡΕΥΣ

Ἦτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ
διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.

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. [GOASD]

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. [GOASD]

Ode ix. Katavasia. Mode pl. 2.

It is impossible for God to be seen * by
people; and angelic orders dare not to look at
Him. * But the Word incarnate has been seen
by mankind, through you, O all-pure Virgin. *
Now magnifying Him, * joining the celestial
hosts, all generations call you blest. [GOASD]

PRIEST

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

CHOIR

Lord, have mercy.

PRIEST

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

ΧΟΡΟΣ

Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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.

ΧΟΡΟΣ

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.

ΧΟΡΟΣ

Ἀμήν.

ΧΟΡΟΣ

Ἦχος β΄.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

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

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

Ἐξαποστειλάριον.

Τὸ Η΄ Ἑωθινόν.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Δύο Ἀγγέλους βλέψασα, ἔνδοθεν τοῦ
μνημείου, Μαρία ἐξεπλήττετο, καὶ Χριστὸν
ἀγνοοῦσα, ὡς κηπουρὸν ἐπηρώτα· Κύριε ποῦ
τὸ σῶμα, τοῦ Ἰησοῦ μου τέθεικας; κλήσει
δὲ τοῦτον γνοῦσα, εἶναι αὐτόν, τὸν Σωτῆρα
ἤκουσε· Μή μου ἄπτου, πρὸς τὸν Πατέρα
ἄπειμι, εἰπὲ τοῖς ἀδελφοῖς μου.

CHOIR

Lord, have mercy.

PRIEST

Remembering our all-holy, immaculate,
most 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.

CHOIR

To You, O Lord.

PRIEST

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

CHOIR

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 8.

Mode 2. *Let us in faith.*

Τοῖς Μαθηταῖς συνέλθωμεν.

Amazed was Mary Magdalene, * seeing
two Angels sitting * inside the tomb. Then
unaware * that it was Christ, she asked Him, *
“Tell me, sir, where have you taken * the body
of my Jesus?” * as if He were the gardener.
* He said her name, and then she recognized
Him; * and she heard the Savior say, “Do not

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Γυναῖκες ἀκουτίσθητε.*

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

Ἄτερον.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

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

Οἱ Αἶνοι. Ἦχος πλ. δ΄.

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

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

touch me. * Go, tell my brethren that I am *
ascending to our Father.” [GOASD]

Exaposteilarion. From the Triodion.

From Triodion - - -

Mode 2. *O Women, hearken.*

Γυναῖκες ἀκουτίσθητε.

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

Another.

From Triodion - - -

Mode 2. *Let us in faith.*

Τοῖς Μαθηταῖς συνέλθωμεν.

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

Lauds. Mode pl. 4.

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

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

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

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

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

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

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, ἔρπετά καὶ πετεινὰ πτερωτά.

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

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

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

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

Ἄσατε τῷ Κυρίῳ ῥῆσμα καινόν, ἡ ἀνέσεις αὐτοῦ ἐν ἐκκλησίᾳ ὁσίων.

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

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

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

Καυχῆσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιášονται ἐπὶ τῶν κοιτῶν αὐτῶν.

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

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.

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

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

Τῆς Ὀκτωήχου - - -

Στιχηρὰ Ἀναστάσιμα.

ᾠχος πλ. 8'.

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

Κύριε, εἰ καὶ κριτηρίῳ παρέστης, ὑπὸ Πιλάτου κρινόμενος, ἀλλ' οὐκ ἀπελείφθης τοῦ θρόνου, τῷ Πατρὶ συγκαθεζόμενος· καὶ ἀναστὰς ἐκ νεκρῶν, τὸν κόσμον ἡλευθέρωσας, ἐκ τῆς δουλείας τοῦ ἀλλοτρίου, ὡς οἰκτίρμων καὶ φιλόανθρωπος.

ᾠχος πλ. 8'.

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

Κύριε, εἰ καὶ ὡς θνητὸν ἐν μνημείῳ, Ἰουδαῖοί σε κατέθεντο, ἀλλ' ὡς βασιλέα ὑπνοῦντα, στρατιῶταί σε ἐφύλαττον, καὶ ὡς ζῶης θησαυρόν, σφραγίδι ἐσφραγίσαντο· ἀλλὰ ἀνέστης καὶ παρέσχες, ἀφθαρσίαν ταῖς ψυχαῖς ἡμῶν.

ᾠχος πλ. 8'.

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

Κύριε, ὄπλον κατὰ τοῦ διαβόλου, τὸν Σταυρόν σου ἡμῖν δέδωκας· φρίττει γὰρ καὶ

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

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

From Octoechos - - -

Resurrectional Stichera.

Mode pl. 4.

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

[SAAS]

Lord, even though You were standing at The Pavement * and Pontius Pilate was judging You, * still You were seated with the Father * on the throne, from which You never left. * And when You rose from the dead * as God, in Your benevolence, * You freed the world from the devil's bondage, * as our Savior most compassionate. [GOASD]

Mode pl. 4.

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

Lord, even though You were buried as a mortal * in a sepulcher by Jewish men, * yet a guard of soldiers was watching * over You as though a sleeping king. * As the treasure house of life, * they made it secure with a seal. * But You rose, and You have granted * our souls incorruptibility. [GOASD]

Mode pl. 4.

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

Lord, You have given us Your Cross as a weapon * against the devil, our enemy. * He

τρέμει, μὴ φέρων καθορᾶν αὐτοῦ τὴν δύναμιν, ὅτι νεκροὺς ἀνιστᾷ, καὶ θάνατον κατήργησε· διὰ τοῦτο προσκυνοῦμεν, τὴν ταφὴν σου καὶ τὴν ἔγερσιν.

Ἦχος πλ. δ'.

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

Ὁ Ἄγγελός σου Κύριε, ὁ τὴν ἀνάστασιν κηρύξας, τοὺς μὲν φύλακας ἐφόβησε, τὰ δὲ γυναῖκα ἐφώνησε λέγων· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν; ἀνέστη Θεός ὢν, καὶ τῇ οἰκουμένῃ ζωὴν ἐδωρήσατο.

Ἦχος πλ. δ'.

Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ, αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Ἐπαθες διὰ σταυροῦ, ὁ ἀπαθὴς τῇ θεότητι· ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης, τῆς δουλείας τοῦ ἐχθροῦ· καὶ ἀθανατίσας, ζωοποιήσης ἡμᾶς Χριστέ ὁ Θεός, διὰ τῆς ἀναστάσεώς σου Φιλάνθρωπε.

Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἰδιόμελον. Ἦχος πλ. α'.

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

Οἶμοι! ὁ Ἀδάμ, ἐν θρήνῳ κέκραγεν, ὅτι ὄφεις καὶ γυνή, θεϊκῆς παρρησίας με ἐξώσαν, καὶ Παραδείσου τῆς τρυφῆς ξύλου βρῶσις ἡλλοτρίωσεν. Οἶμοι! οὐ φέρω λοιπόν τὸ ὄνειδος, ὁ ποτὲ βασιλεὺς τῶν ἐπιγείων πάντων

is gripped with fear and he trembles, * for he cannot bear to see its might, * because it raises the dead; * it neutralized the power of death. * Therefore we worship You and honor * Your burial and resurrection. [GOASD]

Mode pl. 4.

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

Your Angel, who announced Your resurrection, * on the one hand frightened * the soldiers guarding Your tomb, O Lord, * on the other hand he said to the women, * “Why do you seek the living among the dead? * As God, He has risen, * and He has granted life to the entire world.” [GOASD]

Mode pl. 4.

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

You suffered through crucifixion, O Lord, impassible in Your divinity. You accepted three-day burial, to free us from slavery to the enemy, and to make us immortal and alive, through Your resurrection, O benevolent Christ our God. [GOASD]

From the Triodion.

From Triodion - - -

Idiomelon. Mode pl. 1.

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

“Woe is me!” cried Adam in lament, “that a serpent and a woman have deprived me of intimate communion with God; and eating from the tree has estranged me from the Paradise of delight. Woe is me, for I

κτισμάτων Θεοῦ, νῦν αἰχμάλωτος ὥφθην, ὑπὸ μιᾶς ἀθέσμου συμβουλῆς, καὶ ὁ ποτὲ δόξαν ἀθανασίας ἡμφιεσμένος, τῆς νεκρώσεως τὴν δοράν, ὡς θνητὸς ἐλεεινῶς περιφέρω. Οἶμοι! τίνα τῶν θρῆνων συνεργάτην ποιήσομαι; Ἀλλὰ σὺ Φιλάνθρωπε, ὁ ἐκ γῆς δημιουργήσας με, εὐσπλαγχνίαν φορέσας, τῆς δουλείας τοῦ ἐχθροῦ, ἀνακάλεσαι καὶ σῶσόν με.

Ἰδιόμελον. ᾠδὴ πλ. α'.

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

Τὸ στάδιον τῶν ἀρετῶν ἡνέφκεται, οἱ βουλόμενοι ἀθλῆσαι εἰσέλθετε, ἀναζωσάμενοι τὸν καλὸν τῆς Νηστείας ἀγῶνα· οἱ γὰρ νομίμως ἀθλοῦντες, δικαίως στεφανοῦνται, καὶ ἀναλαβόντες τὴν πανοπλίαν τοῦ Σταυροῦ, τῷ ἐχθρῷ ἀντιμαχησώμεθα, ὡς τεῖχος ἄρρηκτον κατέχοντες τὴν Πίστιν, καὶ ὡς θώρακα τὴν προσευχήν, καὶ περικεφαλαίαν τὴν ἐλεημοσύνην, ἀντὶ μαχαίρας τὴν νηστείαν, ἥτις ἐκτέμνει ἀπὸ καρδίας πᾶσαν κακίαν. Ὁ ποιῶν ταῦτα, τὸν ἀληθινὸν κομίζεται στέφανον, παρὰ τοῦ Παμβασιλέως Χριστοῦ, ἐν τῇ ἡμέρᾳ τῆς Κρίσεως.

Ἰδιόμελον. ᾠδὴ πλ. β'.

Ἐξομολογήσομαί σοι, Κύριε, ἐν ὅλῃ καρδίᾳ μου, διηγῆσομαι πάντα τὰ θαυμασιά σου.

Ἀδὰμ τοῦ Παραδείσου διώκεται, τροφῆς μεταλαβὼν ὡς παρήκοος, Μωσῆς θεόπτης

cannot bear the disgrace! Once the king of all God's creatures on the earth, I am now viewed as a hostage because of one piece of illicit advice; and though once vested with the glory of immortality, I, as mortal, carry about the skin of deadness lamentably. Woe is me! Which lamentation shall I enlist to collaborate with me? But You, Friend of man, who fashioned me from the earth, and who donned compassion; recall me from servitude to the enemy and save me." [GKD]

Idiomelon. Mode pl. 1.

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

The stadium of virtue is now open; those who wish to compete, enter therein, girded for the good contest of Lent, for those who compete according to the rules shall receive their laurels rightfully. Taking up the full armor of the Cross, let us do battle against the Enemy. As an impregnable wall, we have the Faith, prayer as our breastplate, and acts of mercy as our helmet. Instead of sword, there is fasting, which cuts every evil from the heart. He who does this shall attain a true crown from Christ, the King of all, on Judgment Day. [GKD]

Idiomelon. Mode pl. 2.

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

Adam was evicted from Paradise as one disobedient, after partaking of its luxury.

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

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

ῥῆχος πλ. β'.

Ἐφθασε καιρὸς, ἡ τῶν πνευματικῶν
ἀγώνων ἀρχή, ἡ κατὰ τῶν δαιμόνων νίκη,
ἡ πάνοπλος ἐγκράτεια, ἡ τῶν Ἀγγέλων
εὐπρέπεια, ἡ πρὸς Θεὸν παρρησία· δι'
αὐτῆς γὰρ Μωϋσῆς, γέγονε τῷ Κτίστη
συνόμιλος, καὶ φωνὴν ἀοράτως, ἐν ταῖς ἀκοαῖς
ὑπεδέξατο· Κύριε, δι' αὐτῆς ἀξίωσον καὶ
ἡμᾶς, προσκυνῆσαί σου τὰ Πάθη καὶ τὴν ἁγίαν
Ἀνάστασιν, ὡς φιλόανθρωπος.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

ὑπερευλογημένη ὑπάρχεις, Θεοτόκε
Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος,
ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται,
ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται,

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

Glory. **From the Triodion.**

From Triodion - - -

Mode pl. 2.

The time has come - the start of our
spiritual contests, the victory over demons, the
full armor of self-control, the angels' dignity,
the confidence before God. Thereby did Moses
become conversant with the Creator, and heard
the invisible voice. Lord, through fasting make
us worthy to worship Your Passion and holy
Resurrection, as You love humanity. [GKD]

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin
Theotokos. For through Him who from you
became incarnate, Hades has been captured,
and Adam has been called back; the curse has

ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς
ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν·
Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως
εὐδοκήσας δόξα σοι.

Ὁ λαὸς ἵσταται διὰ τὴν Μ. Δοξολογίαν.

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δείξαντι τὸ φῶς. Δόξα ἐν
ὑψίστοις Θεῷ καὶ ἐπὶ γῆς 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 Πατρός, ὁ αἴρων τὴν ἁμαρτίαν τοῦ
κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας
τοῦ κόσμου.

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

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

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

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

been killed, and Eve has been freed; death has
been put to death, and we have been brought
back to life. Therefore we extol Him and cry
out, “O Christ our God, You are blessed, for so
was Your good pleasure. Glory to You!” ^[GOASD]

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.

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, δίδασόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδασόν με τὰ
δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδασόν με τὰ
δικαιώματά σου.

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

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

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου
ὁψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί
σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος
Ἀθάνατος, ἐλέησον ἡμᾶς. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know
You.

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

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

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

Holy Immortal, have mercy on us.

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

Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν Τροπάριον Ἀναστάσιμον.

ᾠχος δ'. (ἡ τῆς εβδομάδος.)

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

ἢ κατὰ τὴν παλαιωτέραν τάξιν·

ᾠχος πλ. δ'. (ἡ τῆς εβδομάδος.)

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

After the Doxology, sing the following Resurrectional Troparion.

Mode 4. (or the Mode of the week)

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

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. [SD]