

---

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

---

**The Service of Matins**  
**for Sunday, April 21, 2024**

**Octoechos - Mode pl. 1**  
**on Sunday Morning**  
**Eothion 2**

**Triodion - Fifth Sunday of Lent**  
**Fifth Sunday of Lent: St. Mary of Egypt**  
**on Sunday Morning at Matins**

**Menaion - April 21**  
**Katavasias of Theotokos**

**Text in English**

**Links to Matins Ordinary**

**Bilingual**

[dcs.goarch.org/goa/dcs/p/b/matinsordinary/normal/gr-en/bk.matinsordinary.normal.pdf](https://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](https://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.

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

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

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

## Disclaimer

The translation, rubrics, Greek and English texts are for the purposes of worship only and are subject to change without notice at the discretion of the Greek Orthodox Archdiocese of America.

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

## GOA DCS Website

<https://dcs.goarch.org>

## Email

[dcsinfo@goarch.org](mailto:dcsinfo@goarch.org)

## Fonts

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

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

This document was produced using the AGES Liturgical Workbench.

**Books - Sources**

**Octoechos - Mode pl. 1.**

On Sunday Morning

**Triodion**

Fifth Sunday of Lent - On Sunday Morning

Fifth Sunday of Lent: St. Mary of Egypt

---

**MATINS**

**CHOIR**

**Mode pl. 1.**

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. 1. Automelon.**

*Τὸν συνάναρχον Λόγον.*

As the Father and Spirit are unoriginate, \* so the Word, who was born from the Virgin for us. \* Let us praise Him, O believers, and let us worship Him. \* For our salvation He was pleased \* to be crucified in the flesh, \* and to undergo death, \* and to resurrect the dead, by His glorious resurrection. [GOASD]

From Triodion - - -

Glory. **For the Devout Woman.**

**Mode pl. 4.**

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and

by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels. [SD]

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.

**CHOIR**

Amen.

**CHOIR**

**Kathisma I.**

From Octoechos - - -

**Mode pl. 1. As the Father and Spirit.**

*Τὸν συνάναρχον Λόγον.*

Let us honor the Cross of the Lord with solemn praise. \* Let us sing hymns extolling His holy burial. \* Let us highly glorify His resurrection from the dead. \* For, being God, He raised the dead from the graves with himself. \* He shined light on those in Hades, annihilating the power of death and the devil's might. [GOASD]

Glory.

Lord, You who deadened death were described as being dead. You who emptied tombs had been buried in a tomb. Above, soldiers guarded the sepulcher; below, You resurrected the dead of all ages. Lord almighty and incomprehensible, glory to You! [GOASD]

Both now. **Theotokion.**

**Mode pl. 1. As the Father and Spirit.**

*Τὸν συνάναρχον Λόγον.*

Hail, gate of the Lord, through which no man has passed! \* Wall and shelter of all who rely on you, rejoice! \* Port and haven undisturbed by any tempest, rejoice! \* You gave birth to your Creator and God in the flesh, \* ever remaining a virgin. \* Never cease

interceding for us who worship and extol your Son. [GOASD]

From Octoechos - - -

**Kathisma II.**

**Mode pl. 1.**

After You had risen on the third day, O Lord, and the Apostles had worshiped You, Peter said to You, "The women were courageous, but I was afraid. The robber stated Your divinity, but I denied knowing You. Will You ever call me Your disciple again, or will you send me back to be a fisher of the sea? I pray You to receive me in repentance, O God, and save me." [GOASD]

Glory.

The villains had You crucified between the convicts. And they pierced Your side with a spear, O merciful Master. You accepted burial. You destroyed the gates of Hades, and You rose on the third day. The Women ran to see You, and they announced Your resurrection to the Apostles. Supremely exalted Savior, whom the Angels extol, O blessed Lord, glory to You!

[GOASD]

Both now. **Theotokion.**

**Mode pl. 1. As the Father and Spirit.**

*Τὸν συνάναρχον Λόγον.*

Bride unwedded and Mother of God, you are the one \* who turned Eve's pain and sorrow into exultant joy. \* We the faithful sing your praises and we honor you; \* for you have lifted us up from the ancient curse. \* All-lauded, all-holy Virgin, \* never cease interceding with your Son and God to save our souls. [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. <sup>[SD]</sup>

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

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

*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.”

*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.

**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. 1.**

Mentally amazed by the angelic apparition, inwardly illumined by the divine resurrection, the Myrrh-bearing Women brought good tidings to the Apostles. "Proclaim the resurrection of the Lord among the Gentiles, as He works with you by signs and miracles, and He grants to us the great mercy." [GOASD]

**CHOIR**

**Anavathmoi.**

**Antiphon 1. Mode pl. 1.**

In my affliction, like David, I sing to You, my Savior. Deliver my soul from a deceitful tongue. [GOASD]

Blessed is the life of those who dwell in the desert, as they mount up with wings of the intense love of God. [GOASD]

Glory. Both now.

By the Holy Spirit are all things maintained, both seen and unseen; for He is inseparably one of the Trinity with full authority. [GOASD]

**Antiphon 2.**

O my soul, let us be lifted to the mountains. Come to the One, from whom help comes. [GOASD]

O Christ, let Your soaring right hand keep me from every kind of mischief. [GOASD]

Glory. Both now.

To the Holy Spirit we say, theologizing, "You are God, life and intense love, light and mind. You are goodness, and You reign forever." [GOASD]

**Antiphon 3.**

When they say to me, "Let us go into the courts of the Lord," I am filled with great joy, and I send up my prayers. [GOASD]

Over the house of David fearful things will be accomplished; a fire will be there, burning every shameful thought. [GOASD]

Glory. Both now.

In the Holy Spirit, as in the Father and the Logos, is the principle of life; and by Him every living being is animated. [GOASD]

**Prokeimenon.**

Arise, O Lord my God, for You reign unto the ages. (2)

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

Arise, O Lord my God, for You reign unto the ages. [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 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.**

O my Savior, You descended into the netherworld, and You shattered its gates, for You are almighty God. O Creator, with yourself You raised the dead of all time, and You utterly destroyed the sting of death, O Christ. O benevolent Master, You freed Adam from the ancient curse. Therefore we all cry to You: Save us, O Lord. [GOASD]

**Oikos.**

When the women heard the Angel's words, they put away their grief; and they rejoiced with trembling as they saw the resurrection. And behold, Christ came to them and said, "Rejoice! Take courage! I have overcome the world and have rescued the prisoners. Go quickly now to the Disciples and tell them

that I am going before them to proclaim it in the region of Galilee." Therefore we all cry to You: Save us, O Lord. [GOASD]

**Kontakion.**

From Triodion - - -

**Mode 3. On this day.**

You were once completely full of fornication of all kinds. But today you show yourself a Bride of Christ through repentance. Longingly you imitated the Angels' lifestyle. With the Cross, being your weapon, you trampled demons. Therefore, glorious Saint Mary, you have appeared as a bride of heaven's realm. [SD]

**Oikos.**

Ewe of Christ and daughter, now in song we praise you, O Mary most renowned. Accounted the Egyptians' nursling, but yet fleeing all their error, you were altogether offered as a seedling precious to the Church. With self-control and supplication, you practiced asceticism beyond the measure of human nature. Therefore you were exalted in Christ, through way of life and practice. Glorious Saint Mary, you have appeared as a bride of heaven's realm. [SD]

*Stand for the reading of the Synaxarion.*

**Synaxarion**

From the Menaion.

On April 21 we commemorate the holy Hieromartyr and bishop Januarius; the deacons Proculus, Sosius, and Faustus; the reader Desiderius; and Euty chius and Acutius.

On this day we also commemorate the holy Martyr Alexandra the Queen.

On this day we also commemorate the holy Martyrs Apollo, Isaakios, and Quadratus, who died by hunger and the sword.

On this day we also commemorate our father among the saints Maximian, Patriarch of Constantinople.

On this day we also commemorate our devout father Anastasios of Sinai.

*From the Triodion.*

On this day, the fifth Sunday of Lent, we have been enjoined to observe the memory of our devout Mother Mary of Egypt.

*Verses*

Her spirit is gone, the flesh long discarded.  
O earth, now hide the dead bones of Mary.

By her intercessions, O God, have mercy on us and save us. Amen.

**CHOIR**

**Katavasias of Theotokos**

**Ode i. Mode 4.**

I open my mouth and pray the Spirit fill it, like David said, \* to pour out a good word to the Queen and Mother of God. \* I will celebrate \* her feast with joy and gladness \* and sing to her merrily, lauding her miracles.

[GOASD]

**Ode iii.**

Establish your servants who extol you, \* O Mother of God, for they have formed \* a spiritual choir for you \* the living and abundant fount; \* and graciously in your divine glory give glorious crowns to them. [GOASD]

**Ode iv.**

When the Prophet Habakkuk heard the divine \* and incomprehensible counsel of Your Incarnation \* from the Virgin, O Most High, \* considering, he cried aloud: \* Glory to Your strength, O Lord my God. [GOASD]

**Ode v.**

Amazed was the universe by your divine magnificence. \* You who were perpetually virgin \* carried the heavenly God of all in your womb \* and gave birth to the eternal Son, \* who awards salvation to all who sing hymns of praise to you. [GOASD]

**Ode vi.**

O godly-minded believers, come \* and celebrate this sacred and venerable feast and thus extol \* the Theotokos, and clap our hands, \* and glorify our God who was truly born of her. [GOASD]

**Ode vii.**

Godly-minded three \* did not adore created things in the Creator's stead; \* rather, disdaining the threat \* of fire, they trampled it, and joyfully they sang: \* "O supremely praised \* and most exalted Lord and God \* of the fathers, You are blessed." [GOASD]

**Ode viii.**

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

Guiltless were those Servants in the furnace. \* The Son of the Theotokos went and rescued them. \* He who was prefigured then, \* having been incarnate now, \* is gathering the whole wide world into His Church to sing:



\* “O all you works of the Lord, to all ages \*  
sing praises to the Lord and exalt Him beyond  
measure.” [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.

**PRIEST**

Peace be with all.

**CHOIR**

And with your spirit.

**PRIEST**

The reading is from the holy Gospel  
according to Mark.

**DEACON**

Let us be attentive.

**CHOIR**

Glory to You, O Lord, glory to You.

**PRIEST** (from the altar table)

*Eothinon 2*  
*Mark. 16:1-8*

When the Sabbath was past, Mary  
Magdalene, and Mary the mother of James and  
Salome, bought spices, so that they might go  
and anoint Jesus. And very early on the first  
day of the week they went to the tomb when  
the sun had risen. And they were saying to one  
another, “Who will roll away the stone for us  
from the door of the tomb?” And looking up,  
they saw that the stone was rolled back – it was  
very large. And entering the tomb, they saw  
a young man sitting on the right side, dressed  
in a white robe; and they were amazed. And  
he said to them, “Do not be amazed; you seek  
Jesus of Nazareth, who was crucified. He has  
risen, He is not here; see the place where they  
laid Him. But go, tell His disciples and Peter  
that He is going before you to Galilee; there  
you will see Him, as He told you.” And they  
went out and fled from the tomb, for trembling  
and astonishment had come upon them; and  
they said nothing to anyone, for they were  
afraid. [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 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. [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. <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 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 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; our devout Mother Mary of Egypt, whose memory we celebrate, 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 4.**

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

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

**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 4.**

All you born on earth, \* with festival lamps in hand, in spirit leap for joy; \* and all you the heavenly angelic orders, join in and celebrate; \* and honoring the sacred wonders of the Mother of God, \* sing the

joyful salutation, “O rejoice, \* Theotokos, all-blest, ever-virgin pure!” <sup>[GOASD]</sup>

**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 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) <sup>[SAAS]</sup>

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

For He is holy.

From Octoechos - - -

**Exaposteilarion.**

**Eothinon 2.**

**Mode 2. Let us in faith.**

*Τοῖς Μαθηταῖς συνέλωμεν.*

The Myrrh-bearers were filled with joy, \* seeing the very large stone \* had been rolled back. And entering \* the tomb, they saw a young man \* who was sitting on the right side. \* And he addressed them, saying, \* “Christ has risen from the dead! \* Go, tell Peter and the disciples, and say, \* ‘You will meet in Galilee on the mountain, \* and there He will appear to you, \* His friends, as He had told you.’” <sup>[GOASD]</sup>

**For the Devout Woman.**

**Exaposteilarion. From the Triodion.**

From Triodion - - -

**Mode 3. Having embellished heaven.**

*Ὁ οὐρανὸν τοῖς ἄστροις.*

We have you as an example \* of true repentance, O devout Mary. \* To Christ pray intently \* that in this season of the Fast \* we be granted to praise you \* in songs with faith and longing. <sup>[SD]</sup>

**Theotokion.**

**Mode 3. Having embellished heaven.**

*Ὁ οὐρανὸν τοῖς ἄστροις.*

O sweetness of the Angels, \* O joy of those in affliction, \* and the protectress of Christians, \* O Virgin Mother of the Lord, \* come to my aid and redeem me \* from the eternal torments. <sup>[SD]</sup>

**Lauds. Mode pl. 1.**

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. <sup>[SAAS]</sup>

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, reprovng among the peoples.

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

From Octoechos - - -

### Resurrectional Stichera.

#### Mode pl. 1.

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

[SAAS]

The sepulcher was firmly sealed by villains, O Lord. But You came forth from the tomb, much like You were born from the Theotokos. Your bodiless Angels did not know how You became incarnate, and the soldiers who were guarding You did not notice when You rose. Both of these miracles were confirmed to the prophets who inquired and revealed to them, who by faith revered the mystery. Which we now extol; and we pray You restore to us the joy and the great mercy.

[GOASD]

#### Mode pl. 1.

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

When You had crushed the age-old bars and broken the chains to pieces, You rose from the tomb, O Lord. And You left the grave clothes behind, as evidence that You were truly buried for three days. And You proceeded to Galilee, You who had been held in custody in a rock-hewn tomb. Great is Your mercy,

incomprehensible Savior! Have mercy on us.

[GOASD]

**Mode pl. 1.**

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

The women ran to the tomb, O Lord, to see You, the Christ, who had suffered for us. When they came, they found an Angel sitting on the stone, which he had fearsomely rolled back. And he said to the women, “The Lord has risen! Go tell His disciples, ‘The Savior of our souls has risen from the dead!’” [GOASD]

**Mode pl. 1.**

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

O Lord, just like You exited the sepulcher, although it was sealed, so You entered where Your disciples were, the doors being shut. You showed them the injuries You suffered on Your body, which You accepted and bore with long-suffering, O Savior. As the progeny of David, You endured the wounds; as the Son of God, You freed the world. Great is Your mercy, incomprehensible Savior! Have mercy on us.

[GOASD]

**Stichera. For the Devout Woman.**

From Triodion - - -

**Mode pl. 2. When the saints deposited.**

*Ὅλην ἀποθέμενοι.*

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

Your prolonged polluted state \* with all your prior defilements \* like a wall prevented you \* from beholding the august holy sites

of Christ. \* Then your mind went to God, \* when a prick of conscience \* and awareness of what you had done \* had their effect on you, \* to a higher lifestyle converting you. \* For gazing at the icon of \* ever-blessed Mary the Maid of God, \* you condemned your every \* transgression in the past, all-lauded one, \* and then with confidence you adored \* the all-precious Cross of Christ. [SD]

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

Your prolonged polluted state \* with all your prior defilements \* like a wall prevented you \* from beholding the august holy sites of Christ. \* Then your mind went to God, \* when a prick of conscience \* and awareness of what you had done \* had their effect on you, \* to a higher lifestyle converting you. \* For gazing at the icon of \* ever-blessed Mary the Maid of God, \* you condemned your every \* transgression in the past, all-lauded one, \* and then with confidence you adored \* the all-precious Cross of Christ. [SD]

**Verse:** *I waited patiently for the Lord, and He heeded me; and He heard my supplication.*

[SAAS]

After you had worshiped in \* the Holy Lands with rejoicing, \* therein also you received \* the salvific means for your \* road to excellence. \* And you ran earnestly \* the fine way of virtue. \* Having crossed the Jordan River’s stream, \* unhesitatingly \* you began your residence in the place \* where John the

Baptist lived before. \* And by your ascetical way of life \* you subdued the passions' \* ferociousness with confidence, O Saint, \* and carnal throbbings you minimized, \* Mother ever-memorable. [SD]

**Verse:** *And He established my feet on a rock and kept straight my steps.* [SAAS]

Dwelling in the wilderness, \* you blotted out every image \* of the passions from your soul, \* having in their place instead \* printed on your soul \* the sublime Godlike form \* of the holy virtues. \* And you shone forth to such an extent \* that you were able to \* fly across the waters, O blessed one, \* and levitate above the ground \* when you raised your hands up to God in prayer. \* Now, O blessed Mother \* all-glorious Saint Mary, as you stand \* before the Master with confidence, \* importunately pray for us. [SD]

Glory. **From the Triodion.**

From Triodion - - -

**Mode 1.**

The Kingdom of God is not food and drink, but righteousness and ascetic practice and holiness; therefore rich men will never enter it, but only those who place their treasures into the hands of the needy. This is what David the Prophet teaches when he says, "Righteous is the man, who is merciful day in and out, who delights in the Lord. He walks in the light; he will not stumble." All of this was written for our edification, that, while fasting, we do acts of kindness; and the Lord will give us, instead of earthly gifts, the things of heaven. [SD]

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 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.

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.

*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. <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>