The Service of Matins

for Sunday, April 5, 2020

Octoechos - Mode 1.
on Sunday Morning

Eothinon 9

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

Katavasias of Theotokos

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vol  Orthodox Monastery of the Veil of our Lady

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**ORΘΡΟΣ**

**ΧΟΡΟΣ**

ʹἩχος αʹ.

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

**Στίχ. αʹ.** Εξοµολογεῖσθε τῷ Κυρίῳ καὶ ἐπικαλεῖσθε τὸ ὄνοµα τὸ ἀγιόν αὐτοῦ.

* Ἐξοµολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός, ὅτι εἰς τὸν αἰώνα τὸ ἔλεος αὐτοῦ.

**Στίχ. βʹ.** Πάντα τὰ ἐθνά ἐκύκλωσάν µε, καὶ τῷ Ονόµατι Κυρίου ἠµυνάµην αὐτούς.

**Στίχ. γʹ.** Παρὰ Κυρίου ἐγένετο αὕτη καὶ ἔστι θαυµαστὴ ἐν ὀφθαλµοῖς ἡµῶν.

Τῆς Οκτωήχου - - -

**ΑΠΟΛΥΤΙΚΙΟΝ ἈΝΑΣΤΑΣΙΜΟΝ.**

ʹΗχος αʹ. Αὐτόµελον.

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἀχραντόν σου Σῶµα, ἀνέστης Οὐρανῶν ἀνέστης Σωτήρ, δωρούµενος τῷ κόσµῳ τὴν ζωὴν· διὰ τούτοι ἐστι θαυµαστὴ ἐν ὀφθαλµοῖς ἡµῶν. Οὐρανῶν ἐστι θαυµαστὴ ἐν ὀφθαλµοῖς ἡµῶν. Αὐτόµελον. Αὐτόµελον.
Ὅρθρος - Κυρ, 5 Απρ

Τοῦ Τριωδίου - From Triodion -

Δόξα. Τῆς Ὀσίας.

Ἡχος πλ. δ’.

Ἐν σοι Μῆτερ ἀκριβῶς διεσώθη τὸ κατ’ εἰκόνα λαβούσα γὰρ τὸν σταυρόν, ἡμελούθησας τὸν Χριστόν, καὶ πράττουσα ἐδίδασκες ὑπερορᾶν µὲν σαρκὸς παρέρχεται γὰρ, ἐπιµελεῖσθαι δὲ ψυχῆς, πράγματος ἀθανάτου· διὸ καὶ μετὰ Αγγέλων συναγάλλεται Ὁσία Μαρία τὸ πνεύµα σου.

Καὶ νῦν. Θεοτοκίον.

Ἦχος πλ. δ’.

Ὁ δι’ ἡµᾶς γεννηθεὶς ἐκ Παρθένου, καὶ σταύρωσιν ὑποµείνας ἀγαθέ, ο θανάτῳ τὸν θάνατον σκυλεύσας, καὶ Ἐγερσιν δείξας ὡς Θεός, µὴ παρίδῃς οὓς ἔπλασας τῇ χειρί σου· δείξον τὴν φιλανθρωπίαν σου ἔλεηµον, δέξαι τὴν τεκοῦσάν σε Θεοτόκον πρεσβεύουσαν ὑπὲρ ἡµῶν καὶ σωστὴ ηµῶν, λαὸν ἀπεγνωσµένον.

ΙΕΡΕΥΣ

Ετι καὶ ἕτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶµεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

Ὅτι σὸν τὸ κράτος καὶ σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναµις καὶ ἡ δόξα,
Matins on Sunday, April 5

τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεί εἰς τοὺς αἰώνας τῶν αἰώνων.

(Amén.)

ΧΟΡΟΣ

Κάθισμα Α’.

Τῆς Οκτωήχου - - -

Ἡχος α’. Αὐτόμελον.

Τὸν τάφον σου Σωτήρ, στρατιῶται τηροῦντες, νεκροὶ τῇ ἀστραπῇ, τοῦ ὀφθέντος Ἀγγέλου, ἐγένοντο κηρύττονες, Γυναιξὶ τῆς Ἀνάστασιν. Σὲ δοξάζομεν, τὸν τῆς φθορᾶς καθαιρέτην, σοὶ προσπιπτομεν, τῷ ἀναστάντι ἐκ τάφου, καὶ μόνῳ Θεῷ ἡμῶν.

Δόξα.

Τὸν τάφον σου Σωτήρ.

Σταυρῷ προσηλωθείς, ἑκουσίως Οἰκτίρµον, ἐν µνήµατι τεθείς, ὡς θνητὸς Ζωοδότα, τὸ κράτος συνέτριψας, Δυνατὲ τῷ θανάτῳ σου. Σὲ γὰρ ἔφριξαν, οἱ πυλωροὶ τοῦ ᾅδου· σὺ συνήγειρας, τοὺς ἀπ’ αἰῶνος θανόντας, ὡς µόνος φιλάνθρωπος.

Καὶ νῦν. Θεοτοκίον.

Τοῦ λίθου σφραγισθέντος.

Τοῦ Γαβριὴλ φθεγξαµένου σοι Παρθένε τὸ Χαίρε, σὺν τῇ φωνῇ ἐσαρκοῦτο ὁ τῶν ὅλων Δεσπότης, ἐν σοὶ τῇ ἁγίᾳ κιβωτῷ, ὡς ὁ δίκαιος Δαυΐδ. Ἐδείχθης πλατυτέρα τῶν οὐρανῶν, βαστάσασα τὸν Κτίστην σου. Δόξα τῷ ἐνοικήσαντι ἐν σοί· δόξα τῷ προελθόντι ἐκ σοῦ· δόξα τῷ ἐλευθερώσαντι ἡμᾶς, διὰ τοῦ τόκου σου.

CHORUS

Kathisma I.

From Octoechos - - -

Mode 1. Automelon.

The soldiers keeping watch at Your tomb, O my Savior, * became as dead for fear of the radiant Angel. * And he proclaimed that You arose to the women who came at dawn. * We extol You, Lord, for You abolished corruption, * and we worship You, our only God, who was buried * and rose from the sepulcher. [SD]

Glory.

The soldiers keeping watch.

You willingly were nailed to the Cross, loving Master; * as mortal You were laid in a tomb, O Life-giver. * By Your own death did You destroy death’s dominion, O Mighty One. * For the sentries of Hades in fear of You shuddered. * With yourself You raised those who were dead from the ages, * for You alone love mankind. [SD]

Both now. Theotokion.

The stone had been secured.

When Gabriel had uttered rejoice to you, O Virgin, * then with the voice was the Lord of all becoming incarnate * in you whom the holy Ark of old * prefigured, as righteous David said. * You carried your Creator and proved to be more spacious than the heavens. * Glory to Him who dwelt inside of you; * glory to Him who came forth from You; * glory be to Him who through your childbirth has set us free. [SD]
The women went early in the morning to the gravesite, * and when they beheld the appearance of an angel they trembled. * The sepulcher radiated life; the wonder filled them with astonishment. * Hence they went away, proclaiming the resurrection unto the Disciples. * "Christ has despoiled Hades, as the One * mighty and only powerful, * and He raised up all who were corrupted, * and dispelled the fear of condemnation, by the power of the Cross." [sd]

When You the Life of the universe were nailed unto the Cross, * and You were reckoned among the dead, O Lord, the Immortal One, * O Savior, on the third day You arose, * and resurrected Adam from decay. * For this reason were the powers of heaven crying out to You, O Life-giver: * Glory to Your sufferings, O Christ; * glory to Your Resurrection; * glory to Your condescension, only One who loves mankind. [sd]

O Mary, who became the Master’s hallowed vessel, * now raise us up, for we have fallen into the chasm * of awful despondency, and transgressions and suffering. * For you have indeed become salvation for sinners, * and their help in need and their prevailing protection; * and you save your servants. [sd]
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." [SD]

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." [SD]

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." [SD]
Δόξα.
Προσκυνοῦµεν Πατέρα, καὶ τόν τούτου Υἱόν τε, καὶ τό Αγίον Πνεῦµα, τήν Αγίαν Τριάδα, ἐν μιᾷ τῇ οὐσίᾳ, σύν τοίς Σεραφείµ, κράζοντες τό· Ἁγίας, Ἁγίους, Ἁγίας εἰ, Κύριε.

Καὶ νῦν.
Σωοδότην τεκοῦσα, ἐλυτρώσω Παρθένε, τόν Άδαµ ἁµαρτίας, χαµοννήν δὲ τῇ Εὕα, ἀντὶ λύτης παρέσχες, ὄνοπαντα ζώης, ίθυνε πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθείς Θεός καὶ ἀνθρωπος.

Ἀληθεύεια. Αληθεύεια. Αληθεύεια. Δόξα σοι, ὁ Θεός. (ἐκ γʹ)

ΔΙΑΚΟΝΟΣ
Τρίτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶµεν.

(Κύριε, ἐλέησον.)
Αντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡµᾶς ὁ Θεός τῇ σῇ χάριτι.

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ
Ὅτι ἐχθροπατήσατε σοι τόν ὄνοµα, καὶ δεδοµέναται σοι ἡ βασιλεία, τοῦ Πατρός καὶ τοῦ Υἱοῦ καὶ τοῦ Αγίου Πνεύµατος, νῦν καὶ αὐτί καὶ εἰς τοὺς αἰώνας τῶν αἰώνων.

(Αµήν.)

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

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

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

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

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

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

(To You, O Lord.)

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

(Amen.)
Τῆς Ὀκτωήχου - - -

Ὑπακοή.
Ἦχος αʹ.

Ἡ τοῦ λῃστοῦ µετάνοια, τὸν Παράδεισον ἐσύλησεν, ὁ δὲ θρῆνος τῶν Μυροφόρων τὴν χαρὰν ἐµήνυσεν· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσµῳ τὸ µέγα ἔλεος.

ΧΟΡΟΣ

Οἱ Ἀναβαθµοί.

Ἀντίφωνον Αʹ. Ἦχος αʹ.

Ἐν τῷ θλίβεσθαί µε, εἰσάκουσόν µου τῶν ὀδυνῶν, Κύριε σοὶ κράζω.

Τοῖς ἐρηµικοῖς, ἄπαυστος ὁ θεῖος πόθος ἐγγίνεται, κόσµου οὖσι τοῦ µαταίου ἐκτός.

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύµατι, τιµὴ καὶ δόξα, ὥσπερ Πατρί, πρέπει ἅµα καὶ Υἱῷ· διὰ τοῦτο ἀσωµεν τῇ Τριαδικῇ Μονοκρατορίᾳ.

Ἀντίφωνον Βʹ.

Εἰς τὰ ὄρη τῶν σῶν, ὕψωσάς µε νόµων, ἀρεταῖς ἐκλάµπρυνον, ὁ Θεός, ἵνα ὑµνῶ σε.

Δεξιᾷ σου χειρὶ λαβὼν σὺ Λόγε, φύλαξόν µε, φρούρησο, µὴ πῦρ µε φλέξῃ τῆς ἁµαρτίας.

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύµατι, πᾶσα ἡ κτίσις καινουργεῖται, παλινδροµοῦσα εἰς τὸ πρῶτον· ἰσοσθενὲς γάρ ἐστι Πατρὶ καὶ Λόγῳ.

Hypakoe. Mode 1.

The repentance of the robber plundered Paradise, while the lament of the myrrh-bearing women revealed the joy. For You had risen, O Christ our God, bestowing on the world the great mercy.

Anavathmoi.

Antiphon I. Mode 1.

When I am afflicted, hearken to my distress; Lord, to You I cry out.

Ceaseless does divine longing become in those who dwell in the wilderness, outside of the futile world as they are.

Glory. Both now.

To the Holy Spirit do both honor and glory belong, as to the Father and the Son. Let us therefore sing in praise to the Trinity and one dominion.

Antiphon II.

Having lifted me up to the mountains of Your laws, brighten me with virtues, O God, that I may praise You.

With Your right hand embracing me, O Logos, be my keeper, shelter me, so that the fire of sin not burn me.

Glory. Both now.

By the Holy Spirit all creation is renewed, and thus returns unto its first state. For It is equal in power to the Father and the Logos.
Ἀντίφωνον Γ’.

Ἐπὶ τοῖς εἰρηκόσι μοι Ὁδεύσωµεν εἰς τὰς αἰλάς τοῦ Κυρίου: εὐφράνθη μου τὸ πνεῦµα, συγχαίρει ἡ καρδία.

Ἐπὶ οἶκον Δαυΐδ, φόβος µέγας· ἐκεί γὰρ θρόνων ἐκτεθέντων, κριθήσονται, ἀπασαὶ αἰ φυλαι τῆς γῆς καὶ γλώσσαι.

Δόξα· καὶ νῦν.

Ἅγιῳ Πνεύµατι, τιµὴν προσκύνησιν, δόξαν καὶ κράτος, ὡς Πατρί τε ἄξιον, καὶ τῷ Υἱῷ δεῖ προσφέρειν· Μονὰς γάρ ἔστιν ἡ Τριὰς τῇ φύσει, ἀλλ’ οὐ προσώποις.

Προκείµενον.

Νῦν ἀναστήσοµαι, λέγει Κύριος· Θήσοµαι ἐν σωτηρίῳ, παῤῥησιάσοµαι ἐν αὐτῷ. (δίς)

Στίχ. Τὰ λόγια Κυρίου λόγια ἁγνά, ἀργύριον πεπυρωµένον, δοκίµιον τῇ γῇ κεκαθαρισµένον ἑπταπλασίως.

Ὑπὸ τὴς Ὀκτῳχου - - -

ἈΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιµον.

Ἢξανέστης ὡς Θεός, ἐκ τοῦ τάφου ἐν δόξῃ, καὶ κόσµιον συνανέστησας, καὶ ἡ φύσις τῶν βροτῶν ὡς Θεόν σε ἀνύµνησε, καὶ θάνατος ἠφάνισται, καὶ ὁ Ἀδὰµ χορεύει, Δέσποτα, καὶ ἡ Εὐα νῦν ἐκ τῶν δεσµῶν λυτρουµένη, χαίρει κράζουσα· Σὺ εἶ ὁ πᾶσι παρέχων, Χριστὲ τὴν ἀνάστασιν.

Ὁ Οἶκος.

Τὸν ἀναστάντα τριήµερον ἀνυµνήσωµεν, ὡς Θεόν παντοδύναµον, καὶ πύλας τοῦ ἄδου συντρίψαντα, καὶ τοὺς ἀπ’
αιώνος ἐκ τάφου ἐγείραντα, Μυροφόροις ὀφθέντα καθὼς ηὐδόκησε, πρώταις ταύταις τό, Χαίρετε, φήσας· καὶ Ἀποστόλοις χαρὰν µηνύων, ὡς µόνος ξωοδότης. Ὄθεν πίστει αἱ γυναῖκες, Μαθηταῖς σύµβολα νίκης εὐαγγελίζονται, καὶ ἄδης στενάζει, καὶ θάνατος ὀδύρεται, καὶ ἄνωρος ὀνείρεται, καὶ κόσµος ἀγάλλεται, καὶ πάντες συγχαίρουσι· Σὺ γὰρ παρέσχες πᾶσι, Χριστὲ τὴν ἀνάστασιν.

**Κοντάκιον.**

*From Triodion ---*

**Ἡχὸς γ’. Ἡ Παρθένος σήµερον.**

Ἡ πορνείαις πρότερον, µεµεστωµένη παντοίᾳς Χριστοῦ Νύµφη σήµερον τῇ µετανοίᾳ ἐδείχθης, Ἀγγέλων, τὴν πολιτείαν ἑπιθυµοῦσα, δαίµονας Σταυροῦ τῷ ὄπλῳ καταπατοῦσα· διὰ τοῦτο βασιλείας ἐφάνης νύµφη Μαρία ἔνδοξε.

**Ὁ Οἶκος.**

Τὴν ἀµνάδα Χριστοῦ καὶ θυγατέρα, ἄσµαινεν νυφηµούµέν σε νῦν, Μαρία παναοίδιµε τὴν τῶν Αἰγυπτίων ἀναφανεῖσα τὴν πλάνην δὲ τῶν πᾶσαν φυγούσαν, καὶ καλῶς προσενεχθεῖσα τῇ Ἐκκλησίᾳ βλάστηµα τίµιον δι’ ἐγκρατείας καὶ δεήσεως, ἀσκήσασαν ὑπὲρ µέτρον τῆς ἀνθρωπίνης φύσεως· διό καὶ µήνῳ τῆς Χριστοῦ, διὰ βίου καὶ πράξεως, Βασιλείας Οὐράνου φανείσα νύµφη Μαρία πάνσεµεν.

**Συναξάριον.**

*From the Menaion.***

Τῇ Εʹ τοῦ αὐτοῦ µήνος, µνήµη τῶν Ἁγίων Μαρτύρων Κλαυδίου, Διοδώρου, tomb those who were there from all time, and who was seen by the myrrh-bearing women as He so willed, uttering to them first of all the greeting, Rejoice, and to the Apostles declaring the joy, as the only Giver of life. Therefore in faith the women announce to the Disciples the tokens of victory. And Hades groans, and Death laments, and the world exults and all people rejoice together. For You, O Christ, are He who grants resurrection to all. [GKD]

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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]

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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]

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On April 5 we commemorate the holy martyrs Claudius, Diodoros, Victor,
On this day we also commemorate our devout mother Theodora of Thessaloniki.

On this day we also commemorate the holy martyrs Theodora and Didymos.

On this day we also commemorate the holy martyr Thermos.

On this day we also commemorate the holy women, a Lady and her Servant.

On this day we also commemorate the holy martyr Pompey.

On this day, Saint Zeno died after they smeared him with pitch, threw him into fire, and ran him through with a spear while he was in the fire.

On this day we also commemorate the holy martyrs Maximus and Terence.

On this day we also commemorate the holy five young women martyrs of Lesbos.

On this day St. George the Neomartyr, who contested in New Ephesus in the year 1801, died by the sword.

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.
ΧΟΡΟΣ

Καταβασίαι τῆς Θεοτόκου

Ὡδή α’. Ἡχος δ’.

Ανοίξω τὸ στόμα μου, καὶ πληρωθήσεται Πνεύματος, καὶ λόγον ἐρεύξομαι, τῇ Βασιλίδι Μητρί, καὶ ὠρθόσομαι, φαιδρώς πανηγυρίζων, καὶ ἄσω γηθόμενος, ταύτης τὰ θαύματα.

Ὡδή γ’.

Τοὺς σοὺς ύμνολόγους Θεοτόκε, ὡς ζῶσα καὶ ἄφθονος πηγή, θίασον συγκροτήσαντας πνευματικόν, στερέωσον· καὶ ἐν τῇ θείᾳ δόξῃ σου, στεφάνων δόξης ἀξίωσον.

Ὡδή δ’.

Τὴν ἀνεξιχνίαστον θείαν βουλήν, τῆς ἐκ τῆς Παρθένου σαρκώσεως, σοῦ τοῦ Ὑψίστου, ὁ Προφήτης, Ἀββακούµ, κατανοῶν ἐκράυγαζε· Δόξα τῇ δυνάµει σου Κύριε.

Ὡδή ε’.

Ἐξέστη τὰ σύμπαντα, ἐπὶ τῇ θείᾳ δόξῃ σου· σὺ γὰρ ἀπειρόγαµε Παρθένε, ἔσχες ἐν µήτρᾳ, τὸν ἐπὶ πάντων Θεόν, καὶ τέτοκας ἄχρονον Υἱόν, πᾶσι τοῖς ύμνούσι σε, σωτηρίαν βραβεύοντα.

Ὡδή ζ’.

Τὴν θείαν ταύτην καὶ πάντιµον, τελοῦντες ἑορτὴν οἱ θεόφρονες, τῆς Θεοµήτορος, δεῦτε τὰς χεῖρας κροτήσωµεν, τὸν ἐξ αὐτῆς τεχθέντα Θεόν δοξάζοντες.
Ὄρθρος ζ’.
Οὐκ ἐλάτρευσαν τῇ κτίσει οἱ θεόφρονες,
παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν,
ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον.
Ὑπερύµνητε, ὁ τῶν Πατέρων Κύριος, καὶ
Θεὸς εὐλογητὸς εἰ.

Ὠδὴ η’.
Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
tὸν Κύριον.
Παῖδας εὐαγεῖς ἐν τῇ καµίνῳ, ὁ
tόκος τῆς Θεοτόκου διεσώσατο, τότε
μὲν τυπούµενος, νῦν δὲ ἐνεργοῦµενος,
tὴν οἰκουµένην ἅπασαν, ἀγείρει
ψάλλουσαν. Τὸν Κύριον ὑµεῖτε τὰ ἔργα,
καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰώνας.

ΔΙΑΚΟΝΟΣ
Τοῦ Κυρίου δεηθῶµεν.
(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
αἰώνας τῶν αἰώνων.

ΧΟΡΟΣ
Ἀµήν.

Ἡχος β’.
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δίς)
Αἰνεσάτω πνοὴ πᾶσα τὸν Κύριον.

Ὁδή ζ’.
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." [SD]

Ὠδή η’.
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." [SD]

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

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

CHOIR
Amen.

Mode 2.
Let everything that breathes praise the
Lord. (2) Let everything that breathes praise
the Lord. [SAAS]
Matins on Sunday, April 5

ΔΙΑΚΟΝΟΣ
Καὶ ύπέρ τοῦ καταξιωθῆναι ἡµᾶς τῆς ἀκροάσεως τοῦ ἁγίου Εὐαγγελίου, Κύριον τὸν Θεόν ἡµῶν ἱκετεύσωµεν.
(Kύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

ΔΙΑΚΟΝΟΣ
Σοφία. Ὀρθοί. Ακούσωµεν τοῦ ἁγίου Εὐαγγελίου.

ΙΕΡΕΥΣ
Εἰρήνη πάσι.
(Kαι τῶ πνεύματι σοι.)

ΙΕΡΕΥΣ
Εκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσµα.

ΔΙΑΚΟΝΟΣ
Πρόσχωµεν.
(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)
Ἐωθινὸν Θʹ Ἰωάννην Κʹ 19-31

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you." When He had said this, He breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told...
him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them and said, "Peace be with you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and My God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in His name. [RSV]

(Δόξα σοι, Κύριε, δόξα σοι.)

**ΑΝΑΓΝΩΣΤΗΣ**

Anástasisin Xristoú theasámein, proskuvníašmein Agion Kýrion Íhsoún, tòn mónon anamártítton. Tòn Stauron sou, Xristé, proskuvnóumemai kai tìn ághián sou anástasisin úmnoúmen kai doxázoúmen soy gar eí Théos Ímwn, ektoús sou álloan ouk idámén, to ònomá sou ónomázoúmen. Deúte pántes oi pístoi, proskuvníašwein tìn tou Xristoú ághián anástasisin idou
γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ: Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμός Ν’ (50).

Ἡχος β’. (ἡ τῆς ἑβδομάδος.)

[Ελεήμωνν,] Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἐλεός σου καί κατὰ τὸ πλῆθος τῶν οἰκτιρµῶν σου ἐξάλειψον τὸ ἀνόµηµα μου.

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνοµίας μου καί ἀπὸ τῆς ἁµαρτίας μου καθαρίσον με.

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

Σοὶ µόνῳ ἥµαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἔποιήσα, ὅπως ἂν δικαιωθῇ ἐν τοῖς λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.

Ἰδοὺ γὰρ ἐν ἀνοµίας συνελήφθην, καὶ ἐν ἁµαρτίας ἐκίσσησέ με ἡ µήτηρ µου.

Ἰδοὺ γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

Ῥαντιεῖς µε ύσσωπῳ, καὶ καθαρισθήσοµαι, πλυνεῖς µε, καὶ ὑπὲρ χιόνα λευκανθήσοµαι.

Ἀκοντιεῖς µοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὡστεα τεταπεινωµένα.
Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁµαρτιῶν µου, καὶ πάσας τὰς ἀνοµίας µου ἐξάλειψον.

Καρδίαν καθαρὰν κτίσον ἐν ἐµοί, ὁ Θεός, και πνεύµα ευθὲς ἐγκαίνισον ἐν τοῖς ἑγκάτοις µου.

Μὴ ἀποῤῥίψῃς µε ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεύµα σου τὸ ἅγιον µὴ ἀντανέλῃς ἀπ’ ἐµοῦ.

Απόδος µοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύµατι ἡγεµονικῷ στήριξόν µε.

Διδάξω ἀνόµους τὰς ὁδούς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῦσαί µε ἐξ αἵµατων, ὁ Θεὸς ὁ Θεὸς τῆς σωτηρίας µου· ἀγαλλιάσεται ἡ γλῶσσά µου τὴν δικαιοσύνην σου.

Κύριε, τὰ χείλη µου ἀνοίξει, καὶ τὸ στόµα µου ἀναγγελεῖ τὴν αἴνεσίν σου.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου µόσχους. Καὶ ἐλέησόν µε, ὁ Θεός.
Matins on Sunday, April 5

Idiomela from the Triodion.
Glory. Mode pl. 4.

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

Both now. Same Mode.

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

Idiomelon. Mode pl. 2.

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

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

Deacon

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and
Προδρόμου και Βαπτιστοῦ Ἰωάννου, tῶν ἁγίων ἐνδόξων και πανευφήµων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡµῶν μεγάλων Ἰεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου και Ἰωάννου τοῦ Χρυσοστόμου, Αθανασίου, Κυρίλλου και Ἰωάννου τοῦ Ἑλεύθερου Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριµυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλοµαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δηµητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυµατουργοῦ· τῶν Ἱεροµαρτύρων Χαραλάµπους καὶ Ἐλευθερίου, τῆς ἁγίας ἐνδόξου Μεγαλοµάρτυρος καὶ πανευφήµου Εὐφηµίας· τῶν ἁγίων καὶ δικαίων Πατέρων ἡµῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἁγίων καὶ δικαίων Θεοπατόρων Ἰωακεὶµ καὶ Ἄνης, τῆς Ὁσίας Μητρὸς ἡµῶν Μαρίας τῆς Αἰγυπτίας, ἧς καὶ τὴν µνήµην ἐπιτελοῦµεν, καὶ πάντων σου τῶν Ἁγίων. Ἱκετεύοµέν σε, µόνε πολυέλεε Κύριε, ἐπάκουσον ἡµῶν τῶν ἁµαρτωλῶν δεοµένων σου καὶ ἐλέησον ἡµᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβʹ)

ΙΕΡΕΥΣ

Ἐλέει καὶ οἰκτιρµοῖς καὶ φιλανθρωπίᾳ τοῦ µονογενοῦς σου Υἱοῦ, µεθ’ οὗ εὐλογητὸς εἰ, σὺν τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιών σου Πνεύµατι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰώνας τῶν αἰώνων.

(Ἀµην.)

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 Trimy thous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myroble tes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (local patron saint); the holy and righteous ancestors of God Joachim and Anna, our devout Mother Mary of Egypt, whose memory we celebrate, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)
**DEACON**

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

**CHOIR**

Ode ix.  

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

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

_Verse:_ For He has regarded the lowly state of His maid servant; for behold, henceforth all generations will call me blessed. [NKJV]

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

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

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

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

Greater in honor than the Cherubim, and in glory greater beyond compare than the

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**ΔΙΑΚΟΝΟΣ**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὑμνοῖς τιμώντες μεγαλύνωμεν.

**ΧΟΡΟΣ**

Ὡδή θ’.  
Μεγαλυνάριον. Ἡχος δ’.

_Στίχ._ Μεγαλοπνεύμα τούτον τὸν Κύριον, καὶ ἡγαλλίασε τὸ πνεῦμά μου ἐπὶ τῶ Θεῶ τῶ σωτήρι μου.

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

_Στίχ._ Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ· ἰδοὺ γάρ, ἀπὸ τοῦ νῦν μακαρισώμεθα πάσης ἁγίων αἰώνας.

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

_Στίχ._ Ὅτι ἐποίησέ μοι μεγαλεία ὁ Δυνατὸς, καὶ ἁγίον τὸ ὄνομα αὐτοῦ, καὶ τῷ ἔλεος αὐτοῦ εἰς γενεάν, καὶ γενεάν τοῖς φοβομένοις αὐτοῦ.

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

_Στίχ._ Εὐφράζεσθε, ἐν χαρᾷ, ἀπολύτως τῇ φωτεινῇ ἁγίᾳ καθαρίᾳ καρδίας αὐτῶν.

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

Στίχ. Καθείλε δυνάστας ἀπὸ θρόνων, καὶ ψψωσε ταπεινούς, πεινώντας ἐνέπλησεν ἄγαθῶν, καὶ πλούτοντας ἐξαπέστειλε κενούς.

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

Στίχ. Αντελάβετο Ἰσραήλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡµῶν, τῷ Ἀβραὰµ, καὶ τῷ σπέρµατι αὐτοῦ ἕως αἰῶνος.

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

Ὡδὴ θ’. Καταβασία. Ἡχος δ’. Ἄπας γηγενής, σκιρτάτω τῷ πνεύµατι λαµπαδουχούµενος, πανηγυριζέτω δέ, ἀΰλων Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυµάσια τῆς Θεοµήτορος, καὶ βοάτω· Χαίροις παµµακάριστε, Θεοτόκε Ἁγνὴ ἀειπάρθενε.

ΔΙΑΚΟΝΟΣ
Τεταυδίῳ τοῦ Κυρίου δεηθῶµεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

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

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

Verse: He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his seed forever. [NKJV]

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


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!" [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)
Matins on Sunday, April 5

Τῆς Παναγίας ἀχράντου,
ὑπερευλογηµένης, ενδόξου Δεσποίνης
ἡµῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας
μετὰ πάντων τῶν Αγίων µνηµονεύσαντες,
ἑαυτοὺς καὶ ἀλλήλους καὶ πάσαν τὴν "ζωὴν
ηµῶν Χριστῷ τῷ Θεῷ παραθώµεθα.

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάµεις τῶν
ουρανῶν καὶ σοὶ τὴν δόξαν ἀναπέµπουσι,
τῷ Πατρὶ καὶ τῷ Ὕψῳ καὶ τῷ ἁγίῳ Πνεύµατι,
νῦν καὶ εἰς τὸν αἰώνα τῶν αἰώνων.

(Ἀµήν.)

ΧΟΡΟΣ

Ἦχος βʹ.

Ἅγιος Κύριος ὁ Θεὸς ἡµῶν. (δίς)

Αγιος Κυριος ο Θεος ημων. Υψουτε
Κυριον τον Θεον ημων και προσκυνειτε τω
υποποδιω των ποδων αυτων.

Ὅτι ἁγιος εστι.

Ἐξαποστειλάριον.

Τὸ Θʹ Ἑωθινόν.

Ἦχος βʹ. Τοῖς Μαθηταῖς συνέλθωµεν.

Συγκεκλεισµένων Δέσποτα, τῶν
θυρῶν ὡς εἰσῆλθες, τοὺς Ἀποστόλους
ἐπλήσας, Πνεύµατος παναγίου, εἰρηνικῶς
ἐµφυσήσας, οἷς δεσµεῖν τε καὶ λύειν, τὰς
ἁµαρτίας εἴρηκας, καὶ ὀκτὼ µεθ' ἡµέρας,
τὴν σὴν πλευρὰν, τῷ Θωµᾷ ὑπέδειξας καὶ
τὰς χεῖρας. Μεθ' οὗ βοῶµεν· Κύριος, καὶ
Θεὸς σὺ ὑπάρχεις.

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

(To You, O Lord.)

PRIEST

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

(Amen.)

CHOIR

Mode 2.

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

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

For He is holy.

From Octoechos - - -

Exaposteilarion.

The Ninth Eothinon.

Mode 2. On the mountain.

The doors where the Apostles were *
being closed shut, O Master, * You entered
and You gave them peace, * and when You
blew upon them * You gave them the Holy
Spirit, * and enjoined them concerning *
bounding of sins and loosing them. * And
coming eight days later, You showed Your
side * and Your hands as tangible proof to
Thomas. * With him we also cry aloud: * You
are our Lord and our God. [SD]
Τῆς Ὁσίας.
'Ἑξαποστειλάριον. Τοῦ Τριωδίου.
'Ἡχὸς γ'. Ὁ οὐρανὸν τοῖς ἀστροῖς.
Ὑπόδειγµα µετανοίας, σὲ ἔχοντες πανοσία Μαρία Χριστὸν δυσώπει, ἐν τῷ καιρῷ τῆς Νηστείας, τοῦτο ἡµῖν δωρηθῆναι, ὅπως ἐν πίστει καὶ πόθῳ, σὲ ἄσµασιν εὐφηµῶµεν.

Τοῦ Τριωδίου - - -
'Ἑχὸς γ'. Ο οὐρανὸν τοῖς ἀστροῖς.
῾Εξαποστειλάριον. Τοῦ Τριωδίου.
'Ἡχὸς γ’. Ὁ οὐρανὸν τοῖς ἀστροῖς.

Θεοτοκίον.
'Ἡχὸς γ’. Ο οὐρανὸν τοῖς ἀστροῖς.
Ο γλυκασµὸς τῶν Ἀγγέλων, τῶν θλιβοµένων ἡ χαρά, Χριστιανῶν ἡ προστάτις, Παρθένε Μήτηρ Κυρίου, ἀντιλαβοῦ µου καὶ ῥῦσαι, τῶν αἰωνίων βασάνων.

Θεοτοκίον.
'Ἡχὸς γ’. Ο οὐρανὸν τοῖς ἀστροῖς.
Ο γλυκασµὸς τῶν Ἀγγέλων, τῶν θλιβοµένων ἡ χαρά, Χριστιανῶν ἡ προστάτις, Παρθένε Μήτηρ Κυρίου, ἀντιλαβοῦ µου καὶ ῥῦσαι, τῶν αἰωνίων βασάνων.

Οἱ Αἶνοι.
Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.
Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν· αἰνεῖτε αὐτὸν ἐν τοῖς υψίστοις. Σοί πρέπει ύµνος τῷ Θεῷ.

Αἰνεῖτε αὐτόν, πάντες οἱ ἄγγελοι αὐτοῦ· αἰνεῖτε αὐτόν, πᾶσαι αἱ δυνάµεις αὐτοῦ. Σοί πρέπει ύµνος τῷ Θεώ.

Αἰνεῖτε αὐτὸν ἥλιος καὶ σελήνη, αἰνεῖτε αὐτὸν πάντα τὰ ἄστρα καὶ τὸ φῶς.
Αἰνεῖτε αὐτὸν ὑδάτων τῶν οὐρανῶν καὶ τὸ ὑδάτος τῶν οὐρανῶν. Αἰνεῖτε αὐτὸν ἐκ τῶν γῆς καὶ τῶν ἁπατῶν τῆς γῆς.

Ἀνείπων ἡ ἐνεργεία τοῦ Θεοῦ καὶ ἐν τῷ καιρῷ τῆς Νηστείας ἐκείνης, ἵνα δοθῇ ἡ Νήστησις ἡ ἐν πίστει καὶ πόθῳ καὶ ἐν σαμπτωµατικός εὐφηµίας ἡ τοῦ Οὐρανοῦ ἀντιλαβοῦ µου καὶ ῥῦσαι τῶν αἰωνίων βασάνων.

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

Εἶπεν οὖν ἐν αὐτῷ ἡ ἐνεργεία τοῦ Θεοῦ καὶ ἐν τῷ καιρῷ τῆς Νηστείας ἐκείνης, ἵνα δοθῇ ἡ Νήστησις ἡ ἐν πίστει καὶ πόθῳ καὶ ἐν σαμπτωµατικός εὐφηµίας ἡ τοῦ Οὐρανοῦ ἀντιλαβοῦ µου καὶ ῥῦσαι τῶν αἰωνίων βασάνων.

For the Devout Woman.
Exaposteilarion. From the Triodion.
Mode 3. Having embellished heaven.

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. [SD]

Theotokion.
Mode 3. Having embellished heaven.

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. [SD]

Lauds. Mode 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. [SAAS]

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

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

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

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

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

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

Fire and hail, snow and ice, stormy wind, which perform His word.
Mountains and all the hills, fruitful trees and all cedars.

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

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

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

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

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

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.

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

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

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

O Christ, we praise in song Your saving Passion, and Your resurrection do we glorify. [SD]
Στιχηρόν Β’. Ἡχος α’.
Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.
Ο Σταυρὸν υπομείνας, καὶ τὸν θάνατον καταργήσας, καὶ ἀναστάς ἐκ τῶν νεκρῶν, εἰρήνευσον ἡµᾶς τὴν ζωὴν Κύριε, ὡς μόνος παντοδύναμος.

Στιχηρόν Γ’. Ἡχος α’.
Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.
Ο τὸν ἀδην σκυλεύσας, καὶ τὸν ἀνθρώπον ἀναστήσας, τῇ ἀναστάσει σου Χριστέ, αξίωσον ἡµᾶς ἐν καθαρᾷ καρδίᾳ, ὑμεῖν καὶ δοξάζειν σε.

Στιχηρόν Δ’. Ἡχος α’.
Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.
Τὴν θεοπρεπῆ σου συγκατάβασιν δοξάζοντες, ὑµνοῦµεν σε Χριστέ· ἐτέχθης ἐκ Παρθένου, καὶ ἀχώριστος ὑπῆρχες τῷ Πατρί· ἔπαθες ὡς ἄνθρωπος, καὶ ἑκουσίως ὑπέµεινας Σταυρόν· ἀνέστης ἐκ τοῦ τάφου, ὡς ἐκ παστάδος προελθών, ἵνα σώσῃς τὸν κόσµον· Κύριε δόξα σοι.

Στιχηρά. Τῆς Ὁσίας.
Τοῦ Τριωδίου - - -
Ὑµνοῦµεν σε Χριστέν ἐποτισμῶν. Ὑµνοῦµεν ἁγίατες, ὑµνοῦµεν μιατείς, ὑµνοῦµεν τῆς τάφρος, ὑµνοῦµεν τῶν σεπτῶν ἑτοπτείας, ὑµνοῦµεν τῶν σεπτῶν ἕπαθεν, ὑµνοῦµεν τῆς τάφρος, ὑµνοῦµεν τῶν σεπτῶν ἕπαθεν.

Στιχερά. For the Devout Woman.
From Triodion - - -
Mode pl. 2. When the saints deposited.
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
Stich. Kai ἔστησεν ἑπὶ πέτραν τοὺς πόδας μου καὶ κατηύθυνε τὰ διαβήματά μου.

Έρθομον οἰκήσασα, τῶν σών παθῶν τὰς εἰκόνας, εὐσεβῶς ἀπειλήμας, τὸ θεοειδέστατον ἐξεικόνισμα, ἐν ψυχῇ γράψασα, ἀρετῶν ἱδέας, καὶ τοσούτων ὑπερέλαμψας, ὡς καὶ τοῖς ὑδασι, κούφως ἐπιβαίνειν τοῖς ἤχοις, καὶ γῆθεν ὑπεραίρεσθαι, ἐν ταῖς πρὸς Θεόν σου ἐνεπείσεσθαι, καὶ νῦν παράνοια, πανένδοξα Μαρία τῷ Χριστῷ, παρισταµένῃ δυσώπησον, ὑπὲρ τῶν ψυχῶν ἡµῶν.

Δόξα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἱχος α’.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. Θεοτοκίον.

Ὑπερευλογηµένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὡς ἁδης ἠχµαλώτισται, ὁ Ἀδὰµ ἀνακέκληται, ἡ κατάρα νενέκρωται, ἡ Εὐα ἠλευθέρωται, carnel throbings 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]

Both now. Theotokion.

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate was Hades taken prisoner, and Adam has been summoned back; the
ὁ θάνατος τεθανάτωται, καὶ ἡµεῖς ἐξωποιήθηµεν· διὸ ἀνυµνοῦντες βοῶµεν· Εὐλογητός Χριστός ὁ Θεός ἡµῶν, ὁ οὐτὸς εὐδοκίσας δόξα σοι.

**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.
δεδοξασμένον τὸ ὄνοµά σου εἰς τοὺς αἰώνας. ἀµήν.

Γένοιτο, Κύριε, τὸ ἐλεός σου ἑω’ ἡµᾶς, καθάπερ ἠλπίσαµεν ἐπὶ σέ.

Εὐλογητός εἰ Κύριε, δίδαξόν με τὰ δικαίωµατά σου.

Εὐλογητός εἰ Κύριε, δίδαξόν με τὰ δικαίωµατά σου.

Εὐλογητός εἰ Κύριε, δίδαξόν με τὰ δικαίωµατά σου.

Κύριε, καταφυγή ἐγενήθη ἐµῖν ἐν γενεᾷ καὶ γενεᾷ. Ἔγω εἶπα· Κύριε, ἐλέησόν µε, ἰασαι τὴν ψυχήν µου, ὅτι ἠµαρτόν σοι.

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

Ὅτι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτὶ σου ὀψόµεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Αγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Αθάνατος, ἐλέησον ἡµᾶς. (ἐκ γ’)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύµατι.

Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰώνας τῶν αἰώνων. ἀµήν.

Αγιος Ἀθάνατος, ἐλέησον ἡµᾶς.

Αγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Αθάνατος, ἐλέησον ἡµᾶς.

Ανάστασιν ἁμαρτωλῶν ἐκ ψυχῶν καὶ σώσειν εἰς τὸν ζωὴν τελικήν καὶ αἰώνιον. Αµήν.

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.
Ἦχος δ’. (ἡ τῆς ἑβδομάδος.)

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

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]