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The Service of Matins

for Sunday, April 18, 2021

**Octoechos - Mode 4.
on Sunday Morning**

Eothinon 1

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

**Menaion - April 18
Katavasias of Theotokos**

Texts in Greek and English

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Βιβλία - Πηγαι

Ὁκτώηχος - ᾠχος δ΄.

Τῆ Κυριακῆ Πρωῖ

Τριώδιον

Κυριακῆ Ε΄ τῶν Νηστειῶν τῆς Ὁσίας Μαρίας τῆς Αἰγυπτίας

ΟΡΘΟΣ

ΧΟΡΟΣ

ᾠχος δ΄.

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

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

ἦ· Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός, ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.

Στίχ. β΄. Πάντα τὰ ἔθνη ἐκύκλωσάν με, καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Στίχ. γ΄. Παρὰ Κυρίου ἐγένετο αὕτη καὶ ἔστι θαυμαστή ἐν ὀφθαλμοῖς ἡμῶν.

Τῆς Ὁκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

ᾠχος δ΄.

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμενοι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Τριωδίου ---

Δόξα. Τῆς Ὁσίας.

ᾠχος πλ. δ΄.

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ κατ' εἰκόνα· λαβοῦσα γὰρ τὸν σταυρόν, ἠκολούθησας τῷ Χριστῷ, καὶ πράττουσα ἐδίδασκες ὑπερορᾶν μὲν σαρκὸς παρέρχεται γάρ, ἐπιμελεῖσθαι δὲ

Books - Sources

Octoechos - Mode 4.

On Sunday Morning

Triodion

Fifth Sunday of Lent: St. Mary of Egypt

MATINS

CHOIR

Mode 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.

or: Give thanks to the Lord, for He is good; for His mercy endures forever.

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 4.

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world. [SD]

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

ψυχῆς, πράγματος ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων συναγάλλεται Ὅσια Μαρία τὸ πνεῦμά σου.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου - - -

ᾠχος πλ. δ'.

Ὁ δι' ἡμᾶς γεννηθεὶς ἐκ Παρθένου, καὶ σταύρωσιν ὑπομείνας ἀγαθὲ, ὁ θανάτῳ τὸν θάνατον σκυλεύσας, καὶ Ἐγερσιν δείξας ὡς Θεός, μὴ παρίδης οὐς ἔπλασας τῆ χειρὶ σου· δεῖξον τὴν φιλανθρωπίαν σου ἐλεῆμον, δέξαι τὴν τεκοῦσάν σε Θεοτόκον πρεσβεύουσαν ὑπὲρ ἡμῶν καὶ σῶσον Σωτὴρ ἡμῶν, λαὸν ἀπεγνωσμένον.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(*Κύριε, ἐλέησον.*)

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

(*Κύριε, ἐλέησον.*)

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

(*Σοί, Κύριε.*)

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 εἰς τοὺς αἰῶνας τῶν αἰώνων.

(*Ἀμήν.*)

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.

Born of a Virgin, O Good One who also endured crucifixion for our sake, who by death took the spoils of death as plunder and showed resurrection, being God, O despise not the ones that You formed with Your own hand. Demonstrate Your love for man, O Lord of mercy, and accept Your Mother, the Theotokos, who intercedes on our behalf, O Savior, and save us a despairing people. ^[SD]

PRIEST

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

(*Lord, have mercy.*)

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

(*Lord, have mercy.*)

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

(*To You, O Lord.*)

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

(*Amen.*)

ΧΟΡΟΣ

Τῆς Ὀκτωήχου ---

Κάθισμα Α΄.

Ἦχος δ΄.

Αναβλέψασαι τοῦ τάφου τὴν εἴσοδον, καὶ τὴν φλόγα τοῦ Ἀγγέλου μὴ φέρουσαι, αἱ Μυροφόροι σὺν τρόμῳ ἐξίσταντο λέγουσαι· Ἴρα ἐκλάπη, ὁ τῷ Ληστῆι ἀνοίξας Παράδεισον, ἄρα ἠγέρθη, ὁ καὶ πρὸ πάθους κηρύξας τὴν Ἔγερσιν, ἀληθῶς ἀνέστη Χριστὸς ὁ Θεός, τοῖς ἐν ἅδῃ παρέχων ζωὴν καὶ ἀνάστασιν.

Δόξα.

Κατεπλάγη Ἰωσήφ.

Ἐκουσία σου βουλῆ, Σταυρὸν ὑπέμεινας Σωτήρ, καὶ ἐν μνήματι καινῷ, ἀνθρωποὶ ἔθεντο θνητοί, τὸν διὰ λόγου τὰ πέρατα συστησάμενον· ὅθεν δεσμευθεὶς ὁ ἀλλότριος, θάνατος δεινῶς ἐσκυλεύετο, καὶ οἱ ἐν ἅδῃ ἅπαντες ἐκραύγαζον, τῇ ζωηφόρῳ Ἐγέρσει σου· Χριστὸς ἀνέστη, ὁ ζωοδότης, μένων εἰς τοὺς αἰῶνας.

Καὶ νῦν. **Θεοτοκίον.**

Τὸ ἀπ' αἰῶνος ἀπόκρυφον, καὶ Ἀγγέλοις ἄγνωστον μυστήριον, διὰ σοῦ Θεοτόκε τοῖς ἐπὶ γῆς πεφανέρωται· Θεὸς ἐν ἀσυγχύτῳ ἐνώσει σαρκούμενος, καὶ Σταυρὸν ἐκουσίως ὑπὲρ ἡμῶν καταδεξάμενος· δι' οὗ ἀναστήσας τὸν πρωτόπλαστον, ἔσωσεν ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

Τῆς Ὀκτωήχου ---

Κάθισμα Β΄.

Ἦχος δ΄. Ταχὺ προκατάλαβε.

Ἀνέστης ὡς ἀθάνατος, ἀπὸ τοῦ ἅδου Σωτήρ, συνήγειρας τὸν κόσμον σου, τῇ Ἀναστάσει τῇ σῆ, Χριστέ ὁ Θεὸς ἡμῶν, ἔθραυσας ἐν ἰσχύϊ, τοῦ θανάτου τὸ κράτος, ἔδειξας Ἐλεῆμον, τὴν

CHOIR

From Octoechos ---

Kathisma I.

Mode 4.

Looking up at the entrance to the sepulcher, and unable to endure the Angel's radiance, the myrrh-bearing women were trembling and said in astonishment: Has He been stolen, who to the Robber opened up Paradise? Has He arisen, who spoke of rising before even suffering? He is truly risen as Christ our God, granting those in Hades life and resurrection. ^[SD]

Glory.

Joseph marveled.

By Your voluntary will, O Savior, You endured the Cross, * and by mortal men were You into a new tomb interred, * who by a word had created the entire world. * Therefore being bound was the enemy Death * plundered of his spoils catastrophically. * And those in Hades all together cried aloud at Your life-bearing resurrection: * The Christ is risen, the Life-bestower, * and He abides forever. ^[SD]

Both now. **Theotokion.**

O Theotokos, through you became manifest to us on earth the mystery, which was hid from eternity, and which the Angels themselves knew not: that God, uniting natures without confusion, becomes a man and accepts crucifixion for our salvation voluntarily. By virtue of this, resurrecting man whom He had first created, He saved our souls from death. ^[SD]

From Octoechos ---

Kathisma II.

Mode 4. Come quickly.

O Savior, immortal as You are, from Hades You rose, * by virtue of Your own resurrection raising Your world * together, O Christ our God. * Mightily You have broken death's dominion, O

Ἀνάστασιν πᾶσι· διό σε καὶ δοξάζομεν, μόνε
Φιλάνθρωπε.

Δόξα.

Κατεπλάγη Ἰωσήφ.

Ἐκ τῶν ἄνω κατελθών, τῶν ὑψωμάτων
Γαβριήλ, καὶ τῆ πέτρα προσελθών, ἔνθα ἡ
πέτρα τῆς ζωῆς, λευχειμονῶν ἀνεκραύγαζε ταῖς
κλαιούσαις· Παύσασθε ὑμεῖς, τῆς θρηνώδους
κραυγῆς, ἔχουσαι αἰεὶ, τὸ εὐσυμπάθητον· ὄν
γὰρ ζητεῖτε κλαίουςαι, θαρσεῖτε, ὡς ἀληθῶς
ἐξεγήγερται· διό βοᾶτε, τοῖς Ἀποστόλοις, ὅτι
ἀνέστη ὁ Κύριος.

Καὶ νῦν. **Θεοτοκίον.**

Κατεπλάγη Ἰωσήφ.

Κατεπλάγησαν Ἄγνη, πάντες Ἀγγέλων οἱ
χοροί, τὸ Μυστήριον τῆς σῆς, κυοφορίας τὸ
φρικτόν, πῶς ὁ τὰ πάντα συνέχων νεύματι μόνῳ,
ἀγκάλαις ὡς βροτός, ταῖς σαῖς συνέχεται, καὶ
δέχεται ἀρχὴν ὁ Προαιώνιος, καὶ γαλουχεῖται
σύμπασαν ὁ τρέφων, πνοὴν ἀφάτῳ χρηστότητι,
καὶ σὲ ὡς ὄντως, Θεοῦ Μητέρα, εὐφημοῦντες
δοξάζουσι.

Εὐλογητάρια Ἀναστάσιμα.

Ἦχος πλ. α'.

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

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὀρῶν σε,
ἐν νεκροῖς λογισθέντα, τοῦ θανάτου δὲ Σωτήρ,
τὴν ἰσχὺν καθελόντα, καὶ σὺν ἑαυτῷ τὸν Ἄδᾶμ
ἐγείραντα, καὶ ἐξ Ἅδου πάντας ἐλευθερώσαντα.

Master. * You as the Lord of mercy showed to all
the resurrection. * We therefore glorify You who
alone love humanity. [SD]

Glory.

Joseph marveled.

From exalted heights above descended Gabriel
and came, * and he sat upon the rock wherein
the Rock of life had lain. * Arrayed in white, he
cried out to the weeping women: * "Cease now
from your mourning and cries of lament, * you
women who are always moved to sympathy. *
Take courage; for truly risen * is He for whom you
weep and are seeking. * And therefore, cry out to
the Apostles, * "The Lord has truly risen." [SD]

Both now. **Theotokion.**

Joseph marveled.

O pure Maiden, all the hosts of holy angels
were amazed * at the awesome mystery of your
pregnancy and birth, * how He whose simple
command holds all things together * is held in
your embrace as a mortal babe, * the pre-eternal
Word accepts an origin, * and He is nursed who
nourishes the whole world * in His ineffable
kindness. * And they extol you and glorify you *
who are truly God's Mother. [SD]

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]

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν, ᾧ Μαθήτριαι κινῶτε; 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 θρηνηλογοῦσαι· ἀλλ' ἐπέστη, πρὸς αὐτάς ὁ Ἄγγελος, καὶ εἶπε· θρήνου ὁ καιρὸς πέπαυται, μὴ κλαίετε, τὴν Ἀνάστασιν δέ, Ἀποστόλοις εἶπατε.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν 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 λογιζεσθε; 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, ρεύσαντα ζωῆς, ἴθυνε πρὸς ταύτην δέ, ὁ ἐκ σοῦ σαρκωθεὶς Θεὸς καὶ ἄνθρωπος.

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]

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]

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα
σοι, ὁ Θεός. (ἐκ γ')

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

Ὅτι ἠυλόγηταί σου τὸ ὄνομα, καὶ δεδόξασται
σου ἡ βασιλεία, τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ
Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας
τῶν αἰώνων.

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου ---

Ὑπακοή. ᾠδὴ δ'.

Τὰ τῆς σῆς παραδόξου ἐγέρσεως,
προδραμοῦσαι αἱ Μυροφόροι, τοῖς Ἀποστόλοις
ἐκήρυττον Χριστέ, ὅτι ἀνέστης ὡς Θεός, παρέχων
τῷ κόσμῳ τὸ μέγα ἔλεος.

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α'. ᾠδὴ δ'.

Ἐκ νεότητός μου πολλὰ πολεμεῖ με πάθη, ἀλλ'
αὐτὸς ἀντιλαβοῦ, καὶ σῶσον Σωτήρ μου.

Οἱ μισοῦντες Σιών, αἰσχύνθητε ἀπὸ
τοῦ Κυρίου· ὡς χόρτος γάρ, πυρὶ ἔσσεσθε
ἀπεξηραμμένοι.

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.)

READER

From Octoechos ---

Hypakoe. Mode 4.

The women bearing myrrh hurried to declare
the matter of Your paradoxal rising to Your
Apostles, O Christ, that as God You arose,
granting the world great mercy. [SD]

CHOIR

Anavathmoi.

Antiphon I. Mode 4.

Since my youth have many passions waged
war against me. O my Savior, nonetheless help me
and save me. [SD]

You, the haters of Zion, be put to shame
by the Lord, for like thatch in fire you will be
completely dried up. [SD]

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι πᾶσα ψυχὴ ζωοῦται, καὶ καθάρσει ὑψοῦται λαμπρύνεται, τῇ τριαδικῇ Μονάδι ἱεροκρυφίως.

Ἀντίφωνον Β΄.

Ἐκέκραξά σοι Κύριε, θερμῶς ἐκ βάθους ψυχῆς μου, κἄμοι γενέσθω, πρὸς ὑπακοὴν τὰ θεῖά σου ᾧτα.

Ἐπὶ τὸν Κύριον ἐλπίδα πᾶς τις κεκτημένος, ὑψηλότερος ἐστί, πάντων τῶν λυπούντων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἀναβλύζει τὰ τῆς χάριτος ρεῖθρα, ἀρδεύοντα, ἅπασαν τὴν κτίσιν πρὸς ζωογονίαν.

Ἀντίφωνον Γ΄.

Ἡ καρδία μου πρὸς σέ Λόγε ὑψωθῆτω, καὶ οὐδὲν θέλξει με, τῶν τοῦ κόσμου τερπνῶν πρὸς χαμαιζηλίαν.

Ἐπὶ τὴν μητέρα αὐτοῦ, ὡς ἔχει τις στοργήν, ἐπὶ τῷ Κυρίῳ θερμότερον φίλτρον χρεωστοῦμεν.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, θεογνωσίας πλοῦτος, θεωρίας καὶ σοφίας· πάντα γὰρ ἐν τούτῳ τὰ πατρῶα δόγματα, ὁ Λόγος ἐκκαλύπτει.

Προκείμενον.

Ἀνάστα, Κύριε, βοήθησον ἡμῖν, καὶ λύτρωσαι ἡμᾶς, ἕνεκεν τῆς δόξης τοῦ ὀνόματός σου. (δίς)

Στίχ. Ὁ Θεός, ἐν τοῖς ὠσὶν ἡμῶν ἠκούσαμεν.

Ἀνάστα, Κύριε, βοήθησον ἡμῖν, καὶ λύτρωσαι ἡμᾶς, ἕνεκεν τῆς δόξης τοῦ ὀνόματός σου.

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου - - -

Κοντάκιον Ἀναστάσιμον.

Ὁ Σωτὴρ καὶ ῥύστης μου, ἀπὸ τοῦ τάφου, ὡς Θεὸς ἀνέστησεν, ἐκ τῶν δεσμῶν τοὺς γηγενεῖς, καὶ

Glory. Both now.

From the Holy Spirit every soul receives life, and through cleansing is lifted and brightened, in a hidden, sacred manner, by the trinal Monad. [SD]

Antiphon II.

I cried to You, O Lord, from the depth of my soul with fervor. Let Your divine ears be responsive to me. [SD]

Whosoever has acquired hope in the Lord is superior to all whatsoever might grieve him. [SD]

Glory. Both now.

From the Holy Spirit do the streams of grace well forth; they irrigate everything created, so that life be engendered. [SD]

Antiphon III.

Let my heart be lifted up unto You, O Logos; and none of the world's delights will entice me to be earthly-minded. [SD]

Whereas one has filial affection for his mother, for the Lord we ought to have a love even more fervent. [SD]

Glory. Both now.

In the Holy Spirit is the wealth of knowledge of God, contemplation and wisdom. For in Him the Logos discloses all the dogmas of the Father. [SD]

Prokeimenon.

Arise, O Lord; help us, and redeem us, because of the glory of Your name. (2)

Verse: O God, we heard with our ears.

Arise, O Lord; help us, and redeem us, because of the glory of Your name. [SAAS]

READER

From Octoechos - - -

Resurrectional Kontakion.

Savior and Deliverer is He who raised up from the tomb and from the bonds those born on earth,

πύλας ἄδου συνέτριψε, καὶ ὡς Δεσπότης ἀνέστη
τριήμερος.

Ὁ Οἶκος.

Τὸν ἀναστάντα ἐκ νεκρῶν Χριστὸν τὸν
ζωοδότην, τριήμερον ἐκ τάφου, καὶ πύλας τοῦ
θανάτου σήμερον συνθλάσαντα, τῇ δυνάμει τῇ
αὐτοῦ, τὸν ἄδην τε νεκρώσαντα, καὶ τὸ κέντρον
τοῦ θανάτου συντρίψαντα, καὶ τὸν Ἀδὰμ σὺν
τῇ Εὐᾶ ἐλευθερώσαντα, ὑμνήσωμεν πάντες οἱ
γηγενεῖς, εὐχαρίστως βοῶντες αἶνον ἐκτενωῶς.
Αὐτὸς γὰρ ὡς μόνος κραταῖος Θεός, καὶ Δεσπότης
ἀνέστη τριήμερος.

Κοντάκιον.

Τοῦ Τριωδίου ---

Ἦχος γ΄. Ἡ Παρθένος σήμερον.

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

Ὁ Οἶκος.

Τὴν ἀμνάδα Χριστοῦ καὶ θυγατέρα, ἄσμασιν
εὐφημοῦμέν σε νῦν, Μαρία παναοίδιμε τὴν
τῶν Αἰγυπτίων ἀναφανεῖσαν θρέμμα τὴν
πλάνην δὲ τούτων πᾶσαν φυγοῦσαν, καὶ καλῶς
προσενεχθεῖσαν τῇ Ἐκκλησίᾳ βλάστημα τίμιον
δι' ἐγκρατείας καὶ δεήσεως, ἀσκήσασαν ὑπὲρ
μέτρον τῆς ἀνθρωπίνης φύσεως· διὸ καὶ ὑψώθης
ἐν Χριστῷ, διὰ βίου καὶ πράξεως, Βασιλείας
Οὐρανοῦ φανεῖσα νύμφη Μαρία πάνσεμνε.

for He is God; and He destroyed Hades' bars and
gates, and on the third day arose, as the Master of
all. [SD]

Oikos.

To Him who from the dead arose, Christ the
Life-Giver, on the third day from the tomb; who
crushed the gates of death today by the power
which is His; who slew Hades and ground away
the sting of death, and rescued Adam and Eve: to
Him let us all, born on earth, now sing, earnestly
shouting our grateful praise. For He, alone our
mighty God, on the third day arose, as the Master
of all. [GKD]

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]

Συναξάριον

Τοῦ Μηναιίου.

Τῆς ἸΗ΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, μαθητοῦ τοῦ Ἁγίου Γρηγορίου τοῦ Δεκαπολίτου.

Τῆς αὐτῆς ἡμέρας, μνήμη τοῦ Ἁγίου Μάρτυρος Σάββα τοῦ Στρατηλάτου.

Τῆς αὐτῆς ἡμέρας, μνήμη τοῦ ἐν Ἁγίοις Πατρὸς ἡμῶν Κοσμᾶ, Ἐπισκόπου Χαλκηδόνας.

Τῆς αὐτῆς ἡμέρας, μνήμη τῆς Ὁσίας Μητρὸς ἡμῶν Ἀθανασίας.

Τῆς αὐτῆς ἡμέρας, μνήμη τοῦ Ἁγίου Νεομάρτυρος Ἰωάννου τοῦ ἐξ Ἰωαννίνων, μαρτυρήσαντος ἐν ἔτει αφκς΄ (1526).

Τοῦ Τριωδίου.

Τῆς αὐτῆς ἡμέρας, Κυριακῆ πέμπτη τῶν Νηστειῶν, διετάχθημεν μνήμην ποιεῖσθαι τῆς Ὁσίας Μητρὸς ἡμῶν Μαρίας τῆς Αἰγυπτίας.

Στίχοι

Ἀπῆρε πνεῦμα, σάρξ ἀπερρύη πάλαι.
Τὸν ὄστινον, γῆ, κρύπτε νεκρὸν Μαρίας.

Ταῖς αὐτῆς πρεσβείαις, ὁ Θεὸς ἐλέησον, καὶ σῶσον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

Καταβασία τῆς Θεοτόκου

Ὡδὴ α΄. ᾠχὸς δ΄.

Ἀνοιξω τὸ στόμα μου, καὶ πληρωθήσεται Πνεύματος, καὶ λόγον ἐρεύξομαι, τῆ Βασιλίδι Μητρί, καὶ ὀφθήσομαι, φαιδρῶς πανηγυρίζων, καὶ ἄσω γηθόμενος, ταύτης τὰ θαύματα.

Ὡδὴ γ΄.

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

Synaxarion

From the Menaion.

On April 18, we commemorate our devout father John, the disciple of Saint Gregory of Dekapolis.

On this day we also commemorate the holy Martyr Savvas the Commander.

On this day we also commemorate our father among the saints Cosmas, Bishop of Chalcedon.

On this day we also commemorate our devout mother Athanasia.

On this day we also commemorate the holy Neo-martyr John from Ioannina, who witnessed in the 1526.

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 spirt 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

Katavasia 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. ^[SD]

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; *

Ὦδὴ δ΄.

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

Ὦδὴ 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 ὑμνοῦσί σε, σωτηρίαν βραβεύοντα.

Ὦδὴ ς΄.

Τὴν θείαν ταύτην καὶ πάντιμον, τελοῦντες ἐορτὴν οἱ θεόφρονες, τῆς Θεομήτορος, δεῦτε τὰς χεῖρας κροτήσωμεν, τὸν ἐξ αὐτῆς τεχθέντα Θεὸν δοξάζοντες.

Ὦδὴ 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 εἶ.

Ὦδὴ η΄.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

Παῖδας εὐαγεῖς ἐν τῇ καμίνῳ, ὁ τόκος τῆς Θεοτόκου διεσώσατο, τότε μὲν τυπούμενος, νῦν δὲ ἐνεργούμενος, τὴν οἰκουμένην ἅπασαν, ἀγείρει ψάλλουσιν. Τὸν Κύριον ὑμνεῖτε τὰ ἔργα, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

and graciously in your divine glory give glorious crowns to them. [SD]

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 power, O Lord my God. [SD]

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.

[SD]

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. [SD]

Ode vii.

Godly-minded three * did not adore created things in the Creator's stead; * rather, disdainingly 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]

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

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν Ἁγίοις ἐπαναπαύη, 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.

ᾠχος β΄.

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

ΔΙΑΚΟΝΟΣ

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

(Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.)

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματί σου.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ματθαῖον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

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]

DEACON

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

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

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to Matthew.

DEACON

Let us be attentive.

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

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

Ἐωθινὸν Α΄
Ματθαῖον ΚΗ΄ 16-20

Τῷ καιρῷ ἐκείνῳ, οἱ ἕνδεκα μαθηταὶ ἐπορεύθησαν εἰς τὴν Γαλιλαίαν, εἰς τὸ Ὄρος, οὗ ἐτάξατο αὐτοῖς ὁ Ἰησοῦς. Καὶ ἰδόντες αὐτόν, προσεκύνησαν αὐτῷ· οἱ δὲ ἐδίστασαν. Καὶ προσελθὼν ὁ Ἰησοῦς, ἐλάλησεν αὐτοῖς, λέγων· Ἐδόθη μοι πᾶσα ἐξουσία ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Πορευθέντες οὖν, μαθητεύσατε πάντα τὰ ἔθνη, βαπτίζοντες αὐτοὺς εἰς τὸ ὄνομα τοῦ Πατρὸς, καὶ τοῦ Υἱοῦ, καὶ τοῦ Ἁγίου Πνεύματος· διδάσκοντες αὐτοὺς τηρεῖν πάντα ὅσα ἐνετειλάμην ὑμῖν. Καὶ ἰδοὺ, ἐγὼ μεθ' ὑμῶν εἰμι πάσας τὰς ἡμέρας, ἕως τῆς συντελείας τοῦ αἰῶνος. Ἀμήν.

(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 ὄλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ· Σταυρόν γὰρ ὑπομείνας δι' ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν΄ (50).
Ἦχος β΄. (ἡ τῆς ἐβδομάδος.)

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

PRIEST (from the altar table)

Eothinon
Matthew. 28:16-20

At that time, the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw Him they worshiped Him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age. Amen." [RSV]

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

READER

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

CHOIR

Psalm 50 (51).
Mode 2. (or the Mode of the week)

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

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

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

Σοὶ μόνῳ ἤμαρτον καὶ τὸ πονηρὸν ἐνώπιόν
σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις
σου, καὶ νικήσης ἐν τῷ κρίνεσθαί σε.

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

Ἴδου 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,
ἀγαλλιάσονται 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.

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

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

Wash me thoroughly from my lawlessness and
cleans 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.

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. ᾠχος πλ. δ'.

Τῆς μετανοίας ἀνοιξόν μοι πύλας Ζωοδότα·
ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς ναὸν τὸν ἅγιόν
σου, ναὸν φέρον τοῦ σώματος, ὅλον ἐσπιλωμένον·
ἀλλ' ὡς οἰκτίρων κάθαρον, εὐσπλάγχνω σου
ἐλέει.

Καὶ νῦν. Ὁ αὐτός.

Τῆς σωτηρίας εὐθυνόν μοι τρίβους, Θεοτόκε·
αἰσχυραῖς γὰρ κατεβύβωσα, τὴν ψυχὴν ἀμαρτίαις,
ὡς ραθύμως τὸν βίον μου, ὅλον ἐκδαπανήσας, ταῖς
σαῖς πρεσβείαις ῥύσαι με, πάσης ἀκαθαρσίας.

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

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]

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

εὐσπλαγχνίας σου, ὡς ὁ Δαυὶδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ μέγα σου ἔλεος.

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν Ὁρθοδόξων καὶ κατάπεμψον 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 ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος Τριμυθοῦντος καὶ Νεκταρίου Πενταπόλεως τῶν θαυματουργῶν· τῶν ἁγίων ἐνδόξων Μεγαλομαρτύρων Γεωργίου τοῦ Τροπαιοφόρου, Δημητρίου τοῦ Μυροβλήτου, Θεοδώρου τοῦ Τήρωνος, Θεοδώρου τοῦ Στρατηλάτου, Μηνᾶ τοῦ θαυματουργοῦ· τῶν Ἱερομαρτύρων 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, τῆς Ὁσίας Μητρὸς ἡμῶν Μαρίας τῆς Αἰγυπτίας, ἧς καὶ τὴν μνήμην ἐπιτελοῦμεν, καὶ πάντων σου τῶν Ἁγίων. Ἴκετεύομέν σε, μόνη πολυέλεε Κύριε, ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. **(β')**

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 forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; **(local patron saint)**; the holy and righteous ancestors of God Joachim and Anna, 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)**

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ θ'.

Μεγαλυνάριον. ᾠχος δ'.

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

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

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

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.

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. [SD]

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

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

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

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

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.

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. ᾠχος δ΄.

Ἄπας γηγενής, σκιρτάτω τῷ πνεύματι
λαμπαδουχούμενος, πανηγυριζέτω δέ, ἄύλων
Νόων φύσις γεραίρουσα, τὰ ἱερὰ θαυμάσια τῆς
Θεομήτορος, καὶ βοάτω· Χαίροις παμμακάριστε,
Θεοτόκε Ἄγνη ἀειπάρθενε.

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

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

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

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

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

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

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

Ode ix. Katavasia. Mode 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!" [SD]

ΔΙΑΚΟΝΟΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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 Α΄ Ἐωθινόν.

Ἦχος β΄. Αὐτόμελον.

Τοῖς Μαθηταῖς συνέλθωμεν, ἐν ὄρει Γαλιλαίας, πίστει Χριστὸν θεάσασθαι, λέγοντα ἐξουσίαν, λαβεῖν τῶν ἄνω καὶ κάτω, μάθωμεν πῶς διδάσκει, βαπτίζειν εἰς τὸ ὄνομα τοῦ Πατρὸς, ἔθνη πάντα, καὶ τοῦ Υἱοῦ, καὶ ἁγίου Πνεύματος, καὶ συνεῖναι, τοῖς Μύσταις ὡς ὑπέσχετο, ἕως τῆς συντελείας.

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

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.

The First Eothinon.

Mode 2. Automelon.

On the mountain in Galilee * let us join the Disciples, * so that by faith we see and hear * Christ say that He was given * authority both in heaven * and on earth, and His teaching * on how to baptize nations all, * in the name of the Father and of the Son * and the Holy Spirit, and how He always * is with His Mystics, to the end * of the age, as He promised. [SD]

Τῆς Ὁσίας.

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος γ΄. Ὁ οὐρανὸν τοῖς ἄστροις.

Ἐπόδειγμα μετανοίας, σὲ ἔχοντες πανοσία
Μαρία Χριστὸν δυσώπει, ἐν τῷ καιρῷ τῆς
Νηστείας, τοῦτο ἡμῖν δωρηθῆναι, ὅπως ἐν πίστει
καὶ πόθῳ, σὲ ἄσμασιν εὐφημῶμεν.

Θεοτοκίον.

Ἦχος γ΄. Ὁ οὐρανὸν τοῖς ἄστροις.

Ὁ γλυκασμὸς τῶν Ἀγγέλων, τῶν θλιβομένων
ἢ χαρά, Χριστιανῶν ἢ προστάτις, Παρθένε Μήτηρ
Κυρίου, ἀντιλαβοῦ μου καὶ ρῦσαι, τῶν αἰώνιων
βασάνων.

Οἱ Αἴνοι. Ἦχος δ΄.

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

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

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

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

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

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

Αἰνεῖτε τὸν Κύριον ἐκ τῆς γῆς, δράκοντες καὶ πᾶσαι
ἄβυσσοι.

Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ
ποιῶντα τὸν λόγον αὐτοῦ.

Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ
πᾶσαι κέδροι.

For the Devout Woman.

Exaposteilarion. From the Triodion.

From 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 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]

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.

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ 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 Ἰσραήλ, λαῶ ἐγγίζοντι αὐτῷ.

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

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιᾶσθωσαν 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 ἀγαλλιᾶσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

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

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

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

Τῆς Ὀκτωήχου ---

Στιχηρὰ Ἀναστάσιμα.

Ἦχος δ΄.

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

Ὁ Σταυρὸν ὑπομείνας καὶ θάνατον, καὶ ἀναστὰς ἐκ τῶν νεκρῶν, παντοδύναμε Κύριε, δοξάζομέν σου τὴν Ἀνάστασιν.

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, reproving among the peoples.

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

From Octoechos ---

Resurrectional Stichera.

Mode 4.

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

You endured crucifixion and death, O Lord, and resurrected from the dead. O Almighty One, we glorify Your resurrection. [SD]

Ἦχος δ'.

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

Ἐν τῷ Σταυρῷ σου Χριστέ, τῆς ἀρχαίας κατάρας ἠλευθέρωσας ἡμᾶς, καὶ ἐν τῷ θανάτῳ σου, τὸν τὴν φύσιν ἡμῶν τυραννήσαντα, διάβολον κατήργησας, ἐν δὲ τῇ Ἐγέρσει σου, χαρᾶς τὰ πάντα ἐπλήρωσας· διὸ βοᾶμέν σοι, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἦχος δ'.

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

Τῷ σῶ Σταυρῷ Χριστέ Σωτήρ, ὁδήγησον ἡμᾶς ἐπὶ τὴν ἀλήθειάν σου, καὶ ῥῦσαι ἡμᾶς, τῶν παγίδων τοῦ ἐχθροῦ, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, ἀνάστησον ἡμᾶς πεσόντας τῇ ἁμαρτίᾳ, ἐκτείνας τὴν χειρὰ σου, φιλόανθρωπε Κύριε, τῇ πρεσβείᾳ τῶν Ἁγίων σου.

Ἦχος δ'.

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

Τῶν πατρικῶν σου κόλπων, μὴ χωρισθεὶς μονογενὲς Λόγε τοῦ Θεοῦ, ἦλθες ἐπὶ γῆς διὰ φιλοανθρωπίαν, ἄνθρωπος γενόμενος ἀτρέπτως, καὶ Σταυρὸν καὶ θάνατον ὑπέμεινας σαρκί, ὁ ἀπαθῆς τῇ Θεότητι, ἀναστὰς δὲ ἐκ νεκρῶν ἀθανασίαν παρέσχες τῷ γένει τῶν ἀνθρώπων, ὡς ὁ μόνος παντοδύναμος.

Στιχηρά. Τῆς Ὁσίας.

Τοῦ Τριωδίου - - -

Ἦχος πλ. β'. Ὁλην ἀποθέμενοι.

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

Σὲ μὲν διεκώλυε, τῆς τῶν σεπτῶν ἐποπτείας, μολυσμῶν τῶν πρότερον, τὸ ἐπισυρόμενον

Mode 4.

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

O Christ, by means of Your Cross, You have set us free from the ancient curse; and by means of Your death, You have neutralized the devil who tyrannized our nature; and by Your rising, You filled all things with joy. Therefore we shout to You, who rose from the dead, "Glory to You, O Lord." [SD]

Mode 4.

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

By means of Your Cross, O Lord, direct us to Your truth, O Christ our Savior; and deliver us from the snares of the foe. You who rose from the dead, raise us who are fallen because of sin, extending Your hand, O Lord who loves humanity, at the intercession of Your holy ones. [SD]

Mode 4.

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

Only-begotten Logos of God, while departing not from the Father's bosom, You came to earth for love of humanity, immutably becoming human; and You physically endured the Cross and death, although impassible in divinity. Having risen from the dead, You granted the human race immortality, as the only almighty One. [SD]

Stichera. 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 *

μιαντήριον, ἡ δὲ σὴ αἴσθησις, καὶ τῶν σοὶ θεόφρον, πεπραγμένων ἢ συνείδησις, τὴν πρὸς τὰ κρείττονα, σοὶ ἐπιστροφὴν ἐνειργάσατο· εἰκόνι γὰρ προσβλέψασα, τῆς εὐλογημένης Θεόπαιδος, πάντων καταγνοῦσα, πταισμάτων σου πανεύφημε τῶν πρίν, ἐν παρρήσιᾳ τὸ τίμιον, Ξύλον προσεκύνησας.

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

Σὲ μὲν διεκώλυε, τῆς τῶν σεπτῶν ἐποπτείας, μολυσμῶν τῶν πρότερον, τὸ ἐπισυρόμενον μιαντήριον, ἡ δὲ σὴ αἴσθησις, καὶ τῶν σοὶ θεόφρον, πεπραγμένων ἢ συνείδησις, τὴν πρὸς τὰ κρείττονα, σοὶ ἐπιστροφὴν ἐνειργάσατο· εἰκόνι γὰρ προσβλέψασα, τῆς εὐλογημένης Θεόπαιδος, πάντων καταγνοῦσα, πταισμάτων σου πανεύφημε τῶν πρίν, ἐν παρρήσιᾳ τὸ τίμιον, Ξύλον προσεκύνησας.

Στίχ. Ὑπομένων ὑπέμεινα τὸν Κύριον, καὶ προσέσχε μοι, καὶ εἰσήκουσε τῆς δεήσεώς μου.

Τόπους προσκυνήσασα, περιχαρῶς τοὺς ἀγίους, ἀρετῆς ἐφόδιον, σωτηριωδέστατον ἔνθεν εἴληφας, καὶ φαιδρῶς ἔδραμες, τὴν καλὴν πορείαν, καὶ τὸ ρεῖθρον ἐκπεράσασα, τὸ Ἰορδάνειον, τὸ τοῦ Βαπτιστοῦ ἐνδιαίτημα, προθύμως κατεσκηνώσας, καὶ τὴν τῶν παθῶν ἀγριότητα· διὰ πολιτείας, ἡμέρωσας λεπύνασα σαρκός, δι' ἐγκρατείας ἀείμνηστε, Μητὲρ τὰ οἰδήματα.

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]

Στίχ. Καὶ ἔστησεν ἐπὶ πέτραν τοὺς πόδας μου καὶ κατηύθυνε τὰ διαβήματά μου.

Ἐρημον οἰκήσασα, τῶν σῶν παθῶν τὰς εἰκόνας, εὐσεβῶς ἀπειλήσας, τὸ θεοειδέστατον ἐξεικόνισμα, ἐν ψυχῇ γράψασα, ἀρετῶν ιδέαις, καὶ τοσοῦτον ὑπερέλαμψας, ὡς καὶ τοῖς ὕδασι, κούφως ἐπιβαίνειν τοῖς ἴχνεσι, καὶ γῆθεν ὑπεραίρεσθαι, ἐν ταῖς πρὸς Θεόν σου ἐντεύξεσι, καὶ νῦν παρρῆσίᾳ, πανένδοξε Μαρία τῷ Χριστῷ, παρισταμένη δυσώπησον, ὑπὲρ τῶν ψυχῶν ἡμῶν.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

Ἦχος α΄.

Οὐκ ἔστιν ἡ Βασιλεία τοῦ Θεοῦ βρῶσις καὶ πόσις ἀλλὰ δικαιοσύνη καὶ ἄσκησις, σὺν ἁγιασμῷ· ὅθεν οὐδὲ πλούσιοι εἰσελεύσονται ἐν αὐτῇ, ἀλλ' ὅσοι τοὺς θησαυροὺς αὐτῶν ἐν χερσὶ πενήτων ἀποτίθενται. Ταῦτα καὶ Δαυὶδ ὁ Προφήτης διδάσκει λέγων· Δίκαιος ἀνὴρ ὁ ἐλεῶν ὅλην τὴν ἡμέραν, ὁ κατατρυφῶν τοῦ Κυρίου καὶ τῷ φωτὶ περιπατῶν ὃς οὐ μὴ προσκόψη, ταῦτα δὲ πάντα, πρὸς νοουθεσίαν ἡμῶν γέγραπται ὅπως νηστεύοντες, χρηστότητα ποιήσωμεν, καὶ δῶν ἡμῖν Κύριος ἀντὶ τῶν ἐπιγείων τὰ ἐπουράνια.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἐπευλογημένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὁ ἄδης ἠχμαλώτισται, ὁ Ἄδὰμ ἀνακέκληται, ἡ κατάρα νενέκρωται, ἡ Εὐὰ ἠλευθέρωται, ὁ θάνατος τεθανάτωται, καὶ ἡμεῖς ἐζωοποιήθημεν· διὸ ἀνυμνοῦντες βοῶμεν· Εὐλογητὸς Χριστὸς ὁ Θεὸς ἡμῶν, ὁ οὕτως εὐδοκήσας δόξα σοι.

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 was Hades taken prisoner, and Adam has been summoned back; the curse has been neutralized, and Eve has been liberated; death has been put to death, and we have been brought to life. Therefore extolling we cry out: O Christ

Ἡ Μεγάλη Δοξολογία

Δόξα σοι τῷ δεῖξαντι τὸ φῶς. Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ἕμνουμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱὸς τοῦ Πατρὸς, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρὸς, καὶ ἐλέησον ἡμᾶς.

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

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

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

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

our God, You are blessed, for so was Your good pleasure. Glory to You! ^[SD]

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.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

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

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

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ')

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.

Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν Τροπάριον Ἀναστάσιμον.

Ἦχος δ'. (ἢ τῆς ἐβδομάδος.)

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

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. [SD]