

THE OFFICE OF MATINS



ST JOHN THE BAPTIST BYZANTINE CATHOLIC CHURCH
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Trumbull CT, 06611

FOREWORD

This book contains several parts of the celebration of Sunday Matins, principal morning service of the Church. This celebration focuses on the several themes: repentance for our sins and offences, reflection on the history of salvation, and praise of God. Sunday Matins, moreover, places emphasis on the Resurrection of Jesus Christ since every Sunday is the Lord's Pascha.

There are immovable parts and propers in the Matins: the immovable parts are taken at each Sunday service, while the propers change according to Sunday tone or Feast that is celebrated. There are eight Sunday tones. Each tone has different melodies. We sing indeed different troparia during the Liturgy after the small entrance with the Gospel following "Come let us worship and bow before Christ..." One can learn what Sunday tone is sung in the church calendar, current bulletin, or ask the cantor.

This book contains a shortened Matins service and is designed for the use at our parish. Rubrics are marked in cursive. For example, one finds: *STAND*, *Each time with a bow*, or *Prokeimenon is now sung*. They aim at giving suggestions when to stand, sit, and how to sing some parts of the service.

May the celebration of the Matins be a visible and communal form of prayer that reflects the expression of the Psalmist: "*O Lord, in the morning you hear my voice; in the morning I plead my case to you*" (Ps 5:3)

STAND

Deacon: In the name of the Lord, Father, give the blessing.

Priest: Glory to the holy, consubstantial, life-creating, and undivided Trinity, always, now and ever and forever.

Response: Amen

Response: Glory to God in the highest and to people on earth peace and good will (*three times*)

O Lord, you shall open my lips, and my mouth will declare your praise (*two times*)

HEXAPSALMOS

SIT

PSALM 3

How many are my foes, O Lord!
How many are rising up against me!
How many are saying about me:
“There is no help for him in God.”
But you, Lord, are a shield about me,
my glory, who lift up my head.
I cry aloud to the Lord.
He answers from his holy mountain.
I lie down to rest and I sleep.
I wake, for the Lord upholds me.

I will not fear even thousands of people
who are ranged on every side against me.
Arise, Lord;
save me, my God,
you who strike all my foes on the mouth,
you who break the teeth of the wicked!
O Lord of salvation,
bless your people!
I lie down to rest and I sleep.
I wake, for the Lord upholds me

STAND

Glory to the Father and to the Son and to the Holy Spirit: now and ever and forever. Amen.

Each time with a bow: Alleluia! Alleluia! Alleluia! Glory to you, O God! (*three times*)

LITANY OF PEACE

Deacon: In peace, let us pray to the Lord.

Response: Lord, have mercy

Deacon: For peace from on high and for the salvation of our souls, let us pray to the Lord.

Response: Lord, have mercy

Deacon: For peace in the whole world, for the stability of the holy Churches of God, and for the union of all, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For this holy church and for all who enter it with faith, reverence, and fear of God, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For our holy father, (Name), pope of Rome, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For our most reverend metropolitan, (Name), for our God-loving bishop, (Name), for the venerable presbyterate, the diaconate in Christ, and all the clergy and people, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For our government and for all in the service of our country, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For this city, [or: For this holy monastery], for every city, community, and for the faithful living in them, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For favorable weather, for an abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: For those who travel by sea, air, and land, for the sick, the suffering, the captive and for their salvation, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: That we be delivered from all affliction, wrath, and need, let us pray to the Lord.

Response: Lord, have mercy.

Deacon: Protect us, save us, have mercy on us, and preserve us, O God, by your grace.

Response: Lord, have mercy.

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

Response: To you, O Lord.

Priest: We thank you, Lord, our God, for you have wakened us from our sleep, and have filled our lips with praise that we might worship you and call upon your holy name. We beg of your compassion that you have always shown towards us, hear us now and send help to those who stand before your holy glory, awaiting your abundant mercy. O Lord, grant that those who serve you in fear and love may praise your ineffable goodness.

For to you is due all glory, honor, and worship, Father, Son, and Holy Spirit, now and ever and forever.

Response: Amen

THE LORD IS GOD

Deacon: The Lord is God and has revealed himself to us! Blessed is he who comes in the name of the Lord!

Response: (*sung by the assembly after each verse according to the melody of the Sunday Tone*) The Lord is God and has revealed himself to us! Blessed is he who comes in the name of the Lord!

Verse: Give thanks to the Lord, for he is good; for his love endures forever.

Verse: They encircled me, compassed me about; in the Lord's name I crushed them.

Verse: I shall not die, I shall live and recount the deeds of the Lord.

Verse: The stone which the builders rejected has become the cornerstone. This is the work of the Lord, a marvel in our eyes.

TROPARION OF THE RESURRECTION

The troparion according to the Sunday tone is now sung:

Tone 1: The stone was sealed by the Jews, soldiers guarded your most pure body, but you, O Savior, arose on the third day granting life to the world. Therefore, the heavenly powers acclaimed you, O Giver of Life: Glory to your resurrection, O Christ! Glory to your Kingdom! Glory to your salvation! You alone love us all. *Glory ... now and ever ...* O holy Tabernacle, Gabriel cried out to you: Rejoice, O Virgin, full of grace: the Lord of All became incarnate of you, as the righteous David had foretold. In bearing your Creator, you have shown yourself to surpass the vastness of the heavens. We therefore cry out: Glory to him who dwelt in you! Glory to him who came forth from you. Glory to him who has set us free through your life-giving birth.

Tone 2: When you descended to death, O Immortal Life, you destroyed Hades by the brilliance of your divinity; and when you raised the dead from the depths of the earth, all the heavenly powers cried out: O Giver of Life, Christ our God, glory to you.

Glory ... now and ever ... O Theotokos, the mysteries surrounding you are exceedingly glorious, and beyond the power of understanding. For you retained the seal of purity, and your virginity remained inviolate; yet you are acknowledged, without doubt, to be the Mother who gave birth to the true God. We beg you, therefore, to entreat him to save our souls.

Tone 3: Let the heavens rejoice, let the earth be glad; for the Lord has shown the might of his arm. By his death the Lord has trampled Death; he has become the first-born of the dead; he has delivered us from the depths of Hades and has granted great mercy to the world.

Glory ... now and ever ... We sing your praises, O Virgin, for, as the Theotokos, you always intercede for the salvation of the human race. It is from you that our God and your Son took flesh. Then, by suffering the Passion on the cross, and out of love for us all, he delivered us from corruption.

Tone 4: The joyful message of the resurrection was heard by the women disciples from the angel, and being freed from the ancestral curse, they boasted to the apostles: Death is despoiled; Christ our God is risen, giving great mercy to the world.

Glory ... now and ever ... The mystery hidden from all ages and unknown to the angels has been made known to those on earth through you, O Theotokos. God has taken flesh in a union without confusion, and willingly accepted the Cross for us; whereby he raised the first formed Adam and saved our souls from death.

Tone 5: O faithful, let us praise and adore the Word eternal with the Father and the Spirit, and born of the Virgin for our salvation. For he chose to ascend the cross in the flesh and to suffer death, and to raise the dead by his glorious resurrection.

Glory ... now and ever ... Rejoice, Virgin, impassable Gateway of the Lord! Rejoice, protective Wall of those who take refuge in you! Rejoice, peaceful Heaven untroubled by storms! Rejoice, O Virgin who has not known wedlock, and yest has given birth in the flesh to your Creator and God! O Theotokos, never cease to intercede for all those who praise and worship your Son.

Tone 6: Angelic powers appeared at your tomb, and the guards became like dead men. Mary stood at the tomb seeking your most pure body. You despoiled Hades without a challenge. You, the Giver of Life met the Virgin. O Lord, risen from the dead, glory to you.

Glory ... now and ever ... Christ, who called you "Mother" and the "Blessed One," accepted the Passion of his own free will. In his desire to find the fallen Adam, he caused light to shine forth from his cross in order to search him out. Then he said to the angels: Rejoice with me, for I have found the last piece of silver. Glory to you, O God, who accomplished all things in such wisdom.

Tone 7: You have destroyed Death by your cross; you opened paradise to the thief. The sorrow of the myrrh-bearers you turned to joy. You commanded your apostles to proclaim: Christ our God, you have risen, granting great mercy to the world.

Glory ... now and ever ... O Theotokos, we sing your praises, for you were a virgin before conceiving, and remained a virgin after giving birth. And since you have given birth to our Salvation, Jesus Christ, you have become a treasury of assistance for all who seek resurrection and eternal life. Therefore, lift us up from the depths of our transgressions, for we place our hope in you.

Tone 8: You descended from on high, O merciful One. You accepted burial for three days to free us from our passions. O Lord, our Resurrection and our Life, glory to You.

Glory ... now and ever ... O gracious Lord, for the sake of mankind you were born of a virgin; through your death on the cross you conquered Death; and through your resurrection you revealed yourself as God. O Merciful Lord, do not disdain those whom you have created with your own hands, but show forth your love

for mankind. Accept the intercession which the Mother who bore you makes in our behalf: O Savior, save your despairing people.

POLYELEOS¹



1. Praise the name of the Lord. Al - le - lu - ia! Praise him, serv - ants of the Lord,



serv - ants of the Lord.

Refrain 1



Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!



2. Who stand in the house of the Lord, in the courts of the house of our God,



the house of our God. *Refrain 1*



3. Lord, your name stands for - ev - - - er, un - for - got - ten from age to age,



from age to age. *Refrain 1*

¹ On Sundays from September 22 to December 19, January 15th to Cheesefare Sunday (except Sunday of the Publican and the Pharisee), and on all major feasts that fall on Sunday.

4. From Zi - on may the Lord be blessed, he who dwells in Je - ru - sa - lem,

in Je - ru - sa - lem. *Refrain 1*

5. O give thanks to the Lord, for he is good.

Refrain 2

Al - le - lu - ia! For his love en-dures for - ev - er. Al - le - lu - ia! Al - le - lu - ia!

6. who fixed the earth firm - ly on the seas, *Refrain 2*

7. and he snatched us a - way from our foes, *Refrain 2*

8. To the God of heav - en, give thanks, *Refrain 2*

HYPAKOE

Sung by a cantor according to the Sunday tone

PROKEIMENON

Deacon: Let us be attentive!

Priest: Peace be to all!

Deacon: Wisdom! Be attentive! *Prokeimenon is now sung according to the Sunday tone*

PREPARATION FOR THE GOSPEL

Deacon: Let us pray to the Lord.

Response: Lord, have mercy.

Priest: For you are holy, O our God, and you dwell in the holy place and to you we give glory, Father, Son and Holy Spirit, now and ever and forever.

Response: Amen.

Deacon: Let everything that lives and that breathes give praise to the Lord.

Let ev - 'ry - thing that lives and that breathes give praise to the Lord,

give praise to the Lord.

Verse: Praise God in his holy place;
praise him in his mighty heavens.

Deacon: That we may be deemed worthy of hearing the Holy Gospel, let us pray to the Lord.

Response: Lord, have mercy (*three times*)

Deacon: Wisdom! Let us stand and listen to the Holy Gospel!

Priest: Peace + be to all!

Response: And to your spirit.

Priest: A reading of the Holy Gospel according to the holy apostle and evangelist (*Name*)

Response: Glory to you, O Lord, glory to you.

One of the eleven Resurrection Gospels is now read

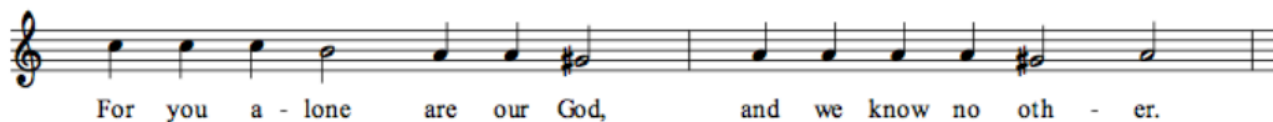
Response: Glory to you, O Lord, glory to you.

THE HYMN OF THE RESURRECTION

Hav - ing beheld the Res - ur - rec - tion of Christ, let us bow to the holy Lord Je - sus

who a - lone is sin - less. We bow to your Cross, O Christ,

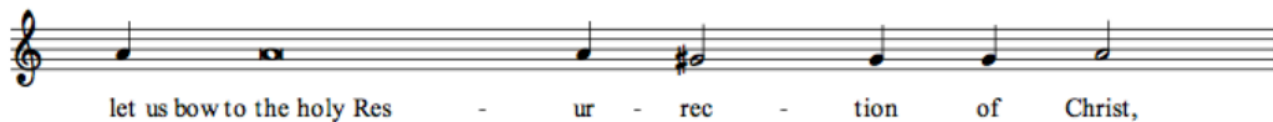
and we praise and glorify your holy Res - ur - rec - tion.



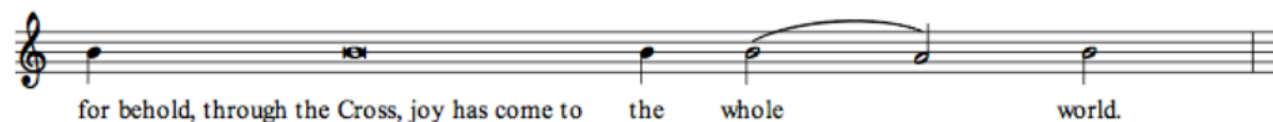
For you a - lone are our God, and we know no oth - er.



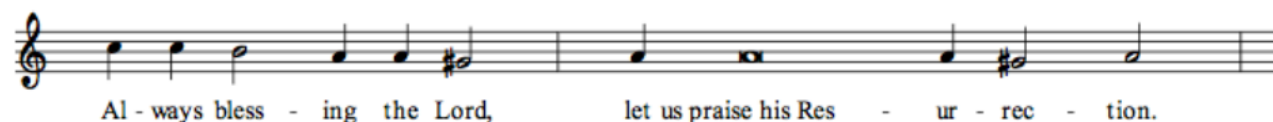
We call you by name. Come all you faith - ful,



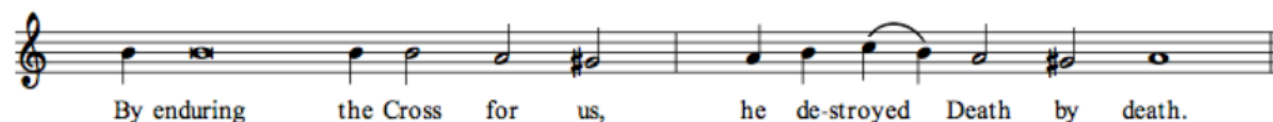
let us bow to the holy Res - ur - rec - tion of Christ,



for behold, through the Cross, joy has come to the whole world.



Al - ways bless - ing the Lord, let us praise his Res - ur - rec - tion.



By enduring the Cross for us, he de - stroyed Death by death.

PSALM 50

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.
My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.
That you may be justified when you give sentence
and be without reproach when you judge,
O see, in guilt I was born,
a sinner was I conceived.
Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.
Make me hear rejoicing and gladness,
that the bones you have crushed may thrill.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God;
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.
Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.
O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.
For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit,
a humbled, contrite heart you will not spurn.
In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
burnt offerings wholly consumed
then you will be offered your bulls on your altar.

STICHERA AT PSALM 50

Cantor: Glory to the Father, and to the Son, and to the Holy Spirit.

Tone 6 samohlasen

Through the pray'rs of the ho-ly a - pos - tles, O Mer - ci - ful One,
cleanse us of our man - y sins.

Cantor: Now and ever and forever. Amen.

Through the pray'rs of the The - o - to - kos, O Mer - ci - ful One, cleanse us
of our man - y sins.

Cantor: Have mercy on me, God, in your kindness.
In your compassion blot out my offense.

Je - sus is ris - en from the tomb, as he fore - told, and grant - ed us
ev - er - last - ing life and great mer - - - cy.

CANON

Ode 1 (*sung by cantor*)

CANTICLE OF THE THEOTOKOS

STAND

Deacon: Let us greatly extol the Theotokos and the Mother of Light in hymns!

Cantor: (*cantor sings the verses, while the refrain is sung by all the congregation*)

①

My soul magnifies the Lord, and my spir - it rejoices in God, my Sav - ior.

Refrain

More hon - orable than the Cher - u - bim, and be - yond com - pare more

glo - rious than the Ser - a - phim, who, a vir - gin, gave birth to God the Word;

you, tru - ly the Theoto - kos, we mag - ni - fy!

②

Be - cause he has looked upon the humility of his serv - ant, from this day for - ward

all generations shall call me bless - ed *Refrain*

③

Be - cause he who is mighty has done great things to me, and holy is his name,

and his love is from generation to generation to those who fear him. *Refrain*

④

He has shown might in his arm; he has scat - tered the proud in the con - ceit of

their heart. *Refrain*

⑤

He has put down the mighty from their seat and exalted the hum - ble; he has filled

the hungry with good things, and the rich he has sent a - way emp - ty. *Refrain*

⑥

He has re - ceived Israel his servant, being mindful of his love, as he spoke to our fathers:

to Abraham and to his seed for - ev - er. *Refrain*

Ode 9 (*sung by cantor*)

PSALMS OF PRAISE

PSALM 148

Let everything that breathes give praise to the Lord.
 Praise the Lord from the heavens, praise him in the heights.
 To you is due a hymn, O God.

Praise him, all his angles, praise him, all his host.
 To you is due a hymn, O God.

Cantor (*on I*): O praise him with resounding cymbals, praise him with clashing of cymbals.
 Let everything that lives and that breathes give praise to the Lord.
One of the following stichera is now being sung, the one according to the Sunday tone

Tone 1. The holy women came hastening to the grave with many tears. And when they found the tomb open and heard from the angels the astonishing and wondrous news, they brought the good tidings to the disciples: The Lord is risen, granting great mercy to the world.

Tone 2. Let the nations and people praise Christ our God who suffered crucifixion willingly for our sakes and remained in the tomb for three days. Let them worship his resurrection from the dead, by which all the ends of the earth are enlightened.

Tone 3. The brilliant angel on the lifegiving tomb said to the myrrhbearing women: Truly the Saviour emptied the tombs and led Hades captive. He is risen on the third day; for he alone is the almighty God.

Tone 4. The rocks were split asunder, O Savior, when your cross was planted on Golgotha; and the gatekeepers of Hades shook with fear when your body was placed in the grave like the dead. For you abolished the might of Death, and in your Resurrection you granted immortality to the dead. O Lord and Giver of Life, glory to you!

Tone 5. O Lord God, who shall proclaim your dazzling wonders? Or who shall declare your divine mysteries? For you were willingly incarnate for our sakes, manifesting the might of your power. By your cross you opened paradise to the thief; by your death you crushed the bars and bolts of Hades; and by your Resurrection you enriched all creation. Therefore, O compassionate One, glory to you.

Tone 6. O Pharisees and transgressors of the Law, where are the seals and the silver which you gave to the soldiers? In truth the Treasure has not been stolen but has risen, for he is almighty. Blush with shame, therefore, O deniers of Christ. The Lord of glory suffered, was buried and rose from the dead. He is the Lord whom we worship.

Tone 7. Come, let us rejoice in the Lord and be joyous in his holy Resurrection; for he raised the dead with him from the indissoluble bonds of Hades. And as God he granted eternal life and great mercy to the world.

Tone 8. I worship, glorify, and praise your Resurrection from the tomb, O Christ, by which you released us from the bonds of Hades. For, as God, you grant eternal life and great mercy to the world.

Cantor: Glory to the Father... now and ever...

Theotokoion

Tone 2

You are tru - ly most blessed, O Vir - gin The - o - to - kos. Through the One
who was in - car - nate of you, Ha - des was chained, Ad - am revived, the curse wiped out,
Eve set free, Death put to death, and we our - selves were brought
back to life. That is why we cry out in praise: Bless - ed are you, O
Christ our God, who finds in this your good pleas - ure. Glo - ry to you!

THE GREAT DOXOLOGY

Priest: Glory to you who show us the Light!

Glo - ry to God in the high - est, and to peo - ple on earth,
peace and good will. We praise you, we bless you,
we wor - ship you, we glo - ri - fy you, we thank you for your great
glo - ry. Lord God, heav'n - ly King, Fa - ther Al - might - y;
Lord, on - ly be - got - ten Son, Jesus Christ, and Ho - ly Spir - it. Lord God,
Lamb of God, Son of the Fa - ther, you take a - way the sin of the world,
have mer - cy on us. You take a - way the sins of the world, hear our pray'r.
You are seat - ed at the right hand of the Fa - ther, have mer - cy on us.
For you a - lone are ho - ly, you a - lone are Lord, Je - sus Christ,

to the glory of God the Fa - ther. A - men. I will bless you day aft - er

day, and praise your name for - ev - er. Make us wor - thy, O Lord,

to be kept sin - less this morn - ing. Bless - ed are you, O Lord,

the God of our fa - thers, and praise - wor - thy and glorious is your name for - ev - er.

A - men. May your mer - cy, O Lord, be up - on us who have placed our

reverence
hope in you. Bless - ed are you, O Lord; teach me your com - mand - ments.

reverence
Bless - ed are you, O Mas - ter; make me understand your com - mand - ments.

reverence
Bless - ed are you, O Ho - ly One; enlighten me with your com - mand - ments.

O Lord, you have been our re - fuge from one gen - er - a - tion to the next.



I said: Lord, have mercy on me, heal my soul for I have sinned a- gainst you.

O Lord, I have fled to you for re - fuge. Teach me to do your will, for

you, O Lord, are my God. In you is the source of life and in your

light we see light. Ex - tend your mer - cy to those who know you.

Holy God, Holy and Mighty, Holy and Immortal, have mercy on us (*three times*)
 Glory to the Father... now and ever...
 Holy and Immortal, have mercy on us.
 Holy God, Holy and Mighty, Holy and Immortal, have mercy on us.

DISMISSAL

Deacon: Wisdom!

Response: Give the blessing.

Priest: Blessed is Christ our God, the One---Who---Is, always, now and ever and forever.

Response: Amen.

Priest: O most holy Theotokos, save us!

Response: More honorable than the cherubim, and beyond compare more glorious than seraphim, who, a virgin, gave birth to God the Word, you, truly the Theotokos, we magnify.

Priest: Glory to you, O Christ God, our hope; glory to you!

Response: Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen. Lord, have mercy, Lord, have mercy, Lord, have mercy. Give the blessing.

Priest: May Christ our true God, risen from the dead, have mercy on us and save us through the prayers of his most pure Mother; through the prayers of (Name), (patron of the church) and of (Name), (whose feast we keep this day) and of all the saints; for Christ is good and loves us all.

Response: Amen.

THE END OF MATINS

