
DIGITAL CHANT STAND
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

The Service of Matins
for Sunday, March 2, 2025

Octoechos - Mode 3
on Sunday Morning
Eothion 3

Triodion - Cheesefare Sunday
on Sunday Morning at Matins

Menaion - March 2
Katavasia of Triodion Sunday 1 and 4

Texts in Greek and English

Links to Matins Ordinary

Bilingual

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

English

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

Sources

GOASD Greek Orthodox Archdiocese of America. Fr. Seraphim Dedes. **AC** Anthony Cook. **GKD** George K. Duvall. **KW** Kallistos Ware. **RB** Richard Barrett. **SD** Fr. Seraphim Dedes.
TC Thomas Carroll. **VPA** Virgil Peter Andronache. **GOA** Greek Orthodox Archdiocese of America. **HC** Holy Cross Orthodox Press. **OCA** Orthodox Church in America.

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<https://dcs.goarch.org>

Email

dcsinfo@goarch.org

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Βιβλία - Πηγαί

Ὁκτώηχος - ᾠχος γ΄.

Τῆ Κυριακῆ Πρωΐ

Τριώδιον

Κυριακῆ τῆς Τυρινῆς

ΟΡΘΟΣ

ΧΟΡΟΣ

ᾠχος γ΄.

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

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

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

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

Τῆς Ὁκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

ᾠχος γ΄.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα. **Τὸ αὐτό.**

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὁκτωήχου ---

Books - Sources

Octoechos - Mode 3.

On Sunday Morning

Triodion

Cheesefare Sunday

MATINS

CHOIR

Mode 3.

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

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

Verse 2: All the nations surrounded me, but in the name of the Lord I defended myself against them.

Verse 3: And this came about from the Lord, and it is wonderful in our eyes.

From Octoechos ---

Resurrectional Apolytikion.

Mode 3.

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy. [GOASD]

Glory. **Repeat.**

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy. [GOASD]

Both now. **Theotokion.**

From Octoechos ---

Ἦχος γ´.

Σὲ τὴν μεσιτεύσασαν τὴν σωτηρίαν τοῦ
γένους ἡμῶν, ἀνυμνοῦμεν Θεοτόκε Παρθένε·
ἐν τῇ σαρκὶ γὰρ τῇ ἐκ σοῦ προσληφθείση,
ὁ Υἱός σου καὶ Θεὸς ἡμῶν τὸ διὰ σταυροῦ
καταδεξάμενος πάθος, ἐλυτρώσατο ἡμᾶς, ἐκ
φθορᾶς ὡς φιλόανθρωπος.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Σοί, Κύριε.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Ἀμήν.

Κάθισμα Α´.

Τῆς Ὀκτωήχου ---

Ἦχος γ´.

Χριστὸς ἐκ νεκρῶν ἐγήγερται, ἡ ἀπαρχὴ
τῶν κεκοιμημένων· ὁ Πρωτότοκος τῆς κτίσεως,
καὶ δημιουργὸς πάντων τῶν γεγονότων, τὴν
καταφθαρεῖσαν φύσιν τοῦ γένους ἡμῶν, ἐν ἑαυτῷ

Mode 3.

Virgin Theotokos, we sing hymns extolling
you, through whom came humanity's salvation.
For your Son and our God, who is benevolent,
accepted the Passion and the crucifixion, in the
flesh that He assumed from you, and thus from
destruction He rescued us. [GOASD]

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: To You, O Lord.

PRIEST

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

CHOIR: Amen.

Kathisma I.

From Octoechos ---

Mode 3.

Christ has been raised from the dead; He is
the first fruits of those who have fallen asleep.
As the first-born of all creation and maker of all
things that were made, in himself He renewed our
human nature that had been ravaged. O Death, you

ἀνεκαίνισεν. Οὐκέτι θάνατε κυριεύεις· ὁ γὰρ τῶν ὅλων Δεσπότης, τὸ κράτος σου κατέλυσε.

Δόξα.

Σαρκὶ τοῦ θανάτου γευσάμενος Κύριε, τὸ πικρὸν τοῦ θανάτου, ἐξέτεμες τῇ ἐγέρσει σου, καὶ τὸν ἄνθρωπον κατ' αὐτοῦ ἐνισχύσας, τῆς ἀρχαίας κατάρας τὴν ἤτταν ἀνακαλούμενος. Ὁ ὑπερασπιστὴς τῆς ζωῆς ἡμῶν, Κύριε δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

ᾠχος γ'. *Αὐτόμελον.*

Τὴν ὠραιότητα τῆς παρθενίας σου, καὶ τὸ ὑπέρλαμπρον τὸ τῆς ἀγνεύσεως σου, ὁ Γαβριὴλ καταπλαγεῖς, ἐβόα σοι Θεοτόκε· Ποῖόν σοι ἐγκώμιον, προσαγάγω ἐπάξιον; τί δὲ ὀνομάσω σε; ἀπορῶ καὶ ἐξίσταμαι· διὸ ὡς προσετάγην βοῶ σοι· Χαῖρε ἡ Κεχαριτωμένη.

Τῆς Ὀκτωήχου ---

Κάθισμα Β'.

ᾠχος γ'. *Τὴν ὠραιότητα.*

Τὸ ἀναλλοίωτον τὸ τῆς θεότητος, καὶ τὸ ἐκούσιον πάθος σου Κύριε, εἰς ἑαυτὸν καταπλαγεῖς, ὁ ἄδης ἐπώδυρετο· Τρέμω τὴν τοῦ σώματος, μὴ φθαρεῖσαν ὑπόστασιν· βλέπω τὸν ἀόρατον, μυστικῶς πολεμοῦντά με· διὸ καὶ οὓς κατέχω κραυγάζουσι· Δόξα Χριστῆ τῇ ἀναστάσει σου.

Δόξα.

ᾠχος γ'. *Τὴν ὠραιότητα.*

Τὸ ἀκατάληπτον τὸ τῆς σταυρώσεως, καὶ ἀνερμήνευτον τὸ τῆς ἐγέρσεως, θεολογοῦμεν οἱ πιστοί, ἀπόρρητον μυστήριον· σήμερον γὰρ θάνατος, καὶ ὁ ἄδης ἐσκύλευται, γένος δὲ ἀνθρώπινον, ἀφθαρσίαν ἐνδέδεται· διὸ καὶ

no longer have dominion, for the Master of all has destroyed your power. [GOASD]

Glory.

You tasted death in the flesh, O Lord. But by Your resurrection, You cut off its bitterness and strengthened humanity against it, by reversing the failure that resulted in the ancient curse. O Defender of our life, glory to You, O Lord! [GOASD]

Both now. **Theotokion.**

Mode 3. *Automelon.*

You were so beautiful in your virginity. * Archangel Gabriel admired your purity, * which was resplendent; and amazed, he said to you, Theotokos, * “As there are no accolades that can worthily honor you, * I am at a loss for words to address you, so awed am I. * But I will say what I was commanded: * Rejoice, O favored Maiden full of grace!” [GOASD]

From Octoechos ---

Kathisma II.

Mode 3. *You were so beautiful.*

Τὴν ὠραιότητα.

You voluntarily endured Your suffering, * and Your divinity remained unchanged, O Lord. * Hades was terrified by this; and lamenting, it said to itself, * “I fear Him whose physical constitution is not destroyed. * I see the invisible One mystically waging war on me. * Now those whom I am holding are crying out, * ‘Glory to Your resurrection, O Christ!’” [GOASD]

Glory.

Mode 3. *You were so beautiful.*

Τὴν ὠραιότητα.

We the believers now theologize about * the inexplicable, incomprehensible, * and hidden mystery of Your crucifixion and resurrection. * For death and the netherworld have been stripped of their spoils today, * and our human nature has

εὐχαρίστως κραυγάζομεν· Δόξα Χριστέ τῆ
ἀναστάσει σου.

Καὶ νῦν. **Θεοτοκίον.**
ᾠχος γ'. *Τὴν ὠραιότητα.*

Τὸν ἀκατάληπτον καὶ ἀπερίγραπτον, τὸν
ὁμοούσιον Πατρὶ καὶ Πνεύματι, ἐν τῇ γαστρὶ
σου μυστικῶς, ἐχώρησας Θεομητορ· μίαν καὶ
ἀσύγχυτον, τῆς Τριάδος ἐνέργειαν, ἐγνωμεν τῷ
τόκῳ σου, ἐν τῷ κόσμῳ δοξάζεσθαι· διὸ καὶ
εὐχαρίστως βοῶμέν σοι· Χαῖρε ἡ Κεχαριτωμένη.

Εὐλογητάρια Ἀναστάσιμα.
ᾠχος πλ. α'.

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

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

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

Τί τὰ μύρα, συμπαθῶς τοῖς δάκρυσιν, ὧ
Μαθήτριαι κερνάτε; ὁ ἀστράπτων ἐν τῷ τάφῳ
Ἄγγελος, προσεφθέγγετο ταῖς Μυροφόροις·
Ἴδετε ὑμεῖς τὸν τάφον καὶ ἦσθητε· ὁ Σωτήρ γὰρ
ἐξανέστη τοῦ μνήματος.

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

Λίαν πρωΐ, Μυροφόροι ἔδραμον, πρὸς
τὸ μνήμα σου θρηνηλογοῦσαι· ἀλλ' ἐπέστη,

now put on the imperishable. * And therefore
in thanksgiving we cry aloud: * Glory to Your
resurrection, O Christ. [GOASD]

Both now. **Theotokion.**
Mode 3. *You were so beautiful.*
Τὴν ὠραιότητα.

You carried mystically within your womb the
Lord, * incomprehensible, uncircumscribable, *
and one in essence with the Father and the Spirit,
O Mother of God. * Ever since your childbirth, we
have learned how to glorify * the Trinity's energy,
which is single and unconfused. * And therefore in
thanksgiving we sing to you: * Rejoice, O favored
Maiden full of grace! [GOASD]

Resurrectional Evlogetaria.
Mode pl. 1.

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

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

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

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

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

Very early in the morning, the myrrh-bearing
women were hastening to Your tomb lamenting.

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 τρανώς, πρὸς αὐτάς φθεγγομένου· Τί μετὰ νεκρῶν, τὸν ζῶντα λογίζεσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ μνήματος.

Δόξα.

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

Καὶ νῦν.

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

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

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν

But the Angel appeared to them and uttered, “The time for lamentation has ended; weep no more. Go announce the Resurrection to the Apostles.”

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

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

Glory.

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

Both now.

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

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

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

Remembering our all-holy, immaculate, most blessed, and glorious Lady, the

Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παραθώμεθα.

ΧΟΡΟΣ: Σοί, Κύριε.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Ἀμήν.

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου ---

Ὑπακοή. ᾠδὴ γ΄.

Ἐκπλήττων τῆ ὀράσει, δροσίζων τοῖς ῥήμασιν, ὁ ἀστράπτων Ἄγγελος, ταῖς Μυροφόροις ἔλεγε· Τὸν ζῶντα τί ζητεῖτε ἐν μνήματι; ἠγέρθη κενώσας τὰ μνήματα· τῆς φθορᾶς ἀλλοιωτήν, γνῶτε τὸν ἀναλλοίωτον· εἴπατε τῷ Θεῷ· Ὡς φοβερὰ τὰ ἔργα σου! ὅτι τὸ γένος ἔσωσας τῶν ἀνθρώπων.

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α΄. ᾠδὴ γ΄.

Τὴν αἰχμαλωσίαν Σιών, σὺ ἐξείλου ἐκ Βαβυλῶνος, κάμῃ ἐκ τῶν παθῶν, πρὸς ζωὴν ἔλκυσον Λόγε.

Ἐν τῷ νότῳ οἱ σπεύροντες, δάκρυσιν ἐνθέοις, θεριοῦσι στάχυας, ἐν χαρᾷ ἀειζωΐας.

Δόξα· καὶ νῦν.

Ἄγιῳ Πνεύματι, πᾶσα ἀγαθοδωρία, ὡς Πατρὶ καὶ Υἱῷ συναστράπτει· ἐν ᾧ τὰ πάντα ζῆ καὶ κινεῖται.

Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

CHOIR: To You, O Lord.

PRIEST

For blessed is Your name, and glorified is Your kingdom, of the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

CHOIR: Amen.

READER

From Octoechos ---

Hypakoe. Mode 3.

Astounding in appearance, refreshing by the words he spoke, the dazzling Angel said to the Myrrh-bearing Women, “Why do you look in a tomb for the One who is alive? He has risen and emptied the tombs. Know that He is the unchanging Changer of death. Say to God, ‘How awesome are Your works! For You have saved the human race.’” [GOASD]

CHOIR

Anavathmoi.

Antiphon 1. Mode 3.

From Babylon You rescued the captives of Zion. O Logos, also pull me up from the passions to life. [GOASD]

Those who sow with godly tears in the south, with joy will reap the ears of everlasting life. [GOASD]

Glory. Both now.

In the Holy Spirit, as in the Father and the Son, every gift of goodness intrinsically shines forth. And in Him all things both live and move.

[GOASD]

Ἀντίφωνον Β΄.

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τῶν ἀρετῶν, μάτην κοπιῶμεν· τὴν δὲ ψυχὴν σκέποντος, οὐδεὶς ἡμῶν πορθεῖται τὴν πόλιν.

Τοῦ καρποῦ τῆς γαστροῦ, τῷ Πνεύματι υἰοποιητῶς σοὶ τῷ Χριστῷ, ὡς Πατρὶ οἱ Ἅγιοι πάντοτε εἰσὶ.

Δόξα· καὶ νῦν.

Ἄγιῳ Πνεύματι, ἐνθωρεῖται πᾶσα ἀγιότης, σοφία· οὐσιοῖ πᾶσαν γὰρ κτίσιν· αὐτῷ λατρεύσωμεν, Θεὸς γὰρ ὡς Πατρὶ τε καὶ Λόγῳ.

Ἀντίφωνον Γ΄.

Οἱ φοβούμενοι τὸν Κύριον, μακάριοι, τρίβους βαδιοῦνται τῶν ἐντολῶν, φάγονται, ζωηρὰν γὰρ παγκαρπίαν.

Κύκλῳ τῆς τραπέζης σου εὐφράνθητι, καθορῶν σου ποιμενάρχα, τὰ ἔκγονα φέροντα, κλάδους ἀγαθοεργίας.

Δόξα· καὶ νῦν.

Ἄγιῳ Πνεύματι, ὁ πᾶς πλοῦτος τῆς δόξης, ἐξ οὗ χάρις καὶ ζωὴ πάσῃ τῇ κτίσει· σὺν Πατρὶ γὰρ, ἀνυμνεῖται καὶ τῷ Λόγῳ.

Προκείμενον.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὅτι Κύριος ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν οἰκουμένην, ἣτις οὐ σαλευθήσεται. (δίς)

Στίχ. Ἄσατε τῷ Κυρίῳ ᾄσμα καινόν.

Εἶπατε ἐν τοῖς ἔθνεσιν· Ὅτι Κύριος ἐβασίλευσε, καὶ γὰρ κατώρθωσε τὴν οἰκουμένην, ἣτις οὐ σαλευθήσεται.

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

Antiphon 2.

Unless the Lord builds the house of the virtues, we labor in vain. But if He is guarding the soul, no one can destroy our city. [GOASD]

O Christ, the Son of the Father, the fruit of the womb, the saints are ever adopted sons, through You in the Spirit. [GOASD]

Glory. Both now.

In the Holy Spirit are perceived all holiness and wisdom, for He gives substance to all creation. Since He is God, let us worship Him, as we do the Father and the Logos. [GOASD]

Antiphon 3.

Blessed are those who fear the Lord: they will walk in the ways of His commandments. They shall eat every kind of life-giving fruit. [GOASD]

As you see your children's children around your table bearing branches of good works, be glad, O arch-pastor. [GOASD]

Glory. Both now.

In the Holy Spirit is all the wealth of glory. From Him issue grace and life to all creation. And He is extolled with the Father and the Logos. [GOASD]

Prokeimenon.

Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken." (2)

Verse: *Oh, sing a new song to the Lord.*

Say among the Gentiles, "The Lord is King, for He established the world, which shall not be shaken." [SAAS]

PRIEST

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

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Σοί, Κύριε.

ΙΕΡΕΥΣ

Σὺ γὰρ εἶ ὁ βασιλεὺς τῆς εἰρήνης καὶ σωτὴρ τῶν ψυχῶν ἡμῶν, 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.

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Ὀκτωήχου ---

Κοντάκιον Ἀναστάσιμον.

Ἐξανέστης σήμερον, ἀπὸ τοῦ τάφου Οἰκτίρμον, καὶ ἡμᾶς ἐξήγαγες, ἐκ τῶν πυλῶν τοῦ θανάτου· σήμερον Ἄδὰμ χορεύει, καὶ χαίρει Εὐᾶ, ἅμα δέ, καὶ οἱ Προφῆται, σὺν Πατριάρχαις, ἀνυμνοῦσιν ἀκαταπαύστως, τὸ θεῖον κράτος τῆς ἐξουσίας σου.

Ὁ Οἶκος.

Ὁ οὐρανὸς καὶ ἡ γῆ σήμερον χορευέτωσαν, καὶ Χριστὸν τὸν Θεὸν ὁμοφρόνως ὑμνεῖτωσαν, ὅτι τοὺς δεσμίους ἐκ τῶν τάφων ἀνέστησε. Συγχαίρει πᾶσα ἡ κτίσις, προσφέρουσα ἐπάξια ἄσματα, τῷ πάντων

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: To You, O Lord.

PRIEST

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

CHOIR: Amen.

READER

From Octoechos ---

Resurrectional Kontakion.

From the tomb You rose today, O Lord of tender compassion, also from the gates of death You led us out, O our Savior. On this day Adam is dancing and Eve rejoices, and with them the holy Patriarchs and the Prophets are unceasingly extolling the divine power of Your authority. [GOASD]

Oikos.

Let heaven and earth join in dance today and in harmony extol Christ our God, for He raised the prisoners from their tombs. All creation celebrates together, offering worthy songs to our Redeemer, the Creator of all. For

Κτίστη καὶ Λυτρωτῆ ἡμῶν· ὅτι τοὺς βροτοὺς ἐξ ᾄδου σήμερον, ὡς ζωοδότης συνανεγκύσας, πρὸς οὐρανοὺς συνανυψοῖ, καὶ καταρράσσει τοῦ ἐχθροῦ τὰς ἐπάρσεις, καὶ πύλας τοῦ ᾄδου διαθλάττει, τῷ θείῳ κράτει τῆς ἐξουσίας αὐτοῦ.

Κοντάκιον τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

ᾠχος πλ. β'. Αὐτόμελον.

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

Ὁ Οἶκος.

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

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

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

Παράδεισε πανάρετε, πανάγιε, πανόλβιε, ὁ δι' Ἀδὰμ πεφυτευμένος, καὶ διὰ τὴν Εὐάν κεκλεισμένος, ἰκέτευσον Θεὸν διὰ τὸν

today, with himself as the Giver of Life, He raises people from the netherworld and lifts them up to heaven. He quashes the enemy's haughtiness and smashes the gates of Hades, by the divine power of His authority. [GOASD]

Kontakion from Triodion.

From Triodion ---

Mode pl. 2. (not metered)

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

Oikos.

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

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

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

Paradise most excellent, most holy and most radiant, for Adam you were planted, because of Eve you were disbanded, beseech

παραπεσόντα. Ἐλεῆμον, ἐλέησόν με τὸν
παραπεσόντα.

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.

Συναξάριον

Τοῦ Μηναίου.

Τῆ Β΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου
Μάρτυρος Ἡσυχίου τοῦ Συγκλητικοῦ.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ἁγίου
Ἱερομάρτυρος Θεοδότου, Ἐπισκόπου
Κυρηνίας τῆς Κύπρου.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ἁγίου
Μάρτυρος Κοΐντου τοῦ Θαυματουργοῦ.

Τῆ αὐτῆ ἡμέρα, μνήμη τῶν Ἁγίων
Μαρτύρων Νέστορος καὶ Τριβιμίου.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ἁγίου
Μάρτυρος Τρωαδίου, καὶ τῶν σὺν αὐτῷ,
μαρτυρησάντων ἐπὶ Δεκίου Βασιλέως.

Τῆ αὐτῆ ἡμέρα, ἡ Ἁγία Παρθένος Εὐθαλία
ξίφει τελειοῦται.

Τῆ αὐτῆ ἡμέρα, οἱ Ἅγιοι Μάρτυρες
Ἀνδρόνικος καὶ Ἀθανασία ξίφει τελειοῦνται.

Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ὁσίου
Νικολάου ἱερέως τοῦ Πλανᾶ.

Τοῦ Τριωδίου.

Τῆ αὐτῆ ἡμέρα, ἀνάμνησιν ποιούμεθα τῆς
ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς ἐξορίας τοῦ
Πρωτοπλάστου Ἀδάμ.

Στίχοι

Κόσμος γενάρχαις πικρὰ συνθρηνησάτω.

Βρώσει γλυκεία, συμπεσὼν πεπτωκόσι.

God for the fallen: O merciful Lord, have
mercy on me who have fallen.

Stand for the reading of the Synaxarion.

Synaxarion

From the Menaion.

On March 2, we commemorate the holy
Martry Hesychios the Senator.

On this day we also commemorate the
holy Hieromartyr Theodotos, Bishop of
Kyrenia, Cyprus.

On this day we also commemorate the
holy Martyr Quintus the Wonder-worker.

On this day we also commemorate the
holy Martyrs Nestor and Trivimios.

On this day we also commemorate the
holy Martyr Troadios and those with him, who
witnessed under Emperor Decius.

On this day the holy virgin Efthalia died
by the sword.

On this day the holy Martyrs Andronikos
and Athanasia died by the sword.

On this day we also commemorate St.
Nicholas Planas the Priest.

From the Triodion.

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

Verses

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

Τῆ ἀπάτῳ σου εὐσπλαγγνία, Χριστέ ὁ Θεὸς ἡμῶν, τῆς τρυφῆς τοῦ Παραδείσου ἡμᾶς καταξίωσον, καὶ ἐλέησον, ὡς ὁ μόνος φιλόανθρωπος. Ἀμήν.

ΧΟΡΟΣ

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

Ὡς ἐν ἠπείρῳ πεζεύσας ὁ Ἰσραήλ, ἐν ἀβύσσῳ ἵχνεσι, τὸν διώκτην Φαραῶ, καθορῶν ποντούμενον Θεῶ, ἐπινίκιον ᾠδὴν, ἐβόα ἄσωμεν.

ᾠδὴ γ΄.

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

ᾠδὴ δ΄.

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

ᾠδὴ ε΄.

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

ᾠδὴ ς΄.

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

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

CHOIR

Katavasia of Triodion Sunday 1 and 4

Ode i. Mode pl. 2.

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

Ode iii.

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

Ode iv.

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

Ode v.

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

Ode vi.

I see when my life becomes rough and stormy like the sea; * temptations feel like turbulence. * So I turn to the safe harbor of Your Church, *

Ὡδὴ ζ΄.

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

Ὡδὴ η΄.

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν
τὸν Κύριον.*

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

Ὁ λαὸς ἴσταται διὰ τὴν ἀνάγνωσιν τοῦ Εὐαγγελίου.

ΔΙΑΚΟΝΟΣ: Τοῦ Κυρίου δεηθῶμεν.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Ἀμήν.

Ἦχος β΄.

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

ΔΙΑΚΟΝΟΣ

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

and calmly I pray to You: * Raise my life from
corruption, very merciful Lord. [GOASD]

Ode vii.

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

Ode viii.

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

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

Stand for the Gospel reading.

DEACON: Let us pray to the Lord.

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: Amen.

Mode 2.

Let everything that breathes praise the Lord.
(2) Let everything that breathes praise the Lord.

[SAAS]

DEACON

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

ΧΟΡΟΣ: Κύριε, ἐλέησον. (3)

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου
Εὐαγγελίου.

ΙΕΡΕΥΣ: Εἰρήνη πᾶσι.

ΧΟΡΟΣ: Καὶ τῷ πνεύματί σου.

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Μᾶρκον ἁγίου Εὐαγγελίου τὸ
ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ: Πρόσχωμεν.

ΧΟΡΟΣ

Δόξα σοι, Κύριε, δόξα σοι.

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

*Ἐωθινὸν Γ΄
Μᾶρκον 16:9 – 20*

Ἀναστὰς ὁ Ἰησοῦς πρωτὶ πρώτη σαββάτου
ἐφάνη πρῶτον Μαρία τῇ Μαγδαληνῇ, ἀφ' ἧς
ἐκβεβλήκει ἑπτὰ δαιμόνια. ἐκείνη πορευθεῖσα
ἀπήγγειλε τοῖς μετ' αὐτοῦ γενομένοις,
πενθοῦσι καὶ κλαίουσι. κάκεῖνοι ἀκούσαντες
ὅτι ζῆ καὶ ἐθεάθη ὑπ' αὐτῆς, ἠπίστησαν.
Μετὰ δὲ ταῦτα δυσὶν ἐξ αὐτῶν περιπατοῦσιν
ἐφανερῶθη ἐν ἑτέρᾳ μορφῇ, πορευομένοις
εἰς ἀγρόν. κάκεῖνοι ἀπελθόντες ἀπήγγειλαν
τοῖς λοιποῖς· οὐδὲ ἐκείνοις ἐπίστευσαν.
Ἵστερον ἀνακειμένοις αὐτοῖς τοῖς ἕνδεκα
ἐφανερῶθη, καὶ ὠνείδισε τὴν ἀπιστίαν αὐτῶν
καὶ σκληροκαρδίαν, ὅτι τοῖς θεασαμένοις
αὐτὸν ἐγηγερμένον οὐκ ἐπίστευσαν. καὶ εἶπεν
αὐτοῖς· πορευθέντες εἰς τὸν κόσμον ἅπαντα
κηρύξατε τὸ εὐαγγέλιον πάσῃ τῇ κτίσει.
ὁ πιστεύσας καὶ βαπτισθεὶς σωθήσεται, ὁ
δὲ ἀπιστήσας κατακριθήσεται. σημεῖα δὲ
τοῖς πιστεύσασιν ταῦτα παρακολουθήσει·
ἐν τῷ ὀνόματί μου δαιμόνια ἐκβαλοῦσι·

CHOIR: Lord, have mercy. (3)

DEACON

Wisdom. Arise. Let us hear the holy
Gospel.

PRIEST: Peace be with all.

CHOIR: And with your spirit.

PRIEST

The reading is from the holy Gospel
according to Mark.

DEACON: Let us be attentive.

CHOIR

Glory to You, O Lord, glory to You.

PRIEST (from the altar table)

*Eothinon 3
Mark. 16:9 – 20*

When Jesus rose early on the first day
of the week, he appeared first to Mary
Magdalene, from whom he had cast out seven
demons. She went out and told those who had
been with him, as they mourned and wept.
But when they heard that he was alive and
had been seen by her, they would not believe
it. After this he appeared in another form to
two of them, as they were walking into the
country. And they went back and told the rest,
but they did not believe them. Afterward he
appeared to the eleven themselves as they
sat at table; and he upbraided them for their
unbelief and hardness of heart, because they
had not believed those who saw him after he
had risen. And he said to them, "Go into all
the world and preach the gospel to the whole
creation. He who believes and is baptized will
be saved; but he who does not believe will be
condemned. And these signs will accompany

γλώσσαις λαλήσουσι καιναῖς· ὄφεις ἀροῦσι·
κἂν θανάσιμόν τι πίωσιν, οὐ μὴ αὐτοὺς
βλάψει· ἐπὶ ἀρρώστους χεῖρας ἐπιθήσουσι,
καὶ καλῶς ἔξουσιν. Ὁ μὲν οὖν Κύριος μετὰ
τὸ λαλῆσαι αὐτοῖς ἀνελήφθη εἰς τὸν οὐρανὸν
καὶ ἐκάθισεν ἐκ δεξιῶν τοῦ Θεοῦ. ἐκεῖνοι δὲ
ἐξελθόντες ἐκήρυξαν πανταχοῦ, τοῦ Κυρίου
συνεργοῦντος καὶ τὸν λόγον βεβαιοῦντος διὰ
τῶν ἐπακολουθούντων σημείων. ἀμήν.

ΧΟΡΟΣ

Δόξα σοι, Κύριε, δόξα σοι.

ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι,
προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν,
τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου,
Χριστέ, προσκυνοῦμεν καὶ τὴν ἀγίαν 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 ἀγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ
τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ
παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν
ἀνάστασιν αὐτοῦ· Σταυρόν γὰρ ὑπομείνας δι’
ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν´ (50).

Ἦχος β´. (ἡ τῆς ἐβδομάδος.)

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

those who believe: in my name they will cast
out demons; they will speak in new tongues;
they will pick up serpents, and if they drink
any deadly thing, it will not hurt them; they
will lay their hands on the sick, and they will
recover.” So then the Lord, after he had spoken
to them, was taken up into heaven, and sat
down at the right hand of God. And they went
forth and preached everywhere, while the Lord
worked with them and confirmed the message
by the signs that attended it. Amen. [RSV]

CHOIR

Glory to You, O Lord, glory to You.

READER

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

CHOIR

Psalm 50 (51).

Mode 2. (or the Mode of the week)

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

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

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ
ἀμαρτία 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
ἀμαρτίαις 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
ἀμαρτιῶν 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 ἀντανέλῃς ἀπ’
ἐμοῦ.

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

Wash me thoroughly from my lawlessness
and cleanse me from my sin.

For I know my lawlessness, and my sin is
always before me.

Against You only have I sinned and done
evil in Your sight; that You may be justified
in Your words, and overcome when You are
judged.

For behold, I was conceived in
transgressions, and in sins my mother bore me.

Behold, You love truth; You showed
me the unknown and secret things of Your
wisdom.

You shall sprinkle me with hyssop, and I
will be cleansed; You shall wash me, and I will
be made whiter than snow.

You shall make me hear joy and gladness;
my bones that were humbled shall greatly
rejoice.

Turn Your face from my sins, and blot out
all my transgressions.

Create in me a clean heart, O God, and
renew a right spirit within me.

Do not cast me away from Your presence,
and do not take Your Holy Spirit from me.

Restore to me the joy of Your salvation,
and uphold me with Your guiding Spirit.

Διδάξω ἀνόμους τὰς ὁδοὺς σου καὶ
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῥυσαί με ἐξ αἱμάτων, ὁ Θεός, 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.

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 τεῖχη 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 οἰκτίρμων κάθαρον, εὐσπλάγχνω σου
ἐλέει.

Καὶ νῦν. **Ὁ αὐτός.**

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

I will teach transgressors Your ways, and
the ungodly shall turn back to You.

Deliver me from bloodguiltiness, O God,
the God of my salvation, and my tongue shall
greatly rejoice in Your righteousness.

O Lord, You shall open my lips, and my
mouth will declare Your praise.

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

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

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

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

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

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

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

Both now. **Same Mode.**

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

Ἰδιόμελον. ᾠχος πλ. β΄.

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

ΙΕΡΕΥΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας χριστιανῶν ὀρθοδόξων καὶ κατὰπεμψον ἐφ’ ἡμᾶς τὰ ἐλέη σου τὰ πλούσια·

πρεσβείαις τῆς παναχράντου δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων 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 καὶ Κυρίλλου, Ἰωάννου τοῦ Ἐλεήμονος πατριαρχῶν Ἀλεξανδρείας· Νικολάου τοῦ ἐν Μύροις, Σπυρίδωνος ἐπισκόπου 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

Idiomelon. Mode pl. 2.

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

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

PRIEST

O God, save Your people and bless Your inheritance. Look upon Your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us Your rich mercies:

through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary, by the power of the precious and life-giving Cross, the protection of the honorable, heavenly, bodiless powers, the supplications of the honorable, glorious prophet and forerunner John the Baptist, the holy, glorious, and praiseworthy apostles, our fathers among the saints, the great hierarchs and ecumenical teachers Basil the Great, Gregory the Theologian, and John Chrysostom; Athanasius, Cyril, and John the Merciful, patriarchs of Alexandria, Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonderworkers; the holy, glorious, great martyrs George the triumphant, Demetrios the myrrh-streamer, Theodore the soldier, and Theodore the general; Menas the wonderworker; Charalampus and Eleutherius, the hieromartyrs; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and

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

ἰκετεύομέν σε, μόνη πολυέλεε Κύριε,
ἐπάκουσον ἡμῶν τῶν ἁμαρτωλῶν δεομένων
σου καὶ ἐλέησον ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (ιβ')

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.

ΧΟΡΟΣ: Ἀμήν.

Ὁ λαὸς ἵσταται διὰ τὴν Θ' Ὠδὴν.

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν
ᾧ ἕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὠδὴ θ'.

Μεγαλυνάριον. Ἦχος πλ. β'.

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

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

glorious Martyrs Thecla, Barbara, Anastasia,
Catherine, Kyriaki, Photini, Marina, Paraskevi
and Irene; our venerable and God-bearing
fathers; (local patron saint); the holy and
righteous ancestors of God Joachim and Anna;
and all Your saints:

We beseech you, only merciful Lord, hear
us sinners who pray to you and have mercy on
us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love
for humankind of Your only-begotten Son,
with whom You are blessed, and Your all-
holy, good and life-creating Spirit, now and
ever and to the ages of ages.

CHOIR: Amen.

Stand for the singing of Ode ix.

DEACON

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

CHOIR

Ode ix.

The Magnificat. Mode pl. 2.

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

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

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

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

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

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

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

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

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων,
καὶ ὕψωσε ταπεινοὺς, πεινῶντας ἐνέπλησεν
ἀγαθῶν, καὶ πλουτοῦντας ἐξάπέστειλε κενούς.

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

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

[NKJV]

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

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

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

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

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

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

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

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

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

Ὡδὴ θ'. Καταβασία. Ἦχος πλ. β'.

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

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

ΧΟΡΟΣ: Σοί, Κύριε.

ΙΕΡΕΥΣ

Ὅτι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπουσι, τῷ

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

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

Ode ix. Katavasia. Mode pl. 2.

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

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: Lord, have mercy.

PRIEST

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

CHOIR: To You, O Lord.

PRIEST

For all the powers of heaven praise You, and to You they offer up glory, to the Father

Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ: Ἀμήν.

ΧΟΡΟΣ

Ἦχος β΄.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

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

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

Ἐξαποστειλάριον.

Τὸ Γ΄ Ἐωθινόν.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ὅτι Χριστὸς ἐγήγερται, μή τις διαπιστεῖτω· ἐφάνη τῇ Μαρίᾳ γάρ, ἔπειτα καθωράθη, τοῖς εἰς ἀγρὸν ἀπιοῦσι· μύσταις δὲ πάλιν ὥφθη, ἀνακειμένοις ἕνδεκα· οὓς βαπτίζειν ἐκπέμψας, εἰς οὐρανοῦς, ὅθεν καταβέβηκεν ἀνελήφθη, ἐπικυρῶν τὸ κήρυγμα, πλήθεσι τῶν σημείων.

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Γυναῖκες ἀκουτίσθητε.*

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

Ἄτερον.

Τοῦ Τριωδίου - - -

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ἀποικισθέντες Κύριε, Παραδείσου τὸ πρῶτον, διὰ τῆς ξύλου βρώσεως, ἀντεισήγαγες πάλιν, διὰ

and the Son and the Holy Spirit, now and ever and to the ages of ages.

CHOIR: Amen.

CHOIR

Mode 2.

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

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

For He is holy.

From Octoechos - - -

Exaposteilarion.

Eothinon 3.

Mode 2. *Let us in faith.*

Τοῖς Μαθηταῖς συνέλθωμεν.

Let no one doubt or disbelieve * that Christ has truly risen. * For first to Mary Magdalene * He appeared, then to others, * as they walked into the country, * later, to the eleven * disciples, as they ate a meal. * He sent them out to baptize throughout the world. * Then He ascended into heaven, from which * He had come down. And He confirmed * by many signs the message. [GOASD]

Exaposteilarion. From the Triodion.

From Triodion - - -

Mode 2. *O Women, hearken.*

Γυναῖκες ἀκουτίσθητε.

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

Another.

From Triodion - - -

Mode 2. *Let us in faith.*

Τοῖς Μαθηταῖς συνέλθωμεν.

We were expelled of old, O Lord, * from the Garden of Eden,* for wrongly eating from the

Σταυροῦ καὶ τοῦ Πάθους, σοῦ Σωτῆρ καὶ Θεέ μου, δι' οὗ ἡμᾶς ὀχύρωσον, τὴν Νηστείαν πληρῶσαι, ἀγνοπρεπῶς, καὶ τὴν θείαν Ἔγερσιν προσκυνῆσαι, τὸ Πάσχα τὸ σωτήριον, σὲ Τεκούσης πρεσβείαις.

Οἱ Αἴνοι. Ἦχος γ'.

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

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

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

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

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

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

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

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

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

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.

tree.* But, O my God and Savior,* You once again have restored us * through Your Cross and Your Passion.* Thereby, O Master, fortify * and enable us purely to finish Lent * and to worship Your divine resurrection,* Pascha our saving Passover,* by the prayers of Your Mother. [SD]

Lauds. Mode 3.

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.

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

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

Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν 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 πραεῖς ἐν σωτηρίᾳ.

Καυχήσονται ὅσοι ἐν δόξῃ καὶ ἀγαλλιάσονται 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 γ΄.

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

Δεῦτε πάντα τὰ ἔθνη, γνῶτε τοῦ φρικτοῦ μυστηρίου τὴν δύναμιν· Χριστὸς γὰρ ὁ Σωτὴρ ἡμῶν, ὁ ἐν ἀρχῇ Λόγος, ἐσταυρώθη δι' ἡμᾶς, καὶ ἐκὼν ἐτάφη, καὶ ἀνέστη ἐκ νεκρῶν, τοῦ σῶσαι τὰ σύμπαντα. Αὐτὸν προσκυνήσωμεν.

Ἦχος γ΄.

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

Διηγῆσαντο πάντα τὰ θαυμάσια, οἱ φύλακές σου Κύριε· ἀλλὰ τὸ συνέδριον τῆς ματαιότητος, πληρῶσαν δώρων τὴν δεξιὰν αὐτῶν, κρύπτειν

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 3.

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

[SAAS]

O come, all you nations. Know the power of the awe-inspiring mystery. For Christ our Savior, the Logos who was in the beginning, for us voluntarily was crucified and buried, and He rose from the dead, all to save the universe. Come and let us worship Him. [GOASD]

Mode 3.

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

The soldiers who had guarded You, O Lord, reported all the marvelous events that had taken place. But that vain council filled their right hand

ἐνόμιζον τὴν ἀνάστασίν σου, ἣν ὁ κόσμος δοξάζει.
Ἐλέησον ἡμᾶς.

Ἦχος γ´.

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

Χαρᾶς τὰ πάντα πεπλήρωται, τῆς ἀναστάσεως
τὴν πεῖραν εἰληφότα· Μαρία γὰρ ἡ Μαγδαληνὴ,
ἐπὶ τὸ μνήμα ἦλθεν, εὔρεν Ἄγγελον ἐπὶ τὸν λίθον
καθήμενον, τοῖς ἱματίοις ἐξαστράπτοντα καὶ
λέγοντα· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν;
οὐκ ἔστιν ὧδε, ἀλλ’ ἐγήγερται, καθὼς εἶπε,
προάγων ἐν τῇ Γαλιλαίᾳ.

Ἦχος γ´.

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

Ἐν τῷ φωτί σου Δέσποτα, ὀψόμεθα φῶς
φιλόανθρωπε· ἀνέστης γὰρ ἐκ τῶν νεκρῶν,
σωτηριᾶν τῷ γένει τῶν ἀνθρώπων δωρούμενος,
ἵνα σε πᾶσα κτίσις δοξολογῇ, τὸν μόνον
ἀναμάρτητον. Ἐλέησον ἡμᾶς.

Ἦχος γ´.

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

Ὑμνον ἐωθινόν, αἱ Μυροφόροι γυναῖκες,
τὰ δάκρυα προσέφερον Κύριε· εὐωδίας γὰρ
ἀρώματα κατέχουσαι, τὸ μνήμά σου κατέλαβον,
τὸ ἄχραντόν σου σῶμα, μυρίσαι σπουδάζουσαι.
Ἄγγελος καθήμενος ἐπὶ τὸν λίθον, αὐταῖς
εὐηγγελίσατο· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν
νεκρῶν; τὸν θάνατον γὰρ πατήσας, ἀνέστη ὡς
Θεός, παρέχων πᾶσι τὸ μέγα ἔλεος.

with bribes, thinking that in this way they could
hide Your resurrection, which the world glorifies.
Have mercy on us. [GOASD]

Mode 3.

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

The universe is filled with joy since it
experienced Your resurrection. Mary Magdalene
came to the tomb. She found an Angel sitting on
the stone. He was shining like lightning in dazzling
apparel, and he said, “Why do you seek the living
among the dead? He is not here; for He has risen,
as He said. He is going before you to Galilee.”

[GOASD]

Mode 3.

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

In Your light we shall see light, O benevolent
Master. For You rose from the dead, granting
salvation to the human race, so that all creation
may glorify You, the only One who is without sin.
Have mercy on us! [GOASD]

Mode 3.

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

The Myrrh-bearing Women presented their
tears as a hymn of praise, early in the morning,
O Lord, when they came to Your tomb with
sweet-smelling spices, intending to anoint Your
immaculate body. The Angel who was sitting
on the stone announced to them the good news
and said, “Why do you seek the living among the
dead? As God, He has trampled death and risen,
granting to all the great mercy.” [GOASD]

Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἰδιόμελον. ᾠχος πλ. α'.

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

Οἶμοι! ὁ Ἀδάμ, ἐν θρήνῳ κέκραγεν, ὅτι ὄφεις καὶ γυνή, θεϊκῆς παρρήσιας με ἔξωσαν, καὶ Παραδείσου τῆς τρυφῆς ξύλου βρῶσις ἠλλοτριώσεν. Οἶμοι! οὐ φέρω λοιπὸν τὸ ὄνειδος, ὁ ποτὲ βασιλεὺς τῶν ἐπιγείων πάντων κτισμάτων Θεοῦ, νῦν αἰχμάλωτος ὤφθην, ὑπὸ μιᾶς ἀθέσμου συμβουλῆς, καὶ ὁ ποτὲ δόξαν ἀθανασίας ἠμφισμένοσ, τῆς νεκρώσεως τὴν δορᾶν, ὡς θνητὸς ἐλεεινῶς περιφέρω. Οἶμοι! τίνα τῶν θρήνων συνεργάτην ποιήσομαι; Ἀλλὰ σὺ Φιλάνθρωπε, ὁ ἐκ γῆς δημιουργήσας με, εὐσπλαγχνίαν φορέσας, τῆς δουλείας τοῦ ἐχθροῦ, ἀνακάλεσαι καὶ σῶσόν με.

Ἰδιόμελον. ᾠχος πλ. α'.

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

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

From the Triodion.

From Triodion ---

Idiomelon. Mode pl. 1.

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

“Woe is me!” cried Adam in lament, “that a serpent and a woman have deprived me of intimate communion with God; and eating from the tree has estranged me from the Paradise of delight. Woe is me, for I cannot bear the disgrace! Once the king of all God’s creatures on the earth, I am now viewed as a hostage because of one piece of illicit advice; and though once vested with the glory of immortality, I, as mortal, carry about the skin of deadness lamentably. Woe is me! Which lamentation shall I enlist to collaborate with me? But You, Friend of man, who fashioned me from the earth, and who donned compassion; recall me from servitude to the enemy and save me.” [GKD]

Idiomelon. Mode pl. 1.

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

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

Ἰδιόμελον. ᾠχος πλ. β΄.

Ἐξομολογήσομαί σοι, Κύριε, ἐν ὄλῃ καρδίᾳ μου, διηγῆσομαι πάντα τὰ θαυμάσιά σου.

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

Δόξα. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

ᾠχος πλ. β΄.

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

Τῆς Ὀκτωήχου ---

Καὶ νῦν. Θεοτοκίον.

Ἵπερευλογημένη ὑπάρχεις, Θεοτόκε Παρθένε· διὰ γὰρ τοῦ ἐκ σοῦ σαρκωθέντος, ὁ ἄδης ἠχμαλώτισται, ὁ Ἀδὰμ ἀνακέκληται,

Idiomelon. Mode pl. 2.

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

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

Glory. From the Triodion.

From Triodion ---

Mode pl. 2.

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

From Octoechos ---

Both now. Theotokion.

You are supremely blessed, O Virgin Theotokos. For through Him who from you became incarnate, Hades has been captured, and

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.

Ὁ λαὸς ἴσταται διὰ τὴν Μ. Δοξολογίαν.

Ἡ Μεγάλη Δοξολογία

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

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

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

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

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

Stand for the Great Doxology.

Great Doxology

Glory be to You who showed the light. Glory in the highest to God. His peace is on earth, His good pleasure in mankind. ^[SD]

We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory.

Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit.

Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world.

Accept our supplication, You who sit at the right hand of the Father, and have mercy on us.

For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages.

Vouchsafe, O Lord, this day, that we be kept without sin.

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.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

Κύριε, πρὸς σέ κατέφυγον. 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. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς.

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

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

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

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

*Μετὰ τὸ τέλος τῆς Δοξολογίας λέγομεν Τροπάριον
Ἀναστάσιμον.*

Ἦχος δ'. (ἡ 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.

*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]