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

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**The Service of Matins**  
**for Sunday, March 23, 2025**

**Octoechos - Mode pl. 2**  
**on Sunday Morning**  
**Eothion 6**

**Triodion - Third Sunday of Lent**  
**Third Sunday of Lent. Veneration of the Cross**  
**on Sunday Morning at Matins**

**Menaion - March 23**  
**Katavasias of Third Sunday of Lent**

**Texts in Greek and English**

**Links to Matins Ordinary**

**Bilingual**

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**English**

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## 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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**Βιβλία - Πηγαι**

**Ὁκτώηχος - ᾠχος πλ. β΄.**

Τῆ Κυριακῆ Πρωΐ

**Τριώδιον**

Κυριακῆ Γ΄ τῶν Νηστειῶν τῆς  
Σταυροπροσκυνήσεως - Τῆ Κυριακῆ Πρωΐ

**ΟΡΘΟΣ**

**ΧΟΡΟΣ**

**ᾠχος πλ. β΄.**

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 πλ. β΄.**

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ  
φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία  
ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα.  
Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ·  
ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ  
ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Δόξα. **Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου - - -

**ᾠχος α΄.**

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον  
τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ  
βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ  
τοῦ Σταυροῦ σου πολίτευμα.

**Books - Sources**

**Octoechos - Mode pl. 2.**

On Sunday Morning

**Triodion**

Third Sunday of Lent. Veneration of the Cross -  
On Sunday Morning

**MATINS**

**CHOIR**

**Mode pl. 2.**

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

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

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

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

From Octoechos - - -

**Resurrectional Apolytikion.**

**Mode pl. 2.**

When the angelic powers appeared at Your  
tomb, the soldiers guarding it feared and became  
as dead. And standing by the sepulcher was  
Mary, who was seeking Your immaculate body.  
Unassailed by Hades, You divested it of spoils.  
Then You met the Virgin. You granted life. O  
Lord, risen from the dead, glory to You! [GOASD]

Glory. **For the Cross.**

From Triodion - - -

**Mode 1.**

Save, O Lord, Your people and bless Your  
inheritance, granting victory to the faithful over  
the enemy, and by Your Cross protecting Your  
commonwealth. [GOA]

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου - - -

**\*Ἦχος α΄.** *Τοῦ λίθου σφραγισθέντος.*

Τοῦ Γαβριὴλ φθεγξαμένου σοι Παρθένε  
τὸ Χαῖρε, σὺν τῇ φωνῇ ἐσαρκουῖτο ὁ τῶν ὄλων  
Δεσπότης, ἐν σοὶ τῇ ἀγία κιβωτῶ, ὡς ἔφη  
ὁ δίκαιος Δαυΐδ. Ἐδείχθης πλατυτέρα τῶν  
οὐρανῶν, βαστάσασα τὸν Κτίστην σου. Δόξα τῶ  
ἐνοικήσαντι ἐν σοὶ· δόξα τῶ προελθόντι ἐκ σοῦ·  
δόξα τῶ ἐλευθερώσαντι ἡμᾶς, διὰ τοῦ τόκου σου.

**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  
Χριστῶ τῶ Θεῶ παραθώμεθα.

**ΧΟΡΟΣ:** Σοὶ, 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 - - -

Both now. **Theotokion.**

From Octoechos - - -

**Mode 1.** *The stone having been sealed.*

*Τοῦ λίθου σφραγισθέντος.*

When Gabriel had said to you, “Rejoice!”  
blessed Virgin, \* and you had voiced your assent,  
the Lord of all became incarnate \* in you, who  
became the holy Ark, \* as righteous King David  
said of old. \* You carried your Creator, and thus  
your womb was wider than the heavens. \* Glory to  
Him who dwelt inside of you! \* Glory to Him who  
came forth from You! \* Glory to Him who through  
your childbirth has set us free! [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 - - -

**Ἦχος πλ. β΄.**

Τοῦ τάφου ἀνεωγμένου, τοῦ ἄδου ὀδυρομένου, ἡ Μαρία ἐβόα, πρὸς τοὺς κεκρυμμένους Ἀποστόλους· Ἐξέλθετε οἱ τοῦ ἀμπελῶνος ἐργάται, κηρύξατε τὸν τῆς ἀναστάσεως λόγον· Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα.

Κύριε, παρίστατο τῷ τάφῳ σου, Μαρία ἡ Μαγδαληνή, καὶ ἔκλαιε βοῶσα, καὶ κηπουρὸν σε νομίζουσα ἔλεγε· Ποῦ ἔθηκας τὴν αἰώνιον ζώην; ποῦ ἔκρυψας τὸν ἐπὶ θρόνου Χερουβίμ; οἱ γὰρ τοῦτον φυλάσσοντες, ἀπὸ τοῦ φόβου ἀπενεκρώθησαν· ἢ τὸν Κύριόν μου δότε μοι, ἢ σὺν ἐμοὶ κραυγάσατε· Ὁ ἐν νεκροῖς, καὶ τοὺς νεκροὺς ἀναστήσας, δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Ὁ τὴν εὐλογημένην καλέσας σου Μητέρα, ἦλθες ἐπὶ τὸ πάθος ἐκουσία βουλή, λάμπας ἐν τῷ Σταυρῷ, ἀναζητῆσαι θέλων τὸν Ἀδάμ, λέγων τοῖς Ἀγγέλοις· Συγχαρήτε μοι, ὅτι εὐρέθη ἡ ἀπολομένη δραχμή. Ὁ πάντα σοφῶς οἰκονομήσας, δόξα σοι.

Τῆς Ὀκτωήχου ---

**Κάθισμα Β΄.**

**Ἦχος πλ. β΄.**

Ἡ ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ σφραγίς ἐν τῷ λίθῳ ἐπέκειτο· ὡς βασιλέα ὑπνοῦντα, στρατιῶται ἐφύλαττον Χριστόν· καὶ τοὺς ἐχθροὺς αὐτοῦ, ἀορασίᾳ πατάξας, ἀνέστη ὁ Κύριος.

Δόξα.

Προϊστορεῖ ὁ Ἰωναῖς τὸν τάφον σου, καὶ ἐρμηνεύει Συμεὼν τὴν ἔγερσιν, τὴν ἔνθεον ἀθάνατε Κύριε· κατέβης γὰρ ὡσεὶ νεκρὸς ἐν τῷ

**Mode pl. 2.**

The sepulcher had been opened, and Hades was lamenting. And Mary cried aloud to the Apostles in hiding, “You laborers of the vineyard, go out and proclaim the message of the resurrection: The Lord has risen and granted to the world the great mercy.” [GOASD]

Glory.

Standing by Your sepulcher was Mary Magdalene, O Lord, and she was weeping loudly; and mistaking You for the gardener, she said to You, “Where have you laid Him who is everlasting life? Where have you hidden Him who sits enthroned upon the Cherubim? Out of fear, those who guarded Him became like dead men. Either give my Lord to me or cry aloud along with me, ‘You were among the dead and raised the dead. Glory to You!’” [GOASD]

Both now. **Theotokion.**

You who called her who was blessed among women Your Mother, proceeded to the Passion, of Your own will, O Lord. On the Cross, You shined Your light, seeking Adam, as You wished; and You said to the Angels, “Rejoice with me, for I have found the coin that was lost.” You have arranged everything wisely. Glory to You! [GOASD]

From Octoechos ---

**Kathisma II.**

**Mode pl. 2.**

Life was placed in the tomb, and a seal was placed on the stone. The soldiers were guarding Christ like a sleeping king. Then the Lord struck His enemies and stunned them, as He awoke and rose. [GOASD]

Glory.

Jonah was a sign of Your burial, and Symeon revealed Your rising as God, O immortal Lord. In the tomb as a dead man, You went down into

τάφω, ὁ λύσας ἄδου τὰς πύλας· ἀνέστης δὲ ἄνευ φθορᾶς, ὡς Δεσπότης τοῦ κόσμου εἰς σωτηρίαν, Χριστὲ ὁ Θεὸς ἡμῶν, φωτίσας τοὺς ἐν σκότει.

Καὶ νῦν. **Θεοτοκίον.**

Θεοτόκε Παρθένε, ἰκέτευε τὸν Υἱόν σου, τὸν ἐκουσίως προσπαγέντα ἐν Σταυρῷ, καὶ ἀναστάντα ἐκ νεκρῶν, Χριστὸν τὸν Θεὸν ἡμῶν, σωθῆναι τὰς ψυχὰς ἡμῶν.

**Κάθισμα Γ΄. Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου ---

**Ἦχος πλ. δ΄. Τὸ προσταχθέν.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρός, εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ συμφώνως ἀνακραζόμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Ἐν Παραδείσῳ μὲν τὸ πρὶν, ξύλῳ ἐγύμνωσεν, ἐπὶ τῇ γεύσει ὁ ἐχθρός, εἰσφέρων νέκρωσιν, τοῦ Σταυροῦ δὲ τὸ ξύλον, τῆς ζωῆς τὸ ἔνδυμα, ἀνθρώποις φέρον ἐπάγη ἐπὶ τῆς γῆς, καὶ Κόσμος ὅλος ἐπλήσθη πάσης χαρᾶς, ὃν ὀρῶντες προσκυνούμενον, Θεῷ ἐν πίστει λαοὶ συμφώνως ἀνακραζόμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

**ΙΕΡΕΥΣ**

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

**ΧΟΡΟΣ:** Κύριε, ἐλέησον.

**ΙΕΡΕΥΣ**

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

Hades, and You broke down its gates. Then You rose from the dead without decay as the Master, for the salvation of the world, O Christ our God, giving light to those who sat in darkness. [GOASD]

Both now. **Theotokion.**

O Virgin Theotokos, implore Your Son, Christ our God, who voluntarily was nailed to the Cross, and who rose from the dead; and entreat Him to save our souls. [GOASD]

**Kathisma III. For the Cross.**

From Triodion ---

**Mode pl. 4. When he perceived.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. [SD]

Glory. Both now. **Repeat.**

Of old the tree in the garden stripped us naked, \* and by its taste did the enemy bring in death. \* Now the tree of the Cross, which for all mankind is bearing \* the garment of life, was planted upon the earth, \* and therefore is all the world filled with every joy. \* As we see it revered today, let us, O peoples, cry aloud \* together unto God in faith: \* Full of glory is Your house, O Lord. [SD]

**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.

**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 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. ᾠχος πλ. β'.**

Τῷ ἐκουσίῳ καὶ ζωοποιῷ σου θανάτῳ  
Χριστέ, πύλας τοῦ ᾗδου συντρίψας ὡς Θεός,  
ἤνοιξας ἡμῖν τὸν πάλαι Παράδεισον· καὶ  
ἀναστὰς ἐκ τῶν νεκρῶν, ἐρρύσω ἐκ φθορᾶς  
τὴν ζωὴν ἡμῶν.

**ΧΟΡΟΣ**

**Οἱ Ἀναβαθμοί.**

**Ἀντίφωνον Α'. ᾠχος πλ. β'.**

Ἐν τῷ οὐρανῷ τοὺς ὀφθαλμούς μου αἴρω,  
πρὸς σὲ Λόγε· οἴκτειρόν με, ἵνα ζῶ σοι.

Ἐλέησον ἡμᾶς τοὺς ἐξουθενουμένους,  
καταρτίζων εὐχρηστα, σκευὴ σου Λόγε.

Δόξα· καὶ νῦν.

Ἁγίῳ Πνεύματι, πανσωστικῆ αἰτία· εἴ τι  
τούτων κατ' ἀξίαν πνεύσει, τάχει ἐξαίρει τῶν τῆς  
γῆς, πτεροῖ, αὖξει, τάττει ἄνω.

**CHOIR:** Lord, have mercy.

**PRIEST**

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

**CHOIR:** To You, O Lord.

**PRIEST**

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

**CHOIR:** Amen.

**READER**

From Octoechos ---

**Hypakoe. Mode pl. 2.**

By your voluntary, life-giving death, O  
Christ, You smashed the gates of Hades as  
God, and You opened to us the ancient Garden  
of Paradise. Then rising from the dead, You  
delivered our life from destruction. [GOASD]

**CHOIR**

**Anavathmoi.**

**Antiphon 1. Mode pl. 2.**

I lift my eyes to You in heaven, O Logos.  
Show me mercy, so that I may live in You. [GOASD]

Have mercy on us who are the object of  
contempt, O Logos, and make us Your useful  
vessels. [GOASD]

Glory. Both now.

In the Holy Spirit is the cause of the salvation  
of all. When He blows on anyone as befits His  
nature, He quickly uplifts them from anything

**Ἀντίφωνον Β΄.**

Εἰ μὴ ὅτι Κύριος ἦν ἐν ἡμῖν, οὐδεὶς ἡμῶν  
ἀντισχεῖν ἠδύνατο, ἐχθροῦ πάλαισμα· οἱ νικῶντες  
γὰρ ἔνθεν ὑψοῦνται.

Τοῖς ὁδοῦσιν αὐτῶν, μή μου ληφθῆτω ἡ ψυχὴ,  
ὡς στρουθίον Λόγε· οἶ μοι! πῶς μέλλω τῶν ἐχθρῶν  
ῥυσθῆναι, φιλαμαρτήμων ὑπάρχων.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, ἐνθέωσις τοῖς πᾶσιν, εὐδοκία  
σύνεσις, εἰρήνη καὶ ἡ εὐλογία· ἰσουργὸν γὰρ τῷ  
Πατρὶ ἐστι καὶ Λόγῳ.

**Ἀντίφωνον Γ΄.**

Οἱ πεποιθότες ἐπὶ Κύριον, ἐχθροῖς φοβεροί,  
καὶ πᾶσι θαυμαστικοί· ἄνω γὰρ ὀρῶσιν.

Ἐν ἀνομίαις χεῖρας αὐτῶν, ὁ τῶν δικαίων  
κλῆρος, ἐπικουρόν σε ἔχων, Σῶτερ οὐκ ἐκτείνει.

Δόξα· καὶ νῦν.

Ἀγίῳ Πνεύματι, τὸ κράτος ἐπὶ πάντων· ὅπερ  
αἱ ἄνω στρατηγίαι προσκυνοῦσι, σὺν πάσῃ πνοῇ  
τῶν κάτω.

**Προκείμενον.**

Κύριε, ἐξέγειρον τὴν δυναστείαν σου, καὶ  
ἐλθὲ εἰς τὸ σῶσαι ἡμᾶς. (δίς)

**Στίχ.** Ὁ ποιμαίνων τὸν Ἰσραὴλ, πρόσχες.

Κύριε, ἐξέγειρον τὴν δυναστείαν σου, καὶ  
ἐλθὲ εἰς τὸ σῶσαι ἡμᾶς.

mundane, He gives them wings, He gives them  
growth, He gives them high position. [GOASD]

**Antiphon 2.**

If the Lord had not been with us, none of us  
could have withstood a single battle with the foe.  
Those who are victorious are from here exalted.

[GOASD]

Let not my soul be caught like a sparrow in  
their teeth, O Logos. Woe is me! How shall I be  
delivered from the enemy, enamored with sin as I  
am? [GOASD]

Glory. Both now.

In the Holy Spirit deification is possible for  
all, good pleasure, understanding, peace, and  
blessing. He has the same energies as the Father  
and the Logos. [GOASD]

**Antiphon 3.**

Those who trust in the Lord are fearsome  
to foes and marveled by all, for they look up to  
heaven. [GOASD]

Having You as helper, the inheritance of  
the righteous do not stretch out their hands in  
lawlessness, O Savior. [GOASD]

Glory. Both now.

In the Holy Spirit is universal dominion,  
which the armies in heaven worship, as does every  
breathing being on earth. [GOASD]

**Prokeimenon.**

O Lord, raise up Your power, and come for  
our salvation. (2)

**Verse:** Give heed, O You who shepherd  
Israel.

O Lord, raise up Your power, and come for  
our salvation. [SAAS]



**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**

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.**

Τῆ ζωαρχικῆ, παλάμη τοὺς τεθνεῶτας,  
ἐκ τῶν ζοφερῶν, κευθμώνων ὁ ζωοδότης,  
ἀναστήσας ἅπαντας Χριστὸς ὁ Θεός, τὴν  
ἀνάστασιν ἐβράβευσε, τῷ βροτείῳ φυράματι·  
ὑπάρχει γὰρ πάντων Σωτὴρ, ἀνάστασις καὶ  
ζωή, καὶ Θεὸς τοῦ παντός.

**Ὁ Οἶκος.**

Τὸν Σταυρὸν καὶ τὴν ταφὴν σου Ζωοδότα,  
ἀνυμνοῦμεν οἱ πιστοὶ καὶ προσκυνοῦμεν,  
ὅτι τὸν ἄδην ἔδησας Ἀθάνατε, ὡς Θεὸς

**PRIEST**

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

**CHOIR:** Lord, have mercy.

**PRIEST**

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

**CHOIR:** Lord, have mercy.

**PRIEST**

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

**CHOIR:** To You, O Lord.

**PRIEST**

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

**CHOIR:** Amen.

**READER**

From Octoechos - - -

**Resurrectional Kontakion.**

Christ God, the Giver of Life, resurrected  
all who had ever died, from the dismal caverns,  
with His vivifying hand, and He granted  
resurrection to our mortal human nature. For  
He is the Savior of all, the resurrection and the  
life, and God of the universe. [GOASD]

**Oikos.**

O Giver of Life, we the faithful extol and  
venerate Your cross and burial; for You, O  
immortal, omnipotent God, overpowered and

παντοδύναμος, καὶ νεκροὺς συνανέστησας, καὶ πύλας τοῦ ἄδου συνέτριψας, καὶ κράτος τοῦ θανάτου καθεῖλες ὡς Θεός. Διὸ οἱ γηγενεῖς δοξολογοῦμεν σε πόθῳ τὸν ἀναστάντα, καὶ καθελόντα ἐχθροῦ τὸ κράτος τοῦ πανώλους, καὶ πάντας ἀναστήσαντα τοὺς ἐπὶ σοὶ πιστεύσαντας, καὶ κόσμον λυτρωσάμενον ἐκ τῶν βελῶν τοῦ ὄφεως, καὶ ὡς μόνον δυνατόν, ἐκ τῆς πλάνης τοῦ ἐχθροῦ λυτρωσάμενον ἡμᾶς· ὅθεν ἀνυμνοῦμεν εὐσεβῶς τὴν ἀνάστασίν σου, δι' ἧς ἔσωσας ἡμᾶς, ὡς Θεὸς τοῦ παντός.

**Κοντάκιον τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἦχος βαρύς. Αυτόμελον.**

Οὐκέτι φλογίνη ῥομφαία φυλάττει τὴν πύλην τῆς Ἐδέμ· αὐτῇ γὰρ ἐπῆλθε παράδοξος σβέσις τὸ ξύλον τοῦ Σταυροῦ, θανάτου τὸ κέντρον, καὶ Ἄδου τὸ νῆκος ἐλήλαται, ἐπέστη δὲ Σωτὴρ μου βοῶν τοῖς ἐν Ἄδῃ· Εἰσάγεσθε πάλιν εἰς τὸν Παράδεισον.

**Ὁ Οἶκος.**

Τρεῖς σταυροὺς ἐπήξατο ἐν Γολγοθᾶ ὁ Πιλάτος, δύο τοῖς ληστεύσασιν, καὶ ἓνα τοῦ Ζωοδότου, ὃν εἶδεν ὁ Ἄδης, καὶ εἶπε τοῖς κάτω· Ὡ λειτουργοὶ μου καὶ δυνάμεις μου τίς ὁ ἐμπήξας ἦλον τῆ καρδίᾳ μου; ξυλίνη με λόγχῃ ἐκέντησεν ἄφνω καὶ διαρρήσομαι, τὰ ἔνδον μου πονῶ, τὴν κοιλίαν μου ἀλγῶ, τὰ αἰσθητήριά μου, μαϊμάσσει τὸ πνεῦμά μου, καὶ ἀναγκάζομαι ἐξερεύξασθαι τὸν Ἀδὰμ καὶ τοὺς ἐξ Ἀδάμ, ξύλω δοθέντας μοι· ξύλον γὰρ τούτους εἰσάγει πάλιν εἰς τὸν Παράδεισον.

vanquished the netherworld. You crushed the gates of Hades, O God, and You destroyed the power of death. Now we, born on earth, with fervor sing praise to You who rose from the dead, destroyed the power of the murderous foe, resurrected everyone who believed in You, rescued the world from the sting of the serpent, and as the ultimate strong man freed us from the foe's deception. From now on we solemnly sing the praises of Your resurrection, by which You saved us, as God of the universe. [GOASD]

**Kontakion from Triodion.**

From Triodion - - -

**Grave Mode. Automelon.**

The fiery sword is not guarding the entrance to Eden anymore. For it was extinguished in paradoxical manner by the tree of the Cross. The sting of death and the victory of Hades have been stricken. And You, my Savior, came and cried out to those in Hades: Enter again into Paradise. [SD]

**Oikos.**

On Golgotha did Pilate lift up crosses three: two for those guilty of larceny, and one for Him who gives us life, whom Hades spied and voiced to those below, "My ministers and governors: my heart! - who has affixed it with a nail? A lance of wood abruptly pierced me through, and I am rent in twain. My inner parts distressingly are pained, my belly aches, the organs of my senses. My breathing pants and am compelled Adam and those of Adam to expel, who by a tree were given me. For it is a

*Ὁ λαὸς ἴσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.*

### **Συναξάριον**

*Τοῦ Μηναίου.*

Τῆς ΚΓ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου Μάρτυρος Νίκωνος, καὶ τῶν αὐτοῦ μαθητῶν, ἑκατὸν ἐνενηκονταεννέα Μαρτύρων.

Τῆς αὐτῆς ἡμέρας, ὁ Ἅγιος Δομέτιος ξίφει τελειοῦται.

Ὁ Ἅγιος Νέος Ὁσιομάρτυς Λουκάς, ὁ ἐν Μυτιλήνῃ μαρτυρήσας ἐν ἔτει αὐβ' (1802), ἀγχόνῃ τελειοῦται.

*Τοῦ Τριωδίου.*

Τῆς αὐτῆς ἡμέρας, Κυριακῆ τρίτῃ τῶν Νηστειῶν, τὴν Προσκύνησιν ἐορτάζομεν τοῦ τιμίου καὶ ζωοποιῦ Σταυροῦ.

**Στίχοι**

Τὸν Σταυρὸν γῆ σύμπασα προσκυνησάτω,  
Δι' οὗ περ ἔγνωκε σὲ προσκυνεῖν, Λόγε.

Τῆς αὐτοῦ δυνάμει, Χριστὲ ὁ Θεός,  
καὶ ἡμᾶς τῶν τοῦ πονηροῦ διαφύλαξον  
ἐπηρεϊῶν, καὶ τὰ θεῖά σου Πάθη, καὶ τὴν  
ζωηφόρον Ἀνάστασιν προσκυνῆσαι ἀξίωσον,  
τὸ τεσσαρακονθήμερον εὐμαρῶς διανύσαντας  
στάδιον, καὶ ἐλέησον ἡμᾶς ὡς ὁ μόνος ἀγαθὸς  
καὶ φιλόανθρωπος.

### **ΧΟΡΟΣ**

**Καταβασίαι τῆς Γ' Κυριακῆς τῶν Νηστειῶν  
ᾠδὴ α'. Ἦχος α'.**

Ὁ θεϊότατος προετύπωσε πάλαι Μωσῆς,  
ἐν Ἐρυθρᾷ θαλάσσει, διαβιβάσας Ἰσραήλ, τῷ

tree that leads them back again into Paradise.”

[GKD]

*Stand for the reading of the Synaxarion.*

### **Synaxarion**

*From the Menaion.*

On March 23 we commemorate the holy Martyr Nikon and the 199 Martyrs who were his disciples.

On this day Saint Dometios died by the sword.

The holy New Monastic Martyr Luke witnessed in Mytilene in the year 1802 and died by hanging.

*From the Triodion.*

On this day, the third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross.

Let all the earth adore the Cross,  
Through which it learned  
to adore You, the Word.

By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-day fast with ease, and have mercy on us, as You alone are good and benevolent.

### **CHOIR**

**Katavasias of Third Sunday of Lent  
Ode i. Mode 1.**

That most godly prophet Moses prefigured Your Cross \* in the Red Sea of old, O Savior. \*  
For he divided the water with the rod in his hand, \*

Σταυρῶ σου τὴν ὑγρὰν, τῆ ράβδῳ τεμών, ὠδὴν σοὶ ἐξόδιον, ἀναμέλπων Χριστέ ὁ Θεός.

### Ὦδὴ γ´.

Στερέωσον Δέσποτα Χριστέ, τῷ Σταυρῷ σου ἐν πέτρᾳ με τῆ τῆς πίστεως μὴ σαλευθῆναι τὸν νοῦν, ἐχθροῦ προσβολαῖς τοῦ δυσμενοῦς, μόνος γὰρ εἶ ἅγιος.

### Ὦδὴ δ´.

Ἐπὶ Σταυροῦ σε Δυνατὲ φωστῆρ ὁ μέγας κατιδὼν τρόμῳ ἐπαρθεῖς τὰς ἀκτῖνας συνέστειλεν ἔκρυψε, πᾶσα δὲ Κτίσις ὑμνησεν, ἐν φόβῳ τὴν σὴν μακροθυμίαν· καὶ γὰρ ἐπλήσθη ἡ γῆ, τῆς σῆς αἰνέσεως.

### Ὦδὴ ε´.

Ὁρθρίζοντές σε ἀνυμνοῦμεν, Σωτῆρ τοῦ Κόσμου εἰρήνην, εὐράμενοι τῷ Σταυρῷ σου, δι οὗ ἀνεκαίνισας, τὸ γένος τὸ ἀνθρώπινον, φῶς πρὸς, ἀνέσπερον ἄγων ἡμᾶς.

### Ὦδὴ ς´.

Τὸν τύπον τοῦ θείου Σταυροῦ Ἰωνᾶς ἐν κοιλίᾳ τοῦ κήτους, τεταμέναις παλάμαις, προδιεχάραξε καὶ ἀνέθορε σεσωσμένος τοῦ θηρὸς τῆ δυνάμει σου Λόγε.

### Ὦδὴ ζ´.

Φλογώσεως ὁ Παῖδας ῥυσάμενος σάρκα προσλαβόμενος, ἦλθεν ἐπὶ γῆς καὶ Σταυρῷ προσηλωθείς, σωτηριάν ἡμῖν ἐδώρησατο, ὁ μόνος εὐλογητὸς τῶν Πατέρων Θεός, καὶ ὑπερένδοξος.

and led Israel across, \* and sang You a sacred ode of exodus, O Christ our God. [GOASD]

### Ode iii.

O Christ, set me firmly on the rock of the Faith, by the power of Your all-holy Cross, \* so that my mind will not move when tempted by the enemy's assaults. \* Only You are holy, O Lord.

[GOASD]

### Ode iv.

O mighty Lord, when the sun beheld You hanging on the Cross, \* that great luminary shuddered, \* retracted and hid its rays; and all creation fearfully \* sang a hymn extolling Your forbearance. \* Indeed the earth has been filled with Your praise, O God. [GOASD]

### Ode v.

We rise early and we extol You, \* for through Your Cross we found peace that passes all understanding. \* Through it You, the Savior of the world, renewed the human race, \* leading us to the unsetting light. [GOASD]

### Ode vi.

When Jonah was in the belly of the whale, \* he extended his arms and thus foreshadowed the figure of Your holy Cross, O Lord. \* Then he bounded forth \* from the monster, being saved by Your power, O Logos. [GOASD]

### Ode vii.

The same One who saved those Servants from the furnace fire \* has become incarnate now. \* He has come to earth. \* He was nailed upon the Cross. \* He has granted salvation to us. \* He alone is the God of our fathers, blessed and exceedingly glorious. [GOASD]

**ᾠδὴ η´.**

*Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν  
τὸν Κύριον.*

Χεῖρας ἐν τῷ λάκκῳ βληθεὶς τῶν λεόντων,  
ποτὲ ὁ μέγας ἐν Προφήταις, σταυροειδῶς  
ἐκπετάσας, Δανιὴλ ἀβλαβῆς, ἐκ τῆς τούτων  
καταβρώσεως σέσωσται, εὐλογῶν Χριστόν, τὸν  
Θεὸν εἰς τοὺς αἰῶνας.

*Ὁ λαὸς ἵσταται 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.

**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.

**ΧΟΡΟΣ:** Κύριε, ἐλέησον. (3)

**ΔΙΑΚΟΝΟΣ**

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου  
Εὐαγγελίου.

**ΙΕΡΕΥΣ:** Εἰρήνη πᾶσι.

**ΧΟΡΟΣ:** Καὶ τῷ πνεύματί σου.

**ΙΕΡΕΥΣ**

Ἐκ τοῦ κατὰ Λουκᾶν ἁγίου Εὐαγγελίου τὸ  
ἀνάγνωσμα.

**Ode viii.**

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

Daniel, who is known as one great among  
the Prophets, \* was cast into the lions' den and  
was preserved from being eaten; \* for he stretched  
out his hands in the form of a cross and was kept  
unharmed, \* as he was blessing Christ our God  
unto 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.

**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 Luke.

**ΔΙΑΚΟΝΟΣ:** Πρόσχωμεν.

**ΧΟΡΟΣ**

Δόξα σοι, Κύριε, δόξα σοι.

**ΙΕΡΕΥΣ** (ἀπὸ τῆς ἁγίας τραπέζης)

*Ἐωθινὸν Σ΄  
Λουκᾶν 24:36 – 53*

Τῷ καιρῷ ἐκείνῳ, ἀναστὰς ὁ Ἰησοῦς ἐκ νεκρῶν ἔστη ἐν μέσῳ τῶν μαθητῶν αὐτοῦ καὶ λέγει αὐτοῖς· εἰρήνη ὑμῖν. πτοηθέντες δὲ καὶ ἔμφοβοι γενόμενοι ἐδόκουν πνεῦμα θεωρεῖν. καὶ εἶπεν αὐτοῖς· τί τεταραγμένοι ἐστέ, καὶ διατί διαλογισμοὶ ἀναβαίνουσιν ἐν ταῖς καρδίαις ὑμῶν; ἴδετε τὰς χεῖράς μου καὶ τοὺς πόδας μου, ὅτι αὐτὸς ἐγὼ εἰμι· ψηλαφήσατέ με καὶ ἴδετε, ὅτι πνεῦμα σὰρκα καὶ ὀστέα οὐκ ἔχει καθὼς ἐμὲ θεωρεῖτε ἔχοντα. καὶ τοῦτο εἰπὼν ἐπέδειξεν αὐτοῖς τὰς χεῖρας καὶ τοὺς πόδας. ἔτι δὲ ἀπιστούντων αὐτῶν ἀπὸ τῆς χαρᾶς καὶ θαυμαζόντων εἶπεν αὐτοῖς· ἔχετε τι βρώσιμον ἐνθάδε; οἱ δὲ ἐπέδωκαν αὐτῷ ἰχθύος ὀπτοῦ μέρος καὶ ἀπὸ μελισσίου κηρίου, καὶ λαβὼν ἐνώπιον αὐτῶν ἔφαγεν. εἶπε δὲ αὐτοῖς· οὗτοι οἱ λόγοι οὐς ἐλάλησα πρὸς ὑμᾶς ἔτι ὧν σὺν ὑμῖν, ὅτι δεῖ πληρωθῆναι πάντα τὰ γεγραμμένα ἐν τῷ νόμῳ Μωϋσέως καὶ προφήταις καὶ ψαλμοῖς περὶ ἐμοῦ. τότε διήνοιξεν αὐτῶν τὸν νοῦν τοῦ συνιέναι τὰς γραφάς, καὶ εἶπεν αὐτοῖς ὅτι οὕτω γέγραπται καὶ οὕτως ἔδει παθεῖν τὸν Χριστὸν καὶ ἀναστῆναι ἐκ νεκρῶν τῇ τρίτῃ ἡμέρᾳ, καὶ κηρυχθῆναι ἐπὶ τῷ ὀνόματι αὐτοῦ μετάνοιαν καὶ ἄφεσιν ἁμαρτιῶν εἰς πάντα τὰ ἔθνη, ἀρξάμενον ἀπὸ Ἱερουσαλήμ. ὑμεῖς δὲ ἐστε μάρτυρες τούτων. καὶ ἰδοὺ ἐγὼ ἀποστέλλω τὴν ἐπαγγελίαν τοῦ πατρὸς μου ἐφ’ ὑμᾶς· ὑμεῖς δὲ καθίσατε ἐν τῇ πόλει Ἱερουσαλήμ

**DEACON:** Let us be attentive.

**CHOIR**

Glory to You, O Lord, glory to You.

**PRIEST** (from the altar table)

*Eothinon 6  
Luke. 24:36 – 53*

At that time, Jesus, having risen from the dead, stood in the midst of his disciples and said to them, “Peace to you!” But they were startled and frightened, and supposed that they saw a spirit. And he said to them, “Why are you troubled, and why do questionings rise in your hearts? See my hands and feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have.” And when he said this, he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, “Have you anything here to eat?” They gave him a piece of broiled fish and some honeycomb, and he took it and ate before them. Then he said to them, “These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and said to them, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city of Jerusalem, until you are clothed with power from on high.” Then he

ἕως οὗ ἐνδύσησθε δύναμιν ἐξ ὕψους. Ἐξήγαγε δὲ αὐτοὺς ἕξω ἕως εἰς Βηθανίαν, καὶ ἐπάρας τὰς χεῖρας αὐτοῦ εὐλόγησεν αὐτούς. καὶ ἐγένετο ἐν τῷ εὐλογεῖν αὐτὸν αὐτοὺς διέστη ἀπ' αὐτῶν καὶ ἀνεφέρετο εἰς τὸν οὐρανόν. καὶ αὐτοὶ προσκυνήσαντες αὐτὸν ὑπέστρεψαν εἰς Ἱερουσαλήμ μετὰ χαρᾶς μεγάλης, καὶ ἦσαν διὰ παντὸς ἐν τῷ ἱερῷ αἰνοῦντες καὶ εὐλογοῦντες τὸν Θεόν. 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.

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

led them out as far as Bethany, and lifting up his hands, he blessed them. While he blessed them, he parted from them, and was carried up into heaven. And they worshiped him, and they returned to Jerusalem with great joy, and were continually in the temple praising and blessing God. 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.

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

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

Σοὶ μόνῳ ἥμαρτον, 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 ἡγεμονικῷ στήριζόν με.

Διδάξω ἀνόμους τὰς ὁδοὺς σου καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

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.



Ῥῦσαί 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. Ἦχος πλ. δ΄.

Τῆς μετανοίας ἀνοιζόν 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 κατεβύβωσα, τὴν ψυχὴν ἀμαρτίαις, ὡς ραθύμως τὸν βίον μου, ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβείαις ῥῦσαί με, πάσης ἀκαθαρσίας.

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. Ἦχος 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 Θεός 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 ἐπίσκοπου 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

ένδόξου μεγαλομάρτυρος καὶ πανευφήμου  
Εὐφημίας· τῶν ἁγίων ένδόξων 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  
αἰῶνων.

**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 α'.**

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

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

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 1.**

**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 ἔνδοξοτέραν, 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 ἔνδοξοτέραν, 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 ἔνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφεείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

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

Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἔνδοξοτέραν, 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 α'.**

Ὡ Μῆτερ Παρθένε, καὶ Θεοτόκε ἀψευδής, ἡ τεκοῦσα ἀσπόρως, Χριστὸν τὸν Θεὸν ἡμῶν, τὸν ἐν Σταυρῷ ὑψωθέντα σαρκί, σὲ οἱ πιστοί, ἅπαντες ἀξίως, σὺν τούτῳ νῦν μεγαλύνομεν.

**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 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 1.**

O true Theotokos and virgin Mother, you conceived \* without seed, and you gave birth to the Savior, Christ our God, \* who in the flesh was lifted on the Cross. \* All we, the faithful, worthily now praise you \* and magnify you along with Him. [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 ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

**ΧΟΡΟΣ:** Ἀμήν.

**ΧΟΡΟΣ**

**Ἦχος β΄.**

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

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

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

**Ἐξαποστειλάριον.**

**Τὸ Ϛ΄ Ἐωθινόν.**

**Ἦχος β΄.** *Τοῖς Μαθηταῖς συνέλθωμεν.*

Δεικνύων ὅτι ἄνθρωπος, Σῶτερ εἶ κατ'  
οὐσίαν, ἀναστάς ἐκ τοῦ μνήματος, βρώσεως  
συμμετέσχες, καὶ μέσον στάς ἐδίδασκες,  
μετάνοιαν κηρύσσειν· εὐθύς δὲ πρὸς οὐράνιον,  
ἀνελήφθης Πατέρα, καὶ Μαθηταῖς, πέμπειν τὸν  
Παράκλητον ἐπηγγείλω. Ὑπέρθεε, Θεάνθρωπε,  
δόξα τῆ σῆ ἐγέρσει.

**Ἐξαποστειλάριον. Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

**Ἦχος β΄.** *Τοῖς Μαθηταῖς συνέλθωμεν.*

Σταυρὸν Χριστοῦ τὸν τίμιον, σήμερον  
προτεθέντα ιδόντες προσκυνήσωμεν, καὶ πιστῶς  
εὐφρανθῶμεν, κατασπαζόμενοι πόθῳ, τὸν ἐν  
τούτῳ θελήσει, σταυρωθέντα αἰτούμενοι, Κύριον  
ἀξιῶσαι, πάντας ἡμᾶς, τὸν Σταυρὸν τὸν τίμιον  
προσκυνῆσαι, καὶ φθάσαι τὴν Ἀνάστασιν, πάντας  
ἀκατακρίτως.

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 6.**

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

*Τοῖς Μαθηταῖς συνέλθωμεν.*

Proving to Your disciples that \* You are  
human in essence, \* O Savior, You partook of  
food \* after Your resurrection. \* You stood among  
them and taught them \* that they should preach  
repentance. \* You promised them that You would  
send \* the Holy Spirit. Then You were lifted  
up \* and ascended to the heavenly Father. \* O  
God, beyond divine, and man, \* glory to Your  
resurrection! [GOASD]

**Exaposteilarion. From the Triodion.**

From Triodion - - -

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

*Τοῖς Μαθηταῖς συνέλθωμεν.*

Today the precious Cross of Christ \* is to be  
set before us. \* Seeing it let us faithfully \* venerate  
it with gladness, \* thereby with longing saluting  
\* the Lord who by His own will \* was thereon  
crucified for us, \* and let us pray Him that He  
account us all \* worthy of revering His Cross most  
precious, \* and of arriving uncondemned \* at the  
bright Resurrection. [SD]

**Θεοτοκίον.**

**ᾠχος β΄.** *Τοῖς Μαθηταῖς συνέλωμεν.*

Τὸ ξύλον ἐν ᾧ Πάνσεμνε τὰς ἀχράντους παλάμας, ὑπὲρ ἡμῶν ἐξέτεινε, προσπαγεῖς ὁ Υἱός σου, νῦν εὐσεβῶς προσκυνοῦμεν, δὸς ἡμῖν τὴν εἰρήνην, καὶ τὰ κοσμοσωτήρια, φθάσαι πάνσεπτα Πάθη, καὶ τὴν λαμπράν, καὶ κοσμοχαρμόσουνον προσκυνῆσαι, τοῦ Πάσχα κυριώνυμον καὶ φωσφόρον ἡμέραν.

**Οἱ Αἴνοι. ᾠχος πλ. β΄.**

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, ἔρπετά καὶ πετεινὰ πτερωτά.

Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς.

**Theotokion.**

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

*Τοῖς Μαθηταῖς συνέλωμεν.*

Your Son stretched out immaculate \* hands and was nailed for our sake \* onto the Cross, the wood of which \* we are now venerating with faith, all-decorous Maiden. \* Grant to us peace, we pray you, \* and the world-saving, all-divine \* Passion may we attain; and may we adore \* the resplendent day when the world rejoices, \* the shining day that bears the name \* of the Lord, namely Pascha. [SD]

**Lauds. Mode pl. 2.**

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.

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 Ἰσραὴλ, 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 δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Ὀκτωήχου ---

### **Στιχηρὰ Αναστάσιμα.**

**Ῥῆχος πλ. β΄.**

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

Ὁ Σταυρός σου Κύριε, ζωὴ καὶ ἀνάστασις, ὑπάρχει τῷ λαῷ σου· καὶ ἐπ' αὐτῷ πεποιθότες, σὲ τὸν ἀναστάντα, Θεὸν ἡμῶν ὑμνοῦμεν· ἐλέησον ἡμᾶς.

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 pl. 2.**

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

[SAAS]

O Lord, Your Cross is life and resurrection for us Your people. And now that we trust in it, we extol You, our God who has risen. Have mercy on us. [GOASD]



**Ἦχος πλ. β΄.**

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

Ἡ ταφή σου Δέσποτα, Παράδεισον ἤνοιξε, τῷ  
γένει τῶν ἀνθρώπων· καὶ ἐκ φθορᾶς λυτρωθέντες,  
σὲ τὸν ἀναστάντα, Θεὸν ἡμῶν ὑμνοῦμεν· ἐλέησον  
ἡμᾶς.

**Ἦχος πλ. β΄.**

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

Σὺν Πατρὶ καὶ Πνεύματι, Χριστὸν  
ἀνυμνήσωμεν τὸν ἀναστάντα ἐκ νεκρῶν, καὶ πρὸς  
αὐτὸν ἐκβοῶμεν· Σὺ ζωὴ ὑπάρχεις, ἡμῶν καὶ  
ἀνάστασις· ἐλέησον ἡμᾶς.

**Ἦχος πλ. β΄.**

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

Τριήμερος ἀνέστης Χριστέ, ἐκ τάφου, καθὼς  
γέγραπται, συνεχείρας τὸν προπάτορα ἡμῶν·  
διό σε καὶ δοξάζει, τὸ γένος τῶν ἀνθρώπων, καὶ  
ἀνυμνεῖ σου τὴν ἀνάστασιν.

**Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου - - -

**Ἦχος δ΄. Ὡς γενναῖον ἐν Μάρτυσι.**

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

Ἐν φωναῖς ἀλαλάξωμεν, ἐν ᾧδαῖς  
μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον,  
ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν· Σταυρὲ  
πανσεβάσμιε, καθαγιάσον ἡμῶν τὰς ψυχὰς καὶ τὰ  
σώματα, τῇ δυνάμει σου, καὶ παντοίας ἐκ βλάβης

**Mode pl. 2.**

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

O Lord, Your burial has opened Paradise to  
the human race. And now that we have been set  
free from death and decay, we extol You, our God  
who has risen. Have mercy on us. [GOASD]

**Mode pl. 2.**

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

Let us extol the Father and the Spirit, and also  
Christ, who rose from the dead; and to Him let us  
cry aloud, “You are our life and resurrection. Have  
mercy on us.” [GOASD]

**Mode pl. 2.**

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

You rose within three days from the tomb,  
\* O Christ, as holy Scripture says, \* also raising  
our progenitor with You. \* Now all mankind  
together \* forever glorifies You, and we extol  
Your resurrection, O Lord. [GOASD]

**For the Cross.**

From Triodion - - -

**Mode 4. To a brave one.**

*Ὡς γενναῖον ἐν Μάρτυσι.*

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

Let us joyfully cry aloud, and in odes let us  
magnify \* the all-precious Cross and salute it  
with a kiss. \* And let us cry out to it and say, \* O  
Cross ever-ven’rable, by the power you possess,  
\* sanctify us in every way, soul and body too.

ἐναντίων, διατήρησον ἀτρότους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

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

Ἐν φωναῖς ἀλαλάζωμεν, ἐν ᾠδαῖς μεγαλύνωμεν, τὸν Σταυρὸν τὸν τίμιον, ἀσπαζόμενοι, καὶ πρὸς αὐτὸν ἐκβοήσωμεν· Σταυρὲ πανσεβάσμιε, καθαγίασον ἡμῶν τὰς ψυχὰς καὶ τὰ σώματα, τῇ δυνάμει σου, καὶ παντοίας ἐκ βλάβης ἐναντίων, διατήρησον ἀτρότους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

**Στίχ.** Ὑψοῦτε Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ ὑποποδίῳ τῶν ποδῶν αὐτοῦ, ὅτι ἅγιός ἐστι.

Προσελθόντες ἀρύσατε, μὴ κενούμενα νάματα, τοῦ Σταυροῦ τῇ χάριτι, προερχόμενα, ἰδοὺ προκείμενον βλέποντες τὸ Ξύλον τὸ ἅγιον, χαρισμάτων τὴν πηγὴν ἀρδομένην τῷ Αἵματι καὶ τῷ ὕδατι τοῦ Δεσπότης τῶν ὄλων, τοῦ ἐν τούτῳ, ἐκουσίως ὑψωθέντος καὶ τοὺς βροτοὺς ἀνυψώσαντος.

**Στίχ.** Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Ἐκκλησίας ἐδραῖωμα, βασιλέων κραταῖωμα μοναζόντων καύχημα καὶ διάσωσμα, σὺ εἶ Σταυρὲ πανσεβάσμιε, διὸ προσκυνοῦντές σε, καὶ καρδίας καὶ ψυχὰς, φωτιζόμεθα σήμερον, θεία χάριτι, τοῦ ἐν σοὶ προσπαγέντος, καὶ τὸ κράτος, τοῦ δολίου καθελόντος καὶ τὴν ἀρὰν ἀφανίσαντος.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου - - -

\* From all manner of injury arising from our enemies preserve us \* who venerate in piety. [SD]

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

Let us joyfully cry aloud, and in odes let us magnify \* the all-precious Cross and salute it with a kiss. \* And let us cry out to it and say, \* O Cross ever-ven'erable, by the power you possess, \* sanctify us in every way, soul and body too. \* From all manner of injury arising from our enemies preserve us \* who venerate in piety. [SD]

**Verse:** *Exalt the Lord our God, and worship at the footstool of His feet; for He is holy.* [SAAS]

Come, believers, and faithfully \* draw the waters that never fail, \* issuing abundantly by the Cross's grace, \* as we behold set before us now \* the wood of the holy tree, \* yes, the wellspring of the gifts \* of the Spirit, which is itself \* watered by the blood \* and the water that issued from the Master who was willingly exalted \* thereon, exalting humanity. [SD]

**Verse:** *God is our King before the ages; He worked salvation in the midst of the earth.*

[SAAS]

The support of the Church are you, \* and the strength of the emperors; \* boast of the monastics and their deliverance \* are you, all-ven'erable Cross of Christ. \* And now as we venerate \* you today, our hearts and souls \* are illumined ineffably by the grace divine \* of the Lord who was nailed to you and brought down \* the dominion of the sly one, \* and who abolished the ancient curse. [SD]

Glory. **From the Triodion.**

From Triodion - - -

**Ἦχος πλ. δ΄.**

Τὴν ὑψηλόφρονα γνώμην τῶν κακίστων  
Φαρισαίων ὁ πάντων Κύριος παραβολικῶς  
ἐκφεύγειν ταύτην ἐδίδαξε καὶ μὴ ὑψηλοφρονεῖν,  
παρ’ ὃ δεῖ φρονεῖν, πάντας ἐπαίδευσεν  
ὑπογραμμὸς καὶ τύπος ὁ αὐτὸς γενόμενος,  
μέχρι Σταυροῦ καὶ θανάτου, ἑαυτὸν ἐκένωσεν.  
Εὐχαριστοῦντες οὖν σὺν τῷ Τελώνῃ εἵπωμεν, ὁ  
παθῶν ὑπὲρ ἡμῶν καὶ ἀπαθῆς διαμείνας Θεὸς τῶν  
παθῶν ἡμᾶς ῥῦσαι, καὶ σῶσον τὰς ψυχὰς ἡμῶν.

Τῆς Ὀκτωήχου - - -

Καὶ νῦν. **Θεοτοκίον.**

Ἵπερευλογημένη 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.

*Ὁ λαὸς ἴσταται διὰ τὴν Μ. Δοξολογίαν.*

**Ἡ Μεγάλη Δοξολογία**

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

Ἵμνουμέν 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.

**Mode pl. 4.**

To flee the high-minded opinion of the  
Pharisees most wicked, the Lord of all things  
taught us by way of parable, and instructed us  
all not to think of ourselves more highly than  
we ought. He Himself became our model and  
example, having emptied Himself even unto the  
Cross and death. In thanksgiving, then, with the  
Publican let us say, “You endured the Passion for  
us and yet remained dispassionate God, from our  
sinful passions free us, and grant salvation to our  
souls.” <sup>[GKD]</sup>

From Octoechos - - -

Both now. **Theotokion.**

You are supremely blessed, O Virgin  
Theotokos. For through Him who from you  
became incarnate, Hades has been captured, and  
Adam has been called back; the curse has been  
killed, and Eve has been freed; death has been put  
to death, and we have been brought back to life.  
Therefore we extol Him and cry out, “O Christ  
our God, You are blessed, for so was Your good  
pleasure. Glory to You!” <sup>[GOASD]</sup>

*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. <sup>[SD]</sup>

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.

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.

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.

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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 ἥμαρτόν σοι.

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

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

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

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

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

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

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

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

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

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

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

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. (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.

*As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:*

**ΙΕΡΕΥΣ**

Σοφία. Ὁρθοί.

**Ἦχος α΄.**

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

**ΧΟΡΟΣ**

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα. (δίς)

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.

*As the choirs sing the Holy God for the Great Doxology, the priest processes to the solea or around the nave of the church holding the tray with the cross. On the solea he circles the table three times before placing it on the table. When the Doxology is finished, he says:*

**PRIEST**

Wisdom. Arise.

**Mode 1.**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. [GOA]

**CHOIR**

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth. (2)

## ΙΕΡΕΥΣ

Τὸν Σταυρὸν σου προσκυνοῦμεν, Δέσποτα,  
καὶ τὴν ἀγίαν σου ἀνάστασιν δοξάζομεν.

## ΧΟΡΟΣ

Τὸν Σταυρὸν σου προσκυνοῦμεν, Δέσποτα,  
καὶ τὴν ἀγίαν σου ἀνάστασιν δοξάζομεν. (δίς)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

## ΧΟΡΟΣ

### Ἦχος β΄.

Δεῦτε πιστοὶ τὸ ζωοποιὸν Ξύλον  
προσκυνήσωμεν, ἐν ᾧ Χριστὸς ὁ Βασιλεὺς τῆς  
δόξης ἐκουσίως χεῖρας ἐκτείνας ὑψωσεν ἡμᾶς  
εἰς τὴν ἀρχαίαν μακαριότητα, οὓς πρὶν ὁ ἐχθρὸς,  
δι' ἡδονῆς συλήσας, ἐξορίστους Θεοῦ πεποίηκε.  
Δεῦτε πιστοὶ Ξύλον προσκυνήσωμεν, δι' οὗ  
ἠξιώθημεν, τῶν ἀοράτων ἐχθρῶν συντρίβειν τὰς  
κάρας. Δεῦτε πᾶσαι αἱ πατριαὶ τῶν ἐθνῶν τὸν  
Σταυρὸν τοῦ Κυρίου ὕμνοις τιμήσωμεν. Χαίροις  
Σταυρὲ τοῦ πεσόντος Ἀδὰμ ἡ τελεία λύτρωσις,  
ἐν σοὶ οἱ πιστότατοι Βασιλεῖς ἡμῶν καυχῶνται  
ὡς τῆ σῆ δυνάμει, Ἰσμαηλίτην λαόν, κραταιῶς  
ὑποτάττοντες. Σὲ νῦν μετὰ φόβου, Χριστιανοὶ  
ἀσπαζόμεθα, καὶ τὸν ἐν σοὶ προσπαγέντα Θεὸν  
δοξάζομεν λέγοντες· Κύριε ὁ ἐν αὐτῷ προσπαγείς,  
ἐλέησον ἡμᾶς ὡς ἀγαθὸς καὶ φιλόνητος.

### Ἦχος πλ. δ΄.

Σήμερον ὁ Δεσπότης τῆς Κτίσεως, καὶ Κύριος  
τῆς δόξης, τῷ Σταυρῷ προσπήγνυται, καὶ τὴν  
πλευρὰν κεντᾶται· χολῆς καὶ ὄξους γεύεται, ὁ  
γλυκασμὸς τῆς Ἐκκλησίας· στέφανον ἐξ ἀκανθῶν  
περιβάλλεται, ὁ καλύπτων Οὐρανὸν τοῖς νέφεσι·  
χλαῖναν ἐνδύεται χλεύης, καὶ ῥαπίζεται πηλίνῃ

## PRIEST

We venerate Your Cross, O Master, and we  
glorify Your Holy Resurrection.

## CHOIR

We venerate Your Cross, O Master, and we  
glorify Your Holy Resurrection. (2)

*The clergy venerate the cross first, followed by the faithful. While they are venerating, the following Idiomela may be chanted.*

## CHOIR

### Mode 2.

Come, O believers, let us venerate the life-  
giving Cross. For Christ, the King of glory,  
voluntarily extended His hands on it and raised  
us up to the original blessedness, after the enemy  
long ago had captured us with the bait of pleasure,  
and caused us to be exiled from God. Come, O  
believers, let us venerate the Cross, by which  
we have been granted to crush the skulls of our  
invisible enemies. Come, all you families of the  
Gentiles, let us sing hymns to honor the Cross of  
the Lord. “We salute you, O Cross, for you are the  
complete redemption of Adam who had fallen. In  
you our most faithful leaders boast, for by your  
power they have mightily subdued the foreign  
enemy. Now we Christians with fear and awe  
salute you with a kiss, and we glorify God who  
was nailed to you, and we say, ‘O Lord, who were  
nailed to the Cross, have mercy on us, for You are  
good and benevolent.’” [SD]

### Mode pl. 4.

Today the Master of creation and Lord of  
glory is nailed to the Cross and He is pierced in  
the side. He tastes gall and vinegar, He who is  
the sweetness of the Church. He is crowned with  
a crown of thorns, He who covers the sky with  
clouds. He is dressed in a robe to be ridiculed, and

χειρί, ὁ τῆ χειρὶ πλάσας τὸν ἄνθρωπον· τὸν νῶτον φραγγελοῦται, ὁ περιβάλλων τὸν Οὐρανὸν ἐν νεφέλαις· ἐμπτυσμοὺς καὶ μάστιγας δέχεται, ὄνειδισμοὺς καὶ κολαφισμούς, καὶ πάντα ὑπομένει, δι' ἐμέ τὸν κατάκριτον, ὁ Λυτρωτῆς μου καὶ Θεός, ἵνα σώσῃ Κόσμον ἐκ πλάνης ὡς, εὐσπλαγχνος.

Δόξα. ᾠχος πλ. δ'.

Σήμερον ὁ ἀπρόσιτος τῆ οὐσίᾳ προσιτός μοι γίνεται, καὶ πάσχει πάθη, ἐλευθερῶν με τῶν παθῶν, ὁ φῶς παρέχων τυφλοῖς ὑπὸ ἀνόμων χειλέων ἐμπύεται, καὶ δίδωσι τὸν νῶτον ὑπὲρ αἰχμαλώτων εἰς μάστιγας. Τοῦτον ἡ Ἄγνῆ καὶ Μήτηρ, ἐπὶ Σταυροῦ θεωροῦσα, ὀδυνηρῶς ἐφθέγγετο· οἴμοι Τέκνον ἐμόν! τί τοῦτο πεποίηκας; ὁ ὠραῖος κάλλει παρὰ πάντας βροτούς, ἄπνους ἄμορφος φαίνῃ, οὐκ ἔχων εἶδος οὐδὲ κάλλος· οἴμοι τὸ ἐμόν φῶς! οὐ δύναμαι ὑπνοῦντα καθορᾶν σε· τὰ σπλάγχνα τιτρώσκομαι καὶ δεινὴ μοι ῥομφαία τὴν καρδίαν διέρχεται. Ἀνυμνῶ σου τὰ Πάθη, προσκυνῶ σου τὸ εὐσπλαγχνον, μακρόθυμε Κύριε δόξα σοι.

Καὶ νῦν. ᾠχος πλ. β'. *Εἰρμολογικόν.*

Σήμερον τὸ προφητικὸν πεπλήρωται λόγιον· ἰδοὺ γὰρ προσκυνοῦμεν εἰς τὸν τόπον, οὗ ἔστησαν οἱ πόδες σου Κύριε· καὶ ξύλου σωτηρίας γευσάμενοι, τῶν ἐξ ἁμαρτίας παθῶν ἐλευθερίας ἐτύχομεν, πρεσβείαις τῆς Θεοτόκου μόνη Φιλάνθρωπε.

*When the veneration is finished, the priest returns the cross to the holy altar.*

### ΧΟΡΟΣ

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ

He is smitten by a hand formed of clay, He who formed humanity with His own hand. He takes a flogging on the back, He who circles the sky with clouds. He takes the spitting and the whips, the beatings and the taunts; and He endures it all for me, who am condemned, in order so save the world from delusion, for He is compassionate, my Redeemer and my God. [SD]

Glory. **Mode pl. 4.**

Today, He who is unapproachable in His essence becomes approachable to me; and He is suffering the Passion, thus freeing me from the passions. He who gives sight to the blind is spit on by lawless lips, and He takes a whipping on the back for the sake of us captives. When His pure Mother saw Him on the Cross, in pain she uttered, "Woe is me, my Child! Why have You done this! You who are more beautiful than all men, I see You not breathing, unsightly, without form or beauty. Woe is me, my Light! I cannot bear to see You sleeping. I am wounded to the core, and an awful sword is piercing my heart. I extol Your Passion, I worship Your compassion. O longsuffering Lord, glory to You!" [SD]

Both now. **Mode pl. 2. Heirmologic.**

Today the prophetic saying has been fulfilled. For, behold, we are worshiping in the place where Your feet stood, O Lord. And now that we have eaten from the tree of salvation, we have obtained the freedom from the passions that come from sin, by the intercessions of the Theotokos, O only benevolent God. [SD]

*When the veneration is finished, the priest returns the cross to the holy altar.*

### CHOIR

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over

βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

ἤ·

**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.

the enemy, and by Your Cross protecting Your commonwealth. [GOA]

or:

**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]