
DIGITAL CHANT STAND
OF THE GREEK ORTHODOX ARCHDIOCESE OF AMERICA

The Service of Matins
for Sunday, March 30, 2025

Octoechos - Grave Mode
on Sunday Morning
Eothion 7

Triodion - Fourth Sunday of Lent
Fourth Sunday of Lent: St John Climacus
on Sunday Morning at Matins

Menaion - March 30
Katavasias of Theotokos

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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Βιβλία - Πηγαί

Ὀκτώηχος - ᾠχος βαρύς.

Τῆ Κυριακῆ Πρωΐ

Τριώδιον

Κυριακῆ Δ' τῶν Νηστειῶν τοῦ Ὁσίου Ἰωάννου τῆς
Κλίμακος - Τῆ Κυριακῆ Πρωΐ

ΟΡΘΟΣ

ΧΟΡΟΣ

ᾠχος βαρύς.

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 Ὀκτωήχου - - -

Ἀπολυτίκιον Ἀναστάσιμον.

ᾠχος βαρύς.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον·
ἠνέωξας τῷ ληστῆ τὸν Παράδεισον· τῶν
Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς
Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης
Χριστέ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Τριωδίου - - -

Δόξα. Τοῦ Ὁσίου.

ᾠχος πλ. δ'.

Ταῖς τῶν δακρῶν σου ῥοαῖς, τῆς
ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ
βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους
ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῆ
οἰκουμένη, λάμπων τοῖς θαύμασιν, Ἰωάννη Πατῆρ

Books - Sources

Octoechos - Grave Mode.

On Sunday Morning

Triodion

Fourth Sunday of Lent: St John Climacus - On
Sunday Morning

MATINS

CHOIR

Grave Mode.

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.

Grave Mode.

You destroyed death by Your Cross, You
opened Paradise to the Robber. You turned the
Myrrh-bearing Women's lament into joy, and You
commanded Your Apostles to preach that You
rose, O Christ God, granting the world the great
mercy. [GOASD]

From Triodion - - -

Glory. **For the Devout Man.**

Mode pl. 4.

With the rivers of your tears you made the
barren desert bloom; and with your sighs from
deep within, you made your labors bear their fruits
a hundredfold; and you became a star, illuminating
the world by your miracles, O John, our devout

ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Καὶ νῦν. **Θεοτοκίον.**

Τῆς Ὀκτωήχου - - -

Ἦχος πλ. δ΄.

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

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 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.

father. Intercede with Christ our God, for the salvation of our souls. [SD]

Both now. **Theotokion.**

From Octoechos - - -

Mode pl. 4.

You were born of a Virgin, and You endured crucifixion for us, O good Lord. By Your death You divested death of spoils, and You displayed resurrection, as God. Please do not despise us, the work of Your hand. Demonstrate Your loving kindness, O merciful Master. Defer to Your Mother, the Theotokos, when she intercedes on our behalf, and save us, Your people in despair, O Savior. [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.

ΧΟΡΟΣ: Ἀμήν.

Τῆς Ὀκτωήχου ---

Κάθισμα Α΄.

ῥῆχος βαρύς.

Ἡ ζωὴ ἐν τῷ τάφῳ ἀνέκειτο, καὶ σφραγίς ἐν τῷ λίθῳ ἐπέκειτο· ὡς βασιλέα ὑπνοῦντα, στρατιῶται ἐφύλαττον Χριστόν, καὶ Ἄγγελοι ἐδόξαζον, ὡς Θεὸν ἀθάνατον· γυναῖκες δὲ ἐκραύγαζον· Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Δόξα.

Τῇ τριημέρῳ ταφῇ σου σκυλεύσας τὸν θάνατον, καὶ φθαρέντα τὸν ἄνθρωπον, τῇ ζωηφόρῳ ἐγέρσει σου, ἀναστήσας Χριστέ ὁ Θεός, ὡς φιλόανθρωπος· δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Ὡς τῆς ἡμῶν ἀναστάσεως θησαύρισμα, τοὺς ἐπὶ σοὶ πεποιθότας Πανύμνητε, ἐκ λάκκου καὶ βυθοῦ πταισμάτων ἀνάγαγε· σὺ γὰρ τοὺς ὑπευθύνους τῇ ἁμαρτίᾳ, ἔσωσας τεκοῦσα τὴν σωτηρίαν, ἢ πρὸ τόκου παρθένος, καὶ ἐν τόκῳ παρθένος, καὶ μετὰ τόκον πάλιν οὔσα παρθένος.

Τῆς Ὀκτωήχου ---

Κάθισμα Β΄.

ῥῆχος βαρύς.

Ἐσφραγισμένου τοῦ μνήματος, ἡ ζωὴ ἐκ τάφου ἀνέτειλας Χριστέ ὁ Θεός· καὶ τῶν θυρῶν κεκλεισμένων, τοῖς Μαθηταῖς ἐπέστης, ἢ πάντων ἀνάστασις· Πνεῦμα εὐθὲς δι’ αὐτῶν ἐγκαινίζων ἡμῖν, κατὰ τὸ μέγα σου ἔλεος.

Δόξα.

Ἐπὶ τὸ μνήμα ἔδραμον γυναῖκες, μετὰ δακρύων μύρα φέρουσαι, καὶ στρατιωτῶν φυλασσόντων σε, τὸν τῶν ὄλων Βασιλέα, ἔλεγον πρὸς ἑαυτάς· Τίς ἀποκυλίσει ἡμῖν τὸν λίθον; καὶ

CHOIR: Amen.

From Octoechos ---

Kathisma I.

Grave Mode.

Life was placed in the sepulcher, and a seal was placed on the stone. The soldiers were guarding Christ like a sleeping king. The Angels glorified Him as their immortal God. And the women cried aloud, “The Lord has risen, and He has granted to the world the great mercy.” [GOASD]

Glory.

While You were buried for three days, You devastated death. You brought life to humanity, which had been destroyed; and when You rose, You resurrected it, O Christ God, as the benevolent Savior. Glory to You! [GOASD]

Both now. **Theotokion.**

All-lauded Lady, our resurrection’s treasure house, we put our trust in you and pray you bring us up out of the pit and deep sea of our offences. For you saved us who were liable for sin when you gave birth to our salvation, as a virgin before childbirth, and a virgin during childbirth, and after childbirth a virgin still. [GOASD]

From Octoechos ---

Kathisma II.

Grave Mode.

The tomb being sealed, You rose from the sepulcher, O Christ God, the Life. And the doors being shut, You came to the disciples, O resurrection of all. Through them You renew a right spirit within us, according to Your great mercy. [GOASD]

Glory.

In tears, the women ran to the tomb, bringing ointments. And they were saying to one another, “Who will roll away the stone for us?” For You, the King of all, were guarded by soldiers. Then

φωνῆς Ἀσωμάτων ἤκουον λεγούσης. Ἀνέστη ὁ
μεγάλης βουλῆς Ἄγγελος, πατήσας τὸν θάνατον.
Παντοδύναμε Κύριε, δόξα σοι.

Καὶ νῦν. **Θεοτοκίον.**

Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε, λιμὴν
καὶ προστασία τοῦ γένους τῶν ἀνθρώπων· ἐκ σοῦ
γὰρ ἐσαρκώθη ὁ Λυτρωτὴς τοῦ κόσμου· μόνη γὰρ
ὑπάρχεις Μήτηρ καὶ Παρθένος· ἀεὶ εὐλογημένη,
καὶ δεδοξασμένη, πρέσβευε Χριστῷ τῷ Θεῷ,
εἰρήνην δωρήσασθαι, πάση τῇ οἰκουμένῃ.

Εὐλογητάρια Ἀναστάσιμα.

Ἦχος πλ. α΄.

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

Τῶν Ἀγγέλων ὁ δῆμος, κατεπλάγη ὀρῶν σε,
ἐν νεκροῖς λογισθέντα, τοῦ θανάτου δὲ Σωτῆρ,
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, ὦ
Μαθήτριάι κερνάτε; ὁ ἀστράπτων ἐν τῷ τάφῳ
Ἄγγελος, προσεφθέγγετο ταῖς Μυροφόροις·
Ἴδετε ὑμεῖς τὸν τάφον καὶ ἦσθητε· ὁ Σωτῆρ γὰρ
ἐξάνεστη τοῦ μνήματος.

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

Λίαν πρωΐ, Μυροφόροι ἔδραμον, πρὸς
τὸ μνήμα σου θρηνηλογοῦσαι· ἀλλ' ἐπέστη,
πρὸς αὐτάς ὁ Ἄγγελος, καὶ εἶπε· θρήνου ὁ

they heard the angelic voice addressing them, “The
Angel of great Counsel has trampled death, and He
has risen!” O almighty Lord, glory to You! [GOASD]

Both now. **Theotokion.**

Rejoice, Maiden full of grace, O Virgin
Theotokos; You are the haven and protection of
the human race. From you the Redeemer of the
world became incarnate, and only you are both
a mother and a virgin. O Lady, ever blessed and
glorified, we pray you intercede with Christ God,
to grant peace to the whole world. [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.
But the Angel appeared to them and uttered, “The

καιρὸς πέπαυται, μὴ κλαίετε, τὴν Ἀνάστασιν δέ,
Ἀποστόλοις εἵπατε.

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

Μυροφόροι γυναῖκες, μετὰ μύρων ἐλθοῦσαι,
πρὸς τὸ μνήμά σου, Σῶτερ ἐνηχοῦντο. Ἄγγέλου
τρανῶς, πρὸς αὐτὰς φθεγγομένου· Τί μετὰ νεκρῶν,
τὸν ζώντα λογιζέσθε; ὡς Θεὸς γάρ, ἐξανέστη τοῦ
μνήματος.

Δόξα.

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

Καὶ νῦν.

Ζωοδότην τεκοῦσα, ἐλυτρώσω Παρθένε, τὸν
Ἀδὰμ ἀμαρτίας, χαρμονὴν δὲ τῇ Εὐᾶ, ἀντὶ λύπης
παρέσχες, ρεύσαντα ζωῆς, ἴθυνε πρὸς ταύτην δέ, ὁ
ἐκ σοῦ 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
Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ

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
Theotokos and ever-virgin Mary, with all

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

ΧΟΡΟΣ: Σοί, Κύριε.

ΙΕΡΕΥΣ

Ὅτι ἡλόγηταί 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 βαρῦς.

Ὁ ἡμετέραν μορφήν ἀναλαβὼν, καὶ
ὑπομείνας Σταυρὸν σωματικῶς, σῶσόν
με τῆ ἀναστάσει σου, Χριστέ ὁ Θεός, ὡς
φιλόανθρωπος.

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α΄. ᾠχος βαρῦς.

Τὴν αἰχμαλωσίαν Σιών, ἐκ πλάνης
ἐπιστρέψας, κἀμὲ Σωτὴρ ζώωσον, ἐξαίρων
δουλοπαθείας.

Ἐν τῷ νότῳ ὁ σπείρων θλίψεις, νηστείας
μετὰ δακρύων, οὗτος χαρᾶς δρέψεται, δράγματα
ἀειζωοτροφίας.

Δόξα· καὶ νῦν.

Ἄγιώ Πνεύματι, πηγὴ τῶν θείων
θησαυρισμάτων, ἐξ οὗ σοφία, σύνεσις, φόβος·
αὐτῷ αἴνεσις, δόξα, τιμὴ, καὶ κράτος.

Ἀντίφωνον Β΄.

Ἐὰν μὴ Κύριος οἰκοδομήσῃ οἶκον τὸν τῆς
ψυχῆς, μάτην κοπιῶμεν· πλὴν γὰρ αὐτοῦ, οὐ
πρᾶξις, οὐ λόγος τελεῖται.

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. Grave Mode.

O Christ God, who took our form and
bodily endured the Cross, save me by Your
resurrection, O benevolent Lord. [GOASD]

CHOIR

Anavathmoi.

Antiphon 1. Grave Mode.

You returned the captives of Zion from their
wandering. As for me, enliven me, and free me
from captivity to passions. [GOASD]

In the south those who sow afflictions with
tears and with fasting will reap the sheaves of joy,
the staff of life everlasting. [GOASD]

Glory. Both now.

In the Holy Spirit is the source of divine
treasures. From Him is wisdom, understanding,
and fear. To Him praise is due, glory, honor and
dominion. [GOASD]

Antiphon 2.

Unless the Lord builds the house of the soul,
we labor in vain; for without Him no action or
word is accomplished. [GOASD]

Τοῦ καρποῦ τῆς γαστροῦ, οἱ Ἅγιοι
πνευματοκινήτως, ἀναβλαστοῦσι, πατρῶα δόγματα
υἰοθεσίας.

Δόξα· καὶ νῦν.

Ἄγιῳ Πνεύματι, τὰ σύμπαντα τὸ εἶναι ἔχει·
πρὸ πάντων γὰρ Θεός, τῶν ὅλων κυριότης, φῶς
ἀπρόσιτον, ζωὴ τῶν πάντων.

Ἀντίφωνον Γ'.

Οἱ φοβούμενοι τὸν Κύριον, ὁδοὺς ζωῆς
εὐρόντες, νῦν καὶ αἰεὶ μακαριοῦνται, δόξῃ
ἀκηράτῳ.

Κύκλῳ τῆς τραπέζης σου, ὡς στελέχη βλέπων
τὰ ἔκγονά σου, χαῖρε εὐφραίνου, προσάγων ταῦτα,
τῷ Χριστῷ ποιμενάρχα.

Δόξα· καὶ νῦν.

Ἄγιῳ Πνεύματι, βυθὸς χαρισμάτων, πλοῦτος
δόξης, κριμάτων βάθος μέγα· ὁμόδοξον Πατρὶ καὶ
Υἱῷ, λατρευτὸν γάρ.

Προκείμενον.

Ἀνάστηθι, Κύριε ὁ Θεός μου, ὑψωθήτω ἡ χεὶρ
σου, μὴ ἐπιλάθῃ τῶν πενήτων σου εἰς τέλος. (δίς)

Στίχ. Ἐξομολογήσομαί σοι, Κύριε, ἐν ὅλῃ
καρδίᾳ μου.

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

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

Moved by the Spirit, the saints produce the
Father's dogmas about the sonship of the fruit of
the womb. [GOASD]

Glory. Both now.

In the Holy Spirit, the universe has its
existence. For He is God before all, universal
lordship, unapproachable light, and the life of all.

[GOASD]

Antiphon 3.

Those who fear the Lord and find the ways of
life, both now and ever will be called blessed, for
having immortal glory. [GOASD]

As you see your offspring like olive trees
around your table, rejoice and be glad, chief
shepherd, as you bring them to Christ. [GOASD]

Glory. Both now.

In the Holy Spirit is an ocean of divine gifts,
a wealth of glory, a great depth of judgments; He
is identical in glory to the Father and the Son, and
therefore to be worshiped. [GOASD]

Prokeimenon.

Arise, O Lord my God, let Your hand be lifted
high, and do not forget Your poor to the end. (2)

Verse: *I will give thanks to You, O Lord,
with my whole heart.*

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

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

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.

Οὐκέτι τὸ κράτος τοῦ θανάτου, ἰσχύσει κατέχειν τοὺς βροτούς· Χριστὸς γὰρ κατῆλθε συντρίβων, καὶ λύων τὰς δυνάμεις αὐτοῦ· δεσμεῖται ὁ ἄδης, Προφῆται συμφώνως ἀγάλλονται· Ἐπέστη, λέγοντες, Σωτὴρ τοῖς ἐν σκότει· ἐξέρχεσθε οἱ πιστοὶ εἰς τὴν ἀνάστασιν.

Ὁ Οἶκος.

Ἔτρεμε κάτωθεν τὰ καταχθόνια σήμερον, ὁ ἄδης καὶ ὁ θάνατος τὸν Ἔνα τῆς Τριάδος· ἡ γῆ ἐκλονεῖτο, πυλωροὶ δὲ ἄδου ἰδόντες σε ἔπτηξαν· ἡ κτίσις δὲ πᾶσα σὺν τοῖς Προφήταις χαίρουσα ψάλλει σοι, ἐπινίκιον ᾠδὴν τῷ λυτρωτῇ ἡμῶν Θεῷ, τῷ καταλύσαντι νῦν θανάτου τὴν δύναμιν. Ἀλαλάξωμεν καὶ βοήσωμεν τῷ Ἀδάμ, καὶ τοῖς ἐξ Ἀδάμ· Ξύλον

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.

No longer will the power of death be able to detain human beings. For Christ went down and crushed it and destroyed all its forces. Hades is shackled, and the Prophets in unison rejoice and proclaim, “The Savior has come to those in darkness. Come out now, believers, to the resurrection!” [GOASD]

Oikos.

The netherworld below was trembling today, Hades and death, before One of the Trinity. Earth shook, and when they saw You, the doorkeepers of Hades quaked. Now all creation, along with the Prophets, rejoices and sings You an ode of triumph, O God our redeemer, who now destroyed the force of death. And let us shout aloud to Adam and his

τοῦτον εἰσήγαγεν· ἐξέρχεσθε οἱ πιστοὶ εἰς τὴν ἀνάστασιν.

Κοντάκιον.

Τοῦ Τριωδίου - - -

Ἦχος δ΄. Ἐπεφάνης σήμερον.

Ἐν τῷ ὕψει Κύριος, τῆς ἐγκρατείας, ἀληθῆ σε ἔθετο, ὥσπερ ἀστέρα ἀπλανῆ, φωταγωγοῦντα τὰ πέρατα, καθηγητὰ Ἰωάννη Πατῆρ ἡμῶν.

Ὁ Οἶκος.

Οἶκον Θεοῦ ὡς ἀληθῶς, σαυτὸν εἰργάσω Πάτερ, ταῖς θείαις ἀρεταῖς σου, σαφῶς κατακοσμήσας, ὥσπερ χρυσίον τηλαυγές, πίστιν ἐλπίδα καὶ ἀγάπην ἀληθῆ, θείου θεσμούς ἐκθέμενος, ἐγκρατεία ἀσκήσας ὡς ἄσαρκος, φρόνησιν, ἀνδρείαν, σωφροσύνην κτησάμενος ταπεινώσιν, δι' ἧς ἀनुψώθης· διὸ καὶ ἐφωτίσθης εὐχαῖς ἀεννάοις, καὶ τοῦ οὐρανοῦ κατέλαβες τὰς σκηνώσεις, καθηγητὰ Ἰωάννη Πατῆρ ἡμῶν.

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.

Συναξάριον

Τοῦ Μηναίου.

Τῆς Ἀ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ Συγγραφέως τῆς Κλίμακος.

Τῆς αὐτῆς ἡμέρας, Μνήμη τοῦ Ἁγίου Προφήτου Ἰωάδ (ἢ Ἰωήλ).

Τῆς αὐτῆς ἡμέρας, Μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου τοῦ ἐν τῷ Φρέατι.

Τῆς αὐτῆς ἡμέρας, ἡ Ἁγία Εὐβούλη, ἡ μήτηρ τοῦ Ἁγίου Παντελεήμονος, ἐν εἰρήνῃ τελειοῦται.

descendants, “A tree brought him in. Come out now, believers, to the resurrection!” ^[GOASD]

Kontakion.

From Triodion - - -

Mode 4. *You revealed yourself today.*

In the height of self-control the Lord has placed you as a true unerring star illuminating all the earth and also guiding us to the light, as our professor and mentor, O Father John. ^[SD]

Oikos.

You have rendered yourself God's true abode, O Father, by your divine virtue, adorning it lucidly, as with gold that glitters from afar. You set forth faith, hope and true charity as divine axioms. As with angelic self-control, you practiced prudence, courage, and temperance. You acquired humility, by which you were exalted. Hence, you were enlightened by prayer unfailing, and you attained the mansions of heaven, as our professor and mentor, O Father John. ^[GKD]

Stand for the reading of the Synaxarion.

Synaxarion

From the Menaion.

On March 30 we commemorate our devout father John, the author of the Ladder.

On this day we also commemorate the holy Prophet Joad (or Joel).

On this day we also commemorate our devout father John of the Well.

On this day Saint Evouli, the mother of St. Panteleimon, died in peace.

Τῆ αὐτῆ ἡμέρα ὁ Ἅγιος, Ἰωάννης, Πατριάρχης Ἱεροσολύμων, ἐν εἰρήνῃ τελειοῦται.

Ὁ Ἅγιος Νέος Ἱερομάρτυς Ζαχαρίας, ὁ μαρτυρήσας ἐν Κορίνθῳ ἐν ἔτει ,αχπδ´ (1684), ξίφει τελειοῦται.

Τοῦ Τριωδίου.

Τῆ αὐτῆ ἡμέρα, Κυριακῆ τετάρτη τῶν Νηστειῶν, μνήμην ποιῶμεν τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ Συγγραφέως τῆς Κλίμακος.

Στίχοι

Ὁ σάρκα καὶ ζῶν νεκρὸς ὦν Ἰωάννης,
Αἰώνιος ζῆ, καὶ νεκρὸς φανεὶς ἄπνους.

Σύγγραμμα λιπὼν Κλίμακα τῆ ἀνόδῳ,
Δείκνυσιν αὐτοῦ πορείαν τῆς ἀνόδου.

Ταῖς αὐτοῦ πρεσβείαις, ὁ Θεός, ἐλέησον,
καὶ σῶσον ἡμᾶς. Ἀμήν.

ΧΟΡΟΣ

**Καταβασία τῆς Θεοτόκου
Ὡδὴ α´. ᾠχος δ´.**

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

Ὡδὴ γ´.

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

On this day Saint John, Patriarch of Jerusalem, died in peace.

On this day the holy New Hieromartyr Zacharias, who witnessed in Corinth in the year 1684, died by the sword.

From the Triodion.

On this day, the fourth Sunday of Lent, we commemorate our devout Father John, author of The Ladder.

Verses

John, who was dead in the flesh while living,
Ever lives, while appearing
to be dead and not breathing.

He left us his book, the Ladder for ascending,
And shows us the way of his ascent to heaven.

By his intercessions, O God, have mercy
on us and save us. Amen.

CHOIR

**Katavasia of Theotokos
Ode i. Mode 4.**

I open my mouth and pray the Spirit fill it, like David said, * to pour out a good word to the Queen and Mother of God. * I will celebrate * her feast with joy and gladness * and sing to her merrily, lauding her miracles. [GOASD]

Ode iii.

Establish your servants who extol you, * O Mother of God, for they have formed * a spiritual choir for you * the living and abundant fount; * and graciously in your divine glory give glorious crowns to them. [GOASD]

Ὡδή δ΄.

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

Ὡδή ε΄.

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

Ὡδή ς΄.

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

Ὡδή ζ΄.

Οὐκ ἐλάτρευσαν τῇ κτίσει οἱ θεόφρονες, παρὰ τὸν Κτίσαντα, ἀλλὰ πυρὸς ἀπειλήν, ἀνδρείως πατήσαντες, χαίροντες ἔψαλλον. Ὑπερῦμνητε, ὁ τῶν Πατέρων Κύριος, καὶ Θεὸς εὐλογητὸς εἶ.

Ὡδή η΄.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

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

Ὁ λαὸς ἴσταται διὰ τὴν ἀνάγνωσιν τοῦ Εὐαγγελίου.

Ode iv.

When the Prophet Habakkuk heard the divine * and incomprehensible counsel of Your Incarnation * from the Virgin, O Most High, * considering, he cried aloud: * Glory to Your strength, O Lord my God. [GOASD]

Ode v.

Amazed was the universe by your divine magnificence. * You who were perpetually virgin * carried the heavenly God of all in your womb * and gave birth to the eternal Son, * who awards salvation to all who sing hymns of praise to you. [GOASD]

Ode vi.

O godly-minded believers, come * and celebrate this sacred and venerable feast and thus extol * the Theotokos, and clap our hands, * and glorify our God who was truly born of her. [GOASD]

Ode vii.

Godly-minded three * did not adore created things in the Creator's stead; * rather, disdainful of the threat * of fire, they trampled it, and joyfully they sang: * "O supremely praised * and most exalted Lord and God * of the fathers, You are blessed." [GOASD]

Ode viii.

We praise and we bless and we worship the Lord.

Guiltless were those Servants in the furnace. * The Son of the Theotokos went and rescued them. * He who was prefigured then, * having been incarnate now, * is gathering the whole wide world into His Church to sing: * "O all you works of the Lord, to all ages * sing praises to the Lord and exalt Him beyond measure." [GOASD]

Stand for the Gospel reading.

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 αἰῶνων.

ΧΟΡΟΣ: Ἀμήν.

Ἦχος β΄.

Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον. (δύς)
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 Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ: Πρόσχωμεν.

ΧΟΡΟΣ

Δόξα σοι, Κύριε, δόξα σοι.

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

*Ἐωθινὸν Ζ΄
Ἰωάννην 20:1 – 10*

Τῇ μιᾷ τῶν σαββάτων Μαρία ἡ Μαγδαληνὴ ἔρχεται πρῶτ' σκοτίας ἔτι οὔσης εἰς τὸ μνημεῖον, καὶ βλέπει τὸν λίθον ἠρμένον ἐκ τοῦ μνημείου. τρέχει οὖν καὶ ἔρχεται πρὸς

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 John.

DEACON: Let us be attentive.

CHOIR

Glory to You, O Lord, glory to You.

PRIEST (from the altar table)

*Eothinon 7
John. 20:1 – 10*

On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and

Σίμωνα Πέτρον καὶ πρὸς τὸν ἄλλον μαθητὴν ὃν ἐφίλει ὁ Ἰησοῦς, καὶ λέγει αὐτοῖς· ἦσαν τὸν Κύριον ἐκ τοῦ μνημείου, καὶ οὐκ οἶδαμεν ποῦ ἔθηκαν αὐτόν. ἐξῆλθεν οὖν ὁ Πέτρος καὶ ὁ ἄλλος μαθητὴς καὶ ἤρχοντο εἰς τὸ μνημεῖον. ἔτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητὴς προέδραμε τάχιον τοῦ Πέτρου καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας βλέπει κείμενα τὰ ὀθόνια, οὐ μέντοι εἰσῆλθεν. ἔρχεται οὖν Σίμων Πέτρος ἀκολουθῶν αὐτῷ, καὶ εἰσῆλθεν εἰς τὸ μνημεῖον καὶ θεωρεῖ τὰ ὀθόνια κείμενα, καὶ τὸ σουδάριον, ὃ ἦν ἐπὶ τῆς κεφαλῆς αὐτοῦ, οὐ μετὰ τῶν ὀθονίων κείμενον, ἀλλὰ χωρὶς ἐντετυλιγμένον εἰς ἓνα τόπον. τότε οὖν εἰσῆλθε καὶ ὁ ἄλλος μαθητὴς ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε καὶ ἐπίστευσεν· οὐδέπω γὰρ ἤδεισαν τὴν γραφὴν ὅτι δεῖ αὐτόν ἐκ νεκρῶν ἀναστῆναι. ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.

ΧΟΡΟΣ

Δόξα σοι, Κύριε, δόξα σοι.

ΑΝΑΓΝΩΣΤΗΣ

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον Κύριον Ἰησοῦν, τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν καὶ τὴν ἁγίαν σου ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν· σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτός σου ἄλλον οὐκ οἶδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν

went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying and the napkin, which had been on his head, not lying with the linen cloths, but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that he must rise from the dead. Then the disciples went back to their homes. [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]

ἀνάστασιν αὐτοῦ· Σταυρὸν γὰρ ὑπομείνας δι’
ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

ΧΟΡΟΣ

Ψαλμὸς Ν΄ (50).

ᾠδὴ β΄. (ἡ τῆς ἐβδομάδος.)

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

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·
ἀγαλλιᾶσονται ὅστέα τεταπεινωμένα.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν
ἀμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου
ἐξάλειψον.

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.

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.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός,
καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις
μου.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου
καὶ τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ’
ἐμοῦ.

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

Διδάξω ἀνόμους τὰς ὁδοὺς σου καὶ
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῥῆσαί 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 ἀνοιζόν μοι πύλας Ζωοδότα·
ὀρθρίζει γὰρ τὸ πνεῦμά μου, πρὸς ναὸν τὸν ἅγιόν

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

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

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

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

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

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

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

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 κατεβύρωσα, τὴν ψυχὴν ἀμαρτίαις,
ὡς ραθύμως τὸν βίον μου, ὅλον ἐκδαπάνησας, ταῖς
σαῖς πρεσβείαις ῥῦσαί με, πάσης ἀκαθαρσίας.

Ἰδιόμελον. Ἦχος πλ. β'.

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

Τὰ πλήθη τῶν πεπραγμένων μοι δεινῶν,
ἐννοῶν ὁ τάλας, τρέμω τὴν φοβερὰν ἡμέραν
τῆς κρίσεως· ἀλλὰ θαρρῶν εἰς τὸ ἔλεος τῆς
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·
ὑψωσον κέρας χριστιανῶν ὀρθοδόξων καὶ
κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια·
πρεσβείαις τῆς παναχράντου δεσποίνης
ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας,
δυνάμει τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ,
προστασίαις τῶν τιμίων ἐπουρανίων δυνάμεων
ἀσωμάτων, ἱκεσίαις τοῦ τιμίου ἐνδόξου
προφήτου προδρόμου καὶ βαπτιστοῦ
Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων
ἀποστόλων, τῶν ἐν ἁγίοις πατέρων ἡμῶν
μεγάλων ἱεραρχῶν καὶ οἰκουμηνικῶν
διδασκάλων Βασιλείου τοῦ Μεγάλου,
Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ

to Your holy temple, bringing the temple of my
body all defiled. But as one compassionate, cleanse
me, I pray, by Your loving-kindness and mercy. ^[SD]

Both now. **Same Mode.**

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

Idiomelon. Mode pl. 2.

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

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

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,

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 ἐνδόξου μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἁγίων ἐνδόξων μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ θεοφόρων πατέρων ἡμῶν· (τοῦ ἁγίου τοῦ ναοῦ)· τῶν ἁγίων καὶ δικαίων θεοπατόρων Ἰωακείμ καὶ Ἄννης, τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰωάννου, τοῦ Συγγραφέως τῆς Κλίμακος, οὗ καὶ τὴν μνήμην ἐπιτελοῦμεν· 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 ὕμνοις τιμῶντες μεγαλύνωμεν.

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 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; our devout father John Climacus, the author of the Ladder, whose memory we celebrate, 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.

ΧΟΡΟΣ

Ὦδὴ θ'.

Μεγαλυνάριον. Ἦχος δ'.

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 Σεραφεείμ, τὴν
ἀδιαφθόρωσ, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως
Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινώσιν
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

CHOIR

Ode ix.

The Magnificat. Mode 4.

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

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

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

ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Στίχ. Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὑψώσε ταπεινούς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

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

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

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

Ὡδὴ θ'. Καταβασία. Ἦχος δ'.

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

ΙΕΡΕΥΣ

Ἔτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

ΧΟΡΟΣ: Κύριε, ἐλέησον.

ΙΕΡΕΥΣ

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

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]

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 4.

All you born on earth, * with festival lamps in hand, in spirit leap for joy; * and all you the heavenly angelic orders, join in and celebrate; * and honoring the sacred wonders of the Mother of God, * sing the joyful salutation, “O rejoice, * Theotokos, all-blest, ever-virgin pure!” [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.

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
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)

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

Ὅτι ἅγιός ἐστι.

Τῆς Ὀκτωήχου - - -

Ἐξαποστειλάριον.

Τὸ Ζ΄ Ἐωθινόν.

Ἦχος β΄. *Τοῖς Μαθηταῖς συνέλωμεν.*

Ὅτι ἦραν τὸν Κύριον, τῆς Μαρίας εἰπούσης,
ἐπὶ τὸν τάφον ἔδραμον, Σίμων Πέτρος, καὶ ἄλλος,
μύστης Χριστοῦ, ὃν ἠγάπα· ἔτρεχον δὲ οἱ δύο,
καὶ εὔρον τὰ ὀθόνια, ἔνδον κείμενα μόνα, καὶ
κεφαλῆς, ἦν δὲ τὸ σουδάριον χωρὶς τούτων· διὸ
πάλιν ἠσύχασαν, τὸν Χριστὸν ἕως εἶδον.

Τοῦ Ὁσίου.

Ἐξαποστειλάριον. Τοῦ Τριφδίου.

Τοῦ Τριφδίου - - -

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
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 7.

Mode 2. *Let us in faith.*

Τοῖς Μαθηταῖς συνέλωμεν.

When Mary Magdalene had said * that the
Lord had been taken, * Simon Peter and also
Christ's * other beloved disciple * both ran to the
tomb together. * Inside they found the napkin,
* which had been on the Savior's head, * not
with the linen cloths that were lying there * by
themselves, but rolled up and in its own place. *
So until Christ appeared to them, * they went back
home and rested. [GOASD]

For the Devout Man.

Exaposteilarion. From the Triodion.

From Triodion - - -

Ἦχος β΄. Γυναῖκες ἀκουτίσθητε.

Τοῦ κόσμου τὴν εὐπάθειαν, ὡς μοχθηρὰν ἐξέκλινας, καὶ ἀτροφία τὴν σάρκα, μαράνας ἀνεκαίνισας, ψυχῆς τὸν τόνον Ὅσιε, καὶ δόξαν κατεπλούτησας, οὐράνιον ἀοίδιμε· διὸ μὴ παύση πρεσβεύων ὑπὲρ ἡμῶν Ἰωάννη.

Θεοτοκίον.

Ἦχος β΄. Γυναῖκες ἀκουτίσθητε.

Κυρίως Θεοτόκον σε, ὁμολογοῦμεν Δέσποινα, οἱ διὰ σοῦ σεσωσμένοι· καὶ γὰρ Θεὸν ἐκύησας, ἀπορρήτως τὸν λύσαντα, διὰ Σταυροῦ τὸν θάνατον, πρὸς ἑαυτὸν δ' ἐλκύσαντα, Ὅσιων δῆμους, μεθ' ὧν σε, ἀνευφημοῦμεν Παρθένε.

Οἱ Αἶνοι. Ἦχος βαρύς.

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.

Mode 2. O Women, hearken.

Γυναῖκες ἀκουτίσθητε.

You spurned the comforts of the world * as being sources of distress. * The flesh you withered by fasting, * Devout one, thus renewing * the vim and vigor of the soul. * O father ever-mem' rable. * And you became exceeding rich * in heavenly glory. Therefore * cease not for us interceding. [SD]

Theotokion.

Mode 2. O Women, hearken.

Γυναῖκες ἀκουτίσθητε.

O Lady, we confess that you * are Theotokos lit' rally. * Through you we have our salvation, * for you ineffably gave birth * to God who neutralized the force * of death by being crucified. * Thus He attracted to himself * the companies of devout monks, * with whom we laud you, O Virgin. [SD]

Lauds. Grave Mode.

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.

Πῦρ, χάλαζα, χιόν, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα 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.

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, ἢ 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 πρᾶεῖς ἐν σωτηρίᾳ.

Καυχῆσονται 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 δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

Τῆς Ὀκτωήχου - - -

Fire and hail, snow and ice, stormy wind, which perform His word.

Mountains and all the hills, fruitful trees and all cedars.

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

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

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

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

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

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 - - -

Στιχηρὰ Αναστάσιμα.

ᾠχος βαρύς.

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

Ἀνέστη Χριστὸς ἐκ νεκρῶν, λύσας θανάτου
τὰ δεσμά· εὐαγγελίζου γῆ χαρὰν μεγάλην· αἰνεῖτε
οὐρανοὶ Θεοῦ τὴν δόξαν.

ᾠχος βαρύς.

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

Ἀνάστασιν Χριστοῦ θεασάμενοι,
προσκυνήσωμεν ἅγιον Κύριον, Ἰησοῦν τὸν μόνον
ἀναμάρτητον.

ᾠχος βαρύς.

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

Χριστοῦ τὴν ἀνάστασιν, προσκυνοῦντες
οὐ παύομεθα· αὐτὸς γὰρ ἡμᾶς ἔσωσεν, ἐκ τῶν
ἀνομιῶν ἡμῶν· ἅγιος Κύριος Ἰησοῦς, ὁ δεῖξας τὴν
ἀνάστασιν.

ᾠχος βαρύς.

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

Τί ἀνταποδώσωμεν τῷ Κυρίῳ, περὶ πάντων ὧν
ἀνταπέδωκεν ἡμῖν; δι' ἡμᾶς Θεὸς ἐν ἀνθρώποις·
διὰ τὴν καταφθαρεῖσαν φύσιν, ὁ Λόγος σὰρξ
ἐγένετο, καὶ ἐσκήνωσεν ἐν ἡμῖν· πρὸς τοὺς
ἀχαρίστους ὁ εὐεργέτης· πρὸς τοὺς αἰχμαλώτους
ὁ ἐλευθερωτής· πρὸς τοὺς ἐν σκότει καθημένους,
ὁ Ἥλιος τῆς δικαιοσύνης· ἐπὶ τὸν Σταυρὸν ὁ
ἀπαθής, ἐπὶ τὸν ἄδην τὸ φῶς· ἐπὶ τὸν θάνατον

Resurrectional Stichera.

Grave Mode.

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

[SAAS]

Christ has risen from the dead, having loosed
the bonds of death. O earth, proclaim the good
news of great joy! You heavens, praise the glory of
God! [GOASD]

Grave Mode.

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

Having beheld the resurrection of Christ, let us
worship the holy Lord, Jesus, the only sinless One.

[GOASD]

Grave Mode.

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

We never cease to honor the resurrection
of Christ; for it was He who saved us from our
transgressions. Holy is the Lord, Jesus, who
showed us resurrection. [GOASD]

Grave Mode.

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

What shall we give back to the Lord for all
He rendered to us? For us, God lived among
men. For human nature that was damaged, the
Logos became flesh and dwelt among us. To the
ungrateful He is the Benefactor; to the captives, the
Liberator; to those who sat in darkness, the Sun of
Righteousness. He who is dispassionate suffered
on the cross; He who is the Light shone in Hades;

ἡ ζωὴ· ἡ ἀνάστασις διὰ τοὺς πεσόντας· πρὸς ὃν
βοήσωμεν· Ὁ Θεὸς ἡμῶν δόξα σοι.

Στιχηρά. Τοῦ Ὁσίου.

Τοῦ Τριφιδίου ---

Ἦχος πλ. δ'. Ὡ τοῦ παραδόξου.

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

Πάτερ Ἰωάννη Ὅσιε, διαπαντὸς ἀληθῶς,
τοῦ Θεοῦ ἐν τῷ λάρυγγι, τὰς ὑψώσεις ἔφερες,
μελετῶν πρακτικώτατα, τὰ θεόπνευστα, λόγια
πάνσοφε, καὶ τὴν ἐκεῖθεν, ἀναπηγάζουσαν, χάριν
ἐπλούτησας, γεγωνῶς μακάριος, τῶν ἀσεβῶν,
πάντων τὰ βουλεύματα, καταστρεψάμενος.

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

Πάτερ Ἰωάννη Ὅσιε, διαπαντὸς ἀληθῶς,
τοῦ Θεοῦ ἐν τῷ λάρυγγι, τὰς ὑψώσεις ἔφερες,
μελετῶν πρακτικώτατα, τὰ θεόπνευστα, λόγια
πάνσοφε, καὶ τὴν ἐκεῖθεν, ἀναπηγάζουσαν, χάριν
ἐπλούτησας, γεγωνῶς μακάριος, τῶν ἀσεβῶν,
πάντων τὰ βουλεύματα, καταστρεψάμενος.

Στίχ. Μακάριος ἀνὴρ ὁ φοβούμενος τὸν
Κύριον, ἐν ταῖς ἐντολαῖς αὐτοῦ θελήσει σφόδρα.

Πάτερ Ἰωάννη ἔνδοξε, ταῖς τῶν δακρύων
πηγαῖς, τὴν ψυχὴν καθαιρόμενος, καὶ παννύχοις
στάσει τὸν Θεὸν ἰλασκόμενος, ἀνεπτέρωθης πρὸς
τὴν ἀγάπῃσιν τὴν τούτου Μάκαρ, καὶ ὠραιότητα,
ἧς ἐπαξίως νῦν ἀπολαύεις ἄληκτα, χαρμονικῶς,
μετὰ τῶν συνάθλων σου, θεόφρον Ὅσιε.

He who is the Life trampled death. For the fallen
He is the resurrection. Let us cry aloud to Him,
“Glory to You our God!” [GOASD]

Stichera. For the Devout Man.

From Triodion ---

Mode pl. 4. *What a paradoxal.*

Ὡ τοῦ παραδόξου.

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

Holy father John, as one devout, * the
exaltations of God * were at all times the property
* of your throat in very truth, * as you studied
and practiced well * the God-inspired sayings, as
one all wise. * You were enriched in your soul
by the divine * grace welling up from them. *
And becoming blessed you fully destroyed * the
malicious purposes * of all impious men. [SD]

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

Holy father John, as one devout, * the
exaltations of God * were at all times the property
* of your throat in very truth, * as you studied
and practiced well * the God-inspired sayings, as
one all wise. * You were enriched in your soul
by the divine * grace welling up from them. *
And becoming blessed you fully destroyed * the
malicious purposes * of all impious men. [SD]

Verse: *Blessed is the man who fears
the Lord; he will delight exceedingly in His
commandments.* [SAAS]

Holy father John, most glorious, * you shed
a well-spring of tears, * and your soul thus was
purified; * you propitiated God * by your standing
in prayer all night. * Thus given wings, you
ascended to His love * and to His beauty, all
blessed as you are; * which now you worthily *

Στίχ. Τίμιος ἐναντίον Κυρίου ὁ θάνατος τοῦ ὁσίου αὐτοῦ.

Πάτερ Ἰωάννη Ὅσιε, ἀναπτερώσας τὸν νοῦν, πρὸς Θεὸν διὰ πίστεως, κοσμικῆς συγχύσεως, ἐβδελύξω τὸ ἄστατον, καὶ τὸν Σταυρόν σου, ἀναλαβόμενος τῷ Παντεπόπτη, κατηκολούθησας, σῶμα δυσήνιον ἀγωγαῖς ἀσκήσεως τῷ λογισμῷ, σθένει δουλωσάμενος τοῦ θείου Πνεύματος.

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

Ἦχος α΄.

Δεῦτε ἐργασώμεθα ἐν τῷ μυστικῷ ἀμπελῶνι καρποὺς μετανοίας, ἐν τούτῳ ποιούμενοι οὐκ ἐν βρώμασι καὶ πόμασι κοπιῶντες, ἀλλ' ἐν προσευχαῖς καὶ νηστείαις τὰς ἀρετὰς κατορθοῦντες, τούτοις ἀρεσκόμενος, ὁ Κύριος τοῦ ἔργου δηνάριον παρέχει δι' οὗ ψυχὰς λυτροῦται, χρέους ἀμαρτίας, ὁ μόνος πολυέλεος.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἐπερευλογημένη 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· Εὐλόγητός Χριστός ὁ Θεὸς ἡμῶν, ὁ οὕτως εὐδοκήσας δόξα σοι.

Ὁ λαὸς ἴσταται διὰ τὴν Μ. Δοξολογίαν.

are enjoying endlessly as you rejoice * with your fellow athlete-monks, * O godly-minded Saint. [SD]

Verse: *Precious in the sight of the Lord is the death of His holy one.* [SAAS]

Holy father John, as one devout, * when you had lifted your mind * unto God on the wings of faith * you despised the turbulence * of the world and its transience. * And on your shoulders you took up your own Cross * and followed after the Lord who sees all things. * Then the unruly flesh * you subordinated to your pious thought, * through ascetic exercise, * by the divine Spirit's might. [SD]

Glory. **From the Triodion.**

From Triodion ---

Mode 1.

Come, let us labor in the mystical vineyard, producing fruits of repentance within it - not laboring for things that are eaten or drunk, but by prayer and fasting attaining the virtues. By such will the Lord of the labor be pleased, and He will grant them the denarius, by which He ransoms souls from the debt of sin, for He alone is greatly merciful. [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 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.

Ἡ Μεγάλη Δοξολογία

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

Ἐμνοῦμέν 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.

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.

Great Doxology

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

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

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

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

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

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

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

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

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

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

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, ἴασαι τὴν ψυχὴν μου, ὅτι ἡμαρτόν σοι.

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

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

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

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

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.

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

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

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

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

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

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

Continue Your mercy to those who know You.

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

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

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

Holy Immortal, have mercy on us.

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

After the Doxology, sing the following Resurrectional Troparion.

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]