

eMatins powered by AGES

The Service of Matins

for Sunday, March 22, 2020

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

Eothion 7

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

Katavasias of Third Sunday of Lent

Texts in Greek and English

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vol Orthodox Monastery of the Veil of our Lady

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Βιβλία - Πηγαί

Ὀκτώηχος - Ἦχος βαρύς.

Τῆ Κυριακῆ Πρωῖ

Τριώδιον

Κυριακῆ Γ' τῶν Νηστειῶν τῆς
Σταυροπροσκυνησεως

ΟΡΘΟΣ

ΧΟΡΟΣ

Ἦχος βαρύς.

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

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

*ἢ Ἐξομολογεῖσθε τῷ Κυρίῳ, ὅτι ἀγαθός,
ὅτι εἰς τὸν αἰῶνα τὸ ἔλεος αὐτοῦ.*

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

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

Τῆς Ὀκτωήχου ---

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος βαρύς.

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

Δόξα. **Τοῦ Σταυροῦ.**

Τοῦ Τριωδίου ---

Ἦχος α'.

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

Books - Sources

Octoechos - Grave Mode.

On Sunday Morning

Triodion

Third Sunday of Lent. Veneration of the Cross

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 name.

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

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

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

From Octoechos ---

Resurrectional Apolytikion.

Grave Mode.

By means of Your Cross, O Lord, You
abolished death. To the robber You opened
Paradise. The lamentation of the myrrh-
bearing women You transformed, and You
gave Your Apostles the order to proclaim to
all that You had risen, O Christ our God, and
granted the world Your great mercy. [SD]

Glory. **For the Cross.**

From Triodion ---

Mode 1.

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

καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

Τῆς Οκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ἦχος α΄. *Τοῦ λίθου σφραγισθέντος.*

Τοῦ Γαβριὴλ φθεγξαμένου σοι Παρθένε
τὸ Χαῖρε, σὺν τῇ φωνῇ ἐσαρκοῦτο ὁ τῶν
ὅλων Δεσπότης, ἐν σοὶ τῇ ἁγίᾳ 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.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

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

(Ἀμήν.)

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

From Octoechos ---

Both now. **Theotokion.**

Mode 1. *The stone had been secured.*

When Gabriel had uttered rejoice to you,
O Virgin, * then with the voice was the Lord
of all becoming incarnate * in you whom the
holy Ark of old * prefigured, as righteous
David said. * You carried your Creator and
proved to be more spacious than the heavens.
* Glory to Him who dwelt inside of you; *
glory to Him who came forth from You; *
glory be to Him who through your childbirth
has set us free. [SD]

PRIEST

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

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

(Amen.)

Τῆς Οκτωήχου ---

ΧΟΡΟΣ

Κάθισμα Α΄.
Ἦχος 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 Χριστὲ ὁ Θεός, ὡς φιλάνθρωπος 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 Οκτωήχου ---

Κάθισμα Β΄.
Ἦχος βαρύς.

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

Δόξα.

Ἐπὶ τὸ μνήμα ἔδραμον Γυναῖκες, μετὰ δακρῶν μύρα φέρουσαι, καὶ

From Octoechos ---

CHOIR

Kathisma I.
Grave Mode.

Life was laid in the sepulcher, and a seal was laid on the stone. And as if guarding a king in his sleep, so the soldiers guarded Christ; and Angels glorified Him as the immortal God. The women cried aloud, "The Lord has risen, and granted the world great mercy." ^[SD]

Glory.

In Your three-day entombment You despoiled death. By Your life-bearing rising You have resurrected corrupted man, in Your love for humanity, O Christ God. Glory to You. ^[SD]

Both now. **Theotokion.**

O all-praised Lady, our resurrection's treasury, do from the pit and the deep of offences draw us up, as we have put our trust in you. For you have saved us who were liable for sin, by giving birth unto our salvation. Virgin prior to bearing; and in bearing, a Virgin; and after bearing, still a Virgin. ^[SD]

From Octoechos ---

Kathisma II.
Grave Mode.

O Life, You rose from the sepulcher, even though the tomb was secured with a seal, O Christ God. Then, although the doors were shut, You came to Your Disciples, O Resurrection of all. Through them You renew a right spirit in us, according to Your great mercy. ^[SD]

Glory.

In tears, the women bearing sweet spices went in haste to Your sepulcher. And they

στρατιωτῶν φυλασσόντων σε, τὸν τῶν ὅλων Βασιλέα, ἔλεγον πρὸς ἑαυτάς· Τίς ἀποκυλίσει ἡμῖν τὸν λίθον; 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 Λυτρωτῆς τοῦ κόσμου· μόνη γὰρ ὑπάρχεις Μήτηρ καὶ Παρθένος, ἀεὶ εὐλογημένη καὶ δεδοξασμένη, πρόσβευε Χριστῷ τῷ Θεῷ, εἰρήνην δωρήσασθαι, πάση τῇ οἰκουμένῃ.

Κάθισμα Γ'. Τοῦ Σταυροῦ.

Τοῦ Τριωδίου ---

Ἦχος πλ. δ'. *Τὸ προσταχθέν.*

Ἐν Παραδείσῳ μὲν τὸ πρῖν, ξύλω 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 ἀνακράζωμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

Δόξα· καὶ νῦν. **Τὸ αὐτό.**

Ἐν Παραδείσῳ μὲν τὸ πρῖν, ξύλω 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 ἀνακράζωμεν, πλήρης δόξης ὁ οἶκος αὐτοῦ.

were saying to each other, "Who will roll away the stone for us?" For You, the King of all, were guarded by soldiers. The Angel of great Counsel has risen, after trampling on death. O Lord almighty, glory to You. [SD]

Both now. **Theotokion.**

Rejoice, Maiden full of grace, O Virgin Theotokos; a haven and protection are you for all of mankind. From you did the Redeemer of the world become incarnate, only you are both a Mother and a Virgin. O Lady ever blessed and ever filled with glory, intercede with Christ God, beseeching Him to grant peace to the universe. [SD]

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]

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου
δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

ΑΝΑΓΝΩΣΤΗΣ

Τῆς Οκτωήχου ---

Ὑπακοή. Ἦχος βαρῦς.

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

ΧΟΡΟΣ

Οἱ Ἀναβαθμοί.

Ἀντίφωνον Α'. Ἦχος βαρῦς.

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

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

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

READER

From Octoechos ---

Hypakoe. Grave Mode.

O Christ God, who took our form and
bodily endured the Cross, save me by Your
resurrection, as One who loves mankind. [SD]

CHOIR

Anavathmoi.

Antiphon I. Grave Mode.

You restored from wandering the
captivity of Zion. From slavery to passions
seize me, and quicken me, O Savior. [SD]

In the south he who sows afflictions with
tears and with fasting will reap the sheaves of
joy, the staff of life everlasting. [SD]

Δόξα· καὶ νῦν.

Ἀγίῳ 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.

Τοῦ καρποῦ τῆς γαστροῦς, οἱ Ἅγιοι
πνευματοκινήτως, ἀναβλαστοῦσι πατρῶα
δόγματα νίοθεσίας.

Δόξα· καὶ νῦν.

Ἀγίῳ 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 ἀεὶ μακαριοῦνται, δόξη
ἀκηράτῳ.

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

Δόξα· καὶ νῦν.

Ἀγίῳ 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)

Glory. Both now.

In the Holy Spirit is the source of divine
treasures; from Him is fear, understanding
and wisdom; to Him praise is due, glory,
honor and dominion. [SD]

Antiphon II.

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

As of the fruit of the womb, the Saints
being moved by the Spirit, because of their
adoption, produce His fatherly dogmas. [SD]

Glory. Both now.

In the Holy Spirit does everything have its
being; for He is God before all, and universal
lordship, unapproachable light, and the life of
all things. [SD]

Antiphon III.

They who fear the Lord and find the ways
of life thereby both now and ever will be
blessed with glory immortal. [SD]

As you see your offspring round about
your table like saplings, rejoice and be glad as
you offer them to Christ, O chief shepherd. [SD]

Glory. Both now.

In the Holy Spirit is an abyss of divine
gifts, a wealth of glory, a great depth of
judgments; He is identical in glory to the
Father and the Son, for He is worshipped. [SD]

Prokeimenon.

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

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

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

Τῆς Ὀκτωήχου ---

ΑΝΑΓΝΩΣΤΗΣ

Κοντάκιον Ἀναστάσιμον.

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

Ὁ Οἶκος.

Ἐτρεμε κάτωθεν τὰ καταχθόνια σήμερον ὁ Ἄιδης καὶ ὁ θάνατος τὸν ἕνα τῆς Τριάδος, ἡ γῆ ἐκλονεῖτο, πυλωροὶ δὲ Ἄιδου 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. Ἐύλον τοῦτον εἰσήγαγεν· ἐξέρχεσθε οἱ πιστοὶ εἰς τὴν ἀνάστασιν.

Κοντάκιον τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος βαρὺς. Ἀυτόμελον.

Οὐκέτι φλογίνη ῥομφαία φυλάττει τὴν πύλην τῆς Ἐδέμ· αὐτῇ γὰρ ἐπῆλθε παράδοξος σβέσις τὸ ξύλον τοῦ Σταυροῦ, θανάτου τὸ κέντρον, καὶ Ἄιδου τὸ νίκος ἐλήλαται, ἐπέστης δὲ Σωτήρ μου βοῶν τοῖς ἐν Ἄιδῃ· Εἰσάγεσθε πάλιν εἰς τὸν Παράδεισον.

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]

From Octoechos ---

READER

Resurrectional Kontakion.

No longer will death's dominion have power to detain mortal men. For Christ went down and smashed and destroyed its powers. Now Hades is bound, and the Prophets in unison exult and declare: The Savior has appeared to those with faith. Come out, you faithful, to the Resurrection. [SD]

Oikos.

The netherworld below was trembling today -- Hades and Death before One of the Trinity. The earth was convulsing; and the wardens of hell, seeing You, cowered in fear, yet creation all, rejoicing with the Prophets, sings an ode of triumph to You, our Redeemer and God, who now has destroyed the power of Death. To Adam and to those who were born of him let us shout in triumph and cry aloud, "A Tree has brought this man back in. Come out, you faithful, to the Resurrection."

[GKD]

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]

Ὁ Οἶκος.

Τρεῖς σταυροὺς ἐπήξατο ἐν Γολγοθᾶ ὁ Πιλᾶτος, δύο τοῖς ληστεύσασι, καὶ ἓνα τοῦ Ζωοδότου, ὃν εἶδεν ὁ Ἄιδης, καὶ εἶπε τοῖς κάτω· Ὡ λειτουργοί μου καὶ δυνάμεις μου τίς ὁ ἐμπήξας ἦλον τῇ καρδίᾳ μου; ξυλίνη με λόγχῃ ἐκέντησεν ἄφνω καὶ διαρρήσομαι, τὰ ἔνδον μου πονῶ, τὴν κοιλίαν μου ἀλγῶ, τὰ αἰσθητήριά μου, μαιμάσσει τὸ πνευμά μου, καὶ ἀναγκάζομαι ἐξερεύξασθαι τὸν Ἀδάμ καὶ τοὺς ἐξ Ἀδάμ, ξύλω δοθέντας μοι· ξύλον γὰρ τούτους εἰσάγει πάλιν εἰς τὸν Παράδεισον.

Συναξάριον.

Τοῦ Μηναίου.

Τῇ ΚΒ' τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ἁγίου Ἱερομάρτυρος Βασιλείου, Πρεσβυτέρου τῆς Ἀγκυρανῶν Ἐκκλησίας.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη αἱ Ἁγίαι Μάρτυρες, Καλλινίκη καὶ Βασίλισσα, ξίφει τελειοῦνται.

Τῇ αὐτῇ ἡμέρᾳ, μνήμη τῆς Ἁγίας Δροσίδος, θυγατρὸς Τραϊανοῦ τοῦ Βασιλέως, καὶ τῶν σὺν αὐτῇ πέντε Κανονικῶν.

Ὁ Ἅγιος Νέος Ὁσιομάρτυς Εὐθύμιος, ὁ ἐν Κωνσταντινουπόλει ἀθλήσας ἐν ἔτει 1814, ξίφει τελειοῦται.

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Κυριακῇ τρίτῃ τῶν Νηστειῶν, τὴν Προσκύνησιν ἐορτάζομεν τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ.

Στίχοι.

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

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 tree that leads them back again into Paradise." [GKD]

Synaxarion.

From the Menaion.

On March 22 we commemorate the holy hieromartyr Basil, Presbyter of the Church of Ancyra.

On this day we also commemorate the holy women martyrs, Kallinike and Vasilissa, who died by the sword.

On this day we also commemorate St. Drosis, daughter of the emperor Trajan, and the five consecrated virgins with her.

The holy new devout martyr Eftthymios, who contested in Constantinople in the year 1814, died by the sword.

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.

Τῆ αὐτοῦ δυνάμει, Χριστέ ὁ Θεός,
καὶ ἡμᾶς τῶν τοῦ πονηροῦ διαφύλαξον
ἐπιηριῶν, καὶ τὰ θεῖά σου Πάθη, καὶ
τὴν ζωηφόρον Ἀνάστασιν προσκυνῆσαι
ἀξιώσον, τὸ τεσσαρακονθήμερον εὐμαρῶς
διανύσαντας στάδιον, καὶ ἐλέησον ἡμᾶς ὡς
μόνος ἀγαθὸς καὶ φιλόανθρωπος.

ΧΟΡΟΣ

**Καταβασίαι τῆς Γ΄
Κυριακῆς τῶν Νηστειῶν
Ὦδὴ α΄. Ἦχος α΄.**

Ὁ θεϊότατος προετύπωσε πάλαι Μωσῆς,
ἐν Ἐρυθρᾷ θαλάσῃ, διαβιβάσας Ἰσραήλ,
τῷ Σταυρῷ σου τὴν ὑγράν, τῇ ῥάβδῳ τεμῶν,
ᾠδὴν σοι ἐξόδιον, ἀναμέλπων Χριστέ ὁ
Θεός.

Ὦδὴ γ΄.

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

Ὦδὴ δ΄.

Ἐπὶ Σταυροῦ σε Δυνατὲ φωστῆρ ὁ
μέγας κατιδῶν 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.

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 love humanity.

CHOIR

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

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. [SD]

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. [SD]

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. [SD]

Ὦδὴ Ϛ'.

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

Ὦδὴ ϛ'.

Φλογώσεως ὁ Παῖδας ῥυσάμενος σάρκα προσλαβόμενος, ἦλθεν ἐπὶ γῆς καὶ Σταυρῶ προσηλωθεὶς, σωτηρίαν ἡμῖν ἐδώρησατο, ὁ μόνος εὐλογητὸς τῶν Πατέρων Θεός, καὶ ὑπερένδοξος.

Ὦδὴ η'.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

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

ΔΙΑΚΟΝΟΣ

Τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

ΙΕΡΕΥΣ

Ὅτι Ἅγιος εἶ ὁ Θεὸς ἡμῶν, καὶ ἐν Ἁγίοις ἐπαναπαύη, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

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. ^[SD]

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. ^[SD]

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. ^[SD]

DEACON

Let us pray to the Lord.

(Lord, have mercy.)

PRIEST

For you are holy, our God, who rest among the Saints, and to you we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

CHOIR

Amen.

Ἦχος β΄.

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

ΔΙΑΚΟΝΟΣ

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

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

ΔΙΑΚΟΝΟΣ

Σοφία. Ὁρθοί. Ἀκούσωμεν τοῦ ἁγίου Εὐαγγελίου.

ΙΕΡΕΥΣ

Εἰρήνη πᾶσι.

(Καὶ τῷ πνεύματι σου.)

ΙΕΡΕΥΣ

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

(Δόξα σοι, Κύριε, δόξα σοι.)

ΙΕΡΕΥΣ (ἀπὸ τῆς ἁγίας τραπέζης)

Ἐωθινὸν Ζ'
Ἰωάννην Κ' 1-10

Τῇ μιᾷ τῶν Σαββάτων Μαρία ἡ Μαγδαληνὴ ἔρχεται πρωῒ σκοτίας ἔτι οὔσης, εἰς τὸ μνημεῖον καὶ βλέπει τὸν λίθον ἠρμένον ἐκ τοῦ μνημείου. Τρέχει οὖν, καὶ ἔρχεται πρὸς 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 μαθητής, καὶ ἦρχοντο εἰς τὸ μνημεῖον. Ἔτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητής προέδραμε τάχιον τοῦ

Mode 2.

Let everything that breathes praise the Lord. (2) Let everything that breathes praise the Lord. [SAAS]

DEACON

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

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

DEACON

Wisdom. Arise. Let us hear the Holy Gospel.

PRIEST

Peace be with all.

(And with your spirit.)

PRIEST

The reading is from the Holy Gospel according to John.

DEACON

Let us be attentive.

(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 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

Πέτρου, καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας, βλέπει κείμενα τὰ ὀθόνια· οὐ μέντοι εἰσῆλθεν. Ἐρχεται 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 μαθητῆς ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε, καὶ ἐπίστευσε. Οὐδέπω γὰρ ἤδεισαν τὴν Γραφήν, ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. Ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.

(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 ἑβδομάδος.)

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

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]

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

READER

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

[GOA]

CHOIR

Psalm 50 (51).

Mode 2. (or the Mode of the week)

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

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

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

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

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

Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

Ῥαντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὅστέα τεταπεινωμένα.

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

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

Μὴ ἀπορρίψης με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.

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

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

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

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

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

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

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

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

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

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

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

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

Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ
ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.

Ῥῦσαί με ἐξ αἱμάτων, ὁ Θεὸς ὁ Θεὸς τῆς
σωτηρίας μου· ἀγαλλιᾶσεται 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.

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

Καὶ νῦν. **Ὁ αὐτός.**

Τῆς σωτηρίας εὐθυνόν μοι τρίβους,
Θεοτόκε· αἰσχροῖς γὰρ κατερῶύπωσα, τὴν
ψυχὴν ἀμαρτίαις, ὡς ῥαθύμως τὸν βίον μου,
ὅλον ἐκδαπανήσας, ταῖς σαῖς πρεσβεῖαις
ῥῦσαί με, πάσης ἀκαθαρσίας.

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

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

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

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

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

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

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

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

Idiomela from the Triodion.

Glory. **Mode pl. 4.**

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

Both now. **Same Mode.**

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

Ἰδιόμελον. 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 Δαυῖδ βοῶ σοι· Ἐλέησόν με ὁ Θεός, κατὰ τὸ μέγα σου ἔλεος.

ΔΙΑΚΟΝΟΣ

Σῶσον ὁ Θεὸς τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου· ἐπίσκεψαι τὸν κόσμον σου ἐν ἐλέει καὶ οἰκτιρμοῖς· ὕψωσον κέρας Χριστιανῶν ὀρθοδόξων καὶ κατάπεμψον ἐφ' ἡμᾶς τὰ ἐλέη σου τὰ πλούσια· πρεσβείαις τῆς παναχράντου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, δυνάμει τοῦ τιμίου καὶ ζωοποιῦ Σταυροῦ, προστασίαις τῶν τιμίων ἐπουρανίων Δυνάμεων ἀσωμάτων, ἰκεσίαις τοῦ τιμίου ἐνδόξου Προφήτου Προδρόμου καὶ Βαπτιστοῦ Ἰωάννου, τῶν ἁγίων ἐνδόξων καὶ πανευφήμων Ἀποστόλων, τῶν ἐν ἁγίοις Πατέρων ἡμῶν μεγάλων Ἱεραρχῶν καὶ οἰκουμενικῶν Διδασκάλων, Βασιλείου τοῦ Μεγάλου, Γρηγορίου τοῦ Θεολόγου καὶ Ἰωάννου τοῦ Χρυσοστόμου, Ἀθανασίου, Κυρίλλου καὶ Ἰωάννου τοῦ Ἐλεήμονος Πατριαρχῶν Ἀλεξανδρίας· Νικολάου τοῦ ἐν Μύροις, Σπυριδῶνος 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 Χαράλαμπος καὶ Ἐλευθερίου, τῆς

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]

DEACON

O God, save your people and bless your inheritance. Look upon your world with mercy and compassion. Raise the Orthodox Christians in glory, and send down upon us your rich mercies, through the intercessions of our most pure Lady the Theotokos and ever-Virgin Mary, the power of the precious and life giving Cross, the protection of the honorable, bodiless Powers of heaven, the supplications of the honorable and glorious prophet, and forerunner John the Baptist, the holy, glorious, and praiseworthy Apostles, our Fathers among the Saints, the great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom, Athanasios, Cyril, and John the Merciful, patriarchs of Alexandria; Nicholas, bishop of Myra, Spyridon, bishop of Trimythous, Nektarios of Pentapolis, the wonder-workers; the holy, glorious great Martyrs George the Victorious, Demetrios the Myrobletes, Theodore the Teron, and Theodore the General, Menas the Wonderworker, the Hieromartyrs Haralambos and Eleftherios; the holy, glorious, and victorious martyrs; the glorious great Martyr and all-laudable Euphemia; the holy and glorious Martyrs

ἀγίας ἐνδόξου Μεγαλομάρτυρος καὶ πανευφήμου Εὐφημίας· τῶν ἀγίων ἐνδόξων Μαρτύρων Θέκλας, Βαρβάρας, Ἀναστασίας, Αἰκατερίνης, Κυριακῆς, Φωτεινῆς, Μαρίνης, Παρασκευῆς καὶ Εἰρήνης· τῶν ὁσίων καὶ Θεοφόρων Πατέρων ἡμῶν· (τοῦ Ἁγίου τοῦ Ναοῦ)· τῶν ἀγίων καὶ δικαίων Θεοπατόρων Ἰωακείμ καὶ Ἄννης, καὶ πάντων σου τῶν Ἁγίων. Ἰκετεύομέν σε, μόνε 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.

(Ἀμήν.)

ΔΙΑΚΟΝΟΣ

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

ΧΟΡΟΣ

Ὡδὴ 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 ἐνδοξοτέραν, ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Thecla, Barbara, Anastasia, Katherine, Kyriake, Fotene, Marina, Paraskeve and Irene; of our holy God-bearing Fathers; (**local patron saint**); the holy and righteous ancestors of God Joachim and Anna, and of all your Saints. We beseech you, only merciful Lord, hear us sinners who pray to you and have mercy on us.

CHOIR

Lord, have mercy. (12)

PRIEST

Through the mercy, compassion, and love of mankind of your only-begotten Son, with whom you are blessed, together with your all-holy, good and life-giving Spirit, now and forever and to the ages of ages.

(Amen.)

DEACON

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

CHOIR

Ode ix.

Megalynarion. 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. [SD]

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

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

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

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

Στίχ. Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοία καρδίας αὐτῶν.

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

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

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

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

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

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

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

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

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

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

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

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.

ΔΙΑΚΟΝΟΣ

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

(Κύριε, ἐλέησον.)

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

(Κύριε, ἐλέησον.)

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

(Σοί, Κύριε.)

ΙΕΡΕΥΣ

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

(Ἀμήν.)

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

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

Ode ix. Katavasia. Mode 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. [SD]

DEACON

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

(Lord, have mercy.)

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

(Lord, have mercy.)

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

(To You, O Lord.)

PRIEST

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

(Amen.)

ΧΟΡΟΣ

Ἦχος β'.

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. (δίς)

Ἅγιος Κύριος ὁ Θεὸς ἡμῶν. Ὑψοῦτε
Κύριον τὸν Θεὸν ἡμῶν καὶ προσκυνεῖτε τῷ
ὑποποδίῳ τῶν ποδῶν αὐτοῦ.

Ὅτι ἅγιός ἐστι.

τῆς Οκτωήχου ---

Ἐξαποστειλάριον.

Τὸ Ζ' Ἑωθινόν.

Ἦχος β'. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Ὅτι ἦσαν 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.

Ἐξαποστειλάριον. Τοῦ Τριωδίου.

Τοῦ Τριωδίου ---

Ἦχος β'. *Τοῖς Μαθηταῖς συνέλθωμεν.*

Σταυρὸν Χριστοῦ τὸν τίμιον, σήμερον
προτεθέντα ἰδόντες 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.

Θεοτοκίον.

Ἦχος β'. *Τοῖς Μαθηταῖς συνέλθωμεν.*

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,

CHOIR

Mode 2.

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

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

For He is holy.

From Octoechos ---

Exaposteilarion.

The Seventh Eothinon.

Mode 2. *On the mountain.*

When Mary Magdalene had said * that
the Lord had been taken, * to the tomb Simon
Peter ran * as did the other mystic of Christ,
who was the beloved. * Both of them ran
together * and found the linen cloths inside *
by themselves lying, and also not with these
* was the napkin from His head lying rolled
up. * And therefore they went back in peace *
until they saw the Lord Christ. [SD]

Exaposteilarion. From the Triodion.

From Triodion ---

Mode 2. *On the mountain.*

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]

Theotokion.

Mode 2. *On the mountain.*

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.

φθάσαι πάνσεπτα Πάθη, καὶ τὴν λαμπρὰν,
καὶ κοσμοχαρμόσυνον προσκυνῆσαι, τοῦ
Πάσχα κυριώνυμον καὶ φωσφόρον ἡμέραν.

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
ὔδωρ τὸ ὑπεράνω τῶν οὐρανῶν. Αἰνεσάτωσαν τὸ
ὄνομα Κυρίου.

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

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

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

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

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

Τὰ θηρία καὶ πάντα τὰ κτήνη, ἔρπετὰ καὶ
πετεινὰ πτερωτά.

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

Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ
νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη
τὸ ὄνομα αὐτοῦ μόνου.

* 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. 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.

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.

Ἡ ἔξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρασ λαοῦ αὐτοῦ.

Ἦμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραήλ, λαῶ ἐγγίζοντι αὐτῶ.

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

Εὐφρανθήτω Ἰσραήλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιών ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῶ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῶ.

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῶ αὐτοῦ καὶ ὑψώσει πραεῖς 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, ἐλεγμοὺς ἐν τοῖς λαοῖς.

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

Τῆς Ὀκτωήχου ---

Στιχηρὰ Ἀναστάσιμα.

Στιχηρὸν Α'. Ἦχος βαρῦς.

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.

Στιχηρὸν Β'. Ἦχος βαρῦς.

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

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

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.

Sticheron 1. 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 tidings of great joy; O heavens, praise the glory of God. [SD]

Sticheron 2. Grave Mode.

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

Having seen the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless One. [SD]

Στιχηρὸν Γ'. Ἦχος βαρῦς.

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 δείξας τὴν Ἀνάστασιν.

Στιχηρὸν Δ'. Ἦχος βαρῦς.

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 Ἄϊδην τὸ φῶς, ἐπὶ τὸν θάνατον ἢ ζωὴ, ἢ Ἀνάστασις διὰ τοὺς πεσόντας, πρὸς ὃν βοήσωμεν, ὁ Θεὸς ἡμῶν δόξα σοι.

Τοῦ Σταυροῦ.

Τοῦ Τριωδίου ---

Ἦχος δ'. Ως γενναῖον ἐν Μάρτυσι.

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

Ἐν φωναῖς ἀλαλάξωμεν, ἐν ῥοδαῖς 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 ἀτρώτους τοὺς εὐσεβῶς προσκυνοῦντάς σε.

Sticheron 3. Grave Mode.

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

We do not cease to adore the Resurrection of Christ; for He it is who saved us from our iniquities. Holy is Lord Jesus who showed us the Resurrection. [SD]

Sticheron 4. Grave Mode.

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

What shall we give to the Lord in return for all that He has rendered to us? For us did God come among men. For our corrupted nature did the Logos become flesh and dwell among us. The Benefactor came to the ungrateful; the Liberator to the captives; the Sun of Righteousness to those who sit in darkness. He who is dispassionate suffered on the cross; the Light shone in Hell. He who is Life has trampled on death. For the fallen He is the resurrection. Let us cry out to Him, Glory to You our God. [SD]

For the Cross.

From Triodion ---

Mode 4. To a brave one.

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'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]

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

Ἐν φωναῖς ἀλαλάξωμεν, 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 ἀτρώτους 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 Ἔυλον τὸ ἅγιον, χαρισμάτων τὴν
πηγὴν ἀρδομένην τῷ Αἵματι καὶ τῷ ὕδατι
τοῦ Δεσπότη 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
διάσωμα, 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.

*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]

Δόξα. **Τοῦ Τριωδίου.**

Τοῦ Τριωδίου ---

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 εἶπωμεν, ὁ παθῶν
ὑπὲρ ἡμῶν καὶ ἀπαθῆς διαμείνας Θεὸς τῶν
παθῶν ἡμᾶς ῥῦσαι, καὶ σῶσον τὰς ψυχὰς
ἡμῶν.

Τῆς Ὀκτωήχου ---

Καὶ νῦν. **Θεοτοκίον.**

Ὑπερευλογημένη 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.

Ἡ Μεγάλη Δοξολογία

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

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

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

Glory. **From the Triodion.**

From Triodion ---

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." [GKD]

From Octoechos ---

Both now. **Theotokion.**

You are supremely blessed, O Virgin
Theotokos. For through Him who from you
became incarnate was Hades taken prisoner,
and Adam has been summoned back; the
curse has been neutralized, and Eve has
been liberated; death has been put to death,
and we have been brought to life. Therefore
extolling we cry out: O Christ our God, You
are blessed, for so was Your good pleasure.
Glory to You! [SD]

Great Doxology

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

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

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

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

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

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

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

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

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

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

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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 ἥμαρτόν σοι.

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

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.

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

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

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

Καὶ νῦν καὶ ἀεὶ, 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)

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 χειρὰς 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 τῇ σῇ
δυνάμει, Ἰσμαηλίτην λαόν, κραταιῶς
ὑποτάττοντες. Σὲ νῦν μετὰ φόβου,
Χριστιανοὶ ἀσπαζόμεθα, καὶ τὸν ἐν σοὶ
προσπαγέντα Θεὸν δοξάζομεν λέγοντες·
Κύριε ὁ ἐν αὐτῷ προσπαγεῖς, ἐλέησον ἡμᾶς
ὡς ἀγαθὸς καὶ φιλόανθρωπος.

Ἦχος πλ. δ'.

Σήμερον ὁ Δεσπότης τῆς Κτίσεως,
καὶ Κύριος τῆς δόξης, τῷ Σταυρῷ

PRIEST

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

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 You love humanity.'" [SD]

Mode pl. 4.

Today the Master of creation and Lord of
glory is nailed to the Cross and He is pierced

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

Δόξα. **Ἦχος πλ. δ'.**

Σήμερον ὁ ἀπρόσιτος τῇ οὐσίᾳ προσιτός
 μοι γίνεται, καὶ πάσχει πάθη, ἐλευθερῶν
 με τῶν παθῶν, ὁ φῶς παρέχων τυφλοῖς
 ὑπὸ ἀνόμων χειλέων ἐμπτύεται, καὶ
 δίδωσι τὸν νῶτον ὑπὲρ αἰχμαλώτων εἰς
 μάστιγας. Τοῦτον ἡ Ἀγνή 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. **Ἦχος 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

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 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 tree of
 salvation, we have obtained the freedom

ἐτύχομεν, πρεσβείαις τῆς Θεοτόκου, μόνε
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 βαρβάρων δωρούμενος,
καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου
πολίτευμα.

ἦ·

ᾠχος πλ. δ'. (ἡ τῆς ἐβδομάδος.)

Αναστὰς ἐκ τοῦ μνήματος, καὶ τὰ δεσμὰ
διαρρήξας τοῦ Ἄιδου, ἔλυσας τὸ κατάκριμα,
τοῦ θανάτου Κύριε, πάντα ἐκ τῶν παγίδων
τοῦ ἐχθροῦ ῥυσάμενος, ἐμφανίσας σεαυτὸν
τοῖς, Αποστόλοις σου, ἐξαπέστειλας αὐτοὺς
ἐπὶ τὸ κήρυγμα, καὶ δι' αὐτῶν τὴν εἰρήνην
παρέσχες τῇ οἰκουμένῃ, μόνε πολυέλεε.

ἢ ὡς συνήθως·

ᾠχος δ'. (ἡ τῆς ἐβδομάδος.)

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

from the passions that come from sin, by the
intercessions of the Theotokos, O only Lord
who loves humanity. [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 the enemy, and by Your Cross protecting
Your commonwealth. [GOA]

or:

Mode pl. 4. (or the Mode of the week)

When You rose from the sepulcher and
broke the bonds of Hades, You repealed the
sentence of death, O Lord, and delivered all
from the snares of the enemy. And when You
showed yourself to Your Apostles, You sent
them out to preach, and through them You
granted peace to the whole world, O only
very merciful One. [SD]

Or, according to common practice:

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]