

**The Service of Matins**  
**Memory of our Devout Mother Theodora of Alexandria**

**Maui Greek Orthodox Christian Mission**

*Metropolis of San Francisco*

*Greek Orthodox Archdiocese of America*

*Service held at Saint Theresa Church*

*Kihei, Maui, Hawaii*

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**Maui Greek Orthodox Christian Mission Project**  
**for a Daily Sequential Hymnal in English**

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## Part I

# ROYAL OFFICE

### 1. THE ENARXIS

#### A. Blessed is our God

DEACON

Blessed is our God, always, now, and ever, and to the ages of ages.

PEOPLE



#### B. Heavenly King

DEACON

Glory to You, O God, glory to You.

Heavenly King, Comforter, the Spirit of truth, present everywhere and filling all things, Treasury of good things and Giver of life: come and dwell in us, cleanse us of every impurity; and save our souls, O good One.

PEOPLE



**C. Trisagion****READER**

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

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

All-holy Trinity, have mercy on us. Lord, cleanse us of our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for Your name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, Who art in the heavens, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, (*intoned*) but deliver us from the evil one.

**DEACON**

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

**PEOPLE**

A - men

**D. The Royal Hymns***1. Troparion of the Cross***READER**

O Lord, save Your people, and bless Your inheritance; grant victory to the rulers against the adversaries of the faith, and protect Your commonwealth through Your holy Cross.

*2. Kontakion of the Cross*

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

You, O Christ our God, Who chose of Your own will to be lifted up on the Cross, grant Your mercies to Your new commonwealth which is called by Your name. In Your power, gladden the hearts of our faithful rulers against those who war against them, having Your alliance as their weapon of peace, an invincible standard.

*3. Theotokion*

Now and ever, and to the ages of ages. Amen.

Awesome and blameless protection, do not overlook our petitions, O pure and praiseworthy Theotokos.

Make firm the community of the Orthodox, save those whom you have called to rule, and grant them victory from heaven (*intoned*) for you bore God, only blessed one.

**E. Ektene****DEACON**

Have mercy on us, O God, according to Your great mercy; we beseech You, hear us and have mercy.

## CHOIR



## DEACON

Again we pray for pious and Orthodox Christians.

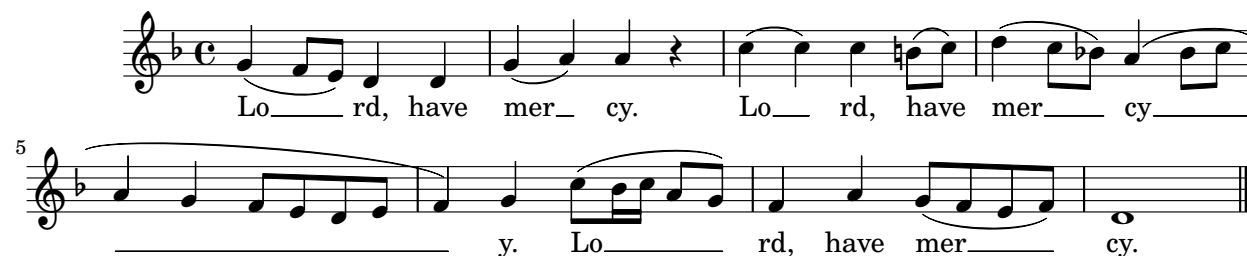
## CHOIR



## DEACON

Again we pray for our Archbishop Gerasimos, and for all our brotherhood in Christ.

## CHOIR



## DEACON

Truly You are a merciful God Who loves mankind, and to You we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

## CHOIR

(*intoned*) Amen.



## Part II

# MONASTIC NOCTURNES

### 2. ENARXIS OF THE ORTHROS

#### A. Glory to the Trinity

##### CHOIR

*(intoned)* In the name of the Lord, Father, bless.

##### DEACON

Glory to the holy, consubstantial, life-creating and undivided Trinity, always; now and ever,  
and to the ages of ages.

##### PEOPLE



#### B. Introductory Verses

##### READER

Glory to God in the highest, and peace on earth, good will to men. (3)

O Lord, open my lips, and my mouth shall show forth Your praise. (2)

**C. Hexapsalmos****PEOPLE***1. Psalm 3*

O Lord, why are those who afflict me multiplied?

Many rise up against me. Many say to my soul: there is no salvation for him in his God.

But You, O Lord, are my Helper, my Glory, and the One who lifts up my head.

I cried to the Lord with my voice, and He heard me out of His holy mountain.

I laid down and slept; I awoke, for the Lord will help me.

I will not be afraid of ten thousands of people that set themselves round about against me.

Rise, O Lord; save me, my God; for You have struck down all who without cause are my enemies; You have broken the teeth of sinners.

Salvation is of the Lord, and Your blessing is on Your people.

I laid down and slept; I awoke, for the Lord will help me.

*2. Psalm 37 (38)*

O Lord, do not rebuke me in Your anger, nor chasten me in Your wrath!

For Your arrows are fastened in me, and You have laid Your hand heavily upon me.

There is no healing in my flesh in the face of Your wrath; and there is no peace in my bones in the face of my sins.

For my iniquities have risen higher than my head; they have pressed heavily on me as a heavy burden.

My wounds have become foul and festering in the face of my foolishness.

I have been wretched and utterly bowed down until the end; I went all the day long with downcast face.

For my loins are filled with inflammation, and there is no healing in my flesh.

I am afflicted and exceedingly humbled, I have groaned from the turmoil of my heart.

O Lord, all my desire is before You, and my groaning is not hidden from You.

My heart is troubled, my strength has failed me; and the light of my eyes, even this is not with me.

My friends and my neighbors drew near over against me and stood, and my nearest of kin stood afar off.

And those who sought after my soul used violence; and those who sought evils for me spoke vain things, and they meditated deception all the day long.

But as for me, like a deaf man I did not hear them, and I was as a speechless man who does not open his mouth.

And I became as a man that does not hear, and that has no reproofs in his mouth.

For I have hoped in You, O Lord; You will hear me, Lord my God.

For I said: Let my enemies never rejoice over me; indeed, when my feet were shaken, those

men spoke boastful words against me.

For I am ready for scourges, and my sorrow is continually before me.

For I will declare my iniquity, and I will anguish concerning my sin.

But my enemies live and are made stronger than I, and those who hated me unjustly are multiplied.

Those who render me evil for good slandered me, because I pursued goodness.

Do not forsake me, O Lord my God, do not depart from me. Be attentive to my help, O Lord of my salvation. (2)

*3. Psalm 62 (63)*

O God, my God, to You I rise early at dawn.

My soul has thirsted for You; how often has my flesh longed after You in a land barren and untrodden and unwatered.

So I have appeared before You in the sanctuary to see Your power and Your glory.

For Your mercy is better than lives; my lips shall praise You.

So shall I bless You in my life, and I will lift up my hands in Your name.

Let my soul be filled as with marrow and fatness, and my mouth shall praise You with lips of rejoicing.

If I remembered You on my bed, I meditated on You at the dawn.

For You have become my Helper; I will rejoice in the shelter of Your wings.

My soul has cleaved after You, Your right hand has been quick to help me.

But as for those who in vain have sought after my soul, they shall go into the lowest parts of the earth, they shall be surrendered to the edge of the sword, they shall be portions for foxes.

But the king shall be glad in God; everyone shall be praised that swears by Him; for the mouth of those who speak unjust things is stopped.

At the dawn I meditated on You; for You have become my Helper; in the shelter of Your wings I will rejoice.

My soul has cleaved after You, Your right hand has been quick to help me.

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

Alleluia, alleluia, alleluia. Glory to You, O God.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

*4. Psalm 87 (88)*

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

O Lord, God of my salvation, I have cried by day and by night before You.

Let my prayer come before You, bow down Your ear to my supplication.

For my soul is filled with evils, and my life has drawn near to Hades.

I am counted with those who go down into the pit; I have become as a man without help, free among the dead.

I am like the bodies of the slain that sleep in the grave, Whom You remember no more, and who are cut off from Your hand.

They laid me in the lowest pit, in darkness and the shadow of death.

Your anger lies heavily on me, and You have afflicted me with all Your waves.

You have removed my friends far from me; they have made me an abomination to themselves.

I have been delivered up, and have not come forth; my eyes have grown weak from poverty.

I have cried to You, O Lord, the whole day long; I have stretched out my hands to You.

No, will You work wonders for the dead? Or shall physicians raise them up that they may give thanks to You?

No, shall any in the grave tell of Your mercy, and of Your truth in that destruction?

No, shall Your wonders be known in that darkness, and Your righteousness in that land that is forgotten?

But as for me, I have cried to You, O Lord; and in the morning my prayer shall come before You.

O Lord, why do You therefore cast off my soul and turn Your face away from me?

I am as a poor man, and in troubles from my youth; indeed, having been exalted, I was humbled and brought to distress.

Your fierce wrath has gone over me, and Your terrors have sorely troubled me.

They came around me all day long like water, they engulfed me altogether.

Because of my misery You have removed friend and neighbor and my acquaintances far from me.

O Lord God of my salvation, I have cried by day and by night before You.

Let my prayer come before You, bow down Your ear to my supplication!

*5. Psalm 102 (103)*

Bless the Lord, O my soul; and all that is within me, bless His holy name.

Bless the Lord, O my soul, and do not forget all that He has done for you.

Who is gracious to all your iniquities, Who heals all your infirmities.

Who redeems your life from corruption, Who crowns you with mercy and compassion.

Who fulfills your desire with good things; your youth shall be renewed as the eagle's.

The Lord does deeds of mercy, and executes judgment for all those who are wronged.

He has made His ways known to Moses, the things that He has willed to the sons of Israel.

The Lord is compassionate and merciful, long-suffering and plenteous in mercy; He will not be angered to the end, neither will He be angry to eternity.

He has not dealt with us according to our iniquities, neither has He rewarded us according

to our sins.

For according to the height of heaven from the earth, so has the Lord made His mercy to prevail over those who fear Him.

As far as the east is from the west, so far has He removed our iniquities from us.

Like a father has compassion on his sons, so has the Lord had compassion on those who fear Him; for He knows of what we are made, He has remembered that we are dust.

As for man, his days are as the grass; as a flower of the field, so shall he blossom forth.

For when the wind passes over it, then it shall be gone, and its place will no longer remember it.

But the mercy of the Lord is from eternity, even to eternity, on those who fear Him.

And His righteousness is on sons of sons, on those who keep His testament and remember to do His commandments.

The Lord in heaven has prepared His throne, and His kingdom rules over all.

Bless the Lord, O all you His Angels, mighty in strength, that perform His word, to hear the voice of His words.

Bless the Lord, O all you His hosts, His ministers that do His will.

Bless the Lord, O all you His works, in every place of His dominion; bless the Lord, my soul.  
(2)



*6. Psalm 142 (143)*

O Lord, hear my prayer, in Your truth give ear to my supplications; hear me in Your righteousness.

And do not enter into judgment with Your servant, for in Your sight no man living shall be justified.

For the enemy has persecuted my soul; he has humbled my life down to the earth.

He has sat me in darkness as those who have been long dead, and my spirit within me has become despondent; my heart within me is troubled.

I remembered days of old, I meditated on all Your works, I pondered on the creations of Your hands.

I stretched forth my hands to You; my soul thirsts after You like a waterless land.

Quickly hear me, O Lord; my spirit has fainted away.

Do not turn Your face from me, lest I be like those who go down into the pit.

Cause me to hear Your mercy in the morning; for I have put my hope in You.

Cause me to know, O Lord, the way in which I should walk; for I have lifted up my soul to You.

Rescue me from my enemies, O Lord; I have fled to You for refuge.

Teach me to do Your will, for You are my God.

Your good Spirit shall lead me in the land of uprightness; You shall quicken me for Your

name's sake, O Lord.

In Your righteousness You shall bring my soul out of affliction, and in Your mercy You shall utterly destroy my enemies.

And You shall cut off all those who afflict my soul, for I am Your servant.

Hear me in Your righteousness, O Lord, and do not enter into judgment with Your servant.

(2)

Let Your good spirit lead me on a level path!

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

Alleluia, alleluia, alleluia. Glory to You, O God.

Alleluia, alleluia, alleluia. Glory to You, O God.

## **CHOIR**

(*intoned*) Alleluia, alleluia, alleluia; Glory to You, O God. Lord, my Hope, glory to You.

**D. Great Synapte (Litany of Peace)**

**DEACON**

In peace let us pray to the Lord.

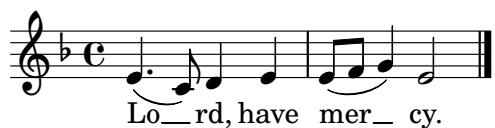
**CHOIR**



**DEACON**

For the peace from above and for the salvation of our souls, let us pray to the Lord.

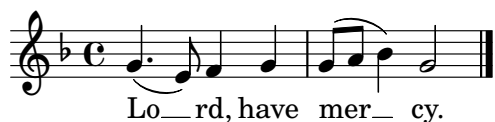
**CHOIR**



**DEACON**

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

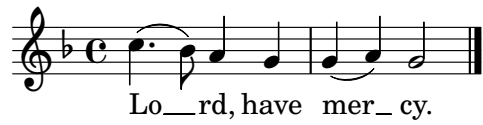
**CHOIR**



**DEACON**

For this holy house and for those who enter with faith, reverence, and the fear of God, let us pray to the Lord.

## CHOIR



## DEACON

For pious and Orthodox Christians, let us pray to the Lord.

## CHOIR



## DEACON

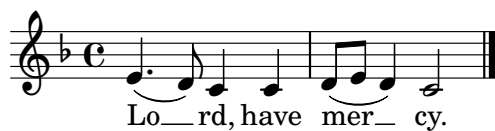
For our Archbishop Gerasimos, the honorable presbyterate, the diaconate in Christ, and for all the clergy and the laity, let us pray to the Lord.

## CHOIR



**DEACON**

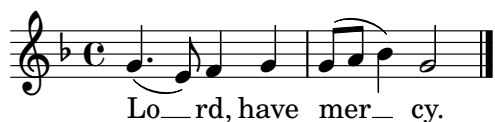
For the president of our country, for all civil authorities, and for our armed forces on land, at sea, and in the air, let us pray to the Lord.

**CHOIR****DEACON**

For this city, for every city and land, and for the faithful who dwell in them, let us pray to the Lord.

**CHOIR****DEACON**

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

**CHOIR**

## DEACON

For travelers by sea, land and air; the sick, the suffering, the captives and their salvation,  
let us pray to the Lord.

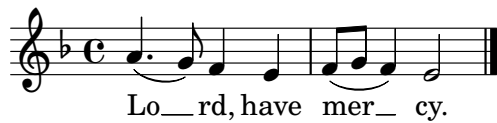
CHOIR



## DEACON

For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.

CHOIR



## DEACON

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

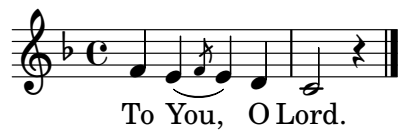
CHOIR



## DEACON

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

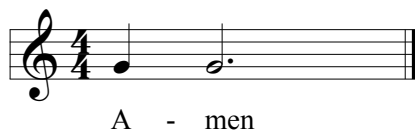
**CHOIR**



**DEACON**

For to You belong all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever, and to the ages of ages.

**CHOIR**



## Part III

## MORNING VIGIL

## 3. GOD IS THE LORD

Mode pl. 4f. *Ga=F.*

Diatonic F

8 God is the Lord and He re - vealed him - self to us.

C F

8 Bless - ed is He who comes in the name of the Lord.

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

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

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



## A. Apolytikion

*For the Devout Woman. Mode pl. 4. O lord, thou didst stand.*

In you, Mo - ther, is pre - served un - dis - tor - ted what  
 was made in the im - age of God; for tak - ing up the  
 cross, you foll - owed Christ and by ex - am - ple taught, that we should  
 ov - er - look the flesh, since it pass - es a - way, and in -  
 stead - look af - ter the soul, since it is im - mor - tal.  
 Your spir - it re - joic - es with the an - gels.

## CHOIR

(intoned) Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages.

*Apolytikion of the Feast. Mode 4. Vu=E.*

Soft Chromatic E G

8 Your Na - tiv - i - ty, O The - o - to - kos, im - part - ed

E D G D

8 joy to the en - tire earth, for out of you has ris - en the Sun of

E G

8 Right - eous - ness, Christ our God. He nul - li - fied the

E

8 curse and in - stead gave His bles - sing; and caus - ing death to be

8 neu - tral - ized, He grant - ed us e - ter - nal life.

Final Ending E F G

8 He grant - ed us e - ter - nal life.

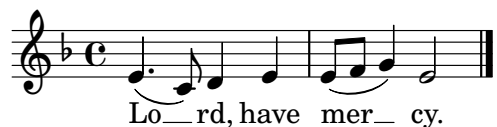
*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 16. It would be preceded by the short litany.*

**B. Small Synapte (For Yours is the dominion...)****DEACON**

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

**CHOIR****DEACON**

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

**CHOIR****DEACON**

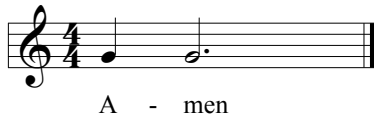
Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

**CHOIR**

**DEACON**

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.

**CHOIR**



**4. KATHISMA****A. Sixteenth Kathisma***1. Psalm 109**Stasis 1*

The Lord said to my Lord, “Sit at My right hand, Till I make Your enemies Your footstool.

The Lord shall send the rod of Your strength out of Zion. Rule in the midst of Your enemies!

Your people shall be volunteers In the day of Your power; In the beauties of holiness, from the womb of the morning, You have the dew of Your youth.

The Lord has sworn And will not relent, “You are a priest forever According to the order of Melchizedek.

The Lord is at Your right hand; He shall execute kings in the day of His wrath.

He shall judge among the nations, He shall fill the places with dead bodies, He shall execute the heads of many countries.

He shall drink of the brook by the wayside; Therefore He shall lift up the head.

*2. Psalm 110*

Praise the Lord! I will praise the Lord with my whole heart, In the assembly of the upright and in the congregation.

The works of the Lord are great, Studied by all who have pleasure in them.

His work is honorable and glorious, And His righteousness endures forever.

He has made His wonderful works to be remembered; The Lord is gracious and full of compassion.

He has given food to those who fear Him; He will ever be mindful of His covenant.

He has declared to His people the power of His works, In giving them the heritage of the nations.

The works of His hands are verity and justice; All His precepts are sure.

They stand fast forever and ever, And are done in truth and uprightness.

He has sent redemption to His people; He has commanded His covenant forever: Holy and awesome is His name.

The fear of the Lord is the beginning of wisdom; A good understanding have all those who do His commandments. His praise endures forever.

### 3. *Psalm 111*

Praise the Lord! Blessed is the man who fears the Lord, Who delights greatly in His commandments.

His descendants will be mighty on earth; The generation of the upright will be blessed.

Wealth and riches will be in his house, And his righteousness endures forever.

Unto the upright there arises light in the darkness; He is gracious, and full of compassion, and righteous.

A good man deals graciously and lends; He will guide his affairs with discretion.

Surely he will never be shaken; The righteous will be in everlasting remembrance.

He will not be afraid of evil tidings; His heart is steadfast, trusting in the Lord.

His heart is established; He will not be afraid, Until he sees his desire upon his enemies.

He has dispersed abroad, He has given to the poor; His righteousness endures forever; His horn will be exalted with honor.

The wicked will see it and be grieved; He will gnash his teeth and melt away; The desire of the wicked shall perish.

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia; glory to you, O God. (3)

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

#### 4. Psalm 112

##### *Stasis 2*

Praise the Lord! Praise, O servants of the Lord, Praise the name of the Lord!

Blessed be the name of the Lord From this time forth and forevermore!

From the rising of the sun to its going down The Lords name is to be praised.

The Lord is high above all nations, His glory above the heavens.

Who is like the Lord our God, Who dwells on high, Who humbles Himself to behold The things that are in the heavens and in the earth?

He raises the poor out of the dust, And lifts the needy out of the ash heap, That He may seat him with princes—with the princes of His people.

He grants the barren woman a home, Like a joyful mother of children.

5. *Psalm 113*

Praise the Lord! When Israel went out of Egypt, The house of Jacob from a people of strange language, Judah became His sanctuary, And Israel His dominion.

The sea saw it and fled; Jordan turned back. The mountains skipped like rams, The little hills like lambs.

What ails you, O sea, that you fled? O Jordan, that you turned back? O mountains, that you skipped like rams? O little hills, like lambs?

Tremble, O earth, at the presence of the Lord, At the presence of the God of Jacob, Who turned the rock into a pool of water, The flint into a fountain of waters.

6. *Psalm 114*

Not unto us, O Lord, not unto us, But to Your name give glory, Because of Your mercy, Because of Your truth.

Why should the Gentiles say, “So where is their God?

But our God is in heaven; He does whatever He pleases. Their idols are silver and gold,



The work of mens hands.

They have mouths, but they do not speak; Eyes they have, but they do not see; They have ears, but they do not hear; Noses they have, but they do not smell; They have hands, but they do not handle; Feet they have, but they do not walk; Nor do they mutter through their throat.

Those who make them are like them; So is everyone who trusts in them.

O Israel, trust in the Lord; He is their help and their shield.

O house of Aaron, trust in the Lord; He is their help and their shield.

You who fear the Lord, trust in the Lord; He is their help and their shield.

The Lord has been mindful of us; He will bless us; He will bless the house of Israel; He will bless the house of Aaron.

He will bless those who fear the Lord, Both small and great.

May the Lord give you increase more and more, You and your children.

May you be blessed by the Lord, Who made heaven and earth.

The heaven, even the heavens, are the Lords; But the earth He has given to the children of men.

The dead do not praise the Lord, Nor any who go down into silence.

But we will bless the Lord From this time forth and forevermore.

## 7. Psalm 115

*Stasis 3*

Praise the Lord! I love the Lord, because He has heard my voice and my supplications.

Because He has inclined His ear to me, Therefore I will call upon Him as long as I live.

The pains of death surrounded me, And the pangs of Sheol laid hold of me; I found trouble and sorrow.

Then I called upon the name of the Lord: “O Lord, I implore You, deliver my soul!

Gracious is the Lord, and righteous; Yes, our God is merciful.

The Lord preserves the simple; I was brought low, and He saved me.

Return to your rest, O my soul, For the Lord has dealt bountifully with you.

For You have delivered my soul from death, My eyes from tears, And my feet from falling.

I will walk before the Lord In the land of the living.

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia; glory to you, O God. (3)

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

I believed, therefore I spoke, “I am greatly afflicted.

I said in my haste, “All men are liars.

What shall I render to the Lord For all His benefits toward me?

I will take up the cup of salvation, And call upon the name of the Lord.

I will pay my vows to the Lord Now in the presence of all His people.

Precious in the sight of the Lord Is the death of His saints.

O Lord, truly I am Your servant; I am Your servant, the son of Your maidservant; You have loosed my bonds.

I will offer to You the sacrifice of thanksgiving, And will call upon the name of the Lord.

I will pay my vows to the Lord Now in the presence of all His people, In the courts of the Lord’s house, In the midst of you, O Jerusalem.

8. *Psalm 116*

Praise the Lord, all you Gentiles! Laud Him, all you peoples! For His merciful kindness is great toward us, And the truth of the Lord endures forever.

9. *Psalm 117*

Praise the Lord! Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Let Israel now say, “His mercy endures forever.”

Let the house of Aaron now say, “His mercy endures forever.”

Let those who fear the Lord now say, "His mercy endures forever."

I called on the Lord in distress; The Lord answered me and set me in a broad place.

The Lord is on my side; I will not fear. What can man do to me?

The Lord is for me among those who help me; Therefore I shall see my desire on those who hate me.

It is better to trust in the Lord Than to put confidence in man.

It is better to trust in the Lord Than to put confidence in princes.

All nations surrounded me, But in the name of the Lord I will destroy them.

They surrounded me, Yes, they surrounded me; But in the name of the Lord I will destroy them.

They surrounded me I like bees; They were quenched like a fire of thorns; For in the name of the Lord I will destroy them.

You pushed me violently, that I might fall, But the Lord helped me.

The Lord is my strength and song, And He has become my salvation.

The voice of rejoicing and salvation Is in the tents of the righteous; The right hand of the Lord does valiantly.

The right hand of the Lord is exalted; The right hand of the Lord does valiantly.

I shall not die, but live, And declare the works of the Lord. The Lord has chastened me severely, But He has not given me over to death.

Open to me the gates of righteousness; I will go through them, And I will praise the Lord.

This is the gate of the Lord, Through which the righteous shall enter.

I will praise You, For You have answered me, And have become my salvation.

The stone which the builders rejected Has become the chief cornerstone.

This was the Lords doing; It is marvelous in our eyes. This is the day the Lord has made;  
We will rejoice and be glad in it.

Save now, I pray, O Lord; O Lord, I pray, send now prosperity. Blessed is he who comes in  
the name of the Lord!

We have blessed you from the house of the Lord. God is the Lord, And He has given us  
light; Bind the sacrifice with cords to the horns of the altar.

You are my God, and I will praise You; You are my God, I will exalt You.

Oh, give thanks to the Lord, for He is good! For His mercy endures forever.

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages  
of ages. Amen.

Alleluia, Alleluia, Alleluia; glory to you, O God. (3)

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages  
of ages. Amen.

### B. Kathismata of the First Reading

*From the Menaion. Mode 4. On this day thou hast appeared (You appeared today).*

*E* *D* *E*

Shin - ing bright - ly are the rays of the un - i - ver -

*D* *E*

sal cel - e - bra - tion here on earth, on the oc - ca - sion

*C*

of your birth, and they il - lu - mine our minds as we ex -

tol you, Mar - y the Mo - ther and Vir - gin pure.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages.

*The hymn of the first Kathisma is repeated.*

Shining brightly are the rays \* of universal \* celebration here on earth, \* on the occasion of  
your birth, \* and they illumine our minds as we \* extol you, Mary, the Mother and Virgin  
pure. [SD]

*The appointed Kathisma of the Psalter may be read, i.e. Kathisma 17.*

**C. Seventeenth Kathisma***1. Psalm 118 (119)**Stasis 1*

## 1

Blessed are the undefiled in the way, Who walk in the law of the Lord!

Blessed are those who keep His testimonies, Who seek Him with the whole heart!

They also do no iniquity; They walk in His ways.

You have commanded us To keep Your precepts diligently.

Oh, that my ways were directed To keep Your statutes!

Then I would not be ashamed, When I look into all Your commandments.

I will praise You with uprightness of heart, When I learn Your righteous judgments.

I will keep Your statutes; Oh, do not forsake me utterly!

## 2

How can a young man cleanse his way?

By taking heed according to Your word.

With my whole heart I have sought You; Oh, let me not wander from Your commandments!

Your word I have hidden in my heart, That I might not sin against You.

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

With my lips I have declared All the judgments of Your mouth.

I have rejoiced in the way of Your testimonies, As much as in all riches.

I will meditate on Your precepts, And contemplate Your ways.

I will delight myself in Your statutes; I will not forget Your word.

3

Deal bountifully with Your servant, That I may live and keep Your word.

Open my eyes, that I may see Wondrous things from Your law.

I am a stranger in the earth; Do not hide Your commandments from me.

My soul breaks with longing For Your judgments at all times.

You rebuke the proud—the cursed, Who stray from Your commandments.

Remove from me reproach and contempt, For I have kept Your testimonies.

Princes also sit and speak against me, But Your servant meditates on Your statutes.

Your testimonies also are my delight And my counselors.

4

My soul clings to the dust; Revive me according to Your word.

I have declared my ways, and You answered me; Teach me Your statutes.



Make me understand the way of Your precepts; So shall I meditate on Your wonderful works.

My soul melts from heaviness; Strengthen me according to Your word.

Remove from me the way of lying, And grant me Your law graciously.

I have chosen the way of truth; Your judgments I have laid before me.

I cling to Your testimonies; O Lord, do not put me to shame!

I will run the course of Your commandments, For You shall enlarge my heart.

5

Teach me, O Lord, the way of Your statutes, And I shall keep it to the end.

Give me understanding, and I shall keep Your law; Indeed, I shall observe it with my whole heart.

Make me walk in the path of Your commandments, For I delight in it.

Incline my heart to Your testimonies, And not to covetousness.

Turn away my eyes from looking at worthless things, And revive me in Your way.

Establish Your word to Your servant, Who is devoted to fearing You.

Turn away my reproach which I dread, For Your judgments are good.

Behold, I long for Your precepts; Revive me in Your righteousness.

## 6

Let Your mercies come also to me, O Lord— Your salvation according to Your word.

So shall I have an answer for him who reproaches me, For I trust in Your word.

And take not the word of truth utterly out of my mouth, For I have hoped in Your ordinances.

So shall I keep Your law continually, Forever and ever.

And I will walk at liberty, For I seek Your precepts.

I will speak of Your testimonies also before kings, And will not be ashamed.

And I will delight myself in Your commandments, Which I love.

My hands also I will lift up to Your commandments, Which I love, And I will meditate on Your statutes.

## 7

Remember the word to Your servant, Upon which You have caused me to hope.

This is my a comfort in my affliction, For Your word has given me life.

The proud have me in great derision, Yet I do not turn aside from Your law.

I remembered Your judgments of old, O Lord, And have comforted myself.

Indignation has taken hold of me Because of the wicked, who forsake Your law.

Your statutes have been my songs In the house of my pilgrimage.

I remember Your name in the night, O Lord, And I keep Your law.

This has become mine, Because I kept Your precepts.

8

You are my portion, O Lord; I have said that I would keep Your words.

I entreated Your favor with my whole heart; Be merciful to me according to Your word.

I thought about my ways, And turned my feet to Your testimonies.

I made haste, and did not delay To keep Your commandments.

The cords of the wicked have bound me, But I have not forgotten Your law.

At midnight I will rise to give thanks to You, Because of Your righteous judgments.

I am a companion of all who fear You, And of those who keep Your precepts.

The earth, O Lord, is full of Your mercy; Teach me Your statutes.

9

You have dealt well with Your servant, O Lord, according to Your word.

Teach me good judgment and knowledge, For I believe Your commandments.

Before I was i afflicted I went astray, But now I keep Your word.

You are good, and do good; Teach me Your statutes.

The proud have forged a lie against me, But I will keep Your precepts with my whole heart.

Their heart is as fat as grease, But I delight in Your law.

It is good for me that I have been afflicted, That I may learn Your statutes.

The law of Your mouth is better to me Than thousands of coins of gold and silver.

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia; glory to you, O God. (3)

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

*Stasis 2*

10

Your hands have made me and fashioned me; Give me understanding, that I may learn Your commandments.

Those who fear You will be glad when they see me, Because I have hoped in Your word.

I know, O Lord, that Your judgments are right, And that in faithfulness You have afflicted me.

Let, I pray, Your merciful kindness be for my comfort, According to Your word to Your servant.

Let Your tender mercies come to me, that I may live; For Your law is my delight.

Let the proud be ashamed, For they treated me wrongfully with falsehood; But I will meditate on Your precepts.

Let those who fear You turn to me, Those who know Your testimonies.

Let my heart be blameless regarding Your statutes, That I may not be ashamed.

11

My soul faints for Your salvation, But I hope in Your word.

My eyes fail from searching Your word, Saying, “When will You comfort me?”

For I have become like a wineskin in smoke, Yet I do not forget Your statutes. How many are the days of Your servant?

When will You execute judgment on those who persecute me?

The proud have dug pits for me, Which is not according to Your law.

All Your commandments are faithful; They persecute me wrongfully; Help me!

They almost made an end of me on earth, But I did not forsake Your precepts.

Revive me according to Your lovingkindness, So that I may keep the testimony of Your mouth.

12

Forever, O Lord, Your word is settled in heaven.

Your faithfulness endures to all generations; You established the earth, and it abides.

They continue this day according to Your ordinances, For all are Your servants.

Unless Your law had been my delight, I would then have perished in my affliction.

I will never forget Your precepts, For by them You have given me life.

I am Yours, save me; For I have sought Your precepts.

The wicked wait for me to destroy me, But I will consider Your testimonies.

I have seen the consummation of all perfection, But Your commandment is exceedingly broad.

13

Oh, how I love Your law! It is my meditation all the day.

You, through Your commandments, make me wiser than my enemies; For they are ever with me.

I have more understanding than all my teachers, For Your testimonies are my meditation.

I understand more than the ancients, Because I keep Your precepts.

I have restrained my feet from every evil way, That I may keep Your word.

I have not departed from Your judgments, For You Yourself have taught me.

How sweet are Your words to my taste, Sweeter than honey to my mouth!

Through Your precepts I get understanding; Therefore I hate every false way.

## 14

Your word is a lamp to my feet And a light to my path.

I have sworn and confirmed That I will keep Your righteous judgments.

I am afflicted very much; Revive me, O Lord, according to Your word.

Accept, I pray, the freewill offerings of my mouth, O Lord, And teach me Your judgments.

My life is continually in my hand, Yet I do not forget Your law.

The wicked have laid a snare for me, Yet I have not strayed from Your precepts.

Your testimonies I have taken as a heritage forever, For they are the rejoicing of my heart.

I have inclined my heart to perform Your statutes Forever, to the very end.

## 15

I hate the double-minded, But I love Your law.

You are my hiding place and my shield; I hope in Your word.

Depart from me, you evildoers, For I will keep the commandments of my God!

Uphold me according to Your word, that I may live; And do not let me be ashamed of my hope.

Hold me up, and I shall be safe, And I shall observe Your statutes continually.

You reject all those who stray from Your statutes, For their deceit is falsehood.

You put away all the wicked of the earth like dross; Therefore I love Your testimonies.

My flesh trembles for fear of You, And I am afraid of Your judgments.

16

I have done justice and righteousness; Do not leave me to my oppressors.

Be surety for Your servant for good; Do not let the proud oppress me.

My eyes fail from seeking Your salvation And Your righteous word.

Deal with Your servant according to Your mercy, And teach me Your statutes.

I am Your servant; Give me understanding, That I may know Your testimonies.

It is time for You to act, O Lord, For they have regarded Your law as void.

Therefore I love Your commandments More than gold, yes, than fine gold!

Therefore all Your precepts concerning all things I consider to be right; I hate every false way.

17

Your testimonies are wonderful; Therefore my soul keeps them.

The entrance of Your words gives light; It gives understanding to the simple.

I opened my mouth and panted, For I longed for Your commandments.

Look upon me and be merciful to me, As Your custom is toward those who love Your name.



Direct my steps by Your word, And let no iniquity have dominion over me.

Redeem me from the oppression of man, That I may keep Your precepts.

Make Your face shine upon Your servant, And teach me Your statutes.

Rivers of water run down from my eyes, Because men do not keep Your law.

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia; glory to you, O God. (3)

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

*Stasis 3*

18

Righteous are You, O Lord, And upright are Your judgments.

Your testimonies, which You have commanded, Are righteous and very faithful.

My zeal has consumed me, Because my enemies have forgotten Your words.

Your word is very pure; Therefore Your servant loves it.

I am small and despised, Yet I do not forget Your precepts.

Your righteousness is an everlasting righteousness, And Your law is truth.

Trouble and anguish have overtaken me, Yet Your commandments are my delights.

The righteousness of Your testimonies is everlasting; Give me understanding, and I shall live.

19

I cry out with my whole heart; Hear me, O Lord!

I will keep Your statutes. I cry out to You; Save me, and I will keep Your testimonies.

I rise before the dawning of the morning, And cry for help; I hope in Your word.

My eyes are awake through the night watches, That I may meditate on Your word.

Hear my voice according to Your lovingkindness; O Lord, revive me according to Your justice.

They draw near who follow after wickedness; They are far from Your law.

You are near, O Lord, And all Your commandments are truth.

Concerning Your testimonies, I have known of old that You have founded them I forever.

20

Consider my affliction and deliver me, For I do not forget Your law.

Plead my cause and redeem me; Revive me according to Your word.

Salvation is far from the wicked, For they do not seek Your statutes.

Great are Your tender mercies, O Lord; Revive me according to Your judgments.

Many are my persecutors and my enemies, Yet I do not turn from Your testimonies.

I see the treacherous, and am disgusted, Because they do not keep Your word.

Consider how I love Your precepts; Revive me, O Lord, according to Your lovingkindness.

The entirety of Your word is truth, And every one of Your righteous judgments endures forever.

21

Princes persecute me without a cause, But my heart stands in awe of Your word.

I rejoice at Your word As one who finds great treasure.

I hate and abhor lying, But I love Your law.

Seven times a day I praise You, Because of Your righteous judgments.

Great peace have those who love Your law, And nothing causes them to stumble.

Lord, I hope for Your salvation, And I do Your commandments.

My soul keeps Your testimonies, And I love them exceedingly.

I keep Your precepts and Your testimonies, For all my ways are before You.

22

Let my cry come before You, O Lord; Give me understanding according to Your word.

Let my supplication come before You; Deliver me according to Your word.

My lips shall utter praise, For You teach me Your statutes.

My tongue shall speak of Your word, For all Your commandments are righteousness.

Let Your hand become my help, For I have chosen Your precepts.

I long for Your salvation, O Lord, And Your law is my delight.

Let my soul live, and it shall praise You; And let Your judgments help me.

I have gone astray like a lost sheep; Seek Your servant, For I do not forget Your commandments.

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

Alleluia, Alleluia, Alleluia; glory to you, O God. (3)

Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, both now and forever, and to the ages of ages. Amen.

*There is no litany, but immediately the following:*

#### D. Kathismata of the Second Reading

*From the Menaion. Mode 4. On this day thou hast appeared (You appeared today).*

*E* *D* *E*

All the world, no - e - tic' - ly adorned and glow - -

*D* *E*

ing by the im - ma - ter - i - al Spir - it at your most

*C*

ho - ly birth, in ex - ul - ta - tion cries out to you: Re -

joice, O Vir - gin, the boast of the Chris - tian all.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages.

*The hymn of the second Kathisma is repeated.*

All the world, noetically adorned and glowing \* by the immaterial Spirit at your most holy birth, \* in exultation cries out to you: \* Rejoice, O Virgin, the boast of the Christian all. [SD]

## Part IV

# MORNING PRAISE

### 5. PSALM 50 (51)

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.

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. [SAAS]

## CHOIR

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

O Merciful One, wipe away the multitude of my sins through the intercessions of the Apostles.

Now and ever and unto ages of ages. Amen.

O Merciful One, wipe away the multitude of my sins through the intercessions of the Theotokos.

O God, have mercy upon me in the greatness of Your love, in the abundance of Your tender mercies wipe out my offense.

Indeed Jesus is risen as He foretold, and He has given us eternal life and abundant mercy.



## 6. OIKOI

## A. Kontakion

*From the Menaion. Mode 1. Thou art the joy.*

*D* *C*

You men - tal - ly ap - proach'd Christ the Sun - of glo - ry

*D* *C* *D* *C*

and thus es - caped the night of the pas - sions, O wise one. You

*D*

mor - ti - fied car - nal move - ments through as - ce - tal dis - ci -

*C* *D*

pline for mon - as - tics you be - came a mo - del of vir -

tue and for those who fall in life, a guide to rep -

*C* *D*

en - tance. Therefore we ho - nor you.

**B. Oikos**

*(read)*

Your life has become an example for those who have fallen and who wish to repent and approach Him who knows how to forgive sins, as it is written. You believed in Him, as did the harlot in the Gospel, and instead of perfume you presented Him the showers of your tears. In these you drowned and defeated the infernal serpent, and you were awarded the victory, O thrice-blessed Theodora. Then, by your prayers, you killed a beast, and you raised a dead man, by the power of your Creator, for whose sake you mortified yourself. And therefore we honor you. [SD]

**C. Synaxarion**

*From the Menaion.*

On September 11, we commemorate our devout mother Theodora of Alexandria.

On this day we commemorate our devout father Efrosynos the Cook.

On this day we commemorate the holy martyrs Diodorus, Diomides and Didymus.

On this day we commemorate the holy martyr Ia, who was an elderly woman.

By the intercessions of Your Saints, Christ God, have mercy on us. Amen.

**7. KATAVASIAS OF THE ODES**

*Only the Heirmos of the Eighth Ode is included in this week's Daily Matins. It is not a feast day associated with a saint.*

**A. Heirmos**

*Mode 4.*

*(intoned)*

We praise and we bless and we worship the Lord.

*(sung)*

Earth and all therein, bless the Lord! \* All you springs and rivers and the sea, \* heavens of heavens, bless the Lord! \* Light and darkness, frost and summer heat, \* you children of men, and you priests and servants of the Lord, bless the Lord! \* Exalt Him beyond measure unto all the ages!

## 8. THE MAGNIFICAT

## DEACON

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

*The Magnificat. Mode 4. Vu=E.*

Diatonic

8 My soul magnifies the Lord, and my spir - it has re - joiced in God my

8 Sav - ior. Great - er in hon - or than the Che - ru - bim, and in glo - ry

8 great - er be - yond com - pare than the Se - ra - phim, you with - out cor -

8 rup - tion gave birth to God the Word and are tru - ly The - o -

8 to - kos. You do we mag - ni - fy.



<sup>8</sup> For He has regarded the lowly state of His maidservant; for be - hold, hence-  
E  
<sup>8</sup> forth all gen - er - a - tions will call me bless - ed. Great - er in  
C D  
<sup>8</sup> hon - or than the Che - ru - bim, and in glo - ry great - er be - yond com -  
E  
<sup>8</sup> pare than the Se - ra - phim, you with - out cor - rup - tion gave birth to  
<sup>8</sup> God the Word and are tru - ly The - o - to - kos. You do we  
<sup>8</sup> mag - ni - fy.

8 For He who is mighty has done great things for me, and ho - ly is His

E

8 name. And His mercy is on those who fear Him from gen-er - a - tion to

E

8 gen-er - a - tion. Great - er in hon-or than the Che-ru-bim,

C D E

8 and in glo-ry great - er be - yond com - pare than the Se-ra-phim,

8 you with-out cor - rup - tion gave birth to God the Word and are

8 tru - ly The-o - to - kos. You do we mag-ni - fy.

8 He has shown strength with His arm; He has scattered the proud in the im-  
E  
8 a - gi - na-tion of their hearts. Great - er in hon-or than the Che-ru-bim,  
C D E  
8 and in glo-ry great - er be - yond com - pare than the Se-ra-phim,  
8 you with-out cor - rup - tion gave birth to God the Word and are  
8 tru - ly The-o - to - kos. You do we mag-ni - fy.

8 He put down the mighty from their thrones, and exalted the lowly;

E

8 He has filled the hungry with good things, and the rich He sent a - way

E C

8 emp - ty. Great - er in hon-or than the Che-ru-bim, and in glo-ry

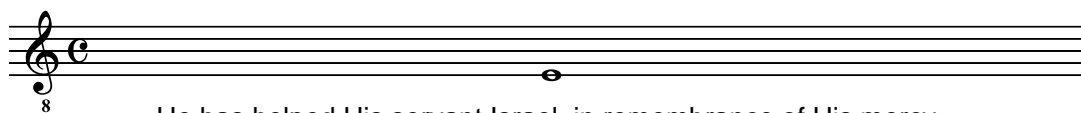
D E

8 great - er be - yond com - pare than the Se-ra-phim, you with-out cor-

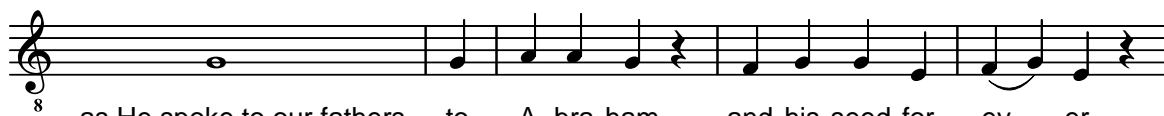
8 rup - tion gave birth to God the Word and are tru - ly The - o -

8 to - kos. You do we mag - ni - fy.





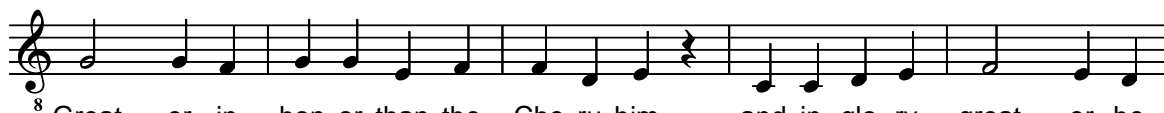
He has helped His servant Israel, in remembrance of His mercy,



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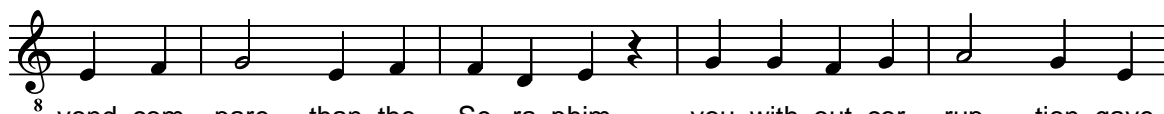
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D



Great - er in hon-or than the Che-ru-bim, and in glo-ry great - er be-

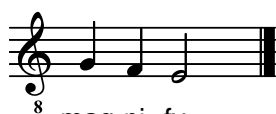
E



- yond com - pare than the Se-ra-phim, you with-out cor - rup - tion gave



birth to God the Word and are tru-ly The-o - to - kos. You do we



mag-ni - fy.

**A. Heirmos***Mode 4.**(sung)*

For Mighty God has done great things for me, and holy is His name. And His mercy is from generation to generation on those who fear Him. [SD]

*(read)*

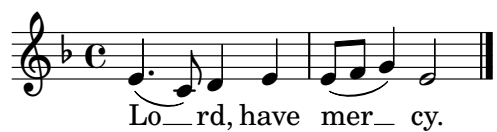
It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Greater in honor than the Cherubim, and in glory greater beyond compare than the Seraphim; you without corruption gave birth to God the Word, and are truly Theotokos. You do we magnify. [SD]

**B. Small Synapte (For all the powers...)****DEACON**

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

**CHOIR****DEACON**

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

**CHOIR****DEACON**

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.

**CHOIR**

**DEACON**

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.

**CHOIR**



## 9. EXAPOSTEILARIA

*For St. Theodora. Mode 2. Hearken, ye women (O women, hearken).*

You dressed and looked just like a man, and thus in plain  
sight hid yourself, and lived a - mong male mo - nas - tics, O bride  
of Christ The - o - dor - a. Smit - ten were you with love  
for God. Oh mir - a - cle! How you en - dured the un - war  
rant - ed ac - cu - sa - tion! But you de - feat - ed the ser -  
pent who tricked Eve, O ho - ly Mo - ther.

*Fr. St. Autonomos. Mode 2. While thy disciples looked on thee (With the disciples).*

*E*  
You are the glo - ry of Heir - archs and Mar - tyrs. O bless -

*G*  
ed Saint, you were a - ward ed two ha - los. You trampled the

*F E*  
err - or of pa - gan i - dols, O ho - ly priest Au - to -

*Un. G E*  
no - mous. Therefore you have been re - ward - ed for vic - tor -

y, thrice-blessed fa - ther.

*For the Feast. Mode 3. While standing in the temple's courts (The elder in the temple).*

On this day the The - o - to - kos came forth from barr - en

Ann - a like a flow - er, send - ing god - ly frag - rant

per - fume ev' - ry - where, to the four cor - ners of

the earth, and fill - ing all cre - a - tion with ev - er - last -

ing - glad - ness. Let us wor - thi - ly ex - tol

her and sing her prais - es for she is high -

er than all us born on earth.

**10. LAUDS (THE PSALMS OF PRAISE)**

*(read)*

**A. Psalm 148**

Praise the Lord from the heavens; praise Him in the highest.

Praise Him, all you His angels; praise Him, all you His hosts.

Praise Him, sun and moon; praise Him, all you stars and light.

Praise Him, you heavens of heavens, and you waters above the heavens.

Let them praise the Lord's name, for He spoke, and they were made; He commanded, and they were created.

He established them forever and unto ages of ages; He set forth His ordinance, and it shall not pass away.

Praise the Lord from the earth, you dragons and all the deeps.

Fire and hail, snow and ice, stormy wind, which perform His word, mountains and all the hills, fruitful trees and all cedars.

Wild animals and all cattle, creeping things and flying birds, kings of the earth and all peoples, princes and all judges of the earth, young men and maidens, elders with younger.

Let them praise the Lord's name, for His name alone is exalted; His thanksgiving is in earth and heaven.

And He shall exalt the horn of His people, a hymn for all His saints, for the children of



Israel, a people who draw near to Him. [SAAS]

### **B. Psalm 149**

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.

To fulfill among them the written judgment: This glory have all His holy ones. [SAAS]

### **C. Psalm 150**

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

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

Praise Him with the sound of a trumpet; praise Him with the harp and lyre.

Praise Him with timbrel and dance; praise Him with strings and flute.

Praise Him with resounding cymbals; praise Him with triumphant cymbals.

Let everything that breathes praise the Lord. Alleluia. [SAAS]

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

## 11. DOXOLOGY

*(read)*

To you belongs glory, O Lord our God, and to you we send up glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Glory to God in the highest, and on earth peace, good will to men.

We praise you, we bless you, we worship you, we glorify you, and we thank you, for your great glory.

Lord, King, Heavenly God, Father Almighty; only-begotten Son, Lord Jesus Christ and Holy Spirit.

Lord God, the Lamb of God, the 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 of the Father, and have mercy on us.

For you are the only Holy One, you are the only Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I shall bless you, and I shall praise your name forever, and unto the ages of ages.

Lord, you have become for us a refuge from generation to generation.

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

Lord, to you I have fled; 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.

Extend your mercy to those who know you. Grant, O Lord, that in this day we may be kept without sin.

Blessed are you, O Lord, the God of our Fathers, and praised and glorified is your name unto the ages. Amen.

Let your mercy, Lord, come upon us, just as we have hoped in you.

Blessed are you, O Lord, teach me your commandments.

Blessed are you, O Master, make me understand your commandments.

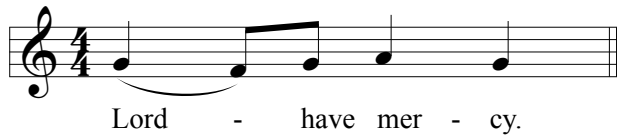
Blessed are you, O Holy One, enlighten me with your commandments.

Lord, your mercy remains forever, do not turn away from the works of your hands.

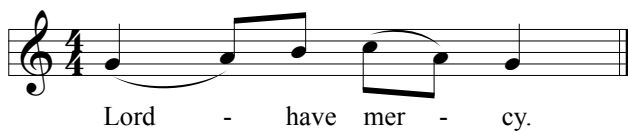
To you belongs praise, to you belongs a hymn, to you belongs glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages. Amen.

**12. THE DISMISSAL LITANY****DEACON**

Let us complete our morning prayer to the Lord.

**CHOIR****DEACON**

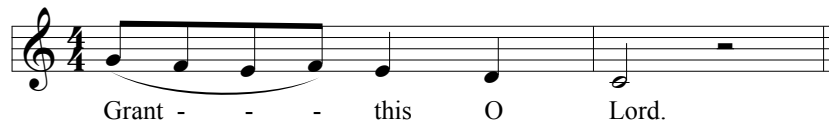
Help us, save us, have mercy on us, and protect us, O God, by Your grace.

**CHOIR****DEACON**

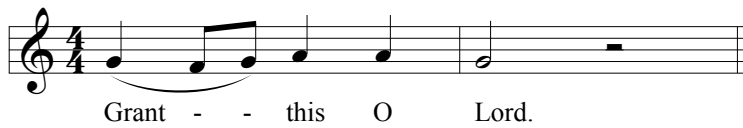
That the whole day may be perfect, holy, peaceful, and sinless, let us ask the Lord.

**CHOIR****DEACON**

For an angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask the Lord.

**CHOIR****DEACON**

For pardon and remission of our sins and transgressions, let us ask the Lord.

**CHOIR****DEACON**

For that which is good and beneficial for our souls, and for peace for the world, let us ask the Lord.

**CHOIR****DEACON**

That we may complete the remaining time of our life in peace and repentance, let us ask the Lord.

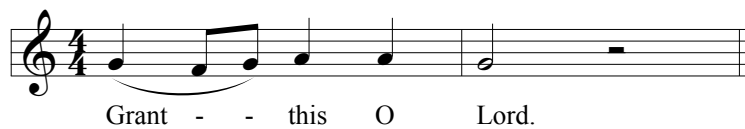
## CHOIR



## DEACON

And let us ask for a Christian end to our life, peaceful, without shame and suffering, and for a good defense before the awesome judgment seat of Christ.

## CHOIR



## DEACON

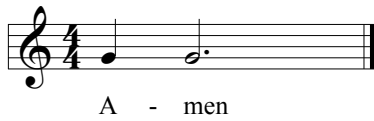
Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever-virgin Mary, with all the saints, let us commend ourselves and one another and our whole life to Christ our God.

## CHOIR



## DEACON

For You are the God of mercy and compassion and love for mankind, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

**CHOIR****DEACON**

Peace be with all.

**CHOIR**

(*sung*) And with your spirit.

**DEACON**

Let us bow our heads to the Lord.

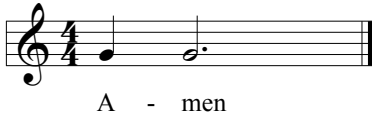
**CHOIR****DEACON**

Holy Lord, dwelling on high and beholding things below and, with your eye that observes all, keeping watch over the whole creation, to you we have bowed the neck of our soul and body, and we beseech you, O Holy of Holies: Stretch forth your invisible hand from your holy dwelling and bless us all. And, as you are good and love humankind, pardon us if we have sinned in anything, voluntarily or involuntarily, granting us your blessings both of this world and of the world above.

*(exclaimed)*

For Yours it is to show mercy and to save us, O our God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to ages of ages.

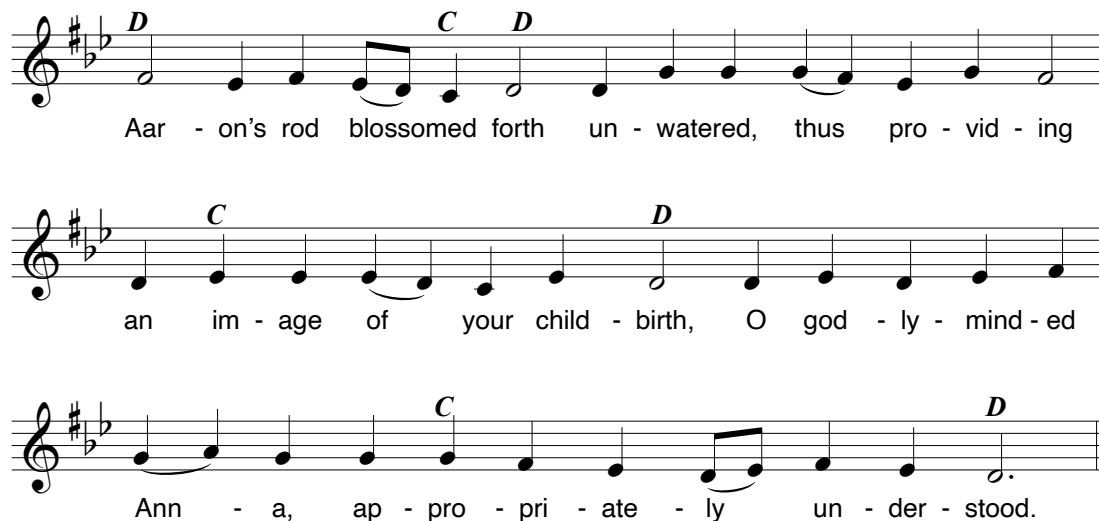
### CHOIR





## 13. APOSTICHA

*From the Menaion. Mode 2. O house of ephratha.*

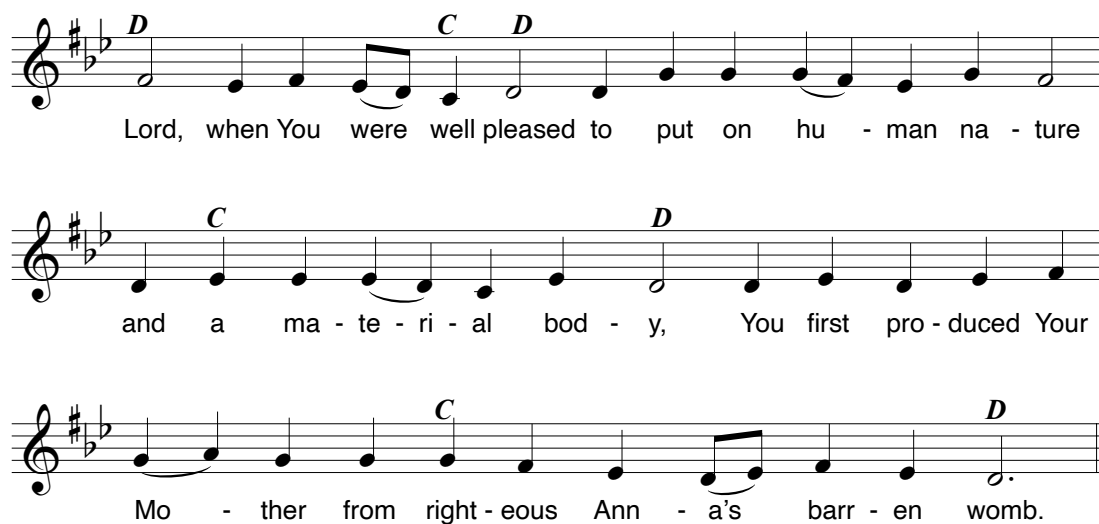


Aar - on's rod blossomed forth un - watered, thus pro - vid - ing

an im - age of your child - birth, O god - ly - mind - ed

Ann - a, ap - pro - pri - ate - ly un - der - stood.

Verse: (*intoned*) Listen, O daughter, behold and incline your ear, and forget your people and your father's house. For the King desired your beauty. [SAAS]



Lord, when You were well pleased to put on hu - man na - ture

and a ma - te - ri - al bod - y, You first pro - duced Your

Mo - ther from right - eous Ann - a's barr - en womb.

Verse: (*intoned*) The rich among the people shall entreat your favor. [SAAS]

You came and dwelt with - in the Vir - gin The - o - to - kos,  
whose womb be - came like hea - ven, O Mas - ter, God the  
Log - os, and de - if - ied the hu - man race.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages.

Ad - am's de - scen - dants, come, let us ex - tol the Vir - gin,  
all - im - mac - u - late Ma - ry, who com - ing forth Da -  
vid brought forth our Sav - ior Je - sus Christ.

**14. IT IS GOOD TO CONFESS****DEACON**

It is good to give thanks to the Lord and to sing to Your name, O Most High, to proclaim Your mercy in the morning and Your truth at night. [SAAS]

**15. TRISAGION PRAYERS****READER**

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.

All-holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake.

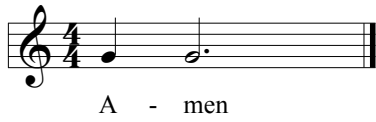
Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

**DEACON**

For Thine 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.

**CHOIR**

## 16. APOLYTIKION

*For the Devout Woman. Mode pl. 4. O lord, thou didst stand.*

In you, Mo - ther, is pre - served un - dis - tor - ted what  
 was made in the im - age of God; for tak - ing up the  
 cross, you foll - owed Christ and by ex - am - ple taught, that we should  
 ov - er - look the flesh, since it pass - es a - way, and in -  
 stead - look af - ter the soul, since it is im - mor - tal.  
 Your spir - it re - joic - es with the an - gels.

## CHOIR

(*intoned*) Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages.

*Apolytikion of the Feast. Mode 4. Vu=E.*

Soft Chromatic E G

8 Your Na - tiv - i - ty, O The - o - to - kos, im - part - ed

E D G D

8 joy to the en - tire earth, for out of you has ris - en the Sun of

E G

8 Right - eous - ness, Christ our God. He nul - li - fied the

E

8 curse and in - stead gave His bles - sing; and caus - ing death to be

8 neu - tral - ized, He grant - ed us e - ter - nal life.

Final Ending E F G

8 He grant - ed us e - ter - nal life.

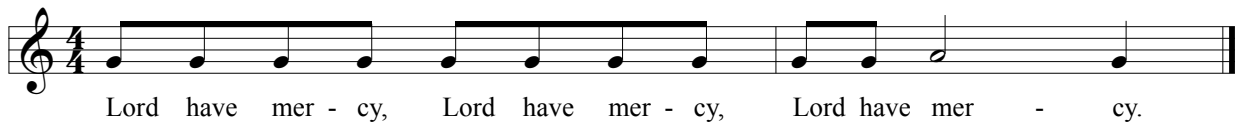
## 17. THE APOLYSIS

## A. Ektene

## DEACON

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

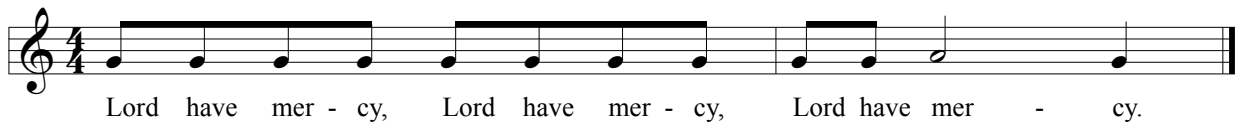
## CHOIR



## DEACON

Let us pray for pious and Orthodox Christians.

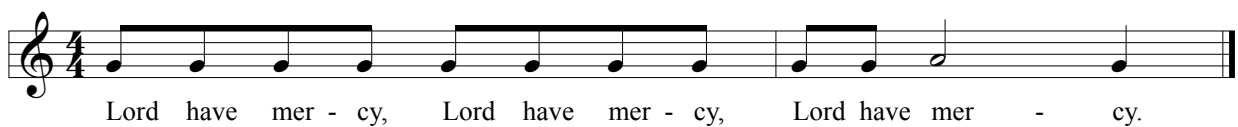
## CHOIR



## DEACON

Again we pray for our Archbishop Gerasimos.

## CHOIR



**DEACON**

Again we pray for our brethren: the priests, the hieromonks, the hierodeacons, the monastics, and all our brotherhood in Christ.

**CHOIR****DEACON**

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

**CHOIR****DEACON**

Again we pray for the blessed and ever-memorable founders of this holy church, and for all our fathers and brethren who have fallen asleep before us, who here have been piously laid to their rest, as well as the Orthodox everywhere.



## CHOIR



## DEACON

Again we pray for those who bear fruit and do good works in this holy and all- venerable church, for those who labor and those who sing, and for the people here present who await Your great and rich mercy.

## CHOIR



## DEACON

For You are a merciful God Who loves mankind, and to You we offer up glory, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages.

## CHOIR



**B. Dismissal****DEACON**

Wisdom.

Blessed are You, Christ our God, always now and forever and to the ages of ages.

**CHOIR****DEACON**

Make firm, Lord our God, the holy and pure faith of the pious Orthodox Christians, together with the Holy Church and this city forever.

**CHOIR****READER**

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.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Lord, have mercy. (3)

**DEACON**

May Christ our true God, through the intercessions of His all-pure and all- immaculate holy Mother, the power of the precious and life-giving Cross, the protection of the honorable, bodiless powers of heaven, the supplications of the honorable, glorious prophet and forerunner John the Baptist, of the holy, glorious, and praiseworthy apostles, of the holy, glorious, and triumphant martyrs, of our righteous and God-bearing fathers, Saints Constantine and Helen; of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loves mankind.

**DEACON**

Through the prayers of our holy fathers, Lord Jesus Christ, our God, have mercy on us [and save us].

**CHOIR**