The Service of Matins Μνήμη τοῦ Ὁσίου Ἐφραὶμ τοῦ Σύρου Memory of St. Ephrem the Syrian

Maui Greek Orthodox Christian Mission

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V Formula for the Daily Orthros without a Gospel Reading

Part I

ROYAL OFFICE

1. THE ENARXIS

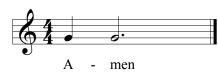
A. Blessed is our God

Δ IAKONO Σ DEACON

Εὐλογητὸς ὁ Θεὸς ἡμῶν πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Blessed is our God, always, now, and ever, and to the ages of ages.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Άμήν.)



B. Heavenly King

Δ IAKONO Σ DEACON

 Δ όξα σοι
 ὁ Θεὸς ἡμῶν, δόξα σοι. Glory to You, O God, glory to You.

Βασιλεῦ οὐράνιε, Παράχλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρών καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθὲ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλῖδος καὶ σῷσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

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.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Άμήν.)



C. Trisagion

ANA Γ N $\Omega\Sigma$ TH Σ READER

Άγιος ὁ Θεός, ἄγιος Ἰσχυρός, ἄγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ') Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

Δόξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἄγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου. 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.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

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

Δόξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἀγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκης ἡμᾶς εἰς πειρασμόν, ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

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.

Δ IAKONO Σ DEACON

 Δ όξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Glory to the Father and to the Son and to the Holy Spirit. Both now and ever, and to the ages of ages.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Άμήν.)



D. The Royal Hymns

1. Troparion of the Cross

ANA Γ N $\Omega\Sigma$ TH Σ READER

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. Ο 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

Δόξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι.

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

Ο ὑψωθεὶς ἐν τῷ Σταυρῷ ἑκουσίως, τῆ ἐπωνύμῳ σου καινῆ πολιτεία τοὺς οἰκτιρμούς σου δώρησαι, Χριστὲ ὁ Θεός· εὔφρανον ἐν τῆ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν σήν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.

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

ANA Γ N $\Omega\Sigma$ TH Σ READER

Kaì νῦν xaì ἀεί, xaì εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν. Both now and ever, and to the ages of ages. Amen.

Προστασία φοβερὰ καὶ ἀκαταίσχυντε, μὴ παρίδης, Ἀγαθή, τὰς ἰκεσίας ἡμῶν, πανύμνητε Θεοτόκε· στήριξον Ὀρθοδόξων πολιτείαν, σῷζε οῦς ἐκέλευσας βασιλεύειν, καὶ χορήγει αὐτοῖς οὐρανόθεν τὴν νίκην· διότι ἔτεκες τὸν Θεόν, μόνη εὐλογημένη.

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

Δ IAKONO Σ DEACON

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἐλεός Σου, δεόμεθά Σου, ἐπάκουσον καὶ ἐλέησον. Have mercy on us, O God, according to Your great mercy; we beseech You, hear us and have mercy.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

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



ΔIAKONOΣ DEACON

Έτι δεόμεθα ὑπέρ τῶν εὐσεβῶν καὶ Ὀρθοδόξων Χριστιανῶν.
Again we pray for pious and Orthodox Christians.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

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

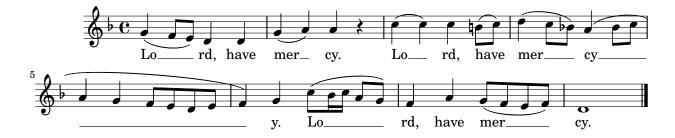


Δ IAKONO Σ DEACON

Έτι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατιχοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος).
Again we pray for our Archbishop Gerasimos, and for all our brotherhood in Christ.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

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



Ότι ἐλεήμων καὶ φιλάνθρωπος Θεὸς ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἰῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

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.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Ἀμήν.)

0 men А

Part II

MONASTIC NOCTURNES

2. ENARXIS OF THE ORTHROS

A. Glory to the Trinity

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

Έν ὀνόματι Κυρίου εὐλόγησον, Πάτερ. (*intoned*) In the name of the Lord, Father, bless.

Δ IAKONO Σ DEACON

Δόξα τῆ ἁγία καὶ ὁμοουσίω καὶ ζωοποιῷ καὶ ἀδιαιρέτω Τριάδι, πάντοτε, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

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

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Άμήν.)



B. Introductory Verses

ANA Γ N $\Omega\Sigma$ TH Σ READER

 Δ όξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοχία. (ἐκ γ') Glory to God in the highest, and peace on earth, good will to men. (3)

C. Hexapsalmos

Κύριε, τὰ χείλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν ἀνεσίν σου. (δίς) O Lord, open my lips, and my mouth shall show forth Your praise. (2)

1. Psalm 3

Κύριε, τί ἐπληθύνθησαν οἱ θλίβοντές με; Πολλοὶ ἐπανίστανται ἐπ' ἐμέ. Ο Lord, why are those who afflict me multiplied?

Πολλοὶ λέγουσι τῆ ψυχῆ μου· Οὐκ ἔστι σωτηρία αὐτῷ ἐν τῷ Θεῷ αὐτοῦ. Many rise up against me. Many say to my soul: there is no salvation for him in his God.

Σὺ δέ, Κύριε, ἀντιλήπτωρ μου εἶ, δόξα μου καὶ ὑψῶν τὴν κεφαλήν μου. But You, O Lord, are my Helper, my Glory, and the One who lifts up my head.

Φωνῆ μου πρὸς Κύριον ἐχέχραξα, χαὶ ἐπήχουσέ μου ἐξ ὅρους ἁγίου αὐτοῦ. I cried to the Lord with my voice, and He heard me out of His holy mountain.

Ἐγὼ δὲ ἐκοιμήθην καὶ ὕπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταί μου. I laid down and slept; I awoke, for the Lord will help me.

Ού φοβηθήσομαι ἀπὸ μυριάδων λαοῦ τῶν κύκλω συνεπιτιθεμένων μοι.

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

Άνάστα, Κύριε, σῶσόν με ὁ Θεός μου, ὅτι σὺ ἐπάταξας πάντας τοὺς ἐχθραίνοντάς μοι ματαίως, ὀδόντας ἁμαρτωλῶν συνέτριψας.

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.

Τοῦ Κυρίου ἡ σωτηρία, καὶ ἐπὶ τὸν λαόν σου ἡ εὐλογία σου. Salvation is of the Lord, and Your blessing is on Your people.

Ἐγὼ ἐχοιμήθην χαὶ ὕπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταί μου. I laid down and slept; I awoke, for the Lord will help me.

2. Psalm 37 (38)

Κύριε, μη τῷ θυμῷ σου ἐλέγξης με, μηδὲ τῆ ὀργῆ σου παιδεύσης με. Ο Lord, do not rebuke me in Your anger, nor chasten me in Your wrath!

Ότι τὰ βέλη σου ἐνεπάγησάν μοι, καὶ ἐπεστήριξας ἐπ' ἐμὲ τὴν χεῖρά σου. For Your arrows are fastened in me, and You have laid Your hand heavily upon me.

Οὐx ἔστιν ἴασις ἐν τῆ σαρχί μου ἀπὸ προσώπου τῆς ὀργῆς σου, οὐx ἔστιν εἰρήνη ἐν τοῖς ὀστέοις μου ἀπὸ προσώπου τῶν ἁμαρτιῶν μου.

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.

Ότι αἱ ἀνομίαι μου ὑπερῆραν τὴν κεφαλήν μου, ὡσεὶ φορτίον βαρὺ ἐβαρύνθησαν ἐπ' ἐμέ. For my iniquities have risen higher than my head; they have pressed heavily on me as a heavy burden.

Προσώζεσαν καὶ ἐσάπησαν οἱ μώλωπές μου ἀπὸ προσώπου τῆς ἀφροσύνης μου.

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

Ἐταλαιπώρησα καὶ κατεκάμφθην ἕως τέλους, ὅλην τὴν ἡμέραν σκυθρωπάζων ἐπορευόμην. I have been wretched and utterly bowed down until the end; I went all the day long with downcast face.

Ότι αἱ ψόαι μου ἐπλήσθησαν ἐμπαιγμάτων, καὶ οὐκ ἔστιν ἴασις ἐν τῆ σαρκί μου. For my loins are filled with inflammation, and there is no healing in my flesh.

Ἐκακώθην καὶ ἐταπεινώθην ἕως σφόδρα, ὠρυόμην ἀπὸ στεναγμοῦ τῆς καρδίας μου. I am afflicted and exceedingly humbled, I have groaned from the turmoil of my heart.

Κύριε, ἐναντίον σου πᾶσα ἡ ἐπιθυμία μου, καὶ ὁ στεναγμός μου ἀπὸ σοῦ οὐκ ἀπεκρύβη. O Lord, all my desire is before You, and my groaning is not hidden from You.

Ή καρδία μου ἐταράχθη, ἐγκατέλιπέ με ἡ ἰσχύς μου, καὶ τὸ φῶς τῶν ὀφθαλμῶν μου καὶ αὐτὸ οὐκ ἔστι μετ' ἐμοῦ.

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

Οἱ φίλοι μου καὶ οἱ πλησίον μου ἐξεναντίας μου ἤγγισαν καὶ ἔστησαν, καὶ οἱ ἐγγιστά μου ἀπὸ μακρόθεν ἔστησαν.

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

Καὶ ἐξεβιάζοντο οἱ ζητοῦντες τὴν ψυχήν μου, καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότητας, καὶ δολιότητας ὅλην τὴν ἡμέραν ἐμελέτησαν.

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.

Ἐγὼ δὲ ὡσεὶ κωφὸς οὐκ ἦκουον καὶ ὡσεὶ ἄλαλος οὐκ ἀνοίγων τὸ στόμα αὐτοῦ. 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.

Καὶ ἐγενόμην ὡσεὶ ἄνθρωπος οὐκ ἀκούων καὶ οὐκ ἔχων ἐν τῷ στόματι αὐτοῦ ἐλεγμούς. And I became as a man that does not hear, and that has no reproofs in his mouth.

[°]Οτι ἐπὶ σοί, Κύριε, ἦλπισα· σὺ εἰσαχούση, Κύριε ὁ Θεός μου. For I have hoped in You, O Lord; You will hear me, Lord my God.

Οτι εΐπον· Μήποτε ἐπιχαρῶσί μοι οἱ ἐχθροί μου· καὶ ἐν τῷ σαλευθῆναι πόδας μου ἐπ' ἐμὲ ἐμεγαλοῥἑημόνησαν.

For I said: Let my enemies never rejoice over me; indeed, when my feet were shaken, those men spoke boastful words against me.

Ότι ἐγὼ εἰς μάστιγας ἕτοιμος, καὶ ἡ ἀλγηδών μου ἐνώπιόν μού ἐστι διὰ παντός. For I am ready for scourges, and my sorrow is continually before me.

Ότι τὴν ἀνομίαν μου ἐγὼ ἀναγγελῶ καὶ μεριμνήσω ὑπὲρ τῆς ἁμαρτίας μου. For I will declare my iniquity, and I will anguish concerning my sin.

Oi δὲ ἐχθροί μου ζῶσι καὶ κεκραταίωνται ὑπὲρ ἐμέ, καὶ ἐπληθύνθησαν οἱ μισοῦντές με ἀδίκως. But my enemies live and are made stronger than I, and those who hated me unjustly are multiplied.

Οἱ ἀνταποδίδοντές μοι κακὰ ἀντὶ ἀγαθῶν ἐνδιέβαλλόν με, ἐπεὶ κατεδίωκον ἀγαθωσύνην. Those who render me evil for good slandered me, because I pursued goodness.

Μὴ ἐγκαταλίπῃς με, Κύριε ὁ Θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ. Πρόσχες εἰς τὴν βοήθειάν μου, Κύριε τῆς σωτηρίας μου.

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)

Ο Θεός ὁ Θεός μου, πρὸς σὲ ὀρθρίζω.

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

²Εδίψησέ σε ἡ ψυχή μου, ποσαπλῶς σοι ἡ σάρξ μου, ἐν γῆ ἐρήμῳ καὶ ἀβάτῳ καὶ ἀνύδρῳ. My soul has thirsted for You; how often has my flesh longed after You in a land barren and untrodden and unwatered.

Οὕτως ἐν τῷ ἁγίῳ ὤφϑην σοι τοῦ ἰδεῖν τὴν δύναμίν σου καὶ τὴν δόξαν σου. So I have appeared before You in the sanctuary to see Your power and Your glory.

Οτι χρεῖσσον τὸ ἔλεός σου ὑπὲρ ζωάς· τὰ χείλη μου ἐπαινέσουσί σε. For Your mercy is better than lives; my lips shall praise You.

Οὕτως εὐλογήσω σε ἐν τῆ ζωῆ μου, καὶ ἐν τῷ ὀνόματί σου ἀρῶ τὰς χεῖράς μου. So shall I bless You in my life, and I will lift up my hands in Your name.

Ως ἐκ στέατος καὶ πιότητος ἐμπλησθείη ἡ ψυχή μου, καὶ χείλη ἀγαλλιάσεως αἰνέσει τὸ στόμα μου.

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

Eỉ ἐμνημόνευόν σου ἐπὶ τῆς στρωμνῆς μου, ἐν τοῖς ὄρθροις ἐμελέτων εἰς σέ· If I remembered You on my bed, I meditated on You at the dawn.

ὄτι ἐγενήθης βοηθός μου, καὶ ἐν τῆ σκέπη τῶν πτερύγων σου ἀγαλλιάσομαι. For You have become my Helper; I will rejoice in the shelter of Your wings.

Ἐκολλήθη ἡ ψυχή μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιά σου. My soul has cleaved after You, Your right hand has been quick to help me. Αὐτοὶ δὲ εἰς μάτην ἐζήτησαν τὴν ψυχήν μου, εἰσελεύσονται εἰς τὰ κατώτατα τῆς γῆς· παραδοϑήσονται εἰς χεῖρας ρομφαίας, μερίδες ἀλωπέκων ἔσονται.

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.

Ο δὲ βασιλεὺς εὐφρανθήσεται ἐπὶ τῷ Θεῷ, ἐπαινεθήσεται πᾶς ὁ ὀμνύων ἐν αὐτῷ, ὅτι ἐνεφράγη στόμα λαλούντων ἄδικα.

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.

Έν τοῖς ὄρθροις ἐμελέτων εἰς σέ· ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῆ σκέπῃ τῶν πτερύγων σου ἀγαλλιάσομαι.

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

Ἐκολλήθη ἡ ψυχή μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιά σου. My soul has cleaved after You, Your right hand has been quick to help me.

Δόξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Άλληλούϊα. Άλληλούϊα. Άλληλούϊα. Δόξα σοι, ὁ Θεός. (ἐκ γ') Alleluia, alleluia, alleluia. Glory to You, O God.

Κύριε, ἐλέησον. (ἐκ γ')Lord, have mercy. Lord, have mercy.

4. Psalm 87 (88)

Δόξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Κύριε ὁ Θεὸς τῆς σωτηρίας μου, ἡμέρας ἐκέκραξα καὶ ἐν νυκτὶ ἐναντίον σου. Ο Lord, God of my salvation, I have cried by day and by night before You.

Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή μου, κλῖνον τὸ οὖς σου εἰς τὴν δέησίν μου. Let my prayer come before You, bow down Your ear to my supplication.

Ότι ἐπλήσθη κακῶν ἡ ψυχή μου, καὶ ἡ ζωή μου τῷ ἄδῃ ἦγγισε. For my soul is filled with evils, and my life has drawn near to Hades.

Προσελογίσθην μετὰ τῶν καταβαινόντων εἰς λάκκον, ἐγενήθην ὡσεὶ ἄνθρωπος ἀβοήθητος, ἐν νεκροῖς ἐλεύθερος,

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

ώσεὶ τραυματίαι καθεύδοντες ἐν τάφῳ, ῶν οὐκ ἐμνήσθης ἔτι, καὶ αὐτοὶ ἐκ τῆς χειρός σου ἀπώσθησαν.

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.

Ἐθεντό με ἐν λάχχῷ χατωτάτῷ, ἐν σχοτεινοῖς χαὶ ἐν σχιῷ θανάτου. They laid me in the lowest pit, in darkness and the shadow of death.

Ἐπ' ἐμὲ ἐπεστηρίχθη ὁ θυμός σου, καὶ πάντας τοὺς μετεωρισμούς σου ἐπήγαγες ἐπ' ἐμέ. Your anger lies heavily on me, and You have afflicted me with all Your waves.

Έμάκρυνας τοὺς γνωστούς μου ἀπ' ἐμοῦ, ἔθεντό με βδέλυγμα ἑαυτοῖς,

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

Oἱ ὀφθαλμοί μου ἀσθένησαν ἀπὸ πτωχείας· παρεδόθην καὶ οὐκ ἐξεπορευόμην. I have been delivered up, and have not come forth; my eyes have grown weak from poverty.

ἐκέκραξα πρὸς σέ, Κύριε, ὅλην τὴν ἡμέραν, διεπέτασα πρὸς σὲ τὰς χεῖράς μου. I have cried to You, O Lord, the whole day long; I have stretched out my hands to You.

Mή τοῖς νεκροῖς ποιήσεις θαυμάσια; ἢ ἰατροὶ ἀναστήσουσι καὶ ἐξομολογήσονταί σοι; No, will You work wonders for the dead? Or shall physicians raise them up that they may give thanks to You?

Mỳ διηγήσεταί τις ἐν τῷ τάφω τὸ ἐλεός σου καὶ τὴν ἀλήθειάν σου ἐν τῷ ἀπωλεία; No, shall any in the grave tell of Your mercy, and of Your truth in that destruction?

Mὴ γνωσθήσεται ἐν τῷ σκότει τὰ θαυμάσιά σου καὶ ἡ δικαιοσύνη σου ἐν Υῆ ἐπιλελησμένη; No, shall Your wonders be known in that darkness, and Your righteousness in that land that is forgotten?

Κάγὼ πρὸς σέ, Κύριε, ἐκέκραξα, καὶ τὸ πρωῒ ἡ προσευχή μου προφθάσει σε. But as for me, I have cried to You, O Lord; and in the morning my prayer shall come before You.

Ίνα τί, Κύριε, ἀπωθεῖς τὴν ψυχήν μου, ἀποστρέφεις τὸ πρόσωπόν σου ἀπ' ἐμοῦ; Ο Lord, why do You therefore cast off my soul and turn Your face away from me?

Πτωχός εἰμι ἐγὼ καὶ ἐν κόποις ἐκ νεότητός μου, ὑψωθεὶς δὲ ἐταπεινώθην καὶ ἐξηπορήθην. I am as a poor man, and in troubles from my youth; indeed, having been exalted, I was humbled and brought to distress. Ἐπ' ἐμὲ διῆλθον αἱ ὀργαί σου, οἱ φοβερισμοί σου ἐξετάραξάν με, Your fierce wrath has gone over me, and Your terrors have sorely troubled me.

ἐκύκλωσάν με ὡσεὶ ὕδωρ ὅλην τὴν ἡμέραν, περιέσχον με ἄμα. They came around me all day long like water, they engulfed me altogether.

Ἐμάκρυνας ἀπ' ἐμοῦ φίλον καὶ πλησίον, καὶ τοὺς γνωστούς μου ἀπὸ ταλαιπωρίας. Because of my misery You have removed friend and neighbor and my acquaintances far from me.

Κύριε ὁ Θεὸς τῆς σωτηρίας μου, ἡμέρας ἐκέκραξα καὶ ἐν νυκτὶ ἐναντίον σου. O Lord God of my salvation, I have cried by day and by night before You.

Εἰσελθέτω ἐνώπιόν σου ἡ προσευχή μου, κλῖνον τὸ οὖς σου εἰς τὴν δέησίν μου. Let my prayer come before You, bow down Your ear to my supplication!

5. Psalm 102 (103)

Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καί, πάντα τὰ ἐντός μου, τὸ ὄνομα τὸ ἅγιον αὐτοῦ. Bless the Lord, O my soul; and all that is within me, bless His holy name.

Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ. Bless the Lord, O my soul, and do not forget all that He has done for you.

Τὸν εὐιλατεύοντα πάσας τὰς ἀνομίας σου, τὸν ἰώμενον πάσας τὰς νόσους σου. Who is gracious to all your iniquities, Who heals all your infirmities.

Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωήν σου, τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς. Who redeems your life from corruption, Who crowns you with mercy and compassion. Tòν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου, ἀναχαινισθήσεται ὡς ἀετοῦ ἡ νεότης σου. Who fulfills your desire with good things; your youth shall be renewed as the eagle's.

Ποιῶν ἐλεημοσύνας ὁ Κύριος καὶ κρῖμα πᾶσι τοῖς ἀδικουμένοις. The Lord does deeds of mercy, and executes judgment for all those who are wronged.

Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆ, τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ. He has made His ways known to Moses, the things that He has willed to the sons of Israel.

Οἰκτίρμων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος· οὐκ εἰς τέλος ὀργισθήσεται, οὐδὲ εἰς τὸν αἰῶνα μηνιεῖ.

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.

Oủ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἁμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν, He has not dealt with us according to our iniquities, neither has He rewarded us according to our sins.

ότι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτόν.

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

Καθ' ὅσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, ἐμάχρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν. As far as the east is from the west, so far has He removed our iniquities from us.

Καθώς οἰκτίρει πατὴρ υἱούς, ὠκτίρησε Κύριος τοὺς φοβουμένους αὐτόν, ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν, ἐμνήσθη ὅτι χοῦς ἐσμεν.

Like a father has compassion on his sons, so has the Lord had compassion those who fear Him; for He knows of what we are made, He has remembered that we are dust. ^{$^{\circ}}Ανθρωπος, ώσεὶ χόρτος αἱ ἡμέραι αὐτοῦ· ὡσεὶ ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει. As for man, his days are as the grass; as a flower of the field, so shall he blossom forth.</sup>$

Ότι πνεῦμα διῆλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρξει, καὶ οὐκ ἐπιγνώσεται ἔτι τὸν τόπον αὐτοῦ. For when the wind passes over it, then it shall be gone, and its place will no longer remember it.

Tò δὲ ἔλεος τοῦ Κυρίου ἀπὸ τοῦ αἰῶνος καὶ ἕως τοῦ αἰῶνος ἐπὶ τοὺς φουβουμένους αὐτόν, But the mercy of the Lord is from eternity, even to eternity, on those who fear Him.

καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοῖς υἱῶν, τοῖς φυλάσσουσι τὴν διαθήκην αὐτοῦ καὶ μεμνημένοις τῶν ἐντολῶν αὐτοῦ τοῦ ποιῆσαι αὐτάς.

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

Κύριος ἐν τῷ οὐρανῷ ἡτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει. The Lord in heaven has prepared Histhrone, and His kingdom rules over all.

Εὐλογεῖτε τὸν Κύριον, πάντες οἱ Ἄγγελοι αὐτοῦ, δυνατοὶ ἰσχύϊ, ποιοῦντες τὸν λόγον αὐτοῦ, τοῦ ἀχοῦσαι τῆς φωνῆς τῶν λόγων αὐτοῦ.

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

Εὐλογεῖτε τὸν Κύριον, πᾶσαι αἱ Δυνάμεις αὐτοῦ, λειτουργοὶ αὐτοῦ, ποιοῦντες τὸ θέλημα αὐτοῦ. Bless the Lord, O all you His hosts, His ministers that do His will.

Εύλογεῖτε τὸν Κύριον, πάντα τὰ ἔργα αὐτοῦ, ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχή μου, τὸν Κύριον.

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

Ἐν παντὶ τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει, ἡ ψυχή μου, τὸν Κύριον. In every place of His dominion; bless the Lord, my soul.

6. Psalm 142 (143)

Κύριε, εἰσάχουσον τῆς προσευχῆς μου, ἐνώτισαι τὴν δέησίν μου ἐν τῆ ἀληθεία σου, εἰσάχουσόν μου ἐν τῆ διχαιοσύνη σου·

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

καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου, ὅτι οὐ δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν. And do not enter into judgment with Your servant, for in Your sight no man living shall be justified.

Ότι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχήν μου, ἐταπείνωσεν εἰς γῆν τὴν ζωήν μου, For the enemy has persecuted my soul; he has humbled my life down to the earth.

ἐκάθισέ με ἐν σκοτεινοῖς ὡς νεκροὺς αἰῶνος· καὶ ἠκηδίασεν ἐπ' ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδία μου.

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.

Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτων.

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

 Δ ιεπέτασα πρὸς σὲ τὰς χεῖράς μου· ἡ ψυχή μου ὡς Υῆ ἄνυδρός σοι. I stretched forth my hands to You; my soul thirsts after You like a waterless land.

Ταχὺ εἰσάχουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου. Quickly hear me, O Lord; my spirit has fainted away.

Mỳ ἀποστρέψης τὸ πρόσωπόν σου ἀπ' ἐμοῦ, καὶ ὁμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον. Do not turn Your face from me, lest I be like those who go down into the pit.

Άχουστὸν ποίησόν μοι τὸ πρωὶ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἦλπισα. Cause me to hear Your mercy in the morning; for I have put my hope in You.

Γνώρισόν μοι, Κύριε, ὁδόν, ἐν ἢ πορεύσομαι, ὅτι πρὸς σὲ ἦρα τὴν ψυχήν μου. Cause me to know, O Lord, the way in which I should walk; for I have lifted up my soul to You.

Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε· πρὸς σὲ κατέφυγον. Rescue me from my enemies, O Lord; I have fled to You for refuge.

 Δ ίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Teach me to do Your will, for You are my God.

Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθεία· ἕνεκεν τοῦ ὀνόματός σου, Κύριε, Your good Spirit shall lead me in the land of uprightness; You shall quicken me for Your name's sake, O Lord.

ζήσεις με, ἐν τῆ δικαιοσύνη σου ἐξάξεις ἐκ θλίψεως τὴν ψυχήν μου· καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθρούς μου

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

καὶ ἀπολεῖς πάντας τοὺς ϑλίβοντας τὴν ψυχήν μου, ὅτι ἐγὼ δοῦλός σου εἰμι. And You shall cut off all those who afflict my soul, for I am Your servant. Εἰσάκουσόν μου, Κύριε, ἐν τῆ δικαιοσύνη σου· καὶ μὴ εἰσέλθης εἰς κρίσιν μετὰ τοῦ δούλου σου.

Hear me in Your righteousness, O Lord, and do not enter into judgment with Your servant. (2)

Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει με ἐν γῆ εὐθεία. Let Your good spirit lead me on a level path!

Δόξα Πατρὶ καὶ Υἰῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Άλληλούϊα. Άλληλούϊα. Άλληλούϊα. Δόξα σοι, ὁ Θεός. Alleluia, alleluia. Glory to You, O God.

Άλληλούϊα. Άλληλούϊα. Άλληλούϊα. Δόξα σοι, ὁ Θεός. Alleluia, alleluia. Glory to You, O God.

$\begin{array}{c} XOPO\Sigma \\ CHOIR \end{array}$

Άλληλούϊα. Άλληλούϊα. Άλληλούϊα. Δόξα σοι, ὁ Θεός. (*intoned*) Alleluia, alleluia; Glory to You, O God. Lord, my Hope, glory to You.

D. Great Synapte (Litany of Peace)

Δ IAKONO Σ DEACON

Έν εἰρήνη τοῦ Κυρίου δεηθῶμεν. In peace let us pray to the Lord.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)

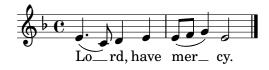


Δ IAKONO Σ DEACON

^{\circ}Υπέρ τῆς ἄνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν. For the peace from above and for the salvation of our souls, let us pray to the Lord.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)

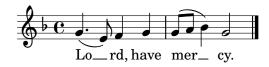


Υπέρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἑνώσεως, τοῦ Κυρίου δεηθῶμεν.

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.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)



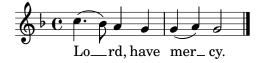
 Δ IAKONO Σ DEACON

Υπέρ τοῦ ἁγίου οἴχου τούτου, χαὶ τῶν μετὰ πίστεως, εὐλαβείας χαὶ φόβου Θεοῦ εἰσιόντων ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν.

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

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

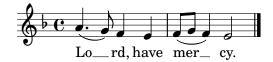
(Κύριε, ἐλέησον.)



Υπέρ τῶν εὐσεβῶν καὶ Ὀρθοδόξων Χριστιανῶν, τοῦ Κυρίου δεηθῶμεν. For pious and Orthodox Christians, let us pray to the Lord.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)



Δ IAKONO Σ DEACON

Υπέρ τοῦ (ἀρχιερατικοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος), τοῦ τιμίου πρεσβυτερίου, τῆς ἐν Χριστῷ διακονίας, παντὸς τοῦ κλήρου καὶ τοῦ λαοῦ, τοῦ Κυρίου δεηθῶμεν.

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.

$\Lambda AO\Sigma$ PEOPLE

(Κύριε, ἐλέησον.)



ΔΙΑΚΟΝΟΣ DEACON

[°]Υπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθνους, πάσης ἀρχῆς καὶ ἑξουσίας ἐν αὐτῷ, τοῦ Κυρίου δεηθῶμεν. 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.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)



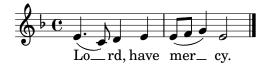
Δ IAKONO Σ DEACON

Υπερ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦΚυρίου δεηθῶμεν.

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

$\Lambda AO\Sigma$ PEOPLE

(Κύριε, ἐλέησον.)

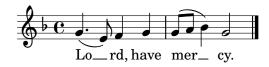


Υπέρ εύκρασίας ἀέρων, εὐφορίας τῶν καρπῶν τῆς γῆς, καὶ καιρῶν εἰρηνικῶν, τοῦ Κυρίου δεηθῶμεν.

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

$\Lambda AO\Sigma$ PEOPLE

(Κύριε, ἐλέησον.)



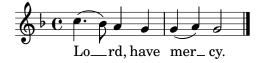
ΔΙΑΚΟΝΟΣ DEACON

Υπέρ πλεόντων, όδοιπορούντων, νοσούντων, καμνόντων, αἰχμαλώτων καὶ τῆς σωτηρίας αὐτῶν, τοῦ Κυρίου δεηθῶμεν.

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

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)

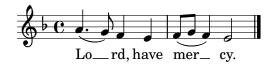


Υπέρ τοῦ ἑυσθῆναι ἡμᾶς ἀπὸ πάσης θλίψεως, ὀργῆς, κινδύνου καὶ ἀνάγκης, καὶ ἀπὸ τοῦ ἀπειλοῦντος ἡμᾶς λοιμοῦ τοῦ κορονοϊοῦ, τοῦ Κυρίου δεηθῶμεν.

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

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)



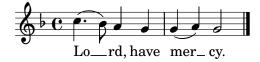
Δ IAKONO Σ DEACON

Υπέρ τῶν ἀδελφῶν ἡμῶν τῶν κατὰ τῆς νόσου τοῦ κορονοϊοῦ ἀγωνιζομένων, ἰατρῶν, νοσηλευτῶν καὶ ἐπιστημόνων, τοῦ Κυρίου δεηθῶμεν.

For our brethren, those who lead the fight against the coronovirus, the doctors, the medical workers, and the scientists, let us pray to the Lord.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)



Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῆ σῆ χάριτι. Help us, save us, have mercy on us, and protect us, O God, by Your grace.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Κύριε, ἐλέησον.)



Δ IAKONO Σ DEACON

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.

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.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Σοί, Κύριε.)



Ότι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἰῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

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.

$\begin{array}{l} \Lambda AO\Sigma \\ PEOPLE \end{array}$

(Ἀμήν.)

0 men А

Part III

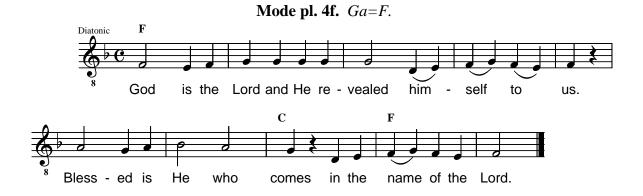
MORNING VIGIL

3. GOD IS THE LORD

 $\mathrm{XOPO}\Sigma$

CHOIR

[°]Ηχος πλ. δ΄.



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

[°]Ηχος πλ. δ΄.



B. Theotokion

Καὶ νῦν. Θεοτοχίον.

Both now. Theotokion.

[°]Ηχος πλ. δ'.



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C. The Little Litany – For all the powers...

DEACON

Έτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

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

(Κύριε, ἐλέησον.)

CHOIR



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

Help us, save us, have mercy on us, and protect us, O God, by Your grace. (Κύριε, ἐλέησον.)

CHOIR



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.

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

(Σοί, Κύριε.)

CHOIR



DEACON

Ότι σὸν τὸ κράτος καὶ σοῦ ἐστιν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα, τοῦ Πατρὸς καὶ τοῦ Υἰοῦ καὶ τοῦ Ἁγίου Πνεύματος, νῦν καὶ ἀεὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

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. THE KATHISMATA

A. Kathisma I

ΧΟΡΟΣ

CHOIR

Κάθισμα Α΄.

- Τῆς Ἐκτωήχου - - -

From Octoechos - - -

Μαρτυρικά.

For	the	Martyrs.
[~] Ηχος βαρύς.		

Grave Mode.

Οἱ Ἄγιοί σου Κύριε, ἐπὶ τῆς Υῆς ἀγωνισάμενοι, τὸν ἐχθρὸν κατεπάτησαν, καὶ τῶν εἰδώλων τὴν πλάνην κατήργησαν· διὸ καὶ τοὺς στεφάνους, παρὰ σοῦ ἐκομίσαντο, τοῦ φιλανθρώπου Δεσπότου, καὶ ἐλεήμονος Θεοῦ, τοῦ παρέχοντος τῷ κόσμῳ, τὸ μέγα ἔλεος.

The saints, O Lord, contended bravely on this earth; / they trampled the enemy and overthrew the error of idolatry. / Therefore they received crowns from you, O loving Master, // the God of all compassion, who grants us great mercy. [OCA] Στίχ. Θαυμαστὸς ὁ Θεὸς ἐν τοῖς ἁγίοις αὐτοῦ.

Verse: God is wondrous in His saints. [SAAS]

Άγαλλιᾶσθε δίκαιοι, εὐφραινέσθω τὰ οὐράνια, ἐπὶ Υῆς γὰρ οἱ Μάρτυρες ἀγωνισάμενοι, τὸν ἐχθρὸν κατεπάτησαν, καὶ τῶν εἰδώλων τὴν πλάνην κατήργησαν· σκιρτάτω ἡ Ἐκκλησία, τὰ νικητήρια ἑορτάζουσα, τῷ ἀθλοθέτῃ καὶ μόνῳ, νικοποιῷ Χριστῷ τῷ Θεῷ, τῷ παρέχοντι τῷ κόσμῳ τὸ μέγα ἔλεος.

Be glad, O you righteous; let the heavens sing for joy. For when the Martyrs competed, they trampled the enemy, and they brought down the deception of the idols. Let the Church leap for joy, as she celebrates the Judge of the contest, Christ our God, who alone confers victory, and who grants the world the great mercy. [SD]

Στίχ. Τοῖς ἁγίοις τοῖς ἐν τῆ γῆ αὐτοῦ ἐθαυμάστωσεν ὁ Κύριος.

Verse: To the saints on His earth, in them He magnified all His will. [SAAS]

Οι Μάρτυρές σου Κύριε, τὸν ἐχθρὸν ἐτροπώσαντο, καὶ τὴν πλάνην τῶν εἰδώλων κατήσχυναν,

καθοπλισάμενοι τοῦ Σταυροῦ τὴν δύναμιν· διὸ καὶ σὺν Ἀγγέλοις ἀνυμνοῦντές σε, κραυγάζουσι τὸν ἐπινίκιον ὕμνον, δοξολογοῦντές σε, Χριστέ. Αὐτῶν ταῖς ἱκεσίαις, δώρησαι ἡμῖν τὸ μέγα ἔλεος.

Your Martyrs, O Lord, defeated the enemy, / and armed with the power of the Cross, / they put to shame the error of idolatry. / Therefore, with the Angels, we cry out to you, O Christ, / giving glory to you in a hymn of victory. // At their intercession, we beseech you, save us. [OCA]

 Δ όξα· καὶ νῦν. Θεοτοκίον.

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

Ως τῆς ἡμῶν Ἀναστάσεως θησαύρισμα, τοὺς ἐπὶ σοὶ πεποιθότας Πανύμνητε, ἐκ λάκκου καὶ βυθοῦ πταισμάτων ἀνάγαγε· σὺ γὰρ τοὺς ὑπευθύνους τῆ ἁμαρτία, ἔσωσας τεκοῦσα τὴν σωτηρίαν, ἡ πρὸ τόκου Παρθένος, καὶ ἐν τόκῷ Παρθένος, καὶ μετὰ τόκον πάλιν οῦσα Παρθένος.

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]

Άναγινώσκεται τὸ οἰκεῖον Κάθισμα τοῦ Ψαλτηρίου, ἤτοι Κάθισμα 17. Καὶ εὐθύς, ἄνευ μικρᾶς Συναπτῆς·

The appointed Kathisma of the Psalter may be read, i.e. Kathisma 17. There is no litany, but immediately the following:

B. Kathisma II

ΧΟΡΟΣ

CHOIR

Τῆς Ἐντωήχου - - -

From Octoechos - - -Κάθισμα Β΄.

Μαρτυρικόν.

For the Martyrs.

[°]Ηχος βαρύς.

Grave Mode.

Άγιοι πρεσβεύσατε, ἄφεσιν δωρηθήναι ήμιν, τῶν πλημμελημάτων ήμῶν, καὶ τῶν προσδοκωμένων δεινῶν ἑυσθήναι ήμᾶς, καὶ πικροῦ θανάτου δεόμεθα.

O Saints, we pray you to intercede for us, that we be granted forgiveness for our offences, and that we be delivered form impending evils and from bitter death. [SD] Στίχ. Μαχάριοι οὒς ἐξελέξω καὶ προσελάβου, Κύριε.

Verse: Blessed are they whom You have chosen and received, O Lord. [SAAS] Νεκρώσιμον.

For the Dead.

Ο θάνατός σου Κύριε, τοῖς νεκροῖς ζωὴν ἐξήνθησε· τὸν γὰρ ἄδην ἐσκύλευσας, ἀνακαλύπτων τοὺς ἐν σκότει καθεύδοντας· διό σε Ζωοδότα, ὡς Θεὸν ἱκετεύομεν. Οὕς ἐξ ἡμῶν προσελάβου, μετὰ Δικαίων ἀνάπαυσον, ὅπως εὕρωσιν ἐν κρίσει, τὸ μέγα ἔλεος.

O Lord, Your death gave rise to life for the dead for you plundered Hades and uncovered those who were sleeping in darkness. Therefore we entreat You, O God the Giver of Life:

Grant rest with the Righteous to those whom You have taken to yourself, so that in judgment they may find great mercy. [SD] $\Delta \delta \xi \alpha \cdot \varkappa \alpha \lambda \nu \tilde{\nu} \nu$. Θεοτοχίον.

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

Χαῖρε ἡ τὸν ἀχώρητον ἐν οὐρανοῖς, χωρήσασα ἐν μήτρα σου. Χαῖρε Παρθένε τῶν Προφητῶν τὸ κήρυγμα, ἐξ ἦς ἔλαμψεν ὁ Ἐμμανουήλ. Χαῖρε Μήτηρ Χριστοῦ τοῦ Θεοῦ.

Rejoice, O Maiden who contained within your womb the One whom heaven cannot contain. Rejoice, O Virgin, the Prophets' proclamation; through you Emmanuel has shone forth. Rejoice, O Mother of Christ our God. [SD] $ANA\Gamma N\Omega\Sigma TH\Sigma$

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Κύριε, ἐλέησον. (ἐκ γ΄)
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Lord, have mercy. (3) $\Delta \delta \xi \alpha$. and $\nu \tilde{\nu} \nu$.

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

Part IV

MORNING PRAISE

5. PSALM 50 (51)

Ψαλμός Ν' (50).

Psalm 50 (51).

Ἐλέησόν με, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, καὶ κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τὸ ἀνόμημά μου. Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ απὸ τῆς ἁμαρτίας μου καθάρισόν με. Ότι την ανομίαν μου έγω γινώσκω, και ή αμαρτία μου ένωπιόν μού έστι δια παντός. Σοὶ μόνῷ ἥμαρτον καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῆς ἐν τοῖς λόγοις σου, και νικήσης έν τῷ κρίνεσθαί σε. Ίδου γὰρ έν ἀνομίαις συνελήφθην, και ἐν ἁμαρτίαις ἐκίσσησέ με ή μήτηρ μου. Ίδου γαρ αλήθειαν ήγαπησας, τα άδηλα και τα κρύφια τῆς σοφίας σου ἐδήλωσας μοι. 'Ραντιεῖς με ὑσσώπω, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι. Άχουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην, ἀγαλλιάσονται ὀστέα τεταπεινωμένα. Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον. Καρδίαν καθαράν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου. Μὴ ἀποἀῥίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ πνεῦμά σου τὸ ἄγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ. Ἀπόδος μοι τὴν άγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριξόν με. Διδάξω ἀνόμους τὰς ὁδούς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι. ἘΡῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· άγαλλιάσεται ή γλῶσσά μου τὴν δικαιοσύνην σου. Κύριε, τὰ χείλη μου ἀνοίξεις, καὶ τὸ στόμα μου άναγγελεῖ τὴν αἶνεσίν σου. Ότι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν· ὁλοκαυτώματα οὐκ εὐδοχήσεις. Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, χαρδίαν συντετριμμένην καὶ τεταπεινωμένην ό Θεός ούκ έξουδενώσει. Άγάθυνον, Κύριε, έν τῆ εὐδοκία σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τείχη Ίερουσαλήμ. Τότε εύδοχήσεις θυσίαν διχαιοσύνης, άναφοράν χαὶ ὅλοχαυτώματα. Τότε άνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

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]

6. OIKOI

A. Kontakion

Κοντάχιον.

Kontakion. Τοῦ Μηναίου - - -

From Menaion - - [°]Ηχος β'. Τὰ ἄνω ζητῶν.

Τὴν ὥραν ἀεί, προβλέπων τῆς ἐτάσεως, ἐθρήνεις πικρῶς, Ἐφραὶμ ὡς φιλήσυχος· πρακτικὸς δὲ γέγονας, ἐν τοῖς ἔργοις διδάσκαλος Ὅσιε. Ὅθεν Πάτερ παγκόσμιε, ῥαθύμους ἐγείρεις πρὸς μετάνοιαν.

Ephraim, you preferred to live as a contemplative, * and always foreseeing the trial of Judgment Day, * you lamented bitterly. By your deeds, you were a teacher of the active

B. Oikos

Ο Οἶχος.

Oikos.

Ίχνηλατεῖν βουλόμενος, Πάτερ, τοῦ Προδρόμου ταῖς τρίβοις, ἐκ τοῦ κόσμου μόνος αὐτὸς ἀπάρας, εἰς ἔρημον κατῷκησας. Βλέπων σε οῦν οῦτω βιοῦντα ὁ ἐχθρὸς τὸν δίκαιον, γύναιον πάνυ ἀναιδὲς κατὰ σοῦ διεγείρει, οἰόμενος διὰ τοῦ ἀρχαίου ὅπλου τὴν σὴν ἀνδρείαν καταβαλεῖν, καὶ τὴν ἁγνείαν μολύνειν σου, ἵνα μὴ ἐν τοῖς λόγοις καὶ ἕργοις σου ῥαθύμους ἐγείρῃς πρὸς μετάνοιαν.

O father, you wished to follow in the steps of the Forerunner, so you secluded yourself, away from the world, and lived in the wilderness. When the enemy saw you, the righteous one, living in this manner, he incited a brazen and shameless woman against you, thinking to conquer your manliness with the ancient weapon and to ruin your purity, so that you might no longer rouse the careless to penitence. [GOASD]

Ο λαὸς ἴσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.

Stand for the reading of the Synaxarion.

C. Synaxarion

Συναξάριον

Synaxarion Τοῦ Μηναίου.

From the Menaion. Τῆ ΚΗ΄ τοῦ αὐτοῦ μηνός, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἐφραὶμ τοῦ Σύρου.

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OIKOI

6

On January 28 we commemorate our devout father Ephraim the Syrian. Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Παλλαδίου.

On this day we also commemorate our devout father Palladios. Τῆ αὐτῆ ἡμέρα, μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Ἰαχώβου τοῦ Ἀσχητοῦ.

On this day we also commemorate our devout father Iakovos the ascetic. Tỹ aủ tỹ hướpa, ai ʿAyiai dúo Márturec, μήτηρ xai duyátηρ, ξίφει τελειοῦνται.

On this day two martyrs, a mother and daughter, died by the sword. Τῆ αὐτῆ ἡμέρα, ἡ Ἁγία Μάρτυς Χάρις, τοὺς πόδας ἐκκοπεῖσα, τελειοῦται.

On this day the holy martyr Grace died when her feet were cut off.

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

7. KATAVASIAS OF THE ODES

ΧΟΡΟΣ

CHOIR

[°]Ω_Iδὴ η΄. [°]Ο Εἰρμός. [°]Ηχος πλ. β΄.

Έχ φλογός τοῖς Θσίοις.

Έχ φλογός τοῖς Θσίοις.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

We praise and we bless and we worship the Lord.

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

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

Ο λαὸς
ἴσταται διὰ τὴν Θ΄
 Ώδήν.

Stand for the singing of Ode ix.

DEACON

Τὴν Θεοτόχον χαὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

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

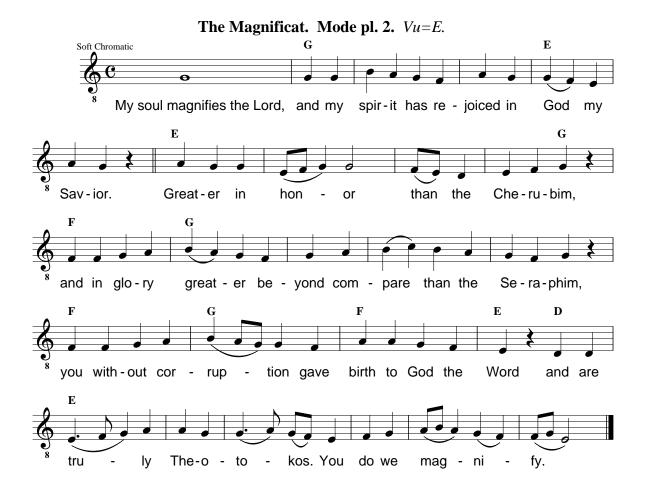
CHOIR

 $\Omega_{I}\delta\dot{\eta} \vartheta'.$

Ode ix.

8. MAGNIFICAT AND 9TH ODE

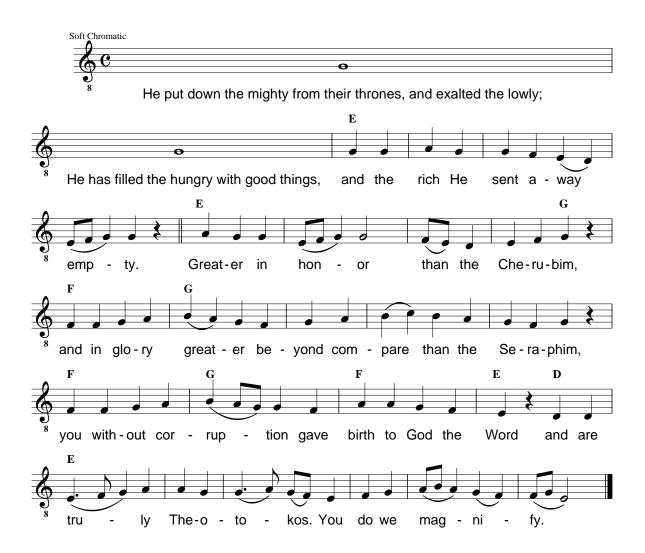
Μεγαλυνάριον. Ηχος πλ. β΄.

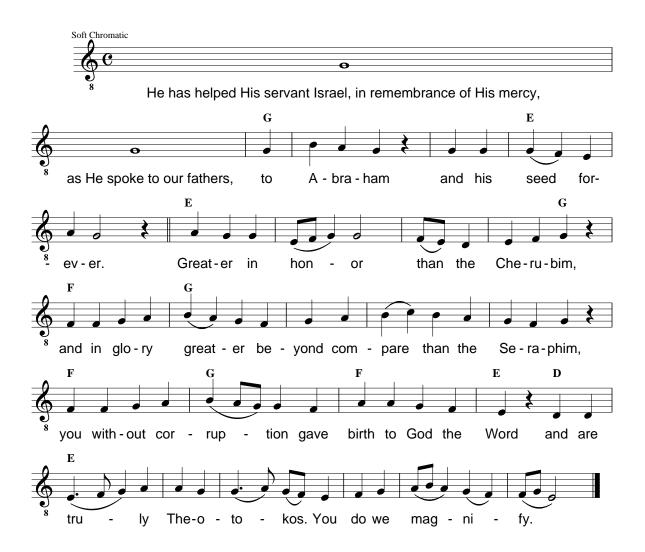












Ο Είρμός. ή Ηχος πλ. β'.

Θεόν άνθρώποις.

Θεόν άνθρώποις.

Θεὸν ἀνθρώποις ἰδεῖν ἀδύνατον, ὄν οὐ τολμᾶ Ἀγγέλων ἀτενίσαι τὰ τάγματα· διὰ σοῦ δὲ Πάναγνε ὡράθη βροτοῖς, Λόγος σεσαρχωμένος· ὄν μεγαλύνοντες, σὺν ταῖς οὐρανίαις στρατιαῖς, σὲ μαχαρίζομεν.

It is impossible for God to be seen * by people; and angelic orders dare not to look at Him. * But the Word incarnate has been seen by mankind, through you, O all-pure Virgin. * Now magnifying Him, * joining the celestial hosts, all generations call you blest. [SD] "Αξιόν ἐστιν ὡς ἀληθῶς μαχαρίζειν σε τὴν Θεοτόχον, τὴν ἀειμαχάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν, ἀσυγχρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόχον, σὲ μεγαλύνομεν. 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]

A. The Little Litany – For all the powers...

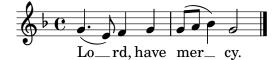
DEACON

Έτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

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

(Κύριε, ἐλέησον.)

CHOIR



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

Help us, save us, have mercy on us, and protect us, O God, by Your grace. (Κύριε, ἐλέησον.)

CHOIR



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.

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

(Σοί, Κύριε.)

CHOIR



Ότι σὲ αἰνοῦσι πᾶσαι αἱ δυνάμεις τῶν οὐρανῶν καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἰῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰωνων.

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

CHOIR



9. THE EXAPOSTEILARIA

ΧΟΡΟΣ

CHOIR

Έξαποστειλάριον τῆς ἡμέρας.

Exaposteilarion of the Day.

Τῆς ἘΝτωήχου - - -

From Octoechos - - -[°]Ηχος γ΄. Ὁ οὐρανὸν τοῖς ἄστροις.

Ο ούρανόν τοῖς ἄστροις.

Ο ἐν Ἀγίοις μόνος, ἀναπαυόμενος Θεός, τῶν Προφητῶν, Ἀποστόλων, Ἱεραρχῶν, καὶ Μαρτύρων, καὶ τῶν Ὁσίων πρεσβείαις, τοὺς ἀνυμνοῦντάς σε σῶζε.

O only God who reposes * in those alone who are holy, * attend to the intercessions * of Prophets, Apostles, Martyrs, * and of the devout monastics, * and save us all who extol You. [SD]

Τοῦ Ὁσίου.

For the Devout Man. Τοῦ Μηναίου - - -

From Menaion - - -[°]Ηχος γ΄. Ὁ οὐρανὸν τοῖς ἄστροις.

Ο οὐρανὸν τοῖς ἄστροις.

⁶Ως ποταμός ὑπάρχεις, ῥεῖθρα χρυσόἀῥυτα βρύων, καὶ τοὺς λαοὺς διεγείρων, τῆς μετανοίας πρὸς τρίβον, Χριστὸν ἱκέτευε Πάτερ, Ἐφραὶμ σωθῆναι τὸν κόσμον.

You are to us like a river * flowing with streams that are golden, * and rousing all Christian peoples * to take the path of repentance. * O Father Ephrem, implore Christ * and pray for the world's salvation. [SD]

A. Theotokion

Θεοτοχίον.

Theotokion.

[°]Ηχος γ΄. [°]Ο οὐρανὸν τοῖς ἄστροις.

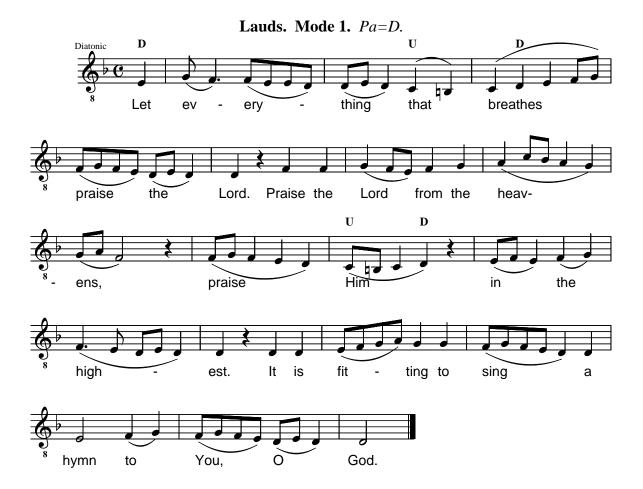
Ἐλπὶς τῶν ἀπηλπισμένων, καταφυγὴ Χριστιανῶν, πανύμνητε Θεοτόκε, τῶν θλιβομένων ἡ χαρά, ἐκ πάσης θλίψεως ῥῦσαι, τοὺς ἀναξίους σου δούλους.

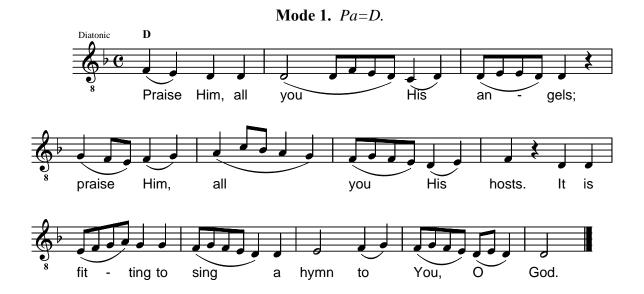
You are the hope of the hopeless, * you are the refuge for Christians, * O all-lauded Theotokos, * you are the joy of the oppressed. * Deliver us your unworthy * servants from every affliction. [SD]

10. LAUDS — THE PSALMS OF PRAISE

A. The Ainoi

Οἱ Αἶνοι. Ἡχος α΄.





B. Lauds Stichologia

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

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

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

Praise Him, you heavens of heavens, and you waters above the heavens. Let them praise the Lord's name.

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

For He spoke, and they were made; He commanded, and they were created. Έστησεν αὐτὰ εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος· πρόσταγμα ἔθετο, καὶ οὐ παρελεύσεται.

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

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

Praise the Lord from the earth, you dragons and all the deeps. Πῦρ, χάλαζα, χιών, κρύσταλλος, πνεῦμα καταιγίδος, τὰ ποιοῦντα τὸν λόγον αὐτοῦ.

Fire and hail, snow and ice, stormy wind, which perform His word. Τὰ ὄρη καὶ πάντες οἱ βουνοί, ξύλα καρποφόρα καὶ πᾶσαι κέδροι.

Mountains and all the hills, fruitful trees and all cedars. Τὰ ϑηρία καὶ πάντα τὰ κτήνη, ἑρπετὰ καὶ πετεινὰ πτερωτά.

Wild animals and all cattle, creeping things and flying birds. Βασιλεῖς τῆς γῆς καὶ πάντες λαοί, ἄρχοντες καὶ πάντες κριταὶ γῆς.

Kings of the earth and all peoples, princes and all judges of the earth. Νεανίσκοι καὶ παρθένοι, πρεσβύτεροι μετὰ νεωτέρων· αἰνεσάτωσαν τὸ ὄνομα Κυρίου, ὅτι ὑψώθη τὸ ὄνομα αὐτοῦ μόνου.

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

Ή ἐξομολόγησις αὐτοῦ ἐπὶ γῆς καὶ οὐρανοῦ. καὶ ὑψώσει κέρας λαοῦ αὐτοῦ.

His thanksgiving is in earth and heaven. And He shall exalt the horn of His people. Ύμνος πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραήλ, λαῷ ἐγγίζοντι αὐτῷ.

A hymn for all His saints, for the children of Israel, a people who draw near to Him. Ἄσατε τῷ Κυρίῳ ἦσμα καινόν, ἡ αἴνεσις αὐτοῦ ἐν ἐκκλησία ὁσίων.

Sing to the Lord a new song, His praise in the assembly of His holy ones. Εὐφρανθήτω Ἰσραὴλ ἐπὶ τῷ ποιήσαντι αὐτόν, καὶ οἱ υἱοὶ Σιὼν ἀγαλλιάσθωσαν ἐπὶ τῷ βασιλεῖ αὐτῶν.

Let Israel be glad in Him who made him, and let the children of Zion greatly rejoice in their King.

Αἰνεσάτωσαν τὸ ὄνομα αὐτοῦ ἐν χορῷ, ἐν τυμπάνῳ καὶ ψαλτηρίῳ ψαλάτωσαν αὐτῷ.

Let them praise His name with dance; with tambourine and harp let them sing to Him. Ότι εὐδοχεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ χαὶ ὑψώσει πραεῖς ἐν σωτηρία.

For the Lord is pleased with His people, and He shall exalt the gentle with salvation. Καυχήσονται όσιοι ἐν δόξῃ καὶ ἀγαλλιάσονται ἐπὶ τῶν κοιτῶν αὐτῶν.

The holy ones shall boast in glory, and they shall greatly rejoice on their beds. Αἱ ὑψώσεις τοῦ Θεοῦ ἐν τῷ λάρυγγι αὐτῶν, καὶ ῥομφαῖαι δίστομοι ἐν ταῖς χερσὶν αὐτῶν.

The high praise of God shall be in their mouth and a two-edged sword in their hand. Τοῦ ποιῆσαι ἐκδίκησιν ἐν τοῖς ἔθνεσιν, ἐλεγμοὺς ἐν τοῖς λαοῖς.

To deal retribution to the nations, reproving among the peoples. Τοῦ δῆσαι τοὺς βασιλεῖς αὐτῶν ἐν πέδαις καὶ τοὺς ἐνδόξους αὐτῶν ἐν χειροπέδαις σιδηραῖς.

To shackle their kings with chains and their nobles with fetters of iron. Τοῦ ποιῆσαι ἐν αὐτοῖς κρῖμα ἔγγραπτον· δόξα αὕτη ἔσται πᾶσι τοῖς ὁσίοις αὐτοῦ.

To fulfill among them the written judgment: this glory have all His holy ones. Αἰνεῖτε τὸν Θεὸν ἐν τοῖς ἁγίοις αὐτοῦ, αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

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

Στιχηρά. Τοῦ Άγίου.

Stichera. For the Saint. Τοῦ Μηναίου - - -

From Menaion - - - Έχ τοῦ Ἐσπερινοῦ.

From Vespers.

[°]Ηχος α'. Τῶν οὐρανίων ταγμάτων.

Τῶν οὐρανίων ταγμάτων.

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

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

Τοῦ Παραδείσου τὰ κάλλη κατοπτρισάμενος, καὶ δαψιλῶς τρυφήσας, ἀκηράτους λειμῶνας, ἐξήνϑησας τῷ κόσμῳ, γνῶσιν Θεοῦ· ῆς μετέχοντες Ὅσιε, πνευματικῆ διαθέσει τῆ τῶν ψυχῶν, ἀναθάλλομεν ἐν πνεύματι.

When you had seen Paradise's beauty reflected in you * and had delighted richly in its unspoiled meadows, * you blossomed for the world the knowledge of God. * And as we now partake of it, * our souls are growing in spirituality, * in the Spirit, O devout Ephrem. [SD] Αἰνεῖτε αὐτὸν ἐν ἦχῷ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῷ καὶ κιθάρα.

Praise Him with the sound of trumpet; praise Him with the harp and lyre. [SAAS] Τοῦ Παραδείσου τὰ κάλλη κατοπτρισάμενος, καὶ δαψιλῶς τρυφήσας, ἀκηράτους λειμῶνας, ἐξήνϑησας τῷ κόσμῳ, γνῶσιν Θεοῦ· ἦς μετέχοντες Ὅσιε, πνευματικῇ διαθέσει τῇ τῶν ψυχῶν, ἀναθάλλομεν ἐν πνεύματι.

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

Τὴν τοῦ Κριτοῦ παρουσίαν ἱστορησάμενος, τοῖς τῶν δακρύων ἑείθροις, τῶν ψυχῶν τὰς λαμπάδας, ἀνάπτειν ἐκδιδάσκεις, πᾶσι βοῶν, τοῦ Νυμφίου τὴν ἔλευσιν· Περιβαλώμεθα πάντες στολὴν λαμπράν, ὑπαντῆσαι τῷ Νυμφίῳ Χριστῷ.

You have depicted the Coming * of Christ the Judge of all, * and thus you teach all people * that they ought by the shedding * of tears to light their souls' lamps, and you proclaim * that the Bridegroom will surely come: "So let us all now put on a bright splendid robe, * so that we can meet the Bridegroom Christ." [SD]

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

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

Τῆ ἐγκρατεία τὸ σῶμα περιφραξάμενος, τὰς τῶν παθῶν κινήσεις, ἀπενέκρωσας Πάτερ, εὐχαῖς καὶ ἀγρυπνίαις· ὅθεν ἐν σοί, ἡ τοῦ Πνεύματος δύναμις, ἐπισκιάσασα ἔδειξε νοητόν, σὲ φωστήρα καὶ παγκόσμιον.

You put restraints on your body * through self-control, O Saint, * and mortified the movements * of the passions, O Father, * by many prayers and vigils. Therefore the might * of the Spirit came over you, * and it exhibited you, O Ephrem, to be * a noetic star for all the world. [SD]

 Δ όξα.

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

Τοῦ Μηναίου - - -

From Menaion - - -[°]Ηχος β΄.

Ώσπερ φοίνιξ δαυϊτικῶς ἐξανθήσας Ὅσιε Πάτερ, τὰς γλώσσας τῶν βλασφήμων ἐξέκοψας, ἐν τῆ μαχαίρα τῶν λόγων σου Ἐφραίμ· τὰς ἀβύσσους τῶν παθῶν ἐξήρανας δι' ἐγκρατείας· ὄργανον ἀνεδείχθης τοῦ Ἁγίου Πνεύματος, τοῦ Σταυροῦ τὸ ὅπλον ἀναλαβών, Χριστὸν ἀπαύστως δυσώπει ὑπὲρ ἡμῶν, τῶν ἐπιτελούντων τὴν πανέορτον μνήμην σου.

As David wrote, you flourished like the palm tree, / venerable Father Ephraim. / As with a sword, you cut off the tongues of those who blasphemed. / With abstinence, you dried up the depths of the passions. / You took up the cross as a weapon / and were shown to be the instrument of the Holy Spirit. / Ever pray to Christ on our behalf // as we celebrate your honored memory with faith. [OCA]

C. Theotokion

Καὶ νῦν. Θεοτοχίον.

Both now and ever and to the ages of ages.

[°]Ηχος β'. [°]Οτε ἐκ τοῦ ξύλου.

Ότε ἐκ τοῦ ξύλου.

Πάντων θλιβομένων ή χαρά, καὶ ἀδικουμένων προστάτις, καὶ πενομένων τροφή, ξένων τε παράκλησις, καὶ βακτηρία τυφλῶν, ἀσθενούντων ἐπίσκεψις, καταπονουμένων, σκέπη καὶ ἀντίληψις, καὶ ὀρφανῶν βοηθός, Μήτηρ τοῦ Θεοῦ τοῦ Ὑψίστου, σὺ ὑπάρχεις, Ἄχραντε, σπεῦσον, δυσωποῦμεν σώζεσθαι τοὺς δούλους σου.

For all who are troubled you are joy, * and of the abused a protectress, the paupers' nourishment, * strangers' consolation and a walking staff of the blind, * visitation of the infirm, * assistance and shelter * for the weary and oppressed, help of the orphans as well. * Hasten to deliver your servants, * fervently we beg you, O pure one, * since you are the Mother of the Most High God. [SD]

11. GREAT DOXOLOGY

Η Μεγάλη Δοξολογία

Great Doxology

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

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]

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

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

Κύριε βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ·Κύριε Υἰὲ μονογενές, Ἰησοῦ Χριστέ, καὶ ̈́Αγιον Πνεῦμα.

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 Πατρός, ὁ αἶρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

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.

Πρόσδεξαι την δέησιν ήμῶν, ὁ καθήμενος ἐν δεξιῷ τοῦ Πατρός, καὶ ἐλέησον ήμᾶς.

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.

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

Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages. Καταξίωσον, Κύριε, ἐν τῇ ἡμέρα ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

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.

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

Let Your mercy be on us, O Lord, as we have set our hope on You. Εὐλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Blessed are You, O Lord. Teach me Your statutes. Εὐλογητὸς εἴ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Blessed are You, O Lord. Teach me Your statutes. Εύλογητὸς εἶ Κύριε, δίδαξόν με τὰ δικαιώματά σου.

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

Κύριε, καταφυγή ἐγενήθης ἡμῖν ἐν γενεῷ καὶ γενεῷ. Ἐγὼ εἶπα Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχήν μου, ὅτι ἤμαρτόν σοι.

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

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

Lord, I have fled to You. Teach me to do Your will, for You are my God. Ότι παρὰ σοὶ πηγὴ ζωῆς, ἐν τῷ φωτί σου ὀψόμεθα φῶς.

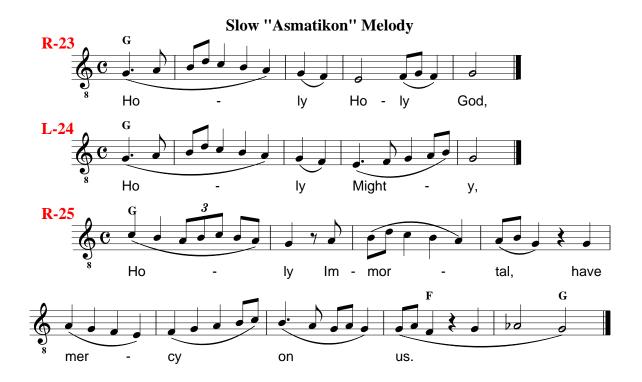
For with You is the fountain of life; in Your light we shall see light. Παράτεινον τὸ ἔλεός σου τοῖς γινώσχουσί σε.

Continue Your mercy to those who know You. Ἄγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (ἐκ γ΄)

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3) Δόξα Πατρί και Υίῷ και Άγίῳ Πνεύματι.

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

Holy Immortal, have mercy on us.



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12. APOLYTIKION OF THE DAY

[°]Ηχος πλ. δ΄.



Apolytikion. Mode pl. 4. Ga=F.

Formula for the Daily Orthros without a Gospel Reading

Here is the Daily Orthros formula based on the order of service in the Ιεροτελεστελου by Father Alkiviadis

Calivas:

Part 1

I ROYAL OFFICE

- 1. The Enarxis 01
- 021. A. Blessed is our God
- 03 1. B. Heavenly King
- 041. C. Trisagion
- 05
- D. The Royal Hymns
 D. (a) Troparion of the Cross 06
- 1. D. (b) Kontakion of the Cross 07
- 08 1. D. (c) Theotokion
- 09 1. E. Èktene

Part 2

II MONASTIC NOCTURNES

- 2. Enarxis of the Orthros 10
- 11 2. A. Glory to the Trinity
- 122. B. Introductory Verses
- 132. C. Hexapsalmos
- 14
- 15
- 16
- C. (a) Psalm 3
 C. (b) Psalm 37 (38)
 C. (c) Psalm 62 (63)
 C. (d) Psalm 87 (88)
 C. (e) Psalm 102 (10) 17
- 2. C. (e) Psalm 102 (103)18
- 19
- C. (f) Psalm 142 (143)
 D. Great Synapte (Litany of Peace) 20

Part 3

III MORNING VIGIL

- 213. God is the Lord – Alleluia
- 3. A. Apolytikion
- 22 23 24 B. Theotokion
 C. The Little Litany – For all the powers...
- 254. The Kathismata 26
- 4. A. Theotokion Evlogetaria 27
- 4. B. Kathismata II 4. C. Theotokion 28

Part 4

- IV MORNING PRAISE
- $\frac{29}{30}$ 5. Psalm 50
- 6. Oikoi
- 6. A. Kontakion

- 6. B. Oikos6. C. Synaxarion7. The Katavasias of the Odes
- Magnificat and 9th Ode
 A. Little Litany For all the powers of heaven...
- 9. The Exaposteilaria9. A. Theotokion
- 10. Lauds The Psalms of Praise 11. Great Doxology

- Great Doxology
 Intercessory Litany
 Aposticha
 A. Theotokion
 It is good to confess...
 Trisagion Prayers
 The Apolytikion of the Day
 A. Theotokion
 The Apolysis
 A Ektene

- 17. A. Ektene 17. B. Dismissal