

## The Service of Matins

Τῷ Σαββάτῳ τῆς Τυρινῆς εἰς τὸν Ὁρθρον.

### On Saturday of Cheese Week at Matins

Maui Greek Orthodox Christian Mission

*Metropolis of San Francisco*

*Greek Orthodox Archdiocese of America*

*Service held at Saint Theresa Church*

*Kihei, Maui, Hawaii*

(Dated: February 25, 2023)

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

*Liturgical Texts courtesy from the following:*

*Holy Cross Press*

*50 Goddard Avenue, Brookline, Massachusetts*

*The Greek Orthodox Metropolis of Denver*

*4550 East Alameda Avenue, Denver, Colorado*

*Fr. Seraphim Dedes*

*7900 Greenside Ct., Charlotte, North Carolina*

*Holy Transfiguration Monestary*

*Brookline, Massachusetts*

*Narhex Press*

*North Ridge, California*

*Music courtesy and copyright from the following:*

*Fr. Seraphim Dedes*

*7900 Greenside Ct., Charlotte, North Carolina*

*Holy Cross Greek Orthodox School of Theology*

*50 Goddard Avenue, Brookline, Massachusetts*

---

## Contents

### I ROYAL OFFICE

<b>1. The Enarxis</b>	1
A. Blessed is our God	1
B. Heavenly King	1
C. Trisagion	2
D. The Royal Hymns	4
1. Troparion of the Cross	4
2. Kontakion of the Cross	4
3. Theotokion	5
E. Ektene	5

### II MONASTIC NOCTURNES

<b>2. Enarxis of the Orthros</b>	8
A. Glory to the Trinity	8
B. Introductory Verses	9
C. Hexapsalmos	9
1. Psalm 3	9
2. Psalm 37 (38)	10
3. Psalm 62 (63)	13
4. Psalm 87 (88)	15
5. Psalm 102 (103)	17
6. Psalm 142 (143)	20
D. Great Synapte (Litany of Peace)	23

### III MORNING VIGIL

<b>3. God is the Lord</b>	30
---------------------------	----

---

A. Apolytikion	31
B. Theotokion	33
C. The Little Litany – For Yours is the dominion...	35
<b>4. The Kathismata</b>	<b>36</b>
A. Kathisma I	36
B. Theotokion	38
C. Kathisma II	40
D. Theotokion	41
<b>IV MORNING PRAISE</b>	
<b>5. Psalm 50 (51)</b>	<b>42</b>
<b>6. Oikoi</b>	<b>44</b>
A. Kontakion	44
B. Oikos	45
C. Synaxarion	45
<b>7. Katavasias of the Odes</b>	<b>47</b>
<b>8. Magnificat and 9th Ode</b>	<b>50</b>
A. Troparia	57
B. Theotokion	59
C. The Little Litany – For all the powers...	60
<b>9. The Exaposteilaria</b>	<b>62</b>
A. Intercessions of the Saints and Theotokos	62
<b>10. Lauds — The Psalms of Praise</b>	<b>63</b>
A. The Ainoi	63
B. Lauds Stichologia	66
C. Theotokion	74
<b>11. Great Doxology</b>	<b>74</b>

**V Formula for the Daily Orthros without a Gospel Reading**

## Part I

# ROYAL OFFICE

### 1. THE ENARXIS

#### A. Blessed is our God

ΙΕΡΕΥΣ

PRIEST

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.

ΧΟΡΟΣ

CHOIR

( Ἀμήν. )



A - men

#### B. Heavenly King

ΙΕΡΕΥΣ

PRIEST

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

Βασιλεῦ οὐράνιε, Παράκλητε, τὸ Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρὼν καὶ τὰ πάντα πληρῶν, ὁ θησαυρὸς τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθέ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλίδος καὶ σῶσον, Ἄγαθέ, 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.

## ΧΟΡΟΣ

### CHOIR

( Ἀμήν. )



A - men

## C. Trisagion

### ΑΝΑΓΝΩΣΤΗΣ

#### READER

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

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, 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, ἰλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε, 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 Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

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, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς 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.

## ΙΕΡΕΥΣ

### PRIEST

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

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 ever, and to the ages of ages.

**ΧΟΡΟΣ****CHOIR**

( Ἀμήν. )

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

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

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*

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι.

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

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς οἰκτιρμούς σου δώρησαι, Χριστὲ ὁ Θεός· εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχουσιν τὴν σὴν, ὄπλον 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

## ΑΝΑΓΝΩΣΤΗΣ

## READER

Καὶ νῦν καὶ αἰεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

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

Προστασία φοβερὰ καὶ ἀκαταίσχυντε, μὴ παρίδης, Ἄγαθή, τὰς ἱκεσίας ἡμῶν, πανύμνητε Θεοτόκε· στήριξον Ὀρθοδόξων πολιτείαν, σῶζε οὓς 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

## ΙΕΡΕΥΣ

## PRIEST

Ἐλέησον ἡμᾶς ὁ Θεὸς κατὰ τὸ μέγα ἔλεός 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.

## ΧΟΡΟΣ

## CHOIR

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



**ΙΕΡΕΥΣ****PRIEST**

Ἐτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ Ὀρθοδόξων Χριστιανῶν.

Again we pray for pious and Orthodox Christians.

**ΧΟΡΟΣ****CHOIR**

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

**ΙΕΡΕΥΣ****PRIEST**

Ἐτι δεόμεθα ὑπὲρ τοῦ (ἀρχιερατικοῦ βαθμοῦ) ἡμῶν (τοῦ δεῖνος).

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

**ΧΟΡΟΣ****CHOIR**

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

Lo\_\_rd, have mer\_\_cy.    Lo\_\_rd, have mer\_\_cy\_\_

<sup>5</sup> y. Lo\_\_rd, have mer\_\_cy.

**ΙΕΡΕΥΣ****PRIEST**

Ὅτι ἐλεήμων καὶ φιλόανθρωπος Θεὸς ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ 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.

**ΧΟΡΟΣ****CHOIR**

( Ἀμήν. )



A - men

**Part II****MONASTIC NOCTURNES****2. ENARXIS OF THE ORTHROS****A. Glory to the Trinity****ΧΟΡΟΣ****CHOIR**

Ἐν ὀνόματι Κυρίου εὐλόγησον, Πάτερ.

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

**ΙΕΡΕΥΣ****PRIEST**

Δόξα τῇ ἁγίᾳ καὶ ὁμοουσίᾳ καὶ ζωοποιῷ καὶ ἀδιαιρέτῳ Τριάδι, πάντοτε, νῦν καὶ αἰεὶ, 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.

**ΧΟΡΟΣ****CHOIR**

( Ἀμήν. )



A - men

**B. Introductory Verses****ΑΝΑΓΝΩΣΤΗΣ****READER**

Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία. (ἐκ γ')

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

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου. (δὶς)

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

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

Κύριε, τί ἐπληθύνθησαν οἱ θλίβοντές με; Πολλοὶ ἐπανίστανται ἐπ' ἐμέ.

O Lord, why are those who afflict me multiplied?

Πολλοὶ λέγουσι τῇ ψυχῇ 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 κεφαλὴν μου.

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

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, καὶ ἐπήκουσέ μου ἐξ ὄρους ἁγίου αὐτοῦ.

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

Ἐγὼ δὲ ἐκοιμήθην καὶ ὑπνωσα· ἐξηγέρθην, ὅτι Κύριος ἀντιλήψεταιί μου.

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

Οὐ φοβηθήσομαι ἀπὸ μυριάδων λαοῦ τῶν κύκλω συνεπιτιθημένων μοι.

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

Ἄνάστα, Κύριε, σῶσόν με ὁ Θεός μου, ὅτι σὺ ἐπάταξας πάντας τοὺς ἐχθραίνοντάς μοι ματαίως, ὀδόντας ἀμαρτωλῶν 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 ἐκοιμήθην καὶ ὑπνωσα· ἐξηγέροθην, ὅτι Κύριος ἀντιλήψεταιί μου.

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

2. *Psalm 37 (38)*

Κύριε, μὴ τῷ θυμῷ σου ἐλέγξῃς με, μηδὲ τῇ ὀργῇ σου παιδεύῃς με.

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

Ὅτι 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.

Οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου ἀπὸ προσώπου τῆς ὀργῆς σου, οὐκ ἔστιν εἰρήνη ἐν τοῖς ὀστέοις μου ἀπὸ προσώπου τῶν ἀμαρτιῶν 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.

Ὅτι αἱ ἀνομίαι μου ὑπερῆραν τὴν κεφαλὴν μου, ὥσει 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.

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

Ἐταλαιπώρησα καὶ κατεκάμφθην ἕως τέλους, ὅλην τὴν ἡμέραν σκυθρωπάζων ἐπορευόμενην.

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

Ὅτι αἱ ψοαὶ μου ἐπλήσθησαν ἐμπαιγμάτων, καὶ οὐκ ἔστιν ἴασις ἐν τῇ σαρκί μου.

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

Ἐκακώθην καὶ ἐταπεινώθην ἕως σφόδρα, ὠρυόμενη 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.

Ἡ καρδία μου ἐταράχθη, ἐγκατέλιπέ με ἡ ἰσχὺς 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 ψυχὴν μου, καὶ οἱ ζητοῦντες τὰ κακά μοι ἐλάλησαν ματαιότη-  
τας, 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 ἤκουον 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.

Ὅτι ἐπὶ σοί, Κύριε, ἤλπισα· σὺ εἰσακούση, Κύριε ὁ Θεός μου.

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

Ὅτι εἶπον· Μήποτε ἐπιχαρῶσί μοι οἱ ἐχθροί μου· καὶ ἐν τῷ σαλευθῆναι πόδας μου ἐπ' ἐμὲ ἐμεγαλορῶρήμονησαν.

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

Ὅτι ἐγὼ εἰς μάστιγας ἔτοιμος, καὶ ἡ ἀλγηδὼν μου ἐνώπιόν μου ἐστι διὰ παντός.

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

Ὅτι τὴν ἀνομίαν μου ἐγὼ ἀναγγεῶ καὶ μεριμνήσω ὑπὲρ τῆς ἁμαρτίας μου.

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

Οἱ 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 ἐνδιέβαλλον με, ἐπεὶ κατεδίωκον ἀγαθωσύνην.

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

Μὴ ἐγκαταλίπης με, Κύριε ὁ Θεός μου, μὴ ἀποστῆς ἀπ' ἐμοῦ. Πρόσχευ 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)

Ὁ Θεὸς ὁ Θεός μου, πρὸς σὲ ὀρθρίζω.

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

Ἐδίψησέ σε ἡ ψυχὴ μου, ποσαπλῶς σοι ἡ σάρξ μου, ἐν γῆ ἔρημῳ 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.

Ὅτι κρεῖσσον τὸ ἔλεός σου ὑπὲρ ζωάς· τὰ χεῖλη μου ἐπαινέσουσί σε.

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

Οὕτως εὐλογήσω σε ἐν τῇ ζωῇ μου, καὶ ἐν τῷ ὀνόματί σου ἄρῶ τὰς χεῖράς μου.

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

Ὡς ἐκ στέατος καὶ πιότητος ἐμπλησθεῖη ἡ ψυχὴ μου, καὶ χεῖλη 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.

Εἰ ἐμνημόνευόν σου ἐπὶ τῆς στρωμνῆς μου, ἐν τοῖς ὀρθροῖς ἐμελέτων εἰς σέ·

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

ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ σκέπῃ τῶν πτερύγων σου ἀγαλλιάσομαι.

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

Ἐκολλήθη ἡ ψυχὴ μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιὰ σου.

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

Αὐτοὶ δὲ εἰς μάτην ἐζήτησαν τὴν ψυχὴν 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.

Ὁ δὲ βασιλεὺς εὐφρανθήσεται ἐπὶ τῷ Θεῷ, ἐπαινεθήσεται πᾶς ὁ ὁμνῶν 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.

Ἐν τοῖς ὄρθροις ἐμελέτων εἰς σέ· ὅτι ἐγενήθης βοηθός μου, καὶ ἐν τῇ 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 ψυχὴ μου ὀπίσω σου, ἐμοῦ δὲ ἀντελάβετο ἡ δεξιὰ σου.

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

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, 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.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι, ὁ Θεός. (ἐκ γ')

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

Κύριε, ἐλέησον. (ἐκ γ')

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

## 4. Psalm 87 (88)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμήν.

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.  
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.

Ὅτι ἐπλήσθη κακῶν ἡ ψυχή μου, καὶ ἡ ζωὴ μου τῷ ᾄδῃ ἤγγισε.  
For my soul is filled with evils, and my life has drawn near to Hades.

Προσελογίσθη μετὰ τῶν καταβαινόντων εἰς λάκκον, ἐγενήθη 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.

ὡσεὶ τραυματῖαι καθεύδοντες ἐν τάφῳ, ὧν οὐκ ἐμνήσθης ἔτι, καὶ αὐτοὶ ἐκ τῆς χειρὸς 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.

Ἔθεντό με ἐν λάκκῳ κατωτάτῳ, ἐν σκοτεινοῖς καὶ ἐν σκιᾷ θανάτου.  
They laid me in the lowest pit, in darkness and the shadow of death.

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

Ἐμάκρυνας 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.

Οἱ ὀφθαλμοί μου ἡσθένησαν 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 σέ τὰς χεῖράς μου.

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

Μὴ τοῖς νεκροῖς ποιήσεις θαυμάσια; ἢ ἱατροὶ ἀναστήσουσι καὶ ἐξομολογήσονται σοι;

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

Μὴ διηγῆσεται τις ἐν τῷ τάφῳ τὸ ἔλεός σου καὶ τὴν ἀλήθειάν σου ἐν τῇ ἀπωλείᾳ;

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

Μὴ γνωσθήσεται ἐν τῷ σκότει τὰ θαυμάσιά σου καὶ ἡ δικαιοσύνη σου ἐν γῆ ἐπιλησμένη;

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

Κἀγὼ πρὸς σέ, Κύριε, ἐκέκραξα, καὶ τὸ πρωὶ 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.

Ἵνα τί, Κύριε, ἀπωθεῖς τὴν ψυχὴν μου, ἀποστρέφεις τὸ πρόσωπόν σου ἀπ' ἐμοῦ;

O 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 ἐξετάραζάν με,

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

ἐκύκλωσάν με ὡσεὶ ὕδωρ ὅλην τὴν ἡμέραν, περιέσχον με ἅμα.

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 ψυχὴ 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 ψυχὴ 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 ζωὴν σου, τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς.

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

Τὸν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου, ἀνακαινισθήσεται 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 κρίμα πᾶσι τοῖς ἀδικουμένοις.  
The Lord does deeds of mercy, and executes judgment for all those who are wronged.

Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆϊ, 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.

Οἰκτίρων 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.

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

ὅτι 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, ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν.  
As far as the east is from the west, so far has He removed our iniquities from us.

Καθὼς οἰκτίζει πατὴρ υἱούς, ὡκτίρησε 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 on those who fear Him; for He knows of what we are made, He has remembered that we are dust.

Ἄνθρωπος, ὡσεὶ 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.

Ὅτι πνεῦμα διήλθεν 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.

Τὸ δὲ ἔλεος τοῦ Κυρίου ἀπὸ τοῦ αἰῶνος καὶ ἕως τοῦ αἰῶνος ἐπὶ τοὺς φοβουμένους 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 ἠτοίμασε τὸν θρόνον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει.

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

Εὐλογεῖτε τὸν Κύριον, πάντες οἱ Ἄγγελοι αὐτοῦ, δυνατοὶ ἰσχυροῦ, ποιοῦντες τὸν λόγον αὐτοῦ, τοῦ ἀκοῦσαι 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.

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

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

## 6. Psalm 142 (143)

Κύριε, εἰσάκουσον τῆς προσευχῆς μου, ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου, εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ 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.

Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχὴν μου, ἐταπείνωσεν εἰς γῆν τὴν ζωὴν 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.

Διεπέτασα πρὸς σὲ τὰς χεῖράς μου· ἡ ψυχὴ μου ὡς γῆ ἄνυδρός σοι.

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

Ταχὺ εἰσάκουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου.

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

Μὴ ἀποστρέψῃς 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.



Ἄκουστών ποιήσόν μοι τὸ πρωὶ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἤλπισα.

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

Γνώρισόν μοι, Κύριε, ὁδόν, ἐν ἣ πορεύσομαι, ὅτι πρὸς σὲ ἤρα τὴν ψυχὴν 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.

Δίδαξόν 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 εὐθείᾳ· ἔνεκεν 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 τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχὴν 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 ψυχὴν 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 τῇ δικαιοσύνῃ σου· καὶ μὴ εἰσέλθῃς 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 εὐθείᾳ.

Let Your good spirit lead me on a level path!

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, 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.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι, ὁ Θεός.

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

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι, ὁ Θεός.

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

## ΧΟΡΟΣ

## CHOIR

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα. Δόξα σοι, ὁ Θεός.

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

## D. Great Synapte (Litany of Peace)

ΔΙΑΚΟΝΟΣ

DEACON

Ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

In peace let us pray to the Lord.

ΧΟΡΟΣ

CHOIR

( Κύριε, ἐλέησον. )



ΔΙΑΚΟΝΟΣ

DEACON

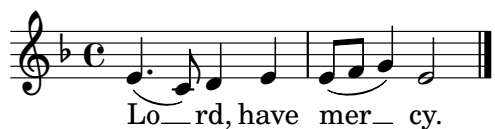
Ἵπὲρ τῆς ἀνωθεν εἰρήνης καὶ τῆς σωτηρίας τῶν ψυχῶν ἡμῶν, τοῦ Κυρίου δεηθῶμεν.

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

ΧΟΡΟΣ

CHOIR

( Κύριε, ἐλέησον. )



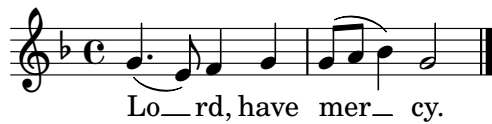
**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ τῆς εἰρήνης τοῦ σύμπαντος κόσμου, εὐσταθείας τῶν ἁγίων τοῦ Θεοῦ Ἐκκλησιῶν καὶ τῆς τῶν πάντων ἐνώσεως, 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.

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )

**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ τοῦ ἁγίου οἴκου τούτου, καὶ τῶν μετὰ πίστεως, εὐλαβείας καὶ 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.

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )



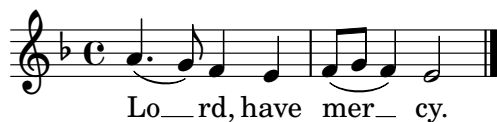
**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ τῶν εὐσεβῶν καὶ Ὀρθοδόξων Χριστιανῶν, τοῦ Κυρίου δεηθῶμεν.

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

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )

**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ 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.

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )



**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ τοῦ εὐσεβοῦς ἡμῶν ἔθνους, πάσης ἀρχῆς καὶ ἐξουσίας 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.

**ΧΟΡΟΣ****CHOIR**

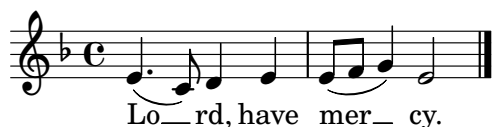
( Κύριε, ἐλέησον. )

**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ τῆς πόλεως ταύτης, πάσης πόλεως, χώρας καὶ τῶν πίστει οἰκούντων ἐν αὐταῖς, τοῦ Κυρίου δεηθῶμεν.  
For this city, for every city and land, and for the faithful who dwell in them, let us pray to the Lord.

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )



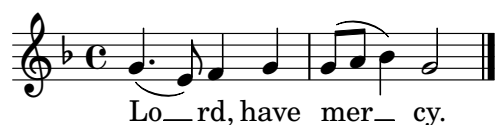
**ΔΙΑΚΟΝΟΣ****DEACON**

Ἐπὲρ εὐκρασίας 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.

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )

**ΔΙΑΚΟΝΟΣ****DEACON**

Ἐπὲρ πλεόντων, ὁδοιπορούντων, νοσοῦντων, 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.

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )



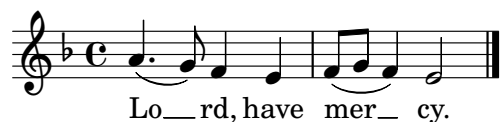
**ΔΙΑΚΟΝΟΣ****DEACON**

Ἵπὲρ τῶν ἀδελφῶν ἡμῶν τῶν κατὰ τῆς νόσου τοῦ κορονοϊοῦ ἀγωνιζομένων, ἱατρῶν, νοση-  
λευτῶν καὶ ἐπιστημόνων, τοῦ Κυρίου δεηθῶμεν.

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

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )

**ΔΙΑΚΟΝΟΣ****DEACON**

Ἄντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς ὁ Θεὸς τῇ σῆ χάριτι.

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

**ΧΟΡΟΣ****CHOIR**

( Κύριε, ἐλέησον. )

**ΔΙΑΚΟΝΟΣ****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.

**ΧΟΡΟΣ****CHOIR**

( Σοί, Κύριε. )

**ΙΕΡΕΥΣ****PRIEST**

Ὅτι πρέπει σοι πᾶσα δόξα, τιμὴ καὶ προσκύνησις, τῷ Πατρὶ καὶ τῷ Υἱῷ 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.

**ΧΟΡΟΣ****CHOIR**

( Ἀμήν. )



## Part III

## MORNING VIGIL

## 3. GOD IS THE LORD

ΧΟΡΟΣ

CHOIR

Ἦχος δ'.

Matins. Mode 4.  $Vu=E$ .

Soft Chromatic E



*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

Τοῦ Τριωδίου - - -

—

From Triodion - - -

Ἦχος δ΄.

—

—

**Apolytikion. Mode 4.  $Vu=E$ .**

Soft Chromatic **E** **G**

<sup>8</sup> O God of our Fa-thers, since You al-ways deal with us in ac-

<sup>8</sup> cord-ance with Your gen - tle - ness, do not with - draw Your mer - cy from

<sup>8</sup> us, but at their fer-vent en - treat-ies, pi - lot our life in peace.

Δόξα. Τὸ αὐτό.

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

**Apolytikion. Mode 4.  $Vu=E$ .**

Soft Chromatic <sup>E</sup> <sup>G</sup>

<sup>8</sup> O God of our Fa-ters, since You al-ways deal with us in ac-

<sup>8</sup> cord-ance with Your gen - tle - ness, do not with - draw Your mer - cy from

<sup>8</sup> us, but at their fer-vent en - treat-ies, pi - lot our life in peace.

**B. Theotokion**

Καὶ νῦν. Θεοτοκίον.

—

Both now and ever and to the ages of ages.

Both now. **Theotokion. Mode 4.** *Vu=E.*

Soft Chromatic E G E

8 O The - o - to - kos, thru you be - came man - i - fest to

8 us on earth the mys - ter - y, which was hid from e - ter - ni - ty, and

8 which the An - gels them - selves knew not: that God, u - nit - ing na - tures with -

8 out con - fu - sion, be - comes a man and ac - cepts cru - ci - fix - ion for

8 our sal - va - tion vol - un - tar - i - ly. By vir - tue of this, res - ur - rect - ing

8 man whom He had first cre - at - ed, He saved our souls from death.

Final Ending E F G

8 He saved our souls from death.

**C. The Little Litany – For Yours is the dominion...****PRIEST**

Ἐπι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

—

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

**CHOIR**

( Κύριε, ἐλέησον. )

**PRIEST**

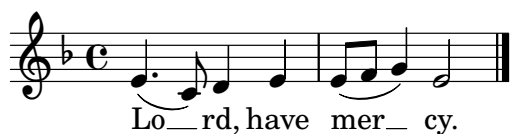
Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ χάριτι.

—

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

**CHOIR**

( Κύριε, ἐλέησον. )

**PRIEST**

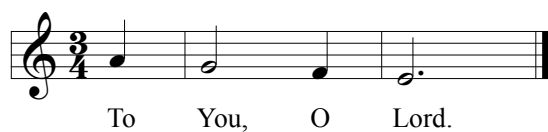
Τῆς παναγίας, ἀχράντου, ὑπερευλογημένης, ἐνδόξου, δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας μετὰ πάντων τῶν ἁγίων μνημονεύσαντες, ἑαυτοὺς καὶ ἀλλήλους καὶ πᾶσαν τὴν ζωὴν ἡμῶν Χριστῷ τῷ Θεῷ παρατιώμεθα.

—

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**

( Κύριε, ἐλέησον. )

**PRIEST**

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

—

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**

( Κύριε, ἐλέησον. )

**4. THE KATHISMATA****A. Kathisma I**

ΧΟΡΟΣ

—

**CHOIR**

Κάθισμα Α΄.

—

Τοῦ Τριωδίου - - -



—  
From Triodion - - -

Ἦχος πλ. δ΄.

—  
—  
Τὸ προσταχθέν.

—  
Ταῖς τῶν πατέρων ἀστραπαῖς καταυγασθέντες, ὡς εἰς Παράδεισον τερπνὸν νῦν εἰσιόντες, τῆς τρυφῆς τοῦ χειμάρρου καταπολεύσωμεν, καὶ τούτων τὰς ἀριστείας θαμβητικῶς, σκοποῦντες ἀμιλληθῶμεν ταῖς ἀρεταῖς, τῷ Σωτῆρι κραυγάζοντες· Εὐχαῖς αὐτῶν ὁ Θεός, μετόχους ἡμᾶς ποιήσον, οὐρανῶν Βασιλείας σου.

—  
As we are shined on by the lightning of the fathers, \* as if we enter now a most delightful garden, \* let us fully enjoy the river of Your delight. \* With wonder we view the excellence of their deeds \* and virtues, so let us strive to emulate them. \* Let us pray to the Savior, "By their intercessions, O God, \* account us worthy to become \* the partakers of Your kingdom and rule." [SD]

Δόξα. Ὅμοιον.

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

—  
Τὸν ἀρχηγὸν τῶν Μοναστῶν Παῦλον συμφώνως, σὺν Ἄντωνίῳ τῷ σοφῷ καὶ Εὐθυμίῳ, ἀνυμνήσωμεν πάντες, σὺν τοῖς λοιποῖς Πατράσι, καὶ τούτους καθικετεύσωμεν, ὅπως Χριστόν, ἀπαύστως ἐκδυσωπῶσιν ὑπὲρ ἡμῶν, τῶν τὴν θείαν καὶ πάμφωτον, ἐπιτελούντων μνήμην αὐτῶν, ἐν ἄσμασι δοξάζοντες, τὸν Σωτῆρα καὶ Κύριον.

—  
Let us with one voice now extol those great monastics, \* St. Paul their chief, and most wise Anthony, and also \* Saint Efthymius, and the rest of the Fathers. \* And let us entreat them all, so that they will pray \* unceasingly unto Christ on behalf of us \* who observe their divine and most resplendent memory today, \* while singing songs to glorify \* God our Savior, the Lord of all. [SD]

**B. Theotokion**

Καὶ νῦν. Θεοτοκίον.

—

Both now and ever and to the ages of ages.

—

**Theotokion.****Mode pl. 4. Ni=C. When he perceived.**

Diatonic C g C

<sup>8</sup> We ev-er thank you, O all-ho-ly The-o-to - kos,

D C

<sup>8</sup> and mag-ni - fy you the all - pure one; and we wor-

D C

<sup>8</sup> - ship and ex - tol your di - vine Son, Maid-en high-ly fa - vored.

D C

<sup>8</sup> All - mer - ci - ful Vir-gin, there-fore we cry a - loud un - ceas - ing-ly

F

<sup>8</sup> pray - ing, Save us, since you are good. Snatch me out from the

C D

<sup>8</sup> fright-en-ing ex - am - i - na-tion of ac-counts by de-mons in the hour of

C

<sup>8</sup> trial. May we your ser-vants not be a-shamed.

Translation and score by Fr. Seraphim Dedes, 2021

## C. Kathisma II

Τοῦ Τριωδίου - - -

—

From Triodion - - -

Ἦχος πλ. δ΄.

—

—

Ἀνάστης ἐκ νεκρῶν.

—

Ἀντώνιον ὁμοῦ, καὶ Εὐθύμιον πάντες, σὺν πᾶσι τοῖς λοιποῖς, θεοφόροις Πατράσιν, εὐφημήσωμεν ὕμνοις, αὐτῶν τὴν μνήμην πανηγυρίζοντες· οὗτοι γὰρ τῷ Κυρίῳ, ὑπὲρ τοῦ κόσμου παντὸς πρεσβεύουσιν, ἵνα ῥυσθῶμεν τῆς ἀρχαίας ἀρᾶς, λυτρωθέντες κολάσεως.

—

Come all, let us extol all the God-bearing Fathers, \* Saint Anthony the Great and Eftymius also, \* and all the rest, and let us observe their holy memory festively. \* For they make intercession unto the Lord on behalf of the whole world, \* that we be freed from the ancestral curse \* and rescued from perdition. [SD]

Δόξα.

—

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

Ἦχος πλ. δ΄.

—

—

Τὸ προσταχθέν.

—

Ὡς εἰς λειμῶνα ἀρετῶν ἀνθηφοροῦντα, τῶν θεοφόρων Ἀσκητῶν περιπατοῦντες, τῆς ὁσμῆς πληρούμεθα τῆς ἡδυπνόου· τοῖς ἄθλοις γὰρ στομωθέντες τῶν πειρασμῶν, τὸ σῶμα τῆ ἐγκρατεία δουλοπρεπῶς, καθυπέταξαν πνεύματι, ἀγγελικὴν ἐπὶ γῆς, πολιτείαν βιώσαντες, δόξης οὖν ἤξιώθησαν.

—

As we remember the God-bearing great Ascetics, \* it is like walking in a meadow full of flowers \* of their virtues, that fill us with their sweetest fragrance. \* They struggled and thus temptations were overcome. \* Their bodies became their servants through self-control \* and submitted to the spirit. And as they dwelt here on earth \* they were living an angelic life. \* They were worthily glorified. [SD]

#### D. Theotokion

Καὶ νῦν. Θεοτοκίον.

—

Both now and ever and to the ages of ages.

Ἦχος πλ. δ΄.

—

—

Τὸ προσταχθέν.

—

Τῶν Ἀσωμάτων σου Χριστέ, καὶ τοῦ Προδρόμου, τῶν Μαθητῶν, τῶν Προφητῶν, καὶ τῶν Μαρτύρων, τῶν Ἁγίων ἀπάντων τε, καὶ τῶν Ὁσίων, πρεσβείαις τῆς ἀπειράνδρου καὶ ἀγαθῆς, Μητρός σου, ἐκδυσωπούμενος, δὸς ἡμῖν, τῷ φωτί σου πορεύεσθαι, καὶ καταξιώσον ἡμᾶς, τυχεῖν τῆς Βασιλείας σου, διὰ σπλάγχνα ἐλέους σου.

—

Being implored by the earnest intercessions \* of all Your bodiless angelic hosts, the Prophets, \* the Disciples, the Forerunner and the holy Martyrs, \* and all the devout Monastics and all Your Saints, \* Your good ever-virgin Mother, O Christ, to us \* grant to walk in Your light, and also count us worthy to obtain \* Your uncreated kingdom and rule, \* in Your mercy and tender love. [SD]

## Part IV

# MORNING PRAISE

### 5. PSALM 50 (51)

ΑΝΑΓΝΩΣΤΗΣ

—

READER

Ψαλμός Ν' (50).

Psalm 50 (51).

Κύριε, ἐλέησον. (ἐκ γ')

Lord, have mercy. (3)

Δόξα Πατρὶ καὶ Υἱῷ καὶ Ἁγίῳ Πνεύματι. Καὶ νῦν καὶ ἀεὶ, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.  
Ἄμην.

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

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

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

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

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

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μου ἐστὶ διὰ παντός.

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

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

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.

Ἴδου γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.  
For behold, I was conceived in transgressions, and in sins my mother bore me.

Ἴδου γὰρ ἀλήθειαν ἠγάπησας, τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.  
Behold, You love truth; You showed me the unknown and secret things of Your wisdom.

Ραντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι, πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.  
You shall sprinkle me with hyssop, and I will be cleansed; You shall wash me, and I will be made whiter than snow.

Ἄκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὅστέα τεταπεινωμένα.  
You shall make me hear joy and gladness; my bones that were humbled shall greatly rejoice.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον.  
Turn Your face from my sins, and blot out all my transgressions.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.  
Create in me a clean heart, O God, and renew a right spirit within me.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου καὶ τὸ Πνεῦμά σου τὸ ἅγιον μὴ ἀντανέλης ἀπ' ἐμοῦ.  
Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῶ στήριζόν με.  
Restore to me the joy of Your salvation, and uphold me with Your guiding Spirit.

Διδάξω ἀνόμους τὰς ὁδοὺς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσι.  
I will teach transgressors Your ways, and the ungodly shall turn back to You.

Ρῦσαί με ἐξ αἱμάτων, ὁ Θεός, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου.

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

Κύριε, τὰ χεῖλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

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

Ἵτι εἰ ἠθέλησας θυσίαν, ἔδωκα ἄν· ὀλοκαυτώματα οὐκ εὐδοκήσεις.

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

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον, καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

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

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιών, καὶ οἰκοδομηθήτω τὰ τεῖχη Ἱερουσαλήμ. Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὀλοκαυτώματα. Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

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**

Κοντάκιον.

—

Kontakion.

Τοῦ Τριωδίου - - -

—

From Triodion - - -



Ἦχος πλ. δ΄. Ὡς ἀπαρχάς.

—

Ὡς εὐσεβείας κήρυκας, καὶ ἀσεβείας φίμωτρα, τῶν θεοφόρων τὸν δῆμον ἐφαίδρυνας, Κύριε, τὴν ὑφήλιον λάμποντα. Ἐν εἰρήνῃ τελείᾳ, ταῖς αὐτῶν ἰκεσίαις, τοὺς σὲ δοξάζοντας καὶ μεγαλύνοντας, διαφύλαξον, ψάλλειν καὶ ᾄδειν σοι, Ἀλληλούϊα.

—

O Lord, you made the host of God-bearing Saints shine as preachers of godliness and silencers of godlessness, and they lit up the entire earth. By their entreaties, preserve us in peace, as we glorify and magnify You and chant and sing to You: Alleluia. [SD]

### B. Oikos

Ὁ Οἶκος.

—

Oikos.

Τοῖς τοῦ βίου τερπνοῖς ἐνητένισα, λογισμοῖς θεωρῶν τὰ γινόμενα, καὶ μετρήσας αὐτῶν τὰ ἐπώδυνα, τὴν ζωὴν τῶν βροτῶν ἐταλάνισα, ὑμᾶς δὲ μόνους ἐμακάρισα, τοὺς μερίδα καλὴν ἐπιλεξαμένους, τὸ παθεῖν τῷ Χριστῷ, καὶ μένειν σὺν αὐτῷ, καὶ συμπάλλειν ἀεὶ τῷ Προφήτῃ Δαυΐδ, Ἀλληλούϊα.

—

I observed the delights of earthly life, and considered what goes on in peoples' minds; and I weighed their pain, and I deemed their life unhappy. Only you did I call blessed, you Saints who chose the good portion, to suffer with Christ and remain with Him, and ever sing with the Prophet David: Alleluia. [SD]

Ὁ λαὸς ἵσταται διὰ τὴν ἀνάγνωσιν τοῦ Συναξαρίου.

—

Stand for the reading of the Synaxarion.

### C. Synaxarion

Συναξάριον

—

Synaxarion

Τοῦ Μηναίου.

—

From the Menaion.

Τῆς ΚΕ' τοῦ αὐτοῦ μηνός, Μνήμη τοῦ ἐν Ἁγίοις Πατρὸς ἡμῶν Ταρασίου Ἀρχιεπισκόπου Κωνσταντινουπόλεως.

—

On February 25 we commemorate our father among the saints Tarasios the Confessor, Archbishop of Constantinople.

Τῆς αὐτῆς ἡμέρας, ὁ Ἅγιος Ἀλέξανδρος ζίφει τελειοῦται.

—

On this day Saint Alexander died by the sword.

Τῆς αὐτῆς ἡμέρας, Μνήμη τοῦ Ἁγίου Ἱερομάρτυρος Ρηγίνου, Ἐπισκόπου Σκοπέλου.

—

On this day we also commemorate the holy Hieromartyr Reginus, Bishop of Scopelus.

Τῆς αὐτῆς ἡμέρας, ὁ Ἅγιος Ἀντώνιος πυρὶ τελειοῦται.

—

On this day Saint Anthony died by fire.

Τῆς αὐτῆς ἡμέρας, ὁ Ἅγιος Θεόδωρος, ὁ διὰ Χριστὸν σαλός, ἐν εἰρήνῃ τελειοῦται.

—

On this day Saint Theodore, the Fool for Christ, reposed in peace.

Τῆς αὐτῆς ἡμέρας, ὁ Ἅγιος Μάρτυς Μάρκελλος, Ἐπίσκοπος Ἀπαμείας τῆς Κύπρου, ζίφει τελειοῦται.

—

On this day the holy hieromartyr Markellos of Cyprus, Bishop of Apamea in Syria, died by the sword.

Τοῦ Τριωδίου.

—

From the Triodion.

Τῷ Σαββάτῳ τῆς Τυρινῆς, μνεῖαν ἐπιτελοῦμεν πάντων τῶν ἐν ἀσκήσει λαμπάντων ἁγίων Ἄνδρῶν τε καὶ Γυναικῶν.

—

On the Saturday of Cheese-fare week, we commemorate all the holy men and women who excelled in asceticism.

Στίχοι

—

Verses

Ψυχᾶς Δικαίων, ὧν ἀεὶ μνήμη μένει,

—

I offer these words as an abiding libation

Χοᾶς μενούσας, προσκομίζω τοὺς λόγους.

—

to the souls of the Righteous whose memory abides forever.

Ταῖς τῶν Ὁσίων σου πάντων πρεσβείαις Χριστέ ὁ Θεὸς ἡμῶν, ἐλέησον ἡμᾶς.

—

By the intercessions of all Your monastic Saints, O Christ our God, have mercy on us.

Amen.

## 7. KATAVASIAS OF THE ODES

ΧΟΡΟΣ

—

**CHOIR**

Καταβασίαι τοῦ Σαββάτου τῆς Τυρινῆς

—

Katavasia of Saturday of Cheese Week

—

Ὡδὴ α΄. ᾠχος πλ. δ΄.

—

ᾠσμα ἀναπέμφωμεν λαοί, τῷ θαυμαστῷ Θεῷ ἡμῶν, τῷ ἀπαλλάξαντι τὸν Ἰσραὴλ ἐκ δουλείας, ὠδὴν ἐπινίκιον, ᾄδοντες καὶ βοῶντες· Ἄισωμέν σοι τῷ μόνῳ Δεσπότη.

—

O ye people, let us raise a song to our God who works wonders, for He set Israel free from bondage; and with a hymn of victory let us cry aloud: 'Let us sing to Thee, our only Master.'

[KW]

Ὡ,δὴ β΄.

—

Ode ii.

Ἴδετε, ἴδετε, ὅτι ἐγὼ εἶμι ὁ Θεὸς ὑμῶν, ὁ πρὸ τῶν αἰώνων γεννηθεὶς ἐκ τοῦ Πατρὸς, καὶ ἐκ τῆς Παρθένου ἐπ' ἐσχάτων, δίχρα ἀνδρὸς κυηθεὶς, καὶ λύσας τὴν ἀμαρτίαν, τοῦ προπάτορος Ἀδάμ, ὡς φιλάνθρωπος.

—

See now, see that I am your God, before all ages begotten from the Father, and in the last times conceived without man by the Virgin: and I have destroyed the sin of Adam the forefather in My love for mankind. [KW]

Ὡ,δὴ γ΄.

—

Ode iii.

Οὐκ ἔστιν ἅγιος ὡς ὁ Κύριος, καὶ οὐκ ἔστι δίκαιος, ὡς ὁ Θεὸς ἡμῶν, ὃν ὑμνεῖ πᾶσα κτίσις, οὐκ ἔστιν ἅγιος πλὴν σοῦ Κύριε.

—

No one is holy like You are, O Lord, and no one is righteous like You our God. All creation extols You. No one is holy except for You, O Lord. [SD]

Ὡ,δὴ δ΄.

—

Ode iv.

Ἐξ ὄρους κατασπίου, Λόγε ὁ προφήτης, τῆς μόνης Θεοτόκου, μέλλοντος σαρκουῖσθαι, θεοπτικῶς κατενόησε καὶ ἐν φόβῳ ἐδοξολόγει σου τὴν δύναμιν.

—

The Prophet understood that You would be incarnate \* from the Theotokos when he had considered \* with divine vision, O Logos, the shaded mountain. \* Afraid, he glorified Your power, O Lord. [SD]

Ὡ,δὴ ε΄.

—

Ode v.

Τῆς τῶν παθῶν με ἀγλύος, ὡς ἐκ νυκτὸς βαθυτάτης λυτρούμενος, ὀρθρίζειν ἀξίωσον, τὸ πνεῦμά μου δέομαι, ἐν φωτὶ ἡμέρας, τῶν σῶν προσταγμάτων Χριστέ.

—  
Deliver me, I pray, from the dark night of the passions, and enable my spirit, O Christ, to seek Thee early in the morning, guided by the light of Thy commandments. [KW]

ᾠδὴ Γ΄.

—  
Ode vi.

Συνεχόμενον δέξαι με φιλόνηρωπε, ἐκ πταισμάτων πολλῶν, προσπίπτοντα τοῖς οἰκτιρμοῖς σου, ὡς τὸν Προφήτην Κύριε, καὶ σῶσόν με.

—  
Held fast by many sins, I fall down like the Prophet before Thy tender mercies. Accept me also in Thy love for mankind, O Lord, and save me. [KW]

ᾠδὴ Δ΄.

—  
Ode vii.

Ὁ τοὺς Παῖδας δροσίσας ἐν καμίνῳ, καὶ παρθένον φυλάξας μετὰ τόκον, τὴν σὲ τεκοῦσαν, εὐλογητὸς εἶ Κύριε, ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν.

—  
Thou hast refreshed the Children with dew in the furnace, and Thou hast preserved Thy Mother as a Virgin after childbirth: Blessed art Thou, O Lord God of our fathers. [KW]

ᾠδὴ Ε΄.

—  
Ode viii.

Αἰνοῦμεν, εὐλογοῦμεν καὶ προσκυνοῦμεν τὸν Κύριον.

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

Τὸν ἐν ὄρει ἁγίῳ δοξασθέντα, καὶ ἐν βάτῳ πυρὶ τὸ τῆς Ἀειπαρθένου, τῷ Μωϋσῆ μυστήριον γνωρίσαντα, Κύριον ὑμνεῖτε, καὶ ὑπερυψοῦτε, εἰς πάντας τοὺς αἰῶνας.

—  
O extol Him, who on the holy mountain \* showed His glory, as Lord, \* and in the bush with fire \* revealed to Moses knowledge of the mystery \* of the Ever-Virgin, supremely exalting

Him unto all the ages. [SD]

—

The Patriarchal Typikon indicates, as usual, that the entire canon be sung. Typically in parishes only the Katavasias are chanted. Ode ix is presented in its entirety, for the enrichment and edification of both singers and listeners. Since this Saturday of Cheesefare week is not a great feast, Ode ix is, as usual, preceded by the Magnificat.

—

The Patriarchal Typikon indicates, as usual, that the entire canon be sung. Typically in parishes only the Katavasias are chanted. Ode ix is presented in its entirety, for the enrichment and edification of both singers and listeners. Since this Saturday of Cheesefare week is not a great feast, Ode ix is, as usual, preceded by the Magnificat.

Ὁ λαὸς ἴσταται διὰ τὴν Θ' Ὠδὴν.

—

Stand for the singing of Ode ix.

—

#### **DEACON**

Τὴν Θεοτόκον καὶ μητέρα τοῦ φωτὸς ἐν ὕμνοις τιμῶντες μεγαλύνωμεν.

—

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

### **8. MAGNIFICAT AND 9TH ODE**

ΧΟΡΟΣ

—

#### **CHOIR**

Ὠδὴ θ'.

—

Ode ix.

Μεγαλυνάριον. ᾠχος πλ. δ'.

**The Magnificat. Mode pl. 4. Ga=F.**

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 - to - kos.

8 You do we mag-ni - fy.

2

8 For He has regarded the lowly state of His maidservant; for be - hold,

8 hence - forth all gen - er - a - tions will call me bless - ed. Great - er in

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

8 - pare than the Se - ra - phim, you with - out cor - rup - tion gave birth to God the

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



3

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

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

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

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 tru-ly The-o-

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

4

8 He has shown strength with His arm; He has scattered the proud

8 in the im - a - gi - na - tion of their hearts. Great - er in hon - or than the

8 Che - ru - bim, and in glo - ry great - er be - yond com - pare than the

8 Se - ra - phim, you with - out cor - rup - tion gave birth to God the

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

5

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

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

8 emp - ty. 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 - to - kos.

8 You do we mag-ni - fy.

6

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

8 as He spoke to our fathers, to A-bra-ham and his seed for - ev - er.

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

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

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

8 mag-ni - fy.

Ὡδὴ θ'. Ἦχος πλ. δ'. Ὁ Εἰρμός.

—  
 Τὸν προδηλωθέντα ἐν ὄρει τῷ Νομοθέτῃ, ἐν πυρὶ καὶ βάτῳ τόκον τὸν τῆς Ἀειπαρθένου, εἰς ἡμῶν τῶν πιστῶν σωτηρίαν, ὕμνοις ἀσιγήτοις μεγαλύνωμεν.

—  
 Let us sing to Him who to Moses of old prefigured \* in the burning bush the childbirth of ever-virgin Mary, \* for the salvation of us the believers. \* Let us magnify Him with unceasing hymns. [SD]

### A. Troparia

Τροπάρια.

—  
 Troparia.

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

—  
 Saints of God, intercede for us.

Τίς τὴν παρρησίαν, ἐρεύζεται Ἀμβροσίου; τοῦ Ἱεροθέου δέ, πῶς τὴν σοφίαν ἐξείποι; καὶ Ἀλεξάνδρων τῶν θεοσόφων Πατέρων, τὴν ὑπὲρ τῆς πίστεως στερρότητα;

—  
 Who can describe the boldness of Ambrose? Who can recount the wisdom of Hierotheos, and the steadfastness with which the Alexanders struggled in defence of the faith? [KW]

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

—  
 Saints of God, intercede for us.

Φαίδιμος ὁ θεῖος, Σπυρίδων ὁ θεοφόρος, σὺν τῷ Ἀντιπάτρῳ, Παμβῶ, Παλλαδίῳ, καὶ Νόννῳ, Ἱερωνύμῳ, καὶ Γερμανῶ τῷ παντίμῳ, ὡς θεοφωστῆρες ἀνυμνείσθωσαν.

—  
 Let us praise the divine Phaidimos and God-bearing Spyridon, Antipatros, Pambo, Palladios and Nonnos, with Jerome and all honoured Germanos: for they are shining lights of God. [KW]

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Saints of God, intercede for us.

Ὁ πολὺς τὰ θεῖα, Διονύσιος τιμάσθω, ὡς τῶν οὐρανίων μύστης, ὁ πολὺαθλος Κλήμης, Φλαβιανός τε, καὶ Παῦλος ὁ μέγας, τῆς ὁμολογίας οἱ προκήρυκες.

Let us honour Dionysios, great in the knowledge of God, initiate of the heavenly mysteries, and Clement, who laboured much, with Flavian and Paul the Great, the heralds of the faith.

[KW]

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Saints of God, intercede for us.

Μιχαὴλ Συνάδων, ὑμνεῖσθω σὺν Ταρασίῳ, Νικηφόρος αὐθις, σὺν Θεοδώρῳ τῷ πάνυ, καὶ Θεοφάνη, ὁ Ἱερόνυμος ὄντως, οἱ ὑπασπισταὶ τῶν χαρακτήρων Χριστοῦ.

Let us praise Michael of Synada and Tarasios, Nikephoros and illustrious Theodore, with Theophanes and Jerome, the defenders of the ikons of Christ. [KW]

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Saints of God, intercede for us.

Πέτρος καὶ Ἰγνάτιος, οἱ ὄντως θεοφόροι, ὡς Χριστοῦ ἀπόστολοι, καὶ ἱερόαθλοι ὄντες, ἀνυμνεῖσθωσαν ἅμα σὺν Πολυκάρπῳ, καὶ Κυπριανῷ τῷ χριστομάρτυρι.

Let praise be given to Peter and Ignatios, who in very truth bore God in their hearts, the apostles of Christ who suffered for His sake, and also to Polycarp and Cyprian the martyr of the Lord. [KW]

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

Saints of God, intercede for us.

Ὅσοι Πατέρες, καὶ Ἱεράρχαι Κυρίου, σὺν Ἱερομάρτυσι, καὶ Γυναίξιν ἀγίαις, ὀνομαστοὶ καὶ ἀνώνυμοι πάντες, εὐξασθε σωθῆναι τὰς ψυχὰς ἡμῶν.

O holy fathers and hierarchs of the Lord, martyr priests and bishops, and women saints, all those whom we have named and all whose names we do not know: pray for the salvation of

our souls. [KW]

Ἅγιοι τοῦ Θεοῦ, πρεσβεύσατε ὑπὲρ ἡμῶν.

—

Saints of God, intercede for us.

Μαρτυρικόν.

—

For the Martyrs.

Ἐν ταῖς οὐρανίαις, μοναῖς τῆς δόξης Κυρίου, σὺν χοροῖς τῶν Μαρτύρων, καὶ Ἀποστόλων τρυφῶντες, ὑπὲρ ἡμῶν τῶν ἐν γῆ τὰς αἰτήσεις, Μάρτυρες τῷ κτίστη προσαγάγετε.

—

As ye rejoice, O martyrs, in the heavenly mansions of the glory of the Lord, with the choir of the apostles, pray to the Creator for all of us on earth. [KW]

Δόξα.

—

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

Ὁ εἷς ἐν Τριάδι Θεός, δόξα σοι ἀπαύστως· εἰ γὰρ καὶ Θεὸς ἕκαστον, ἀλλ' εἷς τῇ φύσει πέλεις, ὁ Πατήρ, ὁ Υἱὸς καὶ τὸ πνεῦμα, τοῖς τρισσοφάεσιν ἰδιώμασι.

—

O God, one in three, glory be to Thee without ceasing. Each is God, for Father, Son and Spirit are one in Nature, though threefold and distinct in the splendour of their Persons. [KW]

## B. Theotokion

Καὶ νῦν. Θεοτοχίον.

—

Both now and ever and to the ages of ages.

Βάτον καιομένην πυρί, καὶ μὴ φλεγομένην, προεώρα πάλαι Μωσῆς, ἐν Σιναίῳ τῷ, ὄρει, σὴν θεόδεκτόν σου γαστέρα Παρθένε, ὑποδεχομένην τὸ ἀκήρατον πῦρ.

—

The bush which burned with fire and yet was not consumed, that Moses saw of old upon Mount Sinai, was a foreshadowing of thy womb, O Virgin, which received the pure fire of the Godhead. [KW]

Καταβασία. Ἦχος πλ. δ΄.

Τὸν προδηλωθέντα ἐν ὄρει τῷ Νομοθέτῃ, ἐν πυρὶ καὶ βάτῳ τόκον τὸν τῆς Ἀειπαρθένου, εἰς ἡμῶν τῶν πιστῶν σωτηρίαν, ὕμνοις ἀσιγήτοις μεγαλύνωμεν.

Let us sing to Him who to Moses of old prefigured \* in the burning bush the childbirth of ever-virgin Mary, \* for the salvation of us the believers. \* Let us magnify Him with unceasing hymns. [SD]

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

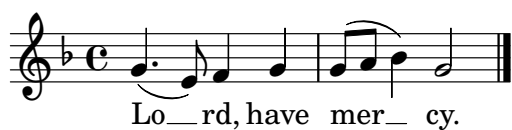
#### PRIEST

Ἐτι καὶ ἔτι ἐν εἰρήνῃ τοῦ Κυρίου δεηθῶμεν.

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

( Κύριε, ἐλέησον. )

#### CHOIR



Ἀντιλαβοῦ, σῶσον, ἐλέησον καὶ διαφύλαξον ἡμᾶς, ὁ Θεός, τῇ σῇ 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 παρανώμεθα.

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.

( Σοί, Κύριε. )

### CHOIR



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

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**

Ἐξαποστειλάριον.

—

Exaposteilarion.

Τοῦ Τριωδίου - - -

—

From Triodion - - -

Ἦχος β΄. Γυναῖκες ἀκουτίσθητε.

—

—

Γυναῖκες ἀκουτίσθητε.

—

Οἱ κόσμον ἀρνησάμενοι, καὶ τὸν Σταυρὸν ἀράμενοι, πληθὺς ὁσίων Πατέρων, σὺν τοῖς χοροῖς τῶν Μαρτύρων, Ἱεραρχῶν ὁμήγυρις, καὶ Γυναικῶν τὸ σύνταγμα, ἡμᾶς καταφαιδρύνετε, τοῦ ἀνυμνῆσαι ἀξίως, ὑμῶν τὴν πάμφωτον μνήμην.

—

All you who had renounced the world \* and who had taken up the Cross, \* O holy monastic Fathers, \* and you the choirs of Martyrs, \* assemblage of the Hierarchs, and company of women Saints, \* you make us bright and full of joy \* that we may worthily praise you \* and your all-resplendent memory. [SD]

**A. Intercessions of the Saints and Theotokos**

Ἄτερον.

—

Another.

Ἦχος β΄. Τοῖς Μαθηταῖς συνέλθωμεν.

—

—  
 Τοῖς Μαθηταῖς συνέλθωμεν.

—  
 Τοὺς ἐν ἀσκήσει λάμπαντας, Θεοφόρους Πατέρας, καὶ Ἱεράρχας ἅμα τε, Γυναικῶν τὰς ὁσίας, καὶ τῶν Ἱερομαρτύρων, τὰς χορείας ἐν ὕμνοις, φαιδρῶς ἀνευφημήσωμεν, ὅπως ἁγιασθῶμεν, καὶ ταῖς εὐχαῖς τούτων, καὶ πρεσβείαις τῆς Θεοτόκου, τὸν δρόμον διανύσωμεν, εὐμαρῶς τῆς νηστείας.

—  
 Come let us splendidly extol \* those who were great Ascetics, \* and the most holy Hierarchs, \* and the God-bearing Fathers, \* and praise the all-honored choirs \* of noble Hieromartyrs, \* also the righteous women Saints, \* so that we might be sanctified and may run \* and with ease complete the course of the great Fast, \* by intercessions of the Saints \* and of the Theotokos. [SD]

## 10. LAUDS — THE PSALMS OF PRAISE

### A. The Ainoi

Οἱ Αἴνοι. ᾠχος πλ. δ'.

—

Lauds. Mode pl. 4. Ni=C.

Diatonic C U C

8 Let ev - ery - thing that breathes praise

8 the Lord. Praise the Lord from the heav - ens,

8 3 G C  
praise Him in the high - est. It is

8 D C  
fit - ting to sing a hymn to You,

8 O God.

## Mode pl. 4. Ni=C.

Diatonic C

8 Praise Him, all you His

8 an gels; praise Him, all you His

8 hosts. It is fit - ting to sing a hymn to

8 You, O God.

**B. Lauds Stichologia**

Δείξε Στιχολογίαν

—

Show Stichologia

—

Αινεῖτε 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.

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

—

For He spoke, and they were made; He commanded, and they were created.

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

—

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 ποιῶντα 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, ἔρπετὰ καὶ πετεινὰ πτερωτά.

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

Βασιλείς 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.

Ἡ 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.

Ἕψαλον πᾶσι τοῖς ὁσίοις αὐτοῦ, τοῖς υἱοῖς Ἰσραήλ, λαῶ ἐγγίζοντι αὐτῷ.

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

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

—  
Sing to the Lord a new song, His praise in the assembly of His holy ones.

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

Ὅτι εὐδοκεῖ Κύριος ἐν τῷ λαῷ αὐτοῦ καὶ ὑψώσει πραεῖς ἐν σωτηρίᾳ.

—  
For the Lord is pleased with His people, and He shall exalt the gentle with salvation.

Καυχῆσονται ὅσοι 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, ἐλεγμούς 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 κρίμα 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 στερώματι τῆς δυνάμεως αὐτοῦ.

—

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

Κρύψε Στιχολογίαν

—

End of the Stichologia

—

Τοῦ Τριωδίου - - -

—

From Triodion - - -

Ἦχος πλ. δ'. Ὁ ἐν Ἐδέμ Παράδεισος.

—

—

—

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]



Τὴν τῶν Πατέρων ἅπαντες πληθύν, ὁσίως ἀσκήσασαν, ἐν ὠδαῖς ἐγκωμιάσωμεν πιστοί, τοὺς Ἱεράρχας δὲ Χριστοῦ, εὐφημήσωμεν ἄσμασι, θεοφρόνως ὁμοψύχως ἀδελφοί· ἐν ἐγκρατεία γὰρ ἔζησαν, καὶ ἐν νηστεία καθαρᾷ, καὶ τοῦ Χριστοῦ κατετρένωσαν, τὸ Εὐαγγέλιον ἡμῖν, μεθ' ὧν ἀνυμνήσωμεν, Γυναικῶν τὰς θεοφόρους καὶ λαμπράς, τὴν αὐτῶν πολιτείαν, θεοπρεπῶς ζηλοῦντες ἐν ψυχῇ, ἵνα εὕρωμεν ἐκεῖ, πλημμελημάτων τὴν συγχώρησιν.

—

All believers, let us praise in song the great company of the Fathers. Brethren, let us with a godly mind and singleness of soul extol the Hierarchs of Christ. For they lived in self-control and pure fasting, and they made the Gospel of Christ known to all of us. Let us also sing the praises of the God-bearing and illustrious Women, and wholeheartedly and piously aspire to their way of life, so that in the next life we may obtain the forgiveness of sins. [SD]

—

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

—

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

Τοὺς ἐν ἀσκήσει λάμπαντας φαιδρῶς, ὁσίως τε ζήσαντας, εὐφημήσωμεν ἐνδόξως ἀδελφοί, ὡς βιοτεύσαντας καλῶς, πρὸς ζωὴν τὴν αἰώνιον, εὐσεβῶς μετοικισθέντας ἐν χαρᾷ, πρὸς λῆξιν τε τὴν ἀνώλεθρον, καὶ μακαρίαν τὴν ἐκεῖ, δι' ἀρετῆς καὶ σεμνότητος, εὐθυδρομήσαντας ἰδοῦ, ἀξίως τιμήσωμεν, ὅπως τύχωμεν ἐλέους ἐκ Θεοῦ, τῇ αὐτῶν παρακλήσει, καὶ αἰωνίου δόξης καὶ χαρᾶς, καὶ ῥυσθῶμεν τῶν ἐκεῖ, ἀπαραιτήτων κολάσεων.

—

Brethren, let us gloriously extol those who shined splendidly in asceticism and lived in devout monasticism. And let us worthily honor those who lived well and who piously moved to eternal life with joy, to that indestructible and blessed destination in the next life. Through virtue and decorum they went straight there. By their prayers, may we receive mercy from God, eternal glory and joy, and may we be delivered from unavoidable punishment in the next life. [SD]

—

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

—

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

Ἱεραρχῶν ἀπάντων ὁ χορός, Δικαίων ὁμήγυρις, Ἀσκητῶν τε καὶ ὁσίων Γυναικῶν, τῶν βιωσάν-

των εὐσεβῶς, δυσωπηθέντες χάριτι· Ἰκετεύσατε τὸν μόνον ἀγαθόν, καὶ πανοικτίρμονα Κύριον, τοῦ οἰκτειρῆσαι καὶ ἡμᾶς, καὶ τῆς ἐκεῖ κατακρίσεως, ῥυσθείημεν διαπαντός, ταῖς προσευχαῖς ὑμῶν σοφοί, καὶ μελλούσης ἀπολαύσεως, τρυφᾶν διηνεκῶς, εἰς αἰῶνας αἰώνων, ἀγαλλιώμενοί τε καὶ ἡμεῖς, αἶνον ὕμνοις ἀπαύστως, τῷ Ζωοδότη ἀνακράζοντες.

—

We implore you, Hierarchs and Righteous, Ascetics, men and women Monastics, all you who lived piously in grace. Entreat our all-compassionate Lord, who alone is good, to have mercy on us. By your prayers, O wise Saints, may we ever be delivered from condemnation in the next life, so that we may continually enjoy the future delights, forever and ever, greatly rejoicing and unceasingly shouting hymns of praise to the Giver of Life. [SD]

—

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

—

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

Θεοπρεπῆ πανήγυριν πιστοί, κροτήσωμεν σήμερον, ἐν τῇ μνήμῃ τῶν Ἁγίων δαψιλῶς Ἱεραρχῶν, καὶ Ἀσκητῶν, καὶ Ἱερομαρτύρων, καὶ ὁσίων Γυναικῶν, καὶ εὐσεβῶν· τῶν γὰρ φθαρτῶν κατεφρόνησαν, καὶ τῶν προσκαίρων ἀληθῶς, καὶ ὡς ἀράχην ἠγήσαντο, καὶ ὡς σκύβαλα αὐτά, ἵνα κερδήσωσι, τὸν Χριστὸν καὶ τὰ βασιλεία αὐτοῦ, καὶ τὰ θεῖα ἐκεῖνα, ἃ ὀφθαλμὸς οὐκ εἶδεν, οὐδὲ ἤκουσε ποτέ, ὧν πρεσβείαις ὁ Θεός, ῥῦσαι φθορᾶς τὰς ψυχὰς ἡμῶν.

—

O believers, let us hold a lavish celebration today, worthy of God, for the memory of the Saints, the Ascetics and Hieromartyrs and devout women Monastics. For they truly disdained things corruptible and temporary, and they considered them as mere cobwebs and rubbish, so that they might obtain Christ and His kingdom and those divine things which eye has not seen nor ear ever heard. By their intercessions, O God, deliver our souls from destruction. [SD]

Δόξα. Τοῦ Τριωδίου.

—

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

Ἦχος πλ. β΄.

Glory. Mode pl. 2. Pa=D.

Chromatic D

8 Ne - Glo - ry to the Fa - ther

8 and the Son and the Ho - ly Spir - it.

D Diatonic G

8 De - vout Fa - thers, the proc - la - ma - tion

Chromatic D

8 of your a - chieve - ments went forth in - to all the earth.

8 For your la - bors you found the re -

G Diatonic

8 - ward in heav - en. You de - stroyed the ar -

Chromatic D A

8 - rays of de - mons, and you at - tained to the

Diatonic G Chromatic D

8 or - ders of the An - gels, whose

8 life - style you em - u - lat - ed blame - less -  
8 - ly. Since you have con - fi - dence be - fore  
8 the Lord,  
8 ask Him to grant  
8 peace to our souls.

A  
Diatonic G Chromatic D

Detailed description: The image shows a musical score for a song. It consists of five staves of music in treble clef, with a key signature of one flat and two sharps (B-flat major/D minor). The lyrics are written below the notes. The first staff starts with a '8' and the lyrics 'life - style you em - u - lat - ed blame - less -'. The second staff starts with a '8' and the lyrics '- ly. Since you have con - fi - dence be - fore'. The third staff starts with a '8' and the lyrics 'the Lord,'. The fourth staff starts with a '8' and the lyrics 'ask Him to grant'. The fifth staff starts with a '8' and the lyrics 'peace to our souls.'. Above the fourth staff, there are guitar chord diagrams for 'Diatonic G', 'Chromatic D', and 'A'. The 'A' chord is positioned above the first measure of the third staff. The 'Diatonic G' and 'Chromatic D' chords are positioned above the first and second measures of the fourth staff, respectively.

**C. Theotokion**

Καὶ νῦν. Θεοτοκίον.

Both now and ever and to the ages of ages.

Θεοτόκε, σὺ εἶ ἡ ἄμπελος ἡ ἀληθινή, ἡ βλαστήσασα τὸν καρπὸν τῆς ζωῆς, σὲ ἱκετεύομεν, πρέσβευε Δέσποινα, μετὰ τῶν Ὁσίων καὶ πάντων τῶν ἁγίων, ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Theotokos, you are the true vine that produced the fruit of life. Lady, we fervently entreat you to intercede along with the devout ones and all the saints, that our souls be treated mercifully. [SD]

**11. GREAT DOXOLOGY**

Ὁ λαὸς ἵσταται διὰ τὴν Μ. Δοξολογίαν.

Stand for the Great Doxology.

Ἡ Μεγάλη Δοξολογία

Great Doxology

## Great Doxology.

Mode 3. *Ga=F*.

R-01 *Enharmonic* **F** **C** **F**

8 Glo - ry be to You who showed the light.

**C**

8 Glo-ry in the high - est to God. His peace is on earth, His good

**F**

8 pleas - ure in man - kind.

L-02 **C** **F**

8 We praise You, we bless You, we wor-ship You, we glo - ri-

8 - fy You, we give thanks to You for Your great glo - ry.

R-03 **F** **C** **F** **D**

8 Lord King, heav - en - ly God, Fa-ther, Rul-er o-ver all;

**C** **F**

8 Lord, on - ly - be - got - ten Son, Je - sus Christ; and

8 You, O Ho - ly Spir - it.

Score by Fr. Seraphim Dedes, 2020

L-04 C F D C

8 Lord God, Lamb of God, Son of the Fa - ther, who

F

8 take a-way the sin of the world, have mer - cy on us, You who

8 take a-way the sins of the world.

R-05 C F

8 Ac - cept our sup - pli - ca - tion, You who sit at the

8 right hand of the Fa - ther, and have mer - cy on us.

L-06 C F

8 For You a-lone are ho - ly, You a-lone are Lord,

8 Je - sus Christ, to the glo - ry of God the Fa - ther. A - men.

R-07 C F

8 Ev - ery day I will bless You, and Your name will I

8 praise to e - ter - ni - ty, and to the a - ges of a - ges.



L-08 C F

8 Vouch - safe, O Lord, this day, that we be kept with-out

8 sin.

R-09 C F

8 Bless - ed are You, O Lord, the God of our fa - thers, and

8 praised and glo - ri - fied is Your name to the a - ges. A - men.

L-10 C F C

8 Let Your mer - cy be on us, O Lord, as we have set our

F

8 hope on You.

R-11 C F C F

8 Bless - ed are You, O Lord. Teach me Your stat - utes.

L-12 C F C F

8 Bless - ed are You, O Lord. Teach me Your stat - utes.

R-13 C F C F

8 Bless - ed are You, O Lord. Teach me Your stat - utes.

L-14

F C F D

8 Lord, You have been our ref - uge from gen - er - a - tion to

8 gen - er - a - tion. I said: Lord, have mer - cy on me.

8 Heal my soul, for I have sinned a - gainst You.

R-15

C F

8 Lord, I have fled to You. Teach me to do Your will, for

8 You are my God.

L-16

C F

8 For with You is the foun - tain of life; in Your

8 light we shall see light.

R-17

C F D

8 Con - tin - ue Your mer - cy to those who know You.

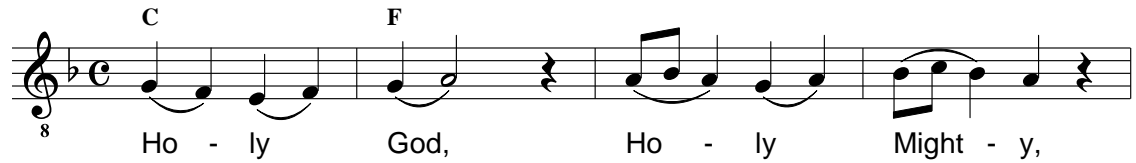
C F

8 Ho - ly God, Ho - ly Might - y, Ho - ly Im-



<sup>8</sup> - mor - tal, have mer - cy on us.

L-18

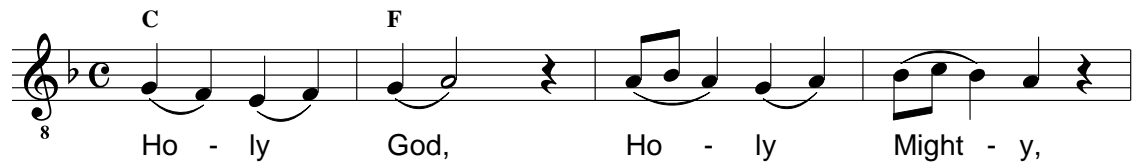


<sup>8</sup> Ho - ly God, Ho - ly Might - y,



<sup>8</sup> Ho - ly Im - mor - tal, have mer - cy on us.

R-19

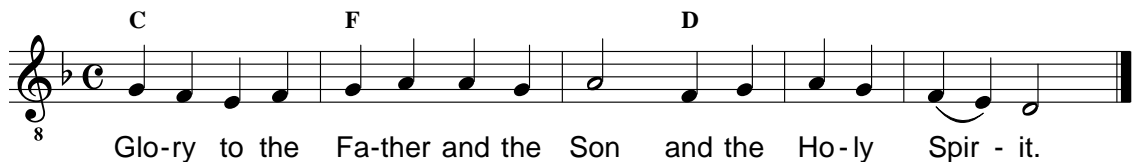


<sup>8</sup> Ho - ly God, Ho - ly Might - y,



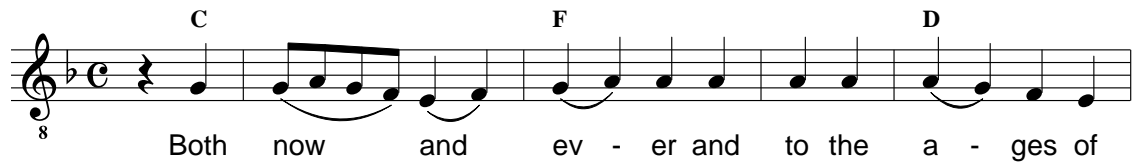
<sup>8</sup> Ho - ly Im - mor - tal, have mer - cy on us.

L-20



<sup>8</sup> Glo-ry to the Fa-ther and the Son and the Ho-ly Spir - it.

R-21



<sup>8</sup> Both now and ev - er and to the a - ges of



<sup>8</sup> a - ges. A - men.

L-22



<sup>8</sup> Ho - ly Im - mor - tal, have mer - cy on us.

## Slow "Asmatikon" Melody

R-23

Ho - ly Ho - ly God,

L-24

Ho - ly Might - y,

R-25

Ho - ly Im - mor - tal, have  
mer - cy on us.

## 12. APOLYTIKION OF THE DAY

Ἦχος δ'.

Apolytikion. Mode 4.  $Vu=E$ .

Soft Chromatic

O God of our Fa-thers, since You al-ways deal with us in ac-  
cord-ance with Your gen - tle - ness, do not with - draw Your mer - cy from  
us, but at their fer-vent en - treat-ies, pi - lot our life in peace.

---

## Part V

# Formula for the Daily Orthros without a Gospel Reading

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

Calivas:

---

### Part 1

#### I ROYAL OFFICE

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

---

### Part 2

#### II MONASTIC NOCTURNES

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

---

### Part 3

#### III MORNING VIGIL

- 21 3. God is the Lord – Alleluia
- 22 3. A. Apolytikion
- 23 3. B. Theotokion
- 24 3. C. The Little Litany – For Yours is the dominion...
- 25 4. The Kathismata
- 26 4. A. Theotokion – Evlogetaria
- 27 4. B. Kathismata II
- 28 4. C. Theotokion

---

Part 4

---

IV MORNING PRAISE

- 29 5. Psalm 50
- 30 6. Oikoi
- 31 6. A. Kontakion
- 32 6. B. Oikos
- 33 6. C. Synaxarion
- 34 7. The Katavasias of the Odes
- 35 8. Magnificat and 9th Ode
- 36 8. A. Little Litany – For all the powers...
- 37 9. The Exaposteilaria
- 38 9. A. Theotokion
- 39 10. Lauds – The Psalms of Praise
- 40 11. Great Doxology
- 41 12. Intercessory Litany
- 42 13. Aposticha
- 43 13. A. Theotokion
- 44 14. It is good to confess...
- 45 15. Trisagion Prayers
- 46 16. The Apolytikion of the Day
- 47 16. A. Theotokion
- 48 17. The Apolysis
- 49 17. A. Ektene
- 50 17. B. Dismissal